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. Continued on page 20

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 Masters Mile in 3:57.94, two Continued on page 19

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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 Continued on page 14
Let's face it! MASTERS throwers

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East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructons cover the 3 turn throw. Featured model, Yuriy Syedikh — USSR —Winning Hammer Ways was produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Toughter and Dr. L. Patataki acting as technical advisors and directors.

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Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

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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.

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
Wilmot Flat, New Hampshire

ICI/USRA CIRCUIT

On behalf of the ICI/USRA Masters Circuit, I would 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 Circuit/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 comted 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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MAMMOTH ATHLETICS CAMP INC.
Third Wind

by Mike Tymn

"Wild Man" Eino

A few years ago, National Masters News editor Al Sheehan 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 you would be like a lawyer, or a make a good... December, However, the opportunity to talk with Honolulu Marathon official in charge well-known in running circles, might mentioned that Eino would also be workout around Diamond Head. 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... weird. How strange ....

In a note accompanying the clipping, Sheehan 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... was unaware of the... at about a 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 Scandinavian 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 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.
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 overnight sensation 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 Cordner 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."

"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 middle 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, heresay 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 suffered millions of dollars in damages because of the blood doping charges." The "circumstantial evidence" that Cordner 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.

"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 beat 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 Tynn
Masters Training Advice

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, Gabrielle 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 exhausting 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 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Distance</th>
<th>Speed</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6-8 miles, easy</td>
<td>7:00-7:15 pace</td>
<td>Weight training at lunchtime.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Speed workout, on the track in summer, on treadmill in winter.</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>8 miles, 6:45-7:00 pace, depending on how hard I worked the day before.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>8-10 miles, often working in some hill work (8 times on a ½ mile hill) or a tempo run of 2-4 miles at 6:00-6:15 pace.</td>
<td>Weight training at lunchtime.</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>6 miles, easy.</td>
<td>7:00 pace.</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>6-8 miles, 5:30-6:45 pace, in the late afternoon.</td>
<td>Weight training at lunchtime.</td>
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<tr>
<td>Sunday</td>
<td>10-15 miles, 7:00-7:15 pace on a hilly course, in the morning.</td>
<td>Cool down after all runs: walk ⅓ mile.</td>
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</tbody>
</table>

Total mileage for the week: 60-65 miles.

Daily Training Schedule — A week with a race on Saturday

<table>
<thead>
<tr>
<th>Day</th>
<th>Distance</th>
<th>Speed</th>
<th>Type</th>
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<tbody>
<tr>
<td>Monday</td>
<td>6-8 miles, easy,</td>
<td>7:00-7:15 pace</td>
<td>Weight training at lunchtime.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Speed workout, on the track in summer, on treadmill in winter.</td>
<td>Two miles easy. 6-8 400s, with 1-minute rest. 5-6 miles total.</td>
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<tr>
<td>Wednesday</td>
<td>8 miles, 6:45-7:00 pace depending on how I worked on the day before.</td>
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<td>Thursday</td>
<td>6 miles easy.</td>
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<td>Friday</td>
<td>A couple easy miles just to loosen up.</td>
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<tr>
<td>Saturday</td>
<td>Race. Leg massage before the race, if possible. At least a two-mile warm up. A few easy miles after the race.</td>
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<tr>
<td>Sunday</td>
<td>6 miles easy.</td>
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Total mileage for the week: 40-45 miles.
Saturday, April 15, 1989
3rd Annual
FONTANA DAYS

COURSE RECORDS:
1/2 Marathon
M: Sam Sitonik 59:22
F: Sue Berenda 1:08:38
5K (3.1 Miles)
M: Terry Cotton 13:30
F: Lari Bright 16:13

RACE TIMES:
1/2 Marathon
Bus Leaves 7:00 a.m.
Start 8:15 a.m.
5K Run/Walk
Bus Leaves 8:00 a.m.
Start 8:30 a.m.

CASH PRIZES
TROPHIES TO TOP 3 FINISHERS IN EACH DIVISION.

The World's Fastest
Half-Marathon and 5K Run / Race Walk
and Health / Fitness (Cardiac) Walk

CITY OF FONTANA RACE FORM

<table>
<thead>
<tr>
<th>LAST NAME</th>
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<th>DATE</th>
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Check Desired Race:

- 1/2 Marathon
- 5K Run
- Race Walk
- Health/Fitness Walk

Circle Correct Shirt Size

- Small
- Medium
- Large
- X-Large

Make Checks Payable to: City of Fontana Amount Enclosed $

WAIVER & RELEASE FORM

I acknowledge that the competitive and leisurely activity of the City of Fontana Marathon and 5K Run/Walk may contain risks of injury and damage to the participatory. I expressly assume the risk of injury and damage to the participatory in consideration of your acceptance of the form. I hereby release and hold harmless the City of Fontana, its parents, its employees and agents, and all other persons or organizations in any way connected with the event or any other activity described herein, their representatives, heirs, executors, assigns and agents from any and all claims, liability for damages or injury that might be sustained by me or any family or friends of mine in connection with the event or any other activity described herein.

FURTHER, I hereby release and hold harmless the City of Fontana and all other persons or organizations in any way connected with the event or any other activity described herein, their representatives, heirs, executors, assigns and agents from any and all claims, liability for damages or injury that might be sustained by me or any family or friends of mine in connection with the event or any other activity described herein.

The undersigned, states as follows:

I acknowledge that I have read the foregoing paragraph and know and understand the contents thereof.

Date: 1989

Parent or Legal Guardian's Signature

Parent's Telephone Number

DESCRIPTION OF ACTIVITY

A 13-mile race (beginning at Applewhite Campground at Little Creek) 2.15 feet along Little Creek Road/Sierra Avenue to finish at Fontana City Hall.

A 5K Run/Walk (beginning north of highland along Sierra Avenue) to finish at Fontana City Hall.

A 1/2-mile race, 112 M (east) 1/2-mile race (north of highland along Sierra Avenue) finishing at Fontana City Hall.

The participant will have the choice of which race to enter.

Note: No refunds for cancellations or no shows.
National Masters News
March, 1989

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 event 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.

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 value."

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.

NOW AVAILABLE
Masters Age-Records 1988
Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietdorich, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1988.
- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1988.
- Men's U.S. Masters Indoor & Outdoor Championships Records.
- 48 pages. Thousands of entries. Lists name, age, state, and date of record.

Send $2 plus $1 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name ____________________________
Address ___________________________
City __________________ State ______ Zip____

Five Years Ago
- 1st annual Pennsylvania Masters Indoor T&F Meet draws 125 to Carlisle, Pa.
- Mike Tynn 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?"

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 Reisenger at 907/277-7279, or write him at 2630 Forest Park Drive, Anchorage, AK 99517.
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 such an experience. 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.

Brown Indoor Meet Draws East Coasters

By JERRY WOJCICK

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 led 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 Crockett, 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 28-3.5. Cliff Blair (47-9) won the M55 shot put from Bill Garrahan but lost the weight throw to Martin Engel (40-9.5).

Kathy Pierce took the W40 235m (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 Botiano, M55, did the mile walk in a fast 4:27.8.

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 (40-9.5). Brantly 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 Hossack, 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 VII 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.

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
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 hopelessly 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%.

**Exercises:**
- **Crunches**
  - Inhale on the eccentric phase of each repetition. Try to take one breath for each repetition.
- **Pulls**
  - Inhale on the eccentric phase of each repetition. Try to take one breath for each repetition.
- **Sprints**
  - Inhale on the eccentric phase of each repetition. Try to take one breath for each repetition.
- **Breathing Squats**
  - Inhale on the eccentric phase of each repetition. Try to take one breath for each repetition.

**Stahl’s Program**

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 (2:45:24 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 Villemez (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 Villemez 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 Veronica Marot (2:20:16). Approximately 73 percent (3195) of the starters completed the race by the five-hour time limit.

O’Neil 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) was multiplied by his age-group factor (.8926), the resulting 2:10:07 was the best of the day. Walters’ 2:54:11 (2:25:50 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 her 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.

O’Neill, second in the masters-only race, received $2,000 for his effort. His time was five seconds faster than Norm Green’s AR of 2:25:51. Walters also received $1,000 for her masters win.

**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. Encourage 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 times a week. It can be done 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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This routine should be done three times 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.
SCOTT MOLINA WINS 1988 IRONMAN TRIATHLON!

Molina is the winningest triathlete in the sport's history but he was not even considered a contender. The experts said he was past his prime and even if he wasn't, he did not have what it takes to win a long, hot race like the Ironman. THEY WERE WRONG! Scott is the perfect example of what hard training, determination, dedication, and CAPS will do for an athlete’s performance.

JOHNNY G WINS 1988 RACE ACROSS AMERICA OPEN WEST QUALIFIER

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.

INTRODUCING XOBALINE, A NEW WINNER

XOBALINE (Cobamamide) is the coenzyme form of vitamin B12. The Merck Index states: “The coenzyme is the metabolically active form of Vitamin B12.” Guyton’s Textbook of Medical Physiology states: “Vitamin B12 is an essential nutrient for all cells of the body, and growth of tissues in general is greatly depressed when this vitamin is lacking. This results from the fact that Vitamin B12 is required for synthesis of D.N.A.; therefore, lack of this vitamin causes failure of nuclear maturation and division.” Athletes in Europe have started using XOBALINE because of its powerful effects on strength and endurance.

CALL TODAY!

USE YOUR MASTERCARD OR VISA
1-800-336-1977
(In California 1-800-441-1977)

Approximately 1-month supply of RACE CAPS and ENDURO CAPS — $49.95. Approximately 2-month supply of XOBALINE — $29.95. (California residents add 6% sales tax.) Or send check or money order to HANSEN & FRANK INC., 2886 GEARY BLVD., SUITE 205, SAN FRANCISCO, CA 94118.
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 the initial organization has been on top of the world.

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

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

Augustana Hosts 5th Athlete's Foot Meet

by PETE STOPPOULOS

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 15-0 or better. Overall honors went to John Anderson, M35, of Racine, Wisc., 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 31:14.5.

Mel Larsen, M60, 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, L.A. 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 &F Chairman, will discuss the World Championships and the Masters program. Everyone is invited to attend.
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 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, lengthen 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.

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, and 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:

William DeHorn
John Harwick
Alan Antokal
Stella Cashman
Mary Ames
Victor Koresaar
John Dobroth
Rachel Lyga
Eugene Paasinen
M S Allen
Ray Rupelli
William Kaye
Ray Hagen
Ian Hume
Everett Hosaack
Chuck Coutts
Al Skonberg
Fletch Bailey
Scott Tyler
Norm Green
Al Cruzado
Sally Polk

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

Vaulter 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, 13-6-1), John Hancock (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 60y in a fast 210.9.

In the M50 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.

To obtain Entry Form Send SASE to
David H.R. Pain
5643 Campanile Way, San Diego, CA 92115
Hamstring Pull

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

Over 50% of all running injuries are strains and sprains. 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 overstretched, 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.

(For Flowers is a masters long jumper and acupuncturist practicing in Santa Monica, California. If you have any questions about muscle/skeletal injuries, or suggestions for topics to be addressed in this column, write to Dr. Carl Flowers, AMN, Box 2373, Van Nuys, CA 91404.)
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 proposed modifications in writing to those in attendance. 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.

Les Roberts, the 1985 World Vets 5000 champion, back in action after an ankle injury suffered in last summer’s “Brugg,” 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 Hoggs Back Road Race, December 11, in 48:04; first woman was W35 Glynis Penny in 52:26.

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


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.

Cooling off after the M70 1500-meters at the VII World Veterans Games in Melbourne, From left, Hans Weckardt (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)

The Hobbled Kilkenny

WOMEN’S DELEGATE:
Bridget Cushen
136 Moshan Road
West Croydon,
Surrey, England

DELEGATE OF:
NORTH AMERICA:
David Pain
5643 Campanile Way
San Diego, CA 92115
USA

SOUTH AMERICA:
Jose Figueras
Juncal 1935
Floor 2 of 15
Monorevideo
Uruguay

ASIA:
Hari Chandra
#4-12 Block 44
Marine Crescent, Singapore

EUROPE:
Hans Axmann
Eichendorfstrasse 2
D-800 ANSBACH
Federal Republic of Germany

OCEANIA:
Jim Blair
P.O. Box 2910
Wellington, New Zealand

AFRICA:
Contact President

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-CHEN WANG (TAI), AND BILL EMPEY (AUS).

Photo by Gretchen Snyder
World Championships Update
by TOM JORDAN and BARBARA KOUSKY

Four months to go, and the entries and housing reservations for the VIII 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.

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

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 for ordering 2 or more. Make check out to "World Veterans’ Championships," use your Visa/Mastercard. Use the order form below. Allow 4-6 weeks for delivery.

ORDER FORM

T-SHIRTS

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PINS

Please send pins = $5 each
Add $2 for postage and handling unless ordering t-shirts (there is no charge for shipment of pins).
Make checks out to "World Veterans’ Championships," use your Visa/Mastercard. Use the order form below. Allow 6-9 weeks for delivery.

Total Enclosed $  

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 masters 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 Mizous 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.

Photo by Mike Adler

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

Entry Deadline: Advance registration is desired, but not required. Entry 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 IAAF/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 scores. Additional information and awards may be obtained by calling the USOC hotline at 800-333-3593.

Drug Testing: Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC rules and IAAF Rule 114. 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 hotline at 800-333-3593.

ENTRY FORM

Masters International Weight Pentathlon
Monday, August 7, 1989

NAME
STREET
CITY STATE
COUNTRY 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 August 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 my 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 OULT)

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WAVA/TAC Hurdles and Implements Specifications

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*New IAAF Specifications
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 others come what may.

The rest of the field finished this: sixth: Harold Nolan, 41, of Providence, R.I., finished in 4:26.57; seventh: Mark Sepkowski, Central Jersey Track Club, 4:41.73; ninth: Randy Mundie, who has kept training through his thirties, and Marc Bloom, event coordinator of Michigan who reeled off a 4:23.82 to win a masters mile at the George Mason 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 Connors 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 4:24.46, 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."

Boit 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 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 Mile postponed, 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 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 confidence 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.

Bell, who teaches hotel management studies in a college near Liverpool, was elated after the race. "The world mile is a milestone like John Walker," he said.

Some other masters events were staged.

Lee Evans wins the masters 400 in 51.60 in the Vitalis Meadowlands Meet. Photo by Sailer, Ltd.

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

DEADLINE
Early registration deadline in 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. Postmark no later than entries will be taken in the 60 m, 60 hurdles, 200 m and 400 m after 6:00 p.m., Friday, March 31. Late registrations, date of the meet signups and entries will be charged twice the early registration fee. For additional entry forms, contact Masters Registration, 2449 Southway Drive, Columbus, Ohio, 43221, or call (614) 481-7744 and leave your name and complete address.

ENTRY FEE SCHEDULE

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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. Reservations must be made on or before March 6. Contact: Masters Preparation, 215 Van Cleve Road, Cincinnati, Ohio 45216, phone (513) 768-6666. For reservations, call 1-800-247-8778, ask for Master File 22-4199.

Moderately Priced Hotels Near GUS

1) Holiday Inn-on-the-Lane

Located across the street from French Fieldhouse. A limited number of rooms are available. Two hotel vans provide airport service for hotel guests.

Saturday, 4/1/89

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<td>LJ 35-9 Men</td>
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<td>LJ 40-4 Men</td>
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<td>2:00 A.M.</td>
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<td>LJ 45-9 Men</td>
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<tr>
<td>LJ 50-9 Men</td>
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ADDITIONAL DETAILS

AIRCRAFT 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 direct to the hotel located in the baggage claim area of Port Columbus Airport. French Fieldhouse is 100 meters away from the Holiday Inn, across Lane Avenue. Taxi cabs and major rental companies are available at Port Columbus. A special Airport Shuttle will provide service to GUS area motels for $5 on 3.

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 Dooley will be discussing the World Games and the Masters movement. Our apologies to long jumpers and runners who will be competing last Saturday night.

CHANGING FACILITIES

No locker room/showers 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 to 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 place 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. There can be ordered on the meet entry blank.

MEET SCHEDULE

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.

- 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 2/18 issue.

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

1989 TAC Masters Indoor Championships Meet Entry Form

Please fill out completely and return with your fees to:
J. Pearce, 2449 Southway Drive, Columbus, OH 43221, or call (614) 481-7744, and leave your name, address and phone number.

Make checks payable to: "1989 Masters Indoor Meet"

Name __________ Age _____ Sex ______
Address __________________________________________
City __________________________ State _____ Zipcode ______

1989 TAC Card Number __________ Date of Birth __________

Ticket Club: Requested starting height: MJ ___ PV ___

Events Entered:

1st Event __________ 2nd Event __________ 3rd Event __________ 4th Event __________

Performance ________

If you desire a Masters Championships T-shirt, note your size and include $8.00 per shirt.

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 Relay fees + $ T-shirts + $ Total Amount

Entry Fees ________ Includes $10.00 per participant for hotel accommodations, entry fees, and transportation.

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

NOTICE TO PARTICIPANTS

In consideration of your acceptance of my entry, I hereby forever, in consideration of all my heirs, executors and administrators of his estate and all and every interest to which I am. I hereby forever and irrevocably release and discharge the Ohio State track and field club, Ohio State University, and any other affiliated track and field clubs at Ohio State University, and all other persons or organizations which are in any manner connected with this meet, from any and all claims and demands for any and all injuries which I may suffer or may hereafter suffer as a result of said meet, and hereby voluntarily agree to comply with all the rules, regulations, orders, directions and instructions of the meet and meet officials, agents, employees, and other persons. I hereby agree to indemnify and save harmless the Ohio State track and field club, Ohio State University, and any other affiliated track and field clubs and all other persons or organizations which are in any manner connected with this meet, from any and all claims, demands, suits, actions, proceedings, judgments, losses, costs and expenses for any injuries or damages suffered by me. I hereby agree to indemnify and save harmless the Ohio State track and field club, Ohio State University, and any other affiliated track and field clubs and all other persons or organizations which are in any manner connected with this meet, from any and all claims, demands, suits, actions, proceedings, judgments, losses, costs and expenses for any injuries or damages suffered by me. I hereby give permission, to the use of film, videotape, and photographs for same coverage and any purpose and any use, to which any organization or person shall be entitled, in consideration of my acceptance of my entry.
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 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 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 Waiga, 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!
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 Nassau Shamosk and Myrtle Beach Classic, the Circuit's first two events, and plans to run Utica Boilermaker, Crim and Heartland Hulstle...ICI/USRA Masters Circuit phones have been ringing off the hook with inquiries from "Master Rockeys" (those just turning or about to turn 40). Australia's Tony Murray (4:13:2 mile), John Campbell (2:11 marathon), Wilson Waiga (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 athletics 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 future...Bill 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 in this case) and Steve Lester are currently on board) while Brooks plans to sponsor approximately 30.

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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 prize 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.

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ICI/USRA Masters Circuit Schedule

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ICI/USRA Masters Circuit Top 10 All-Time Fastest American Masters Marathoners

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<th>Name/Residence</th>
<th>Site</th>
<th>Date</th>
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<td>St. Paul</td>
<td>1984</td>
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<td>Mike Hanley OR</td>
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<td>1985</td>
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<td>Bob Schlu SC</td>
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<td>William Hall NC</td>
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<td>Jim Bowers CA</td>
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<td>2:14:05</td>
<td>Barry Brown NY</td>
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WORLD LDR CHAMPIONSHIPS

For 22 years, WIGAL organized annual world veterans long distance running championships. But that 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 Committees.

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 do 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 Serruyts
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”) — NNM November and December 1987). Realistically, I didn’t expect it to pass; but I did expect it to be processed properly. To continue 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) = 0.93
50y (to 50m) = 0.93
50y (to 50m) = 0.93
50y (to 50m) = 0.93

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 shot throwers. That’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 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 weights: in the east, almost all meets used metric implements, whether in Florida, North Carolina, Ohio, New Jersey, New York, or Canada.

4) Phil Partridge’s age factoring system is not only for lighter weights: in the east, almost all meets used metric implements, whether in Florida, North Carolina, Ohio, New Jersey, New York, or Canada.

4) Phil Partridge’s age factoring system is not only for lighter weights: in the east, almost all meets used metric implements, whether in Florida, North Carolina, Ohio, New Jersey, New York, or Canada.

5) The biennial national senior games for athletes ages 55 and older will be held June 19-24 in St. Louis, and will be televised 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. Athletics 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.

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 committed their support to the 1989 event.

DELRAVEN 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 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.

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 never was able to get to a national open meet, but the two highpoints 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, Jack Jocoy, and Ted Enslin. 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 he’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, NMM, P.O. Box 2272, Van Nuys, CA 91404. They should be kept as brief as possible and must be subject to condensation. They must include a signature and a valid mailing address.
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 lifetime 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 Gabrielle Andersen (36th), $56,800; Cindy Datalynple (39th), $53,000; Ely 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 Sclaf (49th, $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 Macabiah 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 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 hʌmehouncy 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—it’s 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 $1.964 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 $1 million in sales to next year’s profits. 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 rackets 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 competes 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 2:26:11 in the NYRTC Holiday 4 Mile, Central Park, N.Y.C., December 18. Michael Spada, 40, took the M40 + race in 23:03. In another race on that day in the Park, Ted Haiman (45, 1:49:11) and Pamela Duckworth (41, 2:15:10) claimed masters firsts in the MAC 30K Championships. The Milrose 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 NYRRC Season Opener 5 Mile, Central Park, January 6. 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.

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 men. His results in February’s NMN should not have been combined with the masters results.

SOUTHEAST

Dan Frye, of Falmouth, Mass., winner ($14,555) of the men’s masters race, Mercedes Mile on Fifth Avenue. Photo by Sailer, Ltd.

Jane Millsapauh, 41, took third (1:20:13) of 147 w/finishers in the NYRRC 20K, Central Park, January 29. Cheryl Ralya, 42, was fifth (1:21:17). Manuel Canavea, 40, was first M40 + (1:22:23).

Atlaw Beligne (M40, 32:20) and S. Westbrood (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.

EUGENE SPRINGFIELD OREGON USA 1989

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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

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 (even).


June 17, MAC Masters Championships, Downing Stadium, Randall's Island, NYC. Sandy Paskin, 212/666-3671(h).


July 2, Merrill Lynch Realty Annual Classic Meet, Randolph, N.J. Merrill Lynch Realty AC, 525 Highway 33, Englishtown, NJ 07726. 201/625-2221 (days); 201/361-3282 (eve); travel 201/361-3220.


June 17, MAC Masters Championships, Downing Stadium, Randall's Island, NYC. Sandy Paskin, 212/666-3671(h).

August 11, Mid-Wes-Regional Masters Championships, Universal Fieldhouse, Columbus. Curtis Stitt, P.O. Box 09147, Columbus, OH 43209. 614/237-6513.

November 28-29, Show-Me State Games, Carlisle, Pa. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/399-3370.

Midwest

April 22-23, 19th Annual Southern 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. 919/735-6641.

Additional information on Masters events can be found in the newspaper.

South East

April 28-30, 30th Annual Southeast 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. 919/735-6641.

Chicago Masters

May 20-21, Manasota TC Meet, Sarasota, Fla. SASE to John Shenk, P.O. Box 5696, Sarasota, FL 34277-5696. 813/922-1561.

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

July 8, Florida Athletics Congress Championships, Delray Beach. Non-Floridians may enter if comparable events are offered. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407-399-3370.
**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. Lover Ln., Dallas, TX 75220. 214/357-5613.


**ARIZONA**  
Phoenix, Arizona, California, Hawaii, New Mexico, Utah.


August 8. 5th Annual California Masters Team Championship, Los Angeles. Marvin Thompson, LAPCO, 2301 Hyperion Ave., Suite B, Los Angeles, CA 90027. 213/666-7341.

**NORTHWEST**  
Seattle, Portland, Portland, Oregon.


October 11. TAC National Masters 10K Championships, Chicago, Ill. Skip Seebeck, P.O. Box 20, Clarksville, TN 37042. 615/466-1712; 916/775-1318.


**EAST**  

March 5. 12th Annual Bethesda Chase 20K, Bethesda, Md. Montgomery Village Ave., Gaithersburg, MD 20879. 301/983-6532.


May 11. TAC National Masters 10K Championships, Jack, Cal., Skif Seebeck, P.O. Box 20, Clarksville, TN 37042. 615/466-1712; 916/775-1318.


**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 17th. For those interested in the great outdoors with their running shoes, the Australian Masters Championships in Perth, 24th-27th, and the British stage their indoor championships on the 26th in Glasgow.

**RACEWALKING**

The National 50K Championships are to be decided in Atlanta on the 5th.
March 18. Azalea Trail 10K, Mobile, Ala. $2000 masters money. SASE to ATR, P.O. Box 6427, Mobile, AL 36606. 205/473-RACE.

March 18. Shamrock 8K/Marathon, Virginia Beach, Va. Jerry Bocrie, 2308 St., Virginia Beach, VA 23451. 804/481-5090 (every even and weekend).


April 1. Cooper River Bridge 10K, Charleston, S.C. CRBR, P.O. Box 543, Mt. Pleasant, SC 29646.

April 1. Atlanta Women's 10K, Atlanta, Ga. Atlanta TC, 309 E. Shadowlawn, Atlanta, GA 30305.


April 13. Big Sur International Marathon, Carmel, Calif. BSIM, P.O. Box 22260, Carmel, CA 93922. 408/625-6226.

MID-AMERICA

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

April 10. Cherry Creek Sneak 5 Mile, Denver. Stan Han Hovlin, Cherry Creek National Bank, 3033 E. First Ave., Denver, CO 80206. 303/38-4331.


SOUTHWEST

Louisiana, Mississippi, Texas.

March 12. Capitol 10,000, Austin, Texas. Capitol 10K, Austin-American Statesman, P.O. Box 670, Austin, TX 78767. 512/445-5966.


April 9. Redbud Run, Oklahoma City. Masters money. Coe London, P.O. Box 205, Oklahoma City, OK 73101. 405/272-3231.


April 30. German Fun Run 5K/15K, Muenster, Texas. GFR, P.O. Box 119, Muenster, TX 75562. Ronnie Hess, 817/759-4854, or Dan Hamric, 817/894-2059.

WEST

Arizona, California, Hawaii, New Mexico.


March 5. Los Angeles Marathon, Los Angeles, Calif. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1899.

March 12. Tom Sullivan Park's Day 10K Run/5K Walk, Torrance, Calif. Vistas, P.O. Box 7000-251, Redondo Beach, CA 90277. 213/548-4897.


March 19. 16th Annual Fifty-Plus 8K, Stanford, Calif. 50 + Runners Assn., P.O. Box D, Stanford, CA 94309. 415/723-7970.


April 16. La Jolla Half-Marathon, La Jolla, Calif. Breaking Forty, 3381 Yucca Ave., San Diego, CA 92117. 619/272-8316.

INTERNATIONAL


June 24-25. European Veterans Championships (10K, Marathon, 20K/10K Walk), Brugge, Belgium. Jacques Serruyts, Fit Veteran, Postbox 7, B-8000, Brugge 1, Belgium.


RACE WALKING NATIONAL


March 31-April 2. U.S. TAC Masters Indoor Racewalk (3K), Columbus, Ohio. James Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/811-8706 eves.


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.

### THE 100 LARGEST RACES

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<th>Rank</th>
<th>Race Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>1</td>
<td>PHILADELPHIA DISTANCE CLASSIC</td>
<td>PHILADELPHIA, PA</td>
</tr>
<tr>
<td>2</td>
<td>AMERICA'S FIRST CITY</td>
<td>SAN FRANCISCO, CA</td>
</tr>
<tr>
<td>3</td>
<td>KENTUCKY DERBY</td>
<td>LOUISVILLE, KY</td>
</tr>
<tr>
<td>4</td>
<td>COLUMBUS MAJUNE CUP</td>
<td>COLUMBUS, OH</td>
</tr>
<tr>
<td>5</td>
<td>COLUMBUS MAJUNE CUP</td>
<td>SEATTLE, WA</td>
</tr>
<tr>
<td>6</td>
<td>COLUMBUS MAJUNE CUP</td>
<td>DALLAS, TX</td>
</tr>
<tr>
<td>7</td>
<td>COLUMBUS MAJUNE CUP</td>
<td>HOUSTON, TX</td>
</tr>
<tr>
<td>8</td>
<td>COLUMBUS MAJUNE CUP</td>
<td>CHICAGO, IL</td>
</tr>
<tr>
<td>9</td>
<td>COLUMBUS MAJUNE CUP</td>
<td>NEW ORLEANS, LA</td>
</tr>
<tr>
<td>10</td>
<td>COLUMBUS MAJUNE CUP</td>
<td>DETROIT, MI</td>
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### THE 25 LARGEST MARATHONS

<table>
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<tbody>
<tr>
<td>1</td>
<td>CINCINNATI MAJUNE CUP</td>
<td>CINCINNATI, OH</td>
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<tr>
<td>2</td>
<td>ROCK AND ROLL MARATHON</td>
<td>PHILADELPHIA, PA</td>
</tr>
<tr>
<td>3</td>
<td>SEATTLE MARATHON</td>
<td>SEATTLE, WA</td>
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<tr>
<td>4</td>
<td>BOSTON MARATHON</td>
<td>BOSTON, MA</td>
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<tr>
<td>5</td>
<td>CHARLOTTE MARATHON</td>
<td>CHARLOTTE, NC</td>
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<tr>
<td>6</td>
<td>BOSTON MARATHON</td>
<td>BOSTON, MA</td>
</tr>
<tr>
<td>7</td>
<td>CINCINNATI MAJUNE CUP</td>
<td>CINCINNATI, OH</td>
</tr>
<tr>
<td>8</td>
<td>CINCINNATI MAJUNE CUP</td>
<td>SEATTLE, WA</td>
</tr>
<tr>
<td>9</td>
<td>CINCINNATI MAJUNE CUP</td>
<td>DALLAS, TX</td>
</tr>
<tr>
<td>10</td>
<td>BOSTON MARATHON</td>
<td>BOSTON, MA</td>
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### SIZE OF THE 100 LARGEST RACES BY DISTANCE

<table>
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<th>Distance</th>
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<tbody>
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<td>1</td>
<td>10K</td>
<td>243,172</td>
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<td>5K</td>
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<tr>
<td>3</td>
<td>20K</td>
<td>1,296</td>
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</tr>
<tr>
<td>4</td>
<td>10K</td>
<td>243,172</td>
<td>10K</td>
</tr>
<tr>
<td>5</td>
<td>5K</td>
<td>1,296</td>
<td>5K</td>
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### Race Statistics compiled by TACSTATS
### 1988 5000m Rankings Compiled by Wieslaw Wojcic

<table>
<thead>
<tr>
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<th>Name</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Tony Goss</td>
<td>15:49:26</td>
</tr>
<tr>
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<td>Tony Sayler</td>
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</tr>
<tr>
<td>3</td>
<td>Charles Wilson</td>
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<td>Paul Strawinski</td>
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<td>Mark Davis</td>
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<td>John Smith</td>
<td>15:57:47</td>
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<tr>
<td>9</td>
<td>Mike Sandusky</td>
<td>15:58:57</td>
</tr>
<tr>
<td>10</td>
<td>Gary Holt</td>
<td>16:00:01</td>
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### 1988 Long Hurdle Rankings Compiled by Wieslaw Wojcic

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<th>Name</th>
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<td>21:57</td>
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<tr>
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<td>J.F. Blatt</td>
<td>22:58</td>
</tr>
<tr>
<td>3</td>
<td>Bill Robinson</td>
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</tr>
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<td>4</td>
<td>Bill Smith</td>
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</tr>
<tr>
<td>5</td>
<td>Joe Richards</td>
<td>23:47</td>
</tr>
<tr>
<td>6</td>
<td>Dave Carter</td>
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</tr>
<tr>
<td>7</td>
<td>Mike Robinson</td>
<td>24:14</td>
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<tr>
<td>8</td>
<td>Ray Gil</td>
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<tr>
<td>9</td>
<td>Tom Stack</td>
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</tr>
<tr>
<td>10</td>
<td>Jim Davis</td>
<td>25:00</td>
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### 1988 Steeplechase Rankings Compiled by Wieslaw Wojcic

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<thead>
<tr>
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<th>Time</th>
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<tbody>
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<td>1</td>
<td>John Bever</td>
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<tr>
<td>2</td>
<td>Joe Richards</td>
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<tr>
<td>8</td>
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<td>9</td>
<td>Tom Stack</td>
<td>24:54</td>
</tr>
<tr>
<td>10</td>
<td>Jim Davis</td>
<td>25:00</td>
</tr>
</tbody>
</table>
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State
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Address

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CLASSIFIED

1. DISPLY ADVERTISING RATES

<table>
<thead>
<tr>
<th>Medium</th>
<th>Column</th>
<th>Ad Size</th>
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<tr>
<td>32</td>
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2. FREQUENCY DISCOUNTS (1-year period)

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<tr>
<td>15%</td>
<td>6 to 10 insertions</td>
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</table>

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

25% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS

Net 10 days by billing date.

6. CLASSIFIED RATES

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a. See display rates for ad sizes.
b. Photo offset printing.
c. Negative ok for mats or cuts.
d. J-hooks add $40.
e. Screen 85 lots per inch.

8. CLOSING DATES

The 10th of the month before date of issue.

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