640 Participants Set 28 World Indoor Records in Columbus

by JERRY WOJCIK

The Athletics Congress/USA National Masters Indoor Track and Field Championships returned, after three years, to French Fieldhouse on the Ohio State University campus in Columbus on April 3-5. In 1989, Columbus hosted the first-ever Masters Championships on a meter track and 650 entrants set 64 world records. This year, attendance was about the same, with 525 men and 115 women athletes in five-year age groups from 30 through 80 breaking, tying, or establishing 28 world and 24 U.S. records. Eighty-two meet records also fell.

Philippa Raschker, recently 45, of Marietta, Ga., posted five world and two U.S. records, ranging from the 60m (WR, 8.35) and the pole vault (WR, 2.75) to the 60mH (AR, 10.20).

Pat Peterson, W65, of Albany, N.Y., settled for nothing less than world records, with four, including the 60m (10.03) and the 60mH (14.96).

Betty Vosburgh, W60, of Atlanta, Ga., who re-wrote the record books in the 1991 outdoor nationals in Illinois, also did some heavy revision of the indoor records, with two world and four U.S. records, including the 400m (WR, 80.26) and the 800m (AR, 3:18.31).

Other record breakers might have lacked quantity but made up for it with quality. California's Stan Whitley ran a world-record, meet-best 22.70 in the M45 200m. He also won the 60m (7.18) from New Jersey's Joseph Johnson (7.26) and the 400m (51.97) over world-record holder Roger Pierce (53.98) of Massachusetts. Carol Peebles of Wisconsin broke the W70 record.

Bell Defeats Waigwa and Rono in Carlsbad 5000

by RICHARD LEE SLOTKIN

Looking more fit than he has in years, legendary Henry Rono, now age 40, said he was looking for a 15-minute effort in the Carlsbad 5000 held March 29 in Carlsbad, Calif. He missed by 18 seconds. Save your tears. Henry Rono is back!

He may have been personally disappointed, but Rono watchers can take heart. After all, the two other 40-year-olds ahead of him in this major league masters race were Wilson Waigwa, who can still compete with the elites on a good day, and Doug Bell, last year’s winner. This year’s winner, too, for that matter.

Bell is becoming more impressive every year. Last year he easily handled a serious-for-a-change Gary Fanelli. This year, his time was a bit slower (3 seconds) but the result was pretty much the same. A convincing win.

Waigwa took off fast and had the initial lead. Bell moved up with him with only two minutes on the clock. They went through the mile in 4:50 (yes, that’s sub-five in a senior citizens race) and Bell had taken a one-step lead. Last year’s third-placer, Nolan Smith, 42, was running third again, about 3 or 4 yards back. Somewhere in the distance, you could see Henry the Rono leading the rest of the parade.

Bell was anything but intimidated by the redoubtable Waigwa. He wasn’t brooding over whether he could hold off this running machine breathing on his shoulder. In fact, just before the 2-mile mark, Bell decided it was sock-Continued on page 8

International 8K Cross-Country Draws 300

by STEVE VAITONES

The International Veterans 8K Cross-Country Race kicked off the weekend of the IAAF World Cross-Country Championships in Boston, March 20. The event was added to show the interest in masters athletics and drew 300 athletes from 15 countries. The race, directed by the New England Athletics Congress with support from the Boston Parks and Recreation Department, provided an excellent prelude to the world open championships.

The race was run entirely on a local golf course, which received more snow the day before the race than had fallen all winter in Boston. The four-lap 4.6 mile course was a mix of snow, bare ground, and mud, traversing the opening 1200 meters of the World Championships course, looping back toward the start, and repeating a similar loop three more times.

Leading from the gun was 40-year-old Pierre Levisse of France. Gliding over the slick and snowy surface, the 14-time member of the French cross-country team was unpressed for the first lap and finished in 23:05, a full 1:10 gap over Charlie McMullen of the U.S. Canada’s Brian Stride was third (24:21). To put it into perspective, consider that Stride and McMullen were 1-2 in the TAC Masters 8K Champion-Continued on page 16

1991 Age Record
Book Available

The 1991 World and U.S. Masters Age-Record Book is now available.

The 52-page book features men’s and women’s world and U.S. age bests for all track & field events, age 35 and up, as of October 31, 1991.

It also includes U.S. age bests for men and women for all race-walking events, age 40 and up, as of the same date.

The price is $4.00 and it is available through NMN. Please see the form on page 25.
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AWARDS SELECTION
I am responding to a letter from Irene Thompson (April NMN). She asked why Marcia Hulse was selected W35 Athlete-of-the-Year instead of herself and wondering if the selection was based on participation in the National Masters Outdoor Championships.

Members of the Awards Committee individually vote their minds. However, given generally comparable performances on the basis of age-graded scores, most voters would give the nod to marks set in Indoor, Outdoor, or WAAVA Championships. Not surprisingly, marks set indoors are rarely superior to those in outdoor meets.

Thompson went to the 1991 Indoor and WAAVA meets. Hulse went to the Outdoor. Thompson’s 12.99 (86.3%) in Turku has the edge on Hulse’s hand-held 12.9 in NY and her 13.12 (85.5%) in Naperville. Hulse’s 62.79 (81%) in Naperville has a slight edge over Thompson’s 62.9 (80%), the fastest Thompson went to the 1991 Indoor Masters T&F Awards Coordinator Seattle, Washington

LDR AWARDS
Re TAC’s Runners-of-the-Year (Jan. NMN), 18 of the 22 selections are reasonably accurate, but four bother me.

1) TAC should provide NMN with the three best performances for each of its selections. For several awardees, no performance times were listed to support the choices, for another, one of only two performance cited was wind-aided.

2) TAC National Championship races should be used to resolve cases that are “too close to call.”

3) Since selections are supposedly based on performances during the calendar year, using data from TACSTATS which two or three months after a race, I recommend TAC selections be divorced from the established by TAC’s Masters LDR Committee.

Hulse went to the 1991 National Masters News May, 1992

RUSSIAN MEET
I want to thank Vadim Marshov and Herb Chisholm and his assistants for putting on one of the best track meets I’ve ever attended. Even though I lost half of my luggage on the way from London to Russia; had a mis-dated passport and was “il-legal” in the country for a week; pulled my right hamstring in the 400; the people were so fantastic and friendly that the camaraderie overshadowed all the negatives. All the entrants were great athletes, and we had some terrific parties following the competition.

Dr. Marion Sanchez
Hayward, California

THE JAVELIN TUBE
Here’s an idea for you javelin competitors who need a safe, convenient, and inexpensive carrying case for your javelin.

For about seven bucks and ten minutes, you can fix yourself a durable so it gives good protection to the system works just as well. If you’ve wrapped some thick layers of tape on your pole, or have a large rubber tip on the bottom end, you’ll probably need to use 2” diameter conduit instead. Measure your pole before you buy.

Those tubes are also easy to carry on top of your car or van. They’re weatherproof and don’t look too much like a missile launcher. Bill Brobst

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Four small tubes cut from a plumbing supply store and we had some terrific parties following the competition.

Bev LaVeck
Washington, DC

Marblehead, MA

Special thanks this month go to:

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Otto Essig
Tim McMullen
William Brobst
Jonathan Tobey
Richard Bowers
Kirk Randall
William Brazelton
Jerry Tainter
Elizabeth Stawlski

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Fort Worth, TX

Eleven Join NMN Sustainers

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

Four small tubes cut from a plumbing supply store and we had some terrific parties following the competition.

Bev LaVeck
Washington, DC

Marblehead, MA
THE 1992
ROCKY MOUNTAIN MASTERS GAMES

SPONSORED BY: THE DENVER TRACK CLUB
DATE: SEPTEMBER 5 AND SEPTEMBER 6, 1992
SITE: UNIVERSITY OF COLORADO, POWY FIELD, BOULDER, COLORADO

HOTEL: HEADQUARTERS FOR THE DENVER TRACK CLUB IS THE CLARION HARVEST HOUSE, 1346 TWENTY-EIGHTH STREET, BOULDER, COLORADO 80302. 1-800-545-6299. SIMPLE/DIRECT 189-99 PER NIGHT. TRIPLE/DIRECT 219.99 PER NIGHT. RESERVATION CUT-OFF DATE AUGUST 7, 1992. BE SURE TO SAY THAT YOU ARE A PARTICIPANT IN THE ROCKY MOUNTAIN MASTERS GAMES TO RECEIVE THE GROUP RATES NOTED. PRIZES AND FAMILY IN ATTENDANCE MAY RECEIVE THE SAME GROUP RATES.

FACILITIES: CHEVRON 400, 400 M, ELECTRONIC TIMING

TEAMS: ANY ATHLETE REGISTERED WITH MONTANA, UPMC, COLORADO, OR MEXICO TACAS IS ON THE ROCKY MOUNTAIN TEAM. ANYONE OUTSIDE OF THESE STATES IS ON THE ART TEAM. ANYONE EAST IS ON THE EAST TEAM.

AGE GROUPS: FIVE YEAR AGE GROUPS - MEN AND WOMEN AGES 30-39 AND OVER. DAY COMPETITION.

AWARDS: FIRST SIX PLACES IN EACH EVENT RECEIVE MEDALS. A MAXIMUM OF THREE MEDALS WILL BE AWARDED TO ANY ENTANT. ADDITIONAL MEDALS MAY BE PURCHASED FOR $1.00 AT THE DISCRETION OF THE HOST DIRECTOR.

SCORE: STANDARD MASTERS RULES, EXCEPT WEIGHT IMPLEMENTS WHICH WILL USE OLD IMPLEMENTS WHEN NEW METRIC IS AVAILABLE.

REGISTRATION: TAC REGISTRATION (STANDARD FEES) IS REQUIRED AND WILL BE AVAILABLE AT THE MEET.

ENTRY FEE: 8.00 FIRST EVENT, 6.00 EACH ADDITIONAL EVENT. UNLIMITED OPEN EVENTS, 26.00. EITHER PENTATHLON COUNTS AS ONE EVENT.

ENTRY DEADLINE: TO GUARANTEE PARTICIPATION, ENTRIES MUST BE RECEIVED OR BEFORE THE WINDY DAY PRIOR TO THE MEET. LATE ENTRIES MAY BE ALLOWED TO PARTICIPATE AT THE DISCRETION OF THE HOST DIRECTOR.

ROCKY MOUNTAIN MASTERS GAMES TEE SHIRTS: MAY BE RESERVED WITH AN ADVANCE PAYMENT OF $18.00 WHICH MAY BE SUBMITTED WITH YOUR ENTRY FEE PRIOR TO THE MEET. TEE SHIRTS WILL BE SOLD AT THE MEET AT A PRICE OF $21.00 ON A "FIRST COME FIRST SERVE" BASIS WHILE THE SUPPLY LASTS.

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SCHEDULE OF EVENTS

SATURDAY:
9:00 AM 5K RACE WALK
12:30 PM PENT. 1500 M
9:00 AM PENT. JAVELIN
11:00 AM WEIGHT PENT. DISCUS
1:00 PM WEIGHT PENT. DISCUS
5:00 PM PENT. JAVELIN

SUNDAY:
9:00 AM 100 M H.
11:45 AM PREDICT TIME RIDE
11:00 AM 100 M H.
13:00 PM POLE VAULT 6' 6" UT
14:00 PM HIGH JUMP - LOW WEIGHT
15:00 PM SHOT PUT - OPEN & 2.90 TRIPLE JUMP
16:00 PM DISCUS WEIGHT PENT.
17:00 PM POLE VAULT 9' 6" UT
18:00 PM HIGH JUMP - LOW WEIGHT
19:00 PM SHOT PUT - OPEN & 3.00 TRIPLE JUMP
20:00 PM DISCUS WEIGHT PENT.
21:00 PM POLE VAULT 6' 6" UT
22:00 PM HIGH JUMP - LOW WEIGHT
23:00 PM SHOT PUT - OPEN & 3.10 TRIPLE JUMP
24:00 PM DISCUS WEIGHT PENT.

PLEASE NOTE 7: THE SUNDAY EVENING SOCIAL HAS BEEN EXPANDED TO INCLUDE AN INFORMAL GATHERING BOTH SATURDAY EVENINGS (AT THE SIMMONS HOME 1558 BASELINE ROAD) AND SUNDAY EVENINGS (PLACE TO BE ANNOUNCED AT SUNDAY MEET). EVERYONE WELCOME. PRIZES, FOOD, DRINK AND GOOD TIMES.

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DATE:

SIGNATURE:

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9:00 AM 100 M H.
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11:00 AM 100 M H.
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PLEASE MAIL YOUR ENTRY FORM, SIGNED WAIVER, AND CHECK PAYABLE TO "DENVER TRACK CLUB" TO DAVE SIMMONS, 1558 BASELINE, BOULDER, CO 80302

FIRST EVENT $ 4.00

NUMBER OF ADDITIONAL EVENTS ENTERED $ 1.00

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ROCKY MOUNTAIN MASTERS GAMES TEE SHIRT

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Masters road racing has made great strides over the past four or five years. Without a doubt there are better prizes and more recognition for masters runners. The problem is that the only masters reaping the rewards are those in the 40-44 age division. The older age divisions are still neglected.

"There just isn't any game for them to play," says 66-year-old Jim O'Neil, one of the founders of MAAD (Masters Against Age Discrimination), referring to older masters. "Too many of the races still have ten-year age groups and aren't going high enough. The worst offenders are the most elite races."

O'Neil is optimistic, though. "Progress comes from the bottom up," he added. "I look for improvement."

But do we have to wait for Bill Rodgers and Frank Shorter to age through each division before we see any improvement? If psychics like Edgar Cayce and Ruth Montgomery through each division before we see South Pule won't really give a rip about age-class -- -- -- older masters.

"There are models are prices. The sizes and the listed -- -- below."

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No Game To Play For Older Runners

One of the worst offenders is the Boston Marathon organization. That historic event offers 10-year age divisions, the highest being 60 & over -- just three masters divisions in all.

Discouraging Older Runners

"They're discouraging a lot of people from participating," says Ken Mueller, a 55-year-old Boston area sprinter for over thirty years. "I've met are aging runners still in their upper 40s and 50s have told me that they don't race because of the 10-year age groups."

Mueller, who says that only a few major races in New England offer five-year age groups, has come to recognize that five years can make a significant difference in racing times. In the 1978 Boston Marathon, at 41, he recorded a 2:25:23. During his early 40s, Mueller was usually in the 3:10 to 3:20 range for 10K. Over the past 15 years, he has lost a little over a minute a year in the marathon and a just over a minute every five years at 10K. That one minute may not seem like much to some, but it often means the difference, at least in a highly competitive race, between winning the age group and not placing at all.

"It was tough enough trying to compete with the fast 50-year-old guys when I was 54," Mueller laments. "Every year there seem to be two or three fast runners turning 50 and moving me down a few more places. The thing is, most of them aren't running the times I was running when I was their age. It's frustrating."

Need More Age Divisions

Carl Ellsworth, a 61-year-old Northern California runner, agrees. "There are virtually no races here that have five-year age groups," says Ellsworth, referring to the San Francisco-Oakland-San Jose-Sacramento region. "As I got along in my 50s, the competition just kept getting tougher and tougher. You can almost get yourself a 10-year spread, the difference is pretty substantial. It's interesting talking to some of these guys that have just turned 50, because they're running real well and they don't seem to appreciate what the 58 and 59-year-old guys are up against."

During his early 50s, Ellsworth was regularly in the 35-36 minute range for 10K. Now, he's usually between 38 and 39-30, making him one of the best 60-over competitors in the country. Looking down the road three or four years, however, he's a little concerned. "The oldest age group in the majority of races around here is 60 and over," he explains. "Actually, there are quite a few that only go up to 50 and over. I can see that as very discouraging for runners in their late 60s and 70s. It shouldn't be that difficult for race directors to add a few age groups. I was in a position to do it when I lived in Hawaii and it caught on pretty fast. I haven't heard of any race directors there complaining that it's been a problem in administrating their races."

Until three or four years ago, Ellsworth didn't really appreciate the need for more divisions. After taking up running during his late 40s, he continued to run until around 55. He didn't want to lose his PRs, so didn't want to lose his PRs if they didn't offer the division. During his early 50s, however, his times were falling by five minutes every year until he was 50. At 70, he's usually between 3:40 and 4:00, which is quite a bit better than his times were a few years ago.

Age Adaptation Misunderstood

As I see it, it's the failure to understand this adaptation-longing relationship that hinders progress in age group competition. Many of the race directors I've met are aging runners still in the adaptation phase. Not seeing any significant decline in his or her running, the race director cannot fully appreciate the need for five year age groups. The race director is saying, "I'm still running as well as I did ten years ago."

Paul Reese, 75, doesn't hesitate to let race directors know when they are slighting him. "One of the things I tell is that it's not the award — the hardware — that interests me," offers Reese, cofounder with O'Neil of MAAD. "What does interest me is that people recognize that there are runners in these (upper) divisions and that these runners can be an inspiration to younger runners and to non runners. I also mention that not having the division makes many of us feel like we are intruders, not wanted."

According to Reese, the usual response by race directors is that the race can't afford it or there are too few runners in that division. "Those are weak arguments," Reese continues. "We're talking only $10 or so for an award, usually less than the entry fee. As for too few runners, it's the chicken and the egg argument; how can they expect to get more runners in the division if they don't offer the division?"
Write On  Continued from page 4

MIGRAINE HEADACHE CURE
In 1957 I was hit hard in the head during a football drill. The next day I went blind. Ever since, I've had migraine headaches with impaired vision.

For 35 years, I've tried everything not to experience migraines. Some medications worked, but their side effects were detrimental to my competition. For the past decade, I've simply found a dark, quiet place in which to hibernate until the worst was over. A hot soak and staying relaxed seemed to ease the discomfort.

Through the years I've recognized patterns and have learned some causes of these breakdowns. I don't smoke, drink, or eat foods that tend to bring on migraines.

For the past decade, I've simply taken a day off to let my system tell me not to experience migraines. Some medications worked, but their side effects were detrimental to my competition. For the past decade, I've simply found a dark, quiet place in which to hibernate until the worst was over. A hot soak and staying relaxed seemed to ease the discomfort.

Since January, 1991, I've never let my system tell me I'm hungry. I ate before I got the "hungry message" pumped through me.

Hallelujah! I've been migraine-free since then. I gave myself a year to be sure. I'm sure. At 5-9 and 191, I'm starting a controlled cutback — slow and careful. I can compete chubby better than migrained or medicated. So I'll continue the aspirin a day, lots of caffeine and eat often enough to not let my blood sugar drop.

Hugh Adams
Clovis, California

INDOOR PENTATHLON
Once again we wish to commend Suzanne Hopkins and her volunteer staff of officials for the well-run and officiated Indoor Pentathlon in Indianapolis in February. The facilities and hospitality were excellent.

Mr. and Mrs. D.L. Smith, Ohio
Mr. and Mrs. George Taylor, Delaware

KUDOS
I just wanted to let you know how much I enjoy your fine publication. I have been a subscriber for a number of years, and always look forward to the next issue.

I haven't been able to run for the last seven months due to a sciatica problem. Now that it's better, I'm working hard to get back down to my "fighting weight." I want to be ready for the big event this year — Norm Green, Jr. graduates into my age division.

Gaylon Jorgenson
Henderson, Nevada

Perez Wins National 100K
by RUTH ANDERSON

Despite terrible cold, wind and rain, Bob Perez, 43, toughed out a rewarding overall victory at the TAC/USA National Masters 100K Championships in Dallas, Texas, on January 18. Not only did he beat the weather, but some very stiff competition. Although a three-time National Masters 100K champion, he had to out run Charlie Trayer, 37, former open champion; Eric Clifton, the Vermont 100-mile champion; Herb Tanzer, 39, a past Western States winner; Dave Drach, the 1991 100K winner, and the leader at the last 5K, Pete Kaplan, 35.

It came down to a two-man battle during the last lap around Bachman Lake's three-mile course. Perez's margin of victory over Kaplan was 31 seconds, 7:23:49 to 7:24:20. The first masters woman was Lynn O'Malley, 41, in 9:40:34. She was followed by W45 winner Eileen Eliot (9:59:30).

Ed Jackson finished his first 100K in 11:54:17 as a celebration of his 62nd birthday. He had to settle for second M60 behind Glen Zirbel (11:32:10) in 11:33:11.

Oscar Aguirre wins the M35 800 (2:04.3), 1991 TAC Western Regional Masters Championships, Los Angeles. This year's meet will be held at Chabot College, Hayward, Calif., July 25-26.

Photo by Jerry Wojcik

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Cranston, R.I. 02920-0090 USA
FAX: (401) 944-7643

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The Turn Machine

by CLIFF BLAIR

Fifty-seven feet in the weight throw at age 60, then 61 feet at age 61 while most other throwers in the age group are struggling to break 40. What's going on... steroids, right? Wrong. Just good old Yankee ingenuity.

I started throwing in the masters about four years ago after a 30-year layoff and it didn't take long to realize that with few meets to throw in and few circles to practice on, good distance was going to be hard to realize.

I lift hard and, of course, that helps a lot, but no existing exercise duplicated the exact twisting motion of the turns, so I decided to do something about it. I designed and built myself a constant resistance turn machine — "Blair's Turn Machine!"

After only three months I threw a satisfying 194 feet with the hammer in a meet at M.I.T., some 47 feet better than Bob Backus' single-age record.

Then I had to move. I tore down the rig and junked it. Several years passed. This past July I was hit with a severe case of bursitis in my left shoulder and was unable to lift weights or even wind the hammer around my head. However, the 25-pound weight was light enough so that I could simply hold it in front of me, take two turns and throw. Then I remembered the Turn Machine. Here was a chance to document what it could do from day one!

To find out where I really stand distance-wise, I self test. I pick a day, ready myself mentally, take 6 warmup throws, then 6 for distance. Just my first test: 48 feet. It felt awful. I fell flat on my face twice. That night I took my first workout with the Turn Machine, 3 sets of 10 reps with only 15 pounds. It was all I could manage! The largest concentration of fast twitch fibers in our bodies are in the hips, yet here I was struggling with a resistance of 15 pounds! It shows how little we use that twisting motion in everyday life.

That's the bad news. The good news is that there is an awful lot of room for improvement. The next day my hips were stiff and sore. A good sign.

Workouts from then on consisted of 20 throws followed by 3 sets of 10 reps on the Turn Machine twice a week plus any lifting the sore shoulder would allow.

August 25... self test... 56 feet, 25 pounds on the T.M. September 22... 60 feet, the T.M. to 35 pounds... I am ready!

October 6... at last a meet, the Weight Pentathlon at Dartmouth. Unfortunately the weight throw was the fourth event, and I was pooping out, my nervous energy pretty well used up, but I still managed 61 feet-7 inches. We "Old Guys" aren't as decept as people like to think.

I had reached my goal for the year and stopped throwing the weight for a while but continued to use the T.M. twice a week. I was curious to discover how much distance I could retain during a layoff period while still using my invention. I knew I could lose my timing and confidence and lose strength in those key muscles that only throwing can work.

Last year I struggled to throw 50 feet at Dartmouth with plenty of workouts leading up to it.

January 12... the Dartmouth Relays... 56 feet-4 inches after a three-month layoff from throwing. Thanks Turn Machine! Just wait till next year.

What is the Turn Machine and how does it work? It would take too much space in NNN for pictures, diagrams and instructions. Any master thrower who is seriously interested is welcome to drop me a line, and I will send you do-it-yourself diagrams and instructions.

It should be very helpful for discus, shot, and javelin throwers as well.

While I had the final, more substantial version fabricated for me, the first version was easily put together using pipe and pulleys purchased from the local hardware store.

Don't bug NNN, contact me.

Cliff Blair, 129 Long Meadow Dr., Holbrook, MA 02343.

Bell Defeats Waigwa and Rono (Continued from page 1)

it-to-em time and suddenly opened up a twelve-yard lead. Then came the 2-mile mark and the clock read 9:28. When Waigwa went by, it was showing 9:32; he was losing ground. Fast.

Meanwhile, Rono was looking pretty good and was coming up on Smith. As Bell went through the first half the two 180-degree turns this course throws at its victims, he had close to a 50-yard lead on Waigwa. A few seconds later, Rono took over third as he went through that turnaround.

Masters world champion, Bell limped to the finish line in 14:50. Was he worried about Waigwa? "Yeah, I know he's been injured," Bell acknowledged. "If he's healthy, it's going to be a different story. He ran 14:09 here last year. Actually, it was 14:11 and it was good enough to beat 14 studs in the open race.

So, what happened to Waigwa? "I've been training too hard for the mile," Waigwa noted. Did he expect Bell to surge away from him the way he did him? "Oh yeah. I knew he could..."

And what does Bell think of all this? After all, in his and, their, best days, he couldn't carry Waigwa's and Rono's gym bags. When I asked Bell about this, he smiled; he actually glowed.

"Oh, it's a thrill. It's unbelievable to finish and see Wilson come in, and then Henry. I mean, Henry has six world records and, yeah, Wilson, NCAA champ... the guys I used to read about, dream about running that fast... it's almost out of my dreams..."

This is what masters running is all about, folks; not collecting a bunch of medals and trophies until they're falling off the shelves, and not walking around in 10-year-old sweats covered with TAC and AAU patches and crying about the awards structure. It's going mano a mano with a Henry Rono or a Jim Ryun and holding your own as you never could have dreamed of doing 15 years ago. That's why Doug Bell was smiling. And it came from deep inside his soul.

Last year, Janet Jordan ran 17:43 in this race and finished a distant 4th. A year later and a year older at 43, she ran 9 seconds slower, but with no Joan Colman or Shirley Maision to deal with, Jordan found herself three places better, all the way to second.

First place went to Sherri Hall. Hall did it the fun way, too: wire to wire. Jordan chased her but never could close the gap. Hall opened with a 5:26 mile and had a 9-second lead over Jordan by the finish it was 12 seconds. Did they kick in at the finish or just hang on? Almost in unison they answered, "Of course, we had a kick. At our age we always have a kick." Then, they looked at each other and broke up laughing.

And that, too, is what the masters are all about — having fun and not taking yourself so seriously that anything short of a win is cause for kicking the cat.
MINNESOTA MASTERS + SENIORS
Early Morning "R" Track and Field

ATHLETES TALENT EXTRA
Share your 1-2-3 1/2 min Song, Joke, Dance Poem....

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5 TO SUMMIT) 180 W to lovely scenic view of OL'MS

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1. EROS
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4. Prototype
5. High Jump and Put Sports competition is optional. 1/2 m to 3/4 m on the grass, 4th grade or better.
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7. After the order, "ON YOUR MARK!
8. 5 TO SUMMIT) 180 W to lovely scenic view of OL'MS

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HAPPY JULY 4TH & TASTE OF MINNESOTA WEEKEND

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"TASTE" on the Capitol grounds-Plus Evening FIREWORKS!
Racewalking Pros and Cons

A approximately 25 letters were received for and against adding a competitive walk for non-racewalkers in masters meets and championships. Some were quite long and defied extensive editing. Thank you for writing. As it is the policy of the Racewalking Section of NMN to encourage an exchange of ideas among masters racewalkers to promote a strong program, this section is devoted to readership letters and my summation of the ideas presented.

NEW JERSEY PERSPECTIVE
I speak as a senior NJ-TAC age group champion (M55), and a racewalker for 3½ years. In that period, despite the fast-increasing numbers of fitness walkers in our area, I have seen no change in the numbers of racewalkers. Obviously, some changes must be made to attract more participants.

Availability of races is not a problem here. Many of our area road races include RWing divisions, but this may not continue for long without an influx of fresh competition. No, the real problem is one of perception by the fitness walkers that RWing is too strictly regulated so that they consider walking may not be acceptable.

To alleviate this fear, and at the same time to relieve the concern of senior racewalkers who no longer have the flexibility to maintain the perfect straight knee, it will be necessary to either relax or modify the bent knee rule.

I find it strange that of the two RWing Rules, the one most liberally construed is the Contact rule. Because the eye is not quick enough to cope with "speedwalking" and racewalking. Actually, if one thinks about it, both terms are oxymorons, and since speed is a requirement of racing, the terms are also synonyms. Forget the separate terms and it will be of great interest to see how this works out.

TAC IS FOR SERIOUS COMPETITORS
The Masters RW program is part of Masters T&F governed by TAC. In order to stay within the Masters TAC program, we must abide by TAC Rules. We cannot clog the track with untrained walkers or "regular" walkers. We will not solve anything by telling walkers that they can race, but not as racewalkers. No one appreciates the need to abide by the TAC RW rules governing the race.

Program, and the necessity of upholding the TAC RW rules governing the sport. They are concerned with the public's perception of two different types of competitive walks, and it will be of great interest to see how this works out.

In summary, it is my opinion that the number of arguments "for" having another form of competitive walk available at masters meets and championships should not be as many as the number "against"; however, and this is a big however, the number of letters were as equally divided. There are many walkers who want to compete, but cannot abide by the presently worded racewalking rules. There are also masters living in areas of the country without competent RW judging who can more easily find uncertified personnel to penalize running in walks.

SUMMARY
The arguments "against" are concerned with maintaining the status of the racewalk as part of the TAC T&W Program, and the necessity of upholding the TAC RW rules governing the sport. They are concerned with the public's perception of two different types of competitive walks, and it will be of great interest to see how this works out.

In summary, it is my opinion that the focal point of change in TAC RWing must center around the Rules, and until such time that the Rules are made more lenient for masters, a second type of competitive walking event has a proper place in non-TAC meets and championships.

DEADLINE
NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before due date of issue. Send to National Masters News, P.O. Box 2122, Van Nuys, CA 91404.
Clark, Harrison First Masters in Hampton Half-Marathon

Roger Clark, 47, Vienna, Va., won the masters men's title with a 1:13:22 in the Pomoco Group/Hampton Coliseum, Hampton, Va., February 9. Thomas Bernard, 43, Hayes, Va., finished second in 1:13:32. 1972 Olympian Jeff Galloway, 46, Atlanta, Ga., the featured speaker at this year's race, was third in 1:13:56.

First masters woman was Donna Harrison, 40, Virginia Beach, Va., with a 1:27:36, who unseated masters champion Joyce Ploeger, 48, Norfolk, Va., 1:28:41. Nancy Gilluly, 42, Washington, D.C., was third, 1:29:12.

Karen Stronach, 52, of Hampton, ran a 1:33:38 to win the W50 + crown.

In the adjunct 5K race, Frank Wagner (53, 17:27), Richmond, Va., and Rachel Ellenson (40,20:47), Newport News, Va., were the top masters.

Among the 682 finishers in the half-marathon and 277 in the 5K was Road Runners Club of America president Jane Daley, a masters runners, of Yardmouth, Me. The longer race was the RRCA Eastern Regional Championship.
Painful Metatarsals

Q. I'm a 57-year-old runner who's been experiencing severe pain in the second and third metatarsal regions of both feet. If I push the spot back and forth, I feel a slight shift — sort of like a "click." One doctor I went to gave me a vague diagnosis and said maybe my tendon needed a little "nicking" so that my toes would drop lower and lessen my pain. A second doctor thought it might be a neuroma, and suggested surgery. What's your "third" opinion?

A. It sounds like your condition may be a combination of both ailments.

A neuroma is an entrapment of a nerve either between the metatarsal bones or the toe bones of the foot. In severe cases, the nerve may become irritated or swollen, which causes the sharp pain you seem to be experiencing.

The most common area for a neuroma formation is between the third and fourth metatarsal head. In some cases, the neuroma may even move around, which would account for the "clicking" sensation you describe.

With a high-arched foot such as yours, the dropped metatarsal condition is also very common. It usually involves the formation of a hammertoe in the area, and you may experience a "clicking" sensation as the tendon rubs across a bony prominence.

Although x-rays will not show the formation of a neuroma, they will help to diagnose the hammertoe condition. In mild contractions, the use of a "nicking" procedure will reduce the upward pull of the tendon, and perhaps lessen the pressure on the nerve.

If this fails, you should treat the neuroma condition. Treatment ranges from a metatarsal lift to surgical excision of the growth.

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Athletes Who Enter a New Division This Month, May, 1992

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<th>Athlete (Residence)</th>
<th>Birthdate</th>
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<td>Ray Allen (San Francisco, CA)</td>
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<td>Rebecca Bailey (Springfield, IL)</td>
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<td>Linda Cape (New York City, NY)</td>
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<td>Linda Cherep (Salt Lake City, UT)</td>
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<td>Gertrude Creston (Eugene, OR)</td>
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<td>Daphne DeMille (Los Angeles, CA)</td>
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<td>Richard Wright (Los Angeles, CA)</td>
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650 Participants Set World Indoor Records

Continued from page 1

400m world record by 11 seconds with a 1:45.03. Dottie Gray of Missouri lopped 34 seconds from the W65 800m world record with a 3:30.74, and 29 seconds from the U.S. 1500m record with a 4:06.05.

Additional noteworthy track records came from Jim Sutton, M60, 1500m (WR, 4:43.44; Molly Turner, W55, 3000m (WR, 11:45.94); Tom Patsalis, M80, 3000m RW (WR, 11:45.94); Larry Colbert, M60, 200m (WR, 20.20); Leonore Mcalpin, M65, 800m (WR, 2:17.09); and Viisha Sedlak, W40, 3000m RW (WR, 11:45.33).

Field event world-record breakers included Carol Johnson, M80, of California, with a fine 2.60 pole vault; Washington's Leon Joslin, M80, shot put (9.27); and Bernice Holland, of Ohio, W65, shotput (8.57). American field-event record setters were Patsalis, triple jump (9.75); Richard Lee, M55, shotput (13.35); Lucy Brobst, W55, triple jump (11.11). Top performances in the weight throw were turned in by Pennsylva­nia's M30 Mark Heikell (35-1.2, 16.26) and M60 Cliff Blair (25-11.2, 16.78) of Massachusetts. The 56-ib. weight, rarely contested in a championship meet, drew good fields, with George Matthew, M45, of Washington, outdistancing everybody (9.78), and Joan Grissom, W50, of Indiana, topping the five women throwers (4.29).

As expected, most of the exciting races came from the middle distances. M40s Ken Popejoy of Illinois and Nolan Smith of California staged two of the best finishes. On Saturday, Popejoy (4:01.59) defeated Smith (4:03.55) in a tactical race. On Sunday, Popejoy had to sprint to a U.S. record 1:57.03 to hold off Smith (1:57.14). After the 800, Popejoy said, "It was a spectacular competition. My intent was to go after the world indoor record, but a 58 400 told me it wouldn't happen. My upper body was tired, and the 58 second last 400 in the 1500 caught up with me. When Smith caught me with 100 to go, I was determined to hold form and win. He is a great competitor, and we pushed the best out of each other."

Goodbye, Columbus — Afterthoughts On The Indoor Nationals

by JERRY WOJCICK

On April 5, after the National Masters Indoor Championships in Columbus, Ohio, I flew to Minneapolis, the connecting point for Northwest Airlines flights west, with Bob Sager, spokesperson and observer for the 1993 Indoor Championships bid from Bozeman, Mont.

I asked what he thought of the meet. We both agreed that the roomy French Fieldhouse with its six-lane Chevron and Grass-Tex surfaces was top notch, and that the officials, numerous and knowledgeable, made the meet a success. The proximity of the meet headquarters Holiday Inn, across the street, was a plus.

At the meet, Andrew McNeill, a competitor and meet director from Pittsburgh, said that he wouldn't mind if the championships were held every year at OSU. Later, when I mentioned McNeill's comment to Meet Director Jim Pearce, he responded facetiously that permanency would probably result in several boozes, Mont.

On the minus side, Sager noted that the entrance and finish line were in the same area, making for congestion. I said that this was one of the concerns the meet director. Sager pointed out that some participants mentioned the lack of massage/training tables and sales booths (shoes, apparel, etc.), which surprised me somewhat. Even though most track venues require approval or a license to retail, it is permitted on a small scale.

We agreed that the P.A. system was inadequate, typical of university indoor tracks. I told Sager of the complaints by weight throwers that the outdoor ring was dangerously slippery on Saturday. It had snowed that morning. He said that the Montana State U. facility in the Bozeman proposal has indoor weight rings.

On landing, we parted amid the hoopla of the NCAA basketball championships finals, being held on Sunday at the Metro-Dome.

In addition to rounding up the officials, Meet Director Pearce had to recruit a cadre of coordinators. Mary Croston, an associate meet director, was in charge of all the meet's paper work. John White, a veteran director of track and LDR championships, served as the meet's referee. Ron Althoff and Dale Studbaker coordinated the officials. Nancy Kenney, head typist, brought her Macintosh and did a superb job of printing the results with the assistance of Leah Biscoti.

The Columbus-based Wolfpack TC provided much support, with the help of the Ohio TAC.
Masters Track & Field Committee Meeting

The Masters Track & Field Committee met on Saturday, April 4 in Columbus, Ohio, during the 1992 TAC Masters Indoor Championships. Forty-two people attended. Barbara Kousky, Masters T&F Chairman, presided.

1992 National Indoor Championships

Athletes generally felt this year's meet was well organized. Richard Lee expressed the common feeling that there was a lack of proper medical staff. Only student trainers appeared to be at the meet. One competitor had a slight seizure on day one; several others had various injuries on day two. The new TAC contract specify medical attendance be mandatory at national championships. Meet director Jim Pearce asked that those interested in participating should write to him at 2449 Southway Drive, Columbus, OH 43221.

1992 National Decathlon/Heptathlon

The entry form for the 1993+1994 National Indoor Championships was published in the April issue of NMN. The meet will be held in Jalapa, Mexico on August 19-23. Included will be a pentathlon for women and men. There is no housing in the hotel, so athletes are responsible for finding their own housing. Several masters indoor events are planning tours. See ads in NMN.

1992 National Weight Pentathlon

Ken Westhake, Seattle Masters AC, presented a bid for the 1992 National Weight Pentathlon for the Labor Day weekend (September 5-7), with an optional international non-championship pentathlon. A weight throw competition. About 100 throwers are expected. Conflict with the WAVA regionals.

1994 National Indoor Championships

The bid had been awarded to the WAVA North American Regional Championships, published in the April issue of NMN. The meet will be held in Jalapa, Mexico on August 19-23. Included will be a pentathlon for women and men. Those interested in participating should write to her (address on page 2).

Regional Relays

New York City were the runners-up. They are the champions. There is no housing in the hotel, so athletes are responsible for finding their own housing. Several masters indoor events are planning tours. See ads in NMN.

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When Does One Become a Veteran?

Recently there has been some confusion in certain countries with regards to the Veterans qualifying age. As you know, at the General Assembly in Turku, once again there was a proposal put forth to change the Veterans age group to the year of the race rather than the date of the race.

Since its inception, a majority in WAVA has favored the qualifying age being 40 years for men and 35 years for women on the date of the race. If the year-of-the-race rule is one day approved, all records, publications and track and field data compiled over the years would be rendered useless, since it would be inaccurate.

My reason for bringing this to your attention is that the Belgian Federation has taken it upon itself to change the ruling. As a result, Belgian athletes are qualified veterans at 38 years and 10 months. However, they are not given the same Veterans status in regional WAVA championships. This scenario can only cause further tension between runners as to whether or not they are rightfully participating in a championship.

Although the vote passed by a slim margin at the General Assembly in Turku, it was, nonetheless, a majority vote done in a democratic fashion. Perhaps there are quite a few delegates who were not fully aware of the impact and significance that such a change would effect. The amount of work done over the years compiling records and data based on the present ruling is not something to be taken lightly.

I call upon all WAVA delegates to give careful consideration to this rule before deciding upon a change.

Sandra Kiddy set a new world W55 100K record with a 8:42:36 in the World Cup 100K, Palamos, Spain, February 16.

Ray Feick, 59, at the 1991 TAC/USA National Masters Pentathlon Championships, hopes to be a top contender in the 1992 pentathlon championships, held along with the National Masters T&F Championships in Spokane, Wash., August 13-16.
International 8K Cross-Country Draws 300

Continued from page 1

ships in November.

For the women, Liberty AC's Rita Cecil, 36, a Canadian citizen living in North Reading, Mass., was first across the line with a 27:06, and led a Canadian trio to the only national team title not taken by the U.S. dominated race. Pam Riley, 37, of New Zealand, was second (27:53). First U.S. woman was Janet Jordan, 43, Portland, Ore., in 29:36.

A few of the 274 finishers were lapped on the course. All runners ran the race in the intended spirit - a fun event with spirited rivalry. The comment "Hey, it's cross-country" was the response by athletes to any problems with the course.

Scoring was kept on both an international team and club team basis. Local clubs Greater Lowell Road Runners (W40+), Boston RC (M50+), and Boston AA (M50+), took honors, as did the Liberty AC (W35+, W40+, W50+).

Singapore Quits 1995 World Games

The city-state of Singapore, which was chosen by WAVA delegates last year in Finland to host the 1995 WAVA World Veterans Athletics Championships, has bowed out, citing "complications."

In a letter to WAVA President Cesare Beccalli, Joseph Yan Kok Peng, President of the Singapore Association of Veteran Athletes, wrote:

"Due to countless unforeseen circumstances, we regret very much to inform you officially that we have decided to withdraw our bid to organize the World Veterans Athletics Championships in 1995."

Hari Chandra, WAVA delegate from Asia who lives in Singapore, told NMN there were problems even before the bid was made.

"Prior to our bid in Turku, the Singapore Amateur Athletic Association (the national governing body for open athletics) told us to withdraw the bid," Chandra told NMN. "They said there were too many logistical problems. But we felt we could do it, and went ahead with the bid."

Turnbull Sets Six World Records

New Zealand's Derek Turnbull, truly one of the most amazing veteran athletes in the world, turned age 65 last December 5 and has set six new world age 65-69 track records this year already.

The Invercargill sheep farmer began his incredible string of new marks on February 8, covering 3000 meters in 9:47.4, destroying the old mark of 10:10.2, set by Australia's legendary John Gilmour eight years ago. Turnbull's time was a phenomenal 101.3% on the WAVA world age-graded tables. Gilmour's mark had been the age-graded standard, and Turnbull's demolishing it by 23 seconds indicated the age-graded tables may have to be rewritten.

Turnbull's second world mark came on February 29 with a 4:56.4 for a mile; lowering the old record of 5:05.61, set by Australia's Jack Ryan at the WAVA World Veterans Championships in Melbourne in 1987. Turnbull's age-graded percentage was another breakthrough 101.1%, and is the first time a man over age 65 has broken five minutes for the mile.

Then, in the New Zealand Veterans Track and Field Championships on March 13-15, Turnbull set four more new world standards. On the 13th, he covered 5000 meters in 16:38.8, an unbelievable 65 seconds under the old mark of 17:43.4, set by Ryan at the WAVA Championships in 1987, and a disbelieving 102.0% age-graded effort.

The next day Turnbull obliterated the 1500 WR with a time of 4:39.9, less than two seconds under Ryan's record of 4:41.82, also set in Melbourne in 1987. This time, Derek earned an age-graded rating of "only" 99.3%.

On the 15th, he broke his fifth and sixth world marks with a 2:17.8 in the 800 and a 34:42.8 for 10,000. His 800 time lowered Australian Jack Stevens' 10-year old mark of 2:20.5, and was a 98.3% effort. His 10K performance demolished by over a minute one of the oldest records on the books - a 36:03 set by Sweden's Tedde Jensen 20 years ago — and was a mind-boggling 101.7% on the age-graded scale, a full 35 seconds under what had prior been considered the ultimate in performance for a 65-year-old man.

Peter Mundle, world and U.S. veterans record chairman said Turnbull's incredible string of performance is one of the most impressive in the 25-year history of masters track and field."

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City State Zip

Derek Turnbull

Victor Sailer/Agence Shot
M40 Tony Simmons broke one of the longest-standing veterans records on March 29 when he sliced 23 seconds off Mike Barratt's 18-year-old lap mark in the Thames Valley Harriers popular course. The race was won by Steve James, who finished second for the fourth consecutive year with a 3:26.4.

At the Scottish Indoor Championships, Harry Tempian, 67, of Castle Douglas, set a new British M65 record in the 400 at a 6.66. Jimmy Todd, who turned 70 in December, had three indoor age-group wins in the 800 (2:34.2), 1500 (5:13.1), and 3000 (11:22.4).

On March 15, Jon Wigley, 41, finished first in the BVAF National Cross-Country Championships at Pentwyn, Wales. Wigley ran a 30:29, followed by Peter Banks (30:42), and Dave Lockley (30:44). The men's 50 division was won by Tynedale runner Roger Higham (32:42) over Steve James, who finished second for the fourth consecutive year with a 3:26.4.

Four world age-group records were shattered at the third running of the World Cup 10K in Palamos, Spain, on February 16. Spanish Domingo Catalan set a new world M40 mark of 6:30:37 over the hilly single-loop course that wound through the rural countryside some 100 miles north of Barcelona.

Joining in the record-breaking spirit were Germany's Sigrid Lomsay (W50, 8:09:04); Sandy Kiddie of the U.S. (W55, 8:42:36); and Frenchman Max Courtillon (M65, 8:55:20).

Capturing age-group titles on this picture-perfect, cool day were Stephen Moore of Great Britain (M40, 6:43:52), Lukas DeGroot of Belgium (M45, 6:55:23), and France's Nicole Duchemin (W45, 8:28:17).

Germany edged Spain in the men's team competition, 20:23:20 to 20:24:45, and swept the women's team contest in 24:40:05.

Overall winners were Russians Kostantin Santalov (6:23:35) and Nina Bagmanova (7:44:37). Masters age categories at 35 for women in 5-year age-groups to 55+: men started at 40 and ended with 60+. Prizes were awarded up to 10th place overall for men; 5th place for women. The organizers announced that 34 women out of a total of 289 finished the race.

Statistics were somewhat dubious. The program listed over 500 "participants," which included me (the U.S. women's team manager) and Howard Palamarchuk (the U.S. medical staff person). We were assigned the arbitrary ages of 32, and both of us were given times of 8:30:00 for 100K. PR times! How I wish for a time like that.

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**WAVA/TAC Hurdles and Implements Specifications**

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**IMPLEMENTS**

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Financial Survey

How should the funds received by WAVA and the masters committees of TAC be spent?

WAVA's revenues in 1992-93 will surpass $100,000. More than half of that will come from the $15 fee which each athlete pays to enter the World Veterans Championships. In 1992, the two TAC masters committees (T&F and LDR) will each receive $22,500; some of which comes from the $8 to $12 each U.S. master athlete pays annually to TAC.

The WAVA Council will approve a 1992-93 budget when it meets on May 21-25 in Japan; TAC approves its budget at its annual convention in December.

In your opinion, how should the money be spent? Please mark in order of priority (1.2,3, etc.).

- Postage, phone, fax expenses of officers.
- Travel by officers to important meetings.
- Subsidies to regional and national programs.
- Subsidies to deserving athletes to attend world and national championships.
- Communication to affiliates, clubs and athletes.
- Build up a savings account.
- Gifts and entertainment for organizers of world and national championships.
- Lower the fee paid by each athlete.
- Subsidies for compiling records.
- Subsidies for compiling rankings.
- Develop a how-to book for meet and race directors.
- Periodic questionnaire of athletes.
- Hire an administrative/marketing director.
- "Other"

Comments

Thank you for your opinion. The results will be made known to the officers of WAVA and TAC, and published in NMN. Please clip and send to: Survey, NMN, P.O. Box 2372, Van Nuys, CA 91404.
Masters Health and Fitness

by CARL V. FLOWERS II, O.M.D., L.Ac.

Plantar Fasciitis

One of the most common foot injuries affecting masters athletes is plantar fasciitis. The plantar fascia is actually a ligament on the bottom of the foot attaching to the heel and fanning out to connect to each toe. When this ligament becomes irritated or torn, it creates inflammation and the condition known as plantar fasciitis.

There are several causes of this condition, some structural and some equipment-related. The structural causes include: 1) sudden turns, changes in training intensity, or any additional pressure on the arch creating tears or strains in the arch; 2) excessive pronation, which places pressure on the fascia; and 3) high arches, which also place additional stress on the fascia. Equipment causes relate to shoes and include shoes with stiff soles; or shoes that are too tight.

Most of these problems develop over a period of time rather than in one instance. Masters athletes may become particularly susceptible as they age because the ligament can become less flexible and weaken, allowing the arch to drop and thereby increasing the strain on the area.

The pain of plantar fasciitis is generally at the edge of the heel, although it can radiate toward the toes. To locate the area of pain, flex the toes back and press around the arch until a point of extreme pain is found. If the ligament is badly torn a piece of bone may tear away from the calcaneous or heel bone, creating a bone spur. Rest is the initial treatment along with ice and contrast baths. If shoes are suspected as the cause, get a new pair. If the foot has a high arch or pronates excessively, orthotics or arch supports may significantly alleviate the problem.

In Chinese medicine, heavy training and aging drains the kidney energy, particularly the yang energy of the body. The yang energy is the active or movement portion of energy in Chinese medicine. As the kidney meridian traverses this area of the foot, a weakening of this energy can make a person more susceptible to this injury. One way to tell if this may be the case is to feel the inside of the knee. If it feels cooler than the surrounding area, this energy deficiency may be present and treatment should be sought from a qualified acupuncturist. This may be done preventively to improve overall training as well as when a problem exists.

As plantar fasciitis pain is usually worse when first arising and frequently improves with initial motion, the homeopathic remedy Phus Tox is strongly indicated. This is also the case if the pain worsens after some time into the activity as in 30 minutes into a distance run. 30X or 15C is a good potency to use in acute situation taking a dose every hour until symptoms improve, then cutting back to 3-4 times a day.

Acupressure on tender areas around the heel and at Kidney 1 can be effective to increase circulation and relieve pain. Kidney 1 is located in the depression behind the ball of the foot between the 2nd and 3rd metatarsals. As with all injuries, treatment should begin as soon as possible and particularly in this case, delay can make the treatment much less effectively and more time consuming.

Dr. Flowers is a masters long jumper and acupuncturist practicing in Santa Monica and Irvine, Calif.
New Age-Group Records Compiled

In this issue are new world and U.S. five-year-age-group track and field records for men and women age-35-and-up. The marks are those compiled and approved, as of April 15, 1992, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track and Field Committee of The Athletics Congress (TAC), both headed by Records Chairman Peter Mundle.

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

Records Section

Masters Age Records

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record

TRACK OR ROAD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record, in support of which the following is submitted:

Date of Birth

Age-Group

Full Name of Competitor(s)

Name of Stadium

Name of Field Judge

Date of Meeting

Distance or Height

Event

Signature

WIND GAUGE (LONG JUMP)

I hereby certify that the determination of wind speed in direction of running was ___________ metres/sec.

Name of Operator

Signature

RESULT OF COMPETITION

The times were as follows:

1st

Time

Name

Signature

2nd

Time

Name

Signature

3rd

Time

Name

Signature

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record

FIELD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record, in support of which the following is submitted:

Date of Birth

Age-Group

Full Name of Competitor

Name of Field Judge

Date of Meeting

Distance or Height

Event

Signature

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Shod/Discus/Hammer/Javelin used in the record claimed has been examined by me and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. Further certify that the implement used weighed ___________ pounds.

Name

Signature

FIELD JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. specifications.

Distance or Height

Name of Field Judge

Signature

distance runnning and race walking.

EXPERIMENTAL OFFICER'S CERTIFICATE

I hereby certify that the establishment of the automatic equipment timing device used was the official time.

Name of Field Judge

Signature

WIND GAUGE

I hereby certify that the wind in direction of running was _________ metres/sec.

Name of Operator

Signature

NOTE: A copy of the Results Card must be included with this application.
### Men's World Five Year Age Group Records

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<td>Ben Johnson (CAN)</td>
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### 5000 METERS

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### Shot Put

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**Notes:**

- Records compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of April 15, 1992.

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**WORLD TRACK & FIELD AGE-GROUP RECORDS**

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of April 15, 1992.

**National Masters News**

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**Record Breakers:**

- Men's World Five Year Age Group Records
- 100 Meters: Donald Quattrilier (AUS)
- 200 Meters: Pietro Mennea
- 400 Meters: George Rimbault (CAN)
- 600 Meters: Ben Johnson (CAN)
- 800 Meters: Alan Wells (GBR)
- 1000 Meters: Bruce Tulloh (USA)
- 5000 Meters: Donald Quattrilier (AUS)
- 10000 Meters: Pietro Mennea
- 15000 Meters: Donald Quattrilier (AUS)
- Mile: Donald Quattrilier (AUS)
- 800 Meters: Donald Quattrilier (AUS)
- 1500 Meters: Donald Quattrilier (AUS)
- 2000 Meters: Donald Quattrilier (AUS)
- 110m Hurdles: Donald Quattrilier (AUS)
- Long Jump: Donald Quattrilier (AUS)
- Shot Put: Donald Quattrilier (AUS)

---

**Top Performances:**

- Long Jump: Donald Quattrilier (AUS)
- Shot Put: Donald Quattrilier (AUS)

---

**Best Performances:**

- Donald Quattrilier (AUS)
- Pietro Mennea
- George Rimbault (CAN)
- Ben Johnson (CAN)
- Alan Wells (GBR)
- Bruce Tulloh (USA)

---

**Additional Records:**

- 3000 Meters: Donald Quattrilier (AUS)
- 5000 Meters: Donald Quattrilier (AUS)
- 10000 Meters: Donald Quattrilier (AUS)
- Mile: Donald Quattrilier (AUS)
- 800 Meters: Donald Quattrilier (AUS)
- 1500 Meters: Donald Quattrilier (AUS)
- 2000 Meters: Donald Quattrilier (AUS)

---

**Correction:**

- Donald Quattrilier (AUS) has set numerous records in various events, demonstrating exceptional performance across multiple disciplines.

---

**Further Reading:**

- For complete reports and detailed analysis of these world records, visit the World Association of Veteran Athletes (WAVA) website or consult relevant track and field publications.
### Women's World Five Year Age Group Records

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<td>Erika Roett (FIN)</td>
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**Continued on next page**
## American Track & Field Age-Group Records

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee through performances verified as of April 15, 1992

### Men's American Five Year Age Group Records

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- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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JULY 5 MINNESOTA MASTERS-SENIORS — Early Morning 5k "Track & Field Entry Form this issue, Page 9.

Need Back Issues?
Most back issues of the National Masters News are available for $2.25 each, plus $1.00 postage and handling for each order. Send to:
National Masters News
P.O. Box 2372
Van Nuys, CA 91404

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.
Johnson Stars in Philly Meet

by PETER TAYLOR
HAVERFORD, PA, March 7 — Joe Johnson, 47, set the standard in the Philadelphia Masters Indoor Invitational by running 6.7 in the 55, 23.6 in the 200, and long jumping 18-8 1/4. The event, which was held at the Haverford College Alumni Fieldhouse in suburban Philadelphia, featured large fields in many of the contests, including 49 in the 55, 39 in the mile and 33 in the shot put.

Larry Colbert led the M55s with a 7.2 55 and 25.7 200. M70 Ed Matthews turned in an 8.2 55 and a 30.2 200, while Ed Cox topped the M60s (7.4, 55/28.6, 200). Don McNeill triumphed in the M35 200 in 23.4.

Louise Clark (W30, 26.8), Marcia Hulse (W35, 27.3), Sharon Osborne (W40, 28.2), and Lorraine Tucker (W45, 28.7) all turned in respectable marks in the 200.

Maryland's Ralph Penn topped 11 other entrants in the M40 400 with a nice 53.1; Larry Colbert bested the M55s, in 57.4. Other noteworthy performances included M30 Mike Pascuzzo (HJ, 6-10), M35 William Wolverton (SP, 14.72), M30 Jerry Dowdy (PV, 14-6), M65 Denver Smith (HJ, 4-4/55H, 9.4/SP, 9.93/TJ, 9.68), W70 Libby Hagemann (SP, 7.29), and W55 Anne Cirulnick (SP, 9.07).

Joe Johnson winning the M45 100 (11.31), with Clarence Ray, lane 3, second (11.49); Stan Whiteley, lane 6, third (11.51); Robo Bangkok, lane 2, fourth (11.79); and Roger Assink, lane 1, fifth (11.89). TAC/LA National Masters T&F Championships. The 1992 championships will be held in Spokane, Wash., August 13-16.

Photo by Jerry Wojcik
Suddeth, Malloy Top Masters in Colonial Half-Marathon

by RICK PLATT
Masters winners in the 13th annual Anheuser-Busch Half-Marathon, Williamsburg, Va., on February 23, were Thom Suddeth, 43, Richmond, Va., and Rose Malloy, 43, Annapolis, Md. Suddeth took the M40-and-over race with a 1:15:29 over Don Slusser, 40, Monroeville, Pa., 1:16:32, and Larry White, 41, Hampton, Va., 1:16:59.

Jack Whitchomb, 55, Williamstown, Pa., set an M55-59 course record with a 1:25:45.


Karen Streanach, 52, Hampton, Va., who, two weeks earlier ran a 1:33:38, finished sixth in 1:34:49.

In a corollary 5K, John Thelin, 44, Williamsburg, Va., was third overall (17:05), and Joy Oakey, Media, Pa., won the W40+ contest in 23:14. Alice Williamsburg, Va., was third overall in a 1:25:45.

Entries in both aces were record highs, with 1875 in the long race and more than normal along the James River stretch of the Colonial Parkway.

Breezy Shamrock Romp in Central Park

by MAURY DEAN
Unless your name is Laurie Binder or Bill Rodgers, racing in New York's Central Park can be hazardous to your trophy collection. On March 15, a frantic phalanx of speedsters flew off the launch pad of the Four Leaf Clover Four Mile, doing a dizzying downhill pace until the second mile ushered in the roller coaster we all know semi-fondly. The Ides of March whipped up a few Michigandish winds for a wind chill of plus 6°, and 1400 dedicated runners knew there would be no easy trophies. Those of us who confess to seeking out the tiny secret race know full well that in midtown NYC any county champ is fair game to get skunked on age-group trophies.

The real masters duel-in-the-frozen-sun pitted two of New York's finest masters: Anna Thornhill (51, 26:06) vs. the Comeback Kid, Ann Makoske (46, 26:07) in a photo finish on 1:58:40 in the Bud Light 30K, Honolulu, October 20.

For more information, send a self-addressed stamped envelope to: Grandma's Marathon, P.O. Box 16234, Duluth, MN 55816 218-727-0947

16th Annual Grandmas Marathon Duluth, Minnesota Saturday, June 20th, 1992

Limited to 6,000 Runners

Grandma's Marathon

Winners of the Fifth Avenue Masters Mile, Michael Wilson (46, 22:47) had to settle for fourth in the hotly contested M45 race, since winner Art Hal's (22:01) last birthday cake featured multiples of five candles. Second master, Vincent Caines (44, 22:28) destroyed masters morale with a final quarter mile sprint in the 69-second range.

Bill Fortune, 63, ran an unbelievable 25:25, while 55-year-old Alan Fairbrother sizzled the fifties with a ten-second in 24:23 victory over speedy vet Ramon Ruiz, 52. Max Popper, 88, ran a 53:04.

Among other cameo star performers were Mary Rosado (42, 27:57) and ageless Vince Carnevale (75, 31:26), who won the M75 + gold with a gutsy 31:26 on a frigid, gusty day.

Before checking out, Winter 1992 decided to blast us one more time. Not only do we scampers over multitudinous mini-mountains to the faraway finish line, but then we must jog another mile or so to the hot chocolate and bagels at the Peter Yarrow Auditorium Awards Ceremony. Peter, of the folk group Peter, Paul, and Mary, was a student at the elementary school that hosts the awards.

'Twas the luck o' the Irish that all the missing race results were "Blowin' in the Wind" today, and NMN somehow got them (via a lepchaun) two months before runners will get to see them in the NYRRC magazine.
56 Marks Set in Eastern Indoor Regional Championships

by HAIG BOHIGIAN

Cornell University’s Barton Hall was the setting on March 22nd for the 20th annual Eastern Indoor regionals. Marked only by a steady snow fall beginning at 11 a.m. and lasting throughout the night, which made the drive home for most a nightmare, 176 athletes showed up to compete. With a crew of 20 TAC-certified officials from 6 regions and 12 volunteers, the meet was always on schedule.

The level of performance was awesome. Forty-two meet records were set (21 men, 20 women, 1 relay) and four meet records were tied. Three world and eight American records were set. Clearly, the best performance was by Pat Peterson, 65, who set 4 meet records (55H-9.2, HJ-3-7, 200-33.4, 400-90.7) — last two were also American and world records. Not far behind were performances by Robert “Sparks” Sorlein, 75 and Ed Lukens, 70. Sorlein won all four events he entered and set meet marks in three — 300-35.3, LJ-12-9, TJ-8.37 — the last two were also American records.


The team title races were dominated by the Syracuse Chargers in every division but the 50-59 which was won by the New York Masters, who also placed second in the overall team title.

This meet came very close to being canceled. It went to fifth contingency and hundreds of phone calls before it was locked in. Without the cooperation of the Finger Lakes Running Club, which gave up their meet on this date to replace it with the Easterns we would have never been able to secure Barton Hall of Cornell University.

We are indebted to John McMurray and Ed Hart for leadership and efforts. To Lou Duesing, Charles Cooke, and especially Bill Szabo of Cornell; whose authorizations and crews transformed Barton Hall from a volleyball and basketball gym the night before to a fully dedicated track & field facility by 10 a.m. with separate venues for each field event, no amount of thanks is sufficient. To Bill Townsend who arranged for TAC officials from Syracuse; to Emery Fisher who did the same from the Niagara area; to Dave Horne, the starter and his wife Marilyn (high jump), and Cora Parry, clerk of the course; to Evelyn White and Richard Hoebeke, as well as all the other TAC officials and helpers, the athletes are indebted to you for making the meet professionally run.

A special thanks to Pete Taylor who announced and did so many things to make the meet go well. And a very special thanks to my wife and daughter, who despite being ill, made it possible to hold the meet. The meet was to have been run with accutrack but unfortunately the machine could not be repaired — athletes were very understanding. The final figures are not yet in, but the meet lost about $900. The New York Masters along with Valian Associates have volunteered to make up the difference.

Here’s What Readers Say About THE MASTERS RUNNING GUIDE

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

—I wish I had read the book ten years ago. (I wish it had existed ten years ago.)
—Gordon Pitz, River to River (IL) Runners

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

“I generally stay away from endorsing books, but this one is worth making an exception for.”
—Jim Ferstle, St. Paul Pioneer-Press

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

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ANTEATERS MASTERS

The Dan Aldrich Memorial Track Meet

Co-sponsored by Corona del Mar Track Club and the University of California-Irvine

DATE May 21, 1992 PLACE: University of California-Irvine

Directions: 405 Freeway to Culver South to Campus Dr. Right to Bridge Rd. Use Parking Lot 6 or parking structure

Entry Fee: $10 for first event. $3 for each additional event.

Entry Deadline: Postmarked by May 16, 1992 (Late entry add $20 per athlete)

Divisions: Five year age groups. (Youngest run first)

Submasters 30-34 Division IIA 30-34 Division IVA 70-74
Submasters 35-39 Division IIB 55-59 Division IVB 75-79
Division IA 40-49 Division IIIA 60-64 Division VA 80-84
Division IB 45-49 Division IIIB 65-69 Division VB 85-89

SCHEDULE OF EVENTS

TRACK EVENTS
10:00 3000 Meter Race Walk
11:00 Steeplechase
11:30 400 Meter Relay
12:00 800 Meter Run
12:30 110 High Hurdles
1:00 3000 Meter Run
2:00 400 Meter Dash
3:00 800 Meter Dash
3:30 100 Meter Dash
3:50 1500 Meter Run (The Aldrich "Mile")
5:00 200 Meter Dash
6:00 400 Meter Hurdles

FIELD EVENTS
9:30 Hammer - All divisions
10:00 Javelin - 30-39
10:15 Shot Put - 30-39
10:30 Discus - 30-39
10:45 Discus - 30-39
11:00 Long Jump - 30-39
11:15 Long Jump - 30-39
11:30 Triple Jump - 30-39
11:45 High Jump - 30-39
12:00 Pole Vault - All divisions
12:15 Long Jump - 30-39
12:30 High Jump - 30-39
12:45 Shot Put - 30-39
1:00 Discus - 30-39
1:15 Discus - 30-39
1:30 Long Jump - 30-39
1:45 High Jump - 30-39
2:00 Pole Vault - All divisions
2:15 Long Jump - 30-39
2:30 Triple Jump - 30-39
2:45 Triple Jump - 30-39
3:00 High Jump - 30-39
3:15 Long Jump - 30-39
3:30 Triple Jump - 30-39
3:45 High Jump - 30-39

Award Winners: First three places in each event.

TO ENTER - Complete and return the following:

Athletic Release: In consideration of my entry fee, I, hereby for myself and heirs, and administrators and executors or assigns 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, sport or facility. I certify that I have no physical defects which prevent me from competing and I am my own risk.

Name ___________________________ Div. __________...
Address ________________________ City ______________________
Age 55 or 55+ ___________ Division ___________ M or W __________
Club Affiliation (if any) ___________ Date of Birth ___-___-_____
Please enter me: ________
1 _______ 2 _______ 3 _______ 4 _______
Date ___________ Signature ___________

Please enter enclosed my check for $ ______ to make payable to "Anteaters Masters"
Mail to: David Lewis, 303 Regency Ave, Corona del Mar, CA 92625, (714)457-2025.
Rose Has World Best in 8K Championships

by JERRY WOJCIK

England's Nick Rose, who joined the masters ranks in late December, smashed his world best mark of 23:31, set in February's USRA Masters Championships 8K in Orlando, with a 23:12 in the Shamrock Sportfest, which hosted The Athletics Congress National Masters 8K Championships as a separate race in Virginia Beach, Va., on March 21. Rose won $80 first masters money.

Defending titlist John Campbell, 43, of New Zealand stayed with Rose for the first two miles but faded to a 23:45.

Laurie Binder, 44, of Oakland, Calif., narrowly missed a U.S. masters record by four seconds with a W40+ course record of 27:42, worth $800. Nancy Grayson, 41, Columbia, S.C., finished second (28:08), and Barbara Flitze, 45, Erie, Pa., third (28:26).

Other division winners included Dick Ruzicka (55, 29:02), St. Petersburg, Fla.; Dudley Healy (77, 40:38), Chatham, N.J.; and Susie Klitz (55, 33:46), Winston-Salem, N.C.

Top masters in the marathon portion of the 20th annual Sportfest were Sadot Mendez (40, 2:33:25), and Jeanne Bowers (42, 3:15:35), both of Virginia.

The masters 8K drew 774 runners. The marathon had 1195 registrants; an open 8K, 709; and a 5K walk, 632. Race time temperature was 47° with the wind at 5mph.

Jerry and Lori Bocrie of Virginia Beach were the event directors.

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1992 Southern California Association Masters Track and Field District Championships and Pentathlon

Occidental College
1600 Campus Road, Los Angeles, CA - Patterson Field

June 20, 1992

Schedule of Events

Tentative Preliminary Schedule:

11:30 am L J T
12:00 pm
12:30 pm
2:00 pm
2:30 pm
3:00 pm
Field:

1:00 pm HT, PV, JT
1:30 pm LJ
2:00 pm SP
3:00 pm HS, TI
4:00 pm DT
Track:

1:00 pm 100
2:30 pm 3000
3:30 pm 3000/4000m III
3:15 pm 1500m
4:15 pm 800m
5:15 pm 400m
6:30 pm 5K run

Divisions: 5 year divs. for men and women, age 30 and above.

Entry Fee: $10.00 per event, Pent. $20.00 - Sorry, No Refunds.

Entry Deadline: All entries must be postmarked by June 13, 1992. Late entry is $15.00 for first event on space available basis only. Please enter early!

Miscellaneous: Competition order - eldest to youngest, women first, (except H & PV which start at lowest height).

TAC Registration Required.

SCATC District Championship Medals to top 3 residents, there will also be medals for non-residents who finish in the top three places. Surface: Identical to L.A. Coliseum - 9 mm elements required for track, LJ, TJ, PV, HJ - 12 mm required for JT.

Send check and entry forms to:

Christel Miller, 1740 Grandview, Glendale, CA 91201
Telephone: (818) 403-2139 (until 9 p.m.)
Please make check payable to: Christel Miller

Co-Sponsor: Corona del Mar Track Club

Southern California Association Masters Track and Field Championships

Name: ___________________________ Birthdate: ____________
Address: ___________________________ Phone: ___________________________

Male ______ Female ______ Age: ______

Event: ___________________________

Best 1991/92 Mark: ___________________________

Entry Fee: ___________________________

Club Affiliation: ___________________________

Total Fee: ___________________________

I waive all rights that I or my heirs or assigns may have against Occidental College, the Athletic Congress, and the sponsors of the event arising from any injury, illness, or accident that I may sustain or suffer participating in the event or any part thereof. I certify that I am in good health to participate in this event.

Signed: ___________________________
Date: ___________________________
NATIONAL

Yo r k Relays on May 24 are Ken Popejoy, of the weekend, won the Pub 5K, Rocky Point, NY, March 8. The spring season kick-off race on Long Island featured its usual super duels, with tens of thousands separating the battle for M40+ second, taken by Craig Staat (17:17). Joe Cordero, in his second race of the weekend, won the M50 contest (18:29) from Frank Faber (18:57). Judy Carroll (21:31) overcame a second try for a strong weekend finish once again.

Dan Brach (41, 26:34) and Ann Davies (45, 33:20) were masters firsts in the NYRRC Mike Hanson 4 Mile, Rick Pieschel, Beach, VA, overall.

Sprint world-record holder Payton Jordan, Los Altos, CA, writes: "I'm looking forward to another season with all the new tracksters and sharing the good competitions with all. I hit that 75-year milestone this year, I have thought about this will be my last competition season and plan to hang up the spikes with the youngsters and memorable races.

Shariet Gilbert, 40, was first woman (50:15) overall in the Brickyard 8.4 Mile, Martinez, CA, February 29. First M40+ Sal Vasquez, 52, was third (45:22). Mel Shine (82, 84:49) and Pickle (66, 76:39) took oldest participant awards.

Dominio Dambulana (42, 30:15) and Laurie Binder (44, 35:04) flew to 40+ victories in the Mercury News 10K, San Jose, CA, 8. Other division winners were M55+ Vann (33:27), M60+ Ephraim Ronesberg (41:20), W50+ Shirley Matson (38:20), and W60+ Joy Johnson (51:02).


The Foothill College Threw Series meets are suffering from a lack of throwers, according to meet organizer Gary Kellemson, M40+ thrower and coach at the Los Alots, CA, college, which boasts a new, IAAF-approved hammer throw cage and discus cage, one of the few in N. California. College administrators may disallow hammer throwing because of the holes in the field, which is used for other sports, claim that the sparse turnout of athletes for the meets does not merit the field's use. Kellemson says that the facilities, including a new shot put ring, would be an excellent site for a future TAC National Masters Weight Pentathlon Championships bid, but it won't be available if the hammer is banned. Scheduled meets are on May 23, July 18, and August 8 (a week before the Nationals in Spokane). Call Kellemson at 916-229-3882 for information.
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NNN, P.O. Box 2372, Van Nuys, CA 91404.

**Track and Field National**

**SOUTHWEST**

- **September 5.** TAC USA National Masters Weight Pentathlon Championships, Seattle, Wash. Seattle Masters AC, Ken Weinbel, 4103 34th Ave. W., Seattle, WA 98116. 206/332-1519 (d); 650/385-6680 (f).
- **October 3.** TAC/USA National Open and Masters 56V Weight Throw Championship, Greensville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

**EAST**

- **June 6-7.** June 6-July 14. New Jersey Senior Games, Schoolhouse Ln., Jersey City, NJ 07306. 201/685-7400.
- **September 12.** Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 34th Ft. Drive Dr., Spokane, WA 99204-5288. Phone: 509/333-3644; Fax: 509/533-4128.

**MIDWEST**

- **June 13.** Indy Senior Classic, Indiana U.-Purdue U., Indianapolis. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7009.
- **October 10.** Nashville TC Open & Masters Meet, Vanderbilt U. For entry send SASE to Randall Brady, 2709 Linamar Ave. #5, Nashville, TN 37215. 615/383-6733.
- **September 12.** Florida Track Circuit Meet. DeLand. 5-yr. age groups from 19 to 80 +. SASE to: John Boyle, POB 1824, DeLand, FL 32721. 904/322-7511.
- **September 26.** Florida Circuit Meet, Tampa. 5-yr. age groups from 19 to 80 +. SASE to: Larry Siegel, 8714 Highland Ave., Tampa, FL 33604. 813/381-8997.
- **September 5.** TAC USA National Masters Weight Pentathlon Championships, Seattle, Wash. Seattle Masters AC, Ken Weinbel, 4103 34th Ave. W., Seattle, WA 98116. 206/332-1519 (d); 650/385-6680 (f).
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**SOUTHEAST**

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

May 2. Elizabeth River 10K (RRCA National Championships). David Harrison, Tidewater Striders, 1349 Pamlico Blvd., Chesapeake, VA 23320. 804/482-5932.

May 3. May 5 Mile, Sharon Kesney, Central Ohio Lung Assn., 4427 Executive Dr., Columbus, OH 43230. 614/457-4570 or 800/592-8563 (Ohio only).

May 9. 5K. Stuart Gilbert, 612 1st Street, Grand Rapids, MI 49501. 616/771-5261.

May 9. Arts Fest River Run 12K, Henders- on, KY 42341. Peter Black, Box 916, Evansville, IN 47706. 812/424-7575.


May 14. 10K. Judge John E. Maddox, 304/243-3880.

May 17. Examiner Bay to Breakers-12K, Bay to Breakers, Box 2760, San Francisco CA 94120. 413/777-7777.

May 25. 11th Annual Pacific Sun 10K & 2.5 Mile, College of Marin, Kentfield, CA. PAC/TAC Open & Masters Championships. Pacific Sun, c/o Total Race Systems; 80 Mitchell Blvd., San Rafael, CA 94903-2028. 415/472-RACE.

May 13. Palos Verdes Marathon, George Owens, P.O. Box 153, Palos Verdes, CA 90274. 310/375-3419.


May 27. Western States 100 Mile, Squaw Valley, Calif. 96136-1186.

May 28. Gardenia 3000, Dan Ashi- mura/Gardenia Valley Runners, 1682 Western Ave., Gardnera, CA 90247. 213/324-7085.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

May 3. Lilac Bloomsday 12K, Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

May 17. Capital City Marathon. Russ Chadwick, P.O. Box 1681, Olympia, WA 98507. 206/786-1854.


**INTERNATIONAL**


June 6. Festival De Primavera 5K, 10K, 10 Mile, Rosarito Beach, Baja California, Mexico. SASE to: Finish Line Interna-...
TAC/USA MASTERS LDR CHAMPIONSHIPS 1992

5K X-C
NOVEMBER 8
COLUMBUS, OH
JOHN WHITE
4865 ARTHUR PLACE
COLUMBUS, OH 43220
(614) 455-2547

8K X-C
NOVEMBER 21
BOSTON, MA
FRED TREESLER
79 HANET ROAD
CHESTNUT HILL, MA 02167
(617) 964-7202

10K X-C
DECEMBER 6
LOUISVILLE, KY
BOB ULRICH
1806 KENTUCKY BLVD.
LOUISVILLE, KY 40205
(502) 459-6820

15K X-C
NOVEMBER 29
BROOKLYN, NY
KURT STEINER
1464 5TH STREET
BROOKLYN, NY 11210
(718) 334-3025

6K ROAD
MARCH 21
VIRGINIA BEACH, VA
JERRY BOORIE

10K ROAD
MAY 17
KANSAS CITY, MO
CHAMPIONS 10K
KANSAS CITY, MO 64111
(816) 741-2314

10 MILE ROAD
AUGUST 22
FLINT, MI
BOBBY CRIM 10 MILER
FLINT, MI 48501
(313) 235-3356

20K ROAD
SEPTEMBER 7
HUNTSVILLE, AL
JOHN BRYNNICE
P.O. BOX 1893
HUNTSVILLE, AL 35805
(205) 397-0324

HALF MARATHON
JANUARY 12
DELEON SPRINGS, FL
JOHN BOOTE

25K ROAD
NOVEMBER 14
SAN DIEGO, CA
JONI SHIRLEY
8545 LK MURRAY BLVD #223
SAN DIEGO, CA 92119
(619) 466-3049

MARATHON
OCTOBER 4
MINNEAPOLIS, MN
BRUCE HORNSTORF
15301 HIGHLAND PL.
MINNETONKA, MN 55345

50 MILE ROAD
MARCH 29
COLUMBUS, OH
JOHN WHITE

100K ROAD
JANUARY 18
DALLAS, TX
DAN BRANNEN

TAC/USA MASTERS LDR CHAMPIONSHIPS 1993

5K X-C
NOVEMBER 20
BOSTON, MA
FRED TREESLER
79 HANET ROAD
CHESTNUT HILL, MA 02167

8K ROAD
MARCH
VIRGINIA BEACH, VA
JERRY BOORIE
2308 MAPLE ST.
VIRGINIA BEACH, VA 23451
(804) 481-5090

10K ROAD
SEPTEMBER 25
OKLAHOMA CITY, OK
BETTY KROMAN
5504 N. 46TH
OKLAHOMA CITY, OK 73122
(405) 787-2151

HALF MARATHON
JUNE 20
FAIRFIELD, CT
MICK MIDKIFF
32 SUMMIT ROAD
RIVERSIDE, CT 06878
(203) 324-9423

MARATHON
OCTOBER 3
MINNEAPOLIS, MN
BRUCE HORNSTORF
15301 HIGHLAND PL.
MINNETONKA, MN 55345

50 MILE
FEBRUARY 20
HOUSTON, TX
DAN BRANNEN
40 WITHWATER CT.
HIDRISS,TX 77560
(210) 285-1551

TAC/USA MASTERS LDR CHAMPIONSHIPS 1994

5K X-C
NOVEMBER 8
COLUMBUS, OH
JOHN WHITE
4865 ARTHUR PLACE
COLUMBUS, OH 43220
(614) 455-2547

8K X-C
NOVEMBER 21
BOSTON, MA
FRED TREESLER
79 HANET ROAD
CHESTNUT HILL, MA 02167
(617) 964-7202

10K X-C
OCTOBER
MINNEAPOLIS, MN
BRUCE HORNSTORF
15301 HIGHLAND PL.
MINNETONKA, MN 55345

Fees: $10.00 (1st event), $5.00 (additional events), $75.00 for masters (80%).


前来参加的参赛者必须是本组织的成员。

奖项：冠军、亚军、季军。

费用：$10.00（第1项比赛），$5.00（额外比赛），$75.00（对于大师级比赛）。

报名截止日期：1993年1月13日（邮戳为准）。

备注：必须是本组织的成员。
**RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE**

**M50-54**

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**M60-64**

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**W80-84**

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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN**

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

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**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**

**NAME:**

**ADDRESS:**

**SEX:**

**M**

**F**

**CITY:**

**STATE:**

**ZIP:**

**DATE OF MEET:**

**MEET SITE:**

**MARK:**

**HURDLE HEIGHT:**

**WEIGHT OF IMPLEMENT:**

**CERTIFICATE**

**PATCH**

**PATCH TAG**

---

If you have betted the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5 each.) Send to: All-American Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8" by 10" certificate—suitable for framing—and a color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
**TRACK & FIELD RESULTS**

Please send requests to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than three months old. Results up to 84 days are screened (maximum 28 spaces/2½ wide) in our format receive preference. Deadline is the 10th of the month to issue date.

---

**NATIONAL**

| T/C USA National Masters Indoor Championships at Hot Springs, AR, April 3-5 |

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**American Record**

**World Record**

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**600 m**

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**50m HURDLES**

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**LONG JUMP**

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**HIGH JUMP**

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**4X800M RELAY**

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**POLE VAULT**

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Masters Meet Lubbock, Texas, March 7-8

**SOUTHWEST**

1. Tom Blossom 6.75
2. Gene Maxwell 7.06
3. Joe Thompson 7.00
4. Robert Bahn 7.00
5. Tony Matthews 7.28
6. James Vick 7.28
7. Tony Turner 7.78
8. Jimmy Weaver 8.26
9. David Fotheringham 8.37
10. Yevgeny 9.40
11. Elhynek 9.84

**CIS International Veterans Championships Moscow, March 7-8**

1. S. Koslov 7.02
2. S. Galasov 7.60
3. P. V. Shashin (Bel) 7.87
4. G. Morosanova 7.95
5. P. Voronin 7.99
6. V. Yankov (Sov) 8.11
7. V. Yankov 8.34
8. L. G. Kovalenets 8.35
9. A. Kolesnikova 8.99
10. N. Komlev 9.21
11. A. V. Moiseev 9.90

**British Veterans Indoor Championships RAF Cosford, March 21**

1. A. Rose 7.55
2. J. Shogun 7.46
3. R. Taylor 7.60
4. A. Maddings 7.65
5. J. Moran 7.90
6. S. C. Foulds 8.42
7. G. Armitage 8.47
8. J. K. Margetts 8.55
9. V. M. K. Wren 8.55
10. A. Rose 8.71

**Northwest Regional Weight Meets Results**

- Seattle, December 8: 1. Morgan Matchett 13.92
- Seattle, January 26: 1. Morgan Matchett 13.92
- Seattle, February 2: 1. Morgan Matchett 13.92
- Seattle, March: 1. Morgan Matchett 13.92
- Seattle, March 7: 1. Morgan Matchett 13.92
- Seattle, March 17: 1. Morgan Matchett 13.92
- Seattle, March 31: 1. Morgan Matchett 13.92

- Tacoma, February 1: 1. Morgan Matchett 13.92
- Tacoma, February 8: 1. Morgan Matchett 13.92
- Tacoma, February 15: 1. Morgan Matchett 13.92
- Tacoma, February 29: 1. Morgan Matchett 13.92
- Tacoma, March 7: 1. Morgan Matchett 13.92
- Tacoma, March 14: 1. Morgan Matchett 13.92
- Tacoma, April 4: 1. Morgan Matchett 13.92
- Tacoma, April 11: 1. Morgan Matchett 13.92
- Tacoma, April 18: 1. Morgan Matchett 13.92
- Tacoma, April 25: 1. Morgan Matchett 13.92
- Tacoma, May 2: 1. Morgan Matchett 13.92
- Tacoma, May 9: 1. Morgan Matchett 13.92
 Continued from previous page

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M&M-ONeil Wilson 63 1:31:17
M. Johnson 63 1:31:17
Bach Sabol 63 1:39:19
Herbert Bell 1:44:15

Tony Masters
Donna Harrison 64 1:27:36
M. Jones 64 1:27:36
Nancy Gilly 64 1:29:12
M. Michelson 64 1:30:34
Linda Galic 1:32:46
Joanne Kramer 1:34:27
Donna Roversi 1:44:07

Wally Thompson
Victoria Arnes 1:53:20

Memorial Marathon
J. Whiten 15:46:30

* Furtado Taff 15:52

10 Miler

Pereira 3:40:56

W4 M 50

International Marathon

7 Miler

O'Hare 2:51:21

Blind Mile

Bliss 2:17:35

(Triangle, McGie, Stewart, Soupcoff, Long)

5 Miler

Streeter 2:25:13

(Charlottesville, VA)

4 Miler

(Sabot, Abdul, Rappy, Epps, Byrd)

3 Miler

Cooper 3:20:17

(Point Loma, CA)

2 Miler

Kemp 4:03:22

(Bridgeport, WA)

1 Miler

Beck 4:28:22

(Charlottesville, VA)

10K

Clarke 3:48:30

(5K Commonwealth, VA)

5K

Clarke 2:48:28

(10K Commonwealth, VA)

3K

Clarke 2:28:38

(5K Commonwealth, VA)

1K

Clarke 1:48:48

(3K Commonwealth, VA)

continues on page 44
TAC NATIONAL MASTERS
TRACK AND FIELD CHAMPIONSHIPS
Spokane, Washington • Spokane Falls Community College • August 13-16, 1992

GENERAL INFORMATION
Meet Directors:
Vernie Foxxley (509-533-3644)  
Maury Ray (509-533-3631)  
FAX - (509-533-4128)

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 13, 1992 will determine the competitor's age group. Individual competition will be held in age groups of five year increments starting at age 30. Relays will be held in age groups of 10-year increments. Proof of registration with The Athletics Congress will be required from all U.S. nationals on site registration. Foreign competitors are allowed to compete, but need to provide similar proof of registration from their country's governing body. Proof of date of birth will be required from all competitors at on-site registration. A driver's license, passport or birth certificate will be acceptable documentation.

AWARDS: TAC Championship medals will be awarded to the top three U.S. nationals in each age division of each event final. Duplicate awards will be given to foreign athletes who place. Competitors will receive a certificate of participation. ENTRY FEES AND PROCEDURES: Entry fee is $20 for first event, $15 for second event and $10 for each subsequent event, pentathlon $20; and relay $40 per team (must be pre-entered). The entry fee includes a t-shirt to be received at on-site registration. Entry fees must be received by July 13th, 1992. Confirmation of entry will be sent within seven days or no later than July 20, 1992. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason. Changes after July 31 will be made only if lanes are available in existing heats.

LATE ENTRIES: The absolute final date for entries will be July 31, 1992, with $20 late fee charged and no confirmation.

ON-SITE REGISTRATION & PACKET PICK-UP: Packets consisting of number, t-shirt and updated information will be available at track site beginning Wednesday, August 12 from 9 a.m. to 6 p.m. Other meet information will be mailed with entry confirmation.

ACCOMMODATIONS: We have negotiated special housing and meal packages which are lower than normal rates. All packages include taxes. Accommodations range from economy, moderate, and superior, starting at $186 for three nights' stay. Meal packages include continental breakfasts for four days for $50, and lunch and dinner package for four days for $40. Meals, provided by Marriott, will be "all-you-can-eat," with vegetarian entrees always available, as well as seasonal, fresh fare. Separate meal prices are higher. We can accommodate special dietary needs upon request. Also, airline tickets are available at discounted prices. Time To Travel (509-533-8898, FAX 509-533-8836) can give you quotes on all air, accommodation and meal packages. Please feel free to deal with your own travel agent, however, our prices will be much lower. Special discounts will be 10 percent off land packages with purchase of air transportation prior to May 1; 5 percent off land packages only when purchased prior to May 1; and 5 percent off land packages with purchase of air transportation prior to June 1. Call to have more information sent to you.

OFFICIALS: Most officials and all head officials will be nationally or master-ranked TAC certified officials from across the United States.

ADMISSION (For Non-Competitors): $2.00 per day, $5 for three-day pass, $6 for four-day pass.

VENUE: Newly remodeled, full-depth polyurethane, 400-meter track with eight 48-inch lanes. Fully automatic timing will be used. Only 1/4 inch spikes may be used.

1992 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

(Please Print Clearly) Last Name ______________________ First Name ______________________
Affiliation/Club ______________________ M/F ______ Division ______________________
Address ______________________ City/State/ZIP ______________________ Age (On 8/13/92) ______________________

Event #1 & Best Mark ______________________ x $20 US ______________________
Event #2 & Best Mark ______________________ x $15 US ______________________
Event #3 & Best Mark ______________________ x $10 US ______________________
Event #4 & Best Mark ______________________ x $10 US ______________________
Pentathlon & Best Mark ______________________ x $20 US ______________________
Relay - Team Name ______________________ x $40 US ______________________

Individual Relay Names:

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<th>S</th>
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<tr>
<td>Extra Shirts</td>
<td>x $7 US each</td>
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TAC Registration Number ______________________ TOTAL AMOUNT ENCLOSED $ ______________________

For publicity purposes, please forward your past accomplishments (Olympics, national masters, etc.), or enclose resume, photos or newspaper clippings.

Method of Payment ______________________

Check or Money Order in U.S. Dollars payable to "Spokane Sports Unlimited."

Mail to ______________________

W, 3410 Fort George Wright Dr. • MS 3070
Spokane, WA 99204

WAIVER: I hereby declare I am in good health and properly conditioned for the competition, and declare the aged age. I absolutely relieve the National Masters Track and Field Championships Organizing Committee, TACUSA the organizing organization, Community College of Spokane and all officials conducting the meet of any responsibility for any injury, loss or damage to myself or my property which may befall me in the course of or in connection with the TAC National Masters Track & Field Championships.

Signature ______________________ Date ______________________

TACUSA is a non-profit organization whose principal objective is to foster a national championship program for physically fit athletes ages 30 and over.