Waigwa Sets World Indoor Mile Record

Kenyan Lowers Stewart’s Mark to 4:13.05 at the Millrose Games

by DAVID ZINMAN

NEW YORK — Surging with a lap-and-a-half to go, Wilson Waigwa stole a six-yard lead on Rod Dixon and held off the New Zealander to set a world indoor masters mile record of 4:13.05. The time clipped more than two seconds off the one-year-old mark of 4:15.47 held by Canadian Dave Stewart.

Waigwa’s record set in Madison Square Garden at the Snickers Millrose Games on February 1, gave him the distinction of holding both the indoor and outdoor mile records — although approval of his outdoor standard of 4:05.39 is pending.

The Millrose record took the 41-year-old Kenyan by surprise. "I just wanted to win," Waigwa said. "We were watching each other. And you never run that fast when you watch someone."

Dixon, the man experts thought would run the first sub-four minute mile after he turned 40 last summer, smiled as he crossed the finish line in 4:13.32, a step behind Waigwa. "I was smiling because he outfoxed me," Dixon said.

The sizzling run by Waigwa, a three-time Olympian, launched the annual Runner’s World mile circuit for elite masters. Two days later on February 3, Larry Almberg of Ellensburg, Wash., the only fresh runner in the field, won in 4:16.00 at the Mobil One Invitational in Fairfax, Va. Almberg’s time set an American indoor record, eclipsing the existing mark of 4:16.09 set in Madison Square Garden at the 1974 Millrose Games.

Green Takes Age-Graded Title

Wessely, Holt Win National 5K

by JOHN BOYLE, Race Director

Wes Wessely, 42, of Lilburn, Ga., and Stephanie Holt, 40, of Orange Park, Fla., were the overall male and female winners in the TAC/USA National Masters 5K Championships on February 3 in DeLand, Fla.

Wessely, who started a running club at Delta Airlines that has grown to 500 members, broke away from Chicago’s Vic Heckler at one mile en route to a 27-second win in 16:19 in the masters-only race. Heckler placed second and won the M45-49 division title.

Norm Green, 58, finished third in 17:09, setting a U.S. age-58 record and winning the overall age-graded title with an equivalent open-class time of 14:03.

Greens, a minister in Wayne, Pa., was to be tested in the U. of Florida labs the following day for some new clues as to what makes him tick.

Continued on page 30

INSIDE:

- Entry Form for Turku — pages 19-22
- World and U.S. Indoor T&F Records — pages 27-29
- International Section — pages 17-25
- All-Time Marathon List — page 29
- W. MacDonald Miller — page 8

Masters Indoor Track & Field Championships on March 23-24 in the Minneapolis suburb of Blaine, Minn.

The annual event will be held on the 200-meter rubber surface at the National Sports Center.

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 for the meet, except to be at least age 30.

Early registration deadline ($9 first event) is March 1. Late registration ($12 first event) must be postmarked by March 15. Last-minute registration ($35 first event) will be accepted until 4:00 p.m. on Thursday, March 21. The official entry form was published in the

Continued on page 11
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.

The National Masters News (ISSN-0744-2418) is published monthly by GAIN Publications, with an annual subscription rate of $22.00. Main office address: 6520 Van Nyn Blvd., Suite 207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuts, CA 91404. Second class postage paid at Van Nuys, CA 91404.

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

TAC USA is a major funding supporter of NMM, Executive Officers of TAC/USA: Frank E. Greener, President; Ollie C. Cassell, Executive Director; Alvin Chris, Special Asst. to the Executive Director.

The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24-36 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40-50, 50-55, etc., please check the schedule for details. Some events require advanced registration. Some require a current TAC card ($15 per year, depending on the region). To insure a spot at a TAC card, call The Athletics Congress in your area, or 317/261-0590.

There are no qualifying standards for any masters athletics event. NMM welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

A subscription is a one-year subscription (12 issues) is $22.00 (mailed 2nd class). Add $2 for 1st class (USA & Canada) or $3 for foreign mail. Please send subscription requests to: P.O. Box 16597, No. Hollywood, CA 91615. 818/760-9083.

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

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

Advertising inforination: Please call 818/765-1895 and request current race card. Send all printed material and ad copy to: NMM, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 15th of the month prior to the cover date.

Mailings and issues are mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615. Phone: 818/765-1895 Fax: 818/762-1135

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

Chairman: Barbara Koskys 3191 Donald St.
Elk Grove, CA 95620
(503) 687-8787

Secretary: Marilyn Mitchell
330 E 46 St. #4C
Woodside, NY 11377
(212) 697-8216

Treasurer: Al Sheahan
P.O. Box 2372
Van Nuys, CA 91404
(818) 785-1895

Site Selection: Max Goldsmith
481 Marcus Lane
Lewisville, TX 75067

Race Walking: Bev LaVeck
6633 N.E. Windermere
Seattle, WA 98115
(206) 524-4721

Team Manager: Sandy Patkun
421 Manhattan Ave.
New York, NY 10026
(212) 666-3671

Rules Coordinator: Nick Shemilt
8565 Lake Murray Blvd., #223
San Diego, CA 92119
(619) 435-4440

Women’s Coordinator: Christi Miller
1740 Grandview Ave.
Glendale, CA 91201

Championships Coordinator: Kirk Randal
7901 Imperial Way
Newburyport, MA 01957
(508) 465-9677

Law and Legislation Coordinator: Norm Brand
5224 Manning Pl., N.W.
Washington, DC 20016
(202) 244-2118

WAVA Delegates: Ruth Anderson, Norm Green

NATIONAL MASTERS NEWS March, 1991
Tibaduiza First Master in Redding Half-Marathon

by JERRY WOJCIK

Domingo Tibaduiza, 41, of Reno, Nev., who ranks as the No. 2 masters road racer in the U.S. behind New Zealander John Campbell, captured the masters title with a third overall 1:08:10 in the Record Searchlight Half-Marathon in Redding, Calif., on January 19. Tibaduiza picked up $300 for the masters first and $100 for third place.

Marge Dunlap, 51, of Redding won the W40+ race in 1:41:02, also worth $300.

Adam Ferreira (40, 1:11:34), North Highlands, Calif., and Tonya Prescott (43, 1:43:52), Yorba Linda, Calif., were masters second-place finishers.

In the companion 10K, David Stancil, 40, of San Rafael, Calif., with a 32:38, and Jessie Stratton, 45, of Redding, with a 43:51, collected $200 each for masters firsts. Evar Gordillo, 45, Reno, Nev., was second M40+ in 33:10.

Lopez Runs 2:18:59 in Houston Marathon

by HOWARD KUNZ

Luis Lopez, 41, of Costa Rica, raced to a sparkling 2:18:59 in the Houston-Tenneco Marathon on January 20 for the best age-graded time (2:12:02) and the best age-graded performance (94.2%) of the day.

Richard Umberg, 40, of Switzerland had the next best age-graded performance (2:16:57/90.8%) with his finishing time of 2:23:15. Bruce Mortenson (2:22:4/88.6%) was third best in 2:33:50.

Fourth-best-age-graded performer and first female masters finisher was Carol Virga, 40, of Boca Raton, Fla. Her final time of 2:47:56 gave her an age-graded time of 2:39:48 (86.3%).

Joyce Gaskin, 53, was next-best masters woman in 3:22:34 (2:52:21/79.4%).

Of the race’s 5663 starters, 3835 (67.7%) finished, of which 1434 (37.4%) were masters. Of those, 1261 (32.9%) were men; 173 (4.5%) were women.

The $7500 masters prize money was divided equally between the top five masters men and top five masters women.
I was surprised to read Phil Mulkey’s criticism of the 1990 Masters T & F awards since he was a member of the group which participated in the selection. At the TAC Convention in December, he urged me to use a point system which he had devised for the 1991 selection. I agreed to test it out using results from the Indoor season, and am awaiting a copy of his system.

Let me stress that a point system is not as “objective” as it sounds. Phil unwittingly provided evidence of its subjectivity when he suggests considering “the entire season from beginning to end with emphasis on the major meets.” What meets? Masters championships only? What about performances from other high-powered meets in which masters compete? Relay Relays? Millrose? Mobil One? There are many, and the selection requires a judgement call.

Even tallying ARs is not as straightforward as it sounds. I count a total of 8 ARs in Phil’s letter, attributed to Alberg (1), Sparks (3) and Alexander (4). But at the convention, the only 1990 Indoor ARs presented were those three were the 1500 (Alberg and Sparks) and the LJ (Alexander). Alexander had an additional 3 M70 Indoor ARs ratified, and there were several athletes with 2 Indoor ARs. But note that the “objective” system somehow excluded Beul Crane, who had NINE Outdoor M90 ARs ratified at the convention for 1990 achievements.

Balancing Indoor against Outdoor records and medals requires another judgement call, given the differences in participation and geographic distribution. Another problem involves the discrepancy between “records” announced in NMN and those actually presented for ratification at the convention. Many meet-reported ARs don’t pan out, while others are ratified in subsequent years.

What about distances for which records have traditionally been kept, but are not part of the TAC Championships (e.g., Alberg’s 4:06.70 mile)? One could certainly argue that age-graded scores from those events are as important as those from championships distances, and unofficial single-age “bests” present their own verification problems.

The biggest problem with awards selection is obtaining complete and accurate information about performances. Athlete-voters are not easily “swayed and influenced by dramatic pictures and exciting stories.” People vote for a candidate based on their appraisal of his/her age-graded scores, championships, and consistency or versatility. I maintain that the best way to accommodate differences of opinion in the relative importance of different aspects of athletic competition is for a voting body to look over the accomplishments and vote as they think fairest.

TAC Awards Coordinator
Seattle, Washington

LDR CHAMPIONSHIPS
The discussion of masters LDR championship races at the TAC Convention highlights several deficiencies in the current procedures:
1) There is a need to spread the LDR championships over the entire calendar year. This would help to spread their road race per month.
2) All masters LDR championships should be held in connection with established races (no ad hoc championships except for cross-country and ultramarathons).
3) The masters LDR championships held in conjunction with the TAC Convention should not be restricted to the 5K distance. If the host city has an established race that weekend for a different distance, then the championship should be adjusted accordingly. A review of the Dec. issue of Running Times showed that 27 races were held in 23 major cities during the first weekend in December: 9 5Ks, 5 8K/5M, 6 10Ks, 1 10 mile, 3 half-marathons, and 3 marathons.
4) There are many major races in the U.S. at these distances but very few for 20K and practically none for 30K and 25K (why doesn’t Charleston, W.Va. change their major race from 15 mi. to 25K?) On the other hand, the 10 mile distance continues to be popular; indeed this is the major race in many sections of the U.S. I strongly recommend including the 10 mile as one of our TAC Championships.

A few related topics:
5) Lastly, rather than sitting back and waiting for bids, the committee should actively solicit major races for co-hosting masters championships. This would help to spread the championships throughout the year, insure geographical balance, and insure against sole reliance upon one bid (The 5K at DeLand, Fla. is an excellent race, but after several years it’s time for a change).

Herb Chisholm
Former Chairman, Masters LDR
PVAC/TAC
Alexandria, Virginia

40 YARDS OF BAD LANE
I read with dismay that the 1992 Indoor National Championships will be run at Ohio State University. Not that the indoor facilities aren’t excellent. In all respects it is, except for the outside lane on the back stretch. There is a drop of about three inches on the track, in between the support stanchions, that could cause serious knee or ankle injuries if your foot lands the wrong way.

Tim Murphy
Iring, Texas

In 1989 I qualified for the M65 200 meter finals but drew lane six and promptly scratched, rather than risk almost certain injury. I can’t imagine how a first-class university can allow such an obvious fault to go unrepaid for so long a period of time. It is a miracle that no runner has been seriously hurt so far.

Jim Manno
Oradell, New Jersey

AGE-GRADED RELAYS
Most runners love to run relays, but the problem is that there is usually not enough contestants at most masters meets to allow competition in each age bracket. In an attempt to rectify this, the Dallas Masters T&C Club will experiment with an age-graded relay at its June 22 championships.

Using page 31 of the Masters Age-Graded Tables book, each relay team will be assigned a base time, determined by the age and sex of the four participants. The relay can be a mix and match with the same or different age-group mixtures.

The following is an example of the typical 4 x 100 relay:

The age standards for Team 1: M30 (10.0), M32 (10.08), M35 (10.21) and M39 (10.39). Adding up each standard equals 40.68.

The age standards for Team 2: M34 (10.17), M45 (11.80), M50 (10.96) and M70 (12.58). Total standard for Team 2 is 45.51.

Team 1 runs a 42.5 and Team 2 runs a 46.3. To compute the age-graded percentage for Team 1, divide the base standard (40.68) by the actual run time (42.5). That equals 95.7%. Do the same for Team 2 — 45.51 divided by 46.3 — and you get 98.3%, making Team 2 the age-graded winner even though their actual run was slower than Team 1.

So get your relay team together and join us in Dallas for a great time running under the lights.

I have been a TAC member for the
Continued on page 24
Wessely, Holt Win National 5K

Continued from page 1

"I just ran well enough to win my age group (55-59) and establish the record," he said. "I promised the doctor I'd be fresh for the treadmill testing."

Holt held off Carolyn Floyd, 42, by 18 seconds in 22.57 to win the W40-44 title. Pepper Davis, 64, an All-American triathlete, was third overall in 24:14. Her age-graded 18:07 was the best female time, more than a minute faster than Ellen McCoy, 70, of St. Paul, Minn. (27:46/19:11).

The closest divisional races came in the older men's groups. Bob Hennig, 65, of Middle Grove, N.Y., nipped Bart Ross, 68, of Casselberry, Fla., by four seconds to claim the M65 crown in 20:33.

Gordon Johnson, 72, ran 22:15 to nip Max Quackenbos, 73, and Nate White, 71, in the M70 bracket, separated by only 15 seconds.

Emily Pecoraro, 76, and Elaine Geyer, 69, posted personal bests in winning their respective divisions.

The race was hosted by the Central Florida Masters and sponsored by Alta Vista Fitness Promotions, the Volusian, Gatorade, Powerbars, Crystal Water, the West Volusia Tourism Authority and the Deland Police Explorers.


Emily Pecoraro, 76, and Elaine Geyer, 69, posted personal bests in winning their respective divisions.

The race was hosted by the Central Florida Masters and sponsored by Alta Vista Fitness Promotions, the Volusian, Gatorade, Powerbars, Crystal Water, the West Volusia Tourism Authority and the Deland Police Explorers.
Update: The Oldest Achievers In Sports

I t's been more than four years since I compiled a list of the oldest achievers in various sports. That list appeared in the October 1986 issue of NMN. Since there have been some additions since then, I figured it was time for an update. Here it is:

Age 31 — Peter O'Connor (Ireland), oldest jumper to win an Olympic gold medal (triple jump, 1906).
31 — Arthur Wint (Jamaica), oldest sprinter to win an Olympic gold medal (400m relay, 1952); Babe Ruth (N.Y. Yankees), oldest major leaguer to hit 60 home runs (60, 1927).
34 — Willie Mays (S.F. Giants), oldest to hit 50 home runs (52, 1965).
36 — Lia Manoliu (Romania), oldest woman Olympic track & field gold medalist (discus, 1968); Marina Stepanova (USSR), oldest woman to break a world track & field record (400m hurdles, 1986); Victor Bolshov (USSR), oldest to clear 7 feet in high jump (7-0 3/4, 1975).
37 — Carlos Lopes (Portugal), oldest runner to win an Olympic gold medal (marathon, 1984); John Walker (New Zealand), oldest to run sub-8 minutes for 3000 meters (7:45.64, 1989).
38 — Joe Walcott (USA), oldest to win a heavyweight boxing title fight (1952); Carlos Lopes (Portugal), oldest to break a world record in a running event (marathon, 1985); Mike Bolt (Kenya), oldest to run a sub-4 minute mile (3:55.69, 1987); Bill Larned, oldest to win U.S. Open tennis championships (1911) the event was called the U.S. National Championship until it became the U.S. Open in 1968.
39 — Hank Aaron (Atlanta Braves) — oldest major leaguer to hit 40 home runs (40, 1974).
40 — Ted Williams (Boston Red Sox) — oldest major leaguer to win a batting title (.328, 1958); Gaylord Perry (S.D. Padres) — oldest pitcher to win Cy Young Award as best pitcher (21-6, 1978); Sam Rice (Washington Senators), oldest major leaguer to get 200 or more hits in a season (207, .349BA, 1930); Davey Lopes (Chicago Cubs) oldest major leaguer to steal 40 or more bases (47, 1985); Brian Oldfield (USA), oldest to put the shot 70 feet or more (70-3, 1985); Mamo Wolde (Ethiopia), oldest Olympic medalist in a running event (marathon, bronze, 1972); Karem Abdul-Jabbar (L.A. Lakers), oldest National Basketball Assoc. All-Star (1988); Darrell Evans (Detroit Tigers), oldest major leaguer to hit 30 home runs (34, 1987); Lucien Rault (France), oldest to run sub-14 for 5000 meters (13:45.6, 1976).
41 — John Flanagan (USA), oldest to break a world record in track & field (hammer throw, 1909); Frank Kramer (USA), oldest to set a world record in a major sport (cycled 1/6 of a mile on Newark Velodrome in 15.4 sec. to tie world record, 1922); Jan Sternerud (Minn. Vikings), oldest National Football League All-Star (placekicker, 1985); Clarence DeMar (USA), oldest Boston Marathon winner (1930); Arthur Gore (Great Britain), oldest winner of a major world tennis singles championship (Wimbledon, 1909).
42 — Patrick McDonald (USA), oldest Olympic track & field gold medal winner (56-pound weight throw, 1920); Kareem Abdul-Jabbar (L.A. Lakers), oldest to play an NBA game, oldest to score (1989) (*See Nat Hickey at age 46); Warren Spahn (Milwaukee Braves), oldest major league pitcher to pitch 20 or more games (23-7, 1963); Ted Williams (Boston Red Sox), oldest major leaguer to hit 200 or more home runs (29, 1960); Tony Perez (Cincinnati Reds) oldest major leaguer to hit a grand-slam home run (1985); Leroy Satchel Paige (Cleveland Indians), oldest pitcher to throw back-to-back shutouts (1948); Nolan Ryan (Texas Rangers), oldest to strike out 300 or more (301, 1989); Jim Marshall (Minn. Vikings), oldest NFL lineman to play (1979); Thane Baker (USA), oldest to run sub-10 seconds for 100-yd. dash (9.8, 1974).
43 — Nolan Ryan (Texas Rangers), oldest major leaguer to pitch a no-hitter, oldest to lead league in strikeouts (232, 1990); Pete Rose (Cincinnati Reds), oldest (since 1900) to get 100 hits (107, 1985); Thaddeus Bell (USA), oldest to run sub-11 seconds (non wind assisted) for 100 meters (10.8, 1987); Alain Mimoun (France), oldest to run sub-30 for 10,000 meters on the track (29:57.4, 1964).
44 — Carl Yastrzemski (Boston Red Sox), oldest major leaguer to hit 10 home runs (40, 1983); Margaret du Pont (USA), oldest winner of a major world tennis championship (mixed doubles, Wimbledon, 1962); Hagues Roger (France), oldest to break 50 seconds for 400 meters (48.7, 1985); Bill Stewart (USA), oldest to run sub-4 for 1500 meters (3:54.9, 1987).
45 — Jack Quinn (Philadelphia A's) — oldest major leaguer to hit a home run (1930); Halle Irving (USA), oldest golfer to win the U.S. Open (1900); Lis Linnenhoff (West Germany), oldest woman Olympic gold medalist (Equestrian, 1972).
46 — Nat Hickey (Providence Steamrollers), oldest to play a major league basketball game (played in the Basketball Association of America in 1948; the BAA became the NBA in 1949); Phil Niekro (N.Y. Yankees), oldest major leaguer to pitch a shutout (1985); Jack Nicklaus (USA), oldest golfer to win The Masters (1986).
47 — George Blanda (Oakland Raiders), oldest NFL player to throw a touchdown pass (1974); Leroy Satchel Paige (S.L. Browns), oldest major league baseball All-Star (1953); Bobby Unser (USA), oldest winner of the Indy 500 (1981).
48 — George Blanda (Oakland Raiders), oldest to play in an NFL game, oldest to score (24 xp, 13 fg), oldest to complete a pass (1973); Archie Moore (USA), oldest to hold a world boxing title (light-heavyweight champion, 1962), oldest to score a first-round knockout (1962), oldest for heavyweight title (lost to Cassius Clay, 1962); Tebbs Lloyd Wright (Great Britain), oldest Olympic track & field medalist (bronze 50K walk, 1948); Jack Quinn (Brooklyn Dodgers), oldest major league pitcher to win a game; Julius Boros (USA), oldest golfer to win the PGA Championship (1968); Ivan Ivanov (Yugoslavia), oldest to put 16-pound shot 60 feet or more (61-64, 1986); Dan Conway (USA), oldest to run sub-10 for two miles (9:38.54, 1987); Antonio Villanueva (Mexico), oldest to run sub-15 for three miles (14:44.18, 1989).
49 — Al Oerter (USA), oldest to throw discus 200 feet or more (204-9, 1986); Bill Fitzgerald (USA), oldest to run sub-2 for 800 meters (1:59.5, 1974).
50 — Arlie Latham (N.Y. Giants), oldest major leaguer to steal a base (1909).
51 — Gordie Howe (Hartford Whalers), oldest National Hockey League All-Star (1980).
52 — Gordie Howe (Hartford Whalers), oldest National Hockey League player, oldest to score, (1980); Sam Snead (USA), oldest PGA tournament winner (Greensboro Open, 1965); Jim O'Rourke (N.Y. Giants), oldest major leaguer to play in a complete game (catcher, 1904); Luciano Aquarone (Italy), oldest to run 11 miles or more in one hour (11:410.8, 1983).
Bell Best Master in Paramount 10K
by JERRY WOJCIK
Doug Bell, the first masters finisher in 31:02 in the 12th annual Paramount 10K in Paramount, Calif., January 19, was also the top age-graded runner with a 92.0% performance. Next were last year’s winner, Stephen Keyes (M40, 31:59, 89.3%); Jim O’Neil (M65, 39:23, 88.9%); John Brennand (M55, 35:54, 88.8%); and Peter Stern (45, 33:37, 87.8%).

Five Years Ago
March, 1986
- Bruce Mortenson Top Master in Houston-Tenneco Marathon With 2:23:40
- Tracy Smith’s M40 31:24 and Harolene Walters’ W40 37:09 Win Paramount 10K
- John Poppell’s $25,000 Pledge Helps World Veterans Games Edge Closer to Goal

Oregon Track & Field Camp for Masters
June 17-23, 1991
Hayward Field, Eugene, Oregon
Site of the VIII World Veterans’ Championships

Join a world-renowned track & field staff headed by famous athlete and coach Bill Dellinger for a week of training and technique tailored expressly for the Masters athlete.

A staff of experts in the sprints, jumps, and throws will assist Coach Dellinger, who will handle the distance events, in providing the very best instruction in each area. For multi-event athletes, a special format will be utilized so that all of the disciplines can be covered.

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.

At the end of the week’s instruction, participation in the nationally known Hayward Masters Classic on June 22-23 will be available to all Campers who wish to put their newly acquired skills to the test.

Cost of the Camp is $449 per person, and includes all instruction, guest lecturers, dormitory housing, three meals per day, group excursion, and other amenities. Accommodation in a hotel or motel is available at an additional cost.

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

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 503/686-1989 during business hours.

Offered by Bill Dellinger and Northwest Event Management, Inc. (Barbara Kousky and Tom Jordan, Directors)
On Approaching Every Problem With an OPEN MOUTH
by W. MacDonald Miller

It's Lighten-up Time

I'll be honest with you, I got so worked up a couple of issues back I almost cancelled my free subscription. In order to avoid a full scale scandal, "Write on!" did reprint a letter by Phil Mulkey, one of my favorite men about town. (It was Phil you see, who calmly pointed out to me one warm night in Georgia that I wasn't a pervert at all, just your ordinary lecher.)

I think it is still rather obvious we don't have the unbridged influence of Debbie Anderson. The mere fact that Phil is involved means there's much more to the tale. I do know for a fact, the Indiana crowd has never fully recovered from the time Debbie showed up in a body suit that was in reality a see-through coat of paint. After a couple of turns on the track and some heart stopping stretching exercises you won't believe what happened next - she took it off!

They say the color came back to Bob Boal's hair and Higdon turned humble right there in front of everyone! The Hoosier officials say Debbie had an interesting influence on the participants; they all pretended to be younger, thereby reversing one of the time-honored ironies of master competition — people claiming to be older than they really are. Okay, so it works once in awhile at masters meets, I sure wouldn't recommend its use in singles bars.

Let me just say this, when it comes to national treasures like Debbie, I'm for the unexpurgated version, no cover-ups. A special word of thanks to Phil for always keeping an eye out for what my wife's doctor calls "a little bit of heaven."

Incidentally, I never have quite gotten it straight. In this new event introduced at the championships in Indianapolis - do you throw the guy into the tent or does the guy throw you out of the tent? Don't get me wrong; conceptually, it sounds good.

Now, most everyone agrees Dave Pain is a stand-up guy. He's going to tell it like it is and let the chips fall. But Dave, you can't tie up the entire newsletter over who did or did not go to Trinidad or, worse yet, who did or did not get on the bus. Relax man, Trinidad's no big deal and if more people walked instead of riding the bus, blah, blah, blah.

I remember a story Dave's daughter told me years ago: she had a question relating to her school work which she directed at her mother. Mother said, "that's more in your father's area dear, why don't you ask him?" Daughter replied: "Mom, mom, I don't need to know that much about it."

I get these wind-bag letters all the time from people who are mad as hell — and they're not all racewalkers, either. They have a lot of ideas — all bad. Most have a consistent theme: I am the greatest and you and yours are dope.

Here's a sample:

Dear McDonald: The results in last months NMN showed Marvin Plugeman finishing ahead of me in the Kanakakee 10K. Marvin, the jerk, is a fine runner and a good friend of mine but, he did not, I repeat did not, finish ahead of me in that race. Those moron race officials, I wasn't even there! I gave my number to Fred Knitney and anyone who knows anything knows that Freddie can't run worth a shit. At that, Marvin only beat him by a minute. People who were there said it was actually my kind of course and had been able to run, there is little doubt about what I would have done to Marvin Plugeman's rear end. I don't want to get into why I didn't run, let's just leave it at "male problems."

Comment: Try Preparation H.

Dear Mouth: Did you see what those idiots at the Bakersfield Relays did to my time? They had my 100 meters at 19.854! Everyone there agreed I was definitely faster than that. Emil Kush, the jerk, was given 19.852 -and no one believe it.

Comment: Just do it, Harvey.

Finally, I'm seeing notice right now that if Cesare Beccalli, Alastair Lynn, Sylvester Stein and all that gang don't stop calling one another jerks and other poot-poot nasties, let's start a campaign to bring back Don Farquharson.

NOW'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:

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

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

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

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

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

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

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

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

— Kathy Jaggers, Charleston (SC) Running Club

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

— Joyce Rankin, Reston (VA) Runners

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

— Gordon Pitz, River to River (IL) Runners

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

— Mike Davis, Indianapolis News

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

— Jim Ferstle, St. Paul Pioneer-Press

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

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

Name ____________________________
Address __________________________
City __________________ State ______ Zip ______

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

NOW AVAILABLE
1989 U.S. Masters Outdoor T & F Rankings Book
• Men’s and women’s 1989 lane, track & field age-group rankings
• 52 pages, over 100 events in some events
• All T & F events, including 10Ks, 5Ks, 1000 weight, 100, 200, 500, 1000 walk, 500 walk
• Deeper rankings in most events than published in NMN.

Send $5.00 plus $1.00 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

NOW AVAILABLE
Masters Age Records 1990
Compiled by WAVA and TAC Masters T & E Records Chairman Pete Mumble with Don Henry, Shirley Lea High, Gordon Wallace and Alan Wood.
• Men’s and women’s World and U.S. Age Bests for 11 Track & Field Events; age 35 and up, as of Oct. 31, 1988
• U.S. Age Bests for men & women for all race-walking events age 40 and up, as of Oct. 31, 1989.
• Men’s U.S. Masters Indoor & Outdoor Championship Records.
• 52 pages. Thousands of entries. Lists name, age, state, and date of record.

Send $5.00 plus $1.00 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404
I'm Not Getting Older — I'm Aging Up!

"Boy, this mail from the AARP (American Association of Retired Persons) sure is depressing," my husband said. "It's bad enough that I'll be 50 in a few months without these people reminding me all the time," he continued as he dumped the latest AARP missive into the circular file.

As the dreaded birthday drew nearer, however, he actually read some of the literature, and he joined when he realized that membership would give him some pretty good discounts. His subscription to "Modern Maturity".

I notice increased endurance in workouts and races. Also, I recover faster and have less muscle soreness.

Don Wright, 45
Mobile, AL
8K: 26:10
10K: 32:25
Half Mar: 1:11:18

"Discovering STIM-O-STAM has changed my training radically. I no longer fear muscle soreness after a strenuous workout. I have more energy and am looking forward to setting PR's in all distances I run. Everything promised for this product has proven more than true."

Margie Withrow, 64
U.S. Masters, 1989
Outdoor 1500
7th: 7:03:07

"I have personally used this product and find it essential to my effective training. I began supplying STIM-O-STAM to my athletes this spring and have some very positive results."

Danny Thiel, 41
100M: 11.1
200M: 22.2
400M: 50.9

"STIM-O-STAM allows me to run further, faster, more often with less pain, in spite of increased mileage. No other product I encountered can make that claim. What more can be said?"

Roy Earl, 40

STIM-O-STAM the proven phosphate fuel... is now available in both tablets and a new, delicious honey-nut flavored sports bar, power-packed to improve your running.

For information or ordering
CALL
TOLL FREE 1-800-562-7514

The dreaded birthday came, and we celebrated with a birthday pie (pie having less cholesterol than cake) but it wasn't really a joyous occasion. Turning 50 and joining the AARP reminded him that he was getting on in years; he could find no redeeming feature in the whole affair.

The following year it was my turn, but in my case turning 50 was a reason to rejoice and be glad because I'm a runner and a triathlete. For me, turning 50 didn't just mean growing older, it meant aging up. No longer would I have to compete against all those youngsters who were still in their 40s. Oh boy, I told myself, I'm going to win a lot of stuff. And, indeed, it came to pass. Competition was easier in my new age group, and I managed to come home with a considerable number of trophies and medals.

Shortly after I passed the big five-oh, I found myself talking to a younger runner after a road race. "I don't think I'll hang around for the awards," he told me. "This is a pretty big race, and I'm sure I didn't do anything. Do you think you might get something?"

"Probably. If you live long enough, you start to win stuff," I said, and we both laughed.

But winning hardware isn't what really counts. Much more important is what running has done for me. I feel terrific and no longer look like a matron.

When I was in my middle 40s, I looked middle-aged, acted middle-aged, and worst of all, felt middle-aged. I vaguely wanted to want to start an exercise program and get into shape. It was all "I'll do it tomorrow" but somehow tomorrow never came. There was always an excuse. It was too hot or too cold, or it was raining, or I didn't feel like it. And I didn't feel like it. I felt dumpy and blah. I was a blob.

It was a series of rather disheartening incidents that finally got me off my quite-ample backside and liberated the ass that finally got me off something."

"Probably. If you live long enough, you start to win stuff," I said, and we both laughed.

But winning hardware isn't what really counts. Much more important is what running has done for me. I feel terrific and no longer look like a matron.

When I was in my middle 40s, I looked middle-aged, acted middle-aged, and worst of all, felt middle-aged. I vaguely wanted to start an exercise program and get into shape. It was always "I'll do it tomorrow" but somehow tomorrow never came. There was always an excuse. It was too hot or too cold, or it was raining, or I didn't feel like it. And I didn't feel like it. I felt dumpy and blah. I was a blob.

It was a series of rather disheartening incidents that finally got me off my quite-ample backside and liberated the athlete that was trapped in a middle-age body.

There was the trip to a department store where I was chagrined to learn that I could no longer jam myself into a size 16. I refused to go to the euphemistically named queen-size department (we all know it means fat) for a size 18. Instead, I bought a girdle so I could squeeze into a pair of size 16 slacks. My plump thighs with their saddle-bags were like sausages crammed into too-tight casings. Although I felt like I was being cut in two, I stubbornly refused to admit that I needed a size 18.

Then, there was the doctor appointment. I knew that I had "put on a few pounds" but having scrupulously avoided scales for several years -- they're not accurate anyway -- had deluded myself into believing that I hadn't gained all that much weight. Before getting on the doctor's scale, I did a moderate stripeease, removing shoes, sweater, and necklace. The scale balanced at 161!

And then there was the elderly neighbor who made coy remarks about how wonderful it was, at my age and all, and what did the boys -- my sons -- think, and were they hoping for a little sister?

That did it! I started a running program that was almost walking at the beginning. I was old and overweight and felt ridiculous as I gasped and struggled down the road. Regular running shorts didn't fit over my bulky hips, so I had to wear department store shorts. I couldn't run sixty yards before being forced to walk.

Milestones achieved during the first year were modest. Running a mile without stopping and buying a pair of real running shorts were the highlights of the year one.

Sometime during the second year I realized that I was no longer fat. I can remember waking up one morning and thinking "Wow! I'm thin!" My size 16 pants hung on my hips.

In department stores I was directed to size 12. During year two I reached an important milestone. Running became fun instead of drudgery, and I began to think of myself as a runner.

Becoming a runner has done a lot for me. I like hearing the doctor tell me that I have the pulse and blood pressure of a trained athlete. I like weighing a trim 134. I enjoy hearing sales clerks in stores say, "You're about a size 10, aren't you?" I like feeling good and looking good.

Recently, however, some of those swift youngsters have begun to age up into my age group, and once again it's getting harder for me to place in the top three. But bringing home hardware isn't what's important. Besides, in another couple of years, I'll age up!"
Pierce Stars at Dartmouth
by JERRY WOJCIK

Roger Pierce of Massachusetts, who set an indoor world record for the M45-49 200 (23.4) at this meet last year, was again the masters sprint star at the 22nd Dartmouth Relays in Hanover, N.H., January 4-5. Pierce posted the fastest times for all age 30- and- over entrants with wins in the 55m (6.84), 200 (23.6), and 400 (53.6).

In the 1500, Dan Frye won the M40 race in a large field with a 4:09.7. Tim Simpson won the M50 5000 in 17:41.0.

Tyrone Carles, M45, topped all masters and masters long jumpers with a 19-7 1/2, as did Cliff Blair, M60, with a 49-8 3/4 among the shotputters, beating out meet director Carl Wallin, M45 winner, by six inches.

Joan Stratton, W35 U.S. record holder in the indoor shot put, won that event with a 37-1 ½ and threw the 20-lb. weight 38-9.

Although masters participants considered it a good meet in general, some runners objected to the random selection, rather than by age-divisions or best times, of competitors in their races.


600 To Compete in Indoor Nationals

February issue of NMN.

Last year’s contest drew 565 entrants to Madison, Wisconsin.

Meet organizers have lined up low-cost hotel rates at the Budgetel, Days and Holiday Inns in Brooklyn Center. Housing is also available at the National Sports Center dormitory for $25 per day, including three meals daily — four athletes per room.

Free transportation will be provided from the above three hotels and the Sports Center. Round-trip transportation from the airport to the Center or the three hotels is available for $14.

Call 800-747-8887 before you arrive and you’ll be met at the airport and your hotel. (Friday arrivals and Sunday departures only).

The short sprint will be the official TAC distance of 60m, not 55m as mistakenly listed on the entry form.

Because of popular demand, the weight throw has been moved indoors — on Sunday from 12 noon to 4 p.m. That may extend the Sunday program from 4:45 p.m. to 6 p.m., according to Dixon Farmer, meet coordinator.

There will be a general meeting of TAC’s Masters Track & Field Committee at the National Sports Center on Friday, March 22 at 5:00 p.m. A site will be selected for the 1992 TAC/USA Outdoor National Masters T&F Championships. Three cities — Spokane, Wash., Salt Lake City, Utah, and Pittsburgh, Pa. — will present bids. Barbara Kousky, TAC National Masters T&F Chairman, will hold discussion on a number of other items important to the masters program.

Everyone is invited to attend.

Ten Years Ago
March, 1981

- St. Louis TC Wins Nike/Penn Mutual Grand Prix
- Boo Morcom, 59, Vaults 13-2 1/2 to Set New World Single-Age Record
- George Braceland Takes Nine Events in Philadelphia Masters meet

---

SOUTHERN CALIFORNIA

6th Annual MEET OF CHAMPIONS

CALIFORNIA STATE UNIVERSITY AT LONG BEACH

April 13, 1991

Entry Fee: First event $10 - additional events $5 - relay teams $20 - late entries $12 first event - $5 per additional event

Deadlines: April 6, 1991

Divisions: Men and women age 30 and above in 5-year age groups

Awards: 3rd medal with red, white, and blue ribbon for 1st, 2nd, and 3rd

Facilities: New 8-lane artificial surface track, concrete rings

Note: 1991 TAC registration required (available at meet for $10)

Directions to CSULB: Exit 405 (San Diego) freeway at Fullerton Blvd., south to Atherton, left (east) to signal right into CSULB parking lot. Track is up the hill.

Schedule of Events

Track events

11:00 a.m. 5000 meters race-walk
12:00 noon 1500 meters run
12:30 p.m. 800 meters run
1:00 p.m. 100 meters sprint
1:30 p.m. distance medley relay
1:45 p.m. 400 meters sprint

Field events

11:00 a.m. hammer throw and pole vault
12:30 p.m. discus throw and long jump
2:00 p.m. shot put
3:30 p.m. high jump and javelin throw

Entry Form (please print)

Last Name: First Name:

Address:

City, State, Zip: Phone:

Age on 4-13-91: Date of Birth: Sex: M F:

Club Affiliation: 1991 TAC No.:

Events: 

Amount Enclosed: Make checks payable to Southern California Striders

Mail to: Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. Please call between 7 and 8 p.m. (619) 436-7886.

WAVES: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I INTEND TO BE LEGALLY BOUND. DO NOT RENT FOR MY OWN USES... EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS... CLAIMS OR DAMAGES I MAY ACCRUE AGAINST THE CALIFORNIA STATE UNIVERSITY AT LONG BEACH, THE SOUTHERN CALIFORNIA STRIDERS TRACK AND FIELD CLUB, TAC, THE CITY OF LONG BEACH AND ANY AND ALL AHES, REPRESENTATIVES... AND ASSOCIATEES OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM AND WHILE PARTICIPATING IN THE MEET OF CHAMPIONS HELD APRIL 13, 1991 AT THE CALIFORNIA STATE UNIVERSITY AT LONG BEACH. I AGREE THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS MEET.

SIGNATURE DATE

---

SOUTHERN CALIFORNIA STRIDERS TRACK and FIELD CLUB

2570 El Camino - Suite 606 - Mountain View, CA 94040 - USA

"Everything for Track and Field Athletics"

Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog.

- TRACK & FIELD NEWS. With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: $27.50 USA, $35.00 rest of world.

- TRACK TECHNIQUE. Official TAC/USA technical quarterly with articles on training, technique, etc. Published since 1960. Now $15.00 yr., USA; $16.00 foreign.

- BOOKS. Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklet.


---

Track & Field News

March, 1991

National Masters News

Page 11
Roland Cormier: The Casual Competitor

Every now and then you come across a masters runner who doesn’t seem very serious about running but somehow manages to do exceptionally well in spite of a “casual” approach. Roland Cormier is such a guy.

Cormier, a 51-year-old resident of Springfield, Mass., says he doesn’t like running — never has. Yet, he is a standout masters competitor. A 27:23 for a 5-miler after his 50th birthday last year gives some indication of his ability.

“I’m just sort of a health-fitness kinda guy,” explains Cormier. “I like all kinds of sports — basketball, golf, cross-country skiing. They’re fun, but not running. It hurts and you don’t get paid for it. It’s almost un-American. But there’s nothing like running to keep you in shape. It’s the only sport in which you can walk out of your house and, with nothing more than a pair of sneakers, get in a good workout. I love being in shape, and running seems to be the simplest and easiest way to achieve that.”

Cormier, who’s employed by the Springfield public schools system as a counselor working with problem kids, has been running since his high school days. He recalls a 5:12 mile in high school: “Back in those days, we didn’t train. We just went out and ran. It was the guy with the most natural ability who won. Conditioning wasn’t a factor back then.”

While in the Army between 1957 and 1960, Cormier was attracted to the triathlon — the run, swim, shoot one. He won the 4th U.S. Army triathlon championship two years in a row and was offered the opportunity to be assigned to Fort Sam Houston in Texas to train with the U.S. Modern Pentathlon team. “But I would have had to stay in an extra two years,” he recalls, laughing. “No way was I going to do that.”

At Springfield College, Cormier went out for wrestling and golf. But he ran cross-country to get his weight down for wrestling. “We always took a team approach to cross-country,” he says. “We’d try to cross the finish line together. I won some races that way, but there was only one cross-country meet I won all by myself, and who do you think was second? Bill Rodgers! People never believe me when I tell them that, but I’ve got films to prove it,” he says.

“Everybody knew I was slow, but I ran the first mile in that race in 4:40 and opened up a big lead. I’m one of those people who, when they go out, want to put pain on everybody’s face. So if they beat me, at least they know I was there. I know Rodgers could have beaten me if he’d started after me earlier. I guess I surprised him by not coming back any more than I did.”

While still in college, he also gave track a try, recording bests of 9:38 for two miles and 14:47 for three.

After graduating with a B.S. in Physical Education and a Masters in Educational Guidance, Cormier continued to run for fitness. “I was a YMCA kind of person, you know,” he explains. “I’d play basketball and lift weights all day and then do a little running after that. I just always believed in staying in shape.”

After joining the masters ranks in 1980, Cormier won six national championships (2 RRCA and 4 TAC) at distances from 8K to 25K. In 1983, he ran the Clarence DeMar Marathon in 2:35:49, a New Hampshire state record at the time. He also won 13 New England masters championships on the road or at cross-country.

“I consider cross-country my best event,” he offers, “because I have more strength than speed. I enjoy the hills, the rough terrain, and the change of tempo. It’s each man against an unpredictable course. Road and track times mean nothing to me.”

When asked about his personal bests on the road and track, Cormier hesitates and responds: “All my best times were on uncertified courses. Back then you never knew if the courses were measured correctly or not. I think I had a couple of 10Ks in the 32s during the early ’80s. I remember a 25:56 for five miles in 1984 and a 1:45:28 for 30K in 1985.”

You’d think with impressive times like that, Cormier has found the right blend of quality and quantity in his training. Not so. He reacts to the term “speed work” as if he’d never heard of it.

“Basic running for me is 12 miles a day at an eight-minute (per mile) pace,” he notes. “I did that year after year after year. Eighty to 90 miles a week was pretty standard for me until about the time I turned 50. I never thought I’d slowed an inch until then. I never had any injuries before then, never. Now I’ve got sore knees, sore hamstrings, arches, ankles, nagging things here and there. So what happens is that when I go out to run 12 miles I get sore at nine or ten and that’s all I go. So I’m closer to 70 miles a week these days.”

Cormier won’t go out of his way to compete in big masters races. “My family comes first,” he says, referring to wife Diane, daughter Kimberly, 15, and son Michael, 13. “The kids always have something going on the weekends, and that takes priority over running. I’m satisfied to stay healthy and to continue to race at a national level in my own backyard.” — Mike Tymn

Report from the East

by HAIG BOHIGIAN, TAC Eastern Sectional Masters T & F Chairman

NEW YORK, February 11 — There have been seven developmental meets in the Metropolitan area. The first three in Fairleigh Dickinson University drew an average of 34 entries, the next two at West Point drew an average of 66 entries, while the next at Fordham drew 101. The last at Manhattan drew 121 entries.

The last four events were also the first four meets of a Grand Prix series of five meets to determine the outstanding masters athlete of the indoor season who will receive a free round trip ticket to anyplace in the USA that US Air flies to.

The final Grand Prix meet will be the MAC Championships to be held at West Point on February 17. Points accumulated at this meet will be doubled so that the title is up for grabs. After four meets the leaders are Bill Fortune with 57 points, followed by Gary Null with 56, then Ed Small with 49, Joe Johnson and Cliff Pauling with 44 points and Salih Talib, who missed one meet, with 28 points.

Salih Talib, 45, set a U.S. M45 indoor record of 9:12.69 in the 3000 on December 29. Bill Fortune, 62, set a U.S. M60 indoor mark of 11:31.19 in the two mile on December 22. Gary Null, 45, may have set two racewalk records but lack of existing marks make verification difficult. On December 22, he did 6:51.21 for the one mile and on January 20, he did 6:21.8 for the 1500.

Ed Small, 52, continues his dominance of the sprints with 25.94 in the 200, 56.7 in the 400, and 40.13 at 300. Joe Johnson, 45, has been unbeatable at the shorts sprints with a clocking of 7.05 at 55m. Cliff Pauling, 56, continues to dominate the middle distances.

Continued on page 13
Tomkins Wins Tom Robinson Memorial Mile
by PETER TAYLOR

HAVERFORD, Pa., January 6 — Gary Tomkins, 440, breezed to an easy victory in the Second Annual Tom Robinson Memorial Mile with a 4:38.5. Taking the M45 division was Sam Huckel, 49, in 4:47.2.

Other creditable performances were turned in by Ben Brockwell, 43 (4:44.1), George Lokken, 42 (4:45.5) and Rich Myers, 45 (4:47.7). Mary Tomnich, 35, had the best time among the women runners at 5:32.2.

The race, which is run on the 225-meter indoor surface at Haverford College, is a tribute to the popular Tom Robinson who passed away in 1988 after being struck by a car (he was not running at the time). Robinson, a noted cardiac researcher, was an outstanding middle distance runner (one mile to 5K) who also taught the sport through the Arthur Lydiard Running Camps.

---

Report from the East

Continued from page 12

with clockings of 27.29 at 200, 58.71 for 400, and 2:21.1 for 800. Outstanding sprinters have been John Brooks, 36, Don McNeil, 33, and Fred Feaster, 31. Other outstanding performances were Dan Reilly, 31, with a 2:01.1 800 and Taib’s 2:08.7 800.

---

CLASSIFIEDS

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


VIA SUOMI (Finland) July 10-Aug. 4, track & trail. WAVA ’91 Turku 4 days race walk, Helsinki plus Gotland, Jamtland MtS. High Coast - Sweden, recre. walks. Deadline June 1. Native Escort. Carlson Travel Networks - Sound Travel, 2205 140th NE Bellevue, WA 98004, tel (206) 643-1713.

---

PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Masters Age Records</td>
<td>$4.00</td>
</tr>
<tr>
<td>Masters Track &amp; Field Rankings</td>
<td>$4.00</td>
</tr>
<tr>
<td>Masters Age-Graded Tables</td>
<td>$4.00</td>
</tr>
<tr>
<td>Masters 5-Year Age-Group Records</td>
<td>$5.95</td>
</tr>
<tr>
<td>Competition Rules for Athletics (1990)</td>
<td>$3.00</td>
</tr>
<tr>
<td>TAC/USA Directory (1990)</td>
<td>$15.00</td>
</tr>
<tr>
<td>IAAF Scoring Tables (1985)</td>
<td>$7.95</td>
</tr>
<tr>
<td>Guide to Prize Money Races and Elite Athletes 1991</td>
<td>$19.95</td>
</tr>
<tr>
<td>US Masters Circuit Tips on nutrition, training and fitness for masters. Articles by Elliott Dennan, Hal Higdon, Dick Patrick, Al Sheahen and others</td>
<td>$9.95</td>
</tr>
<tr>
<td>The Masters Running Guide by Hal Higdon</td>
<td>$9.95</td>
</tr>
<tr>
<td>Winning Secrets by Dr. Ladislav Pataki and Lee Holden</td>
<td>$14.95</td>
</tr>
</tbody>
</table>

Back Issues of National Masters News

| Issues: | $2.25 |
| Postage and handling | $1.00 |
| Overseas Air Mail (add $0.50 per book) | |

TOTAL

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

Name ____________________________
Address ____________________________
City __________________ State ______ Zip _______
Turku Interviews - Giulio de Petra

You are a successful competitor all over the world. How would you compare the masters racewalking program here to that in Europe?

I think their program started after ours. When I was in Europe, a masters program didn't exist. Now, they hold the same masters races we do.

You just turned 50. Do you still train everyday?

If I don't do it one day, I feel guilty. My body doesn't feel good. So every morning I am out as soon as it is light and this sets me up for the rest of the day. It's a very healthy sport. I enjoy it because of what it does for my life.

You have an advantage over many of us as a leader in age and ability. What are your goals? It all depends on my health. I would like to racewalk until the day before I die.

Do you set time goals?

No. As time goes, my times go. It is something that bothers me because I feel young. I don't feel the years.

You feel the same inside as you did when you were 50, don't you?

And so I say, "Why do I go so slow?" I used to walk a 5K in 23-plus minutes or a 10K in 47-plus minutes, now it takes me 1:07 to 1:08 to do a 10K.

But you don't feel like you are going slow, do you?

I feel that I am best among my peers. I am making a point of this because when I coach older walkers I tell them that speed is relative. I believe nature is kind in this regard. An older walker can feel that he/she is going very fast even if the clock says differently, and can enjoy it as much as the younger walker.

That is for sure. I am enjoying myself, otherwise, I would have stopped racewalking a long time ago.

Are you planning to continue the European circuit?

Not only the European circuit, but the world circuit. I am going to Turku. I hope that this time I will finally win a gold medal. I have been winning silver medals. I had two silver medals in Puerto Rico, two silver medals in Rome, two bronze medals in Melbourne, and 2 silvers in Eugene. Now, it's time for a gold.

Who is your competition?

I don't know if the Australian, Tom Dainty, is coming to Turku. He's really good. I don't mind being beaten by someone who is walking legally. And there is another Englishman who beat us both in the 20K by the name of Grimwade. He is also very good.

An Italian, Scimone, beat me in Puerto Rico in 1983, but I beat him in the 5K and 20K at the World Games in Rome. I finished behind him in the 5K in the Masters Outdoor Championship in San Diego in 1989, and ahead of him in the 20K when he was DQ'd for a bent knee. He didn't come to Eugene, but Dainty did and he won the race. That kind of close rivalry will keep you out there competing.

I will never retire from racewalking as long as I feel like doing it. You heard that Gus Theobald died recently in Melbourne after being hit by a car while crossing the street. It was a stupid accident. He was 93. He won two races at the World Masters Games in Eugene: the 5K in 39:49 and the 20K in 2:41:43. He was from Australia and was still winning championships until his tragic death. What a marvelous walker he was, with perfect style! I will never forget him. So I expect to compete when I am 90 and 95. I will be there.

1991 American Racewalking Association

RACEWALK TRAINING CAMP
Boulder, Colorado
May 23 - 27, 1991

For beginners through Olympic-bound competitors, join us for a two-a-day workouts, seminars, video coaching, individual attention and beautiful locale! Daily seminar topics include speed, strength and form drills, biomechanics, mental training, fat reduction program, racing strategy and more! You receive a workbook which you use to continue your training at home.

On the 27th, Memorial Day you can walk the Boulder Boulder 10K if you so choose, a "party" of a race with 25,000 or more participants, many of them racewalkers or health walkers.

To register:
Send $465 per person to:
American Racewalking Association
P.O. Box 18333
Boulder, Colorado 80308-8333

ARWA "Eagle" (previous camp attendees) pay only $415.

Day Rate SM- and SUN- 25th/24th

$150. per day

Please Note: Fee is non-refundable within thirty days of the start of each camp.

Registration fee covers all handout materials including workbooks, video sessions, seminars, workouts and coaching tips. Bring a blank cassette (former camp attendees should bring their old cassette log to add onto) for videotaping.

Your primary coach Vishu Sedlak, #1 World-Ranked Master's Racewalker and triple gold medalist in the 1989 World Veteran's Games, double World Record holder in the 5K and 10K walk, and current six-time member of the US Track and Field Team. Co-coaches and supporting staff offer individual attention and specialty services.

Travel arrangements: For air and hotel package, contact Rose at Pathways Travel in Boulder:
1-800-336-7556 (in CO call 449-0099)

Register Mel if I am a member of ARWA (or have enclosed the $25.00 annual fee).

Name
Address
City/Zip
Phone
I am a current member__________ ARWA annual fee enclosed__________ I am an EAGLE
I attended the ARWA camp in__________ (year).

Racewalking Awards

by BEV LaVECK (RW Rep to the Masters T&F Committee)

Sometimes people want to know how the racewalking annual awards are decided. A few years ago, I came up with a point system for assigning awards. I didn't find it completely satisfactory, however. I felt even with a point system, especially if you are going to use any kind of weighting, you have to make subjective judgments such as how many points to award to a national championship versus a 5-year age group record versus a single-age best.

Then I found that some people didn't want awards necessarily to go to the fastest person, and felt that there were other criteria that made a racewalker outstanding. Others simply wanted a very objective standard based on times alone. With the differences in opinion, I decided to switch over to a vote method which is what we are using today.

I contacted 18 racewalkers in different parts of the country who went to a lot of meets or were involved with many masters racewalkers. I asked them to form an advisory panel and, among other things, to vote annually for the outstanding male and female walker in each age division as well as for the overall outstanding male and female racewalker. I am presently expanding the panel to include previous award winners with the objective of having approximately 40 members.

Every year, I supply the data to the panel uses for voting. I strongly encourage masters to send me their race results from championship events or when they break age-group or single-age records.

My address is: 6633 N.E. Windermere Rd., Seattle, WA 98115.
Stewart, Oshier Smash Meet Records at Hartshorne Mile

by DAVID OJA
ITHACA, N.Y. — The 24th running of the Hartshorne Masters Mile on January 12 was a recordbreaker, as both the men's and women's meet records were lowered by sizeable margins.

Dave Stewart, 42, of Ottawa, Canada, cruised to victory in 4:23:3, breaking John Serra's record of 4:30.0, set a year ago. On the women's side, Nancy Oshier, 42, of Rush, N.Y., ran virtually uncontested to a record of 5:15.7, a whopping 17.7 seconds faster than the old mark, set by Mary Leivers in 1988.

Race Director Rick Hoebeke, 41, placed second in 4:40.8.

Bob Milner, Boucherville, N.Y., turned in a scintillating 5:00.6 to win the M55 age group, and Rochester's Derck Frechette (4:45.5) was similarly impressive in capturing the M45 age group.

Oshier was clearly the class of the women's race. Along the way to her 31-second victory, she lapped everyone in the field except the eventual second-place finisher, Kathy Brown (5:46.7), Fairport, N.Y.

New meet records are becoming the norm in this event, which has experienced something of a revival during the past several editions of its 24-year history. Sponsored by the Finger Lakes RC and the High Noon AC, the Hartshorne Mile is beginning to attract the attention of some of the top masters from the U.S. and Canada. Hoebeke is looking forward to a continued increase in the quality of both the men's and women's fields, hoping that this adjunct to the Cornell Open track and field meet can develop into a popular tune-up for the nation's elite masters mile races that come up in February.

Third Wind

Continued from page 6

53 — Orestes “Minnie” Minoso (Chicago White Sox), oldest major leaguer to get a hit (1976).
54 — Bill Shoemaker (USA), oldest jockey to win the Kentucky Derby (1980); Herm Wyatt (USA), oldest to clear 6 feet or more in high jump (6-0, 1986).
55 — Dick Bass (USA), oldest to climb Mount Everest (1985).
56 — Patrick McDonald, oldest to win an American TAC/AAU national track & field championship (56-pound wt. throw, 1933).
59 — Leroy Satchel Paige (Kansas City A's), oldest major leaguer to appear in a game, oldest to strike out a batter (1965); Tom Patsalis (USA) oldest long jump 20 feet or more (20-0 ½, 1981).

60 — John Y. Smith (USA), oldest to win an open-class weightlifting championship (Strongest Man in New England Contest, 1926).
61 — John Gilmour (Australia), oldest to run a sub 5-minute mile (4:57.1, 1980).
64 — Oscar Swahn (Sweden), oldest Olympic gold medal winner, running deer team shooting, (1912).
66 — John Curry Edwards (USA), oldest to set a world record in a strength contest (117 chin ups, 1969).
67 — Jack Stevens (Australia), oldest to break five minutes for 1500 meters (4:56.8, 1984).
68 — Clifford Batt (Australia), oldest to swim English Channel (1987).
72 — Oscar Swahn (Sweden), oldest Olympic medalist (silver, shooting, 1920).
73 — Paul Reese (USA), oldest to run across continental United States (1990).
74 — Harold Chapsion (USA), oldest to run a sub 6-minute mile (5:58.8, 1977).
80 — Leo Stiles (USA), oldest to bowl a perfect (300) game (1985).
95 — Erna Ross (USA), oldest woman to shoot a hole in one (112-yard, 17th hole, Palm Beach, Fla., 1980).
99 — Otto Bucher (Switz.), oldest to shoot a hole in one (130 yd. 12th hole, La Manga GC, Spain, 1985).

New Training Techniques

Each month for nearly a year, NMN readers have seen an advertisement by Training Management Systems, Inc., offering instructional videos, nutritional products and "powerballs." The man behind these products is Dr. Ladislav Pataki, 43, who won the shot put (46-1/4) and placed second in the discus (144-0) at the 1990 TAC/USA National Masters Track & Field Championships in Indianapolis.


A top athlete in his native Czechoslovakia, Pataki said: "The secret of my successful return is my unique power program; visualizing the perfect form using videos, building my power by powerballs and eating the wonderful Powerlean supplement. I'll be ready for a world record this year."

We asked him what PowerLean and PowerBalls are and if they can help masters athletes achieve better performances.

"PowerBalls are special medicine balls of from 2 to 25-lbs.," he said. "Your stretch-reflex mechanism is improved by throwing and catching the balls."

Pataki said his powerballs program produced many gold-medal Soviet-bloc athletes. "It's designed to develop strong connective tissue of the vertebrae skeletal muscle and neuromuscular reflexes essential for quick, powerful movements."

His PowerLean nutritional supplement has drawn raves from some top masters athletes.

"With two months use of PowerLean, I find I'm leaner, weigh less and my strength has increased," said Bruce Springbett, a World Championship 100m medalist. "I'm also a firm believer in the product for its digestive benefits."

Ed Burke, 1984 Olympic hammer thrower at age 43, said: "I discovered... that PowerLean is a natural way to build lean muscle and performance."

Pataki's training videos were created by a 70-member Soviet-bloc team of film makers.

"Thousands of computer-analyzed keys of champion motion are illustrated," Pataki said. "It's truly amazing how it speeds the learning process."

Pataki says he has received far more response from his ads in the National Masters News than from any other publication.

"I feel it means that masters athletes understand the value of these products and are seeing positive results from using them," Pataki said.
'91 Circuit Set to Begin

The 1991 Sorbothane/USRA Masters Circuit will begin its 4th year on March 16th as a circuit meet in Naples, Florida. The Circuit will run from March to April and feature competition in 15, 5-year age divisions and include the popular Sorbothane Cup-graded rankings program.

We are very pleased to welcome Sorbothane back as a sponsor. Sorbothane, quality maker of athletic insoles and an industry leader, will be joined by our new presenting sponsor Power Bar. The major elements of the Circuit dif will remain the same with total circuit plans and the schedule to be released in the April issue of NMN.

We are enthusiastic about Power Bar's sponsorship addition to the circuit. Company founder Brian Maxwell is no stranger to the running scene. He consistently ranked among the nation's elite marathoners in the '70s. Now a master himself, his company has experienced impressive growth and recognition, and we feel their sponsorship is an excellent fit with the circuit.

As an added bonus all participants in Circuit events (both Open and masters) will receive a product sample from Power Bar. We appreciate both Sorbothane's and Power Bar's sponsorship and we ask that the masters running community show them enthusiastic support and acknowledge.

While the Circuit schedule is being finalized at press time, here is a quick overview of the first three events where runners can earn valuable grand prix points:

Nissan Shamrock (March 16th) - In its 3rd year as a circuit meet, the Nissan Shamrock 5K consistently attracts some of the sport's top masters. The top three will receive $400, $200 and $100 respectively.

Myrtle Beach Classic (March 23rd) - The Myrtle Beach Classic has been on the Sorbothane/USRA Masters Circuit each of its 4 years of existence. It is one of America's few events that has a separate masters race from the Open. Bob Schlu of nearby Charleston, the Circuit's first grand prix winner in 1989, will be back to defend his crown on the fast layout starting and finishing at Beach Cove Resort.

Northwest Natural Gas 8K Spring Classic, Portland, OR (April 28th) - A first-timer on the circuit, this popular race attracting over 2500 runners provides masters prize money of $500, $300 and $200 to 1st through 3rd place winners. This is our first trip to Portland and with the circuit's return to Seattle for the Half Marathon in November, this gives us an added presence in the Northwest region.

As of press time, nine cities are on the docket for 1991 Sorbothane/USRA Masters Circuit. In addition to the above three events, other events include: May 27th - Cottontown Run, Mountain View; August 10th - Asbury Park 10K, New Jersey; October 13th - Dayton-Corridor Classic Half Marathon; November 24th - Seattle Half Marathon; December 7th - Rock City Marathon, Huntsville; January 11th - Sorbothane/USRA Masters Circuit National Championship, Naples, Fla.

Leading contenders for other circuit sites include in San Rafael, Palos Verdes, San Diego and San Clemente (Ca.), Denver, Knoxville, Baltimore, Pittsburgh, Oklahoma City, Tulsa, New York, San Antonio, Dallas, Albuquerque, Des Moines, Kingsport (Tenn.), and Canada.

While we certainly can't argue with the hospitality and popularity of the Naples site for the Circuit Championships, there have been several cities interested in hosting the circuit finale. We are currently talking to sponsors in Orlando, Phoenix and other cities that have expressed interest in hosting the Championships. The Circuit is also considering the possibility of bidding for the World WAVA Road Race Championships that will be launched in 1992.

The circuit is also interested in bringing back the Legend's Mile concept so successfully promoted with the 1988 TAC National Masters T&F Championships. We have had discussions with a variety of sponsors about underwriting the World Record bonus for the first master sub-four-minute mile. We are hoping to involve TAC again in the process. Your support will be beneficial.

CIRCUIT HAPPENINGS

Houston-Tennebro Marthon now with a modest prize purse dedicated to masters was held in mid-January with masters won by Richard Umerberg and Carol Virga. The Great Gainesville Road Race in its second year was another success under the direction of Hal Rothman. Masters winners included Kare Oseris from Norway and Adrian Lilburn. The Bahamas 5000 continues to grow in popularity as a part of the Florida Citrus Circuit. California's Steve Ferraz led the masters men in 15:34 and Sue Bindsd by 17:03 to capture the women's division.

A cold snap brought unseasonable cool temperatures to the popular Gasparilla Distance Run 15K as Mario Cuevas (46:19) and Priscilla Welch (52:34) won the men's and women's masters races respectively. Out of its $55,100 prize purse only $3500 is dedicated to masters. Hopefully we will see that increase over the next few years.

New Zealand's John Campbell will be in the U.S. for 3/4 months before going to London to run the marathon in April. He started his tour with an excellent 29:53 at the Charlotte Hornets' Fastbreak 10K on February 9th.

Race Director Russ Tate of the Carolina Marathon was one of the country's top marathoners in the '70s. He is now a world-famous exercise physiologist and Race Director of the Masters Marathon/10K in Columbia, S.C. Bill Rodgers (30:35) and Nancy Grayson (36:20) won masters 10K races. Coming up on the roads March 2nd in Greenville, S.C., is the popular Reedy River Run 10K. Race Director Adrian Caven (803-233-0320), an excellent Grand Masters runner himself, reports there will be over 1400 vying for a $4500 prize purse with $125 to the top masters male and female. The March 2nd Red Lobster 10K Classic (435-551-9113) boasts $74,000 prize money. Traditionally featuring one of the best masters fields of the year, $1200 will go to the top master male and female master with $1500 for second.

Carnival Miami 8K Run March 9th offers a $15,000 prize purse with an impressive $6900 going to masters runners (305-364-7212). The Alamo Heart Run in Ft. Lauderdale had only a modest field despite a $30,000 prize purse. Bill Rodgers finished third overall (and top master) with a time of 30:09. The Jacksonvillle River Run 15K is traditionally the final stop on the Florida Citrus Circuit on March 9th. $42,500 is distributed in prize money with $1000, $500 and $200 going to the top three, respectively, in the men's and women's masters divisions (904-739-1917)... Promoters are putting together what they hope will be a major event in Naples, Fla., on May 12th with the first annual Tropical-Fest 5K. Part of the market's largest festival, it will run through the popular Old Naples section (407-647-2918).

Despite a drop in prize money, the popular New Bedford Half Marathon in Massachusetts will continue on March 17th (508-999-5005)... One of Delaware's best is the annual Cesar Rodney Half Marathon on March 17th. $700 of the $6000 prize purse goes to masters (302-368-5488). Things could get a bit confusing on March 23rd with the Azalea Trail 10K in Tyler, Texas and Mobile, Alabama. In Texas they offer $10,000 in prize money with $800 going to masters. The Mobile Azalea Trail Run will offer $30,000 with a $1000 first place prize to masters runners. George Sheehan will be at the Mobile event... Despite no sponsors, the Cooper River Bridge Run, the south's largest 10K outside of Peachtree, will be held on April 6th in Charleston. A $20,000 prize purse will be offered with $4000 offered to masters... On April 6th the Kutztown Food's Run 10 Miler will try it again. Last year you may recall they awarded Bill Rodgers a brand new car based on the world record-setting performance. It was learned after the race that the course was significantly short. Bill still drove away with the car, however. This year a certified course is promised and a $10,000 world best bonus is available for a U.S. runner (215-683-8860).

One of the sport's largest post-race parties featuring an intimate group of 120,000 will take place at the Chicago Festival Classic Classic Classic on April 14th with $5000 to the top male and female masters ($45,000 purse will go to masters, $30,000 to women). The top female will receive $2000, $1000 and $500. The Top Male will receive $5000, $2200 and $1000.

In our continuing efforts to encourage races to increase prize money for masters athletes, we urge runners to call events and express your opinions as to prize money breakdown. In this regard, we encourage you to call or write the Bankers Trust-Drake Relays 10K in Des Moines on April 27th as it features a $3,150 prize purse with "0" money distributed to masters. Contact Don Zille, 3219 Kingman, Des Moines, IA 50311, 515-274-9127... See you on the roads!
Drug Testing in Turku Proposed on an Experimental Basis Only

by ALASTAIR LYNN, WAVA Secretary

WAVA Affiliates are confused concerning drug testing at the Turku Championships. In June, 1990, the WAVA Council met at Turku and discussed the introduction of drug testing at the WAVA World Veterans’ Championships. As such an issue is so sensitive and fundamental it was decided that only the WAVA General Assembly could authorize drug testing. It was therefore agreed that a bylaw — detailed in the following letter — would be presented to the General Assembly in 1991 for approval or rejection. The WAVA Affiliates were informed of this decision.

In July, 1990, the IAAF Veterans’ Committee (not part of WAVA) met and decided that there would be drug testing at Turku, although they knew the WAVA Council’s decision. I quote from the minutes of the IAAF Veterans Committee Meeting:

“He (Hans Skaset, Committee Chairperson) felt that the IAAF had an inherent right to test any athlete affiliated to an IAAF member. He understood that not all Veteran bodies were affiliated to IAAF federations and these athletes did not necessarily have to submit to an IAAF doping test. However, they could be asked by means of a letter to voluntarily submit to a test. This would then transfer the onus to the athlete.”

So we potentially have the strange situation where some athletes, can be tested but some cannot.

I was concerned about this situation and in December wrote to the IAAF Secretary (making it absolutely clear that at this stage it was a personal suggestion) suggesting the “experimental” approach stated in my subsequent letter to Cesare Beccalli, printed below. In these unprecedented circumstances I also asked the WAVA Council to vote on my suggestion. The result of the vote was given in the following letter (I had a lawyer confirm the voting). The clear support of the majority of the Council enabled me to write to the WAVA President and urge him to raise this sensible compromise with the IAAF.

I will be accused by a few people of taking this step because of my campaign to become the WAVA President. Not so! I have taken this action because as WAVA Secretary, I view the WAVA General Assembly as being the ultimate authority on such matters — and as an athlete I welcome such a discussion.

Here is the proposal I made in my letter to Cesare:

To: Cesare Beccalli, President, WAVA

cc: The WAVA Council

From: WAVA Secretary

13th January, 1991

Dear Cesare,

I circulated the WAVA Council on 13th December with a letter which presented a possible resolution to the impasse of drug testing at the WAVA World Veterans’ Championships this July at Turku: a voting sheet was included so that the Council members could freely express their views.

Before listing the result of this vote let me review why there is a problem. At the WAVA Council meetings last June in Turku the following resolution was agreed by 10 votes to 1:

“That the WAVA Council submit to the WAVA General Assembly in Turku that WAVA introduces a bylaw authorizing drug testing at WAVA World Veterans Championships.”

The WAVA Council overwhelmingly considered that so fundamental a change to our bylaws must have the approval of the General Assembly.

However, at the meeting of the IAAF Veterans’ Committee (which is not part of WAVA) it was stated that doping controls would be in place for the WAVA Championships in Turku. This despite the fact that it was admitted —

Continued on page 26

by CESARE BECCALLi, WAVA President

On February 1, I sent the following letter to the IAAF Secretariat:

To: Mr. John Holt and Mr. Mark Horley

Re: Drug Testing at the 1991 World Veterans Championships

At Turku, Finland, in June, 1990, the WAVA Council passed a resolution stating that drug testing will not be implemented at Turku in 1991. My proposal to discuss the matter with the IAAF prior to any decision was defeated.

At Turku, the Council also voted to recommend to the next General Assembly a by-law authorizing drug testing. If accepted by the General Assembly, drug testing would be implemented for the first time at the WAVA Championships in 1993.

I reported these decisions to the IAAF Veterans’ Committee in Budapest in July, 1990. The position taken by the Chairman and also unanimously by the members, was that any athletic championships, whatever, cannot be recognized by the IAAF unless drug testing is accepted.

I stressed the question of medication regarding older athletes. The point was also discussed in Budapest, and later in London, with Dr. Bryan Wotton. The Chairman also explained that if WAVA refuses drug testing, the IAAF could find itself obligated to not recognize the Championships. He said the IAAF will keep the right to test any competitor belonging to those WAVA affiliates who also are members of the IAAF.

I reported the above situation in a speech at the European Veterans General Assembly. All but one delegate agreed that WAVA must accept the international rule for drug testing and that a condition in which some athletes cannot be tested while others could be tested, is quite unacceptable.

Five members of the Council were present at that Assembly and they all agreed. In addition, the Executive Vice-President of WAVA (Bob Fine, U.S.A.) stated in many documents his opinion that we have to accept drug testing.

On 13 December 1990, the WAVA Secretary wrote you “a purely personal suggestion” and took the personal initiative to call a vote from the Council. On 13 January, 1991, he wrote me, with a copy to all Council members, the result of the vote was the following:

- in favor of the Secretary’s proposal - 8
- against - 1
- spoiled ballot - 1

The WAVA by-laws, under point 1, Competitions, state that WAVA competitions will be conducted in accordance with the IAAF rules, except as modified by the WAVA Constitution or by-laws. There has been no exception enacted by WAVA regarding drug testing. This means that, in Constitutional terms, resolutions to not implement drug testing or requiring exceptions to the IAAF rules can only be taken by the next General Assembly for the 1993 Championships.

Nevertheless, I would like to clarify to the IAAF and to the WAVA Council members, to whom a copy of this letter is addressed, that while I was opposed to making a decision prior to fair consultations between the IAAF and WAVA, I share the worry regarding medications which could be used by older competitors.

I respectively suggest the IAAF attentively consider any possibility given by its rules to accept — at least for this time — the conducting of drug testing on an experimental basis.

If this is impossible, procedures and/or policies regarding those veterans who legitimately need medications (not to enhance their performance but simply to enable them to perform) should be decided in cooperation, as already discussed with Dr. Wotton.

Continued on page 23
The entry form and competition schedule for the IX WAVA World Veterans Championships are printed in this issue. The deadline for entries is April 15.

More than 5000 athletes from over 60 nations are expected to participate in the biennial event in Turku, Finland, from July 18-28. The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the event. The only requirement is to be at least the minimum age.

All the traditional track & field events will be held, as well as a 10K cross-country run, a marathon, and two race walks. All events are open to men and women alike.

Pirkko Martin, Executive Secretary of the Turku Organizing Committee, reports that preparations are going well.

"The cross-country, road walk and marathon routes are ready," she said. "The competitor's handbook is almost finished."

Martin said there hasn't been any cancellations of room reservations because of the world tensions.

"Finland is located so far from the crisis territory that life in Turku is quite peaceful and safe," she said. NMMN contacted five of the seven U.S. masters travel agents conducting tours to the Championships. Only one of the five has received any cancellations – and that from athletes who are in the reserves and may be called to active duty. But many people are still on the fence, undecided as to whether to go or not.

"Travel to Europe is safe," said James Turner, a clinical psychologist speaking on ABC's Nightline. "Sure, terrorism is always a threat, but you're more likely to be injured crossing the street than from a terrorist attack."

Despite a 30% dropoff in travel to Europe (London newspapers are calling Americans "wimps"), there are no U.S. State Department "cautions" on any Western European nation.

Details of the post-meet trip to the Soviet Union, however, are not yet complete. The tentative plan is to take the train from Turku to Leningrad for two nights and then train to Moscow for the Soviet Veterans Athletics Championships on August 2-4. We'll publish details when available.

Many athletes will head west after the Games to Baden, Switzerland for an August 2-3 Veterans meet in the popular resort town near Zurich. Switzerland is celebrating its 700th anniversary this year.

One week prior to the World Championships, a Pre-Games meet will be held in Kuusankoski, Finland.

The WAVA World Veterans Weight Pentathlon Championships will be held in the city of Naantali (about 25 minutes from Turku by car) on Monday, July 29. (See schedule for details of all meets or consult a masters travel rep).

Special masters tours are being arranged to various parts of Finland, including Rauma, Tampere, Naantali, and Lapland. Cruises will go to Leningrad, the Marielhamn/Aland Islands, and Stockholm, Sweden. The scheduled cruise to Tallinn, Estonia has been cancelled.

Martin says different kinds of events will be staged during the Games, such as:

1) A major jazz festival in the city of Pori (about 150km from Turku) between July 16-21.
2) An art exhibition from Juan Miro (100km from the main track).
3) Daily city tours and a special city tour for children.

At the opening ceremony, gymnastics, music and other entertainment will follow the parade-in of athletes.

Hundreds of Soviet athletes are expected, despite the troubles in the Soviet Union. Some are coming by train, some by ship.

Martin reports there are still a few rooms available in hotels. Athletes may reserve accommodations directly from Kaleva Travel Agency, Mikonkatu 6 C; SF-00100, Helsinki, Finland; Phone: 358-0-61 811; Fax: 358-0 629 019.

However, U.S. travelers may find it easier to book their accommodations through any one of the seven U.S. masters travel agents:

- Snug Harbour Tours, 212-391-5611
- Masters Athletic Group Tour, 213-557-2422.
- Ski & Travel International, P.O. Box 630096, Miami, FL 33163.
- Travel Masters, 201-361-3220.
- All-Star Travel, 800-669-7052.

As a courtesy, some of the masters travel reps will send entries to Turku, thus saving athletes the conversion fees. For those who send their entry individually to Turku, Martin reminds them to add 40 FIM (finmarks) as printed in the entry form.

Since the finmark has jumped 12% against the dollar from US$2.50 to US$2.80 in the past year, it means that 40 finmarks equals US$11.20. One U.S. dollar equals 3.37 finmarks.

Will Finland be expensive? The cost of living is higher than in the U.S., but a careful tourist can survive. Some sample prices:

- airfare and accommodations: $1625 and up.
- hamburger at a McDonald's-style restaurant: $4; pie: $2.
- spaghettia at a low-cost restaurant: $9.
- dinner at a low-cost restaurant: $15.
- dinner at a moderate restaurant: $21.
- beer in a bar: $4.75.
- beer/soft drink in a shop: $8.00.

The above dinner prices include tips. The breakfasts at the hotels and dorms are free.

Will there be drug testing in Turku? For an update, please see the "International Scene" column on page 17.

The atmosphere in Turku will likely be similar to Eugene, where the successful 1989 Championships were held. Turku (160,000 pop.) is about the same-size city and the locals are excited about having the vets in town.

As we've said before, the main purpose of most participants in any World Veterans Championships is to have fun. One doesn't have to be a potential medalist to compete. Most of the athletes in Eugene and Melbourne (1987) said the best part of the Games was the friendship and camaraderie they felt in meeting new people from all over the world. The competition was the icing on the cake.

On page 23 are the last-place marks in Eugene. If you can better the mark in your event in your age group, you wouldn't have finished last in Eugene.

Sten-Olof Hansen, President of the Turku Organizing Committee, says: "We will do our best to help you achieve a great event. You will have many memories and experiences to take home with you. We welcome you to Turku."
Dear Veteran Athletes around the world,

As a traditional sports city since Paavo Nurmi’s days and far beyond that Turku with its surroundings warmly welcomes you to the beautiful Scandinavian summer and to the IX WAVA World Veterans’ Championships summer 1991.

It is my pleasure to inform you that since finns are known as great fighters we have learned to appreciate sports and the good health as a result of training. Therefore we have also done lots of efforts to get suitable facilities for all kind of sports.

A year ago the Sports Park of Turku was completely renewed and got a new, large stand. The quality and the quantity of services will be of the first class and support you to give your best in the game.

The name "Turku" means marketplace and according to its name the town is full of different kind of shopping centers. And on the other hand an old city as Turku is, almost 800 years old, it has a lot of historically significant places for you to visit.

Dear athletes, here in the exotic northern town called Turku, we will all do our best to help you achieve a great event and you will for sure have lots of great memories and experiences to bring home with you after the games.

Welcome to Turku in July 1991!

Sten-Olof Hansen
President of the Organizing Committee of Turku 1991
### COMPETITION ENTRY REQUIREMENTS

**ALL ENTRIES MUST BE RECEIVED BY APRIL 15, 1991.** Official entry forms or photographs of the entry form shall be presented at the time of entry. If confirmation is not received by May 31, 1991, the entry will be cancelled.

Entries are sent from individuals in the following countries must first be processed by their national masters association before they are sent to the Organizing Committee. The Federation/Association will forward all competition entries from their country to the Organizing Committee. The Federation/Association will process all entries received in their country before sending them to the Organizing Committee.

Entries are sent to the following organizations:
- **IX World Veterans’ Championships**
- **Sports Park**
- **St. 2080 TURKU FINLAND**

#### AGE REQUIREMENTS

The IX World Veterans’ Championships are open to all men born on or before 18 July 1921, and all women born on or before 18 July 1930, who are physically fit for competition.

Proof of date of birth must be submitted with entry form. Copies of birth certificate or passport will be necessary.

#### BLIND COMPETITORS

Blind competitors requiring guides are not to receive any advantage over other competitors by the guides received. A guide may only be in position behind or at the side of the competitor. A tether may be used to pull the competitor ahead. In races run in lanes the outside lane must be used.

#### REGULATIONS AND QUALIFICATIONS

Competitions are conducted under the IAAF/WAVA rules subject to any special rules laid down in this section. Entry signifies that each competitor will follow the rules of the Organizing and Technical Committees.

#### TIMETABLE

In track events, slower competitors will be required to move to the outer lanes to complete the race if this necessitates the slowing down of the faster competitors. The appointed officials have the right to disqualify and remove competitors whose performance is considered gross to themselves or any other competitor, or whose performance is such as to hinder the progress of the programme.

#### AWARDS - INDIVIDUAL EVENTS

Medals will be awarded to the first three places for all age groups in all events. Certificates of participation will be provided for all entrants.

#### AWARDS - TEAM EVENTS

In team scoring and relay events, an athlete may move down an age group subject to declaration before the start. Any athlete that moves down an age group for team scoring can still participate as an individual in his/her age group. Medals will be awarded to each scoring member in teams that gain a 1st, 2nd, or 3rd in their team event. Teams will be formed by country. The handicap, road walk, and cross country will be scored on aggregate times of teams of the first five of each country who try to finish in each 5-year age group. All relays: All men and women in each country will follow the scheduled start time of the heat. A country may only enter one team in each division. Entries for team events must be made 12 hours before the start event.

#### IMPLEMENTS

With the exception of vaulting rules, all implements for field events will be provided by the Organizers. Entries may use their own throwing implements provided these implements conform to the rules and are certified by the Equipment Official at least 90 minutes before the start of the event. Any other competitor in the competition has the right to use the equipment if he/she so wishes. Spikes. Only spikes of 6mm length permitted on stadium tracks.

#### QUALIFYING REQUIREMENTS - TRACK

In all lane events requiring heats and/or final rounds, the following qualifying conditions will apply. In a 6-lane event, the second or third lane, where applicable. A 6-lane event - Winners and at least next 4 fastest will advance, lanes will be allocated in accordance with WAVA rules. Probable limits: 800 meters, 12 per heat, 8 to final; 1500 meters, 16 per heat, 12 to final; 5000 meters, 24 per heat, 20 to final. If there are insufficient starters, lanes will be assigned according to the scheduled starting of the heat. The final will be held at the scheduled starting time.

#### STEEPLECHASE

The barriers must be manned or vaulted; competitors climbing the barriers will be disqualified.

#### HURDLES

At each hurdle both feet must be off the ground for at least an instant.

#### QUALIFYING REQUIREMENTS - FIELD

Long Jump, Triple Jump and throwing events: The best 8 performers (including those sharing 8th place) in the first 3 efforts will qualify for the final 3 efforts. High Jump and Pole Vault: Competitors may nominate one height below standard set by Organisers. Programming: High Jump - 3 cm; Pole Vault - 5 cm. Each additional effort of entry will be sent within 30 days of receipt. If confirmation is not received by May 31, 1991, the entry will be cancelled.

#### QUALIFYING REQUIREMENTS - FIELD

Long Jump, Triple Jump and throwing events: The best 8 performers (including those sharing 8th place) in the first 3 efforts will qualify for the final 3 efforts. High Jump and Pole Vault: Competitors may nominate one height below standard set by Organisers. Programming: High Jump - 3 cm; Pole Vault - 5 cm. Each additional effort of entry will be sent within 30 days of receipt. If confirmation is not received by May 31, 1991, the entry will be cancelled.

#### SECTIONS

In long track events and all field events (except High Jump and Pole Vault), age groups will be kept separate unless they are combined into one group. A 6-lane event - Winners and at least next 4 fastest will advance, lanes will be allocated in accordance with WAVA rules. Probable limits: 800 meters, 12 per heat, 8 to final; 1500 meters, 16 per heat, 12 to final; 5000 meters, 24 per heat, 20 to final. If there are insufficient starters, lanes will be assigned according to the scheduled starting of the heat. The final will be held at the scheduled starting time.

#### VENUES

**TRACK AND FIELD**
- **#1 Venue** - Sports Park of Turku, Turku
- **#2 Venue** - Raioi Field, Raioi

**Marathon**
- **Cross Country**
- **The Cross Country is a fast course, closed to traffic.**
- **Walk**
- **Rood Walk** - The Rood Walk is a flat course adjacent to Raioi Field.
**COMPETITION ENTRY FORM INSTRUCTIONS**

Please fill in your full name in the boxes provided, one letter per box, family name first. Then your complete address should include apartment number, if any, nationality, sex (male/female), date of birth, and age.

Next, figure the fees for entry as follows: There is a FIM 5 fee assessed by WAVA (which is WAVA's principal source of income). In addition, there is a cost for each event entered. The first event is FIM 100. Second, 3rd, 4th, and 5th events are each FIM 30. Each sixth and seventh event is FIM 60 each. Therefore, the cost for entering one event would be FIM 100; the cost for entering 5 events would be FIM 250; and the cost for entering 7 events would be FIM 400. The cost for the banquet is FIM 120 per person. Add all the costs together for your total.

Payment must be made using a bank draft, VISA or MasterCard charge card or check in FIM.

If paying with a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box).

In addition to marking your event(s) in which you wish to compete, you must mark your entry for any "X" in front of the event(s) you wish to enter (preferably the event(s) you wish to enter). The next section tells you which, if any, age groups compete in that event. In the "Best Mark 1990—1991" column, please list your best mark for this time period. In addition, marking your events in which an "X" is entered will make it easier for anyone to find your entries for the competition.

Please send entry form and payment to:
IX World Veterans' Championships Organizing Committee
Sportpark SF-20810Turku FINLAND

---

**COMPETITION ENTRY FORM**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name of Event</th>
<th>Women's Age Groups</th>
<th>Men's Age Groups</th>
<th>Best Mark 1990-1991</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>100 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>200 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>400 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>800 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>1,500 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>3,000 METER STEEPLECHASE</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>5,000 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>10,000 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>30 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>110 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>300 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>400 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
</tbody>
</table>

**MARK EVENT HERE WITH AN "X"**

---

**MARK ENTRY HERE WITH AN "X"**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name of Event</th>
<th>Women's Age Groups</th>
<th>Men's Age Groups</th>
<th>Best Mark 1990—1991</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>100 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>200 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>400 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>800 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>1,500 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>3,000 METER STEEPLECHASE</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>5,000 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>10,000 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>30 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>110 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>300 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>400 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
</tbody>
</table>

If you wish to confirm your entry for the competition, please write out name of each event entered in the form at the bottom of this page.

---

**COMPETITION ENTRY FORM**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name of Event</th>
<th>Women's Age Groups</th>
<th>Men's Age Groups</th>
<th>Best Mark 1990—1991</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>100 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>200 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>400 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>800 METER DASH</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>1,500 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>3,000 METER STEEPLECHASE</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>5,000 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>10,000 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>30 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>110 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>300 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>400 METER HURDLES</td>
<td>W60 and Older</td>
<td>W60 and Older</td>
<td></td>
</tr>
</tbody>
</table>

To verify your requests, please write out name of each event entered.

---

**WAIVER**

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the IX World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of joining in connection with the IX World Veterans' Championships.

(Signature, Signature, Unterschrift, Firmname)
**MEDAL STANDARDS**

When there are less than four competitors the awarding of WAVA Championship medals is subject to achieving a specified performance standard. If there are only three competitors in an event the third place competitor must achieve or better the published medal standard before being awarded the third place medal. If only two competitors the second must achieve or better the published medal standard before being awarded the second place medal; if only one competitor he must achieve or better the published standard before being awarded the first place medal.

The medal standards are listed in the appendix.

There are no medal standards for the 90 + events or for the Women's triple jump, Women's hammer, Women's pole vault and Women's triple jump.

The medal standards are NOT ENTRY STANDARDS. THERE ARE NO PERFORMANCE STANDARDS REQUIRED FOR ENTRY INTO THE WAVA CHAMPIONSHIPS.

<table>
<thead>
<tr>
<th>Medal</th>
<th>M40</th>
<th>M45</th>
<th>M50</th>
<th>M55</th>
<th>M60</th>
<th>M65</th>
<th>M70</th>
<th>M75</th>
<th>M80</th>
<th>W40</th>
<th>W45</th>
<th>W50</th>
<th>W55</th>
<th>W60</th>
<th>W65</th>
<th>W70</th>
<th>W75</th>
<th>W80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>16.5</td>
<td>18.0</td>
<td>20.0</td>
<td>22.0</td>
<td>24.0</td>
<td>26.0</td>
<td>28.0</td>
<td>30.0</td>
<td>32.0</td>
<td>34.0</td>
<td>36.0</td>
<td>38.0</td>
<td>40.0</td>
<td>42.0</td>
<td>44.0</td>
<td>46.0</td>
<td>48.0</td>
<td>50.0</td>
</tr>
<tr>
<td>Silver</td>
<td>15.5</td>
<td>17.0</td>
<td>19.0</td>
<td>21.0</td>
<td>23.0</td>
<td>25.0</td>
<td>27.0</td>
<td>29.0</td>
<td>31.0</td>
<td>33.0</td>
<td>35.0</td>
<td>37.0</td>
<td>39.0</td>
<td>41.0</td>
<td>43.0</td>
<td>45.0</td>
<td>47.0</td>
<td>49.0</td>
</tr>
<tr>
<td>Bronze</td>
<td>14.5</td>
<td>16.0</td>
<td>18.0</td>
<td>20.0</td>
<td>22.0</td>
<td>24.0</td>
<td>26.0</td>
<td>28.0</td>
<td>30.0</td>
<td>32.0</td>
<td>34.0</td>
<td>36.0</td>
<td>38.0</td>
<td>40.0</td>
<td>42.0</td>
<td>44.0</td>
<td>46.0</td>
<td>48.0</td>
</tr>
</tbody>
</table>

**DAY TOURS FOR VISITORS**

An opportunity to sign up for these tours will be included in your housing confirmation. The registration forms for tours and excursions will be available at: KALEVA TRAVEL AGENCY LTD, Congress service, Mikonkatu C, SF-00010 HELSINKI, FINLAND, tel: +358-0-61 811/Mrs. Ojanen, fax: +358-0-629 019, KALEVA TRAVEL AGENCY LTD is the responsible tour operator for all tours and excursions. All tours will be in luxury coaches with multi-lingual guides.

The prices are based on a MINIMUM NUMBER OF 30 PARTICIPANTS.

1) **TURKU CITY SIGHTSEEING TOUR (3 hours)**

During this tour you get acquainted with Turku, the former capital of Finland until 1812. You will visit the Turku Cathedral, a visit is also paid to the Sibeliuus Museum with an extensive collection of instruments from many countries and items related to life and work of the Finnish composer Jean Sibelius. At Lounaskinkari handicraft museum, which houses the only group of wooden buildings to survive intact the fire of Turku in 1827. It introduces the visitor to the ways of life and trades of past times. Originally about 30 different trades are represented. The tour also includes other sites of interest and beauty in the home town of the Games.

**FIM 80- person**

2) **CRUISE BY AN OLD STEAMER S/S UKKO-PEKKA TO NAANTALI (5 hours)**

This cruise takes you on a 2-hour cruise in the beautiful archipelago in front of Turku. The cruise begins from Turku, transfers by coach. Lunch not included but the waterbus has a cafeteria.

**FIM 170- person**

3) **MINI CRUISE BY M/S ROYAL PRINCE (4 hours)**

This cruise takes you on a 2-hour cruise in the beautiful archipelago in front of Turku. The cruise begins from Turku, transfers by coach. Lunch not included but the waterbus has a cafeteria.

**FIM 170- person**

4) **DAY TOUR TO THE LACE TOWNS OF RAUMA (6 hours)**

During this tour to Rauma (90 km north of Turku on the Gulf of Bothnia) you will visit various handicraft workshops, follow bobbin-lace-making, do shopping in a pottery or at a silversmiths workshop. Rauma has a very well preserved old town with wooden houses at narrow-grobbel-stone lanes. Lunch included.

**FIM 280- person including lunch**

5) **DAY TOUR TO TAMPERE (8 hours)**

This tour takes you to Tampere, a lively industrial town 135 kms north-east of Turku. En route you visit Nuotakallio glass factory and have a unique opportunity to make shopping of famous Finnish glass in the factory shop. You may also be able to follow the glass-blowers in their work and even blow your own piece of art. In Tampere you get acquainted with the town’s modern architecture and visit the Naantalo revolting view tower with a magnificent view over the surrounding lake scenery. Lunch included.

**FIM 350- person including lunch**

6) **TOUR OF THE CHURCHES AND LOUVISAARI MANOR (4 hours)**

This tour in the province of Varsinais-Suuomi shows you a small Finnish communities, which have old grey stone churches, built at times that Finland was part of Sweden in the middleages. These churches have special architecture and they still remind of the ricemaking of the national Finnish culture, which started in this area. During this historical tour you will also visit Louvisaari Manor in Askainen. This manor is known above all as the birthplace of Marshal C.G.E. Mannerheim.

**FIM 150- person**

CRUISES TO MARIEHAMN/BLUE ISLANDS AND TO STOCKHOLM/SWEDEN WILL BE ARRANGED DURING THE CHAMPIONSHIPS WITH DAILY DEPARTURES ON THE LUXURY BOATS OF SILJA LINE.

**Prices: FIM 400.1000**

**PRE- AND POST TOURS:**

1) **LAPLAND, LAND OF THE MIDNIGHT SUN**

SHOOTING THE RAPIDS IN EAST FINLAND

CRUISES TO THE IMPERIAL LENINGRAD, CITY OF THE CZARS

For more information, please contact:

KALEVA TRAVEL AGENCY LTD
Congress service
Mikonkatu C
SF-00010 HELSINKI, FINLAND
 tel: +358-0-61 811/Mrs. Ojanen, fax: +358-0-629 019

**ACCOMMODATION**

Explanation of room categories is as follows:

- **DELUXE ACCOMMODATION**
  - Rooms with private bathrooms, color TV, minibar, cocktail lounges, pool facilities, sauna, entertainment, various restaurants.
- **FIRST CLASS ACCOMMODATION**
  - Rooms with private bathrooms, color TV, some have minibars, all but one have dining facilities, some have sauna departments, various types of restaurants.
- **TOURIST ACCOMMODATION**
  - Rooms with private bathrooms, color TV, some have minibars, dining facilities, some with sauna departments.
- **BUDGET ACCOMMODATION**
  - Rooms in different meeting centres, clean rooms, most with dining facilities and outdoor activities.
- **UNIVERSITY INNS**
  - Student houses in the University campus, 3 kms from the city centre, rooms with private bathrooms, no radio, no TV, no meal service, parts of houses with daily cleaning, part with beds made upon arrival, daily towel service. Meals at hotel Illunlinen next to the student houses.
- **CAMPING/COTTAGES**
  - Cottages situated at camping sites. Rooms for 2-6 persons, part have private saunas, all have private bathrooms. All camping sites outside Turku (10-20 km).
Drug Testing:
Cesare Beccalli

Continued from page 17

I realize we are now asking for cooperation after having presented unilateral decisions, but you know the divergence of opinion regarding WAVA's relationships with the IAAF will be resolved in Turku on July 24.

Until that time, your flexibility can only greatly help those in the WAVA leadership who feel strongly that the goals of the IAAF and WAVA are the same and that close relationships between our organizations will enure to the benefit of all.

I thank you in advance for your reply, and am ready to give you any further information or detail you may need to finalize the IAAF decision.1

—Cesare Beccalli, WAVA President

New Zealand, Singapore, and Colombia to Bid for '95

Auckland, New Zealand; Cali, Colombia; and Singapore will each bid for the 1995 WAVA World Veterans Athletics Championships. It's the first time in history that more than two cities have bid for the event. Each will make a 30-minute presentation at the WAVA General Assembly on July 24 in Turku, Finland.

Miyazaki, Japan is the only bidder to date for the 1993 Championships. Deadline for bids is April 25. WAVA delegates in Turku will likely select Championship sites for both 1993 and 1995.

LIMITED SPACE STILL AVAILABLE ON TURKU '91 TOUR

It's not too late to enjoy the advantages of group travel to the IX World Veterans' Championships in Turku, Finland. The Turku '91 tour has some spaces available in both hotel and dormitory housing. Tour includes air fare from Los Angeles or New York, accommodations, all transfers, gala party, tour amenities, and more. Costs are from $1695 (dormitory housing) and $1995 (hotel accommodations).

For more information, write "Turku '91 Tour", Box 10825, Eugene, OR 97440, or call (503) 687-1989.

Last Place Marks in VIII WAVA World Veterans Games in Eugene — July 28-Aug. 6, 1989

(If you can better the mark in your event in your age group, you wouldn't have finished last in Eugene)

compiled by Christine Guy
THE BEST RUN FOR YOUR MONEY TO FINLAND

MASTERS ATHLETIC GROUP TOUR TO TURKU, FINLAND

IX WORLD VETERANS CHAMPIONSHIPS

JULY 18 - JULY 28, 1991

We have obtained what we feel is the best possible group tour to TURKU, FINLAND for the IX WORLD VETERANS CHAMPIONSHIPS in 1991. We are offering a basic tour of Turku of thirteen (13) days and twelve (12) nights, departing from Los Angeles, Chicago and Newark. In addition we are offering the availability of customized optional tours to other countries after the competition.

IXTH WORLD VETERANS CHAMPIONSHIP TOUR: TURKU, FINLAND

1. 13 DAYS AND 12 NIGHTS. Roundtrip air transportation from the USA to Helsinki/Turku. Includes 12 nights hotel accommodations, July 17 to July 24th, 1991 Roundtrip deluxe bus transportation from Helsinki airport to hotel in Turku, taxes and port of call of two bags each person.

FROM LOS ANGELES
A. Deluxe Hotel: Hamburger Bors $1,965.00
B. 1st Class: Scandic Turku $1,855.00

FROM CHICAGO
A. Deluxe Hotel: Hamburger Bors $1,937.00
B. 1st Class: Scandic Turku $1,827.00

FROM NEWARK
A. Deluxe Hotel: Hamburger Bors $1,795.00
B. 1st Class: Scandic Turku $1,685.00

The above rate includes roundtrip ticket from the USA to Helsinki/Turku. The rate is in effect, $50.00 per person in double occupancy. Breakfast is included in cost at both hotels.

The airline is SAS considered one of the finest and safest. The hotels are the Hamburger Bors, a deluxe 5 star hotel and the Scandic Turku, a 3 star first class hotel. Both located within easy access of all competition.

2. For those interested in airfare only or hotel accommodations only, the cost is as follows:

Airfare Only (includes departure tax) 1. LAX - Helsinki - LAX $1,965.00
2. CHI - Helsinki - CHI $1,855.00
3. NEW - Helsinki - NEW $1,795.00

Hotel Only (12 Nights) A. Deluxe Hotel: Hamburger Bors $1,937.00/person
B. 1st Class: Scandic Turku $1,827.00/person

(Above rates are per person based on double occupancy.

Unlike our tour to Australia in 1987, the Scandinavian countries represent more of a challenge in putting a group tour together because of the short travel season that falls in the summer during the World Veterans Games. We have a limited number of rooms blocked at each hotel (25) and airline seats (100) and if you are interested, we must obtain a deposit from you to hold space as soon as possible.

WILLIAM ADLER/SHIRLLA NEWTON
1801 Ave. of the Stars #1116
Los Angeles, Ca. 90067

Telephone (213) 557-2422

I/We are going to Turku to attend the IXTH World Vet Championships. Enclosed please find $1150.00 per person deposit plus $25.00 per person non-refundable registration fee for persons to hold reservations.

I/We are interested. Please make checks payable to ADLER/NEWTON GROUP TOUR.

PLEASE MAKE THE FOLLOWING RESERVATIONS:
Group Package No. 1, A, B
Airline/Hotel Only No. 2, A, B

Report from Britain

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

On December 1, Pete Finch, the Veteran Athletic club 5 mile road champion last summer, was first 40+ in the Insurance Championships over 5.2 miles at Hainault. Two-time national veterans cross-country champion Alan Roper, running for Swansea, won the West Glamorgan cross-country league race in 30:12, competing against seniors and juniors, December 2.

Keith Penny, 41, the blond Cambridge Harrier, is having a good winter on the roads. In the Athletics Today past ten years and have subscribed to the National Masters News for five years. I have repeatedly watched the names of my colleagues appear in the section designated for athletes entering a new age bracket. It is quite rewarding when you see so many senior age athletes continuing to compete.

I was looking forward, with great anticipation, to seeing my name in the January issue. No such luck. Why not? I was 65-years-old on January 1. I know that documentation to substantiate this fact is on file with TAC. Will you please let me know how my name managed to fall through the cracks?

The next chance I have will be at age 70. No one can promise that will be possible. To say that I am thoroughly disappointed is putting it mildly. It's disgusting. Alfonzo Wilson Cleveland, Ohio

(TAC does not provide NMN with the birthdays. We receive the names from Pete Mundle, WAVA and TAC Masters Records Chairman. The list is incomplete, because it only includes those who, at one time or another, have squirreled their way into Mundle's computer by setting an age record. We're sorry the omission offended you, but the main purpose of the list is to let readers know of others who are entering a new age group. — Ed.)

SUBSCRIBE NOW

I have been a subscriber to NMN for many years. It has grown into a very reputable paper. But the circulation should be much greater. Everyone interested in masters affairs should be a subscriber.

I would like to suggest that all current subscribers try and get just one more subscriber. In fact, I am sticking my neck out and am going to try to get five new subscriptions from this area.

Keep up the good work!

Buell R. Crane
Twin Falls, Idaho

(Great idea. — Ed.)

Continued on page 4

Continued from page 4

adies. We receive the names from Pete Mundle, WAVA and TAC Masters Records Chairman. The list is incomplete, because it only includes those who, at one time or another, have squirreled their way into Mundle's computer by setting an age record. We're sorry the omission offended you, but the main purpose of the list is to let readers know of others who are entering a new age group. — Ed.)

SUBSCRIBE NOW

I have been a subscriber to NMN for many years. It has grown into a very reputable paper. But the circulation should be much greater. Everyone interested in masters affairs should be a subscriber.

I would like to suggest that all current subscribers try and get just one more subscriber. In fact, I am sticking my neck out and am going to try to get five new subscriptions from this area.

Keep up the good work!

Buell R. Crane
Twin Falls, Idaho

(Great idea. — Ed.)

Continued on page 25
BECCALLI REPLIES

I reply with pleasure to the request of information by Al Guidet (Feb. NMN).

I was involved in open athletics from 1971 to 1976, in the 200, 400 and 800 meters. I trained daily and competed not less than twice a week.

In that period, I was age 37-42, and directly experienced the problem of being compelled to run against younger people. That's why, at my initiative and expense, I took a plane and went to Toronto in 1975 where I took part in the 1st World Masters Athletics Championships.

I was the only Italian competitor in Toronto. After this experience, I was compelled to run against younger people, but certainly a good, enthusiastic participant until a hard injury to a knee prevented me from going on.

So it is not accurate to define me as only a bureaucrat, having nothing to do with athletics or WAVA development and not participating in the Veterans program.

The curious thing is that in the same issue of NMN, the former Secretary of WAVA, Owen Flaherty, is presenting his candidacy for President based upon a program of integration with the IAAF.

Owen Flaherty was defeated for Vice-President in Melbourne in 1987. He lost again in Eugene in 1989 where he ran for President against me.

On the contrary, I was elected in Melbourne with a majority of 50% plus two votes only, but confirmed in Eugene with a two-thirds majority, upon presentation of that program of relationships with the IAAF which is now the point of divisiveness and dissension.

In other words, it seems that Flaherty is inventing, today, more or less the same program against which I presented my candidacy in 1989 and which I have agreed in the meantime with Hans Skaset, Chairman of the IAAF Veterans Committee.

No doubt the IAAF Secretariat could only informally tell Flaherty that such a program is accessible to the IAAF. It is very similar to that which Skaset successfully presented at the IAAF Congress in Barcelona in 1989. Part of it, like the official invitation to National boards to join WAVA, has already been realized with good results. Another part is underway, but cannot be realized before the final approval of the next WAVA Assembly. It is just what I am warmly asking for.

Some WAVA Council members and veteran athletes like Al Guidet have the right to continue to think that it would be better for WAVA to be kept far from the IAAF. I respect their opinion, but I do not appreciate being personally described in a false way.

Let our next Assembly decide by a clear, democratic vote and also consequently renew the Council. You'll see that divisiveness and dissension will disappear like the touch of a magic wand.

Cesare Beccalli
WAVA President
Italy

The covered grandstand in Turku, Finland, site of the IX WAVA World Veterans Athletics Championships, July 18-28.
This proposal is sensible in that it enables the IAAF to conduct the testing in the pursuit of knowledge so that we may all be better informed after Turku; most important, it acknowledges the absolute right of the WAVA General Assembly to make the decisions affecting Veterans.

Now to the vote:
In agreement with the Secretary's proposal: 8 votes
Not in agreement: 1 vote

This proposal was defeated. I urge you to communicate these results to the IAAF with a request to adopt this approach.

If you do so, you will show your recognition of the fundamental role of the WAVA General Assembly; if you do not, you will, in fact, be saying that you view the IAAF Veterans' Committee as being above WAVA — surely an extraordinary position for the President of WAVA to adopt!

Also, by writing to the IAAF, you will give them the opportunity to show that they understand that the Veterans' movement is different to open athletics by accepting this experimental approach.

You have never stated this but I assume that the drug testing at Turku would be totally at the expense of the IAAF as we have no budget for this procedure. In the proposed contract for the 1993 WAVA Championships you have inserted a clause which commits WAVA to share with the IAAF the cost of the medical team, including transportation and accommodation, and the Organizers the logistical services. What is the cost of this — I assume before making such a statement you have made some calculations?

Yours sincerely,
Alastair Lynn, Secretary WAVA
### 200 Meters

<table>
<thead>
<tr>
<th>NAME/RESIDENCE</th>
<th>AGE</th>
<th>MEET DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>John C. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John F. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>Joseph Brown(US)</td>
<td>25</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John A. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John D. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John E. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John F. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John G. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John H. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John I. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John J. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John K. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John L. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John M. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John N. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John O. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John P. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John Q. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John R. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John S. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John T. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John U. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John V. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John W. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John X. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John Y. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
<tr>
<td>John Z. Brown(US)</td>
<td>21</td>
<td>8-25-86</td>
</tr>
</tbody>
</table>
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 February 1991

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>NAME</th>
<th>RESIDENCE</th>
<th>DATE</th>
<th>MEET</th>
<th>RECORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>40-44</td>
<td>Bill Surbee</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>45-49</td>
<td>Jack Greenwood</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>50-54</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>55-59</td>
<td>Bill Surbee</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>60-64</td>
<td>Jack Greenwood</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>65-69</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>70-74</td>
<td>Bill Surbee</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>75-79</td>
<td>Jack Greenwood</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>80-84</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>85-89</td>
<td>Bill Surbee</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>90-94</td>
<td>Jack Greenwood</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>95-99</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
</tbody>
</table>

Pole Vault

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>NAME</th>
<th>RESIDENCE</th>
<th>DATE</th>
<th>MEET</th>
<th>RECORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>40-44</td>
<td>Bill Surbee</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>45-49</td>
<td>Jack Greenwood</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>50-54</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>55-59</td>
<td>Bill Surbee</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>60-64</td>
<td>Jack Greenwood</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>65-69</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>70-74</td>
<td>Bill Surbee</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>75-79</td>
<td>Jack Greenwood</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>80-84</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>85-89</td>
<td>Bill Surbee</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>90-94</td>
<td>Jack Greenwood</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
<tr>
<td>95-99</td>
<td>John Polson</td>
<td>COA</td>
<td>2-29-89</td>
<td>3000 Meter</td>
<td>8:55.75</td>
</tr>
</tbody>
</table>

Continued on next page
There are no small victories in the fight against heart disease.

Masters Age-Graded Tables

- 64 pages, easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes and
  the National Masters News.
- Includes single-age factors and standards for each age group.
- Includes long-distance running and racewalking events.
- Shows how to conduct an age-graded track & field meet, read
  and report performance in an event among all age
  groups.
- Compare performances of older and younger individuals.
- Chart your own performance over the years.

DEADLINE
Deadline is written by masters athletes. We
accept and welcome your reports
of personal achievements and
adventures of masters athletes before date of issue. Send to

NAME
ADDRESS
CITY
STATE
ZIP

Please start my one-year subscription to the National Masters News. Make a copy of this
form and fax it to 818-762-1125. We'll start your subscription immediately.

FAX-A-SUB

Phone: 818-762-1125
Fax: 818-762-1125

A quick way to subscribe to the National Masters News. Make a copy of this
form and fax it to 818-762-1125. We'll start your subscription immediately.

NAME
ADDRESS
CITY
STATE
ZIP

Phone: 818-762-1125
Fax: 818-762-1125

A quick way to subscribe to the National Masters News. Make a copy of this
form and fax it to 818-762-1125. We'll start your subscription immediately.
Waigwa Lowers Stewart’s Mark to 4:13.05

Continued from page 1


Five days later, on February 8, Ken Popejoy of Wheaton, Ill., clocked 4:16.33 to win the Vitalis Meadowlands Masters Invitational Mile across the Hudson River in East Rutherford, N.J. Runner’s World will sponsor two more elite masters miles — at the Penn Relays in April and at the New York City Games in July.

In getting the world indoor mark, Waigwa ran his usual off-the-pace race. He stayed back in the 8-man field as Ken Sparks passed the quarter in 64. Popejoy took over and moved through the half in 2:10.

Dixon was in the middle of the pack and having problems getting accustomed to the 11-lap Garden track and its tightly banked turns. “It was really strange,” said Dixon. “It took the first four laps just to get used to it. I was running up behind the guy in front of me.”

Popejoy, 40, a former NCAA champ who had run a 4:18 mile on the west coast the week before, cruised by the three-quarter post in 3:14. Dixon settled in behind him and Waigwa moved up to third.

The crowd started applauding in anticipation of a blanket finish. With less than two laps to go, Waigwa bolted to the lead. He took the turn in high gear and came off it with daylight between him and the rest of the field.

Dixon, taken by surprise, moved out to pass Popejoy. But he did not react quickly enough. “With two laps to go, if you hesitate you’re lost,” said Dixon. “I was riding up the back of Popejoy. Then Wilson was by me. I tried to accelerate into the turn. But when I came back straight, Waigwa had five or six meters. Very rarely can you run a guy down who is moving as well as he was.”

Dixon made a dogged effort. With the Garden echoing with the roar of the crowd of 15,750, he closed to within a stride of Waigwa on the short home stretch. But he ran out of running room and Waigwa broke the tape. Attendance at the Millrose meet, which usually sells out the 18,000-seat Garden, was the smallest in memory. However, Howard Schmertz, the meet director, said he was satisfied because track attendance is down nationally and some meets have closed.

Dixon, a versatile runner who has won at distances from a quarter-mile to a marathon, said he lost momentum going around Popejoy. “You’ve got to come into the turn high if you want to sling-shot back. You don’t start climbing in the turn. Also, Waigwa did the most perfect tactical move by staying behind me and watching me. He capitalized on my hesitation and got the valuable yards.”

In the Mobil One race, Almberg, 43, who won three of the five races on the Runner’s World circuit last year, led from wire-to-wire. He clocked 65 at the quarter, 2:07 at the half, and 3:13 at the three-quarter mark. Waigwa was second in 4:20.10 about 25 yards behind. Popejoy was third in 4:21.17, and Dave Stewart of Canada, fourth, in 4:23.13.

Waigwa, although coming back with less than 48 hours rest, did not use that as an excuse. Instead, he said he made an error in strategy. He said he laid back too long and let Almberg build up an unsurmountable lead.

Dixon was eighth in 4:39.95 and nearly did not run. Minutes before the race, Dixon said he suffered a hamstring injury while warming up on the grass outside the arena. He started the race, but could not go all out.

Both Dixon and Waigwa, who complained of an ankle injury two days after the Fairfax run, missed the Meadowlands race. The cancellation of the two strongest runners served as a lesson to Marc Bloom, who coordinates the races.

“It showed me that masters runners need more recovery time,” said Bloom. “Next year, I’ll have to think about not letting some of the key runners double on that first weekend to be sure they will be ready for Vitalis (one week after the Millrose).”

Nevertheless, Popejoy ran all three races and did his best time at Vitalis. In fact, he made a run at the indoor record until he ran out of gas. The Illinois attorney, who coaches miler Jim Spivey, passed the quarters in 62, 2:04, and 3:08. Three officials clocked him at 3:56.9 at 1500 meters — ahead of Waigwa’s 3:57.8 time at 1500 meters at the Millrose. But Popejoy was running all alone. With no one to push him, he faded in the last 100 yards.

King Wins Indoor 400; Whitley Sets M45 WR

by HAIG BOHIGIAN
San Diego’s James King, 42, successfully defended his title in the Meadowlands Masters 400-meter run in East Rutherford, N.J., February 8.

King, who set the world masters indoor record of 50.64 in this meet last year, clocked a fast 50.79 to edge archrival Stan Whiteley, 45, of Pasadena, Calif.

Whiteley’s time of 51.49 is a new world M45 indoor record, bettering the old mark of 51.75, set by California’s Don Parker in 1989.

Starting on the pole, King was quickly passed on the first turn by Whitley in the second lane. They maintained this position through 200 in 23.8 with Fred Sowerby of Murray, Ky., close behind. With about two-thirds of a lap to go, King made his move, passing Whiteley on the back stretch to go on to a six-yard victory.

Stewart finished second in 4:19.03, Dye was third in 4:20.22, and Nolan Smith was fourth in 4:25.25.

Bloom said Dixon, Waigwa, and Popejoy will probably hook up again in the Penn Relays. After his Millrose race, Dixon said he was optimistic about a sub-four minute mile this summer.

If so, he may have fast company. John Walker, who last year ran several 1500-meter races in 3:37 (which translates to a 3:54 mile), will turn 40 on June 12, 1992.

King, who set the world masters indoor record of 50.64 in this meet last year, clocked a fast 50.79 to edge archrival Stan Whiteley, 45, of Pasadena, Calif.

Whiteley’s time of 51.49 is a new world M45 indoor record, bettering the old mark of 51.75, set by California’s Don Parker in 1989.

Starting on the pole, King was quickly passed on the first turn by Whitley in the second lane. They maintained this position through 200 in 23.8 with Fred Sowerby of Murray, Ky., close behind. With about two-thirds of a lap to go, King made his move, passing Whiteley on the back stretch to go on to a six-yard victory.
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAR., 1991

ATHLETE (RESIDENCE) BIRTHDATE AGE GROUP

JEAN CAMPBELL (ALEXANDRIA, VA) 3-15-26 66-69
JANIS MCDONALD (GREENSBORO, NC) 3-15-26 66-69
GERRIT DAVIDSON (FALLSBOURG, CA) 3-16-20 80-84
DON CRISP (PORTLAND, OR) 3-19-26 65-69
SHARLE GIBERT (RICHMOND, VA) 3-22-39 44-49
BETTIE HITE (HOMESTEAD, TX) 3-26-36 60-64
MARILYN GOODWITT (EUGENE, OR) 3-28-31 60-64
TAMARA KIRK (CHANDLER, AZ) 3-28-26 60-64
RITA TAROLI (AVONDALE, AZ) 3-29-27 60-64
JOCE YAMASU (HONOLULU, HI) 4-5-26 60-64
JANE KINSEY (LA) 4-14-39 50-54
RACHEL WIESE (PORTLAND, OR) 4-20-38 50-54
RENEE MADER (CT) 4-24-43 55-59
ELLA HENRI (SAN ANTONIO, TX) 4-26-36 60-64
JOYCE JARVIS (HONOLULU, HI) 5-9-30 60-64
WILLA JONES (MC) 5-10-38 60-64
SUSAN JACEK (ATLANTA, GA) 5-11-31 60-64
PAT SMITH (HOL) 5-15-32 60-64
CHRISTA SIMS (TN) 5-21-28 60-64
ANNE VAN DER VEUTEN (CAN) 5-22-28 60-64
MACAY BARTLETT (SHREVEPORT, LA) 6-3-26 55-59
CLINTON BERTRAND (TRINIDAD-BRONX, NY) 6-4-25 55-59
JOE MORENO (ORLANDO, FL) 6-15-26 60-64
JEFF BLOOMFIELD (WACO, TX) 6-27-30 75-79
MELVIN BURMAN (E. LANSING, MICH) 6-27-30 75-79
WALT BUTLER (ALTOONA, PA) 6-29-30 70-74
RAYMOND COLE (SAN DIEGO) 6-30-30 75-79
JOHN CULLEN (OH) 6-30-30 75-79
JIM DAVIS (OR) 6-30-30 75-79
JIM EDWARDS (SILVERHORN, OR) 6-30-30 75-79
PAUL EVAJURO (CARPA, CA) 7-2-30 75-79
JIM FRIEDLANDER (NEW YORK, NY) 7-20-33 75-79
NORMAN HANSEN (SEATTLE, WASH) 7-20-33 75-79
JOHN HICKS (OR) 7-20-33 75-79
RANELL ROFFMAN (PALMASONO, MA) 7-22-30 75-79
BOB HUMPHREYS (CULPEPER, VA) 7-31-32 75-79
EUGENE T. YONGE JR. (BRADFORD, PA) 8-2-31 75-79
DAVID A. MILEN (TACOMA, WA) 8-15-31 75-79
HERB OLSON (OR) 8-30-31 75-79
ED WHITLOCK (OH) 9-1-31 75-79

1. DISPLAY ADVERTISING RATES

<table>
<thead>
<tr>
<th>Column</th>
<th>Cost</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 Page</td>
<td>600</td>
<td>15&quot;</td>
</tr>
<tr>
<td>1/8 Page</td>
<td>300</td>
<td>15&quot;</td>
</tr>
</tbody>
</table>

2. FREQUENCY DISCOUNTS (1-year period)
- 3 to 5 insertions: 10% off
- 6 to 12 insertions: 15% off

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

4. SPECIAL RATES
- 25% discount for race and meet notices, 12 issues and has been placed in the New York Times, New York Times, and USA Today.

5. TERMS
- 30 days to billing date
- 10% net discount on all print copies

6. MECHANICAL REQUIREMENTS
- All text must be in 16-point type
- All images must be in portrait orientation

7. CIRCULATION DATA
- March 1990, 10,000 copies
- April 1990, 10,500 copies
- May 1990, 11,000 copies

8. ADVERTISING INFORMATION
- All advertising must be submitted in PDF format
- Advertising must be received by the 20th of the month preceding the issue date

9. CIRCULATION DEPARTMENT
-PO Box 1234, New York, NY 10021
- Toll-free: 1-800-123-4567
- Email: info@mastersnews.com

10. GENERAL INFORMATION
- Masters News is published monthly, distributed to over 50,000 subscribers
- Advertising inquiries should be directed to:
- Advertising Manager, Masters News
- PO Box 1234, New York, NY 10021
- Email: admanager@mastersnews.com
- Phone: 1-800-123-4567
SCHEDULE

March 23-24, TAC/USA National Masters Indoor Championships, National Sports Center, Blaine, Minn. (near Minneapolis).

June 22-23, TAC/USA National Masters Decathlon/Heptathlon Championships, University of Nebraska, Lincoln, Neb.


March 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, May 1-2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, June 1-2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, July 1-2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, August 1-2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, September 1-2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, October 1-2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, November 1-2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, December 1-2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.
**ON TOP FOR MARCH**

**TRACK AND FIELD**

The indoor season comes to a climax on the 23rd-24th in TAC’s National Masters Championships at the National Sports Center in Blaine, Minn., near Minneapolis.

The Midwest Sectional Indoor Championships will be held in Sterling, Ill., on the 10th, and the Eastern Sectionals at the U. of Delaware, Newark, on the 17th.

Overseas, the Indoor Veterans Games are set for the 7th-9th in Budapest, Hungary; The British Veterans Championships, 17th, at Cosford; the Soviet Union Indoor Veterans Championships, 23rd-24th, in Moscow; and the Australian Veterans Championships, March 29-April 1, in Canberra.

**LONG DISTANCE RUNNING**

The month opens with the Red Lobster 10K, Orlando, Fla., on the 2nd, and the Los Angeles Marathon on the 3rd. The Jacksonville River 15K, Florida’s largest single race, on the 9th, dominates the next weekend. The Nissan Shamrock Marathon/Masters 8K, the year’s first USRA Masters event, Virginia Beach, Va., and the Prevention Magazine Half-Marathon, Allen-town, Pa., take up the 16th. The USRA Masters race, the Myrtle Beach 10K, S.C., and two Azalea Trail 10ks, one in Mobile, Ala., and the other in Tyler, Texas, share the 23rd. The 8th annual 50+ 8K is set for Stanford, Calif., on the 24th. The British Veterans Cross-Country Championships go off on the 10th at Hampsth.

**RACEWALKING**

The National Masters 50K Championships are scheduled for Long Beach, Calif., on the 17th. The indoor 3000 championships will be decided at the Indoor Championships in Blaine. !

**SOUTHEAST**

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

**Michigan**


March 7. 2nd Annual John Doe 10K, CrossFit, 3431 W. 7th St., Columbus, OH 43205.

March 2. Reedy River 5K/10K, Greenville, S.C. Reedy River Run, South Carolina National Bank, P.O. Box 969, Greenville, SC 29602. Adrian Craven, race director, 803/233-0333 (after 6 pm).

March 10. Happy Valley Half-Marathon, Chattanooga, Tenn. 2:00 p.m. start. free.

March 16. Nissan Shamrock Marathon,

**West Virginia**

April 4. 2nd Annual Reedy River 5K/10K, Greenville, S.C. Reedy River Run, South Carolina National Bank, P.O. Box 969, Greenville, SC 29602. Adrian Craven, race director, 803/233-0333 (after 6 pm).

March 2. Reedy River 5K/10K, Greenville, S.C. Reedy River Run, South Carolina National Bank, P.O. Box 969, Greenville, SC 29602. Adrian Craven, race director, 803/233-0333 (after 6 pm).

March 10. Happy Valley Half-Marathon, Chattanooga, Tenn. 2:00 p.m. start. free.

March 16. Nissan Shamrock Marathon,
King Wins Indoor 400; Whitley Sets M45 WR

Continued from page 30

behind anchor leg of 53.12, following legs by Don Hodge (57.3), Salih Talib (54.1) and Chipper Robinson (57.4). To date, Whitley was second (3:43.98), followed by the New York Masters (3:47.13), Central Park TC (3:54.11), Potomac Valley TC (3:56.31), and the Garden State TC (4:12.31).

In the M50-59 4 x 400 relay, the Potomac Valley Seniors TC repeated with a 3:58.54 victory. World record-holder (54.0) Larry Colbert led off with a blistering 55.9, followed by Ken Baker (58.1), Jim Demma (59.7) and Jim Bradley (64.84). The Central Park TC was second (4:05.61). Next were the New York Pioneers, New York Masters (4:21.26), Garden State TC (4:22.84), Philadelphia Masters (4:22.88), and the Morris County Striders (4:59.40).

At the Millrose Games, the New York Pioneers overtook the Boston AA on a driving anchor leg by Wiltshire to win in a fast 3:37.89 to Boston's 3:37.95. The Shore AC was third in 3:40.50 and Central Park TC (3:43.53) was fourth. □

Elaine Ward, 1000 San Paquale No. 35, Pasadena, CA 91106. 818/577-2264.

March 23. TAC/USA National Masters 3000 Indoor Championships, Blaine, Minn. Dixon Farmer, P.O. Box 3444, Blaine MN 55434. 612/788-5650.


July 5. TAC/USA National Masters 50K Track Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61106. 618/332-7420.

July 10. TAC/USA National Masters 15K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61106.

July 13. TAC/USA National Masters 20K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61106.


Elaine Ward, 1000 San Paquale No. 35, Pasadena, CA 91106. 818/577-2264.

March 23. TAC/USA National Masters 3000 Indoor Championships, Blaine, Minn. Dixon Farmer, P.O. Box 3444, Blaine MN 55434. 612/788-5650.


July 5. TAC/USA National Masters 50K Track Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61106. 618/332-7420.

July 10. TAC/USA National Masters 15K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61106.

July 13. TAC/USA National Masters 20K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61106.

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Competition</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-24</td>
<td>30-44</td>
<td>40-64</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
<tr>
<td>200m</td>
<td>20.00</td>
<td>18.00</td>
</tr>
</tbody>
</table>
Shocking Absorbers
For Your Feet!

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

S.D.O. differ from all other orthotics:
• They are fit while weightbearing with the
  foot in its original stable position. This
  ensures accuracy for functional control as
  well as comfort.
• Comparable in shock absorption quality
to carbontite without the weight

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

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

The RESULTS are:
• Successful treatment of injuries
• Prevention of injury
• Improved performance

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

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

DENNIS N. KIPER, D.P.M.
12800 Balboa Blvd
Montebello, CA 90640
(213) 721-1136

CRAB B. JOHNSON, D.P.M.
Orange County Foot & Ankle
1010 Westminster Suite E
Westminster, CA 92683
(714) 883-7234

National Masters News
March, 1991

Lee G. Wiese, Editor
KIPER, D.P.M.
9900 Balboa Blvd
Northridge, CA 91325
(818) 701-7070

Continued on next page
(Note: The provided text is too large to transcribe fully. It appears to be a list of names and times, likely from a race or similar event. Due to the length and nature of the text, it is not possible to transcribe it accurately.)
NEW VIDEO TAPE FOR MASTERS

A 37-minute video to help you improve your speed, jumping and throwing — only $29.95

ELASTIC POWER
Save $50 to $150 on package deals!
Yes! Please send me ...

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

- analyzed keys of champion motion were illustrated to enhance your learning.
- No money can pay the learning progress provided by these videos.
- These videos are scientifically designed to plant into the brain the champion motion image to perfect your technique.

RUNNING/WALKING
#1572 Distance Video $149.95
#1582 Medical Aspects of Running V. $49.95
#1583 Soviet Runners' Training V. $49.95
#1573 Race Walking Video $49.95

SPRINTS/HURDLES
#1571 Sprints 1 Video $49.95
#1574 Hurdles 1 Video $49.95

JUMPS
#1575 Long & Triple Jump V. $49.95
#1576 High Jump Video $49.95
#1577 Pole Vault Video $49.95
#1584 Pole Vault Training V. $49.95

THROWS
#1578 Discus Video $49.95
#1579 Shot Put Video $49.95
#1580 Javelin Video $49.95
#1581 Hammer Video $49.95

POWERballs special medicine balls with 2 years warranty
FREE VIDEO WITH 3 POWERballs
- Swing 3 POWERballs set + video $118.85
- Incl: #8001 POWERballs 2 lb $29.95
- #8002 POWERballs 4 lb $39.95
- #8003 POWERballs 6 lb $49.95

- POWER conditioning 3 balls + video $214.85
- Incl: #8004 POWERballs 8 lb $60.95
- #8005 POWERballs 10 lb $71.95
- #8006 POWERballs 12 lb $81.95

- Great POWER 3 ball set + video $376.85
- #8007 POWERballs 16 lb $102.95
- #8008 POWERballs 20 lb $129.95
- #8009 POWERballs 25 lb $149.95

POWER lean NUTRITION
- #3000 POWER lean Monthly Pack $49.95

NEW MASTERS VIDEO TAPE $29.95

Subtotal:
CA residents, add appropriate sales tax:
Add 10% for Shipping & Handling:
Total:

We except Visa / Master card
Card No:
Exp. Date: __ __

For faster service call toll free:
1-800 553-2188
Or simple mail Check or money order

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

NOW, You can enjoy a ocean side gym
Develop ELASTIC YOUNG POWER

Join the POWER lean Masters team! Say no to fatigue!
POWER lean masters enjoy increased energy, slimmer body and improved digestion.
Phone for free scientific information (408) 358-1314