

NATIONAL MASTERS NEWS

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

127th Issue

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\$1.95

Boit Breaks World Indoor Masters Mile Record

Kenyan Lowers Bell's Mark with a 4:15.88 in New Jersey

by DAVID ZINMAN

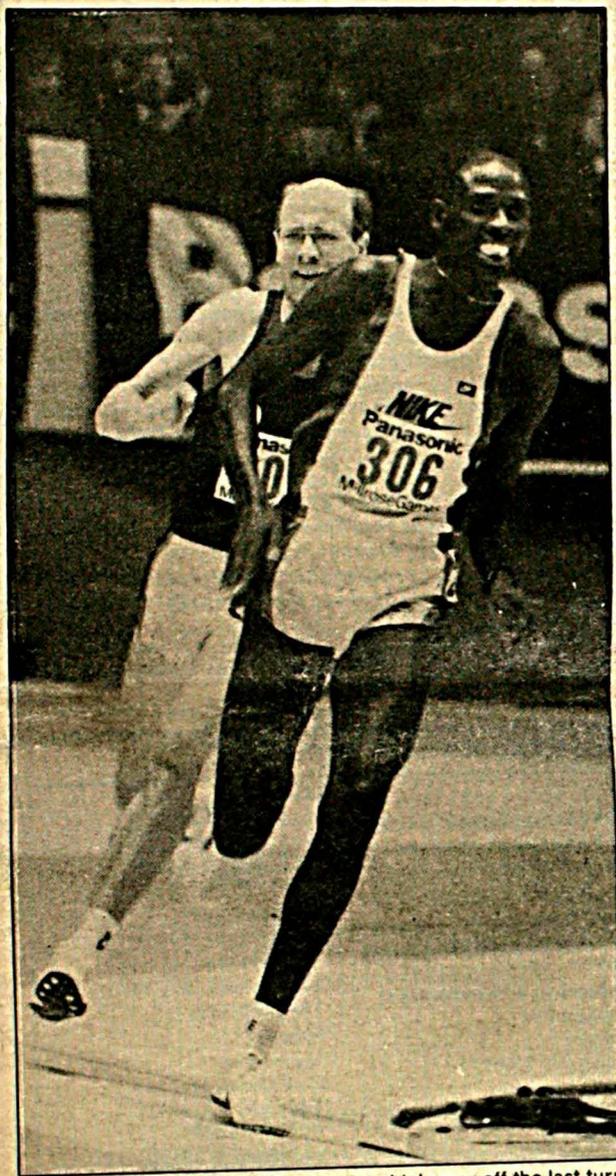
NEW YORK — The world masters indoor mile record fell twice in seven days in February as Ron Bell of Great Britain hammered it to 4:17.88 and then a week later Mike Boit of Kenya pushed it down to 4:15.88.

The two, who competed against each other in both meets, took turns smashing Albin Swenson's two-year-old mark of 4:18.25 — first in New York and then in New Jersey. Their efforts renewed interest in a wide-open race to become the first over-40 runner to crack the four-minute mile barrier.

Boit, who turned 40 on New Year's Day, set his record at the Vitalis Invitational on February 10. Neither he nor Bell were scheduled to run in the Meadowlands Arena across the Hudson River from New York City. But the 42-year-old Bell had humbled Boit on February 3, edging him at the Panasonic Millrose Games in Madison Square Garden and setting a world's indoor best in the process.

Boit, his hackles raised, was eager to get back on the boards and entered the Meadowlands mile. Meet officials then persuaded Bell to fly back from Britain for a return match.

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On the gun lap, Ron Bell, left, slips into high gear off the last turn and inches past Mike Boit to get a world masters indoor mile mark of 4:17.88 at the Millrose Games. A week later, Boit turned the tide and lowered the record to 4:15.88. Photo by Sailer, Ltd.



Byron Dyce, former New York University middle distance star, sets the early pace at the Millrose Games on February 3 in the Runner's World Masters Mile. Ron Bell of Great Britain follows. Harold Nolan of New Jersey is on the outside. Photo by David Zinman

600 to Compete in Nationals

More than 600 entrants from throughout the nation are expected to compete in the 1989 U.S. TAC National Masters Indoor Track & Field Championships on March 31-April 2 in Columbus, Ohio.

The annual event will be held on the 200-meter Chevron track at French Fieldhouse at Ohio State University.

National championship medals will be awarded in each event for

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Murray's 4:12.56 Breaks Bell's Mile Record

Tony Murray, 41, of Canberra, Australia, eclipsed Ron Bell's world masters mile record of 4:12.58, with a sensational solo effort, electronically timed in 4:12.56, in Melbourne, December 15.

The mark will be submitted to the Records Committee of the World Association of Veteran Athletes for official ratification.

As reported last month, Murray narrowly missed the record in Canberra on November 19, clocking 4:13.03, behind Olympian Andy Lloyd.

Murray decided to attack the world mark in the prestigious Wal Sheppard

Memorial Masters Mile at Olympic Park, site of the VII World Veterans Games in 1987.

From the gun, Murray sprinted away from the field of eight, none of whom were able to match his fast early pace.

After the race, Murray said: "The humidity and 35°C (104°F) heat didn't bother me. I felt I would have done better had I been more consistent. My splits were all over the place. Without anyone to help with the pace, I lost vital concentration."

Murray finished fourth in the 1987 World Games 1500 in 3:57.94, two

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

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

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

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

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

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And yet, for the past 39 months, the price of the *National Masters News* has remained the same. One reason we were able to keep the subscription price down this long is the generosity of our Sustainers — those who send annual donations to help support the paper and the masters program.

Unfortunately, we can no longer afford to keep these low rates. Beginning next month, we will be raising our rates by 17% to \$22 per year to help offset our rising costs.

We appreciate your past support and loyalty as a subscriber to the *National Masters News* and would like to help you avoid this increase. If you renew now, we will extend your present subscription for another year (or two, or three) at the current low rates.

We fully intend to maintain and increase our coverage of masters activity in 1989. As an official publication of both the World Association of Veteran Athletes (WAVA) and The Athletics Congress (TAC), we will continue to bring you the information that is available nowhere else: schedules, results, training advice, race and meet stories, profiles, and articles by the top masters writers in the nation.

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1988 TAC AWARDS

I would like to thank the Masters TAC Awards Committee for selecting me as the co-male athlete of the year. I realize that it is the ultimate honor in our program, and I'm very proud. I am also aware that many times the decision-making is not easy. It is especially pleasing to me that the committee was so open-minded that it considered a decathlete.

In the U.S., the multi-events have approximately 200 participants. Obviously, we are a minority. Our national championships are held

separately from the T&F nationals. Therefore, we are not as well-known. However, within our group are such greats as Herb Anderson, Claude Hills, Gilberto Gonzalez, Boo Morcom, Ken Carnine, A.E. Pitcher, Frank Bowles, John Alexander, Bud Deacon, Orval Gillett, Harvey Schellenberg, Ed Oleata, Jack Gilmore, Sam White, Phil Mulkey, Gary Bane, Rex Harvey, Frank Reilly, Mike Hill, and others, all of whom are outstanding performers. Thus, I feel especially privileged to be honored as a decathlete.

Gary Miller
Glendale, California



fill out the form on this page — or the yellow card inserted into this issue — and return it to us. If you prefer, we'll bill you later.

If you'd like to join our group of Sustainers — those who send contributions of \$25, \$50 or \$100 a year — we would welcome your support. All contributors will receive a free copy of the current Masters Track & Field Age Record Book and will be listed in the paper as a *National Masters News* Sustainer. □ — Al Sheahen, Editor

I was embarrassed to learn that the awards committee had picked me over Ed Lukens for the Masters Field Event Athlete of the Year (M65-69). After all, he kicked my butt in five different events during the year, as well as set world records. And all this after his terrible trolley accident in Melbourne.

The irony of all this is that last year, when I lost confidence in the awards committee, I wrote to that chairperson and asked that I not be considered for any awards.

The committee should take care of the people they have slighted such as Gilberto Gonzalez, Herb Anderson, the Valdes brothers in Florida, John Boyle of Florida (35 masters contests every year), and the administrators from Raleigh, to name a few.

Boo Morcom
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ICI/USRA CIRCUIT

On behalf of the ICI/USRA Masters Circuit, I'd like to thank everyone who helped make our first year a relative success including the championship event in Naples, Fla., January 14. Especially important was the year-long support and encouragement from *National Masters News*.

As a sponsor, we're delighted to be involved in a segment of a sport too-long ignored by corporations, even though the demographics of masters athletes are obvious.

While it was extremely gratifying to host the likes of Frank Shorter, Bill Rodgers, Priscilla Welch, and Jim Ryun at Naples, we're not forgetting the Circuit's success depends on masters competitors in *all* age groups and at *all* skill levels.

We want the Circuit to be the best it can be — prompting individual events

and our national championship — while keeping the athletes' interests in mind.

We look forward to seeing you at Circuit events during the year, and then helping us make the ICI/USRA national championship even better in January, 1990.

Your suggestions about the Circuit are welcomed and I encourage you to write either me or USRA Executive Director, Dean Reinke, with your comments.

Bill Adams
General Manager, Public Affairs
ICI Americas Inc.
Wilmington, Delaware 19897

It's always nice to see my name in the *National Masters News*. However, I am writing to tell you that I've been misquoted, and I think that it's important to straighten it out. It's only one lousy word, and it may just be a matter of semantics, but a misquote is a misquote.

As regards the ICI/USRA Masters Circuit, I was quoted as saying that I would like to have "equal" rights for the older age divisions. The word I have always used in this matter is "equitable," which has an entirely different connotation.

I have written a letter to Dean Reinke in which I both thanked him for a job well done and gave him my list of suggested changes for the 1989 Masters Circuit. Condensed, here was my list:

- 1) The top three rated U.S. masters runners should get an automatic invite to all the races on the circuit, and should be compted for both their entry to the race and their hotel room.
- 2) There should be a more equitable distribution of the award money.
- 3) Participants should be required to run in five, or perhaps six, races to qualify for prize money.
- 4) More races should be scheduled on the West Coast.
- 5) More age divisions should be added.

Perhaps it isn't realistic to expect all of these improvements to be made right away. Perhaps some of them aren't economically possible at this time. I do think that they should be given consideration, however, and I'm sure that they would make a great concept even greater.

Jim O'Neil
San Diego

Continued on page 24

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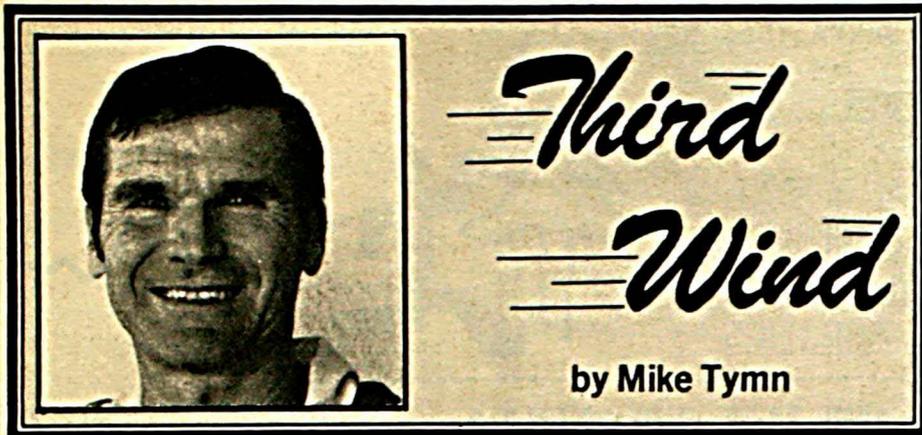
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“Wild Man” Eino

A few years ago, *National Masters News* editor Al Sheahen sent me an article clipped from the *Los Angeles Times* about a sculptor known only as Eino. It was mentioned in the article that his legal last name — Romppanen — had been abandoned. “Working out of a battered shed off the Mulholland Highway north of Kanan Road, he has spent the bulk of his professional career shaping marble stones into artworks, which in turn have found their way to collections across the world,” wrote reporter John Nielsen, who had to climb a fence to get to Eino. He found the artist chiseling away while wearing radio headphones amidst four dogs, two donkeys, and a talking raven.

“People seem to love labels, like ‘hermit’ or ‘recluse.’ I have been called a wild man, but it isn’t really true,” Eino is quoted by Nielsen. “I consider myself to be healthy. I am doing what I want to do”

“If you were to do this in Europe, you would be like a lawyer, or a doctor. But here you are thought of as weird. How strange”

In a note accompanying the clipping, Sheahen suggested that Eino, who is well-known in running circles, might make a good profile subject for NMN. However, the opportunity to talk with Eino did not present itself until last December, when Jon Cross, one of Hawaii’s top runners, as well as the Honolulu Marathon official in charge of invited runners, asked me if I wanted to join him for a 5-mile workout around Diamond Head. He mentioned that Eino would also be running with him. Cross said that Eino was in town as the manager for former Olympic champion Lasse Viren and two other Finnish runners who were to participate in the Honolulu Marathon later that week.

“I’ve got to warn you, though, this guy’s a wild man,” added Cross, who was unaware of the *Times* article and the labels attached to Eino therein.

Cross was not referring to Eino’s artistic abilities or his lifestyle. He explained that he had run with Eino the day before, and the intended casual

workout turned into an all-out race. “He just hammered all the way,” Cross continued. “The guy’s a maniac!”

I assumed that Cross was exaggerating a little. After all, Eino, described in the *Times* articles as “gaunt and weathered” and pictured with receding but long gray hair, appeared to be about 60 years old. Even through I was nearly 15 pounds over my usual racing weight, I wasn’t concerned about keeping pace.

When Eino matched strides with me and then began to pull ahead, I threw in the towel and jogged the rest of the way.

I should have been! After beginning the run at about a 6-minute-mile pace, Eino gradually increased the tempo. As we made the climb in front of Diamond Head crater, he began to push even harder and I quickly fell behind. “He is a wild man!” I yelled to Cross, who was half-way between us.

Fortunately, Eino slowed down as he came upon an attractive female jogger and began conversing with her. Cross and I passed the two as they talked. Several minutes later, Eino caught up with us. “Two days here and already I’ve got two dates,” he boasted.

As we began the last minute of our run, the tempo again picked up. I had recovered sufficiently and decided that Eino would not get away from me this time. In fact, I felt good enough by that time to show him some real finishing speed. With a half-mile to go, I surged ahead, picking up the pace to something well under five minutes a mile. But when Eino matched strides with me and then began to pull ahead,

I threw in the towel and jogged the rest of the way.

When I later found out that Eino is a mere 48, not 60, I was a little relieved. Actually, it’s only above the neck that he appears 60. His body is that of a 30-year-old.

Later, at his hotel, I tried to find out more about this somewhat eccentric character. He showed me a portfolio of his artworks. They range from a seven-foot needle called “Inspiration” to bronze busts of Olympians Frank Shorter and Grete Waitz. His works have been purchased by the City of Los Angeles, the University of Southern California, the Library of Congress, the City of Osaka, Japan, the Finnish Olympic Committee, and actor Kris Kristofferson, to name a few. However, having such a prestigious clientele does not necessarily mean that Eino has become a rich man. He might spend a year working on a single piece and then wait several years to sell it, his annual income probably amounting to less than your average union man brings in.

A brochure in his portfolio reads: “In his native Finland, where he was born in 1940, Eino showed an early love for drawing and carving. In 1962, after coming to the United States, Eino realized that his life’s purpose was to sculpt. He has devoted most of his adult life to carving marble”

But Eino, who now makes his primary home in Boulder, Colo., also spends a lot of time running — usually 12-15 hours a week, but he mentioned doing as much as 160 miles a week. Most of it is with people he coaches. “I really believe that is the ultimate way to coach,” he said. “You’ve got to get out there with them, feel what they feel, observe them, correct flaws in their form, guide them.

“But I also enjoy running for myself. I solve my problems when I’m running. I feel the highest efficiency when I’m running. I get most of my ideas when I’m running. Running frees my mind to create, to reflect, and to be inspired by the land.”

The turning point in Eino’s life seems to have been an auto accident in his native Finland in 1959. He was thrown from a motorbike and seriously injured. Eino’s friend and neighbor, the legendary Paavo Nurmi, suggested that he take up racewalking to get over his injuries. Eino took Nurmi’s advice and the next year set a Scandanavian junior record in the 50K walk and also placed forth in the Finnish championships.

“That (the accident) opened up a whole new life to me,” Eino said. “I learned to live life daily and take each day one at a time. That’s what I try to teach my runners.”

While his training pace indicated that Eino has the ability to compete



Eino

very well in his age group, he evaded questions about any racing success he might have had since his racewalking days. He did mention a recent 4:38 mile and said that he wants to try to break 4:30 after turning 50.

Another of Eino’s projects is the annual Lasse Viren 20K race in Malibu, Calif., an event which he began 11 years ago and still conducts. The proceeds go to organizations fighting drug abuse. Along with Kris Kristofferson, Eino is trying to start an organization called “Artists & Athletes Alternatives to Drugs.”

“There are so many misguided young people out there,” Eino explained. “I feel that everyone has a responsibility to do something against drugs. Health and fitness are the best ways I know of fighting it.”

A wild man, perhaps, but the kind we need more of. □

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PROFILE

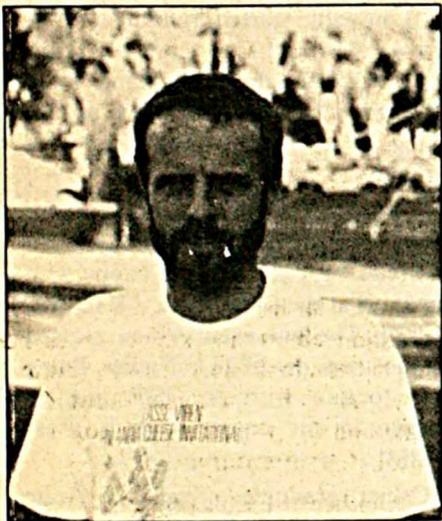
Lasse Viren Prepares to Enter Masters Arena

When Finland's Lasse Viren won the 5000- and 10,000-meter gold medals in the Montreal Olympics 12 years ago — duplicating his feat at the Munich Olympics four years before — he was acclaimed by many as the greatest distance runner of all time.

Shortly thereafter, the pedestal was knocked out from under him as allegations of blood doping were leveled.

Viren did not come crashing down as sprinter Ben Johnson did as a result of the steroid scandal in Seoul last year. For one thing, blood doping was not illegal at that time. Also, there was no hard evidence, as there was with Johnson, to support the charges. There was little doubt, however, that Viren's reputation was tainted and his place in history forever marked with a big question mark.

"Viren denies gaining his fame from using the non-illegal method of blood boosting, but circumstantial evidence over the years points a finger in that direction," wrote Corder Nelson, the founder and former editor of *Track & Field News*, in a book about track's greatest champions. "Whether boosted to excellence by reinsertion of his own blood or by an incredible ability to peak at the proper time, Viren suddenly became one of the greatest runners in history."



Lasse Viren

Turns 40 on July 22

Viren, who will turn 40 on July 22, is on the comeback trail as he prepares to enter the masters arena and was in Honolulu during December for the Honolulu Marathon. His manager, a man who has abandoned his last name — Romppanen — in favor of the signature he places on his marble sculptures — Eino — shielded Viren, who speaks limited English, from questions about blood doping but was more than willing to provide answers himself. (See Mike Tymn's Third Wind Column about Eino.)

"Can you imagine, you do 200 miles a week of training, really work your butt off, to achieve something and then everybody takes it away from you?" said Eino. "I don't think anyone who has ever reached that level has been treated so badly."

Eino Blames Liquori

Eino blames Marty Liquori, champion miler turned commentator, for making the initial charges against Viren after the '76 Games.

"I have confronted him about it, and he says that people misinterpreted what he said," Eino said. "How do you misinterpret something like that? I know exactly what he said. I don't remember the exact words, but he accused Lasse of blood doping. The problem is that in sports, heresy means more than proof."

"Lasse is not a worldly person. He comes from a small village 100 miles from Helsinki. So he did not speak up and people assumed that because he didn't, the charges must be true. He didn't even think about a law suit. Lasse never got his just reward, economically, for his achievements. He

"He is so smooth, so efficient. That is the big difference between Lasse and most runners."

suffered millions of dollars in damages because of the blood doping charges."

The "circumstantial evidence" that Corder refers to was the observation that Viren seemed to run well above himself in the Olympics, turning in only "mediocre" performances before and after the Olympics. Since there are health risks in blood doping, it was surmised that Viren would not take any chances outside the Olympics.

12 Sub-28s:

If you closely examine his record, you will find that that is not true," Eino said, emphatically. "Twelve times he was under 28 minutes at 10,000. How many other runners have done that? None."

A close look at the record seems to support Eino's contentions. It shows that Viren began to make a name for himself at age 16, winning the 1965 Finnish junior championship at 3000. In 1970, at 21, he recorded 13:43 for 5000, and the following year he ran the



Lasse Viren (301), seen here winning a fourth gold medal in the 1976 Olympic 5000.

fifth fastest 5000 in the world with a 13:29.8, while also running 28:17.4 in only his second attempt at 10,000. Prior to the Olympics, he ran 13:19.0 for 5000 in a meet against Great Britain and Spain, faster than the 13:26.4 Olympic record he set in Munich.

"I have seen all the great runners in the world," said Eino. "Some are great physically and some mentally. Lasse is both. Have you ever seen him run? He does not run: he slides. He is so smooth, so efficient. That is the big difference between Lasse and most runners."

"Lasse has told me that when he was training for the Olympics there were only three things in his life — running, eating, and sleeping. He went away to train especially for the Olympics. If he did not run up to people's expectations in other races, it was because he was unable to limit his life so much to running as he did when he was preparing for the Olympics. There were other things."

A Hero in Finland

According to Eino, Viren, who is employed in public relations for a large Finnish bank, remains as a national hero in his home country. His stature is that of a Babe Ruth or Muhammad Ali. "He is recognized everywhere in Europe as a living legend," said Eino. "It is only in the United States that he is not really recognized."

Viren, sitting nearby during most of the interview, smiled throughout. He was asked how he was training these days. "Lots of long, slow distance,

about 100 miles a week since summer," Viren responded, Eino translating. What did he expect to do in the Honolulu Marathon? "I have no plans. You never know how you will feel until you get in the race."

Eino said that Viren wanted to beat Frank Shorter, who was also entered. In the Montreal Olympics, Viren, after winning his two gold medals, made his marathon debut against Shorter, the defending Olympic Champion. With Waldemar Cierpinski of East Germany winning, Shorter finished second and Viren fifth. Viren's 2:13:10 in that race remains as his personal best.

"He is waiting to run a good marathon after he turns 40."

Viren did not beat Shorter in the 1988 Honolulu Marathon. Shorter finished 52nd in 2:43:13, while Viren, troubled by the change in climate, finished 642nd in 3:25:18.

"He is waiting to run a good marathon after he turns 40," said Eino. "He has never run a real good marathon and he wants to wait until after he becomes a masters runner."

Does that mean he thinks he can better 2:13 as a 40-year-old? "Well, maybe not, but at least 2:20," Eino answered, seeming to imply that it would be comparatively better.

"You have to remember that Lasse is not so much a competitor now. He runs as a living legend." □

—Mike Tymn



Nancy Oshier

by STEVE LEWALLEN

For a woman who didn't start racing until she was 32-years-old, Nancy Oshier has come a long way in a short time. Since turning 40 in mid-1988, the 5-10, 112-lb. statuesque runner has amassed an impressive list of victories and top-ten finishes. She attributes her record to a variety of factors that include a supportive husband, a carefully-balanced eating program, and lots of good, old-fashioned hard work.

On January 14, she ran a 28:27 in the ICI/USRA National Masters 8K in Naples, Fla., to place fourth female behind such masters superstars as Priscilla Welch, Gabriele Andersen and Laurie Binder, and ahead of Jane Hutchison and Barbara Filutze. She scored 60 points on the ICI Circuit to place second to Hutchison and win \$1000.

Married for almost 20 years, Oshier (pronounced O'-sure) claims that part of the credit for her successes, such as her masters victory in 4:57.25 in the

1500 at the 1988 National Masters Track and Field Championships, must be given to her husband, Michael. As she says, "Mike has never complained about the time I spend training. In fact, he often convinces me to do more than I originally planned." Oshier insists such support and encouragement is a major component of her success.

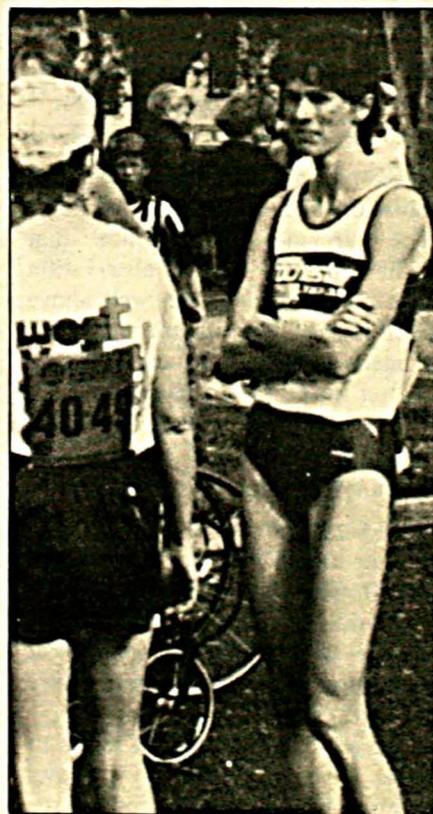
Another aspect of Oshier's program, the "hard work" portion, is easy to identify. Her training regimen, which includes weight workouts at least twice a week squeezed into her lunch hour,

shows her to be a dedicated and committed athlete. Her typical training schedule totals 60-65 miles per week, and includes 6-15 mile daily runs with lots of hill work (usually done in the evening after work), coupled with exhaustive track workouts once or twice per week. While she reduces both the intensity and distance of her runs before and after a race, she always stretches for 5-10 minutes and is careful to do warm-up and cool-down laps.

Because Oshier lives in a climate beset with bad weather and early darkness (Spencerport, N.Y.), she finds her home treadmill to be an invaluable part of her training program. "It provides me with convenience and consistency," Oshier states. "During the winter months my Monday-through-Friday runs are usually done on the treadmill . . . including my speed and hill workouts. I use a headset for listening to music during my long, hard workouts."

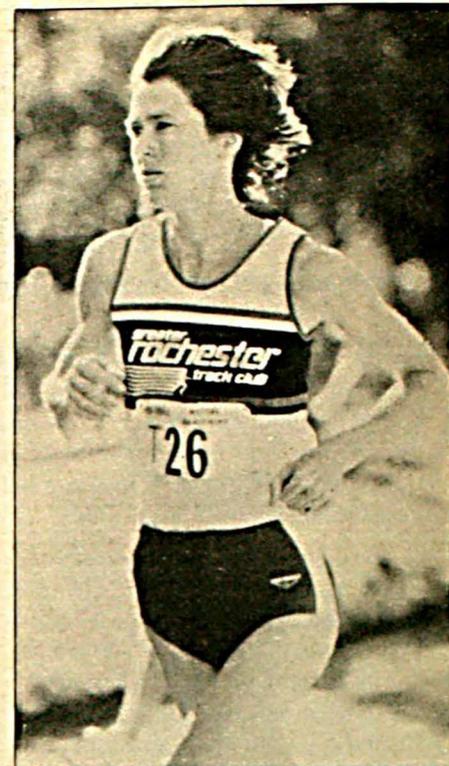
Although Oshier's training shows her to be a dedicated and goal-oriented runner, she is clearly no fanatic. "I don't hesitate to change my plans when circumstances dictate it. I sometimes do less because I'm not feeling good or other obligations arise." Oshier also strongly believes that training should not be just a grueling chore, something painful and exhausting that must be endured with a grimace. "Have fun," she exhorts. "To do well it is necessary to work hard and to believe in yourself, but there is no rule that says you can't have a good time at it." If you run, Oshier believes, run because you enjoy it.

Another aspect of Oshier's lifestyle that she feels contributes to her successful racing career is her diet. For a long time, it consisted of such typical



Nancy Oshier (r), talks to other racers before the November 13 Foundation 30K. Oshier was second female master in 1:58:57.

Photo by Jeff Coleman



Nancy Oshier, seen here competing at the ICI/USRA 8K Championships in Naples, FL., on Jan. 14, where she placed fourth (28:27).

Photo by Sailer, Ltd.

American fare as fast foods and loads of sugary snacks. "I thought that because I ran so much and had never had a weight problem, that my dietary intake was of no concern," Oshier says, a belief shared by many runners. When she decided to experiment with a diet high in complex carbohydrates and low in sugar and fat, however, she quickly began to see results; three weeks after changing her eating patterns she ran a 10K over two minutes faster than she had run on the same course previously. Since then, she has bettered her times in all the distances she has run, from the 400 to the 30K.

"I initially started running to improve my overall fitness and to condition myself for downhill skiing," she reflected. "I have since given up the skiing to concentrate my efforts on running."

She said she was far more successful last year than she had ever dreamed possible. "I was especially happy with my 35:59 at the Great Race 10K in Pittsburgh. The one event which pleased me most was my 28:27 in Naples. Being able to run with the best masters women in the country was a great thrill."

Oshier graduated from the State University of New York and achieved her MBA from the University of Rochester in 1984. She currently is a coordinator in the Business Research/Photographic Products Group of the Eastman Kodak Co. in Rochester.

For Nancy Oshier, running is and will continue to be a major part of her life. When asked about her greatest achievement in racing, she replied, "I haven't had my greatest achievement. I'm still improving." As one can see, those of us who follow masters running should get used to seeing the name of Nancy Oshier; she obviously intends to be around for quite a while. □

Daily Training Schedule — A typical week

Stretch 5-10 minutes first. Regular runs are done on the roads or on the treadmill depending on weather conditions. During the week all workouts are typically done in the early evening, after work. Start slow and gradually pick up the pace.

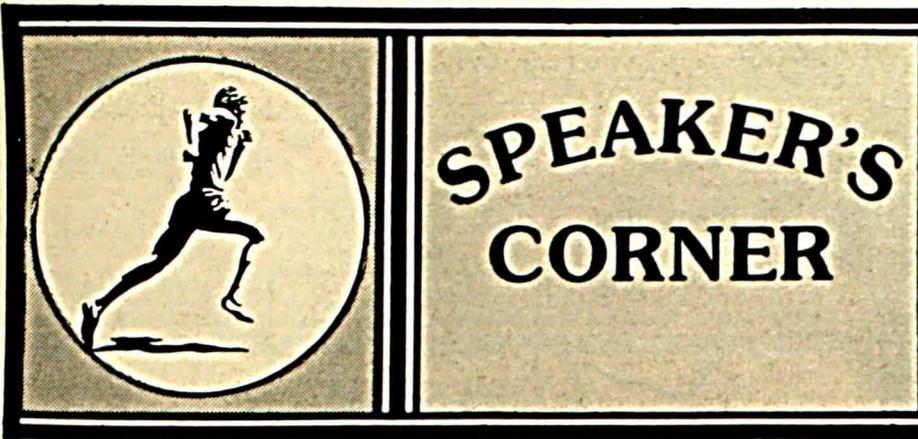
Monday	6-8 miles, easy, 7:00-7:15 pace. Weight training at lunchtime.
Tuesday	Speed workout, on the track in summer, on treadmill in winter. 8-10 800s in 2:40-2:45 with 1-minute rest, or 6-8 1-mile repeats in 5:35-5:40 with 2-minutes rest. 8-10 miles total, including warm-up and cool-down.
Wednesday	8 miles, 6:45-7:00 pace, depending on how hard I worked the day before.
Thursday	8-10 miles, often working in some hill work (8 times on a ¼ mile hill) or a tempo run of 2-4 miles at 6:00-6:15 pace. Weight training at lunchtime.
Friday	6-8 miles, 7:00 pace.
Saturday	6-8 miles, 6:30-6:45 pace, in the late afternoon.
Sunday	10-15 miles, 7:00-7:15 pace on a hilly course, in the morning. Cool down after all runs: walk ¼ mile.

Total mileage for the week: 60-65 miles.

Daily Training Schedule — A week with a race on Saturday

Monday	6-8 miles, easy, 7:00-7:15 pace. Weight training at lunchtime.
Tuesday	Speed workout, on the track in summer, on treadmill in winter. Two miles easy. 6-8 400s, with 1-minute rest. 5-6 miles total.
Wednesday	8 miles, 6:45-7:00 pace depending on how I worked on the day before.
Thursday	6 miles easy.
Friday	A couple easy miles just to loosen up.
Saturday	Race. Leg massage before the race, if possible. At least a two-mile warm up. A few easy miles after the race.
Sunday	6 miles easy.

Total mileage for the week: 40-45 miles.



CAPS

by HAL HIGDON

After Gerald S. Frank, The Man From CAPS, criticized my column about the foolishness of athletes popping pills, I wrote him to see if I could obtain clarification on several points.

One was his claim that Coenzyme Q10 "has been the exclusive subject of three international conferences." The other was that "it has also been discussed in innumerable scientific studies."

I requested the place and date of these supposed international conferences. I requested copies of any scientific studies in which so-called Coenzyme Q10, or other CAPS ingredients, were tested as performance-enhancers. In short, I asked him to document any scientific studies that confirm the claims he makes for CAPS.

Finally, since I had seen him listed in promotional materials sometimes with "Dr." in front of his name, and sometimes without, I requested information on his academic and/or medical credentials, including the source of his supposed degree.

More than six weeks have passed and I am still waiting a response from Mr.

or "Dr." Frank. Meanwhile, the January/February, 1989 issue of *Running Research News*, edited by Owen Anderson, Ph.D., has appeared, containing an article: "Coenzyme Q10: Can It Energize Your Heart and Muscles?"

Dr. Anderson's report would seem to lend credence to my contention that CAPS products are simply overpriced placebos.

Dr. Anderson identifies Coenzyme Q10 as a common product used in Japan as a dietary supplement, but taken only by a handful of Americans. He describes it as selling for "drastically inflated prices."

That is true: CAPS costs \$35 a bottle; I have seen the same coenzyme advertised by another vitamin manufacturer for only \$5.95 a bottle. Even that is too much to pay for a product that won't improve your performance.

Alaska To Host National 5K Championship

by ROY REISENGER

If you've been thinking about traveling to Alaska someday, perhaps this spring is the time, to participate in the National Masters 5K Championships in Anchorage on April 29. This will be the first national championship held in Alaska, and organizers are going all out to make it a success. The race is the *Anchorage Daily News* Heart Run, one of Alaska's oldest races.

The Masters Championships will be held separately, both to give masters a clean start and uncrowded run, as well as to give other non-master participants the opportunity to see the championship race and cheer the masters on.

American Airlines and Alaska Airlines are teaming up to fly in Johnny Kelley, 81, who will most likely have completed his 55th Boston Marathon twelve days before the Heart Run. Kelley will participate in the race and speak at the race banquet.

Although traveling to Alaska is a bit costly, organizers can house you with a host family for no charge during your stay here, as well as meet you at the airport and get you to and from race activities. Hotel information is also available. If you have any questions, call Roy Reisinger at 907/277-7279, or write him at 2630 Forest Park Drive, Anchorage, AK 99517. □

That it won't is certainly the message in *Running Research News*. Dr. Anderson describes one study of a group that showed 28% improvement in cardiac output, but after eight more weeks of supplementation, "cardiac output plummeted to 15% below the initial values."

Dr. Anderson speaks to an authority who reportedly has published over 400 papers on Coenzyme Q10 and yet can't make up his mind whether or not the product will improve performance!

Dr. Anderson quotes David Costill, Ph.D., director of the Human Performance Laboratory at Ball State University, who says, "If the stuff really worked the way some people say it does, it would probably be banned."

Dr. Anderson describes an interview with Scott Molina, the triathlete who endorses CAPS, calling it in ads, "the most powerful performance enhancers I've ever used." But Molina also admits using "tons of supplements," including amino acids, vitamins, minerals and high carbohydrate drinks. When I spoke with Dr. Anderson, he wondered how Molina could identify — given his level of pill-popping — what makes him compete well.

As for Molina's identifying CAPS as "most powerful," the endorser recently tested positive for anabolic steroids at the Nice Triathlon. (Molina claims the tests were flawed.)

Dr. Anderson summarizes the scientific case for CAPS, by stating: "To date, no one has done the research which you've got to have to determine if Coenzyme Q10 can really benefit performance."

In short, all you readers of *National Masters News* who have been mailing your monthly checks of up to \$70 to your friendly supplement vendors in San Francisco, are being cheated. You're buying an expensive placebo. A placebo, according to Webster's, is "a medicine given mainly to humor the patient."

My sympathy for the diminished bank accounts of those who seek performance enhancement is tempered by my knowledge of the kind of people most likely to get bilked. Ever so often I read in our local papers about someone, often an elderly individual, caught by what is known in the con man's trade as a "pigeon drop."

Without giving all details of the hustle, the con man usually preys on the victim's greed. Con man and victim become partners in an act that is somewhat illegal. The victim is going to get something for nothing, actually cheat somebody else, but first the con man requires a "good faith deposit." After the money passes hands, the con man vanishes, leaving the victim poorer, though not necessarily wiser.

Welcome to the latest version of the pigeon drop, readers of *National Masters News*. Do you actually believe, as advertised, that someone could take CAPS two days before the Ironman Triathlon and have that be the reason for improving his time by 42 minutes? Do you seriously believe that if you spend \$70 for pills for the next six months, it will catapult you to the top of the victory stand in Eugene, Oregon next summer?

Do you?

If so, maybe you are a pigeon who deserves being dropped. □

Five Years Ago

- Bill Stewart, 41, and Cindy Dalrymple, 41, win National Masters 5K in Clearwater, Florida.
- 1st annual Pennsylvania Masters Indoor T&F Meet draws 125 to Carlisle, Pa.
- Mike Tymn asks: "Why give the women's open winner more space and money than the men's masters winner? What makes sex more of a handicap than age?"

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The Linear Shot

By J. "MOOSE" MILLER

When putting the shot, one should use the instinctive natural response of catching balance. If you have ever dropped a cat, you have seen the quickness with which an animal body will respond to catch its balance. You should practice to perfection without a shot and then with progressive resistant shots gradually arriving at the official weight. Overweight shots can cause timing problems so lift weights for strength.

Cradle the shot as if you were holding a baby and tuck its head in at nape of your neck. Stand perpendicular to the direction of your put. Swing the left leg up to the left and then behind the right leg. As your body falls off balance sideways and forward, punt the left leg for the sky. You must apply great concentration to this

"punting," doing it as if there were nothing else to follow. The force of this punt will scoot the right, still perpendicular, foot across the circle behind the still airborne left leg and land the foot off balance on its outside. The better you have performed this task, as if it were a little dance, the farther ahead of the shot the right leg will scoot, the further you will be off balance, and the better blow you will get at the shot. You don't have to think of anything at this point because you will be like a cat seeking to maintain its balance. If you did nothing, you would fall back on your right elbow, but the forward momentum and your need to maintain balance will lift you and the shot up on a parabolic curve at a 45-degree angle, reversing you around and landing you back on the right foot. □



John Nolan of Channel 4 News interviews Frank Shorter before the Honolulu Marathon, where Shorter placed sixth in the M40 age-group (2:45:24). Photo by Tesh Teshima

Brown Indoor Meet Draws East Coasters

By JERRY WOJCIK

The 5th Annual Brown University Masters Indoor Invitational in Providence, R.I., January 15, lured a representative group of the many outstanding indoor athletes on the East Coast.

In the M35 55m and 200, Al Walton left second place to Meet Director Neil Steinberg, with wins in 6.4 and 22.7. Norm Mosley, M55, handily took the 55m (7.1), 200 (26.0), and 400 (60.3).

Al Swenson, a popular figure in this season's "Masters Miles" in open meets, showed why he receives invitations by beating tough M40 fields in the 800 (2:01.8) and mile (4:22.2). Ron Frid was second (2:03.0) in the 9-man 800 race, and Dan Frye closely followed Swenson with a 4:22.5 in the 13-man mile run.

John Conner, M50, posted a solid

double win in the 800 (2:11.5) and mile (4:51.4).

Gerald Crocket, M30, topped all high jumpers with a 6-6. Hank Perry won the M55 with a 4-8.

Wally Sokolowski, M45, was the leading masters vaulter with a 13-0.

Ian Hume of Canada eked out an M70 triple-jump victory over Sparks Sorlien by a half inch with a 28-5½.

Cliff Blair (47-9) won the M55 shot put from Bill Garrahan but lost the weight throw to Martin Engel (40-9½).

Kathy Pierce took the W40 55mH (10.8) and the shot put (31-1). Barbara Stewart, W45, bettered her 1987 weight throw mark by several inches with a 21-½.

Jack Boitano, M55, did the mile walk in a fast 7:48.7.

Brown University will also be the site of the Eastern Sectional Championships on March 18. □

Lake Erie Indoor Championships

The annual Lake Erie Indoor Championships, held in Maple Heights, Ohio, on January 7, drew its usual strong contingent of Midwestern M30-and-over athletes.

Denver Smith, M60, showed his versatility with wins in the 45y dash (7.3), pole vault (9-0), and shot put (40-9½).

Brantley Dorsey, M50, topped all masters marks in the 45y (5.47), 220y (26.40), and high jump (5-6).

Bill Carey posted impressive M60 wins in the 880y (2:50.4) and mile (5:59.0).

Bernice Holland, W60, took the 45y (7.6), shot put (30-11), and 25-lb. weight (24-11). Sally Steigelmier, W55, sprinted to three wins in the dashes.

Octogenarians Byron Fike, M80, and Everett Hosack, M85, competed in everything from the dashes to the two-mile walk. □

Rankings Corrections:

Angelo Oliver, M65, with a best 100 of 14.0 in 1987 should have been ranked 15th in his group. Oliver, of Cranston, R.I., hopes to be in Eugene for the VIII World Games in spite of a bout with cancer.

Ann Carter's best in the W45 80mH in 1988 was 17.3, which placed her 3rd. Lee Hirst, M65, should have had the

8th place in the '88 PV rankings with a 7-8½.

John Baker's 73-4 hammer throw in the '88 Anteaters Meet should have ranked him 10th in the M75 division.

Sheridan Groves' 15.0 in a Texas meet, July 23, was good for 3rd in the '88 M40 HH rankings. □

**17th ANNUAL
T.A.C. EASTERN MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS**
Sponsored by The Rhode Island Track and Field Foundation

DATE: Saturday, March 18, 1989
SITE: Brown University Athletic Center, Hope Street and Lloyd Ave., Providence, RI (Adjacent to the Meehan Hockey Rink and Smith Swim Center)

DIRECTIONS: From North: I-95S to Branch Avenue (Exit 24). Turn left on Branch to light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Athletic Center Complex. From South and East: I-95N to Branch Ave. (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.

FACILITY: New, ultra-resilient, 200-meter, 6 lane, flat, California Products rubberized surface (field events, too). Use 3/16" spikes. Lockers and showers available.

AWARDS: T.A.C. Championship medals to 1st 3 places. Patches to winners (one per person).

DIVISIONS: Five-year groupings for men and women (30-80+ TAC Sanctioned. For TAC registration call (617)566-7600.)

ENTRY FEE: Pre-entries will be \$10 first event; \$6 each additional event; \$20 relay. Pre-entries must be received by Saturday March 11, 1989. Post-entries \$25 plus regular entry fee.

ORDER OF EVENTS:	Track	Field
12:30 p.m.	55m Hurdles-Trials	11:30 a.m. Weight Throw (Young to Old)
	55m Hurdles - Finals	Long Jump (Old to Young)
	55m Dash - Trials	Shot Put - follows WT (Young to Old)
	55m Dash - Finals	Triple Jump Follows LJ (Old to Young)
	1500m Run	High Jump (Bar not lowered)
	400m Dash	Pole Vault (Bar not lowered)
	3000m Walk	
	800m Run	
	200m Dash (Sections on time)	12:30 p.m.
	3000m Run	
	4 x 400 Relay (Must be registered to same club)	
	4 x 800 Relay	

HOST HOTEL: Howard Johnson Executive Hotel; single \$58, Double \$62. Limited availability, call (401)723-6700 under Brown Masters Track by March 1, 1989. Inn at the Crossings; \$65 (1-4 per room). Limited availability. Call (401)732-6000 under Brown Masters Track by February 23, 1989.

FOR ADDITIONAL INFORMATION CONTACT: Neil Steinberg 46 Roberta Avenue Pawtucket, RI 02860 (401)728-2869 (Evenings) Bob Rothenberg Track Coordinator Brown University (401) 863-2054 (Days)

PLEASE PRINT

Name _____ Phone No. _____

Address _____
Street City State Zip Code

Age (as of 3/18/89) _____ Male _____ Female _____

Club	Event	Best Recent Mark	TAC #	Event	Date of Birth	Best Recent Mark
1.	_____	_____	_____	4.	_____	_____
2.	_____	_____	_____	5.	_____	_____
3.	_____	_____	_____	6.	_____	_____

Long Sleeve T-shirt @ \$10 each available only with entry (Limited supply available @ meet for \$15)
Amount Enclosed: 1st event \$10.00 Men's sizes: S M L XL
Additional events \$6/each _____ (Circle One)
T-Shirt \$10 _____
Total Enclosed _____

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil Steinberg, 46 Roberta Avenue, Pawtucket, RI 02860.
WAIVER: In consideration of your accepting this entry for the 1989 Eastern Masters Indoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the TAC, Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date _____ Signature _____



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Strength Training

The question of muscle conditioning in 'older' men has always been a debatable topic. Most agree that older people do lose muscle mass, and there is nothing that can be done about it.

The question arises whether strength conditioning of older men is a positive activity or a hopeless cause. To study this, clinicians at Tufts University studied 12 men ages 60-72, as they participated in a 12-week conditioning program. They were conditioned by performing eight reps per set, three sets a day, three days a week, at 80% of the one repetition maximum for extensors and flexors of both knee joints. Whew!

Measurements showed a progressive increase in extensor and flexor strength. By the end of the program, extensor strength had increased 107%. Flexor strength had increased 227%. Isokinetic peak torque of extensor and

flexors, measured on a Cybex II Dynamometer, increased 10%, 18.5% and 60 degrees-per-second.

Along with this, mid-thigh composition was measured on a CT scan and showed an increase of 4.8% in total thigh area, 11.4% in total muscle area, and 9.3% in quadriceps area.

It appears that strength training programs in older men produce a significant gain in strength partly due to muscle hypertrophy. So, our capacity for increasing muscle mass is retained in 'old' age.

With this in mind, I have produced an upper-body conditioning program

Strength Training Program — Distance Running

Exercises:

Bench Press	3 sets times 15 reps each set
Pull Overs	3 sets times 15 reps each set
Lat Pull Downs	3 sets times 15 reps each set
Curls	3 sets times 15 reps each set
Breathing Squats	2 sets times 20 reps
Crunch Sit Ups	3 times 30

Rest only 30 seconds between each set; always inhale on the eccentric phase and exhale on the concentric phase of each repetition. Try to take one breath for each repetition. Enunciate your breathing even more so on pull overs, lat pull downs and breathing squats.

The last repetition on each set should be extremely difficult, or you need to add more weight. Finish each exercise before moving to the next. Never sacrifice your lifting form to get another repetition. Always think of smooth and controlled, not jerky, lifting movements.

This routine should be done three days a week, never on consecutive days.

You can use machines for bench press and lat pull downs, but use free weights for the other exercises. □

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for the veteran middle-and-long distance runner. We are quite lax in upper-body conditioning, and this will provide upper-body strength without producing large muscle mass.

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

Parker, Faust Top Age-Graded Masters in Paramount 10K

By STEVE LEWALLEN

Emmett Parker, M60, and Gina Faust, W50, were the top age-graded runners in the "World Masters Division" of the 10th annual Paramount, Calif. 10K on January 28.

Parker won the M60 division with a time of 37:30. When multiplied by the age factor for the M60 division (.8038), Parker's age-graded time of 30:09 was the best of the day.

Faust, TAC's 1988 W50-54 runner of the year, clocked a 39:14, for a female age-graded time of 34:04 (39:14 X .8684).

Michael Mahler, M45, turned in the second-best age-factored time with his M45 winning 33:08 (30:14 age-graded). The M60 division was very tough as

Patrick Devine (M60, 37:38/30:15) and Jim O'Neil (M60, 37:40/30:17) were third and fourth in the age-graded standings.

The first runner across the finish line in the masters-only race was Ron Jensen, M40, with a 32:29 (30:38 when age-graded). First female master was Harolene Walters, W45, who clocked 38:41 (34:57).

Jensen and Walters were each awarded \$250 for their wins, as \$6000 in cash prizes were distributed to the first five finishers in each five-year age division.

Other top efforts were turned in by Eddie Lewin (M70, 43:30), Chick Dahlsten (M75, 48:09), Helen Dick (W60, 45:26) and Wally Ingram (M55, 37:53). □

Stahl, Havens First Masters in Houston-Tenneco Marathon

By STEVE LEWALLEN

Kjell-Erik Stahl, M40, and Susan Havens, W40, captured masters wins at the Houston-Tenneco Marathon on January 15 in Texas. Stahl was first both in actual time (2:23:12) and age-graded time (2:16:54), as was Havens (2:49:24 actual, 2:41:12 age-graded). Stahl's win is particularly impressive considering he also won the masters division of the Honolulu Marathon a little over a month earlier.

Unfortunately, no masters runners, including Stahl and Havens, came home with any of the prize money. Stahl's time placed him 23rd overall, while the money only went 20 deep in male competition. Havens placed 16th overall with the money stopping at

15th in the female division.

Another masters time worth noting was the 4:43:35 of 77-year-old Clyde Villez (3:17:17 when age-graded). This venerable runner has competed in every one of the 17 Houston-Tenneco Marathons, and has almost always won his age division. This year was no exception as Villez finished over ten minutes ahead of his nearest age-group competitor.

The competitors ran in a dense fog for most of the race, but the cool (42°) and calm conditions offset any problems it might have caused. Overall winners of the race were Richard Kaitany (2:10:04) and Veronique Marot (2:20:16). Approximately 73 percent (3195) of the starters completed the race by the five-hour time limit. □

O'Neill and Walters are Aces in Las Vegas

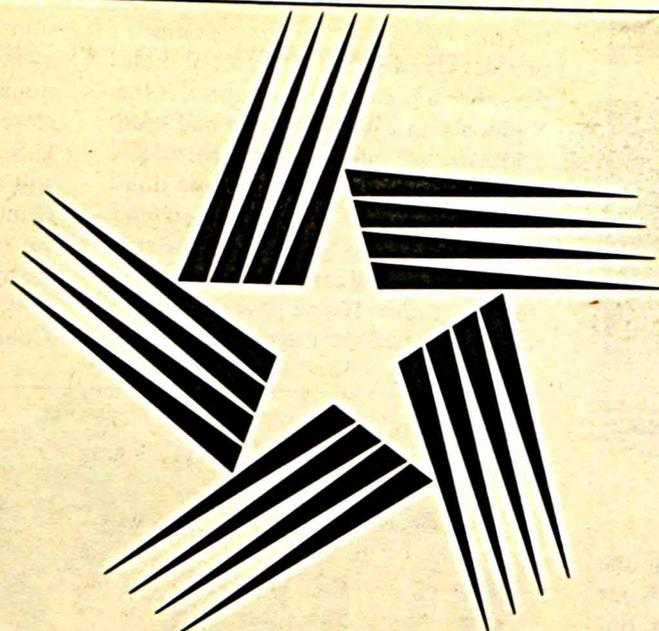
By STEVE LEWALLEN

Jim O'Neill, M50, of Toledo, Ohio, and Harolene Walters, W45, of Mission Viejo, Calif., turned in the best masters age-graded times in the Las Vegas Marathon on February 4. When O'Neill's actual time (2:25:46) is multiplied by his age-group factor (.8926), the resulting 2:10:07 was the best of the day. Walters' 2:54:11 (2:39:50 when age-graded) gave her the top female masters spot in both actual and age-graded times. O'Neill, running in his first-ever marathon, set a new national M50 age-group record and was awarded \$1,000 for his effort. His time was five seconds faster than Norm Green's recognized AR of 2:25:51. Walters also received \$1,000 for her masters win.

Stephen Lester, M45, was second best age-graded competitor; his 2:25:08 gave him an adjusted time of 2:14:16. The men's masters winner, Athol Barton (M40, 2:22:09), had the third best age-graded time of 2:15:54. His masters victory garnered him \$2,000 in prize money.

Also of interest was Richard Bird's 3:10:00 (3:01:38 when age-graded). This marks the 42-year-old runner's 53rd marathon since April 22. He plans to finish with about 74 marathons in 52 weeks . . . perhaps in Boston.

Overall winners were Frank Plasso, 25, and Miguel Tibaduiza, 30 (tie, 2:13:14), and J'ne Day (25, 2:40:45). The 942 runners, the largest field ever assembled for the race, competed in cold and windy conditions. □



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

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MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Sectional Organization

One of the significant decisions made by the Masters Committee at the National Convention in December dealt with the reorganization of our political structure. I had wanted to divide the country into four sections. But the strong majority of the delegates in attendance wished to stay with the seven divisions we now have, renaming them sections, and that opinion was followed, with the reordering of a few states into different sections.

However, we all agreed that the sections must become more active and better-organized and that the sectional coordinator must attend National TAC Conventions every year. In the past, finances for travel and schedule conflicts have been problems for the coordinators.

To try to resolve these concerns and to encourage each section to become organized, I have contacted all coordinators and suggested they hold competitor meetings at their championships and that the sectional coordinator be elected by the competitors, rather than appointed by the Committee Chairman. The sections need to be organized in such a way that money can be raised not only to budget for meets, but also to fund a sectional budget that would include some transportation costs and expenses for the coordinator. These are new concepts and will need thought, discussion, and understanding by the competitors, the coordinators and the National Committee.

If the section coordinators take a more active part in organizing their championships and meetings for competitors, even though it is hard to schedule such an event, we will generate more active interest and par-

ticipation that hopefully will rub off on member associations and clubs within the sections.

It will also produce section coordinators that will be not only accountable to the National Committee, but to the section members.

As participants, find out who your section coordinator is (see page 2) and see to it that you have a person who is getting the job done. Suggest, request and see to it that at your next Section championship there is a meeting, an election, and budget. And figure out how the budget will be met.

The Indoor Nationals in Columbus, Ohio, is next up, and from all indications the meet will be well run. The initial organization has been on top of details, and I suspect we will have one of the largest turnouts ever.

The Nationals in San Diego should be one of the most exciting championships ever to be held. I really hope that you will be able to attend the meet in San Diego in addition to the World Championships in Eugene. We debated long and hard about holding them back to back, but the reasons in favor of doing so seemed to outweigh the problems of separating them by two or three weeks. Either way, athletes were adversely affected. But, the two

together will make for great competition and a wonderful series of holidays. For a point of information, if the Nationals and World Games had been held two or more weeks apart, my transportation cost would have doubled.

Eugene is really geared up. We still need continued financial support, and we need it now. If you have not financially supported the Eugene champion-

ships, please do so now. If you've already given, consider some additional support. We'd hope to provide close to \$100,000 for help from the U.S.A. masters competitors. We are still about \$25,000 short of that goal. Contributions are still coming in, but we need one more donation from as many as possible.

We will try to update everyone at Columbus. See you there. □



Record-setting NYC 4x800 relay team (8:47.2), from left: William Robinson, Glen Shane, Cliff Pauling, Salih Talib; Empire State Games, Dewitt, N.Y.
Photo by Barbara Stewart

Augustana Hosts 5th Athlete's Foot Meet

by PETE STOPOULOS

Exciting competition highlighted another successful Athlete's Foot Masters Indoor Meet in Rock Island, Ill., January 21. The 5th annual event attracted 141 masters representing seven states.

The most hotly contested event was the pole vault, which saw four vaulters at 13-0 or better. Overall honors went to John Anderson, M35, of Racine, Wis., whose 14-0 vault set a meet record. Charles Barnard, M30, of Kansas City cleared 13-6 to edge out Rick Suiter and Keith Petronek, who tied for second at 13-0.

The meet's first event saw a battle between M40 Paul Alvord and M45 Dave Eidahl to the finish in the two-mile racewalk, with Alvord holding on

to win in 16:20.2 to Eidahl's 16:21.6. Sheila Schrader, W30, led the women with a 21:14.5.

Mel Larsen, M60, who will be 65 at the World Games in Eugene, turned in an outstanding 7.4 in the 60y dash. John Meisner, M40, topped all high jumpers with a meet record 6-0.

Hosted by Augustana College for the past five years, the meet is always well-attended by an appreciative crowd of track enthusiasts and the college's students, who volunteer as meet officials. Fred Whiteside, the head coach of women's track and field at Augustana, was meet director.

The Athlete's Foot Outdoor Masters Meet, also scheduled for Augustana on June 4, will include a pentathlon on June 3.

600 to Compete in Nationals

Continued from page 1

each five-year age group for both men and women from age 30-34 to age 95+. There are no qualifying standards to be met, except to be at least age 30.

Early registration deadline is March 15, in the meet director's hands. Entries from March 15-23 will be charged a higher rate. Late entries received after March 23 will be accepted only if there are vacant lanes. (See entry form on page 21.)

Last year's meet drew 441 entrants to Baton Rouge, LA. With the excitement this year, building to the World Veterans Championships in Eugene in

July, this year's meet could draw as many as 750 participants.

Meet director Jim Pearce, the president and founder of Stereolab retail outlets and a 35-lb. weight thrower, has lined up low-cost hotel rates at the meet headquarters Holiday Inn and six other hotels. Special masters car rental rates are available from Budget.

There will be a general meeting for masters athletes at the Holiday Inn Saturday night at 7:30 p.m. Jerry Donley, TAC National Masters T&F Chairman, will discuss the World Championships and the Masters program. Everyone is invited to attend. □

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Sports Medicine Symposium Set for Nationals

by DAVID PAIN

Athletes are always looking for the competitive edge in performance and the latest in training techniques to enhance their sport performance. At the 1989 TAC/USA National Masters Track and Field Championships, athletes will have an opportunity to hear the most up-to-date sports medicine developments focusing on the training and competition of the masters athlete.

The Sports Medicine Symposium is being conducted by the Alvarado Athletic Medical Service and promises to be both informative and entertaining. The informal symposium will be conducted at the Meet Headquarters on Wednesday, July 19. The morning session will be 10:00 a.m. to 12:00 noon and the afternoon session 2:00 p.m. to 4:00 p.m. Both sessions are offered free, courtesy of the Alvarado Athletic Medical Service, and the San Diego Track Club meet sponsor.

The first presentation of the Symposium will be by Dr. Bob Brown on "Maximizing Your Competitive Performance." Attendees will be given valuable insight on how to allow one's body to "perform," by turning off the mind during peak competition. Dr. Brown will present techniques and ideas on problem solving, goal setting, and establishing control during the competitive season and how one can best optimize performance through psychological training.

"Common Track Injuries: How to be Your Own Best Doctor" to assist



24 Join NMN Sustainers

Each month NMN publishes a list of "sustainers," those who help support the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks to Dick Ruzicka (\$50 donation) and Ross Carter (\$100 donation) for their generous contributions.

Thanks also to:

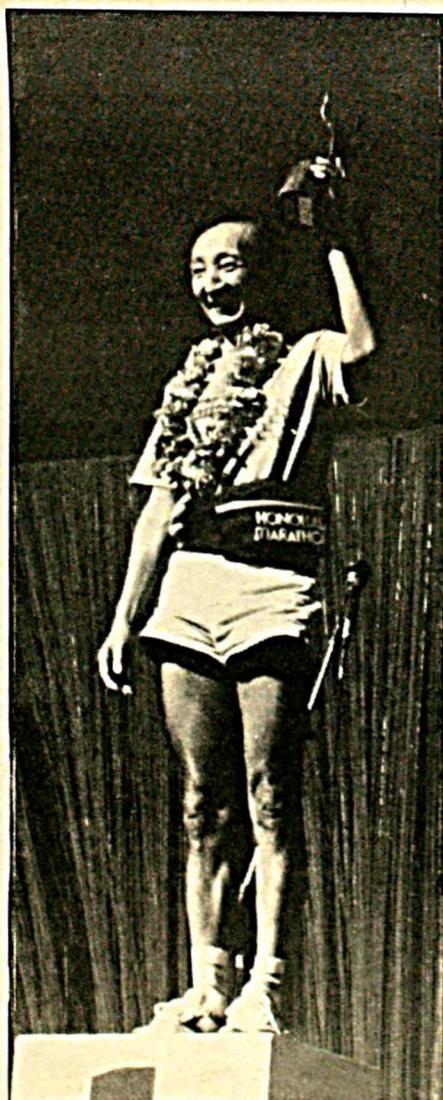
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| John Dobroth | Fletch Bailey |
| Rachel Lyga | Scott Tyler |
| Eugene Paasinen | Norm Green |
| M S Allen | Al Cruzado |
| Ray Rupelli | Sally Polk |

one in recognizing and treating one's athletic injuries will be presented by Dr. Lee Rice, D.O., and Dr. James Tasto, M.D. An athlete can significantly reduce the risks of injury, lengthy recovery time, and be out training competitively by adhering to specific guidelines as the speakers will outline in their presentation.

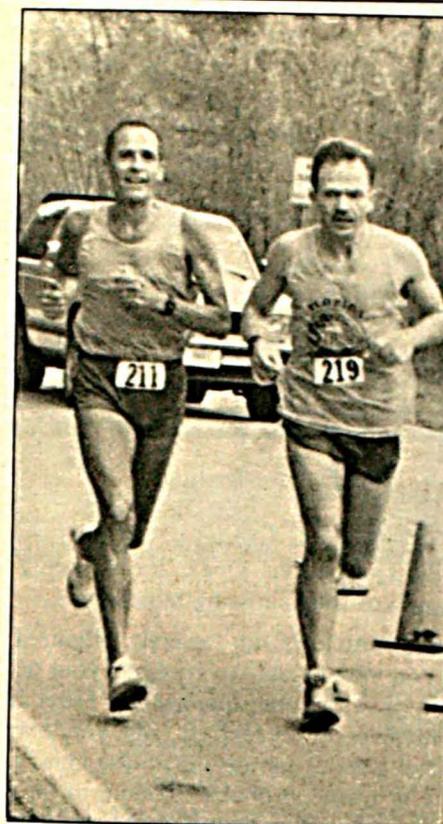
In his presentation "Back to Health," Dr. Jeff Anthony, D.O. will discuss the causes of back injuries, how we minimize risk factors and decrease the incidence of such injuries.

In her lecture on "Nutrition for Peak Performance and Well Being" Margaret Edell, R.D. will discuss the factors which affect the master athlete's nutritional requirements, the function of fluids, and the concept of "super hydration." She will also evaluate various ergogenic aids such as vitamins and amino acid supplements.

Alvarado Athletic Medical Services is a medical and fitness amalgamation of the San Diego Sports Medicine Center, Alvarado Orthopedic Medical Group, Alvarado Hospital Medical Center, and will be providing the sports medicine care for all athletes during the 1989 TAC/USA National Masters Track and Field Championships. □



Keizo Yamada, M60, who placed first in his division at the Honolulu Marathon December 11 (3:06:37). Photo by Tesh Teshima



Ken Piekie, 219, first M35 (1:22:0) and Bob Bohanan, 211, first M50 (1:22:01) at the Deleon Springs Half-Marathon in Florida January 15. Photo by Karen Russi

Vaulters Soar in Missouri Valley Meet

by BOB EVEROSKI

The pole vault competition at the Missouri Valley TAC Indoor Masters Track and Field Championships, January 15, University of Kansas, Lawrence, saw all but one competitor exceed or equal the U.S. Masters Standard of Excellence in that event.

Ken Ellis, M30, vaulted 14-0, while Charles Barnard was second at 12-6. Other top marks were turned in by Don Knapp (M35, 13-6); John Hanock (M40, 12-0); and Dale Lance (M50, 12-0).

Clifton Jackson, M40, won both the 60y and 300y with times of 6.5 and 33.8. In the same age division, Gordon Reiter won the 600y in a fast 1:20.9.

In the M45 division, Ken Winters won the high jump at 5-6 and the triple jump with 37-2½.

Other highlights included Earl Ventura, M55, winning the 60y dash in 7.2 and the shotput with a throw of 38-8½. Betty Keating, W40, took the 60y in 7.5 and won the 300y in 48.0. □

San Diego, California, USA

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Masters Health and Fitness

Hamstring Pull

By CARL V. FLOWERS II, O.M.D., C.A.

Over 50% of all running injuries are sprains and strains. One of the most common of these injuries is a strain or 'pull' of the hamstring muscles.

A strain of the hamstring muscle is usually due to a trauma to the muscle. It commonly occurs when the leg is extended as in sprinting, but can happen in something as minor as missing a step in a flight of stairs. The function of the hamstring muscles is two-fold. It draws the leg back at the hip and also flexes the knee. When a person runs, the upper attachment is already stretched when the knee is up, and as the quadriceps contracts to extend the lower leg, the lower attachment may be over-stretched, resulting in a strain, or more seriously, a tear.

There are generally three levels of strain. Level I is when only a few muscle fibers are torn, and the function of

the muscle is not severely impaired. You may be able to continue your activity with some discomfort. Level II involves more tearing, and you may feel a small gap or hole in the muscle. You would probably be able to slow down in a race, but would know that something was wrong. Level III is the most severe level, and there may be extensive tearing of the muscle fibers and a palpable gap in the muscle tissue. People with an injury as extensive as a Level III would usually pull up suddenly or may even collapse to the ground.

How Does It Happen?

Several factors contribute to increased susceptibility to hamstring injuries.

These include: (1) poorly-designed training programs; (2) mineral deficiencies; and (3) constitutional predisposition.

1) A training program should incorporate elements of strength, flexibility and endurance.

A) If there is an unequal strength ratio between the two legs or between the quadriceps and hamstring of one leg, the possibility of injury to the weak side will be increased. The two legs should be as equal in strength as possible and the ratio between the quadriceps and hamstrings should be 1.5:1.0 or lower. These strength levels can be roughly determined on weight machines or more accurately on Cybex or similar machines.

B) Flexibility includes stretching exercises before, during and after, but also training sessions to minimize muscle soreness. Flexibility programs are probably the most important aspect of a masters program. As the athlete ages, there is a tendency for the muscles to lose their elasticity. A well-designed flexibility program can slow this progression.

C) Endurance training is important to allow the muscle to function at optimal levels for as long as possible. This training may include weight training, interval training, longer distance running, and exercises related to the event, as well as actual performance of the event in training.

2) Mineral deficiency can cause impairment in the function of the

muscles, leading to injury. Adequate levels should be maintained in such minerals as calcium, potassium, magnesium and sodium, as well as the B-vitamin group to maintain top performance. In a training athlete, these levels may be significantly higher than the RDA (Recommended Daily Allowance). There are several excellent athletic packs available in health food stores. Adequate fluid intake is also essential to maintain muscle function and would consist of eight glasses or more of water per day.

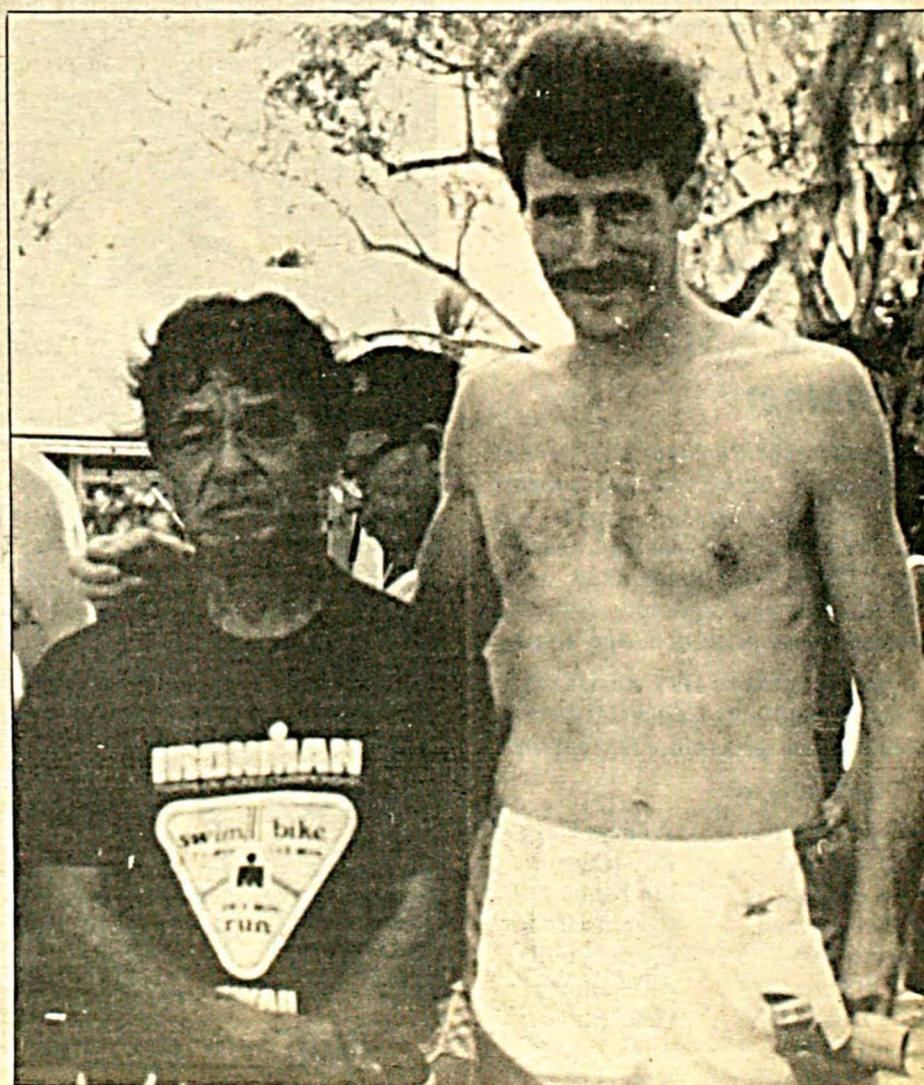
3) A lesser known cause is that of constitutional pre-disposition to injury according to the principles of Korean Constitutional Acupuncture. An explanation of this is beyond the scope of this article, but there are people who are more prone to muscle injuries because of their constitutional background. If you have frequent muscle problems, you may be able to consult an acupuncturist who has studied Korean Constitutional Acupuncture to determine if you have this congenital imbalance and receive treatment to minimize its effect.

Next: treatment and rehabilitation of hamstring injuries.

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

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAR., 1989

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
BETTY BASKIN (MD)	3- 5-49	40-44
BETTY BENKERT (US)	3- 6-29	60-64
AUDREY BERGENBACK (CHATTANOOGA, TN)	3- 8-24	65-69
ANNE BING (FRANKLIN LAKES, NJ)	3-29-39	50-54
SALLY DAVIS (MA)	3-12-39	50-54
RONNIE GRIESE (CA)	3-18-44	45-49
MAE HORNS (EDINA, MN)	3-20-34	55-59
CAROLE MAWSON (WOODSIDE, CA)	3-30-44	45-49
PEARL MEHL (BOULDER, CO)	3- 8-14	75-79
JUDI RICHARDSON (CT)	3-23-34	55-59
CHRISTA ROMPPANEN (MALIBU, CA)	3- 2-39	50-54
BERYL SKELTON (FAIRPORT, NY)	3- 9-29	60-64
PAT STOREY (BEVERLY HILLS, CA)	3- 6-49	40-44
ALTHEA WETHERBEE (HUNTINGTON, NY)	3- 1-19	70-74
ERNESTINE YEOMANS (CAN-CINCINNATI, OH)	3- 3-19	70-74
HAZEL CAMERON (CAN)	3- 2-24	65-69
EVA ESCHNER (WG)	3- 5-29	60-64
ANNIKA FOLCHE (SWE)	3-26-44	45-49
LIESL HUBER (WG)	3- 9-34	55-59
ISABELLA OKENDHAL (RSA)	3-18-14	75-79
ART BARNARD (LA JOLLA, CA)	3-10-29	60-64
JOHN BOOTS (SLIDELL, LA)	3-25-19	70-74
ROSS CARTER (EUGENE, OR)	3-10-14	75-79
DENNIS DYCE (IL)	3-24-44	45-49
ROY FOWLER (GB)	3-26-34	55-59
KARL HASLER (SWI)	3-22-19	70-74
RANDOLPH HUBBELL (ALHAMBRA, CALIF)	3-21- 9	80-84
RIZA ISMAN (TURKEY)	3-15-14	75-79
HEINRICH KILLING (WG)	3-13- 9	80-84
ESKO KOLHONEN (FIN)	3- 3-14	75-79
GERGELY KULCSAR (HUNGARY)	3-10-34	55-59
GEORGE MAJOR (CAMP SPRINGS, MD)	3- 8-14	75-79
LEOPOLD MARIEN (BEL)	3-22-34	55-59
PETER MCARDLE (NYC, NY)	3-22-29	60-64
DELMAR MITCHELSON (ENCINO, CALIF)	3-16- 9	80-84
BOB NEUTZLING (JACKSONVILLE, FL)	3-23-44	45-49
GORDON NORDGREN (COVINGTON, LA)	3-17-19	70-74
JEAN ONSELEN (BEL)	3-13-34	55-59
THEO ORR (AUSTRALIA)	3-12-24	65-69
ED POOL (SAN GABRIEL, CA)	3- 0- 4	85-89
MEL SHINE (LAFAYETTE, CALIF)	3-12- 9	80-84
DON SLOCOMB (US)	3-11-34	55-59
PAUL SPANGLER (SAN LUIS OBISPO, CA)	3-18-99	90-94
ED STOTSENBERG (MALIBU, CA)	3- 8-14	75-79
KARL TREI (CAN)	3-19- 9	80-84
GRAHAM WISE (AUSTRALIA)	3-23-34	55-59



From left: Koisei Yamane, 63, and Olympic marathoner Gary Fanelli before the Honolulu Marathon December 10.

Photo by Tesh Teshima

The International Scene

WAVA Performance Standards

by BOB FINE, WAVA Vice-President, Stadia Committee

There has been some criticism raised about the WAVA medal standards on two bases:

1. Whether standards should be imposed at all;

2. The specific standards that have been established.

1. The WAVA council had the authority to impose performance standards and only the council can eliminate them. I plan to have open meetings in Eugene with the athletes to determine their feelings about performance standards. Any comments from the technical committee as to whether we should even have standards would be welcomed.

2. Modifications as to the specific standards that have been established, in my opinion, would also require council action, which cannot be done prior to Eugene. Assuming that the council will continue to have performance standards for 1991, we should present to the council in Eugene any proposed modifications.

I established the particular standards with the council's approval. I used the Canadian standards, the European standards, and the results at Melbourne. I also went on the theory that performances decrease with age. It was not the intention to go after any one group.

The standards, as established, would not have precluded any female competitor under the age of 75 or male competitor under the age of 80 from receiving awards in Melbourne. A total of 16 athletes who won 26 medals would have been precluded from receiving these awards at Melbourne under the standards as established.

I have never claimed that the standards are perfect. Admittedly, there may be some inconsistencies. Some of the performances that would have been precluded were a 5-foot (1.5m) pole vault; 111 seconds for a 200 sprint; and a 17-foot (5.24m) javelin throw.

I would appreciate recommendations as to specific modifications to be presented to the council. Please do not give general statements. The only way we can have a properly conducted open meeting in Eugene is if I can present proposed modifications in writing to those in attendance.

Please let me have your thoughts and specific recommendations as soon as possible. Send to Robert G. Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445. □



Cooling off after the M70 1500-meters at the VII World Veterans Games in Melbourne. From left, Hans Weickardt (Canada), Dan Bulkley (USA), David Morrison (Great Britain), Alan Burgoyne (Australia). Photo by Gretchen Snyder



Report from Britain

by ALASTAIR AITKEN and MARTIN DUFF (of Athletics Weekly)

Les Roberts, the 1985 World Vets 5000 champion, back in action after an ankle injury suffered in last summer's "Brugge," came sixth of 346 in the Centre Sport 10K at Crystal Palace, December 31, in 33:02, the day after his 45th birthday. Peter Hamilton, veteran cross-country champion from Kent, was eighth in 33:16.

Gerry Stevens of Reading, international steeplechaser in the late '60s, won the Berkshire Veterans cross-country title in 42:39, December 10. Pete Jones of Cambridge was first veteran in ninth place in the Hogs Back Road Race, December 11, in 48:04; first woman was W35 Glynnis Penny in 52:26.

Good early season form has been shown by Malcolm Martin, Sheffield's "Flying Ferret." An excellent 30:34 10K on the seafront at Cleethorpes was followed by a 50:58 10 mile at Ferriley

and a top veteran placing in the Northern Cross-Country Championships. In other areas, Brian O'Neill was top veteran in the Southern Cross-Country, whilst long term England cross-country international Andy Holden, 40, was an excellent 22nd in the Midland. Marilyn Palmer and Chris Kilkenny, both W35, were eighth and ninth in the Midland women's.

Peter Jones continued sub-31 minutes for 10K with a 30:58 in the Erith New Year's Day Race in Kent, but 38-year-old Jon Wigley won it in 30:31.

Former Scottish 4-minute miler, Adrian Wetherhead, who only races in his native Edinburgh, clocked a good 18:44 in a fast 4-mile. Former long-time marathon international Eddie Kirkup, now M60, has run 34:52 for 10K and 57:24 for ten miles. □



Favorites of the media and the spectators at the World Veterans Games in Melbourne were four men, all over age 90. From left: Tom Jones (AUS), Singh Azad Prithvi (97, IND), Jing-Chan Wang (TAI), and Bill Empey (AUS). Photo by Gretchen Snyder

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EUGENE-SPRINGFIELD
OREGON, USA 1989



4 Months To Go

Countdown to Eugene

World Championships Update

by TOM JORDAN and BARBARA KOUSKY

Four months to go, and the entries and housing reservations for the VII Championships are pouring in. Entries from Poland and Ghana arrived yesterday, while we Americans are finally shaking off the chill of winter to send in those all-important entry forms. **Don't forget — May 1st is the deadline for competition entry.**

Three of the many entertainment events slated for the two weeks of the Championships are set to go: first, the Banquet will feature cocktails, dinner and dancing for 2,500 on Wednesday, August 2, one of the rest days. At the Hult Center for the Performing Arts a first-rate production of "My Fair Lady" will entertain WVC competitors; while outdoors, the "Sound of Music" will be heard by visitors to the Eugene's downtown mall. Opportunities to buy tickets to all these events will be available upon arrival in Eugene-Springfield, although for

the Banquet, pre-purchase is recommended because of limited seating capacity (see Entry Form for details).

Housing and Competition Notes

Housing is still available, except in the University Inn and Tourist categories — those are sold out. The Luxury category is filling up rapidly, while housing in the Deluxe, Budget, University Halls, Cooperative Housing and Camping categories is obtainable. (Reservations are **not** accepted by telephone, but for information on available housing, call Administrator

Judy McConnell at 503/687-1989.)

Competitors in the men's 400, please note — if semifinals are required, they will be held on Friday, August 4, the same day as the heats. **This is a change from the schedule printed in the official Entry Booklet.** Finals of the 400 will still be held Saturday p.m., August 5.

For old Hayward Field hands: wait until you see our brand-new 200-meter synthetic warmup track adjacent to Hayward's 400 oval. The warmup track has four lanes, along with a 100-meter straightaway for sprints connecting it to the entrance of Hayward Field. No other facility in the country has a set-up so conducive to proper and

well-timed competition warmup. We're proud that the World Veterans' Championships will be the first major meet to use the completed facility.

Our phones are ringing constantly now, with many of the calls from competitors with questions, but also many from the citizens of Eugene-Springfield asking how they can be of help. The entire community is mobilizing for your arrival, and we pledge ourselves to making our competition and vacation the best you have ever experienced. □

(The entry form will appear in NMN next month. The dates of the event are July 27 - August 6 in Eugene, Oregon. — Ed.)



Bertha Heischer (FRG, 43.14) bests Margaret Jackson (USA, 44.18) and Bess James (USA, 45.21) in a close 200-meter race for women 75-79 at the VII World Veterans Games in Melbourne.

Photo by Gretchen Snyder

GET READY for EUGENE



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

Order several. Shirts make great gifts.

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

These are the finest event pins we've ever seen. The bronze replica of the official emblem of the World Veterans' Championships is sure to become a classic. The 1-5/16 inch metal pins have a bronze finish with the emblem in red-white-and-blue enamel. All have pin backs and will go well on uniforms, jackets, hats, and warm-ups.

These superb pins are \$5.00, plus \$2.00 additional for postage and handling. If ordering t-shirts as well, there is **no charge** for the shipment of pins. Make check out to "World Veterans' Championships", or use your Visa/Mastercard. Use the order form below. Allow 6-9 weeks for delivery.

ORDER FORM

T-SHIRTS Indicate quantity of each shirt desired.		
Eagle Mascot	S M L XL XXL	
Short-sleeve (\$10)	— — — — —	Total short-sleeve shirts ordered _____ x \$10 = \$ _____
Long-sleeve (\$14)	— — — — —	Total long-sleeve shirts ordered _____ x \$14 = \$ _____
Official Emblem		Plus postage (\$2 for 1 shirt, \$4 for 2 or more) \$ _____
Short-sleeve (\$10)	— — — — —	
Long-sleeve (\$14)	— — — — —	
		T-SHIRT TOTAL = \$ _____

PINS Please send _____ pins x \$5 = \$ _____
Add \$2 for postage/handling unless ordering t-shirts (there is no charge for shipment of pins).
Make check out to "World Veterans' Championships". Allow 6-9 weeks for delivery.

T-SHIRT TOTAL \$ _____ + PIN TOTAL \$ _____ = TOTAL ENCLOSED \$ _____

NAME _____ VISA/MC NUMBER _____
ADDRESS _____ EXPIRATION DATE _____ PHONE NUMBER _____
CITY _____ STATE _____ ZIP _____ CARDHOLDER'S NAME _____

WVC T-SHIRTS • PINS Box 10825 Eugene, OR 97440

Eugene Update...

- Lane Community College, site of the World Veterans Championships cross-country run, has become a Silver Medal \$15,000 sponsor. Most of its assistance will come in the form of "in-kind" support.

- The Championships were awarded \$8000 from the Oregon Department of Tourism.

- Jerry Donley, Chairman of TAC's Masters Track & Field Committee, sent a funding request for the Championships to 108 master clubs. Donations go directly to the Masters Sports Association Trust, which has given the Championships \$74,500 to date. The fundraising goal is \$100,000.

- 5000 reservations have been received to date. Some international groups are coming in as early as July 20, with the majority coming in on the 24th.

- 500 competition entries have been received, triple the amount Melbourne had received at this point.

- On January 31, Peg Smith and Trevor Luck of Australia

visited the facilities, and finalized arrangements for their "Bush Bash."

- Merchandise will be one of Eugene's largest sources of revenues. T-shirts are being sold in retail outlets in town, as well as through ads in NMN and flyers in the entry booklet. Caps, mugs, plates, etc. may also be available.

- A mailing is being sent to 24,000 TAC masters throughout the U.S. to make them aware of the Championships and encourage them to compete.

- WAVA has received a commitment from the Mizlou Cable TV network to televise a two-hour recap of the Championships on Sunday, August 13, if adequate sponsorship can be found. More than 20 sponsor presentations have been made to date but nothing is yet firm.

- Meanwhile, the National CBS-TV program, *48 Hours*, hosted by Dan Rather, has contacted Eugene and may be interested in covering the event as part of a program on aging. □

Murray's 4:12.56 Breaks Bell's Mile Mark Continued from page 1

seconds behind winner John Dixon, and .63 seconds behind Bell. Murray has now embarked on a

solid preparation for the VIII World Veterans Championships in Eugene this July. □



Tony Murray sets new world masters mile record at Olympic Park, Melbourne (4:12.56). Photo by Mike Adler



Osmo Millridge (AUS) leads Savio Babini (ITA) over the barrier in the M55 Steeplechase at the VII World Veterans Games in Melbourne. Photo by Gretchen Snyder

WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69 70 Plus					
35-39	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69 70 plus					

MEN

30-39		.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
70 plus	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
40-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	300m	.840m 33"			
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

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

*New IAAF Specifications

ANNOUNCING!

Masters International Weight Pentathlon

MONDAY, AUGUST 7, 1989

Eugene/Springfield, Oregon, USA

The sponsoring committee of the premier Weight Pentathlon to be held in the world during 1989 invites all weight throwers to participate in this outstanding event to be held immediately following the VIII World Veterans' Games.

Organized by: Masters International Weight Pentathlon Committee

Age Divisions: WAVA/TAC 5 year age groups, W35+, M40+

Entry Deadline: Advance registration is desired, but not required. Entries will be accepted on site at Eugene, Oregon, during VIII World Veterans' Games on or before 5 PM, Friday, August 4

Entrance Fee: \$15 in US dollars

Sanctioned By: Sanctioned by TAC/USA. US participants must have current TAC registration. This is not an event of the VIII World Veterans' Games.

Events and Implements: This multi-event competition will include shot, discus, javelin, hammer, and heavy weight throw. Implements will meet WAVA/TAC weight specifications for each age group. Competition could start in early morning and run into late afternoon for all participants, depending on number of entries.

Awards: Medal awards to first three places in each age group will be based on total score for all five events, using IAAF multi-event scoring tables. Special awards may also be given to the top overall performers using age-factored total score.

Special Note: A member of the Organizing Committee will be on site at frequent intervals in the Hayward Field area, University of Oregon, starting Thursday, July 27, to accept entries and entry fees and to provide additional details for the competition. Prior to July 13, enquiries can be directed to Bob Stone, Co-Chairman, 118 St. Albans Road, Kensington, California 94708, Telephone (415) 524-0117.

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Drug Testing: Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC hot line at 800-233-0393.

ENTRY FORM

MASTERS INTERNATIONAL WEIGHT PENTATHLON

Monday, August 7, 1989



NAME _____

STREET _____

CITY _____ STATE _____

COUNTRY _____ POST CODE _____

BIRTH DATE _____ AGE _____ SEX _____

Entry Fee - \$15.00 US



Advance entries will be appreciated using this form. However, entries will be received at Eugene, Oregon, up to 5 PM, Friday, August 4. Please send advance entries or make inquiries prior to July 13, to Bob Stone, 118 St. Albans Road, Kensington, California, 94708, USA. Entry fee may be paid in Eugene.

I agree to accept full responsibility for my health and safety and will not hold meet sponsors liable for any injury due to the competition or travel related to my participation in this event. I authorize the officials of this meet to use their discretion to have me transported to a medical facility and I take full responsibility for this action should I suffer injury or illness



Signed _____ Date _____ TAC NO. _____ (US ONLY)

Boit Breaks World Masters Indoor Mile Record

Continued from page 1

In a surprising change of strategy, Bell, who had run from behind a week earlier, set the pace in the Meadowlands event. He took the nine-man field through quarters of 61.6, 2:07, and 3:14. Byron Dyce, the former New York University star, and Boit kept close.

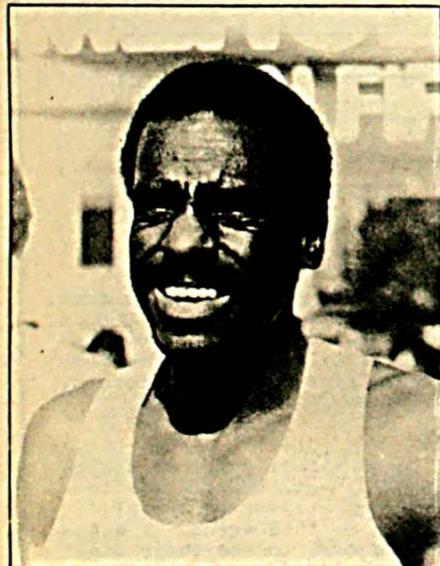
After passing the three-quarters mark, the 40-year-old Dyce bolted to the lead. Boit went with him and then passed him, blazing a 60-second final quarter to win handily. Dyce, of Gainesville, Fla., clocked 4:16.39. Swenson, 42, of Wolcott, Conn., who had set his indoor record on March 15, 1987, in Providence, R.I., finished third in 4:18.75. Ken Sparks, 44, of Chagrin Falls, Ohio, was fourth in 4:19.96.

Bell, who faded to fifth, clocked 4:21.09. He said he did not want to see the mile become a tactical race. He felt it was important to improve the time and decided to take the lead and let come what may.

The rest of the field finished like this: sixth: Harold Nolan, 41, Shore Athletic Club, 4:23.50; seventh: Jack Martin, Cranford, N.J., 4:26.57; eighth: Mark Sepkowski, Central Jersey Track Club, 4:41.73; ninth: Sid Howard, Plainfield, N.J., 4:43.18.

Track talk is centering around who will be the first master to break the four-minute barrier. The consensus is that it will be a national class runner who has kept training through his thirties. Some names mentioned include active runners approaching the magic '40' milestone like John Walker, Filbert Bayi, Rod Dixon, Eamonn Coghlan, and Steve Scott.

Walker will be 40 in January 1992, and Marc Bloom, event coordinator for both masters miles which were sponsored by *Runner's World* magazine, said he plans to invite Walker for the 1992 Millrose race.



Byron Dyce, of Gainesville, Fla., ran 4:15.87 for second in the men's masters race, Mercedes Mile on Fifth Avenue. Dyce set an American masters indoor mile record of 4:16.39 on February 10 at the Vitalis Meadowlands Meet. Photo by Sailer, Ltd.

Bell thinks Boit will be the man to do it. For himself, Boit, who has not competed for the past two years feels his two sub-4:20 efforts after an extended layoff is a good sign. He thinks his times will come down fast.

However, Peter Mundle, who held 35 masters records at one time and is chairman of U.S. and world masters records committee for the World Association of Veteran Athletes, is not so sure.

"Boit has the best chance," said Mundle, "But it's going to be tough. He doesn't realize how hard it will be at the age of 40 to get back to what he was two years ago."

In the Millrose Games, Bell came from far off the pace to overhaul Boit on the final straightaway. "I saw him (Boit) start to wobble in that last quarter," said Bell, who also holds the outdoor masters mile mark at 4:12.58. "I had to go for him."

Boit, who was recovering from the flu, ran out of gas in the last quarter and finished in 4:18.07. But he said he was pleased with his time considering it was his first competitive race in years. An Olympic 800 bronze medalist in 1972, Boit plans to keep racing. He said he feels confident he has a good chance to be the first over-40 runner to break the four-minute barrier.

"I ran a 3:56 mile in 1987 and I think I could go under four-minutes by May if everything goes right," said Boit. His plans are to return to Kenya. His race schedule there is not known. But he may be back in the U.S. in July for the World Veterans Games and other masters races this summer.

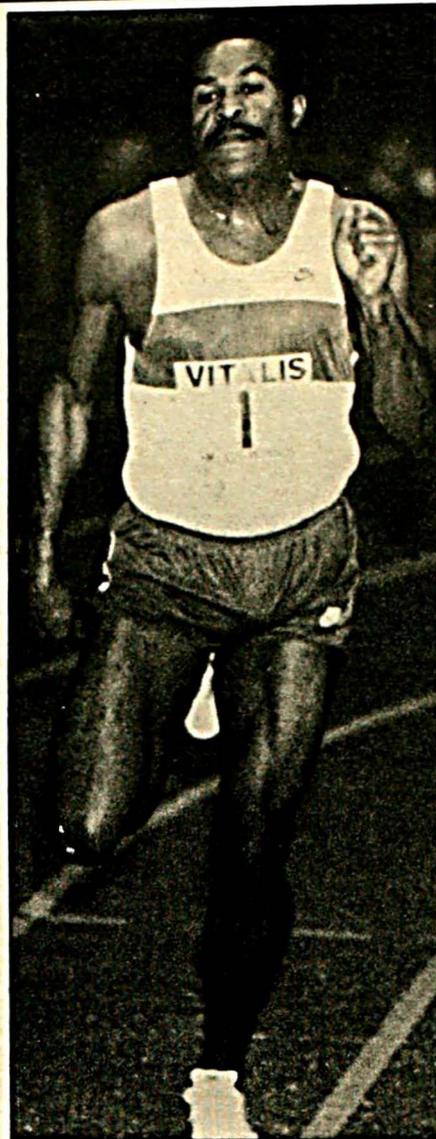
In the Millrose Mile, Dyce, 40, took the seven-man field through the quarter in 64.8 and the half in 2:11. Then, Boit bolted to the lead, breaking the race open with a 62-second quarter. He took a 25-yard lead over Bell, who had moved into second.

But Boit overestimated his condition. His job as physical education chairman at Kenyatta University in Nairobi has been time-consuming, preventing him from doing serious training. Moreover, he said he came to the States on antibiotics for a flu condition and with little training under his belt.

The third-quarter surge drained him. With two circuits left in the 11-lap race, Boit started struggling, stealing quick glances over his shoulder as he came off the turns.

"I think I pushed a little too fast during the middle of the race," Boit said. "I thought the race was too slow and I hate to run in a very slow race. I'd rather lose."

Bell kept coming, closing to within five yards at the start of the last lap. He drew abreast of Boit around the final turn and used his momentum to nail him in the short 40-yard stretch to the tape. Bell ran the last quarter in about 61 seconds.



Lee Evans wins the masters 400 in 51.60 in the Vitalis Meadowlands Meet.

Photo by Sailer, Ltd.

Bell, who teaches hotel management studies in a college near Liverpool, was elated after the race. A 4:05 milers in his twenties, he said he had let "middle-aged spread" set in until his wife took up fun-running in 1982. She urged him to go along. He's been improving ever since.

Dyce was third in 4:20.60. Swenson was fourth in 4:23.48. Two days later, Swenson ran 4:23.82 to win a masters mile at the George Mason Invitational in Fairfax, Va. Neither Bell nor Boit were at that meet.

In the Millrose race, Nolan was fifth in 4:25.07. Sixth was Sparks, in 4:27.02. Seventh and last was Jim Ryun, 41, of Lawrence, Kan., in 4:38.39. Ryun, once the world mile record holder in 3:51.1, had clocked 4:29 in the Millrose race in 1988. But this year, he said he could not hold the pace after running a 2:15 half. He had to push hard in the last quarter to avoid being lapped.

Neither Boit nor Bell, who set the world outdoor mark last August at the Legends Mile in Orlando, Fla., have run the fastest indoor mile recorded by a master. That was done by Bill Stewart of Michigan who reeled off a 4:11.01 effort in 1983 at the age of 40 in an open race. But it is an unofficial mark because it was a non-winning effort timed with a single watch. To be official, records must be timed by three clocks or by an electronic timer.

Cosby Anchors Relay Leg

Evans Wins Masters 400

In addition to the Masters Mile at the Vitalis Meadowlands Invitational Meet February 10, five other masters events were staged.

In the masters 400, Lee Evans, who held the world record of 43.68 for nearly 20 years, raced to an impressive 51.60 win over Ken Brinker and Ron Johnson (both timed in 54.32). The wire services claimed a new world masters indoor best for Evans, but the actual record is 51.36, set by Lamar Miller on January 2, 1986 (see world indoor record listings in this issue).

Evans has been working for the Special Olympics in Africa, and plans to run the 400, 800 and 400H at the World Veterans Games in Eugene.

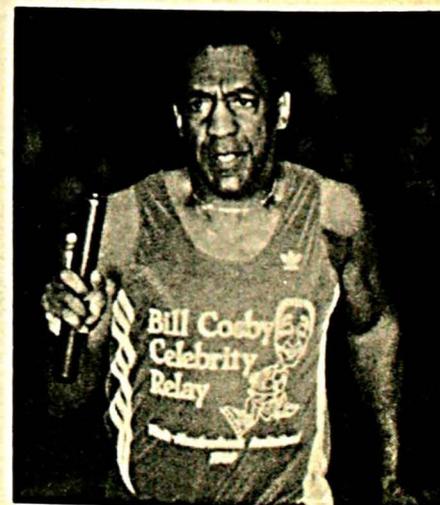
John Conners won a special masters mile for men 50-and-over in 4:51.95. He was followed by Jim Sutton (4:55.69) and Charles Wimberley (4:56.29).

The New York Pioneers won the M40+ 1600-meter relay in 3:42.46, while the Potomac Valley Seniors Track Club took the M50+ 1600 relay in 4:13.2.

The event that got the most media coverage on local sportscasts throughout the nation was the special relay featuring Bill Cosby, Alan Cranston, George Sheehan, Josh Culbreath and Fred Lebow, among others. A team composed of three New York Giant football players and Sheehan won the race, with Cosby anchoring his squad to a second-place finish.

The meet was televised live by ESPN, but, of the five masters events, only the Cosby relay was shown.

"Masters events are the wave of the future in indoor meets," said Tim McLoone, who organized the five masters races. "The biggest roar of the evening was for the masters mile."



Bill Cosby, 51, anchors the Celebrity Relay at the Meadowlands Meet. Photo by Sailer, Ltd.

1989 National TAC Masters Indoor Track and Field Championships

Friday, Saturday and Sunday, March 31 - April 2, 1989

French Fieldhouse, The Ohio State University, Columbus, Ohio

REGISTRATION

DEADLINE
Early registration deadline is March 15, 1989, in the meet director's hands. Application forms received after that date are subject to the regular fee schedule as set forth below. Late entries received after March 23 for the 60 m, 60 hurdles, 200 m and 400 m will be accepted only as long as there are vacant lanes. Positively no late entries will be taken in the 60 m, 60 hurdles, 200 m or 400 m after 6:00 p.m., Friday, March 31. Late registrations, date of the meet signups and changes will be charged twice the early registration rate. For additional entry forms, use photocopies, or contact Jim Pearce, 2449 Southway Drive, Columbus, Ohio, 43221, or call (614) 481-7745 and leave your name and complete address.

ENTRY FEE SCHEDULE

	Early Registration (prior to 4/15)	Regular Registration (3/16-3/23)	Late Registration (After 3/23)
First Event	\$9.00	\$10.00	\$18.00
2nd & Subsequent Events	\$6.00	\$7.00	\$12.00
Relay teams (price per team)	\$24.00	\$28.00	\$48.00

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

1989 Masters Indoor Meet Travel and Accommodations

American Airlines Discounted Group Rate Reservations to Columbus
Special American Airlines group rates, 5% off best published fares, subject to restrictions, or 35% off coach, allowing changes up to 7 days prior to departure. For full details and reservations, phone: 1-800-433-1790. Ask for Star File #S-01394A.

Moderately Priced Hotels Near OSU

- Holiday Inn-on-the-Lane 1-614-294-4848
Located across the street from French Fieldhouse. A limited number of rooms are available. Two hotel vans provide airport service for hotel guests. \$42/\$50
- Cross Country Inn, 3246 Olentangy River Road, \$29/\$37 1-800-621-1429
- Cross Country Inn, 1445 Olentangy River Road, \$29/\$37 1-800-621-1429
- Knights Inn, S.R. 315 at N. Broadway, \$28.50/\$36.50 1-800-722-7220
- Olentangy Inn, 1299 Olentangy River Road, \$29/\$34 1-614-294-5211
(call collect for reservations)



ADDITIONAL DETAILS

AIRPORT TRANSPORTATION

The Holiday Inn-on-the-Lane is Meet Headquarters and will be running a shuttle bus to and from the airport for athletes staying there. Call from the direct phone located in the baggage claim area of Port Columbus Airport. French Fieldhouse is 100 meters away from the Holiday Inn, just across Lane Avenue. Taxi cabs and major car rental companies are available at Port Columbus. A special Airport Shuttle will provide service to OSU area motels for \$5 or \$6.

MASTERS TRACK MEETING

There will be a general meeting for Masters track athletes at the Holiday Inn-on-the-Lane Saturday night at 7:30 p.m. Jerry Donley will be discussing the World Games and the Masters movement. Our apologies to long jumpers and runners who will be competing late Saturday night.

CHANGING FACILITIES

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

HOSPITALITY SUITE

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

AWARDS

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

TEE SHIRTS

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

MEET SCHEDULING

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

MEET RULES

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

In LJ, TJ, SP and weight throw, if there are more than 12 contestants in an age group, preliminary flights will be used.

WAVA implements and hurdle specifications will be used as published in National Masters News 2/88 issue.

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

PRELIMINARY MEET SCHEDULE

Day/Time	Event	Day/Time	Event
Friday, 3/31/89	2:00 P.M.	9:00 A.M.	Wt 70 + up Men
	7:00 P.M.	9:30 A.M.	TJ 45-9 Men
	Triple Jump all Women	HJ 60-4 Men	
	High Jump 70 + over Men	SP 30-49 Women	
	Pole Vault 60-69 Men	Wt 45-9 Men	
	8:30 P.M.	10:00 A.M.	SP 30-49 Women
	TJ 70 + over Men	Wt 45-9 Men	
	9:30 P.M.	11:00 A.M.	SP 50 + up Women
	TJ 65-9 Men	Wt 40-4 Men	
		TJ 30-4 Men	
		TJ 35-9 Men	
		PV 45-9 Men	
Saturday, 4/1/89	4:00 P.M.	11:30 A.M.	HJ 65-9 Men
	8:00 A.M.	200 m Dash (all run)	
	LJ 35-9 men	12:00 Noon	SP 70-9 Men
	9:00 A.M.	Wt 50-4 Men	
	LJ 40-4 Men	12:30 P.M.	TJ 50-4 Men
	HJ 55-9 Men	1:00 P.M.	Wt 55-9 Men
	PV 70 + up Men	1:30 P.M.	SP 80 + up Men
	60 m Dash (all run)	HJ 35-9 Men	
	10:00 A.M.	2:00 P.M.	TJ 55-9 Men
	SP 30-4 Men	3:00 P.M.	PV 40-4 Men
	11:00 A.M.	2:15 P.M.	800 m Run (Women 1st)
	SP 35-9 Men	3:00 P.M.	TJ 60-4 Men
LJ 50 + up Women	4:00 P.M.	TJ 40-4 Men	
HJ 50-4 Men	4:15 P.M.	200 m Finals (as needed)	
PV 30-4 Men	5:00 P.M.	4 x 400 m Relay	
12:00 Noon			
SP 40-4 Men			
Wt 60-4 Men			
12:30 P.M.			
1500 m Run (Women first, oldest to youngest)			
1:00 P.M.			
SP 50-54 Men			
Wt 65-9 Men			
LJ 70+ over Men			
HJ 45-9 Men			
Sunday, 4/2/89	8:00 A.M.		
	LJ 55-9 Men		
	HJ 30 + up Women		
	PV 50-4 Men		
	3000 m Run (Women 1st)		

Budget

1989 TAC Masters Indoor Championships Meet Entry Form

Please fill out completely, and return with your fees to:
Jim Pearce, 2449 Southway Drive, Columbus, OH 43221, or call (614) 481-7745, and leave your name, address and phone number.

Make checks payable to: "1989 Masters Indoor Meet"

Name _____ Age _____ Sex _____
 Address _____ Phone _____
 City _____ State _____ Zipcode _____
 1989 TAC Card Number _____ Date of Birth _____
 Track Club _____ Requested starting height: HJ _____ PV _____
 Events Entered:
 1st Event _____ 2nd Event _____ 3rd Event _____ 4th Event _____
 Recent _____
 Performance _____

If you desire a Masters Championships T-shirt, note your size and include \$8.00 per shirt. S M L XL XXL

Relay Entry: 4 x 400 m _____ 4 x 800 m _____

Relay Team Members _____

Early Registration: \$9.00 1st event, \$6.00 each additional event.
 Regular Registration: \$10.00 1st event, \$7.00 each additional event.
 Late Registration (after March 23 in Meet Director's hands): \$18.00 1st event, \$12.00 each additional event.

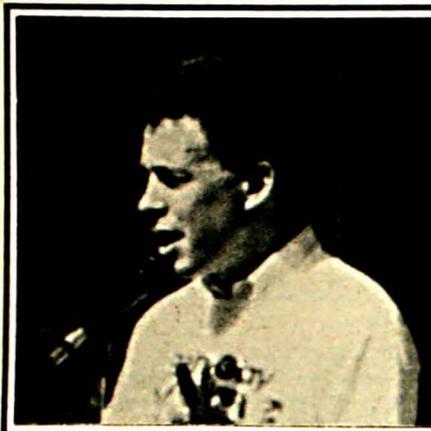
\$ _____ + \$ _____ + \$ _____ + \$ _____ = \$ _____
 Individual Entry Fees Relay fees T-shirts Total Amount Enclosed

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

ATHLETIC AND PUBLICITY RELEASE
 In consideration of your acceptance of my entry, I hereby for myself, my successors and assigns, release and forever discharge any and all claims for damages which I may have or may hereafter accrue against TAC/USA, the Ohio Athletics Congress, Walkpack Track Club, Over-the-Hill Track Club, The Ohio State University, and meet sponsors, organizers, officials and workers, for any damages suffered by me. I certify that I am physically fit and that my level of training is sufficient to compete.
 I hereby grant my permission to the use of films, videotape, and photographs for news coverage and meet publicity in which I may appear.

DRUG TESTING NOTICE
 Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and DIF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility for future competitions. Base prescription and over-the-counter medications contained banned substances. Information regarding drugs and drug testing can be obtained by calling OAC Hotline at 1-800-233-0393.

Date _____ Athlete's Signature _____



The Director's Corner

by DEAN REINKE

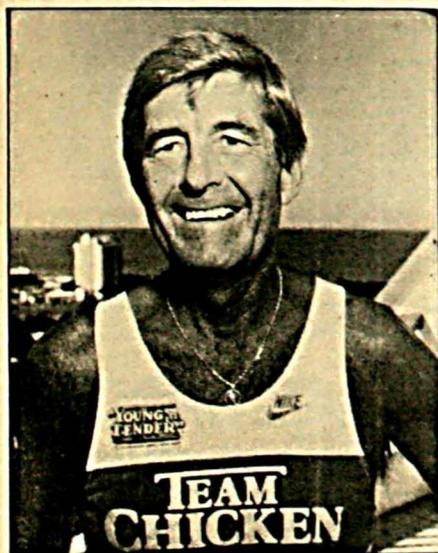
1989 Circuit Taking Shape

With Naples now in the history books and plans developing for the second edition of the ICI/USRA Masters Circuit, it is important to reflect on our first year. While we are proud of the success of our inaugural year, we are constantly striving to produce the best possible Circuit that will appeal to runners from the World Class level to the back of the pack.

We appreciated the comments from those of you responding to our plea for suggestions. Many of your ideas will be incorporated into our program for the coming year. While Bill Rodgers, Frank Shorter, and the other "legends" of our sport will be even more visible in the coming year, we hope to encourage runners of all ages and ability to participate in Circuit events. At the same time, we will continue to press on with our mission to serve as an effective lobby for masters running and convince race directors to invest more in the 40-and-over ranks. And that means not just in terms of a prize purse but in terms of travel, housing, awards and other tangibles that will positively affect the masters athlete — at both events on the ICI/USRA Masters Circuit and elsewhere.

13 Events on Tap

As of this writing, 13 events are on board for the 1989 ICI Circuit. I think you'll agree that while we have included some of America's top ranked events (eight are among Runner's World Magazine's "elite"), all have made commitments to the masters athlete. The season kicks off March 18 in Virginia Beach, Va., with the Nissan Shamrock 8K. Rodgers and '88 ICI



Jim Larson, 52, of Palm Harbor, Fla., placed 4th in the 50-54 division in the ICI/USRA 8K in Naples in 28:22. Larson took third overall in the M50 1988 point totals. Photo by Sailer, Ltd.

Circuit champion Bob Schlau will headline an expected strong masters contingent. It's a fast layout as evidenced by Web Loudat's world-record-setting masters performance of 24:03 in 1987. The April 8 Myrtle Beach Classic will be the second Circuit event and will offer a \$5000 masters purse with Rodgers and Schlau scheduled to go at it once again. Several of the last year's events are returning and we are very proud that the prestigious "Twin Cities Marathon" will join the Circuit with its \$50,000 masters purse!

The Circuit may expand to 17-20 events with the ICI/USRA Masters National Championship scheduled to be held in January, 1990. All indications are that the Championship will return to the popular site of this year's finale in Naples, although organizers have been contacted by cities who have expressed interest in hosting the event.

25,000 Prize Money

This year's prize purse will expand to \$25,000. Points will be scored in "5-year" age divisions, new this year. A greater geographical balance is planned to give more athletes an opportunity to compete. Runners can take their "5 best" performances in accumulating points and special awards will also be distributed at individual Circuit events. There will also be a special emphasis on top "age-graded" performances which was popular in 1988.

An extensive regional and national advertising and publicity campaign will be conducted including this monthly newsletter in the pages of *National Masters News*. *Masters Running '89*, the popular official magazine of the Circuit will be published this fall and early reports indicate it may be larger than last year. Negotiations are continuing with prospective supporting sponsors of the Circuit and an announcement is hoped for within the next 30 days.

One primary objective organizers have set is to find additional funding for travel to ICI Circuit events for

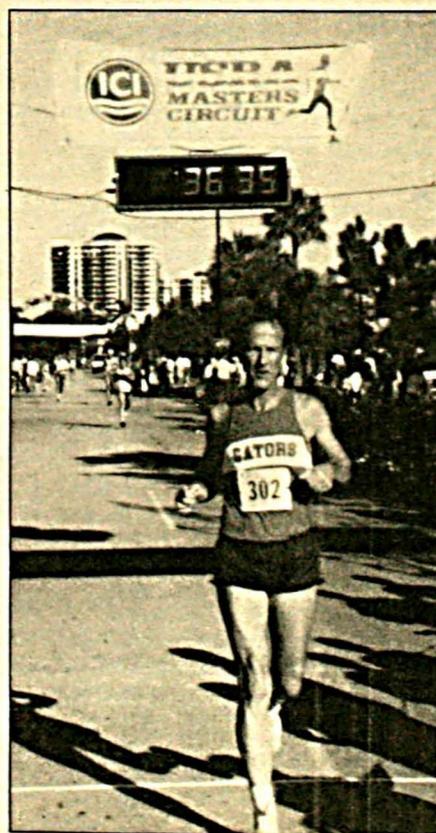
qualified athletes in need of assistance. Additionally, we would also like to see increased television and media exposure for Masters athletes in hopes attracting even more competitors and sponsors into the sport. With the likes of Duncan MacDonald, Don Kardong, Wilson Waigwa, Mike Boit and others entering the 40 and over ranks, with John Walker, Rod Dixon, Eamon Coghlin and others not far behind, the times will continue to fall as interest continues to climb.

Here's looking to a great year ahead on the ICI/USRA Masters Circuit — we'll see you there! □



Bill Adams, 48, Public Affairs Director of ICI, placed 5th in the M45-49 division in 29:19 in the First Annual ICI/USRA National Masters 8K in Naples, Fla., January 14.

Photo by Sailer, Ltd.



John Milam, 47, of Sebring, Fla., finished 22nd in the M45-49 8K in Naples in 36:35.

Photo by Al Sheahan

1988 ICI/USRA Masters Circuit Final Standings

Below are listed the final standings and earnings from the 1988 \$20,000 ICI/USRA Masters Circuit Grand Prix (in addition, \$100 awards were given to 5-year age group winners in Naples):

Men 40-49:

1. Bob Schlau, BC (41)	71	\$3500
2. Bill Rodgers, MA (40)	62.5	2500
3. Mike Hurd, ENG (40)	53	1500
4. Steve Laster, UT (45)	51	750
5. Wes Wesley, GA (40)	48	650
6. Web Loudat, MI (41)	30	550
7. Dave Stewart	22	400
8. Ken Sparks	19	300
9. Robert Nelson	18	200
10. Barry Brown, FL	17	100
10. Don Coffman, KY (45)	17	100

Men 50-59:

1. Wm. Johnston, UT (50)	73	\$ 750
2. Bill Olrich, KY (50)	66	250
3. Jim Larson, FL (52)	48	100

Men 60 & Over:

1. Jim O'Neil, CA (63)	70	\$ 500
2. John Hosner	17	100

Women 40-49:

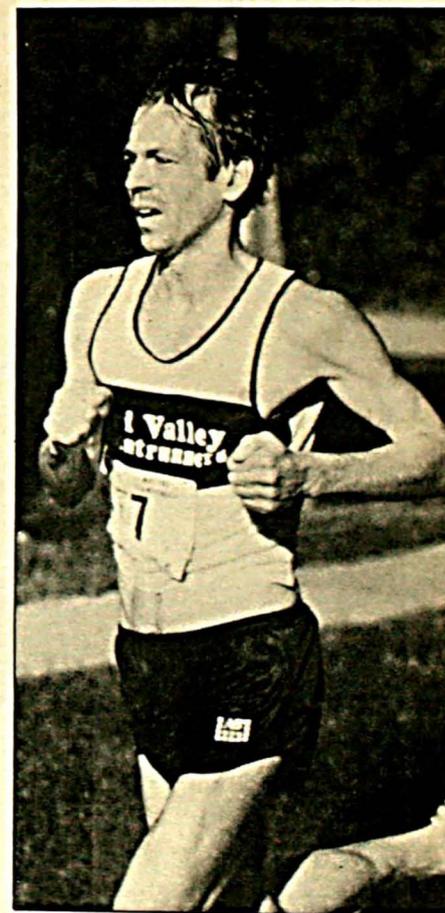
1. Jane Hutchison, MO (41)	75	\$3500
2. Nancy Oshier, NY (40)	60	1000
3. Barb Filutza, PA (42)	44	500
4. Kathy Brown, NY (40)	41	250
5. Priscilla Welch	40	100

Women 50-59:

1. Susie Kluttz, NC (51)	41	\$ 750
2. Dolores Albertini	39	100

Women 60 & Over:

1. Mary Norckauer, LA (63)	46	\$ 500
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Larry Olsen, 42, of Millis, Mass., clocked 25:12 to place sixth in the M40-44 division of the ICI/USRA 8K run in Naples, Fla., January 14.

Photo by Sailer, Ltd.

ICI/USRA Masters Circuit Happenings

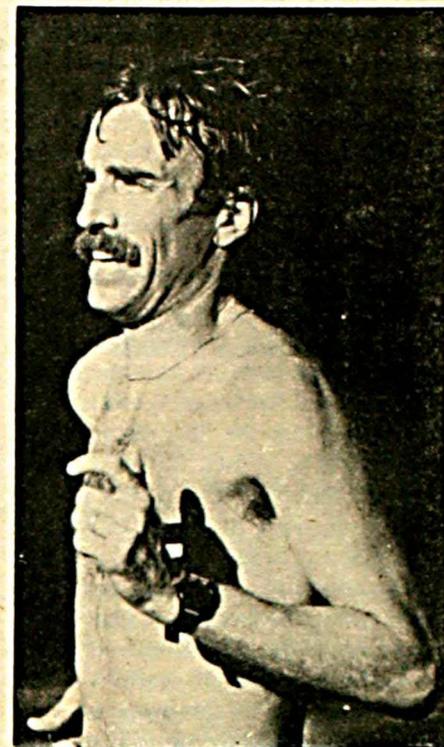
By DEAN REINKE

Bill Rodgers plans to attack the '89 ICI/USRA Masters Circuit with a vengeance. He's already entered at Nissan Shamrock and Myrtle Beach Classic, the Circuit's first two events, and plans to run Utica Boilermaker, Crim and Heartland Hustle. . . ICI/USRA Masters Circuit phones have been ringing off the hook with inquiries from "Master Rookies" (those just turning or about to turn 40). Australia's Tony Murray (4:13.2 mile), John Campbell (2:11 marathon), Wilson Waigwa (mile), Duncan MacDonald, Tony Simmons (British Olympian) and numerous others are ready to challenge Bill's '88 Naples ICI Championship crown. . . We are getting quite a few calls from companies interested in Masters running and athletes possibly endorsing products. With few young American superstars on the horizon and our baby boomer population continuing to boom, look for even more interest in the months ahead. . . While Schlau and Athol Barton were among the year's Masters newcomers, look for Canada's Dave Stewart and Rochester, New York's

Nancy Oshier to burst on to the scene in '89. . . Congratulations to Britain's Ron Bell for his indoor world record at the Millrose Games to complement his outdoor record-setting effort set last summer at the ICI Legends Mile in Orlando. . . Kenya's Mike Boit, birth certificate and all, didn't give Bell much time to enjoy his record, shattering it one week later at the Vitalis Invitational at the Meadowlands in New Jersey, running 4:15. Bell was 5th but watch out this summer with interest growing for a rematch at the Legends Mile. . . 44-year old Victor Mora of Colombia's 46:06 clocking at Gasparilla, over a minute ahead of Bob Schlau and Larry Olsen, marks him as an early season Master to watch. How about Tampa, Florida's Jim Pearson, a construction worker and 6th place behind Frank Shorter at the ICI/USRA Masters Championship in Naples, beating Barry Brown at Miami, running 32:20 for 10K and netting \$1000? Runnerup Brown (33:44) reports they could have used "age group designations" on the backs of masters as done at ICI Circuit events; he did not even know Pearson was in the race. . .



Making a comeback is this spring's "Nissan Buffalo Marathon" May 7 while the "Eriesistible Marathon" in Pennsylvania has dropped from the September schedule. . . A major Florida resort is looking into a major road race late this fall in the Tampa market. . . Congratulations to Al Swenson for his Mobil 1 Masters Mile win over Harry Nolan. . . The above mentioned Oshier, by the way, does most of her training on a "treadmill" - indoors. . . Boston Billy is a last minute edition to the Los Angeles Marathon. His eyes are focused on a \$25,000 Masters bonus to any Master winning LA and New York. He has dropped out of the Orlando Red Lobster 10K which is offering a \$10,000 Masters Purse. . . New Mexico's Web Loudat, one of the all-time great Masters milers, is reportedly hanging up his spikes due to surgery of the foot. . . Rodgers contract with Hancock is over, March 1, while it appears there is a good chance he'll renew with Brooks this spring. . . Etonic reports that it will sponsor about 120 "regional" athletes (Jane Huchison and Steve Lester are currently on board) while Brooks plans to sponsor approximately 30. . . □



Dave Stewart, 40, of Ottawa, Ontario, speeded to a 24:27 to finish second to Bill Rodgers in the ICI/USRA National Masters 8K in Naples, Fla., January 14. Photo by Sailer, Ltd.

1989 ICI/USRA Masters Circuit Schedule Set

Below is the schedule (at print deadline) for the 1989 ICI/USRA Masters Circuit. Runners will accumulate points from their best five performances, within 5-year age groups, toward determining season-end champions. The grand prix purse will be \$25,000 with over \$125,000 to be distributed at the individual events combined. Information about Circuit race director contacts may be obtained by contacting the ICI/USRA Masters Circuit offices at (407) 647-2918.

March 18-Nissan Shamrock 8K, Virginia Beach, Virginia

April 8-Myrtle Beach Classic, South Carolina

May 29-Cotton Row Run 10K, Huntsville, Alabama

June 4-Hospital Hill Run Half Marathon, Kansas City

July 9-Utica Boilermaker 15K, Utica, New York

August 12-Asbury Park 10K, Asbury Park, New Jersey

August 26-Crim Road Race 10 Mile, Flint, Michigan

September 24-Pittsburgh Great Race 10K, Pittsburgh, Pennsylvania

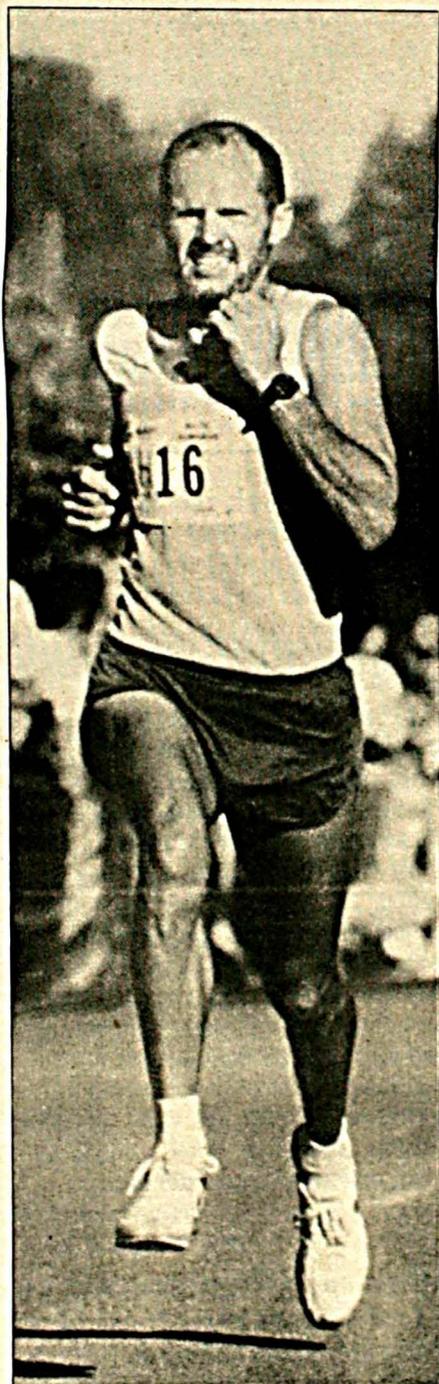
September 30-Myriad Gardens Run 10K, Oklahoma City, Oklahoma

October 8-Twin Cities Marathon, Minneapolis, Minnesota

October 14-Capital Trail Run, Raleigh, North Carolina

January 6-Charlotte Observer 10K, North Carolina

January, 1990-ICI/USRA Masters Championship 8K, Florida



Bill Johnston, 51, of Salt Lake City, wraps up the 1988 M50-59 ICI/USRA Masters Circuit Championship with a fast 26:50 in the 8K final in Naples. Photo by Sailer, Ltd.

TOP 10 ALL-TIME FASTEST AMERICAN MASTERS MARATHONERS

MEN			
Time	Name/Residence	Site	Date
1 2:15:15	Barry Brown NY	St. Paul	30 Sep 1984
2 2:17:10	Mike Manley OR	Houston	16 Jan 1983
3 2:20:46	Bob Schlau SC	St. Paul	11 Oct 1987
4 2:21:20	William Hall NC	Boston	20 Apr 1981
5 2:21:32	Jim Bowers CA	Duluth	16 Jun 1984
6 2:22:24	Bruce Mortensen MN	St. Paul	06 Oct 1985
7 2:22:52	Steve Lester UT	St. George	04 Oct 1986
8 2:23:07	Dan Conway WI	St. Paul	30 Sep 1984
9 2:23:16	Ralph Zimmerman NY	Buffalo	17 Oct 1981
10 2:23:34	Gary Muhrcke NY	Boston	18 Apr 1983

WOMEN			
Time	Name/Residence	Site	Date
1 2:37:12	Gail Scott CO	St. George	03 Oct 1987
2 2:39:11	Michiko Gorman CA	New York	24 Oct 1976
3 2:40:08	Gabriele Anderson ID	St. Paul	12 Oct 1986
4 2:41:15	Laurie Binder CA	St. Paul	11 Oct 1987
5 2:42:38	Barbara Filutze PA	St. Paul	12 Oct 1986
6 2:43:36	Bobbi Rothman FL	Boston	21 Apr 1986
2:43:36	Cindy Dalrymple NY	Chicago	26 Sep 1982
8 2:44:48	Bette Poppers CO	St. George	04 Oct 1986
9 2:46:01	Angella Hearn NY	St. Paul	12 Oct 1986
10 2:46:43	Elaine Kirchen NY	Olympia	12 May 1984

TOP 10 ALL-TIME FASTEST MASTERS MARATHONERS

MEN			
Time	Name/Residence	Site	Date
1 2:11:19	Jack Foster NZL	Christchurch	31 Jan 1974
2 2:12:33	Kjell-Erik Stahl SWE	Stockholm	07 Jun 1986
3 2:13:41	Antonio Villanueva MEX	Eugene	12 Sep 1982
4 2:14:50	Gerald Dravitzki NZL	New Plymouth	03 Mar 1984
5 2:15:15	Barry Brown USA	St. Paul	30 Sep 1984
6 2:15:46	Ron Hill GBR	Metairie	18 Feb 1979
7 2:16:13	Jeff Norman GBR	Maassluis	12 Apr 1986
8 2:16:37	Gunther Mielke FRG	Munich	13 May 1984
9 2:16:50	Lloyd Walker NZL	Hamilton	17 Oct 1981
10 2:17:10	Mike Manley USA	Houston	16 Jan 1983
2:17:10	W. Renterghem BEL	Lieven	21 Apr 1985

WOMEN			
Time	Name/Residence	Site	Date
1 2:16:51	Priscilla Welch GBR	London	10 May 1987
2 2:29:43	Joyce Smith GBR	London	09 May 1982
3 2:32:47	Evy Palm SWE	Boston	21 Apr 1986
4 2:37:08	Doris Schlosser FRG	Hamburg	25 May 1986
5 2:37:12	Gail Scott USA	St. George	03 Oct 1987
6 2:37:44	LLona Zailak HUN	Budapest	27 Oct 1985
7 2:38:36	Lorna Irving GBR	New York	01 Nov 1987
8 2:39:11	Michiko Gorman USA	New York	24 Oct 1976
9 2:39:47	Meeri Bodalid SWE	Orebro	30 Jun 1984
10 2:39:55	Angella Hearn USA	Duluth	20 Jun 1987

Write On! Continued from page 4

WORLD LDR CHAMPIONSHIPS

For 22 years, WIGAL organized annual world veterans long distance running championships. With the agreement between WAVA and WIGAL, it was decided, after much discussion, to stage LDR championships every other year, at the World Veterans Championships, rather than annually. This was confirmed by the IAAF Veterans Committee.

Personally, I fear the LDR program will be considered as an appendix to the track and field organization. Let us not forget that the long distance runners group is, in fact, the most important (in numbers) group. It's also an important source of income to WAVA.

I propose holding the world LDR championships in even-numbered years, with the track and field championships in the odd-numbered years.

If the majority of world veterans does not agree with this proposal, I will have no problem accepting that, but I think everyone should think carefully about what is best for all the veterans.

*Jacques Serruys
Brugge, Belgium*

50-METER-RANKINGS

For those athletes interested in the "speed sprint," I wanted to let you know that I have not ranked the 50 meters this year for two reasons:

Primarily, it is because I am still "out of action" indefinitely due to a physical problem, so the personal incentive is somewhat lacking.

Secondly, it is due to the treatment I received at the hands of the National Committee in trying to propose a rule change (the "time penalty" method for false starting, as discussed in the paper "Speed Starting" — NMN November and December 1987). Realistically, I didn't expect it to pass; but I did expect it to be processed properly. To con-

tinue to do something of this magnitude, altruistically, in light of what was personally done to me, places me at the "damn fool" stage (which I'm not).

For those interested in converting (and doing any personal ranking) the conversion factors are:

50y (to 50m) - 1.06
60y (to 50m) - 0.93
55m (to 50m) - 0.93
60m (to 50m) - 0.87

Best wishes to all the "Speed Sprinters," and thank you for the interest that you have shown for this historic event. Perhaps if I return to competition in the future, I will again resume the rankings. For now, I'll take my leave with two "wishes" for the masters movement:

That the speed sprint become an integral part of the masters program. Since I wrote the "paper," (NMN May 1987); and compiled the rankings, it has grown significantly.

That the starting penalty ("execution" no false start rule) be changed to the "time penalty" method, or back to the "regular" way — the way it is for the rest of TAC and masters world-wide. Let's stop hurting people unnecessarily.

*Hank Nottingham
Satellite Beach, Florida*

AGE RECORDS

Your publication of the age group records is greatly appreciated. It gives us goals to dream about and standards by which we can judge our efforts.

But the 50-59 shot put needs attention. Both the American indoor (49-10 by James Hart) and outdoor (58-9 by Parry O'Brien) records were achieved with a 12-pound shot. The WAVA/TAC standards mandate a 6kg (13.2 pounds) for 50-59 throwers. There's a great deal of difference in the distances thrown with these two weights.

Do we need a separate record for the two weights, or a real 6kg record?

*Richard Hotchkiss
Grass Valley, Calif.*

(NMN published the latest five-year age-group records in the December issue, listing the world 6kg marks and U.S. 12-pound records, because some local meets still use the 12-pound weight. However, the next age-group record list will follow your suggestion, and list the U.S. shot and hammer marks for 6kg, not 12-pound. A separate listing will show the U.S. 12-pound shot and hammer marks. Also note that the world indoor marks, printed in this issue, are based on the WAVA standards. — Ed.)

THE PENTATHLON

Regarding Gary Miller's very interesting and informative article on the pentathlons, I would like to point out some minor discrepancies:

1) The weight pentathlon is virtually unknown in Europe; one reason is the

National Senior Olympics

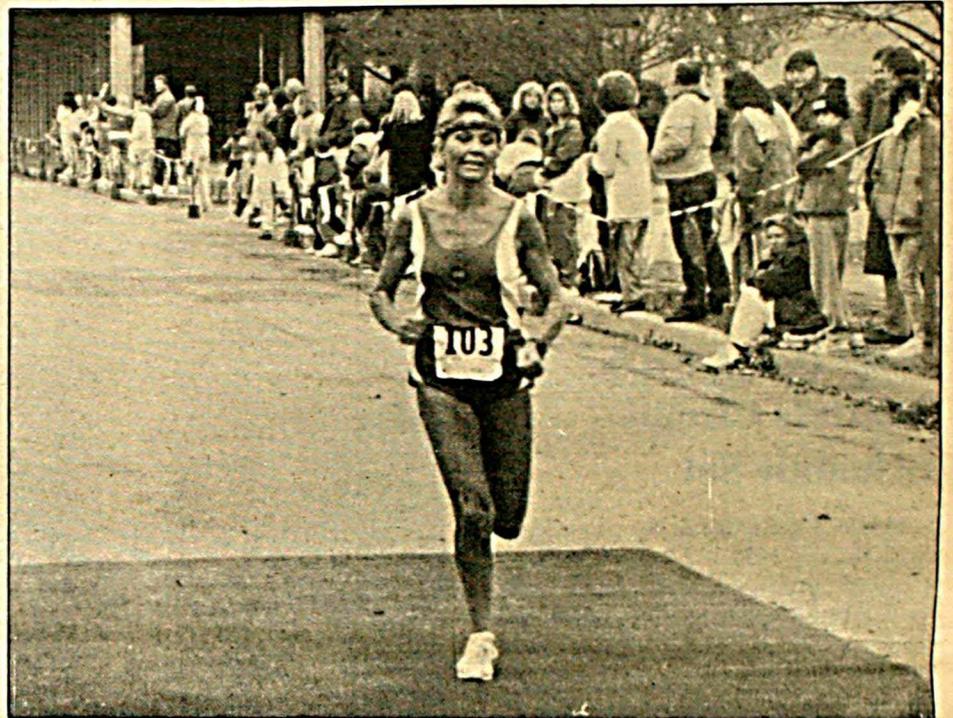
by CATHY CASSOT

Several prominent national companies have signed as principal sponsors of the second U.S. National Senior Olympics, Harris Frank, president of the national non-profit organization, announced recently.

To date, Digital Equipment Corporation; Holiday Inns, Inc.; May Department Stores Company; Post Natural Bran Flakes Cereal, a product of General Foods USA; Roerig, a division of Pfizer Pharmaceuticals; and Trans World Airlines all have commit-

ted their support to the 1989 event.

The biennial national senior games for athletes ages 55 and older will be held June 19-24 in St. Louis, and will be telecast as a one-hour special program on the cable sports network ESPN. More than 4000 participants are expected to compete in 15 sports including a 10K road race, a 20K cycling event, and track and field. Athletes qualify for the national games at any one of the 50 sanctioned senior games held throughout the United States between April 1988 and March 1989. □



Harolene Walters finishes second in 3:07:15 in the 1988 WZYP Rocket City Marathon, Huntsville, Alabama, December 10.
Photo by Jim Oaks

unfamiliarity with the 35-lb. weight throw. The first real contact Europeans had with this event was when Phil Partridge organized the first big international meet in Delray Beach, Fla., after the 1983 World Games in Puerto Rico.

2) U.S. throwers using imperial weights: in the east, almost all meets used metric implements, whether in Florida, North Carolina, Ohio, New Jersey, New York, or Canada.

3) Phil Partridge's age factoring system is not only for lighter implements, it is for all implements. This is the core and beauty of this system — that any athlete can use any implement, whichever is more comfortable, and get relatively the same points. Furthermore, it allows for comparison with previous efforts with different weights and with other competitors using different weight standards.

*Pay Carstensen
Babylon, New York*

REMEMBERING GORDON KOVAR

I was saddened by the death of Don Harris last spring, and equally so by the passing away of Harry Koppel a short while later: two very different men, but both fine competitors and gentlemen, and both warm, engaging human beings. I met each of them only one time,

but both made a strong personal impression on me.

Recently, another masters athlete died during a workout at his spa, at the age of 64. Most readers of the *National Masters News* have probably never heard of Gordon Kovar of Denver, Colorado. Gordon, like most of us, wasn't a Jack Greenwood or a Boo Morcom, but he was fast, strong, and loved competing. Because of numerous injuries, he was never able to get to a national open meet, but the two high-points of his masters career were taking part in the 1986 and 1987 National Decathlons. He particularly enjoyed multiple events and competing against the likes of Dick Nordquist, Jock Jocoy, and Ted Ensslin. Thoughtful and kindly, he was on the quiet side, but when he got his teeth into a close race, he was all competitor.

I know that I'll miss him a great deal and thought people should know about Gordon.

*Frank Bowles
Greeley, Colorado*

■ 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.

DELRAY BEACH FLORIDA SENIOR GAMES

5 year age groups from 40 to 75+.

All standard outdoor track & field events, including 5 KM run and 5 KM walk. Awards first three in each division. T-shirts to all competitors.

\$15 for first 3 events; 5 each additional event.

SUNDAY, APRIL 9, 1989

The Palm Beach T&F meet will not be held this year. This will be the only Masters meet on the Gold Coast of Florida held this year.

WRITE TO: City of Delray Beach, Department of Recreation, 50 N.W. 1st Ave., Delray Beach, FL 33444 or phone 407-243-7255. For entry form and general information.

MASTERS SCENE

NATIONAL

• In accordance with TAC's legislation regarding doping controls, the names of all athletes testing negative for IOC and IAAF banned substances have been released. At the Honolulu Marathon on December 11, 1988, masters athletes were: Kjell-Erik Stahl and Priscilla Welch.

• The dates of the National Masters Decathlon/Heptathlon in Thomasville, N.C. have been changed from June 24-25 to June 17-18.

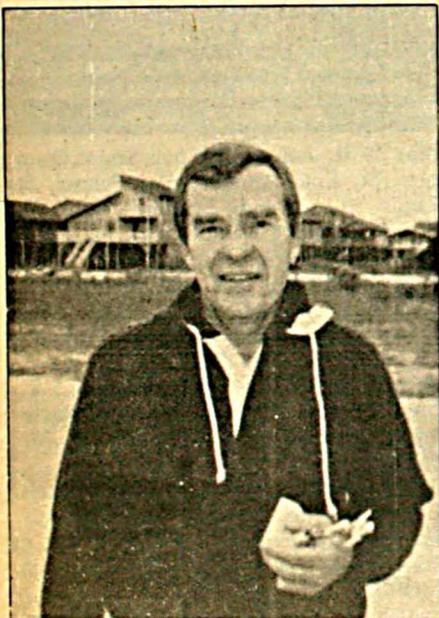
• Priscilla Welch leads all masters runners in life-time prize money won with a total of \$181,750 — 4th woman overall behind Ingrid Christiansen (\$246,400), Rosa Mota and Grete Waitz. Laurie Binder is the next highest (21st) master runner with \$79,905 in total earnings, followed, among women, by Gabriele Andersen (36th, \$56,800), Cindy Dalrymple (39th, \$53,000), Evy Palm (40th, \$52,000), Barbara Filutze (54th, \$39,040).

• Among top male masters big earners are: Bill Rodgers (33rd, \$54,500), Mike Hurd (48th, \$42,210), Kjell-Erik Stahl (52nd, \$40,200), and Bob Schlauf (94th, \$27,600). The earnings data were researched by The Competitive Road Racer, published monthly by Sports Ranking Systems (a Ken Young publication), P.O. Box 42888, Tucson AZ 85733. Subscriptions are available for \$20 for 12 issues.

• TAC's 1989 edition of *Indoor Track* is available from the Book Order Dept., TAC/USA, P.O. Box 120, Indianapolis, IN 46206. The book, edited by Hal Bateman and Ed Gordon, has schedules, all-time world indoor lists, a 1988 season review, and more and sells for \$10 in the U.S. and Canada (\$12 elsewhere).

• The 13th Maccabiah Games in Israel, July 5-13, includes a half-marathon for masters (M40, M45, M50+; W35, W40, W45, W50+), according to Gary Gordon, Masters Chairman of the Games. Jewish submasters and masters may also apply to compete in the open division: U.S. Committee, Sports for Israel, 275 S. 19th St., Philadelphia, PA 19103. 215/546-4700.

• This fall, Reebok plans to introduce a high tech, "Dr. Detroit" shoe with a tiny "trampoline" in its sole. It will also unveil a shoe



Erskine Harkey, M50, masters winner (19:21), North Carolina Festival By The Sea 5K, Holden Beach, October 29.

Photo from Alex Coffin

whose color can be changed by inserting a special cartridge in the heel, a shoe that inflates to increase ankle support, and one that uses a honeycomb padding that was used in the seats of the space shuttle.

• Reebok, which grew dramatically in the 80s — mainly by appealing to fashion — saw its earnings fall 20% in 1988 — its first drop ever, despite a 16% rise in shoe sales to \$1.1 billion.

• Nike, its chief competitor, went the other way and saw its 1988 sales increase 59% to \$1.5 billion (and shoe sales rise 62% to \$964 million) by mainly designing shoes for athletic performance and by introducing scores of new products.

• Nike Inc.'s chairman, Philip Knight, said the company's efforts to broaden its business lines could add \$150 million in sales next year. Sales from the Cole-Haan line of dress shoes, bought in 1988, and other products could produce "as much as \$150 million in sales in products and segments that didn't even exist for Nike at this time a year ago," Knight said.

But he said the new segments would not include completely new lines of business: "We don't see ourselves going into tennis racquets and weightlifting machines and that sort of thing. We think we will be in shoes and clothes for the foreseeable future." He said that Nike now competed in 24 shoe categories and 17 categories of clothing.

• The athletic shoe market grew to \$4.3 billion last year from \$2 billion in 1984 — much of the growth by Nike, which caters mainly to serious athletes with shoes that claim to "give greater protection and a competitive edge through a resilient, shock-absorbing layer of air-filled plastic membranes in the soles."

• Reebok said it plans to win a share of what it calls the "performance drive" market. It continues to hold the largest share of the athletic shoe market with 27% (plus 4.2% from its Avia subsidiary). Nike has 23%, Adidas 4%, L.A. Gear, 4.7% and Converse, 5.8%.

EAST

• Bill Rodgers informs us that he did not drop out of the New York City Marathon at mile 16, as was reported in the December issue of NMN. "Actually, I quit running at 22 miles, partly out of frustration at not knowing my position as a masters runner," Rodgers writes. Rodgers had made an effort to talk the NYC Marathon into using color-coded numbers for various age-groups, but they refused. He has recently heard they will be addressing the issue for their '89 event. "Had I known I was second master (to Ryszard Marczak) at 22 miles, I would have finished the race," Rodgers concludes.

• Helene Bedrock, 54, was first W40+ and 13th of 391 w/finishers with a 26:11 in the NYRR Holiday 4 Mile, Central Park, NYC, December 18. Michael Spada, 40, took the M40+ race in 23:03. In another race on that day in the Park, Ted Haiman (45, 1:48:11) and Pamela Duckworth (41, 2:15:10) claimed masters firsts in the MAC 30K Championships. The Millrose AA won the M40+ team first, and the W40+ team victory went to the Amazing Feet club.

• Art Hall, 41, started his running year with a masters first (26:19) in the NYRR Season Opener 5 Mile, Central Park, January 8. Janice McKeown, 42, began her season with a W40+ win in 32:42. Bill Fortune, 60, needed no luck in winning the M60 contest in 30:40.



Dan Frye, of Falmouth, Mass., winner (4:15.55) of the men's masters race, Mercedes Mile on Fifth Avenue. Photo by Sailer, Ltd.

• Jane Millsbaugh, 41, took third (1:20:13) of 147 w/finishers in the NYRR 20K, Central Park, January 29. Cheryl Ralya, 42, was fifth (1:21:17). Manuel Caneva, 40, was first M40+ (1:12:23).

• Atlaw Beligne (M40, 32:20) and S. Weisbrod (W45, 39:18) captured masters firsts in Brian's Run 10K, West Chester, PA, December 4. Hubert Morgan took the M60+ race in 40:21.2

SOUTHEAST

• Lurline Struppeck, W40, put the shot 35-1, and Gordon Seifert, M60, high jumped 5-1 in the Jackson (MS) Indoor Classic, January 15.

Dave Venable directed the meet, which drew 650 competitors of all ages.

• Bill Rodgers, Gabriele Andersen and Priscilla Welch are slated to run the Red Lobster 10K Classic in Orlando, FL, March 11, to vie for \$10,200 in masters prize money.

MIDWEST

• Phil Brusca, with an M60 national indoor top mark of 53-7/4 (8-lb.), had the stand-out performance in the Illinois Masters Grand Prix in Sterling, January 8. Dean Smith, back after injury problems, won the M60 800 (2:27.6) and 400 (1:04.8) but lost the 300 to Mel Larsen (45.32), a relative newcomer to masters t&f.

WEST

• Already celebrating her 60th birthday is Northern Californian Ruth Anderson, for the very good reason that it falls on July 27, opening day of the World Games in Eugene.

• California's Paul Spangler, who may be the oldest participant in this year's World Veterans Championships, turns 90 on March 18.

• Bob Richards, 61, competed in the Long Beach Decathlon, December 10-11, with the open athletes. His results in February's NMN should not have been combined with the masters results.



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TRACK & FIELD NEWS
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schedule

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



TRACK & FIELD NATIONAL

March 19. TAC National Masters Indoor Pentathlon Championships, Carlisle, Pa. SASE for application. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385 until 11:00 p.m. Pre-entry only.

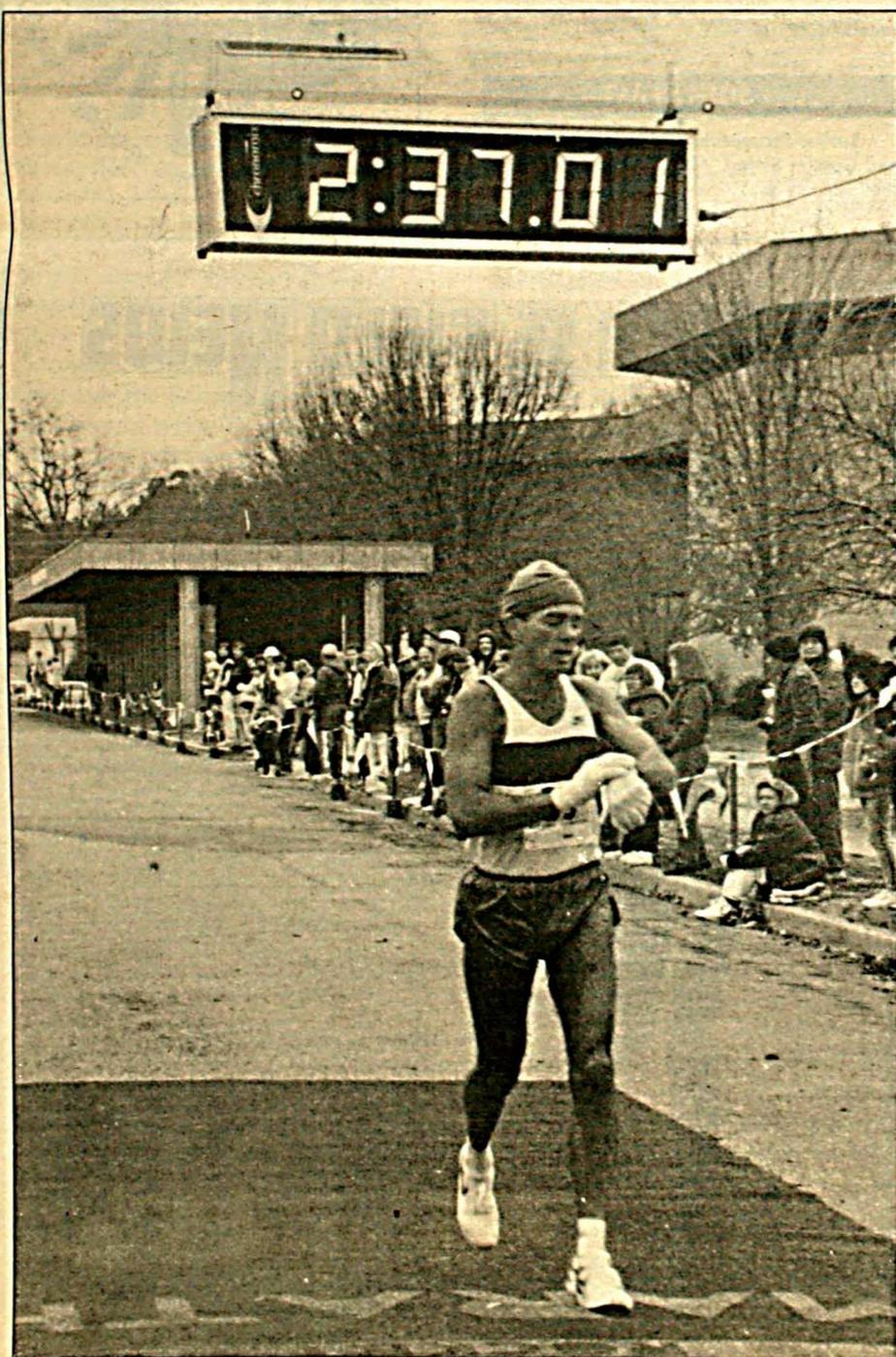
March 31-April 2. U.S. TAC National Masters Indoor Championships, French

Field House, Ohio State U., Columbus, Ohio. James Pearce, 2449 Southway Drive, Columbus OH 43221. 614/481-8766 (evenings).

June 17-18. U.S. TAC National Masters Decathlon/Heptathlon Championships, Thomasville, N.C. Bill Busby, 105 Piney Wood Rd., Thomasville, NC 27360. 919/474-0851 (o), 919/476-1228 (h).

July 20. U.S. TAC National Masters Pentathlon, Balboa Stadium, San Diego. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

July 20-23. 22nd U.S. TAC National Masters Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.



Mel Williams won the Grand Masters Division and took fifth master in the 1988 WZYP Rocket City Marathon, Huntsville, Alabama, December 10. Photo by Jim Oaks

EAST

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

March 4. Philadelphia Masters Indoor Invitational Meet, 5:00 p.m. Haverford College, Haverford, Pa. Pete Taylor, 3120 Schoolhouse Ln. (J-A9), Philadelphia, Pa. 19144.

March 18. Eastern Sectional (Regional) Indoor Championships, Brown U., Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eves.), 401/273-5220 (days).

March 19. Bud Light/Penn Masters Indoor Meet, Carlisle, Pa. See "Nationals." No PV this year.

April 28-29. Penn Relays, Philadelphia. 28th — 4x100 relay (40-49), (50-59), 60+: Bert Lancaster, 1908 Paper Mill Rd., Orelan, PA 19075. 215/725-0909. 29th — 4x400 relay (40+): Timothy Baker, Carnival Director, U of Penn, Weightman Hall, Philadelphia, PA 19104-6322. 215/898-6154.

May 20. Don Harris Memorial Meet, Franklin Field, Philadelphia. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

June 4. NJTAC Masters Championships, Trenton St. College, (site tentative). Sandy Kalb, 22 Addison Rd., Howell, NJ 07731.

June 17. MAC Masters Championships, Downing Stadium, Randalls Island, NYC. Sandy Pashkin, 212/666-3671(h).

June 25. Rhode Island Senior Olympics, Lincoln High Sports Complex, Lincoln, R.I. Dolores Bergeron, R.I. Elderly Affairs, 79 Washington St., Providence, RI 02903.

July 2. Merrill Lynch Realty Annual Classic Meet, Randolph, N.J. Merrill Lynch Realty AC, 525 Highway 33, Englishtown, NJ 07726. 201/625-1764 (days); 201/361-3282 (eve); travel 201/361-3220.

July 16. Eastern Sectional (Regional) Masters Championships, Trenton St. College (site tentative). Sandy Kalb, 22 Addison Rd., Howell, NJ 07731.

September 3. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

SOUTHEAST

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

March 11. Nashville TC Open & Masters Indoor Meet, Tennessee St. U., Nashville. Running events only. Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.

March 18. Gale Force Winds TC HS & Masters meet, Gulfport, Miss. Jim Rose, 601/864-3278.

April 9. Delray Beach Senior Games. 40+. Delray Beach Rec. Dept., 50 N.W. 1st Ave., Delray Beach, FL 33444. Ann Nelson, 407/243-7250.

April 15. Omega Sports Spring Masters Meet, Thomasville High School, Thomasville, N.C. All T&F and RW. SASE to CMAC, 3120 Libeth St., Charlotte, NC 28205. Jim Saxon, 704/536-6266 (h).

April 15-16. Palm Beach Masters Invitational Meet, John I. Lake Worth, Fla. 301 Dockside Circle, Lake Worth City, FL 33463. 407/968-1171.

April 28-30. 19th Annual Southeastern Masters International Meet, NCSU, Raleigh, N.C. Includes pentathlons, 5K/20K walks, 10K run. Veronica Dale Smith, c/o Raleigh Parks & Rec., P.O. Box 590, Raleigh, NC 27602. 919/755-6641.

May 20-21. Manasota TC Meet, Sarasota, Fla. SASE to John Shenk, P.O. Box 5696, Sarasota, FL 34277-5696. 813/922-3561.

June 10. Southeastern Masters Meet, Georgia Tech, Atlanta. Julia Emmons, Atlanta, GA 30305. 404/231-9064.

June 16-17. Tennessee Masters Championships, U. of Tennessee Tomp Black Track, Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743.

July 8. Florida Athletics Congress Championships, Delray Beach. Non-Floridians may compete for comparable awards. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407-499-3370.

MIDWEST

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

March 12. Ohio TAC Indoor Championships, OSU Fieldhouse, Columbus. Curtis Stitt, P.O. Box 09147, Columbus, OH 43209. 614/237-6513.

March 19. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. 11 a.m. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

May 28. Wolfpack Pentathlon & Ohio TAC One Hour Run, Upper Arlington HS, Columbus, OH 43220. 614/459-2547.

June 3-4. 6th Annual The Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. 3rd — pentathlon only. 4th—Grand Prix meet. Pete Stopoulos, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

June 17. Green Bay YMCA Open/Masters Meet, GB Premontre HS, Green Bay, Wisc. Jerry Feldhausen, 1524 Biemeret St., Green Bay, WI 54304. 414/497-2189 (eve.)

June 17. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

July 7-9. White River Park State Games Finals, Indianapolis. Open to Indiana residents only. Jeff Coates, P.O. Box 2730, Indianapolis, IN 46225. 317/237-5000.

July 8-9. Masters Midwest Championships (not the sectional championships), Huntington, W. Va. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.

July 15-16. Midwest Sectional (Regional) Championships, York High School, Elmhurst, Ill. Dick Green, 8059 Rosemeade, Rockford IL 61107. 815/897-5685.

MID-AMERICA

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

May 30-31. June 1. St. Louis Senior Olympics, St. Louis Country Day School, St. Louis. 55+. Wendy Ludwig, c/o JCCA, No. 2 Millstone Campus Dr., St. Louis, MO 63146. 314/432-5700, x188.

June 19-24. U.S. National Senior Olympics, St. Louis. 14 Sports. Age 55+. Linda Surtin, USNSO, 222 S. Central, St. Louis, MO 63105. 314/726-4550.

July 1. All-Comers Early Morning "R" Meet, Fridley, Minn. SASE to Mrs. Rachel Lyga, 122-63 1/2 Way N.E., Fridley, MN 55432.

July 28-29. Show-Me State Games Finals, Columbia, Mo. Missouri residents only. Regional competition in 9 district cities in June. SMSG, 404 Jesse Hall, Columbia, MO 65211. 314/882-2101.

September 2-3. Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 1167 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

Continued on page 27

Continued from page 26

SOUTHWEST

Louisiana, Mississippi, Texas.

April 21. Dallas Senior Games, P.C. Cobb Athletic Complex, Dallas. 50+. Tom Anderson, 2750 Bachman Dr., Dallas, TX 75220. 214/670-6258.

June 3. Southwestern Association Masters Championships, SMU, Dallas. Joe Murphy, 4704 W. Lovers Ln., Dallas, TX 75269. 214/357-5613.

July 8. Texas Masters Championships, U. of Texas, Arlington. Joe Murphy, 4707 W. Lovers Ln., Dallas, TX 75209. 214/357-5613.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

March 5. Palm Springs Senior Olympics, Palm Springs, Calif. 55+. Ben Green, c/o PS Sr. Cntr., 555 N. Palm Springs, CA 92262. 619/323-5689.

March 11. Sportarcade IV, Cal-State Northridge, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite p, Los Angeles, CA 90027. 213/666-7341.

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

April 29. Ken Carnine Relays, Cal State U-Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. 916/966-8987.

May 13. 4th Annual California Masters Team Championship, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

May 27. Anteaters Masters Classic, U. of California - Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

June 3. 10th Annual Redlands Kiwanis Masters Meet, Redlands, Calif. 9:30 a.m. J.R. Hedrick, 139 Carmody St., Redlands, CA 92373. 714/792-2453.

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

June 11. Fifth Annual Runners' Pentathlon (3200, 800, 200, 400, & 1600). Age-Graded Scoring. SASE to Tom Bell, 5905 Concordia Rd. NE, Albuquerque NM, 87111. Days 505/844-6943, Eve. 505/821-2454.

June 17. SCA/TAC Masters Championships, Occidental College, Los Angeles. Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

June 24-27, June 29-July 2. Mammoth Athletics Camp. Two 4-day sessions, Mammoth Lakes, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448.

July 1. World Masters Tune-Up Games III, Cal-State L.A., Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

July 3-8. Olympian Coach T&F Camp, Long Beach State U., Long Beach, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448.

July 8-9. Western Sectional (Regional) Championships, Sacramento, Calif. Michael Holzgang. 916/482-7881.

July 16. Trojan Masters Meet, USC, Los Angeles. Bob Stroebel, 213/977-7492(w); 213/666-4964(h).

September 2. 5th Annual Patriots Summer Relays, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

September 16. Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 415/697-1889.

September 24. Sri Chinmoy Seniors (50+) Meet, UC-Irvine, Calif. Sri Chinmoy Marathon Team, Bigalita Egger, 213/838-4746.

NORTHWEST

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

June 3. Senior Sports Festival, West Seattle Stadium, Seattle. 40+. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109. 206/684-4951.

June 16-17. Federal Way Invitational, Memorial Field, Federal Way, Wash. Barb Tight, 33554 36th Ave. SW, Federal Way, WA 98023. 206/874-3226.

June 24-25. 8th Annual Hayward Masters Classic, Hayward Field, Eugene, Oregon. Jerry Jackson, 933 North Ridge Ave., Springfield, OR 97477. 503/746-0605.

June 30-July 1. Northwest Sectional (Regional) Masters Championships, Mt. Hood Comm. College, Gresham, Oregon. T. Jean Peters, 510 SE 208th, Gresham, OR 97030. 503/667-1339.

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon. Men 40+, women 35+. WVC, PO Box 10825, Eugene, OR 97440. 503/687-0605.

August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

August 11-12. 11th Montana Masters Championships, Montana St. U. track, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132. 406/587-8726.

CANADA

March 11. Ontario Masters Indoor Championships, York U, Toronto. March 1 deadline; no post-entries. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont., M8W 2L9.

INTERNATIONAL

March 24-27. Australian Veterans Championships, Perth, West Australia.

March 26. British Indoor Championships, Glasgow, Scotland. David Morrison, 12c Deeds St., Airdrie, Lanarkshire, Scotland.

July 8-9. British Championships, Reading, England.

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989.

August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site in Eugene on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

LONG DISTANCE RUNNING NATIONAL

April 9. U.S. TAC National Masters 20K Championships, Medford, Oregon. Jerry Swartsley, P.O. Box 146, Medford, OR 97501. 503/664-6611.

April 9. U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011.

April 29. U.S. TAC National Masters 5K Championships, Anchorage, Alaska. Roy Reisinger, 2630 Forest Pk. Dr., Anchorage, AK 99517. 907/786-1570.

May 21. U.S. TAC National Masters One-Mile Road Championships, Ridgewood, N.J. Arne Olsen, 286 S. Irving St., Ridgewood, NJ 07450. 201/444-7393.

June 17. U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete

League, P.O. Box 681, St. Clairsville, OH 43950. 614/942-2186.

September 17. U.S. TAC National Masters Half-Marathon Championships, Philadelphia, Pa. Mark Stewart, c/o Phil. Distance Run, P.O. Box 43111, Philadelphia, PA 19129. 215/636-4975; 735-6958(h).

September 24. U.S. TAC National Masters 10K Championships, Pittsburgh, Pa. William Phelps, 73 Elmore Rd., Pittsburgh, PA 15221. 412/647-3021.

October 1. U.S. TAC National Masters 25K Championships, New York. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/579-7466.

October 8. U.S. TAC National Masters Marathon Championships, St. Paul, Minn. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. 612/291-1822.

November 5. U.S. TAC National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011.

November 12. U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712; 916/775-1318.

November 19. U.S. TAC National Masters 15K Cross-Country Championships, NYC. Joe Kleineram, 9 E. 89th St., New York, NY 10128. 212/860-4455.

November 25. U.S. TAC National Masters 10K Cross-Country Championships, San Francisco. John Mansoor, 800 Bonita Dr., Folsom, CA 95630. 916/933-4913.

December 3. U.S. TAC National Masters 8K Championships, Washington, D.C. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. 703/354-3461.

EAST

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

March 5. 12th Annual Bethesda Chase 20K, Bethesda, Md. Montgomery County Dept. of Recr., #6 Montgomery Village Ave., Gaithersburg, MD 20879. 301/983-5322.

March 5. Hyannis Marathon/Half-Marathon, Hyannis, Mass. Jack Glennon, P.O. Box 1678, Hyannis, MA 02601. 508/778-6950.

March 11. Mayor's Cup Elite Masters Men and Ladies Mile, Allentown, Pa. \$500 1st prize for M&W masters. Dave Kennedy, Precision Road Racing Inc., 215/926-4303.

March 12. St. Patty's 10 Mile/5K, Allentown, Pa. \$5500 masters money. St. Patty's Run, P.O. Box 252, Leesport, PA 19533. 215/926-4303.

March 19. 12th Annual New Bedford/Bank of Boston Half-Marathon, New Bedford, Mass. \$2000 masters money. Susan Foster, 69 Forest St., New Bedford, MA 02740. 508/999-2699 (eve. only).

April 2. Nike Cherry Blossom 10 Mile, Washington, D.C. 5000 runners by lottery in December. Phil Stewart, Nike Cherry Blossom, P.O. Box 4594, Silver Spring, MD 20904. 703/979-4820.

April 9. Boston Milk Run 10K, Boston. 617/396-3001.

April 16. 7th Annual Amish Country Half-Marathon, Lancaster, Pa. 509 Big Bend Rd., Lancaster, PA 17603. 717/397-3744 (days); 394-7812 (eve).

April 16. Yonkers Marathon, Yonkers, N.Y. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150. 212/860-4455.

April 17. 93rd Annual BAA Boston Marathon, Boston. Masters prize money. SASE to: Boston Athletic Association, 17 Main St., Hopkinton, MA 01748.

April 22. Trevira Twosome 10 Mile, New York City. SASE to NYRRC, P.O. Box 881, FDR Station, New York, NY 10150-0881. 212/896-4455.

April 30. New Jersey Marathon, Jersey City. Tim McLoone, 200 Harborside Finan-

ON TAP FOR MARCH

TRACK & FIELD

The National Indoor Pentathlon Championships return to Carlisle, Pa., on the 19th. The 31st kicks off the three-day National Indoor Championships at Ohio State in Columbus. The Eastern Sectional Indoor Championships will be held in Providence, R.I., on the 18th. The Midwest Sectionals take place in Sterling, Ill., on the 19th. Southern Californians are confined to the great outdoors with the Palm Springs Senior Olympics on the 5th and the Sportarcade Meet at CSU-Northridge in Los Angeles on the 11th.

In Canada, the Ontario Indoor Championships are set for the 11th at York University in Toronto. Overseas, the Australians hold their outdoor championships in Perth, 24th-27th, and the British stage their indoor championships on the 26th in Glasgow.

LONG DISTANCE RUNNING

East of the Mississippi, runners can choose from, among others, the Jacksonville River 15K on the 4th, the Red Lobster 10K in Orlando on the 11th, and the New Bedford/Bank of Boston Half-Marathon on the 19th. West of the Mississippi, Los Angeles streets will be heavily trafficked by marathoners on the 5th. Texans should stage another predictably successful Capitol 10,000 in Austin on the 12th.

RACEWALKING

The National 50K Championships are to be decided in Atlanta on the 5th.

cial Ctr., Plaza 3, Jersey City, NJ. 17311-3899. 808/338-9658.

May 7. Pittsburgh Marathon, Pittsburgh. PM, 638 USX Bldg., Pittsburgh, PA 15230. 412/391-2800.

May 13. 9th Annual Vintage Run 5 Mile, Pittsburgh, Pa. 55+. Cami Craig, Vintage, Inc., 401 N. Highland Ave., Pittsburgh, PA 15206. 412/361-5003.

May 14. Nike 8K For Women, Washington, D.C. Nike Race For Women, Box 134, Mt. Vernon, VA 22121. 703/780-3037.

SOUTHEAST

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

March 4. River Run 15K, Jacksonville, Fla. \$2400 masters money. Doug Alred, 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

March 5. Sarasota Herald Tribune 10K, Sarasota, Fla. Everett McDowell, 813/736-4551.

March 10 (Friday). Calle Ocho 8K, Miami, Fla. Masters money. Miami RC, 7920 SW 40th St., Miami, FL 33155. 305/227-1500.

March 11. 7th Annual Red Lobster 10K, Orlando, Fla. \$10,200 masters money. Red Lobster, Track Shack, 1322 No. Mills Ave., Orlando, FL 32803. 407/898-1313.

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March 18. Azalea Trail 10K, Mobile, Ala. \$2000 masters money. SASE to ATR, P.O. Box 6427, Mobile, AL 36660. 205/473-RACE.
March 18. Shamrock 8K/Marathon, Virginia Beach, Va. Jerry Bocrie, 2308 St., Virginia Beach, VA 23451. 804/481-5090 (eves. and weekends).
April 1. 12th Annual Winter Park 10K, Winter Park, Fla. Winter Park 10K, Track Shack, 1322 No. Mills Ave., Orlando, FL 32803. 407/898-1313.
April 1. Cooper River Bridge 10K, Charleston, S.C. CRBR, P.O. Box 543, Mt. Pleasant, SC 29464.
April 1. Atlanta Women's 10K, Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn, Atlanta, GA 30305.
April 1. Great River Road 10K, Baton Rouge, La. Linda Wunstel, State-Times/Morning Advocate, Box 588, Baton Rouge, LA 70821.

April 8. Myrtle Beach Classic 10K, Myrtle Beach, S.C. Dean Reinke Associates, 1210 Harding St., Winter Park, FL 32789. 407/647-2918.
April 9. Lady Equitable 10K for Women, Baltimore. Equitable Bank, 100 S. Charles St., Baltimore, MD 21201.
April 22. Georgie CPA 1040K, Atlanta. 1040K, 3340 Peachtree Rd., N.E., Ste. 2750, Tower Place, Atlanta, GA 30326-1301.

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

March 19. Sy Mah Marathon, Toledo, Ohio. Janet Cole, 1748 Eileen Rd., Toledo, OH 43615. 419/536-7146.
March 19. 12th Annual Cincinnati Heart Mini-Marathon 15K, Cincinnati. American Heart Assn., 2936 Vernon Place, Cincinnati, OH 45219. 513/281-4048.

April 29. Get In Gear 10K, Minneapolis. GIG 10K, c/o 5701 Normandale Rd., No. 313, Edina, MN 55424.

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

April 30. Cherry Creek Sneak 5 Mile, Denver. Stan Havlick, Cherry Creek National Bank, 3033 E. First Ave., Denver, CO 80206. 303/388-4331.
May 7. Lincoln Marathon, Lincoln, Nebr. Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402/423-4519.

SOUTHWEST
 Louisiana, Mississippi, Texas.

March 12. Capitol 10,000, Austin, Texas. Capitol 10K, Austin-American Statesman, P.O. Box 670, Austin, TX 78767. 512/445-3596.
March 18. Bayou City 10K Run, Houston. Bayou City Run, 336 Litchfield, Houston, TX 77024. 713/465-5999.
March 18. Oklahoma Women's & Masters 8K, Tulsa. Sherry Grant, 1428 W. 67th E. Ave., Tulsa, OK 74115. 918/581-8306.
April 1. Azalea Trail 10K, Tyler, Texas. Masters money. Mother Frances Hospital, Community Affairs Dept., 800 E. Dawson, Tyler, TX 75701. 214/531-4220.
April 9. Redbud Classic 10K, Oklahoma City. Masters money. Coe London, P.O. Box 205, Oklahoma City, OK 73101. 405/272-7200.
April 15. Crescent City 10K Classic, New Orleans. Mac DeVaughn, 8200 Hampson St., No. 407, New Orleans, LA 70118. 504/861-8686.
April 22. Oklahoma Land Run 8K, Tulsa. M40+ \$300, \$200, \$100; W40+ \$300, \$100. Land Run '89, c/o Phillips & Johnson Advertising, 1516 S. Boston — Ste. 201, Tulsa, OK 74119. Kathy Grades, 918/583-1000.
April 30. German Fun Run 5K/15K, Muenster, Texas. GFR, P.O. Box 119, Muenster, TX 76252. Ronnie Hess, 817/759-4864, or Dan Hamric, 817/894-2059.

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

March 4, 11, 18, 19, 26. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90060. 213/949-0394.
March 5. Los Angeles Marathon, Los Angeles. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1989.
March 12. Tom Sullivan St. Patrick's Day 10K Run/5K Walk, Torrance, Calif. Vistas, P.O. Box 7000-251, Redondo Beach, CA 90277. 714/548-4897.
March 12. Tucson Sun 15K, Tucson, Ariz. Masters money. SARRC Sun Run, P.O. Box 40728, Tucson, AZ 85717-0728. Bruce Steenson, 602/882-4382.
March 19. 6th Annual Fifty-Plus 8K, Stanford U., Calif. 50+ Runners Assn., P.O. Box D, Stanford, CA 94309. 415/723-9790.
April 2. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 2431 Morena Blvd., Ste. 2H, San Diego, CA 92110. 619/275-5440.
April 2. Houlihan's 12K, Sausalito to San Francisco. SASE to Rhodyco Productions, 5141A Geary Blvd., San Francisco, CA 94118. 415/668-2243.
April 9. Bonne Bell 10K, San Francisco. John Von Seeburg/Scott Thomason, P.O. Box 27557, San Francisco, CA 94127. 415/681-2323.
April 15. 34th Annual Fontana Days Half-Marathon & 5K Run/Walk, Fontana, Calif. Caren Ware, City of Fontana Rec. Dept., 9460 Sierra Ave., Fontana, CA 92335. 714/350-7635.
April 16. La Jolla Half-Marathon, La Jolla, Calif. Breaking Forty, 3381 Yucca

Ave., San Diego, CA 92117. 619/272-8316.
April 22. 6th Fastest Masters 10K, San Diego. Dale Larabee, 619/234-3054.
April 23. Big Sur International Marathon, Carmel, Calif. BSIM, P.O. Box 222620, Carmel, CA 93922. 408/625-6226.

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

May 7. Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters money. Sylvia Quinn, Race Director, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

CANADA

May 7. Canadian National Masters Marathon Championships (4th Annual Hamilton Marathon), Hamilton, Ontario. 25 Main St., No. 2215, Hamilton L8P 1H1. 416/522-8005.

INTERNATIONAL

March 12. 1989 British Veteran Cross-Country Championships, Sunderland, England. Richard Balding, 161 Helmley Rd., Newcastle upon Tyne NE2 1RD. 091-232-7157.
April 23. London Marathon, London, England. Marathon Tours, 108 Main st., Charlestown Dist., Boston, MA 02129. 617/242-7845.
June 24-25. European Veterans Championships (10K, Marathon, 20K/30K Walk), Brugge, Belgium. Jacques Serruys, Fit Veteraan, Postbox 7, B-8000, Brugge 1, Belgium.
July 27 - August 6. VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6. Men 40+, women 35+. World Veterans Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

RACE WALKING NATIONAL

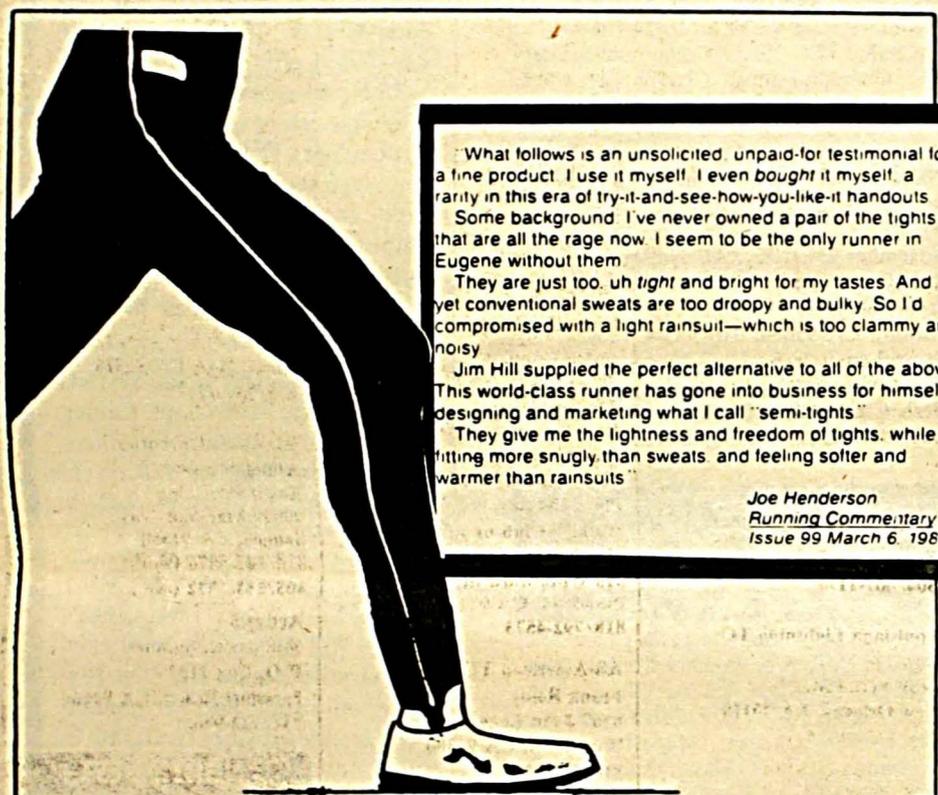
March 5. U.S. TAC National 50K Racewalk Championships, Atlanta, Ga. David Waddle, 2327 Redfield Dr., Norcross, GA 30071. 404/263-9625.
March 31-April 2. U.S. TAC National Masters Indoor Racewalk (3K), Columbus, Ohio. James Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/481-8766 eves.
April 30. U.S. TAC National Masters 15K Racewalk Championships, Pomona, Calif. Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106. 818/577-2264.
July 8. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. David Lawrence, 90 Fairfield Ave., Buffalo, NY 14223. 716/833-4643.
July 10. U.S. TAC National Masters 40K Racewalk Championships, Union, N.J. Elliott Denman, 28 No. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.
July 20-23. U.S. TAC National Masters 5K/20K Racewalk Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

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

April 30. Alex Almasy Southeast Sectional Masters 20K Racewalk, Raleigh, NC. Raleigh Parks and Rec., P.O. Box 590, Raleigh, NC 27602.

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

April 2. TAC Midwest Regional Racewalk Championships/Jack Mortland Racewalk, Columbus, Ohio. Gayle Johnson, 2918 Indianola Apt. A, Columbus, OH 43202. 614/267-2175.



"What follows is an unsolicited, unpaid-for testimonial for a fine product. I use it myself. I even bought it myself, a rarity in this era of try-it-and-see-how-you-like-it handouts. Some background. I've never owned a pair of the tights that are all the rage now. I seem to be the only runner in Eugene without them. They are just too, uh tight and bright for my tastes. And yet conventional sweats are too droopy and bulky. So I'd compromised with a light rainsuit—which is too clammy and noisy. Jim Hill supplied the perfect alternative to all of the above. This world-class runner has gone into business for himself, designing and marketing what I call "semi-tights". They give me the lightness and freedom of tights, while fitting more snugly than sweats and feeling softer and warmer than rainsuits."

Joe Henderson
 Running Commentary
 Issue 99 March 6, 1986

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ADDRESS _____	CITY _____ STATE _____ ZIP CODE _____		COLORS BLACK/WHITE BLACK/ROYAL ROYAL/WHITE NAVY/RED RED/WHITE PANT				
PHONE _____	MF _____						
PANT SIZE: X SMALL		SMALL	MEDIUM	LONG	LARGE	XLARGE	
MALE: 5'-5"3"		5'4"5"6"	5'7"5"10"	5'11"6"1"	5'11"6"1"	6'2"6"4"	
FEMALE: 4'9"5"2"		5'3"5"5"	5'5"5"7"	5'7"6"0"	5'7"6"0"	6'1"6"3"	
TOP SIZING: SMALL, MEDIUM, LARGE, EXTRA LARGE							

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 Box Z, Point Lookout, New York 11569

CLUBS

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

Greater Boston Track Club
P.O. Box 236
West Newton Village
MA 02165
617/969-9808

Liberty AC
14 Rutland St.
Cambridge, MA 02138

Syracuse Chargers Track Club
c/o N.E. White
18 Foxcroft Drive
Fayetteville, NY 13066

N.Y. Masters Sports Club
363 Edgcombe Ave. #54
New York, NY 10031

Atlanta TC
c/o Bob Glover
236 E. 78th, Box 6
New York, NY 10021

Annapolis Striders
P.O. Box 187
Annapolis, MD 21404

Potomac Valley Seniors TC
Lynda Durfee
250 S. Whiting St.-315
Alexandria, VA 22304
703/370-5646

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
Sanford Kalb
438 Addison Road
Howell, NJ 07731

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348

Greater Rochester TC
P.O. Box 258
Brockport, NY 14420
Dick Withrow, Pres.
716/637-8151

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Cambridge Sports Union
Lisa Doucet
158 Hillside Rd.
Watertown, MA 02172

Boston Athletic Assoc. RC
15 Mt. Ash Rd.
Hyde Park, MA 02136

Pike Creek Valley R.C., Inc.
2502 N. Van Buren St.
Wilmington, DE 19802
302/762-4020

New Jersey Striders
P.O. Box 742
Madison, NJ 07940

Central Park TC
250 W. 89th St., #P4F
New York, NY 10024
212/619-4240

New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 25C
Bronx, NY 10468
212/733-8767

Merrill Lynch AC
525 Highway 33
Englishtown, NJ 07726
201/446-4959 (bus.)
609/259-0923 (res.)

Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150

Taconic RRC
P.O. Box 99
Baldwin Place, NY 10505
212/370-7577

Sugarloaf Mountain AC
P.O. Box 659
Amherst, MA 01002
Mr. Don Grant
413/584-7725

Philadelphia Masters Track Assoc.
c/o Peter Taylor
3120 Schoolhouse Lane (J-A9)
Philadelphia, PA 19144
215/842-3807

New York AC
180 Central Park South
New York, NY 10019

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
Attn: Bill Cole

Virginia Track Club
P.O. Box 5696
Charlottesville, VA 22905

Star City Striders
P.O. Box 8331
Roanoke, VA 24014

SOUTHEAST

Central Florida Masters
P.O. Box 1824
Deland, FL 32721
904/736-0002

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981
901/683-MRTC

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

Spartanburg StrYders
266 South Pine Street
Spartanburg, SC 29302
Attn: Becky Littlefield

South Carolina Masters TC
c/o CPT John Roehr
3rd Region, USACIDC
Fort Jackson, SC 29207
803/751-5129/7664

Greenville Track Club
P.O. Box 16262
Greenville, SC 29607
Jack Gillmore: 803/242-6600

Nashville TC
2709 Linmar Ave. #5
Nashville, TN 37215

Palm Beach T&F Assoc.
6301 Dockside Circle
Greenacres City, FL 33463
407/968-7171

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/876-8347

MIDWEST

Midwest Masters
Wendell Miller
351 Birkdale Ave.
Lake Bluff, IL 60044

Miami U TC
Rich Ceronie
Millet Hall Athletic Dept.
Oxford, OH 45056

Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville, OH 43023

Hoosier Track Club
305 South Barton
Indianapolis, IN 46241
317/241-5446

Dayton Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418
513/268-7341

Over The Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121

Wisconsin United AC
Jerry Robinson
1205 Manhasset Pl.
Madison, WI 53711
608/271-6725

Fitness Track Club
c/o Stan Allen & Presley Yates
12954 Asbury Pk.
Detroit, MI 48221

Cleveland Masters TC, Inc.
Clarence Johnson
14806 Judson Dr.
Cleveland, OH 44128
216/295-0826

Wolfpack Track Club
Jim Pearce
2449 Southway Dr.
Columbus, OH 43221
614/481-7745

Ann Arbor Track Club
P.O. Box 7551
Ann Arbor, MI 48107
Don Sleeman
313/426-5430

Indianapolis TC
c/o Mark Daly
901 W. New York St.
Indianapolis, In 46223
317/274-6780

Ohio River RRC
933 Kenosha
Kettering, OH 45429
513/299-7461

MID AMERICA

Mid-America Masters
P.O. Box 14668
Lenexa, KS 66215

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

St. Louis TC
6611 Clayton Rd., No 200
St. Louis, MO 63117
314/862-SLTC

St. Louis Metro Masters
T&F Assoc.
Jim Irwin
536 Windsor Mill Dr.
Ballwin, MO 63011
314/394-4166

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Oklahoma City Running Club
2408 N.W. 112th Terrace
Oklahoma City, OK
405/752-9097

SOUTH WEST

Space City Masters
John Hartfield
15106 Chasehill Dr.
Missouri City, TX 77087
713/721-9388

Houston Masters Sports Assoc.
Tom McBrayer
7733 Moline
Houston, TX 77087

Dallas Masters T&F Club
Joe Murphy
4308 N.C. Expressway, S-206
Dallas, TX 75206
214/824-3800

West Texas Masters
P.O. Box 1584
Ozona, TX 76943
915/392-3773

King of the Hill TC
Charles Wimberley
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197

Louisiana Lightning TC
Dan Thiel
1459 Verna St.
New Orleans, LA 70119
504/486-8066

New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA 70152-2003
504/482-6682

WEST

Sante Fe Striders
P.O. Box 1818
Sante Fe, NM 87501

Tahoe T&F Club
c/o Joan Stratton
P.O. Box 9089
South Lake Tahoe, CA 95731

Valley Isle RRA
P.O. Box 330099
Kahului, HI 96733
242-6042

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

Seniors TC
c/o Hal Winton
24409 S. Meyler St.
Harbor City, CA 90710

L.A. Patriots
Marvin Thompson
P.O. Box 2981
Beverly Hills, CA 90213-2981
213/388-9689

San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-SDTC

Trojan Masters TC
Russ Reabold
1125 Stimson
La Puente, CA 91744
818/917-6289

San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619/755-3658

West Valley TC
P.O. Box 459
San Carlos, CA 94070

West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651

Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

Northern California Seniors TC
2766 Summit Dr.
Hillsborough, CA 94010

Runners For Christ
28681 Rochelle Ave.
Hayward, CA 94544
415/537-2706

Fresno Joggers
846 N. Harrison
Fresno, CA 93728
209/237-4718

River City TC
P.O. Box 255131
Sacramento, CA 95865
916/482-7881

So. California Striders
John Cosgrove
7411 Earldom Ave.
Playa Del Rey, CA 90293

Walkers Club of L.A.
Membership Chairman
610 Woodward Blvd.
Pasadena, CA 91107
818/792-4573

All-American TC
Frank Reilly
8307 Joan Lane
West Hills, CA 91304
818/716-7280

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Club West
George H. Adams
P.O. Box K
Goleta, CA 93116
805/687-6323

Corona Del Mar TC
David F. Brown
10208 Hamage Ave.
Whittier, CA 90604
213/941-9968

Nike Coast
Dave Rodda
3315 Ladoga Ave.
Long Beach, CA 90808
213/421-8334

Easy Striders Walking Club
2718 Monogram Ave.
Long Beach, CA 90815
213/429-5739

Gardena Valley Runners
Daniel Ashimine
1345 W. 168th St.
Gardena, CA 90247
213/327-6960

Loeschhorn's Running Club
Dave Reynolds
10810 Warner Ave.
Fountain Valley, CA 92708
714/964-4567

L.A. Valley Athletic Club
George Simon
15355 Mulholland Drive
Los Angeles, CA 90077
818/784-0496

Olympic City Sprinters
Willie Martin
2710 Oregon Ave.
Long Beach, CA 90806
213/427-8633

Pegasus USA Masters TC
Wayne Douglas
5267 1/2 Village Green
Los Angeles, CA 90016
213/295-9497

Pico Rivera Athletic Club
9502 Reichling Lane
Pico Rivera, CA 90660
213/942-8774

Point Fermin Flyers
Jeffrey Dobra
1454 W. 25th St.
San Pedro, CA 90732
213/548-6865

A Running Experience
Bob Brown
P.O. Box 3209
Long Beach, CA 90803
213/433-7722

San Fernando Valley TC
Laurie Kulchin
10631 Lindley Ave. #220
Northridge, CA 91326
818/780-7719

So. Calif. Corporate
Athletics Assoc.
Kevin Browning
20839 Marshall Way
Saugus, CA 91350
818/847-8076 (work)
805/251-7572 (eve.)

Active 5
William K. Sumner
P.O. Box 7132
Newport Beach, CA 92660
714/722-9465

NORTHWEST

Avia Re-Treads
c/o Gina Blanchette-Cupp
2533 125th Ave. NE
Bellevue, WA 98005
206/885-4372

South Sound Striders
c/o Rick Baggett
9807 S. 248 B6
Kent, WA 98031
206/852-8645

Idaho Mountain Masters
10271 Ardyce St.
Boise, ID 83704
208/322-6048

Bigfoot Masters
c/o Duane Hartman
Spokane Community College
N. 1810 Greene St.
MS-2050
Spokane, WA 99207-5399

Snohomish TC
4261 S. 184th
Seattle, WA 98188

Portland Masters Track Club
Art Afremow
4185 SW 83rd
Portland, OR 97225

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440

Phidippides Running Club
c/o R.G. Andersen-Wyckoff
P.O. Box 2315
Salem, OR 97308
503/399-7057

World Track & Field Indoor Age-Group Records

Compiled by Jack Fitzgerald and Pete Mundle of the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of January 1, 1989

Men's World Indoor Records

60 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 7.08	Ken Dennis (US)	40	1-7-77
M45 p7.06	Pekka Metsahoud (FIN)	40	- -84
M50 7.33	George Horton (CAN)	45	2-2-80
M55 7.3	Scott Tyler (CAN)	47	3-7-87
M60 7.4	Ron Taylor (GB)	52	3-15-86
M65 7.4	F. Taylor (GB)	52	3-25-88
M70 7.7	Charlie Williams (GB)	57	3-28-87
M75 7.7	William Guy (GB)	57	3-28-87
M80 7.7	Fayton Jordan (US)	60	1-7-78
M85 7.8	Cecil Paul (CAN)	66	3-8-86
M90 8.6	Colin Fairry (GB)	70	3-28-87
M95 9.8	Barry Ivers (US)	75	2-23-86
M100 p9.1	Ahti Pajunen (FIN)	75	- -84
M105 11.7	Nestor Jalonen (FIN)	80	- -83
M110 p14.86	Mikko Salonen (FIN)	85	- -84

200 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 23.1	B. Bianchi (ITA)	40	- -
M45 24.2	Ron Taylor (GB)	45	- -
M50 p23.5	J. Hewson (GB)	45	3-25-88
M55 23.8	Ron Taylor (GB)	52	3-15-86
M60 25.2	Charlie Williams (GB)	57	3-25-88
M65 27.1	G. Bridgeman (GB)	60	3-15-86
M70 27.1	S. Brooks (GB)	60	3-25-88
M75 28.8	Cecil Paul (CAN)	66	3-8-86
M80 p28.63	Atte Porkka (FIN)	65	- -83
M85 29.22	Giuseppe Marabotti (ITA)	70	- -
M90 33.1	Barry Ivers (USA)	76	2-22-87
M95 p32.1	Ahti Pajunen (FIN)	75	- -84
M100 38.90	A. E. Pitcher (US)	84	3-9-87
M105 78.0	Herb Kirk (US)	87	2-5-83
M110 p60.36	Mikko Salonen (FIN)	85	- -83

400 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 51.36	Lamar Miller (US)	40	1-2-86
M45 54.2	C. Wooten (GB)	45	- -
M50 p53.2	J. Hewson (GB)	45	3-25-88
M55 54.8	Ron Taylor (GB)	52	3-28-87
M60 58.5	Earl Fee (CAN)	57	3-7-87
M65 58.5	Karl Virkava (CAN)	55	2-14-81
M70 61.7	Norman Baum (CAN)	61	3-7-87
M75 p59.7	Toivo Vikmann (FIN)	60	- -83
M80 65.58	Pietro Piccoli (ITA)	65	3-9-85
M85 71.06	Attilio Parma (ITA)	70	- -
M90 p68.0	Eino Salminen (FIN)	70	- -84
M95 80.7	Byron Fike (US)	75	1-5-85
M100 p140.8	Milo Nikkari (FIN)	80	- -85
M105 2:52.0	Herb Kirk (US)	87	2-5-83

800 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 1:56.1	Ron Bell (GB)	41	3-25-88
M45 2:03.19	Tom Tushingham (CAN)	45	2-17-79
M50 2:07.43	Enrico Grepì (ITA)	50	3-9-85
M55 2:12.7	Anthony Churchill (GB)	55	3-25-88
M60 2:23.49	G. Endrizzi (ITA)	60	- -
M65 p2:18.64	Toivo Vikmann (FIN)	60	- -83
M70 2:36.36	Corrado Cigognani (ITA)	65	3-9-85
M75 p2:32.1	Eero Santala (FIN)	65	- -81
M80 2:42.0	Austin Newman (US)	70	3-23-86
M85 3:20.0	Harry Zachman (US)	75	1-5-86
M90 4:40.0	Ronald White (GB)	80	- -
M95 6:18.0	Herb Kirk (US)	87	2-5-83

1500 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 4:02.05	Ernest Billups (US)	40	1-5-80
M45 3:58.2	A. Roper (GB)	40	3-25-88
M50 4:10.4	Ed Whitlock (CAN)	46	1-22-77
M55 4:19.21	Benjamin Johns (CAN)	50	1-31-87
M60 4:28.9	James Sutton (US)	55	1-4-87
M65 4:56.6	Harry Tempan (GB)	61	3-28-87
M70 4:53.8	R. Pearl (GB)	60	3-25-88
M75 5:16.2	Eero Santala (FIN)	65	- -82
M80 5:27.4	Austin Newman (US)	70	3-23-86
M85 6:54.8y	Byron Fike (US)	75	3-20-83
M90 7:04.2	Paul Spangler (US)	80	3-18-79

3000 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 8:41.1	Robert Danielli (CAN)	40	2-17-79
M45 p8:24.7	Chris McCubbins (CAN)	40	1-18-86
M50 8:46.80	Renato De Palmas (ITA)	45	3-9-85
M55 9:10.0	Art Taylor (CAN)	50	1-15-77
M60 9:44.6	Luciano Acquarone (ITA)	55	- -
M65 10:23.62	G. Endrizzi (ITA)	60	- -
M70 11:07.74	Pietro Nasi (ITA)	67	3-9-85
M75 11:27.4	Scotty Carter (US)	70	3-15-87
M80 14:17.1y	Byron Fike (US)	76	3-25-84
M85 15:12.4y	Paul Spangler (US)	80	- -

60 Meter Hurdles			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 8.9	L. Bovell (GB)	40	3-28-87
M45 9.2	Scott Tyler (CAN)	47	3-7-87
M50 p9.2	B. Ferguson (GB)	45	3-25-88
M55 9.6	Colin Shafto (GB)	52	3-28-87
M60 9.8	Boo Morcom (US)	55	9-21-77
M65 10.6	Les Williams (GB)	60	- -
M70 p10.43	Hannu Suoknuuti (FIN)	60	- -85
M75 10.8	Les Williams (GB)	65	3-25-88
M80 11.3	Ian Hume (CAN)	70	3-11-85
M85 12.2	Karl Trei (CAN)	77	3-7-87
M90 p11.5	Ahti Pajunen (FIN)	75	- -84

High Jump			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 6-7	2.00 John Hartfield (US)	41	2-23-86
M45 6-1	1.85 Herm Wyatt (US)	49	2-22-81
M50 5-10	1.78 John C. Brown (US)	51	2-15-81
M55 5-10	1.78 Milton Newton (US)	51	3-30-85
M60 5-10	1.78 Richard Richardson (US)	53	3-15-87
M65 5-7 1/4	1.71 John C. Brown (US)	56	1-11-86
M70 5-2	1.57 Burl Gist (US)	64	3-24-84
M75 5-0	1.52 Burl Gist (US)	65	3-30-85
M80 4-8	1.42 Ian Hume (CAN)	70	3-24-85
M85 4-0 1/4	1.22 Claude Hilla (US)	75	3-20-88
M90 3-9 3/4	1.16 A. E. Pitcher (US)	82	3-24-84
M95 3-2	0.96 A. E. Pitcher (US)	85	2-22-87

Pole Vault			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 15-0	4.57 W. Sokolowski (POL)	40	3-28-81
M45 14-6	4.42 Roger Ruth (CAN)	45	2-18-73
M50 13-6	4.11 Boo Morcom (US)	54	3-14-76
M55 13-2 1/2	4.02 Boo Morcom (US)	59	- -81
M60 12-1	3.68 Boo Morcom (US)	60	1-5-82
M65 10-0	3.05 Boo Morcom (US)	65	1-9-87
M70 9-9 1/4	2.98 Carol Johnston (US)	73	3-30-85
M75 9-3	2.82 Carol Johnston (US)	76	3-19-88
M80 6-5	1.95 A. E. Pitcher (US)	83	1-5-85
M85 5-6	1.67 A. E. Pitcher (US)	86	3-19-88

Long Jump			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 23-1	7.03 Stan Whitley (US)	40	2-22-86
M45 p23-11 3/4	7.31 Tapani Taavitsainen (FIN)	40	- -84
M50 20-10 3/4	6.37 Alvin Henry (US)	45	3-26-83
M55 20-8 1/2	6.31 Shirley Davison (US)	50	3-29-80
M60 19-3 1/4	5.87 Boo Morcom (US)	55	3-13-77
M65 17-6 1/2	5.34 Boo Morcom (US)	60	3-14-82
M70 15-8	5.22 Tom Patsalis (US)	65	3-28-87
M75 12-8	4.77 Gilberto Gonzalez (PUR)	70	2-26-84
M80 p13-1	3.86 Russell Meyers (US)	76	3-29-80
M85 10-4	3.99 Ahti Pajunen (FIN)	75	- -84
M90 8-3	3.15 Russell Meyers (US)	80	3-24-84
M95 8-3	2.51 Everett Hosack (US)	86	3-19-88

Triple Jump			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 46-5	14.15 Sean Pover (GB)	40	- -
M45 44-11 1/2	13.70 Ira Davis (US)	46	3-27-83
M50 40-7 3/4	12.39 Olavi Neini (FIN)	50	- -82
M55 39-4 3/4	12.01 Amelio Comprì (ITA)	55	- -82
M60 39-9 1/2	12.13 Amelio Comprì (ITA)	60	3-9-85
M65 35-7 3/4	10.86 Tom Patsalis (US)	66	3-29-87
M70 32-5 1/2	9.89 Heikki Sinola (FIN)	72	- -84
M75 25-10 1/2	7.88 A. Carla (ITA)	75	- -
M80 22-7 3/4	6.90 Benjamin Fox (US)	80	2-23-86
M85 15-0 1/2	4.58 A. E. Pitcher (US)	85	3-29-87

Shot Put			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 65-10 1/4	20.07 Brian Oldfield (US)	40	1-17-86
M45 51-9 1/2	15.78 Ed Hill (US)	45	3-19-88
M50 48-9 1/4	14.86 Tom Wasselowski (US)	51	1-11-86
M55 p48-11	14.91 R. Mercandelli (ITA)	50	- -83
M60 p54-0	16.46 Oiva Lahtinen (FIN)	50	- -80
M65 47-4 1/2	14.44 Reino Mokolainen (FIN)	55	- -79
M70 55-2 1/2	16.83 Reino Mokolainen (FIN)	60	- -81
M75 50-1 1/2	15.28 Voitto Elo (FIN)	65	- -82
M80 43-5	13.23 Ross Carter (US)	71	3-30-85
M85 p47-1	14.35 Voitto Elo (FIN)	70	- -85
M90 32-9 3/4	10.00 Arnolds Ticmanis (CAN)	75	1-28-84
M95 p40-2 1/4	12.25 Osmo Renvall (FIN)	75	- -85
M100 28-0 3/4	8.55 Nestor Jalonen (FIN)	80	- -83
M105 20-9 1/2	6.34 Everett Hosack (US)	86	3-19-88

2000 Meter Walk			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 8:46.5	R. Care (GB)	40	3-25-88
M45 8:33.4	David Stevens (GB)	45	- -
M50 8:57.9	David Stevens (GB)	51	3-25-88
M55 10:24.1	Peter Worth (GB)	57	3-27-87
M60 10:41.9	L. Croo (GB)	64	3-27-87
M65 10:39.6	L. Croo (GB)	65	3-25-88
M70 10:41.3	James Grimwade (GB)	70	3-27-87

3000 Meter Walk			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 13:21.1	Gabriele Nigro (ITA)	40	3-9-85
M45 p13:18.3	A. Heikkila (FIN)	40	- -85
M50 12:58.0	Jan Roos (CAN)	47	1-28-84
M55 14:23.6	M. Sciarretta (ITA)	50	- -
M60 15:37.5	F. Tonetti (ITA)	55	- -
M65 16:03.8	Max Gould (CAN)	64	1-30-82
M70 16:03.0	Max Gould (CAN)	66	1-28-84
M75 18:19.3	M. Brivio (ITA)	70	- -
M80 20:13.0y	Gordon Wallace (US)	75	- -
M85 p31:02.1	H. Tolvi (FIN)	80	- -84

Women's World Indoor Records

60 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 8.05	Beatrice Waldnis (SUI)	39	3-9-85
M40 8.3	Pat McNab (GB)	40	- -
M45 8.4	Una Gore (GB)	48	3-28-87
M50 9.1	Carina Graham (GB)	50	3-28-87
M55 9.1	Rosemary Chimes (GB)	54	3-15-86
M60 9.3	Hilary Farmer (GB)	55	- -
M65 9.9	Mary Wixey (GB)	60	- -
M70 p9.4	J. Ogden (GB)	60	3-25-88
M75 10.1	Mary Wixey (GB)	67	3-25-88

200 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 26.07	Beatrice Waldnis (SUI)	39	3-9-85
M40 27.9	Marjorie Hocknell (GB)	42	3-25-88
M45 28.8	Una Gore (GB)	48	3-27-87
M50 30.8	Carina Graham (GB)	50	3-27-87
M55 32.5	Jacqueline Ogden (GB)	55	3-27-87
M60 35.5	Mary Wixey (GB)	60	- -
M65 p31.8	J. Ogden (GB)	60	3-25-88
M70 36.1	Mary Wixey (GB)	65	3-15-86
M75 46.39	Vivian Nelson (US)	71	1-8-84

400 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 59.0	Caroline Marler (GB)	37	3-25-88
M40 63.3	Marjorie Hocknell (GB)	42	3-25-88
M45 65.0	Jean Hulla (GB)	48	3-27-87
M50 75.1	Grace Butcher (US)	50	1-5-85
M55 75.8	C. McLennan (GB)	55	3-27-87
M60 87.65	Ella Hogvist (FIN)	60	- -83
M65 p81.6	J. Ogden (GB)	60	3-25-88
M70 1:45.5			

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

M40	Mearl Balmer	PV-12-7½	08/26/88
M45	Dennis Neufeld	JT-160-9	07/30/88
	Dick Bloomfield	WT(56#)-26-10½	06/27/87
		WT(35#)-41-9½	06/27/87
M50	Lee Duffner	5K-27:08	12/11/88
	John White	WT(35#)-10.02	09/04/88
		WT(35#)-10.37	12/11/88
	Floyd Smith	HJ-5-3½	02/05/89
M60	Phil Brusca	SP(5K)-47-10	03/20/88
		SP(8#)-53-3½	03/20/88
		DT-149-7	12/01/87
		HT-119	08/04/88
		JT-147-11	12/01/87
	W. Hewson	5K-19:35	02/01/84
M65	W. Hewson	5K(RW)-30:16	12/02/88
M70	Donald Hull	100-14.25	11/18/88
		100-14.26	09/17/88
		200-30.25	11/18/88
		200-30.00	09/03/88
		HT-97-10	09/03/88
		HT-28.2	09/17/88

W45	B. Bloomfield	HT(4K)-86-3	06/27/88
		WT(25#)-23-6	08/01/87
W55	Sally Polk	DT-74-5	10/01/88
		HT(4K)-93-10	10/01/88
		JT-75-04	10/22/88
W65	Jean Campbell	100-16.05	09/04/88

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7½	28-3	26-8	25-0½	23-5½	22-8	20-5½	18-10	16-5	13-11½	13-1½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20/Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

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

Mile	3K	2-mile	5K	10K	20K	Mile	3K	2-mile	5K	10K	20K
M40 7:29.8	14:30	15:40	24:30	51:00	1:45	W40 8:55.4	17:20	18:40	29:00	1:00	2:04
M45 7:42.8	15:10	16:20	26:00	54:00	1:52	W45 9:12.4	17:53	19:17	31:00	1:04	2:12
M50 8:25.1	16:20	17:37	27:30	57:00	1:58	W50 10:30.2	20:24	21:59	33:00	1:08	2:20
M55 8:43.1	16:55	18:15	29:00	60:00	2:04	W55 10:55.4	21:13	22:51	35:00	1:12	2:28
M60 9:19.9	18:07	19:32	30:30	63:00	2:10	W60 11:45.0	22:49	24:35	38:00	1:18	2:40
M65 9:44.7	18:54	20:23	32:00	66:00	2:16	W65 12:20.2	23:59	25:50	41:00	1:24	2:52
M70 10:25.4	20:15	21:49	34:00	70:00	2:24	W70 13:28.5	26:10	28:12	44:00	1:30	3:04
M75 10:59.9	21:20	23:00	36:00	74:00	2:32	W75 14:19.5	27:49	29:58	47:00	1:36	3:16
M80 11:40.7	22:40	24:25	38:00	78:00	2:40	W80 15:20.7	29:48	32:08	50:00	1:42	3:28
M85 12:29.3	24:15	26:08	40:00	82:00	2:48	W85 16:35.7	32:13	34:44	53:00	1:48	3:40

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4								
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3¼	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	36.00	36.00	33.00	29.00	25.00	22.50	18.00	
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	141-1	114-10	95-2	78-9	62-4	49-2
35/Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25/Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56/Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500											

THE 100 LARGEST RACES

RNK	FINISHERS	RACE NAME	DIST	LOCATION	DATE '87
1	72564	BAY TO BREAKERS 12K	12K	SAN FRANCISCO, CA	05/17/87
2	50946	LILAC BLOOMSDAY RUN 12K	12K	SPOKANE, WA	05/03/87
3	25303	CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/04/87
4	25000	PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/87
5	21238	NEW YORK CITY MARATHON	MARA	NEW YORK CITY, NY	11/01/87
6	19660	CAPITOL 10,000	10K	AUSTIN, TX	03/29/87
7	19300	BOLDER BOULDER	10K	BOLDER, CO	05/25/87
8	18500	AL'S RUN	5MI	MILWAUKEE, WI	09/26/87
9	12750	GREAT ALOHA RUN	12K	HONOLULU, HI	02/16/87
10	11775	WHARF TO WHARF	6MI	CAPTOLA, CA	07/26/87
11	11069	BIX SEVEN MILE	7MI	DAVENPORT, IA	07/19/87
12	10590	GREAT RACE	10K	PITTSBURGH, PA	09/27/87
13	10330	LOS ANGELES MARATHON	MARA	LOS ANGELES, CA	03/01/87
14	9492	MANUFACTURER'S HANOVER #3	5K	NEW YORK CITY, NY	08/06/87
15	9380	MANUFACTURER'S HANOVER #1	5K	NEW YORK CITY, NY	06/25/87
16	9232	MANUFACTURER'S HANOVER #2	5K	NEW YORK CITY, NY	07/16/87
17	8809	MARINE CORPS MARATHON	MARA	WASHINGTON, DC	11/08/87
18	8754	OMAHA CORPORATE CUP	10K	OMAHA, NE	09/13/87
19	8688	HONOLULU MARATHON	MARA	HONOLULU, HI	12/13/87
20	7505	SUPER BOWL SUNDAY	10K	REDONDO BEACH, CA	01/25/87
21	6976	COOPER RIVER BRIDGE RUN	10K	CHARLESTON, SC	04/04/87
22	6750	MANUFACTURER'S HANOVER	3.5M	CHICAGO, IL	08/13/87
23	6667	CASCADE RUN OFF	15K	PORTLAND, OR	06/28/87
24	6493	CHERRY CREEK SNEAK	8K	DENVER, CO	04/26/87
25	6375	NEW TIMES PHOENIX	10K	PHOENIX, AZ	11/22/87
26	6105	MERCURY NEWS	10K	SAN JOSE, CA	03/22/87
27	6004	GASPARILLA 5K	5K	TAMPA, FL	02/07/87
28	5897	L'EGGS MINI MARATHON 10K	10K	NEW YORK, NY	05/30/87
29	5865	TULSA RUN	15K	TULSA, OK	10/13/87
30	5567	DENVER SYMPHONY	5K	DENVER, CO	09/27/87
31	5319	BOSTON MARATHON	MARA	BOSTON, MA	04/20/87
32	5273	MANCHESTER ROAD RACE	4.8M	MANCHESTER, CT	11/26/87
33	5250	ST PATRICK'S DAY DASH	4MI	LYNNWOOD, WA	03/15/87
34	5162	GASPARILLA DISTANCE CLASSIC	15K	TAMPA, FL	02/07/87
35	5127	ST PATRICK'S DAY RUN	8K	ST PAUL, MN	03/15/87
36	5038	PHILADELPHIA DISTANCE CLASSIC	HMAR	PHILADELPHIA, PA	09/20/87
37	4900	REVCO 10K	10K	CLEVELAND, OH	05/17/87
38	4773	RIVER RUN 15K	15K	JACKSONVILLE, FL	03/14/87
39	4764	RUN TO THE FAR SIDE	5K	SAN FRANCISCO, CA	11/29/87
40	4728	HOUSTON CHRONICLE DOME	10K	HOUSTON, TX	09/07/87
41	4610	TOM SULLIVAN	10K	TORRENCE, CA	03/15/87
42	4546	NORDSTROM BEAT THE BRIDGE	8K	SEATTLE, WA	05/17/87
43	4541	AMERICA'S FINEST CITY	HMAR	SAN DIEGO, CA	08/23/87
44	4463	TWIN CITIES MARATHON	MARA	MINNEAPOLIS, MN	10/11/87
45	4463	SAN FRANCISCO MARATHON	MARA	SAN FRANCISCO, CA	07/19/87
46	4387	STORM THE BASTILLE 5K	5K	MILWAUKEE, WI	07/09/87
47	4304	AZALEA TRAIL RUN	10K	MOBILE, AL	10/31/87
48	4275	FIRST REPUBLIC BANK SYMPHONY	10K	HOUSTON, TX	10/31/87
49	4204	GRANDMA'S MARATHON	MARA	DULUTH, MN	06/20/87
50	4125	SCHLOTZSKY'S STRIPLING BLAKE	5K	AUSTIN, TX	04/04/87
51	4114	GET IN GEAR 10K	10K	MINNEAPOLIS, MN	04/25/87
52	4078	DINOSAUR DASH 5K	5K	MILWAUKEE, WI	04/26/87
53	4073	AZALEA RUN / DALLAS	10K	DALLAS, TX	04/04/87
54	3969	FALMOUTH ROAD RACE	7.1M	FALMOUTH, MA	08/16/87
55	3930	COWTOWN 10KM	10K	FT. WORTH, TX	02/28/87
56	3919	ASBURY PARK CLASSIC	10K	ASBURY PARK, NJ	08/08/87
57	3901	CINCINNATI HEART MINI-MARATHON	15K	CINCINNATI, OH	03/22/87
58	3886	LIGHT THE NIGHT	10K	SAN DIEGO, CA	10/24/87
59	3805	KENTUCKY DERBY HALF MARATHON	HMAR	LOUISVILLE, KY	04/25/87
60	3750	CRAZY LEGS	5MI	MADISON, WI	11/27/87
61	3750	DALLAS TURKEY TROT	8MI	DALLAS, TX	12/20/87
62	3750	ACADEMY JINGLE BELL RUN	5MI	HOUSTON, TX	12/20/87
63	3569	MANHATTAN BEACH OLD HOME	10K	MANHATTAN BCH, CA	10/10/87
64	3547	HEART TREK	10K	ATLANTA, GA	03/28/87
65	3545	BOBBY CRIM 10 MILE	10MI	FLINT, MI	08/22/87
66	3527	SHAMROCK CLASSIC	8K	PORTLAND, OR	03/15/87
67	3214	FERRIER 10K	10K	NEW YORK CITY, NY	03/28/87
68	3205	TUFTS 10K FOR WOMEN	10K	BOSTON, MA	10/12/87
69	3193	CORONADO BRIDGE	6.5M	SAN DIEGO, CA	05/25/87
70	3151	SHAMROCK SHUFFLE	8K	CHICAGO, IL	03/15/87
71	3149	PEPSI VULCAN RUN 10K	10K	BIRMINGHAM, AL	11/21/87
72	3119	PORTLAND MARATHON	MARA	PORTLAND, OR	09/27/87
73	3103	RUN FOR THE ZOO 10K	10K	DENVER, CO	10/25/87
74	3091	CHARLOTTE OBSERVER 10K	10K	CHARLOTTE, NC	01/03/87
75	3057	NIKE CHERRY BLOSSOM 10MI	10MI	WASHINGTON, DC	04/05/87
76	3051	FRITZBE'S 10K RUNFEST	10K	ROCKVILLE, MD	05/17/87
77	3000	MR TURKEY TROT	10K	DETROIT, MI	11/26/87
78	3000	DALLAS SYMPHONY RUN	10K	DALLAS, TX	03/07/87
79	2987	RODES CITY RUN	10K	LOUISVILLE, KY	03/14/87
80	2967	ELIZABETH RIVER RUN 10K	10K	NORFOLK, VA	05/02/87
81	2959	NEW JERSEY WATERFRONT	8K	NEW JERSEY, NJ	04/26/87
82	2940	RUN TO THE FAR SIDE	10K	SAN FRANCISCO, CA	11/29/87
83	2919	OKTOBERFEST 12K	12K	ITASCA, IL	09/07/87
84	2914	HEARTLAND HUSTLE	10K	DAVENPORT, IA	10/10/87
85	2902	OLD KENT RIVER BANK RUN	25K	GRAND RAPIDS, MI	05/09/87
86	2858	HOUSTON TENNECO MARATHON	MARA	HOUSTON, TX	01/18/87
87	2849	CHILI'S 10K RUN	10K	PLANO, TX	05/02/87
88	2823	HOULIHAN'S TO HOULIHAN'S	8MI	SAN FRANCISCO, CA	04/05/87
89	2805	LONG BEACH MARATHON	MARA	LONG BEACH, CA	05/03/87
90	2802	ATLANTA HALF MARATHON	HMAR	ATLANTA, GA	11/26/87
91	2800	CHARITY CHASE	5K	DENVER, CO	06/07/87
92	2794	BAYOU CITY 10KM	10K	HOUSTON, TX	03/21/87
93	2768	BROAD STREET RUN	10MI	PHILADELPHIA, PA	05/03/87
94	2753	ANNAPOLIS 10MILE	10MI	ANNAPOLIS, MD	08/30/87
95	2706	NYRR NEW YEAR'S EVE MIDNIGHT	8K	NEW YORK CITY, NY	12/31/87
96	2650	MDA-BOSTON MILK RUN	10K	BOSTON, MA	04/12/87
97	2625	WENDY'S	10K	BOWLING GREEN, KY	10/31/87
98	2623	DE CTER-ANN ARBOR	10K	ANN ARBOR, MI	05/24/87
99	2619	COLUMBUS MARATHON	MARA	COLUMBUS, OH	11/08/87
100	2610	BEACH TO BAY RELAY MARATHON	4.4MI	CORPUS CHRISTI, TX	05/16/87

THE 10 LARGEST 5 KILOMETER RACES

RNK	FINISHERS	RACE NAME	DIST	LOCATION	DATE '87
1	9492	MANUFACTURER'S HANOVER #3	5K	NEW YORK CITY, NY	08/06/87
2	9380	MANUFACTURER'S HANOVER #1	5K	NEW YORK CITY, NY	06/25/87
3	9232	MANUFACTURER'S HANOVER #2	5K	NEW YORK CITY, NY	07/16/87
4	6004	GASPARILLA 5K	5K	TAMPA, FL	02/07/87
5	5567	DENVER SYMPHONY	5K	DENVER, CO	09/27/87
6	4764	RUN TO THE FAR SIDE	5K	SAN FRANCISCO, CA	11/29/87
7	4387	STORM THE BASTILLE 5K	5K	MILWAUKEE, WI	07/09/87
8	4125	SCHLOTZSKY'S STRIPLING	5K	AUSTIN, TX	04/04/87
9	4078	DINOSAUR DASH 5K	5K	MILWAUKEE, WI	04/26/87
10	2800	CHARITY CHASE	5K	DENVER, CO	06/07/87

THE 15 LARGEST 8 KILOMETER / 5 MILE RACES

RNK	FINISHERS	RACE NAME	DIST	LOCATION	DATE '87
1	18500	AL'S RUN	5MI	MILWAUKEE, WI	09/26/87
2	6493	CHERRY CREEK SNEAK	8K	DENVER, CO	04/26/87
3	5127	ST PATRICK'S DAY RUN	8K	ST PAUL, MN	03/15/87
4	4546	NORDSTROM BEAT THE BRIDGE	8K	SEATTLE, WA	05/17/87
5	3750	CRAZY LEGS	5MI	MADISON, WI	11/27/87
6	3750	ACADEMY JINGLE BELL RUN	5MI	HOUSTON, TX	12/20/87
7	3527	SHAMROCK CLASSIC	8K	PORTLAND, OR	03/15/87
8	3151	SHAMROCK SHUFFLE	8K	CHICAGO, IL	03/15/87
9	2959	NEW JERSEY WATERFRONT 5 M	8K	NEW JERSEY, NJ	04/26/87
10	2706	NYRR NEW YEAR'S EVE MIDNIGHT	8K	NEW YORK CITY, NY	12/31/87

THE 25 LARGEST 10 KILOMETER RACES

RNK	FINISHERS	RACE NAME	DIST	LOCATION	DATE '87
1	25303	CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/04/87
2	25000	PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/87
3	19660	CAPITOL 10,000	10K	AUSTIN, TX	03/29/87
4	19300	BOLDER BOULDER	10K	BOLDER, CO	05/25/87
5	10590	GREAT RACE	10K	PITTSBURGH, PA	09/27/87
6	8754	OMAHA CORPORATE CUP	10K	OMAHA, NE	09/13/87
7	7505	SUPER BOWL SUNDAY	10K	REDONDO BEACH, CA	01/25/87
8	6976	COOPER RIVER BRIDGE RUN	10K	CHARLESTON, SC	04/04/87
9	6375	NEW TIMES PHOENIX	10K	PHOENIX, AZ	11/22/87
10	6105	MERCURY NEWS	10K	SAN JOSE, CA	03/22/87
11	5897	L'EGGS MINI MARATHON 10K	10K	NEW YORK, NY	05/30/87
12	4900	REVCO 10K	10K	CLEVELAND, OH	05/17/87
13	4728	HOUSTON CHRONICLE DOME	10K	HOUSTON, TX	09/07/87
14	4610	TOM SULLIVAN	10K	TORRENCE, CA	03/15/87
15	4304	AZALEA TRAIL RUN	10K	MOBILE, AL	10/31/87
16	4275	FIRST REPUBLIC BANK SYMPHONY	10K	HOUSTON, TX	10/31/87
17	4114	GET IN GEAR 10K	10K	MINNEAPOLIS, MN	04/25/87
18	4073	AZALEA RUN / DALLAS	10K	DALLAS, TX	04/04/87
19	3930	COWTOWN 10KM	10K	FT. WORTH, TX	02/28/87
20	3919	ASBURY PARK CLASSIC	10K	ASBURY PARK, NJ	08/08/87
21	3886	LIGHT THE NIGHT	10K	SAN DIEGO, CA	10/24/87
22	3569	MANHATTAN BEACH OLD HOMETOWN	10K	MANHATTAN BCH, CA	10/10/87
23	3547	HEART TREK	10K	ATLANTA, GA	03/28/87
24	3214	FERRIER 10K	10K	NEW YORK CITY, NY	03/28/87
25	3205	TUFTS 10K FOR WOMEN	10K	BOSTON, MA	10/12/87

THE 4 LARGEST 12 KILOMETER RACES

RNK	FINISHERS	RACE NAME	DIST	LOCATION	DATE '87
1	72564	BAY TO BREAKERS 12K	12K	SAN FRANCISCO, CA	05/17/87
2	50946	LILAC BLOOMSDAY RUN 12K	12K	SPOKANE, WA	05/03/87
3	12750	GREAT ALOHA RUN	12K	HONOLULU, HI	02/16/87
4	2919	OKTOBERFEST 12K	12K	ITASCA, IL	09/07/87

THE 6 LARGEST 15 KILOMETER RACES

RNK	FINISHERS	RACE NAME	DIST	LOCATION	DATE '87
1	6667	CASCADE RUN OFF	15K	PORTLAND, OR	06/28/87
2	5865	TULSA RUN	15K	TULSA, OK	10/13/87
3	5162	GASPARILLA DISTANCE CLASSIC	15K	TAMPA, FL	02/07/87
4	4773	RIVER RUN 15K	15K	JACKSONVILLE, FL	03/14/87
5	3901	CINCINNATI HEART MINI-MAR	15K	CINCINNATI, OH	03/22/87
6	2597	BOILERMAKER 15K	15K	UTICA, NY	07/12/87

THE 6 LARGEST 10 MILE RACES

RNK	FINISHERS	RACE NAME	DIST	LOCATION	DATE '87
1	3545	BOBBY CRIM 10 MILE	10MI	FLINT, MI	08/22/87
2	3057	NIKE CHERRY BLOSSOM 10MI	10MI	WASHINGTON, DC	04/05/87
3	2768	BROAD STREET RUN	10MI	PHILADELPHIA, PA	05/03/87
4	2753	ANNAPOLIS 10MILE	10MI	ANNAPOLIS, MD	08/30/87
5	2572	ARMY 10 MILE	10MI	WASHINGTON, DC	10/11/87
6	2359	GARDEN OF THE GODS 10MI	10MI	MANITOU SPRINGS, CO	06/07/87

THE 10 LARGEST HALF MARATHONS

RNK	FINISHERS	RACE NAME	DIST	LOCATION	DATE '87
1	5038	PHILADELPHIA DISTANCE CLASSIC	HMAR	PHILADELPHIA, PA	09/20/87
2	4541	AMERICA'S FINEST CITY	HMAR	SAN DIEGO, CA	08/23/87
3	3805	KENTUCKY DERBY	HMAR	LOUISVILLE, KY	04/25/87
4	2802	ATLANTA HALF MARATHON	HMAR	ATLANTA, GA	11/26/87
5	2398	COLUMBIAN SELECT / CHICAGO	HMAR	CHICAGO, IL	10/28/87
6	2367	LA JOLLA HALF MARATHON	HMAR	LA JOLLA, CA	/ /
7	2074	NIKE SAN FRANCISCO	HMAR	SAN FRANCISCO, CA	11/22/87
8	2021	GEORGETOWN TO IDAHO SPRINGS	HMAR	IDAHO SPRINGS, CO	08/08/87
9	1903	SANTA MONICA	HMAR	SANTA MONICA, CA	08/30/87
10	1650	NEW BEDFORD BANK OF BOSTON	HMAR	NEW BEDFORD, MA	03/15/87

THE 25 LARGEST MARATHONS

RNK	FINISHERS	RACE
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TACTIMES RANKINGS SUPPLEMENT

TOP 25 MASTERS ROAD RUNNERS OF 1988 (JAN. 1 - NOV. 6)
IN ORDER OF PERFORMANCE VALUE EARNED IN MAJOR U.S. EVENTS

RANK	ATHLETE NAME	CTZ	PRIZE \$	# OF RACES	TOTAL POINTS
1	BILL RODGERS	USA	\$ 7750	8	5617
2	MICK HURD	GBR	\$13500	13	4662
3	ALLAN RUSHMER	GBR	\$ 5350	9	3212
4	BOB SCHLAU	USA	\$ 5450	11	2579
5	LARRY OLSEN	USA	\$ 5150	9	1925
6	RYSZARD MARCZAK	POL	\$15000	2	1398
7	BARRY BROWN	USA	\$ 1400	7	1249
8	KJELL E. STAHL	SWE	\$10000	2	1016
9	ANTONIO VILLANUEVA	MEX	\$ 1300	3	719
10	KEN FRENCH	CAN	\$ 1600	2	708
11	FRANK SHORTER	USA	\$ 1275	6	653
12	ATHOL BARTON	USA	\$ 1000	3	647
13	WEB LOUDAT	USA	\$ 2640	8	625
14	MURRAY HUNT	NZL	\$ 800	1	602
15	JOSEF MACHALEK	SWE	\$ 0	1	232
16	BERNIE ALLEN	GBR	\$ 650	4	205
17	JOZEF BABYNECZ	HUN	\$ 375	1	153
18	NICOL BERGERON	CAN	\$ 1500	1	147
19	STEVE FERRAZ	USA	\$ 300	2	92
20	ATLAW BELIGNE	ETI	\$ 300	3	35
21	HAROLD NOLAN	USA	\$ 100	2	34
22	WALLY HERRALA	USA	\$ 0	1	27
23	DAVE STEWART	CAN	\$ 300	2	24
24	MIKE CREERY	CAN	\$ 200	1	22
25	CARL NICHOLSON	USA	\$ 200	1	19

WOMEN

RANK	ATHLETE NAME	CTZ	PRIZE \$	# OF RACES	TOTAL POINTS
1	Laurie Binder	USA	\$17305	13	4475
2	Priscilla Welch	GBR	\$29100	6	2540
3	Gabriele Andersen	USA	\$ 6100	10	1813
4	Barbara Filutze	USA	\$12590	15	1805
5	Jane Hutchison	USA	\$ 3075	5	1316
6	Angella Hearn	GBR	\$ 5950	5	1024
7	Erna Kozak	CAN	\$ 600	2	376
8	Nancy McLaren	CAN	\$ 1050	2	336
9	Gail Ladage Scott	USA	\$ 0	1	216
10	Patricia Sher	USA	\$ 500	1	172
11	Mary Wood	USA	\$ 750	3	146
12	Susan Havens	USA	\$ 0	1	81
13	Fordie Madeira	USA	\$ 450	2	53
14	Betsy Harshbarger	USA	\$ 250	1	50
15	Mary Ellen Williams	USA	\$ 400	1	42
16	Juana Stavalone	ESP	\$ 600	1	19
17	Cindy Dalrymple	USA	\$ 200	1	17
18	Sally Edwards	USA	\$ 0	1	13
19	Chris Tattersall	NZL	\$ 750	2	11
20	Judy Greer	USA	\$ 250	1	10
21	Eileen Portz-Shovlin	USA	\$ 500	1	8
22	Nancy Oshier	USA	\$ 100	1	7
23	Kathy Brown	USA	\$ 100	1	6
24	Robin Emery-Rappa	USA	\$ 300	1	5
25	Patti Donley	USA	\$ 0	1	4



TACSTATS STATE RECORD KEEPERS

Events in the states listed below should send results and reporting forms to the state record keeper listed below.

AL Buck Jones, 7716 Oakridge Dr, Huntsville AL 35802 (205/882-2487 eve)
 AK Frederic Wilson, 2420 Glenwood, Anchorage AK 99508 (907/279-2773 eve)
 GA Sally Nicoll, 3535 Gleneagles Dr., Augusta Ga 30907 (404/860-0712)
 IL Chuck Hinde, 9916 Mansfield, Oak Lawn, IL 60453 (312/422-4705)
 MN Jack Moran, 5429 Wooddale Av, Minneapolis MN 55424 (612/920-0558 eve)
 NC Carl Johnson, 729 Berkeley, Charlotte NC 28203 (704/377-3679 eve)
 OK Joe McDaniel, 1416 S Marion, Tulsa OK 74112 (918/834-3259 eve)
 PA/wMark Courtney, 1295 Butler Pike, Mercer PA 16137 (412/458-4435 after 10pm)
 SC Bill Marable, 123 Burlington Av, Greer SC 29615 (803/244-0224 eve)
 TX Joanne Schmidt, PO Box 722301, Houston TX 77083 (713/498-3208)
 UT Finn Hansen, 7018 Ponderosa Dr, Salt Lake City UT 84121 (801/943-4680 eve)

Events in the states listed below should send results and reporting forms to: TACSTATS, 7745 SW 138 TERR., MIAMI FL 33158 (305/253-8448). Results should include sex, age and home towns of all finishers. Age group place order is preferable but overall place order is acceptable. TACSTATS will forward all material to the appropriate record keeper for state record and ranking processing.

- AR C. W. Wilson, (501/624-3002 eve)
- AZ James Harsha, (602/745-5147 eve)
- CA Don Ocana, (714/779-5966 3-9pm)
- CO Dennis Kavanaugh, (303/790-2634 6-9pm)
- CT Peter Leeds (203/456-3175 after 7pm)
- DC George Banker, (301/248-5619 eve)
- DE Doug White, (302/571-7639 day)
- FL Joe Burgasser, (813/864-4058 eve)
- III Rimini Bartolini, (808/946-1775 day)
- ID Tim Severa (208/344-5501 day)
- IA Mike Lundgren, (515/752-8780 6-10pm)
- IN Mike Davis, (317/283-4360 eve)
- KY Gil Clark, (502/459-5606 day)
- KS Clark Ensz, (316/267-6812 day)
- LA To be appointed
- ME Greg Nelson, (207/582-5607 eve)
- MD John Sissala, (301/340-8107 eve)
- MA Don Allison, (617/566-7600 day)
- MI Karen Hubbard, (313/662-9851 8-10pm)
- MO Jerry Morrison, (816/741-2314)
- MS To be appointed
- MT Debbie Raunig, (406/251-4832)
- NE Jim Lewis, (402/489-4130 eve)
- NV Frank Plasso, Sr., (702/873-2684 eve)
- NH Bob Teschek, (603/653-2537 eve)
- NM Richard Harris, (505/255-7630 eve)
- ND To be appointed
- NJ Fred Torres, (201/340-1476 day)
- NY Jim Brown, (716/773-6274 7-10pm)
- NYC Alice Schneider, (212/860-2717 day)
- OH Don Gammie, (513/433-4063 eve)
- OR Mike Cook, (503/684-9282 eve)
- PA/e Jay Miller, (215/869-8935)
- RJ Merry Nelson, (401/885-1382 after 4pm)
- SD Wally Klawiter, (605/334-9863 eve)
- TN To be appointed
- VA To be appointed
- VT Bob Murphy, (802/476-4328 eve)
- WA Carole Langenbach, (206/433-8868 day)
- WI Bill Grass, (414/332-7589 eve)
- WV Carl Hatfield, (304/624-9239 eve)
- WY Nathan Breen, (307/788-7652 eve)

LARGEST RACE IN EACH STATE

FINISHERS	RACE NAME	DIST	LOCATION	DATE '87
2372	ALASKA WOMEN'S RUN	10K	ANCHORAGE, AK	06/06/87
4304	AZALEA TRAIL RUN	10K	MOBILE, AL	03/28/87
2214	LITTLE ROCK PEPSI 10K	10K	LITTLE ROCK, AR	04/04/87
6375	E NEW TIMES PHOENIX	10K	PHOENIX, AZ	11/22/87
72564	E BAY TO BREAKERS 12K	12K	SAN FRANCISCO, CA	05/17/87
19300	BOLDER BOULDER	10K	BOLDER, CO	05/25/87
5273	MANCHESTER ROAD RACE	4.8M	MANCHESTER, CT	11/26/87
8809	MARINE CORPS MARATHON	MARA	WASHINGTON, DC	11/08/87
118	CENTREVILLE 10K	10K	CENTREVILLE, DE	10/10/87
6004	E GASPARILLA 5K	5K	TAMPA, FL	02/07/87
25000	E PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/87
1275	E GREAT ALOHA RUN	12K	HONOLULU, HI	02/16/87
11069	BIX SEVEN MILER	7MI	DAVENPORT, IA	07/19/87
1800	E BARBER TO BOISE	10K	BOISE, ID	
6750	E MANUFACTURER'S HANOVER/CHICAGO	3.5M	CHICAGO, IL	08/13/87
1800	E SPORTSMED	10K	SOUTH BEND, IN	10/04/87
1814	RIVER RUN	10K	WICHITA, KS	05/09/87
3805	KENTUCKY DERBY HALF MARATHON	HMAR	LOUISVILLE, KY	04/25/87
25303	E CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/04/87
5319	BOSTON MARATHON	MARA	BOSTON, MA	04/20/87
3051	FRITZBE'S 10K RUNFEST	10K	ROCKVILLE, MD	05/17/87
920	BRIDGTON 4 ON THE FOURTH	4MI	BRIDGTON, ME	07/04/87
3545	BOBBY CRIM 10 MILER	10MI	FLINT, MI	08/22/87
5127	ST PATRICK'S DAY RUN	8K	S+ PAUL, MN	03/15/87
1440	HOSPITAL HILL RUN	HMAR	KANSAS CITY, MO	05/31/87
1869	GUM TREE 10K	10K	TUPELO, MS	05/09/87
1811	ICE BREAKER ROAD RACE	5MI	GREAT FALLS, MT	04/12/87
3091	CHARLOTTE OBSERVER 10K	10K	CHARLOTTE, NC	01/03/87
278	FARGO PEPSI 10K	10K	FARGO, ND	05/02/87
8754	OMAHA CORPORATE CUP	10K	OMAHA, NE	09/13/87
1001	NASHUA TRUST 10K SERIES	10K	NASHUA, NH	05/16/87
3919	ASBURY PARK CLASSIC	10K	ASBURY PARK, NJ	08/08/87
1611	DUKE CITY 5K	5K	ALBUQUERQUE, NM	09/27/87
1200	TURKEY TROT / LAS VEGAS	10K	LAS VEGAS, NV	11/22/87
21238	E NEW YORK CITY MARATHON	MARA	NEW YORK CITY, NY	11/01/87
4900	REVOCO 10K	10K	CLEVELAND, OH	05/17/87
5865	TULSA RUN	15K	TULSA, OK	10/13/87
6667	CASCADE RUN OFF	15K	PORTLAND, OR	06/28/87
10590	GREAT RACE	10K	PITTSBURGH, PA	09/27/87
165	NORWOOD 5K WOMEN'S ROAD RACE	5K	WARWICK, RI	09/27/87
6976	COOPER RIVER BRIDGE RUN 10KM	10K	CHARLESTON, SC	04/04/87
161	MEMPHIS MARATHON	MARA	MEMPHIS, TN	12/06/87
19660	CAPITOL 10,000	10K	AUSTIN, TX	03/29/87
2258	SALT LAKE CITY CLASSIC	10K	SALT LAKE CITY, UT	05/23/87
2967	ELIZABETH RIVER RUN 10K	10K	NORFOLK, VA	05/02/87
193	LEAFKEEPERS HALF MARATHON	HMAR	WATERBURY, VT	10/04/87
50946	LILAC BLOOMSDAY RUN 12K	12K	SPOKANE, WA	05/03/87
18500	E AL'S RUN	5MI	MILWAUKEE, WI	09/26/87
1648	ELBY'S DISTANCE RACE 20K	20K	WHEELING, WV	05/23/87



TAC/RRTC ROAD RACE COURSE CERTIFIERS

The Following people can give you information about certification procedures, recommend measurers in your area and check on the status of a particular course.

- AL John DeHaye, 824 Annau Ave. Huntsville AL 35802
- AK Fredric Wilson 2420 Glenwood, Anchorage AK 99508
- AR Don Potter Rt 192 Cedar Rd., Benton AR 72015
- AZ Felix Cichocki, PO Box 1572, Cave Creek AZ 85331
- CA,N Carl Wisser, 4899 Shafter, Oakland CA 94609
- CA,S Ron Scardera, 6907 Camrose Dr. Los Angeles CA 90068
- CO David Poppers 5938 S Franklin St. Littleton CO 80121
- CT David Reik, 930 West Blvd., Hartford CT 06105
- DC Robert Thurston, 2135 Newport Pl NW, WashDC 20037
- DE Wayne Nicoll, 3535 Gleneagles Dr Augusta GA 30907
- FL Basil Honikman, 7745 SW 138 Terr. Miami FL 33158
- GA Wayne Nicoll, 3535 Gleneagles Dr Augusta GA 30907
- HI Thomas J. Ferguson, 4191 Halupa St. Honolulu HI 96818
- ID Michael Renner, East 1605 19 Ave. Spokane WA 99203
- IL Jay Wight, 377 Grandview Av, Glen Ellyn, IL 60137
- IN Mike Wickiser 2939 Vincent Rd., Silver Lake OH 44224
- IA Jim Lewis, 2900 John Ave. Lincoln NE 68502
- KS Bill Glauz, 11600 Minor Dr. Kansas City MO 64114
- KY Pete Riegel, 3354 Kirkham Rd. Columbus OH 43221
- LA Doug Loeffler, 2000 NE 4 Way Boca Raton FL 33431
- ME Gregory Nelson, 138 Maine Ave. Gardiner ME 04345
- MD Robert Thurston, 2135 Newport Pl NW, Wash DC 20037
- MA Wayne Nicoll, 3535 Gleneagles Dr Augusta GA 30907
- MI Scott Hubbard, 921 Bath, Ann Arbor MI 48103
- MN Rick Recker, 1111 S 7th St. #20, Minneapolis MN 55415
- MS Doug Loeffler, 2000 NE 4 Way Boca Raton FL 33431
- MO Bill Glauz, 11600 Minor Dr. Kansas City MO 64114
- MT George Tuthill, 810 S. 7th Ave., Bozeman MT 59715
- NE Jim Lewis, 2900 John Ave. Lincoln NE 68502
- NV Bill Callanan, 6252 Clarice Av., Las Vegas NV 89107
- NH Bob Teschek, 95 Summer St. Newport NH 03773
- NJ Dan Brannen, 3533 Stevens Rd. Wallington NJ 07057
- NY Kevin Lucas, PO Box 93226, Rochester NY 14692
- NM Felix Cichocki, PO Box 1572, Cave Creek AZ 85331
- NC A.C.Linnerud, PO Box 10825 Raleigh NC 27605
- ND Tom Benjamin, PO Box 8715, San Francisco CA 94128
- OH Pete Riegel, 3354 Kirkham Rd. Columbus OH 43221
- OK Bob Baumel 129 Warwick Rd. Ponca City OK 74601
- OR Lee Barrett, 5510 SW Orchid, Portland OR 97219
- PA Robert Edwards 493 Dale Dr., Erie PA 16511
- RI Wayne Nicoll, 3535 Gleneagles Dr Augusta GA 30907
- SC Brian Smith, 3200 Palm, Isle of Palms SC 29451
- SD Charles Tiltum, RRI Box 230, Aurora SD 57002
- TN Wayne Nicoll, 3535 Gleneagles Dr Augusta GA 30907
- TX E.T. McBrayer, 7733 Moline, Houston TX 77087
- UT Finn Hansen, 7018 Ponderosa Dr. Salt Lake City UT 84121
- VT Bob Teschek, 95 Summer St. Newport NH 03773
- VA Robert Thurston, 2135 Newport Pl NW, WashDC 20037
- WA Michael Renner, E 1605 19th Av. Spokane WA 99203
- WV Robert Thurston, 2135 Newport Pl. NW, Wash DC 20037
- WI Bill Grass, 339E Carlisle Av. Whitefish Bay WI 53217
- WY Tom Knight, PO Box 620460, Woodside CA 94062

FOREIGN Pete Riegel, 3354 Kirkham Rd. Columbus OH 43221

Information concerning measurement of courses may be obtained from the certifier. Special problems which cannot be solved by regional certifiers should be referred to Pete Riegel, Chairman, RRTC.

Copies of *Course Measurement Procedures* (\$4.00) and *Road Race and Finish Line Management* (\$6.00) may be obtained from: TAC/USA order dept., PO Box 120, Indianapolis IN 46206.

The work and records of the National Running Data Center have contributed to the listings published in TACTIMES.

TACSTATS 1987 Records and Ranking booklets may be obtained for \$5.00 per distance or \$35.00 for the entire set including hardcover binder and shipping costs directly from TACSTATS at the above address.

RACE SIZE COMPARISONS

	MARATHON			10,000 METERS			5,000 METERS		
	1985	1986	1987	1985	1986	1987	1985	1986	1987
Size of 3rd largest	7,646	8,013	8,809	19,660	18,786	19,660	1,514	9,193	6,004
Size of 10th largest	2,549	2,920	2,858	6,073	6,148	6,105	816	2,300	2,515
Size of 25th largest	880	1,050	855	3,901	3,700	3,205			no data
Tot finishers top 3	31,348	36,265	40,377	63,054	63,846	69,963	6,565	27,781	28,104
Tot finishers top 10	52,948	71,711	73,491	128,534	125,233	135,568	13,378	53,431	59,829
	1980	1981	1982	1983	1984	1985	1986	1987	
FINISHERS IN 100th LARGEST RACE	1800	1700	2,082	2,249	2,400	2,420	2,567	2,610	
TOTAL NUMBER OF RACES > 10,000	4	4	9	9	10	9	13		
TOTAL NUMBER OF RACES > 5,000	12	15	22	32	28	37	41	36	
TOTAL NUMBER OF RACES > 4,000	20	29	35	47	47	53	53	53	
TOTAL NUMBER OF RACES > 3,000	39	47	62	64	75	79	80	76	
TOTAL NUMBER OF RACES > 2,500						94	101	104	
TOTAL FINISHERS IN 100 LARGEST	349,400	377,000	475,000	544,400	548,300	626,200	694,722	687,955	

U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1988 5000m Rankings Compiled by Wiesia Wojcik

M30-34

1	Noberto Avila	15:11.5
2	John Koningh	15:20.4
3	Greg Marino	15:21.4
4	Craig North	15:35.0
5	Gary Cohen	15:40.3
6	S Jones	15:43.4
7	M Hogan	15:43.8
8	Phil Richey	15:45.5
9	H Reitz	15:47.1
10	S Hockerson	15:49.4
11	H Medina	15:56.7
12	S Calderwood	16:07.0
13	H Blonder	16:09.9
14	Bob Halthcock	16:26.5
15	D Smith	16:27.0
16	Greg Eck	16:28.0
17	J Napp	16:30
18	Ralph Miller	16:30.8
19	Chris Maris	16:35.0
20	P Falgout	16:40.7

21	M Boyer	16:59
22	Elvis Davidson	17:08
23	D Young	17:12.5
24	S Boden	17:17.3
25	G Martin	17:21.3
26	Stephen Gasche	17:42.7
27	Frank Fish	17:48.6
28	Ken Yanowski	18:05
29	Joel Dunphy	18:06.7
30	Mike O'Valley	18:12.4
31	T Robinson	18:15.5
32	Brian Gleason	18:21.6
33	Dan Baker	18:33.5
34	Pete Gonzalez	19:13
35	David Bruce	19:13.9
36	M Dipippo	19:14
37	Phil Shelby	19:25.5
38	Woody Green	19:40.8
39	J Champion	20:49
40	K Moor	20:52

M35-39

1	Roger Tamasonis	15:11.5
2	Dave Hunter	15:34.7
3	J Cole	15:38.8
4	Barry Martin	15:38.8
5	J Gregorio	15:39.0
6	T Boos	15:42.0
7	C Thompson	15:46.2
8	G Solomon	15:46.5
9	Gary Foltz	15:46.8
10	D Ocana	15:50.8
11	Luis Isaac	15:58.4
12	Dan McKenna	16:01.2
13	K Kelly	16:05.0
14	R Sturgeon	16:18.1
15	Mark Sepkowski	16:23.3
16	Ric Rojas	16:28.0
17	M Jones	16:30.0
18	Frank Russo	16:31.1
19	P Glover	16:34.2
20	Tom Hoffman	16:38.5

21	J Bordon	16:41.2
22	B Huddle	16:49.6
23	D Heimbigner	16:57.6
24	Dick Puckerin	17:02.0
25	Gaylen Black	17:26.5
26	Bob Johnson	17:30.6
27	Jim Darcy	17:49
28	Kevin Breen	17:51.0
29	-- Byrne	18:14.5
30	Bill Vogt	18:10.3
31	S Rodriguez	18:29.0
32	Allen Milton	18:37
33	A LaFontaine	18:52.4
34	Robert Wilkenson	18:56
35	Edie Midkiff	20:06
36	Royce Williams	20:06.4
37	L Richards	20:33
38	Steve Bair	20:52.1
39	Miguel Quiles	21:39.5
40	Nathan Hannons	24:26

M40-44

1	Peter Hallop	15:50
2	E Cadnan	16:02.2
3	Wally Herrera	16:02.6
4	Rod Malone	16:20.6
5	T Dennis	16:21.8
6	B Clark	16:22.0
7	B Dunn	16:32.6
8	Jim Whitehead	16:34.2
9	D Barry	16:38.6
10	Rich Davis	16:41.2
11	Pete Firth	16:44.3
12	Bill Lindesmith	16:45.4
13	Michel Figueroa	16:49.3
14	L Purtell	16:55.7
15	A Morgan	17:05
16	Gary Semry	17:05.7
17	S Harney	17:06.3
18	Jim Keppeler	17:07.0
19	Ron Jackson	17:08.3
20	Mike Montano	17:09.5

21	Rick Alderfer	17:11
22	D Zapata	17:14.8
23	Charles Harris	17:18.5
24	James Noonan	17:19.4
25	B Waterbury	17:20.2
26	James Taylor	17:32.8
27	Robert Winter	17:35
28	Ron Chase	17:43.3
29	T Reeder	17:46.2
30	Tim Sills	17:49.8
31	Ray Parker	17:53.4
32	Chuck Schuck	17:58.6
33	Tom Bedford	18:06.1
34	Walt Wetzel	18:09.6
35	Warren Heiser	18:10
36	Charles Weschler	18:15.0
37	Paul Ehrlich	18:16.9
38	J Rupp	18:17.3
39	Doug Schooler	18:18.6
40	Angel Manzano	18:21.0

41	Tom Findley	18:31.7
42	Walker Vepa	18:36.3
43	Tom Irwin	18:37.8
44	Randy Cook	18:46.0
45	Dustin Mann	18:47.3
50	S Rosenfield	18:47.6
51	A Munoz	19:44.3
52	Andy Greenwood	20:35
53	F Ryan	20:39
54	E Bouldin	20:47.0
55	Mike Lalum	20:56.6
56	Gil Renya	21:31
57	J Hawkins	21:42
58	R Wallace	21:59
59	Jeff Thern	22:10.8
60	Denny Griswold	23:40

M45-49

1	Mike Heffernan	15:39.7
2	Don Coffman	15:41.7
3	T Burns	16:14.0
4	Dick Weeks	16:23.7
5	J Smith	16:34.0
6	Low Faxon	16:49.0
7	P Kraus	17:04
8	Don Sleeman	17:08.4
9	Joe Abernathy	17:08.4
10	Dick Ashley	17:10.8
11	Russ Pickering	17:15.0
12	R Clarke	17:26.7
13	Joe Sheldon	17:35.0
14	L Prudhomme	17:38.7
15	Jack Thornhill	17:48.0
16	Ed Kousky	17:58.2
17	Jack Petty	18:23
18	Valdemar Schultz	18:26.7
19	Joe Burgasser	18:28.5
20	Gib Brown	18:30

21	L Main	18:36.6
22	A Oliveira	18:41.0
23	Ian Oaxley	18:47
24	James McDiarmid	18:52.2
25	Larry Crum	18:57.6
26	Brad Yoder	19:01.2
27	Ray McKinnis	19:07
28	Tom Tripp	19:20.3
29	R Gardner	19:22.0
30	Bob Duzan	19:24
31	Tim Bird	19:29.0
32	Rex Cleveland	19:34.4
33	Chiu Chang	19:37
34	Dennis Hinkle	19:52.5
35	Juan Rivera	19:53.8
36	Bob Daley	19:56.7
37	R Anzai	20:30.2
38	Gerry O'Connell	20:33.0
39	Robert Ryan	20:42.8
40	Richie Pietri	20:44.9

41	Jack Meade	20:53.0
42	Harry Harer	21:18
43	C Bearcomesout	21:49
44	Dick Carter	22:55.2
45	J Sloan	23:04.0
46	Wes Sewell	23:24
47	Dick Wold	25:06.7
48	Ron McFadden	26:16

M50-54

1	Joe Fodor	16:43.7
2	Derek Mahaffey	16:50.3
3	Bob Schul	17:10.8
4	Larry Worth	17:15.0
5	Bob Milner	17:15.3
6	David Burch	17:24
7	Gerald Lopez	17:28
8	Jack Greenshield	17:39
9	Don Ardeil	17:49.6
10	-- Ruzicka	17:54.7
11	B Langenbach	17:56.7
12	B Milner	18:02.7
13	Frank Wagner	18:05.0
14	J Meegan	18:07.9
15	J Bevins	18:08.1
16	E Cloos	18:24.2
17	Carl Petersen	18:32.0
18	Abe Underwood	18:43.4
19	Joe Roche	18:52
20	Richard Johnson	18:53.1

21	Tony Gee	19:01.0
22	Rudy Arlir	19:02.8
23	Ted Wilson	19:22.3
24	Paul Barrette	19:24
25	K Ogden	19:47.5
26	J Jacobs	20:18.9
27	G Marrett	20:24.5
28	Dean Fournier	20:27.0
29	M Jordan	20:35
30	Al Smolin	20:43.0
31	John Hurley	20:53.7
32	Gil Robles	21:32.4
33	Jeri Brown	21:33
34	Richard Moore	22:55.0
35	Zane Parry	22:56.2
36	Emil Mucy	23:41
37	Bill January	27:54
38	Charles Fleicher	29:20

M55-59

1	Ray Hutton	16:35.5
2	P Devine	17:57.4
3	Leon Fennell	18:03
4	John Kepner	18:11.9
5	Jimmie Tennison	18:17.3
6	Jim Blount	18:17.7
7	Bill Cupp	18:38.4
8	Bob Brock	18:38.9
9	Dave Stevenson	18:45.4
10	G Linde	19:06
11	Jim Keat	19:27.0
12	J Garrity	19:27.3
13	W McRae	19:38.8
14	E LeRouge	19:43.5
15	M Schultz	20:32.0
16	Rex Ansley	20:36.0
17	Stu Liche	20:36.0
18	Charles Sneed	20:51
19	Larry Dickerson	21:05.2
20	B Barnes	21:22.5

21	Mel Granroos	21:23.5
22	F Newman	21:32.5
23	Vin Fandetti	21:39.1
24	J Gregson	21:42.2
25	Juan Seise	21:47.1
26	Ed Hamilton	22:02
27	J Weaver	22:06.4
28	Robert Bush	22:08.3
29	Don Bollinger	23:05
30	Alfonso Muniz	24:21.0
31	J Jim Saxon	24:29

M60-64

1	Marty Higginbotham	16:02.9
2	H Rubin	18:49.8
3	B Jacques	18:51.8
4	J Gentry	18:57
5	J King	19:02.9
6	B McChesney	19:25.0
7	O Brown	19:42.5
8	Carl Hammen	19:43.0
9	Pat Gallagher	20:00.5
10	E Hirshfeld	20:05.0

11	Orlo Kenniston	20:11.1
12	G English	20:14
13	Rich Packard	20:31.7
14	R Sullivan	20:48.1
15	Dick Benson	20:50.5
16	Gunnar Linde	20:50.5
17	H Ivson	20:59
18	Harold Willis	21:04
19	Ray Gil	21:32.4
20	Tom Bass	22:22
21	Ted Horner	22:34.1
22	Pete Mundle	22:37.2
23	B Anderson	22:57
24	Harold Diftler	23:04
25	John Moore	23:04.8
26	Giorgio Dainesi	23:25
27	Harry Illingworth	23:31.1
28	Bruce Hudson	23:47
29	Buyral Madan	24:00.4
30	Sandy Crawford	24:24.2

31	W Siderowitz	24:33.8
32	Rex Dieterich	25:00.8
33	L Prince	25:16.2
34	Jose Diaz	25:17.9
35	Al Cowen	25:20.6
36	D Welch	25:36.6
37	Frank LaMorte	25:44
38	Mike Guluzzi	25:52
39	-- Levis	26:12.3
40	E Rose	26:16.0
41	Jerome Kauffman	26:38.3

M65-69

1	A Napoli	19:05.1
2	John Boots	19:51.5
3	Bart Ross	19:55.4
4	Woody Lunsford	20:09.5
5	E Buckley	20:52.9
6	Norm Hansen	21:41.6
7	Nate White	22:03.3
8	Newlie Hewson	22:05.3
9	Bill Granby	22:09.7
10	Larry Johnson	22:13.0

11	Earl Rippee	23:02.8
12	J Bays	23:34.0
13	Joe Fleischman	23:36
14	Oren Matthews	23:59.7
15	Bert Bailey	24:39
16	Dick Reitman	25:01
17	G Lebrell	25:16
18	Charles Mariot	26:15
19	-- Cole	26:36.9
20	B Levins	26:46
21	E Anacker	27:01.9
22	Arnold Hecht	27:09
23	Pedro Rivera	27:42.7
24	James Klansnic	29:05.0

M70-74

1	Jack Pardee	22:00.2
2	Max Quackenbos	22:06.7
3	B Van Fleet	23:00.4
4	L Patterson	23:06.9
5	John Woods	24:03.4
6	J Bralowski	25:13.1
7	R Hull	25:47.0
8	Art Fisher	26:44.9
9	Orris Saunders	27:04.0
10	G Jorgensen	27:12.5
11	H Cavin	28:10
12	Max Springer	29:19
13	L Berg	32:15.8

M75-79

1	Bill Brobston	22:52.2
2	Bob Boal	27:55.0
3	Oliver Langerberg	28:38
4	Caldwell Nixon	30:14
5	Dick Donahue	33:27.3
6	Oliver Bohlman	35:26

M80-84

1	Ed Benham	21:57.8
2	J Pianfetti	28:14

W30-34

1	G Thomas	17:11.7
2	L Howland	18:03.4
3	A Coley	19:52.6
4	L Kelly	19:59.9
5	Ilka Carbo	20:04.6

Continued from previous page

Table of names and scores for various categories including M35-39, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64.

1988 Long Jump Rankings Compiled by Jerry Wojcik

Table of 1988 Long Jump Rankings with names and scores for categories M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99.

Table of names and scores for categories M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99.

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Table of names and scores for categories M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99.

TRACK & FIELD RESULTS

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

EAST

Greater Rochester TC Indoor Meet Rochester, NY; January 8

300m	
M40 John Hopf	43.6
J D Roffe	46.9
800m	
M40 Jim Palmeri	2:20
John Hopf	2:21
W40 Carol May	3:28
1500m	
M30 Ken Rasmussen	4:36
M40 Dale Ladd	4:45
M60+George Tillson	6:27
3000m	
M40 Jim May	9:47
M60+George Tillson	13:07
High Jump	
M50 Don Ritter	4-6
Long Jump	
M50 Don Ritter	14-6
W40 Carol May	11-3
4x2-Lap Relay (1656m)	
M40 Van Auker, Alfieri, Cappella, Guido	4:17

Brown University Invitational Providence, RI; January 15

55mH	
M30 Bruce Stearns	8.6
Andy Miller	8.8
M35 Peter Hoagland	8.0
Bill Clark	8.2
M40 Mike Milove	9.9
John Buckley	10.4
M45 Charles Varnet	10.6
Richard Kaye	11.5
M60 Bill Townsend	10.0
M65 Ed Lukens	9.5
J Walker Pierson	11.1
Armando Ricciardi	11.4
W40 Kathy Pierce	10.8
W45 Barbara Stewart	11.6
W60 Pat Peterson	14.1
55m	
M30 Kevin Kelliher	7.1
James Hernandez	7.8
M35 Al Walton	6.4
Neil Steinberg	6.5
Pershing Reid	6.7
M40 Roger Pierce	6.6
Dennis Newton	6.8
Tom Rauscher	6.9
M45 John Whelan	7.2
Peter Tams	7.3
Charles Varnet	7.7
M50 Roosevelt Weaver	7.1
Cliff Pauling	7.6
Dick Hurley	7.8
M55 Norm Mosley	7.1
Bill Wright	7.2
Pat Ferraro	8.3
M60 Howard MacMillan	8.0
Bill Townsend	8.2
Dick Klein	8.4
M65 Vern Mattson	8.0
Ed Lukens	8.1
J W Pierson	8.2
M70 Sparks Sorlien	8.7
W40 Karen Jackson	8.8
W45 Barb Stewart	8.4
Deb Wilson	8.5
W60 P Peterson	9.1
W70 Carmela Harris	10.0

200m	
M30 James Brown	24.0
Ken Castro	25.6
K Kelliher	26.2
M35 A Walton	22.7
N Steinberg	23.2
P Reed	24.6
M40 R Pierce	24.5
Bill Slattery	26.5
Bob Overton	27.1
M45 Bill Burrell	25.1
P Tams	25.9
John Whalen	26.4
M50 C Pauling	27.5
Dave Galligani	28.6
Ed Kent	31.3
M55 Norm Mosley	26.0
Pat Ferraro	29.4
M60 H MacMillan	29.7
Dick Klein	30.2
Bill Townsend	32.8

M65 J W Pierson	29.7
V Mattson	30.2
Angelo Oliver	32.0
M70 S Sorlien	33.8
W40 K Pierce	29.8
Karen Jackson	33.6
W45 Deb Wilson	31.4
Barbara Pike	33.7
W60 P Peterson	35.9

400m	
M30 J Brown	53.0
Mike Neely	53.8
K Kelliher	57.5
M35 Rob Walker	52.6
David Larson	56.9
M40 Mike Hollander	57.8
Mike Wilson	58.2
M45 Bill Murrell	55.4
Bill Masuck	59.3
M50 Ed Small	55.2
C Pauling	58.5
Art Conro	60.8
M55 Norm Mosley	60.3
James McNamara	79.7
M60 H MacMillan	78.8
W40 K Pierce	67.4
Patty Hewitt	76.1
W45 D Wilson	70.8
W60 P Peterson	86.5

800m	
M30 Bob Strout	2:02.8
Bill Hurley	2:03.6
John Spinney	2:06.1
M35 Rob Walker	2:08.6
Jim Hudson	2:10.2
Ed Poirier	2:14.6
M40 Al Swenson	2:01.8
Ron Frid	2:03.0
George Smith	2:07.5
M45 Gler Shane	2:14.1
Jim Verdier	2:22.6
M50 John Conner	2:11.5
C Pauling	2:15.5
Barrie Almand	2:18.1
M55 Jack Nyham	2:46.1
M65 Archie Messenger	2:27.4
Carl Hammen	2:37.3
W30 Susan Lohrer	2:33.1
W35 Suzette Hall	2:42.9
W40 Kate McKenna	2:41.1
Melanie Dorr	3:00.6
W45 Barb Pike	2:38.4
W55 Liz Szwelowski	3:14.3

Mile	
M30 Richard Weinstein	4:31.2
Mike Freeman	5:10.2
M35 Doug Black	4:45.4
Ed Poirier	4:47.2
Glenn Powell	5:04.0
M40 Al Swenson	4:22.2
Dan Frye	4:22.5
Ron Frid	4:31.2
Tom Dempsey	4:40.0
M45 Norm Gautreau	5:08.1
Jim Verdier	5:08.6
Peter Szwelowski	5:11.5
M50 John Connor	4:51.4
Ned Prize	5:29.0
Phil Surette	5:29.6
M55 Jim Kent	5:45.6
M65 A Messenger	5:30.0
W30 Karen Lein	5:59.8
W35 Mary Olenick	5:33.9
Barb Ream	6:32.1
W40 Kate McKenna	5:53.5
Diare McLaughlin	5:57.1
W45 Barb Pike	5:38.3
W50 Mary Harada	6:27.6
W55 L Szwelowski	6:47.5

3000m	
M30 B Strout	10:00.6
M35 Harvey Blonder	9:24.2
Tom Hitten	9:28.5
Jon Hird	9:38.3
M40 Joe Burselon	9:37.0
Rick Bayko	9:45.5
Brad Johnson	10:23.3
M45 Harold Hatch	10:22.0
P Szwelowski	10:49.7
M50 B Clarke	10:18.6
P Surette	11:09.8
M55 Jim Kent	11:07.0
Vin fandetti	12:05.8
M65 Carl Hammen	11:43.1
W30 K Lein	11:56.4
W35 M Olenick	11:44.8
W45 Linda Upton	11:22.7
D McLaughlin	11:59.4
Andrea Hatch	12:05.7
W50 M Harada	12:39.3

High Jump	
M30 Gerald Crocket	6-6
Andy Miller	5-8
M35 John Hoogasian	4-8
Al Jaanson	4-6
Brad Hall	4-2
M40 Bill Dehorn	5-2
James Brady	5-0
John Buckley	4-10
M45 Jerry Counihan	5-4
Willy Crockett	5-2
Peter Tams	4-8
M50 Barry Berkus	4-8
Ed Kent	4-0
M55 Hank Perry	4-8
Don Hudson	4-0
M60 Tony Vivieros	3-10
Ned Curran	3-8
M65 Ed Lukens	4-4
Boo Morcom	4-2
V Mattson	4-0
M70 Ian Hume	4-4
W60 P Peterson	3-6
Pole Vault	
M35 J Hoogasian	13-6
Brad Hall	12-0
M40 Tom Rauscher	12-6
John Buckley	9-6
M45 Wally Sokolowski	13-0
Jerry Counihan	12-6
M65 Boo Morcom	9-6
A Ricciardi	7-0
M70 Ian Hume	6-8

Long Jump	
M30 Miller	18-10
Hernandez	15-1 1/2
M35 Hoagland	19-6 1/2
Jenkins	18-6 1/2
Hackett	13-11
M40 Buckley	16-7 1/2
Dehorn	16-2 1/2
Brady	13-2 3/4
M45 Masuck	17-3
Tams	15-2 3/4
Kaye	14-5
M50 Kent	15-3
Judd	12-2
M55 Perry	14-11
Carstensen	14-10 1/2
Hudson	12-11 1/4
M60 Townsend	14-1
Curran	12-11
Vivieros	12-7
M65 Lukens	15-5 1/2
Morcom	14-10
Mattson	- - -
W35 Faye	8-3 3/4
W45 Stewart	11-3 1/2
W60 Peterson	8-2
O'Connor	4-9
W65 Hagemann	8-3/4
Triple Jump	
M30 Mulcahey	41-3/4
Miller	37-7 3/4
M40 Milove	34-0
Dehorn	29-6 1/2
M45 Faye	28-6 1/2
Varnet	28-3
M50 Kent	31-1 1/2
M55 Carstensen	27-2 1/2
M60 Townsend	29-5
Curran	29-1
M65 Lukens	33-2 1/2
Mattson	27-3 3/4
M70 Hume	28-5 1/2
Sorlien	28-5
W45 Stewart	23-6
W60 O'Connor	12-4

Shot Put	
M30 Andy Miller	37-11
James Hernandez	28-7
M35 Richard Smith	35-10
Ed Daniels	33-7 1/2
Steve Hackett	28-1
M40 Craig Shumaker	45-1 1/2
Lee Opdyke	35-8
John Buckley	32-11 1/2
M45 Bob Harvey	40-5
Al Neville	36-6
Paul Bucacci	30-6 1/2
M50 Jeff Wenig	46-5 1/2
M55 Cliff Blair	47-9
Bill Garrahan	37-1
Harley Atwood	30-4
M60 Ned Curran	35-3
Tony Vivieros	- - -
H MacMillan	26-0
M65 Greg Battick	31-4 1/2
Richard Chester	29-4
A Ricciardi	28-11
M70 Elmer Shaw	38-3
Ian Hume	31-8
W40 Kathy Pierce	31-1
Karen Jackson	15-5
W45 Barbara Stewart	20-10 1/2
W55 Joan Dash	30-2 1/2
C Fulerwider	27-0
Sharon Good	20-9

W60 V O'Connor	22-3 1/2
W65 Libby Hagemann	23-0
Weight Throw	
M30 Mike Stomski	34-9 1/2
M35 Ed Daniels	40-6
Richard Smith	35-2
Steve Hackett	22-1 1/2
M40 Mike Grisko	45-4 1/2
Frank Monroe	34-10
John Buckley	32-11 1/2
M45 Al Neville	40-11 1/2
Bob Gourley	38-3
Paul Bucacci	27-7 1/2
M55 Martin Engel	40-9 1/2
Cliff Blair	39-0
Pay Carstensen	29-10 1/2
M60 Ned Curran	27-1 1/2
M65 Greg Battick	34-7 1/2
A Ricciardi	30-5
M70 Elmer Shaw	35-4 1/2
Ian Hume	28-10 1/2
W45 Barbara Stewart	21-1 1/2
W55 Joan Dash	22-1 1/2
W65 Libby Hagemann	14-4

Mile Walk	
M30 Justin Kuo	7:42.1
M35 Brian Savilonas	7:24.9
James Brochin	9:13.4
Tom Hiten	10:44.6
M40 Charles Mansbach	9:23.6
Joe Ferreira	13:47.7
M45 Tom Knatt	7:43.7
Gerald Patrick	7:59.0
M50 Gus Davis	8:37.9
M55 Jack Boitano	7:48.7
M60 John Gray	9:15.3
Stuart Corning	12:30.5
M65 George Heller	9:24.8
Ray McPeck	11:21.4
H Steinhardt	12:16.3
M80 George Conway	12:25.5
W50 Dorothy Read	11:55.3

Millrose Games New York City February 3

Masters Mile	
Ron Bell	GBR 4:17.88
Mike Boit	KEN 4:18.07
Byron Dyce	FL 4:20.60
Al Swenson	CT 4:23.48
Harold Nolan	NJ 4:25.07
Ken Sparks	OH 4:27.02
Jim Ryun	KS 4:38.39

Vitalis Meadowlands Invitational East Rutherford, NJ February 10

400m	
M40+ Lee Evans	51.60
Ken Brinker	54.32
Ron Johnson	54.32
Larry Colbert	54.80

Mile	
M40+ Mike Boit	4:15.48WR
Byron Dyce	4:16.39AR
Albin Swenson	4:18.75
Ken Sparks	4:19.96
Ron Bell	4:21.09
Harold Nolan	4:23.50
Jack Martin	4:26.57
M50+ John Conners	4:51.95
Jim Sutton	4:55.69
Chuck Wimberly	4:56.29
Artie Green	5:16.27

1600m Relay	
40+ N.Y. Pioneers	3:42.46
Shore AC	3:44.92
Phila. Masters	3:51.70
Merrill Lynch	4:00.92

50+	
PVSTC	4:01.13
Shore AC	4:09.96
N.Y. Masters	4:21.02
Merrill Lynch	4:38.16

MIDWEST

Lake Erie Indoor Championships Maple Heights, OH; January 7

45yH	
M35 James Evans	6.30
M40 James Crutcher	6.80
David Morgan	7.10
M45 John Martinich	7.90
M50 Grover Coats	6.90
M60 Denver Smith	7.30
M65 Allan Jackson	8.60
Dick Cavicchi	10.70
45y*	
M30 Larry Lewis	5.38
Kelly Lycam	5.39
M35 Curtis English	5.49
M40 Jeff Gerson	6.55
M45 Calvin Kidd	5.97
Richard Russell	6.14

M50 Brantley Dorsey	5.47
Paul Williams	5.55
M50 G Coats	5.56
M55 Robert Jones	6.33
M60 Willie Blackmon	5.94
Jack Greenwald	6.15
D Smith	6.20
M	

Continued from previous page

M55 B Ackerman	4-4
M65 G Rajcevic	3-8
M70 W Ragland	4-2
Pole Vault	
M30 K Petranek	13-0
M40 M Norberg	10-0
M45 C Danner	9-0
M55 B Ackerman	8-0
M65 G Rajcevic	7-0

Long Jump	
M30 J Watry	19-1
M35 S Baker	17-6
M40 G Reiter	18-1
M45 D Eidahl	16-6
M50 P Stopoulos	17-4 1/2
M55 H Brown	15-8
M60 M Larsen	15-9
M65 G Rajcevic	11-6
M70 G Taylor	8-4
M65 F Berry	7-10
Triple Jump	
M35 S Baker	34-2
M40 J Meisner	38-6 1/2
M45 D Eidahl	34-1
M50 P Stopoulos	32-10
M65 G Rajcevic	23-10
M70 G Taylor	18-3

Shot Put	
M30 B Hartmann	38-5
M35 S Baker	38-0
M40 J Hess	32-19 1/2
M45 J Neppi	38-5
M50 C Klehm	38-1
M60 P Brusca	53-7 1/2
M65 G Rajcevic	31-1 1/2
M70 G Taylor	29-9
M65 F Berry	19-5
20# Weight	
M30 B Hartmann	61-6
M35 S Baker	30-9
M45 L Slick	39-1
M50 C Klehm	48-1
M70 G Taylor	21-0
25# Weight	
M30 B Hartmann	50-0
M35 S Baker	24-2
M45 L Slick	38-2
M50 K Klehm	42-2
M60 P Brusca	39-0
M70 G Taylor	19-3

35# Weight	
M30 B Hartmann	44-2
M35 S Baker	18-9
M40 K Hess	26-0
M45 L Slick	28-0
M50 C Klehm	34-1
M60 P Brusca	28-9
M70 G Taylor	13-0
56# Weight	
M30 E Hartmann	26-0
M35 S Baker	14-5
M45 L Slick	14-1
M50 C Klehm	19-1
M70 G Taylor	8-10

5th Annual The Athlete's Foot Indoor Meet

60yH	
M30 Charles Barnard	39"8.4
M35 Mike Mohr	8.6
Mike Davis	8.8
M40 Johnie Meisner	9.1
M45 Bruce Mills	10.3
M55 R Richardson	36" 10.2
M60 Don Walsh	33" 11.1
M65 Mel Buschman	11.3

60y	
M40 S Huddleston	8.6
Penny Danielson	8.9
Laurie Schmitt	9.5
M60 Mary Hirl	11.9
M65 Florence Berry	10.5
Geneva Meadows	12.1
M30 Dan Dothard	6.5
Norm Albritton	6.6
Mike Linn	6.8
M35 Enyo Dewith	6.8
Bob Boden	7.3
Mike Davis	7.5
M40 Herb King	7.1
Dave Hill	7.2
Rich Steder	7.3
M45 Lee Stopoulos	7.3
Leroy Conroy	7.5
M50 Pete Stopoulos	7.2
George Heroux	8.1
John Robinson	9.0
M55 Harry Brown	7.4
M60 Mel Larson	7.4
Cleo Orris	8.5
M65 George Travers	8.1
George Rajcevic	8.9
M70 Wib Ragland	9.2
Gordon Taylor	12.7

330y	
M40 S Huddleston	50.1
Penny Danielson	52.9
M55 Jo Gonse	1:06.0
M60 M Hirl	1:12.0
M65 G Meadows	1:15.3
M30 Mike McDowell	34.1
Vince Viren	40.4
Randy Ball	41.8
M35 Mike Mohr	39.7
B Boden	40.0

M40 Clifton Jackson	nta
M45 Leroy Corey	41.3
M50 John Robinson	43.4
G Heroux	43.7
John Hausman	51.4
60yH	
M60 Mel Larson	43.5
C Orris	52.1
M65 G Rajcevic	51.9
M70 Milo Lightfoot	53.4
W Ragland	56.1
G Taylor	1:10.0

440y	
M55 J Gonse	1:39.1
M60 M Hirl	1:54.0
M30 Steve Wagner	59.0
V Viren	1:02.0
M35 Al Matthews	57.4
Jeff Martin	1:31.9
M40 Gordon Reiter	59.1
Tom Carper	1:03.8
M45 John Goodwin	1:09.8
Sylvan Addink	1:09.9
Bob Yeager	1:26.0
M50 M Davidson	1:06.1
J Robinson	1:07.1
Bruce Davis	1:07.2
M55 H Brown	1:06.0
D Lindsey	1:07.0
Ed Meadows	1:37.0
M60 Don Walsh	1:12.4
J Marcantonio	1:19.0
C Orris	1:22.2

880y	
M35 Debbie Okrend	3:04.0
M50 Marian Kowalski	3:29.8
M55 Eleanor Wallace	3:29.2
J Gonse	3:40.0
M30 Joe Lopez	2:12.4
M35 Don Fish	2:29.4
Jeff Martin	3:35.4
M40 G Reiter	2:16.0
Bill Schooler	2:23.8
Rich Steder	2:32.0
M45 Dennis Phillips	2:28.1
John Goodwin	2:36.2
S Addink	2:38.3
M50 B Davis	2:37.9
Art Harris	2:40.8
J Robinson	2:50.7
M55 Richard Kowalski	2:51.1
M60 J Marcantonio	3:12.1
C Orris	3:27.4
M70 M Lightfoot	3:29.0
W Wiggins	3:47.0

Mile	
M30 J Tompkins-Lundgren	5:40.4
Linda Wagner	7:45.5
M35 Janelle Swanberg	5:35.0
M40 Martha Peterson	9:25.0
M45 Judy Gulley	7:28.0
Jan Gustafson	7:28.1
M50 Marion Kowalski	7:13.0
M60 Mabel Velge	8:28.0
M65 G Meadows	9:03.0
M30 Jir. Ijams	4:51.1
S Okrend	5:07.6
Dennis Weber	5:14.2
Mike Tappero	4:57.1
Don Fish	5:03.3
Mike Tometich	5:27.7
M40 Frank Davis	4:54.2
Dennis Palmer	5:26.0
Tom Carper	5:29.5
M45 John Goodwin	5:49.0
S Addink	5:59.2
Bob Yeager	6:07.3
M55 R Kowalski	6:02.1
E Meadows	7:17.5
M60 C Orris	6:45.0
M70 Warren Wiggins	8:33.0

2 Mile	
M30 Tompkins-Lundgren	12:08.8
M35 J Swanberg	11:57.7
M45 Judy Gulley	16:12.4
M50 M Kowalski	15:22.3
M55 E Wallace	15:59.1
M60 Mabel Velge	17:51.0
M30 Dennis Weber	11:17.9
Greg Nelson	11:21.5
M35 M Tappero	10:57.3
Dan Breidinger	11:43.7
Mike Tometich	11:57.0
M40 Gordon Reiter	11:28.7
Larry Voss	11:30.2
M45 B Yeager	13:52.0
M55 R Kowalski	12:35.6
E Meadows	17:03.0
M60 C Orris	15:19.0

Mile Relay	
M30 Jensen, Linn, Harden, Hilby	3:59.6
M50 Davidson, Heroux, Davis, Robinson	4:39.3

High Jump	
M30 Dan Dothard	5-6
Dwight Swartz	4-10
Dennis Smith	4-10
M35 Mike Davis	5-2
M40 J Meisner	6-0
Clifton Jackson	5-4
M50 Floyd Smith	5-0
M Davidson	4-8
Bob Kemp	4-2
M55 R Richardson	5-4
M60 J Marcantonio	3-8
Phil Brusca	3-6

M65 Mel Buschman	4-6
G Rajcevic	3-8
E Cole	3-0
M70 Wib Ragland	4-0
M Lightfoot	3-8
Gordon Taylor	3-6
Pole Vault	
M30 Charles Barnard	13-6
Rick Suiter	13-0
Keith Petronek	13-0
M35 John Anderson	14-0
Mike Davis	12-6
M40 Merle Norberg	10-6
David Hill	9-0
M55 Bob Kemp	8-8
M60 Curt Trevor	8-0
M65 G Rajcevic	7-0

Long Jump	
M40 Penny Danielson	12-3 1/2
M65 Florence Berry	8-7
M30 Tim LaBoau	20-1/2
Dan Dothard	19-8 1/2
C Barnard	17-3 3/4
M35 Enyo Dewith	19-1 3/4
Mike Jackson	19-1
Mike Davis	17-6
M40 Clifton Jackson	18-8 3/4
Gordon Reiter	17-2 1/2
Herb King	16-11 1/2
M45 Dave Eidahl	17-8
Lee Stopoulos	16-7
M50 Pete Stopoulos	17-10
Franklin Brown	13-8 1/2
M55 Harry Brown	15-4 1/2
R Richardson	14-10
M60 Mel Larson	15-7
Curt Trevor	14-7 1/2
M65 Mel Buschman	13-10 1/2
G Rajcevic	12-9 1/2
G Travers	12-2 1/2
M70 M Lightfoot	10-5
Gordon Taylor	9-3 1/2
W Wiggins	5-10

Triple Jump	
M30 J La Beau	41-1/2
M Campbell	37-11
Steve Wagner	35-1/2
M35 Ron Standley	33-11 1/2
Walter Ewing	33-9 1/2
M40 J Meisner	36-10 3/4
Herb King	35-1/2
M45 Dave Eidahl	34-6 3/4
M50 P Stopoulos	32-8 3/4
M60 C Trevor	32-1/2
J Marcantonio	14-5
M65 G Rajcevic	24-5 1/2
M70 Gordon Taylor	17-1/2

Shot Put	
M60 Lucille Sampson	24-10 1/2
M65 Florence Berry	18-11 1/2
M30 Bob Hartmann	38-10 1/2
Dave Smith	33-4
M35 Larry Redman	36-8 1/2
Mike Davis	33-8 1/2
Jeff Martin	21-9 1/2
M40 John Hess	33-1/2
Bill Schooler	31-1
M45 James Neppi	38-5
Ed Schmidt	35-9 1/2
M50-6k Carl Klehm	41-0
Bob Warren	38-7 1/2
M55 6k Bob Kemp	39-2 1/2
R Richardson	35-5
M60-8# Phil Brusca	50-10
Cliff Sampson	44-9
J Marcantonio	34-4
M65-5k Mel Buschman	37-11 1/2
G Rajcevic	34-4 1/2
E Cole	24-9 1/2
M70-4k M Lightfoot	33-1 1/2
Gordon Taylor	33-1/2
Bill Swisher	27-3

20# Weight	
M60 Lucille Sampson	20-8
M65 F Berry	15-5
M30 B Hartmann	62-9
M40 John Hess	41-9
M45 Ed Schmidt	45-5
M50 C Klehm	48-11
M55 B Kemp	41-5
M60 Cliff Sampson	54-2
P Brusca	47-3
M70 G Taylor	27-5

25# Weight	
M30 B Hartmann	56-0
M50 C Klehm	43-0
M60 P Brusca	39-10
C Sampson	38-2
M70 G Taylor	24-6
35# Weight	
M30 B Hartmann	45-4
L Crocker	20-5
M40 J Hess	27-1
M45 E Schmidt	28-4
M50 C Klehm	31-10
B Warren	31-3 1/2
M55 B Kemp	28-10
M60 P Brusca	20-1
M70 G Taylor	15-5
56# Weight	
M30 B Hartmann	28-1
L Crocker	13-6
M40 J Hess	16-9 1/2
M45 E Schmidt	11-11
M50 C Klehm	19-1
M55 B Kemp	17-5
M60 P Brusca	17-4
C Sampson	17-0
M70 Gordon Taylor	9-11

Mile Walk	
M40 Laurie Schmitt	11:35.0
M45 Joan Sandberg	10:28.5
Mary Lou Wheeler	11:36.0
M60 Lucille Sampson	12:34.0
M35 Dean Easterlund	8:54.9
Jeff Martin	13:27.9
M45 Dave Eidahl	8:13.0
Ron Sandberg	8:47.1
M65 John Thornbloom	13:19.3
M70 W Wiggins	12:43.0

2 Mile Walk	
M40 Sheila Schrader	21:14.2
Janet Malone	22:35.4
M40 L Schmitt	22:39.3
M45 J Sandberg	21:48.0
M L Wheeler	24:50.1
M50 Rachei Norton	22:10.0
Porcky Gadiant	22:42.4
M60 L Sampson	26:07.7
M35 Dean Easterlund	17:42.7
Bob Jordan	18:50.2
Jeff Martin	26:05.0
M40 Paul Alvord	16:20.2
M45 Dave Eidahl	16:21.6
Ron Sandberg	17:23.3
M55 James Bruen	20:21.0
M65 J Thornbloom	28:45.2



MID AMERICA

Missouri Valley TAC Indoor Masters Championships

Lawrence, KS; January 15

60yH	
M30 Charles Barnard	8.9
M50 Dale Lance	8.6
60y	
M30 Cornell Sowell	6.5
Earlen Brown	6.7
Ken Ellis	6.9
Jim Eschrich	7.1
M40 Clifton Jackson	6.5
Tim Bassett	6.9
Ross Jensen	7.3
M45 Gary Oliphant	6.9
Scotty Hargrove	7.3
Thornton Shelton	7.3
M50 Dale Lance	7.0
Jim Muxin	7.5
M55 Earl Ventura	7.2
Stan Giles	7.7
M60+Jack Haefeke	8.0
Leonard Wray	8.3
James Marcantonio	9.0
M40 Betty Keating	7.5
M60+Lavinia Haefeke	9.5

300y	
M30 K Ellis	33.6
E Brown	34.9
J Eschrich	35.7
M40 C Jackson	33.8
T Bassett	34.4
Gordon Reiter	35.8
Ross Jensen	37.6
M45 T Shelton	37.4
Ken Winters	39.2
Scotty Hargrove	39.4
M50 Glenn St...e	37.6
Jim Muxin	39.0
M55 Stan Giles	42.4
M60+J Haefeke	44.7
L Wray	50.2

600y	
M30 Arch Demery	1:25.7
M40 G Reiter	1:20.9
Gene Thompson	1:27.4
Ramon Dalrymple	1:45.7
M50 Mel Yoder	1:33.0
M60+J Marcantonio	1:59.8
100yJ	
M40 Craig Hartman	2:45.7
M45 Wally Brawner	2:53.7
M60+J Marcantonio	3:52.2

Mile	
M35 Brian Anderson	5:28.4
M40 Greg Hartman	5:09.7
M50 Mel Yoder	5:29.4
M55 Melvin Miller	5:45.4
2 Mile	
M40 G Hartman	10:45.9
G McClain	11:05
M45 Wally Brawner	11:25
M50 Bill Brands	11:21.1
M55 M Miller	11:55
High Jump	
M30 Ken Ellis	6-1
C Barnard	4-6
M35 D Knapp	5-0
M40 Bob Everoski	4-8
M45 Ken Winters	5-6
S Hargrove	4-8
M55 Bill Butterworth	4-6
Jerry Reichart	3-8 1/2
M60+Scott Herman	4-0
George Hoferer	4-0
J Marcantonio	3-9
L Wray	3-8 1/2

Pole Vault	
M30 Ken Ellis	14-0
C Barnard	12-6
M35 D Knapp	13-6
M40 John Hanock	12-0
M50 Dale Lance	12-0

Long Jump	
M30 C Barnard	16-11 1

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M60 Bill Fortune 30:40, M65 Tom Gibbons 36:55, W40 Janice McKeown 32:42.

North Wind 10K Central Park, NY January 14, 1989

Table with 2 columns: Name and Time. Includes Overall: Tim O'Brien 31:08, M40 Tim Hassall 33:35, W40 Cheryl Ralya 39:40.

Table with 2 columns: Name and Time. Includes Racewalkers: Gary Null 44 46:30, M40 Tim Hassall 33:35, W40 Cheryl Ralya 39:40.

Table with 2 columns: Name and Time. Includes W40 Cheryl Ralya 39:40, W45 Susan Weisbrod 39:09, W50 Joan Bondell 47:06.

Table with 2 columns: Name and Time. Includes Racewalkers: Gary Null 44 46:30, M40 Tim Hassall 33:35, W40 Cheryl Ralya 39:40.

Frostbite 10-Miler Central Park, NY January 22

Table with 2 columns: Name and Time. Includes Overall: Michael Keohane 49:35, M40 Tim Hassall 54:36, M45 Samuel Skinner 57:43.

Table with 2 columns: Name and Time. Includes M40 Tom Houldsworth 1:23:51, M50 Gerald Lopez 1:01:57, M55 Joseph Burns 1:06:07.

Table with 2 columns: Name and Time. Includes W40 Sylvie Kinche 1:07:48, W50 Toshiko D'Elia 1:13:15, W60 Aslaug Tomas 1:29:02.

Table with 2 columns: Name and Time. Includes Racewalkers: Marc Bagan 1:18:18, Stella Cashman 1:42:33.

NYRR 20K Run Central Park, NYC January 29

Table with 2 columns: Name and Time. Includes Overall: Tim O'Brien 28 1:03:58, M40 Manuel Caneva 1:12:23, M45 Norbert Sander 1:12:40.

Table with 2 columns: Name and Time. Includes M50 Gerald Lopez 1:18:46, M55 Joseph Burns 1:22:49, M60 Don Dixon 1:22:18.

Table with 2 columns: Name and Time. Includes Racewalkers: 2 Gary Null 44 1:42:41, 3 Franco Pantoni 43 1:48:16.



SOUTHEAST

DeLeon Springs 3-Miler DeLand, FL January 15

Table with 2 columns: Name and Time. Includes Overall: Peter Hopfe 15:17, M40 Patrick Chambers 16:24, M45 George Strobi 17:50.

Table with 2 columns: Name and Time. Includes M50 Bob Brockway 17:47, M55 George Hill 22:50, M60 Van Massey 23:54.

Table with 2 columns: Name and Time. Includes W35 Pam Burke 23:18, W40 Claudette Joyce 27:50, W45 Pam Bohanan 25:39.

DeLeon Springs Half-Marathon DeLand, FL January 15

Table with 2 columns: Name and Time. Includes Overall: Mark Newman 1:12:01, Valerie Kenney 1:29:22, M40 Tom Houldsworth 1:23:51.

Table with 2 columns: Name and Time. Includes M45 Phil Little 1:26:54, M50 Robert Bohanan 1:22:01, M55 Jim Blount 1:26:09.

Table with 2 columns: Name and Time. Includes W35 Jan Pekie 1:36:55, W40 Shirley Sirois 2:02:13, W45 Janet Miller 2:03:51.

Table with 2 columns: Name and Time. Includes W50 Pat Tribbey 1:57:44, Betty Cornett 2:20:07.

SOUTH WEST

Jackson Day 9K New Orleans, LA January 8

Table with 2 columns: Name and Time. Includes Overall: Mikiuki Ngatia 26:40, Grace Wilson 31:59, M40 Juan Perez 31:12.

Table with 2 columns: Name and Time. Includes M45 Len Bahr 33:36, M50 Mike Witkin 32:03, M55 J.C. Fuselier 39:06.

Table with 2 columns: Name and Time. Includes W35 Debbie Ellender 43:32, W40 Cathy Jones 44:00, W45 Irene Purfark 42:42.

Table with 2 columns: Name and Time. Includes Racewalkers: Ed Whiteman 50 50:00, Tom Marheuko 39 52:13.

Table with 2 columns: Name and Time. Includes Shirley McCollum 56 1:03:03, Nan Cohen 27 1:03:03.



Houston-Tenneco Marathon Houston, TX January 15

Table with 2 columns: Name and Time. Includes Overall: Richard Kaitany 2:10:04, Veronique Marot 2:30:16, M40 Kjell-Erik Stahl 2:23:12.

Table with 2 columns: Name and Time. Includes M45 Peter Baird 2:33:33, M50 Al Sproul 2:51:53, M55 Leon Fennell 3:00:44.

Table with 2 columns: Name and Time. Includes M60 Al Becken 3:05:26, M65 Walt Washburn 3:15:27, W35 Terri Goodreau 19:57.

Table with 2 columns: Name and Time. Includes W40 Elizabeth Blair 20:54, W45 Sandy Pirkle 23:45, W50 Paul Garfield 4:22:28.

Table with 2 columns: Name and Time. Includes W50 Paul Garfield 4:22:28, Max Turner 4:34:06.

Table with 2 columns: Name and Time. Includes M75 Clyde Villemez 4:43:55, Earl Wert 4:55:52, W35 Magda Ilands 2:38:03.

Table with 2 columns: Name and Time. Includes W40 Susan Havens 2:49:24, W45 Rosemary Riccardi 3:37:27, W50 Wen-Shi Yu 3:19:43.

Table with 2 columns: Name and Time. Includes W50 Ann Klingberg 1:05:58, W55 Trudi Tierolungo 57:43, W60 Jan Richards 3:59:51.

Table with 2 columns: Name and Time. Includes W60 Jan Richards 3:59:51, Jananita Reed 4:32:58.

WEST

Resolution Run 10K Santa Rosa, CA; January 1

Table with 2 columns: Name and Time. Includes Overall: Lance Lanier 33:43, Nikz Horn 44:08, M35 Walt Bassinger 39:52.

San Gabriel River 10-Mile Run, El Monte, CA January 15

Table with 2 columns: Name and Time. Includes Overall: Larry Montag 54:57, Leticia Melgoza 67:20, M35 Mario Chavarria 59:44.

Table with 2 columns: Name and Time. Includes M40 Ron Jensen 16:28, M45 Don McCarthy 16:50, M50 Andre Tocco 37:15.

Great Race of Agoura Agoura Hills, CA January 21

Table with 2 columns: Name and Time. Includes Overall: Paul Hough 15:46, Denise Ball 19:13, M40 Ron Jensen 16:28, M45 Don McCarthy 16:50.

Table with 2 columns: Name and Time. Includes W35 Terri Goodreau 19:57, W40 Elizabeth Blair 20:54, W45 Sandy Pirkle 23:45.

Table with 2 columns: Name and Time. Includes W50 Atuko Fujimoto 24:32, Barbara Camp 25:06, Dolores Vega 31:16.

Table with 2 columns: Name and Time. Includes W55 Norma Surmon 28:46, W60 Doris Gordon 27:11, W65 Diana Ziegret 31:42.

Table with 2 columns: Name and Time. Includes M40 Jussi Hamalainen 34:01, M45 Vic Britalan 39:13, M50 Bill Skieresz 38:17.

Table with 2 columns: Name and Time. Includes W45 Ruth Hernandez 52:55, W50 Ann Klingberg 1:05:58, W55 Trudi Tierolungo 57:43.

Paramount 10K - World Masters Division Paramount, CA January 28

Table with 2 columns: Name and Time. Includes Overall: Ron Jensen 32:29, Harolene Walters 38:41, M40 Ron Jensen 32:29.

Table with 2 columns: Name and Time. Includes M45 Michael Mahler 33:08, M50 Andre Tocco 34:56, M60 Emmett Parker 37:30.

Table with 2 columns: Name and Time. Includes W45 Harolene Walters 38:41, W50 Gina Faust 39:14, W60 Helen Dick 45:26.

Table with 2 columns: Name and Time. Includes W65 Ray Johnston 47:53, W70 Judy Simon 56:00, W75 Bess James 68:36.

Table with 2 columns: Name and Time. Includes W35 Sherri Hall 36:44, Kay Price 40:10, Terri Goodreau 40:26.

Table with 2 columns: Name and Time. Includes W40 Pan Coacher 41:26, Margaret Neville 41:50, Cheryl Allen 42:56.

Table with 2 columns: Name and Time. Includes W45 Joe Ane Goltra 43:17, Bobbi Gold 44:56, W50 Marcia Martyn 46:06.

Las Vegas marathon Las Vegas, NV February 4

Table with 2 columns: Name and Time. Includes Overall: Frank Plasso Jr. 2:13:14, M. Tibaduiza 2:13:14, Jane Day 2:40:45.

Table with 2 columns: Name and Time. Includes M40 Athol Barton 2:22:09, John Custy 2:23:44, Hector Chavez 2:24:32.

Table with 2 columns: Name and Time. Includes M45 Stephen Lester 2:25:08, Philip Wright 2:37:52, Dan Ashimine 2:42:17.

Table with 2 columns: Name and Time. Includes M50 Jim O'Neill 2:39:33, Glenn Frick 2:43:48, Fred Tomco 2:44:58.

Table with 2 columns: Name and Time. Includes M55 Fred Kiddy 2:43:06, Jim Smedema 2:46:45, Don Gammie 2:48:30.

Table with 2 columns: Name and Time. Includes M60 Jerry Johncock 3:04:52, Tracy Brown 3:05:39, Marvin Powers 3:09:32.

Table with 2 columns: Name and Time. Includes W40 Patricia Case 3:09:38, Diane Thompson 3:19:24, Carolyn Clarke 3:25:47.

Table with 2 columns: Name and Time. Includes W45 Harolene Walters 2:54:11, Margie Lindsey 2:55:15, Elizabeth Sabo 3:25:10.

INTERNATIONAL

Berlin Marathon October 9

Table with 2 columns: Name and Time. Includes Overall: Suleiman Nyambui 2:11:45, Renata Kokovska 2:29:16, M40 David Oldfield 2:28:05.

Table with 2 columns: Name and Time. Includes M45 Tor Anensen 2:28:56, Jochen Adomeit 2:29:36, Peter Arms 2:34:07.

Table with 2 columns: Name and Time. Includes M50 Manuel Rosales 2:32:38, P. Slungaard 2:33:15, Josef Sutor 2:39:57.



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