62 World Indoor Records Set in Nationals

Columbus Draws 658 From 47 States

At 71, Jordan Has Best Age-Graded Mark

by JERRY WOJCIEK

The U.S. TAC National Masters Indoor Track and Field Championships, held in Columbus, Ohio, on March 31-April 2, drew an all-time high 658 participants from 47 states, Puerto Rico, and Canada.

This year’s meet was the first opportunity since the event’s inception for U.S. athletes to have a go at races in meters, rather than in yards, which had negated times from world-record consideration.

Let loose on the metered turf at Ohio State University’s French Fieldhouse, men and women athletes, competing in five-year age groups from 30 through 89, attacked world bests with zeal and broke, equaled, or established 62 world age-group records.

Most of the records came from 60-and-over runners, such as Pearl Mehl, with five in the W75 division, and Konrad Boas, with four in the M85 group.

In the men’s 60mH, Americans did not just erase records, they tore out the page and threw it away, with six records from age-groups M40 through M65.

In the M60 200, Jack Greenwood, with a 26.37, won a tough race, which saw Robert Watanabe and Jim Law also go under the existing record of 27.1. At last year’s championships in Baton Rouge, La., Greenwood competed after double-bypass surgery and took two firsts and a second in the M60 division.

Campbell (2:14:19) and Welch (2:35:00) Win in Boston

New Zealand’s John Campbell, 40, moved ever-closer to Jack Foster’s world masters marathon record of 2:11:19 when he blazed to a sensational 2:14:19 to win the masters title in the 93rd Boston Marathon, April 17.

He defeated two-time defending masters champion Ryszard Marczak of Poland by more than three minutes (2:17:43) to place fifth overall and win $17,000 — the biggest masters payday of 1989.

Priscilla Welch, 44, of Great Britain again was the first over-40 woman in 2:35:00.

In the space of 44 days, Campbell has won the masters divisions of the Los Angeles Marathon (2:17:51), the Azalea Trail 10K (a world masters road record 29:25) and Boston. Should he win the New York Marathon masters title this fall, he’ll receive an additional bonus of $25,000.

His winnings should relieve some of the pressure Campbell has been under. For the past year, he’s been working 16-hour days struggling to run a convenience store in New Zealand.

A year ago, at age 39, Campbell finished sixth in 2:11:08. Despite his higher place this year, his time was likely slowed by the high-60s heat, 20 degrees warmer than the Boston temperatures had been in the days leading up to the Patriots Day classic. Given ideal conditions, Campbell might well have a shot at Foster’s Beamonesque, 15-year-old record.


Welch defeated Laurie Binder by only four minutes, as the

Waigwa, Binder Set Records in Carlsbad 5K

by STEVE LEWALLEN

Wilson Waigwa (40, 14:22) and Laurie Binder (41, 16:54) raced to masters wins at the Carlsbad 5K in California on April 2. Both Waigwa and Binder set new American age-group records with their times, as did Stephen Lester (45, 15:26).

Waigwa’s time converts to a 94.5 performance percentage (M40 age-standard of 13:44 divided by Waigwa’s 14:22), and was the best age-graded showing of the day. Lester was second best age-graded performer (92.5%),

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

Special thanks to Jack Stevens, ($100), Charles Mercurio ($100), James Van Manen ($50), Pete Stopolous ($50), and R.M. Jones ($50).

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AGE-GRADED TABLES
The "Speaker's Corner" item by Peter Reigel (April NMN) on agegraded standards is the most significant item to ever appear in your periodical. It says, and proves for the first time, something that I've suspected for a long time: most old people in track and field and road running are in little better shape than their sedentary peers that they often chide for being unhealthy and unfit. The medals they cart home and flash about really have no more significance than Sunday School attendance awards of years past.

Age-graded results should replace the age-group awards. There are older star road runners who go to great lengths each weekend to avoid competition so that they can preserve their so-called winning streaks. Age-graded results would leave them fewer places to hide. I've pleased to see some of the coming events will have age-grading.

The creation of age-graded standards will make a big contribution to achieving the goals and objectives of MAAD (Masters Against Age Discrimination). However, your "Speaker's Corner" of April, written by Peter Reigel, was pure tripe. He set out to make a valid point regarding the fairness of age-graded standards, but his reasoning is seriously flawed with some totally absurd contentions. It is just this kind of mindset that has brought about the formation of MAAD.

Reigel contends that there are considerably less participants in the older age groups, and that road running has tended to overreward them with prizes disproportionate to their numbers. I'd like to have a list of the road races that this guy has attended, so that I can put them on my schedule.

Reigel apparently feels that the true measure of a runner is how hard he or she "flags" himself, and implies that the older runners don't do this (because we're old and wise). His contention is ridiculous, of course, but I wish that it were true for some of the 60-year-old runners that I compete against. He also makes an inexcusing comment about 38-year-olds "you see vomiting in the chutes." The only vomiting 38-year-olds I've seen have done this process as a result of being unfit to compete, not because they've "flogged" themselves.

The age-graded standards do not provide fair recognition to older athletes. ("Older" to me has always meant 10 years older than my present age.)

I have calculated the performance percentages for all the M80 and M85 world records. The average for 18 events was 79.9%. The average for 10 running events was 83.6%, and for eight field events, 75.9%. The lowest world record was 59.5%, not even "class," and far less than "world class" (over 90%).

Presenting performance figures as a percentage of a standard is a good idea. However, if the standard is not an actual world record, that purpose is defeated. In fact, it could become a putdown: the effort might have been near a world record, but appear as only 70% of a standard.

The standard should be the actual age-group world record and assigned a value of 100%. That is the best that has been done, and nobody knows the best that can be done. Both younger and older athletes should prefer this.

In the event that the world record for an age group is inferior to the record for an older age group, that would correct itself in time.
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MAMMOTH ATHLETICS CAMP INC.
Treasure or Trash?

A full 30-gallon trash bag sits in the trunk of my car. My wife thinks the trash collectors hauled it off several months ago. I had reluctantly filled the bag and put it out for the collectors to take, but I later retrieved it and hid it in the trunk.

The bag contains what was once treasure to me, although it had no real value of any kind.

The bag is filled with about 25 trophies and plaques of assorted sizes and shapes, souvenirs of races past. Along with a number of others I managed to salvage, they had decorated the spare bedroom I use as my work room, mainly because my wife wouldn’t allow them in a more conspicuous place. When it came time to paint the room last year, I removed them from several head-high shelves, only to find that many of the plates were so badly rusted and tarnished that the inscriptions could no longer be read.

In Hawaii, where I live, the humidity plays havoc with metal objects. But there is another peril indigenous to the area: lizards. Geckos, which run around the walls of homes here, had left little white deposits all over the bases. Trophies are often called dust collectors, but here they are sometimes referred to as lizard-doo collectors.

Pretentiousness

I could lie and say that trophies and other awards mean nothing to me; they are mere hardware... junk... ego pacifiers. But usually when I hear someone pooh-pooh race awards, I sense pretentiousness. The person seems to be saying that he or she is above such things or is pretending to be so humble as to not need any recognition. It’s as if he or she is saying, “Can you imagine someone with all my achievements being so great, yet so humble?”

Sometimes, too, I think that such a person is trying to say that he or she is “much more than just a runner.” I remember a magazine article a few years back in which the writer noted with some amazement that the subject of the article, a very successful runner, had nothing in his home — no awards or memorabilia of any kind — to indicate that he was a champion athlete. When the writer asked the subject about this, the response was that running was a very small part of his life. It never became clear, though, what the rest of his life was.

False Fronts

Why is it that elite runners so often try to put up false fronts? Have you ever noticed at running banquets that many of them try to steer the conversation away from running? My theory is that runners, being generally better-educated and therefore supposedly more sophisticated, feel they need to prove that they are well-rounded people, not simply “jocks.” So they change the subject from running to something culturally stimulating, like who has the best pizza and beer in town.

Can you imagine going to an art exhibit, meeting a famous artist and then talking pizza and beer?

Personally, I like the Pete Rose approach. When Rose was playing ball, he would occasionally be asked a question about some area of life in which he had little or no knowledge. “Hey, I’m a ballplayer, let’s talk baseball,” was his reply.

Nearly everytime Sports Illustrated runs a lengthy feature on some famous ballplayer, there is a picture of him next to a trophy case in the home. Mickey Mantle has a “trophy room.”

Of course, ol’ Pete and the Mick are just high school graduates. Probably no one ever taught them to act more sophisticated.

Older Runners Know Who They Are

I’ve observed, too, that older runners aren’t as pretentious as young runners. A lot of old guys at major masters events wear jackets with championship patches sewn all over them. You’d never see a young elite runner caught in such a jacket. I think the old guys have figured out who they are and who they aren’t, while the young guys are still trying to be someone other than just themselves.

Back to the ballplayers, I don’t recall ever hearing of any athlete scoffing at a World Series or Super Bowl ring. They are highly-prized awards. But, come to think of it, I haven’t heard of too many Olympic athletes who haven’t prized their gold medals.

Isn’t it all relative? If those big-name athletes can treasure their prizes, why can’t those of us with lesser ability who give as much effort hold our awards in similar esteem?

There are probably some true ‘masters’ out there — people who have ascended to a level where awards and recognition really have no meaning. There most certainly is a point of diminishing gratification connected with trophy accumulation. I built an altar around the first three or four trophies I won, but somewhere around the 20th one the joy of adding to my collection began to diminish. Still, even after amassing more than 100 trophies, plaques, and medals, I rarely leave before an award ceremony.

Why is it, though, that there seems to be an inverse correlation between the size of the award and the achievement? My largest and most impressive trophies are from events I can barely recall or for races in which my time was not especially good or the competition not really tough.

Memorable Achievements

On the other hand, the least of my awards are for my most memorable achievements. For winning the 1979 Maui Marathon in PR time, I have only a vase made by the wife of the race director in her ceramics class. There is no inscription, nothing to say that it is an award. For winning the 40-49 division of the 1980 Cascade Runoff in Portland, Oregon, a major national event, I was given a small pocket knife with a microscopic inscription on the blade “1st 40-49” — nothing else. The name or place of the race is not shown, nor the year. What’s more, the blade spring broke after a month or so. For winning a national championship 10K, I received a merchandise award worth about $30. For still another memorable victory, I received a bottle of wine — and I don’t even drink. In each case, I would have much preferred a small medal with an inscription, something to look back at in my old age and show to a grandchild.

I guess that’s why I’m having difficulty throwing away that trash bag full of trophies and plaques. When the booty is all gone, I’ll only have the faded memories. I’m not sure that’s enough.

Come on, Tymn, grow up. Forget about those petty past achievements, I tell myself. You’re much more than a runner, aren’t you? Dump the garbage and get on with life. Have a beer or two or three. Show how worldly and well-rounded you are. Be humble.

Treasure or trash? I still can’t decide. Until I do, the bag will remain in my trunk.
On October 8th, only the Louvre will feature more Masters than the Twin Cities.

This year's Twin Cities Marathon is the TAC Masters National Championships for men and women. Which means it's your chance to run against the best runners in your class. It also means the largest Masters purse of the year is up for grabs. So join 6,000 runners and over 200,000 enthusiastic spectators in the annual running of The Most Beautiful Urban Marathon In America on Sunday, October 8. For race information, send a self-addressed, stamped, business-size envelope to TCM, 9633 Lyndale Avenue S., Suite 209, Minneapolis, MN 55420. Then start preparing for a race that's a work of art all by itself.
by DAVID PAIN, Event Director
With just four months to go before the 1989 TAC/USA National Masters Track and Field Championships, the Organizing Committee is exercising every effort to make the 22nd Annual event a memorable experience. The 1100-member San Diego Track Club is sparing no effort to create not only an excellent, well-run track meet but also a fine vacation experience at minimum expense to the participants and their families.

Housing
July is high season in the Southland, and hotels and motels are at or near capacity. We are fortunate to be able to offer university housing within walking distance of the primary track. The price with meals is far less than a motel or hotel room alone will cost. There are no motels within a radius of 1-2 miles from San Diego State University.

The demand for beds — in excess of 500 as we go to press — has been high. All singles are now taken. In making your reservation, you can state your roommate or one will be selected for you. Please note that the rooms must be vacated by 12:00 noon on Monday, July 24, as the university has another event scheduled immediately following our meet.

Social Activities
In order to make your stay as enjoyable as possible we have arranged a series of activities beginning on Wednesday, July 19, when the San Diego Sports Medicine Center will present a Sports Medicine Symposium specifically directed at the masters athlete.

Later on Wednesday evening, a welcoming reception will be held at the university in the swimming pool area. Both of these functions are free and open to all competitors and family members.

Each evening during the championships, entertainment will be presented at the outdoor stage on the green adjacent to the university housing. After the conclusion of the meet, all may attend a closing outdoor Fiesta which will include a full Mexican meal, plus a performance of ethnic music, song, and dance presented by a full company of entertainers from south of the border courtesy of the Tijuana Cultural Center. With this experience, the SDTC hopes its guests will depart from San Diego with some appreciation of the rich Hispanic culture which permeates the Southwest.

Transport
SDSU is 15 miles from the airport and cab fare is $25 one way.

To save participants this expense, the Organizing Committee has a transport system composed of buses, vans and private vehicles which will make airport pick-up direct to SDSU housing if exact arrival date, time, and flight number have been submitted with your entry.

A shuttle service will be provided between SDSU and Balboa Stadium, as well as to and from the hammer throw venue and the Lake Murray 10K/20K Racewalk course on Sunday.

Sightseeing
By special arrangement with Sports Travel International, sightseeing tours to Tijuana, Sea World, San Diego Zoo, and Wild Animal Park will be offered.

For those aquatically inclined, a visit to the Scripps Aquarium and the underwater marine park in La Jolla for snorkeling is available. For others, it may be a trip to one of San Diego's many beaches for surfing or just plain sunning.

Summertime in San Diego offers the San Diego Pops outdoor concerts, the Old Globe Shakespeare Theater, and numerous other plays and concerts.

Awards and Souvenirs
Official TAC medals will be awarded to all first three national finishers in any final event. Non-nationals who finish first, second, or third, will receive an appropriate but different medal. TAC champions patches, one per individual, will also be presented to first place (National) finishers.

For those desiring to personalize their medals, a custom 24-hour engraving service will be available.

Each entrant will receive a commemorative participation certificate suitable for framing.

A beautiful commemorative pin with the meet logo may be purchased as well as the SDTC Conquistador pin, either of which will make a fine gift or memento of the championships. For those desiring to purchase athletic gear and shoes or souvenirs of the meeting a store will be open on campus, full-stocked and ready-to-go.

Racewalks
The rapidly increasing interest in racewalking has been graphically demonstrated in the early entry to date. Approximately 25% of all entries are for the 5000 and 10K/20K racewalking events. An entry of 400-500 for these races is anticipated.

The 5000 and 20K are the official TAC distances. The 10K is a non-championship event. The 5000m walk will be conducted at Balboa Stadium on the Mondo surface. Sections will be

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10TH ANNUAL MASTERS TRACK & FIELD MEET 1989

SPONSOR: REDLANDS - EVENING KIWANIS CLUB
DATE AND TIME: Saturday, June 3, 1989 beginning at 9:30 a.m.
PLACE: UNIVERSITY OF REDLANDS STADIUM - Directions: Coming from the west on I-10, exit University off-camp. Turn left on University, proceed to second stop sign which is Brockport Ave. Stadium is to your right on the north side of Brockport. Coming from the east on I-10, exit Cajon Ave. Enter Campus and proceed toward University Ave. Turn left onto University, proceeding through signals at Citrus, onto the second stop sign, where the stadium will be on your right (Northeast corner). Parking lots are on either east or west side of the stadium, or on the street, north side of Brockport.

DIVISIONS: 5 year age groups, men and women: Li 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

ENTRY FEES: $10.00 for the first event, $5.00 for each additional event. LATE ENTRY FEE: $13.00.

AWARDS: Medals will be awarded to the top five in each race. T-shirts are available for $5.00 and make a fine gift or memento of the championships. For those desiring to personalize their medals, a custom 24-hour engraving service will be available. Each entrant will receive a commemorative participation certificate suitable for framing.

A beautiful commemorative pin with the meet logo may be purchased as well as the SDTC Conquistador pin, either of which will make a fine gift or memento of the championships. For those desiring to purchase athletic gear and shoes or souvenirs of the meeting a store will be open on campus, full-stocked and ready-to-go.

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The 5000 and 20K are the official TAC distances. The 10K is a non-championship event. The 5000m walk will be conducted at Balboa Stadium on the Mondo surface. Sections will be
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Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

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SAT. JUNE 10, 1989
Los Gatos High School & Olympic Training Center
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsor: Los Gatos Athletic Association
ENTRY DEADLINE WEDNESDAY, JUNE 7, 1989
Eligibility: All men and women registered in TAC/Pacific Association. 1989 TAC Registration required. Registration available at $10.00.
Entries: Pre-entry required before Wednesday, June 7. Phone entry OK. (408) 364-5600.
Fees: $7 per event. $15 for relays. $10 late entry if space available.
Note: Hammer will be contested at Olympic Training Center (see map on back).
Heats: Will be run if required at 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allowed start time. 400 will be run in timed sections based on times submitted on entry form.
Timing: Fully automatic timing by Accutrac.
Facilities: All weather track surface 1/8 miles only. Concrete throwing ring, grass javelin runway.
Age Groups: 30 and above in 5 year age groups. Age on June 10, 1989 determines age group.
Awards: TAC/Pacific championship medals to first three places in all events and in all 5 year age groups.
T-Shirts:
For sale at meet.
AT LOS GATOS HIGH - HELM FIELD
MASTERS AND SUBMASTERS TRACK
8:00 5000 race walk
8:20 100 hurdles men 40+ (30, 35, 40, 45, 50, 55, 60+)
9:20 200 hurdles men 60+
8:40 4 x 1100 relay masters
10:00 100 women 80+
10:50 200 women 80+
11:00 4 x 220 relay masters
11:15 800 women 50+
11:20 3000 women 80+
11:25 1500 women 70+
11:30 5000 women 70+
12:00 1500 men 70+
12:10 5000 men 70+
12:20 10000 men 60+
12:30 3000 men 60+
12:40 5000 men 50+
1:00 8000 men 40+
1:10 15000 men 30+
1:20 30000 men 20+
1:30 50000 men 10+
1:40 Long jump
1:50 Discus
2:00 Shot put
2:10 Hammer
2:20 Javelin
2:30 High jump
2:40 Pole vault
3:00 Triple jump
3:10 4 x 100 relay masters
3:20 4 x 200 relay masters
3:30 4 x 400 relay masters
3:40 4 x 800 relay masters
4:00 4 x 1100 relay masters
4:20 4 x 3000 relay masters
4:40 4 x 5000 relay masters
5:00 4 x 8000 relay masters
5:20 4 x 1000 relay masters
5:40 4 x 1500 relay masters
6:00 4 x 3000 relay masters
6:20 120 hurdles men 20+
6:30 200 hurdles men 20+
6:40 400 hurdles men 20+
7:00 800 hurdles men 20+
7:20 1500 hurdles men 20+
7:40 5000 hurdles men 20+
8:00 10000 hurdles men 20+
8:20 30000 hurdles men 20+
8:40 50000 hurdles men 20+
9:00 200 race walk
9:20 400 race walk
9:40 800 race walk
10:00 100 hurdles men 20+
10:20 200 hurdles men 20+
10:40 400 hurdles men 20+
11:00 800 hurdles men 20+
11:20 1500 hurdles men 20+
11:40 5000 hurdles men 20+
12:00 10000 hurdles men 20+
12:20 30000 hurdles men 20+
12:40 50000 hurdles men 20+
1:00 10000 race walk
1:20 20000 race walk
1:40 30000 race walk
2:00 40000 race walk
2:20 50000 race walk
2:40 60000 race walk
3:00 10000 meter run
3:20 20000 meter run
3:40 30000 meter run
4:00 40000 meter run
4:20 50000 meter run
5:00 60000 meter run
5:20 3000 meter steeplechase
5:40 5000 meter steeplechase
6:00 10000 meter steeplechase
6:20 20000 meter steeplechase
6:40 30000 meter steeplechase
7:00 40000 meter steeplechase
7:20 50000 meter steeplechase
7:40 60000 meter steeplechase
8:00 200 shuttle hurdles
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1:40 30000 shuttle hurdles
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2:20 35000 shuttle hurdles
2:40 38000 shuttle hurdles
3:00 40000 shuttle hurdles
3:20 42000 shuttle hurdles
3:40 45000 shuttle hurdles
4:00 48000 shuttle hurdles
4:20 50000 shuttle hurdles
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5:00 58000 shuttle hurdles
5:20 60000 shuttle hurdles
5:40 65000 shuttle hurdles
6:00 70000 shuttle hurdles
6:20 75000 shuttle hurdles
6:40 80000 shuttle hurdles
7:00 85000 shuttle hurdles
7:20 90000 shuttle hurdles
7:40 95000 shuttle hurdles
8:00 100000 shuttle hurdles

Everyday on "Go" for '89 Nationals
Continued from page 8
limited in number to assure proper judging. If more than one heat is required for any one age group, the placing will be by timed sections.
Relays
Competition in the 4x100, 4x400 and 4x800 relays will highlight the Sunday morning schedule. Relay team entries will be accepted right up to post time. With a large foreign contingent, the relays should be hotly contested in all age divisions.
The relays will be conducted in ten-year age groups of 30+, 40+, 50+, 60+, and 70+ for both men and women. The relay entry fee is $30 per team.
All Electronic Timing
Electronic timing will be used for all running events. The SDTC is planning to utilize two Accutracxs per finish line to eliminate the clatter of hand timers. To further add to meet efficiency, the organizing committee is planning to conduct simultaneous heats of the 100 and short hurdles on the two straightaways. These added features plus the exceptional Mondo running surface, and San Diego's generally pleasant weather, should assure some exceptional performances.
Champion of Champions 100m
The athletic program will close on Sunday, July 23, with a special added feature event - The Champion of Champions 100m - in which each of the age-group 100m winners will be asked to participate. To assure an even and exciting race for both men and women, Yardage handicaps will be assigned, based on the Age-Group Standards developed by the National Masters News. Cash prizes will be awarded in both races to first, second, and third place finishers.
For those wishing to contribute to the prize money pool, please send your check to the Organizing Committee and so specify. Reg Austin of Australia has started the fund off well with a $250 contribution. The goal is $1,000 — $500 for each race.
Pentathlon
The disciplines to be contested are those specified in the TAC rule book. Men's events are 200, long jump, javelin, discus and 1500. The women's events are 100/80 hurdles, high jump, shot put, long jump and 800.

Campbell and Welch Win in Boston
Continued from page 1
Oakland nurse raced to a masters-PR 2:39:21, only 2:09 off Gail Scott's American masters record.
Angella Hearns, a British citizen who lives and trains in New York City, was third W40 in 2:41:09, followed by Colorado's Mary Wood (2:49:05) and Missouri's Jane Hutchison (2:56:29).
Campbell's performance gave him an age-graded time of 2:08:24 — the best of the day — and a performance level of 96.8%. Welch's age-graded time was 2:23:18 and a P.L. of 96.3%.
The event was sponsored by the John Hancock Insurance Company. Overall winners were Ethiopia's Abebe Mekonnen (2:09:54) and Norway's Ingrid Kristiansen (2:24:33). The race drew 6418 runners, all of whom had to meet a qualifying time to enter. Johnny "The Edler" Kelley, 81, completed his 55th Boston, finishing in 5:05.

Waigua, Binder Set Records in Carlsbad 5K
Continued from page 1
followed by Binder (91.9%) and Mario Gonzalez (94.5%, 91.2%).
Binder said after the race that the competition was a valuable tune-up for the Boston Marathon two weeks later. "I wanted a kind of time trial," she said. "I just came down to get some speed in my legs for Boston."
Over 6000 runners competed in the largest field ever assembled for the race.
"In the race clinics and seminars that I give, recovery time is one of the most frequently discussed problems among masters athletes. In my experience, in conjunction with stretching, massage, and rehydration, CAPS ENERZYMES have proven to be the best way to improve my recovery time."

—Murray Banks
4-time Masters National Triathlon Champion
50K Nordic Skiing Masters National Champion

Here's Why You Should Consider Using Our Product:

1. Hard training depletes your body of several essential cellular nutrients called coenzymes. These coenzymes are used to create energy from food. CAPS replaces these vital nutrients, allowing you to train and race more effectively.

2. Like carbohydrate loading, hydration, and electrolyte replacement, using CAPS replenishes nutrients which, when lacking, keep you from reaching your potential.

3. CAPS contain only natural food substances. There are no drugs, stimulants, herbs, or additives in our products.

4. Replacing essential nutrients consumed during training is just common sense.

5. Try our product for 30 days. If you don't agree CAPS ENERZYMES work as claimed, just send back the empty bottles for your full refund including postage.

To Try CAPS ENERZYMES

Select the kit that meets your needs and order today, so you can experience the rapid gains and fun of training with CAPS.

1-Month Training Supply
60 Race CAPS, 90 Enduro CAPS
This kit is for the serious endurance athlete who trains 3 or more days a week. $49.95 + $4.50 s&h.

1-Month Rapid Improvement Kit
60 Race CAPS, 90 Enduro CAPS, 2 fl oz. Xobaline
This kit allows you to experience the additional improvement effect of Xobaline. $69.95 + $4.50 s&h.

3-Month Training Supply
180 Race CAPS, 360 Enduro CAPS, 4 fl oz. Xobaline
This kit includes extra Enduro CAPS for the serious training athlete and represents a volume purchase savings of almost $40.00. $189.95 + $4.50 s&h.

Call 1-415-931-1977 for more information.

Order Desk /800-336-1977
In California, call 800-441-1977

Yes, I'd like to try CAPS ENERZYMES for 30 days to see if this method of replacing essential nutrients can help me realize the full benefits of my hard training. Send me the kit(s) I've listed.

I'd like to learn more about CAPS ENERZYMES. Please send free information along with my order.

Kit(s) I am ordering:

Name ____________________________
Address __________________________
City/State/Zip _______________________

Call 1-415-931-1977 for more information.

Or write to Hansen & Frank, Suite 205 T,
2886 Geary Blvd., San Francisco, CA 94118.
Win With Nutrition

In a recent issue of Sports Medicine Digest, nutritionist Nancy Clark, R.D., gives some good points regarding the nutritional needs of "older" athletes. The obvious concern is that the older athlete has a different need than the younger athlete. The following advice, we are told, will help the masters athlete to "win with nutrition" and help provide a healthy dietary foundation.

1) Focus on wholesome carbohydrates, such as crackers instead of cookies, potatoes rather than protein, and eat more nutrient-dense fruit and vegetables.

2) Select low-fat carbohydrates. Cut down on butter, sour cream, cheese. Remember fats are fattening, and the older athlete has to fight creeping obesity.

3) Boost calcium intake with low-fat dairy products. Old bones also need calcium. Low-fat milk, yogurt and cheese helps.

4) Take in more fiber. Eat bran and whole wheat cereals and breads. This will promote regular bowel habits and may decrease the risk of colon cancer.

Top Female Masters Performances of 1988 in Major US Events

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>CTS</th>
<th>TIME</th>
<th>DISTANCE ADJTIME</th>
<th>PLC ST</th>
<th>RACE</th>
<th>PRIZE POINTS</th>
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<td>FRICELLA WELCH</td>
<td>GBR</td>
<td>2:40:48 MAMA 32:45</td>
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<td>MA</td>
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<td>2</td>
<td>ALLAN IUSHNER</td>
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<td>AL</td>
<td>ALASKA TRAIL RUN</td>
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<td>PL</td>
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<td>26</td>
<td>M1</td>
<td>BOBCYR</td>
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1988 LDR Rankings

On this page are the second end-of-year masters long distance rankings compiled by TACSTATS, the official LDR record-keeping arm of The Athletics Congress, the national governing body for athletics in the United States.

The quality of performances are compared by "normalizing" them to 10K equivalents. Adjustments are made for exceptional course advantage or difficulty. Times are also weighted according to their closeness to world-best age-group marks.

TACSTATS welcomes comments on its rankings system. (Address on page 2.

It has also been shown that soluble fiber in oat products reduces serum cholesterol and reduces chance of heart attack.

5) Eat small portions (4 oz.) of lean beef. This provides protein, Iron and Zinc. Red meats have more nutrients than chicken, similar cholesterol content, and, if cut lean, an acceptable fat content.

6) Eat more broccoli, cauliflower, cabbage, brussel sprouts, and kale. These may help lower cancer risk and are rich in vitamin A.

7) Eat more fish. Fish oils lower blood cholesterol and may reduce cancer risks. Swordfish, salmon, blue fish, mackerel, and other cold water oily fish are advised.

8) Eat more potassium-rich fruits. Include bananas, oranges, grapefruit, kiwi, and cantaloupe. Potato, spinach, tomatoes, carrots, and broccoli are potassium-rich vegetables and contain vitamin C as well.

On a dare, I took up this diet, cut out all cooked, candied, cakes, cookies, butter, and sugars, and switched to bran breakfast, fruit lunches and had a little more for dinner. After a terrible two to three days, it wasn’t so bad and after six weeks I had dropped my weight from 142 pounds to 131 and ran a 1:13:03 20K. Dropping the excess pounds and feeling better can decrease your running times, dramatically...
MASTERS MIDWEST TRACK & FIELD CHAMPIONSHIPS
Huntington, West Virginia
Saturday July 8 and Sunday July 9, 1989

FED SITE
Marshall University Track–400M tartan surface–4/1 inch wide lanes with eight (8) lanes. All runways and take-off areas are tartan, except Javelin area is grass.

ELIGIBILITY
Competition is open to all men and women (no qualifying standards) age thirty (30) and over. All competitors must register with the Athletics Congress (TAC) for 1989.

DIVISIONS
Individual events (same for men and women): 30-39, 40-49, 50-59, 60-69, 70-79

ENTRIES
All entries must be postmarked by June 10, 1989. There will be no refunds or changes of events after your entry is received. Note: Late entries will be taken until June 14, 1989 at double the regular entry on a space available basis.

ENTRY LIMITATIONS
Athletes must limit events entered to fit time schedule. Events program will not be held up awaiting athletes.

ENTRY DEADLINE
Before Deadline After Entry Deadline
First Event 8-00 11:00
Next Events $5.00 per event $10.00 per event
Relay Events $16.00 per Team 83.00 per Team

POCKET PICK-UP
Radisson Hotel Huntington on Friday at 1:00 PM, Huntington, WV.
Marshall University track on Saturday morning.

RULES AND STANDARDS
As set forth by TAC Masters

INFLUENCES
Will be metric weights.

ATHLETE CHECK-IN
Running event, athletes must check in one hour prior to their own event. Field event, athletes must check in fifteen (15) minutes prior to the start of their event with the head judge of that event at the event site.

TRAILS
Will be run in age groups in the dash and 110M hurdles that have more than eight (8) entries. New groups having less than eight (8) entries will be combined into one race.

AWARDS
Plaques will be given to top three (3) in each division in each event including all relay team members.

TIMING
Accord Track

FURTHER INFORMATION
Contact Donald McDermott (304) 525-2227 or write PO Box 180, Chesapeake, OH 45619 – Send Self-Addressed Stamped Envelope

TRANSPORTATION
Piedmont Airlines official carrier 5% off regular fare & 30% off full coach fare. Ph: 1-800-324-8644
AVIS Car Rental – $16 per day Ph: (304) 525-4061

SUNDAY FIELD EVENTS
All field events will have Six (6) trials except high jump and pole vault

Time Event Distance Shot-Put Pole Vault
d. 00am 45-49 M 50-59 M 60-69 M 30-39 W 35-39 W 40-49 W 50-59 W 60-69 W
1:00pm 40-49 M 50-59 M 60-69 M 30-39 W 35-39 W 40-49 W 50-59 W 60-69 W
2:00pm 50-59 M 60-69 M 30-39 W 35-39 W 40-49 W 50-59 W 60-69 W
3:00pm 60-69 M 30-39 W 35-39 W 40-49 W 50-59 W 60-69 W

Note: This meet is not the official TAC MidWest Masters Sectional (Regional) Championships. The Midwest Sectionals will be held on July 15-16 at York High in Elkhart, IN.

SUNDAY TRACK EVENTS
Time Event Distance Round
9:30am 100M 30-80+ Semi-Final
1:30pm 1500M Relay 30-80+ Final
4:00pm 400M Relay 30-80+ Final
5:00pm 3000M Steeplechase 30-80+ Final

SUNDAY FIELD EVENTS
Time Event Distance Round
9:30am Long Jump Triple Jump Javelin Hammer Throw
4:00pm 60-69 W 50-59 M 50-59 W 50-59 M 50-59 W 50-59 M 50-59 W
1:30pm 30-39 M 30-39 W 40-49 W 40-49 M
2:00pm 55-59 W 55-59 M
3:00pm 60-69 W 60-69 M

SUNDAY TRACK EVENTS
Time Event Distance Round
9:30am 100M 30-80+ Semi-Final
1:30pm Race Walk 30-80+ Semi-Final
4:00pm 110M High Jump 30-80+ Semi-Final
5:00pm 400M 30-80+ Final

ENTRY FORM
NAME: ______________________ BIRTHDATE: _______ AGE ON 7/19/89: _______ M F
ADDRESS: __________________ STATE: _______ ZIP: _______
PHONE: __________________ YOUR CLUB: ____________________
EVENTS ENTERED: ____________________________
WEST VIRGINIA 87-89: ____________________________
OTHER RELAY TEAM MEMBERS: ____________________________
INDIVIDUAL FEES: __________________ RELAY FEES: __________________
SUB TOTAL: __________________
T-SHIRT Size: _______ Extra T-Shirts: _______ 00ea. _______ TOTAL AMOUNT: ________
MAKE CHECKS PAYABLE TO: WEST VIRGINIA TAC MASTERS
MAIL TO: WEST VIRGINIA TAC MASTERS, Rt 3 Box 180, CHEAPEXKE, OH 45619

ATHLETE’S RELEASE: In consideration for your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have or which may hereafter accrue against The Masters Athletic Committee, The WV TAC Officials Association, all other meet sponsors and sports facilities or their officers or agents, for any damages which may be suffered by me.

I certify that my level of training is such that I am prepared to compete and recognize the right of the duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.
DATE: ____________________
ATHLETE’S SIGNATURE: ____________________

LOGGING: Marshall University dorm room – must call in reservations by June 16, 1989. Phone (304) 525-3125 Ms Linda Bowen. Radisson Hotel:
Phone (304) 525-1001 1001 3rd Avenue, Huntington, West Virginia 25701. 
A Cordial Weekend

Returning home from the weekend in Columbus, Ohio, my wife and I commented that it really had been a great time.

We enjoyed Columbus. It is a very busy town, as anyone crossing from the Holiday Inn On The Lane to the track will attest. The downtown is busy, and the cultural event “Son of Heaven” art exhibit was extraordinary.

The fellowship of competitors, officials, families, and friends seemed unusually cordial. The Saturday evening meeting had strong attendance, a good representation of masters athletes and a broad range of subjects was discussed. Not surprisingly, those present were not always in agreement on issues which were raised, which included site selection, relays, relay selection and drugs.

Drug testing is a matter that is of concern to the masters program — how to prevent drug usage to prevent unfair advantages, how to safeguard competitors’ health both from improper and required use of banned substances. Not easily resolved.

One unanimous viewpoint was how foolish it is for a masters competitor to use banned substances in hopes of enhancing performances, at the risk of health problems. Certainly that sort of use is totally contrary to the goals of masters athletes.

Scott Thornsley and Sandy Pashkin will be publishing guidelines for relay participants selection shortly that, hopefully, will allow less stress in the selection process.

The meet was totally successful. In spite of the waves in the lanes on the back stretch, the runners did well. The meet was well-organized. The women hurdlers were quite pleased to find the hurdles at the correct height and properly spaced. The facilities were quite adequate and provided some extra warm up space that was needed and welcome. All of us would have appreciated more newspaper interest and coverage, but that seems to be par for the course.

Though a number of competitors took time to visit with me, I wish I could have visited with everyone. More specifically, I wish I had total recall of every person’s face and name with whom I’ve visited. I don’t, but all of you who did talk to me are very important to me because you are concerned about the program and want to see it better. Your voice and your participation is critical to the ongoing program. It starts at the club level, builds in the association, grows at our national meets, and is crystallized in the rules and policies adopted at the National Convention. Be interested, get involved, and participate, and the masters program will stay healthy and not be sidetracked.

SCHEDULE OF EVENTS

SATURDAY, JUNE 24, 1989

FIELD

Long Jump – W
Shot Put – M
Discus – M
High Jump – M & W
Pole Vault – M & W

TRACK

10,000 Meters – M & W
400 Meters – M & W
200 Meters – W
3,000 Meters – M & W

SUNDAY, JUNE 25, 1989

Hammer – M & W
Triple Jump – M & W
Javelin – M

Masters News May, 1989

Philadelphia Masters Indoor Meet

by JERRY WOJCIK

Easterners bound for the Sectionals in Providence or the Nationals in Columbus later in the month, had a chance to hone their skills in the Philadelphia Masters Indoor Invitational at Haverford College on March 4.

In the 55mH, Larry Pratt posted a fast 8.8 to win the M55 race. William Overby, M40, best large, tough fields in the 55m (6.8) and 300 (38.4). Ed Small won the M50 500 with a masters best of 1:13.5.

Jim Shank, M40, was a double-winner in the 800 (2:08.4) and mile (4:39.8).

Sanction Notice

Alvin Chriss, Special Assistant to the Executive Director of TAC, has notified NMN that the correct notice to be included on the entry form of any TAC/USA-sanctioned competition is as follows:

“Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC Rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and lose eligibility for future competitions. Some prescription and over-the-counter medications may contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800-233-0193.”

Starter Neil Silver giving final instructions to Stan Hayes, Keith Hartman, and LeRoy Cope for the start of the M45 200m race at last year’s Runners’ Pentathlon in Albuquerque. This year’s meet will be held on June 11.
1989 WESTERN REGIONAL AND MASTER'S INVITATIONAL MILE

Featuring track's greatest legend:

JIM RYUN!

This meet benefits the Kenny King Youth Fitness Program

When: Saturday, July 8, 1989

What: TAC sanctioned track and field championships for athletes 30 and over. Events are accutrack timed.

Entry fees: The cost is $20 (unlimited events) for entries received by June 1, 1989. Entries received by July 1, 1989 are $30. Relays are included. NO RACE DAY ENTRIES!

T-shirts: All entrants will receive a special t-shirt commemorating the Western Regional and the Masters Invitational Mile featuring Jim Ryun. Athletes can pre-order additional shirts for $7.00. Shirts will be on sale at the meet for $10.00.

Tickets: Spectator tickets are priced at $6.00 for adults, $3.00 for students, with children 12 years old and under free. Tickets can be ordered with your entry form and is encouraged as seating is limited.

MEET SCHEDULE

<table>
<thead>
<tr>
<th>TRACK EVENTS</th>
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<tbody>
<tr>
<td>8:00 a.m. 5000m walk (bare legs)</td>
</tr>
<tr>
<td>10:30 3000m steeplechase</td>
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<tr>
<td>11:00 100m trials (if needed)</td>
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<tr>
<td>12:15 p.m. 200m trials (if needed)</td>
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<tr>
<td>1:15 80-110m hurdle trials (if needed)</td>
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<tr>
<td>3:00 4 x 100 relays</td>
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<tr>
<td>3:15 800m women</td>
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<tr>
<td>3:25 800m men</td>
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<tr>
<td>3:55 400m</td>
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<tr>
<td>4:35 100m finals</td>
</tr>
<tr>
<td>5:35 100m youth invitational</td>
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<tr>
<td>5:45 3000m women</td>
</tr>
<tr>
<td>6:05 80-110m hurdles final</td>
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<tr>
<td>6:25 3000m men</td>
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<tr>
<td>6:45 800m youth invitational</td>
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<tr>
<td>6:55 300/400 hurdles final</td>
</tr>
<tr>
<td>7:30 mile run women</td>
</tr>
<tr>
<td>7:50 mile run men</td>
</tr>
<tr>
<td>8:20 200m finals</td>
</tr>
<tr>
<td>9:00 4 x 800 relay</td>
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<tr>
<td>9:20 INVITATIONAL MASTERS MILE</td>
</tr>
<tr>
<td>9:45 4 x 400 relay</td>
</tr>
</tbody>
</table>

FIELD EVENTS

| 10:00 a.m. hammer (to be held at Cal. St. Sacramento) |
| 11:00 discus (to be held at Cal. St. Sacramento) |
| 2:00 p.m. javelin |
| 4:00 pole vault |
| 6:00 long jump |
| 6:30 high jump women |
| 7:00 shot put |
| 7:30 triple jump |
| 10:00 a.m. high jump men |

NAME: __________________________
ADDRESS: __________________________
PHONE: __________________________
BIRTHDATE: __________________________
T-SHIRTS, "OF __S__M__L__
TICKETS, "OF __$6__ $3__KIDS__
EVENTS (include best mark of 89)

RELAYS, TEAM NAME & MEMBERS

MAIL ENTRIES TO:
RIVER CITY T.C.
P.O. BOX 255131, SACRAMENTO, CA. 95865. MAKE CHECKS PAYABLE TO THE WESTERN REGIONAL MEET. FOR INFO PHONE MIKE HOLTZGANG 916-482-7831.

This meet is promoted by F.A.S.T. FOR PERFORMANCE
Randell Sturgeon
General Manager
916-481-8419
PROFILE

Wilson Waigwa: Thinking Sub-4 Mile

Add the name Wilson Waigwa to the short list of runners looking to become the first person 40- or over to run a mile in under 4 minutes. In fact, off his 3:50.42 for 1,500 meters at the San Diego Invitational Track & Field Meet on March 4, Waigwa might have replaced fellow Kenyan Mike Boit as the favorite to accomplish the feat.

That 1,500 effort broke the over-40 record of 3:52.7 set by Frenchman Michel Bernard way back in 1972. It converts to a 4:08.85 mile. Factor in that Waigwa did it on training aimed at road races from 10K to the half­marathon and a sub-4 mile looks very much a possibility.

"I haven’t started doing speed work yet," says Waigwa, from the Mission Viejo, Calif., home of Gordon Cooper, his mentor and long-time friend. "Once I get the speed work, I think I can run under four minutes. The problem will be finding a meet with the right competition."

Question of Age

Just in case there’s any question about Waigwa’s age, there has been with some African runners, Cooper has a birth certificate from the Republic of Kenya, No. 219419, which show that Waigwa was born on February 15, 1942, at Nyeri General Hospital in the Nyeri District. Apparently necessitated by a scholarship to the University of Texas at El Paso, the document is dated June 15, 1973.

“I met Wilson in his early days at UTEP,” says Cooper, who has also tutored the likes of Edwin Moses and Henry Rono. “We became very good friends over the years. He would visit my home during Christmas holidays and during the summers in which he was not in Europe for the track season, which were not many. After college, he ran each season but had many seasons disrupted by injury. I would tell him of areas in which he should not tread, such as running on pavement during training, too many too many races, that sort of thing. But I didn’t coach him really at anytime until this year."

Waigwa became a competitive runner while working as a guard for the Kenya Prison Service in 1971. He placed fifth in the 1500 at the 1972 Kenyan Olympic trials and the following year accepted a scholarship at UTEP. During his four years of college, Waigwa garnered numerous championships. In 1977, he recorded his best indoor mile of 3:55.7, but his best outdoor effort, 3:50.73, did not take place until 1983. He has been a member of three Kenyan Olympic teams, finishing 10th in the 5000 final at the Los Angeles Olympics.

No Time Off From Running

"I have never taken any time off from running, except for a short time in 1979," Waigwa responds when asked about his track performances since 1984. "But I haven’t run a mile since 1984. I was trying to train for the marathon, but it was too hard. It was not a good season. I think four of the 10K races for the months through May, 1989.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1989

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dorothy Anderson (Eugene, OR)</td>
<td>5-7-29</td>
<td>60-64</td>
</tr>
<tr>
<td>Samantha Hefner (Winston-Salem, NC)</td>
<td>5-10-49</td>
<td>50-54</td>
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<tr>
<td>Ruby Fowler (Cookoaw, TN)</td>
<td>5-1-90</td>
<td>80-84</td>
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<tr>
<td>Katie Jooy (Del Mar, CA)</td>
<td>5-4-29</td>
<td>60-64</td>
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<tr>
<td>Patricia McCormick (Westchester, PA)</td>
<td>5-18-44</td>
<td>45-49</td>
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<tr>
<td>Felicitas Salazar (San Diego, CA)</td>
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<tr>
<td>Mary Storey (Riverside, CA)</td>
<td>5-4-24</td>
<td>65-69</td>
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<tr>
<td>Pedro Taylor (US)</td>
<td>5-3-29</td>
<td>60-64</td>
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<tr>
<td>Nairine Drake (NS)</td>
<td>5-11-49</td>
<td>40-44</td>
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<tr>
<td>Inke Parkeries (HOL)</td>
<td>5-22-34</td>
<td>55-59</td>
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<tr>
<td>Gary Player (GB)</td>
<td>5-26-60</td>
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<td>Heidi Frisch (WG)</td>
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<td>Mary Thomas (US)</td>
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<td>Christa Varlenieck (WG)</td>
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<td>Janie Warren (US)</td>
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<td>Charles Backus (US)</td>
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<td>95-99</td>
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<td>Willard Cullin (US)</td>
<td>5-24-52</td>
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<tr>
<td>Viktor Bolshov (URS)</td>
<td>5-23-39</td>
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<td>Fritz Bosen (UK)</td>
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<td>Frank Bozich (Vista, CA)</td>
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<td>Aver Breyant (Palos Verdes, Calif)</td>
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<td>Wilbur Buchanan (Pacoima, CA)</td>
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<td>Leo Cluffier (Brunswick, ME)</td>
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<td>John Gilmore (US)</td>
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<td>Alexander Green (Fort Lauderdale, FLA)</td>
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<td>Leon Harker (SF, AK)</td>
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<td>Anwar Battland (Nor)</td>
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<td>Stanley Herrmann (Santa Barbara, CA)</td>
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<td>85-89</td>
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<td>Enak Hjaltsing (SWE)</td>
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<td>85-89</td>
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<tr>
<td>James King (CA)</td>
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<tr>
<td>Hanif Lorn (NOR)</td>
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<td>Edward McConas (Baltimore, MD)</td>
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<tr>
<td>Reg Mcrae (Australia)</td>
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<td>Dave McGee (CA)</td>
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<tr>
<td>George Murray (Honolulu)</td>
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<td>Fidelis Kipkules (UGA)</td>
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<td>Kari Okevav (Nor)</td>
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<td>Steven Peck (Dannyville, CA)</td>
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<td>W. Rams (CA)</td>
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<td>Gene Rochman (San Diego, CA)</td>
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<td>Vincent Schiavi (Wilmingt, DE)</td>
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<td>99-99</td>
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<tr>
<td>Fred Schladen (WG)</td>
<td>5-24-39</td>
<td>50-54</td>
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<tr>
<td>Edgar Stabler (Syracuse, NY)</td>
<td>5-20-49</td>
<td>65-69</td>
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<tr>
<td>Tom Walnut (Demitt, NY)</td>
<td>5-22-24</td>
<td>65-69</td>
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<tr>
<td>Ronald White (GB)</td>
<td>5-2-69</td>
<td>85-89</td>
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<tr>
<td>Earl Wills (WG)</td>
<td>5-6-80</td>
<td>80-84</td>
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</tbody>
</table>

Waigwa's best marathon effort was a 2:18 in 1987, but he has been concentrating on the shorter road races this year. On March 18, Waigwa finished fourth overall in the Nissin Sharmock 8K in Virginia Beach with an outstanding 23:52, handing Bill Rodgers (24:14) one of his rare defeats as a masters runner. At the time of the interview, Waigwa was looking forward to the Carlbsad 5K a week away. (Editor's note: Waigwa set a new U.S. masters record of 14:22.4 in the Carlbsad 5K.)

80 Miles a Week

Married to an American citizen, Waigwa has settled down in Mission Viejo, just south of Los Angeles, to live, work, and train. He is employed by a wood flooring contractor, but says that his job does not significantly conflict with his training and racing. "I usually train just once a day, so it is no big problem," he explains. "I don't count miles. I run one to one-and-a-half hours a day. I'd say about 80 miles a week."

Cooper comments: "In December, he was really coming into great shape. His runs of eight to 18 miles are done in the hills of Casper County Park in south Orange County, at a one-mile square park in Fountain Valley, or on the horse trails in the area. About the only other running area we utilize is the half-mile grass area near the UC Irvine track. We do about two hard training sessions at the UCI area a month. Nothing faster than 65-second pace and no interval less than one-half mile at this time of the year. Twice a week, Wilson trains on the weight equipment at the local Holiday Health Spa. Proper nutrition is very important. Wilson will not take vitamins, so fresh foods are even more important. About the only vice he had was drinking about six cans of Coca-Cola daily. He now has about one can per week. Wilson does not drink alcohol. He does take proper rest now between difficult running sessions. As all champions, he loves to train very hard at times."

Waigwa frequently trains with countryman Julius Kariuki, the 1988 Olympic steeplechase gold medalist, as a resident of Mission Viejo and coached by Cooper.

Carrying 147 pounds on a 5-8 frame, Waigwa is just two or three pounds over his racing weight of 10-15 years ago. "But it is much hard to keep the weight down there as you get older," he says, laughing. "You have to train much harder, too," he adds, pointing out that he never ran much more than around 50 miles a week in his younger years.

Four Minutes Possible

"I am sure I have lost some speed," he continues, "but I think four minutes is possible with the right training."

Cooper expects Waigwa to break a number of over-40 records before the end of the year. "For the rest of 1989, Wilson will run on the track and on the roads — 1500 to 5000 meters on the track and 5K to the half-marathon on the road," he remarks. "Probably, the progression of races will be from 1500 to 10K races for the months through June."

Continued on page 17
T & F Rankings for 1988 to be Published

by JERRY WOJCICK,
Outdoor Rankings Co-ordinator

This issue contains the last 1988 rankings to be published in the NMN. More complete rankings, deeper in most events (100 in the sprints), will be compiled in a single publication available around the end of May. In addition to more extensive rankings, the book will contain events that have not appeared in the NMN, such as the 3000, 10,000, men's pentathlon, weights, and 4x100 and 4x400 relays.

Rankings corrections published a month or two after the incorrect information has appeared lose their relevance; therefore, all corrections, including those already made, will be published in the rankings book.

To help reduce errors in the 1989 rankings, here are a few suggestions: a) Use the same first name throughout the season. An athlete who appears variously as “Richard,” “Dickie,” “Rick,” or “Tubby” Smith in the same age group worries compilers; b) If your best marks are made in a ten-year age-group event, report them to the NMN; c) Send corrections of errors, discrepancies, omissions, etc. in NMN results to the compilers.

Age-Graded 100-meter Dash Will Highlight North Carolina Championships

The “Fastest Master 100-meter Challenge” will highlight the North Carolina TAC Masters Track and Field Championships in Thomasville, N.C. on May 27-28. The top six age-graded performances during the meet will qualify for the finals. "If current form holds, the final six will be men 32, 41, 46, 58 and 63, and a woman 41," said Jim Saxon, meet director. "The six will get varying distance handicaps from the WAVA age-graded tables. This kind of event has only been done a handful of times and I think it will be every bit as exciting as last year's world record masters mile in Orlando." To enter, fill out the entry form (April, NMN) or contact Saxon at 704/536-6266. □

Quote of the Month:

“...I have never run over 30 miles a week in my life, and yet I have run on a par with people doing twice or three times that distance.” — Dr. George Sheehan

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Kuehne Sets Two Records in Sportarcade

by JERRY WOJCIK
Magdalena Kuehne took advantage of an early-season meet to break U.S. W55-59 records in the long and triple jumps in the Sportarcade VI Meet at California State University-Northridge in Los Angeles on March 11. Kuehne upped Shirley Kinsey’s long jump record of 12-0 by six inches and her own 26-1½ mark in the triple jump to 26-3½.

In addition, athletes broke 42 meet records and established 49 new ones.

The best age-graded mark of the meet was recorded by Ken Dennis, whose 11.35 in the M50 100 equated to a performance level of 96.64.

The meet, directed by Marvin Thompson, included two rare events for an outdoor meet, the 60m dash and the 60mH (39”). Dennis registered the best time of the day (6.98) in the dash. Roosevelt Wells, M30, did the hurdles in 8.92.

Carter, Harte Star in Palm Springs

by JERRY WOJCIK
Oregonian Ross Carter broke the U.S. M75-79 discus record with a 122-11 (37.46) throw in the Palm Springs Senior Olympics in Palm Springs, Calif., on March 5. The former record of 118-0 was set in 1982 by the late Red Doms.

The top age-graded mark of the day was turned in by Gene Harte, with a 60.43 in the M60 400. When divided into the M60 standard of 55.81, Harte’s performance level was a 92.4%. Other good efforts were turned in by Rick Herzer (M65 100, 13.30, 90.7%) and Nick Newton (M55 200, 25.78, 90.2%).

The meet, like all Senior Olympics, was limited to athletes age-55 and over. The turnout was large, with flights in some of the sprints. Top placers qualify for the National Senior Olympics in St. Louis, June 19-24.

Ben Green was chairman of the event, which included other Senior Olympic sports and was sponsored primarily by the City of Palm Springs.

Pennsylvania Meet Draws 97

by SCOTT THORNSLEY
Only 97 athletes, including 29 pentathletes, showed up for this year’s Pennsylvania Masters Meet, renamed the Pennsylvania Sure Pull Invitational to acknowledge the meet’s new sponsor, Chuck Miller, on behalf of the United States Trailer Hitch Company. The low turnout was due to the Eastern Sectionals, held the day before in Providence, R.I., which drew some 50 competitors away from this Central Pennsylvania meet which was run on a 200m Chemtuff surface at Dickinson College in Carlisle, March 14.

Rudolf Nilsen lowered Henry Zachman’s world M75 indoor 800 record of 3:20 to 3:11.6. Vivian Nelson established a new W75 record of 13.0 in the 60m dash.

Meet sponsor Miller lowered the world M50 60m hurdle record from 9.6 to 9.1 in the concurrent pentathlon.
Roberts Sets World M55 800 Record

Australia’s Tom Roberts turned 55 in February and wasted no time in setting a world M55 record for 800 meters with an amazing 2:06.52 in the Victorian Masters Track and Field Championships on March 18-19.

The old mark was 2:06.6, set by New Zealand’s Derek Turnbull in 1982. Roberts also won the M55 5000 (60.06) and 1500 (4:26.0).

As the current holder of M50 world records for 800 (2:00.70), 1500 (4:05.2) and mile (4:30.0), Roberts established himself as the morning-line favorite to win the M55 800 and 1500 at the World Veterans Championships in Eugene in July.

Japan Invites Foreign Masters

The Japan Masters T&F Athletic Union has extended an invitation to masters athletes throughout the world to attend its 10th annual meet in Wakayama, October 14-16. Past meets have drawn over 1000 participants. This year, promoters hope to increase that number to 1500 and attract 300 athletes from abroad to give the meet an international flavor.

Competition will be held in five-year age groups from M20 through M85 and W25 through W75.

For registration and travel information, contact Tokyo Travel, S-1-2 Misono-cho, Wakayama City, Wakayama Prefecture, Japan. Tele: 0734-25-3211; FAX: 0734-24-1638.

Medal standards will be on the agenda when the WAVA Council meets in Eugene on July 25. Tom Jordan and Barbara Kousky, the organizers of the World Veterans Championships, have asked us to take another look at this whole question.

In the National Masters News, Bob Fine, WAVA’s Vice-President (T&F) has invited revisions to the published standards, where applicable, and presumably he will have suggested changes (and rationale for them) available for the meeting. Any changes will be published before the Championships commence.

World Championships Organization

I have been in frequent contact with Tom and Barbara and all arrangements are going well.

Nominations

At the last Council meeting in Eugene in April 1988, the Council nominated five people to serve as WAVA Officers for the 1989-1991 term. I have also received four nominations to date from affiliates. The current nominees are: President: Cesare Beccalli (Council), Owen Flaherty (Great Britain); Executive Vice-President: Bob Fine (Council); Vice-President, Track & Field: Jorge Alzamora (Chile), Bill Taylor (Great Britain); Vice-President, Long Distance: Clem Green (Council), Jacques Serruys (Belgium); Secretary: Alastair Lynn (Council); Treasurer: Al Sheahan (Council). Nominations close on May 4.

(Note: Peg Smith, the current Executive Vice-President, told the Council she will resign from that position at the end of her current term, 1987-1989).

Drugs

Dr. Joan Stratton of the U.S. has been invited to speak to the Council in Eugene regarding drug and possible future drug testing.

1991 WAVA Veterans Championships

Turku, Finland, is clearly enthusiastic about presenting a bid in Eugene to host the 1991 event. Athens, Greece, has also expressed interest and is expected to present a formal bid.

1993 WAVA Veterans Championships

Japan has expressed an interest in hosting the 1993 World Veterans Championships. I will place on the agenda in Eugene an item requesting bids for four years ahead at future (1991 onwards) General Assembly meetings. We tried this twice (1983 in Puerto Rico and 1985 in Rome), and it was not successful. However, there is a good argument in favor of this procedure, and we should discuss it.

IAAF

The IAAF Veterans Committee will not hold its 1989 meeting in Eugene, as previously scheduled. It has been postponed to later this year in Barcelona, Spain. Hans Skaset, Chairman, will be in Eugene for several days. John Holt, IAAF General Secretary, hopes to pay a short visit.

It’s disappointing that the IAAF By-laws Committee will not hold its 1989 meeting in Eugene. As at the World Masters Association, the IAAF has its own constitution and will resume its biennial meetings in a future issue.-Ed.)
Make Plans for Tours

If you're coming to Eugene-Springfield to compete in the VIII World Veterans' Championships this summer, you've sent in your competition entry by now, and it's time to begin making plans to see and experience the rich and diverse region of Western Oregon. The WVC Organizing Committee has put together eight exciting tours for competitors and their families to enjoy during their time at the Championships.

Whitewater Rafting
The McKenzie River is a majestic, crystal-clear river that flows through a lush, forested canyon, and this tour will take you through its exciting rapids with a professional whitewater guide. After a lunch on the riverbank, enjoy an afternoon of cliff jumping and river swimming.

Oregon Coast
Famous for its ruggedness and its spectacular vistas, the Oregon Coast offers a variety of activities and places of interest. This tour will especially feature the Sea Lion Caves, where hundreds of sea lions gather in one of the largest caverns in the world. In addition, you will visit the Undersea Gardens, the Wax Museum, and Ripley's Believe It or Not! are offered, along with quaint shops and boutiques.

Wildlife Safari
This 600-acre drive-thru park features exotic animals roaming free and coming right up to your bus. You will see lions, tigers, ostriches, elephants, and many other creatures find the Wildlife Safari an isolated, safe haven where they can interact naturally. In addition, the Safari Village offers such attractions as a petting zoo and elephant rides, and will be the site of a gourmet buffet lunch as well.

Cascade Mountains and Sisters
This tour will cross the majestic Cascade Range and feature stops at the impressive lava flows from ancient volcanos of the area, all on the way to the Old West town of Sisters and its popular and unique shops, restaurants, and galleries. Sisters is also the home of the largest llama breeding ranch in the world.

Entry Deadline May 1
The entry deadline for the World Veterans Championships is May 1. See entry form in April NN, or call 503-687-1989.

Crater Lake
The deepest lake in the United States, Crater Lake lies in a caldera formed by the eruption of Mt. Mazama some 6600 years ago and is a spectacular stopping point on the West Coast. After a long drive around the rim of the caldera and hike down to its edge, you will take a two-hour boat cruise led by a U.S. Park Ranger. This will also highlight this excursion.

Historic Brownsville
This pioneer town north of Eugene captures the essence of early Oregon life with its replicas of a general store, barbershop, bank, and milliner's shop. The tour will also include a stop at an elegantly restored 100-year-old mansion. Bring your cowboy hat!

Weyerhaeuser Sawmill
This 600-acre drive-thru park features the impressive, violent Devil's Churn formation by the eruption of Mt. Mazama some 6600 years ago and is a spectacular stopping point on the West Coast. After an outdoor lunch at the Rim Village, this tour will take a drive around the rim of the lake and then hike down to its edge. A two-hour boat cruise led by a U.S. Park Ranger will also highlight this excursion.

Weyerhaeuser Gives $40,000
by TOM JORDAN

Weyerhaeuser Company has signed on as the Premier Sponsor of the VIII World Veterans' Championships. WVC Organizing Committee has put together eight exciting tours for competitors and their families to enjoy during their time at the Championships.

Entrant Information

- Entry deadline for the World Veterans Championships is May 1. See entry form in April NN, or call 503-687-1989.
- Crater Lake: The deepest lake in the United States, Crater Lake lies in a caldera formed by the eruption of Mt. Mazama some 6600 years ago and is a spectacular stopping point on the West Coast. After a long drive around the rim of the caldera and hike down to its edge, you will take a two-hour boat cruise led by a U.S. Park Ranger. This will also highlight this excursion.
- Historic Brownsville: This pioneer town north of Eugene captures the essence of early Oregon life with its replicas of a general store, barbershop, bank, and milliner's shop. The tour will also include a stop at an elegantly restored 100-year-old mansion. Bring your cowboy hat!

Weyerhaeuser Sawmill: This 600-acre drive-thru park features the impressive, violent Devil's Churn formation by the eruption of Mt. Mazama some 6600 years ago and is a spectacular stopping point on the West Coast. After an outdoor lunch at the Rim Village, this tour will take a drive around the rim of the lake and then hike down to its edge. A two-hour boat cruise led by a U.S. Park Ranger will also highlight this excursion.

Get your official "In Training For..." T-shirt in either short- or long-sleeve styles. Start your preparations for the World Veterans' Championships with this handsome white T-shirt featuring the official logo of the event. The logo includes the silhouette of a veteran's helmet with the text "World Veterans Championships." The shirt is made of 100% cotton and is available in sizes Small, Medium, Large, and Extra Large.

Order Form

- Entry form below includes "World Veterans Championships" logo and additional information about the event.
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WVC T-SHIRTS & PINS 10825, EUGENE, OR 97400

- T-shirt in either short- or long-sleeve styles.
- Start your preparations for the World Veterans' Championships with this handsome white T-shirt featuring the official logo of the event. The logo includes the silhouette of a veteran's helmet with the text "World Veterans Championships." The shirt is made of 100% cotton and is available in sizes Small, Medium, Large, and Extra Large.

May, 1989

- WVC T-SHIRTS & PINS 10825, EUGENE, OR 97400
- Order Form
- T-shirt in either short- or long-sleeve styles.
- Start your preparations for the World Veterans' Championships with this handsome white T-shirt featuring the official logo of the event. The logo includes the silhouette of a veteran's helmet with the text "World Veterans Championships." The shirt is made of 100% cotton and is available in sizes Small, Medium, Large, and Extra Large.
March is half-marathon time in Great Britain, and Rosemary Ellis currently leads the masters standings with a 74:46 in Essex, followed by a 74:47 in the 3000-strong Fleet Half in Hampshire.

Close behind for the ladies comes Glynis Penny with 74:52 at Reading after an overall win in 76:43 at Swany in Kent. World veteran marathon champion Anne Roden clocked 76:06 at Fleet. London Marathon runner-up Ann Ford is also back in business after injury, her best being a 27:59 five mile over Easter. Twin sister Paula Fudge is taking time off to extend her family.

The Reading Half-Marathon saw a tremendous battle between Shel Cowles and Mike Hurd. At five miles, Hurd was a few yards in front, but at ten miles the splits were Cowles 50:19 and Hurd 50:23. Hurd, however, came good over the run-in to reverse Cowles' successes in the States. A slow early pace by the open leaders restricted the times to 66:20 and 66:26, but Hurd was in jubilant form, post-race.

Peter Jones was fifth of 1600 runners in bad weather in the Swany Half-Marathon with a 1:10:54.

In the veterans cross-country race held in conjunction with the Euro Cup Cross-Country at Roselare, Belgium, March 12, ex-international cross-country runner and steeplechaser Euan Robertson of New Zealand, who was fifth in the 1974 Commonwealth Games steeple in 8:35.2, ran away with the event, winning in 21:10. Seventh in the large field was Peter Hamilton (21:48); Johnny Baldwin, now M50, was ninth (22:12).


**British Veterans Cross-Country Championships**

by RICHARD BALDING

The 1989 BVAF Cross-Country Championships took place on March 12 at the Silksworth Sports Center Sunderland in the northeast of England. A mild British winter left the course very dry, which was just as well because the complex is built on an old coal mine waste heap. Its undulating ground and loose earth can be very muddy after poor weather.

This year it was decided to run a separate ladies' race of one-and-a-half laps of a 3300m course, which entailed two uphill stretches. The men ran three laps, which had one hill, but considering that it was a ski-slope, the main feature of the complex, it was debatable who had the hardest event.

The ladies' race was dominated by W35 Marilyn Palmer, (18:25) the pre-race favorite after her 29th place in the English National Cross-Country. She was followed home by teammate Pat Gallagher (19:07), who just as easily won the W40 age group. Not far behind was Julie Beckford (19:46), the W45 winner.

As with the ladies' race, the M40 race was comfortably won by world 10K record holder Taff Davies (32:17), but only after a hard battle with 1988 winner Steve James (32:32) and Ted Isaacs (32:59).

The M50 race was comfortably won by world 10K record holder Taff Davies (32:17), but only after a hard battle with 1988 winner Steve James (32:32) and Ted Isaacs (32:59).

![Colin Youngson (#172) and Brian Emmerson (#261) lead the pack at British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12. Photo by John Burles](image)

**No TV For World Veterans Championships**

Jack Noble, acting for WAVA, has been promoting the World Veterans Championships to Madison Avenue for months, but has been unable to get any major advertiser willing to back the event on national TV.

David Pain, chairman of WAVA's TV Committee, said: "Notwithstanding the demographics of an aging market and the clearing of over 50 percent of the U.S. market on a sports network, we are not viewed as a legitimate sports entity worthy of airing on a national level."

Local TV coverage is expected in Eugene and probably Portland. The national CBS TV show, 4 Hours, may cover portions of the event for a special show on aging.
18 World Records
Set in British Indoor Championships
from ALASTAIR AITKEN

The British Veterans Indoor Championships, held at Kelvin Hall in Glasgow on March 26, saw 18 world indoor age-group records broken, including four by Rosemary Chrimes (nee Payne), winner of the Commonwealth Games discus in 1970.

Chrimes, who lives in Kelso, Scotland, set W55 marks in the 60mH (11.1), high jump (1.30), triple jump (8.57) and shot (12.04).

The top age-graded mark of the meet was turned in by Ron Bell, whose 1:56.2 in the M40 event gave him a performance level of 94.3% (calculated by dividing the M40 800 standard of 1:49.56 by 1:56.2). Next best was Peter Browne's 1:56.3 in the same race. Browne won the 400 in 52.5 and Bell took the 1500 in 4:10.1.

Five Years Ago
May, 1984

- 561 Compete in Indoor Nationals in Princeton, N.J.
- Roger Robinson (2:30:15) First Master in Boston
- Eastern Indoor Masters Meet Draws 345
- Don Coffman (31:29), Cindy Dalrymple (36:04) Win in Azalea Trail 10K

International Weight Pentathlon Plans On Schedule

by BOB STONE

Plans for the Masters International Weight Pentathlon to be held in Eugene on Monday, August 7, are well along. Contracts to use both Hayward Field at the University of Oregon, and Silke Field at nearby Springfield have been signed, assuring adequate facilities, and TAC-sanction has been obtained.

Jerry Jenson, Oregon Commissioner of TAC Officials, will help obtain TAC officials to ensure a well-run affair. It is hoped that arrangements can be negotiated with Stackpole, sports equipment supplier in Salem, Oregon, to help with implements.

Entries will be accepted until 5 p.m., Friday, August 4 at a registration table located at the World Veterans' Games packet pick-up area.

Competition will be in five year age groups for both men and women, based on age as of August 7. WAVA/TAC implement specifications and rules will apply, with scoring using the latest IAAF multi-event scoring table. Medals will be given to the top three in each age-group. Outstanding scores across all age groups for both men and women will receive special recognition, based on age-factor scoring.

The five events will include the shot put, discus, hammer, javelin, and heavy weight. No previous experience with weight pentathlons is necessary, and for those who may not have previously thrown the heavy weight, practice time can be arranged prior to the meet.

Although this event is not a part of the World Championships, every effort will be made to meet the highest standards of competition combined with a fun day for throwers.

Caribbean to Host 1990 N.A. Meet

The WAVA North American Track and Field Championships will be held in the Caribbean, August of 1990. Puerto Rico and Trinidad-Tobago will submit formal bids at the North American Regional meeting to be held July 31, 1989, during the World Championships. Any other masters organization within the Caribbean area desiring to submit a bid may do so by contacting the North American Regional Representative.

Three world champions in the courtyard at St. Hilda's College in Melbourne at the VII World Veterans Games in 1987. From left: Bill Weinacht, M70, volunteer Ted Sorlien, Herb Miller, M75, and Tom Patrakis, M65. Photo by Sparks Sorlien

Taft Davies (M50), first in his age-group with a 32:17 at the British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12. Photo by John Burles
ROCKY MOUNTAIN AND MIDAMERICAN MASTERS GAMES

SPONSORED BY: THE DENVER TRACK CLUB
DATE: September 2 & 3, 1989
SITE: University of Colorado, Fols Field, Boulder, Colorado
HOTEL: Headquarters for Denver Track Club is the Clarion Harvest House, 1115 26th Street, Boulder, Colorado, (303) 444-3850. $125.00/night or 1/2 double for $62.50/night. Call for reservations.
FACILITIES: Cheyenne 440, 400 M, electronic timing
TEAMS: Any athlete registered with Montana, Wyoming, Colorado, or New Mexico TAC is on the ROCKY MOUNTAIN TEAM. Anyone whose four states are on the WEST team, anyone east is on the EAST team.
AGE GROUPS: 5-year age group - men and women 30 and over, $25.00 entry with $10.00 in addition. Additional medals are available from the ROCKY MOUNTAIN GAMES.
Awards: First six places in each event receive medals. A maximum of six medals will be awarded to any entrant. Additional medals may be purchased for $3.00 at the end of the event.

ROCKY MOUNTAIN MASTERS GAMES 1989 ENTRY FORM

NAME: 
PHONE: 
ADDRESS (Street): 
CITY: 
STATE: 
ZIP: 
DATE OF BIRTH: 
CURRENT TAC NUMBER: 

In order to compete in the ROCKY MOUNTAIN AND MIDAMERICAN MASTERS GAMES, I do for myself, my heirs, and my assigns release, and forever discharge and hold harmless the Colorado Athletic Congress, its sponsors, officers, and agents, from any claim or demand against the Colorado Athletic Congress, its sponsors, officers, and agents, for any injury or damage to me or my property, which I may sustain or which may hereafter accrue to me or my heirs or assigns. The Colorado Athletic Congress and its agents reserve the right to refuse entry to any individual if, in their discretion, such individual is not in good physical condition and recognizes that this event will be held at high altitude (6000 ft.) and that the weather conditions can vary from extreme heat to cold in short periods of time.

DATE: 
SIGNATURE: 

PLEASE CHECK IN THE SPACE PROVIDED TO THE RIGHT OF EACH EVENT, THOSE EVENTS WHICH YOU WISH TO ENTER. ALSO ENTER YOUR BEST TIME, DISTANCE OR HEIGHT FOR ALL EVENTS YOU HAVE COMPETED IN OVER THE PAST TWO YEARS. THIS WILL HELP MEET DIRECTORS SEE MULTIPLE-METED EVENTS AND MAY BE HELPFUL TO TEAM CAPTAINS IN PUTTING TOGETHER EVENTS FOR WHICH THEY HAVE RECEIVED REGISTRATION FEE.

LATE ENTERIES AND CHANGES: EVENTS MAY BE ADDED OR SUBTRACTED ON SATURDAY NIGHT AT THE CLARION HARVEST HOUSE HOSPITALITY AND RECEPTION ROOM. WHERE OPEN LINES ARE AVAILABLE. NONE ON SUNDAY.

ROCKY MOUNTAIN AND MIDAMERICAN MASTERS CHAMPIONSHIPS 1989 ENTRY FORM

DATE: 
SIGNATURE: 

PLEASE CHECK IN THE SPACE PROVIDED TO THE RIGHT OF EACH EVENT, THOSE EVENTS WHICH YOU WISH TO ENTER. ALSO ENTER YOUR BEST TIME, DISTANCE OR HEIGHT FOR ALL EVENTS YOU HAVE COMPETED IN OVER THE PAST TWO YEARS. THIS WILL HELP MEET DIRECTORS SEE MULTIPLE-METED EVENTS AND MAY BE HELPFUL TO TEAM CAPTAINS IN PUTTING TOGETHER EVENTS FOR WHICH THEY HAVE RECEIVED REGISTRATION FEE.

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1989 TAC/USA NATIONAL MASTERS TRACK CLUB

JULY 19, 1989

GENERAL INFORMATION

ELIGIBILITY:
Open to all men and women 30 years and older. Age on July 20, 1989, determines age division. All U.S. nationals are required to hold and present at packet pick-up a valid 1989 registration with the Athletics Congress. Frequent competitors will compete as guests and no TAC registration will be required. Proof of date of birth will be required from all competitors at packet pick-up.

DIVISIONS:
Individual competition will be held in 5-year age groups starting at age 30. Relays in 10-year age divisions. Relay entries accepted during meet.

MEDALS:
TAC championship medals will be awarded to the top three U.S. nationals in each division of each event final. All competitors receive a Certificate of Participation. Medals to foreign competitors placed in top three.

ENTRY FEE:
Entry fee for the first event is $30.00, $15.00 second event and $10.00 for each subsequent event. Relay entry $30.00 per team. Entry includes courtesy airport pick-up and return by prior arrangement as well as a commemorative "T" shirt.

ENTRY DEADLINE:
All entries MUST BE RECEIVED BY JUNE 15, 1989. Confirmation of entry will be sent by June 30, 1989. If not received by that date, call (619) 265-7230.

FACILITIES:
Two new Mondo rubber 400 meter tracks, Mondo javelin and jump runways, concrete rings. 1/8" SPIKES ON FLAT ONLY.

MEDICAL SUPPORT:
San Diego Sports Medicine Center, Alvarado Medical Center.

SPECIAL EVENTS:
Free welcoming reception at SDSU Wednesday evening, 7/19/89. Also on Wednesday at 10:00 a.m. Sports Medicine Symposium at SDSU. On Sunday afternoon, 7/23/89, a post-competition Mexican Fiesta with live entertainment for competitors and guests. Nightly entertainment, special trips to Sea World, San Diego Zoo, Mexico, and Wild Animal Park will also be featured.

PACKET PICK-UP:
Athletes may pick up their entry packets at SDSU registration (see map) from 9:00 a.m. - 9:00 p.m. Wednesday, July 19, and at the SDSU track thereafter.

TRANSPORT:
Courtesy airport pick-up and return will be provided by prior arrangement only. Report to Traveler's Aid booth at baggage claim on arrival. Shuttle service will operate between SDSU and Balboa Stadium. Shuttle transit between tracks and racewalk venues.

UNIVERSITY HOUSING

The housing at San Diego State University is limited. First come, first served. You may reserve a room with or without meals. The San Diego State University Housing is a five to ten minute walk to the primary track. Room with meals includes free admission to Sports Medicine Symposium on Wednesday, July 19, 1989, and Mexican Fiesta on Sunday, July 23, 1989.

Payment Requirements: University housing without meals, single $69/day per person; double occupancy $25.00/day per person. University housing with meals, single $89/day per person; double occupancy $40.00/day. Registration will not be accepted without full payment.

Cancellation Policy: $25.00 deduction per person on ALL cancellations prior to July 1, 1989. No refund after July 1, 1989.

ROOM RESERVATION FORM INSTRUCTIONS

Please use one Room Reservation Form for each room reserved. Fill in the last name of the person in whose name the room reservations will be made, then first name.

Next list if you are part of a Tour Group.

List the names of all members of your party occupying the room, and indicate by "yes" (Y/N) if they are adults. List ages if children.

Indicate if you wish to be placed in a room with another U.S. national, if you wish to be placed in a room with a non-U.S. national, or if you wish to be placed in a room with someone of your own sex.

Each University hall room has two beds. For double occupancy we will assign a roommate. If you wish to room with a particular person, you must provide us with the name of the other occupant and include payment for two people. The person whose name appears at the top of this form will be responsible for the payment for both persons.

List your arrival and departure dates.

Circle the date of each NIGHT you plan to stay. Departure by 12 noon, Monday, July 24.

Enclose the complete payment and mail to: TAC MASTERS CHAMPIONSHIPS $443 CAMPLINE WAY SAN DIEGO, CA 92115 USA

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

ROOM RESERVATION FORM

[Form details not transcribed]
# National Masters News

## May, 1989

### TENTATIVE SCHEDULE OF EVENTS

Final Schedule Will Be Published & Posted 7/19/89

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIMES APPROXIMATE</th>
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<td></td>
<td>THURSDAY • 7/20</td>
<td>FRIDAY • 7/21</td>
<td>SATURDAY • 7/22</td>
<td>SUNDAY • 7/23</td>
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<td>Balboa Stadium</td>
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<td>A.M.</td>
<td>7:00 10,000 Run (1st race)</td>
<td>7:00 5000m Race Walk (1st race)</td>
<td>7:00 5000m Run (1st race)</td>
<td>8:00 10K120K Race Walk (1st race)</td>
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<td>P.M.</td>
<td>12:00 Pentathlon H504 (200, L, J, JAV, DT, 1500)</td>
<td>9:00 Hammer Throw (venue TBA)</td>
<td>10:00 Long Jump</td>
<td>8:00 800m Finals</td>
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<td>12:00 Shot Put</td>
<td>10:30 400m Hurdles Finals</td>
<td>10:30 400m Hurdles Final</td>
<td>2:00 200m Heats &amp; Semiuros</td>
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<td></td>
<td>1:00 400m Heats</td>
<td>11:00 Discus</td>
<td>11:00 110/100m Hurdles Heats</td>
<td>4:30 400m Finals</td>
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<td>2:00 Triple Jump</td>
<td>13:30 5000m Run (M50-59)</td>
<td>13:30 110/100m Hurdles Heats</td>
<td>6:00 1500m Finals</td>
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<td>3:30 1500m Heats</td>
<td>11:00 Pole Vault</td>
<td>11:30 110/100m Hurdles Heats</td>
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<td></td>
<td>5:30 3000/3000m Steeple</td>
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### COMPETITION ENTRY FORM

<table>
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<tr>
<th>MARK EVENT HERE WITH AN &quot;X&quot;</th>
<th>Name of Event</th>
<th>Women's Age Groups</th>
<th>Men's Age Groups</th>
<th>Best Mark</th>
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<td>1,500 METER RUN</td>
<td>All Age Groups</td>
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<tr>
<td>2,000 METER STEEPLECHASE</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>M60 and older</td>
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<tr>
<td>3,000 METER STEEPLECHASE</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>M30 through M55</td>
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<tr>
<td>5,000 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
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<td>10,000 METER RUN</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
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<tr>
<td>20 METER HURDLES</td>
<td>All Age Groups</td>
<td>All Age Groups</td>
<td>M70 and older</td>
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### WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions and of the stated age. I absolutely relieve the San Diego Track Club, 1989 TACUSA National Master Track and Field Championships Organizing Committee, TACUSA, the sponsoring non-profit organizations, City of San Diego, San Diego State University, San Diego Unified School District, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1989 TACUSA National Masters Track and Field Championships.
The Director's Corner
by DEAN REINKE

1989 ICI/USRA Circuit Underway

I

was recently stopped while walking through the pre-race Expo at the Nissan Sharmrock Marathon/8K, the opening race on the 1989 ICI/USRA Masters Circuit. Ed Brinkley, top mid-Atlantic master runner, was wearing a shirt that I hadn't seen in years. It sported the "Brooks Masters Series" logo from the series of the same name that was held in 1980 in Washington, D.C., San Francisco and Chicago. Ed was at the inaugural that year with series co-founder Hal Higdon (then an associate of mine promoting Brooks shoes) Herb Lorenz, Alex Ratelle, Herb Chisholm, Jim O'Neil, and numerous others, many of whom are still on the roads today.

A series ahead of its time, it still served as the inspiration for the ICI/USRA Masters Circuit that is in its second year. With a $25,000 Circuit Grand Prix purse to be distributed at season's end, $15,000 at the ICI/USRA Masters National Championship, and an accumulated $125,000 from all of the individual races combined, the masters has currently come a long way from its infancy nine years ago.

It is certainly a pleasure for me, having been involved in the development of the Brooks series, to play a part with ICI in today's Circuit. It makes my job considerably easier to know that the hard work and energy that have gone into the creation of the Circuit is truly appreciated by the athletes of all abilities. While announcing the awards at the Nissan Sharmrock event in Virginia Beach, many of the masters were overheard questioning Race Director Jerry Bocie to ensure that the "points counted toward the Circuit Grand Prix."

After a few months off since the ICI/USRA Masters Circuit National Championship in Naples in January, it was a reunion of sorts for the top masters in all age divisions who competed at Nissan Sharmrock, the season's opener. There were "88 ICI National Champion Bill Rodgers and ICI Circuit Grand Prix winner Bob Schlu, joined by newcomer Wilson Waiga, who narrowly missed Rodgers' world record, running 23:54. Throw in all-time fastest masters miler Ron Bell of England and Ken Sparks (5th fastest, all-time) in the men's race and 1989 Women's ICI Circuit Grand Prix runnerup Nancy Oshier, and you had a better overall quality field than the open, which itself was excellent.

Other top '88 ICI Circuit Grand Prix finishers present included W50-59 winner Susie Klutzz of North Carolina; Baton Rouge's Mary Norcark, W60+ champion; 82-year-old "three-time" winner Ed Benham; last year's M60+ runnerup John Hosner of Virginia; and Florida's Jim Larson (3rd, 50-59).

But it's even more exciting to hear some of the stories from the athletes, inspired by a chance to compete in a Circuit for masters that truly determines a national champion. Forty-seven-year-old Mary Shaver, for example, hearing of the new "five-year age groups points rankings," drove 12 hours from Rochester, N.Y., to earn her 10 points for 1st place. Buffalo, New York's Nancy Mieczak laid low in '88, awaiting her 40th birthday this year, and made her debut a hit with an upset win over last year's Grand Prix runnerup Oshier, running 28:55. Her effort would have to put her in the top five at the ICI National Championship in Naples and placed her ahead of Circuit champion Janie Hutchison and national class Barb Filutze. Raleigh, North Carolina's Claudia Ciavarella is also a recent entrant into the ranks of the masters, making her debut at Nissan Sharmrock, and she too will be heard from in the final standings.

The above elite group will be joined by other masters very shortly. With only five events counting toward final point tallies, there will likely be several age division rankings decided at the ICI Championship in Florida come January. While New Zealand's John Campbell, Colombia's Victor Mora, and England's Shell Cowles appear to be the new master "names" for '89, it remains to be seen whether or not they can run enough ICI Circuit events to accumulate points towards a title.

Whatever the result, the ICI/USRA Masters Circuit for 1989 appears well on its way to yet another successful year. As we proceed, please keep us informed on your thoughts and suggestions as well by contacting ICI/USRA Masters Circuit, 400 N. New York Ave. - Suite 102, Winter Park, FL 32789. (407) 647-2918/FAX: (407) 647-0433. See you on the roads! — Dean Reinke

ICI/USRA Masters Circuit Point Standings

(After 2 races including the Nissan Sharmrock 8K and Myrtle Beach 10K Classic. Other races to count include)

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Points</th>
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<tr>
<td>Cotton Row Run 10K</td>
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<td>Great Road Race 10 Mile</td>
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<td>ICI/USRA Masters National Championship 8K</td>
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<td>M50-59</td>
<td>Ron Bellie</td>
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<td>Joe Carr</td>
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<td>M90+</td>
<td>Tom Ray</td>
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<td>Nancy Shaver</td>
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<td>Sharon Merkowski</td>
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<td>Gloria Brown</td>
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<td>W100+</td>
<td>Mary Norcark</td>
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Chicago and Sacramento Join Circuit

Two more major road races have joined the ICI/USRA Masters Circuit, bringing to 16 the number of events on the 1989 Circuit. The Chicago Distance Classic 20K, July 16, (312-243-2000) and the Foundation 30K in Clarksburg, Calif., (916-636-0707/916-665-1712) November 12 are the additions. The Chicago Distance Classic has been one of the Windy City's top races for more than a decade. Race Director Diane Wood reports a "resurgence" in the event that traverses scenic Lake Shore Drive and often brings cool relief from Chicago's hot summers.

The Foundation 30K (formerly the Pepsi 20 Mile) attracts over 3000 runners and has historically been well received by Masters. In its second year on the ICI/USRA Masters Circuit, the race distributed over $350 in masters prize money a year ago and provides travel and housing support. ICI Circuit organizers report that negotiations are continuing with a few more races to round out the '89 schedule. Meetings will be held later this month with National Championship sites and with final plans being announced this summer. — Dean Reinke
ICI/USRA Masters Circuit “Happenings”

Former Ocean State Marathon champ and Rhode Island resident Bobby Doyle recently celebrated his new arrival into the 40-and-over age group with a win at the New Bedford Half-Marathon, running 69:07, good for $500. John Campbell’s 29:25 at Azalea Trail in Mobile and Wilson Waigua’s 23:54 at the ICI/USRA Masters Circuit season opener at Nissan Shamrock in Virginia Beach have to rank among the best-ever combined performances by masters on a single day. “Waigua”, by the way, is Wilson’s “middle name” while “Waigwa” is his true last name — let’s stick with Waigua for the time being.

Quote of the month from Wakihuri, whoops, Waigua following Nissan Shamrock when asked about the age: “I don’t know”, shaking his head, “I was criticized for being too old for college (UTEP) and now too young for masters. I just don’t know”, he said....

National Masters News.

Peter Mundle reports that his research indicates that Waigua is “indeed” 40 years of age. An Achilles tendon injury has put Bill Rodgers on the sideline for Boston, so Campbell and Poland’s Richard Marcacz will have to go it alone. Word has it that Colombia’s Victor Mora may also be at the starting line. Hot, after impressive masters wins (at age 44) at Jacksonville, Red Lobster and Gasparilla, he is a former runnerup to Beantown.

The third leg on the ’89 ICI/USRA Masters Circuit stops in Huntsville, Ala., for the Cotton Row Run. Money goes five deep for men and women ($750-500-300-200-100) while grand masters will earn $250, 100 and 50. Call John Denison (816) 881-5807. Myrtle Beach Classic, in an unusual move, is offering $5000 of its $7500 prize purse to masters, possibly the start of a trend.

Joseph Nzau rumored to be nearing 40. Look out if so, as he recently won a mile in Puerto Rico in 2:25. Frank Shorter shined in his “Biathlon” debut in February in Palm Springs. He defeated fellow master and superstar cyclist John Howard, beating him by 1:13 on the 10K run-40K cycle-10K run course. Dennis Kalsichke, sporting a 2:23 marathon best and having run against (although not near), Shorter in college, bested Frank by 20 seconds but was disqualified for drafting. Shorter informs us that he is anxious to run the ICI Circuit this year.

New master Don Kardong will headline Hospital Hill (4th event-ICI Circuit) Half-Marathon, June 4, in Kansas City. Prize money for masters is $500-150-100 with Carl Sniffen handling athlete inquiries. (816) 561-1085.

Athletes coordinator Dick Mattia reports considerable interest for the July 9 Utica Boilermaker 15K, the 5th race on the ’89 ICI/USRA Masters Circuit. Masters money includes ($1000-500-300-150-100-50) and Grand Masters ($400-150-100-50). Mike Hurd is the first master commissioner. Contact Mattia at (315) 797-6929.

Harold Tinsley, race director of Huntsville, Alabama’s “Rocket City Marathon” reports some interesting findings from this past year’s marathon: “The average participant was a married male slightly over 40-years-old with an income of just under $44,000. Participants created an economic impact of $635,000...” New Jersey’s Herb Lorenz, one of great masters of the late ’70-early ’80s, turned 50, April 7. Could make it interesting for Bill Johnston, Don Steinman, Bill Olich, Bob Schul, and others... England’s Ron Hill will run his first race as a grand master at Elby’s this month. He’s looking to run sufficient ICI Masters Circuit events to be a factor at the Championships in January... April 29 Drake Relays will feature a road 10K with a $15,000 prize purse including $1400 for masters ($400-200-100)... Ames, Iowa’s Midnight Madness, July 8, looking to promote the masters division again with Bill Rodgers and Frank Shorter returning... Pacific Sun in California will feature a $1600 masters purse, May 29... Bloomsday in Spokane, May 7, will feature a $6000 masters purse ($1000-800-600-400-200)... Bob Schlau will speak at a race clinic to the Lake County Marathon in Chicago, April 29... May 13 National Capital 10K to feature $3000 masters money ($750-500-250)!!!

—Dean Reinke

Four age-group winners in the 60M at the National Masters Indoor Championships in Columbus, Ohio, March 31-April 2. Left to right: Payton Jordan (M70), Gilbert Gonzales (M75), Tim Murphy (M65), and Jack Greenwood (M60). Photo by Tim Murphy

The Tradition Continues...

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

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

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

March 18 - Nissan Shamrock 8K, Virginia Beach, VA (904) 481-5900
April 8 - Myrtle Beach Classic, 10K, SC (919) 487-3109
May 29 - Cotton Row Run 10K, Huntsville, AL (205) 881-5807
June 4 - Hospital Hill Run Half Marathon, Kansas City (816) 561-1085
July 9 - Utica Boilermaker 15K, Utica, NY (315) 797-6929
August 12 - Ashby Park 10K, NJ (201) 531-4156
August 26 - Crim Road Race 10 Mile, Flint, MI (313) 235-3396
September 24 - Pittsburgh Great Race 10K, PA (412) 225-2493
September 30 - Myriad Gardens Run 10K, Oklahoma City, OK (405) 732-2369
October 8 - Twin Cities Marathon, Minneapolis, MN (612) 881-3863
October 14 - Capital Trail Run 10 Mile, Raleigh, NC (919) 876-8347
January 6 - Charlotte Observer 10K, NC (704) 379-6986

produced by
DEAN REINKE
Waigwa Tops Rodgers in Nissan Shamrock 8K

by MIKE DAVIS

VIRGINIA BEACH, VA. — The weather for this year’s Nissan Shamrock 8K was the warmest ever — but that’s not what kept Wilson Waigwa and Bill Rodgers from setting world masters records.

Waigwa, 40, Mission Viejo, Calif., felt he was on a record pace going into the final mile of the March 18 race, based on what he thought was a 4-mile split of 18:11. But even with a closing 300-yard sprint, he still only clocked 23:54 at the finish line. That was three seconds off the mark currently held by Waigwa, 40, Mission Viejo, Calif.

Though not a record, Waigwa’s time was the third-fastest in the 8K field of 2,700. He would have won the race here and set world masters records.

The women’s masters winner was Nancy Miesczak (40, Buffalo, N.Y.), in 28:54.

Rodgers, on the other hand, said he was about 15 seconds behind Waigwa at that point. Rodgers was seventh overall.

“Even your legs, down to the cell level, are not very much. I thought I was going to run maybe 10 miles a week, and I run 50 miles a week,” Rodgers said. “I’ve had some good training. This time, though Rodgers steadily widened a lead from the 1km mark on — and Schau, of Charleston, S.C., slipped to third behind Dave Stewart of Ottawa, Canada.

Barbara Filutze of Erie, Pa., was the women’s winner in 35:20, also defeating a Grand Prix Champion — Jane Hutchison of Webb City, Mo.

“Last year when I came in here, I had been coming off a virus, and I was just getting in top form again,” Rodgers told Andre Christopher of the Myrtle Beach Sun News.

“Even Stewart saw the winner’s advantage: “The difference is he runs 100 miles a week, and I run 50 a week, (and) that I work for a living. I just try to run as fast as I can. He’s in a class by himself. There’s no doubt about that,” he said.

This race marked the first time, Rodgers, Schau, and Stewart had met since the ICI/USRA Masters Championship in January. They finished here in the same order they did there.

The overall winner in the Myrtle Beach Classic was Greg Beardsley of Charlotte, N.C., with a course-record time of 29:40. The women’s champion was Teresa Ornduff of Abingdon, Va., in 34:19.

Bill Rodgers, left, chats with Wilson Waigwa after Nissan Shamrock 8K.

Photo by Dean Reineke

Rodgers, Filutze Win in Myrtle Beach 10K

MYRTLE BEACH, S.C. — Bill Rodgers ran with a vengeance in the April 8 Myrtle Beach Classic, and he paid off with a 30:00 victory in the 10K event on the ICI/USRA Masters Circuit.

Last year in this race, Bob Schau beat Rodgers by six seconds and went on to win the circuit’s Grand Prix Championship.

This time, though, Rodgers steadily widened a lead from the 1km mark on — and Schau, of Charleston, S.C., slipped to third behind Dave Stewart of Ottawa, Canada.

Barbara Filutze of Erie, Pa., was the women’s winner in 35:20, also defeating a Grand Prix Champion — Jane Hutchison of Webb City, Mo.

“Last year when I came in here, I had been coming off a virus, and I was just getting in top form again,” Rodgers told Andre Christopher of the Myrtle Beach Sun News.

“I know I trained hard,” said Rodgers, who lives in Sherborn, Mass. “December, January, February — three months I averaged 113 miles a week. I was as high as 130 miles one week. I had some good training, so I had to get some results somewhere.”

“Rodgers is in a lot better shape this year,” Schau acknowledged. “I’ve been racing an awful lot, a little bit too much. So it’s kind of the worst of both worlds. He was in better shape, and I was a little flat.”

Even Stewart saw the winner’s advantage: “The difference is he runs 100 miles a week, and I run 50 a week, (and) that I work for a living. I just try to run as fast as I can. He’s in a class by himself. There’s no doubt about that,” he said.

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Mora, Welch Streak to Victories in Red Lobster 10K

by STEVE LEWALLEN

Colombia's Victor Mora (44, 30:07) and Great Britain's Priscilla Welch (44, 33:19) captured masters victories at the Red Lobster 10K in Orlando, FL, on March 11. Both runners dominated the masters field, not only moving ahead of their competitors early in the race, but finishing with new course records as well.

Mora and Welch, who also shared top honors at the Gasparilla 15K exactly one month ago, garnered $2,000 each for their victories plus $500 bonuses for the course records.


Photo by Sailer, Ltd.

Top age-graded performance of the day was turned in by Mexico's Antonio Villanueva. When his age-48 standard of 30:07 is divided by his finishing time of 30:51, the result is an amazing 98.6%. Mora was second male with 97.8%, while 42-year-old Briton Shel Cowles was third with 94.1%, Welch was top age-graded female (97.9%), followed by Andersen (94.5%) and California's Laurie Binder, (41, 34:29, 93.5%).

Other notable age-group winners were Bart Ross (M65, 41:51), Dudley Healy (M70, 47:05), and Anne Trigg (W60, 48:17), with performance percentages of 84.5%, 83.3%, and 71.7%, respectively.

The runners were hindered by a slight headwind but competed under sunny skies, sparing them the cold and rainy conditions that prevailed in the previous two years. Of the 2500 starters, 1850 finished.

Overall winners of the seventh annual race were Keith Brantly (26, 28:02) and Liz Lynch McColgan (24, 30:38).

Victor Mora, first master, in 30:07 at the Red Lobster 10K in Orlando, Fla.

Photo by Sailer, Ltd.

SRI CHINMOY MASTERS GAMES

SATURDAY, JULY 8, 1989
(Rain date July 15th)
8:00 AM
Victory Field
Forest Hills, NY
TAC Sanctioned

Track & Field
Events Include:

- 100 m
- 200 m
- 400 m
- 800 m
- 5000 m
- Javelin
- Shot-put
- Discus
- High Jump
- Long Jump
- 1 Mile Run
- Tennis Ball Throw
- 1 Mile Race Walk

"It's like a dream come true."
Raul Rivadeneyra - overall point winner-
Sri Chinmoy Masters Games, July 1988

For Application send SASE to:
Sri Chinmoy Masters Games
150-47 87th Ave.
Jamaica, NY 11432

"Thank you for running such a lovely meet. It was a most rewarding day — not just the competition, but meeting all of the gracious delightful people."
Rose A. Ruston,
Jackson Heights, NY
62 World Indoor Records Set in Nationals

Continued from page 1

Not all thrilling races were record-breaking ones. Ken Sparks (2:04.41) took the M40 800 narrowly from Ray Tucker (2:00.71), with the sixth-place at 2:04.42.

Fourteen field-event records were set or equaled, and five U.S. records, all in the high jump, were altered.

Six 3000-racewalk records fell, two by the men, and four by the women, who literally knocked minutes off of the former records.

The top age-graded mark of the meet was turned in by California’s Payton Jordan, whose 28.00 in the M70 200 gave him a performance level of 94.6% (calculated by dividing the M70 200 standard of 26.50 by 28.00). Canada’s Earl Fee, M60, had the two next-best age-graded marks (400, 59.82, 93.3% and 800, 2:17.84, 93.2%).

Fourth best was Pennsylvania’s Jim Sutton (M55, 1500, 4:37.9, 93.0%) followed by Canada’s Harold Morioka (45, 400, 52.79, 92.8%), Texas’ Bill Collins (M35, 200, 22.21, 92.3%), Michigan’s Lamar Miller (M40, 400, 51.20, 92.1%), Cleveland’s Ken Sparks (M40, 200, 2:00.41, 91.1%), Alabama’s Gordon Siefer (M60, H1, 1.59, 90.9%), and Oregon’s Ross Carter (M75, shot, 11.95, 90.8%).

Local television coverage on the nightly news during the meet supplied non-existent newspaper coverage, and included interviews with Bob Richards of Texas, Barbara Stewart of New York, and several of the M80-and-over athletes.

Participants agreed that the officials were top-notch.

Jim Pearce was the meet director.

Meet sponsors were Harman America, Bank One of Columbus, TAC/USA, Over The Hill TC, Wolpack TC, and Nike Corporation.
Meeting Held at Indoor Nationals

About 80 people attended a meeting called by Jerry Donley, TAC Masters Track & Field Chairman, at the Holiday Inn in Columbus, site of the Indoor Nationals, on Saturday, April 1, at 7:30 p.m.

1989 Outdoor Nationals

David Pain, meet organizer, said a large foreign contingent is expected for the outdoor nationals in San Diego, July 20-23; 25% of the entries to date are from overseas. He promised great weather and fast tracks, "ideal for setting PRs." Some complaints were made about the $30 entry fee. Pain said the relatively high fee was needed to provide free bus transportation to all athletes from the airport/train station to the tracks and accommodations. Locals and Californians who drive and won't need the transportation are essentially subsidizing foreigners and out-of-staters, but their total transportation costs will obviously be much lower.

1989 World Championships

Jim Puckett, meet director, said the deadline for entries to the WAVA Championships is May 1. "The momentum in Eugene is building," he said. "People are very excited; merchants are doubling their inventory; the 3-inch medal is beautiful." He said all U.S. participants should plan to be gracious hosts, greet foreign participants, be helpful, etc.

U.S. Team Uniforms

Donley said the official U.S. team uniform will be the same one as in 1987. However, no new uniforms are available. Mike Castaneda, who handled the uniforms in 1987, "has disappeared and said he would never do it again," Donley reported. Donley said no one had volunteered to assume the "thankless task."

Relays in World Championships

Scott Thornsley, U.S. co-team manager (along with Sandy Pashkin), suggested relay teams in Eugene be based on actual times in the 100 and 400 in either San Diego (at the Nationals) or Eugene. After long discussion, Thornsley said he would take all suggestions under advisement.

1990 Indoor Nationals

Madison, Wisc., was awarded the bid to host the 1990 Nationals. Thornsley reported on the difficulty in obtaining suitable indoor sites. Dartmouth may be interested for 1991, and Columbus, again, for 1992, when the city is celebrating the 500th anniversary of Columbus' arrival in America.

Drug Testing

Joan Stratton reported many masters are using drugs to improve their performance. Should drug testing be instituted at masters meets? Some said we should have nothing to do with drug testing. "Who cares if someone wants to abuse their body with drugs; we're all adults," Jim Weed said. Others said with prize money being offered, we should do something. "The first three finishers should be tested," Thaddeus Bell suggested. Do steroids hurt anyone else but the user? No, said some. Yes, said others, because it affects the placings. "We don't let competitors get an unfair advantage by using an improper implement weight so we shouldn't let anyone gain an unfair advantage by using drugs," Jeff Wenig said. No action was taken. Stratton said she had been invited to speak to the WAVA Council in Eugene on drugs, but will be unable to make it. She asked for a volunteer to go in her place.

Amendments to WAVA Constitution

Four amendments to the WAVA Constitution and By-Laws were unanimously approved and will be submitted to WAVA to be put on the agenda for discussion in Eugene:

1) Change the name from "Veterans" to "Masters."
2) Allow men age 35-39 to compete in the World Championships.
3) Mandate that any WAVA Regional Championships (Europe, Asia, North America, etc.) allow entry fees.

Continued on page 32

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MIAMI NORTHWEST EXPRESS TRACK CLUB, INC.

Presents

14th ANNUAL

JUNE 10-11, 1989

MIAMI-DADE COMMUNITY COLLEGE, NORTH CAMPUS
MIAMI, FLORIDA

SANCTIONED BY

INTERNATIONAL COMPETITION
- AGE GROUPS THROUGH MASTERS -

BAHAMAS USA CAYMAN ISLANDS
JAMAICA PUERTO RICO BRITISH VIRGIN ISLANDS
CANADA GUATEMALA OTHER
Age-Graded Tables Available

Age-graded tables for masters and open runners are now available.

Compiled by the National Masters News and the World Association of Veteran Athletes (WAVA), the tables can be used to:

1) Keep track of your progress over the years.
2) Compare your own performance to a different event.
3) Compare performances of different individuals in the same or different events.
4) Estimate your time in new events.
5) Set goals for the future.
6) Select the best performances in a race among all age groups.
7) Make awards more meaningful.
8) Give recognition to good performances in the upper age groups.

For a six-page guide on how to conduct a road race using age-grading, send an SASE to the National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NMM has also prepared a 30-page guide on how to use the tables to chart your own personal progress; and a 60-page "director's kit" on how to conduct a race, racewalk, or track and field meet — with single-age standards and factors, detailed explanation, sample races, and personal performance examples and charts. To get the 30-page personal guide, send $5 to cover printing and postage to NMM. For the 60-page director's kit, send $7.50.

National Indoor Pentathlon Held

by SCOTT THORNSLEY

The U.S. TAC National Masters Indoor Pentathlon drew its second largest field since its inception in 1985, with 24 men and five women — the most women ever.

Held for the fourth time at Dickinson College in Carlisle, Pa., the meet featured metric distances and kilogram weights, the same WAVA standards used throughout the world.

Also employed for the first time in the U.S. was the new WAVA "Scoring Tables for Veterans Combined Events," compiled by a WAVA Committee headed by Rodney Charnock.

Each men's and women's five-year age group employs a factor for each event. These tables will also be used for the outdoor pentathlon and decathlon in all future meets.

Maryland's Mark Witherspoon, M30, high-jumped 2.03m (6-8); Iowa's Rex Harvey, M45, put the shot 12.43m (40-9); Atlanta's Phil Raschker led all women with an age-factored 3417 points. The men's leading scorer was Buck Bradberry, M60, with 3667 points.

Meeting Held at Indoor Nationals

Continued from page 31

tries from other regions.
4) Stage a 20K racewalk for women instead of a 10K.

A fifth amendment was passed, 22-1, at TAC's convention last December, and will also be submitted to WAVA:

5) No medal standards shall be imposed at WAVA.

Fund Raising for Eugene

Donley said fund raising for Eugene had dried up. "Our original goal was $100,000, but we're stalled at $80,000." He thanked those who had generously donated to the cause, adding that "Eugene couldn't have put on the Games without the up-front $80,000." He urged donations to be sent to the Masters Sports Association, c/o Donley, P.O. Box 1119, Colorado Springs, CO 80901.

The meeting adjourned at 9:30 p.m.

— Al Sheehan, Masters T & F Secretary
SUNDAY MEETS AND RACES

In your April issue, Bill Bangert complains about meets being held on Sundays, which conflict with his church attendance.

Have you noticed, also, that some meet directors schedule their events on Saturdays, thereby excluding Orthodox Jews and Seventh Day Adventists?

And what about people who work on weekends — should their needs not be taken into account?

Until directors learn to be more considerate and hold meets at times that are convenient to everyone, I suggest Otto Essig and other race directors schedule their events on Sundays, which conflict with his position. He does work hard, and he couldn't run!

Essig is an intense runner and a great athlete. Retirement is inevitable for all of us, but it sure sneaks up on us!

Want to say thank you for all those articles, and your kindness has not gone unnoticed.

Sharon Beal
Fort Lauderdale, Florida

KUDOS

I was delighted to receive the copy of "1988 Masters Age Records" — which is always of vital interest to me and to many others in this country.

Hopefully I will be able to continue as a sustainer in time to come, for I have found NMN to be fascinating, not only from the point of view of my racewalking but also from athletics in general.

Connor Johnstone
Melkbosstrand, South Africa

It is most unlikely that I will be able to come to Eugene because of lack of finance. However, I wish that you have a happy and successful World Games.

Heather Doherty
Brisbane, Australia

Your newspaper is great. I enjoy it all and pass it on to friends. Keep up the good work, especially your profiles of masters runners.

Joan Arsenault
Elkton, Oklahoma

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

May, 1989

Write On! Continued from page 4

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Until directors learn to be more considerate and hold meets at times that are convenient to everyone, I suggest that Bangert organizes one himself. Then he can pick his own date and time.

Brian Prichard
Westlake Village, California

While Sunday is the sabbath for most Christians, other people observe other days of the week. Saturday is the sabbath for Jews, Friday for Moslems, the fastest growing religion in the U.S.

I used to run a marathon on the Sunday before Labor Day in Quebec. We usually had hot weather. The race could not start in the morning because the Catholic Church objected to activities which interfered with church attendance. All the runners had to suffer for that.

Almost any day of the year is holy to some religious group. Bangert has a free choice: compete, go to church, or pray silently at the competition.

Nat Cirulnick
Rosedale, New York

OTTO ESSIG

Last month, I received a letter from Otto Essig, the man behind the scenes of the greatest masters race in New England — the Westfield 10K. Otto Essig is an intense runner and a great organizer. His race was an event to attend, even if you had an injury and couldn't run!

Now, this great race has to be discontinued, and I can understand Otto's position. He does work hard, and he always gave 100% for us runners.

Retirement is inevitable for all of us, but it sure sneaks up on us!

For all the masters runners, I just want to say thank you for all those great years. To you, we were all champions, and your kindness has not gone unnoticed. God bless you.

Vin Fandetti
Glastonbury, Connecticut

CAPS

Please cancel my subscription. You persist in placing ads for CAPS, simply to get money. I will not support any magazine involved in this sort of thing.

Jerome Perry
Raleigh, North Carolina

Why do you continue to accept ads from Gerald Frank for his nostrums? It's your duty to protect your readers (many of them quite gullible) from, or at least warn them about, these snake oil salesmen and the dubious efficacy of their products. These ads should be clearly labeled as ads across the top of the page.

Al Hromjak
Simi Valley, California

NMN respects the opinions of Perry, Hromjak, Higon and others who have detailed their beliefs that CAPS is not a useful product. However, several readers have written to praise CAPS. It's not the money, We're just opposed to censorship. We feel it's wrong to turn down ads unless the evidence is strong that the product is harmful (e.g. cigarettes). Neither Perry nor Higon claims CAPS is harmful; only that it's useless and a waste of money. Are some NMN readers naive and gullible, as Hromjak claims? Do they have to be protected by Big Brother? We hope not. We hope our readers are intelligent adults, who can make their own decisions based on the open forum which NMN has given both pro-CAPS and anti-CAPS advocates. — Ed.

FOREIGNERS BANNED

I am disturbed that the European and Asian Veterans Championships refused American entrants. I agree with Jerome McDaid that all masters athletes should be allowed to compete in foreign countries.

W. Th. Siger
Jakarta, Indonesia

BRICKBATS

I subscribe to several health or running-oriented publications, including Running Research News, American Running & Fitness Association magazine. Whereas I find all of this information edifying, I do not see very much of it relating to the over-40 athlete.

I subscribed to your publication hoping to fill this void, but unhappily, I found the same emptiness. Take, for example, Hal Higdon's article, "The Truth About Pill Popping," in the November 1988 issue. The article is interesting for what it is but has very little to do with the older athlete. The article would have been right at home in The Michigan Runner, Runner's World, or any magazine primarily directed at the sub-40 athlete.

Johnny Parks
Detroit, Michigan

The reason I let my subscription expire is that your publication has many well-written, interesting articles that I enjoy reading. It also has, however, far more emphasis on track and field than I have any interest in. I found myself reading only small portions of NMN each month — not enough to justify the cost.

Sharon Beal
Fort Lauderdale, Florida

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Masters Scene

National

- On July 15, the RRCA will stage its tenth Women's Distance Festival with races organized exclusively by RRCA clubs throughout the U.S. Last year, races were hosted in 70 different cities. This year's contact is Dianne Zeller, 4325 NW 9th Place, Gainesville, FL 32605. 904/374-6749, 377-0134.

East

- Bill Hart (40, 1:59:21) and Manuel Canaves (41, 1:59:31) finished ninth and tenth of 382 m/finishers in the NYRRC Mike Hannon 20 Mile, Central Park, NYC, March 19. Fifty-two-year-old Fritz Mueller (2:02:10) was 15th, Anna Thorhill (48, 2:25:28) and Patty Lee Pammel (49, 2:25:52), took the seventh and eighth spots of 81 w/runners. In the 4-miler, John Notoff 20 minutes after the 20K started. Anthony Blackett (40, 22:41) and Laurie Baker (45, 28:26) captured masters firsts. Gary Null (44, 30:58) and Marcella Tobias (63, 48:57) were first 40+ walkers.

- In the NYRR 5K Horoscope Run, Central Park, NYC, March 11, in which a male-female team under the same Zodiac sign competed for one of the 12 division awards, Jean Pervail (41, 20:23) combined with Paul Mascall (36, 15:42) to take the Taurus trophy. First M40+ was Dennis Barham (50, 17:59).

- Angelia Earns (43, 1:15:37) claimed second from 344 w/finishers in the Brooklyn Haill Marathon, Prospect Park, March 12. In the W50-90 race, Jill Martin (50, 1:32:14) left second to Lisa Praskins (54, 1:32:25) and third to Zofia Turos (51, 1:32:25). Art Hall (41, 1:11:06) was 16th of 1496 m/finishers.

- Elmer Shaw, M70, Syracuse, NY, according to one of his many friends at the Indoors in Columbus, broke a leg throwing the weight and will be out 8-9 weeks.

Southwest

- Bob Mohler (M40, 35:21) and Sandra Baran (W40, 43:23) sped to masters wins at the Capitol 10,000, Tex., on March 12. The 12th annual race drew over 20,000 competitors, some from as far away as Minnesota, Canada, and Great Britain. The course took runners up a few miles of hilly terrain and then sent them to a fast finish over four miles of hot, hard pavement.

West

- Paul Reese, 71, Auburn, CA, managed three weekends of strenuous running in March with a 3:49:29 marathon on the 4th, another in 3:41:49 on the 12th, and a national M70-74 50-mile track record of 9:17:57 in Santa Rosa, CA on the 18th.

- The San Francisco Marathon dropped off the calendar in 1988. It returns in July under new direction, on a new course and at a new time. According to the San Francisco Chronicle, the race will start an hour earlier at 7 a.m. to ease traffic snarls and avoid Fisherman's Wharf merchants' and residents' concerns about congestion.

- A Grand Prix series for 1990 is proposed by the Southern California Ultra Runners (SCU) with the purpose of attracting sponsorship ($50) to put on more 1-class events for ultrarunners. Sixteen races are planned; series awards (including money, if any) will be based on point accumulation. For the schedule, which includes race descriptions and contacts, send $2 and a SASE to Lee Preble, West Coast University, 550 S. Main St., Orange, CA 92668. 714/953-2700.

International

- British Ian Stewart, third in the '72 and sixth in the '76 Olympics in the 5000, turned 40 in January, and reportedly has his sights set on the 10K European Championships in June and on the World Games in Eugene, where he plans to run the 10K road, 5000, 10,000 and cross-country. In '77, Stewart ran the 10 mile in 45:13, the fastest ever.

- The History of the Birchfield Harriers (1877-1988), a comprehensive record of the most successful club in the U.K., is available for $20, including mailing, from Wilfred Morgan, 159 Marsh Lane, Erdington, Birmingham, B23 6JA, U.K. World-record holder Ray Hyatt, now a resident of Oregon, was a Birchfielder in the '50s.

- British runner/businessman Ron Hill, after two years absence from the States, will race in the World Championships in Wheeling, WV, May 27-29. Hill, in his first year in the M50 division, is best known for his 29-year running streak, the longest on record, but he has also run marathons for the business, dealing primarily in running gear, for 20 years, and intends to set up a U.S. subsidiary in California later this year.

- Athletes traveling from Oceania or the Far East to the World Veterans Championships in the USA can take in an all-comers meet in Honolulu any Sunday morning in July. On the way back, two Hawaii international two-day masters meets will be held — on August 12-13 and August 19-20. See schedule for details or contact Stan Thompson, 808/734-8450.

- Meet and Match! want to get together with someone at the World Championships in Eugene? Drop a note to NMN and we'll publish your request in the June and July issues. For example, Pat Dixon, personable W70 middle-distance runner, says, "Companion wanted to hike and explore after the Championships; Me: 70, able-bodied till four in the afternoon, fairly sound of mind, 5'2", 102 Ibs. You: charming, energetic, good athlete and leader who can lead me thru the jungle, alligator-infested swamps, stampedes, or locusts. Who one who keep my bike in super condition, while I would sew unmentionables as well as share in the cooking and washing of the paper plates and plastic utensils. This dreamboat should be between 55 and 72, a non-smoker, easy on the alcohol, who could give and take a good shoulder or hamstring massage without assuming that the next move was a leap into a single sleeping bag. Expenses straight 50-50. Where to hike and bike for six weeks or so? Ireland? Tibet? England? New Zealand? Reply to Pat Dixon, 1354 N.W. Federal, Bend OR 97704, USA. 503/389-5459. If you'd like a match, send $50 or less to Dixon, Meet and Match Editor, above.

- At age 55, New Zealand's Jack Foster still holds the world masters marathon record of 2:11:19, set in 1974. Where is he now? He hasn't competed in a running race since 1982, although he clocked a unofficial 2:15:00 10K in a team triathlon in October, 1987. "I'm still in fairly shape," he told NMN. "I just ran 15 miles in 1:29, and I usually knock 55 minutes off a 10K course near my home." But cycling is his competitive hobby now. "I'll be in the New Zealand Masters 40K Cycling Championships on May 6. For the past seven years, I've either won or been second in my age group," Foster said he plans to retire from work soon and hopes to visit the USA.

BOSTON ATHLETIC ASSOCIATION MASTERS TRACK & FIELD CHAMPIONSHIPS (FORMERLY THE WALTMARTH MASTERS MEET) SATURDAY JULY 8, 1989 Northeastern University's Solomon Track Dedham, MA

The Track

This is the first time masters athletes will have the opportunity to compete on this extremely fast 8 lane Rekorted surface that has produced many world and national leading times in the men's and women's open divisions.

Focus of the 1989 Meet

The 1989 version of the meet will continue to foster participation through the offering of an extensive schedule of events. As a highlight of the 1989 event we will be inviting the top masters in the country to compete in a special invitational mile.

The date of the meet has been moved to July to facilitate preparation for those athletes planning to compete in the U.S. National Championships to be held on July 20 and the World Veterans Games in early August.

For information and applications send a s.a.s.e to:

Fred Tresler
79 Manel Rd.
Chesnut Hill, MA 02167
(617) 964-7802

CLASSIFIEDS

Classified ad rates are 50c a word. Count name and address as 5 words. Race notices are 25c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

Australia: Friendly sightseeing tours for runners, walkers and all who prefer to keep active while vacationing. Billy Platypus, Australia, 215 Berry Street, Clifton, KS 66937 (800) 633-8032.

July 8, Buffalo Belles & Brawn Open and International Meet, Parker Field, Buffalo NY. Betty Zoschke, 266 Puritan Rd, Tonawanda NY 14150 716/835-6018.

July 29-30, Buffalo Belles & Brawn T&F Classic, Parker Field, Buffalo NY. Zoschke...

May 1989
**SCHEDULE**

**Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2397, Van Nuys, CA 91404.**

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**MIDWEST**

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


May 21. Tiffin Invitational, Heidelberg College, Tiffin, Ohio. New World TC, P.O. Box 89, Tiffin, OH 45883. 419-529-5080.

May 28. Ohio TAC One-Hour Track Run/Racewalk Championships, Columbus. John White, 4865 Art Place, Columbus, OH 43220. 614-459-2547.

May 28. Wolfpack Pentathlon Meet, Columbus, Ohio. See John White, above.


June 4, 18. Northwest Classic (4th) and Relays (18th), Trotwood H.S., Dayton. Harold Martin, P.O. Box 44, Dayton, OH 45428. 513/837-5069.

June 11. 2nd Illinois Grand Prix Meet, Bloomington, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61105. 815/397-5685.

June 17. Green Bay YMCA Open/Masters Meet, GB Premontre HS, Green Bay, Wisc. Jerry Feldhausen, 301 N. Bemerton St., Green Bay, WI 54304. 414/219-8101 (eve.).


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

July 7. 9. White River Basin State Park Games Finals, Indianapolis. Open to Indiana residents only. Jeff Coates, P.O. Box 2720, Indianapolis, IN 46225. 317/237-5000.


July 9. 4th Illinois Grand Prix Meet, site tba. Dick Green, P.O. Box 6147, Rockford, IL 61106. 815/397-5685.


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**1989 TAC NATIONAL MASTERS DECATHLON/HEPTATHLON**

Sunday and Saturday, June 17-18, 1989
Thomassville High School Track
Thomassville, North Carolina

**Site:** Thomassville High School track. Recently resurfaced 400 meter track with Action Track synthetic rubber surface. R1, LJ, PV, JV have Action Track runways. Grass javelin runway will also be used. Two high jump pits and three pole vaulting fields.

**Starting Times:**
Saturday, June 17 10:00 AM ages 65 & up
11:15 AM ages 50-64
1:00 PM ages 45-49
2:45 PM ages 40-44
4:30 PM ages 35-39
6:15 PM ages 30-34
8:00 PM ages 25-29
10:00 PM ages 20-24

Sunday, June 18 10:00 AM ages 65 & up
11:15 AM ages 50-64
1:00 PM ages 45-49
2:45 PM ages 40-44
4:30 PM ages 35-39
6:15 PM ages 30-34
8:00 PM ages 25-29
10:00 PM ages 20-24

**Scoring (tentative):** Newly developed 5-year age group scoring tables used with 1985 IAAF Decathlon/Heptathlon Scoring Tables

**Location and Lodging:** Thomassville is 20 miles southwest of Greensboro on I-85. 25 minutes from Piedmont Triad (Greensboro - High Point) Airport. Special airfare available from Piedmont Airlines. Track is one block south of Business Loop I-85.

**Selected local motels and approximate cost for a single room (and distance from track):**

- Cricket Lodge, Thomassville $25 919-475-1327
- Colonel Inn, Thomassville $25 919-472-6600
- Days Inn, Thompsville $25 919-886-4141
- Howard Johnson, High Point $30 919-889-8899
- South Point Hotel, High Point $30 919-889-8899
- Scottish Inn, High Point $40 919-883-6101

Send entry forms to William J. Busby, 105 Pineywood Road, Thomassville, N.C. 27360. For further information, phone me after 6:30 PM at (919) 474-1128.

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**ENTRY FORM**

**Name:** Age on June 17, 1989; 
**Street:** City: State: Zip:

1989 TAC Registration # (required): Phone:
Make checks to Bill Busby - National Decathlon. Waiver must be signed to compete.
NORTHWEST


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

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

May 30-31. June 1. St. Louis Senior Olympi- 
cic, St. Louis Country Day School, St. Louis, MO 63105. 314/726-4550.

July 1. All-Comers Early Morning "R" Meet, Fridley, Minn. SASE to Mrs. Rachel Lyga, 122-63 No. 2 Millstone Campus Dr., St. Louis, MO 63146. 314/432-5700, 318.


SOUTHWEST
Louisiana, Mississippi, Texas.

May 19. King of the Hill Meet, Kenner, La. 6:30 p.m. Charles Wimberley, 48 Chateau Haut-Biron, Kenner, LA 70065. 504/467-1197.

May 27. TAC Southwest Regional Championships, Tulane U., New Orleans, La. Danny Thiel, 1459 Verna St., Metairie, LA 70011. 504/486-8066.


June 3. Southwestern Association Masters Championships, SMU, Dallas. Joe Murphy, 4704 W. Lovers Ln., Dallas, TX 75229. 214/357-5613.

June 17. Hill Country Classic, Mason, Texas. TBA.

July 8. Texas Masters Championships, U. of Texas, Arlington. Joe Murphy, 4707 W. Lovers Ln., Dallas, TX 75209. 214/357-5613.

WEST
Arizona, California, Nevada, New Mexico, Utah.

May 7. Meet of Champions, Long Beach, Calif. Hugh Coble, 2963 Galena Ave., Simi Valley, CA 93063. 805/527-5471 (7-8 p.m.)


May 27-28. Bruce Jenner Mobil Grand Prix, Santa Barbara. Joe Murphy, 400/1500; 500/200; 600; 1000. Bruce Springfield, 220 Oak Meadow Dr., Los Gatos, CA 95030. 408/356-0054. 354-7333.


June 2-3. 9, 16, 23, All-Comers Meets, 9 a.m. Kaiser High School, Honolulu, Hawaii. Stan Thompson, 2164 Haleka Dr., Honolulu HI 96821. 808/734-8450. Or Ken Wheeler, 808/422-4644.


July 8. Western Sectional (Regional) Championships, Sacramento, Calif. Michael Hough, SASE, P.O. Box 2555, Sacramento, CA 95815. 916/482-7881.


September 2. 5th Annual Patriots Summer Relays, Los Angeles. Marvin Thompson, LAP, PO Box 43887, Los Angeles, CA 90027. 213/666-7341.


ON TAP FOR MAY TRACK & FIELD
In the East, major activity opens with the Oscar Harris’ Memorial Meet in Philadelphia on the 13th and closes with the West Penn Meet on the 29th.

In the Southeast, the Birmingham Classic in Alabama on the 20th will include some aged-grades events; Sarasota, Fla, hosts a two-day affair on the 20th-21st; and the North Carolina Championships offer a full schedule of aged-grade events on the 29th. The Southern Sectional Championships are set for the 27th in New Orleans.

The Western menu lists the Meet of Champions in Long Beach, Calif, on the 7th; the California Masters Team Championships on the 13th in Los Angeles; and the TAC Pacific Masters Classic in Irvine, Calif., on the 27th.

LONG DISTANCE RUNNING
TAC National Masters One-Mile Championships should attract a good turn-out of Europe to Ridgewood, N.J., on the 21st.

Road action opens with the Trevira Two-Mile 10 Mile in NYC on the 6th, and the Lilac Bloomday 12K in Spokane, and the Pittsburgh, Pa., Nisan Buffalo 5K in New York, N.Y., on the 22nd.

On the 24th, the Old Kent River 25K in Michigan and the Vintage 3 Mile (55+) go off on the 13th, followed, on Sunday by the Nike Women’s 10K and the L.Legs Tune-Up 5K in NYC.

On the 21st, the massive Bay To Breakers thunders through San Francisco, and Cleveland and Olympia, Wash., stage marathons.


Active America Day covers races of various lengths in 50 cities on the 13th-14th.


August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 96748. 415/524-0117.

June 30-July 1. Northwest Sectional Continued on page 37
Canada


International


East

May 6. Trevira Twosome 10 Mile, NYC. Allan Steinfeld, NYRFC, P.O. Box 881, FDR Station, NYC, NY 10021/860-4445.


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May 13, Barrister’s Run 5K/Mile, New Orleans, New Orleans TC, P.O. Box 52003, New Orleans, LA 70112-2003. 504-482-6682.

May 21, Lakeview Civic Track 5K/Mile, New Orleans, New Orleans TC, P.O. Box 52003, New Orleans, LA 70112-2003. 504-482-6682.

May 26, Greek Festival Run 5K/Mile, New Orleans, New Orleans TC, P.O. Box 52003, New Orleans, LA 70112-2003. 504-482-6682.


WESu.

Arizona, California, Hawaii, Nevada, New Mexico, Utah.


June 18, Valley Of The Flowers Marathon/Half-Marathon, Lompoc, Calif. Lee Heinz, P.O. Box 694, Lompoc, CA 93438. 805/737-0205.

June 21, Union Bank City of the Heart 5K, Los Angeles. Heidi von Kann or Dave Sims, 213-236-5124 or 236-5716.

RACE WALKING NATIONAL


SOUTHEAST

Louisiana, Mississippi, Texas.

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May 26, Greek Festival Run 5K/Mile, New Orleans, New Orleans TC, P.O. Box 52003, New Orleans, LA 70112-2003. 504-482-6682.


May 9, Oklahoma City Marathon, Oklahoma City. Marty Doherty, N.O. Box 5294, New Orleans, LA 70112-2003. 504-482-6682.

May 15, Barrister’s Run 5K/Mile, New Orleans, New Orleans TC, P.O. Box 52003, New Orleans, LA 70112-2003. 504-482-6682.

May 21, Lakeview Civic Track 5K/Mile, New Orleans, New Orleans TC, P.O. Box 52003, New Orleans, LA 70112-2003. 504-482-6682.


INTERNATIONAL


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


RACE WALKING NATIONAL

May 7, Lilac Bloomday 12K, Spokane, Wash. $6000 masters money. Sylvia Quinn, Race Director, P.O. Box 1511, Spokane, WA 99210. 509/388-1579.

June 4, Capital City Marathon, Olympia, Wash. $5000 masters money. Olympia Road Relays, P.O. Box 1618, Olympia, WA 98507. 206/786-1786.

June 10, Cascade Run Off 15K, Portland, Oregon. $500 masters money. Allan Peters, P.O. Box 40228, Portland, OR 97240. 503/226-0171.

CANADA

May 7, Canadian National Masters Marathon Championships (4th Annual Hamilton Marathon), Hamilton, Ontario. 25 Main St., No. 221, Hamilton L8P 1H1. 416 / 522-3005.

### May, 1989

#### National Masters News

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- **USA Age Bests** for Mens and Women for all race-walking events, age 40 and up, as of Jan. 1, 1988.
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- **Age-themed anues of entries. Names list, age, state, and age of record.

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