

NATIONAL MASTERS NEWS

The official world and...

d, long distance running and race walking.

128th Issue

\$2.25

0004246 8904 EXP--> 8907
DR JAMES FIELDS
P.O. BOX 1029
EAU CLAIRE WI 54702

Campbell Outduels Rodgers in Los Angeles

4th Annual Marathon Lures 18,861

LOS ANGELES — Forty-year-old John Campbell of New Zealand broke away from Bill Rodgers in the last four miles to capture the masters title in the Los Angeles Marathon, March 5, in an outstanding time of 2:17:51.

Rodgers, 41, of Sherborn, Mass., the top U.S. masters long-distance runner of 1988, was masters runner-up in 2:22:24.

"Bill and I went through the half-way-point in about 1:08 and were still together at the 22-mile mark," Campbell said. "We were talking and sizing each other up, but I was able to pull away from him in the last few miles."

The heat, in the high 70s by mid-race, generally slowed the top runners' times by about three minutes. Canadian Art Boileau was the overall winner in 2:13:01, with the Soviet's Zoya Ivanova the first woman in 2:34:33.

Campbell took home \$2000 for his masters victory and, if he can win the masters title in this fall's New York

Marathon, he'll receive a bonus of \$25,000 for the LA-NY double.

Campbell is another in a long line of runners who attract little notice while finishing in the top 10 in their thirties, but, upon turning 40, immediately become the new king of the hill.

Campbell's effort gave him the best
Continued on page 9

Waigwa Sets World Masters 1500 Record

Can a four-minute mile by an over-age-40 runner be far away?

Kenyan Olympian Wilson Waigwa, who turned 40 on February 15, became the latest leading candidate to break the magic four-minute barrier when he blazed to a sensational 3:50.42 in the 1500-meter run in the San Diego Invitational Track and Field Meet on March 4.

The amazing effort shattered the 17-year-old, world over-40 record of 3:52.0, set by Michel Bernard of France on June 20, 1972.

The race was run in good weather

conditions. The overall winner was Julius Kariuki, the 1988 Olympic steeplechase gold medalist, in a time of 3:47.50. Waigwa was fifth overall.

Waigwa's time is the equivalent of 4:08.58 for the mile — fully four seconds under the current pending world masters mile mark of 4:12.56, set by Australia's Tony Murray last December 15. On the masters age-graded scale, it's a 97.5% — one of the highest performance percentages ever recorded, and the open-class

Continued on page 29

Mora, Welch Win Gasparilla Masters Titles

Colombia's Victor Mora (44, 46:04) and Great Britain's Priscilla Welch (44, 51:57) turned in outstanding perfor-

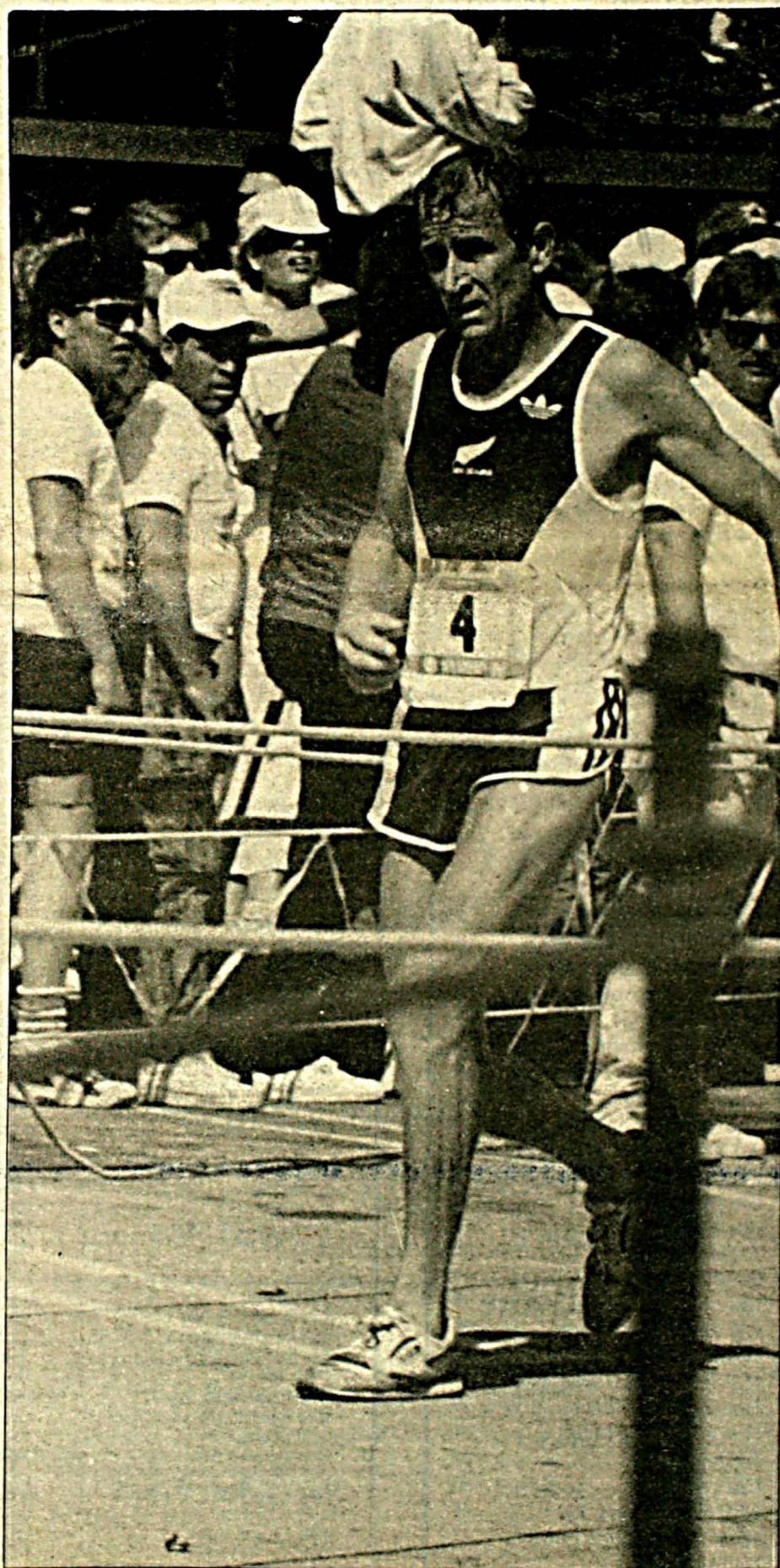
mances to capture masters wins at the Gasparilla 15K in Tampa, Fla., February 11.

Mora bested South Carolina's Bob Schlau (41, 47:14) and Massachusetts' Larry Olsen (42, 47:29) by over a minute.

Welch pulled away from California's Laurie Binder (41, 52:22) and Idaho's Gabriele Andersen (43, 53:09) to confirm her status, even at age 44, as the world's top female masters long distance runner.

Binder's time broke her own U.S. masters 15K record of 52:40.

Continued on page 7



John Campbell, 40, of New Zealand, comes through the finish chute to win the masters title in 2:17:51 in the Los Angeles Marathon on March 5. Photo by Richard Lee Slotkin

INSIDE

- International Section
— pages 19-25
- Entry and Housing Forms
for World Championships
— pages 21-24
- 1988 T&F Rankings
— pages 35-39

CONTENTS

DEPARTMENTS

TAC Officers	2
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
Health and Fitness	8
Speaker's Corner	10
The Foot Beat	12
Track & Field Report	14
Profile - Wyatt	16
International Scene	19
WAVA Officers	19
Countdown to Eugene	20
Report from Britain	25
WAVA/ TAC Specifications	25
Five Years Ago	25
ICI/ USRA Masters Circuit	26
New Age-Group Athletes	30
Masters Scene	31
Schedule	32
Track & Field Rankings	35
Results	40

FEATURES

Los Angeles Marathon	1
Waigwa Sets 1500 Record	1
Gasparilla 15K	1
Bakersfield Meet	7
Single Age-Graded Tables	10
Age-Graded Champions	11
Harry McArdle	12
Philadelphia Indoor Meet	12
Illinois Grand Prix	12
Birmingham Meet Preview	14
Colonial Half-Marathon	15
Midwest Masters Classic	15
Preview of Nationals	18
1993 Masters Games	25
Last Place Marks in Melbourne	25
Masters Money Winners	28

ENTRY FORMS/RACE & PRODUCT INFO

Mac Wilkins Video Tapes	3
NMN Subscription Form	4
Mammoth Athletics Camp	5
1988 Age-Record Book	6
M-F Athletic Co.	7
Runners' Pentathlon	8
Freihofer's Run for Women	9
Duke City Games	11
Mastering the Sprints	12
Ad Rep Wanted for NMN	12
CAPS	13
Birmingham Classic	14
Pacific Sun 10K	15
Trojan Meet	16
Southwest Sectionals	17
National T&F Championships	18
Get Ready for Eugene	20
World Games Entry Form	21
ICI/ USRA Masters Circuit	27
Donald Harris Memorial Meet	29
North Carolina Meet	31
Redlands Meet	39
Classifieds	43
NMN Advertising Rates	43
NMN Subscription Form	43
National 15K	44

NATIONAL MASTERS NEWS

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



Editor and Publisher: Al Sheahan
Senior Editor: Jerry Wojcik
Assistant Editor: Steve Lewallen
Schedule Editor: Jerry Wojcik
Circulation Manager: Linda Webster
Advertising Manager: Al Sheahan
Production: American Publishing Co.
Outdoor Track & Field Records: Pete Mundle
Indoor Track & Field Records: Haig Bohigian
Long Distance Records: TACSTATS
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn

Correspondents: Larry Banuelos (CA), Tom Bell (NM), Frank Bowles (CO), John Boyle (FL), John Brennand (CA), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Phil Loomis (MI), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Barbara Pike (MA), Phil Raschker (GA), Dean Reinke (FL), Herb Seegert (MI), Bob Stone (CA), Tom Sturak (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornesley (PA), Mike Tymn (HI), John White (OH), Ken and Jennifer Young (AZ), David Zinman (NY).

International Correspondents: Alastair Aitken (GBR), Jorge Alzamora (ARG), Cesare Beccalli (ITA), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Mike Hall (AUS), Alastair Lynn (CAN), Wilf Morgan (GBR), Peg Smith (AUS).

Photographers: Alex Coffin (NC), Gene Cohn (CA), Mike Davis (IN), Teri Ingram (CA), Jim Oaks (AL), Kathy Ruser (DC), Karen Russi (FL), Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen

Snyder (CA), Tesh Teshima (HI), Danny Thiel (LA), Jerry Wojcik (CA), David Zinman (NY).

Creative Art: Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-0744216) is published monthly by GAIN Publications, with an annual subscription rate of \$18.75. Main office address: 6320 Van Nuys Blvd., Suite #211, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

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 NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollan C. Cassell, Executive Director; Alvin Chriss, 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 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

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

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

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

Subscriptions: A one-year subscription (12 issues) is \$18.75 (mailed 2nd class). Add \$8 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

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 an endorsement by NMN.

Advertising information and rates: Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 5185, Pasadena, CA 91107.

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/989-7118.

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

TRACK & FIELD

Chairman:

Jerry Donley
P.O. Box 1119
Colorado Springs, CO 80901
(719) 635-1264

Outdoor Meet Coordinator:

Bruce Springbett
P.O. Box 1328
Los Gatos, CA 95030
(408) 354-7333

Indoor Meet Coordinator:

Scott Thornesley
18 Colgate Drive
Camp Hill, PA 17011
(717) 737-2385

Multi-Event Coordinator:

Rex Harvey
3815 Lincoln Place Drive
Des Moines, IA 50312
(515) 277-3608

Secretary-Treasurer:

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

Outdoor Records:

Pete Mundle
4017 Via Marina #C-301
Venice, CA 90291
(213) 823-8804

Indoor Records:

Haig Bohigian
225 Hunter Ave.
North Tarrytown, NY 10591
(914) 631-1547

Outdoor Rankings:

Jerry Wojcik
P.O. Box 2372
Van Nuys, CA 91404
(818) 785-1895

Women's Coordinator:

Christel Miller
1740 Grandview Ave.
Glendale, CA 91209
(818) 843-2139

Weight Events Coordinator:

Chuck Klehm
1218 North Route 47
Woodstock, IL 60098
(312) 551-3720

Race Walking Coordinator:

Bev LaVeck
6633 N.E. Windemere
Seattle, WA 98115
(206) 524-4721

Site Selection Coordinator:

Max Goldsmith
481 Marcus
Lewisville, TX 75067

Team Managers:

Scott Thornesley, above
Sandy Pashkin
421 Manhattan Ave.
New York, NY 10036
(212) 666-3671

Sectional Coordinators:

East:
Haig Bohigian, above

Southeast:
Bill Eppright
6083 Queens Anne Ct.
Norcross, GA 30095
(404) 564-2884

Mid-America:

None

Midwest:

Dick Green
P.O. Box 6147
Rockford, IL 61125
(815) 397-5685

Southwest:

Danny Thiel
1459 Verna St.
New Orleans, LA 70119
(504) 486-8066

West:

Gary Miller
1740 Grandview Ave.
Glendale, CA 94705
(818) 843-2139

Northwest:

Jim Puckett
26000 S.E. Stark Ave.
Gresham, OR 97030
(503) 667-7354

Rules Coordinator:

Graeme Shirley
8148 Genessee #114
San Diego, CA 93122
(619) 455-4440

WAVA Delegates:

Jerry Donley, Pete Mundle,
Gary Miller; Alternates:
1) Christel Miller, 2) Rex
Harvey, 3) Sandy Pashkin

LONG DISTANCE RUNNING

Chairman:

Charles Des Jardins
5428 Southport Lane
Fairfax, VA 22032
(703) 250-7955

Vice Chairman Men:

Kirk Randall
71 Bromfield St.
Newburyport, MA 01975
(617) 465-9677

Vice Chairman Women:

Ruth Anderson
1901 Gaspar Drive
Oakland, CA 94611
(415) 339-0563 (h)
(415) 422-5554 (o)

Secretary:

Carole Langenbach
4261 S. 184th Street
Seattle, WA 98188
(206) 433-8868

Treasurer:

George Vernosky
5004 Glen Cove Pkwy.
Bethesda, MD 20816
(301) 229-8391

Road Records & Rankings:

Basil & Linda Honikman
TACSTATS
7745 S.W. 138 Terrace
Miami, FL 33158
(305) 255-1405

Championships

Coordinator:

Phil Benson
Box 2287
Ocean, NJ 07712
(201) 531-4156

Nominating Committee

Chairman:

John Woods, Neils Pt. Rd.
Harpwell, ME 04079
(207) 725-8006

WAVA Delegates:

Ruth Anderson, Norm Green,
Alternate: Charles Des Jardins

Championship Stats:

Norm Green
405 Curtis Ct.
Wayne, PA 19087
wk (215) 768-2480

Awards:

Kirk Randall - Men
71 Bromfield St.
Newburyport, MA 01950
(617) 465-9677

Ruth Anderson - Women
(address above)

Rules Coordinator:

George Kleeman
5104 Alhambra Valley Rd.
Martinez, CA 94553

let's face it!
MASTERS throwers



YOU CAN'T BE

A MAC WILKINS
AN AL FEUERBACH
A TOM PETRANOFF

A WILLIE BANKS
or A YURIY SYEDKH

But—THEY CAN TEACH YOU TO BE THE BEST THAT YOU CAN BE

These VIDEO TEACHING TAPES feature some of the most accomplished throwers in the great history of Track & Field. The teaching techniques have been hailed by peers as the best, and one has received international awards for its excellence.

MAC WILKINS' Gold Medal Discus



"I consider this video training program to be one of my finest achievements in 20 years with the discus." It is a unique instructional package that teaches the mechanical, physical and mental aspects of discus throwing for young and old alike. In addition to my demonstrations, you will learn from studying the techniques of such discus greats, past and present, as L.J. Silvester, Wolfgang Schmidt, Imrich Bugar and Luis Delis with my "voice over" instructional comments. The program contains nine sections: 1. The Throw Part I; 2. The Throw Part II; 3. Drills; 4. Rhythm; 5. Advanced Technique; 6. Visualization; 7. Troubleshooting; 8. Conditioning; 9. Motivation.

"I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors. That is why I felt this training program would be of great help to you Masters competitors. Join me in your quest to be the best that you can be."

YURIY SYEDIKH'S SyberVision Hammer Video



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

TOM PETRANOFF'S Javelin Video



A video encyclopedia of the javelin throw covers complete instructions on: Drills... Weight Training... Conditioning... Pliometrics... Throwing Technique and Mental Preparation. Your instructor is Tom Petranoff, one of the world's finest competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 327' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the world.

COMBINATION DISCUS & SHOT

With both teaching cassettes combined into one tape, you have over 40 years' competitive experience by Wilkins and Feuerbach in approximately one hour of instructional viewing and learning. If you follow the pattern of most throwers, you are probably learning and competing in both the discus and the shot. This is your opportunity to be taught both events by two of the best ever competitors and achievers... and at a savings over the cost of two individual cassettes.

AL FEUERBACH'S Basic 70 Foot Shot Putting



"Shot Putting was never a part-time thing with me... it was an obsession." Through a competitive career spanning 22 years and including over 525 competitions in 24 countries, Al was able to experience this event as few athletes have. Every bit of his learning experience is packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like you.

You will be instructed by Al, Dave Laut (72' 3"), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (69' 1½"). Dave demonstrates the rotational style throw and Mac instructs on its technique.

Basic 70 Foot Shot Putting presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you."

WILLIE BANKS' Banks On Triple Jump



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

COMPLETE ORDER FORM

Send to: MAC WILKINS PRODUCTIONS
P.O. Box 28836 · San Jose, CA 95159
(please print) 408/358-2669

Name: _____

Address: _____

City/State/Zip: _____

Check ☐ Money order ☐ Visa ☐ MasterCard ☐ Other _____

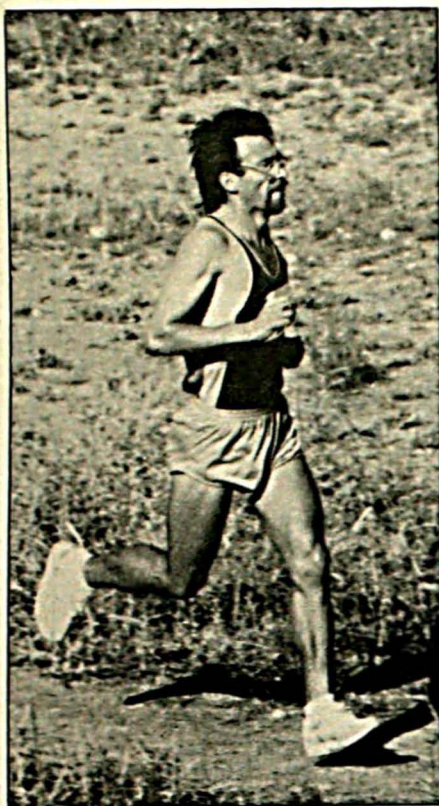
Card No.: _____ Exp. Date _____

Please Send:

Mac Wilkins'	
GOLD MEDAL DISCUS	\$ 49.50
Al Feuerbach's	
BASIC 70 FOOT SHOT PUTTING	\$ 49.50
Combination	
DISCUS and SHOT Videos	\$ 90.00
Tom Petranoff's	
JAVELIN VIDEO	\$ 68.00
Yuriy Syedikh's	
SYBERVISION HAMMER VIDEO	\$ 60.00
Willie Banks'	
BANKS ON TRIPLE JUMP	\$ 59.95
Beta or VHS	

Add \$3.50 first class/\$2.50 reg. mail per cassette or coaching session for shipping/handling. California residents add appropriate sales tax.





Donald Ocana, (46:51) winner of the M35 division of the National Masters 15K Cross-Country Championships, November 27, in Irvine, Calif.
Photo by Richard Lee Slotkin

13 Join NMN Sustainers

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

Special thanks to Christel Miller, for her generous donation of \$100.

Thanks also to:

Oeystein Tullerud	Donald Garsh
John Baker	Michael Holzgang
Leonard Dahlsten	Herbert Tolbert
Del Pickarts	Anthony Viveiros
Frank Frye III	William Eppright
Dick Bartlett	

SECTIONAL ORGANIZATION

Re Jerry Donley's article on sectional organization (March), Louisiana should be in the Southeast section, not the Southwest, as it currently is.

It took me several months to find much of the info I sent in. Most of my masters running friends turn immediately to the Southeast section for results and schedule info. When they find nothing there from Louisiana, they assume nothing is happening.

Chuck George
New Orleans, Louisiana

FOREIGN COMPETITORS

Even though I am a member of the Heidelberg Track Club as a U.S. citizen living in Germany, I was not allowed to compete in the European Championships in Italy in 1988. In 1982 when I lived in London and was a member of the Vets Athletic Club, I was allowed to compete in the European Championships in Strasbourg, France. It appears it was Mr. Beccalli who acted in dictatorial fashion on this matter in Italy.

I recommend that at the next WAVA meeting in Eugene that this problem be resolved. Either we all do it or none. I'm in favor of allowing guest competitors like we do in the U.S. and the Dutch did in 1988, even if guests can only earn a participant's prize. After all, isn't this what the movement is all about?

Dick Glasgow
Heidelberg, Germany



Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

RUNNERS' PENTATHLON

A hearty commendation is due Dick Lacey for organizing and running the Runners' Pentathlon in Clearwater, Fla., on January 28.

It is probably the only meet in which I have competed that I wish had not been run so promptly, as we all struggled back to the starting line for each of the five events with scant time to recover from the previous one.

That, however, was the idea, to test our endurance as well as courage. It's a great opportunity for distance runners to see what they can do in the sprints, and vice versa for sprinters. Now we know what to work on.

Dick's handling of the gun, the announcements and the awards were all magnificent.

Archie Messenger
Thornton, New Hampshire

TOM ROBINSON

I was saddened to hear that Tom Robinson had passed away in December. At the Pan American Masters Games in Ottawa in 1984, Tom won the gold in the 5000, and I was fortunate enough to win the silver. Both of us had battled it out for most of the race till Tom pulled away too win. We chatted briefly afterwards, and I was impressed by his enjoyment and love of our sport. I'd frequently seen Tom's name in NMN race results over the past few years and was delighted to see that he was still running well.

My condolences go to his wife and family; people like Tom Robinson are missed when they leave us.

Art Meaney
St. John's, Newfoundland
Canada

MASTERS BILL OF RIGHTS

After watching my teammate and friend Ken Brinker from Merrill Lynch Realty AC battle it out with Lee Evans in the Masters 400 at the Vitalis/Meadowlands Invitational Meet, I have decided that it is time to have a Masters Athletes Bill of Rights:

- 1) The right to participate in sports at any age level regardless of ability or previous experience.
- 2) The right to participate on good facilities in a safe and healthy environment.
- 3) The right not to be turned down by any athletic facility because of one's age.
- 4) The right to have equal opportunity to strive for success as younger Olympians and athletes do.

5) The right to be treated with respect and dignity.

6) The right to have the same financial opportunities offered to us by corporate and government institutions just as younger athletes have.

Morton Hahn
Randolph, New Jersey

1988 TAC AWARDS

It is with grateful appreciation that I thank TAC for selecting me as 1988 W65-69 LDR Runner of the Year. To be given a chance to achieve some degree of accomplishment in sports late in life is certainly rewarding to anyone, but to me, who spent twenty years at home raising six children, running has become a Messianic experience, opening a whole new world of friendship and freedom.

My greatest thrill in 1988 was as a qualified runner to finish the Boston Marathon in Copley Square; as a small child, with my father, I had marveled at men who could run that amazing distance, never dreaming that six decades later I would be doing the same thing! Thank you very much.

Jaclyn Caselli
San Jose, California

WORLD CHAMPIONSHIPS

I would like to thank World Veterans Championships organizers Tom Jordan and Barbara Kousky for all of the hard work they are doing to make the Games a success. I am particularly pleased with the addition of five-year increments to the M40-59 relays. However, I would like to see those increments extended to M60+ and the women.

The older runners need the five-year increments more than the younger athletes because of the drop-off in the speed curve as one gets older. Having been on the M60-69 4x100 winning relay teams in the '87 and '88 nationals, I know what a great feeling it is to represent one's club and state. But at the age of 67, I will not be able to compete with the younger runners for a spot on the national 60-69 relay in the Games.

Despite arguments that there are not enough people available for the women's and older men's relays, there is no harm in trying, because runners above the five-year age group can drop down in age for a relay per present rules. Athletes can only gain by opening all relays to the five-year increment.

Tim Murphy
Irving, Texas

Continued on page 11

NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only \$22. Subscribe now.

- | | | | |
|---|---------------------------|--|----------------------------------|
| <input type="checkbox"/> 6 months, \$12 | Add postage per year: | <input type="checkbox"/> Payment enclosed | <input type="checkbox"/> New |
| <input type="checkbox"/> 1 year, \$22.00 | + \$12 1st class (USA, | <input type="checkbox"/> Bill me later | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> 2 years, \$41.00 | Mexico & Canada) | <input type="checkbox"/> \$_____ as a contribution | |
| <input type="checkbox"/> 3 years, \$59.00 | + \$15 air mail (foreign) | to your work | |

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News

Subscription Dept.

P.O. Box 5185

Pasadena, CA 91107-9880

Or call:

818-577-7233

MAKE YOUR PLANS AND RESERVATIONS NOW!**MAMMOTH ATHLETICS CAMP, INC.**

Mammoth Lakes, California

A TAC-Sactioned Olympic Development Camp

AMERICA'S FINEST ALTITUDE TRAINING COMPLEX
FOR ALL EVENTS, ALL AGES, ALL ABILITIES

1989 MAMMOTH CAMP SESSIONS: JUNE 24-27, JUNE 29-JULY 2

1989 LONG BEACH STATE SESSION: JULY 3-7



CAMP DIRECTOR: DR. KEN FOREMAN: 1988 USA OLYMPIC COACH
 SPRINTS: JOHN SMITH: 440 World Record Holder, UCLA Sprint Coach of Four '88 Olympians
 MULTI EVENTS: DALE KENNEDY: Head Coach, Montana State University
 DISTANCE: TRACY SMITH: Former World Record Holder for 2 & 3 Miles, Master's 10K AR
 HURDLES & JUMPS: RALPH LINDEMAN: Head Track Coach, Cal State Long Beach
 THROWS COACH: DR. PAUL WARD: US Olympic Strength Coach for the Throws

!!!PLUS OTHER TOP AMERICAN COACHES, ATHLETES, AND SPORTS MEDICINE PROFESSIONALS!!!

NOTE: SOME COACHES WILL NOT BE AT ALL SESSIONS

MAMMOTH ATHLETICS CAMP AT MAMMOTH LAKES**CAMP REGISTRATION FEE \$199 ONE SESSION ★ ★ \$299 TWO SESSIONS**

2 Types of Accommodations plus Optional Meal Plan

Add Per Person Ea. Session (4 Nights)

NO. 1 PONDEROSA DORM ROOMS (4 bunk beds plus shared bath) \$36

(4 occupants)

NO. 2 ENGLEHOF ROOMS (2 twin beds plus private bath) \$44

(2 occupants)

★ ★ MEAL PLANS (4 days Breakfast & Dinner & Packed Lunch \$60)

OLYMPIAN COACH TRACK & FIELD CAMP at Cal State U. at Long Beach**CAMP REGISTRATION FEE \$340 (includes all meals)**

1 Type of Accommodation & Cafeteria Meals

Add Per Person (5 Nights)

NO. 3 CAL STATE LONG BEACH DORMS (14 years min. age) \$85

VISA and MASTERCARD ACCEPTEDMAMMOTH ATHLETICS CAMP INC. 7411 Earldom, Playa del Rey, CA 90293
(213) 281-1993

Call or write us for Team, Group and Family Discounts

Enclosed is my \$75 Deposit ☐ \$75Enclosed is my Registration/Reservation Fee: ☐ \$199 ☐ \$299 ☐ \$340

Deduct 5% from Registration Fee for payment by April 1, 1989

Name _____ Age _____ Event(s) _____

Address _____ City _____ Zip _____

Phone () _____ Session Dates: _____ **BALANCE DUE**

Shirt Size: S M L (Circle)

ACCOMMODATION PLAN: No. 1 No. 2 No. 3 (Circle) ADD.....\$

MEAL PLAN: yes no (circle) ADD.....\$

TOTAL BALANCE DUE MAY 1, 1988.\$

A \$50 fee will be charged for cancellations

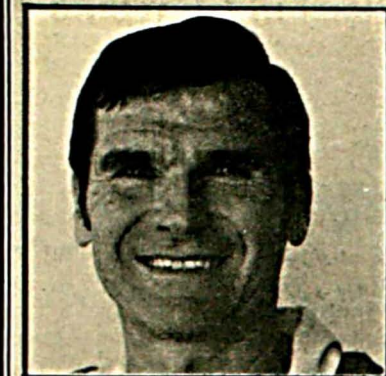
CHARGE TO: ☐ VISA ☐ MASTERCARD Card Number _____

Please make checks payable to: EXP. Date _____

MAMMOTH ATHLETICS CAMP INC.

Signature _____





Third Wind

by Mike Tymn

Fitness Guru Clark Hatch Makes Adjustments For Aging

When he was 35, Clark Hatch could bench press 380 pounds, exactly double his body weight. At 48, he could put up 300 pounds. Now, just recently turned 50, Hatch, who still carries a muscular 190 pounds on his 5-9 frame, can bench 275.

"But I've been doing more aerobic training the last ten to twelve years and that has impacted on the strength," says Hatch. "Normally, the strength loss relative to weight training after age 30 is about ten to fifteen percent every ten years. If I cut back on my running and biking, I think I might still be able to do 300 pounds."

With headquarters in Honolulu, Hatch has 34 fitness centers around the world, including Dallas, Minneapolis, Seattle, San Francisco, Palm Springs, and such far off places as Brisbane, Seoul, Tokyo, Jakarta, Shanghai, Colombo, Singapore, and Hong Kong. Since earning a B.S. degree in physical education from the University of Minnesota, Hatch has dedicated himself to the fitness business. His instructors, nearly all physical education graduates, many with masters degrees, stress a balance of strength and endurance training.

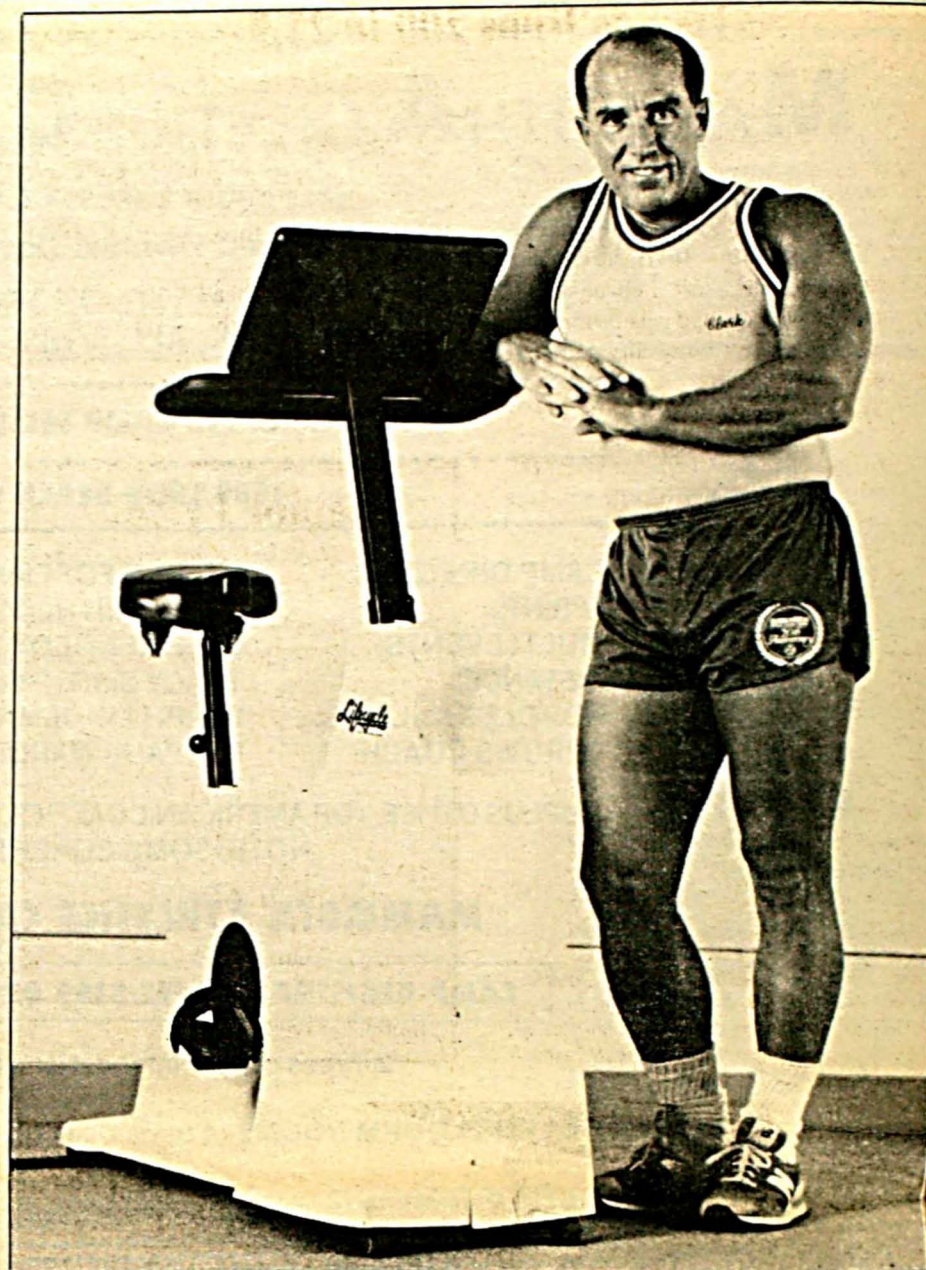
Hatch is constantly on the go as he spends time at each one of his centers during the year. On his most recent visit to Honolulu, he celebrated his 50th birthday and discussed how aging has affected him.

"It hasn't affected me mentally as much as it has physically," he says. "I still feel young and have accepted the

"After 48, I discovered that I had to be more concerned with how much I was eating."

fact that I can't engage in competitive sports like I used to. This bothered me more when I was 40. I tried to keep up with others and forced myself to struggle with heavy poundage. That led to soreness. Now that I'm 50, the pressure is really off."

Hatch began training with weights during his early 20s while with the



Clark Hatch

Army in Japan. "Back then, weight training wasn't widely accepted," he recalls. "There was still the thinking that it led to being musclebound, not being able to tie your own shoes. We didn't learn much about it in our college P.E. courses. The same with running. A mile was a long way to run in those days. Now, you're just getting warmed up at a mile."

That 380-pound bench press at 35 was Hatch's best ever. "It was a progressive thing for me," he explains. "I worked up to it, gradually taking on more challenges. If I knew at 25 or 30 what I know today, I'm certain I could have reached higher levels."

Hatch cannot single out any year in which he noticed a significant decline in ability. "The changes are slow and gradual so that you don't notice a dramatic difference year to year," he continues. "But when you look back at each decade, there's a noticeable difference in both strength and endurance. My most noticeable change came when I was 43 and discovered I needed reading glasses. My vision had always been superb and when I put on my first reading glasses it was like a blow to my ego. It was a real sign that some of life's inevitable processes strike us all."

"After 48, I discovered that I had to

be more concerned with how much I was eating. With all the traveling I do, I have the opportunity to take in a lot of big buffets in the hotels I stay at. I could always eat just about as much as I wanted, but about two years ago I suddenly realized I had gained eight pounds. Since then I've had to cut back a little."

Hatch's routine calls for a weight workout and something aerobic nearly every day. With the weights, he concentrates on specific parts of the body each day. "As I've aged, I've become

Hatch has a special ability to greet all of the some 1200 members of his Honolulu fitness center by name.

more concerned with the eccentric (usually the downward) part of the lift than the concentric. When I was younger I would do that part (eccentric) very rapidly, but now I take my time, come down slowly. I concentrate much more on form. That way, I avoid shoulder problems and muscle tears, something you're more susceptible to as you get older. I also do fewer sets now, three or four compared to five, six, even seven in my younger days."

Continued on page 14

NOW AVAILABLE Masters Age-Records 1988

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

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

Send \$2 plus \$1 postage and handling to:

NATIONAL MASTERS NEWS

P.O. Box 2372

Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____

Dennis Runs 200 in 22.8

by JERRY WOJCIK

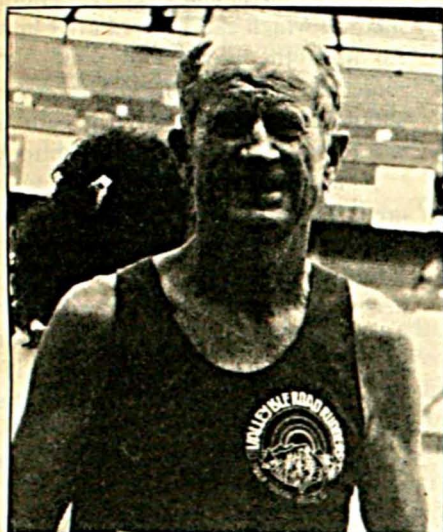
Despite unseasonable temperatures in the mid-40s, Kenny Dennis, world record holder in the M50-54 100 and 200, shaved his 200 world best of 22.9, set in July 1987, to 22.8 in the *Bakersfield, Californian* Invitational in Bakersfield, Calif., on February 11. However, a wind gauge was reportedly not used, thus nullifying any hope of record consideration.

Jerry Stanners ran the 110mH (42")

in 21.0, a U.S. age-54 record in that event.

Weightman Stew Thomson, M55, troubled by knee problems in the off-season, had an outstanding day with a 167-0 hammer throw and a 153-2 discus mark.

Charles Craig, head track coach at CSU-Bakersfield, the meet's venue, directed the meet, which consisted primarily of competitors from 15 California colleges. □



Gerald Horton (M60, 54:40), first in his age-division in The Great Aloha Run in Hawaii. Photo by Tesh Teshima

Senior Facts

The over-50 segment of the U.S. population:

- is estimated as an \$800 billion market. Seniors control over 50% of the nation's discretionary income and 77% of all financial assets.
- comprise 46.5% of prime time and 50.6% of early and late-evening TV viewers.
- owns nearly 80% of savings dollars in savings and loans. The average balance is over \$5000.
- accounts for 80% of all commercial travel. □

Buckeye 10K Turns into Chaos in Cleveland

CLEVELAND, OHIO, April 1 —

The 7th Annual Buckeye 10K Run set a dubious record of sorts today by having 522 starters and 0 finishers.

It happened about the four-mile mark. All was going well when the leading pack of runners, all fighting doggedly for position on a narrow path in Metropolitan Park, missed a tree-obscured course marker and went to the left when they should have veered to the right.

Like a hydra-headed Pied Piper, the pack led the remainder of the field deeper into the woods of the park, across the rain-swollen, swift-moving Rocky River Creek and through a Steelworkers Union picnic and beer

bust.

The survivors wound up at the Martin Free Clinic on Lorain Avenue, face to face with an angry confrontation of anti-abortion demonstrators and Cleveland police. The lawmen did not take kindly to the intrusion on this delicate scene by the confused and "aggressive-looking" runners.

Race directors declared the race null and void and said they would save the trophies for next year's race. Of the 522 starters, 34 said they'd never run again, 43 said it was just one of those things, 66 had an unprintable comment, 82 were hospitalized with assorted injuries, 35 were arrested, and 262 were missing. □

Mora, Welch Win Gasparilla Masters Title Continued from page 1

Mora's time earned him the best age-graded performance of the day, 97.6% (figured by dividing the age-44 15K standard of 44:57 by Mora's time of 46:04). Welch had 96.8%. Norm Green, 56, who won the M55 division in 51:57, had the third-best age-graded effort at 95.0%. Next was Binder's 94.0%, followed by Schlau's 93.3%.

Mora and Welch each won \$1000 for their masters victories.

Other division winners included New York's Ralph Zimmerman (M45, 51:20), Florida's Joe Burgasser (M50, 52:55), Ohio's Eugene Keller (M70, 1:10:04), Florida's Yvonne Rodgers (W45, 1:01:06), and Ohio's Whayong Semer (W60, 1:07:08). □

M-F
ATHLETIC COMPANY

Track & Field
Catalog



M-F
Athletic
Company

Call Toll-Free
1-800-556-7464
For Your 1989
Catalog

40 pages in full color — all
hard to find, in demand track
items sensibly priced.
Or write

M-F Athletic Company
P.O. Box 8090
Cranston, RI 02920-0188

1989 EDITION

Masters Health and Fitness

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

Hamstring Pull, Part 2

When a hamstring pull first occurs in a masters athlete, no matter how minor it may seem, ice and compression should be applied as soon as possible. A good way to do both is to place a bag of ice under the leg while sitting on the ground or on a table. This helps to minimize swelling to the area and maintain greater mobility. This should be done several times a day for the first few days. In severe strains, there may be considerable blood flow into the area resulting in discoloration down the leg into the calf. The leg should be elevated as much as possible during this initial period.

As soon as possible, begin exercising the leg with stretching and strengthening exercises — such as hurdler's stretch and easy forward bends (both standing and sitting). Do them slowly and hold just short of the point of discomfort. As flexibility increases, the stretches may be increased. When doing a standing stretch with both feet on the ground, move the foot of the injured leg ahead of the other to focus on that leg, rather than compensate with the strong leg. If a weight machine is

available, easy leg curls may be begun. Work slowly and below the point of strain.

Start Walking

Once the leg is improved, walking should be started — as close to the natural walking pattern as possible. If there is significant limping, do the strengthening and stretching program a little longer. If the leg tightens during the walk, stop and stretch the leg before continuing. If the tightness re-

mains after stretching or it is painful, let the leg rest until the next session.

Continue this pattern of gradual build-up through jogging and running until you are able to return to full-speed running without pain. The important thing is to exercise at the highest level possible without pain throughout the rehabilitation. In this way, the injury heals under conditions of strengthening. When full activity is resumed, the leg will be prepared for the effort involved.

Acupressure

Acupressure is a technique which can be done by the athletes themselves. There are two techniques which we will discuss. The first is called "Ah-Shi" point therapy. This means that we find the sensitive point to the injured leg and apply pressure with the thumb or finger. Pressure should be gradually applied on the point for 5-10 seconds and then gradually released for the same period. This should be repeated until pressure has been applied for approximately 1 minute. This technique can be repeated at every tender point.

If the injured leg is too painful to touch, pressure may be applied to the same points on the opposite leg. The person may help this opposite side treatment by moving the injured leg through a range of motion while the acupressure is being done on the opposite side.

Regular acupuncture points may also be used with this same acupressure technique. Points usually used for hamstring strain might include Bladder 36 (at the base of the buttocks on the midline of the posterior thigh); Bladder 40 (in the center of the knee crease); Bladder 60 (midway between the tip of the outer ankle bone and the Achilles tendon); and Bladder 62 (directly below the outer ankle bone in the depression).

Massage

Therapeutic massage is another method which can be used after injury to move the blood and other water materials out of the area. The massage should be below the level of pain and worked up the leg toward the buttocks.

Homeopathic remedies can be of great assistance in reducing the time needed to recover from an injury. These remedies are dilute forms of herbs, minerals and other substances designed to assist the body's healing energy. These have specific characteristics or indications for their use. They may be obtained at homeopathic pharmacies and many health food stores.

Some of the more commonly used remedies for hamstring strain include: Arnica (for the muscle soreness and especially if there is bleeding); Bryonia (when all motion makes the pain worse); Rhus Tox (especially if the area is initially stiff, but feels better after warming up); Ruta (if the strain is in the upper or lower hamstring and involves the tendons); and Causticum (especially when the leg cannot be fully extended). These remedies come in different strengths measured by the designation "X", 6X, 12X, or 30X are potencies generally used for these injuries.

To Prevent Its Return

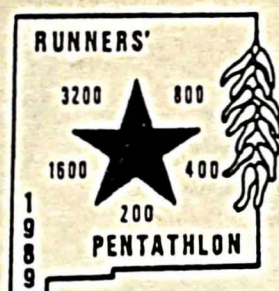
Many of the steps used to minimize the chance of having a hamstring strain are the same as those used to heal one that has occurred.

They include (1) a good stretching and flexibility program; (2) keeping a good strength ratio between quadriceps

Continued on page 12

Fifth Annual RUNNERS' PENTATHLON

Sunday, June 11, 1989
Albuquerque, New Mexico



State TAC Championship Event

3200, 800, 200, 400 and 1600 Meters

A good test of speed and endurance

Age Graded Scoring

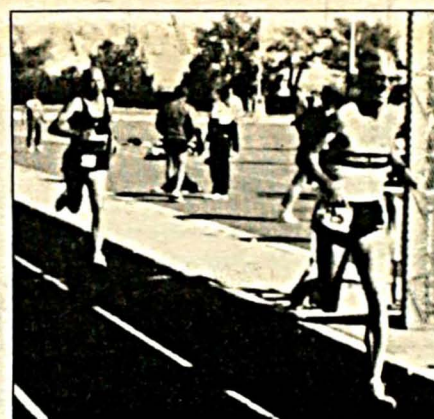
Age Group and Age Graded Awards

Beautiful city - Friendly people

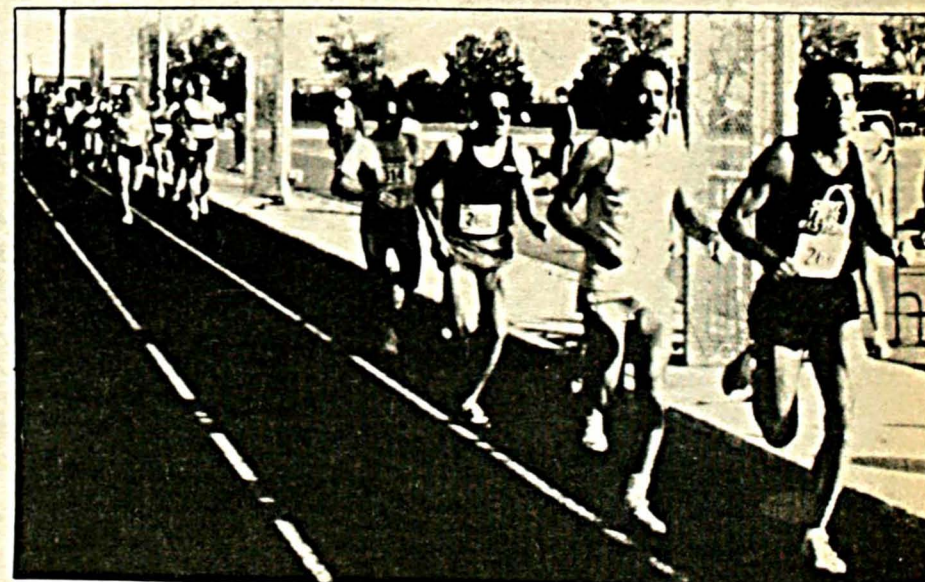
Good food - Great weather - and a meet that builds confidence. If you run, it will be as good as it gets.

No extra charge for the camaraderie

For race and local information send
SASE to Tom Bell, 5905 Concordia Rd NE,
Albuquerque NM 87111



Cliff Bedell and Charles Wimberley finish one-two in the M50 200m race with a big lead. Cliff was Meet Champion in the 1988 Runners' Pentathlon and Charles was third overall using Age-Graded scoring. This year's meet is set for June 11.



In the early part of the Masters 3200m race in the 1988 Runners' Pentathlon, Jim Irwin (M40), Keith Hartman (M45), Chuck Schuch (M40), and Joe Trujillo (M40) break away from the pack. Jim and Keith both won their age divisions. This year's meet will again be held in Albuquerque on June 11.

Campbell Outduels Rodgers in Los Angeles

Continued from page 1

age-graded time of the day: 2:11:47 (2:17:51 x the M40 marathon age factor of .956).

On a percentage basis, Campbell also led all masters runners with a 94.3%. Rodgers was second at 91.3% (a 2:16:08 age-graded time); Jussi Hamalainen, of Agoura Hills, Calif.; third in the M40 bracket in 2:31:51, also had the third best performance of 85.6% (2:25:10 AG); Patrick Devine, of Rancho Palos Verdes, Calif., winner of the M60 division in 2:58:52, was fourth best at 85.3% (2:25:47 AG).

Devine said he started off at a quick 6:20-per-mile pace.

"I passed the half-way-mark at a 2:51 pace, but at 20-miles, it got to me," he said. "I told myself, 'be smart, just finish'."

Gloria Small, 42, of San Pedro, Calif., was first masters woman across the finish line in 2:58:29, but was disqualified by race officials for not running the entire course. First place went to Maxine Williams, whose time of 3:02:07 gave her an age-graded time of 2:53:18 (79.6%). Harolene Walters, 46, of Mission Viejo, Calif., was next best with a W45 winning time of 3:11:40 (78.5%; 2:55:52 AG).

The race got underway after a false start that caused the crowd to lurch forward when it mistook the sound of a bursting balloon for that of the starting gun. Although the second start was 28 feet in front of the original start line, it was still within the guidelines established by The Athletics Congress as an official marathon course.

Campbell and his countryman, Tom Birnie, 36, captured for New Zealand the AT&T Friendship Cup and a \$10,000 check for the federation. Birnie's seventh-place finish and Campbell's ninth led the other nine participating countries' participants.



New Zealand's John Campbell, 40, is all smiles after winning the masters title in the Los Angeles Marathon in 2:17:51.

Photo by Richard Lee Slotkin

Racewalkers topping the field were Gary Null, 44, of New York and Linda Alexander, 35, of Los Angeles. Null completed the course in 4:05:20 and Alexander walked to victory in 4:14:55.

The race drew 18,861 starters, including four Soviet runners — the first time Soviet runners have participated.

About 14,000 volunteers tended to the competitors' physical needs by handing out water and fruit at one-mile aid stations, while an estimated one million spectators provided moral support.

The marathon, second largest in the country after New York's, took participants through several ethnically

Continued on page 17



Important pre-race ritual: the 20-minute wait at the porta-potties at the L.A. Marathon.

Photo by Teri Ingram

TAC/USA 5K National Championship June 3, 1989 Albany, NY

TAC/Region 1 10K Road Race Championship October 22, 1989 Syracuse, NY

Experience the excitement of competing in two of America's best Women's Road Races. Over \$20,000 in athletic funds will be distributed in 1989.

Freihofer's
Run for Women

For information and entry forms, contact: George Regan, Freihofer's Women's Running Program
233 Fourth Street, Troy, NY 12180, (518) 273-0267





Are Age-Graded Standards Fair To All?

Any organizer who puts on a masters athletic event must find a way to set up an awards procedure. One way to do this is to have age groups within which performers of similar age compete. However, especially in the older groups, competitors may be few. We may see 35 people in the M40-44 group, while only 2 or 3 show up in the M65-69 group. This creates imbalances in the awards structure, with which readers are familiar. Sometimes, in the older groups, all you have to do is show up and you'll "win" an award.

This is not so much a problem in road racing, since only one event is involved. However, in a track meet the awards ceremony can become interminable if an award is given in every age/sex group in every event. Masters track meets are not heavily populated, and such a system has the effect of making so many awards as to render them meaningless.

In an effort to make awards more meaningful, WAVA, and others, have evolved a concept of awarding prizes relative to an age-graded time standard. In this system, for each event, a time standard for each age is set, based on age records. Each competitor's performance is compared to the standard for his or her age, and the highest percentage of speed, height, or distance receives the award for the event. This means that a 62-year-old man who runs 90 percent as fast as the

age-62 standard will beat a 41-year-old who runs at 88 percent of the age-41 standard, even though the 41-year-old may run a faster time.

This system has received criticism from some older competitors who feel that they are being subjected to an unduly harsh standard. Are they right? Are they subject to an unfair standard?

As an example, let's put on a hypothetical 5K road race for men only. We'll pay expenses for all entrants, plus a \$1,000,000 honorarium for coming. Thus, we may expect just about every single U.S. male runner to show up. We decide that prizes will be given to anyone who finishes within 10 percent of the record time in his age group. If it were a 100-meter race, this would be like awarding a prize to anyone who was beaten by 10 meters or less. This is a way of separating the elite runners from the also-rans.

Single-Age-Graded Tables Now Available

In the February issue, NMN published age-graded factors and standards for five-year age-groups for nearly every track and field, road race, and race-walk event.

The single-age factors and standards are now available.

NMN has prepared a 30-page guide on how to use the tables to chart your own personal progress. Included are seven pages of factors, seven pages of standards, four pages of examples on how to chart your own performance, a blank personal performance chart for you to make copies, and nine pages of simple explanation with examples.

To get your age-graded guide, please

send \$5.00 to cover printing and postage to NMN, P.O. Box 2372, Van Nuys, CA 91404.

For those interested in conducting age-graded track and field meets, road races or racewalks, we've prepared a 60-page director's kit, complete with both a summary and a detailed explanation, sample races and events, single-age factors and standards, personal performance examples and charts.

To get this 60-page, complete age-graded kit, please send \$7.50 to cover printing and postage to NMN, P.O. Box 2372, Van Nuys, CA 91404. □

If this had been done in 1987, and everyone came, here is how it would have broken down, according to the TACSTATS records for 1987 performances:

Group	Record	+10%	1987 Elite
Class	Record	+10%	Elite
OPEN	13:32	14:53	93
35-39	14:19	15:45	21
40-44	14:47	16:16	16
45-49	15:41	17:15	43
50-54	15:58	17:34	18
55-59	17:08	18:51	26
60-64	17:00	18:42	4
65-69	18:26	20:17	6
70-74	20:01	22:01	3
75-79	21:12	23:19	2
80-84	25:01	27:31	2
85-89	40:26	44:29	1

Note: an elite runner is here defined as one who finishes within 10 percent of the record for his age group.

Example: In the 50-54 group, the record is 15:58. If we add 10 percent we get 17:34. In 1987, 18 men beat this time, earning the title "elite."

One will see that only eight percent of the prizes will go to people over 60. Does this mean they are receiving less than their share? Not at all. What it means is that out of all the 1987 men, only a handful of old competitors got within 10 percent of the standard for their age. The share they get is the share they earned. Again, using the 100 as a standard, should the man who finishes 30 meters behind his group's winner receive the same prize as the younger man who finished within 10 meters?

If we accept that one standard should apply to all, then the older competitors are being rewarded by WAVA standards just as fairly as the younger.

In an age-standard-time event, each performer is competing against a phantom competitor who may not even be at the event. This person, the age group record holder, has shown what can be done. It is up to those who compete to see how close to him they can come. Those who come the closest will get the awards, and the rest will not.

The effect of such a standard is that few old people will win awards, because there are few of them, and, of

those, few approach the standards for their ages. If, by chance, an age record holder should show up, he is likely to do well, no matter what his age.

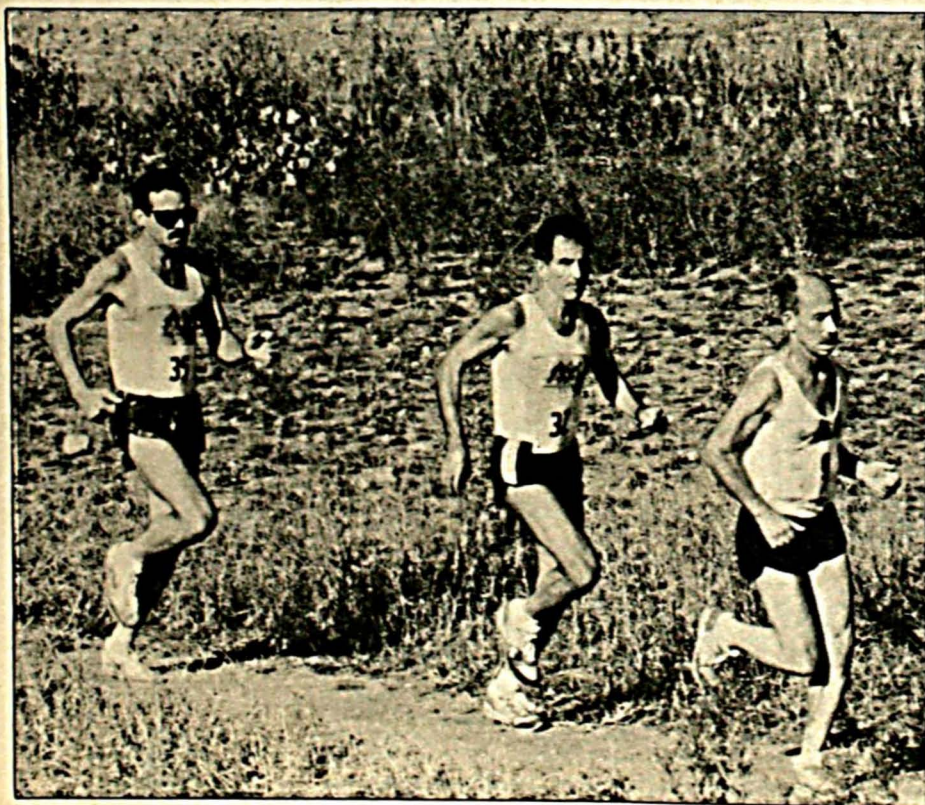
Many masters track and field athletes began their athletic careers as road runners, since that's been around longer. Road running, in those events that have older age groups, has tended to over-reward the older athletes with prizes disproportionate to their numbers. Second place in the 60-64 age group typically takes a whole lot less ability than second place in the 40-44, simply because few old people show up to run, and ability varies widely.

When older road runners are suddenly subjected to a time standard based on record performances, they find that they aren't faring as well as they used to. Most older performers prefer age groups to a time standard simply because they win more prizes that way. In many races, an old runner may find himself either alone or without serious competition, and just run hard enough to win his age group. With the age-graded standard, if you loaf, someone who's really trying will win the prize.

Wait a minute! Isn't running supposed to be about fun and camaraderie? Sure it is, but when prizes are involved the runner must decide whether he's an athlete or a fun-runner. Most of us are a little of each.

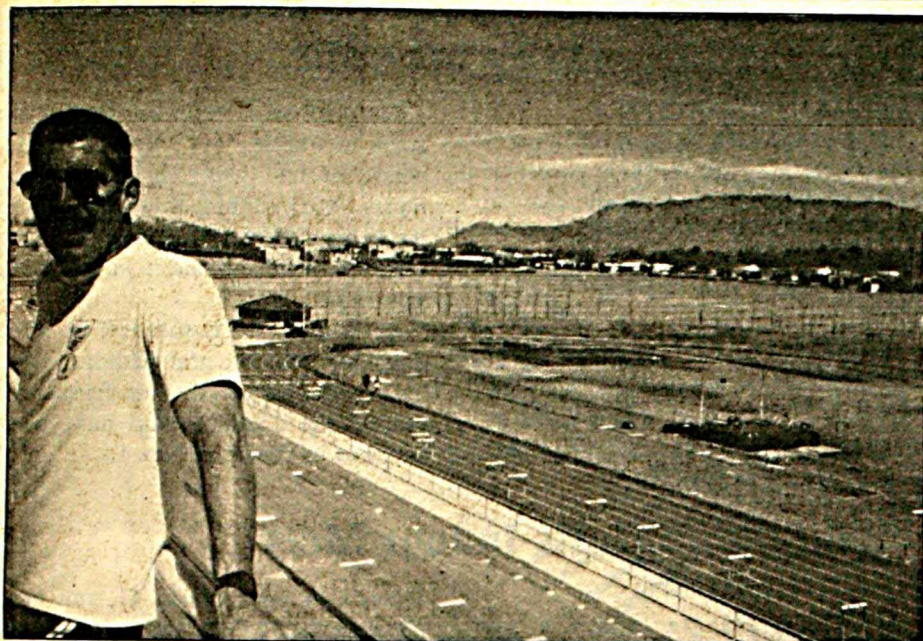
Moderation may be wise as a rule of life, but races are not won by the moderate. Those of us old guys who expect to win awards should expect to flog ourselves just as hard as those 38-year-olds you see vomiting in the chutes. Naturally, because we are old and wise we rarely run like that. Post-race penalties, in the form of injuries, are more severe than for the young. Because almost all of us take a moderate stance, our age groups are less competitive. When a real animal shows up, he makes us look sick. He shows what can be done, and we should not resent having him become the standard by which we are gauged.

I've used men as the example here, but the same idea holds true for women. If you snooze, you lose. □



Ron Larriau, 9, (51:27, second M50), Andre Tocco, 32, (50:09, first M50) and Phil Gerard, 35, (49:47, second M35) cross a river bed at TAC National Masters Cross-Country 15K, Irvine, Calif., November 27.

Photo by Richard Lee Slotkin



Neil Silver, director of the Duke City Masters Games, June 3, at the meet's locale, the U. of New Mexico track in Albuquerque. In the distance are the Sandia Mountains.

Write On! Continued from page 4

AGE-GRADED TABLES

I have worked with the age-graded performance standards (Feb. NMN). In the data base for all TAC long-distance-running champions from the past decade, I have entered the standard and computed the performance percentage.

The enclosed chart (see below) represents the highest 39 performances. I think the concept of age-graded performances is terrific, since it

brings equality across the gender and age spans. I'm intrigued that only two female performers, (Barbara Filutze and Priscilla Welch), made this list.

Is it possible to extend the tables so as to cover ultra-distances?

I am greatly indebted to you and the others who developed these age-graded tables. They are providing a significant service to our sport.

Norman Green, Jr.
Wayne, Pennsylvania

Continued on page 30

NATIONAL TAC MASTERS CHAMPIONS 5K TO MAR BY PERFORMANCE %

Rec'd	NAME	FNAME	IN	AG	AG	RACE_D	RA	DIST	RU	RUNNER_CITY	RESUL	STD	PERF %
1	GREEN JR	NORMAN	M	50	50	M 830529	DC	20K	PA	WAYNE	3950	3819	96.7
2	DAVIES	CLIVE	M	65	66	M 820314	WA	20K	OR	TILLAMOOK	4583	4411	96.2
3	GREEN JR	NORMAN	M	50	51	M 840527	DC	25K	PA	WAYNE	5052	4849	96.0
4	GREEN JR	NORMAN	M	55	56	M 881113	CA	30K	PA	WAYNE	6393	6134	95.9
5	GREEN JR	NORMAN	M	55	55	M 880313	AZ	15K	PA	WAYNE	3065	2934	95.7
6	GREEN JR	NORMAN	M	55	56	M 881127	NY	20K	PA	WAYNE	4211	3983	94.6
7	LONGENECKER	DON	M	65	67	M 831224	AZ	10K	NM	SILVER CITY	2246	2118	94.3
8	GREEN JR	NORMAN	M	50	52	M 840708	NY	15K	PA	WAYNE	2986	2813	94.2
9	BROWN	BARRY	M	40	40	M 850203	FL	10K	NY	GLENS FALLS	1818	1713	94.2
10	GREEN JR	NORMAN	M	50	52	M 850526	DC	20K	PA	WAYNE	4067	3819	93.9
11	HATTON	RAY	M	45	49	M 810926	WA	10K	OR	BEND	1886	1770	93.8
12	BENHAM	ED	M	80	80	M 870920	NY	10K	MD	OCEAN CITY	2731	2556	93.6
13	HATTON	RAY	M	50	52	M 840325	CA	20K	OR	BEND	4083	3819	93.5
14	GREEN JR	NORMAN	M	50	51	M 840506	NE	MAR	PA	WAYNE	8951	8357	93.4
15	STABLER	EDWARD	M	50	50	M 800323	NY	30K	NY	SYRACUSE	6299	5881	93.4
16	GREEN JR	NORMAN	M	50	54	M 860914	PA	HMAR	PA	WAYNE	4335	4049	93.4
17	GREEN JR	NORMAN	M	50	50	M 821204	PA	5M	PA	WAYNE	1560	1452	93.1
18	DAVIES	CLIVE	M	65	68	M 840506	NE	MAR	OR	TILLAMOOK	10365	9653	93.1
19	GREEN JR	NORMAN	M	55	55	M 871115	OK	HMAR	PA	WAYNE	4535	4223	93.1
20	O'NEIL	JIM	M	60	61	M 870308	CA	15K	CA	LA JOLLA	3314	3082	93.0
21	GREEN JR	NORMAN	M	50	52	M 850203	FL	10K	PA	WAYNE	1976	1834	92.8
22	LONGENECKER	DON	M	65	67	M 831001	TX	15K	NM	SILVER CITY	3504	3249	92.7
23	VASQUEZ	SAL	M	45	47	M 870308	CA	15K	CA	ALAMEDA	2930	2715	92.7
24	FILUTZE	BARBARA	F	40	40	F 860914	PA	HMAR	PA	ERIE	4560	4222	92.6
25	DUGDALE	JOHN	M	45	49	M 840708	NY	15K	CT	RIDGEFIELD	2932	2715	92.6
26	WELCH	PRISCILLA	F	40	41	F 860809	NJ	10K	CO	BOULDER	2067	1913	92.5
27	COFFMAN	DON	M	40	40	M 830925	OH	HMAR	KY	FRANKFORT	4099	3780	92.2
28	GREEN JR	NORMAN	M	50	51	M 831001	TX	15K	PA	WAYNE	3052	2813	92.2
29	JORGENSEN	GAYLON	M	55	57	M 870308	CA	15K	UT	PROVO	3182	2934	92.2
30	VASQUEZ	SAL	M	45	47	M 870328	CA	20K	CA	ALAMEDA	3998	3684	92.1
31	BENHAM	ED	M	75	75	M 830529	DC	20K	MD	OCEAN CITY	5410	4976	92.0
32	GREEN JR	NORMAN	M	50	53	M 851103	DC	MAR	PA	WAYNE	9080	8357	92.0
33	BOWERS	JIM	M	40	42	M 810322	NY	30K	CA	SANTA ROSA	5969	5491	92.0
34	MUELLER	FRITZ	M	40	41	M 780319	NY	30K	NY	NEW YORK	5972	5491	91.9
35	CONWAY	DAN	M	40	42	M 810926	WA	10K	WI	CHETEK	1863	1713	91.9
36	GREEN JR	NORMAN	M	50	51	M 831217	NY	30K	PA	WAYNE	6402	5881	91.9
37	ZIMMERMAN	RALPH	J	45	45	M 860914	PA	HMAR	NY	NORTH TONAWANDA	4251	3907	91.9
38	BENHAM	ED	M	75	78	M 850929	NY	8K	MD	OCEAN CITY	2061	1891	91.8
39	GREEN JR	NORMAN	M	55	56	M 880813	NJ	10K	PA	WAYNE	2083	1913	91.8

DUKE CITY TAC MASTERS GAMES ALBUQUERQUE, NEW MEXICO

June 3 & 4, 1989

AT NEW FAST UNIVERSITY OF NEW MEXICO TRACK

THE FACILITY: New University of New Mexico super-fast 8-lane Polyurethane Versaturf track includes the latest in shot, discus rings, javelin approaches and jumping aprons. Seating for 5,000 with unobstructed view of field and Sandia Mountains.

TIMING: Electronic Accutrac.

EVENTS: All running events from 100M to 1500M, all field events, plus 4x100 and 4x400 relays, plus pentathlons. 5-yr. age groups.

RELAYS: 10-yr. age groups. TAC rules apply for awards. Additionally "fun" relays will be organized at the starting line for those who wish to compete.

FEES: \$7.00 first event, \$4.00 each additional event. \$15.00 unlimited events not to include the pentathlons. PENTATHLON \$7.00. Relays no charge. Make check payable to NMTAC.

THE TOWN: Center of New Mexico, 55 miles from Santa Fe, 400,000 metro population. 5,000 ft. at base of 10,700 ft. Sandia Mts., reached by USA's longest gondola tram or famous LaLuz trail run. Indian pueblo and museums in and around area. "World's nicest people." Home of famous Duke City Dashers. Great Mexican food.

HOTEL: 3 miles from track at Hilton Inn. \$42.00 a room for single, double or triple. Reserved for participants (505-884-2500). Swimming, spa. Mention Duke City Masters. Hospitality room sponsored by super-cooperative New Mexico TAC after meet on Sat. 6/3.

INFORMATION: Highlight of this and other New Mexico meets is to keep participants informed at all times. "Athletes' Information Center" located in warmup lounge with view of track.

ENTRY FORMS: Reverse side and in National Masters News in April. Entry deadline: June 3.

IMPLEMENTS: Shots, discs available. Poles, JAV, throwing weights, hammers, the responsibility of the competitor.

ORDER OF EVENTS:

Saturday, June 3

11:00 WT PENT: SP, DISC, JAV, HAM, WT
11:30 TJ
12:30 300, 400IH, PENT: LJ, JAV, 200, DISC, 1500
2:00 JAV
3:30 HAMMER

Sunday, June 4

9:30 2-MILE RACE WALK 11:30 BREAK
9:00 HH, PV, HJ, DT 1:30 200M Finals
9:30 100M (Trials & Finals) 2:30 1500M
10:00 LJ 3:00 4 X 100M
10:30 800 3:30 4 X 400M
11:00 SP FUN RELAYS
11:15 400M

CONTACT: Neil Silver (505) 265-8234
728 Loma Vista NE
Albuquerque, NM 87106

APPLICATION Duke City Master Games

NAME _____ PHONE NO. _____
ADDRESS _____ STATE _____ ZIP _____
AGE _____ SEX _____ DATE OF BIRTH _____ TAC# _____
(required)

ATHLETE'S RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have or which may hereafter accrue against New Mexico The Athletics Congress, Duke City Master Games, the University of New Mexico, all other met sponsors, officials or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

DATE _____

SIGNATURE _____

LATE ENTRIES: Events may be added or subtracted June 4 in evening at Hospitality Room.

CHECK EVENTS

_____ 100M	_____ HH	_____ HJ	_____ JAV
_____ 200M	_____ IH	_____ PV	_____ HAMMER
_____ 400M	_____ 400H	_____ LJ	_____ PENT
_____ 800M	_____ 2-MILE RACE WALK	_____ TJ	_____ WT PENT
_____ 1500M		_____ SP	_____ 4x100R
		_____ DIS	_____ 4x400R
		_____ FUN 4x100R	
		_____ FUN 4x400R	



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Rehabilitation While Wearing A Cast

Q. I am a 39-year-old female marathon runner with a Boston qualifying time of 2:59:27. Unfortunately, running on slick roads led to falling and fracturing the head of the fibula of my right leg. The doctor says I can expect to be in a cast for 6-8 weeks. How long can I expect the period of recovery to be once I am out of the cast and free again? What would you recommend as far as rehabilitation exercises in conjunction with swimming and cycling? Is there any way to maintain fitness while in this dilemma? Can I expect any complications in future running endeavors from this accident?

A. Fracture of the femur is not what you would call a common running injury. Most running injuries are minor in nature and usually heal with rest and time.

Fracture of the femur is a different matter. I am assuming it is a non-displaced fracture and the healing is within normal limits. The first obvious thing you will notice is muscle atrophy on the right leg. Due to the application of the cast and non-weight bearing, the muscles 'shrink' and become weak.

Usually in a case of this severity, I would suggest a swimming program as soon as your physician removes the cast and gives you the go ahead. You may want to swim for 2-3 weeks or until you have obtained 90% of your leg strength back. At this time you may wish to switch to a bicycle routine and

increase muscle strength and range of motion around the hip.

Physical therapy is highly recommended, which would include hydrotherapy, ultrasound and muscle stimulation. Massage has also been shown to be beneficial in bringing blood to the muscle tissue.

The therapist may also want to place you on resistance exercises in order to build muscle strength.

We also use EMS (electro-muscular stimulation) with a TENS type of unit while in the cast. This helps maintain some type of muscle tone while you are healing in the cast.

Hopefully, with a non-displaced fracture and proper post cast therapy, you may return to running on an asymptomatic basis with no long-term complications. □

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

AD REP WANTED

The National Masters News is looking for an individual to sell advertising.

Call 818/785-1895

MASTERING THE SPRINTS

AN INSTRUCTIONAL VIDEO FOR THE MASTERS SPRINTER



ONLY
\$39⁹⁵
VHS FORMAT

Covers:

- Sprint Skills
- Philosophy of Training
- Speed Development
- Proper Running Form
- Plyometrics
- Developing a Yearly Plan
- And Much, Much more

A video developed specifically to aid in the development of the masters sprinter. Produced by Scott Sanders, a proven masters coach. No serious masters athlete should be without this tape. Get ready for the outdoor racing season and order your copy today. To: order: send check or money order for \$39.96 \$3.00 P & H to: VIDEOSPORT PRODUCTIONS, P.O. BOX 1735, Boulder, CO 80306.

Harry McArdle

by BILL BENSON

Harry McArdle, 82, died on January 23 after a long and brilliant career in track and field. It was ironic that he died just before the Millrose Games because he had been a part of it for a long time. In 1927, he had finished third in the half-mile.

Harry was one of the mainstays of the NY Masters Sports Club since its inception, and in 1987, was honored as the MAC Masters Athlete of the Year.

He died on a beautiful day on the track in Forest Park, near his home, where he had spent so many happy hours. After running a lap around the track, he collapsed and died. I'm sure Harry would have said it was a fitting way to go.

A widower, he is survived by three daughters and six grandchildren, and by a countless number of friends all around the country, who have been enriched by knowing him. □

Philadelphia Hosts Indoor Meet

by PETE TAYLOR

HAVERFORD, PA, March 4. Ed Small, Willie Overby, and Ed Lukens were among a large number of New Yorkers who turned in sparkling performances tonight at the Haverford College Alumni Fieldhouse in the Philadelphia Masters Indoor Invitational.

In the M50 500, the 50-year-old Small turned back a stretch bid by Rich Rizzo, 52, to win one of the best races of the night, 1:13.5 to 1:13.9. Ed also made short work of the 300, winning that in 40.2. In M40, the ultra-quick Overby, 41, won the 55 in 6.8 and the 300 in 38.4.

Upstate New Yorker Ed Lukens, still springy at 67, roared over the 55 hurdles in 9.9, long jumped 15-5, high jumped 4-3, and triple jumped 32-10 1/4.

New York resident Sharon Osborne, 38, showed well in the sprints, running the 55 in 8.0 and the 300 in 47.7. New

Jersey's Skipper Clark, 41, ran even faster in the 55 (7.9) and long jumped 13-8.

In the mile, Johnnie Englehardt ran 4:28.2 to win M30, while Jim Shank came up from Maryland to win both the M40 mile (4:39.8) and 800 (2:08.4). Rudolf Nilsen won the M75 800 in 3:22.6. Sam Huckel (4:40.6 and 2:10.6) was an easy winner in the M45 competition.

New Jersey's Ray Funkhouser dazzled in the one mile walk, finishing in 6:37.0, while Marie Henry won W65 in 10:53.7 and George Braceland took care of M75 in 10:15.3.

Craig Shumaker, M40, threw the shot farther than anyone, reaching 43-2 3/4, while Len Olson won M55 in 42-5 (12 pounds) and Ned Curran heaved the 5kg 37-4 1/2 to win M60. Skipper Clark threw 22-5 in W40, Barbara Stewart 21-11 3/4 in W45, and Joan Dash 28-2 1/2 in W55. Complete results in May issue. □

Illinois Grand Prix Indoors Finale

by DICK GREEN

The final meet of the Illinois Grand Prix Indoor season, a four-meet series, in Sterling, Ill., on February 19 was well-attended by athletes from the country's mid-section and from as far off as New Hampshire. In its third season, the series is open to any TAC-registered U.S. athlete and presents a series-end award to the athlete compil-

ing the highest point total in each age group and event.

Highlights of the 1989 series were a world M65 indoor record of 2:30.39 in the 800 by Archie Messenger, M65 outdoor champion in the 800 and 1500, and an M60 shot put of 53-7 1/2 (8#) by 1987 shot put champion Phil Brusca.

The outdoor season Grand Prix opens on June 4 at The Athlete's Foot Meet in Rock Island, Ill. □

Hamstring Pull, Part 2

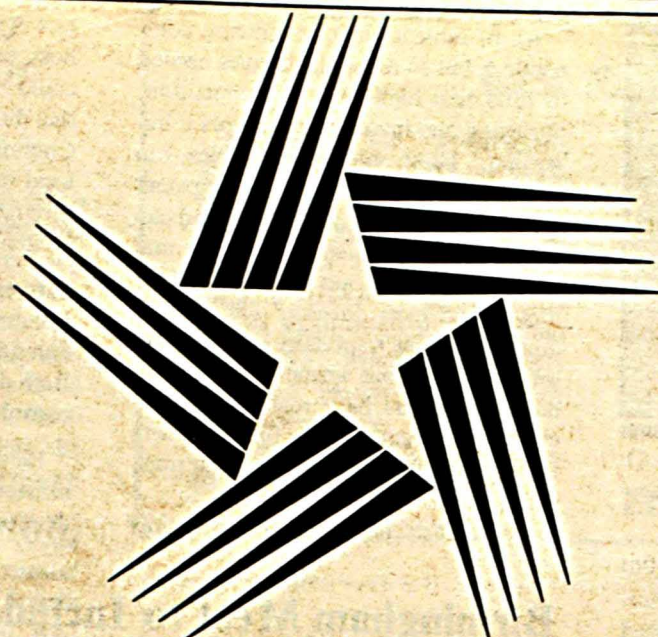
Continued from page 8

and hamstrings (1.5 to 1.0 or less); (3) if possible, receive massages at least once a week; (4) maintain a good mineral level in your diet or through supplements; (5) when the muscles are especially tired and sore after hard workouts, take Arnica; and (6) before, during and after workout, use acupressure on two special points on the leg for strength and flexibility. These are Stomach 36 which is 4-finger widths down from the bottom of the kneecap and one finger width out from the shin bone; and Gall Bladder 34 which is just in front of and below the

head of the fibula bone on the outside of the leg. Use the acupressure techniques discussed earlier in this article.

It is hoped that this information will help you avoid or return more quickly from this all too common injury. Good training to you. □

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



CAPS™
Coenzyme Athletic
Performance System

SCOTT MOLINA WINS 1988 IRONMAN TRIATHLON!

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

JOHNNY G WINS 1988 RACE ACROSS AMERICA OPEN WEST QUALIFIER

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

INTRODUCING XOBALINE, A NEW WINNER

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

CALL TODAY!

USE YOUR MASTERCARD OR VISA

1-800-336-1977

(In California 1-800-441-1977)

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



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Chairman's Report to TAC Board of Directors

Over the last several years, master and veteran athletes from around the world have used many statistics to evaluate the effect of age on athletic performance. Charts, tables, and factors are now available to the masters competitors, and they can now compare age group performances with those of the open competitions.

One of the great sources of debate among the experts is the point at which age really becomes a factor in limiting performance, and many efforts have been and are being made to define "old age." I am not an expert in statistics, but I am not sure we really need statistics to actually answer this question any more for the male athlete. One simple test is all that is needed. I believe old age has more than likely set in to an irreversible extent when an individual's *Modern Maturity* magazine and *Sports Illustrated* swim suit edition arrive in the mail at the same

time, and the individual needs to make a decision as to which of those he will read first.

With the use of statistics using age factors, it is possible to run track meets which mix all competitors of all ages, and produce winners using this form of handicapping.

In the running events, the competitors can be given distance advantages, so the finishes between the masters and the open competitors can be close and exciting. Field events can be measured comparatively using the age factors.

All of athletics involves intense competition, but to make the monies needed to fund that high level of competition, attracting and involving spectators is important. These age-graded tables can provide specialty events, with competent and skilled athletes of all ages, and can easily be incorporated into indoor and outdoor meets. I am sure most promoters and meet directors will be hesitant to create such specialty events in major track meets, but whenever it has been done, spectators have really gotten excited, and the competitors find that there is still much fun and enjoyment in track competition.

The World Championships are rapidly

moving ahead. Eugene will very likely host over 5000 competitors, and that could reach 6000! I have been pleased at the direction taken by the Organizing Committee and the cooperation of the local communities. The interest is high throughout the world, and there is much excitement in the United States.

Interest in the Indoor and Outdoor Championships in Columbus, Ohio, and San Diego is also at a high fever pitch. Both look to be the biggest and best organized of all Championships to date.

1989 will be an exciting year for masters competition, growth and development. □

Birmingham Meet to Include Age-Grading

by WALLACE McROY

The Birmingham TC Classic should appeal to practically everybody. While the meet directors favor an age/sex-graded meet, the participants seem to prefer the traditional five-year age groups.

This year, the Classic will go with the age-grouping (including an open division) with medals three deep (m&w) and trophies three deep to the winning masters teams. Additionally, age/sex-graded winners (30-and-over) of each event will receive a Timex Ironman

watch (one to a participant).

If a participant qualifies for two or more watches, he/she will be awarded the watch for the event that produced the highest level of performance. Current age/sex-graded tables as published in the February issue of NMN will be used to determine the winners. A copy of those tables can be obtained by sending a legal-sized SASE to the meet director.

The meet is scheduled for May 20 at Samford University just south of downtown Birmingham. The entry form is in this issue of NMN. □



BIRMINGHAM TRACK CLUB CLASSIC



DATE..... May 20, 1989

SITE..... Samford University

FACILITIES: Six lane Chevron Track, Chevron high and long jump and pole vault runways (4" spikes), concrete throwing rings, and grass javelin runway.

AGE DIVISIONS: Masters (age 30 and over) men and women will compete in 5 year age groups. Open Division—all under 30.

ENTRY FEES: Entries postmarked by May 15, \$5.00 first event, \$3.00 each additional event; \$10.00 each relay team, each relay. Late registration (including day of meet) \$10.00 first event, \$6.00 each additional event. \$15.00 for each relay.

AWARDS: Medals to first three places in each age group. Trophies to first three master teams.

SPECIAL AWARDS: TIMEX IRONMAN WATCHES to each Masters Age Graded individual event winner.

NOTE—Age graded tables are in the February issue of the National Masters News or can be obtained by sending a SASE to race director. One watch per individual.

TEAMS: All team members must be masters and must be active members of the team they represent.

HOUSING: The Holiday Inn I-65 Oxnore is offering special rates. Identify yourself as a BTC participant. 1-800-Holiday

DIRECTORS: Gordon Seifert (205) 879-8031
Wallace McRoy (205) 871-3579



5:30 High Jump, Shot, Discus, Javelin, Pole Vault.
5:30 Long Jump 6:00 Hurdles 60 / 100 / 110
6:10 4 x 100 Relay 6:20 -1500 Meter Run
6:40 -100 Meter Dash / Triple Jump 5:00 -800 Meter Dash
5:15 -400 Meter Dash 5:30 -1000/200 Hurdles 5:40 2000 Dash
6:00 -4 x 100 Relay 6:10 -5000 Meter Run



Entry Blank

NAME _____ Birthday _____ Age(5-20-89) _____ Sex _____

ADDRESS _____ street _____ city _____ state _____ zip _____

EVENTS ENTERED (list best recent mark): 1 _____ 2 _____
3 _____ 4 _____ 5 _____ 6 _____

PLEASE READ AND SIGN: I certify that I have decided to participate in the BTC Classic with full knowledge that being physically fit and sufficiently trained are necessary to prevent any injury to myself. My heirs, devisees, executors, administrators, and assigns hereby waive, release and discharge any and all claims against the Birmingham Track Club, Samford University, agents or representatives, arising out of my participation in the BTC Classic. The Releasor further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasor further agrees to release and hold harmless the Birmingham Track Club from any injuries or damages allegedly incurred by rule and eligibility decisions made by the committee.

SIGNATURE _____ MAIL TO: Birmingham Track Club
C/O Gordon Seifert
1514 Ridge Road
Birmingham, AL 35209

Trouble Dogs Hammer Thrower

ATLANTA, April 1. Trouble continues to dog masters hammer thrower Herb Pritchard.

Pritchard has been practicing for months in his backyard with a makeshift hammer in preparation for the 1989 track and field season. Recently, however, he splurged on the real thing and confidently set out to see how far he could throw his new "hammer."

Underestimating his strength, Herb let fly a heave that sent the missile careening over his garage and through his neighbor's rhododendron plants. It

destroyed the neighbor's tomato garden, smashed the rumpus-room window, and landed with a thud on the belly of his neighbor who was trying to take a nap at the time.

Not only has the neighbor filed a very unfriendly lawsuit against Pritchard, but he has stubbornly refused to give back the hammer in spite of repeated requests by Herb. A few local masters decided it was only right to pitch in and help Herb get a new hammer. If you'd like to assist, send your donations to "Hammer Fund," P.O. Box 2465, Atlanta, GA 30339.

Third Wind

Continued from page 6

Usually, Hatch runs 5-6 miles two or three times a week, along with one 10 miler. "I did my last Honolulu Marathon in 1979, also in the spirit of keeping up with the group," he mentions. "My time was 4:12 and that convinced me I would have a very difficult time doing better unless I was willing to give up all my other sports and training interests and concentrate on adequate training and considerable weight loss, which would include muscle mass. I chose to remain with a balanced program.

"I used to run six days a week, but I had knee surgery a few years ago and decided then to alternate my aerobics program so that I run every other day, alternating with the exercise bike. This

has been both for rehabilitation and prevention of further severe knee wear and tear."

Hatch has a special talent for conditioning the mind, too, as evidenced by his ability to greet all of the some 1200 members of his Honolulu fitness center by name. This ability apparently extends to most of more than 10,000 members worldwide.

As Hatch sees it, aging affects agility more than the other components of athletic ability. "Reaction time, reflexes, and coordination are the changes that cause athletes to quit sports. Professional athletes have ample strength and adequate endurance to play into their 50s, but the deteriora-

Continued on page 15

Hart, Ploeger Top Masters in Colonial Half-Marathon

by STEVE LEWALLEN

Bill Hart (M40, 1:14:04) and Joyce Ploeger (W45, 1:29:01) conquered cold and windy conditions to take top masters honors at the Colonial Half-Marathon in Williamsburg, Va., Feb. 26. Hart and Ploeger were also top age-graded masters; Hart's time gave him a performance percentage of 85% (M40 age-standard of 1:03 divided by 1:14:04), while Ploeger's performance percentage was 82%.

Close on Hart's heels was Glenn Myers, M40, who was second master with a 1:14:14 (84%). Second female master was Jeanne Kruger, W40, who clocked 1:31:42 (77%). Another notable time was Robert White's 1:32:07 (84%), over 20 minutes faster than the nearest competitor in his M65 age-division.

There were a record 2044 entries in the 11th annual race, and 1503 finished despite a storm that dumped 5 inches of snow on the course two days before the race and dropped temperatures dramatically. Thanks to event coordinator Bill Evans, however, the TAC-certified course was cleared and in good shape on race day, although he could do nothing about the cold and blustery conditions. "That wind was brutal. Oh, my god," said one competitor. "Instead of relaxing into the wind, we were pushing, pushing."

Overall winners were Bill Reifsnyder (26, 1:04:57) and Cindi Girard (27, 1:16:20). □

Cincinnati Hosts Masters Meet

Paul Dorsey, M50, posted the best masters times in the 60y (6.9) and 300y (36.8) in the Midwest Masters Classic in Cincinnati, Ohio, on February 18. Mike Smith was the winner in a close M30 60y dash, which ended with the top three timed at 6.9.

Tony Mele won the M40 1000y from a tough field with a 2:35. Don Coffman took the M40 2-mile in 10:06.

William McClennon, M40, registered the top marks of the meet in the long jump (21-0) and triple jump (39-8¾). Denver Smith, M60, had multiple wins with outstanding marks, including the triple jump (33-6½) and shot put (40-8).

Gayle Johnson, W40, probably put on the best performance of the day with a second overall 15:47 in the 2-mile walk, behind M30 Chris Knott's 15:14.9. □

Corrections:

• Last month's chart of top 10 all-time fastest masters marathoners listed Priscilla Welch with a fastest 2:16:51. It should have read 2:26:51.

Late Flashes

• Despite 80° temperature, 90% humidity and 25mph wind, San Diego's Wilson Waigwa, 40, came within three seconds (23:54) of breaking Bill Rodgers' U.S. masters record of 23:51 in the Nissan Shamrock 8K in Virginia Beach, Va., March 18. Rodgers was 2nd master (24:11); Bob Schlau was third.

• New Zealand's John Campbell, masters winner of the L.A.

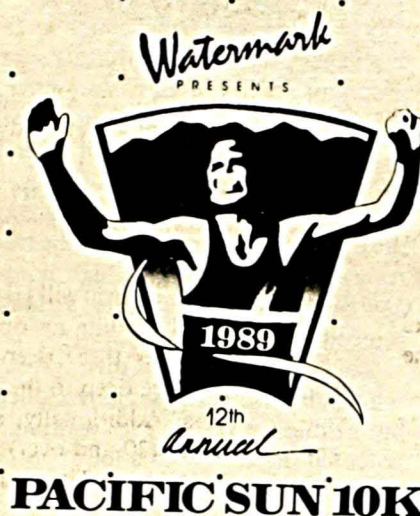
Marathon on March 5 (2:17:51) raced to 29:25 in the Azalea Trail 10K in Mobile, Ala., March 19 — a new, unofficial world masters 10K road record. England's Shel Cowles (30:56) was second. Laurie Binder (34:16) won the women's masters crown, followed by Gabriele Andersen (35:09) and Barbara Filutze (36:00). Complete results of both races next month. □

Third Wind

Continued from page 14

tion of vision and motor reflex skills allows the younger challengers to pass you by.

"There's very little, if anything, that can be done about that," Hatch concludes, "but we certainly don't have to deteriorate and decay to the extent that much of our society has come to accept. By our American standards, I'd be disappointed to find out that I'm not closer to 35 years old." □



RUN THE SUN!

8 A.M.

Memorial Day - May 29, 1989
(14 miles North of San Francisco)

- \$5000 TAC Prize Money
- Sub 40-minute WATERMARK Water Bottles
- Flat, Fast, Scenic, Certified course
- Over 20 National Age Group Records

FOR EVERYONE

- Yoghurt, Pizza Cereal, Kashi, Powerbars
- 250 Raffle Items
- WATERMARK Pure Spring Water
- Finish in front of grandstands, on College of Marin Track
- Full Results to All Finishers



TIME & PLACE:

Men-8 AM, Women-8:05 AM
College of Marin, Kentfield, Marin County
From Highway 101 take the Sir Francis Drake Blvd. exit. Go West 2 miles to College Ave. (At the fire station.) Turn left and go 1/2 mile to the college's PE complex parking lot, (on the left).

REGISTRATION:

\$12 payable to:
"Pacific Sun 10K"

Complete form. Sign waiver. Include a 4" X 10" SASE, and mail to:

Pacific Sun
c/o Bonnie Hill
2000 Lucas Valley Rd.
San Rafael, CA 94903

Discount registration through WATERMARK CENTERS.



Courtyard by Marriott
"Official Hotel"
Larkspur Landing
1 (800) 321-2211

RACE DAY REG:

Fee \$15 - starts 6:30 am

TEAMS:

By pre-registration only - must be postmarked by May 19.

- PA/TAC - Unofficial scoring on raceday, Scoring based on TAC rules.
- CORPORATE - Point system with 3 member teams, based on place in age/sex divisions.

DIVISIONS:

Men/Women: 18 & under, 19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

AWARDS:

Medals, prizes 5 deep in all divisions.

- First 5 men/women finishers: 1st-\$400, 2nd-\$200, 3rd-\$150, 4th-\$100, 5th-\$75
- All runners will receive: T-Shirt, WATERMARK sampling bag, & eligibility for 250 raffle items.

BENEFICIARY:

Marin Community College FASTTRACK program: resurfacing of artificial track.

PA/TAC Master's 10K Championships

HOTLINE: (415)479-3839

PACIFIC SUN 10K

SEX <input type="checkbox"/> M <input type="checkbox"/> F	DATE OF BIRTH <input type="text"/> / <input type="text"/> / <input type="text"/>	AGE <input type="text"/> ON RACE DAY	Best 88/89 10K Time <input type="text"/> : <input type="text"/>	For Official Use Only
LAST NAME <input type="text"/>		FIRST <input type="text"/>		
STREET <input type="text"/>				
CITY <input type="text"/>		STATE <input type="text"/>	ZIP <input type="text"/>	
T-SHIRT <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> X	TEAM <input type="text"/>		PHONE <input type="text"/>	

WAIVER: In consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or enroute to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver I acknowledge that I have read and understand all of the above.

ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18)

Date

PROFILE

Herm Wyatt: Has Sights on 6-Foot High Jump at Eugene

The oldest age at which any human has gone at least 6-feet in the high jump is 54 years, eight months, four days. The athlete was Herm Wyatt of Grants Pass, Oregon, who did an even 6-0 using the flop method in 1986. Now 57, Wyatt doesn't rule out the possibility of clearing that height at the World Veterans Championships in Eugene this summer.

"If I can get access to some facilities and do some training before the meet to get my flop technique down, I think I can still go 5-11 to 6-feet," Wyatt said recently by phone from his home.

Wyatt is the current world-record holder in the 45-49 (6-2½), 50-54 (6-2), and 55-59 (5-10½) age groups and the defending world champion in his age group. In the 1987 Melbourne World Championships, he jumped 5-9 under

wet and slippery conditions to win the gold.

"I started out with the flop there, but had to go back to the (western) roll because of the conditions," Wyatt explained.

Back during the 1950s and early '60s, Wyatt was one of the top jumpers in the nation. His best jumps in those days were 6-10¼ indoors and 6-10 outdoors, although he was able to clear 7-feet in practice. The first official 7-foot jump took place on June 29, 1956, by Charles Dumas of Los Angeles. But that was in the days before the flop technique was adopted and 7-foot jumps became commonplace.

Born and raised in Texarkana, Texas, Wyatt did not participate in sports at Hooks High School in that city as the school did not have a sports program. "They didn't even have a P.E. (physical education) program," Wyatt added. It wasn't until after he enrolled at Compton Junior College in Los Angeles that he was introduced to the high jump. "Some guy on the track team said I looked like a high jumper and suggested I give it a try. I think I jumped 6-3 that first day."

The 6-6 Wyatt was then given a scholarship to San Jose State College, but he doesn't feel he ever realized his potential there. "I had a lot of spring, but I didn't know what to do with it," he said. "The coach at San Jose was Bud Winter, but he was mostly a sprint coach."

Wyatt won a silver medal at the Pan American Games of 1955 after a tie at 6-7 with fellow American Ernie



Herm Wyatt Photo by Marty Higginbotham

Shelton, who was awarded the gold on fewer misses. "I guess that was one of the highlights of my career," Wyatt responded when asked about his most memorable competitive experiences. "That and winning the Compton invitational two years in a row (1951-52)."

After a few years of military service, Wyatt returned to San Jose State in 1957, but was ineligible to compete. However, he continued to jump while representing the Santa Clara Youth Village, a track & field club. In the 1960 Olympic trial, he jumped 6-9, but missed making the team going to Rome by two inches. He jumped for one more year before retiring from the sport.

While making a career as a juvenile probation officer, Wyatt continued to live in the San Jose area until 1970, when he moved to Santa Cruz, Calif. He retired in 1981 and with wife Jeanne moved to Grants Pass in 1984 to take advantage of the lower cost of living and friendlier environment. He supplements his retirement income as a guitar vocalist at various night clubs.

Wyatt returned to competition in 1980 at the age of 48, setting the 45-49 record that year. "I didn't do anything for 17 years," he said. "I switched from the roll to the flop, but I keep going back and forth from one to the other. I can get five or more inches with the flop, but you need to practice that a little more to get it down. The problem is that I usually don't have any facilities available to me, and the only time I jump is in the meets."

An avid golfer with a nine handicap, Wyatt said most of his exercise comes from loading up his golf bags with as much weight as possible and walking 18 holes about four times a week.

"I sometimes train with Nautilus machines and that keeps me pretty flexible," he said. "I'm sure I'm less flexible and have less spring than I had at 25, but it's not that obvious to me."

□ —Mike Tymn



Gerry Lindgren (M40, 43:25), first master in The Great Aloha Run in Hawaii.

Photo by Tesh Teshima

USC TROJAN MASTERS TRACK MEET USC

TO BE HELD AT THE
UNIVERSITY OF SOUTHERN CALIFORNIA
LOS ANGELES, CALIFORNIA
SUNDAY JULY 16, 1989



TROJAN MASTERS



A TRACK MEET FOR MASTERS & SUB MASTERS

RUNNING EVENTS:

8:00 5000M WALK (M&W)
9:00 5000M RUN (M&W)
9:45 RELAY 4 X 100M
10:00 1500M RUN
10:30 RELAY 4 X 200M
11:00 400M SPRINT
11:15 800M HURDLES
11:30 100M HURDLES
12:00 110M HIGH HURDLES
12:15 OFFICIALS LUNCH BREAK
1:00 100M SPRINT
1:45 800M RUN
2:15 300M INT. HURDLES
2:45 200M SPRINT
3:15 RELAY 4 X 400

FIELD EVENTS:

10:00 POLE VAULT
10:00 JAVELIN
10:00 LONG JUMP
1:00 SHOT PUT
1:00 HIGH JUMP
1:00 TRIPLE JUMP
2:30 DISCUS

ENTRY FEE: \$14.00 INCLUDES T-SHIRT AND UP TO SIX EVENTS.
ADD \$1.00 FOR DAY OF MEET REGISTRATION.

*** TURNOUT IS EXPECTED TO BE HEAVY DUE TO THE WEST COAST NATIONALS AND WORLD GAMES. THERE WILL BE A LIMIT OF 350 ATHLETES.

CHECKS: PAYABLE TO 'TROJAN MASTERS' >----SEND TO---->

PHONE: FOR ADDITIONAL INFO (213) 666-4964

TROJAN MASTERS
BOB STROBEL # 3
2017 VESTAL AVE
L.A. CA. 90026

Official Entry Form

Print Name: _____ Age _____ Date of Birth _____ M _____ F _____

Address: _____
Number Street City State Zip

Phone (Include area code) () _____ Club _____ TAC NO. _____

List events to be entered (limit of six, excluding relay) and your personal record for your present age group.

Event	P.R.	Event	P.R.

Waiver: In consideration of my entry, I do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against the Trojan Masters, the University of Southern California, or any individual associated with putting on this meet, for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.

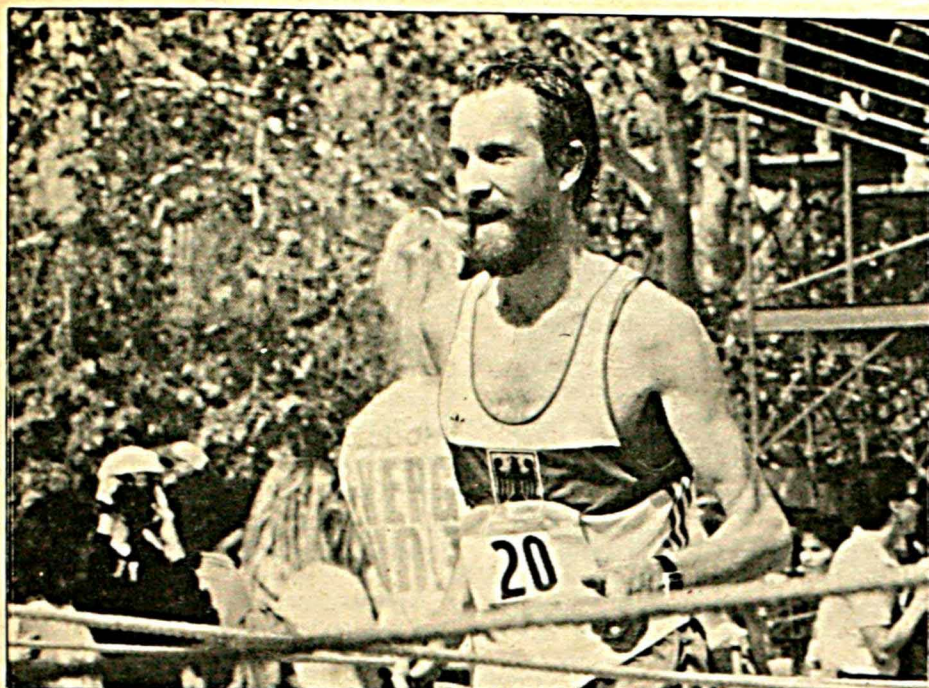
T-shirt size:

S _____ M _____ L _____ XL _____

Signature _____

Date _____

Please find my check made out to Trojan Masters enclosed \$ _____



Wolfgang Muenzel, 36, of West Germany, placed 27th in 2:25:35 in the Los Angeles Marathon.
Photo by Richard Lee Slotkin

Campbell Outduels Rodgers in Los Angeles

Continued from page 9

diverse neighborhoods, such as Chinatown, Little Tokyo, Olvera Street, Hollywood, and South-Central Los Angeles, causing massive traffic jams until late afternoon.

Modena McFarlane, 65, said her plan for the race was to keep her mind off running.

"I have to think about other things," she told the *Los Angeles Times*, a key sponsor of the race. "If I think about running and being tired and all the pain, I won't finish."

Race officials set up several diversions for the runners along the route, including mariachis, fireworks and a gospel choir.

In turn, the runners entertained the crowd. One runner was dressed as the late comedian W.C. Fields. Two fathers pushed their babies in carriages, while other runners dribbled basketballs or juggled as they ran.

Hundreds of runners, who represented 26 local charities, earned about a half-million dollars for their groups by soliciting pledges for every mile they completed.

A team of runners from the Catholic Archdiocese of Los Angeles hoped their participation in the race would attract potential priests and nuns.

"We're using the marathon to promote church vocation by helping to create a better image of priests and bishops as healthy, wholesome and alive people in the country," Sister Kathy Bryant said to the *Times*.

The race was televised live in Los Angeles and on the USA National Cable Network. As usual, the TV coverage left much to be desired. Despite pre-race promises that the coverage would include "average middle-of-the-pack runners," the announcers focused only on the men and women leaders. Winner Boileau, who threaded his way through the pack, was never mentioned until he took the lead at the 26-mile mark. Only two women runners (Ivanova and Rosa Mota) were mentioned at all. No masters runners were ever mentioned or shown.

Worse, the announcers rarely identified what part of town the runners were passing through. The coverage was sharply criticized the following day by Larry Stewart, sports columnist for the sponsoring *Times*.

Despite its flaws, the TV coverage averaged an 11.8 Nielsen rating and a 34 share in Los Angeles, the best sports rating of the day in the city. The Lakers-Rockets on CBS drew a 7.4 rating and a 22 share. The Dodgers drew a 5.9/16.0. □

NOTE: Masters Training Advice and the All-American Standards Will Again Appear in the May Issue.

REMINDER: The deadline for entering the World Veterans Championships is May 1. See entry form on pages 21-24.



1989 Southwest Sectional Masters Track And Field Championship

Saturday, May 27, 1989
Tulane University - New Orleans

MEET SITE: TULANE UNIVERSITY, NEW ORLEANS, LOUISIANA. NEWLY CONSTRUCTED, EIGHT LANE RUBBERIZED TRACK, JUMPING AND JAVELIN AREAS. THE FACILITY IS LOCATED OFF S. CLAIBORNE AVE. ON THE TULANE CAMPUS. 1/4" SPIKES OR LESS REQUIRED AND ENFORCED.

AWARDS: CUSTOM AWARDS WILL BE PRESENTED TO THE FIRST THREE ATHLETES IN EACH AGE GROUP.

AGE GROUPS: FIVE YEAR AGE GROUPING BEGINNING AT AGE 30 FOR MEN AND WOMEN, AN OPEN DIVISION FOR ATHLETES 29 AND YOUNGER.

MEET PACKETS: PACKETS CAN BE PICKED UP AT THE TRACK BEGINNING ONE HOUR BEFORE THE FIRST EVENT.

ENTRY FEES: \$10 FOR THE FIRST EVENT (INCLUDES MEET T-SHIRT). \$5 FOR EACH ADDITIONAL EVENT. \$15 FOR RELAY TEAMS (DOES NOT INCLUDE T-SHIRT IF ONLY EVENT ENTERED).

ENTRY DEADLINE: ALL ENTRIES MUST BE POST MARKED BY MAY 13TH. LATE ENTRIES WILL BE CHARGED \$2 PER EVENT LATE FEE AND ALLOWED ENTRY UNTIL THE START OF THE EVENT ON A SPACE AVAILABLE BASIS.

NOTE: AGE GROUPS MAY BE COMBINED FOR SCHEDULING PURPOSES AND SOME FINALS MAY BE BASED ON TIMES. EVENTS WILL BE RUN WOMEN THEN MEN AND OLDEST TO YOUNGEST.

SCHEDULE OF EVENTS

9:00AM 5000 M RUN, LONG JUMP FOLLOWED BY TJ, POLE VAULT, SHOT PUT
9:45AM 3200 M RACE WALK
10:00AM REMAINING FIELD EVENTS REPORT: HJ, DISCUS AND JAVELIN
10:30AM 100 M PRELIMS
11:00AM 200 M PRELIMS
*****B R E A K*****
1:00PM 55 M DASH (HEATS AGAINST TIME, NOT A CHAMPIONSHIP EVENT)
1:30PM 3000 M STEEPLECHASE
2:00PM 4 X 100 M RELAY
2:15PM 1500 M RUN
2:30PM HIGH HURDLES (WAVA SPECS)
3:00PM 400 M DASH
3:30PM 100 M DASH FINALS
4:00PM 800 M RUN
4:20PM INTERMEDIATE HURDLES (WAVA SPECS)
4:40PM 200 M DASH FINALS
5:00PM 1600 M RACE WALK
5:25PM 4 X 400 M RELAY

NAME _____ PHONE() _____
ADDRESS _____ STATE _____ ZIP _____
AGE ON 5/27/89 _____ SEX _____ '89 TAC # _____ T-SHIRT _____
EVENT _____ BEST _____ EVENT _____ BEST _____
EVENT _____ BEST _____ EVENT _____ BEST _____
EVENT _____ BEST _____ EVENT _____ BEST _____

WAIVER: I DO HEREBY, FOR MYSELF, MY HEIRS OR ASSIGNS, WAIVE, RELEASE ANY AND ALL CLAIMS TO DAMAGES AGAINST TAC, TULANE UNIVERSITY ANY MEET SPONSORS OR THEIR REPRESENTATIVES FOR ANY AND ALL CLAIMS FOR LOSS, DAMAGES OR INJURIES SUFFERED BY ME IN THIS MEET. I CERTIFY THAT I AM IN GOOD HEALTH TO COMPETE IN THIS MEET.

DATE: _____ SIGNATURE: _____
MAKE CHECKS PAYABLE TO TULANE TRACK CLUB AND MAIL TO: SOUTHWEST SECTIONAL MASTERS, 1459 VERNA ST., NEW ORLEANS, LOUISIANA 70119

Best-Ever T&F Nationals Shaping Up

by DAVID PAIN

The San Diego Track Club-sponsored TAC/USA National Masters Track and Field Championships are on course for an exciting and rewarding athletic experience for those who enter the Championships, July 20-23, one week before the World Veterans Championships in Eugene, Oregon.

In excess of 100 entries have been received with foreign entrants double those from the U.S.A. at this time. This indicates a high degree of interest. Interest in the university housing is also running high with about one-fourth of the 1000 beds already reserved.

Officiating — Timing

The San Diego Track and Field Officials Association is conducting clinics to train additional officials, and communications have gone out to neighboring officials' associations throughout the state seeking additional help. Every effort is being made to assure an adequate number of officials in July.

Through Specialty Instruments of Irving, Texas, we will have all Accutrack

electronic timing utilizing their new strobe-start system which eliminates the long wire required in the old system. The strobe system is more reliable. A second Accutrack will be used as back-up in the event of a timer failure. This should eliminate the necessity for hand timing and the resultant clutter and delays at the finish line. Also planned are simultaneous running of the 100 and short hurdles on both sides of the SDSU track. The doubling up of these events should assist in cutting down delays.

Age-Graded 100 Final

A decision has been made to run an Age-Graded Champion of Champions 100 race for both men and women featuring the winners of each age-division 100 final as the last event on Sunday, July 23. Utilizing tables developed by the NMN, yardage handicaps will be accorded each runner based on the participant's age. The NMN has experimented with this event and has reported some exciting finishes resulting from this concept which



Louise Martin (W70, 2:25:38) first in her age-division at the Colonial Half-Marathon in Williamsburg, Va., Feb. 26.

Photo by Rusty Carter

theoretically places each runner on an equal basis regardless of age.

Reg Austin of Australia has pledged \$250 prize money for the winners, for whom we are seeking an additional \$750 from those masters who may wish to contribute to the fund. In this manner, we would be able to offer \$250 for first place, \$150 for second and \$100 for third place in each of the two events.

Meet Program

Cubic Corporation has agreed to sponsor the cost of producing the meet program. As a result, each participant will receive a complimentary copy in the entry packet. Besides photos and special-interest stories, the program will contain the meet schedule, plus a list of entrants for each event. We hope to make the program a valued souvenir of the meeting.

Racewalks

Preparations are being made for an exceptionally large racewalk entry of an anticipated 400-500 participants. Approximately 25% of the entries to date are for the 5K track walk and 10/20K road walk. The SDTC walkers are conducting race walk judging clinics to train judges. Additional judges will be coming from areas outside San Diego.

To assure each entrant a fair opportunity to do his or her best, fields will be limited to a maximum of 25 walkers per heat for the track event on the Mondo surface at Balboa Stadium. By limiting the fields, the judges will have a better opportunity to properly and fairly enforce the rules and to disqualify those who do not conform to required technique.

Shuttle buses will be scheduled between SDSU to Balboa Stadium and will enable entrants to arrive in time for the races as well as transport them back on conclusion of the races.

The Racewalk Committee is considering a course at a local reservoir with a 10K level walking course around it which permits no vehicles. This course is only 3 to 4 miles from the

university and shuttle buses will be available.

The rapid increase in racewalking nationally dictates special attention be given to this segment of the National Championships, particularly in light of the infusion of quality master walkers from overseas who should be capable of giving the U.S. nationals a stern test.

By ruling of the TAC Racewalk Committee, the 10K Road Walk will be a non-championship event. The 20K race is the official sanctioned distance for both men and women. For those not wishing to go that distance the 10K will be offered and will be conducted simultaneously with the 20K.

Awards

A commitment for 1200 National Championship medals with a meet logo top pin plus TAC National Championship patches has been made. Contrary to prior practice when foreign winners have been given the TAC medal, foreign athletes will receive an entirely different medal. Prior medal policy on the awarding of medals will be retained. The first three nationals in any final event will receive the TAC national medal. Any foreign athlete finishing first, second or third overall will also receive a medal.

Souvenirs of the meet will be a meet logo pin with clasp as well as the traditional San Diego Track Club (Conquistador) club logo pin. A top quality T-shirt with the meet logo will be given to each entrant. Additional T-shirts may be purchased.

Non-Athletic Events

Last month's issue of the NMN featured an article on the free Sports Medicine Symposium which will be given on Wednesday, July 19, at the university. Topics include "Maximizing Your Competitive Performance," "Common Track Injuries: How to be Your Own Best Doctor," "Back to Health," and "Nutrition for Peak Performance and Well Being."

A complimentary welcoming reception will be held Wednesday evening at the university pool area. Also planned is a Fitness Fair where you can have your blood pressure checked, body fat measured and other fitness criteria evaluated.

Entertainment is planned each evening at the outdoor stage adjacent to the university housing.

Friday evening, July 20, Jerry Donley, TAC National Masters Track and Field Chairman, will preside over a meeting of all interested masters at which national achievement awards will be presented and possible rule changes discussed.

The meet will close with an outdoor fiesta featuring Mexican food with entertainment being provided by the Tijuana Mexican Cultural Center.

Meet Director, Dixon Farmer, has announced it is his intention to present a top quality meet and one designed to enable the competitors to achieve their best. □

San Diego, California, USA

**1989 TAC/USA NATIONAL MASTERS
TRACK & FIELD
CHAMPIONSHIPS**

JULY, 1989

JULY 20 - 23, 1989

5643 Campanile Way • San Diego, California 92115

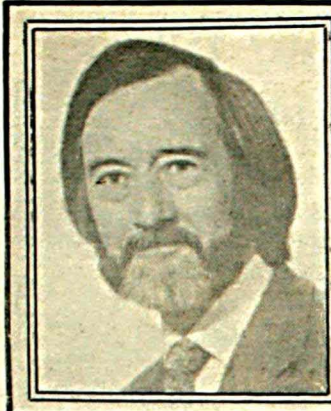
(619) 582-3316 Fax (619) 582-5769

• Two Great MONDO 400m Tracks at SDSU & Balboa Stadium • All Track Events 100m - 10,000m Plus All Field Events • 5,000m Track Walk & 10K/20K Road Walks • Pentathlon for Men & Women • World Class Competition with International Entrants • Inexpensive Room & Board at San Diego State University - Short Walking Distance from Track • Courtesy Airport Pick-Up & Return to & from SDSU - Save \$25.00 Cab Fare • Shuttle Bus Service Between Tracks • Free Commemorative T-Shirt • Automatic Timing • Pre-Meet Sports Medicine Symposium • Welcoming Pre-Meet Reception at SDSU • Nightly Entertainment at SDSU • Post Meet Mexican Fiesta • San Diego's Cool, Dry Weather Assures a P.R. • Special Reduced Airfare by UNITED AIRLINES (Official Meet Sponsor) • Time to Visit World Famous San Diego Zoo, Wild Animal Park, & Sea World at Special Group Rates • Swim, Sail, Surf, Snorkel or Sun at Any One of San Diego's Great Beaches or Bays • Opportunity for One Week of Leisurely Travel up the Coast to Eugene with Stopovers at Disneyland, Universal Studios, San Francisco, Redwoods & Much More •

To obtain Entry Form Send SASE to

David H.R. Pain

5643 Campanile Way, San Diego, CA 92115



International Scene

by OWEN FLAHERTY

The WAVA Constitution

(Editor's note: Owen Flaherty is a former Secretary of the World Association of Veteran Athletes (WAVA) and one of the authors of the WAVA Constitution. In a series of articles, he explains the significance and meaning of the Constitution as he sees it.)

The administration of WAVA can be divided into three areas: 1) WAVA's conduct of internal matters, governed by the Constitution and By-Laws; 2) WAVA's relationship with the organizers of World Veterans Championships, governed by the contracts which WAVA negotiates with the organizing committees; 3) WAVA's relationship with the International Amateur Athletic Federation (IAAF), which one hopes will be defined in a formal agreement in the not-too-distant future.

1. WAVA's Conduct of Internal Matters.

What is the difference between the Constitution and By-Laws? The Constitution defines what WAVA is and what WAVA does; whereas, the By-Laws prescribe how WAVA does it.

The Constitution opens by specifying WAVA's objectives, including the administration of veterans athletics, the sanctioning of world veterans championships, and the ratification of world veteran records.

The Constitution then spells out the conditions of affiliation to WAVA. No more than one organization in each country may be affiliated. WAVA's affiliates include national athletics federations, veteran organizations recognized by their national athletics federations, and even, in a few nations, veteran organizations which have no links to their national federations.

If a second organization in a country applies for affiliation, the WAVA Council must decide which shall be recognized. The Council, however, has no power to expel an affiliated organization in any other circumstances. Only the General Assembly can do so. Similarly, the Council has the power to amend the By-Laws on its own initiative, but only the General Assembly may amend the Constitution.

Another distinction between the Constitution and the By-Laws is: the Constitution deals with fundamental right and responsibilities.

What is the General Assembly? In a nutshell, the General Assembly is WAVA. It meets at each World Veterans Championships. It is composed of delegates, who represent the affiliated organizations, and members of the WAVA Council. Each organization is entitled to one delegate plus one additional delegate for every five hundred of its members. For example, an organization with 200 members would be entitled to one delegate while one with 1100 members would be entitled to three delegates. No organization, however large, may have more than five delegates.

An affiliated organization is not obligated to be represented in the General Assembly by the full number of delegates to which it is entitled or, indeed, to be represented at all. Those who are appointed as delegates must be eligible for veterans competition, in

that women must be at least 35 years of age and men must be at least 40.

All decisions by the General Assembly are taken on the basis of simple majority, i.e., anything more than 50 percent of the votes cast. Each delegate and each member of the WAVA Council has one vote. No one may cast a proxy vote on behalf of an absentee. In the case of a tied vote, the Presiding Officer must cast a deciding vote.

What does the General Assembly do? Its first duty is to receive the President's report on the period since the most recent meeting of the Assembly. It must take decisions on all proposed amendments to the Constitution, and on any proposed modifications of the affiliation fees. It must also make decisions on all matters of policy. It is the President's duty to put these to the General Assembly. It decides on the venue for each World Veterans Championships. It elects the officers

for the period until the next meeting of the General Assembly. It also notes the appointments of the regional delegates and the women's representative for the same period.

The General Assembly may also make a decision on a proposed amendment to the By-Laws. Such a proposal could come, without notice, from the floor. Or perhaps it would come from the Council, which considered the matter to be of such importance that it would be improper not to submit it to the Assembly for approval, even though the Council, itself, had the power to decide it.

The meetings of the General Assembly are the most important events in the administration of WAVA. Those meetings are, therefore, subject to certain specific provisions. □

(to be continued)



M45 relay action at the Melbourne World Veterans Games. Australia's Fred Turner (45313) and West Germany's Guido Mueller (45623) take the handoff for the anchor legs. New Zealand's Foster Stewart (50211) looks on.
Photo by Gretchen Snyder



Australia's Hendrik Van Wijngaarden, M50, finishing the marathon at the VII World Veterans Games in Melbourne.
Photo by Gretchen Snyder

<p>PRESIDENT: Cesare Beccalli Via Martinetti 7 20147 Milano, Italy</p>		<p>WOMEN'S DELEGATE: Bridget Cushen 156 Mitcham Road West Croydon, Surrey, England</p>
<p>EXECUTIVE VICE PRESIDENT: Peg Smith P.O. Box 67 Williamstown 3016 Victoria Australia</p>		<p>DELEGATE OF NORTH AMERICA: David Pain 5643 Campanile Way San Diego, CA 92115 USA</p>
<p>VICE-PRESIDENT (Stadia): Bob Fine 4223 Palm Forest Drive Delray Beach, FL 33445 USA</p>	<p>SECRETARY: Alastair Lynn 161 Harrison Drive Newmarket, Ontario L3Y6B8 Canada</p>	<p>SOUTH AMERICA: Jose Figueras Juncal 1395 Floor 2 of 15 Montevideo Uruguay</p>
<p>VICE-PRESIDENT (Non-Stadia): Clem Green 46 Hargreaves St. Wellington 2 New Zealand</p>	<p>TREASURER: Al Sheahan P.O. Box 2372 Van Nuys, CA 91404 USA</p>	<p>ASIA: Hari Chandra #24-12 Block 44, Marine Crescent, Singapore</p>
<p>PAST-PRESIDENT: Don Farquharson 269 Ridgewood Road West Hill, Ontario M1C 2x3 Canada</p>	<p>EUROPE: Hans Axmann Eichendorffstrasse 2 D-800 ANSBACH Federal Republic of Germany</p>	<p>OCEANIA: Jim Blair P.O. Box 2910 Wellington, New Zealand</p>
		<p>AFRICA: Contact President</p>



3 Months To Go

Countdown to Eugene

World Veterans Championships Update

by BARBARA KOUSKY and TOM JORDAN, Event Directors

This is it! This is the last time you will have a chance to read this column before the May 1 deadline for Competition Entry into the VII World Veterans Championships. You can put off your house payment, or delay sending in that income tax return; but don't let the May 1 deadline pass by without entering. We must cut off entries on that date in order to assign the 18,000 event entries to heats, flights, and venues. Please send in your entry by May 1 so we don't have to say "sorry" on May 2.

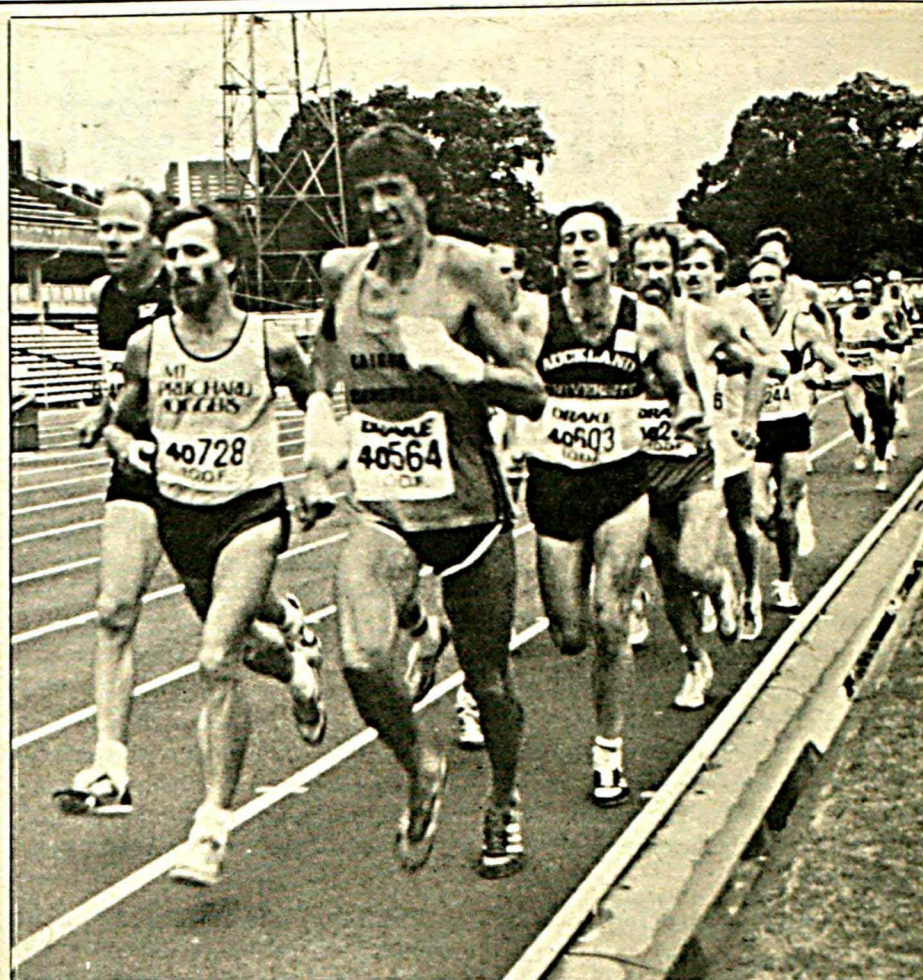
Don't forget to include a copy of your 1989 TAC registration card. The number alone is not sufficient; please send a photocopy of the entire card.

Housing & Competition Notes

Housing is still available in most categories, but we are approaching crunch time, so don't delay. If you have already sent in your housing reservation, and have yet to make the second deposit, it is now past due.

Similarly, plenty of air connections to Eugene are available, but now is the time to make your arrangements. For

5% off the lowest discounted fare on United Airlines (the largest carrier into Eugene-Springfield), call Sandy at Adventure in Travel at 800/545-5477. As a special bonus, Adventure in



M40 5000 action at the Melbourne World Veterans Games. Marcel DeKievith, Australia (40564), Horst Wagner, Australia (40728), Paul Sumpter, New Zealand (40603), Reg House, New Zealand (40244). Photo by Gretchen Snyder

Travel will give you a free commemorative pin for booking with AIT. These are the handsome official pins sold by the World Veterans Championships, and they are, without question, collector's (and trader's) items.

Interest in the inaugural World Championships 10K road race appears high. This flat, fast course through the streets of Eugene will be run in the evening on July 27, and should see a major rewrite of the world and American age-group 10K road records. It will also be the first opportunity for the residents of Eugene-Springfield to witness some of the competitors they have been awaiting all these months.

Of course, even more impressive will be the Opening Ceremonies the next evening, Friday, July 28. The parade-in of athletes from over 60 countries is a sight not to be missed, as those who witnessed the ceremonies in Melbourne can attest. The assembled athletes, families, and residents should make for a pretty full house at Hayward Field, which holds approximately 12,000.

We look forward to having you here. □

Eugene Update

- The VIII World Veterans Championships will be held in Eugene, Oregon from July 27 to August 6. Over 5000 entrants from more than 50 nations are expected to attend.

- The Eugene Register-Guard has signed on as a major sponsor of the World Veterans Championships. It will produce the daily Championships results paper for the organizers.

- Of 2800 university beds available, 2300 have been reserved to date.

- No travel or appearance fees or expenses are being paid by the organizers to any athlete, not even top masters "names." That's a change from Rome (1985) and Melbourne (1987) when several Olympians were paid appearance money to help with the publicity. The organizers feel the event stands on its own as a prestigious international championships.

- No decision has yet been made whether there will be age-graded races, as there were in Melbourne.

- The Soviet Union approached Ollan Cassell, TAC's Executive Director, and expressed interest in sending a group to Eugene. Soviet athletes have never competed in a World Veterans Championship. □

GET READY for EUGENE



Get your official "In Training For..." t-shirts in either short- or long-sleeve styles. Start your preparations for the World Veterans Championships with these handsome white Ts, with colorful running Eagle mascot or official WVC emblem.

Order several. Shirts make great gifts.

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



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

These superb pins are \$5.00, plus \$2.00 additional for postage and handling. If ordering t-shirts as well, there is no charge for the shipment of pins. Make check out to "World Veterans Championships", or use your Visa/Mastercard. Use the order form below. Allow 6-9 weeks for delivery.

ORDER FORM

T-SHIRTS Indicate quantity of each shirt desired

Eagle Mascot	S	M	L	XL	XXL		
Short-sleeve (\$10)	—	—	—	—	—	Total short-sleeve shirts ordered	× \$10 = \$
Long-sleeve (\$14)	—	—	—	—	—	Total long-sleeve shirts ordered	× \$14 = \$
Official Emblem						Plus postage (\$2 for 1 shirt, \$4 for 2 or more)	\$
Short-sleeve (\$10)	—	—	—	—	—		
Long-sleeve (\$14)	—	—	—	—	—	T-SHIRT TOTAL	= \$

PINS Please send _____ pins × \$5 = \$
Add \$2 for postage/handling unless ordering t-shirts (there is no charge for shipment of pins).
Make check out to "World Veterans Championships". Allow 6-9 weeks for delivery.

PIN TOTAL = \$

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

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

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



VIII WORLD VETERANS' CHAMPIONSHIPS

JULY 27 - AUGUST 6, 1989



OFFICIAL ENTRY BOOKLET

Invitation to the VIII World Veterans' Championships

On behalf of the Organizing Committee and the veteran athletes of the United States, we would like to invite you to come to Eugene-Springfield, Oregon for the VIII World Veterans' Championships.

In this Entry Booklet, you will find information on competition entry, housing, tours, and much more. Specific information on exact competition time-schedules, shuttle bus system, and tourist information will be printed in the Competitor's Handbook available in your packet upon arrival in Eugene-Springfield. In the meantime, we suggest you read the "National Masters News" (address inside) for further information.

We look forward to seeing you here in July 1989 for the VIII World Veterans' Championships.

Thomas C. Jordan

Thomas C. Jordan
Executive Director

Barbara Kousky

Barbara Kousky
Executive Secretary

NEW EVENTS

WORLD CHAMPIONSHIPS 10K ROAD RACE

The VIII World Veterans' Championships will inaugurate a new event — the 10-kilometer Road Race — a World Championships event for veterans only, with medals awarded in each age division. It will be held on Thursday, July 27, the opening day of the VIII World Veterans' Championships, and it will be a top-level 10K on a flat, fast course. We invite all distance runners to take part in this exciting new event.

HEPTATHLON/DECATHLON

At the recommendation of the WAVA Multi-Events Committee, the pentathlon has been replaced by a heptathlon for women and a decathlon for men. It will be held July 27-28, on the first two days of the Championships. There will be no pentathlon held as a World Championships event.

RESULTS BOOK

A Results Book will be made available for purchase to all World Veterans' Championships competitors. Check your Competitor's Handbook upon arrival for ordering instructions.

AIR TRAVEL TO EUGENE

"Adventure in Travel" is the official travel agent for the VIII World Veterans' Championships. If you are arriving by air, we recommend you make your arrangements through Adventure in Travel. Not only do they know the Eugene and Portland air schedules intimately, as the representative of our official airline, United Airlines, Adventure in Travel can offer 5% off the lowest discounted fare available on any United flight into Eugene and Portland.

Phone: 1-800/545-5477 within the United States

FAX #: 503/345-6487

Address: 864 West Park, Eugene, Oregon 97401-2929

NATIONAL MASTERS NEWS

The National Masters News is the official publication of WAVA and TAC. It will be carrying updated progress reports on the VIII World Veterans' Championships, and will prove a valuable source of information for all competitors. A one-year subscription (12 issues) is \$18.75; add \$5 outside USA; add \$8 1st class (USA & Canada); add \$15 foreign airmail. Send to National Masters News, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

MEDAL STANDARDS

Athletes finishing 1st, 2nd, or 3rd in their event must achieve or better the following standards in order to be awarded a World Veterans' Championships Gold, Silver, or Bronze Medal.

	100	200	400	800	1500	5KM	10KM	Hurdles	3H/4H	St	Walk 5KM
M40	12.6	26.4	58.0	2:15	4:40	18:30	39:00	18.5	67.0	11:30	28:30
M45	13.1	27.4	60.5	2:21	4:50	19:00	41:00	19.5	69.0	12:30	30:00
M50	13.8	28.4	63.0	2:27	5:00	19:30	43:00	20.5	71.0	13:30	31:00
M55	14.4	30.6	66.0	2:35	5:15	21:00	45:00	22.0	73.0	15:00	32:00
M60	14.9	31.8	70.0	2:48	5:45	22:30	48:00	23.5	75.0	16:00	33:00
M65	15.9	33.0	73.0	3:01	6:25	25:00	53:00	25.0	77.0	17:00	34:00
M70	16.9	35.0	79.0	3:15	7:30	27:30	58:00	27.0	79.0	18:00	35:00
M75	17.9	37.5	88.0	3:30	8:00	30:00	63:00	29.0	81.0	19:00	36:00
M80	19.0	42.0	1:48.0	3:45	8:30	32:30	68:00	31.0	83.0	20:00	37:00
M85	22.0	46.5	2:00.0	4:40	9:40	35:00	74:00	34.0	86.0	21:00	38:00
M90	24.0	52.0	2:40.0	5:40	11:40	37:30	80:00	38.0	89.0	22:00	39:00
M95	30.0	65.0	3:00.0	6:40	13:40	40:00	86:00	42.0	92.0	23:00	40:00
W35	14.2	28.0	63.0	2:30	5:10	19:00	40:00	16.0	73.0	11:30	32:00
W40	14.9	29.5	68.0	2:35	5:25	20:00	42:00	17.0	75.0	12:00	33:00
W45	15.2	31.0	73.0	2:40	5:40	22:00	45:00	18.0	77.0	13:00	34:00
W50	16.4	33.0	80.0	2:50	6:00	24:00	50:00	19.0	79.0	14:00	35:00
W55	17.0	35.0	90.0	3:10	6:20	26:00	55:00	21.0	81.0	15:00	36:00
W60	18.0	37.0	1:40.0	3:30	6:50	29:00	62:00	23.0	83.0	16:00	37:00
W65	19.0	39.0	1:50.0	3:50	7:30	32:00	68:00	26.0	86.0	17:00	38:00
W70	20.0	43.0	2:15.0	4:20	8:45	35:00	74:00	30.0	89.0	18:00	39:00
W75	21.5	46.0	2:35.0	4:50	10:00	38:30	80:00	37.0	92.0	19:00	40:00
W80	23.7	50.0	2:55.0	5:20	11:15	42:00	86:00	44.0	95.0	20:00	41:00
W85	26.3	54.0	3:15.0	5:50	12:30	45:30	94:00	51.0	98.0	21:00	42:00
W90	30.0	63.0	3:35.0	6:20	13:45	49:00	1:44:00	58.0	1:44.0	22:00	43:00
W95	35.0	75.0	3:55.0	6:50	15:00	53:00	1:54:00	65.0	1:50.0	23:00	44:00

	High Jump	Long Jump	Shot Put	Triple Jump	Discus Throw	Javelin Throw	Pole Vault	Hammer Throw
M40	1.6	5.5	11.5	11.5	34.0	44.0	3.4	40.0
M45	1.5	4.9	10.5	10.5	33.0	40.0	3.2	38.0
M50	1.4	4.7	9.5	9.5	32.0	44.0	3.0	38.0
M55	1.3	4.4	9.0	9.0	28.0	40.0	2.8	29.0
M60	1.25	4.1	8.5	8.5	34.0	40.0	2.6	34.0
M65	1.20	3.9	8.0	8.0	28.0	32.0	2.4	30.0
M70	1.00	3.7	7.5	7.5	25.0	30.0	2.2	25.0
M75	.95	3.4	7.0	6.0	21.0	28.0	2.1	20.0
M80	.90	2.6	6.75	5.0	18.0	16.0	2.0	12.0
M85	.87	2.4	6.0	4.0	13.0	13.0	1.9	10.0
M90	.85	2.2	4.0	3.9	9.0	12.0	1.8	9.0
M95	.83	2.0	3.9	3.8	8.5	11.0	1.7	8.0
W35	1.3	4.8	9.0	9.0	26.0	28.0	2.4	30.0
W40	1.2	4.4	8.5	8.5	24.0	25.0	2.2	25.0
W45	1.1	4.0	8.0	8.0	23.0	23.0	2.0	20.0
W50	1.05	3.6	10.0	10.0	22.0	23.0	1.9	19.0
W55	1.00	3.2	7.0	7.0	20.0	20.0	1.8	18.0
W60	.95	2.8	8.0	8.0	19.0	19.0	1.7	17.0
W65	.90	2.5	6.25	6.25	15.0	15.0	1.6	16.0
W70	.85	2.2	6.0	6.0	13.0	14.0	1.5	15.0
W75	.80	2.0	5.5	5.5	9.0	10.0	1.4	14.0
W80	.75	1.8	5.25	5.25	8.8	9.9	1.3	13.0
W85	.73	1.7	5.0	5.0	8.6	9.8	1.2	12.0
W90	.71	1.6	4.75	4.75	8.4	9.7	1.1	11.0
W95	.70	1.5	4.5	4.5	8.3	9.6	1.0	10.0

*No standards for women in steeplechase, triple jump, pole vault, or hammer throw as these are new women's events in the Championships.

NOTE — THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

U.S. NATIONAL CHAMPIONSHIPS

The U.S. TAC National Masters (Veterans) athletics championships for men and women 30 and over will be held in San Diego, California on July 20-23, 1989, one week prior to the World Championships. All foreign competitors are invited to compete. For further information write to David H.R. Pain, 5643 Campanile Way, San Diego, CA 92115, (619) 582-3316, FAX 619-7991.

MEDAL STANDARDS

At the April, 1988, WAVA Council meeting, the Council adopted performance standards for the awarding of medals. Athletes finishing 1st, 2nd or 3rd in their event must achieve or better the standards as listed in the Appendix in order to be awarded a World Veterans' Championships Gold, Silver or Bronze Medal. THE STANDARDS LISTED ARE NOT ENTRY STANDARDS. THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

VIII WORLD VETERANS' CHAMPIONSHIPS CALENDAR OF EVENTS

July 25	WAVA Council Meeting
July 26	WAVA Council Meeting
July 27	10K Road Race Championships Decathlon and Heptathlon
July 28	Decathlon and Heptathlon Opening Ceremony
July 29	Start of Track & Field Competition
July 31	Non-Competition Day Regional Meetings Stadia and Non-Stadia Committee Meetings Participation Forum
August 1	Women's General Meeting
August 2	Non-Competition Day WAVA General Assembly Competition Banquet
August 6	Closing Ceremony

PRELIMINARY COMPETITION SCHEDULE — MEN

	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+
100 h	1SAT/PM	1SAT/AM	1SAT/AM	1SAT/PM	1SAT/AM	1SAT/AM	1SAT/AM					
100 m	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM			
100 f	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
200 h	TUE/PM	TUE/PM	TUE/AM	TUE/PM	TUE/PM	TUE/AM	TUE/AM					
200 m	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM					
200 f	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM
400 h	2FRI/PM	2FRI/PM	2FRI/AM	2FRI/PM	2FRI/AM							
400 m	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM							
400 f	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2FRI/AM	2FRI/AM	2FRI/AM				
400 i	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
800 h	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM							
800 m	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/AM	1SUN/AM	1SUN/AM				
800 f	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM
1500 f	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
1500 i	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
2K STEEPLE I					2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM
3K STEEPLE I	2SAT/PM	2SAT/PM	2SAT/AM	2SAT/AM								
5,000 f	TUE/AM	TUE/PM	TUE/PM	TUE/PM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM
10,000 f	1SUN/PM	1SUN/AM	1SUN/PM	1SAT/PM	1SAT/PM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM
800 h							1SAT/PM	1SAT/PM				
800 f							1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
1000 h					1SAT/PM	1SAT/PM						
1000 f					1SUN/PM	1SUN/PM						
1000H f			1SAT/PM	1SAT/PM								
1000H i			1SUN/PM	1SUN/PM								
1100H f	1SAT/PM	1SAT/PM										
1100H i	1SUN/PM	1SUN/PM										
3000 f			TUE/PM	TUE/PM	TUE/PM	TUE/PM						
3000 i			2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM
4000 f	TUE/PM	TUE/PM										
4000 i	2THUR/PM	2THUR/PM										
20K/10K RW	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM
5,000 WALK I	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM
10K CC	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM
10K ROAD RACE	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM
MARATHON	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM
HIGH JUMP I	2SAT/PM	2SAT/AM	2FRI/PM	2FRI/AM	2SAT/PM	2SAT/AM	2FRI/PM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM
POLE VAULT I	1SUN/AM	1SUN/AM	1SUN/PM	1SAT/AM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM
LONG JUMP I	1SAT/AM	1SAT/AM	1SUN/AM	1SUN/AM	1SUN/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM
TRIPLE JUMP I	2THUR/AM	TUE/PM	2THUR/AM	TUE/PM	TUE/AM	TUE/AM	TUE/PM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM
SHOT PUT p&i	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM
DISCUS p&i	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM
DECATHLON	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM
DECATHLON	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM
JAVELIN I	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
HAMMER I	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM
400m RELAYS	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM
1600m RELAYS	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM

SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES. DEFINITIVE SCHEDULE IN COMPETITORS' HANDBOOK IN PACKET UPON ARRIVAL.

PRELIMINARY COMPETITION SCHEDULE — WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90+
100 f	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/AM	1SAT/AM					
100 i	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
200 f	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM							
200 i	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM
400 f	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM							
400 i	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
800 f	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM								
800 i	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM
1500 f	2FRI/PM	2FRI/AM	2FRI/AM	2FRI/AM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
1500 i	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
2K STEEPLE I	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM
5,000 f	2FRI/AM	2SAT/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM
10,000 f	1SAT/PM	1SAT/PM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM
800 h		1SAT/PM	1SAT/PM	1SAT/PM								
800 f		1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
1000 h		1SUN/PM										
3000 f				TUE/PM								
3000 i				2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM
4000 f		TUE/PM										
4000 i	2THUR/PM	2THUR/PM	2THUR/PM									
20K/10K RW	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM
5,000 WALK I	2SAT/PM	1SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM
10K CC	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM
10K ROAD RACE	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM
MARATHON	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM
HIGH JUMP I	2THUR/PM	2THUR/AM	2THUR/AM	2THUR/PM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM
POLE VAULT I	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
LONG JUMP I	1SAT/AM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM
TRIPLE JUMP I	2THUR/AM	TUE/PM	TUE/PM	TUE/PM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM	TUE/AM
SHOT PUT p&i	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
DISCUS p&i	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/AM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM
HEPTATHLON	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM
HEPTATHLON	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM	1FRI/AM
JAVELIN I	1SAT/AM	1SAT/AM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/AM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM
HAMMER I	2SAT/PM	2SAT/PM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM	2SAT/AM
400m RELAYS	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM
1600m RELAYS	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM

SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES. DEFINITIVE SCHEDULE IN COMPETITORS' HANDBOOK IN PACKET UPON ARRIVAL.

1THU = JULY 27; 1FRI = JULY 28; 1SAT = JULY 29; 1SUN = JULY 30; MON = JULY 31; TUES = AUG 1;
 WED = AUG 2; 2THU = AUG 3; 2FRI = AUG 4; 2SAT = AUG 5; 2SUN = AUG 6.

COMPETITION ENTRY REQUIREMENTS

ALL ENTRIES MUST BE RECEIVED BY MAY 1, 1989. Official Entry forms or ph
 Confirmation of entry will be sent within 30 days of receipt. If confirmation is not rec
 Committee by FAX 503-342-6661.

Competitions entries sent from individuals in the following countries must first be pro
 ation before being accepted by the Organizing Committee: The Federation/Assoc
 tries from their country to the Organizing Committee: Argentina, Aruba, Belgium,
 Czechoslovakia, Denmark, Federal Republic of Germany, Finland, France, Great
 Indonesia, Ireland, Italy, Japan, Malaysia, Mexico, New Zealand, Norway, Paragu
 South Korea, Sri Lanka, Sweden, Switzerland, Taiwan, Trinidad & Tobago, Urugu
 Residents of countries not listed above should send their competition entry direc

VIII World Veterans' Championships
 Post Office Box 10825
 Eugene, Oregon 97440
 USA

AGE REQUIREMENTS

The VIII World Veterans' Championships are open to all men born on or before 27 J
 27 July 1954, who are physically fit for competition.

Proof of date of birth must be submitted with entry form. Copies of birth certifica

BLIND COMPETITORS

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

REGULATIONS AND QUALIFICATION

Competition is conducted under the IAAF/WAVA rules subject to any special rule
 Entry signifies that each competitor will follow the rules of the Organizing and T

TIMETABLE

In track events, slower competitors will be required to move to the outer lanes to cor
 to allow the next event to start on time.

The appointed safety officials have the right to disqualify and remove competitors
 ous to themselves or any other competitor.

AWARDS — INDIVIDUAL EVENTS

Medals will be awarded for 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 for non stadia events, an athlete may not move down an age-group
 for the relays. Any athlete that moves down an age-group for relay team scoring ca
 own age group.

Medals will be awarded to each scoring member in teams that gain a 1st, 2nd, or 3
 by country.

Marathon, road walks and cross country will be scored on aggregate times by tea
 in the age groups.

Age Groups For Team Events — 4x100m Relay, 4x400m Relay, Marathon, Road
 W35-39 M40-44
 W40-49 M45-49
 W50-59 M50-54
 W60-Over M55-59

IMPLEMENTS

With the exception of vaulting poles, all implements for field events will be provide
 their own throwing implements provided these implements conform to the rules a
 at least 90 minutes before the event.

Any other competitor in the competition has the right to use that equipment if h
 Spikes. Only spikes of 6mm length are permitted on stadium tracks.

QUALIFYING REQUIREMENTS — TRACK

In all lane track events requiring heats and/or semi-finals, the following qualifying
 these conditions may be varied.

8 Lane Track — Winners and at least next 4 fastest will advance.

Probable Limits: 800 meters, 12 per heat, 8 to final; 1500 meters, 16 per heat, 12
 If there are insufficient starters to warrant a scheduled heat, then the semi-final wi
 time of that heat. The final will always be held at the scheduled starting time.

STEEPLECHASE

The barriers must be hurdled or vaulted; competitors climbing the barriers will be

HURDLES

At each hurdle both feet must be off the

(Date, Date, Datum, Fecha)

ROOM RESERVATION FORM INSTRUCTIONS

Please use one Room Reservation Form for each room reserved. Fill in the last name of the person in whose name the room reservations will be made; then first name. Write in your complete address (include apartment number), and your daytime telephone number (include any city/country codes).

Next list if you are part of a Tour Group.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrival and departure dates.

Next circle the date of each night you plan to stay in your choice of accommodations.

Housing Preference: Various types of housing are available; please read the descriptions in this booklet under "Accommodations". Then use 1, 2, & 3 to indicate your preference for housing. Each University Hall and University Inn room has two beds. We will assign roommates. If you wish to room with a particular person in these rooms, check the line which says "2 person 2 beds". You must provide us with the name of the other occupant and include a deposit for two people. The person whose name appears at the top of this form will be responsible for the payment by both persons.

Next, verify your housing preference by writing out the type of housing and sleeping arrangement for your three choices. Enclose the appropriate deposit for your first housing choice and mail to the WVCOC: Post Office Box 10825 Eugene, OR 97440 USA

If using 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). You also must include the expiration date printed on your card.

ROOM RESERVATION FORM

ROOM RESERVATION IN LAST NAME OF FIRST NAME

ADDRESS

ADDRESS

CITY STATE POSTAL CODE

COUNTRY

TELEPHONE

TOUR GROUP (if any)

NAMES OF ALL PERSONS OCCUPYING ROOM

1	<input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
2	<input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
3	<input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
4	<input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
5	<input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>

DOES ANYONE IN PARTY SMOKE? (Y/N) ☐

ARRIVAL DATE DAY MONTH DEPARTURE DATE DAY MONTH TIME

CIRCLE DATE OF EACH NIGHT YOU ARE STAYING

JULY ☐ AUGUST ☐

30 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13

HOUSING PREFERENCE

Use numbers 1, 2, 3 to indicate your first, second and third preference for housing and sleeping arrangements.

Luxury (\$67-121)	1 person 1 bed : <input type="text"/>	University Halls shared rooms (\$25.50 per person)
	2 persons 1 bed : <input type="text"/>	(\$51.00) 2 persons 2 beds: <input type="text"/>
	2 persons 2 beds: <input type="text"/>	We assign roommate. (\$25.50) 1 person 1 bed : <input type="text"/>
	3 persons 2 beds: <input type="text"/>	
	4 persons 2 beds: <input type="text"/>	
Deluxe (\$45-85)	1 person 1 bed : <input type="text"/>	University Inn (off site) shared bath
	2 persons 1 bed : <input type="text"/>	persons 2 beds: <input type="text"/>
	2 persons 2 beds: <input type="text"/>	We assign roommate. (\$25.50) 1 person 1 bed : <input type="text"/>
	3 persons 2 beds: <input type="text"/>	
	4 persons 2 beds: <input type="text"/>	
Tourist (\$31-62)	1 person 1 bed : <input type="text"/>	Cooperative housing
	2 persons 1 bed : <input type="text"/>	private room (\$16.00) 1 person 1 bed : <input type="text"/>
	2 persons 2 beds: <input type="text"/>	breakfast private room (\$19.50) 1 person 1 bed : <input type="text"/>
	3 persons 2 beds: <input type="text"/>	sleeping room (\$12.00) 1 person 1 bed : <input type="text"/>
	4 persons 2 beds: <input type="text"/>	breakfast sleeping room (\$15.50) 1 person 1 bed : <input type="text"/>
	5+ persons 3+ beds: <input type="text"/>	
Budget (\$32-52)	1 person 1 bed : <input type="text"/>	RV camping (\$7.50-17.00 per vehicle): <input type="text"/>
	2 persons 1 bed : <input type="text"/>	Tent camping (\$4.50-11.50 per space): <input type="text"/>
	2 persons 2 beds: <input type="text"/>	
	3 persons 2 beds: <input type="text"/>	
	4 persons 2 beds: <input type="text"/>	
	5+ persons 3+ beds: <input type="text"/>	

To verify your requests, please write out type of housing and sleeping arrangement for your first, second and third choices:

1.

2.

3.

DEPOSIT REQUIREMENTS: Luxury \$80 per room; Deluxe \$65 per room; Tourist \$50 per room; Budget \$35 per room; University Halls \$25.50 per person; University Inn \$31.50 per person; Co-Op Housing \$20 per person; RV \$15 per space; Camping \$15 per space.

DEPOSIT FOR 1ST CHOICE: (Housing reservation will NOT be accepted without deposit.) Amount enclosed: \$ Deposit must be by bank draft check in U.S. dollars, or by VISA or MasterCard.

VISA ☐ MasterCard ☐ Name:

Number Expiration Date: /

Payable to: VIII WVCOC, P.O. Box 10825, Eugene, OR 97440 USA

BANQUET

Enjoy the cuisine of the Pacific Northwest at the Championships Banquet to be held on Wednesday, August 2nd, a non-competition day. Hors d'oeuvres and the meal, music, and dancing are included in the \$20 per person charge. We recommend that you sign up early for this popular function. Attendance is limited to 2,500 people (See Entry Form). Free transportation will be provided via the shuttle buses from all major housing accommodations.

SPORTS MEDICINE SEMINARS

Sports medicine seminars under the direction of world-famous orthopedic surgeon Dr. Stanley James will be offered during the championships. If you would like additional information on the seminars please write to the Organizing Committee.

DAY TOURS FOR VISITORS

We invite you to see and enjoy the beautiful Northwest on one or more of these tours. All transportation will be in luxury motor coaches with experienced drivers and guides. Prices are based on a minimum of 40 people including lunch. An opportunity to sign up for the tours will be included with your housing confirmation, or you may write to this address for a tour registration form: VII World Veterans' Championships, Post Office Box 10825, Eugene, OR USA 97440.

A. WHITEWATER RAFTING

Paddle through whitewater, drift in the calms, and share the beauty of the ever-changing river on this exciting raft adventure.

\$45.00 half-day

\$52.00 full-day

B. HINMAN/FORGERON WINERIES (6 hours)

Sample a variety of award-winning Oregon wines as you tour two of the State's finest wineries, Hinman Vineyards and Forgeron Vineyards.

\$26.00 per person

C. OREGON COAST/SEA LION CAVES (9 hours)

Experience the rugged landscape as you travel the windswept Oregon coastline to Newport, stop at the world-renowned Sea Lion Caves, view the world-famous lighthouse at Heceta Head, and dodge the waves at Devil's Churn lookout.

\$41.50 per person

D. WILDLIFE SAFARI (9 hours)

Experience this 600-acre drive-thru park where exotic, uncaged animals from around the world roam free. Watch the rhinos resting in a cool pond or observe a lazy pride of lions sunning themselves in the tall grass.

\$35.00 per person

E. CASCADE MOUNTAINS/SISTERS TOUR (8 hours)

Enjoy the natural beauties of Oregon. View an underground spring as it forms into the Metolius River, drink in the view of the rugged Cascade Range, and tour the authentic Western town of Sisters.

\$29.00 per person

F. CRATER LAKE (13 hours)

Cradled at the crest of the wondrous Cascade Mountain Range, Crater Lake, formed nearly 6,000 years ago, is one of the world's scenic wonders and is one of the deepest lakes in the United States.

Hike 1.1 miles to the heart of the crater; board an excursion boat for a ride across the crystal blue waters of the Lake to Wizard Island, the remaining cone of what was once Mount Mazama.

\$54.50 per person

G. HISTORIC BROWNSVILLE (4 hours)

Travel to historic Brownsville to capture the essence of early Oregon life with replicas of a general store, bank, barber shop and milliner's shop, all rich with the objects of turn-of-the-century tools of the past.

\$14.50 per person (price does not include lunch)

H. WEYERHAEUSER TOUR (2 hours)

Discover how choice Oregon timber is converted into paper products as you tour the sawmill, paper and presto log operation of the Weyerhaeuser Company, the largest forest products facility in the world.

\$7.00 per person (price does not include lunch)

TRANSPORTATION

A free shuttle bus system will offer service between major housing accommodations and the competition venues for the competitors. The shuttle will also operate from the Eugene airport during peak arrival and departure times, and for the banquet. A timetable will be included in your packet.

ACCOMMODATIONS

Explanation of Room Categories is as follows:

LUXURY HOTELS: All the amenities of a Luxury Hotel, including large, air-conditioned rooms, dining room, cocktail lounge, sauna/jacuzzi, and swimming pool.

DELUXE ACCOMMODATIONS: Large rooms with air-conditioning, dining facilities, cocktail lounge, pool facilities; all but two have coffee shops and entertainment.

TOURIST ACCOMMODATIONS: Clean, affordable, air-conditioned rooms, with color TV. Some with pool and dining facilities.

BUDGET ACCOMMODATIONS: Clean, inexpensive air-conditioned rooms with color TV. Some with pool facilities.

RESIDENCE HALLS: Accommodations include three full meals per day, beds made upon arrival and daily towel service. Comfortable lounges with piano and fireplace. Access to color cable TV and laundry facilities. Shared bath on each floor.

UNIVERSITY INN: Accommodations are about 1 mile off-campus and include three full meals per day, beds made upon arrival and daily towel service. Rooms have private bath and telephone. Access to color cable TV and laundry facilities.

CO-OP LIVING: Accommodations are in large houses, accommodating up to 50+ people. Single bed, shared bath. Shared sleeping rooms (range from 4 to 40 beds per sleeping area). Limited private sleeping rooms available. All have private dressing areas. Color televisions in living areas. Options include bed and breakfast or kitchen privileges.

RECREATIONAL VEHICLES & CAMPING: Facilities include water, electrical hook-ups, and dump stations for recreational vehicles. Some facilities with pool, showers, and store.

Minnesota to Host Third "World Masters Games" In 1993

The third "World Masters Games" have been awarded to the twin cities of Minneapolis and St. Paul, Minnesota, U.S.A. for 1993.

The quadrennial Games are geared for over-40 athletes and include up to 45 sports. The first such event took place in Toronto in 1985; the second edition will be held this summer in Denmark.

"We hope to hold the event the last week in July and the first week in August," said Minnesota spokesman Jeff Smedsrud.

The Games have no relationship to the VIII World Veterans (Masters) Championships, which are being held this summer in Eugene, Oregon. The Eugene event is recognized by the World Association of Veteran Athletes (WAVA) and by the International Amateur Athletic Federation (IAAF).

The IAAF Veterans' Committee has strongly criticized the timing of the Denmark affair, which falls on the same dates as the World Championships in Eugene. The IAAF has issued a communique to all its member federations "to confirm officially that the WAVA World Veterans Championships to be held in Eugene, USA, from July 27 to August 6, 1989, are approved by the IAAF and are inscribed in the IAAF calendar for 1989 as the only Veterans Championships for the year." It further adds that "priority must be given to the official WAVA World Championships and that the

'Masters Games' in Denmark can in no way be acknowledged by the IAAF." The Denmark organizers said their dates could not be changed.

Minneapolis-St. Paul beat out Seoul, South Korea, site of last year's Summer Olympics, to host the 1993 event. The bid was awarded by the 1989 Danish organizers, who purchased the name and the rights to the event from the 1985 Toronto organizers. That group left over \$1 million in unpaid bills strewn around the world and had to be bailed out by the Canadian

government.

Smedsrud said Minneapolis would aim for 15,000 athletes from 100 nations. The Twin Cities already have been selected for the 1990 Olympic Festival, the 1991 International Special Olympics, and the 1992 Final Four of the NCAA men's basketball tournament.

"Our goal is to be one of the four premier players in the country for amateur sports," said Paul Erickson, executive director of the Minnesota Amateur Sports Commission, also

naming Indianapolis, Los Angeles and Florida. □

Five Years Ago

- Guenter Mielke, 40, runs 2:17:59 in L.A. Marathon.
- NMN introduces 12-page International Section as official publication of World Association of Veteran Athletes.
- Bill Stewart, 41, and Cindy Dalrymple, 41, top masters in Gasparilla 15K.

Last Place Marks in VII World Veterans Games — Melbourne — Nov. 28-Dec. 6, 1987

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

	100	200	400	800	1500	5000	10000	3000SC	110H	400H	HJ	PV	LJ	TJ	SP	DT	HAM	JAV	MAR
M40	16.1	33.3	1:13	3:07	6:05	21:23	55:21	13:41	22.6	1:14	1.54	2.60	3.91	8.82	8.37	23.40	NA	19.70	5:08
M45	14.8	29.6	1:07	2:47	5:37	23:10	52:30	12:35	22.7	1:16	1.42	2.40	4.05	9.86	8.60	22.40	32.42	24.50	5:22
M50	14.3	35.0	1:23	2:34	6:06	22:30	52:58	13:20	22.8	1:19	1.25	1.95	NA	8.49	7.49	19.86	21.30	25.94	6:30
M55	19.6	44.4	1:18	3:03	6:46	25:56	52:22	15:33	27.2	1:24	1.39	2.40	3.04	8.80	7.94	16.28	24.46	NA	5:56
M60	16.3	43.1	1:24	3:04	6:11	25:10	56:08	10:16	24.3	1:05	1.15	.00	3.55	8.03	8.42	16.14	24.84	21.38	6:07
M65	22.4	37.6	1:25	3:20	6:47	29:21	55:43	10:54	23.5	1:07	1.16	1.70	3.15	6.75	8.03	21.44	16.92	18.64	5:36
M70	18.5	40.1	1:37	4:06	8:28	25:58	58:19	11:09	22.8	1:11	1.05	2.30	3.40	6.14	6.07	14.54	25.06	NA	5:55
M75	22.9	40.2	1:33	4:53	8:35	29:04	61:20	11:24	18.8	1:05	1.02	2.10	2.92	4.88	6.38	14.96	21.24	NA	5:57
M80	21.8	46.8	1:52	5:03	9:59	27:24	58:43	--	33.2	--	1.05	1.45	2.42	5.08	4.16	8.70	--	NA	6:04
M85	22.0	46.5	1:51	4:27	8:37	32:03	70:29	--	--	--	.96	1.50	2.44	3.85	5.98	13.78	--	NA	--
M90	33.4	54.8	2:26	--	--	--	--	--	--	--	--	--	--	--	4.02	7.18	--	--	--
W35	16.2	33.6	1:28	2:54	5:41	31:00	55:57	--	16.2	1:12	1.33	--	3.58	7.63	6.30	16.82	18.54	15.98	5:35
W40	22.5	36.6	1:19	3:24	7:20	27:48	54:41	--	16.7	1:32	1.21	--	2.43	7.95	6.32	13.96	15.48	14.36	5:00
W45	19.0	45.8	1:50	3:17	7:14	26:58	53:06	--	19.4	1:20	1.16	--	2.45	5.00	5.71	17.26	11.66	13.56	5:53
W50	18.8	40.7	1:32	3:32	7:15	26:58	55:56	--	20.0	1:57	1.05	--	3.24	6.67	5.23	12.82	13.20	14.85	5:40
W55	17.8	36.2	1:20	3:11	7:21	26:58	71:05	--	17.4	1:13	1.16	--	2.82	6.45	6.39	14.06	NA	10.58	5:15
W60	20.2	38.3	1:55	3:43	9:07	36:03	71:05	--	15.7	--	1.01	--	2.14	4.93	6.15	10.04	NA	7.48	5:09
W65	19.9	60.1	1:50	6:01	7:43	31:18	61:09	--	--	--	1.04	--	3.12	6.48	4.92	9.72	12.98	11.40	4:48
W70	20.3	45.2	2:09	4:20	9:18	32:18	55:34	--	16.2	--	1.07	--	2.07	--	4.98	7.14	--	8.38	5:31
W75	20.6	45.2	2:16	4:21	10:08	37:17	81:17	--	--	--	.95	--	2.21	--	3.50	6.12	--	5.24	--
W80	--	--	--	6:47	12:43	46:29	107:59	--	--	--	--	--	--	--	6.67	16.60	17.22	15.06	--

*300H NA=Not available



Report from Britain

by ALASTAIR AITKEN and
MARTIN DUFF (of Athletics Weekly)

Peter Lindsell, 43, who was the cross-country champion of Northamptonshire 30 years ago, won the Southern Veterans Cross-Country Championships in 35:53 in Sussex, January 29, over a hilly, muddy, three circuit course. Lindsell, on only 40 miles a week, attributed his speed and strength to tough training with the Oxford University cross-country team.

The first three in the Veterans Athletic Club Cross-Country Championships at Wimbledon, January 14, were Peter Hamilton (25:37, the best ever over the course in the Championships); Charles Dickens on (26:02); and Tom Ryan (26:23), the first M50. Margret Auerback was the first woman in 31:15.

Glynis Penny was the first W35 and second in the women's Beryl Davies Cross-Country Trophy at Bexley, January 14.

Andy Holden, a long-time stalwart

of English cross-country teams, has been to the fore in the season's cross-country races, placing a high 77th in the English National, February 25, for his winning Tipton club. One of the younger runners behind him was Steve Cramm.

Another well-known international, Munich bronze medalist at 5000, Ian Stewart, now 40, made his veterans debut in the prestigious Birmingham League with a top-20 placing.

On the roads, Adrian Wetherhead and Brian Emmerson (both Scots) have run 10Ks in 30:11 and 30:31, respectively, while Welshman Tony Simmons again lowered the world 5-mile time to 23:51. Mike Hurd showed good form with a 49:53 10 mile in Hampshire.

Rose Ellis, 35, improved her lifetime best 10K to 34:12, and Celia Duncan was the first female master in the Women's National Cross-Country. □

WAVA HURDLES AND IMPLEMENTS SPECIFICATIONS

HURDLES										
WOMEN						MEN				
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7-1/4"	35.00m 114'9½"	40.00m 131'2½"					
40-49	400m	.762m 30"	45.00m 147'7-1/4"	35.00m 114'9½"	40.00m 131'2½"	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.840m 33"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
Steeplechase distance: All females, and male age-groups M60 and above - 2000m. : Male age-groups younger than M60 - 3000m.										
IMPLEMENTS										
Age		Shot put		Discus		Hammer		Javelin		
WOMEN										
35-49		4.00K		1.00K		4.00K		600 gms.		
50 plus		3.00K		1.00K		3.00K		400 gms.		
MEN										
40-49		7.26K (16 lbs)		2.00K		7.26K (16 lbs)		* 800 gms.		
50-59		6.00K		1.50K		6.00K		800 gms.		
60-69		5.00K		1.00K		5.00K		600 gms.		
70 plus		4.00K		1.00K		4.00K		600 gms.		

* New I.A.A.F. Specifications



The Director's Corner

by DEAN REINKE

1989 ICI/USRA Masters Circuit Begins

Forget opening day in baseball, or the season's first kickoff in football or tip-off in basketball — the real action was at the starting line at "season opener" for the 1989 "ICI Masters Circuit." The March 18 Nissan Shamrock 8K at Virginia Beach featured many of last year's masters stars battling it out for pride and points on the ICI Circuit.

Without question, October 31 and December 23, 1987 were the Lincoln and Washington Birthdays of the masters movement, representing pioneers Frank Shorter's and Bill Rodgers' entrance into the masters ranks, respectively. Once the "Palmer and Nicklaus" of the sport reached the milestone, there was no stopping the momentum that was to follow. The Charlotte Observer 10K in North Carolina was the setting for the first-ever matchup between the two as masters; both impressed with a 1-2 finish with Rodgers on top but with Frank finishing the closest he had in years, with Bob Schlau, Larry Olsen and Barry Brown following.

It was just two months later when ICI stepped forward and backed the fledgling United States Running Association's "Masters Circuit" and the 40-and-over movement began to explode. While Rodgers and Shorter led the way at the ICI Masters Circuit National Championship in Naples with an impressive 1st and 5th finish, respectively, the last several months has seen a tremendous influx of great "names" of the past coming out of the woodwork and a new guard starting to form to challenge the established stars.

With the ICI Masters Circuit at 14 events and likely to expand to more cities, featuring some of the country's finest races, records are likely to tumble and competition become more intense than ever before. The following are the new names you'd better jot down and get used to seeing in the year ahead:

John Campbell — 5-minute victory over Rodgers at L.A. Marathon showed he's for real. Hopefully, the New Zealander will race enough to qualify for the \$25,000 Circuit prize pool.

Wilson Waigwa — Ex-Olympian and UTEP collegiate standout began season with 3:50 1500 on track. Squared off with Rodgers, Schlau and Ron Bell at season opening Nissan Shamrock.

Victor Mora — With early season wins at Gasparilla, Jacksonville and Red Lobster, he's the early season master to beat. Living in Colombia will restrict his racing. Even more unbelievable is that he is running so well at age 44.

Byron Dyce — Jamaican Olympian is for real on both the track and roads and will be a factor if any race is close.

Mike Boit — Now a professor living in Nairobi, his indoor world record proved he's for real but he will have to play the spoiler role as an infrequent Circuit racer.

Shel Cowles — At age 42, has only been running seven years but his British countrymen call him "the best among a strong lot." A second to Mora at Jacksonville and third ahead of Schlau at Red Lobster proved his consistency.

Dave Stewart — Runnerup finishes at the ICI Masters Circuit National Championship in Naples and Red Lobster will fend well for travel funds for the Canadian and Miami of Ohio alum. Also defeated Shorter indoors in the mile this winter.

Antonio Villanueva — At 48, the



Warren Daniell (87, 79:49) and Ed Benham (81, 38:05) celebrate after the ICI/USRA National Masters 8K in Naples, Fla., January 14.
Photo by Sailer, Ltd.

Mexican still cannot be counted out, as evidenced by a 30:51 at Red Lobster ahead of Mike Hurd, Alan Rushmer, Olsen, Steve Ferraz and Athol Barton.

Tony Simmons — Former British Olympian has not set foot on U.S. soil yet as a master. Will make it interesting particularly if ICI includes a "World Class Cup" team competition at the finale this year.

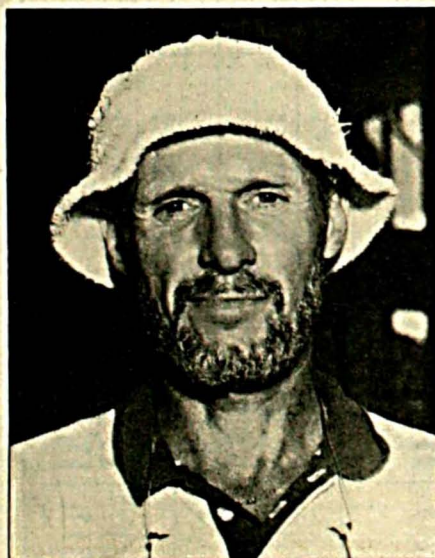
While the above listing is an impressive one, let's still not forget that Bill Rodgers is still king of the masters hill, until otherwise dethroned over the shorter distances. Fresh off of world records at 5K, 8K and 10K in '88, he really wants the American marathon record of Barry Brown. He'll be tested on the Circuit with early season matchups at Nissan Shamrock and Myrtle Beach Classic, April 8, and at Utica Boilermaker 15K, July 9.

With '76 Olympic marathoner Don Kardong and sub-4-minute open miler Duncan Macdonald (former Stanford teammates) also joining the 40-and-over ranks and Frank Shorter very fit after a biathlon win over Olympic cyclist John Howard, 1989 is shaping up to be truly a masters year. The ICI Masters Circuit promises to provide the competitive battleground on the road to the National Championship in January, 1990. See you there! □

Bix Joins ICI Circuit

The Quad-City Times Bix 7-Mile race has become the newest member of the ICI Masters Circuit. In its 15th year, the Bix annually attracts over 12,000 runners as part of the famed Bix Jazz Festival. \$3500 will be awarded to masters, 3-deep, with first place winners receiving \$1000. Race Director Ed Froehlich coordinates the athletes' field at 319-359-9197.

The ICI Masters Circuit consists of 14 events leading up to the ICI Masters National Championship in January, 1990. Runners accumulate points in 14 men's and women's 5-year masters age groups, taking their best five finishes, competing for a \$25,000 masters prize purse. Last year's ICI Circuit Grand Prix winners were Bob Schlau and Jane Hutchison. The ICI Masters National Championship, held in Naples last year, will take place in January, 1990 and feature a \$15,000 masters prize purse, the largest-ever non-marathon masters purse. □



Utah's Bill Johnston, 50, won the 50-59 title on the 1988 ICI/USRA Masters Circuit.

Photo by Sailer, Ltd.

ICI/USRA Masters Circuit "Happenings"

by DEAN REINKE

Bob Schlau has inked an endorsement deal with Impac Plus, a Durham-based shoe insert company. Frank Shorter has a similar arrangement with competitor Sorbothane . . . John Campbell will be running the Boston Marathon and agent Don Paul reports the New Zealander will be spending considerable time in the U.S. Look for him at the Boston Milk Run, April 9 . . . April 8 Myrtle Beach Classic shaping up again as one of the top early season masters races. On the ICI circuit, early commitments for Myrtle Beach include Bill Rodgers, Schlau, Barry Brown, and Wilson Waigwa. A \$5000 masters purse will be featured. Athletes interested in competing should call athletes coordinator Kevin Amigh at 919-847-3109 . . . Freihofer's women's race in June will feature another strong all-women's field including a masters prize purse . . . Word out of New Zealand is that defending World 1500 champion John Dixon has gone into retirement. He still coaches U.S. Olympian Nancy Ditz but recurring injuries and a full-time career has prevented him from staying the course with his training . . . A Campbell victory at New York this fall will earn him a \$25,000 bonus for his L.A.-N.Y. double . . . The San Francisco Marathon will make its comeback July 9 with a new organizing committee . . . Falmouth Road Race has a new sponsor but still no word yet on a masters purse. They had \$10,000 last year . . . Swiss Olympian Gabriele Andersen has

continued her strong running from her run-up finish at the Naples ICI Masters National Championship with a victory at the Orange Bowl-Capital Bank 10K and second place finish to Priscilla Welch at Red Lobster . . . Welch has been undefeated as a master for over four years and three months until the Jacksonville River Run. A cold, however, caused her to have difficulty breathing, forcing her to slow down and stop at one point of the race, allowing Laurie Binder to defeat her. She took the defeat philosophically saying, "It knocks a hole in your armor at the time, but my upcoming (Boston) marathon's more important than the race. I hope it gives her

(Binder) a little bit of incentive, but it won't happen again." . . . TACSTATS reports that 26% of all 10K participants are 40 years of age and over while 36% of all male 10K participants are masters. 24% reside in the 40-49 age group, 9% in the 50-59 group and 3% in the 60 and over . . . Cotton Row Run 10K in Huntsville, Ala., a longtime supporter of the masters division, is the third stop on the 1989 ICI Masters Circuit. \$500 goes to the first male and female master. Athlete inquiries to John Dennison: 205-881-5807 . . . May 13 Old Kent River Run in Grand Rapids, Mich. will offer \$1000 to the first masters male and female . . . Make that a \$500 1st place masters

prize, June 4, to the top male and female at Hospital Hill Half Marathon in Kansas City — 4th stop on the ICI Masters Circuit . . . One of the original "masters," Hal Hidgon, now 56, is preparing, like many masters, for Eugene and the World Veterans Games this summer . . . From Ken Young in Tucson comes the following tidbit: "The first recorded prize money race was in September, 1980 in Atlantic City while the first year total prize money distributed was \$101,000. Last year saw \$4,689,000 distributed among 267 races throughout the country — about equal to roughly three major golf tournaments! But you've got to start somewhere . . . □

The Tradition Continues...



Last year Bill Rodgers, Frank Shorter, Jim Ryun and the other "Legends of Running" returned to the roads as Masters in the inaugural ICI/USRA MASTERS CIRCUIT. This year the tradition continues as over \$125,000 in prize money will be awarded featuring Grand Prix competition in 5-year age groups through age 70. The Circuit will again culminate with the season ending ICI/USRA Masters National Championship won last year by Bill Rodgers and Priscilla Welch.

Masters Running '89, the official magazine of the ICI/USRA MASTERS CIRCUIT, will also be published featuring in-depth profiles and reports from the exciting Masters scene. "National Masters News" will again serve as the "official newsletter" of the Circuit and provide monthly results and Circuit coverage.

So, if you're 40 or over, it's sure to be a tradition you'll want to continue!

March 18 - Nissan Shamrock 8K,
Virginia Beach, VA
(804) 481-5090

April 8 - Myrtle Beach Classic, 10K, SC
(919) 847-3109

May 29 - Cotton Row Run 10K, Huntsville, AL
(205) 881-5807

June 4 - Hospital Hill Run Half Marathon,
Kansas City
(816) 561-1085

July 9 - Utica Boilermaker 15K, Utica, NY
(315) 797-6929

August 12 - Asbury Park 10K, NJ
(201) 531-4156

August 26 - Crim Road Race 10 Mile, Flint, MI
(313) 235-3396

September 24 - Pittsburgh Great Race 10K, PA
(412) 255-2493

September 30 - Myriad Gardens Run 10K,
Oklahoma City, OK
(405) 752-2369

October 8 - Twin Cities Marathon,
Minneapolis, MN
(612) 881-3863

October 14 - Capital Trail Run 10 Mile, Raleigh, NC
(919) 876-8347

January 6 - Charlotte Observer 10K, NC
(704) 379-6898

January, 1990 - ICI/USRA Masters
Championship 8K, Florida
(407) 647-2918



Susie Kluttz, 51, of Winston-Salem, N.C. finishes 2nd in the W50-54 division of the ICI/USRA 8K Championships in Naples, Fla., January 14.



ICI Americas Inc



produced by
DEAN REINKE
& Associates



Margarete Deckert, 55, of Tallahassee, Fla., won the W55 ICI/USRA National Masters 8K in 35:19 in Naples, Fla., January 14.

Photo by Sailer, Ltd.

Bill Adams: Masters Runner and Visionary

Of all the people involved in the ICI/USRA Masters Circuit, Bill Adams could be one of the happiest.

As general manager for public affairs for ICI Americas, he made the phone call that led to the chemical company's sponsorship of the masters circuit in its inaugural year.

Going into season No. 2, the circuit is healthy — and ICI is developing product awareness in the running segment of the sporting world.

Adams is setting to run in some of the races, too — but that's another story.

The British-based ICI is the world's fourth-largest chemical manufacturer, with well-known products like Glidden Paints and Mylanta antacids.

Before making the masters connection, it already had sponsorships in tennis, golf, alpine skiing and Formula 1 auto racing, as well as with the World Class Athletic Club of Los Angeles.

When interviewed by freelance writer David Bumke last year, Adams said, "The company's attitude was that it had done enough to know the benefits of getting involved with the right people and the right events.

"If I thought the demographics in the masters program were good, then hey, I should give it a try."

Indeed, Adams saw a developing interest in masters running — especially in the careers of legends Frank Shorter and Bill Rodgers — and that's what led to the phone call to Dean Reinke, who was trying to get the masters circuit off the ground in 1988.

The connection made good sense to Reinke, as well. By getting in at the right time, Bud Light had made its name synonymous with triathlons, as had McDonald's with gymnastics, and Phillips with swimming.

The rest is history. The ICI logo began appearing alongside USRA in all running circuit material and the logo also appeared on printer's caps donated by Glidden that were put in runners' packets.

Adams sees an unlimited future for the running circuit, as well as masters running. "After all, the whole country's getting older, and every year more and more people become masters," he told Bumke.

"Masters running is a lot more than just Rodgers and Shorter — there are already masters runners out there who can beat them. Still, they're the best-known names and have given a lot to the sport and have provided incentives for many of us."

Reinke agrees. "There's something here that I think a lot of people can get excited about," he told Bumke.

"We've got names that our aging population can relate to — Shorter and Rodgers, of course, but also Billy Mills, Jim Ryun, Kip Keino. They're all masters now, as are many others who were once big names in the track world. And we have an opportunity to

capitalize on that," he said.

Adams, while not one of those "big name" competitors, is jumping in where and when he can — and making a trip to the awards stand now and then. In last year's Myrtle Beach Classic, for instance, he finished second in his age group with a 36-minute 10K.

He began running competitively in the middle 1970s, while living in Washington, D.C., and kept doing it after moving to Bartlesville, Okla., where he was public relations director for Phillips Petroleum.

Since ICI makes a practice of hosting customers at the various sporting events it sponsors, Adams is likely to turn up at an ICI/USRA running event . . . and run in it, as well.

"People may say, yeah, there's Adams, you know why he got into this stuff," he told Bumke.

"But . . . the fun thing about this sport, as opposed to race-car driving or even professional tennis, golf or skiing, is that if you're reasonably fit, you can run in the same events with those over-40 greats!" □



ICI's Bill Adams.

Photo by Sailer, Ltd.

1989 MASTERS PRIZE MONEY AWARDS THRU 1 MARCH 1989

3,750	Bill Rodgers (MA)	4,750	Priscilla Welch (FL/GBR)
2,000	Athol Barton (MD/NZL)	2,800	Judy Greer (FL)
1,400	Jim Pearson (FL)	2,250	Gabrielle Andersen (ID)
1,325	Bob Schlauf (SC)	1,500	Laurie Binder (CA)
1,250	Fred Waybright (WV)	1,250	Harolene Walters (CA)
1,000	John Custy (CO)	825	Nancy Oshier (NY)
1,000	Victor Mora (COL)	625	Nina Bovio (MI)
1,000	Jim O'Neill (OH)	500	Sandra Kiddy (CA)
1,000	Dave Stewart (CAN)	500	Margie Lindsey (CA)
825	Mike Hurd (GBR)	425	Jane Hutchison (MO)
-10-			
625	Ralph Zimmerman (NY)		
550	Steve Lester (UT)		
500	Barry Brown (FL)		
500	Hector Chavex (MEX)		
500	Glenn Frick (USA)		

Data compiled by "The Competitive Road Racer," published monthly by Sports Ranking Systems, PO Box 42888, Tucson AZ 85733. \$20 for 12 issues.

MASTERS PRIZE MONEY AWARDS -- \$1000 OR MORE -- 1989

Feb 4	Bay Bridge 10K	Miami	32:20 \$1000	Jim Pearson
			35:49 1000	Gabriele Andersen
Feb 5	Las Vegas Marathon	Las Vegas	2:22:09 2000	Athol Barton
			2:23:44 1000	John Custy
			2:25:46 1000	Jim O'Neill (M50)
			2:54:11 1000	Harolene Walters
Feb 15	Gasparilla 15K	Tampa	46:04 1000	Victor Mora
			51:57 1000	Priscilla Welch

ICI 8K to be TAC National Championship

The final event of the 1989 ICI Masters Circuit will also be the 1990 TAC National Masters 8K Championships, Alvin Chriss, Special Assistant to the Executive Director of The Athletics Congress, announced.

The race will take place in Naples, Fla., on January 13, 1990, and will be the culmination of the 14-race ICI Circuit being held throughout 1989.

"We're pleased to be involved with ICI," Chriss said. "Masters runners are an important part of TAC's nationwide athletics program, and ICI has shown a strong interest in helping to promote running for the over-age-40 individual."

Normally, TAC Championships are awarded to bidders at the annual con-

vention of TAC in December. But Chriss, Bill Adams of ICI, and Charles Des Jardins, Chairman of TAC's Long Distance Running Committee, worked out the arrangement together. No rights fee will be charged by TAC to ICI.

The 1989 TAC National Masters 8K Championship will be held in Washington, D.C. on December 3, in conjunction with the national convention. □



Waigwa Sets World Masters 1500-Meter Record

Continued from page 1

equivalent of a 3:50 mile.

1989 is shaping up as potentially the most exciting year in the history of masters middle-distance running. Murray, Ron Bell (4:12.58), Mike Boit (4:15.88 indoors) and Waigwa are all heading for a showdown sometime this year — possible at the VIII World Veterans Championships in Eugene on August 5.

Originally, Waigwa had planned to make his masters debut in the open mile at the *Los Angeles Times* indoor meet on February 17, but he was refused entry at the last minute.

"I was assured that Wilson was entered," said Gordon Cooper, Waigwa's friend and manager, "but he was turned away with no viable explanation."

At press time, Cooper said Waigwa's immediate plans are to go after masters records in the 8K (in Virginia Beach on March 18) and 5K (in Carlsbad, Calif., on April 2).

"We want to set records in each race," Cooper said. "We want to let everyone now that Wilson is back and in good form with no injuries. For the rest of 1989, Wilson will run 1500s to 5000s on the track and 5Ks to half-marathons on the roads."



Wilson Waigwa

Photo by Sailer, Ltd.

Waigwa has lived in the U.S. for 15 years, is a permanent resident and plans to be a U.S. citizen someday. He was a member of three Kenyan Olympic teams, placing 10th in the 1984 Olympic 5000.

In 1988, he placed 17th in the Jacksonville 15K, 11th in the Nissan Classic 10K, and 20th in the Cascade Runoff 15K.

He now lives and trains in Mission Viejo, Calif., and was granted permanent residency in 1987. Kariuki is his

training partner.

"Wilson knows he can run a sub-four-minute mile this year," Cooper said. "He's looking forward to meeting Boit, Bell, Murray and others." □

Tax on Runners Proposed in Congress

WASHINGTON, D.C., April 1 — A tax on runners was proposed today by the National Committee for Fair Taxation at a House Ways and Means Subcommittee hearing.

Robert Fitzgerald, chairman of the Committee and an admitted heavy smoker, complained: "Every time Congress wants to raise taxes, they tax people who smoke. It's tough enough to handle our guilt feelings; now we're segregated in restaurants, on planes, everywhere. We're mad as hell, and we're not going to take it anymore."

The Committee recommended a special tax be levied on running shoes, which would raise an estimated \$22 million a year for Uncle Sam.

Co-chairperson Myra Concannon of Boston charged that running is "just as disgusting a habit as smoking." She said runners are annoying to everyone. "They make otherwise-calm dogs ex-

cited," she complained, "which causes premature aging and ulcers in the poor animals."

Her argument was supported by Dr. Ronald J. Olson of New York, a veterinarian who said he's treating more and more dogs for hypertension and other nervous disorders.

"So many joggers run past them while they're leashed," Olson explained. "It frustrates their natural instinct to bite things that run."

Testimony will continue later this month. □

This Life is a Test

This life is a test. Only a test. If this had been an actual life, you would have received further instructions on where to go and what to do.

FIRST ANNUAL DONALD S. HARRIS MEMORIAL MEET FRANKLIN FIELD (UNIV. OF PENNSYLVANIA), Philadelphia, PA Saturday, May 13, 1989



Sponsored by the Philadelphia Masters Track Association with the cooperation of the University of Pennsylvania, sanctioned by TAC. TO HONOR THE MEMORY OF Donald S. Harris (1922-1988), MASTERS ATHLETE, TUSKEGEE AIRMAN, SCHOOL PRINCIPAL, AND FRIEND TO MASTERS THROUGHOUT THE UNITED STATES.

SITE: Track and jumping events at Franklin Field (home of the Penn Relays), 33rd and South St., (new synthetic surface, short spikes only). Weights at nearby Murphy Field (concrete circles for discus/shot, synthetic runway for javelin).

AWARDS: Plaques to first 3 in each age group, 30-34 to 75-79, 80+ for individual events; 10-year age groups for relays

ENTRY: \$10.00 for first individual event (includes t-shirt); \$6.00 for 2nd and 3rd individual events; \$5.00 for 4th, 5th, 6th, 7th, and 8th individual events. Six dollars for extra shirt. relays: \$20.00 per team (must all be members of same club).

DEADLINE: Entries must be IN MEET DIRECTOR'S HANDS no later than Thursday, May 11 at 7:00 p.m. No post entries!!

SEND TO: Peter Taylor, 3120 Schoolhouse Lane (J-A9), Phila., PA 19144 telephone: (215) 842-3807 from 9:00 p.m. to 11:30 p.m.

NEARBY HOTELS: Sheraton University City, 36th and Chestnut, (215) 387-8000 Penn Tower Hotel, 34th and Civic Center, (215) 387-8333.

10:30 a.m. shotput (younger to older men, then women)
10:30 a.m. discus (older to younger men, then women)
11:15 a.m. javelin (younger to older men, then women)

12:15 p.m. 3000 meter run
1:00 p.m. 110/100/80 meter hurdles
1:30 p.m. 100 meter dash
2:05 p.m. 1 mile run
2:40 p.m. 400 meter dash
3:00 p.m. 1 mile racewalk
3:15 p.m. 4 x 100 meter relays (men)
3:30 p.m. 4 x 100 meter relays (women)
3:45 p.m. 800 meter run
4:15 p.m. 200 meter dash
4:40 p.m. 4 x 400 meter relays (men)
4:55 p.m. 4 x 400 meter relays (women)

12:15 p.m. long jump
1:00 p.m. high jump
1:00 p.m. pole vault
3:20 p.m. triple jump

Name _____ Birthdate _____ Age _____ Sex _____
TAC Number _____ Telephone _____
Address _____

event	fee	best mark 1988-1989
1. _____	\$10.00	_____
2. _____	\$6.00	_____
3. _____	\$6.00	_____
4. _____	\$5.00	_____
5. _____	\$5.00	_____
6. _____	\$5.00	_____
7. _____	\$5.00	_____
8. _____	\$5.00	_____

t-shirt size: S M L XL XXL

Relays: As team captain, I wish to enter the following athletes in the relay(s) circled. [Please circle event, sex, and age group.] Enclosed is my check for \$20.00 to cover the entry fee for each relay (no t-shirt for relay entry; must enter individual events or buy for \$6).

4 x 100 4 x 400 men women 30-39 40-49 50-59 60-69 70+
club _____

members _____

ENTRY FEE (payable to Philadelphia Masters Track Assoc.) _____

In consideration of your accepting my entry, I agree not to sue the University of Pennsylvania, The Athletics Congress/USA, The Mid-Atlantic Athletics Congress, the Philadelphia Masters, or other organizations or individuals involved in this meet for any injuries or claims that might arise from my participation. This waiver binds my heirs, executors, and administrators as well as myself.

Signature _____ Date _____

note: Relay members not participating in individual events should sign here: _____

Write On

Continued from page 11

The age-graded tables are excellent. We'll do something with them at our meets this spring and summer. We also intend to promote them for road racing. The tables should be part of the answer to MAAD'S concerns.

Jim Saxon
Charlotte, North Carolina

I'm confused and skeptical about the age-graded standards for field events. I can't believe the large deviation between my running-event and field-event percentages.

If 100% of the standard should equal the world record, then some of the older men's field events are distorted. (e.g. the M55 long jump WR is 6.03, yet the M55 standard is 6.43.) Looking at the M80 long jump, I'd bet we never see the WR at 4.46, even if Carl Lewis lives to break it.

The running standards seem reasonable.

Edward Martin
Anaheim Hills, California

The WAVA Age-Graded Committee is composed of competent individuals, and I respect their opinions. However, the records for the pole vault are all below the standard, especially in the older age groups.

Jim Vernon
West Covina, California

(The age-graded article (Feb. NMN) should have said the standards "generally represent the potential world-record-level for each age/event." While the M55 long jump record, as Martin points out, is 6.03, the M60 record is a better 6.07. So the M55s clearly haven't reached their long jump potential.

The pole vault standards were difficult, but they, too, were keyed to world age records by Bubka (100% at

age 23), Kalliimak (98% at age 31), Houvion (98% at age 48), and even Schmidt (94% at age 70). Based on data from other events and a progressive scale, the committee held Schmidt at 94% of the M70 potential. The difference in poles adds to the accuracy problem.

It may be true that the runners will achieve generally higher percentages than the field-event performers — especially the throwers. That's because field events are more technical than the running events; the best throw of the day may be substantially better than, say, the fifth-best effort of the day (even in the Olympics, that's the case); whereas, runner tend to be more bunched up at the finish.

But you can generally compare the same group of events with great accuracy, such as the 100, 200 and 400; the 800 and 1500; the long jump and triple jump; the shot and discus; etc. — Ed.)

CAPS

Re Hal Higdon's article on CAPS (March), I did not respond to his letter because I thought it was pointless. Since he persists, I will answer his questions:

1. Coenzyme Q10 (Ubiquinone) was discovered in 1957 by F.J. Crane at the University of Wisconsin.

2. Places and dates of International Symposiums on Coenzyme Q10:

1st: Take Yamanaka Japan, Sept. 16-17, 1976;

2nd: Tokyo, Japan, Sept. 29-30, 1979;

3rd: University of Texas, Austin, Jan. 18-21, 1981;

4th: Max Planck Institute for Biochemistry, Martinsried, West Germany, Jan. 18-21, 1981.

3. Cost of Coenzyme Q10: Another

manufacturer's bottle: at \$5.95 = 50x10mg = \$11.90 per gram. RACE CAPS at \$15.50 = 30x100mg = \$5.17 per gram. RACE CAPS cost 43% of the other bottle and also contain 6000 i.u. of vitamin E succinate, and 6000 mg of Inosine per bottle, plus a money-back guarantee.

4. Scott Molina at Nice Triathlon: At present almost no one believes that test results at Nice were valid because of bizarre procedures during the collection of samples and the use of a non-I.O.C. Lab. See *Triathlete Magazine's* February issue, page 10. Bob Babbitt, editor of *Competitor Magazine* also wrote a strong editorial in support of Scott Molina in the January-February issue. Furthermore, no athlete using CAPS products has failed to pass a U.S.O.C.-or I.O.C.-sanctioned drug test.

5. The test results Anderson mentioned are misrepresented. All values tested improved using Coenzyme Q10 in exercise. The authors clearly explained the statistical anomaly of the relationship between maximum cardiac output and VO2 max which occurred. (Available upon request).

6. The thousands of scientific studies I referred to were about strengthening diseased, weakened hearts and muscles (muscular dystrophy) with Coenzyme Q10. I developed these products for my own use and was so thrilled at my response that I decided to market them to athletes. All I ask is that athletes try them. If they don't work, I'll refund their money including postage and handling.

7. The "Dr." stands for Doctor of Chiropractic. I have been in practice for over 21 years and have had daily experience giving patients supplements and analyzing on what works the best.

8. I will be glad to send free copies of the book to any NMN reader who requests it.

Gerald S. Frank, D.C.
President, Hansen & Frank
3886 Geary Blvd., Suite 205
San Francisco, CA 94118

After seeing my most recent comments in NMN about CAPS, Gerald Frank finally answered my letter from last winter.

I am still unimpressed.

He sent a copy of a single study involving six untrained individuals with no controls.

He sent a book in which the authors clearly warn that Q10 should not be self-administered.

He sends a copy of an article from *Triathlete* that suggests that Scott Molina may have been framed. Maybe, but I said as much in my last letter.

Frank also confirms that his title "Dr." comes from being a chiropractor. I don't even want to get into that.

I'll stick with the opinions of the more reputable exercise physiologists who believe claims of performance

enhancement are unfounded.

Concerning his arithmetic proving that his product cost only 43 percent of the other product, his ad doesn't say whether the pills therein were 10 mg or not. But since when do CAPS cost \$15.50? I haven't seen them advertised at that price, but rather with so-called Enduro CAPS at \$49.95. I'll stick with my statement that, regardless of price, it's still too much to pay for something that doesn't work.

The sad thing about all this back-and-forth is that it simply gives CAPS even more visibility.

Pigeons!

Hal Higdon
Michigan City, Indiana

After reading in your March issue the vehement attack by Hal Higdon on CAPS and Gerald S. Frank, I would like to ask him one question.

Mr. Higdon, have you ever used these products as directed?

"The proof of the pudding is in the eating."

Jack Wood
Charlotte, North Carolina

SUNDAY MEETS

More and more masters meets are being held on Sundays. As an avid church member and ardent track competitor, I would hope that our Sunday mornings would be left open for the time-honored privilege of attending a church of my choice.

Bill Bangert
Tustin, California

MEET COSTS TOO HIGH

Where is it going to end? The cost of competing in local and national meets is becoming absurd.

Last year, I competed in a San Diego Track Club meet where I was required to purchase a TAC card. I willingly did so, but never received a card in the mail. I then had to purchase another TAC card from the Florida Association before they'd let me compete in the Nationals. That's \$20, which is unfair, since we hardly ever see a TAC official at our meets.

Late entry fees really tee me off — especially when most of us end up officiating our own events, not the meet organizers. Forget the damned T-shirts and concentrate on staging a well-organized meet. And talk about a ripoff. How about the \$14.00 WAVA fee plus \$25 for the first event you enter, not to mention all the dollars spent by both foreign and out-of-state athletes to come to Eugene and lodge and feed themselves and their families for over a week.

This is probably the most important and exciting meet most of us will ever compete in. I only hope Eugene will stage a meet worthy of the cost incurred by all the athletes.

Larry Stuart
El Toro, California

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APRIL 1989

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CATIE BURKE (SAN GABRIEL, CA)	4-18-39	50-54
DEE DEE GRAFUS (OAKDALE, CA)	4- 9-49	40-44
EDNA HYER (NY)	4-22-34	55-59
MARY PATTERSON (BROADVIEW HTS, OH)	4-19-29	60-64
JILLIAN EKSTEEN (RSA)	4-12-39	50-54
RACHEL HANSENS (BEL)	4- 6-29	60-64
GERDA VAN KOOTIN (HOL)	4- 1-39	50-54
BERTHILIA DE PRETER (BEL)	4-26-29	60-64
LENI STUMPF (WG)	4-27-24	65-69
SIGRID SUCKER (DEN)	4-17-39	50-54
MARGARET WILLIAMS (GB)	4- 4-49	40-44
AUDREY WOOD (NZ)	4-18-24	65-69
WILBUR ARNOLD (PUEBLO, COLORADO)	4-15-14	75-79
JUPP BERG (WG)	4- 3- 9	80-84
OLEG DYATLOV (URS)	4-22-49	40-44
HEINZ ENGELS (WG)	4-11-34	55-59
JIM KNERR (SIMI VALLEY, CA)	4- 7-34	55-59
WILLIAM KNUPPEL (VISTA, CALIF)	4-22-19	70-74
WERNER KRUCKEN (WG)	4- 6-29	60-64
HERB LORENZ (WILLINGBORO, NJ)	4- 7-39	50-54
JAMES MCNAMARA (IRL)	4-17-39	50-54
EGISTO PEDERZOLI (ITALY)	4-12-14	75-79
VALDEMAR RAINO (FIN)	4-18-19	70-74
JOIE RAY (US)	4-13-94	95-99
TONY SAPIENZA (BRADFORD, MASS)	4-12-29	60-64
COLIN SIMPSON (GB)	4- 2-29	60-64
JAROSLAV SMID (CZE)	4-27-34	55-59
FRED SMITH (GB)	4-15-34	55-59
NILS UNDERSAKER (NOR)	4- 1-39	50-54
JOHN WELDY (SCOTTSDALE, AZ)	4-23-34	55-59
RAY WILLIS (CHARLEMONT, MASS)	4- 1-29	60-64
GLYNN WOOD (MONTEREY, CA)	4-23-34	55-59

MASTERS SCENE

NATIONAL

• The American Running and Fitness Association has established a **Speaker's Bureau**, which is a listing of 600 sports medicine professionals across the U.S. who speak on a wide variety of fitness-related topics. The list includes athletic trainers, cardiologists, dietitians, physical therapists, physicians, and others in the fitness field. Many are willing to speak for free. For the names of speakers in your area, contact AR&FA Speaker's Bureau, 9310 Old Georgetown Rd., Bethesda, MD 20814. 301/897-0197.

• The U.S. Association for Blind Athletes includes masters members who compete in t&f and running, as well as in other sports. USABA, 33 N. Institute St., Brown Hall, Ste. 015, Colorado Springs, CO 80903.

• This year's TAC Convention will be held on November 27 to December 2 in Washington, D.C. at the Hyatt/Regency Capitol Hotel.

• Eight open indoor track meets have been televised this year, the most exposure the sport has had since the mid-1970s. In November, TAC announced The American Plan, a series of indoor and outdoor meets to be shown on TBS, an affiliation that prompted ESPN to bid for other meets. The four ESPN meets have averaged a 1.4 rating, compared to 1.6 for its college basketball and 0.8 for its World Cup skiing. Three meets on TBS have averaged 1.3, compared to its 2.4 for the NBA. The Millrose Games, the only meet on network TV, had a 3.1 rating, up from last year's 2.8.

• All athletes and all but one coach who participated in an October 1988 competition in South Africa have been suspended from TAC. Seventeen suspensions, ranging from two years to 12 years, were ordered by a three-man hearing panel of the National Athletics Board of Review. On March 12, the suspensions were upheld by TAC's Board of Directors by a vote of 67-4. An attorney for two of the banned athletes said the suspensions would be appealed in court.

• TAC's Board also approved a year-round, out-of-competition random drug-testing program for the top 25 U.S. athletes in each event. Only a few top-level masters competitors are likely to be affected by this rule.

EAST

• The Liberty AC is conducting a t&f clinic for novice women runners on April 1 at Cousens Gymnasium, Tufts U., Medford, MA. Contact Barbara Pike, 118 Border Rd., Concord, MA 01742. 508/369-0437.

• The NYRR L'eggs Women's Masters Clinic is scheduled for 6:30 p.m. on April 26 at the club's headquarters in NYC — 212/860-4455.

• Vince Carnevale, Newark, NJ, recorded an age-72 U.S. record of 1:34:24 in the NYRR 20K, Central Park, NYC, January 29.

• Angella Hearn, 42, was four seconds away from a first in the women's race with a 35:17 in the Sheraton Centre Bagel 10K, Central Park, NYC, February 12. Twin-sister Christine Hearn Grenning finished sixth (37:42) of the 641 women. Two weeks later, Angella took third (22:37) of 638 w/finishers in the NYRR Snowflake 4 Mile, Central Park, with Christine again sixth (24:08). Anna Thornhill, 48, led a strong W45 to the tape in 25:31. In the Bagel Run, Art Hall, 41, won (32:49) the W40+ battle from Tim Hassall, 42, by ten seconds, but lost it to Hassall (20:44) by six seconds in the Snowflake.

SOUTHEAST

• The IAAF Women's Eschhorn Cup Trial 10K Walk in Tampa, April 1, will determine the 5-member masters team, in addition to the junior and senior teams, that will compete in Barcelona, Spain, May 28. Entrants must have completed a recent 10K walk in 65 minutes or less. The Trial race is a part of the All-American Walkers Rally (March 31-April 2) in Tampa. Pre-race registration: Reebok RW, c/o Rodale Press, 33 E. Minor St., Emmaus, PA 18098. Limited day-of-event entries.

• Alberto Echeverria (M45, 28:43) and Sally Snyder (W45, 33:57) captured masters firsts in the Ben-Gay Super Bowl 8K in Miami, January 21. The race, which finished in Miami's South Point Park, was held under conditions one competitor described as "scorching" (79°).

MIDWEST

• After a two-year absence, Ron Hill, 50, will be back in the U.S. to run the Elby's Distance Classic 20K in Wheeling, WV, May 27. This year marks his 25th year of running every day without missing — the longest streak on record. After 20 years in the sports field in England, Ron Hill Sports will set up a U.S. subsidiary based in California later this year.

• Bad news. The popular Ultimate Runner, held each October in Jackson, Mich., has been cancelled. "Jackson College discovered the event was costing it a considerable amount of money," said Mike McGlynn. "We prided ourselves on a first class event for every runner." If you know of any other club or organization that would be interested in putting on the Ultimate Runner, contact McGlynn at 517/787-0800.

WEST

• In addition to \$1600 masters prize money for individuals and teams, the Pacific Sun 10K (PA/TAC Championships), San Rafael, CA, May 29, is offering \$200 to masters men and women who run sub-30:51 and sub-34:57, respectively, and \$50 to those who run sub 32:00 and sub-38:00. Winners do not have to be association-area residents to take prize money.

• Marilla Salisbury, 81, of San Diego, has been inducted by her alma mater, Pasadena College, into its Sports Hall of Fame. Salisbury won several gold medals in the 1987 World Veterans Games in Melbourne.

• The masters segment of the annual Mt. Sac Relays will not be held this year. Director Dan Shrum said Hal and Ann Smith, who usually organize the masters events, were unable to do it this year. Shrum said he hopes a masters program can again be included next year.

INTERNATIONAL

• Holland's Harm Hendricks, who was once WAVA Treasurer, has been taken off the United Nations anti-apartheid black list, after signing a declaration that he "would not participate in events in South Africa... until apartheid has come to an end."

• The 2nd World Masters Swimming Championships drew 3750 participants from 26 nations — the largest swim competition ever — to Brisbane, Australia last year. Quoting from SwimMaster, "There were 99 heats in the men's 50m freestyle... many days began at 7:30 a.m. while some of the distance events were at midnight." Sound familiar? □

• Two cities have expressed an interest in hosting the 1991 World Veterans Championships — Turku, Finland; and Athens, Greece. The deadline for submitting bids is April 28. No other bids seem likely. Japan has expressed an interest in hosting the 1993 Championships.

• Hot elections are shaping up in Eugene. WAVA's British affiliate has nominated Owen Flaherty to run against incumbent Cesare Beccalli of Italy for WAVA's Presidency. The British have also tapped Bill Taylor to run for Vice-President, Stadia. The USA's Bob Fine, current Stadia veep, is expected to contest for Executive Vice-President. Australia's Peg Smith, current Executive veep, may be stepping aside. Belgian's Jacques Serruys, narrowly defeated by Beccalli for the Presidency in Melbourne, will challenge New Zealand's Clem Green for Vice-President, Non-Stadia. Deadline for nominations is April 28.



Harold Chapson, 86, is back in action after a three-year absence from the track. He ran an age 86 world best of 1:45.4 in the 400 on January 21 in Honolulu.



David Krauss, 41, of Naples, Fla., places 31st in 32:35 in the M40-44 division of the ICI/USRA National Masters 8K Championships on January 14 in his home town.



NORTH CAROLINA TAC MASTERS TRACK & FIELD CHAMPIONSHIPS

MAY 27, 28, 1989

Thomasville Senior High
Thomasville, North Carolina



The members of the Carolina Masters Athletics Club invite all over 30 years of age to participate in these annual championships. There will be two days of competition featuring a pentathlon, women's heptathlon, 5K race walk and 10K run, both on the track*, with all regular track and field event.
(*Open division also).

Operated by: CAROLINA MASTERS ATHLETICS CLUB, 3120 Libeth St., Charlotte, N.C. 28205. Meet director: Jim Saxon, 704-536-6266.

Age Division: Age on day of competition, with five year brackets to 80+. The 5K walk and 10K run have open divisions.

Awards: TAC medals to first three places in each event. In addition there will be plaques to first three age-graded performers in the 10K; and a plaque for the best individual age-graded performance in any event in the meet. All awards made without reference to state residence.

Entry Fee: \$7.00 includes first event and complete results. Additional events \$4.00 each.

Late Entries: An additional \$1.00 fee per event for entries post-marked after May 18. (Minimum late fee meet days is \$3.00).

Sanction and Registration: The event is TAC sanctioned by TAC/USA. TAC registration is required for all events and will be available on site. (Active military and foreign athletes exempt from TAC registration).

Packet Pick-up: Packets available on-site after noon, May 27; and after 7:00 AM, May 28.

For Entry: SASE, CMAC 3120 Libeth St., Charlotte, NC 28205

1989 NC TAC MASTERS CHAMPIONSHIP

NAME _____ TAC # _____
ADDRESS _____ PHONE: _____
CITY _____ STATE _____ ZIP _____ AGE _____ BDAY _____
EVENTS _____ \$ _____

In consideration of my entry in the 1989 NC TAC Masters Championships, I do hereby for myself and anyone acting in my behalf, waive and release CMAC, Inc., TAC, Thomasville High School and all sponsors from all claims or liabilities arising from my participation in this event. I understand the training and risks involved in track and field competition.

DATE _____ SIGNED _____

schedule

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



TRACK & FIELD NATIONAL

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

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

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

EAST

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

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

May 13. Don Harris Memorial (Philadelphia Masters) Meet, U. of Pennsylvania, Philadelphia. Pre-entry only, entries close May 11. Peter Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

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

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

June 25. Rhode Island Senior Olympics, Lincoln High Sports Complex, Lincoln, R.I. 55+, Dolores Bergeron, R.I. Elderly Affairs, 79 Washington St., Providence, RI 02903.

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

July 6-9. Garden State Games, Middlesex County College, N.J. N.J. residents only. June 1 entry deadline. Morton Hahn, Inc., P.O. Box 328, Dover NJ 07801-0328. 201/625-1764 (days).

July 8. Sri Chinmoy Masters Games. Rain date: July 15. 8 a.m. Victory Field, Forest Hills, N.Y. Sri Chinmoy Masters Games, 150-4 87th Ave., Jamaica NY 11432. 718/211-7406.

July 1. Buffalo Belles & Brawn International Meet, Buffalo, N.Y. Bettie Zoschke, 266 Luritan Rd., Tonawanda, NY 14150. 716/615-6018.

July 1. TAC Eastern Sectional Championships, Monmouth College, N.J. (site tentative) Sandy Kalb, 22 Addison Rd.,

Howell, NY 07731.

July 29-30. Buffalo Belles & Brawn Classic, Parker Field, Buffalo, N.Y. See July 8.

August 13. Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

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

SOUTHEAST

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

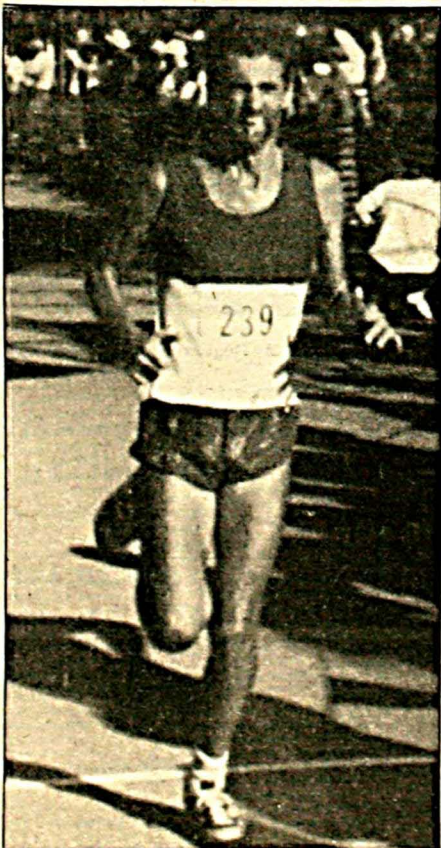
April 9. Delray Beach Senior Games. 40+. Delray Beach Rec. Dept., 50 N.W. 1st Ave., Delray Beach, FL 33444. Ann Nelson, 407/243-7250.

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

April 15-16. Palm Beach Masters Invitational Meet, John J. Lake Worth Circle, Lake Worth, FL 33463. 407/968-7171.

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

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



Eric Jones, 43, of Zephyr Hills, Fla., takes the 24th spot in the M40 bracket in the ICI USRA National Masters 8K Championships on January 14 in Naples, Fla.

May 20. Birmingham TC Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031. Entry form in April issue.

May 27-28. North Carolina TAC Masters Championships, Thomasville. Includes pentathlon, women's heptathlon, 5K RW on track (open division), 10K on track (open division). SASE: Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 704/536-6266.

June 10-11. 14th Annual Northwest Classic, Miami-Dade Community College, Miami. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409 after 9 p.m.

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

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

July 15. Nashville TC Open & Masters Meet, Nashville, Tenn. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

August 19. North Carolina Masters Meet, Wilmington, N.C. Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 919/722-7013 (o); 704/536-6266 (h).

MIDWEST

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

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

June 11. 2nd Illinois Grand Prix Meet, Byron, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

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

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

June 25. 3rd Illinois Grand Prix Meet, Springfield, Ill. See June 11.

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

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

July 9. 4th Illinois Grand Prix Meet, site tba. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

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

September 10. Wolfpack Throwing Classic & Ohio TAC Two-Hour Run, Worthington HS, Worthington. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

MID-AMERICA

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

May 20. Ponca City Classic, Red Rock, Okla. Mike Shaw, 746 N. 5th St., Ponca City, OK 74601. 405/762-7822.

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

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

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

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

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

SOUTHWEST

Louisiana, Mississippi, Texas.

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

May 27. TAC Southwest Sectional (Regional) Championships, Tulane U., New Orleans, La. Danny Thiel, 1459 Verna St., New Orleans, LA 70119. 504/486-8066.

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

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

WEST

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

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

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

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

May 27-28. Bruce Jenner Mobil Grand Prix, San Jose State U, Calif. M40+ 400/1500; 50+ 200; 60+ 100. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos, CA 95030. 408/354-2005; 354-7333(w).

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

June 3-4. Duke City TAC Masters Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234. Entry form in April issue.

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

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

June 18. SCA/TAC Masters Championships, Occidental College, Los Angeles. Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

June 24. SDIAC Championships, Balboa Stadium, San Diego. Ed Oleata, 2870 Glenbrook Way, La Jolla, CA 92037. 619/453-4570.

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

July 1. World Masters Tune-Up Games III, Cal-State L.A., Los Angeles. Marvin

Continued on page 33

Continued from page 32

Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

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

July 8. Western Sectional (Regional) Championships, Sacramento, Calif. Michael Holzgang, S.A.S.E. P.O. Box 255131, Sacramento, CA. 95865. 916/482-7881.

July 16. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave. No. 3, Los Angeles CA 90026. 213/666-4964 (h).

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

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

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

October 7. Club West Masters Meet, Santa Barbara, Calif. George H. Adams, P.O. Drawer K, Goleta, CA 93116. 805/484-5982.

NORTHWEST

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

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

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

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

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

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon. Men 40+, women 35+. WVC, PO Box 10825, Eugene, OR 97440. 503/687-1989.

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

August 11-12. 11th Montana Masters

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

INTERNATIONAL

June 24. Southwest Championships, Bournemouth, England. David Lord, 311 Bournemouth Rd., Parkestone, Poole, Dorset, England.

June 30-July 2. Memorial "Farkas Maytas" Meet, Budapest, Hungary. Deadline: May 5. OPT-Penta Tours, Budapest 1051, Bajcsy Zsilinszky ut 12, Hungary.

July 8-9. United Kingdom Championships, Reading, England. L. Brown, 55 Middle Lane, London N8, 8PE.

July 16. Four Counties Meet, High Wycombe (west of London), England. L. Thomas, The Clubhouse, Keepphill Rd., High Wycombe, Bucks.

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

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

September 16-17. San Juan International Masters Meet, Escobar Stadium, San Juan, Puerto Rico, Ovidio de Jesus, P.O. Box 31300, 65th Infantry Stn., Rio Piedras, PR 00929-0300.

October 14-16. 10th Annual Japan Masters Championships, Tokyo Travel, 5-1-2 Misona-cho, Wakayama City, Wakayama Prefecture, Japan. Phone: 0734-25-3211. Fax: 073-24-1683.

October 14-22. 2nd Australian Masters Games, Adelaide.

LONG DISTANCE RUNNING NATIONAL

April 8. U.S. TAC National Masters 20K Championships, Medford, Oregon. Jerry Swartsley, P.O. Box 146, Medford, OR 97501. 503/664-6611.

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

April 29. U.S. TAC National Masters 5K

Championships, Anchorage, Alaska. Roy Reisinger, 2630 Forest Pk. Dr., Anchorage, AK 99517. 907/786-1570.

May 13-14. Ben-Gay Active America Day, races of various lengths in 50 cities. Dean Reinke Associates, 1210 Harding St., Winter Park, FL 32789. 407/647-2918.

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

June 17. U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete League, P.O. Box 681, St. Clairsville, OH 43950. 614/942-2186.

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

September 24. U.S. TAC National Masters 10K Championships, Pittsburgh, Pa. Mike Radley, The Great Race, Room 400, City-County Bldg. Pittsburgh, PA 15219. 412/255-2493.

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

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

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

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

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

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

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

EAST

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

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

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

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

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

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

April 29. Vivicit 12K, Prospect Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

April 30. New Jersey Marathon, Jersey City. Tim McLoone, 200 Harborside Financial Ctr., Plaza 3, Jersey City, NJ. 07311-3899. 800/338-9658.

May 6. Trevira Twosome 10 Mile, NYC. Allan Steinfeld, NYRRC, P.O. Box 881, FDR Station, NY, NY. 212/860-4455.

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

ON TAP FOR APRIL

TRACK & FIELD

The Southeast commands attention with meets in Florida on the 9th and in North Carolina on the 15th and the 28th-30th (the 19th Annual Southeastern International in Raleigh). The Dallas Senior Games provides Southwesterners with activity on the 21st. The month finishes with the Ken Carnine Relays on the 29th in Sacramento, Calif.

LONG DISTANCE RUNNING

TAC National Masters Championships will be decided in the 20K in Medford, Oregon, on the 8th; in the 50 mile in Columbus, Ohio, on the 9th; and in the 5K in Anchorage, Alaska, on the 29th.

The sunbelt states open the month with races on the 1st in Florida, South Carolina, Georgia, Louisiana, and Texas. On the next day, the action spreads north for the Nike Cherry Blossom 10 Mile in Washington, D.C., and west to the fast Carlsbad 5K course in California.

The next weekend offers the Myrtle Beach 10K in South Carolina on the 8th and, on the 9th, women's 10K races in Baltimore and San Francisco.

The 34th Annual Fontana Days Half-Marathon takes place on the 15th in California, and the runner's weekend is extended by the 93rd Boston Marathon on Monday, the 17th, with the lure of sizable cash for masters.

Masters-only races are scheduled for San Diego and Omaha on the 22nd. Those who "just wanna have fun" can find it in the Big Sur Marathon, while running on one of the most scenic courses in the world to the accompaniment of classical music on the 23rd. The more serious who seek just recompense will run the New Jersey Waterfront Marathon, which offers \$10,000 to masters on the 30th.

RACEWALKING

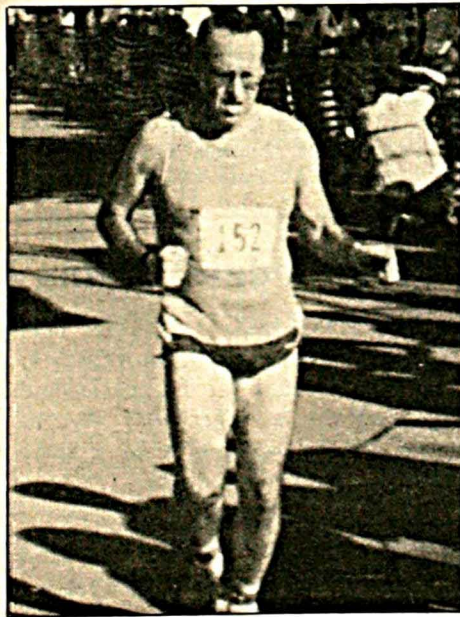
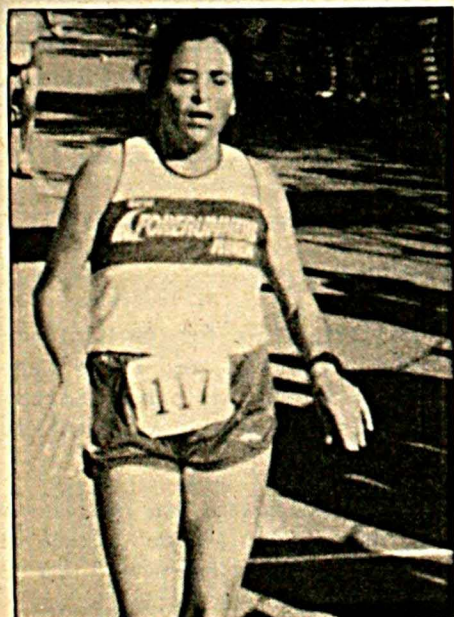
TAC Midwest Championships go off in Columbus, Ohio, on the 2nd. The Southeastern meet in Raleigh includes 5K and 20K racewalks. □

May 7. Long Island Marathon, East Meadow, N.Y. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516/542-4439.

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

May 13. 12th Annual Midland Run 10K, Far Hills, N.J. SASE to Midland Foundation, P.O. Box 5026, Readington Rd., North Branch, NJ 08876. 201/722-8250.

Continued on page 34



Action at the ICI/USRA National Masters 8K Championships on January 14 in Naples, Fla. Left: Mona Cater, 40, of North Reddington, Fla., places 7th in 35:12 in the W40 division. Right: TAC's Masters Long Distance Running Chairman, Charles DesJardins, 52, of Fairfax, Va., finishes 9th in 33:47 in the M50 bracket.

Continued from page 33

May 14. L'eggs Tune-up 5K, New York, NY 10150-0881. 212/896-4455.
May 14. YWCA Women's 2½ Mile, Manchester, N.H. Colleen Yanco, YWCA, 72 Concord St., Manchester, NH 03101. 603/625-5785.
May 14. Nike 8K For Women, Washington, D.C. Nike Race For Women, Box 134, Mt. Vernon, VA 22121. 703/780-3037.
May 21. Riverside Twilight 5 Mile, Agawam, Mass. Ed Carroll, Riverside Park, Agawam, MA 01001. 413/786-9300.
June 3. Freihofer's 5K Run For Women (TAC Open National Championship), Albany, N.Y. W40+ \$2000; W50+ \$500. Also 10K. George Regan, Freihofer's Run For Women, 233 4th St., Troy, NY 12180. 518/273-0267.

SOUTHEAST

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

April 1. 12th Annual Winter Park 10K, Winter Park, Fla. Winter Park 10K, Track Shack, 1322 No. Mills Ave., Orlando, FL 32803. 407/898-1313.
April 1. Cooper River Bridge 10K, Charleston, S.C. CRBR, P.O. Box 543, Mt. Pleasant, SC 29464.
April 1. Atlanta Women's 10K, Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn, Atlanta, GA 30305.
April 1. Great River Road 10K, Baton Rouge, La. Linda Wunstel, State-Times/Morning Advocate, Box 588, Baton Rouge, LA 70821.
April 8. Myrtle Beach Classic 10K, Myrtle Beach, S.C. Dean Reinke Associates, 1210 Harding St., Winter Park, FL 32789. 407/647-2918.
April 9. Lady Equitable 10K for Women, Baltimore. Equitable Bank, 100 S. Charles St., Baltimore, MD 21201.
April 22. Georgia CPA 1040K, Atlanta. 1040K, 3340 Peachtree Rd., N.E., Ste. 2750, Tower Place, Atlanta, GA 30326-1301.
May 6. Apple Blossom 10K, Winchester, Va. Shenadoah Apple Blossom Festival, 5 N. Cameron St., Winchester, VA 22601.
May 13. Gumtree 10K, Tupelo, Miss. Masters money. Johnny Dye, Race Director, 1007 Chester Ave., Tupelo, MS 38801. 601/842-6859(d); 842-2039(n).
May 29. Cotton Row 10K, Huntsville, Ala. \$1800 masters money. John Dennison, 205/881-5807.

MIDWEST

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

April 29. Get In Gear 10K, Minneapolis. GIG 10K, c/o 5701 Normandale Rd., No. 313, Edina, MN 55424.
May 13. Old Kent River Run 25K, Grand Rapids, Mich. Jeannie Fichtel, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-5261.
May 21. Revco Cleveland Marathon/10K, Cleveland. Reno Starnoni, Race Director, P.O. Box 46604, Bedford, OH 44146. 216/232-6373.

MID-AMERICA

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

April 9. Redbud Classic 10K, Oklahoma City. Masters money. Coe London, P.O. Box 205, Oklahoma City, OK 73101. 405/272-7200.
April 22. Oklahoma Land Run 8K, Tulsa. M40+ \$300, \$200, \$100; W40+ \$300, \$100. Land Run '89, c/o Phillips & Johnson Advertising, 1516 S. Boston — Ste. 201, Tulsa, OK 74119. Kathy Grades, 918/583-1000.
April 22. YMCA Midwest Masters Classic VII 8K/2 Mile Walk, Omaha, Nebr. 35+. Omaha RC, P.O. Box 31219 Saddle Creek

Stn., Omaha, NE 68132. Nancy McCormick, 402/558-2079.
April 30. Cherry Creek Sneak 5 Mile, Denver. Stan Havlick, Cherry Creek National Bank, 3033 E. First Ave., Denver, CO 80206. 303/388-4331.
May 7. Lincoln Marathon, Lincoln, Nebr. Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402/423-4519.
May 29. Boulder Boulder 10K, Boulder, Colo. Masters money. BB, 3033 Iris Ave., Boulder, CO 80301. 800/525-2836; 303/444-7223 (CO).
June 4. Hospital Hill Half-Marathon, Kansas City, Mo. ICI/USRA Masters Circuit Race. \$2000 masters money. HHR, Crown Center, Ste. 500, 2440 Pershing Rd., Kansas City, MO 64108. 816/274-3196.

SOUTHWEST

Louisiana, Mississippi, Texas.

April 1. Azalea Trail 10K, Tyler, Texas. Masters money. Mother Frances Hospital, Community Affairs Dept., 800 E. Dawson, Tyler, TX 75701. 214/531-4220.
April 2. New Orleans TC 5K/10K/Mile Roadraces, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.
April 8. McMinn School 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.
April 15. Crescent City 10K Classic, New Orleans. Mac DeV Vaughn, 8200 Hampson St., No. 407, New Orleans, LA 70118. 504/861-8686.
April 29. Crimestoppers French Quarter 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.
April 30. German Fun Run 5K/15K, Muenster, Texas. GFR, P.O. Box 119, Muenster, TX 76252. Ronnie Hess, 817/759-4864, or Dan Hamric, 817/894-2059.
May 7. 22nd Annual Al Briede Gold Cup 3 Mile/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.
May 13. Barrister's Run 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.
May 21. Lakeview Civic Track 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.
May 29. Louisiana Masters Classic 5K, New Orleans. 40+. RRCA/TAC sanctioned. Chuck George, NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

WEST

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

April 1, 2, 22, 30. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.
April 2. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 2431 Morena Blvd., Ste. 2H, San Diego, CA 92110. 619/275-5440.
April 2. Houlihan's 12K, Sausalito to San Francisco. SASE to Rhodyco Productions, 5141A Geary Blvd., San Francisco, CA 94118. 415/668-2243.
April 9. Bonne Bell 10K, San Francisco. John Von Seeburg/Scott Thomason, P.O. Box 27557, San Francisco, CA 94127. 415/681-2323.
April 15. 34th Annual Fontana Days Half-Marathon & 5K Run/Walk, Fontana, Calif. Caren Ware, City of Fontana Rec. Dept., 9460 Sierra Ave., Fontana, CA 92335. 714/350-7635.
April 16. La Jolla Half-Marathon, La Jolla, Calif. Breaking Forty, 3381 Yucca Ave., San Diego, CA 92117. 619/272-8316.
April 22. 6th Fastest Masters 10K, San Diego. Dale Larabee, 619/234-3054.
April 22. Chico Masters 4 Mile Run/Walk,

Chico, Calif. 40+. Deborah Powers, Enloe Hospital, 1660 Magnolia, Chico, CA 95926. 891-7411.
April 23. Big Sur International Marathon. Carmel, Calif. BSIM, P.O. Box 222620, Carmel, CA 93922. 408/625-6226.
May 7. Long Beach Marathon, Long Beach, Calif. Joe Carlson, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.
May 21. Examiner Bay to Breakers 12K, San Francisco. No age-group awards. Bay to Breakers, 110 Fifth St., San Francisco, CA 94103. 415/777-7773.
May 29. Pacific Sun 10K, (PA/TAC Championships), San Rafael, Calif. \$1600 for masters individuals & teams, plus incentive money. Total Race Systems, 627 Galerita Way, San Rafael, CA 94903. 415/472-RACE. Entry form in April issue.

NORTHWEST

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

May 7. Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters money. Sylvia Quinn, Race Director, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.
May 21. Capital City Marathon, Olympia, Wash. CCM, P.O. Box 1681, Olympia, WA 98507. 206/786-1786.
June 4. The Race 8K, Eugene, Ore. The Race, P.O. Box 11364, Eugene, OR 97440. Pat Sundqvist, 503/342-7923.
June 18. Cascade Run Off 15K, Portland, Oregon. \$3500 masters. Alisan Peters, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

CANADA

May 7. Canadian National Masters Marathon Championships (4th Annual Hamilton Marathon), Hamilton, Ontario. 25 Main St., No. 2215, Hamilton L8P 1H1. 416/522-8005.
May 13-14. Toshiba National Capital 10K (13th) & Marathon, Ottawa, Ontario. Toshiba Races, P.O. Box 426, Stn. "A" Ottawa, Ontario K1N 8V5. 613/234-2221.

INTERNATIONAL

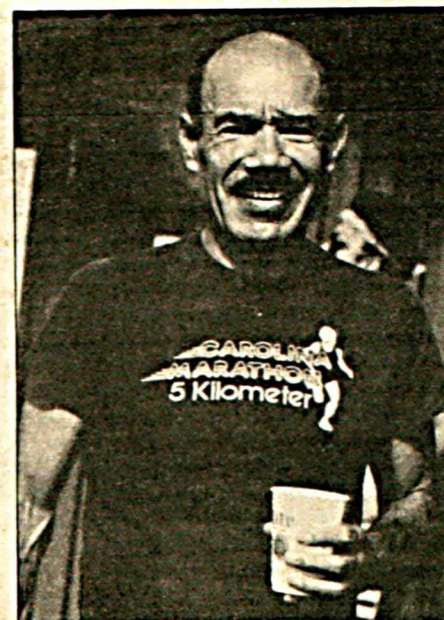
April 23. London Marathon, London, England. Marathon Tours, 108 Main st., Charlestown Dist., Boston, MA 02129. 617/242-7845.
May 13. AAA Veterans Road Relays, Birmingham, England. D. Withers, 14 College Lane, Marlbrook, Bromsgrove B60, IDW, England.
June 24-25. European Veterans Championships (10K, Marathon, 20K/30K Walk), Brugge, Belgium. Jacques Serruys, Fit Veteraan, Postbox 7, B-8000, Brugge 1, Belgium.
July 27 - August 6. VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6.

Gold Medal Dreams Jeopardized

LOS ANGELES, April 1 — Tom Jackson, who turned 40 on March 6, has been pointing for the steeplechase competition at the VIII World Veterans Championships in Eugene this summer.

But, recently, while perfecting his jumping technique in a practice session at UCLA, Jackson's rear spike clipped the top of the water barrier and he plunged headlong into nearly three feet of water.

Although struggling desperately, he



Alberto Rivas (M45, 46:37), first in his age division in The Great Aloha Run in Hawaii.

Photo by Tesh Teshima

Men 40+, women 35+. World Veterans Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

RACE WALKING NATIONAL

April 30. U.S. TAC National Masters 15K Racewalk Championships, Pomona, Calif. Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106. 818/577-2264.
July 8. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. David Lawrence, 90 Fairfield Ave., Buffalo, NY 14223. 716/833-4643.
July 10. U.S. TAC National Masters 40K Racewalk Championships, Union, N.J. Elliott Denman, 28 No. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.
July 20-23. U.S. TAC National Masters 5K/20K Racewalk Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

SOUTHEAST

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

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

MIDWEST

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

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

was going down for the third time when a passerby, coed Linda Mammery, heard his cries for help and rushed over in time to provide artificial respiration.

The good news is that Jackson will be okay after a brief period of recuperation. The bad news is that his wife, Andrea, has forbidden him to practice anywhere near Ms. Mammery, thus seriously jeopardizing Jackson's chances for success in this year's steeplechase competition. □

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

11	NICK NEWTON	24.6
12	EDWARD SMALL	24.7
13	BOB LIDA	24.7
14	LARRY COLBERT	24.7
15	WAYNE BENNETT	24.7
16	BEN ANIXER	24.8
17	SAMMY WHITE	24.9
18	CLIFFORD PAULING	25.0
19	NORMAN MOSLEY	25.2

28	RICHARD RIZZO	23.2
21	BOB COZENS	23.2
22	WILLIAM SANFORD	23.4
23	GEORGE HORTON	23.4
24	RALPH SUMMERLIN	23.4
25	DICK GLASGOW	23.5
26	EDMUND ANDRADE	23.5
27	J. C. HOFFMAN	23.5
28	PAUL WILLIAMS	23.6
29	ROY DALE LANCE	23.6
30	CHARLES DUDLEY	23.8
RANK NAME TIME		
M55-59		
1	BRUCE SPRINGBETT	24.50
2	OVIDIO de JESUS	24.55
3	NORMAN MOSLEY	25.27
4	MARION SANCHEZ	25.46
5	WAROLD MITT	25.55
6	HARRY BROWN	25.86
7	JOHN POPPELL	25.87
8	BODD KEEGAN	25.88
9	GORDON ALBURY	26.81
10	TONY NASRALLA	26.84
11	EARL FEE	26.26
12	BERNIE SMITH	26.27
13	ANDY ANDERSON	26.27

14	BOB FEASLER	26.46
15	LAURENCE PRATT	26.50
16	ED SUTTON	26.60
17	OCIE BOYERS	26.66
18	HUEL WASHINGTON	26.70
19	BILL DONNELSON	26.76
20	ALEX PAPPAS	26.80
21	JESSE G. JOHNSON	26.86
22	GORDON SEIFERT	26.89
23	BERNARD STEVENS	26.96
24	HUGH COBB	27.03
25	CHARLES RICE	27.10
26	WILL CUNNINGHAM	27.16
27	THOMAS BROOKS	27.16
28	WILL ROBINSON	27.16
29	DONALD KANE	27.16
30	ALVIN E. CLARK	27.33
RANK NAME		TIME
M60-64		
1	ROBERT S. WATANABE	26.00
2	GENE L. HARTE	26.10
3	JIM LAW	26.10
4	VERNON REGIER	26.10
5	JACK GREENHAUD	26.10
6	JOE LACEY	27.10
7	JACK GREENHAUD	27.10

8	BERT LANCASTER	27.8
9	GORDON SEIFERT	27.8
10	HAL ROBINSON	27.3
11	CLAUDE TAGGART	27.8
12	BILL MONAKER	27.8
13	CHUCK SOCHOR	27.9
14	JIM PLATIS	27.9
15	MEL LARSEN	27.9
16	STAN EGERTON	28.1
17	NORMAN BAUM	28.3

18	RICHARD KLEIN	28.50
19	RAY ARMSTRONG	28.55
20	PETER KRONBERG	28.66
RANK NAME TIME		
M63-69		
1	JAMES WARREN	27.80
2	RUDY VALENTINE	27.38
3	JOHN ALEXANDER	27.58
4	TIM MURPHY	27.54
5	PAUL SAUNDERS	27.78
6	DAVID ROHENA	28.28
7	JOHN DAVISON	28.38
8	WILLIAM BRONSON	28.35
9	LEE HIRST	28.57
10	MAX GOLDSMITH	28.84
M70-74		
1	VERNON MATTSO	29.28
2	HAYDN PARKS	29.38
3	J. WALKER PIERSON	29.39
4	ROBERT HUNT	29.53
5	JIM MANNO	29.78
6	ANDREW THOMPSON	30.00
7	FRED FOLEY	30.00
8	ROSS WALTZER	30.25
9	CECIL PAUL	30.33
10	BLAIR McEARLANE	30.33

Rank	Name	Time
M70-74		
1	PAYTON JORDAN	27.38
2	JAY SPUNSELLER	28.70
3	WILLIAM WEINACHT	28.72
4	JEFF BLOOMFIELD	29.45
5	CLARENCE WILLION	29.68
6	DON HULL	30.44
7	NAT HEARD	30.57
8	MAX PICHL	30.70
9	ALFRED GUIDET	31.08

10	BEN MACKERETH	31.18
11	DAN BULLERY	31.18
12	DAVID HALL	31.31
13	FREDERICK PRAEGER	31.37
14	HERBERT MILLER	31.91
15	ANTONIO GONZALEZ	32.22
16	ROBERT P. SORLIEN	32.38
17	DELBERT BENDER	32.31
18	MIL0 LIGHTFOOT	32.48
19	HANS WARHAS	32.58
20	BILL FAIRBANKS	32.78
RANK NAME TIME		
M75-79		
1	HARRY KOPPEL	38.00
2	ANTHONY CASTRO	31.18
3	FRED WHITE	31.35
4	GILBERTO GONZALEZ	32.28
5	BERT MORROW	32.64
6	BARRY IVERS	33.58
7	CLAUDE HILLS	33.57
8	JEREMIAH GAINES	34.28
9	ANTHONY DE NARDIS	34.84
10	LESLIE THOMAS	35.54

Continued on next page

3	MIKE McDOWELL	21.80
4	JEFF WALDO	21.90
5	SAM WILLIS	22.30
6	DARREL JOHNSON	22.30
7	JESSEE THUMAS	22.40
8	LEE POPE	22.50
9	DARYL BOVELL	22.58
10	DAVID CHERRY	22.60
11	NEIL STEINBERG	22.70
12	ROBERT JONES	22.70
13	T. J. LESTER	22.70
14	JERRY MCCORKLE	22.76
15	KEVIN MORNING	22.77

Continued on next page

Continued from previous page

RANK	NAME	TIME
M80-84		
1	BYRON FINE	34.26
2	KEN CARNINE	35.29
3	MANFRED DELIA	36.00
4	MYRON BISHOP	36.10
5	BLAIN TILL	37.00
6	SING LUM	42.40
7	CLARENCE RIGGS	42.67
8	JOHN RUST	45.00
9	ALBERT EPP	50.21
10	WILLIAM MAINE	1:06.43

RANK	NAME	TIME
M85-89		
1	ARLING PITCHER	34.10
2	KONRAD BOAS	38.30
3	HERBERT ANDERSON	38.70

RANK	NAME	TIME
M90-94		
1	HERB KIRK	58.30

RANK	NAME	TIME
F30-34		
1	LORNA MARIE BOOTHE	24.15
2	ROSALYN BRYANT	24.73
3	CATHERINE SEELEY	26.55
4	ELLEN AMIRKHAM	26.77
5	IRENE THOMPSON	26.90
6	VICKIE HEIERMAN	27.42
7	DEBBIE MANCROFT	27.45
8	CONNIE HAYES	27.50
9	A. GRIFFIN-OLIVER	27.55
10	JO ANN ANGOTTI	28.00

RANK	NAME	TIME
F35-39		
1	P. FARSTER-GILKEY	27.15
2	DONNIS C. DRUMGOLE	27.60
3	EMILY MILGRAM	27.98
4	BETTY CLAIR-SEARCY	27.98
5	SHARON OSBORNE	28.00
6	JODY MURRAY	28.43
7	HILARY GILMORE	28.83
8	MARY PALMER	28.89
9	LYNNE DIETZ	29.10
10	LOU BLOXOM	29.40

RANK	NAME	TIME
F40-44		
1	PHIL RASCHNER	25.80
2	JENNIFER PINTO	27.40
3	KATHY PIERCE	28.20
4	SKIPPER CLARK	29.40
5	CASSANDRA CLARK	29.40
6	PAMELA DUNCAN	29.92
7	ANNA MARIA THOMAS	30.20
8	LINDA SIKES	30.22
9	JOSEPHINE CROSS	30.60
10	MARTA FERREIRA	30.60

RANK	NAME	TIME
F45-49		
1	MARILYN MITCHELL	27.30
2	JAN MCCLURG	28.45
3	NADINE O'CONNOR	28.80
4	JUICY E. MACDONALD	29.30
5	JEANNE CARTER	29.56
6	MARY LUKER	29.59
7	ANNE DRAPER	30.17
8	ANNMARIE ROSENITCH	30.70
9	BARBARA STEWART	31.00
10	LINDA UPTON	31.00

RANK	NAME	TIME
F50-54		
1	IRENE OBERA	27.67
2	CHRISTEL MILLER	29.90
3	MARILYN FITZGERALD	29.90
4	ESSIE KEA	32.20
5	ANNE VANDERLEUTEN	33.06
6	LOUISE TRICARD	33.08
7	RACHEL LYGA	33.45
8	MARTI THIELMAN	33.65
9	JUNE DICKENSON	34.13
10	MARY PATTERSON	34.90

RANK	NAME	TIME
F55-59		
1	NINKI RYAN	32.29
2	SALLY STIEGELMEIER	33.39
3	MAGDALENA KUEHNE	33.99
4	JANE CLARKSON	34.40
5	DORCEAN CARMICHAEL	34.70
6	LOIS THOMPSON	34.80
7	MARJORIE MOORE	36.05
8	A. MORRIS	38.10
9	JOANNE MCMAHAN	38.37
10	MARJEAN HOLLEMAN	39.30

RANK	NAME	TIME
F60-64		
1	BETTY WHITAKER	33.77
2	PATRICIA PETERSON	34.80
3	LAVINIA HAEFELE	36.20
4	SHIRLEY DIETDERICH	36.50
5	NANCY SMALLEY	37.62
6	JEAN S. CAMPBELL	38.45
7	DOTTIE GRAY	38.80
8	ANGIE TRANHAM	40.17
9	MARY E. NORKAUER	41.69
10	MARTHA MUNOZ	41.98

RANK	NAME	TIME
F65-69		
1	LOUISE ADAMS	37.58
2	MARGARETA LAMBERT	40.10
3	LOUISE NUTTAGE	40.20
4	DOROTHY PAYNE	40.89
5	CAROL PEEBLES	41.39
6	MARIE STAFFORD	41.40
7	MARTHA PEMBRUK	42.01
8	SAMIA DORO	43.08
9	STELLA ANACKER	43.80
10	POLLY BAILEY	44.50

RANK	NAME	TIME
F70-74		
1	ETHEL C. MAYLAND	38.30
2	LUCILLE MONROE	41.00
3	EMMA WARKNE	43.08
4	MARGARET BILLS	43.60
5	MARJORIE SMITH	43.90
6	PEARL MEHL	44.47
7	C. HARRIS	44.70
8	GERIDA BERGMAN	45.70
9	SIS WARKNE	47.97
10	IRENE CRANE	53.23

RANK	NAME	TIME
F75-79		
1	POLLY CLARKE	38.02
2	MARIE UEBEL	45.20
3	VIVIAN NELSON	50.30
4	BESS JAMES	50.90
5	MABEL OTTARE	57.20
6	ELLEN JULIUS	1:13.77

RANK	NAME	TIME
F80-84		
1	ANNA WARD	57.80
2	MARILLA SALISBURY	1:17.46

1988 400m Rankings
Compiled by Larry Patz

RANK	NAME	TIME
M30-34		
1	MIKE McDOWELL	48.50
2	ELLIS LIDDELL	48.71
3	BEN JAMES	49.20
4	CLEMON PREVOST	49.60
5	BILL BURTON	49.60
6	DAVID CHERRY	50.10
7	ALEX JOHNSON	50.24
8	G. CAGLE	50.30
9	JAMES BROWN	50.30
10	DARYL BOVILL	50.50

RANK	NAME	TIME
M35-39		
1	MILTON QUALLS	50.70
2	ALEX JOHNSTON	50.74
3	RICHARD MAYFIELD	50.90
4	JAMES BONILLA	51.03
5	JESSE THOMAS	51.10
6	F. MILLS	51.10
7	WHITNEY PREVOST	51.52
8	DAVE HAGMEIER	51.60
9	BRYAN HENDERSON	51.87
10	CALVIN SAULSBERRY	51.89

RANK	NAME	TIME
M40-44		
1	SPENCER ROBINSON	52.02
2	ADRIAN STERRETT	52.06
3	ALVIN HORN	52.06
4	GEORGE CRUMMEL	52.08
5	TIM MALKUM	52.23
6	TOM MUCKERHEIDE	52.30
7	KEVIN SMITH	52.49
8	ANIBAL MONTE	52.51
9	SAM HUELL	52.80
10	KEN ELLIS	53.00

RANK	NAME	TIME
M45-49		
1	ADRIAN ROGERS	48.60
2	RALPH PENN	50.25
3	BILLY SMITH	50.30
4	DANIEL THIEL	50.90
5	MORACE HUDSON	51.20
6	AL MATTHEWS	51.60
7	PATRICK CALDON	51.95
8	BILL BLAKENSHIP	52.20
9	ELLIS MAYFIELD	52.30
10	BOB GREEN	52.40

RANK	NAME	TIME
M50-54		
1	ALFONZO WALTON	52.55
2	ETRA ABDULLAH	52.70
3	JOHN KIRKPATRICK	53.05
4	DAN RADIFF	53.24
5	RONALD McDONALD	53.30
6	STEPHEN FOSTER	53.50
7	KARL CASTOR	53.70
8	VIN AMERSON	53.89
9	DARYL KATCHER	53.95
10	JASPER ROYAL	54.00

RANK	NAME	TIME
M55-59		
1	ROBERT BOWEN	54.00
2	GEORGE WILSON	54.20
3	MORRIS MORGAN	54.20
4	ANTHONY GIBSON	54.24
5	RON MURPHY	54.26
6	WALDEN CURRY	54.30
7	EUGENE DRIVER	54.60
8	DENNIS MENNEN	54.66
9	JERRY WILLIAMS	54.70
10	CURT DUFF	54.70

RANK	NAME	TIME
M60-64		
1	STAN WHITLEY	49.20
2	MATT PRUITT	51.00
3	KEN BRINKER	51.00
4	FRANK LITTLE	51.42
5	DON PARKER	51.47
6	GEORGE W. SMITH	51.60
7	RICHARD TUCKER	52.00
8	CHARLES ALLIE	52.83
9	DENNIS DYCE	52.19
10	ROBERT MITCHELL	52.39

RANK	NAME	TIME
M65-69		
1	GLENNIE JOHNSON	50.99
2	HAROLD MORIOLA	51.49
3	FRANK LITTLE	52.38
4	MEL BROOKS	52.44
5	ROY TURNER	52.70
6	MARTYN ADAMSON	53.10
7	DENNIS DUFFY	53.15
8	STEPHEN IRELAND	53.39
9	S. FRELAND	53.96
10	ROBERT WILLIAMS	54.10

1988 800m Rankings
Compiled by Bill Benson

RANK	NAME	TIME
M30-34		
1	BENNY BROWN	1:52.7
2	KENT BURNO	1:54.8
3	NOLAN SMITH	1:56.0
4	JIM NEHLS	1:56.4
5	DAVE POTET	1:56.6
6	DAVID WARDEN	1:57.3
7	MARY KORNIG	1:57.5
8	STEVE GALLAGHER	1:58.0
9	TONY BARLOW	1:58.1
10	GREG GUSTAFSON	1:58.1

RANK	NAME	TIME
M35-39		
1	NOLAN SMITH	1:57.8
2	GORDON VALLANT	1:58.1
3	STEVE ZANDER	1:58.9
4	LUIS ISAAC	2:00.0
5	JAMES GELSONINI	2:00.2
6	STAN GOODELL	2:00.2
7	DICK PUCKERIN	2:00.3
8	ERIC PARKER	2:00.6
9	ED EBERHART	2:01.2
10	RANDY STURGEON	2:01.3

RANK	NAME	TIME
M40-44		
1	JONATHAN HABERKERN	2:01.8
2	JIM HUDSON	2:01.8
3	PETE BERNARDIN	2:01.9
4	VIN AMBRICO	2:02.0
5	ROBERT PARK	2:02.0
6	JACK HALL	2:02.2
7	ROBERT WALKER	2:02.2
8	DARYL KATCHER	2:02.3
9	KEVIN KELLY	2:03.0
10	MORRIS MORGAN	2:03.0

RANK	NAME	TIME
M45-49		
1	JIM SHANK	2:03.1
2	PETE MOGG	2:03.4
3	JIM HIEBERT	2:03.5
4	D. MOORE	2:03.6
5	DAN PETERSON	2:04.0
6	J. COLE	2:04.0
7	DAVID SALAZAR	2:04.3
8	TOM PAINTING	2:04.5
9	HERSTON HALL	2:04.5
10	J. KASPERKERN	2:04.6

RANK	NAME	TIME
M50-54		
1	RON JENSEN	1:58.0
2	GEORGE MASON	1:58.3
3	JOHN DWYER	1:58.4
4	DICK TUCKER	1:58.7
5	DON PARKER	1:58.9
6	GRAEME SHIRBY	1:59.2
7	DAVID DROPEA	2:00.3
8	CARL NICHOLSON	2:00.4
9	JIM PORTER	2:01.9
10	STEVE FARRAS	2:02.1

RANK	NAME	TIME
M55-59		
1	JIM RICE	2:02.3
2	AL SWENSON	2:02.4
3	DUSTIN MANN	2:02.7
4	WAYNE GRIPP	2:02.9
5	PAUL EDSTROM	2:03.3
6	SEARCY BARNETT	2:03.4
7	STEVE CURRINS	2:03.5
8	DON MASTERSON	2:03.5
9	GEORGE SMITH	2:03.7
10	GORDON REITER	2:03.8

RANK	NAME	TIME
M60-64		
1	JON POLBER	2:04.0
2	LINDSAY BODDEN	2:04.2
3	LEE FITZGERALD	2:04.2
4	BOB PENNING	2:04.4
5	GARY CARR	2:04.6
6	PAUL ZINK	2:04.7
7	RAY HAMMILL	2:05.2
8	DENNY HARRINGTON	2:05.2
9	DAVID SHILLING	2:05.3
10	W. REITER	2:05.5

RANK	NAME	TIME
M65-69		
1	GEORGE COHEN	2:00.2
2	HARVEY FRANKLIN	2:02.2
3	B. WINCHESTER	2:04.5
4	MAURICE McDONALD	2:05.6
5	AL McDANIEL	2:05.6
6	HARRY TOLLIVER	2:05.7
7	DENNIS TANCREDI	2:06.0
8	SAM HUCKEL	2:06.2
9	GLEN SHANE	2:10.5
10	JACK PETTY	2:11.0

1988 1000m Rankings
Compiled by Larry Patz

RANK	NAME	TIME
M30-34		
1	MIKE McDOWELL	48.50
2	ELLIS LIDDELL	48.71
3	BEN JAMES	49.20
4	CLEMON PREVOST	49.60
5	BILL BURTON	49.60
6	DAVID CHERRY	50.10
7	ALEX JOHNSON	50.24
8	G. CAGLE	50.30
9	JAMES BROWN	50.30
10	DARYL BOVILL	50.50

RANK	NAME	TIME
M35-39		
1	MILTON QUALLS	50.70
2	ALEX JOHNSTON	50.74
3	RICHARD MAYFIELD	50.90
4	JAMES BONILLA	51.03
5	JESSE THOMAS	51.10
6	F. MILLS	51.10
7	WHITNEY PREVOST	51.52
8	DAVE HAGMEIER	51.60
9	BRYAN HENDERSON	51.87
10	CALVIN SAULSBERRY	51.89

RANK	NAME	TIME
M40-44		
1	SPENCER ROBINSON	52.02
2	ADRIAN STERRETT	52.06
3	ALVIN HORN	52.06
4	GEORGE CRUMMEL	52.08
5	TIM MALKUM	52.23
6	TOM MUCKERHEIDE	52.30
7	KEVIN SMITH	52.49
8	ANIBAL MONTE	52.51
9	SAM HUELL	52.80
10	KEN ELLIS	53.00

RANK	NAME	TIME
M45-49		
1	ADRIAN ROGERS	48.60
2	RALPH PENN	50.25
3	BILLY SMITH	50.30
4	DANIEL THIEL	50.90
5	MORACE HUDSON	51.20
6	AL MATTHEWS	51.60
7	PATRICK CALDON	51.95
8	BILL BLAKENSHIP	52.20
9	ELLIS MAYFIELD	52.30
10	BOB GREEN	52.40

RANK	NAME	TIME
M50-54		
1	ALFONZO WALTON	52.55
2	ETRA ABDULLAH	52.70

Continued from previous page

RANK	NAME	TIME
1	KEN BAKER	2:05.8
2	G. JENKINS	2:06.6
3	CLIFF BEDELL	2:08.3
4	PETE RICHARDSON	2:09.4
5	MEL ELLIOTT	2:09.9
6	STEVE ODWIN	2:10.3
7	CLIFF PAULING	2:11.3
8	JOHN CONNER	2:12.1
9	MAK STEWART	2:12.5
10	BOB COZENS	2:13.9

11	K. NOEL	2:14.2
12	DAN O'CONNELL	2:14.2
13	JOSEPH KULBACKI	2:14.5
14	CLIFF CORDY	2:14.9
15	HECTOR CISNEROS	2:15.4
16	JOHN COSGROVE	2:15.6
17	DAVID LARD	2:16.6
18	JACK MEEGAN	2:18.1
19	J. BEVINS	2:18.4
20	BARRIE ALMOND	2:18.7

21	J. ERBS	2:19.1
22	BOB BANNISTER	2:19.8
23	CHARLES WIMBERLY	2:19.9
24	ROSS IRVING	2:20.2
25	BRUCE GILBERT	2:20.3
26	ART CONRO	2:21.6
27	FRED KARLIN	2:22.1
28	RENE WILLET	2:22.2
29	NORTON HOWE	2:23.3
30	G. LARRIEU	2:23.5

RANK	NAME	TIME
1	RALPH MILLER	2:09.6
2	K. NAPIER	2:17.4
3	WILLIAM COONEY	2:18.8
4	JIM SUTTON	2:19.8
5	JIM SCHIRBER	2:21.3
6	BOB CULLING	2:21.3
7	BILL GAEDKE	2:21.8
8	DR. LEE BLOUNT	2:22.1
9	CHARLES ROSE	2:22.2
10	ROSS DUNTON	2:23.6

11	IRWIN BERNSTEIN	2:23.9
12	MARSH HARADEN	2:24.9
13	CASEY JONES	2:25.5
14	BILL FOULK	2:26.9
15	LLOYD McGUIRE	2:27.4
16	BOB BROCK	2:28.3
17	TOM WHELAN	2:28.4
18	LARRY HALL	2:29.1
19	DICK DUNN	2:31.4
20	ROD LANGSTON	2:31.6

21	RON GERUGHTY	2:32.1
22	DON KANG	2:32.9
23	JIE BLOUNT	2:32.9
24	LEROY CARTER	2:34.0
25	BOYD SHUMWAY	2:34.0
26	BILL HOTTINGER	2:34.0
27	BOB HOLMES	2:34.2
28	ARNOLD NEARDON	2:34.4
29	JERRY WITHERS	2:35.1
30	D. LINDSEY	2:35.3

RANK	NAME	TIME
1	KELSEY BROWN	2:18.3
2	GUNNAR LINDE	2:24.5
3	TOM BRINTON	2:25.2
4	JACK GENTRY	2:27.6
5	ARCHIE MESSENGER	2:28.3
6	BILL McCHESNEY	2:29.4
7	D. SMITH	2:30.6
8	FRED FROST	2:32.3
9	LOUIS BEADLE	2:32.7
10	HAROLD JOHNSON	2:33.6

11	WAYNE HANSON	2:33.6
12	LOUIS SCHNEIDER	2:35.9
13	LLOYD YOUNG	2:36.4
14	J. KING	2:38.9
15	AL ESCOBOSA	2:39.0
16	LEN TRITSCH	2:39.3
17	CARL HAMMEN	2:39.8
18	E. HIRSHFIELD	2:40.7
19	WARREN WORK	2:41.0
20	AVERY BRYANT	2:41.1

21	JOHN MEES	2:41.3
22	BILL CAREY	2:41.9
23	RICHARD WIDENER	2:44.8
24	GLEN BRADD	2:45.5
25	HAROLD WILLIS	2:45.6
26	HARRY BERNDT	2:46.7
27	KARL DOWNEY	2:46.7
28	CHUCK SOCHER	2:47.1
29	RAY LISTER	2:47.8
30	G. HARTE	2:49.1

RANK	NAME	TIME
1	ARCHIE MESSENGER	2:25.5
2	JACK RICE	2:30.4
3	CARL HAMMEN	2:35.0
4	BART ROSS	2:39.0
5	ANTHONY NAPOLI	2:39.9
6	ROSS WALTZER	2:45.0
7	JOHN BOOTS	2:46.7
8	PAUL SCHMITT	2:50.2
9	ERICK DAHL	2:51.0
10	JOHN MCCARTHY	2:51.1

11	EDWARD BUCKLEY	2:52.8
12	NEWELL HEWSON	2:53.8
13	NORM HANSEN	2:54.4
14	BOB WINGO	3:00.9
15	PAUL HEIRES	3:01.1
16	DON WILGUS	3:01.5
17	LARRY JOHNSON	3:02.8
18	DAVID PAIN	3:03.6
19	ROBERT LUSSKIN	3:05.6
20	CHARLES BAUER	3:07.4

RANK	NAME	TIME
1	JAY SPONSELLER	2:34.3
2	DAN BULKLEY	2:36.3
3	NEAL EMERSON	2:59.5
4	PETE GANAH	3:00.7
5	BILL VAN FLEET	3:00.9
6	BILL FAIRBANKS	3:07.2
7	ED STOTENBERG	3:07.3
8	L. PATTERSON	3:11.1
9	DEL BENDER	3:12.5
10	CHARLES OGILVE	3:17.9

11	W. McROY	3:18.8
12	CHARLES JORGENSEN	3:19.4
13	RALPH BIRCHARD	3:22.8
14	C. BRELSORD	3:23.7
15	M. BLAKE	3:23.9
16	JERRY WIBLE	3:24.8
17	WILLIAM SHRADDER	3:28.6
18	BOB HULL	3:32.3
19	EDWARD STRAUB	3:34.7

RANK	NAME	TIME
1	SAM MONASTERO	3:23.4
2	BOB BOAL	3:25.0
3	CHEN LING WANG	3:26.8
4	HENRY ZACHMAN	3:29.8
5	HOWIE WARD	3:31.7
6	EMMET BENNETT	3:35.3
7	CALDWELL NIXON	3:40.5
8	MEHMET ZEKITAKAR	3:43.4
9	CLYDE VILLEN	3:55.1
10	TONY DE NARDIS	4:09.5

11	CHARLES ESPY	4:21.6
12	PAUL McDOWELL	4:29.2
13	IGOR STOROJEFF	4:44.0
14	W. S. WESTCOTT	5:01.6
15	P. RUMBAGA	6:43.1

RANK	NAME	TIME
1	ED BENHAM	3:09.5
2	BYRON PIKE	3:42.3
3	JOHN PIANFETTI	4:02.8
4	WILLARD BENTON	4:05.5

RANK	NAME	TIME
1	MAGGIE DRAFT	2:18.6
2	THERESA HAINES	2:24.0
3	LISA KIRSCH	2:25.7
4	LAURI SAX	2:27.5
5	LINDA GIBBS	2:27.9
6	MARY ELLEN MALLOY	2:29.0
7	MARILYN BRANDT	2:29.6
8	CATHERINE SEERLEY	2:30.4
9	MARY RUSSELL	2:30.6
10	LORI MOSCA	2:31.3

11	KAREN YAMADA	2:34.8
12	MARBY GANSE	2:37.5
13	NANCY PROST	2:37.6
14	JODY MURRAY	2:38.2
15	TINA STOUGH	2:39.0
16	DENISE ACKERMAN	2:40.4
17	SALLY KENT	2:41.4
18	KEG GOOD	2:44.5
19	SUSAN CORR	2:45.1
20	C. MEHNEBASICH	2:45.2

21	JEANETTE BURRIS	2:47.4
22	REWELINSKI	2:49.9
23	KATHIE DODD	2:51.9
24	LYDIA MCINTOSH	2:53.5
25	SHARON MURRAY	2:53.7

RANK	NAME	TIME
1	NANCY SHAPER	2:19.8
2	CAROL McLATCHIE	2:21.3
3	DEBORAH ANDERSON	2:24.3
4	LYNNE DIETZ	2:24.6
5	ANN MICHALEX	2:24.8
6	NANCY OSHIER	2:30.4
7	JANET BELL	2:33.2
8	JANINE LEE	2:33.7
9	PATRICIA DELIA	2:33.8
10	PATTY DYE	2:34.6

11	KATHY HOLMSTROM	2:34.8
12	KATE McKENNA	2:35.3
13	DEBBY STILES	2:38.2
14	ELIZABETH TRINKLER	2:39.2
15	SHARON KIDD	2:40.7
16	LORETTA MCCARTHY	2:41.7
17	DIANE SHERRER	2:46.8
18	CARLA HINAND	2:51.0
19	H. SMITH	2:55.1
20	DARLENE CONTRARIO	2:58.5

RANK	NAME	TIME
1	PATTI HURL-TUFFLEY	2:24.1
2	SUSAN HOULTON	2:28.2
3	NANCY OSHIER	2:28.5
4	ROBIN VILLA	2:33.0
5	JONI PENDLETON	2:35.4
6	I. S. SCHAUM	2:38.6
7	E. BOICE	2:39.6
8	SUSAN COMPTON	2:39.7
9	PENNING	2:40.2
10	CHRIS GERSON	2:40.9

11	BEVERLY BAUM	2:43.9
12	QUIVOZ	2:45.3
13	BARBARA BALLARD	2:45.8
14	LORRAINE DEKKERS	2:45.9
15	BONNIE TREALL	2:46.5
16	SUSAN WARD	2:47.2
17	CAROL RHODES	2:49.3
18	JOYCE MAGEE	2:50.3
19	F. FATINO	3:03.9
20	NAT DINITTO	3:06.6

RANK	NAME	TIME
1	ELAINE MATTHEWS	2:31.6
2	D. GELLSMAN	2:31.7
3	BARBARA PIKE	2:34.5
4	LINDA UPTON	2:42.0
5	MAE CLEVELAND	2:43.4
6	SUSIE HUNTER	2:43.7
7	CARRIE PARI	2:45.2
8	YVONNE RODGERS	2:45.4
9	KATY GOTTSCHALK	2:45.7
10	S. SHOCKLEY	2:46.9

11	MARY SHAVER	2:49.1
12	MARY GILLESPIE	3:00.7
13	JOAN KLOPPER	3:11.0
14	MARGARET JARAMILLO	3:17.8
15	JOAN TREBILCOCK	3:18.5

RANK	NAME	TIME
1	JEANNE HOAGLAND	2:29.3
2	JANE DODS	2:52.0
3	SUSIE KLUTZ	2:55.9
4	GRACE BUTCHER	2:57.3
5	JUNE DICKINSON	3:03.9
6	BETTY DAMERSON	3:04.5
7	BETH BROWNING	3:06.6
8	TAMI GRAF	3:15.3
9	G. LACEY	3:18.0
10	BEV LAVECK	3:18.2

11	WODECK	3:26.2
12	KAROL PERRY	3:26.3
13	CHERRIE BUTLER	3:35.0
14	DONNA JOHNSTON	3:46.4
15	JOAN GIBSON	3:52.7

RANK	NAME	TIME
1	PEGGY AINSIE	3:05.7
2	HELEN BUENE	3:07.0
3	S. STIEGELMEIER	3:16.6
4	MARCIA McCHESNEY	3:23.5
5	MARY SPECKING	3:28.5
6	BETTY BENKERT	3:42.1
7	MARY GUINN	3:59.3
8	MARY TURNER	4:01.1
9	A. DONOVAN	4:05.4
10	GLORIA SCHMIDT	4:06.2

RANK	NAME	TIME
1	NANCY SMALLEY	3:20.6
2	DOTTIE GRAY	3:26.0
3	DORLY BRECHBUHL	3:26.4
4	PEPPER DAVIS	3:29.7
5	MARY NORCHAUER	3:33.6
6	MARIE BETTS	4:08.0
7	MARGARET ROMERO	4:11.9
8	C. CHRISTO	4:13.7
9	GINNY ANDERSON	4:36.8
10	LOIS LENNARD	4:50.3

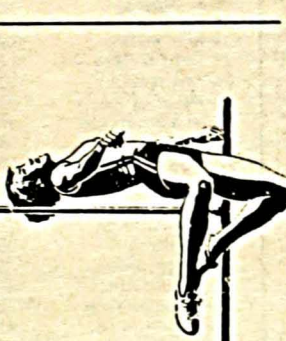
RANK	NAME	TIME
1	LORETTA SHERMAN	3:27.2
2	GERRY DAVIDSON	3:37.6
3	MARSHA TILLSON	3:55.3
4	CAROL PEEBLES	3:58.1
5	SAMIA DORO	4:02.0
6	POLLY BAILEY	4:04.3
7	MARGARET HAGERTY	4:45.3
8	B. BLANKENSHIP	4:46.7
9	ANGIE SMITH	4:49.1
10	THELMA ANDERSON	7:30.6

RANK	NAME	TIME
1	PEARL MEHL	3:46.7
2	MILLIE CREWS	4:14.2
3	EDNA BERG	4:39.2
4	FRANCES FITCH	5:00.5

RANK	NAME	TIME
1	BESS JAMES	3:58.5
2	F. PATTERSON	6:45.9

RANK	NAME	TIME
1	M. SALISBURY	6:31.7

RANK	NAME	TIME
1	MARY AMES	6:14.0

1988 High Jump Rankings
Compiled by Charles Mercurio

RANK	NAME	TIME
1	GREG HAYNIE	2:14
2	MARK WILLIAMSON	2:08
3	ED FERN	2:02
4	JEFF WATRY	1:98
5	MEL FMBREE	1:97
6	BRUCE McBARNETTE	1:97
7	GREG WEST	1:93
8	RODNEY ATHONTON	1:91
9	JIM JOHNSON	1:91
10	TONY CICCONE	1:90
11	KEN ELIS	1:90
12	LEE BRAACH	1:88
13	GENE CACCIATORE	1:88
14	GARY MURPHY	1:88
15	RON SHIELDS	1:88
16	RICH CROSEK	1:83
17	SCOTT EVANS	1:83
18	JERRY OTT	1:83
19	CHRIS POLAKOWSKI	1:83
20	TED QUIGLEY	1:83
21	TOM SCHULZ	1:83
22	JEFF RILDERBECK	1:80
23	BILL LAWSON	1:80
24	LEE WEBB	1:80
25	ROBERT DORAN	1:78
26	DON DOTHARD	1:78
27	MIKE JUSKUS	1:78
28	ALLEN PENDLETON	1:78
29	MIKE BAILEY	1:75
30	TED TIERNAN	1:75

1	REYNALDO BROWN	1.98
2	WALDEN CURRY	1.93
3	VIC TELLER	1.93

Continued from previous page

M50-54	
1 AL HENRY	12.60
2 JOHN KELLY	12.13
3 PHIL MULKEY	11.07
4 PETE STOPOULOS	10.88
5 HAIG BOHIGIAN	10.70
6 RICK SCHMIDT	10.59
7 N DELANEUVILLE	10.27
8 TOM RAGLAND	10.20
9 ONOMATOPOEIA LEG	10.19
10 DONALD RITTER	10.17
11 DAVE MARTIN	9.98
12 JAMES PETERSON	9.96
13 C NEWMAN	9.93
14 JERRY STANNERS	9.87
15 STEVE RICHMOND	9.78

M55-59	
1 DAVE JACKSON	12.67
2 PHIL MULKEY	11.28
3 DOUG McFETTERS	10.80
4 BOB ACKERMAN	10.68
5 TOM BARTENFELD	10.58
6 BERNIE SMITH	10.44
7 RUDY ENDERS	10.30
8 RICHARD HEIN	10.13
9 JERRY REISERER	9.91
10 WILLIAM CLARK	9.89
11 PAY CARSTENSEN	9.69
12 TONY NASRALLA	9.62
13 BILL BUTTERWORTH	9.37
14 ELLI BARKAN	9.28
15 BILL COLE	9.21

M60-64	
1 BUCK BRADBERRY	10.58
2 DENVER SMITH	10.10
3 FREDERIC HIRSAM	9.75
4 CHUCK OLSON	9.48
5 JIM MATHERS	9.40
6 EDMUND SCHULER	9.35
7 KARL PAVASARS	9.30
8 BILL TOWNSEND	9.26
9 HARRY GUTH	9.25
10 KURT HERING	8.82
11 MAX GOLDSMITH	8.54
12 ED THORPE	8.47
13 BUYRAL MADAN	8.41
14 JACK DOORLAY	8.16
15 DENNIS WILKIE	7.65

M65-69	
1 ED LUKESN	10.78
2 TOM PATSALIS	9.79
3 DAVE BROWN	9.21
4 TOM KENNEL	9.18
5 JIM JOHNSON	9.11
6 VERN MATTSON	8.97
7 FRANK BOWLES	8.84
8 ART OBOKATA	8.84
9 CHARLES MERCURIO	8.74
10 BILL CARTER	8.21

M70-74	
1 ROBERT SORLIEN	9.21
2 IAN HUME	8.88
3 JOHN DAMSKI	8.48
4 LEWIS HAYDEN	8.41
5 BILL MORALES	8.37
6 MAX PICKL	8.35
7 HERB MILLER	8.24
8 JOSEPH BROADBENT	7.70
9 BOB OGLE	7.70
10 JOHN SATTI	7.52

M75-79	
1 CLAUDE HILLS	7.90
2 FRED WHITE	7.84
3 RUDOLF NILSEN	7.56
4 JOE CARUSO	7.42
5 KARL TREI	6.63
6 ERNEST NERO	5.78
7 ART VESCO	5.69
8 AL NELLIS	5.47
9 JOE McCLUSKEY	5.35
10 HENRY ZACHMAN	5.13

M80-84	
1 WIN McFADDEN	6.49
2 BOR ULSH	5.71

M85-89	
1 HERB ANDERSON	6.10
2 ARLING PITCHER	4.86

M90-94	
1 P McGINNIS	9.73
2 MARYBRY GANLEY	8.87
3 MARY MALLOY	8.13
4 MARY COLES	6.85
5 NANCY LACHUISA	6.54

M95-99	
1 FARSTER-GILKEY	9.15
2 JUDY SIELSKI	8.98
3 FLORENCE WIGGINS	8.88
4 BETH McBRIDE	8.75
5 NANCY OLIVEIRA	8.24
6 CLARA SILVER	7.91
7 KATHERINE McKENNA	7.78
8 PAT BROWN	6.70

M40-44	
1 PHIL RASCHKE	10.78
2 KATHY PIERCE	9.56
3 LIZ McBLAIN	9.38
4 ANN WHITEHEAD	7.73
5 BEA RANDALL	4.70

M45-49	
1 A HIEMSTRA	8.63
2 BECKY SISLEY	8.26
3 KAREN WRIGHT	7.73
4 ANN CARTER	7.62
5 BARBARA STEWART	7.62
6 MARCIA PRZYBYLA	5.50

M50-54	
1 CHRISTEL MILLER	8.37
2 BETTY NORTON	4.91

M55-59	
1 MAGDALENA KUEHN	8.41
2 SHIRLEY KINSEY	6.01
3 MARJ MOORE	4.68
4 MARY CAUCICHI	3.88

M60-64	
1 BERNICE HOLLAND	7.11
2 JOSEPHINE SULLI	6.70
3 JEAN CAMPBELL	5.64
4 CORAL BENNETT	4.78

M65-69	
1 ERNESTINE YEOM	4.93
2 RUTH BOLIN	2.71

M80-84	
1 FLOSSIE JOHN	1.54



1988 Discus Rankings Compiled by Phil Brusca

M30-34	
1 John Gamble	177-2
2 R Meidle	160-1
3 Mike Bailey	152-11d
4 Lee Webb	150-8d
5 Gary England	145-1
6 Tony Ciccone	140-0
7 Scott Bull	136-9
8 Jim Tillotson	136-5
9 B Hartman	136-4
10 Richard Gorbet	136-2

11 Charlie Thiret	135-2
12 --- Sebert	131-8
13 D Carline	131-3
14 Jeff Baty	130-7
15 Andy Miller	129-9p
16 Steve Kaye	128-7
17 Bill Lawson	128-5
18 Ira Gorbet	128-1
19 Justice Dorsett	126-3
20 Joe Vilella	126-1
21 Steve Collier	125-5
22 Gary Schmidt	124-4
23 John Kalnas	124-1
24 Billy Hogans	123-5
25 Tom Talbot	122-8
Charles Packard	122-8
27 B Osborn	122-2
28 Rod Atherton	120-1
29 David Harvey	119-0
30 John Finnegan	118-11

M35-39	
1 Alfred Diezi	170-1
2 Frank Reilly	169-8
3 Dennis Umshler	164-9
4 Barry White	159-10
5 Roger Kamla	156-2
6 Tim Williams	155-9
7 Mark Dupuis	155-8
8 Mike Deller	153-1
9 Paul Corrigan	152-1
10 Barry White	149-6

11 Estean Lenyoun	144-5
12 Russ Reabold	143-10
13 Henry Kalnas	140-3
14 Norm Bower	134-9
15 Don Morrison	134-0
16 B Waterbury	132-6
17 T Martinez	129-0
18 Pat Burns	128-4
Ed Clark	128-4
20 G Schmidt	126-7
21 Kevin Wallace	125-2
22 Mark Salzman	121-6d
23 John McCree	120-11
24 Bob Green	120-6
25 Joe Klein	120-1
26 Gary Kelmenson	117-10
27 Kevin Bennett	116-11
28 --- Readman	115-8
29 Lane Herber	115-3
30 Pete Stockunas	115-0

M40-44	
1 John Powell	203-4
2 Jim Reardon	163-5
3 Frank Reilly	156-8
4 Chuck Chapin	147-6
5 Mike Grisko	147-2
6 Ed Hill	145-7
7 John Abbott	141-1
8 B Mead	136-11
9 Grant Tadmam	136-9
E Arroyo	136-9

11 Correlius McCormick	134-1
12 Rex Harvey	133-1p
13 Norm Bower	130-5
14 R Vlaadingerbrook	129-2
15 Gary Tocke	129-0
Sid Truckenbrad	129-0
17 Al Neville	128-3
18 Jim Kirkpatrick	127-9
19 Jim Crawford	124-7
20 George Mirka	124-1

21 W Scarola	121-11
22 Hilary George	121-8
23 Glenn Sasser	120-7
24 Dave Stebing	120-0
Rich Omiecinski	120-0
26 John Roehr	119-11
27 Bill Walsh	119-3
28 Bill Mauck	118-5
29 G Kuhnke	118-2
30 J Kasperski	118-1

31 Nick Nichols	117-10
Jerry Bennett	117-10
33 --- Woosencraft	117-9
34 Bob Kester	117-5
35 Steve Leuchtmann	117-1
36 Steve Kiser	116-9
37 Glen Weaver	116-4
John Roehr	116-4
39 Phil Martinez	116-0
40 Ron Cross	115-9

M45-59	
1 Lloyd Higgins	168-4
2 Larry Pratt	152-3
3 Richard Hotchkiss	147-0
4 Ed Hill	146-10
5 Tom Gage	146-6
6 Eulogio Arroyo	142-9
7 John Gambill	137-10
8 Ron Miller	137-3
9 Steve Rogers	133-6
10 Robert Reuss	132-6
11 Gene Harris	131-6
12 Mike Woodward	130-4
Carl Wallin	130-4
14 Virgil Johnson	123-7
15 Bob Harvey	122-11
16 Mike Harrington	118-8p
17 Tom Cronan	118-4
18 --- Mooney	117-8
19 Harry Schwarze	117-3
20 George Davies	115-7

21 Brian McEnna	115-6
22 Ken Brink	115-3
23 C McCormick	114-10
24 J Salovaara	114-5
25 K Mayer	114-2
26 Jerry Arline	112-9
27 Joe Myers	112-5
28 Jim Fagan	112-1
29 Mike Valle	111-7
30 Carl Klehm	109-4

M50-54	
1 Al Oerter	191-9
2 Bob Humphreys	166-4
3 Martin Kintish	154-11
4 Phil Brady	152-11
5 Jim Hart	152-5
6 John Ross	149-11
7 Steve Holmes	146-1
8 Allan Brown	145-10
9 Phil Scudieri	142-9
10 James Rothrock	142-0

11 Henry Wright	139-11
12 Neil Saling	137-6
13 Dennis Reitz	135-10
14 Jack Gilmore	134-1d
15 Gary Miller	133-9d
16 Bill Bolton	132-6
17 Henry Davenport	131-5
18 Hal Smith	129-8
19 Tom Wesselsowski	129-6
Dave Morris	129-6
21 Jim Lindsay	129-4
22 J Steitle	129-3
23 John Mueller	129-0
Bob Warren	129-0
25 Frank Frye	126-11
26 Ed Oleata	125-5d
27 Jay Edwards	125-5
28 Everett Hardy	125-1
29 Tom Henderson	122-6
30 Stan Zak	121-9

31 --- Haugo	120-7
32 --- Harvey	120-3
33 Frank Carson	120-1
34 Tom Smith	119-8
35 C Klehm	119-4
36 Gene Hendrix	119-1
37 Fred Cechl	118-0
38 S White	116-11
39 R Bredenbeck	116-8
40 Tom Ragland	116-1

M55-59	
1 Wendell Palmer	182-0
2 Perry O'Brien	156-2
3 D Gonzalez	153-0
4 Len Olson	142-8
5 Ed Van Pelt	142-6
6 Martin Kintish	140-6
7 Phil Mulkey	137-1d
8 Harry Hawke	132-9
9 J Erickson	130-6
10 James Rothrock	129-0

11 William Garrahan	128-3
12 H Humphries	125-10
13 Randy Cooper	121-10
14 Lloyd Shumway	120-8
15 Tom Henderson	117-9
16 Hal Wallace	115-9
17 Bob Flaherty	115-5
18 Jerry England	112-6
19 --- Pike	111-9
20 Richard Straub	111-2

21 Ed Martin	108-10
22 Ted Wassam	108-9
23 Zamir Bavel	108-5
24 Jackson Tovell	108-0
25 Paul Winecki	106-6
26 G Swankhouse	106-3
27 Warren Jackson	106-2
28 Dave Douglass	105-8
29 Dick Kennerly	105-1
30 Darrold Skartvedt	105-0

M60-64	
1 Bob Richards	152-10
2 Phil Brusca	150-1
3 Bill Bangert	146-5
4 Hal Wallace	144-8
Del Pickarts	144-8
6 D Smith	138-5
7 Bob Seligman	137-11
8 A Gaynor	137-9
9 James Gilchrist	137-6
10 Herb Cantor	135-2

11 Cliff Sampson	134-11
12 Art Jaago	133-11
13 Mike Orlich	129-2
14 Don Reid	128-3
15 J Vann	127-5
16 K Pavaasars	126-1
17 Jacob Stein	122-6
18 Bill Carter	122-3
19 D Halle	122-0
20 Robert Hewitt	121-1
21 Harvey Williams	120-8
22 Stan Weber	120-4
23 Helmut Lang	119-6
24 Joe Paulsen	117-1
25 Sam Griffith	116-7
26 Robert Chotoff	116-2
27 Jim Cordial	115-8
28 Henno Keskkula	114-13
29 Richard Nordquist	114-6
30 A Jackson	114-0

31 E Holmes	113-11
32 Scott Herman	113-8
33 Don Tavalacci	112-8
34 Chuck Olson	112-6
35 Roy Wigginton	111-2
36 Bob Sieben	109-11
37 Jack Haefele	109-7
38 Hal Buck	109-3
39 R Hassman	108-6
40 Don Henry	107-1

M65-69	
1 Dan Aldrich	150-7
2 Mike Castaneda	136-6
3 Hy Booth	130-9
4 Floyd Simmons	130-2
5 Bob Stone	127-1
6 S Sadowski	125-11
7 Bob Morcom	119-8
8 Bob Hunt	119-8
9 John Allen	115-8
10 Gordon Nordgren	114-7
11 Armando Ricciardi	114-6
12 Arnold Scott	114-0
13 Ray Rupelli	112-10
14 Jacob Stein	112-7p
15 Arvids Zakis	111-9
16 Seymour Lampert	110-3
17 Bill Bandle	108-10
18 Myron Dover	108-8
19 Quinto Merlo	108-3
20 Jim Minah	108-1

21 Bill McIntyre	107-0
22 H Huseny	105-6
23 Mark Neuman	104-5
24 Ron McCloy	102-11
25 Lyle Ludwig	102-5
26 Ken Wheeler	102-0
27 William Russo	99-4
28 Jim Sullenger	98-5
29 Tom Kennell	97-8
30 Ralph Williams	96-3

M70-74	
1 Dan Aldrich	138-4
2 Hy Booth	128-10
3 Elmer Shaw	125-10
4 Tom McDermott	121-10
5 Manuel White	120-2
6 Bill Morales	113-10
7 Ham Morningstar	107-2d
8 Jerry Siefert	104-8
9 Joe Sanz	104-6
10 Bill MacMurray	103-10

11 Hal Cronkhite	102-6
12 Nat Ward	96-2
13 Gerald Cyewski	93-2
14 Don Hull	92-11
15 Francisco Colon	91-1
16 George Frushour	90-3
17 Eugene Wood	89-4
18 Bruce McDonald	88-5
19 R Mack	87-7
20 Clarence Trahan	85-4

M75-79</

Continued from previous page

M50-54	
1 Larry Stuart	215-9
2 Bill Duckworth	181-6
3 Phil Conley	176-7
4 Gary Miller	169-7p
Steve Holmes	169-7
6 Bob Darling	161-6
7 Bob Youngs	153-4
8 James Rothrock	150-1
9 Phil Scudieri	149-9
10 Don Rose	148-1
11 --- Zalig	136-8
12 Hal Smith	136-3
13 Dave Clark	135-10
14 Jack Gilmore	134-10p
15 William Houck	134-6
16 M Adamson	134-4
17 D Reitz	133-0
W Tucker	133-0
19 Frank Skvarek	126-0
20 C Bolton	124-6
M55-59	
1 James Rothrock	151-4w
2 Jack Shields	150-9n
3 Randy Cooper	145-10
4 Wendell Palmer	134-9
5 Ed Martin	134-8
6 Phil Mulkey	133-8
7 Bob Flaherty	130-8
8 David Norton	125-8
9 Len Olson	123-2
10 Bill Mondell	119-6
11 Chuck Coutts	115-7
12 Darrold Skartvedt	115-4d
13 Richard Straub	114-6
14 Nils Parma	114-1
15 Marty Kintish	109-4
16 Rich Richardson	107-4
17 Jerry Reiserer	106-9
18 Mark Richards	105-0
19 Alan Cohen	103-9
20 Dave Douglass	103-8d
M60-64	
1 Del Pickarts	184-6
2 Phil Brusca	140-10
3 Bob Roemer	134-0
4 Hal Wallace	122-8
5 Bob Richards	121-7
6 Herino Keskkula	120-7
7 Harvey Williams	119-10
8 Richard Bergenback	118-5
9 Jacob Stein	116-6
10 Richard Klein	110-9
11 William Daprano	110-2
12 Dick Nordquist	109-9d
13 Denver Smith	109-5
14 Roy Wigginton	107-9
15 E Holmes	106-3
16 Don Tavalacci	104-6
17 Herb Cantor	104-2
18 Hank Galeotti	103-10
19 Stan Weber	102-8
20 R Schumann	101-8
M65-69	
1 Floyd Simmons	141-8
2 Boyd Porch	131-5
3 Bernard Brown	127-4
4 Ed Lukens	125-11
5 Tony Lombardi	123-6
6 Gordon Nordgren	122-5
7 Charles Obye	120-3
8 W McIntyre	111-9
9 Arnold Scott	110-7
10 Bob Stone	107-8
11 Alden Bryant	106-0
12 Jacob Stein	104-10
13 Armando Ricciardi	104-3
14 Ed Hoff	103-1
15 George Hoferer	102-5
M70-74	
1 Bill Morales	148-1
2 Manuel White	119-10
3 Jerry Siefert	119-8
4 Francisco Colon	108-5
5 Bruce McDonald	105-10
6 Marv Bank	102-11
7 Ham Morningstar	102-5
8 Bill Eipel	99-8
9 Elmer Shaw	99-7
10 Milo Lightfoot	94-1
11 Gerald Thompson	93-9
12 C Christy	93-2
13 Don Hummel	92-5
14 Bill MacMurray	91-10
15 Chuck McMahon	90-8
M75-79	
1 Bill Eipel	99-10
2 Ward Parker	91-10
3 Don Hummel	91-8
4 Jack Wood	86-6
5 Jack Angelman	85-5
Gil Gonzalez	85-5
7 Claude Hills	84-1p
8 Joe Nawrocki	76-6
Ed Bost	76-6
10 Leon Joslin	75-8
M80-84	
1 Ken Carmine	86-9
2 Bob MacConnaghy	81-11
3 Almand Coleman	70-10
4 A J Puglizevich	68-7
5 F Furniss	62-6
6 Alford Sealey	60-6
7 Vern Kennedy	53-3
8 Earl Salisbury	51-0
9 Fred Miller	50-11
10 Wallace Crews	44-11

M85-89

1 Herb Anderson	61-7
2 Buell Crane	57-4
3 Arling Pitcher	51-0
4 Ed Hosack	38-0
M90-94	
1 Richard Hallmark	17-8
M95+	
1 Collister Wheeler	46-10
M30-34	
1 Sheila Carpenter	165-10
2 Lynne Dunton	146-10
3 Vicki Johnson	106-4
4 Jo Ann Angotti	92-9
5 K C Frogge	85-0
6 Annie Felsman	77-8
7 Leona Helvey	76-8
8 Keg Good	67-5
9 G Contreras	65-1
10 Donna Sayers	61-8

M35-39

1 Barbara Friedrich	138-1
2 Joan Stratton	116-2
3 Barbara Butler	89-0
4 Judy Harrison	75-1
5 Lorraine Green	73-4
6 L Sills	73-3
7 Judy Sielski	65-6
8 Pat Brown	59-11

M40-44

1 Lurline Struppeck	139-3
2 Sharon Huddleston	94-1
3 Kathy Pierce	93-11
4 Phil Raschker	55-6
5 Anne Whitehead	49-8
6 Bea Randall	48-10
7 Caroline Richards	46-10

M45-49

1 Fran Conley	100-5
2 Brenda Bloomfield	84-5
3 Becky Sisley	82-3
4 Barbara Stewart	65-5
5 A Golowash	62-4
6 Laurie Rothrock	61-2
7 Patti Smith	60-4
8 Sandy Pashkin	56-3
9 Rose Schlewitz	53-5
10 A Boyle	45-9
M50-54	
1 Christel Miller	103-0
2 Marj Laney	92-11
3 Rachel Lyga	91-4
4 June Meyer	87-4
5 Joan Anderson	84-5
6 Joan Youngs	71-10
7 Anne Cirulnick	63-9
8 Edna Hyer	61-7
9 Cindy Fulenwider	61-6
10 Tami Graf	58-8

M55-59

1 Joan Dash	87-6
2 Sally Polk	75-4
3 Sharon Sahonchik	73-1
4 Magdalene Kuehne	60-0
5 June Jordan	55-1

M60-64

1 Bernice Holland	83-2
2 Shirley Dietrich	73-10
3 Pat Osmon	65-5
4 M Norckauer	53-6
5 Mary Jane Miller	51-7
6 Aide Amoroz	50-11
7 Carol Bennett	50-10
Jimmie Reid	50-10

9 T Ricciardi

49-11	48-2
M65-69	
1 Elizabeth Hagemann	63-8
2 Pearl Auerbach	60-7
3 Maybelle Cage	48-7
4 Denise Rogers	44-9
5 Carla Convery	43-5
6 Johnnie Bryant	35-5
7 Georgia Cook	35-4
8 Harriet Sargent	33-11
9 Ruth Talley	29-11
10 Mary Fishback	29-5
M70-74	
1 Helen Stevens	67-8
2 Rose Rustin	57-5
3 Ethel Mayland	33-0
4 Gerida Bergman	32-10
5 Millie Crews	30-0
6 T Bucacci	27-0

M75-79

1 Edyth Mendiya	59-11
2 Sylvia Schwartz	48-9
3 Marie Uebel	42-3
4 Claire Vieth	38-2
5 Berta Gray	34-11
6 Ruby Wilson	25-0

M80-84

1 Marilla Salisbury	22-11
---------------------	-------

INTERNATIONAL**1988 United Kingdom
Long Distance Rankings**

5 Mile Men 40+	24:18
Shel Cowles	

Alun Roper	24:30
Tony Simons	24:35
Peter Jones	24:40
Ernie Cunningham	24:41
10K Men 40+	
1 Harry Clague	30:06
2 Mike Hurd	30:20
3 Alan Rushmer	30:23
4 Ernie Cunningham	30:23
5 Peter Jones	30:26
6 Alun Roper	30:31
10K Women 35+	
1 Paula Fudge	32:44
2 Anne Ford	33:44
3 Priscilla Welch	33:57
4 Glynis Penny	34:11
10 Mile Men 40+	
1 Shel Cowles	49:57
2 Andy Holden	50:07
3 Tony Keller	50:13
4 Harry Clague	50:15
5 Pete Jones	50:21
6 Ernie Cunningham	50:32
10 Mile Women 35+	
1 Priscilla Welch	55:38
2 Paula Fudge	56:10
3 Glynis Penny	56:27
4 Rose Ellis	54:24

Half-Marathon Men 40-49	
1 E Cunningham	65:13
2 S Cowles	66:12
3 P Jones	66:57
4 M Hurd	67:02
5 T Davies	67:09
6 M Green	67:29
7 B O'Neil	67:29
8 D Cardwell	67:36

Marathon Men 40+	
1 Mike Hurd	2:21:09
2 Eddy Lee	2:23:15
3 Alastair Kean	2:23:49
4 Les Davies	2:24:46
5 Barry Peatfield	2:26:31
Women 35+	
1 Paula Fudge	2:29:47
2 Anne Ford	2:30:38
3 Priscilla Welch	2:30:58
4 Glynis Penny	2:36:49

Men 50-59

1 Taff Davies	67:09
2 Ron Grove	69:44
3 Cyril Leigh	70:42
4 J O'Brien	70:48
5 Peter Miller	72:47
6 J Baldwin	73:56
Men 60+	
1 Eddie Kirkup	78:20
2 Keith Fotherby	85:08
3 Max Jones	85:50
4 D Yeatsley	86:53
Women 45-49	
1 Paula Fudge	71:37
2 Anne Ford	72:16
3 Lorna Irving	73:26
4 Bronwyn Cardy-Wise	74:43
5 R Ellis	75:55
6 G Penny	75:59
7 C Price	76:30
8 C Kilkenny	77:49

Women 50+

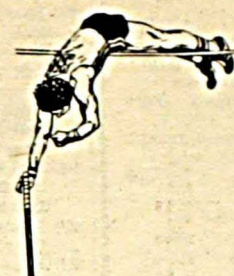
1 Brenda Cook	1:33:11
2 Penny Fletcher	1:33:35
3 Pam Jones	1:36:13
4 M Ansley	1:37:16
5 J Ross	1:37:44
6 J Locking	1:38:06

Marathon Women 40+

1 Mike Hurd	2:21:09
2 Eddy Lee	2:23:15
3 Alastair Kean	2:23:49
4 Les Davies	2:24:46
5 Barry Peatfield	2:26:31

— from Martin Duff
of Athletics Weekly

10TH ANNUAL MASTERS TRACK & FIELD MEET 1989

**SPONSOR:**

REDLANDS - EVENING KIWANIS CLUB

DATE AND TIME:

Saturday, June 3, 1989 beginning at 9:30 a.m.

PLACE:

UNIVERSITY OF REDLANDS STADIUM - Directions: Coming from the west on I-10, exit University off-ramp. Turn left on University, and proceed to second stop sign which is Brockton Ave. Stadium is to your right on the north-east corner. Coming from the east on I-10, exit Cypress Ave. Turn left at Cypress, and proceed two blocks to University Ave. Turn right on University, proceeding through signal light at Citrus, onto the second stop sign, where the stadium will be on your right (northeast corner).

Park only in the parking lots on either east or west side of the stadium, or on the street, north side of Brockton.

DIVISIONS:

5 year age groups, men and women; i.e. 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+

ENTRY FEES:

\$10.00 for the first event; \$5.00 for each additional event. LATE ENTRY FEE: \$3.00.

Make checks payable to: Redlands-Evening Kiwanis Club.

check and entry application to:

Dennis Farhar, 904 Everon Ct., Redlands, CA 92374

PROCEEDS ABOVE COSTS OF EVENT, WILL GO TO KIWANIS COMMUNITY PROJECTS.

ENTRY DEADLINE:

May 27, 1989

AWARDS:

Medals will be awarded to all first, second, and third places, for men and women, each individual event. There will also be several door prizes awarded.

FACILITIES:

440 yard crushed brick track. Should use 1/2 inch spikes. Concrete rings except javelin (grass runway). Dressing facilities and showers available (please bring your own towels). Concession stand will be open under the south grandstand. Track and facilities in excellent condition.

T-SHIRTS & HATS:

Kiwanis T-Shirts and Hats will again be available. T-Shirts cost \$4.00 with entry fee; \$6.00 for each additional shirt. Hats cost \$1.50.

***** TIME SCHEDULE *****

RUNNING EVENTS			FIELD EVENTS			FIELD EVENTS CONTINUED		
9:30 a.m.	5,000 M Run	All ages M & W	10:00 a.m.	Hammer	All Divisions	1:00 p.m.	Shot Put	M-60-64; 65-69; 70-74; 75-79; 80+
10:15	5,000 M Racewalk	All ages M & W	10:00 a.m.	Javelin	All Divisions	1:00 p.m.	Long Jump	M-50-54; 55-59;
10:45	1,500 M	All ages M & W	10:00 a.m.	Pole Vault	All Divisions	1:00 p.m.	Discus	M-40-44; 45-49
11:15	Masters Mile Run *	All ages M & W	10:00 a.m.	Triple Jump	All Divisions	2:00 p.m.	Shot Put	M-50-54; 55-59
11:45	110 M Hurdles	All ages M	11:00 a.m.	High Jump	All Divisions	2:00 p.m.	Long Jump	M-60-64; 65-69; 70-74; 75-79; 80+
12:15 p.m.	400 M	All ages M & W	12:00	Shot Put	W-All; 30-34; 35-39M	2:00 p.m.	Discus	W-All; M-30-34; 35-39
12:35	100 M	All ages M & W	12:00	Long Jump	M-40-44; 45-49	3:00 p.m.	Shot Put	M-40-44; 45-49
12:55	800 M	All ages M & W	12:00	Discus	M-60-64; 65-69; 70-74; 75-79; 80+	3:00 p.m.	Long Jump	W-All; M-30-34; 35-39
1:15	400 M Hurdles	All ages M				3:00 p.m.	Discus	M-50-54; 55-59
1:35	200 M	All ages, M & W						

* New Event - This Year

***** OFFICIAL ENTRY FORM (Note: If needed, copies of this form O.K.) *****

NAME _____ ADDRESS _____ PHONE _____

MALE _____ FEMALE _____ AGE AS OF JUNE 3, 1989 _____

EVENTS ENTERED

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____

T-SHIRT, W/ENTRY (\$4.00) _____ ADDITIONAL T-SHIRTS (\$6.00) _____ HATS (\$1.50) _____

TOTAL REMITTANCE _____

SIGNATURE _____

Make check payable to: Redlands-Evening Kiwanis, and send to: Dennis Farhar, 904 Everon Ct., Redlands, CA 92374.

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

EAST

Greater Rochester TC Meet Rochester, NY February 5

45m		
M30 Al Walton	5.3	
Chris Downs	5.7	
Skip Lyon	6.4	
M40 A LaFromboise	6.1	
W30 Becky Deless	7.3	
W40 Kathy Pierce	6.8	
200m		
M30 Al Walton	24.5	
Peter Dipirro	26.7	
Ken Rasmussen	27.8	
M40 John Hopf	27.0	
Jack Lyda	27.3	
A LaFromboise	28.0	
W40 Kathy Pierce	30.1	
400m		
M30 Peter Dipirro	57.8	
Ken Rasmussen	60.3	
M40 John Hopf	60.4	
A LaFromboise	60.8	
W40 Kathy Pierce	67.0	
3000m		
M30 Eric Frieden	9:49	
M40 Jim Palmeri	10:45	
Tom Carr	12:01	
High Jump		
M50 Don Ritter	4-2	
Long Jump		
M30 Al Walton	19-5 1/2	
Skip Lyon	16-8	
M40 A LaFromboise	15-10	
W30 Becky Deless	10-11	
Shot Put		
W30 Becky Deless	21-7	
W40 Kathy Pierce	30-7 1/2	

Greater Rochester TC Meet Rochester, NY February 19

45m		
M30 Ray Panik	6.1	
Skip Lyon	6.7	
M40 Harry Luke	6.4	
M60 Howard MacMillan	6.7	
W30 Becky Deless	7.2	
W40 Barbara Stewart	6.8	
300m		
M30 Peter DiPerro	41.5	
R Panik	43.7	
M40 John Hopf	42.5	
H Luke	45.1	
500m		
M30 P DiPerro	1:14	
M40 John Hopf	1:19	
Jim Palmeri	1:24	
M60 H MacMillan	1:33	
3000m		
M30 Joe Contario	9:00	
Mike Hoban	9:06	
Tom Painting	9:32	
M40 J Palmeri	10:49	
H Luke	12:55	
High Jump		
M30 Skip Lyon	5-2	
Long Jump		
M30 S Lyon	18-0	
W30 B Deless	11-9 1/2	
W40 Barb Stewart	12-2	
Shot Put		
M60 H MacMillan	29-1 1/2	
W30 B Deless	20-8 1/2	
W40 Barb Stewart	21-8 1/2	

West Penn TC Indoor Championships Slippery Rock, PA January 20

60yH		
M30 Horace Hudson	8.6	
Gene Hoffman	8.6	
Bill Werling	10.2	
M40 Barry Kline Sr	9.3	
M50 Grover Coates	9.2	
M60 Denver Smith	9.5	
Fred Hirsimaki	10.8	
Dick Cavicchi	12.0	
50y		
M30 Bill Werling	6.1	
Rod Wilson	6.1	
Horace Hudson	6.2	
M40 George Smith	6.3	
Barry Kline Sr	6.4	
Bob Slosouk	6.5	
M50 Paul Dorsey	5.9	
Grover Coates	6.1	
Paul Williams	6.2	
M60 Ray Bower	6.8	
Denver Smith	6.8	
Rich Turner	6.9	
M70 Don Ernst	8.8	
W50 Jolene Ross	8.5	

220y		
W50 J Ross	37.5	
300y		
M30 Horace Hudson	35.6	
Rod Wilson	36.4	
Larry Finley	36.9	
M40 George Smith	38.0	
M50 Grover Coates	37.4	
Paul Williams	39.3	
Merle Smith	53.4	
M60 Ray Bower	42.7	
440y		
W50 J Ross	1:29.2	
Mary Cavicchi	2:12.2	

600y		
M30 H Hudson	nta	
M40 G Smith	nta	
M50 G Coates	nta	
M60 Buzzy Hood	nta	
880y		
W30 Cheryl Silverio	2:36.6	
W50 M Cavicchi	4:58.8	
1000y		
M30 Gary Ruozzi	2:29.8	
Bob Thomas	2:39.5	
Don Plunkett	2:39.5	

M40 Jeff Gerson	2:51.5	
M50 Ralph Ross	2:54.9	
Merle Smith	3:29.3	
M60 B Hood	3:43.3	
Dick Cavicchi	4:01.6	
Mile		
M30 Dick Cromley	4:45	
Don Plunkett	4:59	
Charles Woods	5:00	
M40 Jim Waldorf	5:08	
Jim Caskey	5:40	
Bob Slosnik	5:52	
M50 R Ross	5:17	
Charlie Hall	6:31	
M60 Fran Albaugh	6:37	
B Hood	7:04	
Frank Malick	7:36	
W30 C Silverio	5:31	
W50 J Ross	7:27	
M Cavicchi	10:16	

2 Mile		
W30 C Silverio	11:45.2	
Cynthia Sanchas	13:44.8	

High Jump		
M30 Bill Werling	5-7 1/2	
Gene Hoffman	5-1	
Joe Silverio	4-9	
M40 Barry Kline Sr	5-5 1/2	
Al Ray	5-1	
Jack Thornton	4-11	
M50 Paul Dorsey	5-5 1/2	
Grover Coates	4-2	
M60 F Hirsimaki	4-7	
D Smith	4-7	
D Cavicchi	3-10	
M70 Charles Hirshey	2-6	

Pole Vault		
M40 Allen Ray	8-0	
M60 Denver Smith	8-6	
Long Jump		
M30 Bill Werling	19-1	
J Silverio	16-3/4	
Steve Bence	13-11 1/2	
M40 Allen Ray	19-1	
Jack Thornton	16-9 3/4	
John Sloan	12-4	
M50 Grover Coates	16-1	
Dick Edmunds	15-1	
M60 D Smith	15-5 1/2	
F Hirsimaki	14-9 3/4	
D Cavicchi	13-3 1/2	
M70 C Hirshey	7-6	

Shot Put		
M40 Norm Bower	39-5	
Jim Pauli	37-6	
A Ray	36-1 1/2	
M50 Dick Mann	36-2 3/4	
G Coates	26-1 3/4	
M60 D Smith	38-3 1/2	
F Hirsimaki	38-3/4	
M70 C Hirshey	28-7 1/2	
W40 Jackie Martin	24-9	
W60 Bernice Holland	30-5 1/2	
35# Weight		
M30 S Bence	22-0	
M40 N Bower	46-3 1/2	
Jim Pauli	43-2 1/2	
A Ray	34-7	
M50 Dick Mann	35-1	
G Coates	23-8	
M60 F Hirsimaki	18-9	
M70 C Hirshey 25#	17-11	
W60 B Holland 25#	23-10 1/2	
56# Weight		
M30 S Bence	11-9	
M40 N Bower	29-1 1/2	
Jim Pauli	26-2	
M50 Dick Mann	21-5	
Mile Walk		
M40 William Phelps	9:37.9	
M50 Charlie Hall	9:16.3	

M60 Fran Albaugh	12:08.1	
M70 Don Ernst	14:44.1	
W30 Cathi Sullivan	9:32.8	
W50 Lola Hall	12:46.9	

Team Scores		
M30 Over The Hill TC	27	
West Penn	24	
M40 Over The Hill	47	
West Penn	18	
M50 Over The Hill	54	
West Penn	21	
M60 Over The Hill	71	
West Penn	39	
W40 West Penn	28	
Over The Hill	23	

SOUTHEAST

CMAC Indoor Meet Chapel Hill, NC February 19

50mH		
M30 Mike McGinnis	8.3	
M40 Bill Busby	8.2	
M45 Mike Valle	9.6	
M60 George Crouse	11.4	

50m		
M30 Billy Hogans	6.8	
M35 Tom Little	6.6	
M40 Bill Busby	6.8	
M45 Bill Jeffrey	6.8	
George Cliette	7.2	
Mike Valle	7.4	
M60 George Crouse	7.9	

300yards		
M30 B Hogans	40.4	
M35 Tom Little	36.2	
M45 Bill Jeffrey	37.5	
G Cliette	39.5	
M Valle	40.4	
M60 G Crouse	48.4	
600yards		
M55 Jim Saxon	2:03.2	
M60 G Crouse	1:57.0	
W35 Sally Foster	1:51.5	

Mile		
M40 Ron Foster	5:21.5	
M45 Bill Jeffrey	nta	
M55 Jim Saxon	7:02.3	
W35 S Foster	5:54.5	

High Jump		
M45 Mike Valle	4-10	
G Cliette	4-8	
M60 G Crouse	3-11	
M75 Charles Hirshey	3-1/2	
Pole Vault		
M40 Bill Busby	12-9	
M65 Boo Morcom	10-0	

Long Jump		
M40 Bill Busby	17-8 1/2	
M45 G Cliette	15-1	
M Valle	15-1	
M55 Jim Saxon	10-4 1/2	
M60 G Crouse	10-3	
M75 C Hirshey	7-11	

Triple Jump		
M45 M Valle	30-6 1/2	
M75 C Hirshey	17-6	
Shot Put		
M30 Billy Hogans	38-5	
M45 M Valle	35-8 1/2	
G Cliette	30-2	
M75 C Hirshey	35-7	

Running Pentathlon DeLand, FL February 19

(2 mile/880/220/440/mile)		
Overall Male		
Rollie Thompson (9:55/2:02/26.5/58.7/5.06)		
M30-34		
Peter Hopfe (9:54/2:15/28.4/61.3/4:58)		
M35-39		
Allen Gencarelle (12:13/2:35/30.8/69.4/6:50)		
M40-44		
Graham Hockaday (13:32/2:38/27.5/73.5/6:48)		
M50-54		
Frank French (18:55/4:07/38.2/1:51/10:24)		
M55-59		
Lee Radford (16:51/3:31/35.6/92.8/7:58)		
M60-64		
Keith Clark (14:42/2:51/32.9/77.9/7:02)		
Overall Woman		
Carolyn Floyd (17:20/3:46/39.5/1:42/9:03)		

MIDWEST

Illinois Masters Indoor Grand Prix Series Sterling, IL February 5

55m dash		
M30-34 T. LaBeau	6.82	
T. Rewelinski	6.86	
R. Zahn	6.88	
A. Bergstrom	7.24	
F30-34 L. Rewelinski	8.91	
M40-44 D. Hill	7.20	
C.P. Miller	7.39	
J. Hess	7.66	
R. Sharley	7.72	
R. Steder	7.77	
F40-44 A. Huddleston	8.52	
P. Danielson	8.76	
M45-49 L. Stopoulos	7.18	
J. Lee	7.22	
A. Pfennig	7.87	
M50-54 P. Stopoulos	7.26	
M. Davidson	8.06	
M55-59 P. Dobrovolsky	7.02	
M60-64 C. Orris	9.07	
M65-69 M. Buschman	8.39	
G. Rajcevic	8.57	
F65-69 F. Berry	10.42	
M70-74 M. Lightfoot	9.14	
M. Blake	10.16	
G. Taylor	11.47	

55m hurdles		
M30-34 R. Zahn	7.85	
C. Barnard	8.35	
J. Watry	8.46	
M40-44 R. Sharley	8.92	
M60-64 D. Walsh	10.44	

300m dash		
M30-34 T. Rewelinski	39.21	
A. Bergstrom	39.68	
F30-34 L. Rewelinski	54.03	
M35-39 G. Revhs	43.27	
M40-44 D. Hill	43.54	
P. Danielson	1:01.25	
M45-49 J. Lee	41.06	
L. Stopoulos	45.36	
S. Pfennig	47.28	
M50-54 T. Pliner	44.57	
M55-59 H. Brown	42.50	
R. Lindsey	47.86	
F55-59 J. Gonse	1:10.14	
M60-64 D. Smith	46.62	
C. Orris	53.62	
M65-69 G. Rajcevic	54.37	
M70-74 M. Lightfoot	55.46	
M. Blake	1:00.79	
G. Taylor	1:15.33	

400 m dash		
M30-34 J. Watry	55.44	
M35-39 J. Felhouse	57.66	
G. Revhs	1:07.83	
M40-44 S. Mathes	58.38	
T. Carper	59.75	
M45-49 J. Goodwin	1:07.29	
S. Pfennig	1:08.81	
M50-54 M. Davidson	1:03.43	
P. Freeman	1:09.72	
P. Peterson	1:12.38	
H. Brown	1:06.89	
R. Lindsey	1:14.89	
F55-59 J. Gonse	n.t.	
M60-64 D. Smith	1:04.73	
D. Walsh	1:10.91	
C. Orris	1:22.04	

800 m run		
M30-34 S. Harrison	2:03.34	
R. Terhune	2:13.00	
D. Johnson	2:14.83	
S. Okrend	2:23.99	
M35-39 J. Fieldhausen	2:09.07	
D. Fish	2:16.04	
M40-44 S. Mathis	2:19.41	
T. Carper	2:20.35	
J. Miller	2:32.34	
J. Goodwin	2:33.71	
T. Nuccio	2:35.13	
M50-54 P. Peterson	2:40.09	
P. Freeman	2:41.49	
F50-54 J. Gonse	3:35.54	
M60-64 D. Smith	2:32.34	
R. Kowalski	2:52.19	
C. Orris	3:03.64	
M70-74 M. Lightfoot	3:19.36	

1 mile run		
M30-34 T. Terhune	4:44.73	

Continued from previous page

4x440y Relay	
M30 Victory AC	3:59
Team Reebok	4:09
M40 Athletic Midwest	4:12
M60 Over The Hill TC	5:41
High Jump	
M40 Allen Ray	5-0
M50 Paul Dorsey	5-1
Ray Boyd	5-0
M55 Robert Jones	4-2
M60 Denver Smith	4-6
F Hirsinaki	4-4
V Phillips	4-2
M70 Ham Morningstar	4-2
M75 Les Thomas	3-0
M85 Arling Pitcher	3-0
M50 Essie Kea	3-11
Pole Vault	
M30 T Tiernon	12-6
M40 Allen Ray	10-0
M50 Don Zimmerman	9-0
M60 D Smith	9-0
M70 H Morningstar	7-6
M75 L Thomas	5-0
M85 A Pitcher	4-6
Long Jump	
M30 Lamont Wilson	19-8 1/2
Ted Tiernon	18-1 1/2
Mike Smith	16-11 1/2
M40 Wm McClellon	21-0
John Butera	18-9
Allen Ray	18-5 1/2
M45 Scott Tyler	15-11 1/2
C Kidd	14-9
M50 L McClain	15-10 1/2
M55 Burt Saidel	15-1
R Jones	15-1 1/2
M60 D Smith	15-4 3/4
F Hirsinaki	14-2
Richard Turner	13-8 3/4
M65 Tom Lacey	14-1 1/2
M75 Les Thomas	9-6 1/2
M80 B Fike	8-11 1/2
M85 A Pitcher	6-8 1/2
M30 D Pope-Green	18-3/4
M50 Essie Kea	11-2 1/2
M55 Eileen Smith	7-11
M65 E Yeomans	6-5 1/2

Triple Jump	
M40 Wm McClellon	39-8 3/4
J Butera	36-11
Allen Ray	36-4 1/2
M55 Robert Jones	28-2
M60 D Smith	33-6 1/2
F Hirsinaki	29-11 1/2
M75 Les Thomas	20-11 3/4
M85 A Pitcher	14-11
M65 E Yeomans	15-9 1/2
Shot Put	
M30 Rick Meindl	44-9
Glen Queen	34-1 1/2
T Tiernon	33-8 1/2
M35 Steve Kaye	40-8 1/2
M40 Norm Bower	37-11 3/4
Allen Ray	35-10
M50 Brad Ankerstar	41-5
Alton Hoard	27-5 3/4
M55 J England 14#	35-8 1/2
M60 D Smith 8#	40-8
F Hirsinaki	38-9 3/4
A Jackson	36-2 1/2
M70 H Morningstar 8#	36-9 1/2
M75 L Thomas 8#	24-7
M80 B Fike 8#	22-10 3/4
M85 A Pitcher 4k	19-2

35# Weight	
M35 S Kaye	39-5 1/2
M40 N Bower	45-1 1/2
Allen Ray	32-4 1/2
M50 E Ankerstar	21-1 1/2
M55 J England	35-1 1/2

56# Weight	
M35 S Kaye	26-2
M40 N Bower	28-4
A Ray	21-2
M55 J England	20-7

2 Mile Walk	
M30 Chris Knotts	15:14.9
M35 Ken Kroner	23:31.8
M40 Paul Alvord	17:47.9
Jim Nelson	23:32.2
M50 Jack Blackburn	16:15.1
Richard Myers	19:45.0
A Hoard	27:14.2
M60 Allan Jackson	20:52
M65 Bob Gardewing	22:28
M70 Hugh Yeomans	22:27
M80 B Fike	23:36
M35 Cathi Sullivan	19:48
M40 Gayle Johnson	15:47
M45 Medra Hoard	26:38
M50 Mary Corley	21:58
M65 E Yeomans	23:00

Illinois Masters
Grand Prix, Sterling, IL
February 19

55mH	
M30-34 J. Walters	8.33
C. Barnard	8.37
M35-39 M. Davis	8.79
M40-44 J. Meisner	8.35
M45-49 B. Davis	10.44

55m dash	
M30-34 A. Jaunes	6.45
T. LaBeau	6.61
D. Dohard	6.82
A. Morgan	7.13
P. Hoffman	8.20
M35-39 G. Scott	6.75
J. Fingle	7.08
M. Davis	7.24
J. Hinton	7.98
H. Costens	7.52
M40-44 G. Reiter	7.12
D. Hill	7.15
C. Miller	7.37
J. Hess	7.75
J. Eddy	8.22
F40-44 A. Huddleston	8.53
B. Davis	7.75
M50-54 P. Stopoulos	7.16
J. Robinson	8.00
M55-59 P. Dobrovolsky	7.10
H. Brown	7.20
M60-64 M. Larsen	7.27
C. Orris	9.14
M65-69 M. Buschman	8.49
F. Berry	10.35
M70-74 M. Blake	9.18
G. Taylor	11.79

300m dash	
M30-34 A. Jaunes	47.31
J. Eddie	50.58
M40-44 A. Huddleston	52.16
J. Robinson	45.06
M. Davidson	46.72
M60-64 M. Larsen	45.21
D. Smith	46.49
C. Orris	53.57
L. Reistroffer	1:03
M70-74 M. Blake	59.02
G. Taylor	1:21.73
400m dash	
M30-34 A. Jaunes	52.81
J. Watry	54.33
M35-39 A. Mathews	54.19
G. Reiter	55.96
M50-54 M. Davidson	1:05.03
J. Robinson	1:06.36
D. Peterson	1:13.70
M55-59 H. Brown	1:01.64
M60-64 D. Smith	1:04.62
C. Orris	1:16.46

800m run	
M30-34 S. Harrison	2:03.69
T. Berry	2:13.04
R. Terhune	2:16.32
D. Okrend	3:00.76
M35-39 D. Fish	2:11.48
G. Reiter	2:11.23
B. O'Connor	2:20.10
J. Goodwin	2:30.30
T. Nuccio	2:33.98
M50-54 J. Robinson	2:38.53
P. Peterson	2:43.25
F50-54 M. Kowalski	3:18.34
M55-59 R. Kowalski	2:52.83
R. Sobolewski	2:58.84
F55-59 E. Wallace	3:36.89
M60-64 D. Smith	2:26.28
C. Orris	3:06.20
M65-69 A. Messinger	3:30.39
(age-group WR)	

1 mile run	
M30-34 R. Terhune	5:54.43
T. Berry	5:04.49
F30-34 P. Pluhar	6:02.37
M35-39 M. Tappero	5:02.19
M40-44 G. Reiter	5:04.49
G. Heagy	5:58.73
M45-49 A. Hutchcroft	5:15.62
G. Tillet	5:36.83
J. Tillet	5:49.29
M50-54 J. Robinson	6:01.89
F50-54 M. Kowalski	7:15.69
M55-59 R. Kowalski	6:03.13
M60-64 C. Orris	6:37.11
M65-69 A. Messinger	5:44.41

2 mile run	
M30-34 J. Dickey	10:48
S. Okrend	10:57
B. Pax	11:03
M35-39 R. Green	10:15.01
M. Tappero	10:20.91
M. Glassen	10:50.20
M40-44 L. Voss	11:21.02
M45-49 A. Hutchcroft	11:08.11
F50-54 M. Kowalski	13:50.13
M55-59 R. Kowalski	11:15.01
M60-64 C. Orris	13:50.02

1 mile racewalk	
M30-34 L. Crocker	9:14
M60-64 L. Reistroffer	10:11
M70-74 M. Blake	10:57

2 mile racewalk	
F35-39 L. Timm	24:11
M40-44 N. Schuster	18:25
Jim Hess	24:49
M45-49 D. Eidahl	17:33
M60-64 L. Reistroffer	20:52
M70-74 M. Blake	22:16
M80-84 M. Bartels	24:05

long jump	
M30-34 T. LaBeau	19'10 1/2"
J. Watry	19'7 1/2"
D. Dohard	18'5"
M35-39 M. Davis	18'3 1/2"
G. Scott	17'1 1/2"
Ewing	17'1 1/2"
Castens	15'9"
Hinton	14'5 1/2"
Tinale	11'
M40-44 G. Reiter	18'8"
D. Hill	16'9"
F40-44 S. Huddleston	12'2 1/2"
Eidahl	18'4"
M45-49 L. Stopoulos	16'9"
G. LaBelle	13'
M50-54 P. Stopoulos	17'2"
Warren	15'5"
Robinson	11'15"
M55-59 B. Ackerman	16'1"
H. Brown	14'9 1/2"
M60-64 Larsen	15'8"
M65-69 Buschman	12'2"
F65-69 F. Berry	9'4 1/2"
M70-74 G. Taylor	9'1"

triple jump	
M30-34 T. LaBeau	41'2"
Ewing	28'1 1/2"
M40-44 J. Meisner	37'6"
M45-49 D. Eidahl	35'73/4"
M50-54 P. Stopoulos	32'7 1/2"
M55-59 Ackerman	30'8"
M70-74 G. Taylor	19'6"

high jump	
M30-34 J. Watry	6'4"
M35-39 M. Davis	5'5"
M40-44 J. Meisner	6'1"
B. Mills	4'10"
G. LaBelle	4'4"
F. Smith	3'4"
M. Davidson	4'8"
M55-59 B. Ackerman	4'9"
K. Kemp	4'2"
M65-69 Buschman	4'2"
M70-74 W. Ragland	4'2"
G. Taylor	3'8"

pole vault	
M30-34 C. Barnard	13'6"
R. Suiter	13'
G. Silbaugh	12'
M35-39 J. Anderson	14'
M. Davis	12'6"
M40-44 M. Norberg	11'
T. Schwab	9'
M55-59 B. Kemp	7'6"
B. Ackerman	7'

shot put	
M30-34 B. Hartman	39'11"
J. Watry	34'9"
P. Hoffman	28'
M35-39 L. Readman	36'8 1/2"
M. Davis	34'12"
M40-44 J. Hess	34'2"
F40-44 N. Hamilton	16'9"
F45-49 J. Neppi	38'5"
E. Schmidt	35'4 1/2"
M50-54 C. Kiehm	41'11 1/2"
B. Warren	40'3 1/2"
F. Smith	34'3 1/2"
J. Robinson	20'10 1/2"
M55-59 B. Kemp	39'6"
M60-64 P. Brusca	50'83/4"
F. Wallace	33'9 1/2"
M65-69 Buschman	32'8 1/2"
F65-69 F. Berry	19'
M70-74 G. Taylor	17'4"

disc	
M30-34 B. Hartman	60'
P. Hoffman	32'
P. Babcock	27'5"
L. Crocker	27'12"
M45-49 E. Schmidt	41'2"
G. LaBelle	37'4"
M50-54 C. Kiehm	42'10"
F. Smith	38'
L. Slick	34'
J. Robinson	20'9"
M55-59 B. Kemp	37'2"
M60-64 P. Brusca	42'3"
M65-69 M. Buschman	20'9"
F65-69 F. Berry	9'3"

35#	
M30-34 B. Hartman	45'
P. Hoffman	23'1"
L. Crocker	20'9"
P. Babcock	17'5"
M40-44 John Hess	25'
M45-49 E. Schmidt	27'6"
G. LaBelle	27'5"
M50-54 C. Kiehm	34'1"
Warren	31'3"
L. Slick	25'
J. Robinson	17'6"
M55-59 B. Kemp	30'
M70-74 G. Taylor	13'

56#	
M30-34 B. Hartman	30'
P. Babcock	16'
L. Crocker	14'
P. Hoffman	13'10"
M45-49 E. Schmidt	17'3"
G. LaBelle	15'5"

M50-54 C. Kiehm	21'4"
B. Warren	19'4"
L. Slick	15'
M55-59 B. Kemp	18'5"
M65-69 M. Buschman	12'6"
M70-74 G. Taylor	7'6"

WEST

CSUB-Bakersfield
California Meet
Bakersfield, CA
February 11

100m	
M30 Roosevelt Lewis	12.3
M45 Juan Bustamante	12.3
M50 Ken Dennis	11.6
M70 Al Guidet	12.7
200m	
M40 Don Parker	22.7
M45 J. Bustamante	25.9
M50 K. Dennis	22.8
400m	
M40 D. Parker	53.0
110mH	
M50 Jerry Stanners 45"	21.0
(age-54 U.S. record)	
M70 Al Guidet 36"	18.5

High Jump	
M50 Dwaine Horton	5-2
Jerry Stanners	5-1
Pole Vault	
M50 J. Stanners	10-6
Shot Put	
M35 Gary Kelmenson	10.93
M50 Jon Magnusson	11.27
M55 Stu Thomson	13.8
M65 Bob Stone	9.81
M70 Ross Carter	16# 8.68
	12# 10.02

Discus	
M35 Gary Kelmenson	109-0
M50 Jon Magnusson	108-1
Jerry Stanners	89-4
Dwaine Horton	74-4
M55 Stu Thomson	153-2
M65 Bob Stone	99-7
Hammer	
M50 J. Magnusson	47.38
M55 Stu Thomson	50.90
35# Weight	
M35 G. Kelmenson	12.48
M50 J. Magnusson	11.74
M65 Bob Stone	10.52

NORTHWEST

Eugene Indoor Meet
Eugene, OR
February 11

50y	
M30 Ken Cook	5.7
M35 Dave Hagmeir	5.6
Randy Kruse	5.7
Steve Heilman	5.7
M40 Dave Haverstock	6.6
M45 Jim Puckett	6.2
Dick R	6.2
Roy Semmel	6.2
M50 T. Cannon	6.3
John Greve	6.5
Jim Schlewitz	6.8
M55 Jack Coy	6.7
M60 Tom Britton	7.1
M65 Carl Oates	7.7
M70 George O'Neill	nta
M40 Barbara Ballard	7.3
M45 Rose Schlewitz	8.3

440y	
M30 John Morris	1:01.9
M35 D. Hagmeir	57.7
Robert Buhl	57.7
R. Searns	1:00.5
M40 Larry Norris	58.7
Frank Lulich	1:01.5
Jim Archer	1:02.3
M50 John Kaimitoudis	1:04.8
J. Schlewitz	1:05.9
John Greve	1:07.1
M60 Tom Brinton	1:06.4
M65 Marie Stafford	1:36.0

880y	
M35 Rick Searns	2:25.8
Ron Timmerman	2:34.2
M40 Mike Phillips	2:15.4
Les Castle	2:44.4
M50 Ken Ogden	2:24.4
M40 B. Ballard	2:49.5

Mile

Continued from previous page

W50 Gudrun Phillips	51:35
Joyce Maret	57:39
Esther Marcus	59:23
W60 Aslaug Tomas	1:02:29
Althea Wetherbee	1:04:00
Lya Kilian	1:05:46

Racewalkers	
1 Gary Null 44	57:50
2 Stan Shechter 56	1:06:11
3 Frank Sofo 45	1:10:26
1 Q Thompson W65	1:32:15

Sheraton Centre Bagel 10K
Central Park, NYC
February 12

Overall	
Michael Keohane 23	30:09
Lori Jorgensen 29	35:13
M40 Art Hall	32:49
Tim Hassall	32:59
Luis Guachichulca	34:51
M45 Sam Skinner	35:02
Gabe Bernal	36:03
Rafael Bordonaba	37:09
M50 Cliff Gerenz	37:55
Jerzy Sulek	38:03
Alan Fairbrother	38:21
M55 Joe Burns	39:55
Frank Dudley	40:36
Eric Seiff	40:57
M60 Bill Fortune	38:00
George Thompson	40:07
Richard Attilio	42:58
M65 John McManus	41:39
Tom Gibbons	46:28
William Coyne	46:50
M70+Vince Carnevale	44:48
Wilf Rios	53:04
Charles Feldman	53:57
W40 Angella Hearn	35:17
C Hearn Grenning	37:42
Cheryl Ralya	39:08
W45 Jessie-Lea Hayes	40:49
Marilyn Greeley	41:04
Anna Thornhill	41:17
W50 Zofia Turosz	42:04
Jill Martin	42:52
B Bellinghausen	46:26
W60 Aslaug Tomas	52:19
Barbara Beck	1:00:08
Racewalkers	
1m Gary Null 44	47:43
1w Stella Cashman 46	59:08

NYRR Snowflake 4 Mile
Central Park, NYC
February 26

Overall	
Kevin Sullivan 23	19:36
Candace Meighan 30	22:01
M40 Tim Hassall	20:44
Art Hall	20:50
William Hart	22:07
M45 Sam Skinner	22:32
Julio Lugo	23:33
Justino Valentin	23:36
M50 Gerald Lopez Jr	23:19
Alan Fairbrother	23:47
Walter Vindon	24:05
M55 Eric Seiff	25:26
Aen Jones	25:37
Pat Fitzgerald	26:30
M60 George Thompson	25:15
Joe Simone	28:05
Lewis Schwartz	29:40
M65 William Coyne	28:09
Tom Gibbons	28:37
Wallace Outler	29:51
M70+Vince Carnevale	28:47
Wilf Rios	31:46
Roberto Renny	32:11
W40 Angella Hearn	22:37
C Grenning-Hearn	24:08
Sylvie Kimche	25:29
W45 Anna Thornhill	25:31
Lina Connors	25:37
Marilyn Greeley	25:55
W50 Lisa Praskins	27:26
Gudrun Phillips	27:41
R A Fredenthal	28:51
W55 Rosa Nales	28:44
B Bellinghausen	28:55
Alma Kunes	30:02
W60 Aslaug Tomas	33:35
Barbara Beck	38:00
Helen McGinnis	39:49
M70+Mayme Bdera	49:20
Racewalkers	
2m Gary Null 44	29:34
3m Nick Adara 40	31:38
1w Susan Travellin 35	35:52
2w Stella Cashman 46	37:57

Colonial Half-Marathon
Williamsburg, VA
February 26

Overall:	
William Reifsnnyder	1:04:57
Cindi Girard	1:16:20
M40 Bill Hart	1:14:04
Glenn Myers	1:14:14
D. Lamountain	1:14:35
Fred Steier	1:14:57
Mick Stewart	1:16:26
M45 Ed Brinkley	1:16:14
Ben Dyer	1:17:18
Lew Faxon	1:20:02
William Cseh	1:20:05
Thomas Frazier	1:21:08

M50 Mel Williams	1:16:11
Lawrence Hanson	1:21:45
Tony Gee	1:22:34
Frank Wagner	1:23:56
Bill March	1:24:45
M55 Mickey Monteith	1:27:52
Mike Kelly	1:32:21
Gene White	1:36:47
M60 Neil Wilson	1:34:40
George Wilson	1:42:37
Sal Santory	1:46:31
M65 Robert White	1:32:07
E B Lloyd	1:54:25
Edwin Small	1:58:11
M70+Cokey Daman	1:38:34
Vernon Geary	1:59:57
Bob Wood	2:05:05
W35 Hettie Hoyt	1:24:19
C. Clavarella	1:26:29
Susan Given	1:28:15
Linnea Engel	1:28:44
Suzanne Puryear	1:30:01
W40 Jeanne Kruger	1:31:42
Judith Bugyi	1:31:46
Barbara McKee	1:32:06
Linda Miesch	1:33:29
Sue Anne Herring	1:36:4
W45 Joyce Ploeger	1:29:01
Lis Villadsen	1:34:25
Olga Cohen	1:43:00
Lorraine Kurz	1:43:23
Julia Bunn	1:48:35
W50 Betty Dameron	1:41:41
M. Macfarlane	1:52:42
Hargrid Krueger	1:54:18
W55 Harriet Locke	1:46:15
Annette Dagg	2:36:49
M70+Louise Martin	2:25:38

SOUTHEAST

Doctors' Hospital 5K Racewalk
Coral Gables, FL
January 14

Overall:	
Alan Jacobson	23:06
Elana Simons	30:55
M40 John Frederick	25:28
Peter Black	30:29
Gary Canner	31:16
M50 Lee Duffner	27:25
Howard Jacobson	28:11
Bob Fine	28:59
M60 Max Gould	30:10
Tulio Carrillo	30:34
Paul Geyer	32:41
W40 Jo Colina	33:32
Coreen Howard	34:36
Sylvia Schrier	37:10
W50 Paula Meyerson	35:25
Ullu Schmidmayer	35:52
Jane Jefferson	41:39
W60 L. Hottensmith	33:50
Martha Cable	39:51
Irene Jacobs	41:06

Ben-Gay Super Bowl 8K
Miami, FL
January 21

Overall:	
Stephen Male	25:13
Ena Weinstein	31:17
M40 David Bowden	28:46
M45 A. Echeverria	28:43
M50 Otto Schneider	33:52
M55 Alberto Cortes	35:48
M60 Wesley Reuter	35:55
M70 Max Quackenbush	36:20
W40 Iliana Ferguson	39:16
W45 Sally Snyder	39:57
W50 Marie Fonzi	43:40
W55 Sylvia Weiner	37:33
W70 Mura Linden	51:22

Gasparilla 15K
Tampa, FL
February 11

Overall:	
Keith Brantly	42:50
Ingrid Kristiansen	48:14
M40 Victor Mora	46:04
Bob Schlaue	47:14
Laurence Olsen	47:29
Jim Pearson	48:32
Bruce Kritzer	49:49
M45 Ralph Zimmerman	51:20
Greg King	51:43
Victor Mathews	51:52
Don Nicholson	54:34
D. Featherstone	54:49
M50 Joe Buegasser	52:55
Jim Larson	54:01
Bob Paklaian	54:19
Bob Bohanan	54:31
Bob Smith	56:19
M55 Norman Green	51:57
Mike Goldman	57:56
Gordon Kafer	59:39
Antonio Diaz	1:00:42
Arthur Bigelow	1:00:46

M60 Myron Meyer	59:29
James Parks	1:00:37
Robert Gray	1:02:31
Herbert Chisolm	1:03:41
Richard Packard	1:07:02
M65 Charles Williams	1:05:52
Bill Bernard	1:07:07
Ted Wendt	1:07:54
M70+Eugene Keller	1:10:04
Edgar Morgan	1:12:14
Dudley Healy	1:12:47
W35 Debbie Wagner	55:55
Cathy Kallway	59:59
Barbara Cahalan	1:01:24
Denise Jones	1:01:39
Pamela Shaw	1:01:42
W40 Priscilla Welch	51:57
Laurie Binder	52:22
G. Anderson	53:09
Mary Wood	56:26
Judy Greer	57:13
W45 Yvonne Rodgers	1:01:06
Gail Rodd	1:04:41
Vivian Johnson	1:05:09
Leah McElroy	1:05:47
Ginny Cunningham	1:06:01
Sandra Johnson	1:11:21
S. Depenbrock	1:14:05
Carole Klingman	1:14:53
Joanne Brown	1:15:06
Ruth Kuykendall	1:15:21
M55 Margaret Deckert	1:09:01
Sylvia Weiner	1:10:01
Bernice Martin	1:14:40
W60 Whayong Semer	1:07:08
Pepper Davis	1:16:38
Evelyn Jennings	1:17:00
W65 Juanita Williams	1:18:56
Betty Haleen	1:28:27
Lulu Mancini	1:28:29
W70+Helen Reiter	1:35:37

Edison Pageant of Light 5K
Ft. Myers, FL
February 18

Overall:	
Steve Harris	14:08
Suzanne Maloxos	16:27
M40 Jim Pearson	15:06
Rich Long	16:56
Alan Johnson	17:18
M45 David Compton	17:52
John Stanley	18:14
Russ Green	18:43
M50 Bob Paklaian	17:13
Floyd Romack	17:17
Roy Boggs	19:27
M55 John McGowan	19:32
Mike Hamlin	20:47
Robert Semer	20:55
M60 Myron Meyer	18:58
Johnny Price	19:20
M65 Dave McCarthy	21:57
Ken Disler	23:17
M70+Paul Amadio	21:29
Bernard Ryan	25:09
W35 Loretta Purish	19:04
Peg Miller	19:37
C. Aufderheide	19:42
W40 Judy Greer	18:15
Carol Jean Clark	19:36
Vickey Ines	19:51
W45 Ruth Scott	22:24
Jan Rohde	24:32
Carol Cope	25:10
W50 Janet Freeman	22:03
Carol Klingman	24:06
W60+Whayong Semer	22:11
Dottie Gray	25:35

MIDWEST

St. Valentine's Day 10K
Mt. Clemens, MI
February 12

Overall:	
Herve Corne	34:37
Maggie Zidar	43:01
M40 Andy Chochol	37:55
Chuck Frame	38:46
T. Klinkhamer	42:10
Mike Seagull	43:25
Greg Kemp	46:30
M50 Herb Seegert	40:11
Lou Palmieri	45:28
M60+Fred Gurol	48:34

SOUTHWEST

Mardi Gras Marathon
January 21
New Orleans, LA

Overall:	
Mike Malander	2:26:47
L. Lazzari	3:07:49
M40 Arturo DeLuna	2:56:32
John Kellenyi	2:58:00
Peter Demma	2:59:42
M45 Aubrey Lavizzo	2:49:44
Sammy Morris	2:59:44
Gunnar Sanden	3:04:52

M50 Will Wright	3:14:51
Doug Anderson	3:20:30
James Hammond	3:26:12
M55 Joe McReynolds	3:09:18
John Crawford	3:14:00
Charles Stinnett	3:20:36
M60 Joseph Simonte	4:09:14
Fred Medeiros	4:17:17
W35 Higoko Smith	3:35:45
Donna Ferguson	3:53:31
Sharon Mordorski	3:57:02
W40 Lynn Hayes	3:09:05
Gail Brown	3:54:54
Gail Crowell	4:08:53
W45 Kitty Anding	4:14:22
Elizabeth Greer	4:18:04
Ginger Wilson	5:32:08

WEST

Mesa Centennial 10 Mile
Mesa, AZ
February 11

Overall	
Art Sorell	51:51
Colleen Geary	60:38
M35 Erad Fairall	59:46
M40 Bill Salazar	56:18
M45 John Conat	59:46
M50 John Weldy	58:38
M55 Dan Rosner	1:03:53
M60 Karl Larson	1:17:05
M35 Mary McKellar	1:12:11
W40 Barb Postorino	1:20:03
W45 Carol Flexer	1:04:36
W50 Mary Eckert	1:21:15
W55 Caroline Earl	1:24:03

Arizona Trend 10K
Phoenix, AZ
February 12

Overall	
Jim Howard	31:05
Carol Kollstedt	38:38
M35 Craig Davidson	34:42
M40 Gary Penn	35:15
M45 Larry Loewe	35:09
M50 Mike Sheedy	39:30
M55 Jim Totman	38:25
M60 Novi Milicevic	44:28
M65 Alf Fazio	53:41
M70+Richard Elton	49:05
W35 Carol Kollstedt	38:38
W40 Janice O'Grady	45:46
W45 Mary Hudson	49:17
W50 Carol Clancy	54:30
W55 Lori Wignall	1:02:20
W65 Gurneile Jones	1:12:21

5 Miler Winter Runaround
Albuquerque, NM
February 12

M40 Charly Sanchez	28:27
George Croshaw	30:28
Walter Yepa	32:24
M45 Ray Paytiano	30:49
Ken Schei	32:57
Bill Trebilcock	34:05
M50 Trini Romero	35:46
Don Mitchell	36:47
Ralph Talarico	40:33
M55 Dale Coering	33:51
Duane Benton	37:11
M60 T.J. Tucker	42:49
Fred Hoeke	45:28
M65 Larry Johnson	39:22
W40 Sandy Spurlock	47:14
Bonnie McCuskey	47:46
W45 Margaret Jaramillo	41:07
Susan Ackerman	42:05
W50 Jane Dickinson	39:58
Bev Hueter	42:35
W55 Eleanor Smith	44:04
Kenny Goering	44:15

Los Angeles Marathon
March 5

M35	
1. Tom Birnie	2:17:30
2. Jose Da Silva	2:19:21
3. Antonio Porotto	2:20:31
4. Antonio Navarro	2:20:57
5. Damien Cook	2:24:06
6. Wolfgang Muenzel	2:25:35
7. Martin Mondragon	2:26:17
8. Randy Winn	2:33:45
9. Larry Montag	2:35:09
10. Donald Ocan	2:40:25
11. Mark Hemphill	2:42:45
12. Jim Isenberg	2:43:04
13. Fred Pichay	2:47:13
14. Jose Gomez	2:48:05
15. Jose Luis Rubio Jimenez	2:48:32
16. Takashi Tagisawa	2:48:55
17. Ray Clark	2:48:57
18. Gary Hayland	2:49:29
19. Ken Moffitt	2:49:31
20. Hector Murphy	2:49:38
21. Craig Davidson	2:49:48
22. Leonard Aguilar Jr	2:49:59
23. Joe Schlereth	2:50:30
24. Kevin Heaton	2:50:57
25. Herman Rodriguez	2:52:20
26. George Arellano	2:52:21
27. Carlos Ruiz	2:52:29
28. Steve Howell	2:54:16
29. Thomas Heimal	2:55:41
30. Juan Chino Villavicencio	2:55:54
31. Patrick Corrigan	2:56:12
32. John Casso	2:56:29
33. Fernando Montes	2:56:31
34. Tom Lowry	2:56:33
35. Dennis Huffman	2:56:35
36. Roy Shuman	2:56:35

37. Wayne Walker	2:56:47
38. David Nieman	2:56:48
39. Robert Von Bergen	2:57:01
40. Donald Lassig	2:57:17
41. Samuel Gardner Jr	2:57:40
42. Stan Mockerson	2:58:12
43. John McAndrew	2:58:21
44. Amado Rocha	2:58:25
45. Jose Flores Montiel	2:58:37
46. Dave Hannaford	2:58:39
47. James Hunter III	2:58:50
48. Jose Verdin	2:59:07
49. James Barbaruolo	2:59:11
50. David Ramirez	2:59:11

M40	
1. John Campbell	2:17:51
2. Bill Rogers	2:22:24
3. Jussi Ahamainen	2:31:51
4. Javier Jardines Ortiz	2:38:37
5. Paul Pineda-Molina	2:39:47
6. Tom Sloan	2:43:21
7. David Carones	2:44:36
8. Roger Hoke	2:48:10
9. Bob Milam	2:48:12
10. Robert Smith	2:49:13
11. Nickey Depalo	2:50:01
12. Luis Contreras	2:50:29
13. Thomas Stalberger	2:52:00
14. Karla Brown	2:52:22
15. Adolfo Molasaco Meneses	2:52:57
16. Bernd Huechler	2:54:17
17. Robert Howe	2:54:26
18. Tony De Tevis	2:54:41
19. Rudy Reyes	2:55:17
20. Robert Grant	2:55:23
	2:56:16

Continued from previous page

W50

1. Mae Horns	3:52:44
2. Carolyn Leacock	3:55:22
3. Marlene McMillen	3:55:28
4. Darlene Peterson	3:57:42
5. Mivako Shinohara	4:01:24
6. Barbara Valastro	4:09:22
7. Loretta Lozano	4:16:07
8. Joanne Barker	4:22:17
9. Marcia Martyn	4:24:23
10. Betty Frankum	4:28:35
11. Becky Whitehead	4:28:45
12. Mary Dugan	4:32:26
13. Shirley O'Callin	4:35:33
14. Betty Hamonds	4:38:37
15. Gloria Bassler	4:39:21

W55

1. Klase Reichel	4:06:58
2. Mary Scott	4:13:53
3. Esther Millich	4:14:45
4. Elaine Herfert	4:20:44
5. Patricia De Vita	4:42:53
6. Marjorie West	4:48:08
7. Aurora Perez	4:49:17
8. Virginia Skiffington	4:52:46
9. Pam Baker	5:15:02
10. Terri Fanelli	5:17:17

W60

1. Peggy Ewing	4:52:10
2. Dagmar Rios	5:07:44
3. Lillian Miller	5:07:48
4. Veronica Guerrero-Maci	5:53:20
5. Lourdes Andrews	5:57:05
6. Julie Jones	6:07:19
7. Mary Hennessee	6:21:25
8. Erna Riley	6:36:30
9. Mae Leshansky	6:39:02
10. Mary Austin	6:39:42

W65

1. Margaret Lee	4:39:42
2. Annabel Marsh	5:46:23
3. Clara Barfield	6:10:20
4. Vivian Brown	6:25:00
5. E. Anne McKernan	1:00:00

W70+

1. Althea Jureidini	5:57:30
2. Priscilla Libby	6:01:48
3. Beis James	6:21:07
4. Ravis Lindgren	6:49:33
5. Elizabeth Veinerman	7:31:04
6. Roveen Kissinger	7:58:46

11th Zonta Runs Goleta, CA January 27

--5K--

Overall	
James Knox 22	15:38
Janice Myers 42	24:03
M35 Brian Sharp	17:47
M40 Rick Snekvik	18:09
M45 John Patterson	18:48
M50 Leon Musil	20:10
M65 Wallace Cole	23:43
W35 Shirley Rhoads	28:06
W40 Janice Myers	24:03
W45 Hildy Hoffman	24:37

--10K--

Overall	
Michael Smith 24	32:04
Anne Hayden 34	38:39
M35 Scott McIntosh	36:16
M40 John Rupp	37:22
M45 Vic Birtalan	38:08
M55 Jack Wilson	42:13
M60 Larry Brown	48:00
W35 Sharon Smith	50:10
W40 Stephanie Welch	44:45
W50 Ruth Adams	58:42
W60 Melba Carden	60:27



Women in Sports Day 5K San Diego, CA February 4

Overall	
Melinda Ireland	17:37
W35 Melinda Ireland	17:37
Chris Furniss	20:47
Alanna Davis	21:17
W40 Valerie Lucas	21:34
Karen Friedrichs	22:43
Tia Van Lienden	22:53
W45 Ursula Rains	21:23
Maryanne Bullock	21:55
Sharon Greiner	23:35
W50 Tami Graf	22:58
Faye Heldoorn	23:34
Sylvia Crise	24:11
W55 Suzi Gillis	50:21
Chris Cromer	24:35
Rosemary Ennis	31:41
W60 Doris Miller	50:21
Marilyn Shriver	52:35
Barbara Bowlin	53:31
W70 Judy Simon	28:44
W80 Marilla Salisbury	51:06
Racewalkers	
Colleen Wenham	28:49
Jeanne Formosa	29:04
Margaret Govea	29:12



Masters Running '88 Available

Copies of Masters Running '88 are available. A 96-page, four-color, attractive magazine, it features articles by Bill Rodgers, Joe Henderson, Al Sheahan, Mike Davis, Barbara Hazen Shaw and others. It profiles masters runners, and offers tips on nutrition, training and fitness.

Send \$2.00 for each copy to NMN, P.O. Box 2372, Van Nuys, CA 91404. □

Lower the numbers and raise the odds.

Controlling your blood pressure can reduce your risk of heart disease.



American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

Need Back Issues?

Most back issues of the *National Masters News* are available for \$1.95 each, plus \$1 postage and handling for each order. Send to:

National Masters News
P.O. Box 2372
Van Nuys, CA 91404

Senior Masters Old Fashioned 4-Mile Run Yucaipa, CA February 11

M55 Sam Mayo	25:50
Lill Holt	30:56
Geoffrey Dooley	33:15
M60 Jack Goertzen	28:44
Robert Kay	29:20
Ward Speaker	29:40
M65 Joe Fleischmann	32:10
Steve White	34:31
Karlis Smiltens	37:15
M70 Bill Nice	32:39
Steve Chplis	34:55
Dean Garvey	46:21
M75 Dean Scofield	41:13
Walter Kalinski	1:05:41
Joseph Spangler	1:16:35

INTERNATIONAL

Canterbury 10 Mile Kent, England January 29

Overall	
Nigel Yates 32	49:15
M35 Keith Penny 39	49:46
M40 Peter Jones 40	50:18
Henry Eberton 40	51:20
Martyn Rouse 43	53:01

Hillingdon 5 Mile W. London, England February 19

Overall	
Neil Tennant 26	22:48
M40 Tony Simmons 40	23:51
Shel Cowles 42	24:35
Peter Jones 40	24:44
M45 John Dear 45	25:56

Woking 10 Mile Woking, England February 26

Overall	
Steve Brace 27	48:55
M35 Keith Penny 39	50:17
M40 Peter Jones 40	51:08
M45 C New	55:36
M50 M Milles	58:51
M60 Steve Charlton	62:35
1stw Glynis Penny 37	57:07
W35 Celia Duncan	60:30

CLASSIFIEDS

Classified ad rates are 50c a word. Count name and address as 5 words. Race notices are 25c 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.

AUSTRALIA: Friendly sightseeing tours for runners, walkers and all who prefer to keep active while vacationing. Billy Platypus, Australia, 215 Berry Street, Clifton, KS 66937 (800) 633-8032.

July 8. Buffalo Belles & Brawn Open and International Meet, Parker Field, Buffalo NY. Bettie Zoschke, 266 Puritan Rd, Tonawanda NY 14150. 716/835-6018.

July 29-30. Buffalo Belles & Brawn T&F Classic, Parker Field, Buffalo NY. Zoschke...

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404.

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width	Height
52	Back Page	400	10"	13"
52	Full page	300	10"	13"
39	1/4 page	250	10"	9 1/4"
			7 1/2"	13"
26	1/2 page	200	5"	13"
			10"	6 1/2"
13	1/4 page	120	10"	3 1/4"
7	1/8 page	72	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 page	60	2 1/4"	3 1/4"
1		30	2 1/4"	1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

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

4. SPECIAL RATES

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

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors add \$40.
- Screen: 85 lines per inch.

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION October 1988

Paid: 4749 Distribution: 6000

Published monthly. Subscriptions \$18.75/year.

Mail order to: *National Masters News*
P.O. Box 2372
Van Nuys, Calif. 91404
818/785-1895

NATIONAL MASTERS NEWS Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Masters News* is only \$22 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$41 — a 24% savings off the single-copy price. A 3-year subscription saves 27%.

- ☐ 6 months, \$12 Add postage per year: ☐ Payment enclosed ☐ New
☐ 1 year, \$22 + \$12 1st class (USA, ☐ Bill me later ☐ Renewal
☐ 2 years, \$41 Mexico & Canada) ☐ \$_____ as a contribution
☐ 3 years, \$59 + \$15 air mail (foreign) to your work

Name _____

Address _____

City _____ State _____ Zip _____

Send to: *National Masters News*
Subscription Dept.
P.O. Box 5185
Pasadena, CA 91107

Or call:
818/577-7233

(Canadian checks accepted; add 30% to cover exchange. Please notify of address changes four weeks in advance.)