Phenomenal! Campbell - 2:11:04!

New Zealander Smashes Foster's Masters Marathon Mark in Boston


Ever since Foster's incredible performance in 1974, masters-watchers have wondered who, if anyone, would ever be able to break the seemingly unapproachable standard. Foster turned into a living legend as one world-class veteran runner after another tried vainly to challenge his time. Skeptics even claimed Foster ran on a short course, since "no one over age 40 could run a marathon at a 5-minute-per-mile pace."

But Campbell clipped 15 seconds off his fellow New Zealander's mark, running at exactly a 5-minute pace for the 26.2 mile run from Hopkinton to Boston.

Sixth overall last year (1st master in 2:14:19), Campbell, 41, was fourth overall this year, the best finish for a master in Boston since Foster finished in the same spot in 1976.

Campbell beat his previous best by four seconds and also kept his masters marathon record perfect through six races.

"This shouldn't be happening," Campbell told Allen Lessels of the Boston Globe. "I just can't believe I'm running this fast now."

Four time Boston champion Bill Rodgers, 42 (fifth master in 2:20:46), was shocked.

"Phenomenal," he said. "When I saw how hot it was, I said, 'There'll be no world records today.' I salute him. It would be fantastic to see what he could do on a good day."

The temperature was 60-degrees with the sun shining as about 9000 runners eventually dwindled to 7966 finishers.

Campbell wasn't sure he could do it after feeling weakness in his legs at mile 16. Continued on page 8

565 Athletes Set 30 World Indoor Records in Nationals

by JERRY WOJCIK

Finding themselves on a metric track for the second year after many years on yard-measured tracks, participants in the U.S. TAC National Masters Indoor Track and Field Championships held March 24-25 in Madison, Wisconsin, again deeply revised the indoor record pages.

On the Camp Randall Memorial Sports Center oval at the University of Wisconsin, the men and women competitors in five-year age groups from 30 through 85, set 30 world and 41 additional national records.

The annual meet drew 565 participants, down 14% from the 658 who showed up last year in Columbus, Ohio.

Among the many world records, a few stand out. Eddie Hart, who had honed his 60m by competing in open meets during the season, reduced the M40 world record of 7.06 to 6.97. Hugo Hartenstein, M55, picked off two records in the 60m (7.33) and 200 (24.94). Ken Sparks, M45, in perhaps the best double of the meet, broke the 800 (1:57.81) and 1500 (4:04.80) records.

Canadian Ian Hume erased the old M75 high jump and triple jump records with a 1.37 and an 8.56.

Shot putters were in fine form with three records, from Ross Carter, M75, who broke his own mark of 11.95 with a 12.30; JoAnn Grissom, W50, 12.66; and Bernice Holland, W60, 10.09.

Walkers, led by Cindy Paffumi, W35, who reduced the 3000 record from 18:32.2 to 16:50.66, accounted for five WRs.

Phil Raschker, W40, broke her own 60m time (8.16) with a 8.14. Millie Crews, W75, broke dash records (11.75 and 45.73) and came back to get the 3000RW record (22:17.08).

Konrad Boas, M85, did his best to dispel the belief that older masters garner wins and records for merely showing up by breaking his own records in the 200 and 400 with a 42.51 and 1:56.20.

World-record setters also contributed to the fall of many of the 41 national marks.

Other U.S. best came from Roy Turner, M50, in the 60m (7.61) and 200 (24.20). Bill Fortune, M60, had fine

Continued on page 19
Second Annual Donald S. Harris Memorial Track Classic

Franklin Field (University of Pennsylvania), Philadelphia, PA - Saturday, June 16, 1990

Benefiting St. Christopher’s Hospital for Children, Philadelphia, PA.

Founded in 1875, St. Christopher's is a nonprofit, nonsectarian pediatric medical center offering a wide variety of patient services:

- the only kidney dialysis/transplant program for children in the Delaware Valley
- a major center for the treatment of cystic fibrosis and other lung disorders
- a comprehensive cancer and blood disorders program
- the only pediatric burn center between Boston, Massachusetts and Washington, D.C.

Donald S. Harris, who passed away in June 1988, devoted 30 years of his life to the education of children, serving as teacher, guidance counselor, and principal. Don enjoyed competing in the long jump and sprints as a master and made numerous friendships with his fellow athletes. Mr. Harris was vice-president of the Philadelphia Masters Track Association.

SITE: Track and jumping events at Franklin Field (home of the Penn Relays), fast synthetic surface, short spikes only. Throwing events at nearby field outside of stadium.

ENTRY: $12.00 for first individual event (includes T-shirt, program and entry), $6.00 for each additional event. Relays are $24.00 per team. All individual events are pre-entry only. Relays post entry only (meet day, before 3:00 P.M.). Entry fees are NOT tax-deductible.

DEADLINE: Entry must be in meet director's hands no later than Tuesday, June 5, 1990 at 6:00 P.M. Send to Peter Taylor, 3120 School House Lane, J99, Philadelphia, PA 19144.

Packet Pick-Up. Pick up your packet at the Philadelphia Masters Hospitality Room in the Penn Tower Hotel from 1:00 P.M. to 10:00 P.M. on June 15 or on meet day at Franklin Field. (Hospitality room will also be open on the morning of the meet)

Packet Pick-Up.

Tentative Schedule of Events*

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<tr>
<th>Event</th>
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<td>1. 100 hurdles</td>
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<td>2. 200 hurdles</td>
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<td>7. 5000m run</td>
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T-SHIRT SIZES: (Circle one) S M L XL XXL. Extra shirts will be available at the meet for a charge of $6.00. I would like to reserve extra t-shirts.

ENTRY FEE: Enclosed is check/money order for $, made out to the Philadelphia Masters Track Association to cover the events I have entered, as well as extra t-shirts.

I understand that my entry fee is not tax-deductible.

CONTRIBUTION TO ST. CHRISTOPHER'S HOSPITAL FOR CHILDREN (optional): I would like to support St. Christopher's Hospital for Children with a donation of $.

I understand that St. Christopher's Hospital for Children is a qualified charitable organization and that I will be mailed a receipt by the Hospital's Development Office.

IMPORTANT NOTICE: The net proceeds from this meet (revenues from corporate and individual sponsorships, entry fees, and t-shirt sales MINUS the expense of putting on the meet) will be turned over to St. Christopher's Hospital for Children.

WAIVER: In consideration of accepting my entry, I agree not to sue the University of Pennsylvania, St. Christopher's Hospital for Children, United Hospitals, Inc., the Philadelphia Masters Track Association, The Athletics Congress of the United States, the Mid-Atlantic Athletics Congress, or other entities or individuals involved in this meet for any injuries or damages that might arise from my participation. This waiver irrevocably binds my heirs, executors, and administrators as well as myself.

(Signature) __________________ (Dated) ___________
SUNDAY RACING
Re the discussion of Sunday vs. Saturday races, I feel a 50-50 mix is best, so no one will feel discriminated against all the time.

In most areas, Roman Catholics have a wide spectrum of services to choose from — Saturday p.m., early and late-Sunday a.m., etc., while the smaller Protestant denominations are generally limited to one service, generally 10:30 or 11 a.m. on Sunday.

Unfortunately, problems of traffic control necessitate holding most major races on Sunday morning.

Fortunately, most our major PVAC races (Maryland, D.C. and northern Virginia) have a start time of 8 a.m., which provides cooler weather, mitigates traffic problems, and enables finishers to meet other commitments such as 10:30 a.m. church services.

Herb Chisholm
Alexandria, Virginia

KEEP THE SPORT’S INTEGRITY
Congratulations to the closer heads who returned the 50-59 hurdles to 400.

Why do we never hear a clamor to change the 100 to an 807 or the 800 to a 750? Too many sprinters and throwers are always trying to make things easier and take away the dignity of the event. I have no chance against a sprinter who can only hurdle if the hurdles are low enough and the race short enough.

The letter in the January issue was typical: "I’d like to compete in more events with less difficulty than fewer events with more difficulty." Sure, make it easier so you can spend less effort to get more medals at the expense of the event. It’s time for that group to reevaluate their priorities.

Barry Kline
Washington, Pennsylvania

RACEWALK GRIPES
Many meet directors do not take racewalkers seriously. Meet officials generally want to get the event over with, so we have over-crowded heats resulting in poor finish-line timing.

I was distressed to learn that at the National Indoor Meet in Madison, Don Johnson, a world-class walker, could not get an age-group world record because of poor timing. Don finished at least three or four seconds in front of me, yet I did not generate a correct time. The official operating the accurater did not take enough pictures to identify a correct time.

If we walk a race legally, we are entitled to an accurate finishing time.

George Heller
Paramus, New Jersey

The new racewalking All-American standards are too difficult. Several are faster than the existing U.S. records at ages 65, 70 and 80. How are All-American Standards of Excellence for Masters racewalkers established?

Gustave Davis
Orange, Connecticut

(The 15K and 20K standards have been eased. The standards are compiled by the Masters Racewalking Committee, chaired by Bev LaVeck — Ed.)

UPPER AGE-GROUP AWARDS
In February’s NMN, Brian Pritchard says “five-year age-group awards are not always feasible. By the time an athlete reaches age 65, he/she is, one hopes, mature enough to enjoy merely participating in a race and to regard awards as a bonus, not a divine right.”

Even if unintended, his statement implies that when people reach age 65, they should be sufficiently docile and disinterested to accept discrimination.

As I see it, the purpose of age-group awards is to keep the joy of competitive running alive for a lifetime. Eighty-year-olds can hardly compete with 60-year-olds. Where the ranks are thin, only one or two awards need be given. Let’s make running exciting for everyone.

George Billingsley
Sacramento, California

Continued on page 24
Blue Cross and Blue Shield of Utah presents the:

SLCCLASSIC

Proud Hosts of the 1990 TAC National Masters 10K Championships

Saturday, May 26, 1990
9:10 A.M.
In the heart of
Salt Lake City, Utah

Host Hotel:
DoubleTree Hotel
Special rate of $59 per room for SLC Classic Masters Runners
1-800-528-0444

Registration:
$12 in person
$15 mail in
$18 day of race

Other Activities:
5K and 10K Mass Run
Volleyball and Tennis Tournaments
Sports Festival
Entertainment
Booths
Food
Fun!

For more information please contact the SLC Classic
1965 West 500 South, Salt Lake City, UT 84104
(801) 972-7800
Please specify if you wish information on the TAC Masters

Sponsored By:
You Don’t Get Two Finishing Kicks

Afer Said Aouita broke the world record at 3000 meters with a 7:29.45 last year, some track buffs were saying it’s only a matter of time before we see a sub-8 minute two-mile. One of them wrote a letter to the editor of a running publication and suggested that Aouita, with his strong kick, might have gone under eight minutes in that 3000 in Cologne had he been allowed to continue the extra 218.688 meters (3218.688 meters = two miles).

The writer figured that Aouita had averaged 29.96 seconds per 200 meters and therefore could have kicked in that last 218.7 meters in under 30.55, thereby shading eight minutes.

What that writer forgot was the fact that Aouita kicked in the last 200 meters of the 3000. He doesn’t get two finishing kicks. To put it another way, had he would have had to arrive at 2000 meters per 200 meters when he set the world record for 1500 meters at 3:29.46 in 1985. Therefore, there is a slowdown or fatigue factor of 2.03 seconds (29.96 - 27.93) per 200 meters between his world records at 1500 and 3000 meters. For that final 218.7 meters, the fatigue factor figures to be 2.22 seconds.

What, then, should Aouita have been able to cover two miles in that August day in Cologne? I figure 8:04.38 (29.96 x 16 = 479.36 minutes + 2.22 seconds for the extra 18.7 meters + the 2.22 fatigue factor). Keep in mind that the kick is already factored into the 29.96.

So, Aouita’s 7:29.45, impressive as it may be, is still nearly four and a half seconds short of being the equivalent of a sub-8 for two miles.

Aouita's 5000 is Better

On the other hand, based upon the computerized tables of comparative performance determined by physiologists Jack Daniels and Jimmy Gilbert, Aouita's 5000-meter world record of 12:58.38 equates to a 7:26.1 for 3000 and an 8:02.0 for two miles. That means that the 3000 record is a little soft and a sub-8 is closer than the 3000 record indicates.

Incidentally, the Daniels and Gilbert tables show a 7:29.45 being equal to an 8:05.4, a full second higher than my calculations indicate.

It's not uncommon for experienced runners and coaches to forget about taking out the kick and taking into account the fatigue factor when converting metric distances and times to yards. I recently came across an article about a top California high school runner who had run 3000 in 8:16. His coach commented that it was the equivalent of a sub-8 for two miles. In fact, it figures out to be an 8:53.3 two-mile.

The 17-Second Rule of Thumb

In world-class miling there is a rule-of-thumb that you add 17 seconds to a 1500 time to a mile time. I’ve noticed this rule of thumb being applied by some top masters runners to their times. And, just recently there was a national newspaper report of an indoor track meet in which the writer equated a 4:11.4 winning time in the women’s 1500 to a 4:28 mile.

While 17 seconds is a good rule-of-thumb for a 3:50 miler, it doesn’t apply to a significantly slower runner. The slower the pace, the more you have to add on. That 4:11.4 for 1500 actually figures to be the equivalent of a 4:31.0 mile, a near 20-second difference rather than 17. At five minutes a mile, the difference is nearly 24 seconds.

On February 9 this year, Doina Melinte of Romania ran a 4:17.13 world-indoor-mile record at the Meadowlands. She also broke Mary Slaney's 1500 mile mark with a 4:00.27 enroute. At first glance, it appears that

Continued on page 8
Melinte's performance supports the 17-second rule-of-thumb for everybody. It doesn’t. Had Melinte intended to run only 1500, she should have been able to clock 3:58.5. That is, you have to take the kick and the fatigue factor out of the mile and give them back for 1500. A 3:50 mile should produce a 1500 of just over 3:35 enroute, roughly a 15-second difference, although it is equivalent to a 3:33.1 1500.

The 1.078 Multiplier
If you divide the 1609.344 meters (one mile) by 1500, you get 1.073. Adding in a small fatigue factor of .005, you will find that 1.078 is a good multiplier in converting 1500 times to mile times and 3000 to two miles (Track & Field News uses an even 1.08).

As an example, Aouita’s 3:29.46 world record for 1500 is the equal of a 3:45.79 mile (309.46 minutes x 1.078). You can also take Steve Cram’s world mile mark of 3:46.32 and divide it by 1.078 to arrive at a 1500 time of 3:29.94.

How does the 3:49.47 run by Kenya’s Wilson Waigwa to win the 40-44 division of last year’s world championships stack up against his pending mile record of 4:05.71? A little slower. It figures out to be a 4:07.36 mile. The 4:28.66 by 62-year-old Derek Turnbull in Eugene translates to a 4:49.61 mile, considerably faster than John Gilmour’s 4:57.1 age-group record (although Gilmour did 4:30.0 for 1500, the equal of 4:51.06 mile).

The recent 4:15.47 indoor 40-44 mile record of Canada’s Dave Stewart equates to a 3:56.98 for 1500, better than 1500 record of 3:58.2 by Alan Roper in 1988.

So much for this math lesson and the real important differences in life.

Five Years Ago
May, 1985
• National Indoor Meet Draws 330 to Sterling, Ill.
• 300 Compete in Eastern Regionals in West Point
• Priscilla Welch, 40, Runs 32:14 in Azalea Trail 10K for World Masters Record
• Joe McGuire, 41, Totals 2:29:34 and Miyo Ishigami, 50, (3:03:47) Top Masters in Boston Marathon


Photo by Sailer, Ltd.
John Campbell

It looked like picking this month's ICI Athlete-of-the-Month would be a close call. Cleveland's Ken Sparks had raised eyebrows in the TAC National Masters Track and Field Championships in Wisconsin with two world M45 indoor records: a 1:57.81 800 and 4:04.80 1500. His 800 time was an excellent 96.1% on the masters age-graded scale. Eddie Hart was a strong contender with his world 40+ 60-meter record of 6.97.

But when John Campbell, 41, of Auckland, New Zealand, broke Jack Foster's 16-year-old world masters marathon mark of 2:11.19 by 15 seconds in 2:11.04, there was little doubt as to who deserved the ICI Masters Athlete-of-the-Month honor.

Campbell's phenomenal effort could well be the outstanding masters performance of the year. His time is an amazing 99.9% on the age-graded scale.

The national media took notice in a major way. Amazingly, Campbell was named the Athlete-of-the-Week by ABC-TV on its Wide World of Sports program of April 21. That means ABC thought his performance was better than Magic Johnson, Jose Canseco, Wayne Gretzky, or any other athlete—a unheard-of recognition for a masters athlete.

Campbell will receive a check for $100 from ICI—pocket change, since his Boston win was worth $38,000.

ICI is the fourth-largest chemical company in the world and sells over 15,000 products in over 150 countries. ICI continues to be supportive of masters athletics.

Congratulations to John Campbell—the ICI Masters Athlete-of-the-Month.

"I didn't like my chances until the last mile," he told Dave Patrick of USA Today. "In the hills, you can lose a minute like nothing. The last mile was the only time I thought I could chance it. I went all out."

London's Anne Roden captured the women's masters title in 2:39:36.

Campbell didn't break into the overall top 10 until the 20-mile checkpoint, when he was ninth. By mile 25, he had moved up to fifth.

"I wasn't sure where I was overall," he said, "but I figured I was doing okay because Rob de Castella was my next target."

Three other 40+ runners broke 2:20. Sweden's Kjell-Erik Stahl placed 2nd, Campbell's plan is to return to New Zealand for a while, then move to the U.S.—his site is not yet determined—to train for the New York Marathon in November.

The overall winners were Italy's Gerald Bordin (2:08:19) and Portugal's Rosa Mota (2:25:23). Unofficial results on page 51.

Kelley Celebrates 83rd Birthday and 59th Marathon

John Kelley, who celebrated his eighty-third birthday the previous day, competed in his 59th Boston Marathon, April 16, clocking in at 5:05. It's the 55th one he's finished.

"I feel just fine," he said. "The people watching were great. I love all the fans and the press." Kelley received many ovations as he ran the course.

"I felt very good for 19 or 20 miles," he told Bob Manahan of the Boston Globe. "Then my legs got a bit weary. It happens when you get old. But there was no doubt in my mind that I'd finish.

"I'm told they have a great 87-year-old runner in Russia and they want me to run against him. That's okay with me. I'd like to make it a peace mission sort of thing."

Will he return to Boston for his 60th attempt next year? "I'm just glad to wake up in the morning," he said. "Running is a bonus."
3rd Annual 
SCHOLASTIC/MASTERS 
TRACK & FIELD 
CLASSIC 
June 16, 1990 
at Centennial High School 
Gresham, Oregon 
11:00 a.m. - Field Events 
12:00 noon - Running Events

CONCEPT
As the importance of wellness in American continues to develop, more people are learning how to manage their time and set priorities to enhance their fitness experience and measure their progress.

The Masters age group (age 30 and up) is the fastest growing sport participation group in America. They are a group of people who are beginning to test their fitness levels and performance skills against those of their youthful counterparts.

The Scholastic age group (ages 11 to 18) continues to be the major sport participation group in America. They want to learn how to improve themselves and are looking for opportunities to compete with the more experience and knowledgeable athlete.

Sports Resources, Inc., has combined the Masters and Scholastic age groups into a unique competitive format - The Scholastic/Masters Classic. It's a bold concept that brings youth and old interests together.

AGE CATEGORIES
The Scholastic/Masters Classic provides the opportunity for younger and older athletes to compete directly with each other. Competitors are divided according to the following classifications:

- Open - Ages 19-29 compete with each other. Any master or scholastic competitor can elect to try their skills in this class.
- Class 1A - Age 18 matched with 30-34
- Class 1B - Age 17 matched with 35-39
- Class 2A - Age 16 matched with 40-44
- Class 2B - Age 15 matched with 45-49
- Class 3A - Ages 13 & 14 matched with 50-54
- Class 3B - Ages 11 & 12 matched with 55-59
- Class 4A - Ages 60 and up (Seniors) compete with each other

1989 OUTSTANDING PERFORMANCES
Special awards were given last year to the following participants:

- Most outstanding Open, Chuck Chapin (2nd year)
- Most outstanding Master, Katherine Seeley
- Most outstanding Scholastic, Health Howington
- Most outstanding Senior, Pat Dixon

INFORMATION
Sports Resources, Inc., invites comments, suggestions, constructive advice, and all information regarding age level performances. Any interest from potential sponsors and advertisers is welcome and recognition is available.

Our address is P.O. Box 842, Gresham, Or 97030. Phone: (503) 667-1145

EVENTS FIELD
(1 a.m. - Not in order)
- Shot put
- Pole vault
- Discus
- High jump
- Javelin
- Long jump
- Triple jump
- No Hammer Throw
- High school implements

FEES
$12.50 for entries received before June 9, 1990. Day-of-event entry fee is $15.00. Note: entry fee includes unlimited number of events.

BELT PACK/T-SHIRTS
All entrants who preregister by June 9, 1990 will receive a belt pack. Day-of-event entrants add $2.50 to entry fee to receive the belt pack. T-shirts will be available for purchase at the Classic. Cost: $10.

AWARDS
First, second, and third place finishers will receive ribbons. Special awards will be given for outstanding Scholastic/Master and open performances. Color action photos and video will be taken during the Classic and will be available for rental or sale. It is hoped that the participants will have the opportunity to have a memory captured for the future. Awards provided by Athletics East.

SPECIAL THANKS
The Scholastic/Masters Track & Field Classic would not be possible without our support sponsors. We would like to take this opportunity to thank them and for the following support:

- Centennial School District
- Randy Hutchinson, Head Track Coach, Sandy H.S.
- Greg Letts, Head Track Coach, Centennial H.S.
- Bill Cook, Centennial School District

OFFICIAL ENTRY FORM
(Please one entry per form - please copy for more)

MAIL-IN DEADLINE: JUNE 9, 1990

Last Name
First Name
Age
Sex
State
ZIP
Date of Birth

City
Street Address

Day Phone Number

I wish to enter the following events in class

Amount enclosed
Fee $12.50 (includes Belt-pack) & Tee shirts for sale at meet.

MAIL TO:
Scholastic/Masters Classic
PO Box 842
Gresham, OR 97030

Signature of Participant

Signature of Parent or Legal Guardian

FOR (a participant under the age of 18)
Records Rule: Reaction and Response

by BASIL and LINDA HONIKMAN

(For a road race performance to be recognized as U.S. record, it must have been achieved on a course which conforms to standards which limit elevation drop and wind assistance to runners. TAC rule 185.5 defines the maximum elevation drop as one meter per kilometer and the separation between the start and finish as 30% of the race distance. The rule was passed at TAC’s Convention in Washington, D.C. last year. ABC-TV criticized the rule because it excludes the Boston and New York Marathons. Basil and Linda Honikman, directors of TACSTATS, the official long distance running record-keeping arm of The Athletics Congress, explain the rule and the problems involved. — Ed.)

For four years we’ve been telling everyone that there is no such thing as a world road race record — officially, that is. All our pleadings have made no difference. “World Record” is just about the hottest item since Air-Jordan sneakers. The press, particularly the running magazines, use the term constantly with little or no concern for veracity.

Only the IAAF has the authority to declare WRs. For a Road Racing WR system to be implemented would require the agreement of more than 180 member nations.

The change to rule 185.5 has been greeted with media sensation and rampant hysteria. Peter Jennings of ABC-TV used terms like “heavy-handed regulation.” Reporter Dick Schapp, while viewers watched shots of exhausted and elated runners at the end of the New York Marathon, accused TAC of trying to suggest that “the race never happened and the runners never ran.”

The Boston Globe talked about TAC discrediting the Boston Marathon by deciding that its course was bogus. Bill Rodgers used the term “Stalinistic.” In the midst of all this flailing and wailing, it has been difficult for people to develop a clear picture of the rule change and what it accomplished.

Sport, especially one like long distance running which is so symbolic of the Olympic spirit, should be fair and be seen to be fair. This means that records need to comply with defensible technical standards so that all athletes have an equal chance of achieving a record, and so that no athlete is in danger of losing a well-earned record to a performance on an aided course.

There is no doubt that downhill slope and tailwinds help people run faster; thus, a set of defensible technical standards must address slope and wind air.

To project the sport as fair implies mass communication through public and press relations. Here we have a problem because it is hard to claim a rule is responsive to the sport if it excludes the most venerated of all U.S. marathons — the Boston Marathon. This is why TAC had two sets of records in the past: an "A" list which complied with the standards, and a "B" list (point-to-point records) which did not.

The result was a contrivance which appeared to be OK on the surface, but was actually not only logically inconsistent (you cannot have two bests) but also was becoming increasingly unfair to anyone who ran a non-aided course.

There were even examples of courses deliberately designed to take advantage of downhill slope to achieve fast times. The "B" list did not and does not work.

Unfortunately, the discontinuation of the "B" shocked many who never realized there were two lists and that the Boston performances had never been eligible for the unaired "A" list. The press inflamed the reaction of these people by accusing TAC of being an "uninformed" governing body. The fact that the decision to change the rule had been debated by six TAC committees (Men’s, Women’s, and Masters LDR, Road Running Technical, Records and Rules) involving several hundred people and was based on studies by qualified experts, was never mentioned.

Variety has always been a part of the character of road racing. The application of standards for records could have the effect of eroding this important feature. For this reason, the standards defined in rule 185.5 are considerably less stringent than those which apply to track records. There are 6200 certified road race courses in the USA; 90% of these comply with the standards. Performances at major international races such as the Chicago and London Marathons are now eligible for full record consideration. An additional three percent of American courses, previously eligible for "B" records only — including the New York and Twin Cities Marathons — also comply, providing it can be shown that the runners were not aided by a tail wind.

We have an impossible dilemma. There will never be a perfect solution, yet we must try to find a compromise which addresses both the need for records with standards and the essential variety of the sport. It is clear that records are not as important as the events which make the sport.
Running With the Legends

by HAL HIGDON

At the finals of the ICI/USRA Masters Circuit, I had a chance to again run with the Four Legends of Running: Jim Ryun, Frank Shorter, Bill Rodgers, Priscilla Welch.

Well, that's how promoter Dean Reinke kept referring to Jim, Frank, Bill and "Cilla: Legends. They were Legends in all of the promotional literature and Legends each time they were introduced that January weekend in Naples, Florida.

How do you qualify as a Legend with a capital letter? First, you have a distinguished career. Second, after having passed the age of 40, along comes a race promoter who decides to attach your name to his event.

Nevertheless, as I sat at the awards banquet applauding the Legends, my mind wandered back to when we first met.

Jim Ryun attained almost too-instant celebrity in the spring of 1964. He was 17, the first high school runner to break the four-minute mile. That summer, Ryun stunned the track world by qualifying for the U.S. Olympic team at 1500 meters.

A quarter century later, chatting with Jim Ryun and ICI's Bill Adams, I mentioned the incident. Jim was polite enough to not say whether he remembered how red I had turned.

Frank Shorter and I ran the Olympic Trials marathon at Alamosa, Colorado in 1968, he on the upside, I on the downside of our careers. We didn't meet. We didn't finish.

Several years later, Frank won the A.A.U. cross country championships in Chicago. I was covering the race for Track & Field News and Frank agreed to meet me afterwards for an interview at a friend's apartment where he was staying.

Frank, according to the athlete, interviewing me, the athlete, interviewing me, the journalist. "How do you maintain your motivation?" Bill wanted to know.

I described how some years I raced hard, others I raced easy, but what impressed me was Bill Rodgers' obvious love of running. He was looking for tips so he could continue to compete at my age.

A dozen years later and we're both still running.

Priscilla Welch had only begun to jog that same year, but in 1984 she arrived in California as a marathoner on the British Olympic team. The Brits were training in San Diego and Sunday before track competition began, I drove down from Los Angeles with several journalists.

After a press conference featuring Zola Budd and Daley Thompson, we visited the team dormitory prior to having dinner with Joyce Smith and her husband. Priscilla wandered by and Joyce introduced her as, "the young girl on the team." Joyce was then 46, Priscilla, 39. Joyce's marvelous 11th place in 2:32:07 was just barely upstaged by Priscilla's 6th in 2:28:34.

Several years later, Priscilla appeared in South Bend, Indiana for the Sportsmed 10 Km. I invited her to run in Indiana Dunes State Park, which I recently included in a list for Runner's World of America's ten most scenic running areas.

Priscilla ran with a heart monitor strapped around her chest and an electronic device that beeped when her arm rate reached over 100. I thought, here I am running in this pristine paradise with the Six-Million Dollar Woman.

Later, Priscilla stopped by my house for lunch. She left no beer cans, nor Twinkie wrappers.


Ten Years Ago

May, 1980

- Dan Conway (48:47) and Sandra Kiddy (59:03) Win National Masters 15K
- 400 Take Part in National Masters Indoor Championships in Syracuse, N.Y.
- Survey: Should WAVA Establish Eligibility Standards for World Games?

ANTEATERS MASTERS
TRACK AND FIELD CLASSIC
CO-SPONSORED BY CORONA DEL MAR TRACK CLUB AND UNIVERSITY OF CALIFORNIA-IRVINE
DATE: MAY 26, 1990
PLACE: UNIVERSITY OF CALIFORNIA-IRVINE
DIRECTIONS: 405 FREEWAY TO CULVER, SOUTH TO CAMPUS DRIVE, RIGHT TO BRIDGE ROAD. SEE PARKING LOT 6 OR 9.
AWARDS: FIRST 3 PLACES IN EACH EVENT. CUSTOM DESIGNED THREE COLOR MEDAL.
ENTRY FEE $7.00 FOR FIRST EVENT. $3.00 FOR EACH ADDED EVENT.
ENTRY DEADLINE: POSTMARKED BY MAY 17.
ADD $2.00 PER ATHLETE.

SCHEDULE OF EVENTS

DIVISIONS: FIVE YEAR AGE GROUPS (YOUNGEST RUN FIRST)

Submasters 30-34 Division III 50-54 Division IV 70-74
Submasters 35-39 Division II 55-59 Division IV 75-79
Division I 40-44 Division II A 60-64 Division V 80-85
Division II 65-69 Division III B 85-89

SCHEDULE OF EVENTS

TRACK EVENTS

10:00 5000 METER RACE WALK
11:00 STEEPLECHASE YOUNGEST TO OLDEST
11:30 METER RELAY (4X100)
12:00 800 METER RUN
12:45 110 HURDLES
13:15 3000 METER RUN
2:00 400 METER DASH
2:30 100 METER DASH
3:00 I 00 METER RUN "THE ALDRICH" JUMP
3:30 200 METER DASH
4:30 400 METER HURDLES

FIELD EVENTS

11:00 HIGH JUMP ALL DIVISIONS
1:00 LONG JUMP DIV I, II, IV & W
1:00 TRIPLE JUMP 30-39 I, II & IV
2:00 LONG JUMP 30-39 DIV I & II
3:00 TRIPLE JUMP III, IV & W

TO ENTER, COMPLETE AND RETURN THE FOLLOWING: Athletic releases: In consideration of my entry fee, I do hereby for myself and heirs and assigns and their representatives, waive and release any and all claims I may have against the University of California-Irvine, and the Corona del Mar Track Club and their representatives for any and all injuries suffered by me during the event, or its representatives.

NAME
ADDRESS
CITY
AGE (AS OF MAY 26, 1990)
DIVISION M OR W
CLUB AFFILIATION IF ANY
DATE OF BIRTH
I agree enter me.

I
2.
3.
4.
DATED
SIGNED

PLEASE SEND ENCLOSED MY CHECK $ MAKE PAYABLE TO "ANTEATERS MASTERS"

MAURICE C. BARTMAN
Toll Free: 1-800-1204 WILSHIRE AVE
MAIL TO: 1204 WILSHIRE AVE
FALLERTON, PA 19033
Taping Ankles

Four years ago, at age 48, I tore my Achilles and had to have it surgically repaired. My doctor and I feel there has been a complete recovery, with full range of motion, etc. I have resumed softball and running. I have taped both ankles from that time on, which is expensive, time-consuming and uncomfortable. I can't get an answer from my doctor on whether or not I should stop taping, or use a substitute, such as an ankle brace. Can you help?

A.
I would first have a complete biomechanical evaluation of the foot and ankle to determine your foot type. If you have a strong foot that is not overly supinated, you may be able to discontinue taping for certain events. Taping does stabilize the ankle, there is no doubt about that. However, as you say, it is inconvenient and expensive. Let's look at some other possibilities.

There is a device called the air cast which is now available. It is very light weight, expandable and the athlete can run and jump in it. It affords good ankle support but not as much as tape. I would recommend the air cast for softball, running, weight workouts, etc.

As far as jumping and hurdling, I would stick with the ankle taping.

I would also discuss with your physician the need for the taping in the first place. If the ankle is very strong and stable, he may advise you to discontinue completely. If there is some inherent instability, then precaution is advised.

You may wish to try a high top cross-training shoe. However, there is not much stability in these shoes as one would think, but it does offer a little more than a lower cut athletic shoe.

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

Dan Aldrich — 1918-1990

Dan Aldrich, one of the most popular competitors in masters track & field, died April 9 at UC Irvine Medical Center in Orange, Calif., following a prolonged battle with intestinal cancer. He was 71.

Aldrich held three American age-group discus marks: M60 (174-1), M65 (163-1), and M70 (142-6, set last year). Despite his illness, he competed in the World Veterans Championships last year in Eugene.

The Los Angeles Times noted his passing with a lengthy article on page 3. He was the founding chancellor of UC Irvine and the only person in the University of California's history to head three of the system's campuses.

Born in New England, Aldrich started UC Irvine literally from the ground up. He picked the site for the campus in December, 1961. And he is credited with making the new campus, with a current enrollment of about 16,000, into one of the nation's premier research institutions.

A big man with a strong, resonant voice, Aldrich often officiated at UC Irvine track meets, and taught a class in agriculture, his specialty.

UC President David Gardner said that Aldrich "will be remembered above all by those of us who knew him well for his personal integrity, moral values, unimpeachable character and the dignity and courage with which he bore his illness the last several years."

1990 Goodwill Games

Marathon

Enter Now, Before the Competition Gets Fierce.

Feet are flying as runners around the country rush to register for the most prestigious race of the year, the 1990 Goodwill Games Marathon.

This is your chance to run with the best in the world, to test your stuff against 15 elite athletes for 26.2 grueling miles.

Men's Race - Saturday, July 21, 7:00 a.m. Women's Race - Sunday, July 22, 7:00 a.m.

Don't be left out of the action when the gun goes off for the only Goodwill Games event open to public participation. Enter now. All entrants must be registered with The Athletics Congress and their TAC number on the entry form.


To receive general Goodwill Games information call 206/554-7100.

Official Seattle Organizing Committee™ sponsor of the 1990 Goodwill Games Marathon™.
Larry Almberg, 42, outruns a strong field (14:46) in the Carlsbad Masters 5000 on March 25. Photo by Richard Lee Slotkin.

Frank Shorter, 40, on his way to 4th place (15:20) in the Carlsbad Masters 5000 on March 25. Photo by Richard Lee Slotkin.

Almberg Wins Carlsbad 5000 Masters Race

by RICHARD LEE SLOTKIN

CARLSBAD, Calif., March 25. The Carlsbad 5000 has become world famous in the five years of its young life, and for good reason. Counting age-year bests, there have been 48 world bests set on this course—21 by the ladies and 27 by the men. Thirteen of them were set by folks over 40.

Of course, the main-interest here is the elite athletes event, where they've set WRs almost every year. They weren't so lucky this year, but when Doug Padilla broke the tape in 13:29.5, he not only won but he posted a new American 5K record.

In the masters-only race, which was the first of four, Larry Almberg of Ellensburg, Wash., led almost wire-to-wire for an easy victory. The 42-year-old former Washington State Cougar finished in 14:46, almost half-a-minute ahead of Don Kardong (15:14), who finished fourth in the 1976 Olympic marathon in Montreal. Tom Burnett (15:16) was third. Fourth was gold (1972) and silver (1976) Olympic marathon medalist Frank Shorter.

"One of the great thrills of running is to be out in front," Almberg said after the race.

The first female masters finisher was Kathleen Looney (45, 17:55), 31 seconds ahead of Joni Shirley, 43. Mary Storey, 65, won her age group by 90 seconds with a 23:33. That doesn't seem that fast until you convert it to a 7:35 average mile. For a 65-year-old woman? Yeah, that's kind of moving, wouldn't you agree?
Indoor Nationals Successful

Congratulations and thanks to Scott Nelson, meet director, and to the many volunteers from the Wisconsin United Athletic Club. They gave the athletes an opportunity to compete in a well-run, national indoor championships.

It was an exciting meet for the spectators; there were many excellent performances which resulted in numerous new indoor records.

Most meet directors would agree that while we strive for the "perfect meet" there are generally some problems which arise. At the championships in Wisconsin, there were questions from the athletes to the Track & Field Committee and to the meet organizers. The primary concern was the location of the weight-events competition (see minutes of T&F meeting).

On a personal note, I enjoyed renewing friendships and making new ones in Madison. I'm looking forward to Indianapolis.

Minutes of Masters T & F Meeting At Nationals

Approximately 30 people attended a meeting called by Barbara Kousky, TAC Masters Track and Field Chairman, at the Best Western Innowner, Madison, Wisconsin, on Sat. March 24, at 8:30 p.m.

1. Records
   No records person appointed at indoor national meet. Thus, burden is on athlete to be aware that he/she has set record and to get documentation together. Discussion on whether national committee or meet director should supply records personnel for meet.

2. Weight Events
   Tom Gage and Richard Hodgkiess presented complaints of weight competitors: 1) competition is outside in the cold; 2) facilities are non-standard; 3) competition sites are too far from main arena. Discussion revealed many colleges don't have facilities for indoor weight events. Gage offered to act as consultant for future meets and perhaps help in financing acquisition of proper implements.

   The consensus of the meeting was that the weight athletes had legitimate complaints, and that everything possible should be done to ameliorate the situation in future meets.

3. Site Selection
   The National Sports Center at Blaine, Minnesota, was selected for the 1991 National Indoor Championships. It's a new Olympic training facility, about 30 minutes north of Minneapolis/St. Paul, with 200 dorm beds (in 30 rooms), dining facilities, and 6-lane tartan-type track. No other bids submitted.

   Naperville, Ill., selected at the 1989 TAC Convention, will be the site of the 1991 Indoor Championships.

   Columbus, Ohio, is interested in hosting the 1992 Indoor meet in conjunction with the 500th anniversary celebration of Columbus' arrival in America. Other possible bidders are Princeton, Syracuse, Nebraska, and Brown. (Note: Princeton and Syracuse are periods of competition time which there is no bus transportation to and from the stadium in Trinidad. It was decided to refer the matter to David Pain, WAVA North American Delegate, requesting he draft a letter saying we would like continuous bus transportation.

7. TAC Long-Range Plans
   The Long Range Strategic Plan for TAC will be discussed at a special meeting of the TAC Executive Committee and the Strategic Plan Committee on April 5-6. Chairman Kousky will attend and represent the interest of the Masters Track and Field Committee.

8. Masters Events in Open Meets
   Consensus favored increased participation in Vitalis, Millrose Games, Penn Relays, etc. Roosevelt Weaver wrote to director of Vitalis meet, and suggests a write-in campaign to indicate support for an expanded program. Write: Walter Murphy, Assistant Meet Director, Vitalis Meadowlands Meet, 141-40 84th Drive, Apt. 5L, Briarwood, NY 11435, requesting a 55-meter dash for 40-49 and 50-59.

9. TAC Budget
   1989 annual budget of $25,000 was reduced at TAC's Convention to $15,000 for 1990, in line with TAC's general across-the-board budget cuts for all committees. Ms. Kousky is looking at sponsorship possibilities to make up the lost $10,000.

10. Uniform Manager
    Anyone interested in being uniform manager should contact Kousky. Mike Castaneda has done a good job, but may not want to repeat.

11. Multi-Event Schedule
    The Multi-Event schedule was reviewed by Rex Harvey.

12. Proof of Birth
    Discussion on how to guard against false declarations. Consensus: difficult to check false papers. A topic for future discussion.

Submitted by Marilyn Mitchell, Secretary, TAC Masters Track & Field Committee
3rd Scholastic/Masters Meet Set for June 16 in Oregon

Tired of the same old faces in a masters meet? The 3rd Annual Scholastic/Masters Track & Field Classic on Saturday, June 16 in Gresham, Oregon may offer a cure for your malaise.

The meet pits masters athletes against really younger ones: Age 18 is matched with age 30-34; age 17 with 35-39; age 16 with 40-44; age 15 with 45-49; age 13 & 14 with 50-54; age 11 & 12 with 55-59. Ages 60 and up compete with each other. Ages 19-29 also compete with each other, but any master or scholastic competitor can elect to try their skills in this class.

"One of the goals of a healthy society should be to find ways for people of all ages to relate with each other," says Mike Monahan, meet director. "The Scholastic/Masters Classic helps break down the barriers between these two age groups. It will help bridge the gap by enabling the participants to compete with each other on an equal basis."

Throwers will use high school implements in the shot, discus and javelin in the meet at Centennial High School in the Portland suburb.

The first year's meet drew 41 competitors and one sponsor. Last year's event lured 114 participants and four sponsors.

"This year we hope to have more than 200 competitors and several sponsors," said Monahan, who is planning on heavily promoting the event in local newspapers and radio stations.

Monahan timed the meet to coincide with the Oregon Track & Field Camp for Masters in Eugene on June 17-24. The camp will be led by Coach Bill Dellinger and is being organized by Tom Jordan and Barbara Kousky.

"Masters athletes can participate in our meet and then fly or take the two-hour-drive to Eugene the next day for the camp," Monahan said.

For more information, contact Sports Resources, Inc., PO Box 842, Gresham OR 97030; 503-667-1145. See the entry form on page 9.

9th Annual Hayward Masters Classic
Track & Field Championships
Hosted by OREGON TRACK CLUB MASTERS

June 23, 1990
Field events and track events begin at 8:00 a.m.

Hayward Field
University of Oregon
Eugene, Oregon

Host to 3 Olympic Trials, the 1984 & 1987 U.S. National Masters Track & Field Championships and the 1989 Vlll World Veterans' Championships

Four Records Fall In Cincinnati Meet

by JERRY WOJCIK

Two world and two American indoor age-group records were broken in the Midwest Masters Classic held at the University of Cincinnati in Ohio on February 18.


National records were broken by E. J. Goddor, who decreased Archie Messinger's M65 400 mark of 67.87 set in 1989 to 67.1, and Mary Patterson, who lowered the W60 800 record of Mary Norckauer, set in 1989, to 3:49.2.
James King

by LOLITIA BACHE

As an open runner, San Diego's James King was one of track and field's most consistent 400-meter hurdlers in history. He ran under 50 seconds for 11 straight years and ranked high in both the United States and the world.

Since he has entered the masters category (he turned 40 on May 9, 1989), he has continued his career in the same vein. He set two over-40 world records last year at the World Veterans Championships in Eugene with a 48.61 in the 400 and a 52.76 in the 400H. He also anchored the USA world masters record 4x400 relay team (3:21.54). This year at the Meadowlands Meet in New Jersey on February 9, he set a new indoor masters world record of 50.64 in the 400.

King was born in San Diego, the eldest of nine children. He began his track career at Hoover High School where, he says, "I was a very average runner." His high school bests were 15.1 for the 120-yard high hurdles and 19.5 for the 180-yard low hurdles. He went on to Mesa Junior College near San Diego and, under Dick Cox's coaching, ran 52.2 for the 400H and led off for the Mesa mile relay team. This led to a full scholarship at San Diego State U. and more improvement under head coach Dick Wells. King improved to 51.5 in 1971.

 Didn't Get Good Till 25

King says he "didn't get good" until 1974 when he broke 50 seconds for the first time. His coach at that time was San Diego State's Dick Hill who changed his workouts somewhat.

"Before that," he recalls, "I had been doing the same workouts as Wes Williams, who had a strong 800-meter background. By the time the competitions would come around at the end of the week, I was too tired out from the workouts."

The following year saw him winning the Pan Am Games 400H. He was ranked fifth in the world and third in the U.S. in 1975. His incredible 11-year string of sub-50 performances would continue until 1984 when, at age 35, he set M35 world age-group records in both the 400 (46.38) and 400H (49.72), and made one last attempt at the U.S. Olympic team.

Bad Luck in Olympic Trials

He had been a strong contender for the Olympics both in 1976 and 1980, but misfortune struck him both times, as it did in 1984. In 1976, a hamstring injury just a few weeks before the Trials forced him into a disappointing 6th place finish. In 1980, it was just plain bad luck. In the Olympic Trials finals, King and Andre Phillips were running in second and third behind Edwin Moses, but at the last hurdle, remembers King, "Phillips hit a hurdle and rolled off into my lane. I never recovered, and two guys passed us." King finished fifth in 49.49. A repeat of 1976 plagued him in 1984 — a hamstring injury a week before the Trials. However, King has had his share of international competition. He competed overseas for 11 seasons, traveling to every Western European country except Spain and Finland, plus Yugoslavia, Czechoslovakia, Hungary, Poland, the Soviet Union, Tunisia, Japan, New Zealand, Mexico and Venezuela.

King considers his 1975 Pan Am Games victory in Mexico City as one of the highlights of his long career. Pre- race favorite Ralph Mann, ranked No. 2 in the world at the time, was running inside King. King closed in on him in the final yards to win in 49.60.

He represented the U.S. in the Pan Am Games nine years later in Caracas, Venezuela, finishing third in 50.31. It was these Games that caused King's disillusionment with the sport.

Drugs Were Everywhere

"Drugs were everywhere," he recalls. "It shocked me. I couldn't believe so many people I knew were on drugs. I was basically running at a handicap. That was the final blow."

King competed for one more year after his disappointment in the 1984 Olympic Trials, setting an age-36 world record of 51.9 for the 400H. After that, he retired as a competitor, but kept in shape with bike riding and weight lifting. He kept in contact with the sport through his job as part-time coach, first at Mesa College from 1982 to 1984, and later at San Diego City College from 1987 to the present.

It was the influence of SDCC head coach Bob Sieben that got King into masters competition.

"Sieben told me about the masters meets and the competition I would get in them, and since I was coaching, it was easy to get started and back in shape running with the kids at City," said King.

He says his goals for this year are to sub-48 for the 400 and sub-52 for the hurdles.

How does King compare competing at the masters level to the open level?

"I like it," he says. "It's a clean sport, not a business. Everyone competes, no matter what his level of competition, which is good, because it encourages everyone to get better and perform at their own best ability. It's not just for the chosen few like in college and open competition. As long as masters competition is around, which looks like a long time, I would like to break most of the age-group records as I get older."

Training Regimen

King attributes some of this longevity and relative freedom from injury (except those unfortunate ones during the Olympic years) to his training regimen — he rarely takes more than a six-week break from running, unlike most other track athletes. His routine is much like it was when he was younger, just a little less of it and a little slower. A typical training week goes like this:

Mon.: 800-700-600-500-400-300-200 hard

Tue.: 600-500-400-300-200-100 hard.

Wed.: Hurdles — work on first three or last three

RetrImplied from the San Diego Track Club News.
TAC Midwest Sectional Produces Three Records
by JERRY WOJCIK

The Athletics Congress Midwest Sectional Indoor Masters Championships in Sterling, Ill., came up with one world and two U.S. indoor age-group records, March 11.

Jim Mathis, Memphis, Tenn., broke Earl Fee's M55 400 WR of 56.7, set last year, with a 56.4, and reduced the 200 AR of 25.69 by Nick Newton, also in 1989, to 25.3.

Harry Brown, Wauconda, Ill., erased Jack Greenwood's 1989 M60 400 AR of 60.72 with a 60.1.

In addition, 33 other marks surpassed or equaled the All-American masters standards of excellence.

Rodgers, Andersen Victors in Carnaval 8K
by JERRY WOJCIK

Bill Rodgers, 42, of Sherborn, Mass., defeated Domingo Tibaduiza, 40, of Reno, Nevada, and an excellent masters field in the Carnaval Miami 8K, which also served as the RRCA National Championships, in Miami, Fla., on March 10.

Rodgers' sixth-overall time of 23:55 was the best masters age-graded performance (94.4%) of the day.

Tibaduiza, a newcomer in the masters ranks, who had flourished in Florida with masters wins in the Edison Festival of Light 5K in Fort Myers and the Red Lobster 10K in Orlando, finished in 24:28 (92.3%). Robert Schlau, 42, of Charleston, S.C., took third (25:00), followed by M45 winner Barry Brown (25:04, 93.2%) of Gainesville, Fla., and Byron Dyce, 41, of Gainesville, in 25:35.

Gabriele Andersen, 44, of Sun Valley, Idaho, handed Britisher Priscilla Welch, 45, now residing in Cleveland, Ohio, a rare loss by three seconds, 27:58 to 28:01, although Welch's age-graded performance (93.4%) was second only to Rodgers'.

Andersen, winner of the W40+ race in the Red Lobster 10K, defeated a fine field, including Karen Macharg (41, 28:50) of Tallahassee, Fla.; Nancy Oshier (41, 29:03) of Rush, N.Y.; and Jane Hutchison (44, 29:40) of Webb City, Mo.

Winners overall were Aaron Ramirez, 26, of Mission, Texas, in 22:57; and Ruth Partridge, 29, of Scurry England, with a 26:26: 1198 runners finished the race.

The event offered $25,000 to the top open, masters, wheelchair racers, and walkers.

Enter A Marathon Where The People Run Strong, And The Beauty Runs Rampant.

On October 14, a field of 6,000 runners will take off amid the splendor of a full fall bloom.

It's 26.2 miles of stunning foliage, blue lakes, winding park paths, the majestic Mississippi, and over 250,000 colorful fans. On one of the nation's fastest TAC-certified courses.

For runners of all kinds it's more than just a marathon, it's a weekend celebration of running.

In the past we've filled up weeks early, so write for an entry form now. It's one race that's worth every beautiful yard.

Send a self-addressed, business-size stamped envelope to: Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55408.
How To Triple Jump
by RUDY HOCHREITER

The triple jump is a challenging event, comparable to the pole vault and high jump. Good performance calls for at least four basic qualities:

1) Good sprinting speed
2) Rebounding ability
3) Power in the related muscles
4) Skill and coordination in mastering the most effective technique

The triple jump demands a whole-action approach. It's a single triple jump; not three separate jumps.

There are two basic schools of triple jumpers. 1) the high-jump technique, which uses a high hop and then gradually degenerates towards the last jump; 2) the flat technique, which requires a greater body lean at the take-off, and a placing of the take-off foot in a more direct under-the-body line.

In terms of percentage, the high-jump type produces a 38-30-32 percent in jumping order, while the flat type has a 36-28-36 percent combination.

With the flat style, the body applies at take-off is maintained. The body doesn't flop down from a great height as in the high-jump style. A much greater jump at the finish can be achieved.

Opinion is divided on the use of a controlled jump by placing objects (e.g. shoes) along the run up for distance control at, say, 12 feet and 18 feet, landing in the pit. Shift markers for improvement.

Examples, in feet:

- 1) Several long jumps with left leg: several with right leg (use short run-ups).
- 2) Five hops on left leg with a jump into pit (measure distance); five hops on right leg into pit.
- 3) Hop-step into pit. Left leg and right leg.
- 4) 40m hops on left leg on the track (time the effort); repeat on right leg.
- 5) Jumping from a height (on stool) into pit.
- 6) Controlled jumps by placing objects (e.g. shoes) along the run up for distance control at, say, 12 feet and 18 feet, landing in the pit. Shift markers for improvement.

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- 5) Jumping from a height (on stool) into pit.
- 6) Controlled jumps by placing objects (e.g. shoes) along the run up for distance control at, say, 12 feet and 18 feet, landing in the pit. Shift markers for improvement.

Use short run-ups — about 52-60 feet from the pit to allow for sufficient speed to develop.

How can you measure your ability as a triple jumper? One way, which I use in my coaching, is take your best long jump, multiply by three and then take 75% as an indication of the distance you could or should achieve. Example: long jump best 16' 3 X .75 = 36'.

For a good triple jump, use the following percentages as a guide: 36% + 27% + 37%.

Only athletes who have the basic necessary speed, efficient strength in the legs, and the ability to coordinate all three jumps into one smooth action will gain the necessary confidence to become real champions of the triple jump.
565 Athletes Set 30 World Indoor Records in Nationals

Continued from page 1

marks in the 1500 (4:56.92) and 3000 (10:34.92), as did John Alexander, M70, in the long jump (4.73) and triple jump (9.40).

Sandra Knott, W50, went three for three with records in the 800 (2:44.40), 1500 (5:26.18), and 3000 (11:41.86).

Christel Miller, W55, was one person, record-wrecking crew with four, including an 11.47 in the 60m and 1.25 in the high jump.

Josephine Sullivan, W65, eclipsed the 200m mark with a 29.47 and the triple jump with a 6.30, while Anne Cirulnick, W55, upped the shot put distance from 7.36 to 9.12.

Six 3000 racewalk times fell, the most impressive by Robert Minn, M65, who lowered Dan Johnson’s mark of 18.32 to 16:08.2.

The meet was hosted by the Wisconsin United Athletic Club and sponsored by the Wisconsin Physicians Service. Meet director was Scott Nelson.

U.S. Age-Group Records Set At National Masters Indoor Championships Madison, Wisconsin March 24-25

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<td>Queenie Thompson</td>
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<td>Marie Henry</td>
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</table>

Cleveland’s Ken Sparks was runner-up to John Campbell as the Masters Athlete-of-the-Month with his sensational M45 world indoor records in the 800 (1:57.81) and 1500 (4:04.80) at the Nationals in Madison.

Photo by Saltier, Ltd.

SOUTHERN CALIFORNIA ASSOCIATION TAC MASTERS TRACK AND FIELD CHAMPIONSHIPS

OCCIDENTAL COLLEGE: 3 PM SATURDAY, JUNE 16TH 1990

Patterson Field, 1600 Campus Road, Los Angeles, 90041

Field Schedule: Track Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Field Site</th>
<th>Track Site</th>
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<tbody>
<tr>
<td>3:00</td>
<td>PT, P</td>
<td>High Hurdles</td>
<td>6:25 PM 200 M.</td>
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<tr>
<td>3:30</td>
<td>LJ, PV</td>
<td>3:30 PM 5K Walk</td>
<td>7:00 PM 1500 M.</td>
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<tr>
<td>4:00</td>
<td>T, J, SP</td>
<td>4:00 PM 400 Hurdles</td>
<td>7:30 PM 400 M.</td>
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<td>NJ</td>
<td>5:05 PM 100 M.</td>
<td>8:00 PM 5K Run</td>
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<td>5:30</td>
<td>TJ, DT</td>
<td>6:00 PM 800 M.</td>
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</table>

Running Order: Women first, then oldest to youngest men

Division: 5 year divisions for men and women, age 30+.

Championship medals for the first three finishers.

Surfaces: Extremely fast artificial surface. 9 mm spike maximum for track, LJ, TJ, PV, and JH. 12 mm heel spike OK for JT.

Officials: We need more officials! Anyone not competing (due to injury or just general good judgement) please come anyway and officiate. (5% compensation available).

Meet Director: Woody Studension, telephone (213) 259-2776 (day) or (818) 799-5981 before 9 pm.

Entry Fee: $8 per event. Make check payable to Woody Studession, 1256 Clubhouse Drive, Pasadena, CA 91105.

Entry Deadline: June 11, 1990 (postmark). Late entry is $10.00 per event on a space available basis only.

Send to: Woody Studension, 1256 Clubhouse Drive, Pasadena, CA 91105

Name (please print): ____________________

Gender ____ Age (on 6/16/90) _______ Track Club _______

Events Entered: _______________________

Address: _______________________________

Entry Fee ($8.00/event) TAC Number __________________

I waive all rights that I or my heirs or assigns may have against the Athletic Congress and/or the co-sponsors of the SCATAC Master Championships (Occidental College, Woody Studession, and the Corona Del Mar Track Club) against any injury or accident that I may sustain or incur at them. I declare that I am in sufficiently good health to participate in these championships.

Signed ________________________________ Date: ____________________

**Note:** The text contains a form to fill out for entry fees and participation in the meet. It also includes instructions for submission of entries and waivers for rights to injuries or accidents during the competition. The event is sponsored by the Southern California Athletic Club Masters Association. The meet took place at Occidental College on June 16, 1990, with various track and field events scheduled. Participants are advised to fill out the form and return it with payment to Woody Studension. The form includes spaces for name, gender, age, track club, and events entered. There is also a section for addresses and a waiver for rights and injuries during the competition. The meet is organized by Woody Studension, with support from other sponsors. The event is open to masters athletes aged 30 and over, with divisions for men and women. The meet features championship medals for the first three finishers in each category, and officials are needed. Entry fees are $8 per event, with late entries costing $10.00. The entry deadline is June 11, 1990. The meet is held at Patterson Field, 1600 Campus Road, Los Angeles, 90041, with a field schedule and track schedule provided. The meet is scheduled for 3 PM on Saturday, June 16th, 1990.
How To Triple Jump
by RUDY HOCHREITER

The triple jump is a challenging event, comparable to the pole vault and high jump. Good performance calls for at least four basic qualities:
1) Good sprinting speed
2) Rebounding ability
3) Power in the related muscles
4) Skill and coordination in mastering the most effective technique

The triple jump demands a whole-action approach. It's a single triple jump; not three separate jumps.

There are two basic schools of triple jumpers. 1) the high-jump technique, which uses a high hop and then gradually degenerates towards the last jump; 2) the flat technique, which requires a greater body lean at the take-off, and a placing of the take-off foot in a more direct under-the-body line.

In terms of percentage, the high-jump type produces a 38-30-32 percent in jumping order, while the flat type has a 36-28-36 percent combination.

With the flat style, the speed a runner applies at take-off is maintained. The body doesn't flop down from a double-arm action to that of a single-arm swing. Performances of both are in the record books. No significant difference is noted with the exception of comfort during the jumps.

A good triple jumper must be able to develop a good long-jump lift-off at the beginning of the third jump. This takes practice and skill.

It is important for a triple jumper to be able to jump with either leg. Many repetition jumps off the wrong leg are essential for a good overall distance.

Training jumps should be measured from toe to toe to heel.

Triple jumpers need to become sprinters, develop power in both legs and practice coordinating all these jumps to make them a single fluid action.

Many repetition jumps are needed to develop the necessary speed and endurance to carry out six fast sprints with the added three jumps at the end. This requires strong leg power for sustained action.

Here are some workout hints. Do:
1) Several long jumps with left leg: several with right leg (use short run-up).
2) Five hops on left leg with a jump into pit (measure distance); five hops on right leg into pit.
3) Hop-step into pit. Left leg and right leg.
4) 40m hops on left leg on the track (time the effort); repeat on right leg.
5) Jumping from a height (on stool) into pit.
6) Controlled jumps by placing objects (e.g. shoes) along the run up for distance control at, say, 12 feet and 18 feet, landing in the pit. Shift markers for improvement.

Examples, in feet:
May: 11-18-31
June: 12-19-32
July: 12½-20½-33
August: 13-21½-34, etc.

Use short run ups — about 52-60 feet from the pit to allow for sufficient speed to develop.

How can you measure your ability as a triple jumper? One way, which I use in my coaching, is take your best long jump, multiply by three and then take 75% as an indication of the distance you could or should achieve. Example: long jump best 16' X 3' X .75 = 36'. For a good triple jump, use the following percentages as a guide: 36% + 27% + 37%.

Only athletes who have the basic necessary speed, efficient strength in the legs, and the ability to coordinate all three jumps into one smooth action will gain the necessary confidence to become real champions of the triple jump.

(Rudy Hochreiter is the world M60 decathlon champion. He lives in Australia, and his article is reprinted from the Australian Veteran Athletes.
Continued from page 1

marks in the 1500 (4:56.92) and 3000 (10:34.92), as did John Alexander, M70, in the long jump (4.73) and triple jump (9.40).

Sandra Knott, W50, went three for three with records in the 800 (2:44.40), 1500 (5:26.18), and 3000 (11:41.86).

Christel Miller, W55, was a one-person, record-wrecking crew with four, including an 11.47 in the 60m and 1.25 in the high jump.

Josephine Sullivan, W65, eclipsed the 200 mark with a 39.47 and the triple jump with a 6.30, while Anne Cirulnick, W55, upped the shot put distance from 7.36 to 9.12.

Six 3000 racewalk times fell, the most impressive by Robert Minn, M65, who lowered Dan Johnson’s mark of 18.32 to 16:08.2.

The meet was hosted by the Wisconsin United Athletic Club and sponsored by the Wisconsin Physicians Service. Meet director was Scott Nelson.

Cleveland’s Ken Sparks was runner-up to John Campbell as the Masters Athlete-of-the-Month with his sensational M45 world indoor records in the 800 (1:57.81) and 1500 (4:04.80) at the Nationals in Madison.

Photo by Sailer, Ltd.

U.S. Age-Group Records Set At National Masters Indoor Championships Madison, Wisconsin March 24-25

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<thead>
<tr>
<th>Event</th>
<th>Age</th>
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<th>Name</th>
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<td>Beth Young-Grady</td>
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<td>Anna Rush</td>
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SOUTHERN CALIFORNIA ASSOCIATION TAC MASTERS TRACK AND FIELD CHAMPIONSHIPS

Occidental College: 3 PM SATURDAY, JUNE 16TH 1990

Patterson Field, 1600 Campus Road, Los Angeles, 90041

Field Schedule:

<table>
<thead>
<tr>
<th>Event</th>
<th>Start Time</th>
<th>Field Schedule</th>
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Track Schedule:

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<tr>
<td>15000m</td>
<td>4:40 pm</td>
<td>MT, PV, 5K Race</td>
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</tbody>
</table>

Running Order:

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Divisions:

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June 11, 1990 (postmark). Late entry is $10.00 per event on a space available basis only.

Send to:

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Sciatica

Sciatica is an irritation of the sciatic nerve causing pain in the buttocks which can radiate into the low back and/or down one or both legs. This irritation can be caused by: 1) muscle spasm in the gluteal area; or 2) injury to one of the lumbar discs—usually the 4th or 5th. The pain patterns are similar, but differentiation between the two is important to proper treatment.

The muscle most commonly involved is the piriformis muscle in the gluteal area. In about 20% of the population, the sciatic nerve passes through this muscle, while in the rest it passes over the muscle. In either case, spasm of this muscle can create the numbing pain that we call sciatica.

Spasm of the piriformis muscle can be caused by overuse. It can also be caused by weakness in either the hamstrings or quadriceps, which then shift their responsibilities into the hip area. To determine if a pain in this area is from muscle or disc involvement, a couple of tests may be helpful.

The first involves lying on the stomach with knees bent and soles of the feet to the ceiling. Let the feet fall toward the outside and if there is pain in the buttocks, there is a good chance there is a disc problem. Stretches and strengthening the gluteal area are important.

To stretch the area sit on the floor with legs out, bend the knee of the painful leg and cross the foot over to the outside of the opposite knee. With the opposite hand, draw the bent knee toward the chest. To strengthen, lie on the stomach and slowly raise the leg off the floor. Try to keep the hip bone on the floor so as not to overarch the back.

In either case, acupuncture and acupressure has been beneficial. In acupuncture, sciatic pain is differentiated by its pathway which can be down the back of the leg (Bladder Meridian) or down the side of the leg (Gall Bladder Meridian). Some major points of use are Gall Bladder 30 (approximately in the center of the buttocks), Gall Bladder 34 (just in front of and below the fibular head on the outside of the lower leg). Bladder 40 (in the center of the back of the knee), Bladder 57 (at the base of the calf muscle), and Bladder 60 (midway between the tip of the outer ankle bone and the achilles tendon). Any other tender points along either of these meridian pathways may be used in treatment as well.

Some homeopathic remedies that can be useful in this condition include: Ammonium Muriaticum (when pain is worse when sitting and the hamstrings feel short); Magnesium Phosphate or Hypericum (for the classic electric shooting pains); Rhus Tox (when pain is worse on first motion and then improves); Arsenicum Album (may be especially useful for Master’s athletes) and Colocynthis (when pain is worse from cold and damp).

As always, if your injury does not respond to these more conservative self-help measures within 1-2 weeks, be sure to consult a qualified health care practitioner.

(Dr. Flowers is a masters long jumper and Acupuncturist practicing in Santa Monica and Irvine, Calif. If you have any questions about musculoskeletal injuries or suggestions for topics to be addressed in this column, write to Dr. Flowers, National Masters News, Box 2172, Van Nuys, CA 91404.)

“...-"...--...-

"I was a klutz before I started running," says Florida’s Claudia Cavarella, 40, who finishes 10th in the very un-klutzy time of 29:59 at the ICI/USA TAC National 8K Championships in Naples, Fla. Photo by Sailor, Ltd.

Clifford Pauling, 54, of Bronx, N.Y., captured four gold medals at the Rhode Island Senior Olympics in Lincoln. Photo from Dolores Bergeon
May, 1990 page 21

Masters column by George W. Knox, Ph.D., O.D.
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Italy's Grazialetta Striuli, 40, shown here taking third place in 27:54 in the ICI/USA TAC National Masters 8K Championships in Naples, Fla., won the women's masters title in the Los Angeles Marathon in 2:37:48. Photo by Sailer, Ltd.

Loretta Shehan, 66, of West Seneca, N.Y. runs 39:36 in the ICI/USA TAC National 8K Championships, January 13, in Naples to clinch first place in the 1989 ICI/USRA Masters Circuit. Photo by Sailer, Ltd.

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Howard, Harris Shine in Philadelphia

by PETER TAYLOR

HAVERFORD Pa., March 10. Sid Howard, 51, and Oscar Harris, 66, were among the top performers this evening as the Philadelphia Masters held their annual Indoor Invitational track meet at Haverford College's Alumni Fieldhouse.

Howard put together a 4:59.8/2:12.3 double in the mile/800, while Harris took four golds, beating Ed Matthews in the 1500 (8:48.9 and 9:21.8), and the long jump, and the 500 (1:47.1) as well.

Skipper Clark, 42, outpaced national outdoor silver medalist (100/200) Lorraine Tucker in the 55 (7.7 to 7.8), while the two Marilyns — Mitchell (W45) and Fitzgerald (W50) — showed their sprinting abilities in the 55 and 300, running 8.0/48.0 and 8.6/51.9, respectively.

John Brooks, 35, defeated outstanding submaster Ralph Penn in the 300 (36.2 to 37.2), after scoring in the 55 (6.7). Unfortunately, the likable Penn tore an Achilles tendon in the closing 4-lap relay and will be out of action for an extended period.

Multiple record holders Bob Mimm, 65, and Don Johnson, 73, turned in good performances the mile walk (8:48.9 and 9:21.8).

Among the strong set, John Roehr (M40, 12.38), Len Olson (M50, 11.94), and Joan Stratton (W35, 11.70) were notable shot put winners.

George Bracedale took three golds in the M75 racewalk, triple jump and shot put...
CLUB JUMPING
At the February meeting of the New Jersey TAC, we were still disputing team scores of meets as much as one year old.

The blame for this lies with some athletes, who jump from one club to another without waiting the required TAC time to do so. Some even jump from state to state championships. One can only live in one state. They are making it impossible to score fairly and officially.

In the future, any masters athlete who does this will be severely penalized.
Morton Hahn
Vice Chairman, NJ-TAC Masters
Randolph, New Jersey

JIM HERSBERGER
I don’t know Jim Hershberger (April NMN) personally, but as long as the charges against Hershberger didn’t affect NMN nor any of its subscribers directly, then it has no place in a running magazine.

Our local newspapers have enough bad news to make our heads spin. When I read NMN, I read it with a positive attitude and to find out how my peers are doing in the world of sport.

Vin Fantetti
Glastonbury, Connecticut

TAC MASTERS BUDGET CUTS
I read with great interest the column about The Athletics Congress Convention in your January edition. Apparently there have been some misunderstandings, causing some misstatements of fact regarding the Budget and Audit Committee meeting that I will share with you.

In particular, the article stated that the Budget and Audit Committee was upset that TAC’s budget had not been presented to members until a few days before the convention, in conflict with that group’s vote two years ago, that the budget must be presented to committee members at least 60 days prior to the convention. A review of the Budget and Audit Committee minutes two years ago revealed that the committee voted that they should receive a copy of the proposed budget prior to the convention, but no specific times were stated. This measure has been adhered to both in 1988 and 1989.

Under current budget and audit guidelines, it would be impossible to provide a copy of the proposed budget 60 days prior to the convention as the Budget and Audit Committee does not even require budget requests to be submitted 60 days prior to convention. The convention starts before the end of November, but budget submittals are not required until September 30. In working with the various committees, we have found the September date to be very reasonable for them.

The article mentions that administrative expenses have increased by nearly 20%. To one who works with budgets, financial statements, and business proposals, it is quickly learned that the courts review budgets, particularly budgets as diverse as The Athletics Congress budget, need more analysis. The 20% increase is true. However, part of that increase is due to reallocation of administrative expenses that were previously charged to programs, not new costs. That is, dollars have been moved from being reported in one expense category to another expense category. Furthermore, much of the increase in administrative costs results from staff and other expenditures necessary to support revenue-generating programs such as the American Plan and Goodwill Games. The growth revenue from these programs more than justified the added costs to support them.

The Budget and Audit Committee is comprised of members from all of the diverse interests of The Athletics Congress. It is sensitive to the needs of each committee and has tried to allocate the limited funds that the Congress has available on an equitable basis, keeping in mind that we must put emphasis on sustaining current revenues while attempting to generate new sources of funding. Also, the budget and Audit Committee has given priority to those programs conducted under contracts, using USOC grant monies, and mandated by the Board of Directors.

I trust this additional information should set straight the misunderstandings.

Steven Bosley,
TAC Treasurer
Boulder, Colorado

(Thank you for your explanation and clarification. I apologize if I’m mistaken about the 60-day budget notice. My clear recollection is that the B&A members wanted ample time to review the proposed budget.)

You say each member of the B&A Committee received a copy of the proposed budget prior to the Convention. This member didn’t. Other members received it only a day or two before the Convention began, not much time to do any analysis. I understand that a 60-day advance notice may be impossible, but seven days in advance should be the bare minimum.

You say “curious reviews of budgets, particularly budgets as diverse as TAC’s, need more analysis.” I couldn’t agree more. That’s why at least seven days is needed. My obviously curious analysis of the budget was done in about 20 minutes during our B&A meeting. That’s about as cursory as you can get. But that’s all the time I was given. I came up with the 20% increase in administration expenses on a straight 1989 vs. 1990 comparison on the sheet that was passed out. If there were items that had been re-allocated from other categories, as you suggest, they should have been asterisked to avoid confusion.

No one is challenging the need to hire staff to support the American Plan or Goodwill Games. That TAC’s annual revenues have doubled in recent years is ample testimony to the capable sales abilities of the current administration.

The more important figure, it seems to me, is the projection of gross revenues from $7,860,050 to $8,324,500 — an increase of 5.9%, and the projection of expenses from $7,985,700 to $8,324,400 — an increase of 4.7%.

With increases in both these categories, particularly the revenues, why, it was asked by several people I spoke with in Washington, were Sports Committee budgets cut by 40% to 80%? It

Continued on page 25
just didn't — and doesn't — make sense based on the pure math. I knew of no organization which would make such arbitrary cuts unless other factors were involved.

So why were the Sports Committees' budgets cut? Perhaps TAC’s hierarchy feels the committees are wasting their allocations. If so, say so. Perhaps they are. But it seems curious to choose the rationale for the cuts in purely financial terms when overall revenues are up 5.9% and other expenses are up more than 6.7%.

Cutting the committees' budgets with no notice (to Masters T&F) or a few days notice (to others) after each had been asked by TAC to prepare a detailed proposal, seemed to show a lack of respect for the committees. If their proposals were to be slashed so drastically, why bother to encourage such proposals in the first place?

I presume each committee, as did Masters T&F and Masters LDR, spent a lot of time on letters, phone calls and research to come up with a sensible budget proposal. Then to have it cut 50% (in the case of Masters T&F) and 43% (Masters LDR) was a shock. The cuts upset the Masters program. We were slowly building a program, based in part on a certain allocation. We had required TAC membership of every U.S. competitor at the World Championships in Eugene, the Nationals in San Diego, and most regional meets. To have our budgets slashed meant telling hard-working committee members that they could not operate their programs as effectively in 1990. It was a slap in the face to them — like giving a pay cut to someone who’s done a good job.

And the whole thing seems so unnecessary when the entire budget for all eight sports committees totalled $199,300 in fiscal 1989 — or only 2.5% of TAC’s 1989 budget. Honoring each committee proposal for 1990 would probably have meant less than an additional $100,000 — only 1.1% of TAC’s 1990 budget and well within the surplus projected for the end of this year.

It is my hope that the committee budgets for 1991 can be set at their proposed 1990 levels. — Ed.

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 2272, 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.

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For more information, write for your brochure at Box 60825, Eugene, OR 97440.

If you wish to reserve your place now, send $50 deposit per person at the same address. If you have questions, call 503-687-1989 during business hours.

SEE YOU IN JUNE!
Cross Training with Larry Walker

Larry Walker, a member of the 1976 and 1980 US Olympic Race Walking Teams, holds innumerable masters best performances from ages 60 through 64. He qualified for the 20K Walk in the 1988 Olympic Trials and walked a 6:20.2 in the one-mile walk at the Los Angeles Times Indoor Games in February.

EW: As both a runner and race walker, do you find that the two sports are good for cross training?

LW: It definitely helps me to have options in training. If I am walking hard one day, maybe the next day I just don’t feel like walking and I have the option of going over to running. On the other hand, if I have been running four or five days straight at a decent level, I’ll find my legs are dead for running so I switch to walking.

By switching, different muscle groups are stressed and I can feel fresh for training. Whether I’m doing speed work or other, I can’t train too long without fatigue. By crossing over, I can keep training.

EW: Then cross training helps you maintain a higher level of conditioning?

LW: I think so. There is also the injury-prevention aspect. By walking, you strengthen muscle groups which you would not be using as much in running. Race walking develops the complementary muscles, front and back.

EW: What percentage walking and running do you suggest?

LW: If you are walking 60 percent of the time or more, it will affect your running because you have to run in order to run; you have to race walk in order to race walk. At some point, you can do too much of one and you aren’t going to be able to perform efficiently in the other. I use 40–50 percent running and I can switch to race walking easily. The problem is to keep things in balance. You have to find out what is best for you.

Official TAC/USA Racewalk Records

by BEV LAVECK, TAC Masters Racewalk Chairman

The only way a road RWing record of any kind will ever be ratified by TAC is if the course conforms to the standards and procedures set up by the Road Running Technical Committee. TAC gives the RRTC responsibility for course certification standards and policies which must be met if a running or RWing record can be set on a road course. This is true for all age groups.

Masters RWing can’t have independent policies and still have official U.S. records. People who want to set records have no alternative to going along with TAC rules. They’d be wise to check on course certification numbers before paying for a plane ticket if their primary intent is to go for a record.

Firm TAC rules cover track records. TAC rules state that outdoor records in events through 20,000 meters can be set on tracks with a raised inner curb. Again, it is wise to check the rules.

When TAC ratifies Masters RW records, there will be several fine times that will go unrecognized since many race walks were not conducted on certified courses (including some of mine which I know I’ll never match again). Even though it seems unfair to deny record status to many of the finest past performances, I don’t see how we can deny TAC records to the current elite RWers who are achieving marks that can be ratified by TAC.

Racewalking Technique

Racewalking Uphill: The most common way to walk up a hill is to hike. In climbing, a hiker bends his/her knees to provide upward spring. In racewalking, climbing is powered by the movement of the hips and by the pushing action of the feet. The knees are kept straight in the support position.

• As your hip turns forward, contact the ground with your heel; toes up.
• Keep your knee straight in the support or middle phase.
• Transferring your weight to the ball of your foot, push the ground back. Use your calf muscles.
• Relax the foot in the first part of the forward swing.
• As the foot passes in front of midline, start flexing the ankle to prepare for heel plant.

Introduction to the Technique of Racewalking. North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115-0312.
Masters Age Records
Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. $2.00.

Masters Track & Field Rankings
Men's and women's 1988 U.S. outdoor track & field, 5-year age-group rankings. 44 pages. Over 100 deep in some events. All T&F events, including 3000, 10,000, weight, relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. $2.95

Masters Age-Graded Tables
Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of May 1, 1989. $5.95.

Masters 5-Year Age-Group Records
Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. $1.50.

Competition Rules for Athletics (1989-1990)
U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. $9.95.

TAC/USA Directory (1989)
Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. $9.95.

IAAF Scoring Tables (1985)
Official world scoring tables for men's and women's combined-event competitions. $11.95.

Guide to Prize Money Races and Elite Athletes 1990.
Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. $39.00.

TAC/USA Patches. Embroidered, 4" x 3". $2.50
TAC/USA Field Team Patches. Embroidered, 4" x 2". $2.50
U.S. Track and Field Team Lapel Pins. Cloisonne enamel, 1 5/8" x 5/8", bar pin with safety catch. $5.00.

Masters Running '89
Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USRA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliott Denman, Hal Hnigdon, Dick Patrick, Al Sheahan and others. $1.95.

The Masters Running Guide by Hal Hnigdon
160-page paperback. Hnigdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. $9.95.

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The book you've waited for:
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By Hal Higdon

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Appendix: Sources and information helpful to masters.

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

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The International Scene

Japan in 1993? — Part II
by ALASTAIR LYNN, WAVA Secretary

The Nippon Masters Athletic Union will bid for the 1993 WAVA World Veterans Athletics Championships with Miyazaki Prefecture (state), in the southern part of Japan, being the venue.

To prepare the best possible bid and to ensure that their facilities matched WAVA's requirements, Mr. Kiyoshi Kounoiike, Chairman of the Board of Directors of the Nippon Masters, invited four members of the WAVA Council — Cesare Beccalli, Hari Chandrasekhar, Bob Fine and myself — to visit Miyazaki in the last week of March to inspect and offer constructive criticism regarding their facilities. Fine was unable to go that early April. All travel and living expenses were paid by the Japanese.

The Nippon Masters are well known in international veterans meets. They showed us their impressive internal facilities. Fine was unable to go that early April. All travel and living expenses were paid by the Japanese.

The Miyazaki bid is totally supported by the Governor of the Prefecture. There are very few beds available at the Miyazaki Prefecture, including inside of the Kremlin to view the Faberge eggs, the crown jewels, and other rare art treasures of the czars.

The Nippon Masters are well known in international meets. They showed us their impressive internal facilities. Fine was unable to go that early April. All travel and living expenses were paid by the Japanese.

The Prefecture is sending a delegation to the WAVA Council when it meets this June in Turku. We should then see some of the early results of our visits.

Certainly we left Japan with the feeling of a very thorough preparation for the 1993 WAVA World Veterans Athletics Championships. Continued on page 30

400 Compete in Soviet Indoor Nationals

by BARBARA STEWART

Over 400 athletes, including athletes from the US, Hungary, Finland and West Germany, participated in the Moscow Indoor Veterans Track and Field Championships on March 17-18, and attended an International Symposium on Veterans Track and Field. The events were organized by the association of Track and Field Amateurs (ALLA) and sponsored by ASKO and IKO Intermarketing.

Foreign athletes were overwhelmed by the warmth and generosity of their hosts. We stayed at the Majok Sport Hotel, the Olympic Training Center outside Moscow. Our hosts were the ALLA organizers, who led us on one adventure after another. We weaved non-stop through the magnificent sights of Moscow and Leningrad, including inside of the Kremlin to view the Faberge eggs, the crown jewels, and other rare art treasures of the czars.

We stopped at "who's who of Soviet sport," with lunch made personally at home by Olympic high jump gold medalist Valery Brumel, who has written a cookbook and is soon opening a Russian Restaurant in Paris.

Tour of Leningrad

Other highlights were a tour of Leningrad and the Hermitage, with a visit to the home of Galina Zybina, widow of the Naval Academy commandant and 3-time Olympic shot put medalist (1952, 1956, and 1964). She was world record holder in 1952, with her best mark 17.18; "without drugs," she proudly asserted. Her husband was the captain of the Soviet ship involved in the US/Soviet joint space venture, and she showed pictures of him with Neil Armstrong. At 56 years old, she is a loving grandmother, whose son and his wife and two small children live with her in the apartment at the Naval Academy. Small in stature, but still trim, she has a shoulder injury that prevents her return to shot putting, but plans to join the veterans movement as a javelin thrower.

Although the former Soviet Olympic athletes are honored state heroes and live well by Soviet standards, they live modestly by Western standards, but willingly shared what they had, obviously giving of themselves and offering to their guests what was in short supply. Their generosity was overwhelming. The Americans were also surprised by the keen Soviet humor, and the underestimation of their own humor, and the expressionless formal face. For example, when questioned about the peculiarities of past Soviet Olympic team selection, where athletes with better records were passed over, the Governor promised the following had to be covered:

- high-frequency, no-cost shuttle service
- fast-food facilities at the recreation center
- shelter/rest area for large numbers

There are very few beds available at the University and, therefore, special arrangements will be made to insure a substantial number of low-cost rooms, probably through an office directly under local government control. In addition, there is a local Hotel Association which will work with the Government.

In Miyazaki Prefecture is sending a delegation to the WAVA Council when it meets this June in Turku. We should then see some of the early results of our visits.

Certainly we left Japan with the feeling of a very thorough preparation for the 1993 WAVA World Veterans Athletics Championships. Continued on page 30
Continued from page 29

The International Scene

Continued from page 29

the bid (which, if successful, would mean the first WAVA Championships in Asia) and a clear wish to understand and satisfy the needs of WAVA competitors and families.

We shall see their presentation at the WAVA General Assembly in Turku in July, 1991, and the delegates can then cast their votes. □

The Veterans movement in the USSR began with a seminar three years ago. Last year, about 200 athletes from the USSR and a group from Finland started the first Soviet veterans competition. This year, the track meet was accompanied by the first international veterans sports seminar to be attended by athletes from Eastern bloc and Western nations together, with simultaneous translations for all.

Vadim Marchev, a professor of business management at Moscow University and business consultant for IKO Marketing, is the force behind the new Soviet veterans movement. He is a slightly built, distinguished man, with dancing eyes that belied his serious external demeanor and give an inner clue to the high intelligence, the energy, and the sophisticated humor that make him such a successful organizer. A former 400m hurdler (five years on the Soviet Team), he is dedicated to the ideas of an active life and the need for everyone of all ages to be ready for the challenges of the new Soviet life to come.

The Association of Track and Field Amateurs (ALLA) was recently formed to accommodate Soviet veteran athletes, under the leadership of Marchev, Tchenchik, Alexander Bratichkov (Olympic medalist in 400 and 400 relay), and Michail Chebutashkin (Soviet 400 champion), all former members of the Soviet team. Their goals are seeking independent economic support for veterans, organizing tours for international competition, and providing information exchange on sports medicine, dietetics, performance, and training. Unlike other Soviet athletic groups (such as ice hockey), which are forming unions, ALLA is searching for funding through sponsorship.

Two Types of Veterans

All delegates agreed that the veterans movement must accommodate two very different groups of athletes: 1) ex-Olympians and other champions who excelled in their youth, and 2) athletes new to their events and skills (especially women), in addition to athletes who return to sports after long absences (ex-high school and college competitors). It was also agreed that these groups come together in veterans competition. In many cases, athletes in the second group actually exceed the performances of the ex-Olympians, due to genetic fortune in the aging process and access to proper coaching, which may not have been accessible to them in their youth.

The point was made that there is a gap between open or collegiate competition, which usually ends about age 25, and veterans competition, which begins at age 40. During this period the athlete's often become "prisoners of the system" through inactivity or misuse of skills.

Another point of agreement at the seminar was that any reliable scientific or medical research on aging and performance would be welcomed by all. Other topics of discussion were the European Championships, injuries, dietetics, and comparative statistics. Representatives from Soviet basketball and swimming provided reports on veterans team sports.

Soviet Tour to U.S. Nationals

In August 1990, seven Soviet veteran athletes will be coming to the U.S. National Masters Track and Field Championships in Indianapolis. Their trip presents some problems, since each Soviet citizen is only allowed to take out 2,000 rubles—about $315 in American currency. Because of the red tape involved, these athletes must rely on American hospitality, but hopefully they will find in America the "dream of a lifetime experience" they gave to foreign athletes in Moscow. □

Massages were in big demand at the WAVA World Veterans Championships last year in Eugene. Photo by Gretchen Snyder
Regional Competition

Track and Field
1990 will see the first meaningful North American regional masters/veterans competition offered under the aegis of WAVA. Since the region encompasses the USA, Canada, Mexico, Central America and the Caribbean nations, we have attempted to expand the 1990 regional events as far as possible to bring veteran athletics to areas previously neglected. As an example, the regional track and field championships will be hosted by the Trinidad-Tobago masters in the capital city of Port of Spain, August 23-26, 1990, three weeks after the TAC masters nationals in Indianapolis. For specifics, see pages 22-23 of the March issue of NMN or the form on this page. In addition to all track events from 100 to 5000 and all field disciplines, the Trinidadians are offering an opening 8K cross-country event August 23 followed by a beach party. The race walkers will get a 5K on the track and a 10/20K road race. Besides the cross-country, the LDR enthusiasts can compete in a 25K road race which will finish in the National Stadium (9-lane-Mondo track) where all other track and field events will be contested. Competitors are expected not only from the North American region but also from Europe and Oceania.

Having dealt with the organizers and examined the tracks, this should prove to be one of the premier masters events in 1990. For entry information send SASE (self-addressed-stamped envelope) to the attention of North American Regional Championships, P.O. Box 7823, San Diego, CA 92107, or call (619)225-9555, fax (619)225-9562.

Long Distance Running
Another first for WAVA in the region will be the North American Regional Marathon Championships to be held in Whitehorse (land of the midnight sun), Yukon Territory, Canada on June 23, 1990. This event will be conducted jointly with the Yukon Gold Midnight Marathon (start time is 9:00 p.m.).

This has proved to be a very well-organized and exciting event in prior years under the able leadership of Dr. E.R. Daniels, a well-regarded Canadian masters event organizer. Dr Daniels will be assisted by our Regional Non-Stadia Representative Norm Green.

For more Racewalking information contact Bob Fine, 4223 Palm Forest Drive, Del Ray Beach, FL 33445, (407) 499-3370.

W.A.V.A. North American Regional

INVITATION TO THE
NORTH AMERICAN REGIONAL
Track and Field
Championships

The Organizing Committee of the T & T Masters extend an invitation to compete in the World Association of Veteran Athletes (WAVA) North American Regional Track and Field Championships and Special Masters Events

August 23 - 26, 1990
Port of Spain, Trinidad & Tobago, West Indies

CONTACT SPORTS TRAVEL INTERNATIONAL, LTD.
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Please send me the Entry Form Application and information on the tour to Trinidad, August, 1990.

Name ____________________________
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California's Payton Jordan (right), and Ohio's Bill Weinacht ran 1:2 in the M70 400 in Eugene, and are buddies on and off the track.
George Meredith of the Cambridge Harriers, who earlier had two good wins in the Kent Veterans Championships and the Scottish Veterans Cross-Country, running in heavy mud, broke free after 1 1/2 miles to win the M40+ in 33:31 in the Southern Veterans Cross-Country Championships at Havering, February 10.

In the M50 race, Tom Ryan battled Geoff Harrold but broke away in the last 100m to win his third M50 Southern title in a row.

International Glynis Penny had little difficulty winning the women's race in 19:07. Joyce Smith, winner of the London Marathon in 1981 and '82 and now W50, was second, leading her club in the team title.

Andy Holden was 69th of 2195 finishers as first veteran in the National Cross-Country Championships at Roundhay Park, Leeds, February 24.

The half-marathon hits the U.K. in the spring with a host of events up and down the country. Heading the men's rankings are Tony Simmons (67:26) and Ernie Cunningham (67:45). Simmons is building up for an attack on Ron Hill's British veterans marathon best of 2:15:46 in the London. Mike Hurd clocked 68:47 behind Simmons at Hampshire while Ian Elliot ran 68:59 in Yorkshire. Tewynn Davies headed the M50 list with 72:26 at Aldershot but then succumbed to injury. Ann Ford (75:27), Zina Marchant (75:35) and Paula Fudge (75:48) had a close battle for the W35 title at Fleet, ahead of W40 Anne Roden (76:13). Pam Jones heads the W50 1990 list with a 91:26 in Essex.

Spring is also road relay season, and Alan Rushmer and Andy Holden led Tipton to victory in the Midland Veterans event. Alun Roper was fastest, ahead of Tony Ross, in the popular T.V.H. relay near Heathrow. Martin Duff was best veteran, ahead of Shel Cowles, at Swindon.

600 Contest BVAF National Cross-Country

by MARTIN DUFF of Athletics Weekly

Worwood Scrubs West London is the site of one of Britain's famous prisons, and it was in the shadows of it that the British Veterans Athletic Federation titles were decided on March 11 over a two-lap, 3 1/2 mile course.

Yet another new "Britain" hit the headlines when Peter Banks (36:45) a long cross-country servant of the Coventry Godiva Harriers, won the main M40 section from Tony Ross (36:52). Banks, 40 on February 22, had placed just behind Andy Holden in the English open national two weeks earlier, when both "counted" for their respective teams and captured medals.

Third was Alan Whitfield (37:04); but the entire M40-49 field was sent off course early in the race due to a marshalling error. A hasty re-marking saw the correct route regained after 1 1/2 miles.

In the M45 section, Brian Booth (38:31) scored ahead of John Davies (39:02) and Martin Duff (39:11), but a better race came in the M50s, which was won separately. World-record holder Tewynn Davies was up against Steve James and Les Presland. It was newcomer Presland (38:46), who came out on top from James (38:54), as Davies (39:29) suffered a calf muscle strain after dodging a stray dog!

Ron Gomez (40:41) took the M55, as new M60 Laurie Forster (44:12) added another title to his Southern area win a month earlier. The M70s ran just one lap (1 1/2 miles), and Denis Eyers (24:25) came out best.

British international twins Ann Ford and Paula Fudge (38) made their veteran cross-country debuts, with Fudge prevailing over 3 1/2 miles in 20:20, fifty yards clear of Ford (20:29). Celia Duncan wound up third (20:39). Pat Gallagher, 44, stricken with tendinitis in Eugene, returned to top form to not only take the W40 (21:14) but place fifth overall. Back in 14th, former London Marathon winner Joyce Smith continued her comeback with an easy W50 win (21:58).

Meet director Jim Puckett gives instructions to the M65 10,000-meter runners at the WAVA World Championships in Eugene last year.

Photo by Gretchen Snyder

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Yukon and The Can-Am "Grand Slam"

by DR. E.R. (DANNY) DANIELS

For those who get hooked — really hooked — on the marathon, there are several ways to go.

You can try and run the same marathon more times than anyone else.
Or a marathon every weekend for a whole year. Or go for the "ton" — one hundred marathons. Or you can try for the Can-Am "Grand Slam". This means completing one marathon in every U.S. state and Canadian province and territory, a total of 62 in all.

As far as is known, only two runners have been able to do that. The first was Wally Herman of Ottawa, Ontario, who completed his "slam" in 1985. The second was Ken Fisher of St. Louis, Missouri, who rounded out his set in 1989.

In most states and provinces it’s fairly easy. There are any number of marathons from which you can choose. But in the two northern territories of Canada, the choice is limited.

In the Northwest Territory, the High Arctic ultimate in masochistic marathoning is the Nanisivik (Baffin Island) Marathon, whose rugged trail climbs over 1000 meters (3500 ft.) during its 42 km length.

In the Yukon, a kindlier environment allows for a kindlier race. It’s the Yukon Gold Midnight Marathon.

This race began as just the Whitehorse Marathon in 1978. That year, it attracted an inaugural 33 starters, but had only 14 finishers. The only masters runner to finish (in 5th place) was Dr. Peter Steele, a noted local x-country skier who ran 3:16:59.

In 1979, the race continued its heavy toll on the field. Of 27 runners, only 15 finished. But it was a Masters runner, Dirk Templeman-Kluit (who’d turned 40 the day before the race), who crossed the line first in 3:03:44.

The 1985 race was especially notable. That year the overall winner was a woman, local Sally Balchin, who completed the course (including a 1000-foot climb) in 2:57:20 — an outstanding achievement in anybody’s book.

Diminishing interest led to a one-year discontinuance in 1987. The race recommenced in 1988 with a new format and a new name — the Yukon Gold Midnight Marathon.

It now features the two things for which the Yukon is known throughout the world — the Gold Rush of 1898 and its high summer Midnight Sun. A new faster route was devised which cut out the main elevations of the old courses.

To take advantage of the magic of the "midnight hour," it was decided to begin the race at 9:00 p.m. so as to make 12 midnight the target for the "ordinary" marathoner to aim at in order to break the "3 hour barrier." Every runner who does so gets a special medal signifying the achievement.

In its new format, the race has been dominated by older athletes. In 1988, the winner was 59-year-old Dan Daniels, with two other Masters runners taking 2nd and 3rd places. This trend continued in 1989 with Masters runners capturing 6 of the first 10 places. Mike McCann, 41, won the event with a new course record of 2:45:10.

The combination of a less demanding course and the better preparation of athletes for the event has led to a dramatic reduction in the number of "DNFs." Over the last two years, only one runner failed to complete the distance.

All of which helps explain why the 1990 version of the race has been chosen as the setting for the 1st WAVA North American Masters Marathon Championships. This should put the seal on the transition of the event from that of a purely local race to one of growing international importance.

The new event also incorporates both a half-marathon and a 4 x ¼ marathon relay. However, since these start later than the main race, they add to rather than detract from the importance of the Midnight Marathon itself. They do ensure, on the other hand, that the longer distance runners can look forward to enjoying more company on the road rather than less in the later stages of the race.

Oh yes — and the gold! That’s there, too, waiting at the awards table in a form which should please not only the winners but all participants in this "biggest little marathon in North America."

So — "Grand Slam," anyone? Remember; without the Yukon Gold Midnight Marathon, you’ll never complete it.

(The 1990 race takes place on Saturday, June 23. For details or entry forms write Yukon Gold Midnight Marathon, Box 4502, Whitehorse, Yukon, Canada, V1A 2R6 or phone (403) 668-4216 (days) or 668-4463 (pm/weekends).)

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**Canadian MasterAthlete Federation**

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**Triathlon Entry Fee $40.00**

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Entry fee $20.00, plus $5.00 for each event.

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June 28 - July 1 | Ladies/Men | Etobicoke | June 30 - July 1 | Swimming | Etobicoke
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MEN

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Please fill in attached sheet with your name and address.

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**Day:**

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**Payment May Be Made By Cheque, Money Order, Visa, MasterCard, AMEX.**

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Rodgers, Andersen Overcome Wind in Nissan Shamrock 8K

by RICK PLATT and MIKE DAVIS

VIRGINIA BEACH, Va., March 17 — Three constant themes were repeated over and over by the record 5150 competitors in the 18th Annual Nissan Shamrock Marathon and 8K events — wind, heat and humidity.

How bad was the wind? The weather service reported 25 mph winds, gusts to 43 mph. Race director Jerry Bocrie said "the motorcycle policeman said he had a hard time staying up, and called the conditions "absolutely horrible, the worst in the history of the race.'"

Newstands were blown over. There was a 3½-hour traffic jam when the winds blew a bolted sign onto the Virginia Beach-Norfolk Expressway.

Those who wore contacts suffered the most pain. Sand, dirt, litter and other debris swirled around the runners' faces. Tim Barton, 48, said he ran nearly blind for five miles, using mainly his hearing for navigation. He had worn sunglasses, but not the wrap-around type, and the blowing sand scratched his contacts beyond repair.

After struggling in with a time of 5:04:29, Barton needed an hour of treatment in the first-aid area to recover his sight.

Bill Rodgers broke away from Ken Hamilton of Canada and Domingo Tibaduiza, a Colombian living in Tampa, Fla., at about the 3-mile mark of the 8K race to win the masters title in 24:26.

"It was a very tricky race because of the wind," Rodgers said. "We were all trying to draft behind each other."

Tibaduiza finished second (24:45) with Hamilton third (24:56), followed by Larry Almberg, Dave Stewart, Earl Owens and Allan Rushmer.

Gabriele Andersen of Sun Valley, Idaho, was an easy winner in the women's masters listings with an impressive 28:40. She was trailed by Kathy McIntyre (30:03), Nancy Miesczak (30:09), and Linda Banning.

The race was the first of the season in the 19-event Sorbothane/USRA Masters Circuit. The two leaders also had the top Sorbothane Cup aged-graded performances. Rodgers' mark was .9366 and Andersen's was .9058.

The team competition in the Masters 8K saw the GNATS team of Washington, D.C. (Fay Bradley, Steve Ruckert, Bob Oberoi, John Sherlock and George Myers) run a 2:18:34 (combined five fastest times) to best the Tidewater Striders team (2:22:11) of Jeff Long, Dennis LaMountain, Fred Steier, Thom Suddeth and Larry Coley.

The women's masters team winner was the Tidewater Striders (2:58:06) with Suzanne Puryear, Linda Arthur, Suzanne Stansfield, Darlene Harnly, and Sonja Whiteley.

Fox outkicked Jon Sinclair to win the overall 8K race in 23:34.

In the marathon, Clint Davis and Judy Greer won masters titles.

Over $250,000 has been distributed through the SORBOTHANE/USRA MASTERS CIRCUIT the past two years. 1990 plans to be better than ever and will again feature Grand Prix competition in 5-year age groups through age 70. The season will again culminate at the SORBOTHANE/USRA MASTERS CIRCUIT National Championship, which has been acclaimed the "greatest masters road race of all time."

For further details of the SORBOTHANE/USRA MASTERS CIRCUIT and a free copy of Masters Running '90, the official Circuit Publication, please call or write:

SORBOTHANE/USRA MASTERS CIRCUIT
Dean Reinke & Associates
400 N. New York Ave. Suite 102
Winter Park, Fl. 32789
(407) 647-2918
FAX (407) 647-0433 (include $3 for postage)

DEAN REINKE & Associates

Wilson Waige won $5000 in Naples: $1500 for his 2nd-place 8K finish, and $3500 for winning the M40-44 ICI/USRA Circuit title. Photo by Sailer, Ltd.

Schlau Takes Second Myrtle Beach Title

by MIKE DAVIS

MYRTLE BEACH, S.C. — Bob Schlau won in his second Myrtle Beach Classic 10K in three years, beating Barry Brown by an even minute, with an impressive 31:13.

The March 24 race was the second in the 1990 Sorbothane/USRA Masters Circuit.

Schlau, a 42-year-old from Charleston, S.C., pulled away from Brown early into the race and maintained the margin to the end. "The heat slowed me down some, but not much," he told Lawrence Hollyfield of the Myrtle Beach Sun News. "I could feel the heat breathing harder than me around the 3-mile mark, so I decided to pull away then. I'm not much of a sprinter, so I didn't want to have to kick at the end to win."

Brown, who is 45 and hails from Gainesville, Fla., said he was feeling the effects of not enough intense training. "I have just gotten over an iron deficiency and I haven't been able to do anything more than jog," he said. "I'm disappointed because I ran two weeks ago and did much better than this."

Linda Banning, a 41-year-old from Mt. Pleasant, S.C., moved into first place in the women's 40-44 Sorbothane/USRA Circuit point standings with her 39:06 victory. She led Anne Mansfield by 58 seconds.

Bill Rodgers, who set the course record of 30:00 last year, had another commitment and didn't make it back to defend his title. "It's too bad he didn't come back, because his name is so big, it lends so much to whatever race he's in," Schlau said.

"But I'm not too broken hearted," he said. "He did beat me before."
Sorbothane/USRA Masters Circuit Underway

Welcome Aboard: A big welcome to several new events that have joined the Sorbothane/USRA Masters Circuit since last month’s edition of National Masters News. We’re now up to 22 races which provides an even greater chance for runners from throughout the country to score points toward the minimum $15,000 season-ending grand prize purse.

July 15 - Chicago Distance Classic 20K: Rejoins the Circuit for the second year in row. Early commitment from Frank Shorter ensures a quality field.

July 22 - Arvada Fiesta Run 5K: Masters have asked for more West Coast events and the Circuit has responded with events like this one held in San Clemente, Calif. $500 for 1st should help draw a good crowd.

August 11 - Asbury Park 10K Classic: This will be Asbury’s 3rd season on the Circuit and it is a runner’s favorite — a fast and flat ocean-front run along the Jersey Shore.

September 3 - Soundtrack Main Challenge 10K: The Circuit’s first ever stop in Denver and the Rocky Mountains should attract some new faces to the Circuit.

Race Director Creigh Kelty’s knack for putting together strong fields should make this a good one.

CIRCUIT HAPPENINGS

New Zealander Rod Dixon, who will turn 40 on July 12, has lined up a series of 4 track meets starting in Oslo where he’ll attempt to break the 4-minute barrier. It appears his first U.S. road race will be August 11 in Asbury Park followed a week later at Falmouth. Rod is moving to San Francisco permanently... Fellow Kiwi John Campbell is also moving to the USA, although he’s not sure where at this time. He has separated from his wife and will attack the roads hoping to again capture the LA-Boston-NY prize bonus and numerous other purses... Tampa-based agent Luis Posso, who works with Mario Cuevas, Domingo Tbiduzyia, Victor Mora and a host of Mexicans, is very aggressive about his Stallions running the U.S. circuit. Nancy Grayson of Columbia, S.C. joined the masters ranks on April 24... Toronto’s Ken Hount, among the early leaders for “rookie-of-the-year” honors after his impressive showings at several of the early season events. No major victories yet but you’ll hear more from this teacher who spent his freshman year of college at the University of Michigan... TAC and RRCA Master Runner-of-the-Year Bob Schlu will be running the Pittsburgh Marathon this September, yet another year ago. He’s now being represented by Dean Reinke & Associates regarding his racing schedule and endorsements... Barb Fritze is fit and very again, at least running-wise. The host of Mexicans, is very aggressive about his running schedule and endorsements... Barb Fritze is fit and very again, at least running-wise. The host of Mexicans, is very aggressive about his running schedule and endorsements... Barb Fritze is fit and very again, at least running-wise.

Sorbothane/USRA Masters Circuit Point Standings

After 2 races, including the Nissan Shamrock 8K and Myrtle Beach 10K. Other races to count include:

- Charleston Marathon 8K
- Cotton Row Run 10K
- Hospital Hill Run 15-1-Mile
- Road to Good Health 10K
- Utica Bicentennial 15K
- Crinn Road Race 10-Mile
- Challenge 10K
- Myriad Gardens Run 10K
- Music City Champ. 5K

**M40-44**

- Bill Rodgers 10
- Bob Schlu 10
- Domin. Tbiduzyia 9
- Olivier Marshall 9
- Ken Hamilton 8
- Bill White 8
- Larry Almberg 7
- Mike Treise 7
- Dave Stewart 6
- Bill Peas 6

**M55-59**

- Pat Johnson 5
- Anna Moore 5
- Judy McKee 4
- Peggy Snatke 4
- Tracey Pettit 4
- Diana Pardue 3

**M60-64**

- Jim Thomas 5
- Stanley Wlataki 5
- Jimmy Davis 4
- Jim Lyons 4
- Bob Archibald 3

**W40-44**

- Betty Meneely 5
- Charles Dorton 5
- John Homer 5
- Louisa Mitchell 5

**W70+**

- Cokey Daman 5
- Samuel McNeeley 5
- Ray Grampian 4

With the Long Beach Marathon, there is absolutely no money dedicated to Masters in its $20,000 purse. Masters word if the bidding process for the U.S. men’s Olympic marathon trials will reopen.

Ohio is scheduled to host the event... $1000 to masters male and female winners at this year’s Gunner in Tupelo... Same amount to 40-and-over champs at Old Kent River 25K in Grand Rapids the same day... In its second strong comeback year is the Buffalo Marathon and Relay in Lockport... Lance Campbell is also moving to the USA, although he’s not sure where at this time.

**SORBOTHANE/USRA AGE GRADED MEETS**

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**SORBOTHANE/USRA MASTERS CIRCUIT UNDERWAY**

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Masters Scene

**National**

- Jane Dolley of Yarmouth, ME, was elected president of the RRCA for a two-year term at the RRCA National Convention in Miami, March 8-11. Dolley has served as the RRCA Eastern Director for the past three years. She is an experienced race director and VP of her local TAC association and head of her local TAC Women's LDR Committee.

- The deadline for bid applications for the 1992 TAC National Masters Indoor & T&T Championships will be September 30, 1990. Please contact Scott Thornley (address on page 2) for info.

- TACSTIS, the official TAC long distance records and rankings compiler, is moving from Miami to Santa Barbara, CA, this month, reports Basil and Linda Honikman.

**East**

- Kathy McIntyre, 40, finished second in the 1500 race for women over-30 in an AR 4:48.40 for W40-44 in the Colgate Women's Games, February 20, at Medison Square Garden. The previous record was 4:59.7 held by Linda Up ton, Robin Villa, 46, oldest participant in the final, was sixth in 5:11:80. Susan Krugstad, 31, won in 4:46.64. Four of the 200 in W30+ were masters women. Lorraine Tucker (29.08); Cassandra Clark (29.22); Jennifer Pertz (29.75); and M. Simmons McCord (29.92). Glen Marie David, 32, won in 27:14.

- Running in snow flurries, William Hart, 41, placed top M40+ (22:39) in the NYRRC Snowflake 4 Mle, Central Park, NYC, February 25. Sid Howard, 50, finished with the masters leaders with a 23:35. Kathy McIntyre, 40, was 10th woman of 432 with a 24:37. A week later on March 4, Mike Wilson, 44, won the M40 + honors (28:33) in the NYRRC Central Park 5 Mile, and Sylvia Kimche, 43, took the W40-55 crown (32:21) with a sixth place of 410 women finishers. Repeat division winners from the Snowflake race included Bill Fortune, 61, who finished in 30:18, after a 24:44 in the Snowflake.

- Edgar Sandovals (43, 1:17:21) and Gabriel Bernal (50, 1:17:48) were first two M40+ in the NYRRC Brooklyn Half-Marathon in Prospect Park, March 11. The W40+ followed almost the same script, with Laurene Jones (40, 1:27:31) first, and Sofia Turoso (51, 1:30:29) second. Elton Richardson, 51, topped all women racers with a 2:19:13. TAC masters team awards, based on top three members, went to the West Side YMCA men's trio (3:56:58) and the women's Atlanta club (4:44:47).

- First masters in the NYRRC Horoscope 5K, Central Park, NYC, March 17, were William Hart (41, 17:02) of NYC, and Sophia Oakes 44, 19:54) of NYC. The event pitied couples paired by the same astrological sign against each other. The only 40+ on a winning team was Irene Jackson (42, 19:55) who paired with Miles Finley (17, 17:15) for the Gemini title. Finishers totaled 1155.

**Southeast**

- Not all running deaths occur to older runners. Heather Childress, 11, collapsed and died while participating in the Edison Festival of Light 5K Run on February 17 in Ft. Myers, FL. "Her sudden death was due to a defect in the way her heart was constructed at birth, with a congenital absence of the left coronary artery," said Sandy Alvo, race director. Her father, Tom, is a dedicated volunteer who is responsible for composed and race results for the Fort Myers Track Club.

- Don Reid, M65, of New York, was second in the 1st place in the Maui Marathon, Hawaii, March 11. Winners overall were Gary Fanelli (4:23:40), and Jackie Walker's (5:01:57). Local masters members in the Maui Marathon were the oldest to finish: Mike Hannon 2:50:20, and Sandy Tipton 3:26:51. Sandy is the organizer for the Maui Marathon, and has a 2:56:51 best over 30.

**West**


- Fortune Gordon, three-time Olympic discus thrower, former world record holder, and occasionally masters competitor, died April 10 in Fontana, CA, at age 67. Gordon, a longtime Claremont, CA, resident, suffered from prostate cancer in his digestive tract and had been hospitalized since January after surgery. Gordon held the WR from 1949 to 1959 but failed to win an Olympic gold, finishing fourth in '52 and second in '56 to the surprising, young Al Oerter. A 38-year-old man, Gordon was once an accomplished magician, ventriloquist, and illusionist, and had done bit roles in the movies.

- Del Pickarts, M60 javelin WR holder, is recovering from arthroscopic knee surgery and spenosis back surgery, but hopes to be back in action later this year, Cards welcome at 157 Via Alegria, Ventura, CA 93003.

- The 11th Annual Tom Sullivan 10K, benefitting Vistas, for Blind Children, Inc., drew 7500 participants on March 18 to Torrance, CA. Walter Osburn (54:09) and Teresa Scott (55:22) led the masters divisions. Top times were turned in by Jim O'Neil (M50, 37:50), Eddie Lewis (MT, 45, 28), Gina Fausti (W50, 39:11), Margaret Miller (W60, 48:09), and Helen Dick (W70, 47:16).

- Race director Jim Jordan says of the L.A. Marathon, "We are not from Los Angeles read and see TV all the negative things that are his secret. We run in his home in a place, a rubber mat. No running outdoors: just running in place, indoors." An expert story! Not Necessary. The official results of the L.A. Marathon don't list the masters anywhere. Patrick Devine was the Official M60-64 winner in 3:05:46. "We disqualified Roodberg," said Nick Curt, L.A. race director, "as we did in 1988 when he didn't appear on any of the video checkups." Was the Times taken in? Reportedly because of the Times piece, Roodberg was invited to run in the Boston Marathon on April 16. Unofficial results list his finishing time as 2:56. At NNN press time, Boston race officials were examining videotapes before releasing official results. The Times may print a follow-up story. Stay tuned.

**Northwest**

- John Potts, M45, of the Birchfield Harriers broke the oldest WR for the indoor 1500m with a 4:03:69 in a heat in the British open indoor championships at Gosford, England, March 9. The former record of 4:10:4 was set in 1977 by Canadian Ed Whitlock. In the British Veterans Indoor Championships, March 31, at RAF Cosford, Potts broke the W00 WR with a 2:01:5 in a heat race. Seven other WRs were smashed, including the MV50, held by Ron Taylor (3:17) at 40.

- World Games gold medalist John Albury of Australia just turned 60 and smashed Shirley Brasher's W60 10,000 record of 43:58 by over a minute in 42:54.

**Classifieds**

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c 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.


- JULY 7 MINNESOTA MASTER SENIORS EM "X" T&T mee: SASE to: Rachel Lyza, 12263 NE, Fridley, MN 55432.


**International**

- Judy Groombridge, 50, of Seattle nabbed the Northwest Masters 15K first with a 51:22 in Seattle, March 17. First woman was Judy Groombridge, 50, of Seattle in 1:11:13.


November 27 - December 1. 12th annual T.I. Conjonviction, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46260. 317/261-0500.


June 22-23. Adirondack TAC Open and Masters Championships, Shenedehowa H.S., Clifton Park, N.Y. Jim Burns, P.O. Box 1200, Troy NY 12180. 518/273-5352.


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


May 12-18. River City Senior City Games, Evansville, Ind. 55+. Steve Parrow, 7 SE Seventh St., Evansville, IN 47708. 812/464-7800.


May 27. Wolfspark Pentathlon, Upper Arlington, Ohio. Columbus, OH. John White, 4865 Arthur Place, Columbus, OH 43220. 614/259-7370.


June 6-8. Indy Senior Classic, Indianapolis, Ind. 55+. Annie Chester, Parks & Rec., 1426 W. 29th St., Indianapolis, IN 46206. 317/296-9339.


June 14-17. Senior Games of Indiana, South Bend, 55+. Beth Keuljes, 624, N. Niles St., South Bend IN 46617. 219/333-2317.


June 16. Discount Drug Mart/City of Medina Meet, Medina, Ohio. Track Meet Office, P.O. Box 702, Medina, OH 44258. 216/725-2304.

June 17. Illinois Masters Grand Prix 2, Byron, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.


June 30. Illinois TAC Masters Championships & Grand Prix 3, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.


July 22. TAC Masters Midwest Sectional Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

August 11-12. Masters Meet, Marshall, Ont., Huns, W.V., P.O. Box 4, Box 180, Chesapeake, OH 45619. 614/867-3337.

September 3. Columbus Masters Olympics, Saxey High, Columbus, Ohio. 55+. Recreation & Wellness Office, Leo Yassenoff Jewish Center, 1125 College Ave., Columbus, OH 43209. 614/494-2731.

September 7. Wolfpack Throwing Classic, Worthington, H.S., Columbus, Ohio. Jim Pearce, 2494 Southway Dr., Columbus, OH 43221. 614/284-4606 (w).

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


July 7. Minnesota Masters/Seniors Meet, Fridley, Minn. SASE to: Racine Jorga, 12263½ W. Ne. Fridley, MN 55432.


May 26. Bruce Jenner Bud Lite Classic, San Jose, Calif. Masters events: 100 for M60, M65+, W40, 200 for M50+, 400 for M40+; 1500 for M40+. No entry fee. Eight entries in 100, 200, 400; 150 entries in 1500. Bruce Springett, 408/334-2005 (h); 408/334-8057 (c).

May 31-June 2. New Mexico Senior Olym- pics, Grants, NM 87830. 505/287-7907, ext. 20.


June 3. 5th Annual Meet of Champions, Cal State Long Beach. Hugh Cobb, 2903 Galena Avenue, Simi Valley, CA 93050. 805/527-5471 (between 7-8 p.m).

June 9. TAC Pacific Association Open and Masters Championship, Los Angeles, Calif. Los Gatos, Calif. Willie Hartman, PO Box 1328, Los Gatos, CA 95031. 408/354-5600.


August 11-12. 2nd Annual Hawaiian Inter- national Festival, 2nd Annual Masters Championship, Waikuku, Maui, Hawaii. Youth masters, marvin Thompson, 2301 Hyperion Ave., #2, Los Angeles, CA 90027. 213/688-3476.


October 6. 17th annual Club West Meet. West Santa Clara Community College, Santa Clara, Calif. No entries accepted after September 16. Club West, P.O. Box 1093, Goleta CA 93117. Lloyd Albright, 805/682-9540.

November 3-4. Palm Springs Senior Olym- pics. 50 + Ben Green, 555 N. Palm Ca- nyon Ave., Palm Springs CA 92262. 760/323-5689.

Georgia's Nancy Parker, 53, is third female masters (2:17:39) in the Rocket City Marathon in Huntsville, Ala. Photo by Jim Oaks.
**SOUTHWEST**

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


May 12. Key Largo-Pennekamp Park 10K, Key Largo, Fla. 5:00 savings bond 1st 40 m & w. SASE to Key Largo RRC, P.O. Box 2424, Key Largo, FL 33070. 305/451-4066; 451-1248.

May 19. Art Fest River Run 12K, Evansville, Ind. 1st three & m & w; $200, $100. SASE to Pat Shouldesters, P.O. Box 916, Evansville, IN 47728.


June 4. Elk River Great 10K/100 Marathon, Elkhart, Ind. Great Race X, e/o Ron Schmanke, P.O. Box 487, Elkhart, IN 46515. 219/204-1661, 226/204.


**MIDWEST**

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


**MID-AMERICA**

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


May 6. Wildflower 10K, Bristow, Okla. Masters money on age-graded basis. Chip Cooper, P.O. Box 747, Bristow, OK 74010. 918/367-5531.


June 7. 11th Annual Steamboat Marathon/10K, Steamboat Springs, Colo. Steamboat Springs Chamber Resort Assn., Inc., P.O. Box 774808, Steamboat Springs, CO 80487. 970/871-0115.


June 23. 14th Annual Grandma’s Marathon, Duluth, Minn. Scott Keanen, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

**SOUTHWEST**

Louisiana, Mississippi, Texas.


**WEST**

Arizona, California, Hawaii, New Mexico, Utah.

May 5, 6, 12, 13, 19, 20, 26, 27, 28. Legg Lake Runs, South El Monte, Calif. Arthur Martinez, 3194/949-0394.


May 22. Show of the Giants 50K, Fish Camp near Yosemite National Park, Box 52, Fish Camp, CA 95363. 209/683-7426.


**NORTHWEST**


July 1. 8K Country Cross Country Championship, Georgetown, Guyana. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana, South America.

**RACE WALKING**

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


May 12. TAC-5K, Bethany, Okla. Ron Marlett, 5716 NW 46th, Oklahoma City, OK 405/495-0180.


May 27, 13K Grand Prix, Cerritos College, Norwalk, Calif. Elaine Ward, 318th Street, Norwalk, CA 90650.

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<td>2:05.80</td>
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**Results:**

**Heat 1:**
- Roger Pierce
- Tom Smith
- John Brown
- Bill Johnson

**Heat 2:**
- Tim Murphy
- Ed Gordon
- Russ Martin
- Carl Orndoff

**Heat 3:**
- Brown
- Jim Lane
- Gene Hart
- Bill Townson

**Heat 4:**
- Timmy Shuff
- Mel Fisher
- Ray Edwards
- Bob Sargent

**Heat 5:**
- Charlie Allen
- Tyrone Carlisle
- Bob Blank
- Chuck Shank

**Heat 6:**
- Art Lindbergh
- Timmy Shuff
- Mel Fisher
- Ray Edwards

**Finals:**
- Roger Pierce
- Tim Murphy
- Russ Martin
- Carl Orndoff

**Record:**
- 2:03.37

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**Results:**

**Heat 2:**
- Tim Murphy
- Ed Gordon
- Russ Martin
- Carl Orndoff

**Heat 3:**
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- Jim Lane
- Gene Hart
- Bill Townson

**Heat 4:**
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**Heat 5:**
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**Finals:**
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- Russ Martin
- Carl Orndoff

**Record:**
- 2:04.21

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**Results:**

**Heat 3:**
- Timmy Shuff
- Mel Fisher
- Ray Edwards
- Bob Sargent

**Heat 4:**
- Charlie Allen
- Tyrone Carlisle
- Bob Blank
- Chuck Shank

**Finals:**
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- Tim Murphy
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- Carl Orndoff

**Record:**
- 2:05.80

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**Results:**

**Heat 4:**
- Timmy Shuff
- Mel Fisher
- Ray Edwards
- Bob Sargent

**Heat 5:**
- Charlie Allen
- Tyrone Carlisle
- Bob Blank
- Chuck Shank

**Finals:**
- Roger Pierce
- Tim Murphy
- Russ Martin
- Carl Orndoff

**Record:**
- 2:04.21

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**Results:**

**Heat 5:**
- Charlie Allen
- Tyrone Carlisle
- Bob Blank
- Chuck Shank

**Finals:**
- Roger Pierce
- Tim Murphy
- Russ Martin
- Carl Orndoff

**Record:**
- 2:05.80

**Section 6:**

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**Results:**

**Heat 6:**
- Art Lindbergh
- Timmy Shuff
- Mel Fisher
- Ray Edwards

**Finals:**
- Roger Pierce
- Tim Murphy
- Russ Martin
- Carl Orndoff

**Record:**
- 2:03.37

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**Finals:**
- Roger Pierce
- Tim Murphy
- Russ Martin
- Carl Orndoff

**Record:**
- 2:06.16
NYRRC Snowflake 4 Mile Central Park, NYC February 25


NYRRC Brooklyn Half-Marathon, Prospect Park, Brooklyn March 11


NYCRC Central Park 5 Mile Central Park, NYC March 4


NYCRC Hannon 4 Mile/ Central Park, NYC April 15


SOEAST

Carnival Miami Beach/RRCA Miami Marathon


Nissan Shamrock Marathons

Vermont, Virginia Beach, VA March 17

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ZOOM EXTRA — New wave shadow poly-pag and synthetic suede upper. Full length EVA silver midsole with EVA heel wedge. Solid rubber waffle stud outsole with flexible polyurethane 7-spike plate. Versatile spike for track & cross-country runners. White/Amazon Green-Clockwork Orange. Sizes: 4-13 $44.00

LONG JUMP — Nylon and synthetic suede upper. EVA midsole with negative taper. Solid rubber outsole and forefoot nylon 7-spike plate. White/Navy Blue-Red. Sizes: 6-13 $52.00

HIGH JUMP — Nylon and synthetic suede upper. EVA forefoot pad. Full-length nylon 10-spike plate and rubber outsole wrap. White/Royal Blue-Black. Sizes: 6-13 $52.00

NIKE LARGE DUFFLE BAG — Denier nylon, water resistant, front zipper compartment, side mesh shoe/wet zipper compartment, carry handle, adjustable/detachable shoulder strap. Available in Blue or Black. 22½" x 11" x 14" $24.00

NIKE SIGNATURE LYCRA SHORTS & TIGHTS — 78% Antron nylon/22% Lycra, elastic waist with drawcord, heat transfer logo on upper left leg. Flame, Blue, or Black. Sizes: S, M, L, XL. Shorts $20.00. Tights $26.00

**NEW COLORS AND MODELS**

WAFFLE RACER — Extremely Lightweight "spikeless spike" racing shoe. White/Black-Electric Green. Sizes: 4-13 $35.00

SHOT & DISCUS — Athletic mesh and suede upper. Phylon silver wedge and full-length BRS 1000 outsole. White/Blue/Black. Sizes: 6-14, 15 $52.00

**** NIKE ****

JAVELIN — Athletic mesh & synthetic leather upper. Ankle and arch support straps with 10-spike plate and solid rubber mini-waffle outsole. White/Red/Black. Sizes: 6-14, 15 $52.00

INTERNATIONALIST — Poly-pag & synthetic suede upper. EVA wedge and forefoot pad with rubber outsole and forefoot nylon 6-spike plate. Versatile spike for runners, hurdlers and vaulters. White/Blue. Sizes: 3-13, 14, 15, 16 $44.00

NIKE ZOOM SPRINT — Synthetic nylon & suede upper. Phylon silver wedge, EVA forefoot pad & forefoot 6-spike plate designed for optimal flexibility & traction. Silver/Black. Sizes: 6-13 $69.00

**** CONVERSE CLOSE-OUT SPECIALS ****

JAVELIN — Durable blue suede upper with adjustable mid-foot strap which stabilizes and secures foot. Sole is made of non-slip rubber studded material. Ten spikes in each shoe (four in heel). Blue/White. Sizes: 7-13 $38.00

HIGH JUMP — Special nylon cork forefoot spike plate attenuates shock and stabilizes the foot when jumping. Red suede upper. Eight spikes in each shoe (two in heel). Red/White. Sizes: 4-10½ $35.00

LONG JUMP, SPRINT, HURDLES — Lightweight performance shoe designed for optimal support, traction, and stability. Six spikes in each shoe. White/Red. Sizes: 6, 7, 8, 8½, 9, 9½, 10-12 $32.00

DISTANCE NYLON — Lightweight with extra cushioning designed for events with extreme or prolonged heel impact. Six spikes in each shoe. White/Blue. Sizes: 4-9½ (no 8½) $30.00

SHOT, DISCUS, & HAMMER — Blue/White suede. Sizes: 4-5½ $30.00

INDOOR — Molded rubber outsole and unique spike plate provides superb traction on different indoor surfaces. Yellow/Red. Sizes: 8-10½ (no 10) $30.00

SPRINT — A lightweight performance shoe designed for intermediate and advanced sprinters. White/Red. Sizes: 8-9½ $30.00

STEEPLECHASE — A light, cushiony shoe with open weave mesh which allows water to pass through. Blue/White. Sizes: 10½, 11 $30.00

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