Stewart Sets World Indoor Masters Mile Record

Canadian Lower’s Boit’s Mark to 4:15.47 in the Meadowlands

by DAVID ZINMAN

NEW YORK — One week after upsetting a world class field in the Millrose Masters Mile, Canada’s Dave Stewart showed it was no accident by scoring another smashing victory that snipped one-hundredth of a second off the world indoor masters mile record.

“I cut it pretty close, but it’s better to be under than over,” said Stewart, who reeled off a 4:15.47 mile on the fast, ten-lap track at the Vitalis-Meadowlands Invitational in New Jersey, February 9.

“I think I could run close to 4:10 with the proper race,” Stewart said. “At the end, I felt strong enough to have run another lap or two at the same pace.”

Stewart, 41, broke Kenyan Mike Boit’s 1989 standard of 4:15.48 — set last year on the same track, the boards on which Eamonn Coghlan ran the first sub-3:50 indoor mile in 1983.

And Stewart made it look easy. He won by 15 yards over Boit, who finished in 4:18.02. Wilson Waigwa, who holds the outdoor masters mile record of 4:07.4 (a 4:05.39 is pending), was third in 4:19.05.

报道由DAVID ZINMAN撰写。

Stewart tucked in behind Bell and let the 43-year-old North Wales college professor take the field through a 63-second quarter. The pace fell off to 2:10 at the half when Bell dropped out, feeling an Achilles injury he had aggravated in the Millrose meet.

Stewart, finding himself in the lead, decided to force the pace. He put together two even splits — clocking 62 for the third and fourth quarters. Nobody was close to him in the last 300 yards.

“Boit was on my shoulder. I knew he has a long stride — he is a bit of a loper — and it’s tough for a guy like that to go by somebody on an indoor track. So I felt if I ran the straightaway hard and controlled the turns, I could hold him off. I pulled away from him with two laps to go.”

Stewart, who finished second to Bell, made it look easy. He won by 15 yards over Boit, who finished in 4:18.02. Wilson Waigwa, who holds the outdoor masters mile record of 4:07.4 (a 4:05.39 is pending), was third in 4:19.05.

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It was the third time in a year that the masters indoor mile record fell. Ron Bell of Great Britain lowered it to 4:17.88 at the Panasonic Millrose Games a year ago before Boit came back the next week to lower the mark to 4:15.48 at the Meadowlands.

600 to Compete in Nationals

More than 600 athletes from throughout the nation are expected to compete in the 1990 TAC/USA National Masters Indoor Track & Field Championships on March 24-25 in Madison, Wisconsin.

The annual event will be held on the 220-yard, Mondo surface at Camp Randall Memorial Sports Center.

报道由DAVID ZINMAN撰写。
The official world and U.S. publication for Masters track & field, long distance running and race walking


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

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

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I was very interested in Hal Higdon's comments on aging (January). Although I am not in a running class with Higdon, I have found my running times and roughly compares closely with his numbers.

One does not have to put in large amounts of mileage to do this well. The only longitudinal study of VO2 max that I have seen is that of Dr. David Bruce Dill. In 1928 Dr. Dill pioneered measurements of aerobic capacity at the Harvard Stress Laboratory. He was not a runner but kept fit, mostly by hiking. He began measuring his VO2 max in 1932 at age 41 and continued each year until 1980. His rate of decrease compared with Higdon's except for a sharp 3% drop at age 70. He could not explain this anomaly.

Dr. Dill presented his data before a large audience at the Los Alamos National Laboratory when he was 93. When questioned if he could predict his age of death (VO2 max = 0), he calmly said, "97". Much to the consternation of his wife, his prediction was fulfilled.

Many older runners look forward to more than just participation. We want and relish the competitive aspect of running.

Herb Chisholm
Alexandria, Virginia

I very much enjoyed your feature article in the February issue, covering the TAC National 8K in Naples, Florida. However, in the interests of accuracy and in fairness to the guys who beat me, I must correct an error in the computerized results of the top finishers in my age division.

This was the closest three-man finish ever in the 60-64 age division, the winner was indeed Jack Gentry, in a time of 29:51. Following him was Bill Fortune, in 29:53. I was third in this race, not second. My time was another second back, in 29:55. All three of our times beat the winning time of 1989, and I was proud to be a part of this exciting finish.

Keep up the great work.
Jim O'Neill
La Jolla, California

FIVE-YEAR AGE GROUPS

I disagree with Brian Pritchard's view that "five-year age groups are not always feasible" (February NMN). Many older runners look forward to more than just participation. We want

IC/USRA CIRCUIT

In regard to the 1989 IC/USRA Masters Circuit, my only major complaint is that the awards structure was heavily skewed in favor of the younger masters. I strongly recommend that future circuits treat all age groups equally and that any "deluxe" prizes be awarded on the basis of age-graded tables so that all masters have an equal opportunity!

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If you are wet, you lose your body heat 30 times faster than when dry. On a rainy day, with high winds, even 50 degrees can be life-threatening.

During cold snaps in Florida, even turtles sometimes die of hypothermia. Continued shivering should be a cause for alarm among older folks.

Like heat prostration, hypothermia is often difficult to reverse; people go into shock and die even in the hospital.

Boo Morcom
Wilmot Flat, New Hampshire

WHY NO WOMEN?

It seems to me that your headline (Feb. NMN) "Top Fields Set for Indoor Masters Miles" is missing an important qualifier - MEN only.

Barbara Pike
Concord, Massachusetts

BANGERT'S CABOR TOSS

In the November NMN you ran an advertisement by Bill Bangert challenging friends of the Hour of Power Choir to support an eastern tour to sing at the Washington National Cathedral's 50th year of dedication and consecration.

I'm sure many of your subscribers are interested in knowing the results of Bill's cabor toss in which pledges were made of a nickel for every yard thrown.

My wife, Jean, and I were present at the City of Tustin Park soccer field Sunday, January 14th, which by the way, was Bill's 66th birthday. I saw Bill run from goal line to goal line a total of eleven times for 990 yards plus eight encroachments over the goal lines that totaled 311 feet making the total yardage the cabor was thrown 1,093 yards.

Bill's aim was to keep throwing until the 16-foot, 60-pound pole no longer turned end over end. However, it started to drizzle and not chancing a slip or injury, he ended his throws with the pole having turned every time. The total elapsed time to make 35 throws was one hour and twenty minutes.

Daniel G. Aldrich
Chancellor Emeritus
University of California
Irvine

DON PIEROTTI (1912-1990)

Don Pierotti, defending national TAC Champion in the age 75-79 ham­mer throw, passed away peacefully in his sleep on February 4 at St. Jude Hospital in Fullerton, Calif. He was 77.

His last masters activity was on January 14 when, along with Dr. Dan Aldrich, he measured my efforts in tossing the Scottish Cabor. Don went to dinner with all his friends that evening and was in a jovial mood, as always. He became nauseous later that night and the next morning was admitted into the hospital. It was believed that he had suffered a small stroke that also affected his balance. His condition improved for a few days, until more cranial disturbance occurred and he was put into intensive care.

Don was a champion javelin thrower

Continued on page 16
If you are serious about improving your performance read this carefully

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Dr. Lou Klitzkie: An Olympian At 48

At 48, Lourdes Klitzkie was not the oldest competitor in the 1988 Olympics. That distinction went to Durward Knowles, 69, a yachtsman from the Bahamas. But Klitzkie, who represented Guam in the marathon, was definitely the oldest runner at Seoul. Most certainly, she was the only grandmother competing.

While official records in this area are not kept, all indications are that Klitzkie is the oldest runner to ever have participated in an Olympic running event.

There's speculation that sensational Durward Knowles, 69, a yachtsman from the Bahamas, will represent Guam in the next Olympics at age 60. Klitzkie could be in those Olympics, too — at age 52!

"The road to Barcelona in 1992 is underway," says Klitzkie, preparing to celebrate her 50th birthday on February 2 with her eighth 5-mile race. Klitzkie finished the Olympic marathon 63rd among the 69 starters and 64 finishers with a personal best time of three hours, 25 minutes, 32 seconds. She will be the first to admit that she is not a "world-class" runner, however that is defined, and that her participation in Seoul was a matter of being in the right place at the right time. Although Guam, an island of 120,000 people in the Western Pacific, is a territory of the United States and its residents American citizens, it was allowed, as was Puerto Rico and American Samoa, two other U.S. possessions, to field its own team in Seoul. While Puerto Rico has been represented in prior Olympics, it was a first for Guam and American Samoa.

Had Klitzkie turned down the chance to run in Seoul, she might have been labeled a world-class fool. The opportunity was there and she seized it, plain and simple, no apologies necessary.

"I was indeed honored and proud to represent Guam," she offers. "It's not only who wins medals; it's the participation and the spirit among the athletes. It was an experience I'll never forget, and I was happy to be part of it."

Born and raised in Guam, Klitzkie, who goes by "Lou," earned a B.A. at the University of Guam, a Masters Degree at the University of New Mexico, and a Ph.D. at Utah State University. She is an associate professor in the College of Education at the University of Guam. Her husband, Bob Klitzkie, is a native of Wisconsin. They have a daughter and three grandchildren.

Klitzkie took up jogging in 1974. "My husband was in California studying for the California Bar exam, and many of my friends and relatives were away for the summer," she explains. "The activity actually developed out of boredom. I felt that the physical activity would release a lot of tension and anxiety that I had, and it did. A jog of one mile every evening for two months was very gratifying. It made me feel very good, physically and mentally."

It wasn't until 1979, though, that Klitzkie began competing. "A couple of my running friends asked me to join them in running a half-marathon. Not knowing what I was doing, I committed myself. Much to my surprise, I came in second overall and first in the 30-39 age division. The glory of placing and winning in that race led me to do a full marathon a month later."

That 1979 race was Klitzkie's first ever sports participation. "I never took P.E. classes in school or competed in sports until I was 39," she says. "My talent was in music. I took band in high school and played the saxophone. I studied piano for over 10 years. I come from a family of musicians. I had never dreamed of running competitively, especially in the Olympics."

Within a year of her first race, Klitzkie had set Guam women's records at 10-K, the half marathon, and the marathon. Her 10-K PR of 42:06 was recorded in 1984. She got her first taste of international competition in the 1983 Honolulu Marathon, finishing fifth in the 40-49 category with a 3:31:36 under very warm conditions.

Since the climate in Guam, which is some 3,000 miles west of Hawaii, has temperatures in the high 80s or low 90s with high humidity year-round, Klitzkie is accustomed to warm-weather running, even though it adds to the race times. The weather did not prevent her from logging 80-90 miles a week in preparation for Seoul. She's now putting in almost as much in training for her birthday run.

"I work in my training to fit my schedule," she says. "If my classes meet early in the morning, then I run in the afternoons. If I have late afternoon classes, then I run in the morning. Often times, my husband meets me after work and we do a 12-mile run together. For my 30-mile training runs, I get up at 3 o'clock in the morning. That's not easy, but I've found that determination and hard training make for good races."

Klitzkie, 5'2 and 107 pounds, adds that she eats lots of complex carbs, fruits, and green salads, while staying away from red meats, fats, and salt.

While her immediate goal is that 50 miler on her birthday, she is looking ahead to an ultra-marathon in Chicago and the Western States 100 in California.

"I look at this," she ended, "as just the beginning of my running career."

Lou Klitzkie
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Category: 35-39 ( ) 40-44 ( ) 45-49 ( ) 50-54 ( ) 55-59 ( )
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Signature ___________ Date ___________

Athlete’s Waiver

In consideration of the acceptance of this entry, I
agree to abide by all rules for the running of the
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on behalf of myself, my heirs and any person
legally or otherwise entitled to act on my behalf,
hereby waive and release from any and all rights
and claims for injury, loss or damage I may have
against the organizers, sponsors and sanctioners
of this event, their agents or representatives and
all other persons officially involved, through any
cause whatsoever arising out of my participation
in this event. I attest and affirm that I am physically
fit and have sufficiently trained myself to participate
in this event.
Rod Dixon Takes Aim at a Four-Minute Mile
by GREGOR ROBIN


But what's that you say? You're 39-years-old, for crying out loud! Oh, that's right. You're almost 40. Oh no, Rod, don't tell me. You're not? You're not training to...? You're not training to break the four-minute mile again?

What's that you say? Yes. You want to be the first man over 40 to break the four-minute mile.

Well, all I can say is, GO FOR IT!

Rod Dixon was in Santa Barbara recently enjoying the good weather, doing some running, promoting a new line of shoes and gearing up for an all-minute mile. Dixon is currently touring the world as the time for the assault. He tended to drift away from running in the past two years, thinking, he must put away his athletic life and concentrate on the future.

"But I've refocused, now, in saying I'm not going to give up. The people around me want me to stay in shape and to continue competing, even though I may not win. Well, I never thought I had to always be a winner. Winning was important to me, but I felt I was a good loser too. I wasn't a gracious loser, but as long as I felt I had done my best, it didn't matter where I finished. It's the best you can do on that day."

Dixon says he's excited about getting old. "I'm actually looking forward to when I turn 40."

He'll prepare for his assault on the four-minute mile in some leadeup races in Europe prior to Oslo.

"It will be almost like an Olympic Games on July 12. That's the day I have the best chance of doing it. I've set up a nine-day period where I'll have five opportunities to have a go at it. If it doesn't come in that time, we'll re-evaluate, perhaps back off. Perhaps a little more rest is needed or if there is something else that needs to be taken care of. So we'll make those adjustments and I'm hoping within the period from July 12th to the first week of August we can put it to rest because I'd like to come back and run the Falmouth road race and some of the other road races."

Dixon says he feels the Africans are the big threat to break four minutes as masters. Wilson Waigwa of Kenya holds the current world masters mile mark of 4:07:4. Suleiman Nyambui is closing in on 40.

"But they can't just go out and do it at will," Dixon reflected. "They have to prepare for it. I believe the person with the best plan and the best preparation will do it. That's why I'm trying to reduce errors, put the New Yorker in the Olympic record, the Olympic record, the Olympic record, the Olympic record."

Is Dixon concerned that by announcing his plan and the date of the race, someone like Waigwa might show up to challenge him? Then it could become a match race, not just which runner gets four minutes.

"That's my concern," he admitted. "A match race usually doesn't produce a fast time. I also don't want to set Waigwa up to outkick me. I want to win my race that I've carefully planned and put together with a lot of thought and consideration. I want to be a little selfish and say this is my attempt. I'm bringing in people to help me do it... it's a set up. I don't particularly want somebody coming and stealing it away. But if Waigwa or anyone else shows up, I'll still try to run to my plan. I feel I'd be good enough to run away from them anyway. That would be a bonus — to run a sub-four-minute mile and beat the best masters runners in the world."

Dixon says he'd like to set the record and then put it on the line in a televised race in the U.S. against the world's best runners.

Would a sub-four mean more to Dixon than his New York win?

"I wouldn't trade. This would be a new chapter in my book. I'd like to do it for the athletes of my age who are saying, 'Well, I guess you'll hang it up at 40.' It could very well spell out that, hey, we're just beginning."

Being the first over-40 under four minutes is a personal challenge to Dixon. He sees it as an attainable barrier; something he would like to be able to do.

His 4:02.8 last year in a time trial was evidence that his plan is working.

"I felt good that day and John (Dixon, Rod's brother and coach who won the 1900 M40 gold in Melbourne) said to 'run four laps and we'll see how you go it.' My competitive spirit stirred up; I ran as if there was the final turn and I had goose bumps. I felt so good. I said, 'God, this feels like the old days.' And I finished strong down the front straight."

Dixon's base running is about 65-to-70 miles per week. Sixty to 70 percent of that is off-road running on trails, grass and unsealed roads. In his home town of Auckland, most of the streets next to the parks are like crushed brick, with just a little give. He also does seven hours of biking a week, and two days doing strength conditioning.

Three times a week he runs in the water where he does aerobic and anaerobic work. And he does two sessions of speedwork.

"So I'm working out probably two-and-a-half hours per day and my longest run is about 15 miles. I don't want to do any more because I need to be recovered for the next morning."

Rod Dixon is a sports writer at the Santa Barbara News-Press. His profile was reprinted from California Track and Running News.
Hutchison First Age-Graded Runner Overall in Tulsa 8K

by JOE McDANIEL

The 1988 McDonnell Douglas Holiday Classic 8K in Tulsa on December 23 will go down as one of the most memorable races in the state of Oklahoma — not because of the quality of the field, but because of the bone-chilling cold. At race time, the actual temperature was a minus 10 degrees. It’s doubtful that anyone in this event had ever run in this type of weather in Oklahoma.

Steve Fury and Jackie Goodman were the open-class winners in respective times of 25:01 and 25:47.

The race’s noteworthy performance as shown in the National Masters News

Age-Graded scoring was turned in by Missouri’s Jane Hutchinson, 44. She was second female overall and the first female master in 29:23. Gary Madison, 43, was the first master across the line in 27:43.

Masters prize money was awarded on age-graded scoring. Hutchinson and Madison were both first on an age-graded basis, as well as on actual time. Each won prize money.

Times of all runners were fed into the computer to determine the best age-graded performances. Hutchinson’s was best overall. Her age-graded 24:07 easily beat Fury’s 25:01. Madison’s 25:38 was seventh overall.

Custy, Havens Top Masters in Houston-Tenneco Marathon

If John Custy and Susan Havens didn’t thank Howard Kunz after the Houston-Tenneco Marathon on January 14, they should have. Custy (41, 2:28:07) and Havens (42, 2:59:09) each won $1500 for winning their divisions as a total of $7500 was awarded to masters runners in the annual event.

Kunz is chairman of Promote Masters Running, a group of 20 masters runners who lobbied the H-T organizers to include masters money in the event. In 1989, masters winners Kjell-Erik Stahl and Havens received no prize money.

"PMR has attempted to lobby for masters recognition in a positive, no-combative manner," Kunz explained. "The $7500 prize money is less than we had in mind for our goal of attracting national class masters runners, but it’s a beginning."

Masters finishers increased from 34% of all finishers in 1989 to 40% in 1990 (1131 men; 150 women of 3240 finishers).

TAC/USA 5K National Championship May 5, 1990 Albany, NY

TAC/Region 1 5K Championship September 30, 1990 Syracuse, NY

For information and entry forms, contact: George Bogan, Freihofer’s Women’s Running Program 233 Fourth Street, Troy, NY 12180. (518) 273-8267
Determining The Best

Following the ICI/USRA Circuit Finals in Naples, Florida, Al Sheahen and I argued amicably about whether that event was the fastest-ever masters road race.

Al felt it was the best-ever field of age 40-44 runners. He pointed to Mario Cueva's one-second victory in 23:48 over Wilson Waiga, with the top eight under 24:30 for 8K. Priscilla Welch's 26:49 also impressed.

I favored the 10K road race at the World Veterans' Championships last summer in Eugene, Oregon. Naples might have had the fastest-ever 40s field. It may also have been the fastest-ever American event. But in terms of all age groups, Eugene's world-beaters included Roger Robinson, Derek Turnbull, John Gilmour and Marion Irvine, along with Norm Green, winner at the time.

It favored the 10K because of their championship status, also attracted the best racers. Competitors at Eugene or Naples could return home knowing they had beaten — or been beaten by — The Best.

Some years ago in Sarajevo, I did an interview with Dan Simonou, a three-time Olympic in cross country skiing. We discussed the status of the Olympics vs. World Cup vs. World Championships vs. Worldloppet series — all prestigious nordic events. Simonou offered the most concise explanation I've ever heard concerning the preeminence of the Olympics.

He said, "Everyone's there and everyone's watching."

Within the masters field, that is true every other year at the World Veterans' Championships. When competitors appear two summers from now at the next World Vets in Turku, Finland, there will be no argument who is The Best. Anyone who doesn't show, or doesn't win, doesn't deserve the title.

At the national level, athletes earn similar appellations each summer at the TAC National Masters Track & Field Championships. At Indianapolis this August, we'll determine America's best.

On the road, the situation is somewhat fuzzier for masters. America's best marathoners those who win the TAC title (and perhaps run fast on a downhill course) at St. George, Utah on October 6, or those who choose to run for the money the following weekend at the Twin Cities Marathon?

Are the best 10K runners those who win their age groups in the TAC road race at that distance at Salt Lake City in May; at TAC cross country in Pasco, Washington in October; or maybe at TAC track in Indy? Or will the best appear in August at Asbury Park, NJ, where race director Phil Benson offers expense money to assemble a top masters field?

How about comparing times? My Naples time was three minutes faster than a race I ran over the same distance last summer in Kankakee, Illinois. But Naples offered a flat course and cool weather, something I don't always find when I race. In Kankakee, not only was the weather warm, but I was climbing hills, running over uneven ground and hopping holly bales on a cross country course.

Running Times annually ranks age-groups, but sometimes misses the mark. In its ranking of men 55-59, the magazine stated that nobody came close to Norm Green and Ray Hatton, overlooking the fact that at Eugene, Bill Foulk not only came close to Green, placing second, but beat Hatton. Yet Foulk was ranked behind a runner with slower times and without two world silver medals. (Foulk was also second at 5,000.)

I don't blame the magazine's ranker, who must scramble for information from multiple sources in an attempt to compare masters who often can't race each other because of geographic separation and a lack of travel funds. Masters also have difficulty finding their competition. In a year of multiple championships, which championship is the championship?

Age-grading allows an opportunity to compare athletes from different age groups running different distances, but most of the top times in last year's Sorbothane rankings came from the Great Race 10K in Pittsburgh, a downhill course.

Luck also plays a factor. A shift in wind or rise in temperature can transform even a great race into a (relatively) poor one. When great athletes go head-to-head, superficial course and weather factors, of course, become irrelevant. But this happens too infrequently among masters.

Because of ICI's strong financial commitment, Naples provided an answer to the "Who's best?" question for 1989 even though that race occurred — ironically — two weeks into the next year. It was the finals of an 18-event series. Those leading the series qualified for expense money. TAC ordained the event its championship of championships. Most of the prize money went to the youngest masters, but other age group winners won at least token sums.

Alas, because of budget cuts, ICI will not be funding the USRA Masters Circuit in 1990. Promoter Dean Reinke insists that he plans to continue the Circuit with or without a major sponsor, but Dean may have difficulty matching the spectacular finish offered at Naples this January.

Meanwhile, TAC's long distance running committee held a four-hour planning session in Naples, then continued the following day. That morning, while jogging on the beach, I encountered TAC masters chairman Charles Des Jardins doing the same. I inquired about plans.

Des Jardins hinted that TAC might establish its own road circuit in 1991 leading to a grand finale. Rumors in Naples suggested that, after a year's strategic absence, ICI might return to finance TAC. Also waiting in the woods is George Hirsch, publisher of Runner's World, founder of indoor masters miles, who would like to do the same on the roads if the right situation presented itself. Internationally, there is talk of reviving the world road championships that died when IGAL was absorbed by WAVA.

It's what they mean when they say, Market Economy. Actually I enjoy intrigue. It gives me something to talk about in the off year between world championships. At the same time, I wish all of the competing groups could get their respective acts together to present masters runners with a more definitive means of channeling our best competitive efforts.

If not, it may be a long time before Al Sheahen and I can argue over an event being the fastest-ever masters road race.


Keyes Tops Masters in Paramount 10K

Steve Keyes was the first masters finisher in 31:29 in the 11th annual Paramount 10K in Paramount, Calif., January 20.

Keyes was also the top masters age-graded runner of the day with a 90.7% performance. Next was Jim O'Neil (M60, 37:25, 89.5%), followed by Tom Burns (M45, 33:07, 89.1%), and Gina Faus (W50, 36:46, 88.7%).

Each year, Bud Light sponsors a Special "World Masters Division". To qualify, a runner must have bettered a qualifying standard (e.g. an M40 runner must have run a 10K under 34:00 prior to the race).

Of the race's 671 finishers, 52 qualified for the special masters division. The first three finishers in each age group won prize money ($100/ $75/$50). Oldest cash recipient was Paul Spangler, 90, who ran 74:49.

The race is one of the better masters events in the nation and the only one to guarantee prize money for winners of the upper age groups. It was again successfully directed by Oscar Rosales.
The book you’ve waited for:
How to become a better masters athlete

Masters Running Guide

By Hal Higdon

What motivates masters athletes? Hal Higdon, Senior Writer for Runner’s World, claims it is not fitness.

"Older athletes compete for reasons that go well beyond fitness," writes Higdon in the MASTERS RUNNING GUIDE. "We want to run and jump and throw better. We’re interested in performance!"

Now Higdon reveals the tips that helped him win three world championships in masters competition. Just published by National Masters News, the MASTERS RUNNING GUIDE reveals what you need to know to become a better runner. Send for your copy now: only $10.95, including postage. It may be the best buy you make this year as a masters athlete.

Here is what you can expect in MASTERS RUNNING GUIDE:
1. Masters of Their Fates: The masters movement from the beginning.
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5. Improving With Age: How to get better: establishing and breaking personal records.
6. Training Smart: Advice for the intelligent runner who wants to maximize potential.
7. Secrets of the Masters: Eight world-champion athletes and how they train.
8. Maintaining Mobility: Al Sheahan considers this very original and important advice.
9. Minimizing Injury: Avoiding down time as an athlete: how to determine your red line.
10. Motivation: Keeping it up for the long run.

Appendix: Sources and information helpful to masters.

Buying this book may be the best move you make during the 1990 season.

Yes! I want to order ______ copies of Hal Higdon’s new work, MASTERS RUNNING GUIDE. Please send to:

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Address ___________________________

City __________________ State ________ Zip ________

Send $10.95 (includes mailing charges) to:

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

Q I'm 55 and run an average of six miles per day. My hamstrings hurt whenever I do fast running or extra-long runs. I do stretches as recommended by a physical therapist, plus some quadricep strengthening, but I still have the problem. What can you recommend?

A Hamstring strains and stiffness seem to come with age. Most of the 50-year-old runners I know, including myself, suffer from tight hamstrings. We all stretch but it doesn't seem to help.

We are trying to find a new regimen which includes less stretching to lessen irritation, and walking a half-mile prior to the workout or running program. We have added calcium, potassium and magnesium to the diet, all of which seem to help.

A switch to a high heel shoe with a good midsole (such as the NB 996 or Spenco) will help by bringing blood to the area.

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

King Sets World 400 Record

San Diego's James King set a new world masters indoor 400-meter record of 50.64 in the Vitalis-Meadowlands meet in New Jersey, February 9. He broke the previous standard of 51.20, set by Michigan's Lamar Miller last year. Also going under the old-mark was Kentucky's Fred Sowerby in 50.79. New Jersey's Ken Brinker was third in 52.29.

The Meadowlands Meet also staged two masters 1600-meter relay races and a 50+ mile. The Shore AC took the 40-49 relay in 3:40.27, while the Potomac Valley Seniors won the 50+ in 3:53.95.

In the 50+ mile, Willie Kay sped to a 4:46.3, four seconds ahead of fellow New Yorker Sid Howard.

Stewart Sets World Indoor Masters Mile Record

Continued from page 1

Almberg in the straightaway Fifth Avenue Mile in New York City last fall, is the Canadian outdoor masters mile record-holder with a 4:13.52 effort.

Millrose Mile

Stewart said he found confidence for his Meadowlands victory from his win on February 2 at the Millrose Games. In that race, he clocked 4:16.48 to defeat Washington state's Larry Almberg (4:17.36), Waigwa (4:17.59), Dan Frye (4:21.30), Boit (4:23.43) and others.

The Millrose event was the first of three masters mile sponsored by Runner's World magazine in a hectic, nine-day period. Marc Bloom, who put the fields together, said he was heartened by the fact that lesser-known runners emerged and took control when more celebrated athletes were not in peak form.

On February 4, two days after the Millrose, Almberg showed the way at the Mobil One Meet in Fairfax, Va., a suburb of Washington, D.C. He held off Boit, the bronze medalist in the 1972 Olympic 800, to win in the
### 1989 Outdoor Track & Field Rankings

by JERRY WOJCIK, TAC National Masters T&F Rankings Coordinator

The first of the 1989 preliminary outdoor track and field rankings appear in this issue. More extensive lists (over 100-deep in the sprints, for instance) will be published in the 1989 U.S. Masters Track & Field Rankings book, scheduled for publication by the end of May. The book will include some events, such as the relays, which will not appear in the NMN.

In addition to the indoor rankings for 1989, rankings for some indoor events in 1990, including the mile, will be published in the NMN after the season.

Those interested in compiling rankings for either the indoor or outdoor seasons are urged to contact me through the NMN as soon as possible.

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Masters Track & Field Report
by Barbara Kousky
Chairman, TAC Masters Track & Field Committee

Appointments Complete

Appointments to the Masters Track and Field Committee are now complete. I am looking forward to working with the men and women who agreed to serve on the Committee.

The position of Secretary/Treasurer has been split. Marilyn Mitchell of New York will serve as Secretary and Al Sheehan will continue as Treasurer. Dividing the position allows for additional input and will give Al the opportunity to have a more flexible schedule during the Convention. He will be able to participate more in the Masters LDR and sub-committee meetings and cover the Convention in his capacity as Editor and Publisher of the National Masters News.

Christel Miller has been reappointed as Women’s Coordinator to the Masters Track and Field Committee. She agrees to serve in that capacity until an election can be held for that position. I was very pleased to have several women indicate an interest to serve as Women’s Coordinator. With the increase in interest, I feel it is important for the women masters to be involved in the selection process of their representative.

The following people have been appointed to serve as the masters representative to the following committees:

- TAC Board of Directors
- Association Officers Committee
- Budget and Audit
- Equipment
- Law & Legislation
- Marketing & Media
- Membership
- Officials
- Records
- Rules
- Medical Services
- Sports Sciences
- Athletics Business Standards
- Awards, Logos, and Medals
- Coaching Education

- Jerry Donley, Colorado
- Andrew McNell, Pennsylvania
- Al Sheehan, California
- Josh Culbreath, Ohio
- Bob Fine, Florida
- Tom Jordan, Oregon
- Sanford Kalb, New Jersey
- Sandy Pashkin, New York
- Pete Mundle, California
- Graeme Shirley, California
- Joan Stratton, Pennsylvania
- Joan Stratton, Pennsylvania
- Jerry Donley, Colorado
- Barbara Stewart, Connecticut
- Sandy Pashkin, New York

Accommodation

FLORIDA ATHLETIC CLUB - GREENACRES CITY
MASTERS TRACK & FIELD CHAMPIONSHIP
5:00 P.M. SATURDAY APRIL 21, 1990
JOHN I. LEONARD HIGH SCHOOL, LAKE WORTH, FLORIDA
AWARDS: FIRST THREE M & W IN EACH FIVE YEAR GROUPING FROM AGES 30 TO 74.
FEES: $10.00 FIRST EVENT; $5.00 EACH ADDITIONAL EVENT.
LATE ENTRIES: ENTRIES RECEIVED AFTER APRIL 10, WILL HAVE A $5.00 TOTAL SURCHARGE.
PLEASE PRE-PAY. THE MEET DIRECTOR HAS THE RIGHT TO REFUSE ANY POST ENTRY.
T-SHIRTS TO THE FIRST 200 ENTRANTS
THIS MEET IS SANCTIONED BY THE FLORIDA ATHLETIC CONGRESS. TAC RULES & IMPLEMENTATION REQUIREMENTS WILL BE FOLLOWED. ALL MEASUREMENTS WILL BE IN METERS. AGE GROUPS MAY BE COMBINED FOR SCHEDULING PURPOSES, ALTHOUGH SEPARATE AWARDS WILL BE GIVEN TO EACH GROUP. SEEDED SECTIONS ARE FALSON. FIELD EVENTS MAY BE USED. FIELD EVENT COMPETITORS WILL BE LIMITED TO FOUR THROWS OR JUMPS.
FIELD EVENTS: ALL FIELD EVENT COMPETITORS ARE TO REPORT AT 4:30 P.M.
YOU WILL BE ASSIGNED TO FLIGHTS BASED ON AGE & SEX.
THE FOLLOWING FIELD EVENTS WILL BE HELD: LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS, HAMMER, POLE VAULT, JAVELIN.
TRACK EVENTS: THE ORDER WILL BE YOUNGEST TO OLDEST - MEN TO WOMEN.
THE FIRST RUNNING EVENT WILL START AT 5:00 P.M. STARTING TIMES FOR SUBSEQUENT EVENTS CAN NOT BE CHANGED. THE NUMBER OF PARTICIPANTS IN EACH EVENT WILL BE KNOWN UNTIL THE MEET STARTS. DURING THE MEET ESTIMATED STARTING TIMES WILL BE GIVEN.
HIGH HURDLES - 800 - 5k MILE - 100 - 5k HURDLES - 400 - 1500 - 200
REDUCED AIR FARES
BY ARRANGEMENT WITH THE FLORIDA ATHLETIC CONGRESS, EASTERN/CONTINENTAL AIRLINES WILL PROVIDE SUBSTANTIALLY REDUCED AIRFARES. PHONE THE FLORIDA CONVENTION DESK AT THEIR EAST ACCESS NUMBER 1-800-468-7032. GIVE THEM THE FLORIDA ATHLETIC CONGRESS EAST ACCESS NUMBER E14790. PLEASE HAVE YOUR CONFIRMATION NUMBER WITH YOU TO THE FLORIDA ATHLETIC CLUB MEET. DIRECTIONS: 1-95 TO LAKE WORTH, 16TH AVE. EXIT, GO WEST ABOUT 3 MILES.PALM MILITARY TRAIL A FEW BLOCKS ON YOUR RIGHT IS THE SCHOOL.

NAME: ____________________________  ADDRESS: ____________________________
CITY: ____________________________  ZIP: ____________________________
STATE: ____________________________  PHONE: ____________________________
SEX: M F AGE: ____________________________  BIRTHDAY: ____________________________
CLUB: ____________________________
EVENT(S) (PLEASE INDICATE ESTIMATED TIMES FOR ALL TRACK EVENTS):
I CERTIFY THAT I AM IN GOOD HEALTH, PROPERLY TRAINED & PHYSICALLY CAPABLE OF COMPETING IN THIS MEET. I HOLD HARMLESS THE GREENACRES CITY, THE FLORIDA ATHLETIC CLUB, THE FLORIDA ATHLETIC CONGRESS, & PALM BEACH COUNTY & JOHN I. LEONARD HIGH SCHOOL, FOR ANY INJURIES I MAY SUFFER.
SIGNATURE: ____________________________  DATE: ____________________________
$10 FIRST EVENT, $5 EACH ADDITIONAL EVENT. MAIL CHECK PAYABLE TO: FAC, 4233 PALM FOREST DR. N., DELRAY BEACH, FL 33445

600 to Compete in Nationals

Continued from page 1

National Championship medals will be awarded in each event for each five-year age group for both men and women from age 30-34 to 95+. There are no qualifying standards to enter, except to be at least age 30.

Early registration deadline is March 1. Regular registration must be postmarked by March 14. No entries will be accepted that are postmarked March 15 or later. The official entry form was published in the January and February issues of NMN.

Last year's meet drew 658 entrants to Columbus, Ohio.

Meet organizers have lined up low-cost hotel rates at the meet headquarters Best Western The Inn Towner ($50) and at five other hotels. There will be a general meeting at the Best Western after Saturday's competition. Barbara Kousky, TAC National Masters T&F Chairman, will hold discussion on future championship sites and the masters program in general. Everyone is invited to attend.
Beginning this month, ICI Americas, Inc. will sponsor a Masters Athlete-of-the-Month. The winner will receive $100 and will be announced each month in the National Masters News.

The athlete will be chosen by NMN and its team of advisors on the basis of his or her performances during the past 30 days. The nominee could be a track & field athlete, a long distance runner or a race walker — from any age from 40 through 99. Consideration will be given to top age-graded performances, world or U.S. records set, outstanding efforts in major events, etc.

ICI is one of the leading chemical companies in the world. It sponsored the successful ICI/USRA Masters Circuit in 1988-89, which culminated with the dramatic TAC National Grand Masters Championship 8K in Naples, Fla., January 13.

The first winner of the monthly award is Dave Stewart, a 41-year-old government worker in the solicitor-general’s office in Ottawa, Ontario. Steward won two of the three Runner's World Masters Miles over some of the top masters middle-distance runners in the world.

In the Panasonic Millrose Games at New York’s Madison Square Garden on February 2, he clocked a winning 4:16.48. He skipped the Mobil One Masters Mile in Fairfax, Va., on February 4. Then, on February 9, he set a new world indoor masters mile record of 4:15.47, clipping .01 off Mike Boit's year-old mark of 4:15.48, and defeating such masters luminaries as Larry Almberg, Wilson Waigua, Dan Frye, Boit, Ron Bell, Byron Dyce, and Harry Nolan.

Congratulations to Dave Stewart — the ICI Masters Athlete-of-the-month.

Ten Years Ago
March, 1980
- Penn Mutual Life Insurance Co. to Spend $350,000 on Masters Sports; Bill Toomey Named Director
- National Running Data Center Compiles Statistics for Masters LDR.

An Invitation to Run

You are invited to lace up against an elite field of the world's best runners in this country's most exciting international sports and cultural exchange between the United States and the Soviet Union.

Out of 21 sports the marathon is the only event open for public participation and will be live to one billion homes worldwide.

There is no limit on the number of entrants and no qualifying times are necessary.

Marathon - Sat., July 21; Women's race - Sun., July 22. Both races start at 7:00 a.m.

For entries send return mailing address and 50¢ (U.S.) postage to: Marathon Office, 101 Elliott Avenue West, Suite 430, Seattle, WA 98119, or call 206/282-5565.

To receive general Goodwill Games information, please call 206/554-1990.

USWEST is the official Seattle Organizing Committee sponsor of the 1990 Goodwill Games Marathon.
Racewalking with John Elwarner

by ELAINE WARD

John Elwarner of Sterling Heights, Michigan is one of the top M60 racewalkers in the world. At the World Veterans Championships in Eugene, he competed in the 45-49 division, placing 4th in the 20K in 1:44:08, and 6th in the 5K in 24:22. He walked 5K in 23:50 on January 28 to win the men's 50+ award in the Super Sunday race in Redondo Beach, Calif. The following interview reveals how one top masters walker succeeds.

EW: How do you keep up your speed during the cold Michigan winters?

JE: I train around the perimeter of a lakeside mall. It's a 1½ mile asphalt path and they keep it salted and clear for the mall traffic. I do my speed workouts there.

EW: Do you have to protect your mouth and nose from the cold?

JE: If it's under 10 below, I go inside; otherwise, I train outside — even if the chill factor is 40 below.

EW: What is your typical workout?

JE: During the winter, I walk 30 miles a week and, when it gets warmer, 40 miles. Two days a week, I do 10 to 12 one-kilometer repeats with a 3-minute recovery. Another two days, I do 6 to 7-mile walks at a 9:30 pace. Then I run easy for 8-9 miles, once a week. I don't need that much mileage.

EW: Were you a runner before you started racewalking?

JE: I ran a 2:38:03 marathon in 1969 and, when I was running and, after about one or two miles, I was through.

EW: Is that when you started racewalking?

JE: I ran a 2:38:03 marathon in 1969 and started attending his classes twice a week, in 1985. I did this for two years, but for the last three, I've been on my own.

EW: What races are you training for now?

JE: The Indoor Nationals in Madison and the Outdoor Nationals in Indianapolis. I'd like to walk a 14:30 in the Indoor 3K and I'm thinking of walking the 10K rather than the 20K in week in 1985. I did this for two years, but for the last three, I've been on my own.

EW: Then you aim to break through at Indianapolis?

JE: I hope so.

EW: Do you find that your age affects you much?

JE: Right now, I don't see any problems with my age. I seem to be getting faster.

1989 Postal Racewalk Draws 274

by DON HENRY

The Shore AC's 1989 One-Hour Postal Racewalk drew 274 participants, including 111 masters men and 60 masters women. Outstanding masters performances were led by Californians Larry Walker and Jo Ann Nedeo — TAC's Masters Racewalkers-of-the-Year in 1989.

Walker, 46, walked 13,248 meters (eight miles, 408 yards), while Nedeo set a new age-46 national record by covering 11,278 meters (seven miles, 14 yards).

Masters team medals were awarded in 10-year age-groups, with the New England Walkers edging Potomac Valley, 33,806 to 33,503.

The event should see continued explosive growth and I encourage all walkers to participate. I'm turning the coordination of this event over to Gery Kiss of the Shore AC. Contact him at 18 Rutland Place, Easton, NJ 07724, 201/542-1779.

Write On Continued from page 4

Racewalking Rules

I have a third option to offer in reply to Connor Johnston's suggestion that the straight-knees rule be reviewed. It seems to me that the 82-year-old Johnston does walk with straight legs — straight for him. Some walkers have knee joints that bow backward. Some naturally lock in an up-and-down straightness. Some have injuries or disabilities that alter the typical straightness of the leg.

Why not ask for medical proof at the time of entry and issue a colored ribbon to the disabled walker to identify him or her to the judges. The ribbon could be pinned on the problem side of the body.

I'm for encouraging walkers of all ages and abilities. Why drive them away from racewalking? Who knows? Our rigidity could eventually earn one of us a permanent DQ from the sport we love.

Don Pierotti

at Pomona College in the 1930s. At age 69, he took up throwing weights and competed in the World Games in Puerto Rico and Eugene. Don was loved for his friendly attitude in competition as well as his famous home-baked cakes that he brought to each masters meet for any competitor who desired nutrition refreshments to enhance his throws. We've all lost a friend.

Bill Rangert

Corona del Mar, California

RACEWALKING RULES

I propose staging a non-competitive walking event for anyone attending WAVA Championships — especially those who want to participate but are unable (due to physical infirmities or lack of skill) to racewalk in competition.

I judged the men's 5000-meter walks in Eugene, and it broke my heart to disqualify some of the age 80+ participants, some of whom I knew as bona fide competitors years ago.

Also, it seems that people who want to enter something — sometimes as first-time participants — are attracted to the race walks and the marathon.

Beverly LaVeck

TAC Masters Race Walk Coordinator

Seattle
3rd Time's a Charm for USRA Masters Circuit

While the accolades continue to roll in from the Naples USRA Masters Circuit National Championship and the Circuit's second season, it is not the time to rest on our laurels. With the sport of masters racing now virtually a year-round season, there's little time to rest as we have been working feverishly lining up events and sponsors for the coming year. With "opening day" this month at the Nissan Shamrock 8K in Virginia Beach and the second event just a week later at beautiful Myrtle Beach, a few updates are in order as the enthusiasm builds for the 3rd season of the USRA Masters Circuit.

Circuit format: "If it ain't broke, don't fix it" is the 1990 season's theme as the athletes appear to heartily endorse the current USRA Masters Circuit format. Runner's World will again compete in 14, 5-year age groups through 70 years and over. Winners will be determined at season's end from totals of their 5 "best" finishes, with scoring again on a 1st thru 10th basis with first place = 10 points, second = 9, third = 8 etc. thru 10th = 1 point. The number of events on the Circuit will likely increase to 25 with an emphasis on trying to obtain more west coast participation. The goal is to have a geographically balanced distribution of events so any athlete can reasonably travel to a minimum of five circuit events.

Prize Purse: The USRA Masters Circuit is committed to having the largest "circuit purse" in running, both open and masters. The ARRA circuit, in its 9th year, offers a $12,000 grand prize purse, while the USRA's prize purse has been greater than this the past two years and Circuit officials have guaranteed it will continue to be higher.

There has also been considerable interest in the Sorbothane Age-Graded Rankings program, launched last year. Sorbothane is close to an agreement with Circuit officials to continue supporting the popular program. The USRA Masters Circuit will definitely not switch to awarding its prize purse entirely to an age-graded basis, as has been suggested by some athletes. The USRA supports the concept and hopes to see its acceptance grow in 1990.

Sponsors: Circuit representatives were recently in Japan to meet with Japanese companies interested in U.S. running. With the Japanese interested in the World Veterans Games movement, the successful USRA Circuit is certainly a natural. The Circuit is still committed to international expansion with not only Japan, but Canada, Australia and Great Britain among the possibilities.

But unlike the past two seasons, it appears that final sponsor agreements with races will be complete until the season is underway but Circuit officials are enthusiastic about the interest from sponsors.

Events: At press time a number of USRA Masters Circuit events confirmations were being finalized so we hope to present a more complete schedule next month. Joining Nissan Shamrock 8K and the Myrtle Beach Classic 10K for certain, are the Hospital Hill Half Marathon in Kansas City (June 3), Utica Boilermaker 15K (July 8), Crim Road Race 10 Mile (August 25), Myriad Gardens 10K (October 6) and Charlotte Observer 10K (January 5). There is still time for events that have not had contact with the Circuit to apply through the USRA Masters Circuit office in Florida at (407) 647-2918.

USRA Masters Circuit Happenings...

The 1989 cancelled Colonial Half-Marathon may make a return to the calendar in 1990. Frank Shorter has re-signed with Sorbothane as a spokesperson and will continue to appear in their ads... Lydiac, the New Zealand-based shoe company with Rod Dixon as its spokesperson, has delayed its U.S. introduction until the fall of 1990...

Despite a disappointing loss at the Commonwealth Games, don't totally count Kiwi Rod Dixon as its spokesperson, has delayed its U.S. introduction until the fall of 1990...

"Opening day" is officially 37 when it comes time to divvy up its $3500 masters purse... How about the unknown Englishman who slipped in to a low-key Orlando Road race and ran 15:04 for 5K? It won't be the last time this year we hear of stellar performances from the "just turned 40 ranks..." Keep an eye on the May 28 new Charleston (WV) Marathon, with former Distance Run chairman Tony Gallo as director... The Mountaineer State keeps rolling with the April 22 Cabell Hospital Run in Huntington, Elby's in May, Thomas Memorial Run in July, Parkersburg Half in August and the Distance Run Labor Day weekend... First Bank of Minneapolis has pulled the plug on its $150,000 sponsorship at Twin Cities while Pillsbury remains uncommitted for '90...
Masters Health and Fitness
by CARL V. FLOWERS II, O.M.D., L.Ac.

Thrower's Elbow

One of the more common injuries to a thrower’s arm is Medial Epicondylitis or what I will call Javelin Elbow, as this event seems more commonly affected. In other sports it is called “pitcher’s elbow” or “forehand tennis elbow.” It is an irritation or tearing of the tendinous connection of the medial or inner epicondyle of the humerus.

This injury is almost always the result of overuse of the elbow and arm. The repetition of the throwing motion forces the joint to open creating stress on the tendons of the flexor pronator muscle group eventually creating a tendinitis condition. As it is an overuse problem it affects older throwers more frequently and men seem to be more affected than women.

Unlike “tennis elbow”, where the tenderness is at the outer elbow and poor mechanics is a frequent cause, javelin elbow can occur in throwers with good mechanics who have simply thrown too much.

As previously mentioned, pain from this injury is located in the medial elbow area and in some instances can also affect the ulnar nerve causing pain to radiate down the arm to the little and ring finger. In very severe cases the bone in the joint can actually chip off creating “joint mice” which could lead to a locking of the elbow if they become trapped in the joint itself.

Initial treatment as in all overuse injuries is rest and ice for a few days. Acupressure massage is useful on any tender point in the area as well as the elbow point on the hand (located on the outside of the second knuckle of the little finger). Acupuncture is effective to reduce inflammation and increase circulation and reestablish the smooth energy flow through the area.

Homeopathic remedies of use may include: Arnica (initially and especially if there is a bruised feeling); Rhus Tox (if pain is worse on first movement or if there is hot, painful swelling in the joint); Symphytum and/or Ruta Grav (specific remedies for tendons and joints) and Hypericum (when the ulnar nerve is also involved). Remedies may be taken 3-4 tablets, 4-5 times a day initially and as the pain abates space the doses farther apart.

Stretching and strengthening exercise may also be done. Stand with the arm extended in front of you at shoulder height. To strengthen, let the hand fall toward the floor with fingers pointing down and gently press against the back of the hand to bring it toward you. To stretch these muscles, begin with the arm in the same position except the wrist is up with fingers toward the ceiling and gently pull back against the palms.

Healing times for this injury can be as short as 2-3 weeks in mild cases to over 6 weeks and possible surgery in severe cases with joint mice. As with all injuries, if your self-help measures are not responding in a few weeks, seek the help of a qualified health care professional.

(Dr. Flowers is a masters long jumper and Acupuncturist practicing in Santa Monica and Irvine, Calif. If you have any questions about musculoskeletal injuries or suggestions for topics to be addressed in this column, write to Dr. Flowers, National Masters News, Box 2372, Van Nuys, CA 91404.)

Three Records Set in Brown Meet

Jim Gilchrist leaped to a new world indoor M60 high jump record of 5-4½ (1.63m) in the Brown University Meet in Providence, R.I. on January 14, breaking Gordon Sieffert’s mark of 5-2½ (1.59m).

Roger Pierce ran a fast 23.7 to better Ron Taylor’s official world indoor M45 record of 24.2 for 200 meters (a 23.5 is pending). Pierce’s 6.5 in the 55m dash set an unofficial world M45 best for the distance. Both times were the fastest of the day.

Henry Zachman ran the 800 in 3:44.6 to post an M80 world indoor best. Al Swenson was a double M40 winner in the mile (4:34.5) and 3000 (8:58.5) while Linda Upton, W45, recorded the best women’s time in the 800 with a 2:31.6.

Cliff Blair, national M55 hammer champion in 1987, now in the M60 group, threw the weight 56-2, while Dick Ruquist, (M50, 7:42.6) and Carole Naser (W30, 8:40.0) had the best times in the mile walk.

Gilchrist’s effort gave him the best age-graded performance (93.6%) of the meet, with Pierce’s 200 second best (91.7%).
The International Scene

Report on the Survey of Competitors at the WAVA World Championships in Eugene

by ALASTAIR LYNN, Secretary, WAVA

INTRODUCTION

The WAVA Council and the WAVA General Assembly try to manage Veterans' Athletics to the best of their ability. However, the Council felt that input from competitors in the World Veterans Championships in Eugene would be a most useful additional source of information. It was therefore decided to design a short questionnaire which every competitor in Eugene would receive. 681 completed questionnaires were returned and the comments in this report are based on analysis of this data.

The ideal way to conduct a survey among veteran athletes would be some form of random sampling within each country. The costs and logistics associated with such a procedure are well beyond the financial capability of WAVA. In going the much less expensive route that we took, we inevitably run into technical reporting problems.

Firstly, there will be some bias in that only people who feel strongly about certain issues are likely to respond. Secondly, the questionnaire at Eugene was only in English. However, despite that, about 9% of replies were from non-English speaking countries.

We have received different numbers of replies from different geographical groups, the data were "weighted" according to the number of competitors each Region had at the Championships. For example, 421 replies from North America were received or about 62% of the total replies. North American entries constituted about 47% of the total entries at Eugene and therefore each response from a North American competitor was "weighted" by 0.765 so that the North American share of the "weighted" answers was 322 (47%). All other regions were "weighted" up. There were 57 replies where the competitor's country was not given and these replies received a neutral weight of 1.00.

It is important to realize that weighting only affects the overall total; it does not affect how the percentages work out within the Region as all replies within the region receive the same weight.

31% of the replies were from female competitors and 69% from males, with a good distribution by age for both sexes.

RESULTS

Q.1 - More and more people are competing in the WAVA World Veterans Championships. While this is a very good sign for the Veterans' movement, it makes it difficult to complete the Championships within a 10-11 day period. Looking forward to future Championships, how would you suggest WAVA deals with the ever-increasing entry? Should we:

- Extend the Championships to 12-14 days?
- Drop one of the non-competition days?
- Introduce qualifying standards for participation?
- Or have you some other ideas? (write in)

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Female</th>
<th>Male</th>
<th>Europe</th>
<th>North</th>
<th>Oceania</th>
<th>Americas &amp; Rest</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop one of the non-competition days</td>
<td>50.1%</td>
<td>49.5%</td>
<td>50.6%</td>
<td>46.6%</td>
<td>54.0%</td>
<td>51.1%</td>
<td>35.9%</td>
<td></td>
</tr>
<tr>
<td>Introduce qualifying minimal standards</td>
<td>37.8%</td>
<td>33.5%</td>
<td>39.7%</td>
<td>52.3%</td>
<td>34.8%</td>
<td>22.6%</td>
<td>47.1%</td>
<td></td>
</tr>
<tr>
<td>Extend Championships to 12-14 days</td>
<td>23.7%</td>
<td>24.3%</td>
<td>23.2%</td>
<td>25.0%</td>
<td>20.8%</td>
<td>30.1%</td>
<td>20.8%</td>
<td></td>
</tr>
</tbody>
</table>

Half the respondents felt that the solution would be to drop one of the non-competition days. There was a fairly even response over all the regions, both sexes and the various athletic interests. Whilst this is an option it would make the holding of the various meetings such as stadia, non-stadia, regional, Women's and the various regional competitions much more difficult to organize and the General Assembly that much more difficult to run.

Close to four in ten (37.8%) suggested that qualifying standards be adopted in order to qualify to enter the Championships. There may come a day when such a move will be forced on WAVA because of increasing numbers but it would surely make a fundamental change in the appeal and objectives at the WAVA Championships.

Nearly one quarter (23.7%) felt that the Championships be extended to 12-14 days. In future, this may be the most practical and fairest way of dealing with increasing numbers.

No other suggestion achieved 5% or more of the answers; the nearest to that figure was to limit the number of events per participant but at 4.4% this was not particularly popular.

The considerable differences between the regions on qualifying standards seems to be consistent with the regional attitudes to standards for the awarding of medals (see below). Amongst the various athletic interests, the throwers (45.9%) and jumpers (44.3%) were the most enthusiastic about qualifying standards to enter the Championships.

Q.2 - Should an athlete have to achieve a minimum standard in order to win a medal in the WAVA World Veterans Championships?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Female</th>
<th>Male</th>
<th>Europe</th>
<th>North</th>
<th>Oceania</th>
<th>Americas &amp; Rest</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>59.5%</td>
<td>55.9%</td>
<td>60.9%</td>
<td>75.0%</td>
<td>53.7%</td>
<td>55.6%</td>
<td>50.9%</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>38.5%</td>
<td>40.3%</td>
<td>37.6%</td>
<td>22.7%</td>
<td>44.1%</td>
<td>41.4%</td>
<td>49.1%</td>
<td></td>
</tr>
<tr>
<td>No answer</td>
<td>2.0%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The major difference between Europe and the rest of the world; this is consistent with the willingness of the Europeans to see qualifying standards for entry. However, a majority of competitors from all regions approved the use of standards in awarding medals. The only athletic group falling below 50% approval were the throwers (46.8% approve).

In view of the fact that almost four in ten (38.5%) do not want medal standards the WAVA Council's decision to see medal standards for the third place medal if only 3 competitors, the second place medal if only 2 competitors and the first place medal if only 1 competitor, thus taking into account competition as well as absolute performance, is probably a sensible compromise.

Q.3 - It has been said that the starting age for Veterans should be the same for men and women. Do you agree or not?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Female</th>
<th>Male</th>
<th>Europe</th>
<th>North</th>
<th>Oceania</th>
<th>Americas &amp; Rest</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>73.0%</td>
<td>82.5%</td>
<td>68.8%</td>
<td>63.6%</td>
<td>77.3%</td>
<td>72.2%</td>
<td>77.4%</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>26.0%</td>
<td>15.5%</td>
<td>29.5%</td>
<td>35.3%</td>
<td>20.5%</td>
<td>27.8%</td>
<td>20.8%</td>
<td></td>
</tr>
<tr>
<td>No answer</td>
<td>1.4%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

There can be no argument about these figures! Clearly this is an area which the WAVA Affiliates should consider before the Turku General Assembly (as was agreed at the Eugene General Assembly).

All people agreeing that the starting age should be the same were then asked:

Q.4 - If 'Agree': If you think that the ages should be the same how do you think this should be done?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Female</th>
<th>Male</th>
<th>Europe</th>
<th>North</th>
<th>Oceania</th>
<th>Americas &amp; Rest</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowering the men's age to 35</td>
<td>24.2%</td>
<td>23.5%</td>
<td>24.9%</td>
<td>28.6%</td>
<td>19.3%</td>
<td>32.3%</td>
<td>24.4%</td>
<td></td>
</tr>
<tr>
<td>Raising women's age to 40</td>
<td>75.2%</td>
<td>76.5%</td>
<td>74.5%</td>
<td>71.4%</td>
<td>80.3%</td>
<td>66.7%</td>
<td>72.2%</td>
<td></td>
</tr>
<tr>
<td>No answer</td>
<td>0.6%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Clearly the feeling among the respondents was that "Veteran's life begins at forty". In the writer's opinion changing from 35 to 40 threshold age for women Veterans is not that easy, bearing in mind the many fine athletes already competing in the W35 age group. However, that is a matter for democratic discussion within each WAVA affiliate with a possible constitutional proposal to be debated at the next WAVA General Assembly.

Q.5 - What do you like best about the WAVA World Veterans Championships? (write in).

There were many points raised - surely in itself a compliment to the organization and spirit of Eugene.

- Friendship/Fellowship/Camaraderie: 23.1%
- Meet athletes from all over the world: 19.9%
- High level of competition/feels like Olympics: 17.8%
- Friendly/relaxed competition/atmosphere/friendly: 16.6%
- International competition: 12.1%
- Make friends/see old friends: 11.7%
- Everyone can compete/open to all: 9.0%

You will notice the vein of friendship which runs through these answers. The organizers of WAVA's eight World Championships - held in several continents - can be proud!

Q.6 - And what do you like least about the WAVA World Veterans Championships? (write in).

The success of Eugene may well be measured in that four in ten of the respondents (40.6%) had no critical comments to make. The "least liked" comments continued on page 20
16 Months To Go

Countdown to
Turku

Land of the Midnight Sun

by PIRKKO MARTIN

It was exquisite to read Hal Higdon’s article (September NMN) on his pleasant memories of Turku, Finland. It is my pleasure to inform you that the Sauna he mentioned is still functional and everyone is invited to bathe in it during the IX World Veterans Championships next year in Turku from July 18-28. The Sauna was erected in 1940 and was totally renovated two years ago.

There are about 160,000 citizens in Turku, or about 200,000, if we include the nearby cities of Kaarina and Leningrad, only a 200km (313 mile) journey. If you wish to admire the midnight sun, you can use one of the daily services to Lapland, the land of Santa Claus.

More details will be forthcoming. Meanwhile, I wish you success in your competitions, and hope to see you in Turku next year.

(Pirkko Martin is one of the directors of the IX WAVA World Veterans Athletics Championships. The preliminary schedule and detailed information are on pages 24-25. NMN will provide regular updates on the Championships in this column. — Ed)

Report from Britain

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

Tony Ross was first vet and 10th overall in 30.28 in the Metropolitan League X-C at Parliament Hill Fields, December 16.

After a two-month layoff, Mick Hurd, 44, returned to action with a 52.23 in the Fareham 10-Miler January 28, besting Abbi Pellett, Tecwyn Davies, and Martin Duff.

The winter storms have played havoc with U.K. road times in recent weeks, but Keith Penny, one day short of his 40th birthday, clocked 51:10 in the Canterbury 10-mile, as his wife Glynis (39 on race day) won the women’s section in 57:16.

Vets Andy Holden and World Veterans 10K road champion, Alun Roper, both finished high up in open-country races.

Maurice Morrell, British javelin champion at age 21 and M45 steeplechase gold medal winner in Eugene last year, was elected president of the Wirral AC.

The National Veterans Cross-Country Championships will be held at Wormwood Scrubs in West London on March 11.

Report on the Survey of Competitors in Eugene

Continued from page 19

ments were made up of many comments mostly scoring in the range of 2-3%. The highest individual comment was “lack of qualifying standards/unfit participants” at the 4.8% level.

Q.7 - What are your ideas for improving the Championships?
Over half (52.6%) felt that there were no improvements necessary or that the Championships should “stay as good as Eugene.”

Only two comments were raised by more than 5% of the respondents:

<table>
<thead>
<tr>
<th>Have qualifying standards</th>
<th>5.7%</th>
<th>4.9%</th>
<th>6.1%</th>
<th>13.1%</th>
<th>3.1%</th>
<th>3.0%</th>
<th>3.8%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Re-schedule specific events</td>
<td>5.4%</td>
<td>6.8%</td>
<td>5.0%</td>
<td>5.7%</td>
<td>4.7%</td>
<td>6.8%</td>
<td>5.7%</td>
</tr>
</tbody>
</table>

The throwers (8.9%) and jumpers (8.7%) were again the strongest athletic groups in favor of qualification.

Changing medal standards, which had appeared to be a hot issue before the Championships, only rated 1.9%.

Q.8 - Would you rather be called a Veteran or a Master or is there some other name which you think is more appropriate:

<table>
<thead>
<tr>
<th>Prefer:</th>
<th>Total</th>
<th>Female</th>
<th>Male</th>
<th>Europe</th>
<th>North America</th>
<th>Oceania</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veteran</td>
<td>34.8%</td>
<td>24.8%</td>
<td>39.3%</td>
<td>55.1%</td>
<td>14.6%</td>
<td>6.9%</td>
<td>9.4%</td>
</tr>
<tr>
<td>Master</td>
<td>55.7%</td>
<td>63.6%</td>
<td>52.3%</td>
<td>34.1%</td>
<td>75.5%</td>
<td>7.8%</td>
<td>79.2%</td>
</tr>
<tr>
<td>Other</td>
<td>6.1%</td>
<td>8.7%</td>
<td>5.2%</td>
<td>9.7%</td>
<td>5.0%</td>
<td>5.3%</td>
<td>5.7%</td>
</tr>
</tbody>
</table>

The 55.7% overall for “Masters” is clearly a reflection of the North American love affair with that term; (understandable in that “Veterans” has a distinct military connotation in North America).

However the Eugene General Assembly voted massively against changing the WAVA title to include Masters (i.e. WAMA instead of WAVA) reflecting the
Japan to Bid for 1993 World Championships

Japan will definitely bid for the 10th WAVA World Veterans Athletics Championships, according to Kiyoshi Kounoike, Chairman of the Nippon Masters Athletic Union. "I just returned from a trip to Miyazaki Prefecture (state) to meet the governor and other officials concerning the 1993 Championships," Kounoike told NMN. "We are now sure Miyazaki will bid for the Championships."

The city of Miyazaki is the government seat of Miyazaki Prefecture, which is located on the island of Kyushu, the southernmost of Japan’s four main islands. It is about 600 miles southwest of Tokyo.

The General Assembly of WAVA will determine the site of the 1993 event at its biennial meeting in Turku, Finland — site of the IX Championships — on July 24, 1991. At that time, bids will also be considered for the 1995 Championships.

If the Japanese bid is successful, it will mark the first time that the WAVA World Championships will be held in an Asian nation.

Report on the Survey of Competitors in Eugene

Continued from page 20

voting power of WAVA Affiliates in regions other than North America.

Q.9 - In previous Championships we have held pentathlons for men and women. In Eugene these have been replaced by a decathlon for men and a heptathlon for women. Which do you prefer:

- Pentathlon for men, Pentathlon for women,
- or Heptathlon for men, or Decathlon for men, or Heptathlon for women, or Decathlon for women, or No opinion

Many respondents had no opinion on pentathlon v. heptathlon or pentathlon v. decathlon. For those who had an opinion the figures were:

- Pentathlon for women: 14.0%
- Heptathlon for women: 24.3%
- Pentathlon for men: 14.0%
- Decathlon for men: 30.0%

While the proportions varied somewhat, the majority within each group (Sex, Region, Athletic interest) agreed with the total overall with the exception of the women’s pentathlon v. heptathlon in Oceania & Rest where the figures were:

- Pentathlon for women: 19.5%
- Heptathlon for women: 17.3%

Among women 50 years and over the result was close with 10.3% for the pentathlon and 11.6% for the heptathlon.

Q.10 - Open Track and Field has recently suffered much bad publicity from the use of drugs by some athletes. Do you think that WAVA should introduce drug testing at the World Veterans’ Championships or stay as it is now with no drug testing?

<table>
<thead>
<tr>
<th>Total</th>
<th>Female</th>
<th>Male</th>
<th>Europe</th>
<th>North</th>
<th>Oceania</th>
<th>Region</th>
<th>America &amp; Rest</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduce drug testing</td>
<td>46.2%</td>
<td>45.1%</td>
<td>46.4%</td>
<td>60.8%</td>
<td>43.2%</td>
<td>29.3%</td>
<td>56.6%</td>
<td>10.4%</td>
</tr>
<tr>
<td>No drug testing</td>
<td>53.8%</td>
<td>54.9%</td>
<td>53.6%</td>
<td>39.2%</td>
<td>56.8%</td>
<td>70.7%</td>
<td>43.4%</td>
<td>9.6%</td>
</tr>
<tr>
<td>No response</td>
<td>3.0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>3.4%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

The Europeans came out strongly for the introduction of drug testing although their vote is insufficient to swing the overall figure which comes out at just over 50% against drug testing. As we have observed earlier, the throwers and jumpers tend to have different opinions, with 58.1% and 53%, respectively, being in favor of drug testing.

Any future movement in favor of drug testing would have to take into account the effect of medication which some veteran athletes must take for health reasons, not to mention the logistics and cost of such a program.

The answers to the final question on "other comments" tended to reflect what had already been voted from earlier questions.

BREAKDOWN OF RESPONDENTS

The following figures are actual respondents. As mentioned at the beginning of this report, the respondents were "weighted" by region to represent the regional distribution of entries.

Continued on page 26
INVITATION

TO ATTEND THE

W.A.V.A. NORTH AMERICAN REGIONAL

TRACK AND FIELD CHAMPIONSHIPS

"The Organising Committee of the Trinidad & Tobago Masters extend an invitation to compete in the World Association of Veteran Athletes (WAVA) North American Regional Track and Field Championships and Special Sub-Masters Events.

August 23 – 26, 1990

Port of Spain, Trinidad & Tobago, West Indies"

Competition for Masters and Sub-Masters 30 years and over.

ALL SPORTS PROMOTIONS
58 CARLOS STREET, WOODBROOK, PORT OF SPAIN TRINIDAD, WEST INDIES.

TEL: (809) 628-6028
FAX: (809) 628-3792

Direct US Enquiries to:
SPORTS TRAVEL INTERNATIONAL P. O. BOX 7823 SAN DIEGO, CA 92107 U.S.A.

TEL: (619) 225-9555
FAX: (619) 225-9562

TO BE OFFERED IN TRINIDAD, WEST INDIES

One Great Mondo 400 Meter Track at National Stadium and Mondo Warm Up Area.

All Track Events 100m – 5,000m Plus All Field Events

5,000m Track Race Walk and 20K Road Race Walk

Pentathlon for Men and Women

8Km Cross Country Race with Beach Picnic

25Km Road Run for Men and Women

4 x 100 / 400 Relays for Men and Women

Special Age graded 100M, Run off

World Class Competition with International Entrants

Shuttle Bus Service Between Tracks with various stops for shopping, sightseeing and eating on selected bases.

Automatic Timing

Games Opening Ceremony

Recreation of the 1976 Montreal Olympic Mens 100m Dash Final (Age Graded)

Port Meet Banquet Dinner

Meet all the athletes of Trinidad and Tobago who have medaled at Olympic Games.

Visit Trinidad’s Bird Sanctuary, Pitch Lake at special group rates.

GENERAL INFORMATION

ELIGIBILITY:
Open to all men and women 30 years and older. Age on August 23rd, 1990 determines age and division. Proof of date of birth will be required from all competitors at packet pick-up. WAVA and IAAF regulations limit formal “masters” competition to men 40 and over, and women 35 and over, therefore competition events for women aged 30 to 34 and men aged 30 to 39 will be “sub-masters” events for which special medals will be awarded.

MEDALS:
Championships medals will be awarded to the top three finishers in each division of each event final. All competitors receive a certificate of participation.

ENTRY FEE:
Entry Fee for the first event is US $25.00 and US $10.00 for each subsequent event. Relay entry $30.00 per team.

ENTRY DEADLINE:
All entries MUST BE RECEIVED BY JUNE 1, 1990. Confirmation or entry will be sent by June 30, 1990. If not received by that date call 809-628-4287 For additional entry forms make request to either Sports Travel International or All Sports Promotions.

FACILITIES:
One Mondo rubber 400 meter track, Mondo javelin and jump runways, concrete rings. 6MM SPIKES OR FLATS ONLY.

MEDICAL SUPPORT:
Sports Medicine Association of Trinidad and Tobago, National Stadium.

PACKET PICK-UP:
Athletes may pick up their entry packets at The National Stadium from 8:00 a.m. to 9:00 p.m., August 23rd and August 25th, 1990.
TENTATIVE MEET SCHEDULE

THURSDAY 22 AUGUST 1990
7.30 a.m. Short Put Women All Ages
High Jump Women All Ages
Javelin Throw Men All Ages
5 K M Walk – All M/W
8.00 a.m. 8 K M Cross Country Run with print
FRIDAY 24 AUGUST 1990
7.30 a.m. Pentathlon
7.30 a.m. Shot Put All Men
7.30 a.m. Long Jump All Men
7.30 a.m. Javelin Throw All Men
9.00 a.m. 100 Met. Dash M/W Heats
11.00 a.m. 1,500 Met. Flat M/W Heats
1.00 p.m. Discus Throw Women
1.00 p.m. Long Jump Women
1.00 p.m. High Jump Men
1.30 p.m. 60/100/110 Met. hurdles M/W Heats/Finals
3.30 p.m. 100 Met. Dash Finale M/W
5.30 p.m. 1,500 Met. Flat Finals
7.00 p.m. Games Opening
8.30 p.m. 400 Met. M/W Heats

GROUND TRANSPORTATION

Airports: Round Trip Transfer from Pearson International to hotels is approximately U. S. $45.00 per car based on a maximum of 4 persons.
For groups of four or more persons contact—
All Sports Promotions, Tel: 809-628-4028, FAX: 809-628-3792

Shuttle service will operate between the National Stadium and major housing accommodations as follows:

Type 'A' Bus: Wed. Th., Sat. 6.00 a.m. – 9.00 a.m. 6.00 a.m. – 12.00 a.m. US $10.00 per person plus 15% VAT
Thurs. 6.00 a.m. – 9.00 a.m.
Friday 6.00 a.m. – 8.00 a.m. – 12 noon to 2.00 p.m.
Route Major Housing Accomodations and Stadium
Cost of Pass Valid 22nd to 26th August 1990

Type 'B' Bus: Wed. Th., Sat. 9.00 a.m. – 6.00 p.m.
Route Major Housing Accomodations, shopping malls, selected restaurants, The Savannah and Botanical Gardens.
Cost US $25.00 per person plus 15% VAT
Valid 22nd to 26th August 1990

ACCOMMODATION

In and around Port of Spain there is a variety of accommodation available, from the international hotels to the local bed and breakfast. A partial listing of room rates are as follows:

HOTEL CLASSIFICATION SINGLE OCCUPANCY DOUBLE OCCUPANCY
Deluxe $75.00 $100.00 per person
First Class 61.00 40.00
Moderate 52.00 30.00
Budget 41.00 24.00
Bed and Breakfast 34.00 20.00

The above rates are—
* Per night and in US Dollars
* Subject to 15% Value Added Tax and 10% service charge.
* Inclusive of Breakfast daily
* Subject to a 5% penalty if reservations are received after June 1 1990.

All reservations are to be made to—
All Sports Promotions,
58 Carlos Street, Woodbrook,
Port of Spain, Trinidad.
Tel: (809) 628-4028
Fax: (809) 628-3792

Group rates are available through All Sports Promotions.

SATURDAY 25 AUGUST 1990
8.30 a.m. 5000M Flat Women, Finale
8.30 a.m. Hammer Throw Men
8.30 a.m. Triple Jump
9.30 a.m. 5000M Flat Men Finale
10.30 a.m. 4000M Flat M/W Finale
1.10 p.m. 2000M Flat M/W Heats
1.10 p.m. Hammer Throw Women
3.30 p.m. 800M Flat M/W Heats
5.30 p.m. 200M Flat M/W Finale
7.00 p.m. Recreation of 76-100M Finale
Age Grouped 1000M Dash M/W
8.00 p.m. 800M Flat M/W Finale

SUNDAY 26 AUGUST 1990
6.00 a.m. 25K M Road Run M/W
6.30 a.m. 10000M Road Walk M/W
7.30 a.m. Discus Throw Men
7.30 a.m. Hammer Throw Women
8.30 a.m. 300/400 Met. hurdles M/W
9.45 a.m. 4 x 100 Met. Relay M/W
11.45 a.m. 4 x 400 Met. Relay M/W

ORDER OF COMPETITION

Women before men, oldest to youngest. Timed sections marked by declared 1990/1990 marks. Field events to be scheduled by age group divisions.

Consult final schedule for precise start times for each age group.

COMPETITION ENTRY FORM

Family Name
First Name
Address
City
State
Zip Code

Country

As of August

Male/Female Date of Birth: Month Day Year Age

1st Event Entry Fee

US $25.00 Payment: Bank Draft

Each Additional Event: Number of Events X US $10.00 or Check in US Dollars

Type ‘A’ Bus Fee: Number of Persons X US $10.00 payable to WAVA

WAVA Competition Fee

$5.00

TOTAL (add above items together)

MARK EVENT HERE WITH AN ‘X’

Name of Event

Women’s Age Group

Men’s Age Group

Best Marks 1989 – 1990

Date & Location

100 Met. Dash All Age Groups All Age Groups
200 Met. Dash All Age Groups All Age Groups
300 Met. Dash All Age Groups All Age Groups
400 Met. Dash All Age Groups All Age Groups
800 Met. Run All Age Groups All Age Groups
1,500 Met. Run All Age Groups All Age Groups
2,000 Met. Steeplechase All Age Groups 65 and Older
3,000 Met. Steeplechase – M50 through M65
5,000 Met. Run All Age Groups All Age Groups
25 K M Walk All Age Groups All Age Groups
80 Met. Hurdles W40 and Older M70 and Older
100 Met. Hurdles W50 and W55 M50 through M55
110 Met. Hurdles M60 through M65
300 Met. Hurdles W60 and Older M60 and Older
400 Met. Hurdles W70 through W75 M50 through M55
2 K M Walk X-C All Age Groups All Age Groups
3 K M Walk (Race) All Age Groups All Age Groups
4 x 1000 Met Relay All Age Groups All Age Groups
4 x 400 Met Relay All Age Groups All Age Groups

WAVA

Please send this entry form and fee to:

World Association of Veteran Athletics (WAVA)
North American Track & Field Championships
All Sports Promotions
58 Carlos Street, Woodbrook, Port of Spain
Trinidad, West Indies.

I hereby declare that I am in good health and am property conditioned for the competions and of the stated age.
I absolutely release WAVA, Regional Master Track and Field Championships Organizing Committee, TATMA the organizing non-profit organisation and the corporators owners of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1990 WAVA North American Track Championships.

Signature:

Date:

I certify that the information submitted is true and correct and that the entrant is eligible to compete.

March, 1990

National Masters News
IX WORLD VETERANS

TURKU FINLAND

JULY 18-28, 1991

Tentative Event Schedule

Day

18.7.
Heptathlon W
Decathlon M
Road Race W
Road Race M
Hammer M65+
Hammer W

19.7.
Heptathlon W
Decathlon M
Hammer M40-60

20.7.
100m Dash M Heats
100m Dash W Heats
100m Dash M Semif.
80/100/110m H M Heats
80/100m H W
80/100/110m H M Semif.
800m M50-40 Heats
800m M55-70 Heats
10000m M50+
Pole Vault M
Pole Vault M50+
Shot Put M40-65
Javelin W
Javelin M70+

21.7.
100m Dash M Finals
100m Dash W Finals
80/100/110m M Finals
80/100m H W Finals
800m M50-40 Semif.
800m M55-70 Heats
800m W Finals
3000m M Heats
Road Walk M
Road Walk W
10000m M40-45
10000m W
Pole Vault M40-45
Shot Put M70
Shot Put W
Javelin M40-65

23.7.
200m Dash M Heats
400m Heats M Heats
400m Heats W Heats
800m M Finals
800m W Finals
5000m M
Long Jump M40-60
High Jump M65+
High Jump W
Discus M55+

For your travel arrangements please contact your Travel Agency or your nearest Finnair Office:
CHAMPIONSHIPS

Kaleva Travel

As the official Travel Agency for IX World Veterans' Championships 1991, Kaleva Travel Agency extends a warm welcome for all the Veteran Athletes of the World to Turku, Finland.

We offer you:
- fascinating tours and excursions in Turku and cruises in the unique Archipelago
- 'Midnight Sun' flights to Lapland
- adventurous 'shooting the rapids' tours to East Finland
- tours to historical Leningrad, the city of the Czars
- cruises to idyllic Tallinn, capital of Estonia
- luxurious cruises to Stockholm

FOR ALL RESERVATIONS PLEASE CONTACT:
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Established in 1935, Kaleva is Finland's largest independent travel agency and specializes in business travel. Kaleva has 20 fully licensed sales offices throughout Finland. We also have branches in several large Finnish corporations. Our employees number around 300.
Report on the Survey of Competitors in Eugene

Continued from page 21

Males:
W35 to W45 109 M40 to M45 149
W50 and over 103 M50 to M55 155
total 212 M60 and over 168

Region:
Europe 105 **Athletic Interest:**
North America 421 Track 457
*Africa & Rest 102 Road Running 325
Region Unknown 53 Track Walking 85
region 681 Throwings 122
total 681 Jumps 112

*Mainly Australia & New Zealand

**Competitors can record more than one "Athletic Interest"**

CONCLUSIONS:

Although we must bear in mind that the sub-samples are not large, we have seen some very definite opinions from the 681 competitors at Eugene who returned the questionnaire. In some instances there is a clear difference in attitude between the regions, and between different types of competitors (athletic interest).

I hope that WAVA affiliates will take note of these feelings when considering changes they would like to propose in WAVA World Championships; 2. that the questionnaire is printed in English, Spanish, French, German and Spanish.

I believe that this has been a very useful first step in obtaining input from competitors in the WAVA World Championships. When the WAVA Council meets at Turku this June, I shall recommend: 1. that the survey is repeated at the Turku WAVA World Championships; 2. that the questionnaire is printed in English, French, German and Spanish.

Finally, many thanks to the 681 people who took the time to give us their opinions. Good running, jumping, throwing and walking.

---

Danie Burger Murdered in South Africa

Danie Burger, former African delegate to WAVA and past president of the South African Masters Association, was murdered in an apparent robbery attempt at his home near Johannesburg in mid-January. He was 56.

Apparently awakened at 4 a.m., Burger was reportedly killed with pangas (long knives) by two thieves who escaped with a TV set and other goods. Burger’s four-year-old son was tied up but not otherwise harmed. A suspect has been caught and faces trial.

Burger was one of the early leaders of the world veterans athletic program. He organized the South African Masters and led tours of white and black South Africans to world veteran competitions in the late 70s and early 80s.

He won a gold medal in the 3rd World Veterans Games in Hannover, West Germany in 1979 in the M45 400-meter hurdles. He did not compete in recent World Championships because of the ban on South African participants.

Burger was an outgoing, articulate and popular competitor who will be missed by veteran athletes throughout the world.

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WAVA/TAC Hurdles and Implements Specifications

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<thead>
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<th>WOMEN</th>
<th>MEN</th>
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<tr>
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<td>50 plus</td>
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<th>2.00k</th>
<th>7.26k (16 lbs.)</th>
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<tr>
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<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>600 gms.</td>
</tr>
</tbody>
</table>

*Either "old" or "new" javelin may be used

---

Yes, You Do Have a Choice

Join us for the WAVA Regional Veterans Games
23-26 August 1990 Port of Spain

- Our accommodations are within 1 km from the stadium and in downtown Port of Spain
- Relax and unwind in Tobago after competing
- Entry forms

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Serving the Masters community for over nine years.
Taylor Bests Green in National 5K in Florida

Continued from page 1

ed the finish line first in the masters-only race in 16:31, with Pennsylvania’s Norm Green, 57, close behind in 16:38. New Jersey’s Sam Huckel, 48, was third in 16:59. Each won TAC National Championship gold medals for winning their respective five-year age divisions.

Florida’s Yvonne Rodgers, 47, led all women in 19:24.

Passing mile one, the overall title was up for grabs with a pack of four leading the way. Taylor went by at five minutes, followed by Bob Hans, a Florida high school coach, Huckel and Green.

By two miles in 10:31, Taylor, a banker, widened his lead to 70 yards. But Green, a clergyman, wasn’t about to let the race be stolen.

With a half-mile left, Green was running faster than Taylor, who said after the race, “If I hadn’t heard that guy call your name at those miles, this might have been your race.”

He did, it wasn’t, and a stretch sprint carried Taylor to a seven-second victory.

After several injury-ridden years, Rodgers is mounting a steady comeback. The homemaker never looked back in posting a 44-second win over local favorite, Nina Ehmer (20:08), a new master who’s also seen her share of injuries. Tallahassee’s Mae Cleveland was third and first W50 finisher.

The best age-group competition was found in the M70-74 division. TAC’s 1989 MVP for the group, Nate White of Fayetteville, N.Y., could muster only a third as Florida’s Max Quakenbos broke away from White and Phil Jones in the stretch for the win in 21:58. Regaining his 1988 crown, Quakenbos was 13 seconds better than Jones, a retired California judge, at the tape. White (22:16) was another four seconds back.

Needless to say, Green had the best age-graded performance of the day, with 94.1%. Bart Ross, winner of the M65 title in 20:18, was second with 83.7%.

Florida lived up to its nickname of the Sunshine State with record setting temperatures that would rise to 86 degrees later in the day. But the relatively shady rural loop lessened its effect on the runners.

The event was hosted by Central Florida Masters and sponsored by Alta Vista Fitness Promotions with assistance from the Volusian, Gatorade, DeLand Police Explorers, and the West Volusia Tourism Authority.

—from John Boyle

Stewart Sets World Indoor Masters Mile Record

Continued from page 12

masters meet record time of 4:17.69.

Stewart skipped that race and the rest paid off at the Meadowlands.

In the Millrose race, Mark Winzenreed, the world indoor record holder for 1,000 yards (2:05.1), took the field through a 63 quarter and a 2:09 half. Then he dropped out.

Stewart, running second, took over and moved through a 3:13 three-quarters. "I was leading earlier than I wanted to," Stewart said. "But I knew I had to be first with three laps to go."

The 42-year-old Almberg, who was running on boards for only the second time, accelerated in the last quarter. But he was too far back to catch Stewart. "The difference between running indoors and outdoors is how quickly things happen. I lost Dave for 20 yards right after the half. That was the race."

Almberg Ran Marathons

A school vice principal, Almberg ran a 2:32 marathon in New York City in 1986. "I was doing 10Ks and marathons. Then, this summer somebody talked me into running the mile."

Almberg turned in a 3:53 for 1500 meters (equivalent to a 4:10 mile) in the World Veterans in Eugene, finishing second to Waigwa whose effort lowered the world mark to 3:49.47. A month later, Almberg turned the tables in the Fifth Avenue mile. He bested Waigwa (who was third) with a 4:10.16 clocking and a world masters road record. Those races gave Almberg cause to reconsider his future.

"I said to myself, 'Why do I run so far?'"

The crowd of 16,428 — the third straight year the 17,000-plus seat Garden has not been filled for the traditionally sold-out meet — gave its loudest applause to Kip Keino. The 50-year-Kenyan, who beat Jim Ryun in the 1968 Olympic 1500, was the oldest competitor. He finished last in the eight-man field in 5:05. Later, Keino watched his 17-year-old son Martin get second in the high school invitational mile in 4:16.63. The younger Keino is going to school in Virginia.

Stewart said the 11-lap Garden track did not intimidate him because he has a low center of gravity and because he works out on a board track in Ottawa.

"It is the only indoor facility we have," he said. "I train on it three times a week depending on whether they have a cattle show. That gives me an advantage. I’m used to running on boards and on a track with tighter turns. Our track is 13 laps to the mile so a track with 11 laps (the size of the Garden oval) is a lot of room for me."

Winners Earn $1000

The winner of each of the three miles received $1000. At Millrose, second and third places were also worth $600/$400. Stewart picked up another $1000 for breaking the world record at the Meadowlands, and was given a Panasonic Camcorder for setting a new meet record at Millrose. Boit and Keino’s expenses from Kenya were picked up by Runner’s World and the three meet directors.

Stewart said he plans to switch to road races this spring, pointing for the Red Lobster race in Florida and a race at Virginia Beach, Va. After that, he will train for another “good mile” at the New York Outdoor Games which Fred Lebow will stage July 29 at Columbia University’s new world class track at Baker Field at the tip end of Manhattan.

Stewart, who did his varsity running at Miami of Ohio, said he feels he can get down to 4:08, his college time. But he will have tough competition. In addition to Waigwa and Boit, Rod Dixon runs 40 a few weeks before the meet and is expected to be invited.
**NATIONAL**

- Dixon Farmer, director of the 1989 TAC National Masters T&F Championships in San Diego, is now coaching in Minneapolis, and has offered to host the 1991 National Masters Indoor Meet, reports Scott Themels, TAC National Masters Indoor Meet Coordinator. New England may also be interested. A decision will likely be made by those attending the meeting at this year’s Indoor Nationals in Madison, WI on March 24-25.


- Topping the 1989 male earnings list was a masters runner — John Campbell, 40, of New Zealand. Campbell’s 1989 total of $84,700 was $24,000 more than the next-highest earner: Juma Ikangaa of Tanzania ($65,556), Norway’s Ingrid Kristiansen led all women runners: with $15,139. Princess Welch topped the masters women with $29,080. (See complete masters list on page 17).

- Young is suspending publication of his newsletter for lack of time. If anyone else is interested in continuing with his research, call him at 602-621-6840.

- Barbara Kosky, Chairman of TAC’s Masters T&F Committee, announced the following appointments: Women’s Coordinator: Christel Miller, Secretary: Marilyn Mitchell; Midwest Sectional Coordinators: Bill Butterworth and Tom Wesselowski; Southeast Sectional Coordinators: Phil Mulkey and Phil Rascher.

- A new Mercedes-Benz 190E sports sedan was awarded to the first 5K runner to return in 1989, as was $5,000 — the highest to date — to city or woman masters runner who wins the New York City Marathon and at least one of two pre- and post-Coastal round-trip events — the Los Angeles Marathon and the San Francisco Marathon. Mercedes-Benz is a major sponsor of all three marathons, scheduled for March 4 in Los Angeles, July 1 in San Francisco and November 4 in New York.

- Henley Gibble has been named Interim Executive Director of the 150,000-member Road Runners Club of America (RRCA). The post is the first full-time paid administrative position of the RRCA, which has its headquarters in Alexandria, VA.

- An athlete who asks to be excused from drug testing due to retirement from or injury must stay out of the sport for two years, according to TAC, TAC’s year-round, out-of-competition drug testing program went into effect last October 2. Seventeen athletes — all of whom perform at the top 15 in their events — are selected randomly each week for testing. No masters athlete is being tested unless he or she ranks among the top 15 open competitors.

- Copies of Indoor Track ‘90 are available. Edited by Hal Bateman and Gordo Gordon, the book is 289 pages and covers open events only. Send $10 to TAC, PO Box 120, Indianapolis IN 46206.

- To qualify for the 1992 Olympic Marathon Trials, a man must run 2:20; and a woman must run 2:45.

**EAST**

- John Serrao, 40, of Tobyhanna, PA, posted the best time (4:30:13) in heats in the 23rd Annual Harshorne Masters Mile, the oldest in the U.S., at Cornell U., Ithaca, NY. Susan Comp ton, 44, of Brooktondale, NY, was first W40 in 5:40.8.

- Bill Hart, 41, in 35:22; and Jane Milspaugh, 42, third woman overall of 300, blew to masters firsts in the NYRR North Wind 10K, Central Park, NYC, January 13.

- Edgar Sandowal, 42, with a 1:10:00; and Sylvia Kimche, 43, in 1:08:52, took 40+ victories in the NYRR Frostbite 10 Miler, Central Park, NYC, January 21. Lisa Praskins, 55, won the W55 race with a fine 1:12:09; and Vince Carnevale, 73, showed the M70 competition a 1:20:05 win.


- Over the past year, the Boston Athletic Association Running Club (BAARC) has put together one of the better masters programs in the country. In 1989, its members have competed in seven indoor track meets. Two set new world records: Roger Pierce (M45 200) in 23.4 at the Dartmouth Relays on January 5; and Bill Stevens (M50 800) in 2:02.4 at the GBTC Invitational on January 28. Linda Upton set the American M45 indoor record of 67.3 in the 400. At Dartmouth, the BAARC had 35 individual masters performers and came away with 23 firsts, four seconds and three thirds; and in Boston, their 4x200 relay team. Dan Frye won the masters mile in 4:23.3 (92.0%) at the N.E. Invitational on January 21 and came back to run a 2:32.5 10K in the GBTC meet. Pierce ran a 52.7 (92.9%) 400. At the Millrose Games, a BAARC team of Pierce, Joe Kopka, Gary Anderson and Stevens won the masters mile relay in 3:41.72, beating the Shore AC and N.Y. Pioneers.

- Herb Townsend, 51, and Judith Rodgers, 41, were winners overall in the TAC-sanctioned Great Valley Marathon, Chambersburg, PA, on January 21. Townsend’s 2:51:39 led the men finishers, and Rodgers’ 3:14:54 was best of the seven women finishers.

- Alan Oman (40, 1:09:14) and Cheryl Ralya (43, 1:23:53) nabbed 11th place finishes in the NYRRC 20, of the 699m and 178m who completed the course in Central Park, NYC, January 28.

**SOUTHEAST**

- Bob Schau, Laura Binder, Victor Mora and Priscilla Welch are entered in the Red Lobster 5K, March 3 in Orlando, FL. The race is offering $50,000 in prize money plus bonuses for masters course or world records.

- Schau, Weil, Bill Rodgers, Gabriele Anges, Byron Dye, and a few of their peers, are among too many seniors slated for the Carnival Miami 8K on March 10. Over 4000 runners will compete in the largest road race in South Florida.

- Dave Compton, 48, claimed the masters crown in the Detroit Sprint Half Marathon and DeField, 45, placed 4th with a 40:00 in the runners Den/Y95 10K, Phoenix, AZ, February 4. Gordon Foster won the M50 division in 37:04.

- The Masters Division of the Mt. Sac Relays, scheduled for July 23, has been canceled. "We simply don’t have the manpower this year to handle it," said Mt. Sac’sErnie Gregwa, “since we’ve been able to host our conference meet on the 28th.”

- The masters section of the Eugene Indoor Meet scheduled for December 3 was canceled.

**MID AMERICA**

- Jim Hershberger, 58, famed Kansas sportswriter and marine oil millionaire, is on trial in Wichita charged with 37 counts, mostly bank and mail fraud. The prosecution alleges Hershberger directed all of his now defunct Petroleum Energy Company’s fraudulent acts against investors. Salvationist because he is a businessman, his greatest worry was not of those acts and that he was duped by company vice president Dyrk Dahl. Hershberger, who has a maximum of 185 years in prison, a $2.2 million fine and a requirement that he reimburse investors. Hershberger also is being sued by investors in a separate civil lawsuit. Dahl testified that in a 1989 MVP athletic contest Hershberger sponsored, Dahl was ordered by Hershberger to fix the contest by giving a 28-year-old gold medalist “a piece of work.” Wottle won the contest and collected the prize money, Dahl said. The defense has alleged that the government is out to get Hershberger with a “big fish,” an unscrupulous businessman who once considered running for governor. The 1982 National Masters T&F Championship events were held on the Jim Hershberger Track at Wichita State University.

**WEST**

- Clarence Killion, M70 sprinter from California, had heart surgery last May but is back in training.

- George Polonius, M75 sprinter from Bakersfield, CA, isn’t competing for a while due to further hip degeneration. He was recently elected a member of the Kern County Sports Hall of Fame.

- Benton Rogers, M50 sprinter of Huntington Beach, Calif., has also been elected to the Kern County Hall of Fame and was installed in a ceremony at the Bakersfield Civic Auditorium on February 21.

- The Sportarcade V meet, scheduled for Cal-State Northridge on March 11, has been switched to UC Irvine for the 5000.


- The Masters Division of the Mt. Sac Relays, scheduled for July 23, has been canceled. We simply don’t have the manpower this year to handle it," said Mt. Sac’s Ernie Gregwa, “since we’ve been able to host our conference meet on the 28th.”

**NORTHWEST**

- The masters section of the Eugene Indoor Meet scheduled for December 3 was canceled.

- The masters section of the Eugene Indoor Meet scheduled for February 3 drew 68 athletes from as far away as New Mexico. It was a well run, low key meet on a new 150-meter track. The meet was well officiated by volunteers from the Oregon Track Club and the Oregon Track Club Masters. The meet is held early February.

- Tom Gage, of Billings, MT, “a 72 Olympian and winner of the M45 WV Games hammer in ’89, won the 3S5 weight throw with a 57-7 in an open all-comers meet at Montana State’s Breeden Fieldhouse in Bozeman, February 3.

**INTERNATIONAL**

- The next IAAF Committee meetings will take place during the European Championships in Split, Yugoslavia, August 27-30. The World Championships were held in Tokyo, Japan, September 1, 1990. Racewalkers hope that something will come of those meetings regarding race walking rules and their uniform interpretation and application by race walking judges.
March 4. TAC/USA National Masters Indoor Pentathlon, Birmingham H.S., Los Angeles. (Held outdoors, but with traditional indoor events). Doug Douglas, 8828 Pershing No. 311, Playa del Rey 90293. 213/825-3625 (h); 213/825-1622 (o).


November 27-December 1. 12th annual TAC Convention, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46206. 317/261-0050.

SOUTHEAST

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


May 26. (Memphis) June 23 (Knoxville). June 2 (Nashville and Chattanooga); Tennessee State Masters (open to Tennessee residents only). Sportfest, 800-33SPORT.


June 10. Atlanta Masters Meet (formerly Southeast Secholmasters), Atlanta, Julia Elmo­ nons, Atlanta TC, 30972 Shadowlane Ave., Atlanta GA 30305.


July 22-23. Tennessee Masters Championships, Univ. of Tennessee, Knoxville. Dean Waters, 122 Newport Dr., Oak Ridge, TN 37830. 615/483-7743 (h); 615/576-0307 (o).


SOUTHWEST

Louisiana, Mississippi, Texas.


March 31-April 5. Houston Senior Olympics, Houston, JCC of Houston, 5601 S. Westheimer, Houston TX 77094. 713/729-3200.


July 16-18. TAC Southwestern Sectional Championships, Mississippi State U., Miss. State, Miss. Al Schmidt, P.O. Box 5327, Miss. State, MS 39792. 601/325-2892.

WEST

Arizona, California, Hawaii, Nevada, New Mexico.


April 29. Mr. Masters Meet, Walnut, Calif. 213/489-6174. (w) 213/489-6174. (o)

May 13. 5th Annual California State Team Championships, Fresno State U., Fresno, Calif. Open and masters. Marvin Thompson, 2301 Hyeron Ave. #8, Los Angeles CA 90027. 213/666-7341.


June 9. TAC Pacific Association Open and Masters Championships, Los Gatos H.S., Los Gatos, Calif. Wilie Hartzam, PO Box 1328, Los Gatos CA 95031. 408/354-5660.

June 18-20. TAC Masters Championships, Occidental College, Los Angeles. Woody Studenmund, 125th Clubhouse Drive, Pasadena, CA 91105. 818/799-5991 before 9 p.m.


August 11-12. 2nd Annual Hawaiian Inter­ masters, Honolulu Memorial Stadium, Wailuku, Maui, Hawaii. Youth, open masters. Marvin Thompson, 2301 Hyeron Ave. #8, Los Angeles CA 90027. 213/666-7341.


Continued on page 30
NORTHWEST

June 2. 7th annual Volcano Classic, St. Helens H.S., St. Helens, Oregon. Emil Torquato, 28 Sunset Place, St. Helens OR 97031. 503/397-4102.


April 1. Nike Cherry Blossom 10-Mile, Washington, D.C. SASE with birthdate and SSN to P.O. Box 884, Middletown, MD 21769.

April 8. MDA-Boston Milk Run 10K, Boston, Mass. DMSE, 430 C Salem St., Medford, MA 02155. 617/396-3011.


May 13. 2nd annual Nike Women's Race, West Potomac Park, Washington, D.C. Box 134, Mount Vernon VA 22211. 703/780-7307.


August 11. 10th annual Asbury Park Classic 10K, Asbury Park, N.J. P.O. Box 2287, Ocean Township, NJ 07712. 201/922-9479.


INTERNATIONAL


INTERNATIONAL


November 2-4. 5th WAVA Oceanic Games, Auckland, New Zealand. Men 40+, Women 35+, Fifth Oceanic Oceania Championships, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0604 8 837-0154.


LONG DISTANCE RUNNING NATIONAL

March 8-11. RRCA National Convention, Miami Beach, Fla. Miami Runners Club, 7920 S.W. 40th St., Miami FL 33155. 305/227-1300.


EAST


April 1. Wolfpack 5 Mile and 20 Mile, Whestone Park, Columbus, Ohio. John White, 614/459-2474.

ON TAP FOR MARCH

TRACK & FIELD

Indoor competition peaks on the 24th-25th at the U.S. TAC National Indoor Championships in Madison, Wis. On the 4th, the National Indoor Pentathlon Championships will be held (outdoors) in Los Angeles. Texans go indoors for a meet in Lubbock on the 3rd. The Philadelphia Indoor Championships take place at Haverford College on the 10th. On the 11th, Sport-Arcade V meets at UC Irvine, Calif. and TAC's Midwest Indoor Sectional Championships will be decided in Sterling, Ill.

TAC's Eastern Sectional Championships in New Jersey is a two-day affair on the 17th-18th. The Florida Senior Games are scheduled for the 24th in Delray Beach.

LONG DISTANCE RUNNING

The Red Lobster 10K in Orlando, and the Last Train to Boston Marathon in Maryland on the 3rd, followed on the 4th by the Los Angeles Marathon. On the 10th, Florida is the place to be for the Jacksonsville River Run 15K and the Carnival Miami 8K, while Westerners can head for the Tucson Susan Run 15K on the 11th.

The first USRA Masters Circuit event in '90 is the Nashville Shamrock Marathon/Masters 8K in Virginia Beach, Va., on the 17th. The coast on the 18th, offer the New Bedford/Bank of Boston Half-Marathon in Massachusetts and the Tom Sullivan St. Patrick's Day 10K in Torrance, Calif.

The year's second USRA Masters Circuit race, the Myrtle Beach 10K/Masters 10K is inked on the 24th in South Carolina. The 25th finds the Stanford 50+ Runners Association 8K in California. The Azalea Trail 10K in Mobile, Ala., and the Omaha YMCA Masters 8K/2-Mile Walk end the month on the 31st.

Miami Beach welcomes the RRCA National Convention on the 8th-11th.

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


March 10. 8th annual Carnival Miami 8K, Miami FL 33155. 305/848-2901.

March 12. Cherry Blossom 10-Mile, Washington, D.C. SASE with birthdate and SSN to P.O. Box 884, Middletown, MD 21769.

April 7. 13th annual Cooper River Bridge Run 10K, Charleston, S.C. 5-year groups thru 65+. $1000 masters money. P.O. Box 21866, Charleston, SC 29413. 803/762-4266.

April 13. Eby's Big Boy 20K, Wheeling, W.V. Eby's 20K, P.O. Box 1046, Wheeling, WV. H Hugh Stobbs, 614/633-5000.


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


April 1. Wolfpack 5 Mile and 20 Mile, Whestone Park, Columbus, Ohio. John White, 614/459-2474.
NORTHWEST


April 14. Pearl Blossom Run, Medford, Ore. P.O. Box 146, Medford, OR 97501. 503/772-6291.


May 27. 13th annual Rocky Mountain 50-Mile Run, Laramie, Wyo. Dr. B.J. Weigner, 3204 Reed Ave., Cheyenne WY 82001. 307/635-3116.

June 17. Cascade Run Off, Portland, Oregon. P.O. Box 40228, Portland, OR 97240. 503/228-6717.


INTERNATIONAL


June 23. 1st WAVA North American Regional Championship and Yukon Gold Midnight Marathon, Whitehorse, Yukon Territory, Canada. North American Marathon, Box 4502, Whitehorse, Yukon, Canada Y1A 2R3. 604/666-1443 (p.m./weekends), 604/666-4236 (days).


W.S.

Arizona, California, Hawaii, New Mexico, Utah.


March 4. Los Angeles Marathon V, 11110 West Ohio Avenue, Suite 100, Los Angeles, CA 90025. 213/444-5544.

March 11. Tucson Sun Run 15K, Dave La Compte, SARC, P.O. Box 40728, Tucson, AZ 85717-0728. 602/744-6256.

March 11. 20th Maui Marathon, Kahului, Hawaii. Valley Isle Road Runners, 1742-A Kahumana Ave., Wailuku HI 96793.

March 18. 11th Tom Sullivan St. Patrick’s Day 10K, Torrance, Calif. Vitas, P.O. Box 7000-251, Redondo Beach, CA 90277. 310/370-3444.


April 8. Bonne Bell Women’s 10K, San Francisco. Scott Thomason, PO Box 27557, San Francisco CA 94127. 415/681-2323.

RACE WALKING

January 1 to December 31. Shore AC One-Hour Postal Racewalk. Five-year age groups thru 85+. Gerald Kiss, 18 Rutland Place, Eatontown NJ 07724. 201/542-1779.


March 31. WAVA North American Masters 5K Championship, Tampa, Fla. (M40+, W35+). Bob Fine, 4223 Palm Forest Dr. N., Delray Beach FL 33445.

April 7. TAC Southern Zonal 10K, Atlanta Barbara Waddle, 2327 Redfield Dr., Norcross GA 30071. 404/263-9625.


Three Olympians win in Honolulu — Gerry Lindgren, a 1964 Olympian, is flankled by Steve Plascencia (left) and Gary Fanelli, both 1988 Olympians. Lindgren was the 40-44 winner in The Running Room 10K in Mililani, Hawaii on November 5, clocking 34:31 and winning $150. Plascencia (28:94) collected $3200 for the overall win, while Fanelli (31:20) won $300 as the first Hawaiian finisher. Fanelli will join the Masters ranks next October. Photo by Mike Tymn
### WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of January, 1990

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Continued on next page
American Track & Field Indoor Age-Group Records

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee through performances verified as of January, 1990

3000 meters

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National Masters News

March, 1990

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2000 Meters Walk

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Notes:

- The records are compiled through performances verified as of January 1990.
- The records include both indoor and outdoor performances.
- The records are further divided by gender and age groups.

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800 METERS

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**1989 US Masters Track & Field Rankings**

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**Compiled by Larry Colbert**

March, 1990

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**U.S. Masters Track & Field Rankings**

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)
Oregon Track & Field Camp for Masters
June 17-24, 1990
Hayward Field, Eugene, Oregon
Site of the VIII World Veterans' Championships

Join world-renowned track & field coach Bill Delligener for a week of training and technique tailored expressly for Masters athletes. His 1988 Coach at the University of Oregon for two decades, Delligener is one of the leading authorities on distance running, and is himself a Olympic Bronze Medalist in the 5000 meters.

A staff of experts in the sprints, jumps, and throws will assist Coach Delligener, who will handle the distance events, in providing the very best instruction, focusing on the goals of the individual athlete.

Housing will be in the dormitories directly across the street from Hayward Field, and the cost of the Camp will include three of the famous dorm meals per day.

The atmosphere of the Camp is friendly and cooperative, with the goal of advancing your athletic skills while allowing plenty of time to enjoy the vacation opportunities of Eugene and the Pacific Northwest.

Cost of the Camp is $399 per person, and includes all instruction, guest lecturers, dormitory housing, three meals per day, group excursion, and other activities. Options at additional cost for accommodations in a hotel or motel, tickets to the Hult Center for the Performing Arts, whitewater rafting, day trips, and entry into the June 23rd Hayward Classic, one of the country's premier track meets for Masters.

The Camp is open to both men and women of any age, although instruction will be geared to the Sub-Masters/Masters athletes.

If you would like more information concerning the Oregon Track & Field Camp for Masters, write for our brochure at Box 10825, Eugene, OR 97440. If you wish to reserve your place now in the Oregon Camp, send $50 deposit per person to Oregon Track & Field Camp for Masters at the same address. If you have questions, call 503/687-8989 during business hours.

Offered by Bill Delligener and Northwest Event Management, Inc. (Tom Jordan and Barbara Kousky, Directors)
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**TRACK & FIELD RESULTS**

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 23723 VAN NUYS CA 91404. It is possible, please type single space with minimum of white space.

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**EAST**

Dartmouth Relays Hanover, NH January 7

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**23rd Annual Harthouse Masters Mile Baltimore January 13**

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**BROWN UNIVERSITY INVITATIONAL Providence RI January 14**

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**March, 1990 National Masters News page 39**

Continued on next page
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAR., 1990

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CHAMPIONSHIP FORM

The most comprehensive track and field instructional video series available.

Designed for use by Olympic, collegiate and high school level coaches, Championship Form is the first video series to make explicit use of biomechanical analysis. These videos involve world famous athletes like Bubka and Timmerman, as well as many famous Americans competing in the European and World Championships.

An experienced film and camera crew, assigned to every major track event over the last ten years, used high speed cameras to successfully capture the championship technique of these athletes. Dr. Peter Susanla, a renown biomechanist at Charles University in Prague, headed a team of Soviet Bloc scientists responsible for analyzing the athletes motions. Artists then turned the results into illustrated fundamentals of technical excellence. Thousands of illustrations were drawn in animation depicting which muscles are employed (contracted, relaxed, or prestretched) in each movement. Combining these illustrations with actual competitive footage enables you to experience a full visual image. For the first time ever a videotape series faithfully captures the correct technical execution of superior performances.

The next step was to transform these films into very unique and successful training videotapes. Every videocassette program analyzes the technique of the top finishers highlighting their similarities and differences. Emphasis is placed on specific points which were determined to be the keys to achieving success in each particular event. Every peak level performance was reviewed and explained using slow motion/stop action footage, computer generated graphics and an array of tables and charts which combine to give a top biomechanical analysis of each event. The result is the Championship Form Series, an extremely effective learning tool and necessary requirement for any dedicated coach or athlete serious about improving their efforts.

There are a total of 11 videocassette programs (including two double length programs) averaging 30 minutes in length and encompassing all the disciplines in track and field.

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