Almberg, Sparks Set U.S. Masters Mile Marks

Masters Athletes Shine in Penn Relays

by PETER TAYLOR and MARC BLOOM

PHILADELPHIA, April 28. Larry Almberg, 43, overcame sleep deprivation and 91-degree weather today to set an American masters mile record of 4:12.24 in the Runner's World Masters Mile at the famed Penn Relays.

A middle-school vice principal from Ellensburg, Wash., Almberg blazed his last quarter in 60 seconds to break the record of 4:13.50 set last year at the New York City Games by Duncan Macdonald.

Florida's Byron Dyce took second (4:16.57), while Cleveland's Ken Sparks was third in 4:18.83, a time which smashed the U.S. M45 mile mark of 4:29.5, set by Bill Fitzgerald 18 years ago.

The race was the fourth event in the Runner's World Masters Mile Series, which is an invitation-only circuit for world-class male runners. The fifth and final race this season will take place at the New York City Track & Field Games, July 29. There, Rod Dixon (who turns 40 on July 13), Wilson Waigwa, Dave Stewart and Almberg may threaten the 4-minute mile.

Almberg led the Penn Relays race from the opening lap and hit the half-mile in 2:08.

"All I thought about was sleep," he said. Almberg had taken the red eye flight from Seattle the previous night and arrived the morning of the race. He didn't sleep on the plane.

Harry Nolan (4:27.09) and Steve Ruckert (4:27.56) were 4th and 5th. Stewart was entered but was forced to withdraw because of injury.

Almberg was timed in 3:36.42 for 1500, three seconds off his own American record of 3:53.18, set last year in Eugene. Continued on page 30

Zeller, Haywood Win U.S. 50-Miler

by JOHN WHITE

Al Zeller, of Holt, Mich., and Sharon Haywood, 47, of Pataskala, Ohio, won TAC/USA National Masters 50-Mile Championship titles in the Wolfpack 50-miler in Columbus, Ohio, April 1.

It was Zeller's third overall victory in the Wolfpack 50. He clocked a good 6:03:51, nearly 17 minutes ahead of runners-up Robin Fry (37, 6:20:53) of Columbus, and Tom Perry (44, 6:23:21) of Culver City, Calif.

Haywood, who has run several
Continued on page 21

Filutze Wins in Freihofer's 5K

by JAMES O'BRIEN

Temperature in the 40s and a steady drizzle did not prevent many of America's finest female masters road racers from assembling in downtown Albany, N.Y., on May 3 for the 11th edition of the Freihofer's Run for Women 5K.

Erie's Barbara Filutze, 42, returning to form following a 1989 fraught with injuries, came from behind to overtake Idaho's Gabriele Andersen, 45, for a 12-second victory in 17:07. Nancy Grayson of South Carolina was third in 17:31, followed by Nancy Oshier of New York in 17:48.

"Last night I was really depressed when I heard that Nancy Grayson was running," Filutze said on race day.

Although Grayson has shown considerable talent since entering the
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INSIDE:

• International Section  — pages 25-28
• John Campbell Interview — page 6
• Entry Form for Nationals — page 44
• Racewalking Section — page 24
The book you’ve waited for:
How to become a better masters athlete

Masters Running Guide

By Hal Higdon

What motivates masters athletes? Hal Higdon, Senior Writer for Runner’s World, claims it is not fitness.

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Appendix: Sources and information helpful to masters.

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JAVELIN SURVEY
Re your javelin survey (April NMN), I propose the following:
1) Use either the old or the new-rule javelin (M40-59). The old javelin poses no safety problem, since no over-40 athlete is a threat to throw it out of bounds.
2) Only new javelin throws, however, should be considered for records. The old javelin travels farther than the new. Last year, I tried both and threw 7.5% farther, at age 56, with the old.
3) Since buying a new javelin is expensive, a five-year transitional period should allow use of either implement. By 1995, only new javelins would be allowed.
4) For multi-event competitions, only the old javelin should be used, and the records kept the same, until the IAAF revises its tables.

Keep in mind that the old javelin will become increasingly inaccessible. It's true that flat landings occur with the old javelin, but TAC rules say flat landings shall not be judged for distance, so no harm is done if either is used. If you think your competitor is gaining an advantage with a new or old javelin, the rules allow you to use his or her implement.

The opinion of the IAAF should have no bearing on our competitions. It was its idiotic ruling which started the entire mess. What we want to do is our own business and I say good riddance to the IAAF.

Edward Martin
Anahiem Hills, California

I prefer the old javelin for masters. It is absurd to allow both javelins in competition. A 200-foot thrower with the old javelin will throw 180-185 feet with the new. Old javelins will still be plentiful, since high schoolers use them. If they switch, then we also might have to. If we go to the new, some throwers might even try to sneak in the old.

The only benefit we'd get from the new javelin is it's easier to mark, since it doesn't land flat. Records are important, and I don't want to see our current records devalued. I know of one good thrower who will retire if we require the new javelin.

Our Montana meet will support whatever WAVA decides.

Mike Carignan
Boceman, Montana

Only the new javelin should be allowed, since the new javelin is tougher to throw. All old records should be kept and noted with an asterisk. The standards of excellence should be adjusted down 10% to 15%. New javelins should be available for all to use at meets.

Steve Wordell
Santa Barbara, California

The IAAF rules only one javelin.

Hans Axmann
Ansboch, Fed. Rep. of Germany

I can't afford a new spear. There are few throws over 150 feet. Leave everything as is.

John Sloan
Canton, Ohio

Use either the old or new. I threw the old javelin when I was young and would like to continue to do so as a measure against myself. This isn't possible with the new javelin.

In Terry Holm
Erie, Pennsylvania

It is unfair to expect someone using the new javelin to compete with someone using the old style. The old records should remain, but a new set will start for the new javelin.

Richard Igou
Huntington Beach, California

Use the new javelin. As a field judge, it's very difficult to verify a flat throw as "fair" or " foul". There were enough new javelins available at meets for loan.

Del Pickarts
Ventura, California

Return to the old javelin. The distances masters throw do not merit the use of the new-rule javelin.

Tony DuMay
Columbia Falls, Montana

Stay with the new javelin. There must be uniformity in use of implements, otherwise records and performances are meaningless.

Manuel White
Helena, Montana

Use either old or new. It won't make any difference to 90% of throwers. Javelins are too expensive to keep messing around.

W.H. Duckworth
Jonesboro, Georgia

(We received 43 replies to the javelin survey, 13 (30%) favored using the old javelin exclusively; 19 (44%) favored the new javelin exclusively; 11 (26%) voted to use either the old or new. — Ed.)

9 Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the Masters track & field, long distance running and race walking. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month to William F. Burrell of Melville, N.Y., who generously donated $100.

Thanks also to:
Lawrence Anderson, Albuquerque, NM
Nancy A. Smalley, Boulder, CO
Sandra Kay Trimble, Terre Haute, IN
Walter Jenkins, Victoria, BC
A. Russell Arnold, Ft. Lauderdale, FL
William B. Brazelton, Fort Smith, AR
James G. McNamara, Providence, RI
Elizabeth Szawiowski, Marblehead, MA

EUGENE COURSES NOT CERTIFIED
In a recent issue of TACTIMES, the top 15 W50-59 marathons were listed. Imagine my surprise to see that number 15 had a 3:19 while I had run a 3:15:10 in Eugene.

A letter to TACTIMES was followed by their rapid response that, much to my surprise, the road events in Eugene were not certified.

I carefully select one or two marathons a year for race efforts. Eugene was my 1989 effort and now I am quite angry to learn that the course was not certified. Can anyone explain how this happened?

Joan Reiss
Sacramento, California

(The organizers of the VIII World Veterans Championships state that they only learned in January that the final approval of course certifications had not been given. They maintain that all courses are accurate and deserve certification, and say that they are actively engaged in resolving the situation. — Ed.)

CHANGE THE RULES

I feel there's an overwhelming majority in favor of the 300 hurdles, rather than 400, for the M50-59 divisions. Why doesn't the governing body poll the membership for input into major modifications such as this? We do not have the youth and stamina for the longer race.

Sometimes I think we get so involved with rule making and bureaucracy that we tend to forget why we are here — to compete, have some fun, and enjoy the camaraderie of other masters athletes. If the former takes over the program, I may just as well go back to my office and sort through paperwork.

Jerry Stanners
Bakersfield, California

Continued on page 30
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Does John Campbell Have a Secret?

"I feel I'm in the best shape of my life right now," said John Campbell, who, just two weeks before, had finished fourth in the Boston Marathon with a time of 2:11:04, breaking by 15 seconds the 16-year-old over record of the now-legendary Jack Foster, a fellow Kiwi.

Campbell, 41, was on an eight-hour layover in Honolulu on his return trip to his home in Auckland, New Zealand. We were dining at a downtown restaurant. Max Telford, a 55-year-old veteran ultramarathoner from New Zealand now living in Honolulu, was in on the interview.

"I knew I was on pace for the record, but I really didn't know for sure that I had it until I saw the (finish line) clock at 2:10:38," the mild-mannered Campbell recalled. "I thought I might even get under 2:11, but those final yards seemed to take forever."

For readers not fully tuned in to marathon running, Campbell averaged 4:59 per mile for 26.2 miles. That's moving, especially for someone 41 years old. Moreover, conditions were on the warm side, less than ideal for fast marathoning.

"The heat doesn't really bother me," said Campbell. "I like to run in warm weather."

What about the course and the recent controversy over The Athletics Congress having eliminated it from American record consideration? "It's a fairly tough course, even though TAC doesn't think so," Campbell replied. "The top runners looking for a fast time pass up the race in favor of London or Rotterdam. That should say something." (Note: Since there are no official world records on the roads, Campbell still gets credit for a world masters "best.")

A Personal Best

It was a personal best for Campbell, bettering by four seconds his 1988 Boston time. A 29:04 in the Boston Milk Run the week before the marathon equaled his personal best (in the 1989 Boston Milk Run) for 10K. So Campbell's comment that he felt in the best shape of his life was not without some support.

I can understand a runner turning in a personal best at 41 if he had taken up the sport just five to ten years before. It takes most runners five to ten years to fully adapt to distance running. That's the way it was with Foster, who switched from bicycle racing to running in his early 30s and then set the old marathon masters record when he was 41.

But the few articles I had read about Campbell indicated that he had been running competitively for many years. It seemed that he should have been fully adapted to the sport and that some physical decline should be evident by now. After all, it's a scientific fact that a man at 41 does not have the same strength, speed, and overall vitality he had at 25, or 30, or 35. Look at Bill Rodgers and Frank Shorter, the superstars of a dozen years ago. They're in their early 40s and not anywhere near their best times. Rodgers clocked 2:09:46 in this year's Boston Marathon, more than 11 minutes slower than his 2:09:27 winning time of 1979. That figures to be a loss of a minute a year.

What Makes Campbell Different? So what makes Campbell different? Has he discovered some kind of secret formula that other aging runners don't know about? I pressed him for an answer. Could it be that he is training harder now than in prior years? That might very well explain it.

"No, actually, I'm training less," he replied. "I used to run 170 miles a week. I'm doing only 130 to 140 now."

Said Telford: "I think John was slow to mature. There are some people like that. Allison Roe, for example. She was around for a long time before she won some major races and become well known. Many people thought that she was new to the sport. She was just one of those slow to mature."

Campbell pondered Telford's comment for a few seconds and responded, "No, I don't think that's it. I think it's the diet. My diet is much different now than in the past."

Since he had selected chicken from the menu, it was clear that Campbell is not a vegetarian. Is the secret in bee pollen, maybe heavy doses of vitamin E, a special mineral water?

"No, it's just that I used to eat a lot of rubbish," he offered. "I'd always be eating bloody ice cream and it would sit in my system when I'd run. The training wasn't as efficient as it is now. Now, I watch what I eat. You've gotta have those carbohydrates with a good balance of protein and limit the fat. I'm just more careful now as to what I eat."

Changed His Diet

But Campbell had mentioned that he had changed his dietary ways four or five years ago. So the diet factor doesn't fully explain why he's running faster this year.

"He trains like a bloody maniac," said Telford, laughing. "That's the way we were brought up in New Zealand. That's why he's doing so well now."

As Telford sees it, New Zealand's tradition of excellence in distance running is due in large part to the work ethic instilled early in life. "It's different now. I think, but when we were growing up, we weren't spoiled. We had to work hard, and we walked or ran to school. It was a lot like the Africans now."

Campbell nodded. "Yeah, I used to run to school. I ran everywhere... yeah, everywhere. I think that has something to do with it."

But Campbell was doing 170 miles a week several years ago. He was even more of a "maniac" then, I pointed out. Why now when he's doing only 130 to 140 miles?

"I began to realize around 1987 that I didn't need to do that much," Campbell answered that question. "I was working 12 or 14 hours a day and never felt fresh. Now, I'm more rested, more balanced."

I was beginning to understand why Campbell is now in the best condition of his life, but I wasn't completely satisfied. I asked for more detail on his competitive experience.

Begun Running at Age 14

Campbell ran running at age 14, did a 14:20 5K and a 2:45 marathon at 16, then made the New Zealand team for the World Cross-Country Cham-
ments in training methods and further fine tuning of the body. Over the past eight years, he has slowly shed 10 pounds of body weight. He now carries around 140 pounds on a 5-10 frame. "Just before Boston this year, I weighed myself and was four pounds lighter than I've ever been," he commented.

Lost Weight
"The weight is a big factor with us," Telford pitched in. "We eat a lot of dairy products in New Zealand and many people are overweight. It's hard to keep it down."

The pieces were now in place. Campbell is better than ever at 41 for several reasons: late adaptation along with better focus, which includes diet and weight reduction. Add in consistency and a more intelligent, better balanced training program, momentum and greater incentives. I suspect that Campbell had the potential to run a marathon in the 2:07 area five or ten years ago. He has lost something to the years; he just hasn't seen it, because the losses have been more than offset by the gains.

"Maybe, I don't know," Campbell shrugged and responded to that theory. "I still hope to improve, though. I think I can get down to 2:10. I'm working on it. It's not that I'm going to increase my mileage. I'll try to improve the speed somewhat by running more short races and looking for a little better balance in the speed workouts. I don't feel that I've lost much speed, if any. I went 14:11 for the first 5K of the Milk Run. It's just that I think you have to work at your speed more as you grow older."

Speed Sessions
Campbell does at least two speed sessions a week, sometimes three. They include 20-30 200-meter reps in 30-31 seconds with a 200-meter jog between and eight times 800 meters in an average 2:15 with an 800 jog between. He also tries to put in a hard hill-interval workout a week. "Once upon a time I had a schedule that I'd keep to, but I'm traveling and racing so much now that it's hard to keep to any kind of regular routine. I try to run everyday, though, even if I'm travelling. I have regular courses around some airports. I find it helps beat the jet lag."

When he's not doing speed work, Campbell often runs for an hour or more twice a day at around 5:45-mile pace. "I seldom do over 16 miles in a single run," he continued to explain his training. "I'm not sure you need to do those 20 milers to prepare for a marathon if everything else is in balance."

Triple Crown
Campbell's focus now turns to the New York City Marathon in early November. If he wins the masters title there, he'll have captured the "Triple

Continued on page 8
**Masters Athlete of the Month**

Larry Almberg

Once again, several athletes vied for the ICI Masters Athlete-of-the-Month Award. Cleveland's Ken Sparks set a U.S. M45-49 record of 4:18.83 in the mile, taking 11 seconds off Bill Fitzgerald's 18-year-old mark. California's Payton Jordan, 73, raced to a 13:47 in the 100 meters, a 96.1% age-graded performance.

But this month's honors go to Larry Almberg, 43, who set a new U.S. masters mile record of 4:12.24 in the Penn Relays in Philadelphia on April 28, breaking Duncan Macdonald's year-old mark of 4:13.30. Almberg's performance rated an outstanding 97.9% on the masters age-graded scale. The middle-school vice-principal from Ellensburg, Wash., will receive $100 for his efforts—compliments of ICI.

ICI employs 133,800 people worldwide. Of this total, 41% are in the US, 26% in the Americas, 12% in Continental Europe, 12% in Asia, and 9% in other countries.

Previous monthly winners were Dave Stewart, Gabriele Andersen, and John Campbell.

Congratulations to Larry Almberg—the ICI Masters Athlete-of-the-Month.

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**Third Wind** Continued from page 7

Crown" of the road racing circuit, a feat which will add significantly to his earnings. He doesn't want to risk losing the prizes to be won in New York, including a Mercedes Benz, by attempting to push himself into 2:10 condition. "I want to run a good race there, but I have to be careful," he explained. "I'd like to be in at least 2:12 shape for New York. Hopefully, I can win it with that, but you never know who is going to come out of the woodwork."

Until then, Campbell plans to run a number of shorter races around the United States. He even is considering attempting a few one-mile races on the track to see what he is capable of. "I think I can do 4:15," he said. "I'm not really sure." He is also considering moving to Pittsburgh, Boston, or some other eastern city in order to be closer to the action while cutting down on the travel time.

"You've got to watch out you don't run too many races and run yourself into the bloody ground," Telford cautioned. "That's one thing you've got to watch out for. New Zealand runners have been as successful as they have. They don't run year-round."

"No, I don't intend to run that many high-pressure races," said Campbell. "I plan to run to win, sure, but you can't go out and run a bloody 29-minute 10K every time out. If I avoid those high-pressure races, I don't think I'll be over-racing."

For dessert, Campbell ordered a banana cream pie and requested a little extra whipped-cream on the top, Telford and I both laughed and asked if that was in keeping with that special diet he had talked about.

"Well, you're entitled to a little rubbish now and then," Campbell ended. "I'll burn it off."
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<td>2. 300 M. HURDLES (W, M)</td>
<td>15. SHOT PUT (W, M)</td>
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<td>3. POLE VAULT (W, M)</td>
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<td>19. HIGH JUMP (W, M)</td>
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<td>22. TRIPLE JUMP (W, M)</td>
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<td>11. 10000 M. (W, M)</td>
<td>24. 40X400 RELAY (W, M)</td>
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<td>12. 4X100 RELAY (W, M)</td>
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ORDER OF COMPETITION WILL BE WOMEN, THEN MEN, SENIORS TO YOUNGER.

TO ENTER, PLEASE COMPLETE AND RETURN THE FOLLOWING RELEASE:

IN THE CONSIDERATION TO THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIP AND HEREFOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES THAT I MAY HAVE, OR WHICH HEREAFTER MAY ACCRUE TO ME AGAINST THE CITY OF SAN JUAN, ITS OFFICIALS, ORGANIZING COMMITTEE OR AGENTS, INCLUDING THE P.R. MASTERS ASSOCIATION AND ITS OFFICIALS, THE SPONSORS AND ANYONE CONNECTED DIRECTLY OR INDIRECTLY WITH THE HEREINMENTIONED CHAMPIONSHIPS. I ALSO CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR MEDICAL WARNING THAT WILL PREVENT ME FROM COMPETING AND I DO IT AT MY OWN RISK AND WILL. I ALSO CERTIFY THAT I AM COMPETING AT MY TRUE AGE GROUP.

NAME_______________________

PHONE_______________________

ADDRESS_____________________

AGE GROUP____________________

SEX: M / F

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

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TO ENROL, SEND ENCLOSED CHECK OR MONEY ORDER FOR $30.00 FOR EACH EVENT ENTERED.

SIGNATURE_____________________

DATE_____________________

Please find enclosed check or money for ____
Facing the Fear of Failure

At the TAC Masters Indoor Championships, I chatted with a fellow competitor who shall remain anonymous. He offered the following excuse for his sub-par performance:

"I had a hemorrhoid operation only three days ago."

He lost the race, but won the gold medal for most creative alibi at the meet held in Madison, Wisc., in March. I was a double loser. Not only did I finish far behind, but I couldn't even complete the race.

I finally thought of one driving out of town. With a new book just published, I might have said I didn't want to offend any potential customers by outkicking them on the last lap. But why would anyone buy a book on training written by someone they had so soundly beaten?

Maybe we could all learn something from the pile-suffering runner—except he erred by offering his excuse post-race. Proper etiquette requires pre-race disclosure of ailments. While wishing all of us good luck on the starting line, he could have simply announced, "Three days post-op."

To which I could have responded with my standard, "Getting older every day." Except that doesn't elicit much sympathy at masters track meets.

The most knowledgeable individual when it came to alibis was the late Ted Haydon of the University of Chicago Track Club. During a coaching career that spanned five decades, Ted heard every excuse for poor performance in the books. At one point he collected them into an alibi list, which he offered at the start of each season to members of his track team, so they wouldn't waste their intellectual capacity dreaming up excuses after each bad race. Instead, they could check the proper box on the list and go on to more pressing priorities.

"This list is intended to simplify the problem of selecting the proper alibi to suit the occasion," wrote Haydon.

"While some athletes are so bad they don't need an excuse, there comes a time in the developing career of almost every athlete when he will feel the need for an explanation to account for some unusually disappointing performance."

Among Ted's alibis:

- Shin splints.
- Blisters.
- I'm building up slowly for the next Olympics.
- Forgot to cut my toenails.
- Jock strap too tight.
- It broke after the start.
- My wife got too friendly last night. She wasn't friendly enough.
- I only run for fun and winning spoils everything.

My coach reminds me of my father. "Achilles' heel will feel the need for an explanation to account for some unusually disappointing performance."

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A PRECONDITIONER FOR FALL MARATHONS
TENTH ANNIVERSARY

ROCKY MOUNTAIN MASTERS GAMES

SPONSORED BY: THE DENVER TRACK CLUB

DATE: September 1 & 2, 1990

SITE: University of Colorado, Potts Field, Boulder, Colorado

HOTEL: Headquarters for Denver Track Club is the Clarion Harvest House, 1346 20th Street, Boulder, Colorado 80302. Call 895-0055 or 1/2 double for $50.00/night. Call for reservations.

FACILITIES: Chevron 440/400 m, electronic timing

TEAMS: Any athlete registered with Montana, Wyoming, Colorado, or New Mexico TACs on the ROCKY MOUNTAIN 100. State of all teams. Note: Best team of the four states is on the next year's list, anyone "off the list" on the next year's list.

AGE GROUPS: First six places in each event receive medals. A minimum of three medals will be awarded to any team. Additional medals may be purchased for $3.00 at the end of the meet.

AWARDS: First six places in each event receive medals. A minimum of three medals will be awarded to any team. Additional medals may be purchased for $3.00 at the end of the meet.

ROCKY MOUNTAIN MASTERS GAMES

SCORING: Scoring will be 5-5-4-3-2-1 for each event including 5k race walk, and pentathlon. The team with the most points will have its name inscribed on the ROCKY MOUNTAIN TROPHY. The club from that team scoring the most points will decide the location of the next year's meet.

RULES: Standard TAC Masters rules except weight implements which will use old implements when new metric not available.

REGISTRATION: TAC registration is required and will be available at the meet ($7.00 age 18 and under; $10.00 age 19 and above)

ENTRY FEES: $60.00 first event, $4.00 each additional event. Unlimited open events, $22.00, PENTATHLON $7.00.

ENTRY DEADLINE: To guarantee participation, entries must be received on or before the Wednesday prior to the meet. Late entries may be allowed to participate at the discretion of the Meet Director.

INQUIRIES: JIM WEDG 11472 East 2nd Ave, Aurora, CO 80012 (303) 341-2980

STEVIE KREPS 2263 Kremova, Denver, CO 80207 (303) 388-6189

JERRY DONLEY 7175 Alton, Colorado Springs, CO 80927 (719) 635-1244

MELINDA MASON 518 Quaker Street, Aurora, CO 80010 (303) 341-2980

DAVE SIMMS 1453 Baseline, Boulder, CO 80302 (303) 445-4191

SCHEDULE OF EVENTS

SATURDAY

9:45 as 5000m on track
11:00 am 5k Race Walk
12:00 pm Pent. & Mt. Pent. Dist. 1
1:00 pm Pent. & Mt. Pent. Dist. 2
12:30 as Pent. 2004

SUNDAY

11:00 am 5k Race Walk
12:00 pm Pent. & Mt. Pent. Dist. 3
1:00 pm Pent. & Mt. Pent. Dist. 4
12:30 as Pent. 2004

ROCKY MOUNTAIN MASTERS CHAMPIONSHIPS 1990

ENTRY FORM

(Please Print)

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

CLUB AFFILIATION: ___________

In order to compete in the ROCKY MOUNTAIN AND PACIFIC NORTHWEST MASTERS GAMES, I do for myself, my heirs, and my administrators waive, release, and forever discharge any and all claims for damages which I may have or which may hereinafter accrue to me or my heirs against the Colorado Athletic Congress, the sponsors, officials, and agents thereof. I certify that I am in good physical condition and recognize that this meet will be held at high altitude (6000 ft.) and that the weather conditions can vary from extreme heat to cold in short periods of time.

DATE: ___________

SIGNATURE: ___________

PLEASE CHECK IN THE SPACE PROVIDED TO THE RIGHT OF EACH EVENT. THESE EVENTS WHICH YOU WISH TO ENTER. ALSO PLEASE ENTER YOUR BEST TIME, DISTANCE OR HEIGHT FOR ALL EVENTS YOU WOULD ENTER. THIS MEET WILL HELP MEET DIRECTORS BECOME EDU-MATED AND MAY BE HELPFUL TO TEAM CAPTAINS IN PUTTING STRENGTH IN VARIOUS EVENTS AND RELAYS.

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

TIME

50H
100H
100V
200M
400M
800M
1500M
5000M
5K RACE WALK

TIME

50H
100H
100V
200M
400M
800M
1500M
5000M
5K RACE WALK

W/T/DIST

H.J.
F.V.
J.J.
B.P.

W/T/DIST

H.J.
F.V.
J.J.
B.P.

Pentathlon

Pentathlon

W/T/DIST

H.J.
F.V.
J.J.
B.P.

W/T/DIST

H.J.
F.V.
J.J.
B.P.

Pentathlon

Pentathlon

First Open Event $6.00

No. of additional open events entered $4.00

If over $16.00, enter only $16.00

TOTAL $ ______

J. Note: Attention athletes entering both pentathlon and open throwing events. Pentathlon throws qualify you for place in the open event, if entered. (Only a total of six throws will be permitted.)
Heel Pain

Q. I'm a 39-year-old male sprinter and I've had pain in my right heel for the last seven months. I treated it with ice, heel cups, etc., but nothing helps, even with six weeks of not running. A podiatrist said it's caused by a bursal sac. He's giving me cortisone injections, and says if that doesn't work, surgery may be needed. Can you tell me more about a bursal sac, and what kind of recovery to expect?

A. A bursal sac is the body's defense mechanism which surrounds and protects an irritated area. It usually occurs in athletes around the Achilles area and under the heel.

The sac itself is just that — a sack. It's usually inflammatory in nature, meaning it's filled with fluid. This provides the heel with a protective balloon. Unfortunately, it is difficult to run on.

In the heel area, it is usually associated with plantar fascitis and heel spurs. Your condition may be a bursae, a spur, plantar fascia, or a combination of any or all three:

- Usual rest will resolve the inflammation. This may mean no running for 6-8 weeks. Cortisone injections and the use of physical therapy, especially ultrasound, are helpful.
- I don't recommend surgical correction until all other avenues of treatment have been pursued. In many cases, the surgical removal may leave a larger deposit of scar tissue than you already have.
- I would also recommend strapping the foot and doing light running on grass or dirt for several weeks. There is a technique called low-dye strapping which is a take-off on the old Louisiana ankle wrap used for basketball players. It works quite well.

(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, NAM, Box 2372, Van Nuys, CA 91404.)

Hart Shines in Ken Carnine Relays

by BOB ROEMER

SACRAMENTO — California and Nevada athletes responded to near perfect track weather at the Ken Carnine Relays, April 28, performing so well that masters around the nation may have to work all season to catch up.

As expected, Eddie Hart broke out of the blocks four days after his 41st birthday with outstanding performances.

The Oakland sprinter, a Cal graduate and 1972 Olympian, ran away from a good field with a 10.7 100, beating Ken Dennis' 10.8 age-41 standard set in 1978. Eddie's 21.9 in the 100 was three-tenths of a second faster than the 22.2 age-41 best attributed to Great Britain's Ron Taylor 15 years ago.

Hart received virtually no help from the wind which was measured at 06 mph for the 100 and 1.95 for the 200.

Grass Valley's Dick Hotchkiss, 51, exhibited great versatility with winning tosses of 139-1 in the hammer and 157-10 in the discus and a 5-6 high jump. Hotchkiss missed a fourth gold medal by three inches, edged out in the shot by Karl Mayer, of San Francisco, 45-9 to 45-6.

Jim Hollister, 45, took four golds — 11.7 100 meters, 16.8 110-meter hurdles, 18-9 long jump and 36-6 triple jump.

The meet, in its 15th year, was directed by Roy Wigginton, Ken Carnine, Mike Ackley, Bob Cooper and Bob Roemer.
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Election of Women's Coordinator

As I stated in my March column, several women indicated an interest in serving as the Women's Coordinator on the Masters Track and Field Committee. Because of this expanded interest, it was agreed that an election would be held for that position. The election will take place at the women's meeting which will be held during the Outdoor Championships in August.

Under the leadership of Christel Miller, the position of Women's Coordinator has developed to include the following:

1. The primary responsibility is to collect and receive information from the women athletes, and to represent them by communicating issues and concerns to the Masters Track and Field Committee. The Women's Coordinator is responsible for facilitating the women's meeting at the Indoor and Outdoor Championships. Communication skills and follow-through are very important to this position. The Coordinator will attend and participate in the annual TAC Convention. This year's Convention will be held in Seattle, November 27-December 1. In addition, the Coordinator serves as the U.S. TAC Masters Track and Field Women's Representative to the World Association of Veteran Athletes Women's Committee.

I encourage those interested in standing for the position of Women's Coordinator to submit their names and a brief resume to me no later than June 8. This information will then be published in the July issue of the National Masters News.

Andrew Smith (40, Crownpoint, NM) and Mataji Graham (36, Albuquerque, NM) were overall winners in the 10K State Racewalk Championships co-sponsored by the NMTAC and the NM Racewalkers on April 17. Unofficial times were 50:34 for Smith and 54:34 for Graham.

New Schedule for Nationals

The schedule of events for the 1990 National Masters T&F Championships in Indianapolis, August 2-5, has been revised. Please see the new tentative schedule and entry form on page 44.

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Green Top Runner in Nike Cherry Blossom

by JERRY WOJCICK

Ideal conditions with temperatures in the 50s greeted entrants to the 18th Annual Nike Cherry Blossom 10 Mile in Washington, D.C., on April 1. Running past blossomless cherry trees, which had bloomed prematurely in March, seven masters division winners were over 90% on the age-graded standards, led by Norm Green, Jr., whose 54:53 equaled a 96.0%, which topped all finishers and set an age-57 record.

Ed Benham, 82, of Ocean City, Md., set another single-age best with a 1:20:56, good for a 93.6% performance.

Other division winners over 90% were Bob Giambalvo, 40, Shirley, N.Y. (52:04, 90.6%); Meeri Bodelid, 40, Muttontown, N.Y. (60:11, 90.8%); Fay Bradley, 52, Washington D.C. (54:11, 93.3%); Gaylon Jorgenson, 60, Henderson, Nev. (59:04, 93.7%); and John Hosner, 65, Blacksburg, Va. (62:47, 93.0%).


Chris Fox (47:06, 94.4%) and Lisa Widenbach (52:38, 93.8%) each won $3000 for their overall victories.

Among the finishers was Honorary Race Director Indiana Senator Richard Lugar.

The race continued its no-entry-fee policy through sponsorship by Nike, Gatorade, Fleet Feet of Washington, D.C., Poland Spring, and Tom’s of Maine. Jeff Darman was race coordinator.

Danny, Welch Win in Azalea Trail 10K

by DON WRIGHT

MOBILE, Alabama—John Campbell of New Zealand and Priscilla Welch of Great Britain via Boulder, Colorado, were easy masters division winners during the 13th annual edition of the Azalea Trail Run here March 31.

Despite extremely high humidity and overcast skies, Campbell ran 29:07.2 and was the 10th overall male finisher. Welch finished as the ninth woman overall in 34:12:1. Both earned $1,200 for their efforts.

The open divisions paid $5,000 for first and were won by Martin Pitaio of Mexico in 28:25.7 and Francis Larrieu Smith of Dallas, Texas, in 32:01.8.

Wilson Waigwa won $750 as second masters male in 30:26.5; Ken Hamilton earned $500 placing third in 30:36.3; Earl Owens came fourth in 31:01:1; and Domingo Tibaduiza finished fifth in 31:38:9.

Barbara Filutze ($750) finished second to Welch in 35:35.7; Jane Hutchinson ($500) placed third in 36:02:6; Kathy Groh was third in 41:39:2; Jeanne Dixon came in fourth in 42:53:3; and Isabelle Joffrion wound up fifth in 42:55:3.

Grandmasters (50 and older) division winners were Ron Tocci in 36:16:4 and Fleeta Mills in 43:56.6.

The 14th Azalea Trail run is scheduled for Saturday, March 23, 1991. An equally large masters purse is planned.

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Margaret Lee Makes It to the Victory Stand

Margaret Lee had some reservations about running in the Los Angeles Marathon this year. In 1988, she won the 65-69 age division, but was denied the award at the awards ceremony because the results from her age division had not yet been sorted out. It happened again in 1989 after Lee defended her age-division championship. Lee, a native of Hawaii, was a little taken aback when a race official asked her if she had run the entire race.

"They didn't accuse me of cheating, but boy was I mad," says Lee, now able to laugh about it. "I wasn't going to go again this year, but I figured it couldn't happen three years in a row."

It did! Lee, who turned 70 last November, recorded a time of 4 hours, 31 minutes, 22 seconds, to easily capture the 70-74 division. Her time is believed to be a national record for an age-graded division. But she was informed that the results of the women's 60- and 70-year-old divisions were not available.

The award arrived in the mail about a month later.

"It's no big thing, but it's sort of nice to be able to go up and get your award when everyone else does," says Lee. "I don't think I'll be going back there again. Maybe I'll try San Francisco next year."

Lee was not without recognition in Honolulu, however, when the awards were handed out after the annual Norman K. Tamanaha Memorial 15K race on March 25. Not only did she receive a plaque for winning the 70-74 age division in state-record time, but she was awarded the "best runner" plaque, ahead of overall winner Steve Littleton and women's winner Cheryl Brady.

The "best runner" award was based upon a handicap system whereby runners competed against a target time, figured from national and Hawaii age-records for the 15K distance. Lee, who clocked 1:31:12 for the 9.3-mile race, finished 1:14 over her target time to beat out 68-year-old Naoto Inada (1:04:07) and 2:19 over Steve Littleton, at 55:18, was 3:11 over her target time for third place in the division, while Littleton, at 49:03, was 3:52 over his, for fourth place.

"I'm just an old woman with pretty good endurance but not much speed," Lee said, smiling, after being called up on stage to receive the award. "But it makes you feel good to receive a little recognition once in a while."

Lee, born on the island of Maui but a resident of Oahu since an infant, took up running in 1975 after a physical exam. "I had always been a fairly active person," she recounted, "but I had never thought about running until my doctor suggested it after I took a treadmill test. Growing up in a strict Chinese family, you just didn't think about sports or running.

"My doctor told me I was in excellent condition and that I should get running. So I went out there and join the running crowd. My husband was in a running class at the YMCA then and when I told him what the doctor had said he encouraged me to give running a try.

"At first, Lee was content to run a few miles three times a week for exercise. "After a year or so of that, I thought I'd give the marathon a try," she said. "I struggled through the 1977 Honolulu Marathon in just over six hours."

The following year, Lee lowered her time to 5:11:20. "I've always been sort of competitive, although not in sports, and after that one I decided to really work at it and be tops in my division," Lee continued.

In 1979, she improved to 4:47:14 and a second-place in her division. The next year she won the first-place trophy with a time of 4:26:28. She continued to chop minutes off, peaking in 1983 with her personal best of 4:11:16 while again winning the women's 60-69 division of the Honolulu Marathon.

In preparing for a marathon, Lee runs from 55 to 70 miles a week and does occasional speed work on the track with Faerber's Flyers, a women's running club.

"Some of my friends tell me I'm running way too much," Lee offers. "They say, "Margaret, you've got to stop this running nonsense,' that I'm too old to be doing it. They tell me that I used to be so fair and round — what Chinese people consider healthy — you know, and now I'm so dark and undernourished-looking. They're afraid that I'm sick, but I tell them that I'm in perfect health and I have no intention of quitting. I enjoy it too much." — Mike Tynnn
Two World Records Set in Florida

by BOB FINE

Two world age-group records were set at the First Annual Florida Athletic Club/Greenacres City Masters Track and Field Championships on April 21 at John Leonard High School in Lake Worth, Florida.

Cliff Blair, an Olympian from Holbrook, Mass., set an M60 record of 15.19 (49-10) in the shot, while Jim Gilchrist, 63, from Boca Raton, Fla., broke his own world M60 record with a high jump of 1.66 (5’ 5”).

Competitors came from Canada, Puerto Rico, the Bahamas, Oklahoma, New York, New Jersey, New Hampshire, South Carolina, Massachusetts and Ohio.

Twenty-two athletes turned in 40 All-American performances. They were led by Gilberto Gonzalez, the world M70 decathlon champion, who turned in eight All-American performances. Tom McDermott, 72, and Vanessa Hilliard, 49, each earned three AA performances.

Special thanks go to the Palm Beach Sports Council and the Palm Beach Tourist Bureau for their support.

The National Masters News Needs Help

FINAL CALL

Jane Dods, our current assistant editor, is moving to Eugene in mid-July. A replacement is urgently needed to handle a wide variety of activities.

Qualifications include:
- General interest/knowledge of masters track & running scene
- Excellent typist
- Excellent grammarian/speller
- Good with numbers
- Organize office files and supplies
- Writing and editing ability a plus

Duties include proofreading, typing (race results, etc.), processing publication orders, handling the mail, fielding telephone inquiries, correspondence, and editing. Should enjoy detail work.

This job involves working in our Van Nuys, Calif. office for anywhere from 30 to 40 hours a week, depending on your ability and interest. It’s a fun job if you like masters athletics. It’s also an excellent opportunity for the right person. Salary negotiable.

Please contact NMN
P.O. Box 2372
Van Nuys, CA 91404
Weight Training

by BOB STONE

A mail survey of training methods of 45 top masters throwers was made last year. The first report on throwing workouts appeared in the April, 1990 NMN. This article covers weight workouts. The advice is applicable to non-throwers, as well.

The survey showed 85% of the respondents consider weight training almost as important as throwing workouts. This was surprising, since most over-50 throwers did little or no weight training in their college days.

Throwers typically work with weights two or three days per week for about half to one hour per workout. Weight workouts are generally shorter than throwing workouts, but 40% said they cut down on throwing rather than weights if time became limited.

We divided the 45 respondents into their competition specialty. Six of the 12 javelin specialists used weight training, but generally worked with lighter weights than the heavy-implement throwers.

Motivation
Half the throwers said weight training was "very important" to their throwing success; 25% said it was "some" help; the remainder weren't sure.

They feel weight training helps maintain throwing skills as they age, helps prevent injuries, and makes them feel better.

Weight Programs
More than half work out in weight gyms at YMCAs, schools and health clubs. The rest work at home with a 110-pound adjustable barbell/dumbbell set, a few extra barbell plates, and, in some cases, a bench with upright supports suitable for doing squats with safety. Two-thirds prefer free weights over machines.

Their workouts consist of a number of sets and reps with each of several exercises in a preplanned sequence. They warm up with light weights and then increase to heavier weights, e.g. 60% to 85%. Most never lift more than 90% of their ability. "It's not any fun and could cause injury," was a typical response.

Seasonal Weight Training
Many college throwers reduce weight during the competitive season. Masters throwers likely do the same (although this question wasn't asked in the survey). It's assumed they do no heavy lifting or practice throwing for several days before a major competition.

Exercises
Squats were voted the most important exercise. The bench press was rated highly; the bicep curl was rated low.

Masters Training Tips

by JOAN STRATTON, Masters TACF Representative to TAC's Sports Medicine and Sports Sciences Committee

At TAC's Convention in Washington, I was asked to provide a list of materials available thru TAC development projects.

Below is the list, assembled by Lyle Knudson, TAC Sports Science Coordinator. Most of these are worthwhile.

The Athletics Science Journal and Athletic Science Bulletin are a bargain.

TAC Development Science Projects (not-for-profit offerings to track/field athletes, coaches, scientists, administrators and officials)

I. 1989 Championship Meet videotapes
TAC Senior Championships, Houston - 1988 TAC Senior Championships, Columbus; - NCAA Championships; Prove - professionally edited, $15 per tape to cover the cost of reproduction and mailing only.

II. 1988 USA Olympic Trials videotapes - all events (women and men), all rounds of competition, all participating athletes, at least two views of each event — 26 different tapes, by event groups, $15 per tape.

III. 1987 World Championships IAAP biomechanical studies videotapes — slow motion viewing of top performers in most events, women and men — accompanying biomechanical analysis of selected aspects of each event — $20, to cover the cost of reproduction and mailing only.

IV. Athletics Science Journal & Athletics Science Bulletin — new scientific journals specifically for track/field athletes and coaches, scientists, administrators and officials

Subscriptions, $1 per issue; publication opportunities. For information, write to Dr. Lyle Knudson, Science Coordinator, Development, 3625 S. Verbena St., A404, Denver, CO 80237.
Pelton, Stockman Lead “Flying 50s” at Hudson Mohawk Half Marathon

by PAUL MURRAY

A pair of “old” masters in their 50s stole the spotlight from their younger rivals in the Hudson Mohawk Half-Marathon on April 1.

Although Rick Stark, 40, was the first master to cross the finish line in 1:16:12, he was closely pursued by John Pelton, 50, in 1:17:49, good for an 86% performance on the age-graded charts.

Anny Stockman, 57, returned to competition after a long injury layoff with a fine performance of 1:37:15, which placed her among masters women and gave her an 82% age-graded performance.

Bob Gauvreau easily won the M60 title in a speedy 1:28:25 (83% AG), while Nancy Gerstenberger took the W60 division and fourth masters woman in 1:42:52 (81%).

Half of the 500 runners in the annual Schenectady-to-Albany race were masters. The race was sponsored by the Community Health Plan and organized by the Hudson Mohawk Road Runners Club. Steve Basinafit was the race director.

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Track & Field Rankings Report

by JERRY WOJCIK, TAC Masters T&F Rankings Coordinator

The 1989 rankings book has been delayed a month from the proposed late-May publication date but should be available by the end of June, a month ahead of last year’s July printing. The rankings book will contain much deeper rankings in all events published so far in the National Masters News and include some events which have not been published, such as the 3000, weight throw, relays and 1500 and 5000 racewalks.

Indoor rankings for 1990 will be done for the 55m/60yH, 200, 800, mile, long jump, and high jump, and will be published in winter issues of the NMN. If you are interested in doing an indoor event, contact me through the NMN.

Compilers for 1990 outdoor events are needed for the 3000, 10,000, and long (intermediate) hurdles.

The 1989 rankings for the shot, hammer, and perhaps the weight are again suspect because some athletes continue to throw lighter weights, such as the 12-lb. shot instead of the 6kg. in the M50-59 divisions. TAC-meet participants are supposed to adhere to TAC-specification implements, but if non-standard weights are used, their sizes should be indicated in results sent to the NMN.

Converting feet-inches for the field events to meters doubles rankings compilation time and discourages potential compilers. Except for the national championships and a few other meets, results sent to the NMN are rarely in meters. I suspect that most of the fault lies with event officials, who are more comfortable with the traditional feet-inches measurement. Athletes should suggest, if not insist, that field event marks be measured in meters.
Groin Pull

One of the most annoying and frustrating muscle injuries is that of the groin pull or strain of the adductor muscle group of the inner thigh. This can be especially debilitating to a masters athlete because of somewhat decreased flexibility and circulation. The groin pull can easily hinder an entire season if not cared for properly.

Almost every event can be susceptible to this injury ranging from awkward landings or slipping at takeoff in jumping events to quick lateral direction changes in races or workouts to avoid collision, to general overuse injury from muscle imbalance. As this muscle is bulky in nature, the injury may not be as intensely painful as a hamstring pull and may be neglected until it reaches an advanced stage.

As in most injuries, at the first sign of pain, reduce or stop your training regimens. Massage, both with direct pressure on tender points and cross fiber massage at the muscle, may be begun as soon as the pain level is tolerable. Acupuncture can be used to reduce possible swelling and increase circulation to the area.

As soon as possible, begin stretching and strengthening exercises. To stretch the adductor group; sit with legs wide apart with fingers on the floor between the legs. Walk the fingers forward while the body folds forward. Work gently and give a stretch to back and hamstring muscles as well. To strengthen these muscles, place the legs on each side of a chair, box or other object where the legs are 1½ feet apart and push the legs toward each other, holding for a count of 15. Repeat 4-5 times each day. Do all exercises at a comfortable level to not aggravate the injury.

Homeopathic remedies useful in these cases include: (1) Rhus Tox, where pain is worse on first movement; (2) Bellis Perennis, where there is also collected blood in the area; and (3) Arnica, to reduce general muscle soreness.

If properly treated, it should take 2-4 weeks to be back at full strength, but if progress is slow consult a health-care professional for further advice.

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

Hamilton, Filutze Win Sallie Mae 10K

by NANCY SIEBERT MURPHY

Ken Hamilton, 40, of Maple, Ont., was the masters winner in 30:12 in the 7th Annual Sallie Mae Cherry Blossom 10K on April 8 in Washington, D.C.’s Potomac Park. Hamilton’s time was a Canadian masters 10K record, breaking the mark of 30:19 set last fall by Dave Stewart. Hamilton placed 18th overall in a field of about 3500 runners, including several who ran the Nike Cherry Blossom 10-miler the week before on the same course. The well-known course winds its way around the Jefferson Memorial which, in early April, is surrounded by hundreds of blossoming cherry trees — giving both races their names.

Hamilton, whose 25-year running career includes first place at the North York Marathon and third in the Toronto Marathon, outpaced Steve Ruckert, 40, of Westminster, Md., (31:56), and Jim Pearson, 41, of Lakeland, Fla., (32:05).

In the women’s masters competition, Barbara Filutze, 43, of Erie, Pa., captured first in 35:40. Second was Nancy Oshier, 41, of Rush, N.Y.; in 36:17. Nancy Mieszkacz, 41, of Buffalo, N.Y., was third in 36:54.

Hamilton had placed first over-40 in the Jacksonville River Run 15K on March 10; second in the Red Lobster 10K on March 3; and third in the Gasparilla 15K on February 17.

“The clear, cool spring weather and fast course helped me today,” Hamilton said after the race. “My three previous races had been run in the Florida heat. I was hoping to break 30, but am pleased with my performance.”

Other solid efforts were turned in by Atlaw Belligne (45, 32:19), an Ethiopian who lives in New York City, Fay Bradley (52, 35:36), of Washington, D.C.; Herb Chisholm (63, 39:52), of Alexandria, Va; Judy Fellhauer (42, 37:50), of Colorado Springs, Colo.; Mary Ellen Williams (43, 38:25) of North Potomac, Md.; and Eileen Pottz-Shovlin (42, 39:25) of Emmaus, Pa.

Hamilton and Filutze each won $500. Overall winners were Steve Taylor (24, 28:58) and Rosalind Taylor (22, 32:30).

Race Sponsor Sallie Mae (Student Loan Marketing Association) is the nation’s largest single source of education funds. All proceeds from the race benefited the American Red Cross.
Zeller, Haywood Capture National 50-Mile Race

Continued from page 1

ultras — usually in the rear-of-the-pack — was surprised and thrilled to win the masters crown (9:50:38) with the home crowd and family watching.

Virginia Yates, 35, was the first woman overall in 7:17:33. The overall field of 34 finishers, including five women, was the best ever seen in Ohio. Eleven runners broke seven hours, 17 bettered eight hours, and 25 came home under nine hours. The weather was favorable and the course was flat and scenic.

Other age-group champions were Norm Roof (M50, 6:52:13), of Mansfield, Ohio; Carl Pegels (M55, 7:17:02) of Buffalo; Charlie Steinmetz (M60, 9:42:40) of Indianapolis, and Harry Smith (M65, 11:01:08) of London, Ohio.

Ten Years Ago
June, 1980

• Nick Newton Sets M45 400 WR of 51.1
• Herrn Wyatt Sets M45 HJ WR of 6-2¼
• Hal Higdom Sets M45 25K AR of 1:23:53

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

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

Hayward Field
University of Oregon
Eugene, Oregon

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

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OREGON
MASTERS

SCHEDULE OF EVENTS
SATURDAY, JUNE 23, 1990

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<td>High Jump — M &amp; W</td>
<td>Relay 4 x 400 — M &amp; W</td>
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FACILITIES: All-weather track and runways (maximum 1/4" spikes allowed).
DIVISIONS: 5-year age divisions for men and women age 30 and over.
ENTRY FEES: $12 for 1st event (includes T-shirt); additional $6 for 2nd event; additional $3 each 3rd, 4th and 5th event.
ENTRY DEADLINE: All entries must be postmarked by Saturday, June 16, 1990.
* LATE ENTRIES WILL NOT BE ACCEPTED — NO REFUNDS FOR DEFAULT *

PACKETS: Available for pickup at Eugene Hilton Friday evening, June 22; and June 23 at the meet.
AWARDS: 1st, 2nd, and 3rd place medals. Ribbons through 6th place.

DETACH AND MAIL
* Please Print *

Name ___________________________ Birthdate: ____________
Address ___________________________ Age (as of 6/23/90) ____________
Phone _________ Club Affiliation ____________ Male _____ Female ____

T-Shirt size (check one)

☐ small ☐ med
☐ large ☐ x-large

Entry fee ____________

TOTAL ____________

Make checks payable to:
OREGON TRACK CLUB MASTERS

NOTE: LATE ENTRIES WILL NOT BE ACCEPTED.

Event changes will not be permitted after registration.

Waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed __________________________
Date ____________

Send entry with check to: Oregon Track Club Masters, c/o Marcia Long, 3522 Westleigh, Eugene, OR 97405 or Les Castle, 729 E. 20th, Eugene, OR 97405, 544-9809.
**National Masters News**

**MR 88’S WORLD CLASS 100 RACES**

The following are the top ranked masters events of 1988-89 as rated by the Editorial Board of Masters Running '88. The quality of the event and its uniqueness of character were the selection criterion used.

**July 21, 1990**

6:00 P.M.

**BUFFALO**

**4 - MILE CHASE**

Masters C/R:
- M - Tony Simmons 19:05
- F - Nancy Oshier 22:44

Masters $ M-F: $500/300/150/100/75

Buffalo 4 Mile Chase; Buffalo, N.Y.; August 10th - An international field of runners dominated the eighth edition of the increasingly popular Subaru 4-Mile Chase in Buffalo, NY. An estimated crowd of 10,000 spectators came out to this unique evening race to watch 1100 runners run the fast, flat layout through the Buffalo State College area.

For applications and more information, write or phone:

Jim Nowicki
625 West Delavan Buffalo, N.Y. 14222
(716) 881-1652

Please include S.A.S.E.

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**1990 TAC Mid America Track & Field Sectional Championships**

Lincoln Track Club

**Time and place**

Sunday, July 1, 1990
Field events start at 10 a.m., running events start at 11 a.m.
Abel Stadium Track, Nebraska Wesleyan University, Lincoln, Nebraska

**Eligibility and awards**

Open to men and women 19 and older
Age groups: Five-year increments (19-24, 25-29 and so on)
Attractive medals for first three finishers in each age group

**Entry fee schedule**

$7 for first event, $4 for each additional event for entries received on or before June 22
Add $1 per event for entries received after June 22
Non-Lincoln Track Club members must register by June 22 deadline

---

**TAC Mid America Sectional Championships Entry Form**

To enter
Mail form and entry fee to: Gary Bredehoft
4037 N. 20th St.
Lincoln, NE 68521

Waiver (must be signed)
In consideration of your acceptance of my entry, I hereby for myself, my heirs, and executors, waive and release any and all rights and claims for damages against the Lincoln Track Club, Nebraska Wesleyan University, this event, their agents, representatives, successors, and assigns for any and all injuries suffered by me in said event.

Signature | Date
---|---

**Personal information**

Name
Address
City/State/Zip
Age | Sex

**Events entered**

**Order of running events**

110 hurdles, 100, 200, 400, 800, 1500, 5000, high jump, long jump, triple jump, shot put, discus, javelin.

---

**Events**

110 hurdles | 800
400 | 200
1500 | 5000
100 | 800

3/16" spikes allowed. Dressing room available.

Information: Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521, (402) 435-7061
ELITE

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Sizes: 4-13 $35.00

SHOT & DISCUS — Athletic mesh and suede upper. Phylon silver wedge and full-length BRS 1000 outsole. White/Blue/Black.
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White/Natural-Charcoal, White/Red, White/Royal Blue.
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Sizes: 6/6-12 $60.00

Sizes: 4-13 $44.00

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Sizes: 6-13 $52.00

Sizes: 6-13 $52.00

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

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HIGH JUMP — Special nylon cork forefoot spike plate attenuates shock and stabilizes the foot when jumping. Red suede upper. Eight spikes in each shoe (two in heel). Red/White.
Sizes: 4-10 $35.00

LONG JUMP, SPRINT, HURDLES — Lightweight performance shoe designed for optimal support, traction, and stability. Six spikes in each shoe. White/Red.
Sizes: 6,7,8,8½, 9,9½, 10-12½ $32.00

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

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

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

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

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

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Jo Ann Nedelco Is Hooked On Racewalking

Jo Ann Nedelco, 46, of Sausalito, Calif., was voted the outstanding masters female racewalker of 1990 by The Athletics Congress, edging Viisha Sedlak by one vote.

As Jo Ann states in the following interview: “I don’t really buy the whole business about aging and slowing down. I think it is attitude, not age, which determines performance.”

EW: Congratulations for receiving the award for outstanding female masters racewalker. What you are accomplishing at age 46 is an inspiration.

JN: Just a little over two years. Before I started racewalking, I was a distance runner for 10 years. Then I attended a racewalking clinic and was hooked on it from almost the first time I went out for a walk.

EW: What specifically hooked you?

JN: I was always fascinated by racewalkers. They seemed to be in such control. When we were all struggling in marathons, you would see the occasional racewalker go sailing by with a big smile on. Racewalking seemed an interesting movement, very smooth.

EW: It’s unusual for someone to be immediately attracted by the technique.

JN: I found the technique fascinating and took to it right away. The more you do it, the more you find you need to work on it. It is infinitely perfectible. I find I’m learning and improving all the time. I think my best races are still ahead.

EW: Then you don’t find age a limiting factor?

JN: Not at all. I think it’s attitude, not age, which determines performance. My times slowly keep coming down as I keep learning more.

EW: What kind of mental attitude do you work for when you’re going into a race?

JN: I’ve been doing a lot of yoga. I think it helps me, not only with physical flexibility, but in keeping centered and giving me mental confidence. That’s the whole key. You have to be mentally strong when you go into competition.

EW: Do you mean able to withstand the physical stress during a race?

JN: You have to be able to concentrate — to stay in focus. You can’t let little things bother you. You can’t think negatively at all. I read an interesting book called The Mental Athlete. It has a lot of sports. It’s people with just being the technique, they’ll get so much more from their regular walking. You don’t have to be competitive.

EW: True, but masters racewalking is glad you are.

(Elaine Ward is the head of the North American Racewalking Foundation, and author of Introduction to the Technique of Racewalking, available for $8.50 from North American Racewalking Foundation, PO Box 50312, Pasadena, CA 91115-0312, USA.)

Sedlak First Overall in North American 5K RW

by BOB FINE

The North American Masters 5K Racewalking Championships were held in downtown Tampa, Fla., March 31, as part of the Prevention Magazine All-American Walker’s Rally. First overall in a women’s masters world record time of 25:03 was Viisha Sedlak, 41, the defending WAVMA champion, from Boulder, Colo.

Second overall and the first male was Ron Daniel, 48, of Sunnyvale, Calif. Just getting back into competition, Daniel stayed with Sedlak for the first 2500m but then had to back off.

Tom White, 57, of St. Petersburg, Fla., turned in an All-American performance (26:32), as did Joy Clingman, 55, of St. Petersburg, in 30:20; and Helen Sutter, 77, of Largo, Fla., the oldest lady in the race, with a 36:26.

Twenty-seven personal records were set on the 1250-meter circuit course. The 28 men and 36 women constituted the largest number ever to compete in a North American 5K Championships.

Kitts Makes American Team in Racewalk

Eugene Kitts, a 42-year-old chiropractor from Aiea, Hawaii, placed fifth in the national TAC 50K racewalk championships in Atlanta, Ga., on April 8. The first five qualified for the team that will represent the United States in international competition later this year, including the Pan Pacific Cup race in Mexico City on October 5.


“The conditions were perfect and it was my best time for the distance, so I’m very happy with the effort,” said Kitts, who took up racewalking in 1985 after back problems prevented him from running and training for the triathlon. “I backed off the heavy duty training a few weeks in advance this year. I was more rested, and that may have made a difference.”

Kitts trains on around 130 miles a week and has gone as high as 150. His previous best for the distance was 4:23:19.

The race was won by Tim Lewis of Colorado Springs in 4:30:20. — Mike Tynan.

Green, Johnson Capture Mortland Racewalks

by JOHN WHITE

Max Green, 58, of Taylor, Mich., and Gayle Johnson, 41, of Columbia, Mo., captured the masters crowns at the Third Annual Jack Mortland Racewalks in Metstone Park, Columbus, Ohio on April 8.


Green had strong competition from his younger wolverine Pacer teammates John Elwarner, 50, and Victor Sipes, 44. Their three-man time of 5:14:03 won the overall team title, and supports the claim that the Pacers can field the top masters men’s racewalk team in the country.

Green’s time is a new M55 world best. Elwarner’s times of 1:17:37 (15K) and 1:44:34 (20K), are U.S. age-50 records.

Max Green, 58, better the M55 20K WR with a time of 1:43:41 at the John-Mortland Invitational Racewalks in Columbus, Ohio on April 8. Photo by John White.
The International Scene

Japan in 1993? — Part III

by BOB FINE, WAVA Executive Vice-President

I visited Japan a week after WAVA Council members Cesare Becalli, Alastair Lynn, and Hari Chandra. I was directed to review the following specific areas of concern regarding the bid of Japan to host the 1993 WAVA World Veterans Athletics Championships in Miyazaki Prefecture (state).

1) Physical Facilities
The main stadium consists of an 8-lane artificial surface track, with stands, announcing facilities, dressing rooms, and meeting areas.

Food-vending booths are set up just outside the stadium. The entire stadium is to be refurbished, including a resurfacing of the track. I requested that a scoreboard be constructed, two additional jumping pits be installed (making a total of four), and that some covering be placed over the grandstand.

Next to the main stadium is a 300-meter dirt track. Surrounding the stadium are many baseball and soccer fields, any of which can be converted into throwing circles.

The secondary track is at the University. It's a 6-lane dirt track which will be converted to an artificial track. I suggested additional jumping pits and a steeplechase jump be installed.

The Japanese were most cooperative. They will appear before the WAVA Council this month in Turku. At that time, definitive plans are to be submitted. In my opinion, with the modifications suggested, the physical facilities should be satisfactory.

2) Busing Facilities
Busing is absolutely essential as the two tracks are 15K from the city and the roads are fairly narrow, which means the travel time would be between 15 to 25 minutes.

I was advised that there are 683 buses available and the head of the bus company is an enthusiastic supporter of the bid.

3) Accommodations
This is my biggest concern, Miyazaki is a resort city that was the "Honeymoon Haven" of Japan. Now, many of the honeymooners are going overseas. The result is that the tourist industry, which is the prime source of income for the city, is hurting. Thus, the governor of the Prefecture is anxious for Miyazaki to get the bid.

There are 200 dormitory beds available at both the sporting complex and the University (10 to 20 in a room). The bulk of the accommodations will be in the city.

Most of the hotels have either Western or Japanese-style accommodations. The Japanese-style has bedding stored in closets to be taken out at night. The bedding is quite uncomfortable. The Japanese style rooms can accommodate more guests. These rooms would be perfect for families.

All the rooms we saw had TV and separate bathrooms. All the hotels will offer breakfast and dinner, both Japanese and Western style. The estimated cost per night per person will vary from $20 for the dormitories to $40 for the hotels. A detailed plan will be presented by the Hotel Association.

There is also the Phoenix, a four-star hotel 30K from the stadium; prices range from $70 to $100 per night. There is also the possibility that many of the residents would open up their homes. In sum, there certainly should be enough housing accommodations at reasonable prices.

4) General Comments
One of the major sponsors of the event would be Kinetsu International, a conglomerate which owns the Kinetsu Nippon Tourist Co., various hotels and a railroad (not the "bullet train"). Kinki would be in charge of arranging tours and accommodations, and would work with travel agents. To my mind, traveling all the way to Japan without touring the country would be a waste.

Inexpensive food is available in the department stores and on the side streets. Plastic models of the dishes appear in the windows with the prices. Japanese food is healthful and varied. Since breakfast and dinner are included in the hotel charges, food should not be a problem or a major expense.

The Japanese were unbelievably gracious hosts. Their reputation for politeness and cleanliness is well deserved. They are very intelligent. The nicest part of the trip was that I left with the feeling that I had made many new friends. To me, that's what our program is all about.

WAVA North American Regional

INVITATION TO THE NORTH AMERICAN REGIONAL Track and Field Championships

The Organizing Committee of the T & T Masters extend an invitation to compete in the World Association of Veteran Athletes (WAVA) North American Regional Track and Field Championships and Special Sub-Masters Events August 23 - 26, 1990 Port of Spain, Trinidad

CONTACT SPORTS TRAVEL INTERNATIONAL, LTD.
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*4 levels of accommodations are provided from deluxe through budget. Details upon request.
Your package price - Air from your city plus accommodations of your choice. Phone us collect or mail us the following form and we will send you your current applicable information.
JULY

April
Moscow in March for their National
and Hungary have already
Complete package includes:
Turku, Finland — Greetings from Turku. We were recently honored by the
Visits to Tampere, Turku, Helsinki, Kuopio, and Rovaniemi in Finland, Norway and Sweden.

More Than 5000 Expected in Finland

by PIRKKO MARTIN, Executive Secretary, IX WAVA World Veterans
March 25. The 42-

TRAVEL INHERNTAIION, INC.
P.O. Box 630096, Miami, FL 33163

17 World Records at
British Veterans Championships

by MARTIN DUFF of Athletics Weekly

Tony Simmons, the international
cross-country champion, has

IX WORLD VETERANS CHAMPIONSHIPS
IX WORLD VETERANS CHAMPIONSHIPS
TURKU, FINLAND — JULY 18-28, 1991
TRAVEL TOGETHER AND SAVE!!!

Complete package includes: round-trip airfare, selected accommodations,

Scene of Turku, Finland, site of IX WAVA World Veterans Athletics Championships, July 18-28, 1991

Photo from Olavi Niemi
Masters Athletic Group Tour to Turku, Finland
JULY 18 - JULY 28, 1991

We have obtained what we feel is the best possible group tour to Turku, Finland for the IX World Veterans Championships in 1991. We are offering a basic tour to Turku of thirteen (13) days and twelve (12) nights, departing from Los Angeles, Chicago and New York. In addition we are offering the availability of customized optional tours to other countries after the competition.

IXTH WORLD VETERANS CHAMPIONSHIPS
TURKU, FINLAND

1. 11 DAYS AND 12 NIGHTS - Roundtrip air transportation from the USA to Helsinki/Turku. Includes 12 nights hotel accommodations, July 17 to July 29th, 1991. Roundtrip deluxe bus transportation from Helsinki airport to hotel in Turku, taxes and portage of two bags each person. FROM LOS ANGELES A. Deluxe Hotel: Hamburger Borse $1,969.00 B. 1st Class: Scandic Turku $1,927.00 FROM CHICAGO A. Deluxe Hotel: Hamburger Borse $1,830.00 B. 1st Class: Scandic Turku $1,788.00 FROM NEW YORK A. Deluxe Hotel: Hamburger Borse $1,799.00 B. 1st Class: Scandic Turku $1,755.00

The airline is SAS considered one of the finest and safest. The hotels are the Hamburger Borse, a 5 star hotel and the Scandic Turku, a 3 star first class hotel. Both located within easy access of all competition.

2. For those interested in airfare only or hotel accommodations only, the cost is as follows: Airfare Only (includes departure tax) A. LAX - Helsinki - LAX $1,065.00 B. CHI - Helsinki - CHI $1,170.00 NEWARK - Helsinki - NEWARK (R.T. Roundtrip Transportation Helsinki to Turku) $85.00/person Hotel Only (12 Nights) A. Hamburger Borse: $855.00/person Scandic Turku: $722.00/person

(Above rates are per person based on double occupancy.)

Unlike our tour to Australia in 1987, the Scandinavian countries represent more of a challenge in putting a group tour together because of the short tourist season that falls in the summer during the World Veterans Games. We have a limited number of rooms blocked at each hotel (25) and airline seats (100) and if you are interested, we must obtain a deposit from you to hold space as soon as possible.

WILLIAM ADLER/SHEILA NEWTON
Telephone (213) 557-2422
1801 Ave. of the Stars #136
Los Angeles, Ca. 90067

I/we are going to Turku to attend the IXth World Vet Championships. Enclosed please find $ (150.00 per person deposit plus $25.00 per person non-refundable registration fee) for hold reservations until April 15, 1991 when the full balance is due and payable. Please make checks payable to ADLER/NEWTON GROUP TOUR.

PLEASE MAKE THE FOLLOWING RESERVATIONS:
Group Package NO. 1. A. B. Departure City Airline/Hotel Only NO. 2. A. B. Departure City
Record 801 Australian Veterans Return to Melbourne

by JERRY WOJCIC

A record 801 Australian athletes returned to the site of the 1987 World Veterans Games at the Olympic Park complex in Melbourne for the 18th edition of the Australian Veterans Track and Field Championships on April 13-16.

By the meet's end, 10 world records and 45 national marks had fallen. Amazingly, all the world bests were set by women, and, even more astoundingly, three of them came from W60 Jean Albury, Albury, from the state of Victoria, broke records in the 1500 (5:36); 5000 (20:04); and 10,000 (42:16). (Marion Irvine has a 19:14 5000 mark pending.)

Other records were set by Ann Cooper (W60, 100, 14.40); Jan Shaw (W35, 2000-SC; 8:16); Marg Robinson (W50, SC; 9:08); Helen Searle (W50, HT, 41:56); Ruth Frith (W80, L, 2.40, and HT, 19.12); and Nance Jeffrey (W80, 5K RW, 39:04).

Among the many multiple medal winners was Rudi Hochreiter of Victoria, the M60 decathlon champion of the 1989 World Games in Eugene, Oregon, who won the pentathlon with 4117 points, topping all pentathletes, for one of his ten medals.

The meet had huge fields in the M40 distance races — 30 in the 5000 (won by M. Lynn in 15:16) and 27 in the 10,000 (taken by Gerry Hand in 31:32). Twenty-seven M45s competed in the 10K cross-country race, won by T. Wilson with a 34:53.

The Victorian Veterans club hosted the meet, under the guidance of Ray Callaghan and Peter McGrath.

London Marathon, Eyewitness Report

from MARTIN DUFF of Athletics Weekly

1988 Olympian Francie Larrieu-Smith, 37, was the star veteran performer in the world's biggest marathon (24,871 finishers) on April 22. Starting steadily, the W35 world 5000 and 10,000 record holder was back in fourth place overall as late as 23 miles. However, a storming late run saw her move up to third, then pass fellow U.S. colleague Lisa Weidenbach on Westminster Bridge to take a glorious second in 2:28:01, 1½ minutes down from winner, Wanda Panfil of Poland.

Behind Francie, Sylvianne Geffray, W35, of France; Martine Van De Weidenbach tin; M45; Johann Hansen, M50, of West Germany, 8th (43:68) in the javelin; TAC Masters Championships, San Diego. Photo by Jerry Wojcic.

AUCKLAND VETERAN ATHLETES ASSOCIATION invites you to Compete and Attend OCEANIA '90 - November 1-6

Nature's blessed NEW ZEALAND. See for yourself! Join us on our seventeen day "one of a kind" tour designed exclusively for Masters and their friends.

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AN INVITATION TO THE
5th OCEANIA VETERAN GAMES
AUCKLAND, NEW ZEALAND
NOVEMBER 2-6, 1990

The 5th Oceania Veteran Games will be the largest held to date with competitors from Australia, New Zealand, the Pacific Area, and non-Oceania countries expected to take part.

Programme includes Track & Field, Road Races and Road Walks, and Cross-Country events.

Visitors from outside the Oceania area will be especially welcome.

New Zealand provides exceptional scenic attractions in a small country so that a suitable tour can be planned to fit in with the Oceania Games.

This is a great chance to visit New Zealand and enjoy international competition.

MAKE THIS YOUR EVENT FOR 1990!

AN INVITATION TO THE
5th OCEANIA VETERAN GAMES
AUCKLAND, NEW ZEALAND
NOVEMBER 2-6, 1990

Further Information and Entry Forms are available from:
Games Secretary: Brian King, 8 Noel Place, Mt Roskhill, Auckland, NEW ZEALAND. Ph: (09) 695-579
Winter Park, Fla. — While the calendar approaches the halfway point, the 1990 Sorbothane/USRA Masters Circuit is still in “early season” with 21 of its 23-race schedule yet to be contested. Memorial Day Weekend was a big one with the new Charleston (WV) 5K and the annual Cotton Row 10K giving Mid-Atlantic and Southern runners a chance to earn valuable points. The first Sunday in June provides Eastern and Midwestern masters a chance to gain in the Circuit standings with the SuperPlace 10K (Attleboro, MA) and Trinity Hospital Hill Half-Marathon respectively.

This is the first year we’ve put two Sorbothane/USRA Masters Circuit events on the same weekend but are only doing so in different regions of the country. With our objective of getting more masters regionally involved in the grand prix competition, this was the concession we had to make. The response has been favorable from the athletes with watching the “starting lineups” becoming a more integral part of masters racing strategy.

Just around the corner on the Circuit are the Utica Boilermaker 15K, July 8, and the season’s first West Coast event, the Arvida Festa 5K in San Clemente, CA. Newly added to the Circuit in the last month is the Rockland Hall Half-Marathon in the New York City market, our first foray near the Big Apple. The enthusiasm and support for the Sorbothane/USRA Masters Circuit continues to grow and we appreciate your comments and suggestions at Circuit headquarters here in Florida (Dean Reinke & Associates, 400 N. New York Ave., Suite 102, Winter Park, FL 32789, 407-647-2918/FAX 407-647-0435).

And of course it is never too early to start thinking about Naples, Florida — now becoming a popular tradition on the World Masters Scene. Date will remain the second Saturday in January (12) in beautiful Naples. I’ll be traveling down this month to discuss details with local sponsors and officials.

Sponsors are planning for another world assault on the 5K record book at the 3rd edition of the Sorbothane/USRA Masters Circuit National Championship — stay tuned for more details in upcoming issues.

CIRCUIT HAPPENINGS

Rod Dixon can’t wait till he’s 40 on July 13; he’s scheduled to run the Hamot 10K in Erie, PA, June 3. Nancy Grayson made a successful debut in her first major masters effort with a win over Sorbothane/USRA Masters Circuit leader Linda Banning at the Gunrunner Run in Tupelo, MS. Wilson Waiga was the men while defending champion and course record holder Graham Tattersall dropped out. Former U.S. Open masters winner (and Tony Wadrop teammate) Earl Owens of Atlanta continues to strengthen his reputation with a decided victory at the Festa 10K in Pensacola. He’s a former triathlete who reports he’s focused on the roads for now.

Welcome to Mississippi’s Eventi Morris, a native of New York (AL) runner, who just joined the masters ranks. His 3rd place showing at Festa (ahead of several notable including Wes Wesseley) showed he’s for real.

1989 RRCA and TAC Masters Runner-of-the-Year Bob Schlau up to his usual tricks again on the marathon scene with a top American finish in Pittsburgh in 2:22, some 40 seconds behind of Kyszard Marczak of Poland. Schlau’s next 26-miler scheduled is Grandma’s in Minnesota this month and in Helsinki in August. Bill Rogers turning race promoter with brother Charlie in trying to find financial support for a revival of the old “Boston Freedom Trail” 8-miler in October tentatively titled the “Boston Tea Party” run... Rogers tentatively scheduled to run a new road race in Macon, GA, sponsored by Hardee’s, September 29. Bob Schau up to his old tricks again on the marathon scene with a top American finish in Pittsburgh in 2:22, some 40 seconds behind of Kyszard Marczak of Poland. Schlau’s next 26-miler scheduled is Grandma’s in Minnesota this month and in Helsinki in August. Bill Rodgers turning race promoter with brother Charlie in trying to find financial support for a revival of the old “Boston Freedom Trail” 8-miler in October tentatively titled the “Boston Tea Party” run... Rogers tentatively scheduled to run a new road race in Macon, GA, sponsored by Hardee’s, September 29. Bel Air Town Run 5K, always a pro of fast times, scheduled for Saturday evening June 2 near Baltimore. Roddgers will be joined by Frank Shorter June 10 for the Orange Classic 10K in Middletown, NY. Shorter’s home town... Shorter has joined with Fruit-of-the-Loom in a national scholarship program providing $2000 scholarships for high school runners in conjunction with a number of road races nationwide... West Coast event to keep an eye on: Fusutzu 5-miler in San Jose discussions already taking place for ’91 Sorbothane/USRA Masters Circuit. Will it play in Peoria? Yes, it will if you are a master in hopes of picking up some prize money at the Steambot Days 4-Miler ($400) or 15K ($500)... Wilson Waiga
Write On  Continued from page 4

Shortening the distance between hurdles for the M50-59 groups is crazy. For experienced hurdlers, this abrupt change greatly affects athletic performance. If the rule is not changed back to 30-feet between hurdles, (the 40-49 spacing), I will not hurdle when I reach age 50.

I understand the change was made to encourage greater participation in hurdling, but it will also eliminate this hurdler and other true hurdlers.

I hate to see events butchered every time a couple of people have difficulty competing due to a lack of condition and preparation.

Credentia McCormick, Laguna Niguel, California

DAN ALDRICH

I know I join a long list of people who pay tribute to Dan Aldrich. This man of letters, whose courage and fortitude in the face of adversity, set standards we all will find hard to emulate. His spirit will pervade our efforts for many years to come. This tall, strong and genuine man with a cheerful smile and matchless spirit will be truly missed.

So long, dear friend. May God love and keep you.

Jim Hart

Walnut Creek, California

BROWN UNIVERSITY MASTERS TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, August 12, 1990
SITE: Brown University Stadium, Elmgrove Avenue, Providence, RI
DIRECTIONS: From I-95 North or South, take I-195 East exit. Follow I-195 until you hit the Gano Street exit (43). Take a right onto Gano Street (north) which becomes Taber Avenue. Follow Taber until you reach Lloyd Ave. Turn left on Lloyd and go to Elm Grove Ave. Turn left and follow you see Brown Stadium on the left hand side.

FACILITY:
- New, 6 lane, rubberized Action 200 track (1/4" spikes).
- Same surface for jumping areas and javelin runway.

AWARDS:
- First three places in all events.

DIVISIONS:
- Five-year groupings for men and women (30-59)

ENTRY FEE:
- First entries will be $5 each additional event by August 8, 1990

ORDER OF EVENTS:
- Track:
  - 12:00 p.m.: 5000m Run
  - 11:00 a.m.: High Jump

- Field:
  - 11:00 a.m.: Javelin
  - 12:00 p.m.: Hammer (Young to Old)

- 100 m (Trials/Finals)
- 400 m
- Mile
- 200m
- 100m
- Shot (Bar Not Lowered)
- Long Jump followed by Triple Jump (Old to Young)
- High Jump (Bar Not Lowered)
- Discus (Young to Old)

LOCAL HOTELS:
- Susan Chalet, (401) 941-6000
- Marion Inn, (401) 272-2100
- Biltmore Plaza (401) 421-0700

FOR ADDITIONAL INFORMATION CONTACT: Neil Steinberg

46 Roberts Avenue
Pawtucket, RI 02860
(401)278-2869 (Evenings)

PLEASE PRINT

Name ____________________________ Phone No. ____________________________

Address ____________________________

Street ____________________________ City ____________________________ State ____________________________ Zip Code ____________________________

Age (as of 8/12/90) ______ Male ______ Female ______

Club ____________________________ Event ____________________________ TAC # ____________________________

Best Recent Mark ____________________________ Date of Birth ____________________________

Best Recent Mark ____________________________

1. ____________________________ 2. ____________________________ 3. ____________________________

Toal fee enclosed $ ____________________________

Mail entry form and check payable to The Rhode Island Track and Field Foundation to: Neil Steinberg, 46 Roberts Avenue, Pawtucket, RI 02860.

WAIVER: In consideration of accepting this entry for the 1990 Brown University Masters Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the TAC, Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Attorneys or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date ____________________________ Signature ____________________________

2010 Master Masters

Barbara Filutze wins the masters division in 17.07 in the Freihofer's 5K in Albany, N.Y. May 5. Photo: Victah Sailer/Agence Shot

Filutze Wins in Freihofer's 5K

Continued from page 1

masters ranks on April 24, once the gun sounded it was Andersen who aggressively bolted to the forefront in an attempt to steal the race from her younger rivals.

"I only caught Gabriele at the top of the hill," smiled Filutze, who swept past Andersen on the sweeping downhill to score a 12-second triumph and win $1000. Andersen collected $600 for her efforts.

In the M50-59 group, Zofia Turos of Hartford, Conn., clocked 20:04 for a convincing 102-second win, while Albany's Nancy Gerstenberger bested Toshiko d'Elia in the W60 + category, 21:55 to 22:19.

The overall winner was Lynn Jennings, 29, in 15:31.

The preceding 10K saw Jan McKeown of Prospect, Conn., take masters honors in 38:48, second overall among 600 runners.

Almberg, Sparks Set U.S. Mile Records

Continued from page 1

In other masters events, Claude Hills, 77, overcame a poor start to prevail in a masters 100 for men 70-and-up. Hills clocked 15.7, followed by Byron Fike (15.9), Leslie Thomas (16.5), Senator Alan Cranston (17.0), Leo McEvoy (17.5), and George Braceland (DNF).

Two masters 4 x 400 relays were contested, with the George Mason Track Club (Ron Johnson, Errol Lee, Greg Marshall, and Bob Brown) posting the best time of 3:31.96.

Yesterday, Boor Morcom, Gerry Couinhan, Tom Rauscher, and Phil Rascher distinguished themselves in the Edward Silverman Memorial Masters Pole Vault, the first masters field event ever in the Penn Relays.

The redoubtable Morcom, just a few days short of his 69th birthday, got over the bar at 3.40 meters (11-1/4') to win the age-graded competition with a 93.44%. Couinhan, 50, took second with an 85.3% score, vaulting 4.00 meters (13-1/4'). Rauscher, 43, went higher than anyone else — 4.30 (14-1/4') for a score of 84.0%. Rascher, 43, bettered her world-record Eugene performance by a centimeter in 2.47 (8-1/4') to finish fourth at 82.96%.

The pole vault was an invitational event which boasted a stellar field; eleven of the twelve competitors had finished in the top seven in the World Championships last year in Eugene.

Finally, a team of Patrick Caldon, Markus Heidelberg, Mickey Milloy, and Rick Lapp won the 4x100 relay for the New York Masters in 46.00.
NATIONAL

- Pete Mundle, WAVA/TAC T&F Records Chairman, reported that records of the indoor oval remain intact (March NNN) are incorrect. Some records were thrown with weight rooms, it was learned after publication. A new list will be published in a future issue.

- Kathleen Wilson of Diamond Bar, Calif., has been appointed to the TAC Cultural Exchange Committee as the Masters Track and Field Representative.

- Visual Athletics is a new book by Judy Foster and Jane Porter, following their successful "The Mental Athlete." It's a mental training handbook for every sport and all athletes, says Alberto Salazar on the book's flyleaf. The 210-page, softcover book is available at bookstores for $35.95 or from Wm. C. Brown Publishers, 319-389-6407.

- Omitted from the WPS list in the 1990 Indoor Championships in Madison was Mel Larsen's 27.87 in the M65 200, which is almost a second better than Canadian Cecil's 28.87 in 1966.

- The U.S. National Senior Olympics officially changed its name to the U.S. National Senior Sports Classic organization. Reports state that the indoor oval remains the same. The change was required by the U.S. Olympic Committee, of which USNSO is a member. The USNSO is designated by the USOC as the organization that administers national multi-sport competition for senior adults. The biennial national multi-sport competition will be called the U.S. National Senior Sports Classic. The 1991 event will be held in Syracuse, N.Y. from June 28-July 3, and is open to ages 55 and older. National sponsors include AT&T, NaturalSport, and Holiday Inns. Holiday is sponsoring a tour for Atlanta's Phi Muckley to visit five cities around the country and talk to seniors about fitness and sports. Muckley, 57, was a member of the 1960 U.S. Olympic Team and is a frequent participant in masters T&F competition.

- Six cities submitted bids to host the 1992 U.S. Olympic Trials: Durham, N.C.; Eugene, Ore.; Knoxville, Tenn.; New Orleans, La.; Sacramento, Calif.; and Seattle, Wash. TAC's Site Selection Committee will entertain presentations in Chicago, July 6-8, and will announce its decision at TAC'S Convention in Seattle on November 27-30. TAC officials estimate that the Trials will bring $5 million to the host city.

- At long last, Hal Higdon's "The Masters Running Guide" is off the press and in the mails. If you ordered a copy prior to May 31, you should have received it by now. New orders will be filled within two weeks. See page 3 for details.

EAST

- Meeri Bodell, W45, battled open winner Sandra Natala to the finish in a superb women's race, ending second overall, four seconds back, in 17:53, in the Nancy Waters Memorial 5K, Seaford, Long Island, NY, March 24. Maury Dean, M45, chalked up a M40+ first (17:06).

- Elton Richardson of the WSOI walker, placed first M40+ (1:02:24) in a Long Island, NY, 10K, April 22, and first woman overall (29:21) in the Alloy Pond Striders 5K RW, Queens Village, NY, April 29.

- Priscilla Welch, 45, was first master and 15th overall in 26:56 ($300) in the Nike Women's 5K in Washington, D.C., May 13.

- Bill Rodgers, 42, broke Barry Brown's long-standing U.S. masters 10-mile mark of 49:48 with a 49:08 in Kutztown, PA, March 31, finishing fourth overall. Rodgers won a 1990 automobile for his efforts. Bob Schwall was second-over-40 in 53:04. Terry Delpl (55:38) was third, Jane Millsap (63:19) was first 40+ woman.

- The Eastern Sectional Masters T&F Championships on July 21 at Starksville, MS, has been cancelled due to lack of entries. The Rochester organizers cancelled out because of a lack of volunteers and a high ($1500) facility cost.

SOUTHEAST

- Ken Hamilton (M40, 47-77) and Barbara Flutze (W40, 55-77) look masters honors in the River Run 15K, May 26, in Orlando, FL. Other division winners included second master Victor Moro (M45, 25-77), Jim Blount (M60, 58-79), and Atlee Bather (W70-70, 1:33:25). Open winners were Ed Eyestone (43:59) and Francie Larree-Smith (49:39), who doped with Lisa Weidenbach to the finish and won by four seconds.

- Homeowner Bob Schlau was the masters favorite in the Cooper River Bridge 10K, Charleston, SC, April 14. Pat Halliburton, 43, 34:33 of Garland, TX, was second, and Woody, GA, proved strong with a 4:04. Moura, M40, proved strong with a M40+ course record 1:31.26. Schlau followed in 1:35.3 with Lee Flier of Stone Mountain, GA, third in 1:39.22. The top three female masters were an exact repeat of the '89 race. Judy Greer of Orlando, FL, took first with a 37:45; Claudia Ciavarella of Winter Park, FL, second (38:02), and Gail Bailey of Charleston third (38:28).

- Miami Magic 5 Mile masters were Alberto Echeveria (29:29) of Miami and Maria Germaine (48, 39:01) of Dania, FL, April, Miami, First W40+ RW were John Frederick (42, 40:45) of Hollywood, FL, and Linda Stein (42, 48:18) of Sunrise, FL.

- The Seven Mile Bridge Run in Florida fills its 1500-runner limit within two weeks after entry forms are printed. The course runs from Marathon to Little Duck Key on the 65 feet high span of the longest of the 43 bridges that make up the Overseas Highway in the Florida Keys. Runners see sky to the left and right and the green-blue waters of the ocean and the Gulf of Mexico. Runners are standing on the bridge on the only link from the mainland to Key West for two hours, there have been no significant incidents in 14 years, and ending second overall, a 1:16:20 pace, Charleston third (38:28).

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**EAST**


June 16-20. MAC Masters Championships, Randall's Island, NYC. Post entries only. 10 a.m. Sandy Paskin, 212/666-3671 (7 p.m.).


June 22-23. Adirondack TAC Open and Masters Championships, Shenedehowa H.S., Clifton Park, N.Y. Jim Barnes, P.O. Box 1200, Troy NY 12180. 518/273-2531.


July 21. TAC Masters Eastern Sectional Championships, Site TBA.


September 1. 15th Annual Virginia State Championships, Linnfield Field, Charlottesville, Va. Virginia Beach, P.O. Box 5696, Charlottesville, VA 22901.


September 1-3. New York Masters Weight Pentathlon (M, W) and Throwing Triplet (W), Randall's Island, NYC. SASE to Jay Corrado, 215-245 75th Ave., Glen Oaks, NY 11042. 718/204-5358 (11-pm).

**SOUTHEAST**

Alabama, Florida, Georgia, N. Carolina, South Carolina.


September 3. Columbus Senior Olympics, Bexley High, Columbus, OH. 55+.

Logansport, Richmond, Terre Haute. Indiana residents only. Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. 1-800-HI-FIVES.


**MIDWEST**

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


July 22. TAC Midwest Sectional Championships, Orlando, Fla. SASE to Bob Fine, 4223 Palm Forest Dr. N, Delray Beach Fl. 33445. 407/499-3370.

Ted Hayman, pictured here in the Trevira 10K, won the M45 division (34:30) in the Al Gordon Rites of Spring 10K, Central Park, NYC. April 1.

**LOGANSPORT**


**MID-AMERICA**

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

June 2-6. St. Louis Senior Olympics, Wendig Ludwig, 2 Millstone Campus Dr., St. Louis MO 63146. 314/432-3700; ext. 118.


Continued on page 31
**SOUTHWEST**
Louisiana, Mississippi, Texas.


June 9. 5th Annual Gulfcoast Masters TC Meet, Texas City, Texas. Lynn Ray Ellison, 807 2nd Avenue So, Texas City, TX 77590. 409/445-4038 or 765-6557.


July 14. Texas Masters Championships and TAC Southwest Sectional Championships, U. of Texas at Austin. Joe Murphy, 4703 W. Lovers Lane, Dallas TX 75209. 214/357-5613.


Los Gatos, Calif. Willie Harmatz, PO Box 1328, Los Gatos, CA 95031. 408/354-5660.

June 16. SCA/TAC Masters Championships, Occidental College, Los Angeles. Woody Studemund, 1256 Clubhouse Drive, Pasadena, CA 91105. 818/799-5981 before 9 p.m.

June 26-August 3. Los Angeles All-Comers Meets. Youth through Masters. 7 p.m. Tues. L.A. Southwest College; Wed: Birmingham High; Thurs: East L.A. College; Fri: Santa Monica College. Championships: Santa Monica College, August 3. No meets on June 28 or July 4. 818/904-2164.

July 5 - August 16. All-Comers Meets, each Thursday, 6 p.m., SBCC La Playa Stadium, Santa Barbara, Calif. Robin Rubin, 805/564-5422.


September 23. 5th Annual TAC Masters Meet, UC Irvine, Calif. Bigalita Egger, 1921 S. Boucher Drive, Los Angeles CA 90034. 213/838-4746.

October 6. 17th annual Club West Masters Meet, Santa Barbara Community College. Santa Barbara, Calif. No entry accepted after September 16. Club West, P.O. Box 1059, Goleta CA 93117. Lloyd Albright, 805/683-9540.

Atlantic's Phil Rascher, 43, became the first woman ever to pole vault in competition at Philadelphia's Franklin Field. In a special masters-only vault competition, Rascher cleared 2.47 meters (8-1 1/2) to establish a new world best for women over age 40.

*Photo: Victor Sailor/Agency Shot*

**NORTHWEST**

June 2. 7th annual Volcanic Classic, St. Helens H.S., St. Helens, Oregon. Emil Torquato, 28 Sunset Place, St. Helens OR 97051. 503/397-4102.


June 16. 3rd Annual Scholastic/Masters Classic, Gresham, Ore. Ange 18 vs. age 30-34, age 17 vs. 35-39, etc. P.O. Box 842, Gresham, OR 97030. 503/667-1145. Entry form on page 9, May issue.


August 24-25. 12th Montana Masters Meet, Bozeman, Mont. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717.

**CANADA**


June 28-July 4. 1st Canadian Summer Master Athletic Games, Toronto, Ont. Ontario Masters Games, 200 Silver Star Blvd., Unit 300, Scarborough, Ont. M1V 5A4, 416/321-6820; 475-3433.


**INTERNATIONAL**

June 23-24. 2nd Annual San Pedro de Macoris Masters Meet, San Pedro de Macoris, Dominican Republic. Calle Altalaguna No. 1, Tel. 529-5793; San Pedro de Macoris, Dominican Republic.

June 30-July 8. VII WAVE European Championships, Budapest, Hungary. Europeans only.


August 18-19. San Juan Annual Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters Assn., P.O. Box 3111, 65th Infantry Station, San Juan, PR 00929.


**ON TAP FOR JUNE**

**TRACK & FIELD**

A busy month starts on the first week, with meets in Miami, Albuquerque, Dallas, Long Beach, Calif., Long Branch, N.J., and Augusta, Ill.

On the next weekend are events in Miami, Los Gatos, Calif., New York City, Alarna, Andrews, Texas, and Toronto.

The 16th finds meets in Philadelphia, Los Angeles, Byron, Ill., Medina, Ohio, Mason, Texas and the interesting Scholastic-Masters match-up in Gresham, Oregon.

The Oregon Track & Field Camp for Masters will be held on June 17-24 in Eugene, Oregon, culminating with the Hayward Classic on the 23rd. Also on that weekend are meets in Federal Way, Wash., Clifton Park, N.Y., Knoxville, Tenn., Cleveland, Ohio, and Buffalo, N.Y.

The 1st Canada Masters Games open on the 26th, and the month ends with meets in Gainesville, Fla., and Naperville, Ill. (site of the 1991 Nationals).

Many Senior Games for 55+ are spread around the country in June, and the European Championships (Europeans only) begin on the 30th.

**LONG DISTANCE RUNNING**

The Race 8K in Eugene and the Bel Air Town 5K with masters money go off on the 2nd. Two USRA Masters Circuit races are scheduled for the 3rd: the Super 10K in Placentia, Calif., and the Hospital Hill Half-Marathon in Kansas City, Mo.

The Shelter Island 10K in Long Island, N.Y., on the 9th, and the Garden of the Gods 10 Mile in Colorado Springs on the 10th dominate this weekend.

The Steamboat Classic 4 Mile plays in Peoria on the 16th, followed by the massive Cascade Run Off in Portland, Oregon, on the 17th.

The WAVA North American Regional Marathon Championships debut in whitehorse on the Yukon on the 23rd. The International Veterans Grand Prix 10K/25K returns to Brugge, Belgium, on the 23rd-24th.

**DEADLINE**

NMM is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
LONG DISTANCE RUNNING NATIONAL

September 23. TAC/USA National Masters 15K Championships, Edina, Minn. 55424. 612/920-0558.

October 6. TAC/USA National Masters Marathon Championships, St. George, Utah. Kent Perkins, 86 S. Main St., St. George, UT 84770. 801/628-3088.

October 7. TAC/USA National Masters 5K Cross-Country Championships, Syracuse, N.Y. Nate White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

October 14. TAC/USA National Masters 50K Championships, Muncie, Ind. 1650 masters money equally divided ($150/$75/$50) among 40s, 50s, 60s, Jan. Gilbert, P.O. Box 1273, Muncie, IN 47305. 317/282-4448.

October 27. TAC/USA National Masters 10K, Duluth, Minn. Bill Wernkann, 18665 Rutledge Rd., Deephaven, MN 55319. 612/593-9014.


EAST


June 2. Bel Air Town 5K, Bel Air, Md. Masters m & w money. Bel Air Town Run 605 Bernadette Dr., Forest Hill, MD 21050. 301/879-6410.


June 5. 11th Annual Shelter Island 10K, Shelter Island, N.Y. SASE to Box 266, Shelter Island, NY 11964. 516/749-8793.


July 8. Utica Boilermaker 15K, Utica, N.Y. Earle Reed, P.O. Box 4729, Utica, NY 13501. 315/797-3310.

July 15. Women's Catch The Sun 10K, Westfield, N.Y. Tina Di Natale, P.O. Box 511, Westfield, NJ 07091. 201/236-5457.


August 25. Blue Cross/Blue Shield of N.J. 10K Road Run, South Orange, N.J., also 3000 meter XC run, and masters 100, 800 and 1 mile. SASE to Summer Track Festival, Essex County Dept. of Parks, Recreation & Cultural Affairs, 115 Clifton Ave., Newark, NJ 07104. 201/338-3893.

August 5. 5K, Newport, R.I. AASR, Newport Yacht Club, Newport, R. I. NRC, Bernadette Squires, 89 Wood Place, Bloomington, NJ 07403. 201/838-6843.

August 11. 10th annual Asbury Park

NATIONAL MASTERS NEWS


SOUTHWEST

Louisiana, Arkansas, Mississippi, Texas.


July 15. Irvine Bastille Day 8K, Newport Beach, Calif. Susan White, 125 E. Baker St., Costa Mesa, CA 92626. 714/537-3100.

July 24. Deserters Marathon, Salt Lake City, Utah. Marathon, P.O. Box 1257, Salt Lake City, UT 84110. 801/237-2135.


August 26. Santa Monica Marathon, Santa Monica, Calif. Marathon, Rec. Division, 2600 Ocean Park Blvd., Santa Monica, CA 90405. 213/458-3811.

NORTHWEST


June 17. Cascade Run Off, Portland, Oregon. Kris Miller, P.O. Box 30228, Portland, OR 97240. 503/226-0717.


CANADA


September 1. Montreal International Marathon, Quebec. Marathon International of Montreal, P.O. Box 1570, Succ. B. Montreal, Quebec, Canada H3B 3L2. 514/879-1027.

INTERNATIONAL

June 2. 5th Annual Festival De Pilbara 5K, 10K, 15K, Port Hedland, B.K., Australia. SASE to Festival International, 7846 Clifton Dr., Bkham­mam, WA 6714. 61/9975-9481.

June 23. 1st WVA North American Regional Marathon and Yukon Gold Midnight Marathon, Whitehorse, Yukon Territory, Canada, North American Marathon, Box 4502, Whitehorse, Yukon, Canada Y1A 2A8. 306/668-4263 (p.m. weekends), 306/668-4263 (days).


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

August 11. International Montreal 10-20K, Moscow, Soviet Union. Marathon Tours Inc., 108 Main St., Charlestown, Boston, MA 02129. 617/242-7845.

RACE WALKING

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

July 7. TAC/USA 10K Racewalk, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-1621.


Records Set At Indoor National Championship Meets Thru 1990
Prepared by Haig Bohigian

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National Masters News
June, 1990
## U.S. Masters Standards of Excellence for Men

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## U.S. Masters Standards of Excellence for Women

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## Application for an All-American Certificate/Patch

If you have bettered the standard of excellence, please send $10 for a certificate, $10 for a patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is extra $5 each.) Send to: All-American Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Close copy of results, or note in which issue they appeared.) A 3-color, 8" x 10" certificate – suitable for framing – and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow 2-3 weeks for patches with tags.)

## U.S. Masters Standards of Excellence for Women

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**TRACK & FIELD RESULTS**

Please send masters to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. It possible, please type single space with minimum of white space.

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**EAST**

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**April**

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**SOUTHEAST**

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**WEST**

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**Penn Relays**

Philadelphia April 27-28

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</tr>
</tbody>
</table>

---

**Continued on next page**
# LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

## NATIONAL

### TAC National Masters 50 Mile Championship

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
<th>Distance</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-59</td>
<td>Robert Fordyce</td>
<td>4:40:00</td>
<td>50 Miles</td>
<td>Boston Marathon</td>
</tr>
<tr>
<td>60-64</td>
<td>James McCaffrey</td>
<td>4:50:00</td>
<td>50 Miles</td>
<td>Boston Marathon</td>
</tr>
</tbody>
</table>

### Nike Cherry Blossom 10 Mile Washington, DC

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-44</td>
<td>Vincent Sadowski</td>
<td>41:30</td>
</tr>
</tbody>
</table>

### Freshfield's Run For Women 5K Run, NY, May 5

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-34</td>
<td>Lisa Wobensh</td>
<td>17:30</td>
</tr>
</tbody>
</table>

### River Run 15,000 Jacksonville, March 10

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>Edward Lott</td>
<td>43:30</td>
</tr>
</tbody>
</table>

## EAST

### Nancy Waters Memorial 5K Neaford, L.I., NY

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>25-29</td>
<td>Terry Watson</td>
<td>15:30</td>
</tr>
</tbody>
</table>

### Hudson Mohawk Half Marathon Schenectady, Albany, NY

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-44</td>
<td>Gordon Smith</td>
<td>1:10:30</td>
</tr>
</tbody>
</table>

## SOUTH EAST

### Sarasota Herald Tribune 10K Sarasota, March 4

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-34</td>
<td>Randy Hedges</td>
<td>32:00</td>
</tr>
</tbody>
</table>

### SOUTHEAST

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>Terry Riedel</td>
<td>43:30</td>
</tr>
</tbody>
</table>

### Miami Magic 5 Mile Miami, FL

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>25-29</td>
<td>Joel Bidwell</td>
<td>1:10:30</td>
</tr>
</tbody>
</table>

### Seven Mile Bridge Run Marathon, FL

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-34</td>
<td>Marcia Hopp</td>
<td>1:10:30</td>
</tr>
</tbody>
</table>

### AMERICA

### Redbud Run 10K Oklahoma City, OK

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>Mark Baker</td>
<td>1:10:30</td>
</tr>
</tbody>
</table>

---

**Note:** The table above is a simplified representation of the document content. It includes key races and participants listed in chronological order by age group, summarizing distances, times, and names as described in the original text. The table format is designed to provide a clear and concise overview of the races and results mentioned.
North American Masters 5K Racewalk Championships
Tampa, FL
March 31

1. Edward Evero FL 31:31
2. Allan Ingraham BAH 31:04
3. Will King FL 31:06
4. Fred Dias FL 31:56
5. Tom Daniel CA 31:56
6. Paul Alford IN 27:20
7. Bill Naford FL 25:23
8. Fred Cicchoci FL 28:20
9. W. J. Jennings Jr PA 30:08
10. Dick Ford PA 32:33

North American Masters 10K Walk

1. Randy Vaz RE 26:24
2. Jennifer Carpenter 44:45
3. Mike Higgins 27:07
4. Don Phillips 30:09
5. Glen Peterson 33:29
6. Vicky Griswold FL 34:16
7. Sally Odenbach 37:06
8. Judy30 FL 35:53
9. Mary Ann 35:55
10. Anthony Sanches CA 36:12

North American Masters Half Marathon

1. Randy Vaz Re 26:24
2. Jennifer Carpenter 44:45
3. Mike Higgins 27:07
4. Don Phillips 30:09
5. Glen Peterson 33:29
6. Vicky Griswold FL 34:16
7. Sally Odenbach 37:06
8. Judy30 FL 35:53
9. Mary Ann 35:55
10. Anthony Sanches CA 36:12

More information can be found in the National Masters News, page 43.
1990 TAC/USA NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

AUGUST 2-5, 1990
INDIANAPOLIS, INDIANA

TAC/USA National Masters
Track & Field
CHAMPIONSHIPS

GENERAL INFORMATION

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 2, 1990 will determine a competitor’s age group. Individual competition will be held in age groups of 5 year increments starting at age 30. Relays will be held in age groups of 10 year increments.

Proof of registration with The Athletics Congress will be required from all U.S. nationals at on-site registration. Foreign competitors will compete as guests and no TAC registration will be required.

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

AWARDS: TAC Championship medals will be awarded to the top three U.S. nationals in each age division of each track event final. All competitors will receive a Certificate of Participation.

ENTRY FEES AND PROCEDURES: Entry fee is $20.00 for the first event, $15.00 for the second event, and $10.00 for each subsequent event. The entry fee includes a commemorative souvenir item to be received at on-site registration.

All entries MUST BE RECEIVED BY JULY 10, 1990. Confirmation of entry will be sent within 30 days, or no later than July 24, 1990. Late entries will be charged a $25.00 surcharge after July 10, 1990. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds or entries for any reason.

RELAYS: Relay entries will be taken at on-site registration only. Please have one club representative enter all relay teams for their club. This club relay representative should be prepared to pay the relay entry fee for each team entered ($30.00 per relay team) as well as submit the following documentation for each individual entered in a relay: 1) TAC registration number 2) proof of date of birth (photocopy of a birth certificate, passport, or driver’s license).

All relays must be entered by noon on Friday, August 3. SPECIAL EVENTS: Local ground tours will be operated by Grayline of Indianapolis. Competitors and their traveling companions may make arrangements to visit many exciting local destinations upon arrival in Indianapolis. A beer garden will be operated each evening during the hours of 5PM and 9PM. Join us with some old friends or meet new friends after a long day of competition, and enjoy a cold drink, light snacks, and casual entertainment.

ON-SITE REGISTRATION: All competitors will be required to go through on-site registration, located at the IU Nordampus (adjacent to the Track and Field Stadium) upon their arrival in Indianapolis. On-site registration hours will be:

- Wed, August 1 9AM - 9PM
- Thurs, August 2 9AM - 9PM
- Fri, August 3 - Sun 9 AM - 9 PM. On-site registration will move to the Track Stadium and will be available from 10AM - 9PM.

Athletes will register in alphabetical order. We will verify that all fees have been paid and required documentation is in order. Athletes may then pick up their packets and make their declarations. Declarations must be made at the time of on-site registration and no later than two hours before the scheduled time of the first event of participation. Events starting before 10AM must be declared before 9PM on the day before competition. It will be the athletes responsibility to declare. Prepare for a long line.

ACCOMMODATIONS: All competitors will be responsible for making their own overnight arrangements. The following hotels are available to book blocks at a discounted rate for this event. Please identify yourself with the event when making your reservations. No local shuttle bus transportation will be provided by the local organizing committee.

Days Inn Airport
- 317-249-0621
- Located 1 mile from track stadium by car.
- $47.00 flat

Embassy Suites
- 317-825-1000
- Located 1 mile from track stadium.
- $106.00 double

Hyatt Regency Indianapolis
- 317-632-1234
- Located 1 mile from track stadium.
- $72.00 double

Omni Severin Hotel
- 317-634-6664
- Located 1 mile from track stadium.
- $69.00 flat

Ramada
- 317-635-4443
- Located 1/2 mile from track stadium.
- $57.00 flat

Holiday Inn, Union Station
- 317-631-2221
- Located 1 mile from track stadium.
- $61.00 flat

University Place
- 317-260-9000
- Located 2 blocks from track stadium.
- $82.00 flat

The Westin Hotel
- 317-262-8100
- Located 1 mile from track stadium.
- $76.00 flat

TRAVEL: USA agrees to offer an exclusive low fare for the attendees of the 1990 TAC/USA National Masters Track and Field Championships. You may receive details on fares and restrictions by calling Heidi Neuberger at 317-274-3363. When making your reservations please refer to FILE NO. 313668.

ENTRY FORM: 1990 TAC/USA NATIONAL MASTERS T&F CHAMPIONSHIPS

NAME ________________________
ADDRESS ______________________
PHONE ________________________
EVENTS ENTERED ______________________
BEST MARKS 89-90 ______________________
MALE ______________________
FEMALE ______________________
ENTRY FEES: 1st event entry fee US $20.00
2nd event entry fee US $15.00
additional events = events x US $10.00
surcharge for entries received after July 10 (US $25.00)

*Gold Medal Supporter (optional-US $25.00)

TOTAL AMOUNT DUE ______________________

*A Gold Medal Supporter: your voluntary $25.00 contribution will allow us to purchase gifts for the officials who generously donate their time and expertise in order to make this event possible. Gold Medal Supporters will be recognized in the meet program.

TENTATIVE SCHEDULE OF EVENTS

Thursday, 8/2/90
AM 7:00 10,000 Run (All Women)
8:00 10,000 Run (60+ Men)
9:00 10,000 Run (50-59 Men)
10:00 400 M Dash (All Trials - Women before Men - oldest to youngest)
PM 12:00 Pendleton (30+ Men & Women)
4:40 100 M (All Trials - Women before Men - oldest to youngest)
6:00 5,000 Walk (30+ Women)
7:00 5,000 Walk (40+ Men & Women)
7:45 5,000 Walk (60+ Men & Women)
9:00 5,000 Walk (50-59 Men & Women)
9:15 5,000 Walk (40-49 Men & Women)
10:00 5,000 Walk (30-39 Men & Women)

Friday, 8/3/90
AM 7:00 10,000 Run (40-49 Men & Women)
8:00 10,000 Run (30-39 Men & Women)
10:00 100 M (All Trials - Women before Men - oldest to youngest)
PM 12:00 Discus (60+ Men & Women)
3:40 Shot Put (30-39 Men & Women)
9:00 100 M (All Trials - Women before Men - oldest to youngest)
11:00 Discus (50-59 Men & Women)
11:15 400/200 M Hurdles (All Trials - Women before Men - oldest to youngest)
PM 2:00 Discus (40-49 Men & Women)
4:15 100 M Dash (All Trials - Women before Men - oldest to youngest)
6:15 Discus (50-59 Men & Women)
6:30 Shot Put (30-39 Men & Women)
6:45 High Jump (40-49 Men & Women)
7:00 High Jump (50-59 Men & Women)
7:30 1500 M Run (All Trials - Women before Men - oldest to youngest)

Saturday, 8/4/90
AM 7:00 5,000 M (All Trials - Women before Men - oldest to youngest)
8:00 Shot Put (60+ Men & Women)
10:00 Hammer (30-39 Men & Women)
Long Jump (40-49 Men & Women)
12:00 200 M Dash (All Trials - Women before Men - oldest to youngest)
PM 2:00 Discus (40-49 Men & Women)
4:15 100 M Dash (All Trials - Women before Men - oldest to youngest)
6:15 Shot Put (50-59 Men & Women)
6:30 Discus (50-59 Men & Women)
6:45 Hammer (30-39 Men & Women)
7:00 Shot Put (40-49 Men & Women)
7:30 1500 M Run (All Trials - Women before Men - oldest to youngest)

Sunday, 8/5/90
AM 7:00 10,000 Walk (All Trials - Women & Men together - all ages)
8:00 Triple Jump (65+ Men & Women)
9:00 Hurdles 80/100/110 (Trials as needed)
10:00 1500 M Run (All Trials - Women before Men - oldest to youngest)
Triple Jump (50-59 Men & Women)
Hammer (60+ Men & Women)
12:00 National Masters News Age-Handicapped 100M
PM 2:00 4x100 Relay (All Trials - Women before Men - oldest to youngest), 10 year increments
1:00 Hurdles 80/100/110 (All Trials - Women before Men - oldest to youngest)
4x100 Relay (50-59 Men & Women)
3:00 Triple Jump (40-49 Men & Women)
3:30 4x100 Relay (Women - oldest to youngest), 10 year increments
4:00 4x100 Relay (All Trials - Women before Men - oldest to youngest), 10 year increments

METHOD OF PAYMENT:

1. Bank Draft or check in US dollars, payable to TAC MASTERS CHAMPIONSHIPS

2. VISA □ MC □ AMEX. □
   Number ________________________ Exp. Date ________________________
   Signature ________________________

WARNING: By entering the Championship, each participant agrees to obey the rules of the World Masters Games Committee, the United States Masters Association, the United States Masters Athletics, Inc., the USA National Masters Track and Field Championships Organizing Committee, TACUSA, the sponsoring organization. In addition, the participants agree to indemnify and hold harmless the World Masters Games Committee, the United States Masters Association, the United States Masters Athletics, Inc., the USA National Masters Track and Field Championships Organizing Committee, TACUSA, and the corporate sponsors of any responsibility for any injury, loss or damage to the property which may sustain in the course of or in connection with the 1990 TAC/USA National Masters Track and Field Championships.

Signature ________________________ Date ________________________

Tear off and mail entry form to:
TAC/USA National Masters T&F Championships
Heidi Neuberger
901 W. New York St., Rm. 204
Indianapolis, IN 46202
FAX: 317-274-7769

June, 1990

National Masters News