Green Top Runner in National 20K

Norm Green, M55, of Wayne, Pa., raced to a sensational time of 1:08:07 in the TAC National Masters 20K Championships in Medford, Oregon on April 8. His performance earned him recognition as the best age-graded performer of the day with an outstanding 97.5% (M55 standard of 1:06:23 divided by Green’s 1:08:07). His time also broke the old U.S. M55 20K mark of 1:13:23, set by Ross Sett in 1983.

Second best age-graded time of the day was turned in by Ed Benham, M80, of Ocean City, Md. whose 1:33:55 converts to a 94.5%. Benham obliterated the American M80 record of 1:58:35, set by Paul Spangler in 1980. Said Benham after the race, "I felt good all the way and that helped me stay consistent."

A third U.S. record was set by Pat Dixon, 70, of Bend, Oregon, whose 1:46:21 broke the old mark of 1:56:49, set by Ann Clarke in 1983.

Third and fourth best age-graded times went to Pat Devine (M60, 1:17:29, 90.0%), and Mike Heffernan (M45, 1:09:33, 88.3%). Greg Solomon

Green, Benham Star in Nike Cherry Blossom

by STEVE LEWALLEN

Under ideal conditions, temperatures in the high 40s and virtually no wind, Norm Green raced to a 54:40 finish at Washington D.C.’s Nike Cherry Blossom 10-mile Run on April 2. Green’s time not only placed him first M55 by a wide margin, but also gave him top age-graded honors with an incredible 96.4 performance percentage (achieved by dividing the M55 standard of 52:42 by Green’s time).

Second best age-graded performance belonged to 81-year-old Ed Benham. His 1:13:23 past the blooming cherry blossoms produced a 95.9 performance percentage and established a new American M80 age-group record, smashing his own mark of 1:15:27 by more than two minutes.

More Than 5000 Athletes Will Compete in World Veterans Championships in Eugene

More than 5000 athletes have entered the VIII World Veterans Championships, to be held in Eugene, Oregon from July 27 to August 6.

"We expect the final total will be between 5000 and 6000," said Tom Jordan, Executive Director of the event. "We’re still opening entries."

It’s the first time the prestigious event has ever been held in the United States, and more than 60 countries will be represented. The VII World Veterans Games in Melbourne in 1987 drew 4817 participants from 51 nations.

The Championships are open to any man age 40-or-over or any woman age 35-or-over. Competition will be held in five-year age groups through age 95. Entries closed on May 1.

The event kicks off with a 10K road race on Thursday, July 27, and closed with a marathon and relays on Sunday, August 6. An international weight penaltym will be held in Eugene on August 7.
On October 8th, only the Louvre will feature more Masters than the Twin Cities.

This year's Twin Cities Marathon is the TAC Masters National Championships for men and women. Which means it's your chance to run against the best runners in your class. It also means the largest Masters purse of the year is up for grabs. So join 6,000 runners and over 200,000 enthusiastic spectators in the annual running of The Most Beautiful Urban Marathon In America on Sunday, October 8. For race information, send a self-addressed, stamped, business-size envelope to TCM, 9633 Lyndale Avenue S., Suite 209, Minneapolis, MN 55420. Then start preparing for a race that's a work of art all by itself.
6 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. Special thanks to Cliff Bedell, who donated $55.

Thanks also to:

John Clarke
Sally Strazdins
Ron Neumann

M.A. Marquard
Bob Stone

Mike Tymn (M50, 55:28), first in his age-group at the Tamanaha 15K in Honolulu, April 2. Next to him is Harold Chapson, 80-year-old record holder. Photo by Tesh Teshina

READER COMPLAINS

The reasons I delayed my subscription renewal to NMN are:

1) You have supported professionalization of running. Your articles express delight at every buck won by a master. You approve of age-equalization formulas as a means of making the rush for dough "more fair."

2) You have done little (admittedly it would be difficult) to support development of the kind of club system necessary to the expansion of grass-roots and middle-level competitive running.

3) You have acquiesced in the gradual disappearance of masters regional and national championships into the midst of giant circus races.

4) You have done little more than the popular running magazines have to publicize and encourage team competition.

What is developing is an elite road company of top masters, at the expense of the overall competitive masters movement. Opportunities to race decrease for most masters runners because big, professionally-organized races serve as showcases for the elite.

Age-graded formulas serve chiefly to enable race directors to avoid flak from older runners, while holding the number of awards down, avoiding five-year age groups, and giving out a big wad of cash, which gets publicity.

I think you are rather idealistic and have been blind to the implications of the developments, which you have backed. You have plenty of company. Bill O'Brien Oswego, New York

MORNINGS, ENTRY FEES AND DRUGS

Recent letters from Bill Bangert, Larry Stuart, and others have mentioned important issues.

1) Mornings should be free from competition for several reasons. It would not only free people for worship attendance should they so choose, but it would allow more time for travel, lie in bed or prepare for competition.

2) Let's keep the entry fee within reason. Sell T-shirts separately; we should not have to pay for advertisement. The cost of getting to meet, buying our own equipment, and taking the time to train is enough. If directors need more funds, they should look for sponsors and volunteers.

3) Drugs being used by masters? I believe it. Whenever you start paying people to win, give them advertising contracts, and they train full time, you are looking for trouble in track and field. What I see working its way into the masters program is the same thing that is contributing to the international track and field fiasco.

Evidently we forgot why the ancient Olympics was disbanded and why the modern Olympics came into being. Will we never learn from history?

Don Tavolacci Billings, Montana

NO NUDES IS GOOD NEWS

This letter is long overdue, but about a year ago, I was shocked when I looked through NMN and saw the photos of the nude bodies of a male and female. Their hairy asses were not a thing of beauty. What was your motive for showing such pictures?

I know sports attire is getting to be more indecent with every new style, but you went too far. If you can't clean up this paper, don't bother to send me another renewal notice. I'll give you another chance.

Burnis Hicks Amarillo, Texas

(We disagree. One of the assless may have been hairy, but the other was definitely smooth. The flimsy excuse we used to publish them was the annual Tetrick Trail Run, in which nudes are used for mile markers, which made them a legitimate news story. However, you're in luck. We promise not to publish anymore nudes until the next Tetrick Trail Run. — Ed.)

EASTERN INDOOR MEET

On March 18, I took part in the TAC Eastern Masters Meet at Brown University in Providence, R.I.

My hat is off to Bob Rothenberg and Neil Steinberg for an excellent job. It is so much easier to show up at a meet and run your event then it is to be a part of organizing and running the event smoothly. I'm impressed!

As long as there are people who are dedicated to our sport, as Bob and Neil are, there will be masters attending those meets and giving it their best shot.

To everyone connected with the Brown University Meet, thanks for a job well done.

Vin Fandetti
Glastonbury, Connecticut

SHORT COURSE FOR NATIONAL 15K X-C

The 1988 TAC National Masters 15K Cross-Country in California was considerably short. My time of 51:27 converts to a 34:18 10K, yet I could only run a 35:30 10K when in better shape a month earlier.

Moreover, the course, itself, was not conducive to fast times. At least half the course was grass made spongy by recent rains, and there were three challenging hills.

The course was probably about eight miles. I'm not writing this to fault the all-too-few volunteers who staged the competition. They did a fine job under difficult conditions. But your magazine has given me credit for a performance which was far above my means, and I simply wish to put the record straight.

Ron Larrieu
Hawthorne, California

1988 EUROPEAN CHAMPIONSHIPS

I write in response to a recent letter from Dick Glasgow, a U.S. citizen and a member of a German club, complaining that the EVAA President, Cesare Beccalli, had refused to allow him to compete in the above Championships. Mr. Glasgow does not realize how lucky he was.

The Championships were a complete shambles. These are just some of the shortcomings that occurred each day:

Continued on page 34
MAKE YOUR PLANS AND RESERVATIONS NOW!

MAMMOTH ATHLETICS CAMP, INC.
Mammoth Lakes, California
A TAC-Sanctioned Olympic Development Camp
AMERICA'S FINEST ALTITUDE TRAINING COMPLEX
FOR ALL EVENTS, ALL AGES, ALL ABILITIES

1989 MAMMOTH CAMP SESSIONS: JUNE 24-27, JUNE 29-JULY 2
1989 LONG BEACH STATE SESSION: JULY 3-7

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

!!!PLUS OTHER TOP AMERICAN COACHES, ATHLETES, AND SPORTS MEDICINE PROFESSIONALS!!!
NOTE: SOME COACHES WILL NOT BE AT ALL SESSIONS

MAMMOTH ATHLETICS CAMP AT MAMMOTH LAKES

CAMP REGISTRATION FEE $199 ONE SESSION ★ ★ $299 TWO SESSIONS

2 Types of Accommodations plus Optional Meal Plan
Add Per Person Ea. Session (4 Nights)
NO. 1 PONDEROSA DORM ROOMS (4 bunk beds plus shared bath) $36
NO. 2 ENGLEHOF ROOMS (2 twin beds plus private bath) $44
★ ★ MEAL PLANS (4 days Breakfast & Dinner & Packed Lunch $60

OLYMPIAN COACH TRACK & FIELD CAMP at Cal State U. at Long Beach

CAMP REGISTRATION FEE $340 (includes all meals)

1 Type of Accommodation & Cafeteria Meals
Add Per Person (5 Nights) $85

VISA and MASTERCARD ACCEPTED
MAMMOTH ATHLETICS CAMP INC. 7411 Earldom, Playa del Rey, CA 90293
(213) 281-1993
***Call or write us for Team, Group and Family Discounts***
Enclosed is my $75 Deposit ☐ $75
Enclosed is my Registration/Reservation Fee: ☐ $199 ☐ $299 ☐ $340
Deduct 5% from Registration Fee for payment by April 1, 1989
Name ___________________________________________ Age ___________ Event(s) __________________
Address ________________________________________ City _______ Zip ___________
Phone ( ) ______________________________ Session Dates: __________________ BALANCE DUE
Shirt Size: S M L (Circle)
ACCOMMODATION PLAN: No. 1 No. 2 No. 3 (Circle) ADD. $ ___________
MEAL PLAN: yes no (circle) ADD. $ ___________
TOTAL BALANCE DUE MAY 1, 1988 $ ___________
A $50 fee will be charged for cancellations
CHARGE TO: ☐ VISA ☐ MASTERCARD Card Number ___________
Please make checks payable to: EXP. Date ___________
MAMMOTH ATHLETICS CAMP INC. Signature ___________
Ekiden, New York, Rock Fever, Great Mysteries, Etc.

Living in Hawaii has its advantages, as I can attest to after having lived my last 18 years there. But there are some drawbacks, too. For one, I have long suffered from a fairly common affliction known as “rock fever.” It hits those of us who like to travel a lot but are confined to a small island.

As the coach/manager of the Hawaii team participating in the Asics Cup America’s Ekiden in New York City on April 9, I had the opportunity to escape from the “rock” known as Oahu and temporarily relieve my condition. This column is a collection of random thoughts jotted down during my visit to the Big Apple and other Mainland locations. It is being penned on my flight home.

Road Relays

The Ekiden, in case you don’t know, is a road relay race which originated in Japan. It had its debut in the United States last year, organized by The Athletics Congress and sponsored chiefly by the Asics people, along with the support of the New York Road Runners Club. There were nine international teams and a team from each of the 50 states, as well as one from Washington, D.C. and one from New York City. The format was pretty much the same this year, although the distance was shortened from 50 kilometers to 26.2 miles. Teams are made up of five men, each one covering a leg of a different distance. Because of the logistics and the expense of flying in all the runners, the competition has been limited to open-class men.

Road relays have been popular in Hawaii since the first one was staged back in 1969. They offer a special camaraderie in a sport that is otherwise a very individual one. This is not to suggest that the Ekiden sponsors extend the event to include masters, as the sponsors already have their hands full, but I think the concept would prove very popular among masters runners.

While dining with members of the National Capital Track Club in Washington, D.C. after the Ekiden, I was asked by a club member why there is no longer any real competition among clubs, as there was during the ‘70s and early ‘80s when the AAU national championships included team competition and Nike sponsored several national team championships, which included masters. Those were not relays, but rather an adding of finishing places as in cross-country team scoring. The answer might be that the city or local team concept has been damaged by the emergence of shoe-company sponsored teams. Those teams do not have the same cohesiveness as the city or area teams and do not include many masters.

Reviving team competition through road relays would, I believe, meet with wide acceptance. It would take a willing sponsor to do it for masters at the national level, but it might be done at the regional level without a sponsor and without great expense. It wouldn’t have to be limited to the roads, either; we could have it on the track, as well.

Anyone out there interested in some postal competition to kick things off? I’m prepared to put together a six-man team to represent the Hawaii Masters Track Club in a 6-mile relay on the track. Each runner will cover exactly one mile and each one must be in different age group, i.e., 40-44, 45-49, 50-54, 55-59, 60-64, 65-over. If there is any interest in such competition or if you have any other ideas on this subject, please drop me a line (1524 Uluhao St., Kailua, HI 96734).

Shoe Company Politics

Because the Ekiden uniforms had the country or state name across the front along with an Asics (Tiger) logo, two major shoe companies prohibited the runners they support from participating in the event while five others required the Asics logo to be covered. (Runners were free to wear whatever shoes they so desired.) It seems to me that the shoe companies are being petty and a bit ridiculous about the whole thing.

Aging Does Take Its Toll

Each of the teams in the Ekiden brought along an alternate runner in the event one of the five relay runners got sick or was injured at the last minute. A special 5-mile race was held for the alternates while the relay was in progress. Several team coaches also took part, including Ohio’s Bob Schul, the 1964 Olympic gold medalist at 5000. Now 51, Schul ranks as one of the best 50-54 runners in the country. He covered the five miles in Central Park in 28:13, an excellent age-class time, but he ended up 49th and dead last in the race. As I watched him finish, I wondered how many of the competitors, many of whom were not even born in 1964, knew of Schul’s accomplishments.

Where Have You Gone, Joltin’ Joe?

New York is not the same place I visited several times during the late ‘40s and early ‘50s. I think the city lost its spirit when the Dodgers and Giants left. But it’s still an exciting city, and I always enjoy visiting the Big Apple. Whenever I’m there, I head for the track around the reservoir in Central Park. Most runners don’t seem to think it’s anything special, but if I were limited to just one training course in the whole world, that would be it.

Trails Along The Way

I took the train from New York City to Washington and then on to Atlanta. Peering out the windows to the surrounding countryside, I noticed numerous trails which could be used for running, and I thought about another disadvantage to living in Hawaii. We have very little in the way of trails on Oahu, Hawaii’s most populated island. Our running is pretty much confined to busy streets and roads.

Did He Or Didn’t He?

Picked up a USA Today while in Florida and noted the top finishers by state in the Boston Marathon. For the sixth or seventh year in a row, the same runner, now in his mid-40s, has finished first among those from a particular state. His time has been respectable every year, including a sub-2:30 a few years back. Yet, this person never races in his home state. Runners in that state who know of him are convinced that he isn’t running the entire course in Boston. But why would a person travel thousands of miles after year to be an also-ran? What does he gain from it if he is cheating? He has been interviewed by a reporter from his own state, but only gives vague and unverifiable answers. Hard to figure.

Is He Or Isn’t He?

I was in New Orleans the day of the Crescent City Classic and saw the lead pack go by my hotel on the first mile. I didn’t find out until reading the paper the next day that Joseph Nzau of Kenya, who reportedly turned 40 the day before the race, had covered the 10K course in 28:08 for seventh place, just 19 seconds behind winner Arturo Barrios. I was in awe at the performance, but already I’ve heard that there are some doubts as to Nzau’s actual age. Apparently, he has used a passport that indicates he should now be 37. It used to be that the accuracy of a course was suspect, but now it’s the accuracy of a person’s age. You don’t know what to believe any more. Where have you gone, Joltin’ Joe?
LONG JUMP, SPRINT, HURDLES - Lightweight performance shoe designed for optimal support, traction and stability. White/Red. Sizes: 4, 4 1/2, 6, 7-12 1/2 ................................ $32.00

DISTANCE NYLON - Lightweight with extra cushioning designed for events with extreme or prolonged heel impact. White/Blue Sizes: 4 - 11 ....................................................... $30.00

HIGH JUMP - Special nylon cork forefoot spike plate attenuates shock and stabilizes the foot when jumping. Red suede upper. Red/White Sizes: 4 - 13 ................................ ........... $35.00

JAVELIN - Durable blue suede upper with adjustable midfoot strap which stabilizes and secures foot. Sole is made of non-slip rubber studded material. Blue/White Sizes: 4, 4 1/2, 6 - 13 ............................................... $38.00

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>QTY</th>
<th>Price</th>
<th>Ext.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shipping &amp; Handling</td>
<td></td>
<td></td>
<td></td>
<td>$3.00</td>
</tr>
<tr>
<td>COD Orders $3.00 Extra</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Amount Enclosed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ELITE SALES, Inc.
Box 345
Accord, MA 02018
In Mass (617) 749-4389
1 (800) 433-0324

Call Toll Free 1-800-433-0324

Express Mail Available

Master Card and Visa Accepted

In Mass. Call (617) 749-4389
An Exciting Summer Ahead

The most exciting summer in the history of U.S. masters athletics is upon us. Tom Jordan and Barbara Kousky report that more than 5000 athletes and their families will attend the VIII World Veterans Championships next month in Eugene.

In San Diego, David and Linda Pain have been working full time all year, with dozens of part-time volunteers, to make the 22nd U.S. TAC National Masters Track and Field Championships the best national meet ever. We have no doubt that it will be.

The highlight of the National meet could be the National Masters News Champion of Champions Age-Graded 100 Meters. The 100m winner of each age group will be invited to participate in a men's and a women's age-handicapped race. The first three in each race will divide a prize of $1000, put up by NMN, Reg Austin, and others. Other meets and road races are contemplating using the new age-graded tables in their events.

With masters prize money becoming commonplace in road racing, the inevitable has happened — a runner's age is being challenged. Kenyan Joseph Nzau reportedly has a passport which says he is 37. He said he is young enough to attend a U.S. university. He claims he is really 40.

The Boston Marathon organizers didn't believe him, and refused his entry as a master. The Crescent City 10K people did believe him and, when he ran a 28:09, awarded him $1000 first-place masters prize money. The 28:09 raised eyebrows, since that is an incredible 101.4% on the age-graded scale.

How should race directors handle such situations? Well, anyone entering the World Veterans Championships must produce proof of age by either a passport or birth certificate. At all masters track meets, directors reserve the right to demand proof of age. Race directors offering serious prize money should do the same. However, to assist race directors, TAC is currently investigating the Nzau case, and may issue an opinion shortly.

Beside age-grading, other new competitive concepts are springing up. A meet in Oregon will match 11 to 14-year-olds against 50-59s; 15-16-year-olds will square off against 40-49s. It should be great fun and an opportunity for both the youths and the masters to check out their abilities against a different generation.

A group of Los Angeles tennis seniors did the same thing last month: the oldest competitor, 85, beat the youngest, 9. A 71-year-old woman won in straight sets over an 11-year-old girl. Two 14-year-olds trounced two 50-year-olds in doubles.

TAC's National Youth Chairman encourages combining youths and masters in meets and races. It's already been done successfully in smaller areas. "It's fun, and it amazes the kids what the adults can do."

In this month's letter, a reader criticizes NMN for failing to promote team competition. We should. Team competition adds excitement to any meet. It brings out more participants. A person who might fear placing low can now be proud of giving his team a point or two for a sixth-place finish. In the two NMN meets, we kept team totals and awarded a trophy to the winning club. Marv Thompson's California Team Championship meet was well attended. The East Coast meets generally have team awards, but the other regions mostly don't. So we encourage meet, race and racewalk directors to include team competition in their next event. It just takes one volunteer to keep the totals.

Internally, NMN subscriptions are up to 5222, a new all-time high. Jerry Wojcik, Steve Lewallen, and I keep bumping into each other, so we moved down the hall to a larger office. Jerry has done a terrific job of coordinating the NZAU case, and may issue an opinion shortly.

Besides age-grading, other new competitive concepts are springing up. A meet in Oregon will match 11 to 14-year-olds against 50-59s; 15-16-year-olds will square off against 40-49s. It should be great fun and an opportunity for both the youths and the masters to check out their abilities against a different generation.

NOW AVAILABLE

1988 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1988 U.S. 5-year track & field age-group rankings.
- 44 pages. over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays, 1500 walk, 5000 walk.
- Deeper rankings in most events than published in NMN.

Send $5.95 plus $1.30 postage and handling to:

NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name
Address
City State Zip

U.S. Masters Outdoor T&F Rankings Book Now Available

The 1988 U.S. Masters Outdoor T&F Rankings Book is now available. Compiled by volunteers under the direction of Jerry Wojcik, TAC Masters Outdoor Rankings Coordinator, it contains 44 pages of rankings of men and women in five-year age groups from ages 30 through 90+ who have competed in masters meets. Some rankings are well over 100-deep in the younger groups. Other rankings are also deeper than those published in recent NMN issues. The book features all T&F events, including the 3000, 10,000, weight, relays, 1500, 1500 walk, and 5000 walk.

The book is available from the National Masters News, P.O. Box 2372, Van Nuys, CA 91404 for $5.95 plus $1.30 postage and handling. An order form appears on this page.
let's face it!
Masters throwers

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

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

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

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

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

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

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

Having handy the race announcements from 20 California marathons, I decided to give them a quick study to find out how they handle divisions and awards for masters runners.

I was a bit surprised to find that nine of these marathons had five-year divisions from ages 40-44 through ages 65-69, as well as a 70-plus division. That’s evidence of progress masters have made in recent years. The nine were (and, bias-free, let’s be alphabetical about this!): Avenue of the Giants, Bidwell, Big Sur, California International, Humboldt Redwoods, Long Beach, Los Angeles, Napa, and San Francisco, the last one not held in 1988. That’s better treatment for masters than afforded by the average 10K race which has 10-year divisions either up to 50-59 or 60-69 and no 70-year division.

Among the 20 races, only one, Fresno, listed an 80-year-old division. Maybe they had an alert that Paul Spangler was planning to run the race. All the Fresno divisions were in 10-year brackets.

Six marathons stopped with a 60-plus division — Holiday Bowl/San Diego (which, as I understand it, will now incorporate Mission Bay Marathon and Heart of San Diego Marathon), Modesto, Redding, Russian River, Sacramento, and YMCA/San Bernardino. All six had 10-year divisions. Palos Verdes had a 60-plus division for men, but for women the categories were 26-44, 45-49, and 50-plus. Catalina also had up to 60-plus for men, but the women’s divisions were 40-49 and 50-plus.

On the subject of awards, only three of the races specified in their race flyer the type of awards would receive. Fresno was silent about the types of awards winners of the different masters divisions would receive. Or they resorted to such nebulous phrasing as “distinctive awards to top finishers in each division,” or “merchandise will be given to the top three placers in each division,” or “special awards will be presented to the top three finishers in each category.”

Which gives rise to this question: When awards to open runners are clearly spelled out and awards to masters are not specified, is this discriminatory to masters?

One certain conclusion from analyzing these marathon race announcements is that Long Beach affords masters better treatment than any other California marathon. Not only does it have 5-year divisions through 70-74 but it also has prize money for all those divisions. In 1988, it awarded $250 for first place, $125 for second, and $75 for third. For some hotshot 40-year-old runners that is not much prize money, but for those in the M50, M55, M60, M65, and 70-year divisions it does open new vistas.

Jeers

To a race (I’ll be kind and not mention it by name) where the 40- and 50-old division winners received shoes and the 60-year-old winner was downgraded to running shorts.

Worse yet, to the race which advertised “merchandise awards” to top division finishers and then awarded visors, left over from a previous year’s race.

To those race directors who are asked to have a 60- or 70-year division in their race and reply, “But there aren’t enough runners to justify a division.” With that attitude, there might never be 60+ runners for that race.

Cheers

To Kees Tunzing, race director of the Pacific Sun 10K, who has masters compete against the course record for their age division for prize money. Prize money is not based on age but on how the runners in each division fare against the course record for their division.

NOW AVAILABLE
Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.
- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racingwalking event.
- Includes 5-year world and U.S. T&F age-group records, as of May 1, 1989.
- Shows how to conduct an age-graded track & field meet, road race or race walk.
- 66 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes and the National Masters News.

Send $5.95 plus $1.30 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name
Address
City State Zip

Mike Uema, first M40 in the Lompoc Winter 10K. Photo by Elaine Rosenfield

- To Team Challenge in Northern California which stages over 40 races each year and includes divisions up to 70-plus in each of them.
- To Race Central, a Southern California race organization, that is so efficient with marathon results that it posts the time for every master runner within 15 to 20 minutes after that runner finishes. Little wonder that 97 race directors have asked Race Central to handle their results in 1988. All its results are corrected with select times from three independent timers. Results for TAC-certified courses are sent to TACSTATS. By contrast to Race Central’s posting of masters’ marathon times, I recall a major California marathon two years ago that did not have the times of the 60-64, 65-69, and 70-year division winners at the awards ceremony six hours after the race. By those standards, Race Central deserves the whole florist shop rather than just a bouquet.

(Paul Reese is the co-director of MAAD — Masters Against Age Discrimination — Ed.)
New Jersey TAC Indoor Meet Draws 243
by ED KOCH
The 1989 New Jersey TAC Indoor Masters Championships increased its entries 30% from 1988, drawing 243 athletes from seven states. The meet was held on February 26 at Fairleigh Dickinson University, the probable site for the 1990 Indoor Eastern Sections.

Team titles were again hotly contested as co-hosts New Jersey Striders and North Jersey Masters won the submasters and masters divisions, respectively. The Striders won their first-ever submasters title by defeating defending champion Shore AC by a score of 66 to 48. The North Jersey Masters apparently won their first NJ-TAC title since 1981 by edging out Merrill Lynch, 194 to 190. The final score is still subject to appeal and is believed to be the closest in the history of the meet.

Top performances included Ray Funkhouser, M35, winning the mile racewalk in 6:31.5; Manny Silverio, M30, with a weight throw of 51-4½ held outdoors; and Jerry Crockett, M30, who high jumped 6-8. Jeff Tindall, M45, and Dan Severn, M30, vaulted 12-6 and 13-6 respectively.

3500 Register for National Senior Olympics
by CATHY CASSOT
ST. LOUIS. Approximately 3500 athletes are registered to participate in the second biennial U.S. National Senior Olympics — the largest sports event in the world for athletes age 55 and above — on June 19-24 in St. Louis.

Registration has increased by 25 percent from that of the 1987 National Games and approximately 40 percent of all participants are women.

The five days of competition will offer 15 different sport categories with the highest numbers of participants in track and field and swimming events. To qualify for the National Senior Olympics, athletes must win first, second, or third places in their particular sport at one of the 52 sanctioned local games held across the country throughout the year. Approximately 200,000 athletes participate in the local qualifying games nationwide.

National sponsors for the 1989 National Games include Digital Equipment Corporation; Holiday Inns, Inc.; May Department Stores Company; POST Natural Bran Flakes Cereal, a division of General Foods USA; Roerig, a division of Pfizer Pharmaceuticals; and Trans World Airlines.

For more information, contact the U.S. National Senior Olympics, 222 South Central Ave., St. Louis, Mo., 63105. 314/726-4550.

Masato Shibasaki (M75, 1:37:27), first in his age-group at the Tamanaha 15K in Honolulu, April 2. Photo by Tesh Teshima

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

Call 818/785-1895

M-F Athletic Company
Call Toll-Free 1-800-556-7464
For Your 1989 Catalog

40 pages in full color — all hard to find, in demand track items sensibly priced.
Or write
M-F Athletic Company
P.O. Box 8090
Cranston, RI 02920-0188

M-F Athletic Company
Track & Field Catalog

1989 EDITION
Magnesium Supplements

We have been told, for the past decade or so, that magnesium supplements can improve our athletic performance. It has been shown that athletes have a higher requirement for magnesium and, if supplied, it will have a direct effect on athletic performance.

A close study of the evidence by McDonald and Keen of the University of California at Davis suggests this is not the case.

Two decades ago, researchers found that serum magnesium concentrations in Boston Marathon participants were much lower after the race than before. This was due to sweat and uptake in muscle and red and fat cells.

Another study showed a correlation between maximal oxygen consumption and plasma magnesium levels in trained men. A second study found that same correlation in untrained males but not in a group of trained male runners. Confusion, but the study did point out the positive correlation between plasma magnesium and VO2 max. It is suggested that the magnesium is an essential component of an enzyme involved in the delivery of oxygen to the working muscle.

The researchers found no data which showed a positive effect of magnesium supplementation on exercise performance in individuals with normal serum magnesium levels.

The researchers are also unaware of any adverse effects of magnesium supplements up to .500 mg per day, although high levels may cause diarrhea. Supplementation may also be obtained by eating foods rich in minerals including raw, green leafy vegetables, whole grains, nuts, soybeans, seeds, and cocoa.

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

Penn Relays Highlight Masters

by PETE TAYLOR

PHILADELPHIA, April 29 — In October 1968, Lee Evans, then 21 years old, went to the starting line of the Olympic 400-meter final in Mexico City to face, among others, Larry James and Ron Freeman. Just 43.86 seconds after the gun was fired, Lee crossed the finish line with a world record that was to last for almost 20 years. Three days later, Lee returned to the track to anchor the U.S. 4x400 relay team with a split of 44.1 seconds, as the American squad set a standard that has never been broken (tied in 1988) of 2:56.16.

Today, at the 95th edition of the Penn Relays, Lee Evans, now 42, showed some track stars of the younger generation what greatness looks like. Running with Ron Johnson, Dennis Dyce, and Bob Brown, Lee carried the George Mason TC to victory in the masters 4x400 relay in brilliant fashion. Despite cold (54°) and a steady rain, Lee simply rocketed through his anchor leg, recording an absolutely scorching split of 48.9 seconds! The Mason squad was timed in 3:29:24, with Shore AC second in 3:35:04; and Caribbean Connection next in 3:35:32.

Penn Relays Director Dr. Tim Baker was very kind to the masters, allowing seven races for the 40-plus group in what is essentially a high school and college extravaganza. The featured masters relay was run in "prime time."

Yesterday, there were four 4x100 masters races: the New York Pioneers squad of Hassan Al-Sayed, Mel Barnwell, Ed Small, and Rich Rizzo won the 50+ race in 48.37, while the 60+ went to the Philadelphia Masters squad of Walker Pierson, Jim Law, Oscar Harris, and Bert Lancaster in 53.37. The 40+ race was split into two sections, with the New York Pioneers team of William Overby, Chipper Robinson, Nat Watson, and Ed Howard taking the first section in 45.75, followed by George Mason TC in 46.40 and Caribbean Connection in 46.52. A Philadelphia Masters squad of Ted Gray, Jim Gantbreath, Don Webster, and Thad Bell won the second section in 46.92.

Jim Larson (M50, 35.20), second in his age division at the Red Lobster 10K in Orlando, Florida on March 11. Photo by Sailer, Ltd.
The CAPS Enerzymes Controversy

LOTS OF MASTERS ATHLETES ARE DISCUSSING OUR PRODUCT

FOR

"In the race clinics and seminars that I give, recovery time is one of the most frequently discussed problems among masters athletes. In my experience, in conjunction with stretching, massage, and rehydration, CAPS ENERZYMES have proven to be the best way to improve my recovery time."

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

AGAINST

"It is lamentable that individuals attempt to take advantage of the irrational search for eternal youth. Such hucksterism is nothing new and I can only suggest 'caveat emptor,' or more directly 'a fool and his money are soon parted.'"

—Jerome J. Perry
Professor of Microbiology
North Carolina State Univ.
—National Masters News, August, 1988

HERE'S WHY YOU SHOULD CONSIDER USING OUR PRODUCT:

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

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

TO TRY CAPS ENERZYMES

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

1-MONTH TRAINING SUPPLY

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

1-MONTH RAPID IMPROVEMENT KIT

60 Race CAPS, 90 Enduro CAPS, 2 fl. oz. Xobalnine
This kit allows you to experience the additional improvement effect of Xobalnine. $69.95 + $4.50 s&h.

3-MONTH TRAINING SUPPLY

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

Call 1-415-931-1977 for more information.
Or write to Hansen & Frank, Suite 205 T,
2886 Geary Blvd., San Francisco, CA 94118.

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

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

5. Try our product for 30 days. If you don't agree CAPS Enerzymes work as claimed, just send back the empty bottles for your full refund including postage.
National Chairman to be Elected in December

Time flies when you are having fun, so I must be having a great amount of fun. Close to six months have passed since our National Convention in Phoenix in December 1988. In another six months we will be meeting in Washington, DC. The World Championships will be past, and we will all be looking forward to the 1990 activities, and to a championship somewhere in 1991. It doesn’t get much better.

You have now decided if you will be in San Diego and Eugene. We should have a great time at both of those; what a great year for the U.S. masters program.

We’ve come a long way in less than 25 years. Dave Pain, Bob Fine, and Jim Reed made great contributions—and continue to do so. They were leaders, movers, and doers, and only through their efforts did we develop enough enthusiasm to become a truly National representative body that can no longer depend on one person to move it ahead. Masters athletics requires individual representatives from all parts of the country to serve as coordinators, communicators, and organizers. They have to be self-starters, but willing to work as part of a community effort. The members of the current Executive Committee fill all those requirements.

Of course, there has to be a chairman—and in December, those of you who attend the 1989 Convention as masters delegates will select a new chairman.

Let’s all join together and find that appropriate leader who will move us on into the next decade of masters athletics.

U.S. Relay Selection Guidelines Set For World Championships in Eugene

by SCOTT THORNESLEY, Co-U.S. Team Manager

The U.S. relay selection guidelines were discussed and approved at the business meeting held at Columbus, Ohio, during the weekend of the National Masters Indoor Track & Field Championships. U.S. team manager Scott Thornsley was present to recommend changes to the relay selections that were previously published in the NMN. Selection guidelines will apply to both the 4x100 and 4x400 relays for both men and women.

Interested runners must meet the 100/400 automatic timed performance for which a selection can be made within a two-week period of the relays.

Interested runners must contact Scott Thornsley or Sandy Pashkin at either San Diego or Eugene once they have a timed performance they would like considered. Both Pashkin and Thornsley will post announcements at San Diego and Eugene as to when and where they can be contacted.

All interested runners must be able to compete on Sunday, August 6.

Considerable discussion was devoted to the relay selections during the open business meeting to ensure that relay-member selection would be based entirely on performance, and not from club affiliation, personal friendships or regional favoritism. Questions pertaining to the relay selection may be directed to Scott Thornsley at the address or telephone number found on page 2.
now lives in San Diego, set the world M40 1500 record of 3:30.42 in March. He set a U.S. masters 5K road record of 14:22 in April.

"I thought he could have gone under 4:00," said Gordon Cooper, Waigwa's mentor and long-time friend. "Well try to find another mile race with good competition, and try it again."

Cooper admitted it would have been nice for Waigwa to go for the record in a masters-only race. "But there wasn't such a race anywhere," Cooper noted. "And even if there were, Wilson would have had to run by himself at the front. He wouldn't have done as well."

In any case, the glamour of getting a group of the world's top masters to try to break the masters mile record - as was done in last year's TAC National Masters Championships in Orlando - may have been diminished by Waigwa's Beanemousenque effort. Unless Mike Boit returns from Kenya (and even if he does), there doesn't seem to be anyone on the immediate horizon who can challenge Waigwa. But, then, you never know what will happen in head-to-head competition.

Cooper said Waigwa has entered the World Veterans Championships in Eugene, where he'll be an odds-on favorite against Murray, Ron Bell, Byron Dyce, and other top veterans in the 1500. He may also run in the U.S. Nationals in San Diego.

"For the rest of the year," Cooper said, "Wilson will run the 1500 to 5000 on the track, and 5K to half-marathon on the road."

In other masters races in the meet, Payton Jordan set a world age-72 mark of 13.19 in the M70 100. (Three hand-timers caught him at 12.9, but the automatic time is what goes into the record books.) Clarence Killion took second (14.74) with Jim Johnson third (14.96).

Steve Whiteley, M40, won the Legends 200 in 22.49 with Thaddeus Bell second (23.40) and Mel Brooks third (24.01).
Harolene Walters
by STEVE LEWALLEN

S

C

an the results pages of any recent issue of NMN, and one of the names you will invariably find listed there is Harolene Walters. This 46-year-old masters runner, who started running only seven years ago “to get in shape,” has become one of the most consistent competitors in masters racing today. Some of the highlights in this 5’ 3” 105-lb. runner’s short career include qualifying for the Olympic marathon trials at age 45 and successfully competing in cross-country at the collegiate level at age 44. A couple of her more sterling performances recently include finishing first female master at the Las Vegas Marathon in January (2:54:06) and first W45 at the recent Los Angeles Marathon in March (3:11:40).

“I like to run the 5K distance the best,” she said, “but overall most of my best results have come from the marathon.”

Her incredible success in the marathon, as well as other distances, can be easily understood when her training schedule is examined. Her workouts, which include push-ups and sit-ups every day and weight training twice a week, total between 50 and 60 miles per week. Her mileage is done both on the rolling hills near her Mission Viejo, Calif., home, as well as on the artificial surface at the U.C. Irvine track.

She does 20 minutes of stretching before a workout, 10 minutes after, and is careful to include warm-up and cool-down laps. Walters’ husband, Ron, whom she met at a race, is her training coach and running partner. “Although he can’t beat me,” quips Walters, “he always seems to know where I am in my conditioning and provides all of my training schedules and racing plans. He’s my inspiration.”

When Walters really gets serious for a special race, she sometimes uses a local cross-country coach to sharpen her condition.

“Training is a priority in my life,” Walters states. “My husband and I are very disciplined. We both work and we plan our training runs for immediately after we arrive home from work. On the weekends we always run first thing in the morning if we’re not racing.”

Walters also has a very full life apart from training and racing. She holds a B.S. from Southwest Missouri State and an M.S. from Loyola Marymount in California and is currently a special education teacher at South Gate Junior High where she works with developmentally disabled children. Even though it’s a job that demands patience and understanding, it’s one she finds enormously rewarding. She loves to cook (only “the good foods” she says, steering clear of fats and red meat). Other favorite sports include bicycling, scuba-diving, tennis, and water skiing. In fact, Walters even worked for a time as a professional water skier in Cypress Gardens, Fla.

One aspect of Walters’ running career that has gotten her into trouble recently is her non-stop racing schedule. She sometimes runs a marathon a month, for up to four or five months, with shorter races squeezed in-between. “I don’t have a racing season,” she says. “I generally race 52 weeks a year.” This packed schedule sometimes leaves her with hamstring problems, although she’s experienced no serious injuries yet. When it is suggested to her that she could prevent future injuries and probably get faster if she stopped racing so much, she quickly dismisses the idea. “Maybe someday I’ll give it a try,” she says, “but for now I just want to race them all!”

Daily Training Schedule - Harolene Walters

**Monday**
Recovery day after a Sunday race. 6 miles at an easy pace (7:30) on a course that includes rolling hills.

**Tuesday**
8 miles. Strength/speed workout at U.C. Irvine track. 2-mile warmup (7:30), plus 2-3 miles of speed (2x1320 at 4:15 with 2 min. rest, 2x800 at 2:45 with 90 sec. rest, 4x400 at 80 sec. with 50 sec. rest, followed by 2-mile cooldown.

**Wednesday**
10 miles, flat course. Steady run at 7:15 pace.

**Thursday**
8 miles, hills. Intervals of effort and distance change. Nothing structured.

**Friday**
6 miles, hills. Intervals of effort and distance change. Nothing structured.

**Saturday**
4 miles, rolling hills. About the same as Monday, tapering off to race on Sunday.

**Sunday**
Race day includes arriving 1 hour prior to start. Easy 2-mile jog, 20 min. of stretching, and 8 builds of 100 yards, 2 easy, 2 medium, 2 hard, 2 easy. RACE! Cool down includes 2 miles easy, 20 min. stretching.
Tibbetts, Gustafson Win National 5K

by STEVE LEWALLEN

Greg Tibbetts (M40, 16:07) and Georgia Gustafson (W40, 19:27) sped to masters wins at the TAC National Masters 5K Championships in Anchorage, Alaska on April 29.

Tibbetts had to break away from a four-man pack after the 1/4-mile mark, but Gustafson was never seriously challenged and finished almost 2 1/2-minutes faster than second female master Tania Spurkland (W40, 1:21:51).

The closest race was in the M50 age-group, where Ed Hagerman built up a lead over Richard Rodriguez, then held on as Rodriguez put on a charge at the end and closed to within one stride, 18:04 to 18:05.

This TAC national masters championships, the first-ever to be held in Alaska, were distinguished by almost ideal conditions; temperature was about 45° at the start, sunny and windless. The race was dominated by Alaskans, as only two out-of-staters elected to make the trip.

Walker, Nedelso First Masters at National 15K Racewalk

by STEVE LEWALLEN

What's in a name? Everything, if you're Larry Walker. This appropriately named M45 racewalker strode to a masters win with a 1:10:57 mark, but Gustafson was never followed by Jack Bray's 81.8% (M55, 1:21:31).

Other notable age-group winners were John Burns (M60, 1:34:11), Guilio De Petra (M75, 1:41:14), Bev La Veck (W50, 1:30:25), and Collie Green (W60, 1:44:07).

Meet and Match

Pat Dixon has volunteered to be the "Meet and Match" editor for NMN. If you want to meet or match up with someone for an activity, you could do worse than to find a common bond with a fellow NMN reader.

With the World Championships upcoming, you may want to travel with a companion after the event, as Pat, herself, wants to do. Maybe you want to house-exchange with a fellow masters athlete.

Send your wish — in 50 words or less — to Pat Dixon, M&M Coordinator, 1354 N.W. Federal, Bend, OR 97701. Or call her at 503/389-5459 between 7 a.m. and 8:30 p.m., PDT. NMN will publish requests each month.

Central Park TC, first M50 (9:31.2) in the 4 x 800 relay at the National Masters Indoor Championships in Columbus, Ohio, March 31-April 2. Left to right: Sid Howard, Arnie Green, Ed Coplin, Cliff Pauling. Photo from Jim Pearce
Herb Lorenz at Fifty

by JIM OAKS

With Rodgers, Shorter and Ryun moving into the masters division last year, it is easy to forget a name that ten years ago, when masters competition began to grow, was probably revered as much as theirs. That name is Herb Lorenz, and I thought those of us who know or ever raced (usually behind) the "Silver Fox" might enjoy an update on one of the quietest yet strongest forces in masters competition history.

Herb turned 50 in April, but don't expect him to set a lot of age records around the country. He seems more interested in coaching track and cross-country at Burlington Township High School, N.J., than campaigning to win the age-50 division of the ICI/USRA circuit in 1989. Lorenz, like Ray Hatten on the West Coast, seems content to still enjoy competition without becoming obsessed with it.

Born in Germany

Lorenz was born in Germany in 1939. His father was killed in WW II, and he moved to the U.S. with his mother in 1953 after she remarried. The family settled in New Jersey.

He entered Trenton State College in 1959, majored in education, and ran track. By graduation in 1963, he held school records for the 400 (49.7), 800 (1:54.4), mile (4:13) and 2-mile (9:29). More significant to Herb is the fact that while at Trenton he met his future wife, Irma, who also became a teacher.

In 1964, he and Irma moved south to Willingboro to teach at Burlington. They have remained on the staff there for the past 25 years.

U.S. Cross-Country Runner

From 1964 to 1977, he coached cross-country and track at his school while continuing to compete seriously as an open runner, sometimes at the international level. He was a member of the first U.S. team to compete in the International Cross-Country Championships in Morocco in 1966, and was again on our National team to the Cross-Country Championships in Tehran in 1968.

"Those two International Cross-Country meets were special," Lorenz said. The 1966 team, organized by Hugh Jascourt, consisted mostly of East Coast runners and included Tracy Smith and Bill Clark. "I think I finished about 5th among the U.S. runners and around 47th overall.

"The 1968 team was organized by former Villanova miler and Olympic steeplechaser Browning Ross. That team included Tom Heinonen, Bill Clark, Doug Wiebe, Moses Mayfield, Bill Reiley, and Don Lakin. I was the second U.S. team finisher that year and in the 30s overall. After the Championships in Tunisia, we toured Zambia, Tanzania and Ethiopia. In Addis Ababa, we met and raced against the great Abebe Bikila (1960 and '64 Olympic marathon champ) and Mamo Wolde." (Wolde won the 1968 Olympic marathon later that year in Mexico City.)

Ross, commenting on their visit to Ethiopia, said, "In Addis Ababa, our runners gave lectures to the Ethiopian runners and showed them training methods. We then raced them over 10K and our first man was eighth! We all laughed about how the wrong team had been teaching the training methods."

Ran 4:02 Mile

In 1967, Herb set the record of 4:02 for the Atlantic City "Boardwalk Mile." This event was a straight mile run each year along the Boardwalk.

His track PRs came between 1964 and '67 and were 4:06 (mile), 8:52 (2-mile), 13:49 (3-mile), and 9:06 for the 3000 steeplechase.

At the time he was running a 49.7 quarter at Trenton State, Herb probably never dreamed of running a marathon, but in 1970, in his first serious effort, he won the Cherrytree Marathon in New York in 2:28. The following year he finished third to Ken Moore and Frank Shorter in the Pan Am Marathon Trials race in Eugene with a 2:19. He ran his PR of 2:17:43 at Boston in 1975, at age 36.

2:24 Marathon at Age 40

But the race that brought Herb's name to the attention of the media and to the national running community was his 2:24:42 at Boston in 1979, one week after his 40th birthday. With this run he broke the U.S. masters record of 2:25:24 set at Boston the previous year by Ken Mueller. From that day until TAC's National Masters Cross-Country Championships in Houston in November 1981, Lorenz did not lose to a U.S. master.

"From April, 1979 to November, 1981, Lorenz did not lose to a U.S. master."

...night. They finally determined that Miranda was a bandit, but the trophy was never mailed. About five years later, Kenny Mueller found it in a closet at the BAA office and sent it to me."

Lorenz ran one more marathon after the 1979 Boston, a National Masters Championships in California, where a course misdirection caused a short course by about 300 meters. Herb won in an (adjusted) 2:22:10, but probably made his last attempt at the marathon distance. For Herb, who has never been a consistent high mileage runner, the 26.2 mile distance requires too much time for what he is looking for in running. I also had hamstring problems every time I would try to run high mileage," he said.

From September 1980 to May 1982, he set four significant masters records: 20K in 1:04:42 (Sept. '80); 15K in 47:18 (April '81); 10K in 30:42 (July '81); and 10 mile in 50:43 (May '82). For years 1984, '85 and '86, he was named Masters Runner of the Year by Runner's World, and was selected as The Runner's top master in 1980 and '81.

Proud of Trevira Twosome Record

"I was probably most proud of the 10-mile record because that came in the Trevira Twosome race, which Irma and I won as a team," Herb recalls. "Irma had not run in high school or college, but the year before her 40th birthday, I encouraged her to start training. She was a natural. In 1982, the first year we won Trevira, she ran 67:20. They won the Trevira masters division again in 1983."

The Lorenz have two children, Diane and Eric, who seem to have their parents' running genes. In high school, Diane ran 5:11/11:00 mile and two-mile times and received a scholarship to George Mason in 1986. Eric earned a scholarship to Wake Forest last year and is presently in his freshman year. His high school times were 1:57...
Green Top Runner in National 20K

Continued from page 1

(M40, 1:08:01) and Susan Henderson (W40, 1:19:13) were the first male and female masters across the finish line.

Ruth Anderson, first W55 in 1:39:07, echoed many of the other runners when she praised the race as one of the best organized events she has entered. "Every little detail was handled well, from the aid stations to communications on the course," she said.

Some runners complained that the heat took its toll during the race, as temperatures warmed to near 75 degrees.

The TAC masters championship race was incorporated into the annual Pear Blossom 20K over a TAC/USA certified course. Over 2000 runners participated.

Ed Benham, 81, center, talks to Jeff Darman, left, and Phil Stewart after the Nike Cherry Blossom 10-Mile Run in Washington, D.C., on April 2. Benham's 1:13:23 set a new MBO age-group record.

Photo by Kathy Ruser

Green, Benham Star in Nike Cherry Blossom

Continued from page 1

Overall winners were Brian Sheriff (46:43) and Lisa Weidenbach (52:34).

The race was TAC/USA sanctioned and the course was TAC/USA certified.

Profile

Continued from page 18

and 4:19 for the half and mile. He qualified for the Kinney Cross-Country Nationals in 1987.

Natural Speed

Fellow New Jersey resident, runner and author Tom Osler, commented, "I think part of the secret to Herb's success has been...that he was usually able to win races without going to the bank for that reserve so many times. I was always amazed at the speed the man has. I remember seeing him run a mile in something under 4:10 on a horrible dirt track. He hadn't been training for a mile, just running some road races like the best of us, but he just had such great natural speed."

Lorenz confirms Osler's feeling about tapping his reserve. "I did not even run track in high school, and our league at Trenton State was not too tough. I could usually win college races without a maximum effort. So I was still hungry when I got out of college, and not burned out the way some runners are."

"Probably the most impressive thing..." Continued on page 24
Shin Splints

The term "shin splints" has been used to describe many injuries in the lower leg. In this article, we are referring to a condition where there is pain on the inner portion of the front of the lower leg.

What Causes Them?

Shin splints can be caused in masters athletes by several factors including: (1) anatomical problems such as flat feet; (2) imbalances in muscle strength between the shin muscles in the front of the leg and the calf muscles in the back; and (3) abrupt changes in training programs.

Flat Feet

Flat feet are possibly the most common contributing factor to shin splints. As a person ages, the muscles of the feet tend to lose their strength and suppleness. As the feet flatten, the arch of the foot, has to work much harder to perform its function. This additional strain can lead to tears and irritation in the muscle, which may cause the characteristic shin splint pain, i.e., pain around the mid-point of the lower leg in an area 3-5 inches long.

Imbalances

Imbalances in the opposing muscles can also cause an irritation of these lower leg muscles, leading to pain and swelling in the shin area. Specific strengthening exercises should be done for the tibialis muscles, so they are not overpowered by the stronger calf muscles.

Training Changes

Lastly, sudden changes in training programs can place additional stress on these muscles, leading to pain and tenderness. These changes could include: 1) increases in workload either in volume or intensity; 2) adding new elements to the training program; and 3) changing training surfaces, i.e., going from grass to track or street. Masters athletes' training programs may be more sporadic than open athletes, and the possibility of doing too much, too soon, as the competition season approaches, is always there.

What To Do When Shin Splints Occur

The most important thing to do is rest for a couple of days and allow the inflammation to subside. During this time, ice may be applied to the areas 2-3 times a day for 20 minutes at a time. After this initial period, begin heat treatments twice a day, along with easy exercise, possibly on a bike or in a pool.

Exercises to strengthen the tibialis muscles and the arch of the foot, and also to stretch the calf muscles, should be begun as soon as possible. Flexion and extension of the foot (with or without resistance) is good to strengthen the tibials; placing a towel under the foot and drawing it in with the toes will strengthen the arch.

Wall push-ups are excellent to stretch the calf muscles. Working with the leg straight emphasizes the calf, while bending the knee slightly focuses more on the Achilles tendon. Do the exercise with one foot in front and one back.

Homeopathic remedies useful for this injury include: 1) Arnica — to reduce general soreness; 2) Rhus Tox — especially when pain is worse after a run; 3) Bryonia — when any motion worsens the pain; and 4) Ruta — when motion neither relieves nor worsens the pain.

Light massage will be helpful and acupressure can be used on any tender points along the inside or outside of the shin bone. The leg-lumbar points on the hand can be found at the function of the bones of the 1st and 2nd fingers, and the ring and little fingers. Apply pressure for 10 seconds, then release. Repeat 6 times at each point.

To summarize, this type of injury has pain in a 3-5 inch area at the mid-shin. Consult a health care practitioner about your injury if: 1) the pain is closer to the ankle or in one small spot; 2) if the pain occurs at about the same point in a workout; or 3) if the pain lasts more than 3 weeks.

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

Southeast Track Season Debuts

Seventy-five men and women, ages 40-and-over, participated in the Delray Beach Senior Games in Florida on April 9, with some athletes coming from as far away as California, Nebraska, and Vermont.

Ed Schuler, M60, had the top age-graded performance of the day with a 12.69 in the 100, good for 91.6% (calculated by dividing 12.69 into 11.63, the 100m standard for M60).

Bill Weinacht, M70, had the next-best performance (100, 13.76, 91.4%), followed by John Tobey, M60 (800, 2:23.08, 90.9%), Jim Gilchrist, M60 (HJ, 1.58, 89.7%) and Joy McDonald, W45 (100, 13.52, 87.2%).

Quote of the Month:

"My goal this year is to run 200 in 21.8, 400 in 46.8 and 800 in 1:54." — Lee Evans, 42, 1988 Olympic 400-meter gold medalist.
Comeback

(Founder's note: Wendell Miller lives. The former NMN columnist, who retired and dropped out of running to race steeplechase horses, is now un-retired and training for the marathon in Eugene. He surfaced this month with these words of wisdom for his loyal fans. Note: this column is "R" rated. If colloquial street language offends you, please turn the page.)

I suppose I haven't enjoyed reading NMN much lately, because of the pitiful and near obscene state it leaves me in; pouring over every single letter to the editor, hoping and waiting for that ground swell of support that will catapult me back to the position I so richly deserve, there next to writing giants like Tim Mike and Hal Humility.

I'll be honest with you, I can't read a Jerry Donley column without getting a lump in my throat and a moderate hard on. Forget about the four minute mile. How can you compare a stupid record with the obvious war of the worlds about to happen between a rejuvenated Dave Pain and the wiry and persistent Bob Fine. Bring back loyalty, support and good fellowship. Who will never forget Glo Fine's eloquent and touching tribute to her current husband at that AAU national meeting of so many years ago, "I think all of you need to know, the man worked his balls off for Masters Track and Field." Ah, they don't make women like that anymore.

But enough of this nostalgic business, let's look at May, 1989. You got it, pal — we're talking comeback. The time has come for Marathon Miller to put up or shut up, fish or cut bait, crap or get off the pot, etc. etc. As I write, I have started my marathon training in preparation for the world masters marathon in Eugene. Be there, literary fans. Sure it will be painful. Certainly there will be ridicule and scorn. Just remember that old masters battle cry, "when the going gets tough — the tough master cuts the course."

Never mind Mike Boit, Wilson Waigwa and all those other guys from North Dakota, MacDonald Miller is talking one last two-six. Every active master (an active master is defined as a competitor over 40 years of age who has in his possession more than 500 trophies) knows you don't roll out of bed, pull on the latest multicolored stretch tights and power walk a two-six.

Hear me right, Mr. Editor or Publisher or whatever liberal gravy train you're currently on, we're talking the big one, the whole ball of fuzz, the big megillah and I'll be there to do it — Sunday, August 6.

Skeptics in the area claim my new horse will never make it to Oregon. I don't pay any attention to that kind of stuff, I always had my detractors. None of them even knew the difference between a cow pie and a road apple anyway. Every farm kid worth his bib overalls could have told them. Cow pies are good for discus practice and road apples are better fitted for working on the split finger fast ball.

It's hard to scribble period, let alone a "yes" on our new $99 word processor but I'm sure you catch my drift. I love receiving NMN. The price is right and I enjoy its very positive and almost surreal stance. More importantly — you haven't gotten into obituaries. Keep them coming — you'll be reading about me.

Horace Hudson (#198, 52.51) and Scott Thornley (#202, 55.30) finish 3rd and 6th in the M35 400 at The National Masters Indoor Championships in Columbus, Ohio, March 31-April 2. Photo from Jim Pearce
The Director's Corner

Is Joseph Nzau 40?

By DEAN REINKE

Joseph Nzau Update: The Joseph Nzau controversy continues as the Kenyan native and Wyoming resident insists he is 40 years of age. The Boston Marathon refused his entry and numerous race directors have called our office at the ICI/USRA Masters Circuit headquarters to complain, puzzled as to how to handle the situation.

The ICI/USRA Masters Circuit's position is that Joseph Nzau is welcome to participate in the $25,000 grand prize purse and the season ending national championship — once he proves his age, according to WAVA standards. This entails producing a legitimate birth certificate and passport. While he has not entered the Grand Prix prize pursuit and the season is underway, we are hoping to pull together a unique package with perhaps a tie-in even to this year's program.

Meanwhile, we are very close to adding yet another West Coast event, this time in Seattle, Wash. On a recent visit, I was warmly welcomed by the running community whose interest is high on the circuit. With minimum prize money events, however, Seattle is unique in that respect for a city its size. We are very close to finalizing a package that would bring the Circuit to the Northwest late this year. Hope to let you know next month. Meanwhile, discussions are continuing with events in Memphis and Tampa hoping to join the ICI Circuit later this year in October and November, respectively.

Phone Still Ringing: Not a day goes by in our Florida headquarters that we don’t get a call from yet another master runner inquiring about the Circuit or coming out of retirement. In the late ’70s/early ’80s, Wisconsin’s Dan Conway was one of the country’s hot masters. After numerous injuries of late, the Wisconsin native informed us that he just turned 50 and is ready to return to the roads — should it fun for Bill Olrich, Bill Johnston, Don Sleeman, et al. Another standout from that era, Jim Bowers, former high school mile standout and now an airline pilot, has also joined the ranks of the grand masters and you can look for the Californian on the roads soon.

If that’s not enough, former British Olympic medalist Ian Stewart (1972, silver) is now as his countrymate Andy Holden. Can’t wait until the National Championship!
ICI/USRA Masters Circuit "Happenings"

Long time Master standout and Runner’s World magazine senior Editor Hal Higdon will collaborate with National Masters News Publisher/Editor Al Sheehan on a "Masters Training Guide." Higdon is planning a running tour to Hawaii in December for the Honolulu Marathon. ... The troubled City of San Francisco Marathon is apparently back and will be held July 9. Race director is Rich Nichols. ... New Zealand’s John Campbell is now asking a race appearance fee, $17,000 Boston Marathon payday not bad at all. No word yet on how many more U.S. road or ICI Masters Circuit appearances he will make in ’89. ... Yes, there is another Jim O’Neil — in the form of Hudson, Ohio’s O’Neil, who recently turned 50. 2:25 in Las Vegas in February for real. Keep an eye on this one. ... Wilson Waigwa, who lives in Mission Viejo, Calif., is married and working laying wood floors, while not on the roads, is also starting to ask appearance fees. ... Mark it down — July 22. Add Lasse Jellay to the ranks of the Masters. Wildman Birey to the ranks of the Masters. Wildman Shorter and Rodgers who plan to be racing recently turned form of Hud s on, Ohio’s O’Neil, who has been nearly invisible on the Masters racing scene, is a potential teammate as is Amby Burfoot, editor of RW. ... Frank Shorter, after a victory at the Palm Springs Desert Biathlon in California, says he will be competing in some of the Coor’s Biathlon Series in the coming year. ... Remember Roger Robinson? He’s 49 and will be in the U.S. this June from New Zealand and competing in the Fairfield Half-Marathon. Wife Kathy Switzer will also be joining him. ... When you’re in Detroit, you can keep up with the local running scene with either local paper. Tom Henderson covers the sports weekly for the Free Press while Scott Walton handles similar chores for the News. ... Web Loudal appears to be alive and well and recovering from missing the ICI/USRA Masters National Championship and early ’89 with foot problems. A 3:04 10K effort bodes well for his return to the Circuit. ... Tiny Yorktown, Indiana, will host the "Frank & Bill Show" June 24, joined by Mike Hurd — $5000 for an American 10K record. ... Former Detroit Masters Brian Harris, one of the top Masters in the early ’80s, has retired from racing — still living in the Motor City. ... Long Beach and San Francisco are in the running for women’s Olympic Marathon Trials in 1992. Columbus, Ohio, has already been awarded the men’s. ...

— Dean Reineke

The Tradition Continues...

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

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

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

March 18 - 2008 - Myrtle Beach Classic, 10K, SC
(903) 487-3109
April 8 - Myrtle Beach Classic, 10K, SC
(903) 487-3109
May 29 - Cotton Row Run 10K, Huntsville, AL
(205) 481-5807
June 4 - Hospital Hill Run Half Marathon, Kansas City, MO
(816) 561-1085
July 9 - Utica Boilermaker 15K, Utica, NY
(315) 797-6929
July 16 - Chicago Distance Classic 20K, IL
(312) 243-2000
July 29 - Quad City Times Bux 7 Mile, Davenport, IA
(515) 359-9197

August 12 - Aubury Park 10K, NJ
(201) 531-4156
August 26 - Cato Road Race 10 Mile, Flint, MI
(313) 235-3396
September 24 - Pikes Peak Marathon, PA
(412) 255-2493
September 30 - Myriad Gardens Run 10K, Oklahoma City, OK
(405) 231-2097
October 8 - Twin Cities Marathon, Minneapolis, MN
(612) 881-3863
October 14 - Capital Trail Run 10 Mile, Raleigh, NC
(919) 876-8347
November 12 - Foundation 10K Championship
Clarksburg, CA
(916) 636-0727 or (916) 665-1171
January 6 - Charlotte Observer 10K, NC
(704) 379-6898

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

For more information and a copy of "Masters Running ’89," send $2 to: ICI/USRA MASTERS CIRCUIT
PO Box 9682
300 N. New York Ave. • Winter Park, FL 32789
(407) 647-2918

promoted by

Dean Reineke & Associates

Jane Hutchison, 43, of Webb City, Mo., won $3500 as the top female age 40-49 point-getter on the 1988 ICI/USRA Masters Circuit. Photo by Sailer, Ltd.
1989
MASTERS
NORTHWEST REGIONAL
TRACK & FIELD
CHAMPIONSHIPS
JUNE 30-JULY 1
Held at:
PORTLAND MASTERS TRACK CLUB
&
MT HOOD COMMUNITY COLLEGE
26000 SE Stark, Gresham, OR
(503) 667-1339
97030

SCHEDULE OF EVENTS

Fri Nite
(times approximate)
6-8 pm
LONG JUMP (women & men)
SHOT PUT (w & m)
DISCUS (w & m)
HIGH JUMP (30-49 men)
6-8 pm
WHEEL CHAIR RACES
3000m STEEPLE (w & m)
2000m RACE WALK (w & m)
5000m (women)
8-10 pm
110m HURDLES (w & m)
100m SPRINTS (w & m)
1500m (w & m)
400m (w & m)

Sat Nite
(times approximate)
4-6 pm
TRIPLE JUMP (women & men)
POLE VAULT (w & m)
HIGH JUMP (women & +50 men)
HAMMER (w & m)
6-8 pm
400m HURDLES (w & m)
200m SPRINT (w & m)
3000m (w & m)
#21 5000m (40+ men)
#22 5000m (30-39 men & 40+ men
who choose to enter)
800m (w & m)

NOTES:
- BEAUTIFUL MEDAL TO FIRST 3 PLACES, EACH EVENT
- TIMES DETERMINE WINNERS IN EACH AGE GROUP
- OLDEST WILL COMPETE BEFORE YOUNGEST
- WOMEN WILL COMPETE BEFORE MEN
- TAC SANCTIONED MEET, TAC # REQUIRED
- BREAKFAST = Sat, 9am, HEIDI’s - $7.50
- SAT NIGHT SOCIAL (after competition) IZZY’S PIZZA
- no host

Send entry & entry fee to:
PMTG Treasurer
HOWARD MEANS
6380 SW Washington Ct.
Lake Oswego, OR 97035

Deadline:
JUNE 23

NAME----------------------------------- FOR ATHLETES AGE 30 AND OVER
ADDRESS--------------------------------- AGE (as of 6/29/89) -----
CITY----------------------------------- ST ZIP PHONE ( )-----
1989 TAC # ASSN----------------- MALE---- FEMALE-----
EVENTS ENTERING BEST 88/89 mark? ENTRY FEE
1. ------------------------------- 1 event = $8
2. ------------------------------- 2 events = $13 (total)
3. ------------------------------- Each Additional = $3
4. ------------------------------- MUST BE POSTMARKED
(use separate sheet for more)
BY 6/23/89
LATE ENTRY CHARGE $10
(based on space available)

I waive all rights that I or my heirs or assigns may have against the
PMTG and MHCC arising from any injury, illness, or accident that I
may sustain in participating in this event. I declare my good health
to participate in this event.

Signed------------------------------- Date-----

April Showers Greet
Carolina Spring Meet
by JIM SAXON

The Carolina masters spring track
and field season splashed off on April
15 with the Omega Sports Spring Meet
at Thomasville, N.C.

Rain caused major schedule altera-
tions, including a partial one-day post-
ponement of the meet.

Jim Law, 63, Thad Bell, 44, and
Greg Marshall, 41, led 27 entrants in
the age-graded 100 with performance
percentages of 94.3, 90.2 and 85.9,
respectively. Law’s was the best age-
graded performance of the meet.

These three will be joined by other
top sprinters to vie for the Running
Journal Fastest Masters title in the
N.C. masters meet on May 28. The
Fastest Masters will be an age-handi-
capped event with the top six percent-
age performers from the regular age-
group races qualifying for the field.

Betty Vosburgh, 57, narrowly miss-
ed the U.S. W55 400 record with a
76.78, and high-jumped competitively
for the first time with a 3-8, tying the
W57 record. A late starter, Vosburgh
started on the roads after age 50. By
the time of the World Championships,
she may well be the premier W55

Vosburgh has wondered why she
could always do well in road races for a
mile or two and then have to struggle.
The new age-graded standards give a
clear answer: she has a preponderance
of fast-twitch muscle fibers which give
her unusual dash and mid-distance
speed, but not much endurance. Her
PRs on the road grade out at around
74%, while her first efforts at 100 to
1500 all graded close to 80%.

Profile Continued from page 19

about Herb is his self-restraint,” Osler
continued. “I remember once at the
Philadelphia Distance Run, we were
lined up just prior to the start, and
Herb just walked away from the star-
ting line. He knew he was not ready to
run and had the presence of mind to
make the decision at a time when the
rest of us were as high as a kite. That’s
an example of the coolness and control
the man has.”

Herb Lorenz is a soft-spoken
gentleman who is making a significant
contribution to his corner of the world
in New Jersey, and who will probably
continue to make his mark as a runner
on the national and international level.
Don’t look for any “50th Birthday
Runs” for Herb, but watch out for any
man you see with dark glasses and
black socks (he shaved the iron gray
beard a couple of years ago) at the star-
ting line of your race. You just might
be eating the dust of one of the na-
tion’s newest 50+ masters.
GOOD NEWS FOR MASTERS WHO LIKE TO THROW THEIR WEIGHT AROUND

FROM STACKHOUSE

Stackhouse, official supplier of track & field gear for the VIII World Veterans' Championships, now carries a complete line of weight implements for Masters Division athletes.

We hope you'll be able to attend the Championships in Eugene/Springfield, Oregon July 27 thru Aug. 6, and that you'll have a chance to check out our implements on display there.

You might even want to take a new discus for a test spin ... or perhaps give one of our hammers a whirl. The gear is there for you to try out.

And don't forget, there's a good chance your local sporting goods dealer carries the Stackhouse line of Masters Division gear. If not, call or write us and we'll let you know where to find it, and send you a free copy of our 1989 catalog.

STACKHOUSE Athletic Equipment, Inc.
P.O. BOX 12276, SALEM, OREGON 97309
(503) 363-1840 • FAX (503) 363-0511

SILVER MEDAL SPONSOR
VIII World Veterans' Championships
Five Years Ago
June, 1984

- 300 Compete in Legends Meet at UCLA.
- Nike Announces 1984 Nike Masters Series.

Five Years Ago
June, 1984

Promote Masters Running (PMR) was formed in February to request, from the Houston Tenneco Marathon Committee and Tenneco Inc., enough masters prize money to attract national and international class masters men and women competitors to the 1990 Houston Tenneco Marathon. PMR is a group of 20 masters runners organized and chaired by Howard Kunz, assisted by Peter Baird. Seven of the eight major running clubs in Houston are represented by the independent PMR group.

Masters Request Tenneco Marathon Prize Money

Representatives to each of the local running clubs have been appointed to coordinate club letters and signatures of all supporting club members to Joseph Macrum, Director of Public Affairs, Tenneco Inc., P.O. Box 2511, Houston, TX 77001, with copies to David Hannah, Chairman of the Houston Marathon Committee Inc., P.O. Box 2511, Houston, TX 77001, which determines the awarding and distribution of prize money. Individuals may also write J.L. Ketlesen, Chairman of the Board and Chief Executive Officer at Tenneco Inc. PMR is working in a positive, non-confrontational manner and favorable response from both open and masters division runners in Houston has been substantial.

PMR notes that masters division finishers are approximately 33% open men 54%, and open women 11% of total finishers in recent years. Despite some excellent masters performances, the prize money of $122,000 in 1989 and $150,000 the three prior years all went to open winners. March 1989 noted that 1989 masters winners Kjell-Erik Stahl (M40, 2:23:12) and Susan Havens (W40, 2:49:24) received no prize money. A decision should be made on 1990 masters prize money for the event.

Hart, Jordan Sizzle in Sacramento

by BOB ROEMER

SACRAMENTO, April 29 — This ain’t Chicago, pardner.

Payton ain’t Walter and Jordan ain’t Michael.

Payton Jordan never claimed to be Sweetness or Air; he’s pure speed and grace. And whether you’re Bearish like Walter or Bullish like Michael, you’d have been money ahead to go with him in the M70 100 and 200 in today’s Ken Carnine Relays.

The former Stanford and Olympic coach ran the 100 in 13.1 and 200 in 27.6 for age-72 world records.

This year’s meet, on a perfect track and field day — about 80 degrees, virtually windless, and slightly overcast — attracted 150 athletes who combined for 45 records in a meet that goes back 15 years.

The highlight was the M40 debut of former Cal and Olympic star Eddie Hart, of Oakland, who attracted seven competitors to the starting line of the 100 and obliterated Van Parish’s 11-year-old meet-record 11.3 by a half second. The 10.8 is just a tenth of a second away from Thane Baker’s world M40 record 10.7, set in 1972.

Herm Wyatt, of Grant’s Pass, Oregon, eclipsed the age-57 high jump world record with a 5-8 leap.

In the women’s 1500, the W50-54 meet mark of 5:34.5, set in 1982 by Sister Marion Irvine, fell to Vicki Bigelow, 53, of San Lorenzo. Her brilliant 5:18.4 beats by more than four seconds the world W53 record of 5:22.65 established by Mila Kania in 1984.

Joan Stratton, 37, of South Lake Tahoe, holder of most of the women’s weight records here, improved on one of them, bettering her 126-10 hammer throw of two years ago by almost two feet.

The meet was directed by Mike Ackley, 44, who saved enough energy to run a second-place 2:05.5 800.

YES! Sign me up for 12 Monthly Issues of RUNNING TIMES for only $19.95, saving me $15.45 off the cover price.

Name ____________________________
Address ____________________________
City ___________________ State _______ ZIP __________
□ Payment enclosed □ Bill me Charge my □ VISA □ MC # ____________________________
Exp. ____________________________
Signature ____________________________

Money back on the unused portion of your subscription if not satisfied. Make checks payable to RUNNING TIMES, P.O. Box 16927, Hollywood, CA 91615. Foreign—add $10.
International Scene
by CESARE BECCALLI, President of WAVA

Report From The President of WAVA

Dear Veteran Friends: The period between my election to WAVA’s Presidency (Melbourne in December, 1987) and that of the next General Assembly and elections (Eugene on August 2) has been the shortest and, at the same time, one of the most important in WAVA’s history.

This is the consequence of the vital choice that the General Assembly made in Melbourne: you decided that WAVA should become the official wing of Veterans Athletics throughout the world. This means that we have to pursue a line of cooperation and possible future integration with the IAAF on a mutually satisfactory basis.

Important steps have already been taken:

Working With the IAAF

We have a program working with the IAAF which was approved by the IAAF Council at Singapore in January. This program is divided into two periods: 1989-1991 and 1992-1993.

The first period will attempt to normalize veterans athletics at the national level, to improve (or to create) veterans athletic activity where it’s needed, and to bring in new affiliates (mainly from IAAF-member areas where we now have no affiliates).

The second period, provided that everything is completed satisfactorily during the first, should be a time of careful, progressive, honorable integration of the WAVA into the IAAF. The objective is that international athletics will finally be composed of juniors, seniors, and veterans, each with the same status and dignity.

We have a long, difficult and probably dangerous way to go. We have many new friends, and we can see a new positive attitude of some IAAF representatives. But we also have enemies (although I can’t understand why) and there is a risk of falling into the hands of persons who think only of their political power or financial interest.

I’m confident in the spirit of friendship and cooperation of our two main interlocutors at the IAAF: Hans Skaset (Chairman of the IAAF Veterans Committee) and John Holt (IAAF General Secretary). Hans has been appointed as official IAAF delegate to our Eugene Championships. John is planning to be there during the General Assembly.

We should thank them for the letter distributed by the IAAF to all its members confirming that the “VIII

Continued on page 29
World Veterans’ Championships Update

by TOM JORDAN and BARBARA KOUSKY

With just over a month until the opening of the Championships, the questions from competitors and the local community are coming thick and fast. Some of the most common:

How many athletes are entered? We think it will be between 3000 and 6000. With the state of the worldwide mails, we expect to receive valid entries throughout the month of May.

How many countries are represented? Looks like a new all-time high of over 60, including first-timers from Ghana, Cyprus and Botswana, among others.

How old is the oldest competitor? So far, it’s 93, but we haven’t received all the entries from India yet, always a good source of nonagenarians.

Any famous athletes entered? Try Olympic Gold Medalists Lee Evans, Tommie Smith, Al Oerter, Bob Richards, and Willie Davenport. Also heard from are Mike Bolt, Ella Kreszenzka and Francie Larrieu-Smith. And we’ll undoubtedly come across more overseas standouts as we process the entries.

Is there still housing available? There is in the Deluxe and Luxury categories, as well as Tourist in the University Halls, and RV camping. Motels in the Tourist and Budget categories are available in the outlying areas, but you will need a car if you wish to stay at one of these properties. If you haven’t sent in your housing reservation, we recommend you do so immediately.

More Than 5000 Athletes Will Compete in Eugene

Continued from page 1

group records, the VAVA meetings schedule, and more. 

How about flights into Eugene? These too are filling up, so don’t wait any longer to make your arrangements if arriving by air. For 5% off the lowest discounted fare on United Airlines and a free commemorative pin, call Adventure in Travel, 1-800/545-5477.

Why do I need a TAC card? All American athletes must have a valid TAC card to enter the Championships. It provides the athlete with TAC medical insurance and enables us to obtain TAC insurance, without which we would not be able to obtain liability coverage, rent the facilities, etc.

What counts as valid proof-of-age? A photocopy of either your birth certificate or passport is acceptable. Not acceptable are driver’s licenses, student IDs, meal tickets (honest!), etc. Please send in your proof of age before the championship begins — it will reduce the time you will have to wait in line at Registration.

How do I get on the relay teams? Relays (4x100, 4x400) are limited to one team per country per age group. The selection process varies from country-to-country. The U.S. squads will be selected by the Team Managers (Scott Thornely and Sandy Pashkin), based on performances in the Nationals in San Diego, and in the open events at the Worlds.

I won’t be competing the entire period of the Championships. Do you need me to volunteer? You bet! We can always use volunteers, and competitors often make the best ones. Look for a notice in the Competitor’s Handbook upon your arrival for procedures for volunteering.

What else will there be to do besides competition? Besides the tours, plays, and entertainment mentioned in previous articles, there will be an entire series of Sports Symposia, some for college credit and some of general interest. For more information, write to the VWCOC, Box 10825, Eugene, OR 97400 Attn: Sports Symposium.

When will you have the final Time Schedule available? This will be put together during June, based on the final number of entries. We do not anticipate changing the day of any final event from what appeared in the Entry Booklet. The final Time Schedule, with exact times and venues, will be in your competitor’s packet upon arrival.

What’s the procedure for athlete check-in? That’s the topic of the next (and last) update on the Championships, so don’t let your subscription to National Masters News run out now!

I’ve improved on my best time since I sent in my entry. Should I send in my new mark? By all means. We’ll be updating the best performances right up to the Championships, and if you are one of the many who put down “no mark” and now have one, please send that to us as it will help in setting heats and flights.

New Zealand’s Ian Babe (right) wins a desperate photo finish from New York’s Ken Baker in the age 50-54 800-meter run in the World Veterans Games in Melbourne. Babe was clocked in 2:08.40. Photo by Gretchen Snyder
The International Scene  Continued from page 27

exception. For instance, no one is willing to deny satisfaction to a very old competitor for whom the standard could be unfairly punitive.

Particular cases can be submitted to the Council, which will decide fairly. However, it must be clear that there will be no place for medal-hunters or ridiculous performers. Letters to me and the National Masters News have asked: “Why do we need medal standards?” Some say medal standards are unfair and political and so on. Well, medal standards have nothing to do with any political matter; they're just a consequence of a decision of the General Assembly. The majority voted in favor of a line in which WAVA is seen as an association for competitive athletics; it gave us the task to stage championships, not festivals. To compete with the IAAF contributes to this viewpoint. Of course, the next Assembly could decide that the WAVA should be an association just for enjoyment and recreation. If so, standards would then be cancelled.

WAVA Organization
We have always had the problem that — for reasons of time and finances — the Council, area representatives and delegates cannot meet as often as needed. The only way to partially find a remedy for this situation appears to be by better communication through the mail and, particularly, through fax machines. I am pleased to tell you that all members of the Council regularly keep in touch among themselves and with me, so that we can decide upon many matters. I have been informed about the work done by the Committees led by various members of the Council. I would particularly like to stress the excellent job done by the new Secretary, Alastair Lynn. I hope you agree with me and appreciate the high quality and the good regularity of the documents he has distributed to members of the Council and to all affiliates. As a result, we come to the Assembly better informed than before.

As for the composition of the Council for the next period, I see that there are new candidates. The decision of Peg Smith to resign has given Bob Fine the opportunity to bid for Executive Vice-President, and, as a result, the opportunity for others to bid for Track & Field Vice-President (Bob's present office). Two candidates are also running for Road Running Vice-President. I would like to comment on Peg Smith and Bob Fine. Concerning Peg, it would be enough to remind you what she did for WAVA in organizing the Special World Championships in Melbourne. Thank you very much, Peg, for everything. Concerning Bob, he has been a good and devoted Track & Field Vice-President; I am sure that his personal characteristics will make him an outstanding Executive Vice-President, if you'll vote for him.

For other candidates, I don't consider it fair to make any personal comment. They will present themselves for your decision. You'll have occasion to know much more about them during your stay in Eugene, before the General Assembly. For the first time, we have a candidate from South America. I strongly hope that in the near future, we'll have candidates from Asia and Africa. Of course, you'll have to judge if those candidates have the qualities to fill the position for which they are bidding.

I don't intend to say that to come from South America, Asia or Africa should become a reason to be voted for. But, if the candidates have the right characteristics, their presence in the General Assembly will be a stimulus for the good cooperation of the General Assembly and the WAVA Executive Committee.

Les Roberts, 45, won the Tunbridge Wells Half-Marathon, March 18, in 1:09:56, with former Olympian Barry Watson second (1:10:54). It was no surprise that Tony Simmons, 40, missed the national veterans cross-country championships this year as he was out running the New Delhi Marathon, March 4, and defeating a huge field to take first overall in 2:24:42.

The London Irish team (53:50) of Pete Murphy (17:36), John Sheridan (17:54), and Pete Kenney (18:20) won the Veterans Road Relay (3x5/8 miles) at Cranford for the Alf Mignon Memorial Trophy. Murphy's time was the fastest of the day.

On London Marathon weekend, there was a good 10K road race at Harrow, just north of London, where Mike Green, 41, in 31:13, got the bet of world M50 record-holder Taff Davies (31:28).

Alun Roper, European 5000 meter champion, broke the veterans best for the National Men's Road Relay at Sulton Park, April 16, running the 3-mile-8 yard, hilly circuit in 14:27. Veteran cross-country champion Andy Holden ran 14:48 for the winning Tip­ton Harriers squad.

WOMEN'S DELEGATE:
Bridget Cushen
156 Mitcham Road
West Croydon,
Surrey, England

SECRETARY:
Alastair Lynn
161 Harrison Drive
Newmarket, Ontario
L3Y688 Canada

TREASURER:
Bob Fine
3485 Grassland Road
Delray Beach, FL 33445 USA

PAST-PRESIDENT:
Don Farquharson
269 Ridgewood Road
West Hill, Ontario
M1C 2x3 Canada

WORLD ASSOCIATION OF VETERAN ATHLETES

PRESIDENT:
Cesare Becailli
Via Marinetti 7
20147 Milan, Italy

EXECUTIVE VICE PRESIDENT:
Peg Smith
P.O. Box 67
Williamsport 1016
Victoria
Australia

VICE-PRESIDENT:
(B)ob Fine
3421 Palm Forest Drive
Delray Beach, FL 33445 USA

VICE-PRESIDENT:
(C)lem Green
46 Hargroves St.
Wellington 2
New Zealand

DELEGATE OF:
NORTH AMERICA:
David Paine
5643 Campanile Way
San Diego, CA 92115 USA

SOUTH AMERICA:
Jose Fernandez
Juncal 1395
Floor 2 of 15
Montevideo
Uruguay

ASIA:
Haru Chandra
#2112 Block 44
Marine Crescent, Singapore

EUROPE:
Hans Assmann
Eichendorffstrasse 2
D-800 ANSBACH
Federal Republic of Germany

OCEANIA:
Jim Blair
P.O. Box 2910
Wellington, New Zealand

AFRICA:
Contact President

U.S. MASTERS
OFFICIAL U.S.A. UNIFORM

The official singlet and short sizes will be available to the public for a limited time.

The singlet is red nylon tricot with four white contrast side stripes. "Masters U.S.A." is printed in royal blue and white on the front. The short is red nylon tricot split racing with four white contrast side stripes. Both garments are men's cut and are products of Sub-4.

Since there will not be enough time for mailings, payment is required to reserve your uniform. Act soon so you won't miss out!

TO RESERVE YOUR UNIFORM:

1. Include singlet and short sizes. The following sizes are available:
SINGLET: XS, S, M, L, XL, XXL
SHORT: XS, S, M, L, XL

2. Make check or money order payable to AXIOM SCREEN PRINTING.
SINGLET: $20.00
SHORT: $15.00
Order as many as each as you like!

3. Mail your name, address, phone number, garment quantities and sizes, and payment to:
AXIOM SCREEN PRINTING
U.S. MASTERS UNIFORM
2121 Franklin Boulevard
Dept. USA-4, Box 101
Eugene, OR 97403

To assure that your uniform will be reserved, orders must be mailed by Friday, July 14th.

4. Orders can be picked up at the "U.S. MASTERS TEAM UNIFORM" booth outside the north entrance to Hayward Field in Eugene.
July 27-28: all day (beginning 1 hour before the first event)
July 29-30: 10 a.m. to 4 p.m.

DON'T DELAY! RESERVE YOUR UNIFORM TODAY!
WAVA Standards — What Do They Achieve?

by RAY CALLAGHAN

Standards have been introduced by WAVA to prevent awards being won by very low-quality performances. I question their need, their effectiveness and their fairness.

Are Standards Required?
A basic concept of an athletic competition is that you have to be in it to win it. The winner of an M40 event is lauded as a champion, without regard to any possibly-better athlete who did not attend. The same courtesy should be shown to the older athlete in the smaller age group.

The whole concept of veterans age-group competition is to encourage older athletes to compete against people their own age. Each athlete who becomes the first participant in his or her age group is a trailblazer for others. By participating, they encourage others to follow. On this basis alone, those trailblazers should be admired and encouraged.

What is not acceptable, of course, is the entering of events by some older athletes with the object of obtaining medals, without regard to the obvious fact that they are not conditioned for those events. I can see nothing to be admired in the performance of anyone who enters a 10K run and then proceeds to bore most of us to tears by walking most of the distance. Equally unattractive is the ridiculous sight of an aged person clambering over a hurdle.

Unfortunately, the ridicule elicited by these types of performances tend to rub off on the movement generally, causing the natural call for standards to be imposed. The obvious conclusion is that some form of standard is required.

But I believe that the WAVA-imposed standards is a case of using a sledgehammer. It will create more problems than it will solve. The simple application of the standard entry requirement can be enforced in the more blatant cases.

Who Will the Standards Affect?
The application of standards will adversely affect the older athletes and the organizers.

Based on the Melbourne results, the standards appear to be aimed only at a very small group which includes a 97-year-old man, an 80-year-old woman, and one or two entrants who could not hurdle properly. The 97-year-old’s participation evoked a large amount of media and admiration from fellow veterans, as did the M90 100m sprint competitors.

The 80-year-old attracted a lot of criticism for entering long distance events, and then performing in some of them in a manner that suggested a failure to be “properly conditioned” (a basic entry requirement) for the events entered. It was suggested that this showed a lack of consideration for the efforts of the organizers, who went out of their way to cater to the older athlete.

The same could be said of the hurdle and steeple clamberers. All those who drew criticism would have been better accepted had they entered events they could cope with. Athletes can be disqualified for failing to demonstrate proper conditioning for an event. Responsibility for the enforcement of this rule must not be put on the organizers.

Apart from this obvious group, a fair number of athletes may find themselves denied medals, even though their performances would normally qualify them. These are people badly affected by weather conditions. Competitors in the distance walks and runs find that competing in extremely hot conditions can add a minute or more to their times. Throwers find wet weather taking meters off their throws. Sprinters can lose seconds and jumpers can lose centimeters through wind and rain. Hurdlers and others, who may have a fall and show great courage in getting up and continuing, can find they are denied a medal by as little as 1/100th of a second. The dissatisfaction caused by these conditions will be directly expressed against:

1) The Organizers
The organizers have enough problems and stress, without the possibility of any number of people expressing their bitter disappointment at their, or their friend’s, loss of what they consider a well-earned medal.

The organizers will have the additional work of constantly watching for any failure of a place-getter to qualify. They will find the need to spend considerable time trying to pacify some of the athletes who miss out. They will find they are dealing with athletes whose age is such that some of them cannot be pacified. If conditions are bad enough, it could completely spoil an otherwise excellent meet. For what? So that one or two inconsiderate entrants can be refused a medal? It’s just not worth it. I’ve experienced it.

2) The Effectiveness
The only way to achieve the basic aim of the standards is to apply them to all events. WAVA has failed to do this. Entrants in the outside events do not have standards applied against them. I’ll ignore the weak approach to the new women’s events. It is also possible for relay and multi-event competitors to take medals with extremely low performances. So, apart from all the inherent problems of applying the standards, they don’t do the job.

3) The Fairness
It’s a fact that only the older age groups will be affected by standards. This is a very discriminatory rule. The basic concept of “you’ve got to be in it to win it” doesn’t rate here.

Summary
The WAVA standards are against the very principles upon which veteran athletics is founded; namely, that the encouragement to take part must remain paramount.

Standards don’t do the job they are designed for, they create work and stress for the organizers, and unfair conditions for a number of athletes.

I believe WAVA should cancel the application of standards in Eugene, and show the courage of their convictions by appointing quality control judges, preferably from within the WAVA Competition Committee, to disqualify those very few who abuse the system to excess.

I suggest that those who might be affected be encouraged to enter the more manageable 100 to 800 runs, which should not be subject to control.

(Ray Callaghan was the competition director of the VII World Veterans Games in Melbourne in 1987).
WAVA Technical Committee to Discuss

Medal Standards in Eugene

by BOB FINE

Three months ago, I communicated with the WAVA Technical Committee and with those who expressed concerns about the medal standards. A notice in the National Masters News solicited specific suggestions as to proposed modification of the standards.

To date, I received only one response — from Chuck Phillips. Chuck is a member of the Technical Committee and has been one of the prime contributors to the age-grading tables. He is an excellent statistician and experienced in the use of computers. The following is his response. Either alternative that he offered would have more of a logical and statistical base than the standards that have been established.

The variance between the established standards and the two modifications suggested by Chuck are not great.

The question of specific standards will be discussed at a meeting of the Technical Committee, to which everyone is invited. I would appreciate comments now as to Chuck’s proposals. Please drop me a note.

Bob Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445.

To: Robert G. Fine
From: Chuck Phillips

Re: WAVA MEDAL PERFORMANCE STANDARDS

In response to your letter of January 20, 1989 re this subject, I have prepared two sets of proposed WAVA Medal Performance Standards.

Here’s what I did to produce them. First, I looked at your medal standards to see what percentage of their corresponding age world record they represented. Running events varied from about 70 to 80% for 40-year-olds down to about 40 to 60% for 90-year-olds. Field events varied from about 60 to 70% for 40-year-olds to about 30 to 70% for 90-year-olds.

Then I took the new Age Record Level Performance Standards published in the February NMN and used them as the basis for determining two sets of WAVA Medal Standards.

For one set, I applied a percentage criteria such that X-year-old competitors would have to be performing at Y% of their age record or better to be medal eligible, as indicated.

Continued on page 32
Medal Standards

Continued from page 31

The second set of proposed WAVA Medal Standards is based on the Minimum % Performance requirement criteria being 70% of the Age Record Level Performance Standards for both men and women for all ages for all events.

However it turns out, I think the least objectional, most defendable WAVA Medal Standards can be produced using the new Age Record Level Performance Standards as their basis with some consistent across-the-board degradation criteria applied there to.

Great Britain's Robert Belmore, left, battles Sweden's Rune Bergman in the 10K cross-country at the World Veterans Games in Melbourne, Australia, in 1987. Bergman took third (37:22) with Belmore fifth (38:00). Photo by Gretchen Snyder

“Veterans” or “Masters”?

by DAVID PAIN

For the past year or so suggestions from various parts of the world have been put forward seeking to delete the word Veteran from WAVA's title and return to the original designation of Masters.

The U.S. Masters program back in 1968 adopted the name of U.S. Masters T & F Championships for its fledging event. It also introduced Masters age-group competition to Europe and to Oceania shortly thereafter with the U.S. Masters International Track Team. The initial 1975 world championships held in Toronto, Canada were labeled World Masters Track and Field Championships.

Thereafter at the General Assembly in Goteborg, Sweden the name was changed to its present designation.

Before launching this now worldwide program, we considered several name combinations such as Masters, Veterans, Seniors, and even Old Boys (the English translation of the Scandinavian term). We settled on the term Masters as it had none of the negative connotations connected with the other names, particularly Veteran.

The term veteran is derived from the Latin veter or veter meaning old, and the latter term veterans literally means old soldier. In modern usage the word implies long service or experience in an occupation, particularly service in the military by one who has fought for his country. The use of the word veteran implies essentially male involvement thereby negating or ignoring the fact women are equally a part of this program. It is the unavoidable association of the term Veteran with military service and being old which renders it to many an unacceptable term to describe an athletic organization composed of both sexes who profess to be both young in heart and spirit and who are actively engaged in sport to avoid, or at least delay, the onslaughts of aging.

The term Veteran as used to designate the older athlete, as in “He was a veteran of many competitions,” although quite correct, nevertheless implies age and the impending end to an otherwise illustrious athletic career. In this context the term is the antithesis of why this program was created and for what it stands; namely, the athletic rebirth of a person every five years. The very linch pin to the success of Masters athletics is this concept which literally means a person may continue his or her competitive athletic career virtually indefinitely as a Master. That is, as a person eminently skilled in an activity, such as an occupation, discipline, trade, art, science, or as an educator. The term Veteran suggests or describes none of these accomplishments or attributes. The word Master has numerous meanings virtually all of which are laudatory in one respect or another.

As this athletic concept grows and circles the world, we find after some 20 years national organizations utilizing both Masters and Veterans in their official titles. Those emanating from Great Britain or its issue, such as New Zealand and Australia, have gone the Veteran route, whereas most of the rest have adopted the appellation Masters.

Concededly, a name once established should not be abandoned hastily. There is an investment in a name which grows with time. Nevertheless if a name becomes outdated and fails to adequately describe the organization it purports to represent, serious thought should be given to bitten the proverbial bullet and adopting a name which creates a positive image.

(Editor's note: David Pain conceived the masters athletic program over 20 years ago and has been active in its development. Currently he is the North American WAVA Regional Representative and is General Chairman of the 1989 TAC/USA National Masters Track and Field Championships.)

Great Britain's Robert Belmore, left, battles Sweden's Rune Bergman in the 10K cross-country at the World Veterans Games in Melbourne, Australia, in 1987. Bergman took third (37:22) with Belmore fifth (38:00). Photo by Gretchen Snyder

WAVA HURDLES AND IMPLEMENTS SPECIFICATIONS

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Race Distance</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>35-39</td>
<td>100m</td>
</tr>
<tr>
<td>40-49</td>
<td>60m</td>
</tr>
<tr>
<td>50-59</td>
<td>80m</td>
</tr>
<tr>
<td>60-69</td>
<td>90m</td>
</tr>
<tr>
<td>70+</td>
<td>100m</td>
</tr>
</tbody>
</table>

Steppeshare distance: All females, and male age-groups 800 and above = 2000m. Males age-groups younger than 800 = 3000m.

IMPLEMENTS

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Shot put</td>
</tr>
<tr>
<td>35-49</td>
<td>6.00m</td>
</tr>
<tr>
<td>50+</td>
<td>3.00m</td>
</tr>
</tbody>
</table>

Start of the MSS cross-country run in Melbourne. Photo by Gretchen Snyder
Nominations Close for WAVA Offices

Alastair Lynn, WAVA Secretary, announced that he received the following nominations for WAVA offices prior to the May 4 deadline:

President: Cesare Beccalli (Italy), Owen Flaherty (Great Britain), Peg Smith (Australia).

Executive Vice-President: Bob Fine (USA), Torsten Carliys (Sweden).

Vice-President, Track & Field: Jorge Alzemora (Chile), Raymond Callaghan (Australia), Torsten Carliys (Sweden), Bill Taylor (Great Britain).

Vice-President, Long Distance Running: Clem Green (New Zealand), Jacques Serruy (Belgium).

Secretary: Alastair Lynn (Canada).

Treasurer: Al Shehain (USA).

(*Nominated by WAVA Council.

The Australians plan to nominate a candidate for Women's Representative, for which there is no deadline. The election will take place at the Women's meeting on July 30.

Masters Invited to Crystal Cathedral

Participants in the U.S. TAC National Masters Track & Field Championships in San Diego, and the World Veterans Championships in Eugene, have been specially invited to visit the world-famous Crystal Cathedral during their visit to the West Coast.

Minister Robert Schuller, whose weekly television broadcast reaches millions of people throughout the world, has personally invited masters athletes and their families to visit the Garden Grove, California church on Sunday morning, July 23, or at any time during their West Coast stay.

Bill Bangert, a long-time masters competitor and member of the Crystal Cathedral, said Schuller will give special recognition to the athletes at both the 9 a.m. and 11 a.m. services on Sunday, July 23.

“We plan to have all the masters and their families sit together,” Bangert said. “The service is taped and aired about two weeks later, so everyone can see themselves on TV.”

The 3000-seat church is one of California's most popular tourist attractions. Made of more than 10,000 panes of glass, it's over 100 yards long and 12 stories high.

The services are noted for Schuller's inspiring sermons and for the professional entertainment-style quality, featuring professional singers, a magnificent choir, TV monitors, and occasional guest celebrities from the political, business and entertainment communities.

Garden Grove is about an hour's drive north from San Diego, where the U.S. Nationals will be held from July 20-23.

“Athletes with cars can drive up for either the 9 a.m. or 11 a.m. service,” Bangert said, “and return to San Diego in time for the relays and closing ceremonies — or continue north en route to Eugene.”

Subscription Form

The National Masters News is the official publication of The Athletics Congress, the National Masters News gives you information that’s available nowhere else: schedule information, meet and race results, training advice, race and stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The National Masters News is only $22 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of $41 — a 24% savings off the single-copy price. A 3-year subscription saves 27%.

[Subscription Form]

NATIONAL MASTERS NEWS

Subscriptions are accepted worldwide. Mail your subscription to:

National Masters News
Subscription Dept.
P.O. Box 5185
Pasadena, CA 91107

(American Express, Visa, MasterCard accepted; add $5 to cover exchange. Please notify address changes four weeks in advance.)
Palm Runs 2:31:05 In London
by MARTIN DUFF (of Athletics Weekly)

The big race here was the London Marathon, April 23, where the principal veteran star was the 47-year-old Evy Palm of Sweden, who improved her previous best time here by a half-minute with a 2:31:05.

The first veteran woman was 38-year-old Russian Raisa Smekhnova, who led the women masters throughout to record 2:30:15 against her best of 2:28:40.

Split times for the leading two were: 10K-Smekhnova 34:17; Palm 34:52; 30K-Smekhnova 1:45:11; Palm 1:46:40.

West Germany's Charlotte Teske was third veteran (2:32:34).

With no prize money offered to veterans, there was little competition among the men, but 41-year-old Stan Curran, in his first marathon in five years, was always ahead, finishing 58th (2:21:15).

Three World Records in Ontario
by JERRY WOCJIK

The Ontario Masters Indoor Championships drew 208 entrants, who set three world indoor records at York University on March 11.

Anne van der Vleuten, W50, ran the 400 in 1:12.5 to erase Grace Butcher's 1:13.1 from the record annals. Molly Turner, W55, lowered Gloria Brown's 12:23.6 in the 3000 with a 12:17.5. Jaan Roos, holder of the M45 3000 walk record (12:58.0), strode to another, with a 14:11.5 in the M50-54 age group. The former record of 14:23.6 was held by M. Scarietta.

Contestants, who included a sprinkling of U.S. athletes, also broke several Canadian open and resident records.

The best age-graded performance of the meet was a 90.9% turned in by Earl Fee, with a 58.5 in the M55 400.

line!!”

2. Competitors in the M40 400 were told upon checking in that there would be six heats; one British competitor was shown the list and told he was in the 6th heat. He went away to warm up, came back after the start of the 4th heat and saw the officials taking away the starting blocks. When he asked why, the officials said the heats were drawn up on the number of entrants but not all of them turned up and only four heats were necessary. Protests from British officials were shrugged off. The athlete had paid all his traveling and hotel expenses just to sit in a litter-strewn stadium for a week.

3. In the men's long jump competition, two age groups had to share the same runway — in opposite directions!

4. There was no wind gauge, despite requests from delegates and athletes.

5. The meeting ran up to three hours late, the M60+ 10,000 did not finish until 2:00 a.m. the following morning; 75-year-olds were seen haggling with avuncular taxi drivers at dawn; some spent the night in the stadium unable to shower or reach their hotels.

6. All the hurdle finals were held in the 6-lane second stadium.

7. The marathon was 2K overdistance. A large group following the leaders was sent off course by an official. The course was lethal and at one stage involved a sharp right turn down a long main street; round the central square through chaotic traffic and tourists, back up the same street and back on to the course proper; there was nothing to stop runners crossing the street at any point.

8. The toilet facilities were absolutely disgraceful. We must in the future ensure that no major championships are allocated to Italy.

Anne Jenkins
Execl, England

The first European Veterans Championships took place in Viareggio, Italy in 1978. I was then the President of the European Association, which I founded. We hosted, with pleasure, Australians, South and North Americans, and Asians.

My personal opinion is that we should accept foreign guests, as we have at all 13 Italian Championships. I was the President of the European Association when Mr. Glasgow and others were accepted in Strasbourg. But, later, the European Veterans Council voted against foreign guests, for technical reasons.

I'm not going to discuss the validity of those reasons. I'm just telling anyone that, in fact, I was prevented from accepting guests, not only in Verona, Italy, but also in Malmo, Sweden. But I don't know how Mr. Glasgow could say the problem arose because of my "dittorial fashion." Perhaps this shows how easy it is to be unjust and unfair, even in good faith.

Cesare Beccalli
Milano, Italy

SERIOUS OMISSIONS
Priscilla Welch is beaten for the first time as a master. Cindy Dalrymple’s long standing 10K loop record is finally broken. Not worthy of mention? At least I learned how Mr. Tymn relates to his trophies. You are in danger of losing another subscriber.

James Maslach
Pt. Reyes, California

(One of NMN's weaknesses is not possessing the ability to get results from the masters' competitors. Despite repeated phone calls and letters, we never received complete results from either the River Run 15K, where Laurie Binder defeated Welch, or the Azalea Trail 10K, where Binder broke Dalrymple's mark. So all we could do was mention the masters winners which we culled from USA Today. Even though Dean Reineke mentioned the Welch defeat in his column, NMN didn't carry a full story on either race. Our apologies to reader Maslach and others. We have long been looking for a good long-distance running editor who has the time and the ability to communicate with LDR race directors. If you know of such a person, please let us know. — Ed.)

KUDOS
The issues are getting bigger and bigger. Photos and journalism are getting better and better. NMN is a super work product. Enclosed is my annual subscription check.

Chuck McMahon
San Diego, California

NMN looks greater every month. I am always amazed how you can tactfully answer all the grippers and complainers without offending anyone. Masters athletics are an unusual group. A friend told me the other day: "People reach a certain age and they think they don't have to conform to society's rules anymore - because I'm 50 years old." The paper caters to a group that are bigger complainers than usual and you handle them all well.

Ed Olesta
La Jolla, California

This letter is both to convey my high regards for the quality publication that you and your staff produce. The (NMN) magazine is the most thorough running/track related magazine, while still being very enjoyable to read with the numerous number of stats displayed.

Chuck George
New Orleans, Louisiana

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

by JERRY WOJCIK

Four hundred athletes competed in the 17th annual Australian Veterans National Track and Field Championships held in Perth, West Australia, March 24-27, at Perry Lakes Stadium, site of the 1962 Commonwealth Games. As expected, many athletes committed to the VIII World Games deferred, saving their energy and money for Eugene, Oregon.

A large group of spectators watched competitors break 34 national records. The more knowledgeable, however, were eyeing John Gilmour, 69, who won the M65 1500 (5:07.5), 500 (1:42.1), and 10,000 (38:53.8). His times are well below the M70-74 world records for those events, and Gilmour turned 70 on May 3.

New national records included a 4:02.1 in the M45 1500 by Keith Wheeler, and an 11.8 in the 800m by W40 Eileen Hindle.

Harry Gathercole, M80, with a 32.8, was near Josiah Packard's world record of 32.3 in the 200.

Wheeler had the two best age-graded performances of the meet, with a 95.9% in the 1500 (4:02.1) and a 94.4% in the 800 (2:00.0). He will be one of the favorites in the M45 middle distances next month in Eugene.

The International Scene

Continued from page 29

the WAVA Council would have the additional quality of enormously improving the activity in those areas where we are thin, or where we are not present at all. We must admit that we are actually more a North American, European, plus Oceanian (partially) association than a truly worldwide association. Anything we can do to modify this situation would be welcome.

As for myself, I'm available for the next period to pursue the policies described above. I'm trying to integrate the IMITT Club Italia into the Italian Federation. After that, I'll resign from the Italian presidency. As organizer, two European Championships and one World Championship have been enough for me, so, in the future, I'll take care of WAVA only.

Finally, the financial situation can be defined as satisfactory and you'll shortly hear the Treasurer's report. On other general matters, the Secretary is also going to submit to you a report. We aren't a rich association, but I'm confident the IAAF can help us, at least, in better communications and possibility of meetings.

With many thanks and best wishes to you all.
### Top Male Masters Performances (Jan. 1 - Apr. 7)

In order of performance value earned in major U.S. events.

<table>
<thead>
<tr>
<th>RANK</th>
<th>ATHLETE NAME</th>
<th>CTE</th>
<th>TIME</th>
<th>DISTANCE</th>
<th>PLAC</th>
<th>FT</th>
<th>RACE</th>
<th>PRIZE</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JOHN CAMPELL</td>
<td>NEL</td>
<td>29:39</td>
<td>10K</td>
<td>29:39</td>
<td>1</td>
<td>AL</td>
<td>AZAIA TASK RUN</td>
<td>1700</td>
</tr>
<tr>
<td>2</td>
<td>JOHN CAMPELL</td>
<td>NEL</td>
<td>31:53</td>
<td>15K</td>
<td>31:53</td>
<td>1</td>
<td>AL</td>
<td>GAFFERIA DISTANCE CLASSIC</td>
<td>2300</td>
</tr>
<tr>
<td>3</td>
<td>VICTOR MORA</td>
<td>COL</td>
<td>31:53</td>
<td>10K</td>
<td>31:53</td>
<td>1</td>
<td>AL</td>
<td>GAFFERIA DISTANCE CLASSIC</td>
<td>2300</td>
</tr>
<tr>
<td>4</td>
<td>WILSON WAGA</td>
<td>WAGA</td>
<td>24:53</td>
<td>5K</td>
<td>24:53</td>
<td>1</td>
<td>AL</td>
<td>GAFFERIA DISTANCE CLASSIC</td>
<td>3200</td>
</tr>
<tr>
<td>5</td>
<td>WILSON WAGA</td>
<td>WAGA</td>
<td>33:54</td>
<td>10K</td>
<td>33:54</td>
<td>4</td>
<td>YA</td>
<td>SHAMOREC K</td>
<td>400</td>
</tr>
<tr>
<td>6</td>
<td>DAVE STEWART</td>
<td>10K</td>
<td>30:39</td>
<td>10K</td>
<td>30:39</td>
<td>1</td>
<td>AL</td>
<td>BAY CLASSIC</td>
<td>300</td>
</tr>
<tr>
<td>7</td>
<td>BILL RODGES</td>
<td>USA</td>
<td>33:30</td>
<td>10K</td>
<td>33:30</td>
<td>1</td>
<td>AL</td>
<td>BAY CLASSIC</td>
<td>300</td>
</tr>
<tr>
<td>8</td>
<td>BOB SCHAUD</td>
<td>USA</td>
<td>47:14</td>
<td>15K</td>
<td>47:14</td>
<td>1</td>
<td>AL</td>
<td>BAY CLASSIC</td>
<td>300</td>
</tr>
<tr>
<td>9</td>
<td>BILL RODGES</td>
<td>USA</td>
<td>47:13</td>
<td>15K</td>
<td>47:13</td>
<td>1</td>
<td>AL</td>
<td>BAY CLASSIC</td>
<td>300</td>
</tr>
<tr>
<td>10</td>
<td>MIKE HENDRICK</td>
<td>10K</td>
<td>47:30</td>
<td>10K</td>
<td>47:30</td>
<td>1</td>
<td>AL</td>
<td>MIKE HENDRICK</td>
<td>300</td>
</tr>
<tr>
<td>11</td>
<td>MIKE HENDRICK</td>
<td>10K</td>
<td>50:06</td>
<td>10K</td>
<td>50:06</td>
<td>1</td>
<td>AL</td>
<td>MIKE HENDRICK</td>
<td>300</td>
</tr>
<tr>
<td>12</td>
<td>BILL RODGES</td>
<td>USA</td>
<td>50:51</td>
<td>10K</td>
<td>50:51</td>
<td>1</td>
<td>AL</td>
<td>MIKE HENDRICK</td>
<td>300</td>
</tr>
<tr>
<td>13</td>
<td>ANTONIO VALLANUEVA</td>
<td>10K</td>
<td>50:51</td>
<td>10K</td>
<td>50:51</td>
<td>1</td>
<td>AL</td>
<td>MIKE HENDRICK</td>
<td>300</td>
</tr>
<tr>
<td>14</td>
<td>DAVE STEWART</td>
<td>10K</td>
<td>51:10</td>
<td>10K</td>
<td>51:10</td>
<td>1</td>
<td>AL</td>
<td>MIKE HENDRICK</td>
<td>300</td>
</tr>
<tr>
<td>15</td>
<td>MIKE HENDRICK</td>
<td>10K</td>
<td>51:10</td>
<td>10K</td>
<td>51:10</td>
<td>1</td>
<td>AL</td>
<td>MIKE HENDRICK</td>
<td>300</td>
</tr>
<tr>
<td>16</td>
<td>COLEMAN</td>
<td>USA</td>
<td>52:01</td>
<td>10K</td>
<td>52:01</td>
<td>1</td>
<td>AL</td>
<td>MIKE HENDRICK</td>
<td>300</td>
</tr>
</tbody>
</table>

### Top Female Masters Performances (January 1 - April 7)

In order of performance value earned in major U.S. events.

<table>
<thead>
<tr>
<th>RANK</th>
<th>ATHLETE NAME</th>
<th>CTE</th>
<th>TIME</th>
<th>DISTANCE</th>
<th>PLAC</th>
<th>FT</th>
<th>RACE</th>
<th>PRIZE</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>PRISCILLA WELCH</td>
<td>USA</td>
<td>33:39</td>
<td>10K</td>
<td>33:39</td>
<td>8</td>
<td>PL</td>
<td>RED LOBSTER CLASSIC</td>
<td>3100</td>
</tr>
<tr>
<td>2</td>
<td>PRISCILLA WELCH</td>
<td>USA</td>
<td>33:39</td>
<td>10K</td>
<td>33:39</td>
<td>8</td>
<td>PL</td>
<td>RED LOBSTER CLASSIC</td>
<td>3100</td>
</tr>
<tr>
<td>3</td>
<td>LAURIE BINDER</td>
<td>USA</td>
<td>33:39</td>
<td>10K</td>
<td>33:39</td>
<td>8</td>
<td>PL</td>
<td>RED LOBSTER CLASSIC</td>
<td>3100</td>
</tr>
<tr>
<td>4</td>
<td>LADY CLASH</td>
<td>USA</td>
<td>33:39</td>
<td>10K</td>
<td>33:39</td>
<td>8</td>
<td>PL</td>
<td>RED LOBSTER CLASSIC</td>
<td>3100</td>
</tr>
<tr>
<td>5</td>
<td>GABRIELLE ANDERSON</td>
<td>USA</td>
<td>33:39</td>
<td>10K</td>
<td>33:39</td>
<td>8</td>
<td>PL</td>
<td>RED LOBSTER CLASSIC</td>
<td>3100</td>
</tr>
<tr>
<td>6</td>
<td>GABRIELLE ANDERSON</td>
<td>USA</td>
<td>33:39</td>
<td>10K</td>
<td>33:39</td>
<td>8</td>
<td>PL</td>
<td>RED LOBSTER CLASSIC</td>
<td>3100</td>
</tr>
<tr>
<td>7</td>
<td>GABRIELLE ANDERSON</td>
<td>USA</td>
<td>33:39</td>
<td>10K</td>
<td>33:39</td>
<td>8</td>
<td>PL</td>
<td>RED LOBSTER CLASSIC</td>
<td>3100</td>
</tr>
<tr>
<td>8</td>
<td>GABRIELLE ANDERSON</td>
<td>USA</td>
<td>33:39</td>
<td>10K</td>
<td>33:39</td>
<td>8</td>
<td>PL</td>
<td>RED LOBSTER CLASSIC</td>
<td>3100</td>
</tr>
<tr>
<td>9</td>
<td>GABRIELLE ANDERSON</td>
<td>USA</td>
<td>33:39</td>
<td>10K</td>
<td>33:39</td>
<td>8</td>
<td>PL</td>
<td>RED LOBSTER CLASSIC</td>
<td>3100</td>
</tr>
</tbody>
</table>

The quality of performance is compared by "normalizing" them to 10K equivalents. Adjustments are made for exceptional course advantage or difficulty.

### TOW POINTS

<table>
<thead>
<tr>
<th>RANK</th>
<th>ATHLETE NAME</th>
<th>CTE</th>
<th># OF &quot;T&quot;</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>VICTOR MORA</td>
<td>COL</td>
<td>855</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>JOHN CAMPELL</td>
<td>NEL</td>
<td>788</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>WILSON WAGA</td>
<td>WAGA</td>
<td>504</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>STEVE ROLL</td>
<td>GRB</td>
<td>451</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>BILL RODGES</td>
<td>USA</td>
<td>410</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>BOB SCHAUD</td>
<td>USA</td>
<td>318</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>LARRY RODGES</td>
<td>USA</td>
<td>216</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>DAVE STEWART</td>
<td>10K</td>
<td>186</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>KJELEKSTAFF</td>
<td>SWE</td>
<td>156</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>LARRY RODGES</td>
<td>USA</td>
<td>155</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>ANTONIO VALLANUEVA</td>
<td>10K</td>
<td>105</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>JOHN CAMSELL</td>
<td>USA</td>
<td>71</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>RON BILL</td>
<td>USA</td>
<td>72</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>ATHOL BARTON</td>
<td>USA</td>
<td>71</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>BOBBY DOYLE</td>
<td>USA</td>
<td>55</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>STEVE ROLL</td>
<td>GRB</td>
<td>55</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>HECTOR CHAVEZ</td>
<td>USA</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>JIM PEARSON</td>
<td>USA</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>BERNIE ALLEN</td>
<td>USA</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>DON COFFMAN</td>
<td>USA</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### TWENTIETH ANNUAL LONGEST DAY MARATHON, 10K, 5K, 5K RACEWALK

In conjunction with Summer Arts Festival '89

BROOKINGS, SD, SATURDAY, JULY 8, 1989

Age Group and Open Awards

For Entry Form or More Information contact
Charles S. Roberts, Jr., M.D.
1345 First St., Brookings, SD 57006
(605) 692-2234 or (605) 692-2236

Sponsored by John Hancock Financial Services
Compiled by TACSTATS/USA 7745 SW 138 Terrace, Miami, Florida 33158
tel. (305) 253-8448
NATIONAL

• David Pain, Executive Director of the U.S. Track & Field Championships in San Diego, July 20-23, predicts between 1600 and 2000 entries for the 22nd annual event. The previous high was the 1991 San Diego Masters Track & Field Championships, which numbered 1600. June 15. (See entry form in last month's NM.)

• TAC-sponsored TV broadcasts on TBS this month are the Prefontaine Classic, live from Eugene on Sat. June 3; the SACUSA Mobi Championships, live from Houston on Sat. June 17; and the USA/USA/GBR/FRG National Track event, live from Birmingham, England on Sat. June 24.

SOUTHWEST

• John Campbell, 41, of New Zealand, winner of the St. George 10K in the L.A. (21.7.5) and Boston (2.14.19) Marathons, captured the same honors in the Azalea 10K, Tyler, TX, April 1, in 29.35, an age-graded performance of 96.5%. Karen Machar (W40), 38.31, 82.5%, was first woman master. Marion Irvine (W55, 44.52, 80.4%) won the W50-69 race.

EUGENE on Sat. June 3; the Morgantown, WV, April 22. Turner ran the 16:12.4 in a 17.36. Hatfield finished tenth (16.12.4) in a field of 22 college runners.

WEST

Those seeking an edge on the competition at the Nationals in San Diego should see the San Diego Imperial TAC Masters Championships. Scheduled for June 25, the meet at Balboa Stadium (site of the Nationals' 10K and 5000 meters) will use the same starters, officials, computerized registration, and results system to be used in the Nationals. Athletes already registered for the Nationals compete for free, but there will be no day-of-race entries. For entry blanks, send a SASE to Ed Oelea, Box 2822, La Jolla, CA 92038.

INTERNATIONAL

• Eddie Kirkup of the Banks Road Runners has been suspended by the British Veterans Athletic Federation for a one-year ban for the violation of the rule governing drug use. Kirkup has been running since 1980 and was a member of the masters title in the L.A. (22:17:51) and Boston (21:14:19) Marathons, capturing the same honors in the Azalea 10K, Tyler, TX, April 1, in 29.35, an age-graded performance of 96.5%. Karen Machar (W40), 38.31, 82.5%, was first woman master. Marion Irvine (W55, 44.52, 80.4%) won the W50-69 race.

EUGENE on Sat. June 3; the Morgantown, WV, April 22. Turner ran the 16:12.4 in a 17.36. Hatfield finished tenth (16.12.4) in a field of 22 college runners.

WEST

Those seeking an edge on the competition at the Nationals in San Diego should see the San Diego Imperial TAC Masters Championships. Scheduled for June 25, the meet at Balboa Stadium (site of the Nationals' 10K and 5000 meters) will use the same starters, officials, computerized registration, and results system to be used in the Nationals. Athletes already registered for the Nationals compete for free, but there will be no day-of-race entries. For entry blanks, send a SASE to Ed Oelea, Box 2822, La Jolla, CA 92038.

INTERNATIONAL

• Eddie Kirkup of the Banks Road Runners has been suspended by the British Veterans Athletic Federation for a one-year ban for the violation of the rule governing drug use. Kirkup has been running since 1980 and was a member of the masters title in the L.A. (22:17:51) and Boston (21:14:19) Marathons, capturing the same honors in the Azalea 10K, Tyler, TX, April 1, in 29.35, an age-graded performance of 96.5%. Karen Machar (W40), 38.31, 82.5%, was first woman master. Marion Irvine (W55, 44.52, 80.4%) won the W50-69 race.

EUGENE on Sat. June 3; the Morgantown, WV, April 22. Turner ran the 16:12.4 in a 17.36. Hatfield finished tenth (16.12.4) in a field of 22 college runners.

WEST

Those seeking an edge on the competition at the Nationals in San Diego should see the San Diego Imperial TAC Masters Championships. Scheduled for June 25, the meet at Balboa Stadium (site of the Nationals' 10K and 5000 meters) will use the same starters, officials, computerized registration, and results system to be used in the Nationals. Athletes already registered for the Nationals compete for free, but there will be no day-of-race entries. For entry blanks, send a SASE to Ed Oelea, Box 2822, La Jolla, CA 92038.

INTERNATIONAL

• Eddie Kirkup of the Banks Road Runners has been suspended by the British Veterans Athletic Federation for a one-year ban for the violation of the rule governing drug use. Kirkup has been running since 1980 and was a member of the masters title in the L.A. (22:17:51) and Boston (21:14:19) Marathons, capturing the same honors in the Azalea 10K, Tyler, TX, April 1, in 29.35, an age-graded performance of 96.5%. Karen Machar (W40), 38.31, 82.5%, was first woman master. Marion Irvine (W55, 44.52, 80.4%) won the W50-69 race.

EUGENE on Sat. June 3; the Morgantown, WV, April 22. Turner ran the 16:12.4 in a 17.36. Hatfield finished tenth (16.12.4) in a field of 22 college runners.

WEST

Those seeking an edge on the competition at the Nationals in San Diego should see the San Diego Imperial TAC Masters Championships. Scheduled for June 25, the meet at Balboa Stadium (site of the Nationals' 10K and 5000 meters) will use the same starters, officials, computerized registration, and results system to be used in the Nationals. Athletes already registered for the Nationals compete for free, but there will be no day-of-race entries. For entry blanks, send a SASE to Ed Oelea, Box 2822, La Jolla, CA 92038.


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

June 11. Mid-Atlantic TAC Games—Masters Division, Ambler, Pa. 9 a.m. (o), 8 a.m. (h). Mid-Atlantic TAC, P.O. Box 7231, Philadelphia, PA 19101. 215-843-MAAC.


July 2. Merrill Lynch Realty Annual Classic Meet, Randolph, N.J. Merrill Lynch Realty AC, 525 Highway 33, Englewood, NJ 07637. 201/625-1764 (day); 201/361-3282 (eve); travel 201/361-3220.

July 8-9. Garden State Games, Middlesex County College, N.J. N.J. residents only. June 1 entry deadline. Morton Hahn, Inc., P.O. Box 328, Dover NJ 07801-0328. 973/652-1746 (day); 973/622-1746 (eve).

July 8. Sri Chinnym Masters Games. Rain date: July 15. 8 a.m. victory Field, Forest Hills, N.Y. Sri Chinnym Masters Games, 150-87th Ave., Jamaica, NY 11432. 718/291-7406.


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


June 4-8. Northwest Classic (4th) and Relays (18th), Troswood H.S., Dayton, Ohio. Harold Martin, P.O. Box 44, Dayton, OH 45428. 513/873-5069.

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

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


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


July 7-9. White River Park State Games Finals, Indianapolis. Open to Indiana residents only. Jeff Coates, P.O. Box 2730, Indianapolis, IN 46206. 317/232-1316.


July 9. 4th Illinois Grand Prix Meet, site tba. Dick Green, P.O. Box 6147. Rockford, IL 61105. 815/397-5685.

July 15-16. TAC Midwest Sectional (Regional) Championships, Byron HS, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61105. 815/397-5685.


Southwest

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

June 6-25. Florida TAC All-Comers Meets, Tropical Park Stadium, Miami. Each Tuesday at 5 p.m. Michael Peyton, Miami Runners Club, 305/227-1500.

June 10-11. 14th Annual Northwest Classic, Minneapolis-Metro Area, Minn. Jesse Holt, 1310 N.W. 90th St., Minn. MI 55417. 651/356-2409 (above) 9 p.m.

July 10. TAC Southeast Sectional Championships, Atlanta, Ga. SASE: Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.


August 17. TAC Masters All-Comers Meets, Pec In Rood Stadium, Tallahassee, Fla. City of Tallahassee Athletic, 238-6451; 223-8615. Alta Vista Meet, DeLand, Fla. Alta Vista Ltd., P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002.

July 8. Florida Athletics Congress Championships, Delray Beach, Fla. No-Floridians may compete for comparable awards. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.


Mid-America

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, Ohio, Oklahoma, South Dakota.


June 16-25. UPS Star of the North State Games, Bismarck, N.D. State residents only. SNSG, P.O. Box 65708, St. Paul, MN 55160. 612/680-9000. 907-GAME.


July 1. All-Comers Early Morning "R" Meet, Fridley, Minn. SASE to Mrs. Rachel Lynch, 122-6315 Way N.E., Fridley, MN 55432.


New Zealand's John Campbell, 40, on his way to a 2:14:19 masters victory at the Boston Marathon, April 17. Photo from Sailer, Ltd.
INTERNATIONAL


August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site in Eugene on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/254-0117.

September 16-17. San Juan International Masters Meet, Escobar Stadium, San Juan, Puerto Rico. Ovidio de Jesus. P.O. Box 53100, 65th Infantry Stn., Rio Piedras, PR 00929-0300.

October 14-16. 10th Annual Japan Masters Championships, Tokyo Travel, 5-1-2 Misono-cho, Wakahaya City, Wakahaya Prefecture, Japan. Phone: 0374-25-3111. Fax: 0374-24-1683.

October 14-22. 2nd Australian Masters Games, Adelaide.

LONG DISTANCE RUNNING NATIONAL

June 8-11. 32nd Road Runners Club of America National Convention, Colorado Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.


June 17. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete Leaguie, P.O. Box 681, St. Clairsville, OH 43950. 614/942-2186.


WASHINGTON


June 16. Battle Island Day 5K, Newport Beach, Calif. Susan Whetzel, 125 E. Baker St., Costa Mesa, CA 92626. 714/357-5100.

FALL MEETINGS


NORTHWEST


July 16. Battle Island Day 5K, Newport Beach, Calif. Susan Whetzel, 125 E. Baker St., Costa Mesa, CA 92626. 714/357-5100.

JUNE

June 1-3. Buffalo, New York. World Class 100 Races. Four Mile Chase, 10K Classic, 8K Classic, 5K Classic. For applications and more information, write or phone: Jim Nowicki 625 West Delavan Buffalo, N.Y. 14222 (716) 881-1852 Please include S.A.S.E.

SOUTHEAST


MIDWEST

July 16. Steamboat Classic 4 Miller, Peoria, Ill. $1200 masters money. Steve Shostrum, 700 W. Main St., Peoria, IL 61606. 309/676-7866.

July 24. Oglesby 10K Classic, Oglesby, Ill. $250 masters money. Oglesby 10K, P.O. Box 104, Oglesby, IL 61348.

July 4. Ohio TAC 10K Championships, Westview HS, Columbus. Bill Schmidt, 6163 Laurelwood Ct., Columbus, OH 43224. 614/261-7650; (w): 895-1314(h).


RACE WALKING NATIONAL


**Just Think, You Only Need 29 More To Make A Coat.**

Most people don't realize the true cost of a fur. But the fact is, to make a single coat dozens of animals must pay with their lives. Animals who are mercilessly trapped, drowned, even electrocuted or gassed on fur farms. So if you're thinking about buying a fur -- don't.

Because no matter how many reasons you have for wanting one, there are 30 good reasons not to.

**Stop Buying Furs.**

---

**Masters Running '88 Available**

Copies of Masters Running '88 are available. A 96-page, four-color, attractive magazine, it features articles by Bill Rodgers, Joe Henderson, Al Sheehan, MikeDavis, Barbara Hazen Shaw and others. It profiles masters runners, and offers tips on nutrition, training and fitness.

Send $2.00 for each copy to NMN, P.O. Box 2372, Van Nuys, CA 91404.

---

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

<table>
<thead>
<tr>
<th>Event</th>
<th>20-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>1:12.20</td>
<td>1:14.40</td>
<td>1:16.60</td>
<td>1:18.80</td>
<td>1:21.00</td>
<td>1:23.20</td>
<td>1:25.40</td>
<td>1:27.60</td>
<td>1:29.80</td>
<td>1:32.00</td>
<td>1:34.20</td>
<td>1:36.40</td>
</tr>
<tr>
<td>200</td>
<td>2:24.40</td>
<td>2:26.60</td>
<td>2:28.80</td>
<td>2:31.00</td>
<td>2:33.20</td>
<td>2:35.40</td>
<td>2:37.60</td>
<td>2:39.80</td>
<td>2:42.00</td>
<td>2:44.20</td>
<td>2:46.40</td>
<td>2:48.60</td>
</tr>
<tr>
<td>300</td>
<td>3:36.60</td>
<td>3:38.80</td>
<td>3:41.00</td>
<td>3:43.20</td>
<td>3:45.40</td>
<td>3:47.60</td>
<td>3:49.80</td>
<td>3:52.00</td>
<td>3:54.20</td>
<td>3:56.40</td>
<td>3:58.60</td>
<td>3:60.80</td>
</tr>
</tbody>
</table>

---

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

<table>
<thead>
<tr>
<th>Event</th>
<th>20-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>1:26.00</td>
<td>1:28.40</td>
<td>1:30.80</td>
<td>1:33.20</td>
<td>1:35.60</td>
<td>1:38.00</td>
<td>1:40.40</td>
<td>1:42.80</td>
<td>1:45.20</td>
<td>1:47.60</td>
<td>1:50.00</td>
<td>1:52.40</td>
</tr>
<tr>
<td>200</td>
<td>2:38.40</td>
<td>2:40.80</td>
<td>2:43.20</td>
<td>2:45.60</td>
<td>2:48.00</td>
<td>2:50.40</td>
<td>2:52.80</td>
<td>2:55.20</td>
<td>2:57.60</td>
<td>2:59.60</td>
<td>2:62.00</td>
<td>2:64.40</td>
</tr>
</tbody>
</table>

---

**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE**

**NAME:**

**PHONE:**

**ADDRESS:**

**AGE GROUP:**

**SEX:** M | F

**EVENT:**

**MARK:**

**WEIGHT OF IMPLEMENT: HURDLE HEIGHT**

**DATE OF MEET:**

**MEET:**

**MEET SITE:**

If you have bettered the standard of excellence, please send $10.00 and this form to All American, National 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 1/2 x 11 certificate, suitable for framing, will be mailed to you within two weeks.
<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>George Kenzie</td>
<td>3.42</td>
<td>Rickey Hering</td>
<td>3.45</td>
</tr>
<tr>
<td>Tony Thomas</td>
<td>3.46</td>
<td>John Johnston</td>
<td>3.47</td>
</tr>
<tr>
<td>Darren Rodgers</td>
<td>3.48</td>
<td>Richard Noon</td>
<td>3.49</td>
</tr>
<tr>
<td>Brian Miller</td>
<td>3.50</td>
<td>John Stone</td>
<td>3.51</td>
</tr>
<tr>
<td>Adam Spence</td>
<td>3.52</td>
<td>Brian Nichols</td>
<td>3.53</td>
</tr>
<tr>
<td>Mark Jones</td>
<td>3.54</td>
<td>Mark Johnson</td>
<td>3.55</td>
</tr>
<tr>
<td>Jack Johnson</td>
<td>3.56</td>
<td>Brian Arnold</td>
<td>3.57</td>
</tr>
<tr>
<td>Tim Shannon</td>
<td>3.58</td>
<td>Tierney Robinson</td>
<td>3.59</td>
</tr>
<tr>
<td>Peter Scharff</td>
<td>3.60</td>
<td>Tim Smith</td>
<td>3.61</td>
</tr>
<tr>
<td>Bill Gates</td>
<td>3.62</td>
<td>John Smith</td>
<td>3.63</td>
</tr>
<tr>
<td>Ken Cook</td>
<td>3.64</td>
<td>Brian Cook</td>
<td>3.65</td>
</tr>
<tr>
<td>Mark Johnson</td>
<td>3.66</td>
<td>Brian Johnson</td>
<td>3.67</td>
</tr>
<tr>
<td>John Smith</td>
<td>3.68</td>
<td>Brian Williams</td>
<td>3.69</td>
</tr>
<tr>
<td>Tim Shannon</td>
<td>3.70</td>
<td>Brian Wilson</td>
<td>3.71</td>
</tr>
<tr>
<td>Peter Johnson</td>
<td>3.72</td>
<td>Brian Wooton</td>
<td>3.73</td>
</tr>
<tr>
<td>Mark Johnson</td>
<td>3.74</td>
<td>Brian Xion</td>
<td>3.75</td>
</tr>
<tr>
<td>John Smith</td>
<td>3.76</td>
<td>Brian Yee</td>
<td>3.77</td>
</tr>
<tr>
<td>Tim Shannon</td>
<td>3.78</td>
<td>Brian Zhang</td>
<td>3.79</td>
</tr>
<tr>
<td>Peter Johnson</td>
<td>3.80</td>
<td>Brian Zhao</td>
<td>3.81</td>
</tr>
<tr>
<td>Mark Johnson</td>
<td>3.82</td>
<td>Brian Zhou</td>
<td>3.83</td>
</tr>
<tr>
<td>John Smith</td>
<td>3.84</td>
<td>Brian Zhou</td>
<td>3.85</td>
</tr>
<tr>
<td>Tim Shannon</td>
<td>3.86</td>
<td>Brian Zhou</td>
<td>3.87</td>
</tr>
<tr>
<td>Peter Johnson</td>
<td>3.88</td>
<td>Brian Zhou</td>
<td>3.89</td>
</tr>
<tr>
<td>Mark Johnson</td>
<td>3.90</td>
<td>Brian Zhou</td>
<td>3.91</td>
</tr>
<tr>
<td>John Smith</td>
<td>3.92</td>
<td>Brian Zhou</td>
<td>3.93</td>
</tr>
<tr>
<td>Tim Shannon</td>
<td>3.94</td>
<td>Brian Zhou</td>
<td>3.95</td>
</tr>
<tr>
<td>Peter Johnson</td>
<td>3.96</td>
<td>Brian Zhou</td>
<td>3.97</td>
</tr>
<tr>
<td>Mark Johnson</td>
<td>3.98</td>
<td>Brian Zhou</td>
<td>3.99</td>
</tr>
<tr>
<td>John Smith</td>
<td>4.00</td>
<td>Brian Zhou</td>
<td>4.01</td>
</tr>
</tbody>
</table>

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 Group Record Book and will be listed in the paper as a National Masters News sustaining member.
Australian National Masters Championships — Perth Western Australia March 24-27

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m Men</td>
<td>W.60 M Mackinnon</td>
<td>62</td>
<td>M</td>
<td>11.65</td>
</tr>
<tr>
<td>100m Women</td>
<td>J. Jo Jones</td>
<td>12.5</td>
<td>F</td>
<td>12.5</td>
</tr>
<tr>
<td>200m Men</td>
<td>M. Rinnov</td>
<td>105</td>
<td>M</td>
<td>22.11</td>
</tr>
<tr>
<td>200m Women</td>
<td>J. A. McGee</td>
<td>12.6</td>
<td>F</td>
<td>23.3</td>
</tr>
<tr>
<td>400m Men</td>
<td>M. G. Smith</td>
<td>107</td>
<td>M</td>
<td>50.63</td>
</tr>
<tr>
<td>400m Women</td>
<td>T. A. Jones</td>
<td>12.5</td>
<td>F</td>
<td>52.24</td>
</tr>
<tr>
<td>800m Men</td>
<td>T. R. Tupper</td>
<td>107</td>
<td>M</td>
<td>1:51.12</td>
</tr>
<tr>
<td>800m Women</td>
<td>B. M. Dearden</td>
<td>12.5</td>
<td>F</td>
<td>1:57.24</td>
</tr>
<tr>
<td>1500m Men</td>
<td>L. J. Holland</td>
<td>107</td>
<td>M</td>
<td>3:45.85</td>
</tr>
<tr>
<td>1500m Women</td>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>4:06.24</td>
</tr>
<tr>
<td>5000m Men</td>
<td>J. J. Holland</td>
<td>107</td>
<td>M</td>
<td>14:52.50</td>
</tr>
<tr>
<td>5000m Women</td>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>15:08.43</td>
</tr>
</tbody>
</table>

Women's 10K Run

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>32:00</td>
</tr>
<tr>
<td>B. M. Dearden</td>
<td>12.5</td>
<td>F</td>
<td>33:12</td>
</tr>
<tr>
<td>L. J. Holland</td>
<td>107</td>
<td>M</td>
<td>33:58</td>
</tr>
<tr>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>34:30</td>
</tr>
</tbody>
</table>

Men's 10K Run

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>31:32</td>
</tr>
<tr>
<td>B. M. Dearden</td>
<td>12.5</td>
<td>F</td>
<td>33:12</td>
</tr>
<tr>
<td>L. J. Holland</td>
<td>107</td>
<td>M</td>
<td>33:58</td>
</tr>
<tr>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>34:30</td>
</tr>
</tbody>
</table>

100m Hurdles Men

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>15.8</td>
</tr>
<tr>
<td>B. M. Dearden</td>
<td>12.5</td>
<td>F</td>
<td>16.5</td>
</tr>
<tr>
<td>L. J. Holland</td>
<td>107</td>
<td>M</td>
<td>17.2</td>
</tr>
<tr>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>17.5</td>
</tr>
</tbody>
</table>

100m Hurdles Women

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>19.2</td>
</tr>
<tr>
<td>B. M. Dearden</td>
<td>12.5</td>
<td>F</td>
<td>20.0</td>
</tr>
<tr>
<td>L. J. Holland</td>
<td>107</td>
<td>M</td>
<td>21.5</td>
</tr>
<tr>
<td>J. A. White</td>
<td>12.5</td>
<td>F</td>
<td>22.5</td>
</tr>
</tbody>
</table>

Continued on next page
International

London Marathon
London, England
April 23

Overall:
Douglas Wakahara 2:09:03
Vladimir Mant 2:16:35
M. Sullivan Wybus 2:15:51
M. Stan Outram 2:15:15
D. Omohun 2:26:59
M. Don Banth 2:36:27
M. John Derrick 2:40:04
Bob Monk 2:49:02
M. Ruth Burack 2:52:30
W. Rains Shemeneva 3:03:15
Kathy Roca 3:19:19
Ron Neyman 3:24:39

New Division

G. Johnston 3:42:54

M. Johnston 4:10:14

M. Johnston 4:26:00

Harrows 10K
London, England
April 22

Overall:
Phil O’Brien 31 29:38
M. Andy O’Connor 31 29:44
M. Mike Green 31 31:13
M. Dean Clark 31 37:33
M. Mike Taff Davies 31 37:28
M. Ron Franklin 36 37:37
Welcome to California

Dr. Robert Schuller
The Crystal Cathedral — Garden Grove, California — USA

Hello Champions:
On behalf of the thousands of members of our Congregation, may I welcome you to America, to California and to our church as you compete in the VIII World Veterans Championships in Eugene, Oregon this Summer.

Perhaps you plan to visit Southern California for the 22nd Annual National Masters Track and Field Championships in San Diego the week before.

If so, please consider this your personal invitation to worship at our church on Sunday, July 23.

You may have seen our magnificent church and our weekly worship services on television. Our global Television Ministry now reaches every major city of every single state in America, plus a network of stations in Canada and Australia, and through Sky Channel — we reach every major city of 22 nations in Europe.

Our beautiful church is one of California's most popular tourist attractions. It is made up of more than 10,000 panes of glass; is longer than the length of a football field; and, is 12 stories tall — built to the Glory of God 9 years ago.

Our magnificent gardens, tranquil pools and beautiful staturary on our 23-acre garden campus will enhance our Sunday morning worship Celebration at our church.

So please join us, won't you? And know that our entire Congregation is proud of you as we unite: Planet Earth in a spirit of international competition and celebrate the Brotherhood of Man and the Spirit of peace, harmony and love in Christ.

Please come visit us on July 23rd.

And remember: "GOD LOVES YOU — AND SO DO I!"

Your friend,

Robert Schuller

WE'RE EASY TO FIND!

Go north from San Diego on Interstate 5. At the fork with Interstate 405 — continue on Route 5. Exit at Harbor Blvd. Go past Disneyland (it's a mile from our church). Turn right at Chapman Avenue. We're on the right — four blocks ahead.

THE CRYSTAL CATHEDRAL

- Parking for 3,000 vehicles
- Comfortable seating for 3,000 persons
- Open to Everyone
- Services at 9 and 11 am
- Child care and Sunday School for all ages

Corner of Lewis and Chapman Avenues in Garden Grove, California Call 714-971-4000 for information and easy driving directions.