Campbell, Welch Win in Los Angeles Marathon

New Zealand's John Campbell, 42, won his third straight masters title in the Los Angeles Marathon on March 3 with a fourth-place overall finish in 2:14:33.

Campbell's amazing time was nearly six minutes faster than his 1990 effort of 2:20:15. It was only three minutes slower than his world-masters-marathon best of 2:11:04, set in last year's Boston Marathon.

The Los Angeles course is considered reasonably difficult, with several hills and undulations along the 26.2-mile distance through the heart of the City of the Angels.

England's Priscilla Welch, 46, was the first female master and 11th woman overall in 2:40:20, well short of her women's masters world best of 2:26:51, set in the 1987 London Marathon.

On the masters age-graded scale, Campbell's 2:14:33 equated to an open-class time of 2:06:31 - better than Belaynah Dinaso's world record of 2:06:50.

Welch's age-graded time was 2:26:03.

Mexico's Artemio Navarro, 41, was the second over-40 and 11th overall in 2:17:46. He and Campbell ran with the leading group of 10 for several miles before dropping back. Campbell, as is his custom, came on strong toward the finish, escaping the eye of the television cameras but insuring himself a share of the substantial prize money.

The overall men's winner was South African native, Mark Plaatjes, who broke from the pack at the 6-mile mark to win in 2:10:29. Plaatjes now lives in Boulder, Colo., and will become a U.S. citizen in 1993. New Hampshire's Cathy O'Brien was the overall female winner in 2:29:38.

No other masters times or finishing places were available at NMN press time. Race officials also didn't know the official number of entrants, but they said 14,729 - up 3% from last year's 14,298 - finished the race.

Race organizers estimated that more than one million spectators lined the course during the cloudy but warm (65°) morning.

Continued on page 5

Pauling Stars in MAC Meet

continued on page 11

1990 Track & Field Rankings Book Available

The 1990 U.S. Masters Track and Field Rankings book is now available.

The 60-page book features men's and women's 1990 5-year outdoor rankings for all track & field events - over 100-deep in some events. The book also includes race walking rankings for the 1500, mile, 3000 and 5000.

The price has been reduced from $5.95 to $3.00, and is available through NMN. See form on page 22.
Tibaduiza, Wood Hit Jackpots In Las Vegas

by JERRY WOJCIK

Domingo Tibaduiza, M40, of Reno, Nev., running in his home state, collected $3000 for the masters first in 2:21:38 in the 25th annual Las Vegas Marathon in Las Vegas on February 2. Mary Wood, W45, of Colorado was the W40 titlist with a 2:44:30, worth $2000, plus $500 for third woman overall.

In a show of appreciation of masters runners, the meet directors gave the top four masters men the same amounts as the open runners ($3000, $2000, $1000, $500). The first three masters women also got the same prizes ($2000, $1000, $500) as the open women.

Second and third masters Rick Reiner (2:29:56) and Fred Ortega (2:30:08) won the $2000 and $1000. Marcia Stromsmoe (2:59:08) collected the $1000 second award, and Merle Heimberg (3:03:45) pocketed the third-place $500 for W40-and-over.

The top placers in each age division also received substantial cash prizes.

Thirty-eight-year-old Doug Kurtis ran his 57th, sub-2:20 with a second-place 2:16:57 and is closing on the world-record holder of sub-2:20s, Kjell Eric Stahl.

The total of 1630 finishers was an increase of 68% over last year's and broke the 1000-finisher barrier for the first time. Additionally, 59 five-person relay teams participated.

_open winners were Kenya's Sammy Rotich (38, 2:16:03) and Nadia Prasad (22, 2:39:10) of France. Al Boka was the meet director.

Forty-two meet records were broken or tied by the 175 submasters and masters men and women in the Brown University Indoor Invitational Meet in Providence, R.I., on January 13.

Mel Larsen, M65, accounted for three records with outstanding performances in the 55m (7.5), 200 (27.8), and long jump (17-5¼), the last just ½ inch under his indoor world record.

Another record holder, Roger Pierce, M45, had masters bests in the 55m (6.8), 200 (24.0), and 400 with a meet record 53.9. Meet director Neil Steinberg won the M35 200 in a meet's best 23.9.

Al Swenson won the M40 800 (2:05.8) and mile (4:29.9) from large fields. Anne Schmidt garnered W40 meet records in the 800 (2:35.3) and mile (5:36.2). Salih Talib, M45, posted a record and M40+ best 9:53.9 in the 3000.

Libby Hageman was the star in the field events with meet records in the W70 LJ (9-0), TJ (16-5), SP (22-2½), and WT (20-1).
AGE-GRADED SCORING

Age-graded scoring has certainly added a new dimension to road racing. The packet that WAVA has made available with the factors and standards has been invaluable in scoring runners where a large range of ages are involved and where the sexes are mixed.

Before these tables came along it was always a big problem on how to score such things as team competition, masters prize money, masters where a small field was entered, Clydesdales and so on.

It has certainly caught on here in Oklahoma. The Tulsa Run, which is the biggest race in the state, awarded prize money to masters based on the age graded system. The race also scored the corporate teams in the same manner.

There are two 5K races with such things as team competition, masters prize money, masters where a large range of ages are involved and where the sexes are mixed. As pointed out by Tim Murphy, (Mar.) it works on relays and any type of team scoring. The relay scoring can also be done by age/sex grading each time and adding them together. In some relay events individual times are not recorded and the explanation by Murphy is the best alternative.

I would like to point out that RunTime software, the most popular road race computer scoring system, has the age/sex graded factors built-in. It will show a runner’s actual time and the age/sex graded time in the next column. It does all the masters, team and Clydesdale age-graded scoring in addition to the regular open and age groups. It comes highly recommended. Information can be obtained by calling (607) 754-2339.

One thing I would like to suggest. Whenever you print an age-graded time always print the actual time along with it. It should also be pointed out that an age-graded time is what a person would probably have run in their open years and that a sex-graded time is the male equivalent. This explanation makes it easier to understand. Also, it is better to list times rather than percentages, whenever possible.

I am in Oklahoma, on race day using the RunTime software, we always show the top age-graded runners as a matter of information.

Joe McDaniel
Tulsa, Oklahoma

1990 LDR AWARDS

The controversy over the M70 LDR award at the TAC Convention highlights several deficiencies in the current procedures:

1) There is generally a 2-4 month delay in submitting race results to TACSTATS. This means that committees cannot rely solely on TACSTATS for identifying potential candidates for consideration since only half of the results would be in TACSTATS data base.

2) The early-December date for making the awards means that outstanding performances late in the year can easily be overlooked. Thus, the awards are not truly representative for the entire calendar year. The awards should be divorced from the convention and dealt with by the respective committees at a later date when the entire year’s results would be available from TACSTATS to guide their decisions!

3) In general, if there is a close contest between two candidates, then I would be inclined to give the nod to the runner with several National Championships but only if the contest is truly close. Until such time as our national championships receive sufficient financial support to insure that leading nationally ranked runners in each age group can be brought together without incurring financial hardship, then relying primarily on National Championships will “taint” the awards (“buying”) in. In the meantime, let’s make use of the TACSTATS data base as the primary source of input for the committees!

Herb Chisholm
Alexandria, Virginia

INDOOR PENTATHLON

We have just returned from the 1991 TAC/USA National Masters Indoor Pentathlon Meet which was held at the National Institute For Fitness and Sport in Indianapolis. The Institute was impressive and the smoothness of the running of the pentathlon was apparent with the outstanding staff of officials under the direction of Gene Edmonds. Suzanne Hopkins is to be commended for her time and effort which she put into the organization of a meet of this caliber. Thank you again.

Mr. and Mrs. George W. Taylor
Mr. and Mrs. D.L. Smith

Thank you, Suzanne Hopkins, for a well organized indoor Pentathlon Championships in Indianapolis.

The fantastic facility was only surpassed by the friendly officials and helpers and the hospitality in your own home. Athletes occupied every sofa and bed plus the floor.

Again, Suzanne and Henry, it was great.

And on the women's horizon, a 100% upgrade in participation. The newcomers Colleen Lahr, Cathy Primmer and Mary Lou Platis, joining the multi event “regulars” Phil Raschker, Christel Miller and Betty Vosbough.

Christel Miller
Glendale, California

Copyright 1991 National Masters News
Despite Larry Rawson’s knowledgeable commentary, the live TV broadcast on a local station left much to be desired.

Outside of Campbell and Navarro, no masters runners were ever shown. After the first two runners finished the race, the TV cameras left the finish line to focus on interviews. Except for the first two men and first woman, no final times were ever given in the five-hour program. Except for the winners, the broadcasters focused upon the freakish or communal aspects of the event. Age-group competition was never mentioned.

Interviewer Florence Griffith-Joyner jogged with the slower runners, asking about 60 of them the same questions: “What’s your name? Where are you from? Is this your first marathon?” Regardless of the answers, Griffith-Joyner always concluded with the same: “awright.”

Mile splits weren’t given until the late stages of the race. Viewers never knew who some of the runners in the leading group were, and never were told the names of any of the runners in the second pack. Most annoying was that the commentary rarely mentioned where in the city the runners were.

“The most irritating aspect of the race was race president Bill Burke’s omnipresence,” wrote Larry Stewart in the Los Angeles Times. “He looked like Caesar riding through his empire as he stood in a bright red convertible that followed the leader. He waved to the crowd as if he were the show. Not once did he sit down.”

Not surprisingly, TV ratings for the marathon were down 26% from last year — from 10.4 to 7.7. Audience share dropped 31% from 29 to 20. Two years ago, the ratings were 12.0/34.0.

One technical aspect of the broadcast which did work well was the projected times of leaders Plaatjes and O’Brien.

Burke was given much praise for building the event into a major Los Angeles happening. But a pre-race article in the Los Angeles Times raised ethical questions about the race.

Reporter Julie Cart wrote; “According to the city’s auditors, the marathon was uncooperative with their attempts to check the books as agreed upon in the city contract.”

“The marathon’s books show that the race made a $142,000 payment in 1986 to a company that Burke owned. The marathon benefited from a 1989 contract change, curiously made retroactive, whereby the race didn’t have to pay anything to the city for 1988.

“The marathon has been delinquent on fees owed the city.”

Burke replied to Cart that he “pays my bills when I think they’re due.”

Despite the millions generated from sponsors and licenses, Burke told Cart the race has shown a loss in each of its five years.

“I have never taken a salary,” he said. “The race is my full-time hobby.”

The L.A. City Council voted to extend Burke’s contract through the year 2000 without competitive bidding. The race, they say, has been “an outstanding success.” — Al Sheehen

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At the 10-mile point of the Los Angeles Marathon, John Campbell (#3) leads Artemio Navarro (on Campbell’s left shoulder). Photo by Richard Lee Slotkin.
Third Wind

by Mike Tymn

In Search Of The First Female Masters Runner

As Nancy Dreyer the first over-40 female distance runner? In his book, The Dipsea Race, Mark Reese reports that 59 men and one woman finished the 1950 Dipsea, a 6.8-mile handicap race over a rugged, narrow, unpaved, mountainous, twisting course in Marin County, across the Golden Gate Bridge from San Francisco.

"The lone woman was Nancy Dreyer, age 44, wife of Willie Dreyer." Reese wrote. "She started 25 minutes ahead of Mill Valley police chief James McGowan's 10 a.m. whistle and ran the course in 96:36."

Reese goes on to say that Dreyer's training consisted of climbing the six flights of stairs at a Berkeley hospital where she was a nurse.

Willie Dreyer, who had won the 1941 race after moving to Berkeley from Chicago and getting an eight-minute handicap, finished 34th in 1950. It is further mentioned that Willie met Nancy after the 1941 race where she was a finish-line spectator.

"She was really in bad shape when she came in," recalls Joe King, a veteran Dipsea competitor who watched her cross the finish line that September day in 1950.

"I really didn't see her run, though. I think she kinda got talked into it by her husband. My wife picked up that the gal really didn't want to do it, but did it in self-defense. Maybe that's being unkind. It might have been just speculation on my wife's part."

King, who ran in many Northern California races during the '40s and '50s, adds that to the best of his recollection, Dreyer was the first woman he saw in a race, and does not recall seeing another woman until the late '60s.

Reese goes on to record that in 1951 Dreyer again ran, clocking 90:55 while finishing last. He also notes that about two months later Dreyer placed eighth in a women's 2500-meter run (apparently on the track) in a time of 10:07.

Dreyer ran in the next three Dipseas. In 1954, her last Dipsea, the 48-year-old mother of two got a 30-minute head start and was the first to finish. Among those finishing behind her was a wiry young harrier from the University of Chicago named Hal Higdon. However, Dreyer was not considered an "official" entrant and was not recognized as the handicap winner. Moreover, her time was not recorded.

The following year, race officials barred women from competing at all.

Elaine Pedersen

While 29-year-old Elaine Pedersen began running the race in 1966, women were not allowed to officially enter the race until 1971. Reese also records that a Women's Dipsea "hike" was started in 1918 but discontinued in 1923 due to "the combined pressures of churches worried about the morality of the hiking costumes and San Francisco physicians worried about the stress on women's bodies."

Although the event was called a "hike," some of the 177 women in the 1918 event actually ran parts of the course. Edith Hickman (no age given) won the first event in 1:18:48. The following year, Marion Mehl (no age given) covered the course in 1:13:54, and her husband boasted: "I knew the old woman would deliver."

The newspaper reports referred to the participants as "young women" or "girls." Therefore, it doesn't appear that any women over the age of 40 participated. A report in The Bulletin read: "Many of them suffered blistered feet, others found the long grind hard on their 'running machines' — we are bashful about mentioning young ladies' limbs — and the finish was a welcome relief for these girls."

Anne McKenzie

If Dreyer was the first female masters runner, the first real competitive woman runner over the age of 40 may have been Anne McKenzie of South Africa. Profiled by Gretchen Snyder in the November 1987 issue of NN, McKenzie ran her lifetime best (800: 2:06.5) in the 1967 British Championships at age 41. The time was a South African open record as well as a W40-44 WR record which still stands today. Her 4:57:2 mile that same year stood as a W40-44 WR record until broken by Doris Heritage in 1983 with a 4:54:69.

McKenzie is listed in the current record book as having nine single-year age records at 800 meters on up to age 59, when she recorded a 2:51:3.

Mavis Hutchison

My search for other early firsts among women masters led to some 1967 results showing one Mavis Hutchison as finishing 220th out of 387 starters in the Comrades Marathon (54.5 miles) in 10 hours, 7 minutes. Although her age is not given, it was noted that she had six children, the oldest of which was 23. Thus, it appears very likely that Hutchison was over 40.

Mary Lucille Boitano and Marcie Trent are listed in a 1971 Runner's World publication as both having taken up running in 1968. Boitano was 44 and Trent 50. Trent may have been the first over-50 competitor.

I decided to expand my research to include over-40 women in any sport prior to 1970. The oldest "athletic" achievement of any kind by a woman over 40 that I could come up with was that of a Cherokee Indian woman around 1750. In his memoirs, Lt. Henry Timberlake tells of knowing an old woman, whose youngest son was about 50, who used to carry a load of wood weighing "two hundred weights" on her back daily for a couple of miles. Her name was not given.

Of course, there was little in the way of organized sport for women until the century. What there was seems to have been available only to young women. In an article titled "Menopause, Old Age, and Exercise for Nineteenth Century Women," which appeared in the Summer 1989 issue of Journal of Sport History, Patricia Vertinsky observed: "Women who survived beyond 40 often believed that menopause marked the beginning of a period of depression, of heightened incidence and of early death ... There simply were no great expectations for women whose vitality was viewed as having already largely ebbed away with the menopause, and repeated pregnancies and childbirths."

Aileen Riggin Soule

Aileen Riggin Soule, who helped usher in the Golden Age of Sport as a gold medal winner (springboard diving) for the United States in the 1920 Olympics recalls that there was great concern among doctors of that day about even young women taking part in any type of endurance event. "There was concern about women swimming over 300 yards then," Soule, now an 84-year-old resident of Honolulu and the holder of a number of records in the 80-84 swimming competition, offers. "They said it was too strenuous, that we'd develop heart problems and wouldn't be able to bear children."

Soule, who went on to win silver (diving) and bronze medals (100 backstroke) in the 1924 Olympics, became a columnist for the New York Evening Post. In a 1926 edition of that paper, she wrote: "Sport has broken down the barriers between youth and middle age. They meet on a common basis. The age of neither acts as a handicap; the youth of one is offset by the experience of the other." However, Soule, who has a sharp memory for the names of that era, could recall only one female athlete competing over the age of 40. That was May Sutton Bundy, a tennis player.

May Sutton Bundy

In 1929, Bundy, the first American to win at Wimbledon (1905), reached the quarter finals at Wimbledon at the age of 41. She continued to play recreational tennis until age 85.

Further research in the annals of tennis reveals that Dorothea Douglass Lambert Chambers, a seven-time Wimbledon winner, reached the challenge round at Wimbledon in 1919 at age 41. At 46, she was a quarter-finalist in the U.S. Championship and the following year played on the British Wightman team. Mary Kendall Browne qualified for medal play in the...
Continued from page 6

U.S. women's amateur championship five times from 1932 to 1939. She would have been 47 in 1939. And, Margaret Osborne duPont was a member of the winning doubles team at Wimbledon in 1962, at age 44.

Eleonora Sears
If Nancy Dreyer was not the first female masters runner, perhaps Eleonora Sears qualifies. In fact, Sears, a member of the Tennis Hall of Fame, may qualify as the first great female "masters" athlete. According to her biography, she won the first U.S. women's tennis championship, in 1928, when she was 47. At 55, she still played well enough to reach the quarter finals in the nationals of the Women's Squash Rackets Association.

Sears' biographer states that in the early 1990s, she scandalized her community by wearing breeches and riding astride instead of side saddle. In 1912, she shocked an audience at a polo match by riding astride onto a polo field and attempting to play with the men. In 1926, at age 44, Sears gained widespread publicity by establishing a record time for walking from Boston to Providence, R.I. She covered the 47 miles in 9 hours, 53 minutes. That figures out to pretty close to five miles per hour, a little faster than a "walk."

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Use of Age-Graded Scoring Grows

Two years ago, the World Association of Veteran Athletes completed a comprehensive, three-year study of the rate at which athletic performance declines with age.

The result was a 66-page book titled "Masters Age-Graded Tables," which lists factors and standards for each age from 18 through 90 for each event in track & field, long distance running, and racewalking.

The purposes of the tables are to enable athletes to keep track of their progress over the years; to compare their own performances in a given event and in different events; to compare performances of older and younger individuals in the same or different events; to select the best performers in an event among all age groups; to select outstanding athletes; to make the competition more interesting and exciting; and to score multi-events.

The tables can be used to figure age-graded times or age-graded percentages. An age-graded time is what a person would probably have run in their open years. A percentage figure indicates how close to 100% (the potential world record for that age/event) the athlete has performed, with 90% being world-class level, 80% national class, 70% regional class, and 60% local class.

As Joe Henderson wrote: "Age-grading can relieve the inevitable and often depressing slowdown with age; and the confusion with age-group awards. These tables give runners a way to improve indefinitely, and they give races a way to award fewer but more meaningful prizes."

In the past two years, the use of the age-graded tables in meets and races has grown slowly but steadily. Among the events which have used age-grading in their awards' presentations are the Twin Cities Marathon, the Tulsa 15K Run, the First Colony Championships (Sorlandia, Texas), the Sorbo-thane/USRA Masters Circuit, the Birmingham Track Classic, the Mt. Washington (NH) 7.6 miler, TAC's National Masters Track and Field Championships, The Houston-Tenneco Marathon Warm-Up Series, WAVA's World Veterans Championships, the Texas Masters T&F Championships, TAC's National Masters Decathlon, Heptathlon, and Pentathlon Championships, and several other races in Oklahoma, where the idea has caught on big.

"Age-graded scoring has added a new dimension to road racing," says Tulsa's Joe McDaniel, who has worked with computer-programmer Alan Jones. Jones has built the WAVA age/sex factors into his RunTime Software, a popular road race computer scoring system.


Howard and Gwen Kunz of Bellaire, Texas have developed a Lotus 1-2-3 template for computer handling of age grading.

"We succeeded with our age-graded project in the Marathon Warm-up Series, which consists of the 5th largest U.S. 20K, 3rd largest 25K, and largest 30K," Howard Kunz said. "I have yet to hear other than favorable comments on age-grading."

In this month's Speaker's Corner column, Avery Sharp of Detroit outlines how race awards can be made fairer by use of age-graded scoring. On page 9, Phil Mulkey has calculated the top age-graded marks at last year's TAC National Masters T&F Championships. In her monthly Masters Racewalking column, Elaine Ward explains how racewalkers can benefit from age-grading.

Up to now, one drawback to using the tables has been that, without a computer program, they require use of a calculator. Not everyone is comfortable with that.

"Worse, time calculations must make them in seconds. For road races, minutes must first be converted to seconds by multiplying by 60 before the age-graded time or age-graded percentage can be determined. This takes time and turns some people off."

But there's good news. NMN has learned of a new calculator — called "Time Master" — which converts between all time formats: hours, minutes, and seconds. (For example, with the Time Master, a marathon time of 2:45:51 by a 46-year-old man can be multiplied by the M46 marathon factor of .910 to get an age-graded time of 2:32:25 directly. With a normal calculator, the 2:45:51 must first be converted to 9951 seconds; then multiplied by .910 to get 9145 seconds, then converted back to get 2:32:25.) The Time Master is easy to use and saves a lot of time.

In addition, the Time Master works with points-in-time values (8:25 a.m.) and has a built-in stopwatch-function. It also works as a regular math calculator.

The original retail price of the Time Master was $59.95, but NMN has made arrangements with Calculated Industries to offer them through our Order Department for $45.00. (See order form on page 13 or Time Master ad on this page).

The 1990 edition of the Masters Age-Graded Tables Book is still available for $5.95. For both the Time Master and the Tables, send $49.00.

The WAVA Committee which created the tables agreed to give them a two-year try before making any adjustments. The tables will be reviewed following the WAVA World Veterans Championships this July in Turku, Finland. If necessary, slight revisions may be made. Plans are afoot to include ages under 18.

In sum, the age-graded tables have added fun and excitement to masters competition. Their use is expected to grow in the future as athletes and event directors become more comfortable with their operation.
Age-Graded Marks at Nationals Are Revealing

by PHIL MULKEY

On this page are the top eight age-graded marks of each men’s five-year age group in each event at the 1990 TAC/USA National Masters Track and Field Championships.

For example, Stan Whitley won the M40 100 in 11.02. The WAVA factor for age 40 is .9435. By multiplying that by Whitley’s time, we get an age-graded time of 10.39, his equivalent open-class mark.

Bill Collins, the M35 100 winner, had an age-graded time of 10.41. And so on. Whitley’s age-graded time (10.39) divided into the open-class 100m standard (9.85) is 94.86%, an outstanding performance.

The eighth-best 100m age-graded mark was the M50 winner in 10.59, which equates to a 93.06%, also world class.

You may draw your own conclusions as to these statistics. It appears that masters athletes seem to be holding better in the sprints, followed by the middle distances, jumps and throws.

If we score the eight age-graded finalists in each event by age division, we find the M40s dominate with 141 points (15,10,7,5,4,3,2,1) while the M55s next with 130.

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It's Time to Streamline Race Awards

The most misunderstood, misused and abused feature of road racing is the determination of awards. How can a race director give proper recognition and prize money to open, age-group and masters performances?

There are currently four big injustices in the sport:

1) Giving Awards to Open Runners, but Excluding These Runners from Age-Group Awards

This practice is ridiculous: a 40-year-old man who places among the top 10 open runners doesn't get the 40-44 award; that award goes to the second-best M40 runner. It becomes a totally meaningless award. It's a lie.

2) Giving Awards in Straight Five-Year Age Groups

Some race directors don't give any awards; only 5-year awards. So what happens when, say, six of the top 10 finishers are in the 35-39 division? Assuming three awards per age group are given, three of those six don't get anything. Yet, the first 25-29-year-old who finishes, say, 15th, gets a first-place award. It's nonsense. The top runners, regardless of age, should get the open awards.

3) Giving A Runner More Than One Award

At a recent race, the open runners received awards along with 5-year age-group winners. In addition, there was an award for the first master across the finish line. And there was prize money for open and masters runners.

Here's what happened: The first five open runners were called up and given their awards. A bit later, these same five were called back again and given their age-group awards. Fifteen minutes later, three of them were called back and given their open prize money. Later, one of the top three — who was also the first master — was called to the stage and given the overall masters award.

It still wasn't over. After all the crowd, except for a few family members, had left the awards ceremony, this same embarrassed runner was called up again and given the masters money. Too bad he wasn't a Clydesdale; he could have been called back another time.

This particular ceremony lasted one hour and 58 minutes. The vast majority of the crowd was gone in 30 minutes.

4) Giving Money or Merchandise to the M1 Master Regardless of Age

Many events give prize money or merchandise to masters. Most of these races lump every master into one "masters" category without any consideration of a person's age. Yet there is a much wider ability gap between two runners aged 50 and 54 than between two aged 21 and 34.

When giving money to runners over age 40, it's essential that a person's age be considered. What is fair about one 50-year age bracket (40-49)? Still, this happens more often than not. Invariably, the young 40-year-old runners will take the money even though an older runner might set an age-group world best. In one recent 5K race with prize money, the first master was age 41 and posted a relatively slow time of 17:41. The second master was 58 and ran a fast 17:44. Who got the money? The 41-year-old. Who had the best performance? Unquestionably, the 58-year-old.

Simple Solutions

Even if it's necessary to have an awards ceremony at a later date, it's better than keeping runners around in wet clothing for a long drawn-out ceremony — especially if a bunch of bogus awards are handed out. With a little planning and coordination, it can all be done equitably and quickly.

First, it is not necessary to have a plate attached to an award designating an age-group place. It's not necessary to give trophies and plaques. Most regular winners are sick of these antiquated rituals. Nothing adds value; it can be generic, such as hardware, mugs, fruit baskets, etc. If you want to give a memento for a trophy case, give each award winner a ribbon with the name and date of the race.

Have your generic awards and money-letters ready. Most award winners are read from a board or from a computer printout. Call up the open winners and also announce their age-bracket, if other than open. If there is money to be given, present it at this time. (It's not necessary to have age groups for 20-34-year-olds; they should compete in the open division.)

Masters Awards

A most important part of an awards ceremony is the recognition of masters "best performances." But it should not be based on time alone. WAVA age-grading should be used.

This system is a result of an exhaustive and conclusive study by the World Association of Veteran Athletes which scores a runner on actual time which is converted to an open time or what a runner would have run in his/her prime. This system will determine an equitable basis for overall performance among all ages over 40 and it can be done on the spot.

Call up the masters with the best performances exactly as you did with the open runners. If one of these masters placed in the open division and has already been recognized, simply state that this has been done.

After that, give the remaining age-group awards.

Awards should be based on equitability, consistency and uniformity — not on what's easiest or what has been done in the past. TAC should assign top priority to establishing a nationwide policy on awards.

This procedure will speed up your ceremony considerably. It will eliminate phony awards and will give special recognition to masters and juniors. If you decide to give generic awards, it will also save money.

(Avery Sharp lives in Detroit. His article was excerpted from the TAC/Okalahama Newsletter.)

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

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

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

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

LOS ANGELES, April 1 — Harvey Sanders, 62, was sentenced by a Los Angeles Municipal Court Judge to 90 days in County jail for cheating in a local road race.

The historic judgment was handed down by Judge John J. Schwartzkopf, often called "Hanging John" by local attorneys.

"I've had it with the immorality that seems to be taking over our country," Judge Schwartzkopf said at the sentencing. "Cheating is cheating, whether it's shoplifting, car theft, savings and loan scandals, or cheating in a road race. It's time to set an example for the youth of America that crime, even small crime, doesn't pay."

Sanders, a small-business owner, was disqualified from the 4500-entrant Century City 10K after "winning" the M60-64 division in 39:47 and claiming the first-place prize of $100. A review later showed Sanders failed to appear at the mid-race checkpoint.

"Nobody had ever heard of this guy before," said a race official. "And here he comes in with a sub-40 time; we were skeptical."

Sanders was asked by race officials to return the first-place award, but refused, saying "I ran the whole race; I took my jersey off and that's why they didn't see my number at the checkpoint."

Judge Schwartzkopf was not impressed with Sanders' story, citing several examples of road-race cheaters who had gone unpenalised in recent years.

Sanders' wife, Marlene, said she was stunned by the stiff sentence but not surprised by her husband's actions.

"If he cheated in the race, I'll bet he's been cheating on me for years," she said. "Maybe some time in the slammer will do him some good."  

Pauling Stars in MAC Meet

Continued from page 1

The most exciting race of the day was the 4 x 800 relay. Despite its being the last event, two teams made a valiant run at the oldest masters indoors mark on the books - the 8:30:00 time set by the New York Pioneer Club (Connelly, Krebs, Genovese and Zipper) on March 13, 1977 at 880 yards. The New York Pioneers, with Nelson Keys (2:10.92), Talb (2:08.47), Rob Jackson (2:08.39), and Don Hodge (2:08.83), won in 8:35.62.

Other good efforts came from Gary Null (46, 3000W, 13:20.57), Bill Fortune (62, 3000, 10:34.42), and Glen Shae (53, 600Y, 1:25.53).

The Grand Prix points were doubled for this meet. Pauling's 40 points pulled him from fourth place to within two points of Null, the eventual winner, who totalled 86 points. Fortune was third with 77 points. Small finished fourth with 73 points, even though he had the highest age-graded average for the five meets at 90.6%.

In the non-championship competition, Al Swenson, 44, won a smashing triple: 800 (2:05.38), mile (4:34.04), 3000 (9:47.43). Chuck Sochor, 60, won four: 55 (8:09), 200 (28.52), 400 (66.84), and 600Y (1:34.20). Harold Nolan, 44, raced a surprising 9:10.15 in the 3000.

THE SIXTH ANNUAL GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP FOURTH OF JULY NATIONAL TRACK MEET—FAIR & FIREWORKS (SANCTIONED BY N.J. TAC)

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11:45 AM
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2:30 PM

FIELD EVENTS

Shot Put
Javelin
Discus
Triplet
8:00 AM
8:45 AM
9:30 AM
10:15 AM

YOUTH RACES

1500 Meters
400 Meters
5:00 PM
10:00 AM

TAC REGISTRATION REQUIRED AND AVAILABLE AT MEET

SHORT SPRINTS ALLOWED

Hurdle heights & implements will be according to TAC Masters Rules. We will attempt to adhere to the above schedule. If the actual meet is later than the above schedule, we will forgive that attempt or that race. The one-place-small-club will go to the winner.

All Thursday, Long Jumpers & Triplet Jumper please note that will start immediately after preceding group. Check for announcement.

ELIGIBILITY

Any TAC Masters or Masters AHECtUS Meet TAC Card. Men or women 30-99 years of age. Any Randolph resident who sells within the above age groups. Fee of $5.00 per event, plus entry $10.00 per first event, $5.00 every other payable to Garden State Master's Club, no charge for Randolph residents. There are no limits on the amount of events you may enter.

PRIZES

Medals will be awarded to the top three in each 5-year age group, in each event for both men and women. Large trophies for top men and female athletes in Masters Meet. TRAVEL ARRANGEMENTS

For travel arrangements and hotels call Beta Reno of "TRAVEL MASTERS" (908-361-3101). There are many major hotels in the nearby area.

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CITY & STATE

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AGE

DATE OF BIRTH

CLUB

EVENT ENTERED

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I hereby agree any on all entries I or my wife may have against Randolph Township Parks & Recreation Dept. Randolph Township, The Randolph Board of Education, Garden State Athletic Club at the Meet Directors and officials resulting from my participation in this meet.

SIGNATURE

ADDITIONAL INFORMATION

GALILEE WINEGARDNER

ROE NUNZIATA

Photo by Hank Kiesel

Roland Ansprech, M60 second (8:45.61) 2000 steeple-chase, hits the drink, TAC National Masters & Championships, Indianapolis.
Burning Feet

Q. I am 63 and have been competing in masters races since 1982. I have been relatively injury-free until recently. While training, something "snapped" on the bottom of my foot. I have been unable to run for the last six months, and, after ten minutes of walking my foot begins to burn. Can you help me get back on the road to recovery?

A. It is difficult to diagnose your injury from your description. Usually, a "burning" sensation is the result of some type of nerve damage. However, in the area you describe, it could also be a fracture of one of the small bones of the foot (the 5th metatarsal) or it might result from injury to the tendons that run along the outside of your foot.

I'd definitely recommend an x-ray to rule out the possibility of a stress fracture or even a complete fracture. If, after a thorough biomechanical examination, you are found to have a tendon pull or tear, you may need additional treatment such as physical therapy or perhaps a cast to immobilize the injury and facilitate the healing process.

I usually advocate hot water physical therapy and direct ultrasound in combination with a "low dye" strapping. In extremely painful cases, a short-acting steroid mixed with a local anesthetic is helpful. If there is a mechanical problem, the use of an orthotic insert (preferably with a padded heel) often gives quick relief.

(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.)

Welch Top Runner in Gasparilla 15K; Cuevas Repeats Masters First

by JERRY WOJCIK

Priscilla Welch, 46, of Boulder, Colo., raced to the best age-graded overall performance of 97.2% with a 52:34 in the 14th Gasparilla 15K Run in Tampa, Fla., on February 9, finishing 14th woman.

Mario Cuevas, 41, formerly of Mexico, now a Tampa resident, defended his masters title in 46:19, 14 seconds below his 1990 finish, when runners were hampered by high heat and humidity. Cuevas was the second-best masters age-graded performer with a 95.1%. Norm Green Jr., 58, of Wayne, Pa., another repeat winner, with a 53:14, had the third-best masters performance with a 94.6%.

Second M40-44, Ken Hamilton, 40, of Canada, 47:18, and Laurie Binder, 43, W40-44 winner, of Oakland, Calif., 53:57, tied for next-best performance with 92.6%.

Other repeat division winners were Joe Burgasser (52, 53:24, 88.8%), St. Petersburg, Fla., and Wen-shi Yu (56, 66:08, 83.6%), Kew Gardens, N.Y.

The oldest finishers were John Kelley (83, 1:40:12), East Dennis, Mass., and, for the women, Aligene Williams (75, 1:34:51), Park Forest, Ill.

Jim Pearson (42, 49:39), fourth M40, from Lakeland, Fla., and Carol Visborough (45, 62:05), third W45, of Seminole, Fla., were winners of the W101 Masters Cup, which awarded trips to a 1991 masters road race championships to the best local masters runners.

Open winners were John Halvoscn (24, 43:14, 95.5%) of Canada, and Jill Hunter (24, 49:00, 93.5%) of England.
PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
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<tbody>
<tr>
<td>Masters Age Records</td>
<td>$</td>
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</table>
Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all racewalking events, age 40 and up, as of Oct. 31, 1990. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. $4.00
| Masters Track & Field Rankings | $ | 
Men's and women's 1990 U.S. outdoor track & field, 5-year age-group rankings. 60 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters & F Rankings Chairman, and the National Masters News $5.00
| Masters Age-Graded Tables | $ | 
Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year-age-group records, as of July 1, 1990. $5.95
| Masters 5-Year Age-Group Records | $ | 
Men's and women's official world and U.S. Outdoor and Indoor 5-year-age-group records for all track & field events, age 35 and up, as of July, 1990. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. $1.50
| Competition Rules for Athletics (1991) | $ | 
U.S. rules of competition for men and women for track & field, long distance running and race-walking — youth, open and masters. $9.95
| TAC/USA Directory (1991) | $ | 
Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. $9.95
| IAAF Scoring Tables (1985) | $ | 
Official world scoring tables for men's and women's combined-event competitions. $11.95
| Guide to Prize Money Races and Elite Athletes 1991 | $ | 
Published by Road Race Management, The Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. $44.00
| TAC/USA Patches | $ | 
Embroidered, 4" x 3". $2.50
| U.S. Track and Field Team Patches | $ | 
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| U.S. Track and Field Team Lapel Pins | $ | 
Cloissoine enamel, 1/2" x 5/8", bar pin with safety catch. $5.00
| Masters Running '89 | $ | 
Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliot Denman, Hal Higdon, Dick Patrick, Al Sheahan and others. $1.95
| The Masters Running Guide by Hal Higdon | $ | 
160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. $9.95
| Winning Secrets by Dr. Ladislav Pataki and Lee Holden | $ | 
| Back Issues of National Masters News | $ | 
Issues: $2.25
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Cobb, Thorne Appointed Sectional Heads

National Volunteer Week will be held April 14 to 20. During this week millions of volunteers from throughout the United States will be recognized for their contributions to their respective organizations.

It is an appropriate time, therefore, for us to acknowledge and thank those who devote countless hours and their expertise to our sport. We owe them a great deal.

The timing of this national recognition coincides with the resignation of one of our program's long-standing and outstanding volunteers — Gary Miller. Gary, who will continue to be an active participant, has served as the Western Sectional Coordinator since his appointment by former Committee Chair, Jim Weed. He has contributed significantly to our sport in many capacities — as an athlete, committee member, and as an administrator. His talent and dedication have been appreciated by many and we will continue to seek his input. Thank you Gary for your immense contribution and for a job well done.

Hugh Cobb, a member of the Southern California Striders, has been appointed as the new coordinator. I want to also welcome Tom Thorne as the new Mid-America Coordinator and to thank Tom Wesselowski and Bill Butterworth for their work this past year in this section.

The official USA world games uniform for 1991 includes:

- Singlet: Nylon Tricot all red w/ USA and Masters screened on front. Blue letters with white trim. Women's singlet is in higher cut and lined.
- Shorts: Nylon Tricot all red w/key/change pocket. One piece liner of cotton/polyester/lurex with reversed seams.
- Pants: Have a zipped lower leg for easy on/off and an elastic waistband for day long comfort. Two side pockets. Color is also Royal Blue with white stripe.
- Training Suit: is Supplex which is a lightweight textured nylon with the feel and look of cotton. The fabric has been treated with Scotchgard.
- Jacket: Has a vented back with a mesh liner and fully covered waistband and zippered pockets Color: Royal Blue w/white stripe. USA & Masters on back, your name and American flag on front.

The complete package cost $144.00 plus $4.50 for shipping and handling. Allow 4 to 6 weeks for delivery.

Help Wanted

Barbara Kousky, Masters Track & Field Chairperson & Charles DesJardins, Masters Long Distance Chairperson, have assigned to me the job of composing a handbook for meet directors of masters' events.

The purpose of the book is to highlight the special needs of masters' competitors in administering an event, directed to those meet directors who are not familiar with our program. It will also include suggestions for the development of local masters' programs.

Suggested meet schedules for one, two, and three day track meets will be presented, for national, regional association and local meets. Information about the overall structure of the program, information about record applications, and special technical rules for masters will be included. We would appreciate the input of those who have served as masters' meet directors on all levels, plus suggestions and concerns of those who have participated in masters' events.

The booklet will not serve as general instructional material for putting on an event. It will only highlight the needs of the masters.

I need and welcome all comments, suggestions and articles. Please send them as soon as possible. I have a fax machine. I must be present to receive the fax. The best time to fax any material to me is between 9 to 10:30 a.m. and 4 to 6:30 p.m. my time.

Campbell Sets World Best at Edison 5K

field and began the race to a rousing ovation from the other runners.

Women’s open winner was Judi St. Hilaire, 21, with a 15.25.

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A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 818-782-1135. We’ll start your subscription immediately.

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Continued from page 1

Norm Green Jr., 58, Wayne, Pa., dropped the U.S. single-age record by nearly a minute with a 5:33.33. TAC/USA National Masters 15K Champions. (Ed.) Minn. Photo by Dennis Hahn

Give your heart an extra helping.
Say no to high-fat foods.

American Heart Association

April, 1991

National Masters News

page 15

Ten Years Ago

April, 1981

- 200 Compete in National Indoor Championships in Ann Arbor
- Joanne Grissom, 42, Sets Women’s W40 HJ AR (4-8) in Midwest Regionals
- Eastern Regionals Lure 200 to Bethlehem, Pa.

CUMULATIVE PRIZE MONEY EARNINGS MASTERS 1990

RANK

1. Campbell, John
2. Thibault, Donald
3. Hamilton, Tom
4. Carter, Rick
5. Schiek, Bob
6. Covaleski, Bill
7. Hadler, Bill
8. Starke, Rich
9. Stall, John
10. Shalhevet, Ele

NATION

1. Campbell, John
2. Thibault, Donald
3. Hamilton, Tom
4. Carter, Rick
5. Schiek, Bob
6. Covaleski, Bill
7. Hadler, Bill
8. Starke, Rich
9. Stall, John
10. Shalhevet, Ele

CONTINENT

1. Campbell, John
2. Thibault, Donald
3. Hamilton, Tom
4. Carter, Rick
5. Schiek, Bob
6. Covaleski, Bill
7. Hadler, Bill
8. Starke, Rich
9. Stall, John
10. Shalhevet, Ele

THE WORLD

1. Campbell, John
2. Thibault, Donald
3. Hamilton, Tom
4. Carter, Rick
5. Schiek, Bob
6. Covaleski, Bill
7. Hadler, Bill
8. Starke, Rich
9. Stall, John
10. Shalhevet, Ele

FROM THE COMPETITIVE ROAD RACER.

P.O. BOX 1765
BROOKLINE, MA 02146
On The Run
by Hal Higdon

3000 Mile Checkup

Climbing uphill, I could stare out the window onto a bucolic scene: a manicured lawn, ducks floating on a pond, joggers padding around it. The hill being climbed was actually a treadmill next to the office of Kenneth H. Cooper, M.D., the most famous proponent of preventative medicine in America. Dr. Cooper stood nearby cheering me onward — but also ready to catch me should I falter in my stride.

I was visiting Dr. Cooper at his Aerobics Center in Dallas for my biannual physical checkup. Once every 3000 miles, I bring my van into the dealer to have the oil and filters changed. Once every two years, I visit Dr. Cooper to undergo a stress test among other examinations.

If my van breaks down, I walk into my dealer and buy a new one. If my body breaks down, alas, there’s no warranty.

Dr. Cooper was an Air Force physician stationed in Texas in the mid-60s. His assignment was to determine a way to get the astronauts in shape before going into space and keep them fit in the weightless state. Dr. Cooper devised a points system for measuring fitness. Jog, cycle or swim a certain distance and you score so many points a day. Accumulate 32 points a week and you significantly improve health and fitness.

That was the basis for “Aerobics,” published in 1968. The book sold eight million copies and launched the fitness boom. Whether coincidental or not, deaths from heart attacks in the U.S. in 1968 took their first turn downward since the start of the century. They have been going downward ever since.

Discharged, Dr. Cooper founded the Aerobics Center, a health club that was the first of its kind. The Center currently has 2650 members with a waiting list for entry. The adjoining Cooper Clinic has nine full-time physicians giving physicals. The Institute for Aerobics Research explores the link between exercise and good health. One recent finding: regular exercise not only can drastically reduce your chance of heart attack, but it also can reduce certain kinds of cancer.

Jim Fixx, author of “The Complete Book of Running,” visited the Aerobics Center in the fall of 1983, but declined an invitation for an exercise stress test. Seven months later, Fixx was dead of a heart attack that Dr. Cooper believes probably was preventable with proper medical intervention.

George Sheehan, M.D., Medical Editor for Runner’s World, did not decline a similar invitation even though he hadn’t had a physical exam in 25 years. Dr. Cooper diagnosed prostate cancer. Three years later, Dr. Sheehan is still with us.

Dr. Cooper concedes he still doesn’t know all the answers. Just before my visit, a patient, age 51, returned home after a physical and two days later died of a heart attack jogging.

“Previously he had a cholesterol count of 300, which we had managed down to 200,” Dr. Cooper told me.

“He also had a history of alcoholism and once had been a smoker.”

On the other hand, members of the Aerobics Center have logged almost 10 million miles jogging around that pond with minimal problems. They also swim laps, pump iron, play tennis and engage in numerous activities designed to keep them active and healthy. Overwhelming evidence exists to prove that exercise can extend lifespan. A recent study at the Institute for Aerobics Fitness suggests that as little as a half hour walking three days a week can result in decreased mortality!

During my visit, Dr. Cooper showed me a series of X-rays proving that arteriosclerosis was reversible. “Until recently, nobody thought that was possible,” said Dr. Cooper, “but preventative medicine finally has come of age.”

Soon after returning home, I received a report on my physical from the Cooper Clinic and a letter from Ken complimenting me on my physical condition. My performance on the treadmill placed me in the top one percentile. My coronary risk profile: regular exercise not only can drastically reduce your chance of heart attack, but it also can reduce certain kinds of cancer.

For those of us who enter the competitive arena, health sometimes is less important than accomplishment. But you can’t succeed in one area without the other. It was good to learn that I had been cleared for another 3000 miles.

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Masters Age Records 1990

Compiled by WAVC and TAC Masters Age Records Chairman Pete Mundle with Don Henry, Shirley Dauksher, Gordon Wallace and Alan Wood.

- *Women's best age for men for all race-walking events age 40 and up, as of Oct. 31, 1989.
- *Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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Age Graded Tables

Age-graded tables, published by National Masters News, are a series of age factors and age standards which can be used to compare performances at different ages. In a race, using age graded tables, all walkers compete in the same "division." Medals and recognition go to the best performers, regardless of age. First place may go to a 45-year-old woman or 75-year-old man. The tables were compiled by the National Masters News and by the World Association of Veteran Athletes (WAVA), the international governing body for masters track & field, long distance running and racewalking.

**Age Factors**

Age Factors can be used by walkers of all ages to compare their performances at a given distance to what they "did" or might have done — in their prime. The factor expresses the rate of decline based on age, and converts a performance to the equivalent performance of an open athlete.

The factors require only one calculation to determine a competitor's finish place in an event. Multiplying the factor for a person's age/event by his/her actual time gives an "age-graded time" or "equivalent open-class performance." The person with the best age-graded time is the winner. Men and women compete in separate divisions.

<table>
<thead>
<tr>
<th>Example: (Based on NMN Age-Factor Tables)</th>
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<tbody>
<tr>
<td>2. Her Age Factor is .936.</td>
</tr>
<tr>
<td>3. Convert 49:15 minutes into seconds (49 x 60 + 15 = 2955 seconds).</td>
</tr>
<tr>
<td>4. Multiply .936 x 2955 seconds = 2773.563.</td>
</tr>
<tr>
<td>5. Convert 2773.563 to minutes (2773.563 divided by 60 = 46.23 minutes).</td>
</tr>
<tr>
<td>6. Convert .23 minutes to seconds (.23 x 60 = 14 seconds).</td>
</tr>
</tbody>
</table>

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Joan Rowland

Racewalking
by ELAINE WARD

Turku Interview - Joan Rowland

Joan started racewalking at age 60 and holds the 10K American Age Group Record (60-64) at 1:04:55 (63). She holds Single Age Bests for 1500m (64) at 9:14:62, and 9:20:18 for 5000m (63) at 18:46:09; for 10K (64) at 1:05:20; for 20K (63) at 2:19:54; for the 1-Hour Postal (63) at 9091 meters and (64) at 9094 meters. In addition, Joan has received recognition awards from her own Metropolitan Athletics Association and from TAC. She lives in New York City.

Joan, what motivated you to take up competitive racewalking at 60?

Shortly after my 60th birthday, I suffered an angina attack and found myself in a cardiologist's office. On his recommendation, I joined a health club and started using a treadmill three times a week for about 45 minutes. I found that I felt worse after using the treadmill, and determined that the problem was the lack, recirculated, indoor air.

When ambling through Central Park a year or so earlier, I had been given a leaflet by a group of people who were doing something rather strange with their bodies. I had filed the leaflet under "Peculiar Things," and on pulling it out, read that free racewalking clinics were held every Saturday morning at 9:00 a.m. at 90th Street and 5th Avenue. So I showed up and took a beginning clinic.

Racewalking felt right the minute I did it. I had never been an athlete, but somehow I got into this figure "8" motion where everything just worked. It felt marvellous. I signed up to race the next day and have been racing almost every weekend since.

You are very competitive then? I'm really not. That's what's so odd. I'm not competing with other people, but with myself. I don't see, feel, or hear what anyone else does during a race. I simply put blinders on and go.

Do you plan your races? When it comes to a race, I'm not very scientific. In my professional life as a musician and educator, I am very purposeful and organized, but when it comes to racing, I am not very cerebral about it. I try to be purely physical and as relaxed as possible.

If I psyche myself into listening to the birds or looking at the trees or just feeling my environment, it is more effective than planning on how much time it is going to take me to do a lap or mile. I am sure I would be a lot faster if I planned, but this seems to work for me.

What are your goals for 1991? I am going to Turku in July. I don't think very many American racewalkers can stand against the Europeans. I met several in Eugene, and though I was the first American to finish the 10K in my age group, I saw Australians, Brits, and Germans who were spectacular.

Do you work on improving your technique? I have changed my form as I have been doing some coaching with a video instant replay camera. You can only improve your technique if you really pay attention to the way your body reacts to new programming. You have to find out what's right because every time you make a major change in your technique, there is a regrowth process. It's like cutting all the hair off at the roots. The hair grows slowly at the beginning.

What would you say to a 60-year-old woman just starting to racewalk? First of all, she should consider racewalking as health walking. Not everyone needs to compete for it to do them good. I just decided to compete because of my heart condition, and competition is the only way that I will pressure myself to get out there and walk seriously. If I don't have short term goals, I find ten million excuses for not getting out. But if I have to show up at a race every week, I somehow get myself in gear.

I never thought I would get past my 60th birthday. Now, I'm going to make it until 90. I have a way to do it.

---

Elaine Ward
Bio-Data of S. Santokh Singh

Date of Birth: 7 October 1922
Educational Qualifications: M.Sc. (Hons) in Chemistry

Details of work done in Public Life:
- 1962-68 Convenor of the consultative Committee of the Ministry of Atomic Energy with late Shri Jawaharlal Nehru, Shri Lal Bahadur Shastri and Smt. Indira Gandhi, Prime Ministers as the Chairmen.
- 1969-77 President, New Delhi Congress Committee (I)
- 1968-70 Member, All India Congress Committee (I)
- 1962-1968 Member, Rajya Sabha
- 1971 President, New Delhi Municipal Committee
- 1969-73 President, New Delhi Municipal Corporation
- 1968-70 Director, Industrial Finance Corporation
- 1958-62 Member, Municipal Corporation of Delhi
- 1951-1958 Member, Municipal Committee, Delhi
- 1986 President, Indian Veteran Athletes Federation. National Champion in Hammer Throw 65 + Group
- 1989 Won a trophy as All Rounder Thrower in Hammer, Javelin, Discus and Shot put 1989 in Bhopal in the National Championships
- 1989 Participated in the VIIIth World Veterans Championships
- 1990 Won a gold medal in the Hammer Throw Men 65-69 in
- the Asian Veterans Athletic Championships 1990 at Kuala Lumpur.

1993 WAVA General Assembly.

WAVA President Cesare Beccalli reports he has not yet received a reply from the IAAF regarding his letter of 1 February, proposing any drug testing in Turku to be done on an experimental basis only.

Candidates for WAVA Council positions may contact WAVA Secretary Alastair Lynn if they wish to have a list of names and addresses of WAVA affiliates.

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WOMEN'S DELEGATE:
Bridget Cussen, WAWomen's Representative, reports: "I have been corresponding with the meet director in Turku to change the time of the hammer, 100 heats and hurdles to ensure that the heptathlon finishes on July 19 in time for the Women's meeting. He has assured me that everything possible is being done to avoid events clashing, but the final timetable depends on the total entry."
3 Months To Go

Countdown to Turku

Entry Deadline is April 15

The entry deadline for the IX WAVA World Veterans Athletics Championships is April 15. The entry form was published in the March issue of NMN. Entry forms are also available from several U.S. masters travel agents.

The biennial event will be held in Turku, Finland, from July 18 to 28. More than 5000 entrants from over 60 nations are expected to attend.

The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the event. The only requirement is to be at least the minimum age.

Pirkko Martin, Executive Secretary of the event, says the Championships will have its own postmark. This page is the new Championships mascot.

"It's an elf from the Turku Castle, which is over 700 years old," Martin said.

There will be a special medal (not an award) for the Championships which visitors can purchase.

Martin reminds participants to attach a proof of birthdate with the entry form.

"The best way for competitors to make the payments is with VISA or MasterCard," Martin said. "Bank charges for checks and bank drafts are much more than for credit cards."

On July 29, there will be a World Veterans Weight Throw Pentathlon in Naantali, 13 kilometers from Turku. The pentathlon has five events: shot put, javelin, discus, hammer, and weight throw. The last day to sign up is May 15. The entry fee is 100FM. (See schedule for details.)

The U.S. dollar has risen by over five percent against European currencies in the past 30 days. Thus, a dinner in Turku which cost $20 last month only costs $19 this month.

The post-meet tour to the Soviet Union is still on, but details have yet to be finalized.

Report from Britain

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

Tony Ross, 42, finished 5th in the Herfordshire Championships, good enough to be named to the Inter-County Championship team. On February 2 at Ruistlip, Ross placed sixth (37:45) out of 186 finishers in the North of Thames 7 Mile Cross-Country Championships. His time was barely a minute behind the 28-year-old winner, Nicky Trainer.

Two-time national veterans cross-country champ, Alan Roper, was the outright winner in the West Glamorgan Cross-Country League race on January 27 at Margam Park. His Swansea team placed third. Keith Penny was first veteran (50:26) in the Canterbury 10 Miler held January 29. Steve Birkin, 47, turned in an impressive 53:35 in the race, as did Alan Rich of Walthamstow (53:36). Forty-year-old Glynis Penny of Cambridge took the women's honor in a 56:25.

IAAF official Jon Wigley put on his running shoes and swept to victory with a creditable 34:02 in the Kent Veterans Cross-Country Championships at Hayes on January 5. Wigley, who once ran a 28:35 10K, was followed by Ken Pike (36:00). Alan Whitfield, third runner in the National Veteran's Cross-Country Championships, was the easy winner at the North Eastern Cross-Country Championships with a 34:01; Harry Mathews placed second in the January 19 event.

Paula Fudge, 38, turned in a 55:37 10 Mile at Woking in Surrey on March 3. She finished just ahead of Glynis Penny, 40 (37:44), and Anne Roden, 42 (39:47). Top three finishers in the men's division were Keith Penny (30:45), Dave Hill (31:06), and first M45 Mike Hurd (32:34).

Elsewhere, Tony Ross, 42, narrowly defeated IAAF representative Jon Wigley, 40, in the English Senior Cross-Country Championships on February 23. Earlier in the week Sally Young was first veteran in the women's division with Joyce Smith, 53, sixth. Next month a full report on the BVAF UK Veterans Cross-Country Championships will appear in this column.

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IX WORLD VETERANS CHAMPIONSHIPS
IAAF Proposes Policy for Veterans Athletics

At the request of WAVA President Cesare Becallini, NMIN is publishing the following letter of 5 February from Hans Skaset, Chairman of the IAAF Veterans Committee, to the General Secretaries of all IAAF Member Federations. “This basic statement,” said Becallini, “shall be the starting point for proposed amendments to the WAVA Constitution.” Some of the proposals in this letter will be subject to approval or rejection by the WAVA General Assembly in Turku, Finland, on July 24.

To all IAAF Member Federations:

Dear General Secretary:

In July, the WAVA World Veteran Championships and the WAVA General Assembly will take place in Turku, Finland. The IAAF Veterans Committee will also meet in Turku at this time, and this will afford the IAAF an excellent opportunity to exchange ideas and to promote the spirit of collaboration between the IAAF and WAVA.

1991 will be an important year for WAVA and for veteran athletics, and it will be an equally important year in defining the structure of future IAAF/WAVA relations. The shape and form of IAAF/WAVA collaboration will be discussed by the WAVA General Assembly, and I feel that it would be timely and helpful to those IAAF Member Federations whose “veteran” representatives will be attending the General Assembly if I clarified the IAAF’s position in respect of IAAF/WAVA cooperation:

1. The purpose of present IAAF/WAVA co-operation is to achieve a full level of integration and cooperation between the structure of the IAAF and WAVA by 1995. This integration will respect the following broad principles:
   - WAVA will maintain its identity within the IAAF. This will effectively mean that WAVA will continue to hold its General Assembly and also organize the World Veteran Championships under the structure of the IAAF.
   - WAVA will maintain its own technical and financial administration.
   - IAAF/WAVA integration will ideally mean full integration at national level between the IAAF Member Federation and the National Veteran Organization. We realize that there may be certain cases where full integration may not be immediately possible. However, if both national bodies establish a level of co-operation between themselves, this is acceptable to the IAAF, provided that veteran athletics is being effectively organized, and not neglected.
   - In the case of an unresolvable conflict between an IAAF Member Federation and the National Veteran Organization as to which body should be recognized to organize veteran athletics, the IAAF Council will give the final decision. However, it should also be confirmed that:
     - WAVA will have the right of first intervention to settle any conflict.
     - Before any final IAAF decision is taken, any recommendation from WAVA will be taken into consideration.
     - Any final IAAF decision will take into consideration any established veteran activity existing in the country in question.

Best wishes,

Hans Skaset
Chairman, IAAF Veteran’s Committee

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WAVA/TAC Hurdles and Implements Specifications

### Hurdles

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### Implements

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<td>4.00g</td>
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<td>4.00g</td>
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*Note: All weights and distances are approximate.*
Masters Scene

NATIONAL
- The 1991 Tulsa 15K Run has changed from a tentative masters championship to a definite one after endorsement by the Oklahoma TAC Association. According to National Masters LOF Committee Chairman Chuck DesJardins, Race Director Stan Austin indicates that the November 2 event should bring a strong masters field. Deserving alike masters desiring an airfare and rooming support should contact Austin at Tulsa Run Inc., 1 Williams Center, Box 2400, Tulsa, OK 74102: 918-299-3429.

EAST
- Ted Hainan, 49, blew away the competition in the NYRRC North Wind 10K. Central Park, NYC, February 3, with an M40+ first and 3:36:33. Ann Davies, 44, stormed to the W40+ win with a 1:36:30. On February 17, Haiman repeated the M40 title in the NYRRC Snowflake 4 Mil. Central Park, with an 18th-place 22:03 of 787 minute finishers. Kathy McIntyre, 41, was seventh in the race.

SOUTHEAST
- The 26th annual Bud Light Mardi Gras Marathon/10K/5K races drew over 1300 participants to New Orleans, January 19, where Mel Williams, M50, Virginia Beach, VA, with a fourth-place 2:49:02, and Jeanne Kruger, W40, Norfolk, VA, second woman in 3:17:44 were 40+ firsts in the marathon. In the 15K, Mike Diorka (53:44) and Lynn Hayes (64:22) were the masters titlists. Dr. Pat Hambrick, 41, won the 5K overall in 15:23, while Royce Mills took the W40+ in 22:24. Hambrick was first overall in 15:33 in the Flyaway 5K, New Orleans, February 17, and Mills, 44, was second woman with a 21:03. Two weeks earlier, Hambrick had led the field for 5 1/2 miles in the Elmwood 10K, New Orleans, before being overtaken by Pablo Presedo, 24, who beat Hambrick by four seconds with a 31:56. Marisa Quinones, 41, was first W40+ in 41:45. In the companion 5K, Wim Burgers (M40, 18:35) and Susan Walsh (W40, 24:50) took the masters titles.

THOM Sudduth (42, 1:10:55), Richmond, VA, and Joyce Ploeger (47, 1:27:26), Norfolk, VA, collected $100 each for masters firsts in the Pomoco Hampton Coliseum Half-Marathon (RRCA Eastern Regional Championships). Prize money for open and masters totaled $450, divided equally between men and women. 602 runners finished the half-marathon and 339 completed the adjunct 5K.

MID AMERICA
- James Pelaske (M40, 1:12:28) and Janice Pearson (W40, 1:33:53) led masters firsts in the Saint Paul Winter Carnival Half-Marathon, St. Paul, MN, February 2. Besides the race, the Carnival, which this year moved from January 31 to February 3, featured dozens of events, including ice-carving competition, performing arts programs, and a softball-on-ice tournament. The half-marathon and a 5K drew 1495 runners.

- Move over, Ron Hill and Mark Covert. Dixon Farmer, 50, former NCAA 400M champion, has a daily running streak of 15 years going. Farmer averages six miles a day, with a "steady minimum" three miles a day. "I've been fortunate in not having a serious injury in that time," Dixon said from his home in Minneapolis. "Maybe that's because I don't compete." The streak would have been 20 years, but Farmer was sidelined for five days in 1976 with an appendectomy. Farmer, who directed the outdoor National Masters T&F meet in 1989 in San Diego, moved to Minnesota and helped direct the 1991 National Indoor meet last month.

WEST
- Jack McDowell (43, 1:16:31) and Newa Higgin (41, 1:31:38) were first 40+ in McDonald's Lakewood Half-Marathon, Lakewood, CA, February 5. Eddie Lewis, 74, won the M70+ race in 1:42:36. In the Mary Storey, 66, took the W65 division with a 2:52:05.

- SAC Masters Outdoor Meet Coordinator and sprinter, Bruce Springbett, M55, of Los Gatos, CA, probably won't be competing this year at any level except for a possible relay leg or two because of a plantar fascitis problem, which started last December. "It looks like a long lay-off and a slow recovery. However, I will be attending both '91 National Championships to participate in the meetings," he says.


- Bill Van Fleet, 75, of Eureka, CA, who holds the M70 record for the Humboldt Redwoods Half-Marathon (1:45:18) and won a gold medal for the 10K in the 1989 World Championships in Eugene, Ore., set another "first" recently when he staged a four-generation run. Using the same Humboldt Redwoods venue, Bill ran alongside his son, Peter, and his grandson, Matt, while pushing his great-grandson, Schuyler, in a stroller. Bill, who didn't start running until he was 60, led the Van Fleet clan to a respectable 2:14:12 finish. Stricken with prostate cancer, he used the occasion to raise more than $1500 for the American Cancer Society.

NORTHEAST
- The correct masters honorees in the Pacific Northwest Association Awards for 1990 were Larry Almberg, 43, and Kate O'Neil, 43, for running; Harvey Williams, 66, and Marti Thielman, 51, for field events; and Judy Groombridge, 50, for most inspirational.

INTERNATIONAL
- The decision last month by South Africa's black and white rugby federations to merge was hailed as a "step in the right direction" by IOC President Juan Antonio Samaranch, who said the country's admission to the Olympic movement is "very close." He has appointed a panel to visit South Africa and report to the IOC at its June session.

- WAVA Secretary and Presidential candidate Alastair Lynn celebrated his return to track after a three-year absence by taking the silver medal in the M60 1500 at the Ontario Masters Championship in February 3. Lynn was first 15:33 in the Flyaway 5K. New Orleans. February 17, and 15:33 in the Flyaway 5K. New Orleans.

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

**SCHEDULE**

_track & field national_

**east**

Connecticut, Delaware, Massachusetts, Maryland, New Jersey, New Hampshire, Rhode Island, Vermont, Virginia


**southeast**

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


May 25, Florida Circuit Meet, Jacksonville, SASE to lamin Strode, Jacksonville AC, 1511 So. McDuff Ave., Jacksonville, FL 32205, 904/388-7860.

June 15, Florida Circuit Meet, Tampa Bay. SASE to Ed Wills Jr., West Florida "Y", 2315 Eastwood Dr., Clearwater, FL 33765.

**midwest**

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

April 27, North Coast Relays, Mayfield, Ohio. June 15, Indianapolis (IPC) Stadium, 1426 W. 29th St., Indianapolis, IN 46208, 317/924-7059.


**Mid-America**

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota

April 28, Lincoln TC Open & Masters Meet, Lincoln, Nebr. LTC, Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521, 402/435-7061. Continued on page 24
NORTHEAST

April 23. TAC / USA National Masters Half-Marathon Championships, Fairfield, Conn. Prize money: $4400. (9:30 a.m. - 10:30 a.m.)

LONG DISTANCE RUNNING NATIONAL

April 7. TAC / USA National Masters 50 Mile Championships, Columbus, Ohio. Entry fee: $25. (10:30 a.m. - 11:30 a.m.)

ON TAP FOR APRIL

TRACK AND FIELD

After a three-week layoff to retool following the Indoor Championships in March, tracksters return to outdoor action on the 13th in the Striders meet in Long Beach, Calif., followed by a Florida Circuit meet in Lake Worth on the 20th. The two-day Penn Relays, featuring special events for elite masters, open on the 26th. Another Florida meet is scheduled on the 27th in Naples, with other meets in Mayfield, Ohio, and Sacramento, Calif. The month closes on the 28th with the Lincoln TC meet in Nebraska.

LONG DISTANCE RUNNING NATIONAL

The National Masters 50 Mile Championships will be decided in Columbus, Ohio, on the 7th. Runners are deluged with a shower of races, some with buckets of masters money. The 6th offers the Cooper Bridge Festival T. C. S.C.; the Crescent City 10K, New Orleans; the Midwest Masters 8K, Omaha; the Kutztown Fool's Run in Pennsylvania; and the Fontana Half-Marathon in California. The 7th hosts the Chico 10K, Chico, Calif.; the 10 Mile Run, Washington, D.C.; the MDA-Boston Milk Run 10K; and the Austin 10K, in Texas. The Hagerstown 5K in Maryland; the Longest Day 5K in Broadbricks, S. D.; the Chico Masters 4 Mile in California; and the huge Pear Blossom 10 Mile in Oregon go off on the 13th. Two Cherry Blossom 10ks come into flower on the 14th in New Jersey and Washington, D.C., along with the fast-paced Carlaldie 10 K in California. The 94th Boston Marathon on the 15th tops the weekend.

The NYRC Trevira Twosome in NYC on the 20th; the Ice Breaker 5 Mile in Montana on the 21st; and the Fastest Masters 10K in San Francisco on the 27th wrap up a busy month. Overseas, the big event is the London Marathon on the 21st with Big Ben serving as the starting gun.

RACEWALKING

Ohio hosts the Midwest TAC Regional 40K & 10K Championships in Columbus.
**SOUTHEAST**

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


April 5. N.Y.R.C. Women’s 5K, Central Park, NYC. 9:00-11:00.

May 2. N.Y.R.C. Women’s 5K, Central Park, NYC. 9:00-11:00.

April 28. Cherry Creek Sneak 5K, Denver, Colo. C.C.S. Bank of Cherry Creek, 303/879-8070.

May 4. N.Y.R.C. Women’s 5K, Central Park, NYC. 9:00-11:00.


**SOUTHWEST**

Louisiana, Mississippi, Texas.

April 6. Crescent City Classic 10K, New Orleans, LA. M. DeVaughn or Bill Burke, 8200 Hampson St., New Orleans, LA 70124. 504/861-8556.


April 8. Coral Gables 10K, Coral Gables, FL 33145. Miss. Tina West or Kenneth Williams, P.O. Box 240, Coral Gables, FL 33143. 305/864-4611.


**MIDWEST**

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


April 13. Columbus Masters 4 Mile, Chico, Calif. 40+ Deb Powers, Enloe Hospital Stress & Health Center, 5th Ave. & Esplanada, Chico, CA 95926. 916/894-7922.


**MID-AMERICA**

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

April 6. Midwest Masters Classic IX 8K, Omaha, Neb. 35+ Richard Bean, YMCA, 420 19th St., Omaha, NE 68102. 402/341-1600.

April 13. 22nd Annual Longest Day Marathon 10K, St. Louis, Mo. 35+ Bill Everhart, St. Louis, Mo. 314/722-6500.

April 21. Redbud 10K, Oklahoma City, Okla. Jane Polite, 6488 Avondale Dr., #184, Oklahoma City, OK 73118. 405/605-5522.


April 28. Cherry Creek Sneak 5 Mile, Denver, Colo. C.C.S. Bank of Cherry Creek, 303/879-8070.

May 4. N.Y.R.C. Women’s 5K, Central Park, NYC. 9:00-11:00.


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

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### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

<table>
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<tr>
<th>Event</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
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<th>55-59</th>
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<td>6:03</td>
<td>6:12</td>
<td>6:21</td>
<td>6:30</td>
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<td>6:50</td>
<td>7:00</td>
<td>7:10</td>
<td>7:20</td>
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</table>

### APPLICATION FOR ALL-AMERICAN CERTIFICATE/PATCH

Name: [Please fill in your name]  
Address: [Please fill in your address]  
Sex: [Male/Female]  
State: [Please fill in your state]  
Zip: [Please fill in your zip code]  
City: [Please fill in your city]  
Meeting Date: [Please fill in the meeting date]  
Meeting Site: [Please fill in the meeting site]  
Event: [Please select the event]  
Hurdle Height: [Please fill in the hurdle height]  
Weight of Implement: [Please fill in the weight of implement]  
Certificate: [Please select the certificate]  
Patch: [Please select the patch]  
Patch Tag: [Please select the patch tag]  

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Van Nuys, CA 91404
**TRACK & FIELD RESULTS**

Please send meet results to NATIONAL MASTERS NEWS, PO BOX 2273 VAN NUYS CA 91404. If possible, type single space with minimum of white space.

---

### MAC Developmental Meets

**Fairleigh Dickinson U.**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
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<tr>
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<td>MS Marvin Russo</td>
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<td>MS Giorgio Chiavelli</td>
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**1000m**

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<td>MS Dave Connolly</td>
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<td>9:21.5</td>
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<tr>
<td>MS Sydney</td>
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**Fairleigh Dickinson U.**

**December 9**

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<tr>
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**550m**

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<tr>
<td>MS Mike Wilson</td>
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**1000m**

<table>
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</tr>
<tr>
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### New York City Marathon

**Manhattan College January 20**

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<td>1000m</td>
<td>MS Dave Connolly</td>
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**500m**

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<td>MS Dave Connolly</td>
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**1000m**

<table>
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<tr>
<td>MS Dave Connolly</td>
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### Brown University Indoor Meet

**Providence, RI, January 13**

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<tr>
<td>1500m</td>
<td>MS John Washington</td>
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<td>MS John Washington</td>
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**800m**

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<tr>
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**1500m**

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<td>10:31.2</td>
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**5000m**

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<tr>
<td>MS John Washington</td>
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### Continued on next page
## Distance Results

### EAST

#### Great Stew Chase 15K

<table>
<thead>
<tr>
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<th>Date</th>
<th>Distance</th>
<th>Finisher</th>
<th>Time</th>
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<tbody>
<tr>
<td>Lynn, MA</td>
<td>February 2</td>
<td>15K</td>
<td>Ana DeDyrzka (ARG)</td>
<td>1:42:40</td>
</tr>
<tr>
<td>Lynn, MA</td>
<td>February 2</td>
<td>15K</td>
<td>Emne Helo (SA)</td>
<td>1:43:40</td>
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### U.S. MARATHONS

#### New York City Marathon

<table>
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<tr>
<th>Event</th>
<th>Date</th>
<th>Finisher</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Manhattan, NY</td>
<td>February 14</td>
<td>Donald Day (USA)</td>
<td>2:30:50</td>
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</tbody>
</table>

#### Boston Marathon

<table>
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<th>Event</th>
<th>Date</th>
<th>Finisher</th>
<th>Time</th>
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<tbody>
<tr>
<td>Boston, MA</td>
<td>April 17</td>
<td>Wesley Korir (KEN)</td>
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### SOUTH

#### Gasparilla Distance Classic

<table>
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<tr>
<td>Tampa, FL</td>
<td>February 9</td>
<td>Horst Padi (USA)</td>
<td>3:31:00</td>
</tr>
</tbody>
</table>

## National Masters News

April, 1991

Continued from previous page

LJ
Silvia Pereira (BRA) 5:20
Anela DeDyrzka (ARG) 1:42:40

E
Tame Miles (CHI) 8:00

WA
600m
Silvia Batsa (BRA) 1:42:10
600m
Silvia Batsa (BRA) 1:43:00
200m
Silvia Batsa (BRA) 2:53:20
400m
Silvia Batsa (BRA) 4:12:00

WA
5000m
Ana DeDyrzka (ARG) 1:42:40
Emne Helo (SA) 1:43:40

<table>
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<th>Time</th>
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<tr>
<td>800m</td>
<td>Wanda Fischer (COL)</td>
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<tr>
<td>1500m</td>
<td>Ana Teves (BRA)</td>
<td>4:32:10</td>
</tr>
<tr>
<td>3000m</td>
<td>Isabella Liner (BRA)</td>
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<tr>
<td>5000m</td>
<td>Ana DeDyrzka (ARG)</td>
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<td>10000m</td>
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**NYRRC Empire State Building Run-Up**

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<td>Donald Day (USA)</td>
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**NYRRC Snowflake 4 Miler Classic**

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<td>Donald Day (USA)</td>
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**MPCG Marathon Hampton**

<table>
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<tbody>
<tr>
<td>Coliseum Half-Marathon</td>
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</table>
WEST
Las Vegas Marathon
Las Vegas, NV, February 2

Overall
Danny Kitch 2:16:01
Masters Men
Two

Top Masters
Eric Bayley 6:22
Top Masters Women
Mary Wilson 4:46:30

Top Masters
Macy Norsen 3:44:22
Lynn Hays 6:42:22
Masters Women

Masters Men
Brendan Minihan 5:46:30
Nick Angelucci 2:47:30

Masters Women
Mary Watanabe 7:55:26
Wanda Aragon 7:31:31

Top Masters
Rick Shady 16:21
Top Masters Women
Marie Nevin 3:31:31

Top Masters
Gary Wilsky 5:44:32
Masters Women

Masters Men
Tom Thubasa 2:31:38
Rick Reiner 2:39:26

Masters Women
Margaret Dworkin 4:07:36
Evelyn Burold 4:15:21

Top Masters
Dr. Pat McMahon 1:52:23
Randy Barbee 1:38:31

Top Masters
Shad Hill 16:31
Top Masters Women
Joan Anderson 19:41

Masters Women
Dana Miller 1:58:15
Mike Jim 1:58:15

Masters Women
Kris Upton 5:00:29
Barbara Barton 5:13:37

Masters Women
Cathy Ciaurella 10:18
Linda Cash 10:26

Masters Women
Judy Greer 11:18
C. Voshlagh 45:19

Masters Women
Sheal Ronan 21:35
Summar Daniell 21:40

Masters Women
Wendy Durlacher 25:28
Ellen Schepp 25:38

Flyway 5K
New Orleans, February 17

Overall
Dr. Pat McMahon 1:52:23
Randy Barbee 1:38:31

Masters Men
Fabiio Presto 2:31:38
James Billett 2:31:38

Masters Women
Jim Palma 3:20:00
Jay Prest 3:20:00

Masters Men
Mike Weitsman 3:13:31
Barbara Barton 3:13:31

Masters Women
Tanya Odegard 3:32:44
Pat Farnham 3:32:44

Masters Men
Jack Vomer 1:37:06
Edward Riddell 1:37:06

Masters Women
Don Thompson 2:33:23
Renee Wilkes 2:33:23

Masters Men
Bob Holm 2:59:32
Sue McCullough 2:59:32

Masters Women
Lisa Seidman 3:38:16
Tracy Key 3:38:16

Masters Men
R. Van Wisse 3:10:20
Bob Allen 3:10:20

Masters Women
Carla Brick 4:07:36
Gretchen 4:07:36

McDonald’s Lakewood Marathon
Lakewood, WA, February 17

Overall
Kathleen Shervill 2:52:48
Mike Saller 2:52:48

Masters Men
Pete Vandel 3:35:26
Greg Evans 3:35:26

Masters Women
Steve Mohler 5:57:06
David Schellhorn 5:57:06

City River 10 Miler
Austin, TX, February 17

Overall
Mike Francis 3:10:38
Mary Wilson 3:10:38

Masters Men
Paul Dwyer 2:30:43
Jeff DeLay 2:30:43

Masters Women
Elizabeth Bazel 2:30:43
Amy Gibson 2:30:43

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Lakewood, WA, February 17

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The National Masters News is the official newsletter 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 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.

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North Hollywood, CA 91615-6597

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Or call: 818/760-8983
## General Information

**Meet Director:** Dick Green (913-322-4743)

**Eligibility:** Competition is open to all men and women 30 years of age and older. Age on July 4, 1991 will determine a competitor's age group. Individual competition will be held in age groups of 5 year increments starting at age 30. Relay teams will be in age groups of 10 year increments.

Proof of registration with TAC Athletic Congress will be required from all US, nationals at on-site registration. Foreign competitors will compete as guests and no TAC registration will be required.

Proof of date of birth will be required from all competitors at on-site registration. A driver's license, passport, or birth certificate will be acceptable documentation.

AWARDS: TAC National Master Championships will be awarded to the top three US, nationals in each age division of each event final. Duplicate awards to foreign athletes. All competitors will receive Certificate of Participation.

**Entry Fee and Procedures:** Entry fee is $20.00 for the first event, $15.00 for the second event, and $10.00 for each subsequent event. The entry fee includes a T-shirt to be received at on-site registration.

All entries must be received by June 11, 1991. Confirmation of entry will be sent within 7 days, or no later than June 11, 1991. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason.

RELAYS: Relay entries will be taken at on-site registration only. Please have one club representative enter all relay teams for their club. The club relay representative should be prepared to pay the entry fee for each team entered ($20.00 per relay team) as well as submit the following documentation for each individual entered in a relay: 1) TAC registration number, 2) proof of date of birth (photocopy of a birth certificate, passport, or driver's license). All relays must be entered by noon on Friday, July 5, 1991.

**Special Events:** Information will be included in your packet.

**On-Site Registration and Packet Pick-Up:** Meet Headquarters Hotel, Sheraton Naperville, 891 North Naperville Rd., Naperville, IL, July 3, 1991, 6:00 p.m. - 10:00 p.m., Field House at track, July 4, 1991 through July 7, 1991, 9:00 a.m. - 6:00 p.m. We will verify that all fees have been paid and required documentation is in order. All fees may then be put in their packets and make their declarations.

Declarations must be made at the time of on-site registration and no later than two hours before the scheduled time of the first event of participation. Events starting before 10 a.m. must be declared before 9 p.m. the day before competition. It will be the athlete's responsibility to declare. Prepare for a long line.

**Accommodations:** All competitors will be responsible for making their own overnight arrangements. The following hotels are holding room blocks at a discounted rate for this event. Please identify yourself with the event when making your reservations:

- Sheraton Naperville, Hyatt Lisle, Holiday Inn Lisle, Excel Inn Naperville, Travel Lodge Naperville, Hampton Inn Naperville. All rates available. Free shuttle bus is provided for most hotel reservations. Call (708) 855-4900 and refer to National Masters Track & Field Meet.

Dorm rooms on campus are available; air conditioned; double occupancy; four days and includes breakfast. Price per person $86.50; single occupancy $108.50. Call (708) 423-3466.

**Discounted Air Fare:** through the courtesy of American Airlines. For reservations call 1-800-423-1700 and refer to Stabile #5027178.

## Tentative Schedule of Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Age Group</th>
<th>Start Time</th>
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<tr>
<td>100M Dash</td>
<td>Women</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
<tr>
<td>100M Dash</td>
<td>Men</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
<tr>
<td>200M Dash</td>
<td>Women</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
<tr>
<td>200M Dash</td>
<td>Men</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
<tr>
<td>800M Run</td>
<td>Women</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
<tr>
<td>800M Run</td>
<td>Men</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
<tr>
<td>1500M Run</td>
<td>Women</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
<tr>
<td>1500M Run</td>
<td>Men</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
<tr>
<td>3000M Run</td>
<td>Women</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
<tr>
<td>3000M Run</td>
<td>Men</td>
<td>7:30 AM</td>
<td>July 4, 1991, 7:30 AM</td>
</tr>
</tbody>
</table>

## Entry Form: 1991 TAC National Masters T & F Championships

**NAME:**

**BIRTHDATE:**

**AGE ON 7/4/91:**

**ADDRESS:**

**CITY:**

**STATE:**

**ZIP:**

**PHONE:**

**EVENTS ENTERED:**

**BEST MARKS 90-91:**

**MALE**

**FEMALE**

**ENTRY FEE:**

1st event entry fee: $20.00
2nd event entry fee: $20.00
additional event: $10.00

**Permit:**

US $20.00

**TOTAL AMOUNT DUE:**

**T-SHIRT SIZE:**

**SIGNATURE:**

**DATE:**

**METHOD OF PAYMENT:**

BANK DRAFT OR CHECK IN US DOLLARS

PAYABLE TO

TAC MASTERS CHAMPIONSHIP

MAIL TO:

DIck Green
P.O. BOX 8147, ROCKFORD, IL 61125

**Waiver:** I hereby declare that I am in good health and am properly conditioned for the competition and at the stated age. I absolutely relieve the National Masters Track and Field Championships Organizing Committee, TAGUSA, its sponsors, North Central College and all officials endorsing the meet of any responsibility for any injury, loss, or damage to myself or my property which I may sustain in the course of (or in connection with) the 1991 TAC National Masters Track & Field Championships.