

NATIONAL MASTERS NEWS

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

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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.

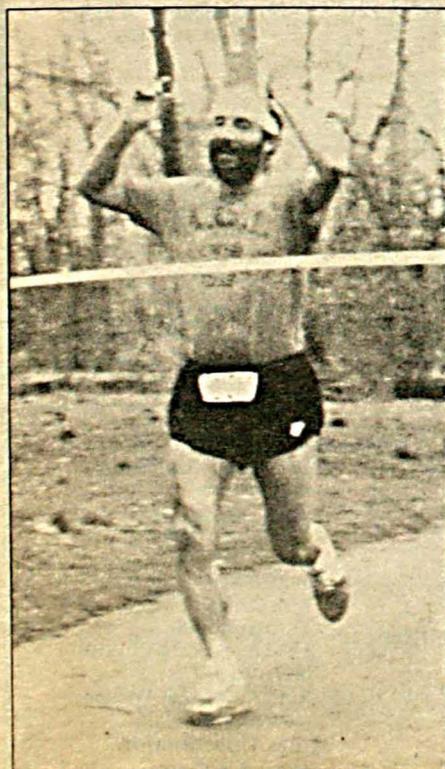
Zeller, Haywood Win U.S. 50-Miler

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
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Al Zeller, 43, of Holt, Mich., first overall (6:03:51) in the TAC/USA National Masters 50-Mile Championships in Columbus, Ohio.

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.

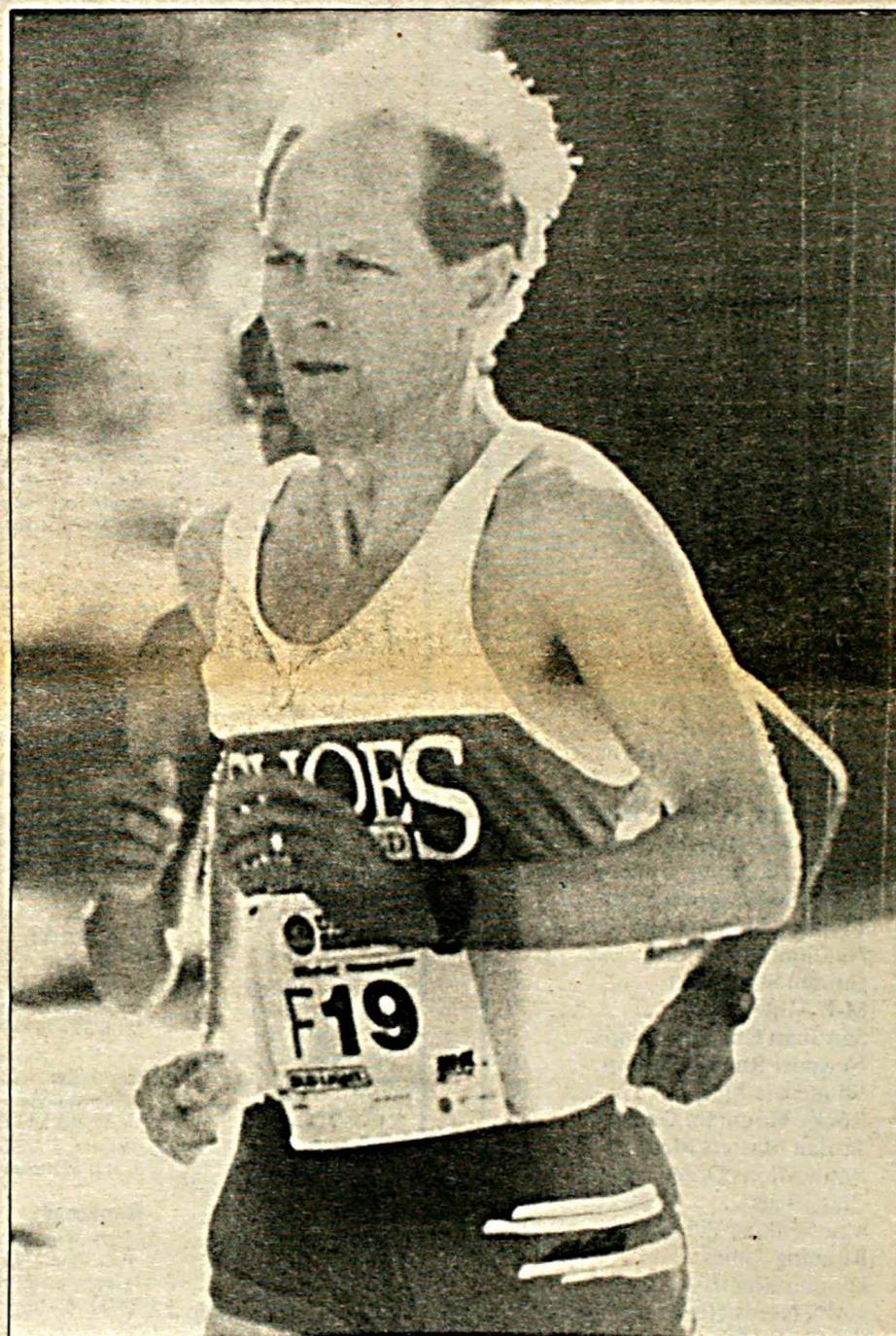
The race was the fourth event in the Runner's World Masters Mile Series, which is an invitation-only circuit for world-class male runners. The fifth and final race this season will take place at the New York City Track & Field Games, July 29. There, Rod Dixon (who turns 40 on July 13), Wilson Waigwa,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



Larry Almberg, 43, shown here running in the National 8K in Naples, Fla., set a new U.S. masters mile record of 4:12.24 in the Penn Relays in Philadelphia, April 28.

Photo: Victah Sailer/Agence Shot

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 5 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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NATIONAL MASTERS NEWS

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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

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NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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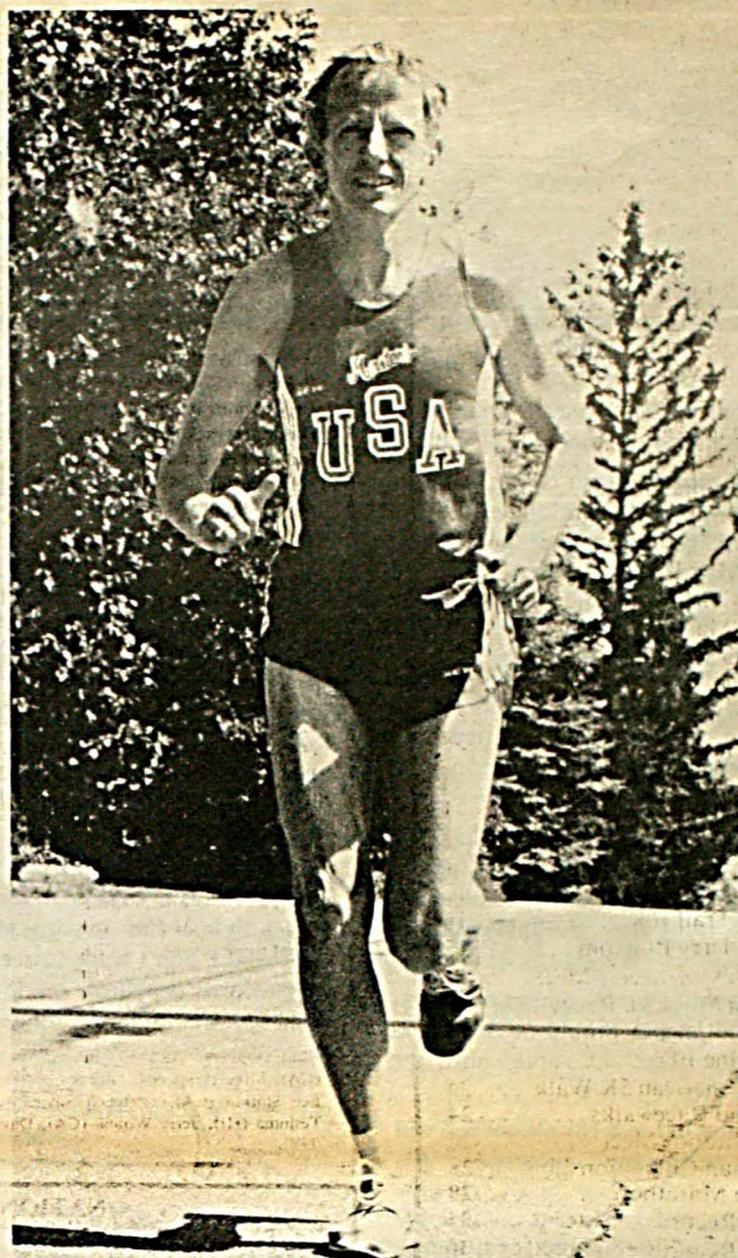
Masters Running Guide

By Hal Higdon

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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
Anaheim 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
Bozeman, 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 rule knows only one javelin.

*Hans Axmann
Ansbach, 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.

*Terry Halmi
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 95% 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 National Masters News and the masters athletics program by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

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

Thanks also to:

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EUGENE COURSES NOT CERTIFIED

In a recent issue of TACTIMES, the top 15 W50-59 marathoners 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 peak 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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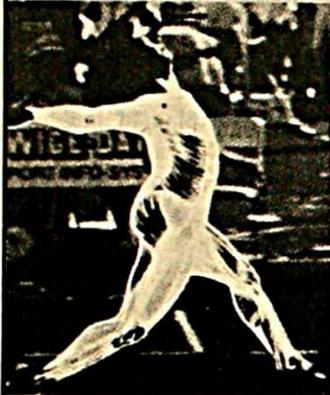
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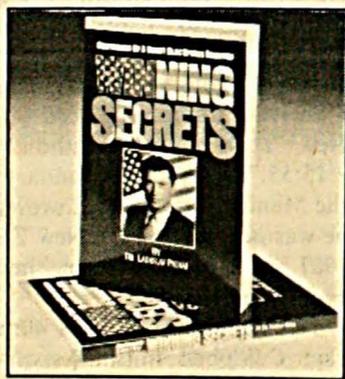


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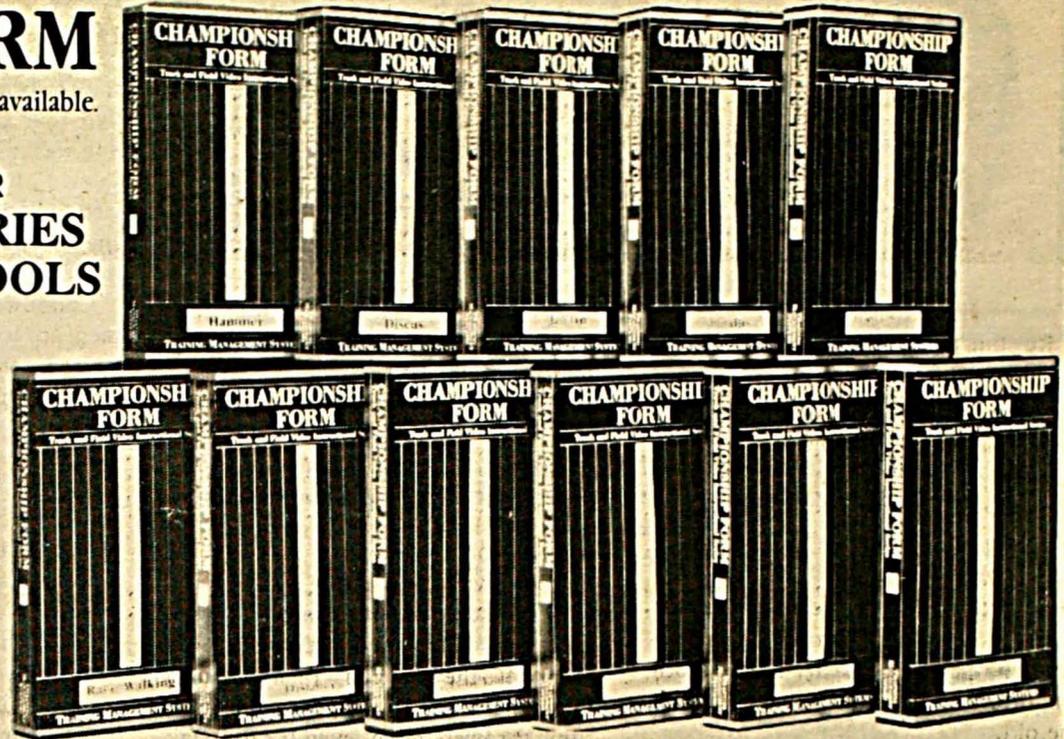


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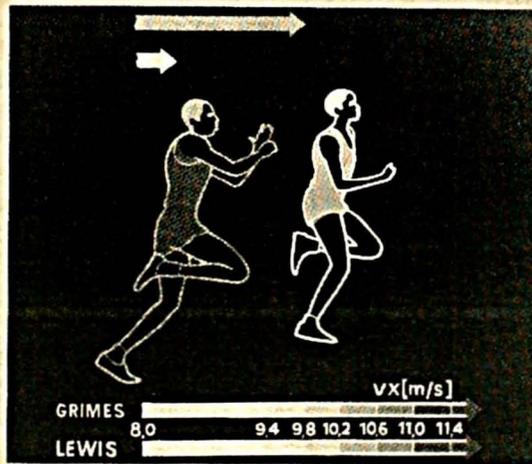
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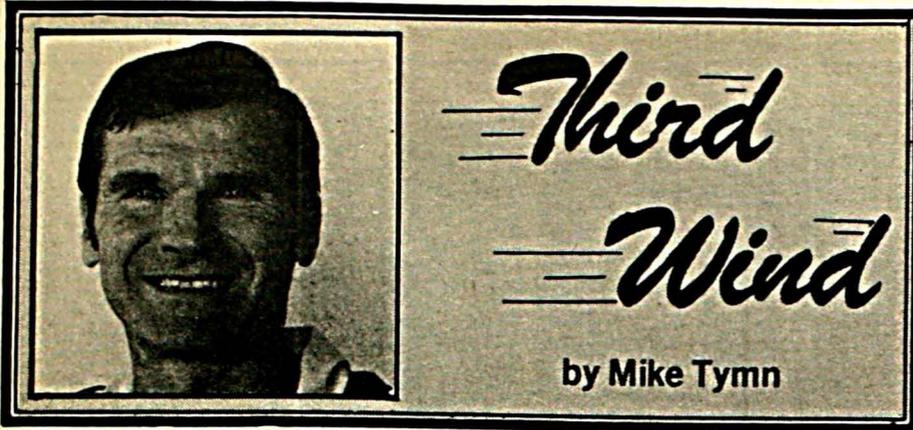
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Does John Campbell Have a Secret?

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-40 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 4:59.9 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.")

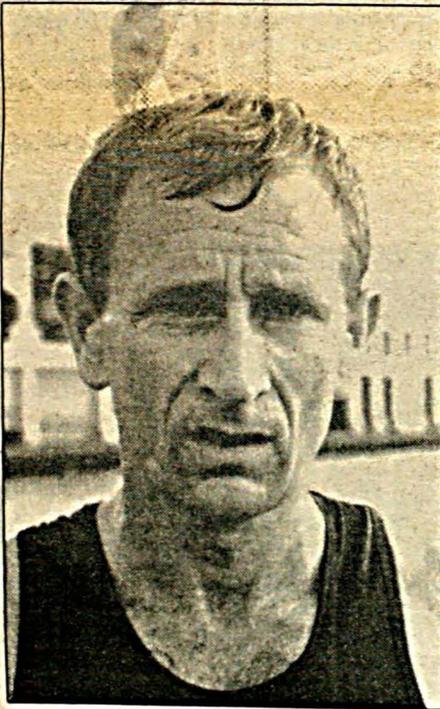
A Personal Best

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 equalled 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 adept 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



John Campbell

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 2:20:46 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.

Began Running at Age 14

Campbell began 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-

CAMPBELL'S SPLITS IN BOSTON

5K	14:38	
5M	24:00	17th
10K	30:02	15th
15K	45:34	15th
10M	48:57	13th
20K	1:01:03	14th
4M	1:04:26	13th
15M	1:14:24	12th
25K	1:16:37	12th
30K	1:32:46	11th
20M	1:39:34	9th
35K	1:48:29	6th
40K	2:04:11	5th
25M	2:04:56	5th
Fin	2:11:04	4th

pionships at 18. However, after a middle-of-the-pack finish in that event, he became disillusioned. "In those days if you didn't finish in the first three or four you were considered sort of an outcast," he explained, laughing. "So I gave it up."

Campbell became a commercial fisherman, got married, had two children, invested in a milk business, and gained some weight. Then, at 24, he attempted a comeback in pursuit of a berth on New Zealand's team for the 1974 Commonwealth Games in Christchurch. He ran 14:01 for 5,000 meters, but was not selected for the team. He was in the crowd, however, that watched the Commonwealth Marathon, the one in which Foster ran his 2:11:19. "I've never met him, though," Campbell said. "Maybe I'll look him up one of these days."

Laid Off Eight Years

Again disillusioned, he hung up his competitive shoes a second time. He would not return to running until 1982, a layoff of eight years. "My marriage had broken up and it was a way to work off the stress," Campbell explained his return to the sport.

He recorded a 2:22 marathon in 1983, made the New Zealand World Cross Country team in 1985, did poorly in the championships and soon thereafter was diagnosed as being anemic. It was then that he became concerned with his dietary habits.

In 1986, Campbell placed 14th in the New York City Marathon with a 2:15:55. The following January he won the Manila Marathon. However, when he was not selected for New Zealand's 1987 cross-country team, he retired again, briefly.

Ten months before his 40th birthday, Campbell finished sixth in the Boston Marathon with a 2:11:08 and the running world, as well as his own country, began to take notice. That performance gained him a spot on the New Zealand Olympic team. He finished 12th in Seoul with a 2:14:08.

It now made even more sense. Campbell had not been a competitive runner for as many years as I had thought. He had had a sporadic career with some long layoffs. Much of the adaptation began in 1982. It probably took him until 1987 or 1988 to fully adapt. Then there were some refine-

Continued on page 7

Third Wind Continued from page 6

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

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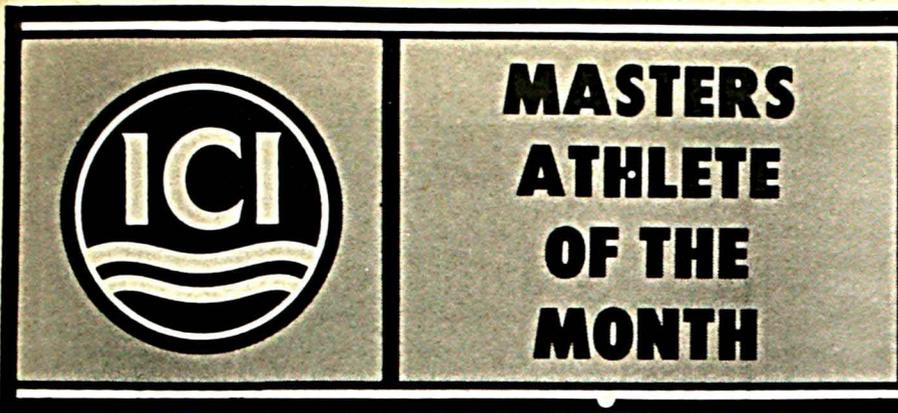
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Larry Almberg

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.



Larry Almberg. Photo by Richard Lee Slotkin

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 4:13.50. 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 UK, 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. □

Note: The May issue of NMN contained two sections, plus an advertising insert from Training Management Systems, Inc. Some readers report they did not receive the second section or insert — or both. If your Section II was missing, call 818-785-1895 for a replacement. If the insert was gone, call 1-800-553-2188. □

cessful 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." □

THE FIFTH ANNUAL GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP FOURTH OF JULY TRACK MEET...FAIR & FIREWORKS (SANCTIONED BY N.J. TAC) TO BE HELD SUNDAY, JULY 1ST, 1990 ALL NEW TRACK & FIELD FACILITIES RUBBERIZED TRACK

RUNNING EVENTS				
5000 Meters	10:00 AM	1500 Meter Walk	2:00 PM	
110 Meter High Hurdle	11:00 AM	400 Meter Dash	2:15 PM	
1500 Meter	11:45 AM	800 Meters	3:00 PM	
100 Meter Dash	1:00 PM	200 Meter Dash	3:30 PM	
FIELD EVENTS				
	30-39 MEN	40-49 MEN	MEN 50-59	MEN & WOMEN 60 +
Pole Vault	10:00 AM	10:00 AM	10:00 AM	10:00 AM
Shot Put	10:00 AM	10:45 AM	11:30 AM	12:30 PM
High Jump	10:30 AM	10:30 AM	10:30 AM	10:30 AM
Long Jump	10:00 AM	11:00 AM	12:00 PM	1:00 PM
Javelin	11:15 AM	12:15 PM	1:30 PM	10:00 AM
Discus	12:30 PM	1:30 PM	10:00 AM	11:55 AM
Triple Jump	2:00 PM	2:00 PM	3:00 PM	3:00 PM

YOUTH RACES
 1500 Meters Ages 9-10, 11-12, 13-14 11:30 AM Boys & Girls
 100 Meters Ages 9-10, 11-12, 13-14 12:45 AM Boys & Girls
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SHORT SPIKES ALLOWED
 Hurdle heights & implements will be according to TAC Masters Rules. We will attempt to adhere to the above schedule. It is the athletes sole responsibility to be aware of any changes. "WE WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE." If you miss a call or check in you have forfeited that attempt or that race. The One-false-start rule will apply.
 All Throwers, Long Jumpers & Triple Jumpers Please Note, that groups will start immediately after preceding group. Listen for announcement.

ELIGIBILITY
 Any TAC Sub Masters or Masters Athlete with TAC Card. Men or Women 30-90 years of age. Any Randolph resident who falls within the above age groups. The fee is \$5.00 per event, post entry \$10.00 per first event, \$5.00 every other (payable to Garden State Athletic Club), no charge for Randolph residents. There are no limits on the amount of events you may enter.

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 EVENTS ENTERED _____

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ADDITIONAL INFORMATION
 Call Meet Directors: Ron Salvio.....Days 201-446-4959
 Morton Hahn.....Days 201-625-1764
 001A-BCT (008) AMANAT Evenings. 201-361-3282

Third Wind Continued from page 7

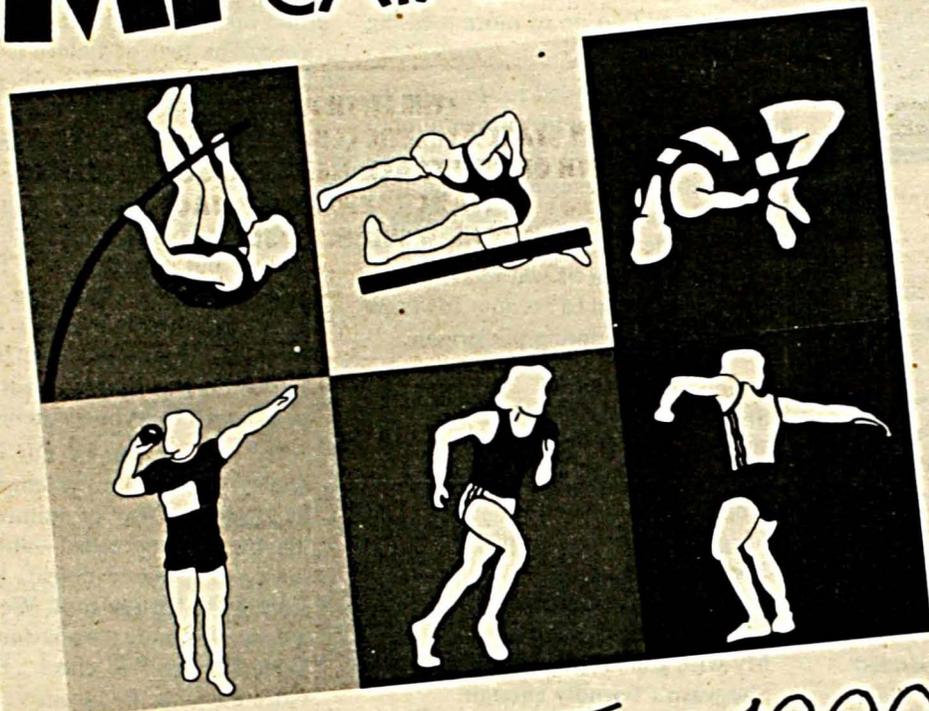
Crown" of the road racing circuit, a feat which will add significantly to his earnings. He doesn't want to risk losing the prizes to be won in New York, including a Mercedes Benz, by attempting to push himself into 2:10 condition. "I want to run a good race there, but I have to be careful," he explained. "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 reason New Zealand runners have been as suc-

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AGE DIVISIONS: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59;
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ENTRY FEES: \$5.00 FIRST EVENT AND \$3.00 FOR EACH ADDITIONAL EVENT.
RELAYS ARE FREE.

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DEADLINE FOR ENTRIES: AUGUST 10, 1990.

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ENTRIES: SEND THE FORM BELOW WITH CHECK OR MONEY ORDER IN THE NAME OF THE PUERTO RICO MASTERS ASSN. TO:

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REGISTRATION: AT "SIXTO ESCOBAR STADIUM" FROM 10 AM ON SATURDAY THE 18.

TRAVEL AND HOTEL: SHOULD BE ARRANGED BY PARTICIPANTS.

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RADISSON	(809) 729-2929	TANAMA (809) 724-4160

EVENTS SCHEDULE

TIME:	DATE: SATURDAY 18	SUNDAY 19
3:30 PM	1. 400M. HURDLES	14. 400 M. (W-M)
4:00 PM	2. 300M. HURDLES	15. SHOT PUT (W-M)
	3. POLE VAULT	16. LONG JUMP (W-M)
	4. HAMMER THROW	
5:00PM	5. 110M. HURDLES(M)	17. 800M. (W-M)
	6. 100M. HURDLES(W-M)	18. JAVELIN (W-M)
	7. 80M. HURDLES (M)	19. HIGH JUMP(W-M)
5:30PM	8. DISCUS (W-M)	20. 5,000M (W-M)
6:30PM	9. 3,000M.(STPLCHSE)	21. 200M. (W-M)
	10. 2,000M.(STPLCHASE)	22. TRIPLE JUMP
7:30PM	11. 100MTS. (W-M)	23. 5k WALK (W-M)
8:00PM	12. 1,500 M. (W-M)	24. 4X400 RELAY(W-M)
8:30PM	13. 10,000 MTS(W-M)	
	4X100 RELAY	
	(AFTER THE 10,000 MTS.)	

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, I DO HEREBY, FOR 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 AFOREMENTIONED 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 FREE WILL AND RISK. I ALSO CERTIFY THAT I AM COMPETING AT MY TRUE AGE GROUP.

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PLEASE ENTER ME IN THE FOLLOWING EVENTS:

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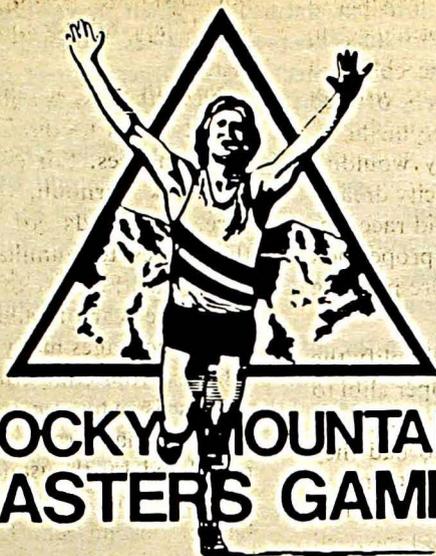
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number of shorter races around the island runners have been as

*** TENTH ANNIVERSARY *** ROCKY MOUNTAIN MASTERS GAMES



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, 1345 28th Street, Boulder, Colorado, 80302 (303)443-3850. \$59.00/night or 1/2 double for \$30.00/night. Call for reservations.

FACILITIES: Chevron 440, 400 m, electronic timing

TEAMS: Any athlete registered with Montana, Wyoming, Colorado, or New Mexico TACs is on the ROCKY MOUNTAIN TEAM. Anyone west of these four states is on the WEST team, anyone east is on the EAST team.

AGE GROUPS: 5 year age groups - men and women age 30 and over. Day competition.

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

SCORING: Scoring will be 8-5-4-3-2-1 for each event including 5K, race walk, and pentathlons. The team with the most points will have its name inscribed on the ROCKY MOUNTAIN GAMES TROPHY. The club from that team scoring the most points will decide the location until 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 FEE: \$6.00 first event, \$4.00 each additional event. Unlimited open events, \$22.00. PENTATHLONS \$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 Directors.

INQUIRIES: JIM WEED: 11672 East 2nd Ave., Aurora, CO 80010 (303)341-2980
 STEVE KAEUPER: 2263 Krameria, Denver, CO 80207 (303)388-8180
 JERRY DONLEY: 1715 Alamo, Colorado Springs, CO 80907 (719)635-1264
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 DAVE SIMONS: 1550 Baseline, Boulder, CO 80302 (303)443-4919

SCHEDULE OF EVENTS

SATURDAY		SUNDAY	
9:00 am 5K Race Walk	1:00 pm Pent. & Mt. Pent. Disc. J	9:00 am 100mH	12:00 pm 200m Finals
9:45 am 5000m on Track	Pent. 1500 m to follow Disc. J	110mH	2:00 pm T.J.
11:00 am Pent. L.J.	2:00 pm Open Jav. J	P.V. 9'6" Mt.	3:15 pm 35/25m Mt.- Mt. Pent.
11:30 am Pent. Jav.	3:00 pm Open & Mt. Pent. Hammer J	H.J. 5'0" Mt.	2:15 pm 300m IHH
12:00 am 100m Pent. J		S.P. 50+yrs. Mt. Pent.	4:00m IHH
12:30 am Pent. 200m		J 9:45 am 100m & trials	2:45 pm 400m Finals
		J 10:00 am L.J. (2 pits)	3:00 pm 4 x 100m relay
		J 10:45 am 800m	4:00 pm 1500m
		J S.P. 30-49 yrs. Mt. Pent.	4:30 pm 4 x 400m relay
		J Open Disc.	
		J 11:15 am 50m	
		J 11:45 am Predict Time Mile	
		J P.V. 5'0"	
		J S.P. Open	
		J H.J. Low Height	

SUNDAY EVENING SOCIAL - Clarion Harvest House - Beginning at 6:30 pm - everyone welcome - prizes, gifts, food, drink, and good times.

*** TENTH ANNIVERSARY *** ROCKY MOUNTAIN MASTERS CHAMPIONSHIPS 1990 ENTRY FORM

(Please Print)

NAME: _____ ADDRESS (Street) _____ CITY: _____ STATE: _____ ZIP: _____
 PHONE: () _____
 AGE: _____ SEX: _____ DATE OF BIRTH: _____ CURRENT TAC NUMBER: _____
 CLUB AFFILIATION: _____

In order to compete in the ROCKY MOUNTAIN AND MIDAMERICA 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, officers, 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, THOSE EVENTS WHICH YOU WISH TO ENTER. ALSO PLEASE ENTER YOUR BEST TIME, DISTANCE OR HEIGHT FOR ALL EVENTS YOU HAVE COMPETED IN OVER THE PAST TWO YEARS. THIS WILL HELP MEET DIRECTORS SEED MULTI-HEATED EVENTS 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 LANES ARE AVAILABLE. NONE ON SUNDAY.

TIME	TIME	WT/DIST	WT/DIST
50m	100mH	H.J.	JAV.
100m	110mH	P.V.	Hammer
200m	300 IHH	L.J.	Pentathlon
400m	400 IHH	T.J.	Weight Pent.
800m	4 x 100m Relay	S.P.	
1500m	4 x 400m Relay	DISC.	
5000m	Pred. Time Mile		
5K RACE WALK			

Please mail your entry form, signed waiver, and check payable to "DENVER TRACK CLUB" to Steve Kaeuper, 2263 Krameria, Denver, Colorado 80207

	Pent. \$7.00	J
	Mt. Pent. \$7.00	J
	First Open Event \$6.00	J
No. of additional open events entered _____ x \$4.00		J
(If over \$16.00, enter only \$16.00)		J
		J
	TOTAL \$	J

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



Pagliano's Podiatric Pointers

THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

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 underneath 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 fasciitis and heel spurs. Your condition may be a bursae, a spur, plantar fascia, or a combination of any or all three:

Usually 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 correc-

tion 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, NMN, Box 2372, Van Nuys, CA 91404.)



Women shotputters at the Indoor Championships, Madison, March 24-25: (l to r) Shirley Kinsey (3rd W60, 7.42); Sally Polk (2nd W60, 8.11); Bernice Holland (W60, WR 10.09); Lucille Sampson (4th W60, 7.28); and Florence Berry (1st W65, 5.34).

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TO BE HELD AT THE
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SUNDAY JULY 15, 1990



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8:00 5000M WALK (M&W)
9:00 5000M RUN (M&W)
9:45 RELAY 4 X 100M
10:00 1500M RUN
10:30 RELAY 4 X 200M
11:00 400M SPRINT
11:15 800M HURDLES

11:30 100M HURDLES
12:00 110M HIGH HURDLES
12:15 OFFICIALS LUNCH BREAK
1:00 100M SPRINT
1:45 800M RUN
2:15 300M INT. HURDLES
2:45 200M SPRINT
3:15 RELAY 4 X 400

FIELD EVENTS:

10:00 POLE VAULT
10:00 JAVELIN
10:00 LONG JUMP
1:00 SHOT PUT
1:00 HIGH JUMP
1:00 TRIPLE JUMP
2:30 DISCUS

ENTRY FEE: \$12 FIRST EVENT; \$3 EACH ADDITIONAL EVENT
* ADD \$7.00 FOR DAY OF MEET REGISTRATION.

*** TURNOUT IS EXPECTED TO BE HEAVY

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Official Entry Form

Print Name: _____ Age _____ Date of Birth _____ M _____ F _____

Address: _____
Number Street City State Zip

Phone (Include area code) () _____ Club _____ TAC NO. _____

List events to be entered (limit of six, excluding relay) and your personal record for your present age group.

Event	P.R.	Event	P.R.

Waiver: In consideration of my entry, I do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against the Trojan Masters, the University of Southern California, or any individual associated with putting on this meet, for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.

Signature _____ Date _____

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 200 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 furlong.

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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MASTERS TRACK & FIELD REPORT

by **BARBARA KOUSKY**
Chairman, TAC Masters Track & Field Committee

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:

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.

Photo by Gene Dix

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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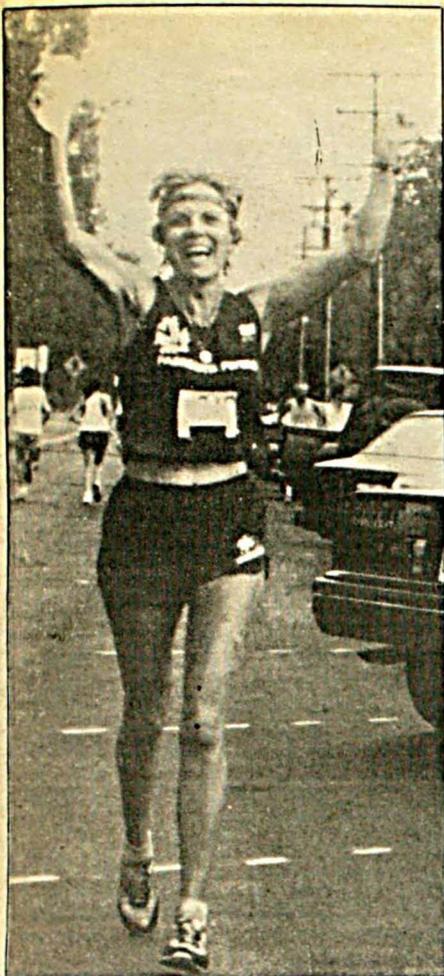
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Ruth Heidrich runs 1:13:05 to win the W55 division of the Norman K. Tamanaha 15K Run in Honolulu, March 25.

Photo by Tesh Teshima

Campbell, 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 Pitayo of Mexico in 28:25.7 and Francie 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 Hutchison (\$500) placed third in 36:02.6; Kathy Groh was third in 41:39.2; Jeanie 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.

Green Top Runner in Nike Cherry Blossom

by JERRY WOJCIK

Ideal conditions with temperatures in the 50s greeted entrants in 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, M52, 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%).

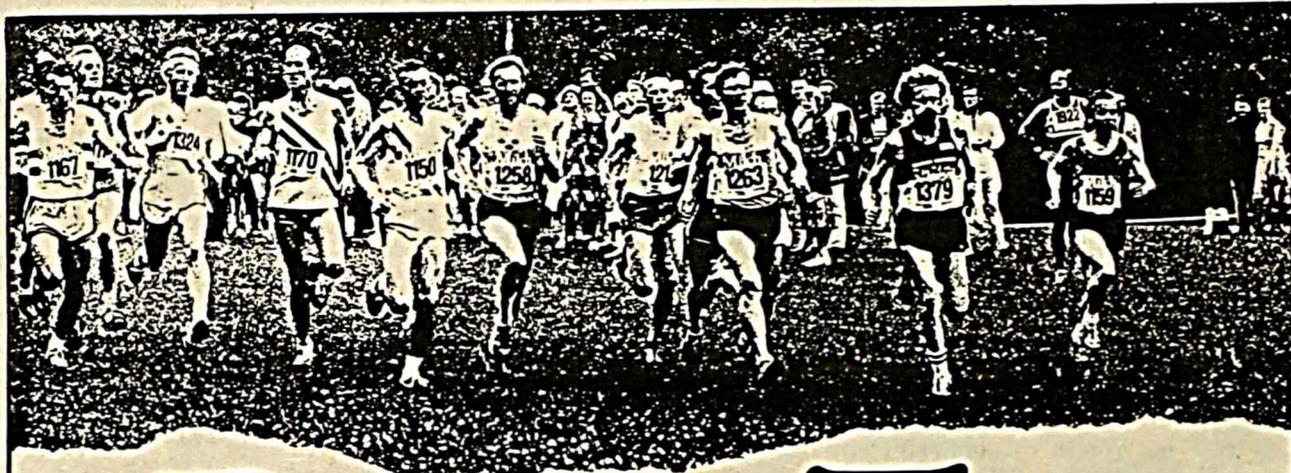
Ruth Rothfarb, 88, of Miami Beach,

Fla., set a U.S. W85-89 record of 3:24:08.

Chris Fox (47:06, 94.4%) and Lisa Weidenbach (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.



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PROFILE

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 out-and-back course, battering the 4:37:37 by Mavis Lindgren way back in 1979.

Some twelve hours after finishing the 1990 Los Angeles marathon, Lee attended the awards banquet in the hope of finding out if she had won her 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, + 2:19) for the award. Brady, 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."

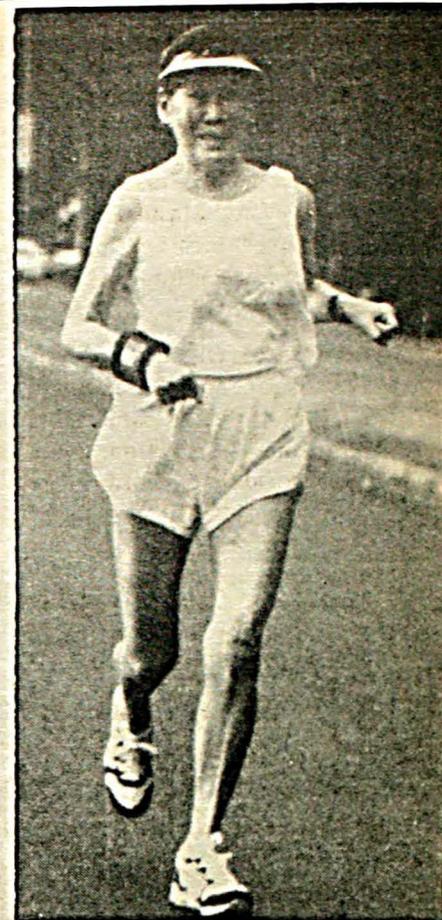
Lee, born on the island of Maui but a resident of Oahu since an infant, took up running in 1975 after a physical exam. "I had always been a fairly active person," she explained, "but I had never thought about running until my doctor suggested it after I took a treadmill test. Growing up in a strict Chinese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

"My doctor told me I was in excellent condition and that I should get 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



Margaret Lee of Honolulu won the W70 division of the L.A. Marathon in 4:31:22.

Photo by Tesh Teshima

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 Tymn

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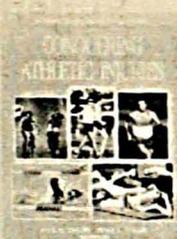
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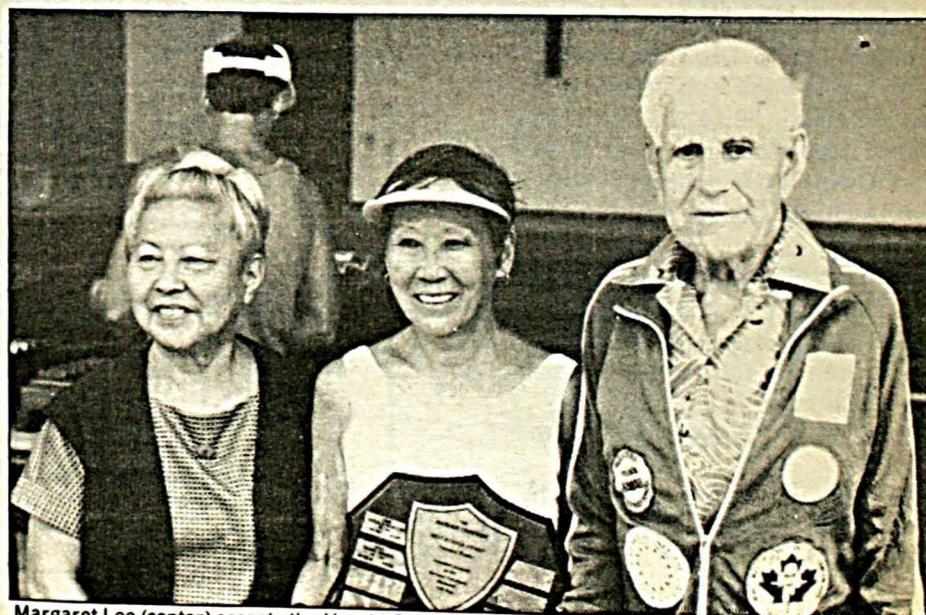
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Margaret Lee (center) accepts the Harold Chapson perpetual award given to the first place finisher in the age-graded division of the Norman K. Tamanaha Memorial 15K run. Chapson, who holds many age-class world records and Mrs. Norman Tamanaha, widow of the man referred to as the "father of running" in Hawaii, present the award.

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 (5-5½).

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. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUN 1990

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
HELEN BUENE (LACKAWANNA, NY)	6-18-30	60-64
ELIZABETH BURT (ANN ARBOR, MI)	6-18-30	60-64
MARY ANN CAVICCHI (OH)	6-17-30	60-64
MARY CZARAPATA (NEW BERLIN, WISC)	6- 7-35	55-59
BETTY DAMERON (FREDERICKSBURG, VA)	6- 3-35	55-59
DOTTIE GRAY (KIRKWOOD, MO)	6-14-25	65-69
MARY HARADA (WEST NEWBURY, US)	6-17-35	55-59
MARY ISOM (SAN DIEGO, CA)	6-13-25	65-69
MARTHA KLOPFER (DURHAM, NC)	6- 3-35	55-59
VADINE KOENIG (HAMILTON, OH)	6-30-20	70-74
MARGARETA LAMBERT (DILLON, CO)	6- 6-20	70-74
VIRGINIA LANDUYT (CA)	6-13-20	70-74
EVELYN LERCHER (ENUMCLAW, WA)	6- 6-20	70-74
JAMI LITTLEJOHN (MI)	6- 4-50	40-44
SUE MEDAGLIA (BRONX, NY)	6- 4-35	55-59
MARYLIN MOREHEAD (DETROIT, MI)	6-24-40	50-54
MARY SPECKING (US)	6-22-30	60-64
MARYLIN WASTE (SAN FRANCISCO, CA)	6-30-30	60-64
DONNA WRIGHT (BARTLESVILLE, OK)	6-15-35	55-59
COLLEENA BLAIR (NZ)	6-19-30	60-64
TRISH CONNELL (AUS)	6- 3-45	45-49
SANDRA FORREST (GB)	6- 1-45	45-49
INGRID JUNGE (WG)	6-22-35	55-59
GERDA MUELLER (WG)	6-16-15	75-79
JUDY POLLOCK (AUSTRALIA)	6-25-40	50-54
JUNE PREECE (AUS)	6- 3-35	55-59
MARGARET TIPPING (GB)	6-12-35	55-59
MANUEL ALONSO (SPAIN)	6-11-30	60-64
FRITZ ASSMY (WG)	6-11-15	75-79
RICHARD LUKE BROWN (MEDFORD, OR)	6-11-40	50-54
HERBERT CORDWENER (WG)	6-11-40	50-54
JIM CRAINE (HONOLULU)	6- 6-20	70-74
DONALD CUMLEY (ENNIS, MT)	6-30-20	70-74
HAROLD DEMOSS (MOUNTAIN VIEW, CALIF)	6-21-35	55-59
EUGENE DRIVER (LOS ANGELES, CA)	6-19-50	40-44
JOHN ECCLES (NZ)	6-20-25	65-69
CHARLES ESPY (DUNEDIN, FL)	6-18-10	80-84
BENJAMIN FOX (PHOENIX, AZ)	6-20- 5	85-89
FRITZ HECKER (WG)	6- 9-25	65-69
MIKE HILL (BOULDER, CO)	6-12-50	40-44
WLADYSLAW KOMAR (POL)	6-11-40	50-54
RICHARD LACEY (CLEARWATER, FL)	6- 5-10	80-84
EDDY LAMB (SAN DIEGO, CALIF)	6-27-10	80-84
TOM LARIS (CA)	6-26-40	50-54
ERWIN LUDWIG (WG)	6-17-20	70-74
ERNEST MARINONI (PLACERVILLE, CALIF)	6- 5- 5	85-89
DICK MARLIN (MODESTO, CALIF)	6-24-30	60-64
HANS MOHR (WG)	6-25-10	80-84
WINFRED MORGAN (GB)	6-19-35	55-59
BRAYTON NORTON (LAGUNA BEACH, CALIF)	6- 1-30	60-64
BRIAN OLDFIELD (ELGIN, IL)	6- 1-45	45-49
SANDY PATTERSON (BOSTON, MA)	6-21-20	70-74
WARREN PIKE (GREENLAND, NH)	6-25-10	80-84
STEVE RICHARDSON (CT)	6-24-20	70-74
BOB ROEMER (EL DORADO HILLS, CAL)	6-12-25	65-69
DON ROSE (KENTFIELD, CA)	6- 9-35	55-59
ALOYSIUS SIBIDOL (BRU)	6-20-20	70-74
ALOYSIUS SIBIDOL (MAL)	6-20-20	70-74
BOB STONE (KENSINGTON, CA)	6-12-20	70-74
ARTHUR WALSHAM (GB)	6-22-30	60-64
RUDOLPH WANECK (WG)	6-28-15	75-79
DUTCH WARNERDAM (FRESNO, CA)	6-22-15	75-79
BERTIL WISTAM (SWE)	6-28-40	50-54
Bill Granby	6-20-20	M70
Rob Jackson	6-19-50	M40

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

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.

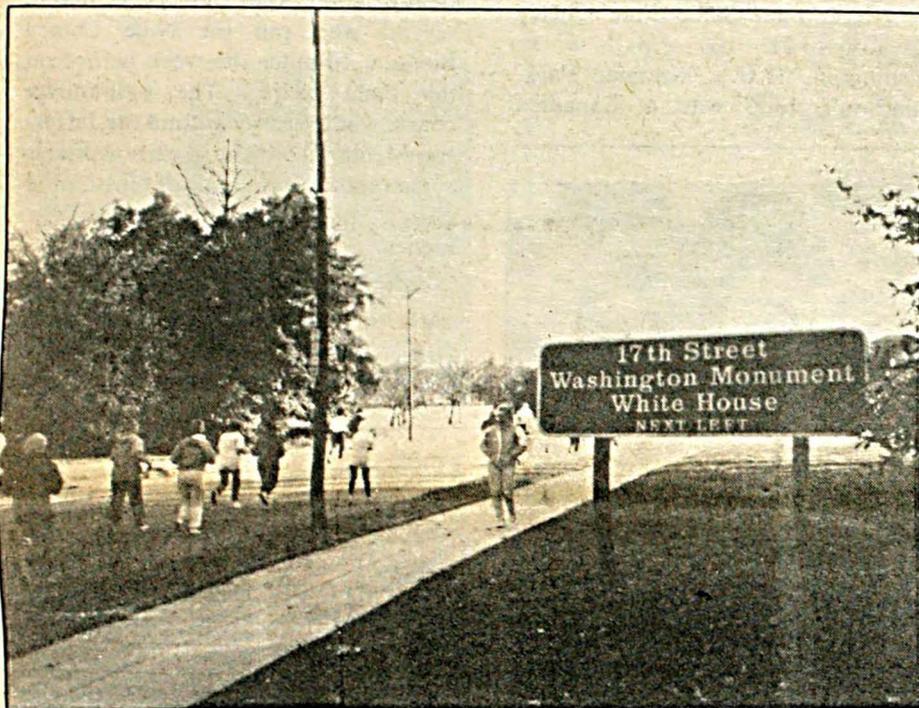
Although Rick Stark, 40, was the first master to cross the finish line in 1:16:12, he was closely pursued by John Pelton, 50, in 1:17:49, good for an 86% performance on the age-graded charts,

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 Basinait was the race director.



Runners brave below-zero wind-chill in TAC's National Masters 8K Championships in the nation's capital, December 3.

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. □



The Athletics Congress Southeastern Sectional Master's Track and Field Championships 1990



July 21, 1990- SHOWALTER FIELD, WINTER PARK (NEAR ORLANDO)

Sanctioned by The Athletics Congress- sponsored by the Florida Athletic Club

Fees: \$10.00 first event; \$6.00 each additional event; \$10.00 per relay; late entry fee of \$5.00 for entries marked after July 16th.

Competitor's mementos to the first 150 entrants.

Awards: Championship medals to the first three finishers, men and women, by five year age divisions from age 30 to 85 +

Team championship based on cumulative total points on the basis of 5-3-2-1 within each division and event.

Participants must be registered with The Athletics Congress.

Field Events: high jump, long jump, shot put, triple jump, discus, javelin, pole vault and hammer throw. Each competitor will have four throws or jumps. All measurement will be in meters.

All field event competitors are to report at 4:00p.m. - you will receive a schedule at that time based on the number of entries in each event.

Track Events: only the order of events will be given at this time. the schedule will depend on the number of entrants. For example TAC rules limit the numbers of runners and walkers in a 5K event to no more than 24 in a section. thus if there are more than 24, there will be more than one section. The running events will start at 4:00p.m. and estimated schedule will be posted at the start of the meet.

Order of Events: 100 meters, 5,000 meters, high hurdles, 5,000 meter walk, 800 meters, 200 meters, 1500 meters, 400 meters, 4 x 100 meters relay, and 4 x 400 meters relay.

PLEASE PRE-ENTER in post entering you will only delay the meet. The meet director has the right to refuse any post entry based on heat or flight assignments. Divisions may be combined for scheduling purposes, with separate awards to each division. Seeded sections may be used.



REDUCED HOUSING

Arrangements have been made with the Holiday Inn of the University Central Florida, 12123 High Tech Ave. Orlando, FL 32817; (407) 275-9000 for a special rate of \$54.00 per room. Each room has two double beds with a maximum of four to a room. These rooms must be confirmed by July 1st.

REDUCED AIRFARES

Reduced air fares can be obtained from Easterns Airlines. Call 1-800-325-7597 and note the easy access number EZ14TP10 and advise them that this is for the Southeastern TAC Master's Championship. Continental Airlines will offer a reduce air fare for further information please contact the meet address for the access number.

REDUCED CAR RENTAL

Reduced rates on rental cars can be obtained through Alamo Rent a Car by calling 1-800-732-3232 and requesting palm "BY 175093" reservations must be made 24 hours in advance.

NAME _____ ADDRESS _____
CITY _____ STATE _____ ZIP _____ PHONE _____
AGE _____ BIRTHDAY _____ SEX _____ CLUB _____

TAC # _____ (MUST HAVE A NUMBER TO COMPETE)

EVENT(S) 100M_ 200M_ 400M_ 800M_ 1500M_ 5,000M RUN_

5,000M WALK_ INTERMEDIATE HURDLES_ HIGH HURDLES_

SHOT PUT_ HIGH JUMP_ LONG JUMP_ TRIPLE JUMP_ DISCUS_

JAVELIN_ POLE VAULT_ HAMMER THROW_

4 X 100 RELAY_ Declare team at the start. Must be registered in the same club. Going down in age is permitted. Youngest team member determines the division. Teams must be all female or all male.

4 X 400 RELAY_

I certify that I am in good health, properly trained and physically capable of competing in this meet. I hold harmless The Athletics Congress, Florida Athletic Club, and the city of Winter Park for any injuries I may sustain.

Signature _____ Date _____

\$10.00 first event, \$6.00 each additional event, \$10.00 per relay
make check payable to FAC Mail to 4223 Palm Forest Dr. N. Delray Beach, FL 33445
(SE Masters)

Masters Health and Fitness

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

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, Ontario 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 Mieszczak, 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.

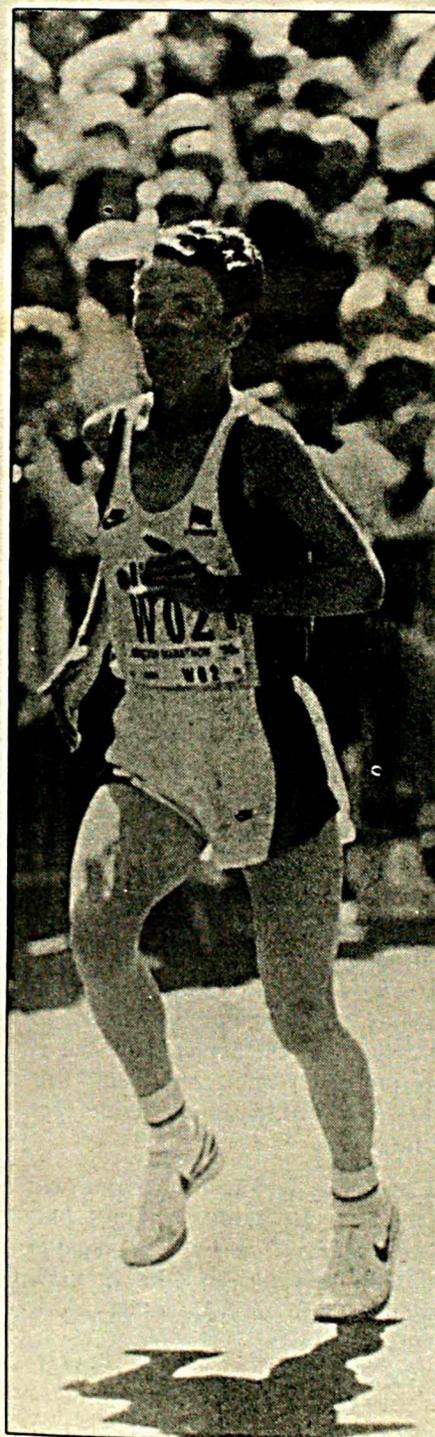
"The clear, cool spring weather and fast course helped me today," Hamilton said after the race. "My three previous races had been run in the Florida heat. I was hoping to break 30, but am pleased with my performance."

Other solid efforts were turned in by Atlaw Belilgne (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 Portz-Shovlin (42, 39:25) of Emmaus, Pa.

Hamilton and Filutz 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. □



London's Anne Roden captured the women's masters title in 2:39:36 in the Boston Marathon April 16.

Photo: Victah Sailer/Agence Shot

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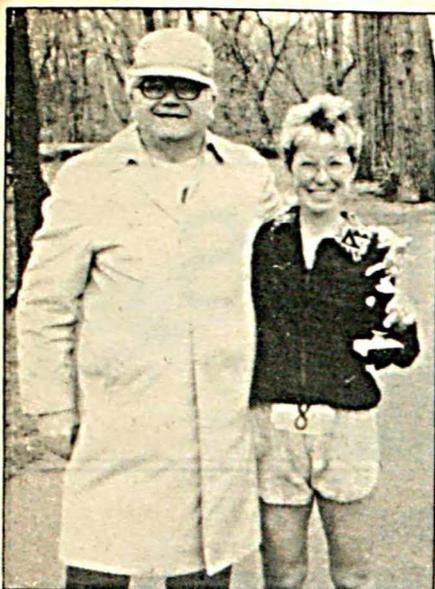
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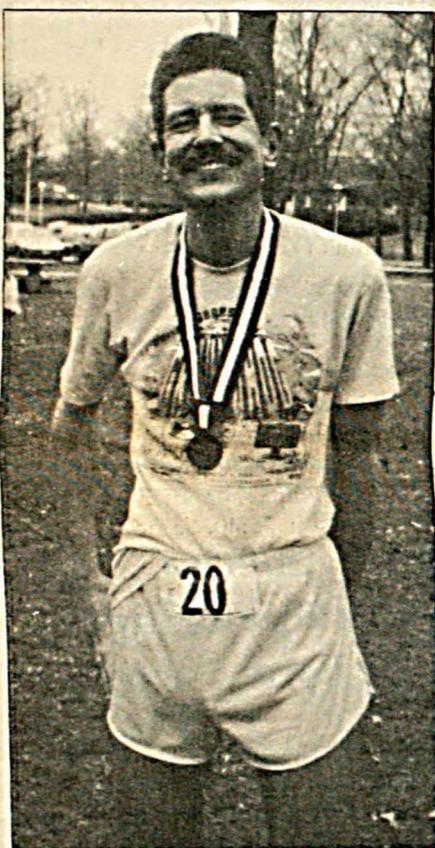
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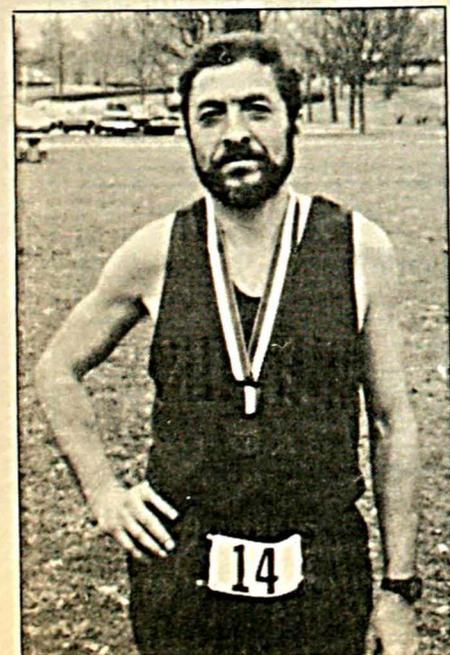
Or Write: STIM-O-STAM, P.O. Box 309, Mandeville, LA 70470



Sharon Haywood, first W45 (9:50:38), of Pataskala, Ohio, with Race Director John White, National Masters 50 Mile Championships, Columbus, Ohio, April 1.



Bob Blum, first M45 (6:28:46) of Cleveland, Ohio, National Masters 50 Mile Championships, Columbus, Ohio, April 1.



Ferdinando Saglio, third M40 (6:33:29), of Grove, City, Pa., National Masters 50-Mile Championships, Columbus, Ohio, April 1.

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
- Herm Wyatt Sets M45 HJ WR of 6-2 3/4
- Hal Higdom Sets M45 25K AR of 1:23:53

9th Annual Hayward Masters Classic Track & Field Championships

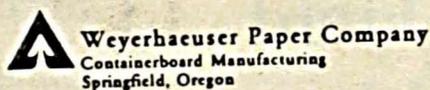
Hosted by OREGON TRACK CLUB MASTERS

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*



SCHEDULE OF EVENTS

SATURDAY, JUNE 23, 1990

FIELD	TRACK
Long Jump — M & W	3K Steeplechase — M & W
Triple Jump — M & W	10,000 Meters — M & W
Javelin — M & W	5000 Race Walk — M & W
Shot Put — M & W	3000 Meters — M & W
Discus — M & W	High Hurdles — M & W
Hammer — M & W	100 Meters — M & W
Pole Vault — M & W	800 Meters — M & W
High Jump — M & W	400 Meters — M & W
	Intermediate Hurdles — M & W
	200 Meters — M & W
	5000 Meters — M & W
	Mile — M & W
	Relay 4 x 400 — M & W

FACILITIES: All-weather track & 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 ★

MEET HEADQUARTERS: Eugene Hilton, 66 E. 6th, Eugene, Oregon. Ask for Hayward Classic rates.

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 ____
 TAC # _____

EVENTS Best '89 or '90 mark

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 (limit)

T-Shirt size (check one)

small med
 large x-large

Entry fee _____

**NOTE:
LATE ENTRIES
WILL NOT
BE ACCEPTED.**

TOTAL _____

**Make checks payable to:
OREGON TRACK CLUB MASTERS**

Event changes will not be permitted after registration.

I 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, 720 E. 20th, Eugene, OR 97405. 344-9809.

MR 88'S WORLD CLASS 100 RACES

July 21, 1990

6:00 P.M.

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.



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.

Illinois

Land of Lincoln

MASTERS

JULY 7, 1990

MASTERS TRACK AND FIELD CHAMPIONSHIPS

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Liberty Road and Track Club

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Official Hotel: Hawthorne Suites Hotel
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1-800-527-1133

For further details, send SASE to:

Craig Dean, M.D.
719 Stonegate Ct.
Libertyville, IL 60048

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

Events

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

Order of running events

110 hurdles	800
400	200
1500	5000
100	

3/16" spikes allowed. Dressing room available.

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

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 executor, 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

Amount enclosed _____

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ZOOM LIGHT — Poly-pag, stretch mesh & synthetic suede upper. Phylon silver wedge, EVA forefoot pad with rubber outsole wrap & forefoot nylon 6-spike plate. Superb snug fitting sprint shoe. White/Royal Blue-Cerise, Yellow. Sizes: 6½-12 **\$60.00**

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

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

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

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

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



*** NEW COLORS AND MODELS ***

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

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



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

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

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

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



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

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

LONG JUMP, SPRINT, HURDLES — Lightweight performance shoe designed for optimal support, traction, and stability. Six spikes in each shoe. White/Red. Sizes: 6,7,8,8½,9,9½, 10-12½ **\$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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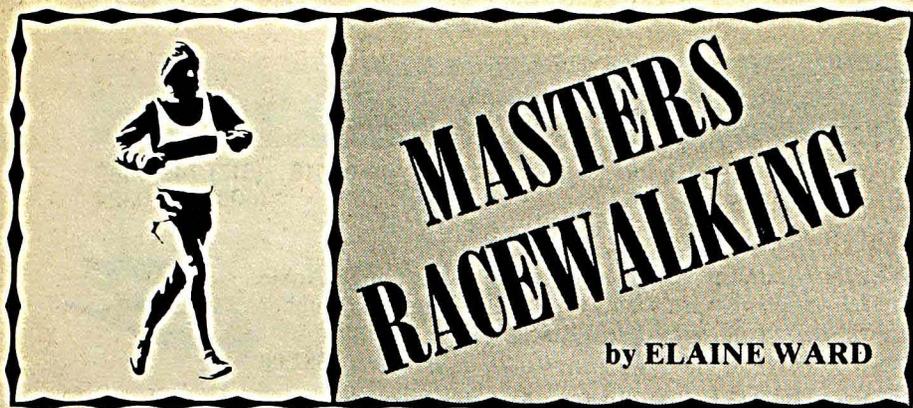
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Jo Ann Nedelco Is Hooked On Racewalking

Jo Ann Nedelco, 46, of Sausalito, Calif., was voted the outstanding masters female racewalker of 1989 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. How long have you racewalked?

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

all sorts of exercises on how to train your mind to stay focused in the here and now during competition. It gives ways to remain positive, especially in the longer races. (The book is written by Kay Porter and Judy Foster, Ballantine Books, \$3.95).

EW: What are your goals for 1990?

JN: To try to bring my 5K and 10K times down. (JoAnn's best times are 25:28 and 52:35, respectively.) I would love to qualify for the Women's Nationals again this year and to do well at the National Masters in Indianapolis in August.

EW: You once told me you'd like to make the Women's Olympic Trials in 1992.

JN: That's a long way off, but it would really be exciting to take part in that. Just going to the Trials for someone like me is like going to the actual Olympics.

EW: Do you have any specific suggestions for women over 40 entering racewalking?

JN: When I look at racewalkers, I don't really distinguish ages. It's such a fantastic sport. I would just say to keep it up and train every day.

EW: Then you train every day?

JN: Almost every day. I usually take one day off a week but I walk between 40-50 miles a week. I live in a very hilly area and work out at least every other day on hills. Once a week, I try to do track intervals. I used to hate working out on a track, but I've gotten to like it more. You're able to pace yourself better at a track and to keep more focused. On the road, my mind will drift. The combination of hill and track workouts has helped me bring my times down more than anything in the last year.

EW: Do you train by yourself?

JN: Yes, usually.

EW: When you try to recruit someone to the sport, what do you say?

JN: I say racewalking is fabulous exercise, especially for the upper body. It's a total body exercise from the neck down. I think you get so much more from it than a lot of other aerobic sports. If people will just learn 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 Visha Sedlak, 41, the defending WAVA 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 (26:52), 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 56 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.

Kitts heel-and-toed the 31.2-mile course in 4:20:24, bettering the American 40-44 record 4:22:20 by John Knifton.

"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 Tymn.

Green, Johnson Capture Mortland Racewalks

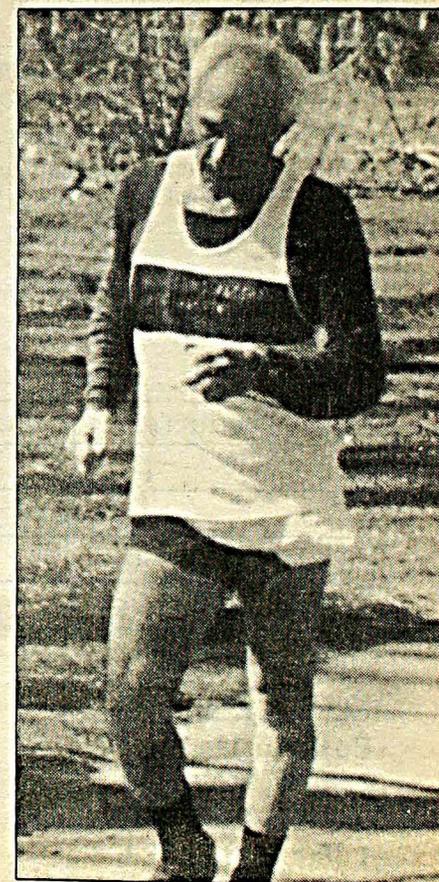
by JOHN WHITE

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 Whetstone Park, Columbus, Ohio on April 8.

Green finished seventh overall in the men's 20K race in 1:43:41. Johnson took second overall in the women's 10K race with a PR 53:08.

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, betters the M55 20K WR with a time of 1:43:41 at the Jack 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 was 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 comfortable. 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

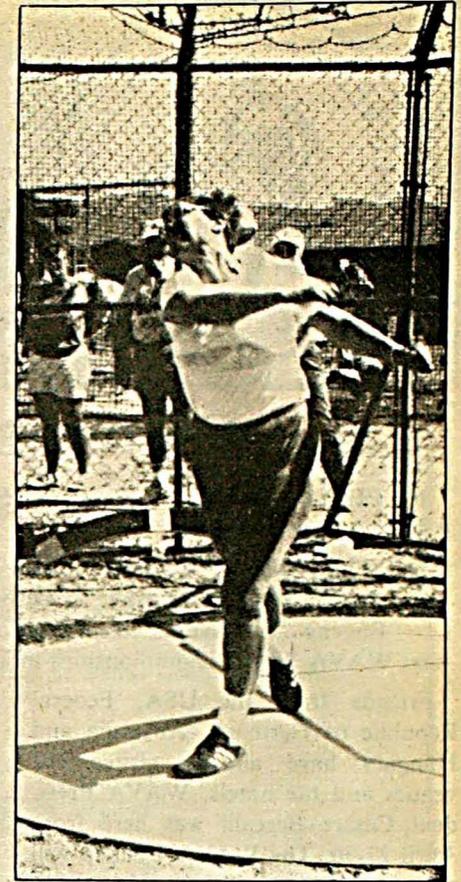
of the residents would open up their homes. In sum, there certainly should be enough housing accommodations at reasonable prices.

4) General Comments

One of the major sponsors of the event would be Kintetsu International, a conglomerate which owns the Kinki 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.

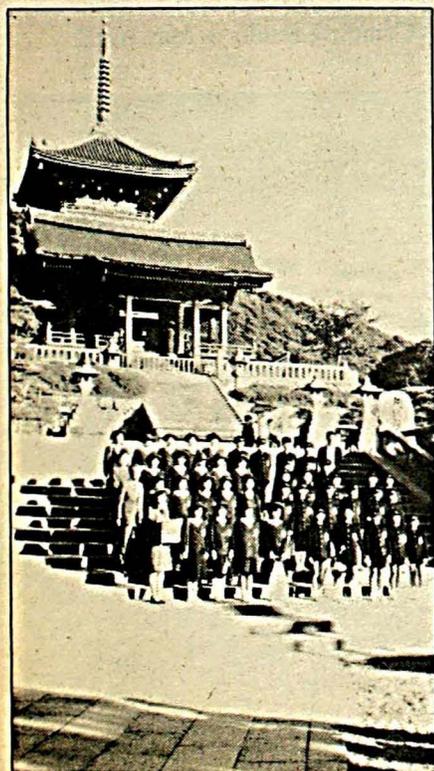
Inexpensive food is available in the department stores and on the side streets. Plastic models of the dishes appear in the windows with the prices. Japanese food is healthful and varied. Since breakfast and dinner are included in the hotel charges, food should not be a problem or a major expense.

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. □



Almut Brommel (Federal Republic of Germany) hurls the discus 38.30 (125-8) to take the silver medal in the W50 discus in last year's World Veterans Championships in Eugene.

Photo by Gretchen Snyder



Uniformed Japanese schoolchildren in front of the famed Kiyomizu Temple in Kyoto, Japan.

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13 Months To Go

Countdown to Turku

More Than 5000 Expected in Finland

by PIRKKO MARTIN, Executive Secretary, IX WAVA World Veterans Athletics Championships

Turku, Finland — Greetings from Turku. We were recently honored by the visit of Barbara Kousky, Executive Secretary of the VIII World Games in Eugene. She gave us valuable information which will help us organize the next WAVA World Championships in Turku next year.

Friends from the USA, Federal Republic of Germany, Australia and Hungary have already visited the venues and the hotels. WAVA President Cesare Beccalli was here from April 27-30. The WAVA Council will meet here this month.

I had the opportunity to visit Moscow in March for their National Indoor Veterans Championships.

Valery Brumel, Juri Tarmak, and other Soviets will probably compete in Turku in 1991.

The organizers of this year's European Championships in Budapest expect a record number of entrants. So it looks like we may have more than 5000 participants here in Turku next year. I hope you'll be able to join us. □

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Report from Britain

by ALASTAIR AITKEN of *Athletics Today*

Tony Simmons, the international cross-country champion for the last two years, in his warm up for the London Marathon ran 67:26 in the Fleet Half-Marathon, March 25. The 42-year-old Luton United runner went on to run the fastest veterans time in the Southern Road Relay Championships at Wimbledon on the *Athletics Today* road relay, April 7, with a 25:54 for the long stage.

Andy Holden, last year's national veterans cross-country champion, has been in fine form, running a veteran relay road record 27:07 for the long leg for his winning Tipton team in the Midland Veterans Road Relay Championships on March 31.

The Aldershot team has dominated

veterans road running for some years now, but it looks as though Tipton could cause them serious problems in the National Road Relay for Veterans at Aldershot on May 13.

The next big event is the 20th British Veterans T&F Championships, July 14-15, in Glasgow, Scotland. U.S. athletes could combine the meet with a visit to 1990 Exhibitions in Glasgow. □



17 World Records at British Veterans Championships

by MARTIN DUFF of *Athletics Weekly*

Nearly 400 athletes contested the British Veterans Indoor Track and Field Championships at the famous RAF Cosford arena on March 31.

With world champions galore, 17 world indoor bests were set. Despite not setting a world record, Peter Browne, M40 winner at Eugene last summer, received the best-under-50 trophy for his 400 (52.3), 800 (2:01.7), and 1500 (4:09.3) treble, with an out-of-sorts Ron Bell not offering any worthwhile challenge.

Ron Taylor, M55, set world bests in the 60m (7.6) and 200 (24.7), while the women went to town in the 400. Anna McDonald stopped the watch at 61.9 in the W40 race, and Jean Hulls ran 68.2

in the W50 section, both world records.

John Potts brought the M45 800 time down to 2:01.5 to add to his 1500 and 3000 world records set earlier in the winter. Les Presland lowered the M50 3000 to 8:58.8. Dot Fellows did likewise in the W45 (10:41.0).

Over the sticks, Hulls added another WR with a 11.0 in the 60mH, with Hilary Farmer setting new figures of 12.3 for the W60.

Bob Care, M40, set a 3000 RW of 13:07.9.

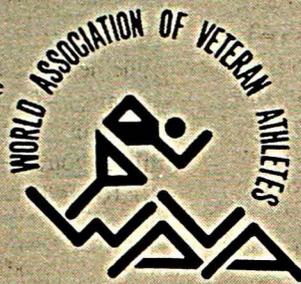
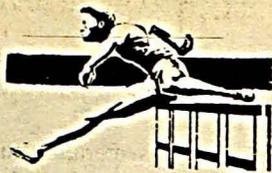
In the field, records were thin, but Mike Winch (M40 shot, 15.06) and Mike James (M40 long jump, 6.61) were outstanding.

Complete results in May issue.



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

Photo from Olavi Niemi



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WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"
60-69 70 Plus					
30-39	400m	.762m 30"	45.00m 147'7 3/4"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
40-49					
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69 70 plus					

MEN

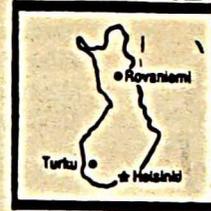
30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	400m	.840m 33"			
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/4"

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
50-59	6.00k	1.50k	6.00k	800 gms.*
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

* Either "old" or "new" javelin may be used

FINLAND



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Record 801 Australian Veterans Return to Melbourne

by JERRY WOJCIK

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.)

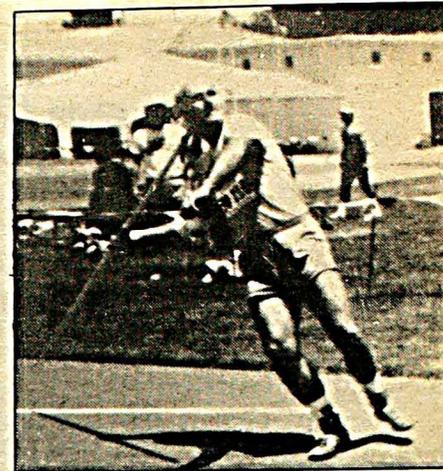
Other records were set by Ann Cooper (W60, 100, 14.40); Jan Shaw (W35, 2000-SC, 8:16); Marg Robinson (W50, SC, 9:08); Helen Searle (W50, HT, 41.56); Ruth Frith (W80, LJ, 2.40, and HT, 19.12); and Nance Jeffreys (W80, 5K RW, 39:04).

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. □



Johann Hansen, M50, of West Germany. 8th (43.68) in the javelin, TAC Masters Championships, San Diego. Photo by Jerry Wojcik



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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

Gehuchte, W35, of Belgium; and Jutta Pedersen, W45, of Sweden also ducked under 2:40. Lola Smal recorded a new British W55 best of 3:16:22, while Jose Walles, 67, was just outside the W65 world best with a 3:39:28.

Men's open winner Allister Hulton's 2:10:10 was a U.K. M35 best. Stan Curran, in 61st overall, retained his M40 title with a 2:20:37 — but there's no prize money for veterans.

Former Olympian Barry Watson, 46, ran 2:26:25 to take the M45 title. There were good wins for Bob Peart (M60, 2:48:41); Hugh Currie (M65, 2:55:11); and Eugene winner Bob Brierley (M70, 3:22:30). □



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(Although ineligible for Oceania titles, Special Awards will be made to place-getters from outside Oceania.)

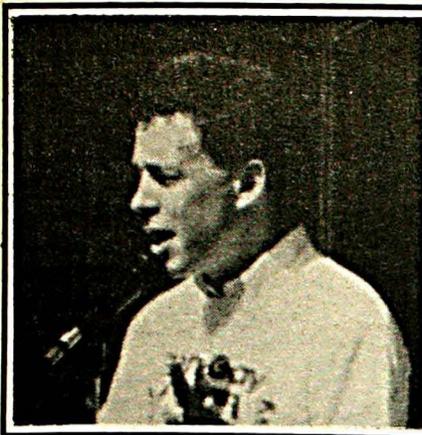
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The Director's Corner

by DEAN REINKE

Sorbothane/USRA Masters Circuit Report

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) 8K 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 Fiesta 5K in San Clemente. Newly added to the Circuit in the last month is the Rockland 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 407-647-0433.

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. Organizers are planning for another world assault on the 8K record book at the 3rd edition of the Sorbothane/USRA Masters Circuit National Championship — stay tuned for more details in upcoming issues.

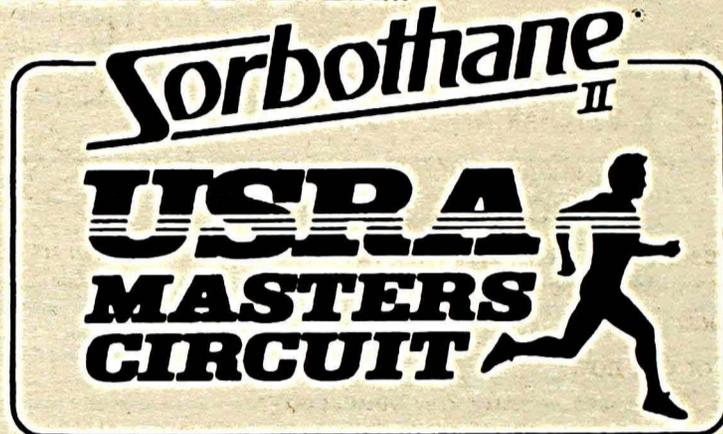
CIRCUIT HAPPENINGS

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 Gumtree Run in Tupelo. Wilson Waigwa led the men while defending champion and course record holder Graham Tattersall dropped out . . . Former University of North Carolina distance runner (and Tony Waldrop teammate) Earl Owens of Atlanta continues to strengthen his reputation with a decided victory at the Fiesta 10K in Pensacola. He's a former triathlete who reports he's focused on the roads for now . . . Welcome to Mississippi's Everitt Morris, a former Troy State (AL) runner, who just joined the masters ranks. His 3rd place showing at Fiesta (ahead of several notables including Wes Wesseley) showed he's for real . . . '89 RRCA and TAC Master Runner-of-the-Year Bob Schlaw up to his old tricks again on the marathon scene with a top American finish at Pittsburgh in 2:22, some 40 seconds back of Ryszard Marczak of Poland. Schlaw'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 . . . Rodgers tentatively scheduled to run a new road race in Macon, GA, sponsored by Hardee's, September 29 . . . Bel Air Town Run 5K, always a producer of fast times, scheduled for Saturday evening June 2 near Baltimore . . . Rodgers 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: Fujitsu 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 Steamboat Days 4-Miler (\$400) or 15K (\$500) . . . Wilson Waigwa

among the names to be competing at Portland's Cascade RunOff and vying for \$1000 first prize . . . Waigwa was atop the victory stand at Bloomsday with Larry Almborg and Domingo Tibaduiza 2nd and 3rd . . . Julia Emmons of Peachtree reports the Atlanta July 4 classic will offer a \$1500 masters 1st prize while expanding the field from 25,000 to 40,000 . . . Marty Liquori has purchased ESPN's "Running and Racing" from Ambrose Salmini, while Toni Reavis will remain on board with Hal Rothman also assisting. Danskin, sponsors of a 3-city women's triathlon series, will serve in the title sponsor role . . . Charlotte's Summer Breeze 5K will offer a masters \$500 1st prize . . . Subaru has cut back its sponsorship of the Buffalo 4-miler

this summer and no definitive reports of the prize purse . . . John Campbell and Bill Rodgers early commitments at Bix while race director Ed Froehlich and athletes coordinator John Hobbs are trying for a trifecta with Rodney Dixon on the line — stay tuned . . . Rochester's Nancy Oshier placed 2nd overall at Old Kent River Run 25K in Grand Rapids . . . Nancy Mieszcak of Buffalo taking some time off with an undisclosed illness that has her constantly tired — her physician: '89 U.S. World Cross-Country team member Dr. David O'Keefe . . . Ralph Zimmerman finished 2nd master and top 45-49 year old at the Nissan Buffalo Marathon . . . Laurie Binder making her comeback after surgery kept her off roads first 1/3 of year . . . □

BETTER THAN EVER...



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

- | | | |
|---|---|--|
| <p>March 17
Nissan Shamrock 8K
Virginia Beach, VA
(804) 481-5090</p> <p>March 24
Myrtle Beach Classic 10K
Myrtle Beach, SC
(803) 497-2451</p> <p>May 28
Charleston Marathon 8K
Charleston, WV
(304) 345-2511</p> <p>May 28
Cotton Row Run 10K
Huntsville, AL
(205) 881-5807</p> <p>June 3
Hospital Hill Half Marathon
Kansas City, MO
(816) 561-1085</p> <p>June 3
Superplace Road to Good Health 10K
Boston, MA
(508) 339-5454</p> <p>July 8
Utica Boilermaker 15K
Utica, NY
(315) 797-6929</p> | <p>July 22
Arvida Fiesta 5K
San Clemente, CA
(714) 498-3550</p> <p>August 11
Asbury Park 10K
Asbury Park, NJ
(201) 531-4156</p> <p>August 25
Crim Road Race 10 Mile
Flint, MI
(313) 235-3396</p> <p>September 3
Soundtrack Challenge 10K
Denver, CO
(303) 741-3587</p> <p>September 23
Rockland Half-Marathon
Orangeburg, NY
(919) 359-5425</p> <p>October 6
Myriad Gardens Run 10K
Oklahoma City, OK
(405) 842-4141</p> <p>October 6
Music City Championship 5K
Nashville, TN
(615) 833-4124</p> <p>October 13
First Federal/Nissan Capital Trail Run 10 Mile
Raleigh, NC
(919) 876-8347</p> | <p>October 14
Tandem-Dayton River Corridor Classic Half-Marathon
Dayton, OH
(513) 885-4683</p> <p>November 11
Foundation 30K Championship
Sacramento, CA
(916) 631-5603</p> <p>November 11
San Antonio Marathon
San Antonio, TX
(512) 732-1332</p> <p>November 24
Seattle Half Marathon
Seattle, WA
(206) 525-1295</p> <p>December 8
WZYP Rocket City Marathon
Huntsville, AL
(205) 881-9077</p> <p>January 5, 1991
Charlotte Observer Marathon 10K
Charlotte, NC
(704) 379-6896</p> |
|---|---|--|

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

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

DEAN REINKE
& Associates

MASTERS
RUNNING



Sorbothane Performance Nutrition

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.

*Cornelius McCormick,
Laguna Niguel, California*

DAN ALDRICH

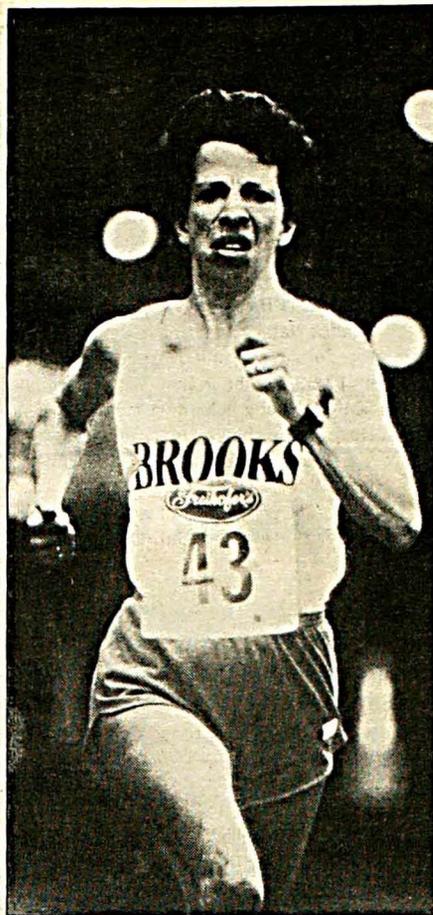
I know I join a long list of people who pay tribute to Dan Aldrich. This man of letters, whose courage and fortitude in the face of adversity, set standards we all will find hard to emulate.

His spirit will pervade our efforts for many years to come. This tall, strong and genuine man with a cheery smile and matchless spirit will be truly missed.

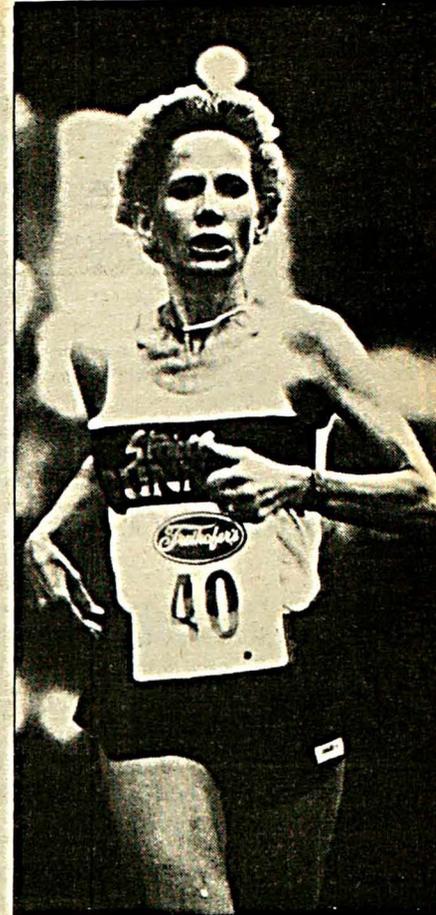
So long, dear friend. May God love and keep you.

*Jim Hart
Walnut Creek, California*

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



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



South Carolina's Nancy Grayson won her masters debut with a win at the Gumtree Run in Tupelo, and here takes third masters prize in the Freihofer's 5K in Albany, N.Y., May 5. Photo: Victah Sailer/Agence Shot

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 195 East exit. Follow 195 until you hit the Gano Street exit (#3). Take a right onto Gano Street (north) which becomes Taber Avenue. Follow Taber until you reach Lloyd Ave. Turn right on Lloyd and go to Elmgrove Ave. Turn left and follow until 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, concrete throwing circles.
AWARDS: First three places in all events.
DIVISIONS: Five-year groupings for men and women (30-80+).
ENTRY FEE: Pre-entries will be \$6 first event; \$5 each additional event by August 8, 1990
 Post entries will be \$7 first event; \$5 each additional event by 11:00 a.m. on day of meet.

ORDER OF EVENTS:		Track	Field
12:00 p.m.	5,000m Run	11:00 a.m.	Javelin (Young to Old)
	High Hurdles		Hammer (Young to Old)
	100 m (Trials/Finals)		Pole Vault (Bar Not Lowered)
	400 m		Long Jump followed by Triple Jump (Old to Young)
	Mile		High Jump (Bar Not Lowered)
	200m	12:30 p.m.	Shot Put followed by Discus (Young to Old)
	800m		
	5,000m walk		
	1,600m Relay (10yr. groups - no fee /no awards)		

LOCAL HOTELS: Susse Chalet, (401) 941-6600
 Marriott Inn, (401) 272-2400
 Biltmore Plaza (401) 421-0700

FOR ADDITIONAL INFORMATION CONTACT: Neil Steinberg
 46 Roberta Avenue
 Pawtucket, RI 02860
 (401)728-2869 (Evenings)

PLEASE PRINT

Name _____ Phone No. _____
 Address _____
 Street City State Zip Code
 Age (as of 8/12/90) _____ Male _____ Female _____
 Club _____ TAC # _____ Date of Birth _____

Event	Best Recent Mark	Event	Best Recent Mark
1. _____	_____	4. _____	_____
2. _____	_____	5. _____	_____
3. _____	_____	6. _____	_____

 Total fee enclosed \$ _____

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

WAIVER: In consideration of your 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, Assignees 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 _____
 (401) 603-2261 2061919V 20100W baw02 222001 J yw0d9H 2dt no 2h0w

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 50-59 group, Zofia Turosz 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, Boo Morcom, Gerry Counihan, Tom Rauscher, and Phil Raschker 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 1/4) to win the age-graded competition with a 93.4% score. Counihan, 50, took second with an 85.3% score, vaulting 4.00 meters (13-1 1/2). Rauscher, 43, went higher than anyone else — 4.30 (14-1 1/4) for a score of 84.0%. Raschker, 43, bettered her world-record Eugene performance by a centimeter in 2.47 (8-1 1/4) to finish fourth at 82.9%.

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 Milove, and Rick Lapp won the 4x100 relay for the New York Masters in 46.04. □

MASTERS SCENE

NATIONAL

• **Pete Mundle**, WAVA/TAC T&F Records Chairman, reports some of the indoor shot put records (March NMN) are incorrect. Some "records" were thrown with underweight implements, 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 **Kay Porter**, following their successful **The Mental Athlete**. It's a mental training handbook for every sport and all athletes, from recreational to elite. "Athletes can benefit greatly from visualization and mental training," says **Alberto Salazar** on the book's flyleaf. The 210-page, softcover book is available at bookstores for \$13.95 or from **Wm. C. Brown Publishers**, 319-589-4607.

• Omitted from the WR's 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 Paul's** 28.87 in 1986.

• The U.S. National Senior Olympics officially changed its name to the U.S. National Senior Sports Organization. The USNSO acronym remains the same. The name 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 to administer 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-up. National sponsors include AT&T, NaturalSport, and Holiday Inns. Holiday is sponsoring a tour for Atlanta's **Phil Mulkey** to visit five cities around the country and talk to seniors about fitness and sports. **Mulkey, 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, you should have received it by now. New orders will be filled within two weeks. See page 3 for details.



Gail Rodd, 47, 3:28:13, 1st W40+, Big Sur Marathon, April 29. Photo by [unreadable]

EAST

• **Meeri Bodelid**, W45, battled open winner **Sandra Natal** 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 an M40+ first (17:06).

• **Elton Richardson**, a W50 walker, placed first W40+ (1:02:24) in a Long Island, NY, 10K, April 22, and first woman overall (29:21) in the Alley 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 8K 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 Schlau** was second over-40 in 53:04. **Terry Delph** (55:38) was third. **Jane Millsbaugh** (63:19) was first 40+ woman.

• The Eastern Sectional Masters T&F Championships on July 21 will be moved from Rochester, NY to a site TBA. The Rochester organizers cancelled out because of a lack of volunteers and a high daily (\$1500) facility fee.

SOUTHEAST

• **Ken Hamilton** (M40, 47:07) and **Barbara Filutze** (W40, 55:07) took masters honors in the River Run 15,000, Jacksonville, FL, March 10. Other division winners included second master **Victor Mora** (M45, 47:27); **Jim Blount** (M60, 58:09); and **Althea Wetherbee** (W70+, 1:33:25). Open winners were **Ed Eystone** (43:59) and **Francie Larrieu-Smith** (49:39), who duled with **Lisa Weidenbach** to the finish and won by four seconds.

• Hometown **Bob Schlau** was the masters favorite in the Cooper River Bridge 10K, Charleston, SC, April 7, but **Earl Ownes** of Dunwoody, GA, proved strong with a M40+ course record 31:26. **Schlau** followed in 31:53, with **Lee Fidler** of Stone Mountain, GA, third in 33:26. 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 firsts were **Alberto Echeverria** (47, 29:09) of Miami and **Marla Germaine** (48, 39:01) of Dania, FL, in Miami, April 21. First W40+ RW-ers 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-foot 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. Despite closing the bridge on the only link from the mainland to Key West for two hours, there have been no significant incidents in the eight years of the run. On April 21, **Dale Parfit** of Lantana, FL, with a 37:02, and **Sharon Beal**, a five-time winner of Fort Lauderdale, FL, in 41:53 were the 40+ firsts.

• Wartrace, TN hosted the "Strolling Jim 40" on May 5. **Jane Dods**, 54 (Assistant Editor of NMN), strolled the 41.2 mile course in 8:42. "My most exciting moment was running, albeit at a 13-minute pace, past two males who were walking in the last mile," says **Jane**. This was her first ultra, but she's already thinking about

MIDWEST

• **Nancy Oshier**, 42, was second woman overall and 1st 40+ female in 1:31:59 in the Old Kent River Bank Run in Grand Rapids, Mich., May 13. More results next month.

MID AMERICA

• Masters entrants in the Trinity Hospital Hill Half-Marathon, June 3, Kansas City, MO, include **Domingo Tibaduiza** of Reno, NV, and **Jane Hutchison**, two-time USRA champion, from Webb City, MO.

SOUTH WEST

• **Pat Halliburton** (43, 34:33) of Garland, TX, and **Nino Bovio** (44, 40:11) of Brighton, MI, galloped through a Texas stampede of 22,000 runners in the Austin American Statesman Capitol 10,000, April 1, for masters firsts. Sixty-and-over winners were **William Conrad** (62, 39:50) of Houston, and **Jan Richards** (62, 46:47) of Arlington, TX.

• The Southwest Sectional Meet, set for July 21 at Starkville, MS, has been cancelled because of track refurbishment, reports **Dan Thiel**. The meet will be tied in with the Texas Masters Championships, July 14, at the U. of Texas-Arlington.

WEST

• The "best runner" in the 13th Annual Norman K. Tamanaha Memorial 15K run on March 25 in Honolulu was 70-year-old **Margaret Lee**. **Lee**, who finished 477th among some 650 runners, was awarded the Harold Chapson Best Runner trophy based upon a handicap system whereby the runners compete against target times. The target times were figured from national and Hawaii age-division records for the 15K. **Lee** clocked 1:31:12, just 1:14 over her target time to beat out **Naoto Inada**, 68, by 1:15 for the award.

• **Val Schultz** reports seeing **Harold Chapson**, now 89, and **Clive Davies**, 74, in Hawaii. **Chapson** competed in Eugene last year, but says he won't compete again. **Davies** spends time each year in Hawaii. Although he runs regularly, he also can't compete due to osko-arthritis. "But at least both men are healthy," **Schultz** says.

• **Payton Jordan**, Los Altos, CA, set an age-73 100m WR of 13.47 in the S&W Modesto open meet, Modesto, CA, May 5. **Carl Orndoff**, 64 was second (13.98), and **Clarence Killion**, 72, third (14.53). **Jordan** is returning to form after a slow start due to prostate surgery.

• The 2nd Annual City of San Francisco Marathon on July 1 expects 4000 runners from across the USA and around the world. The city and Mercedes-Benz will co-sponsor the race the next three years. The scenic course begins on Golden Gate Bridge. First-place masters will each win \$750. Contact 415/896-1530.

• **Charles Thompson**, 40, of San Francisco was first overall of 201 m/finishers with a speed 54:32 in the Waterfront 10, San Francisco, March 27. **Bill Sevald**, 43, of San Francisco finished in Thompson's shadow with the same time for second. **Kathy Frank**, 42, of Palo Alto, CA, took a W40+ in 1:13:32.

• **Hilary Naylor**, 43, of Oakland, CA, snagged a 13th-place 38:26 of 857 finishers in the Bonne Bell 10K, San Francisco, April 8. She was top masters performer with an age-graded 82.9%. **Gail Rodd**, 47, won the 45-49 race in 41:07 for an 80.4%. **Frances Sackerman**, 60, took the W60+ division in 47:32.0, an 80.2%, while **Jaclyn Caselli**, 69, ended in second in 50:29.0, also equal to an 80.2% age-graded performance. **Nancy Ditz**, 35, was first in 34:38 (90.0%). **Jeanne Krall**, 40, toured the adjunct 5K course in 20:53 for best female master.

• **Byrle Smullen** (42, 2:49:21) of Agoura Hills, CA, and **Rodd** (3:28:13) toured the scenic Big Sur International Marathon course to masters firsts in Carmel, CA, April 29. Strong head winds on the Highway 1 course slowed winning



Harolene Walters, W45-49 winner (1:20:31) in the Fontana Days Half-Marathon, April 21.

Photo from Barbara Smith

times. The race drew entrants from far off, including **Wen-Shi Yu** of New York (1st W55, 3:45:32) and **George Carill** of Australia (3rd M65, 4:47:57).

• **Harolene Walters**, 47, was fourth woman and first W40+ (1:20:31) in the Fontana Days Half-Marathon, Fontana, CA, April 21. **Mike Mahler**, 47, was her male counterpart (1:09:06). **Pat Devine**, 61, finished with the leaders with a fine 1:19:14. **Jane Lauscher**, 43, nabbed masters honors in the 5K race with an eighth-place 17:51. **Gina Faust**, 53, was three seconds back in ninth. **Stephen Keyes**, 40, was tenth male and first M40+ (14:35). In the 5K RW, **Keith Ward** (41, 22:13) placed second overall and **Jill Latham** (53, 25:44) seventh of 64 finishers. **Victoria Herazo**, 30, was first overall in 22:02.

NORTHWEST

• **Wilson Waigwa** (37:05, \$1000) captured the masters title in the Lilac Bloomsday 12K Run on May 6 in Spokane, Wash., besting **Larry Almborg** (37:19, \$800), and **Domingo Tibaduiza** (37:44, \$600). **Erna Kozak** (44:18, \$1000) topped **Karen Macharg** (44:58, \$800) for the women's masters crown.

• The women's results of the Snake River Marathon in Idaho, March 4, which appeared on p. 50 in the May issue, are from another race and should be disregarded.

CANADA

• **Art Meaney**, 46, of St. John's, Newfoundland, ran 33:38 at the Easter Bunny 10K in Clearwater, Fla., on April 14 to top the M45 division and finish 9th overall.

INTERNATIONAL

• A slight change in plans for **Rod Dixon's** attempt to be the first masters 4-minute miler: **Dixon** will not run the mile at the Bislett Games in Oslo on July 12. Instead, he'll run the 3000 there, followed by a 1000 on July 16 and a 1500 in London on July 20. Promoter **Andy Norman** and the BBC are working on setting up a special mile race around July 24-26 at Isley Road Track in Oxford, site of the first-ever 4-minute mile by **Roger Bannister** in 1954. "Looking back over my past performances, I find that my best times come from running overdistance and then underdistance before a major race," **Dixon** said. "Also the pace in the Oslo mile will be too fast and I'd be running virtually alone; I need to come by the half in around 2:00 with runners around me. Hopefully, the Oxford race will supply that." **Dixon** is training in San Francisco and will leave for Europe in mid-June.

• **Phil Garvin**, 40, in his 30th marathon, was first M40+ and third overall (2:29:27) in the Australian Veterans Marathon Championships held with the Canberra Marathon in Canberra, April 8. **Margaret Grice**, 37, won the women's veterans race (3:03:14).

schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



TRACK & FIELD NATIONAL

July 14-15. U.S. TAC National Masters Decathlon/Heptathlon, Tacoma, Wash. Mark Salzman, 8615 47th St. West, Tacoma WA 98466. 206/565-7840.
August 2-5. 23rd U.S. TAC National Masters Championships, Indianapolis, Ind. Marshall Goss, Track Office, Indiana U., Bloomington, IN 47405. 812/855-8583.
November 27 - December 1. 12th annual TAC Convention, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46260. 317/261-0500.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

June 1-3. Connecticut Senior Olympics, Bridgeport, Conn. Ginger Bedat, 203/576-4722.
June 3. New Jersey Masters Championships, Monmouth College, Long Branch, N.J. Sanford Kalb, 22 Addison Road, Howell, NJ 07731. 201/363-5426.
June 3. New York Masters Mini-Meet (throws and jumps only), Merchant Marine Academy, Kings Point, N.Y. Beatrice Kee, 58-31 Bell Blvd., Bayside NY 11364.
June 7-10. New York State Parks Senior Games, Albany. 55+. Debra Keville, NYS Office of Parks & Rec., Agency Bldg. 1, 12th Fl., Albany, NY 12238. 518/474-0403.
June 10. MAC Masters Championships, Randall's Island, NYC. Post entries only. 10 a.m. Sandy Pashkin, 212/666-3671 (7-9 p.m.).
June 10, 24; July 8, 22; August 12, 26. Potomac Valley Seniors TC Development Meets, St. Stephen's School, Alexandria, Va. Scott Bentley, 703/451-5869.
June 16. Don Harris Memorial Meet, U. of Pennsylvania, Philadelphia. Peter Taylor, 3120 Schoolhouse Lane (JA9), Philadelphia PA 19144. 215/842-3807.
June 22-23. Adirondack TAC Open and Masters Championships, Shenendehowa H.S., Clifton Park, N.Y. Jim Burnes, P.O. Box 1200, Troy NY 12180. 518/273-5552.
June 24. Rhode Island Senior Olympics (40+), Lincoln H.S., Lincoln, R.I. Dolores Casey Bergeron, Dept. of Elderly Affairs, 160 Pine St., Providence RI 02903.
June 24. Buffalo Belles and Brawn Open/Masters Meet, Parker Field, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.
July 1. 5th Annual Garden State Athletic Club Fourth of July Track Meet. Randolph H.S., Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph NY 07869. 201/625-1764.

July 14. Sri Chinmoy Masters Games (raindate, July 21), 8 a.m., Victory Field, Forest Park, Queens, N.Y. 50+. SASE to SCMG, 150-47 87th Ave., Jamaica, NY 11432. 718/291-1468.
July 21. TAC Masters Eastern Sectional Championships. Site TBA.
July 28. Masters Meet, La Salle U., Philadelphia, Pa. No HJ or PV. Post entry only. Peter Taylor, 3120 School House Lane JA9, Philadelphia, PA 19144. 215/842-3807.
July 28-29. Buffalo Belles & Brawn Age-Group Classic, Parker Field, Tonawanda, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda NY 14150. 716/835-6018.
July 29. New York City Games, Columbia U. Masters mile. By invitation only. Marc Bloom 201/308-9701. Masters 3200 relay. M. Ahmed, P.O. Box 52-0249. University Heights Station, Bronx, NY 10452. 212/901-7416.
August 5. Keystone State Games. 55+. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.
August 12. Brown U. Masters Invitational, Brown U., Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02680. 401/728-2869 (h).
August 18. Philadelphia Masters Invitational, Ursinus College, Collegeville, Pa. (pre-entry only). Walt Fisher, 263 S. Roberts Road, Bryn Mawr, PA 19010. 215/525-5081.
September 1. 15th Annual Virginia State Championships, Lannigan Field, Charlottesville, Virg. Karen Beaver, P.O. Box 5696, Charlottesville, VA 22901.
September 2. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, Arlington VA 22207. 703/243-1290.
Late September. New York Masters Weight Pentathlon (M, W) and Throwing Triple (W), Randall's Island, NYC. SASE to Jai C. Singh, 254-24 75th Ave., Glen Oaks, NY 11004. 212/704-5582 (8-11 pm).

SOUTHEAST

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

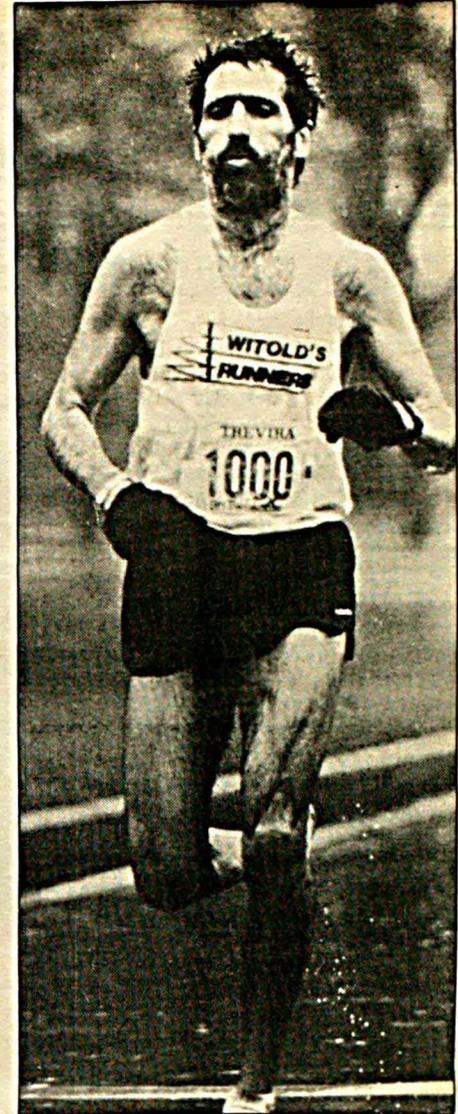
June 2. Northwest Miami Meet, Tropical Park, Miami. Bob Fine, 4223 Palm Forest Drive North, Delray Beach FL 33445. 407/499-3370.
June 5, 12, 19, 26. Miami RC/Florida TAC All-Comers Meets, Tropical Park Track, Miami. Miami RC, Tropical Park, 7920 SW 40 St., Miami, FL 33155. 305/227-1500.
June 9-10. 15th annual Northwest Classic, Miami-Dade College, Miami. Youth, open, masters. Jesse Holt, 1310 N.W. 90th St., Miami FL 33147. 305/836-2409.
June 10. Atlanta Masters Meet (formerly Southeast Sectionals), Atlanta. Julia Emons, Atlanta TC, 3097 Shadowlawn Ave., Atlanta GA 30305.
June 17-24. Tennessee State Games, Nashville. Tennesseans only. Tennessee Sportsfest, 315 Deaderick St., 20th Floor, Nashville TN 37238.
June 22-23. Tennessee Masters Championships, Univ. of Tennessee, Knoxville. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743 (h); 615/576-0307 (o).

June 30. Masters Meet. Gainesville, Fla. Bob Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445. 407/99-3370.
July 7. Southeastern Masters Classic, Furman U., Greenville, S.C. Dick Bloomfield, 103 Crestwood Rd., Greer, SC 29651. 803/879-7839.
July 10, 17, 24. Miami RC/Florida TAC All-Comers Meets, Tropical Park Track, Miami. Miami RC, Tropical Park, 7920 SW 40 St., Miami, FL 33155. 305/227-1500.
July 14. Nashville TC Open & Masters Meet, Tennessee Prep School, Nashville, Tenn. Randall Brady, 2709 Linmar Ave. No. 5, Nashville TN 37299. 615/383-6733.
July 15. Sunshine Games Masters Championships. 40+. Florida residents only. Bob & Gloria Fine, 4223 Palm Forest Dr., Delray Beach FL 33445.
July 21. TAC Southeast Sectional Masters Championships, Orlando, Fla. SASE to Bob Fine, 4223 Palm Forest Dr. N, Delray Beach, FL 33445. 407/499-3370.
July 22. North Carolina Masters Championships, Thomasville, N.C. David A. Kirkman, 8009 Willow Glen Trail, Greensboro, NC 27405. 919/643-3432 (h).
September 22-23. Thomasville Fall Masters Decathlon, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville NC 27360. 919/476-1228.

MIDWEST

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

June 2-3. 7th Annual Athlete's Foot Masters Meet and Pentathlon, Augustana College, Rock Island, Ill. Illinois Master sGrand Prix I. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.
June 4-9. Indy Senior Classic, Indianapolis, Ind. 55+. Annie Chester, Parks & Rec., 1426 W. 29th St., Indianapolis, IN 46208-0630. 317/924-7059.
June 6-8. Mt. Vernon Senior Olympics, Mt. Vernon, Ill. 55+. Teresa Doherty. 521 Perkins, Mt. Vernon, IL 62864. 618/242-7010.
June 9. Cincinnati Midwest Track Classic, Fairfield, Ohio. Open and masters. John Blakely, 2137 Yorktown Ct., Fairfield OH 45014. 513/829-3565.
June 14-17. Senior Games of Indiana, South Bend. 55+. Beth Keultjes, 624 N. Notre Dame, South Bend, IN 46617. 219/233-3117.
June 15-16. Kentucky Senior Games, Bowling Green. 55+. Charlie Daniel, Western Kentucky U., Bowling Green, KY 42101. 502/745-6042.
June 16. Discount Drug Mart/City of Medina Meet, Medina, Ohio. Track Meet Committee, P.O. Box 703, Medina, OH 44258. 216/725-2304.
June 17. Illinois Masters Grand Prix 2, Byron, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.
June 22-24. Upper Michigan Peninsula Summer Sports Festival, Marquette. Jerry Pangrazzi, 906/226-8702.
June 23. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.
June 30. Illinois TAC Masters Championships & Grand Prix 3, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.
July 7. Illinois Masters Championships, Libertyville. Over \$2000 in cash prizes. SASE to: Craig Dean, M.D., 719 Stonegate Ct., Libertyville, IL 60048.
July 9-13. Dayton Senior Olympics, Dayton, Ohio. 55+. Dr. Mary Leonard, U. of Dayton, Phys. Ed. Dept., 300 College Park Dr., Dayton OH 45469. 513/229-4208.
July 13-15. Indiana White River Park State Games Finals, Indianapolis. T&F Regional sites (June 29-July 1): Anderson, Columbus, Elkhart, Evansville, Fort Wayne.



Ted Haiman, 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. Photo: Victah Sailer/Agence Shot

Logansport, Richmond, Terre Haute. Indiana residents only. Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. 1-800-HI-FIVES.
July 22. TAC Masters Midwest Sectional Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.
August 11-12. Masters Meet, Marshall U., Huntington, W.V. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.
September 3. Columbus Senior Olympics, Bexley High, Columbus, Ohio. 55+. Recreation & Wellness Office, Leo Yassenoff Jewish Center, 1125 College Ave., Columbus OH 43209. 614/321-2731.
September 9. Wolfpack Throwing Classic, Worthington H.S., Columbus, Ohio. Jim Pearce, 2449 Southway Dr., Columbus OH 43221. 614/294-4606 (w).

MID-AMERICA

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

June 2-6. St. Louis Senior Olympics, Wendy Ludwig, 2 Millstone Campus Dr., St. Louis MO 63146. 314/432-5700; ext. 118.
June 3. Blue River Valley Meet, Marysville, Kansas. Marysville Recr. Dept., 209 N. 8th St., Marysville, KS 66508. 913/562-3031.
June 29-30. Minnesota TAC Championships, U. of Minnesota, Minneapolis. TAC T&F Championships, 5429 Wooddale Ave., Edina, MN 55424.
July 1. TAC Masters Mid-America Sectional Championships, Nebraska Wesleyan U., Lincoln, Neb. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.
July 7. Minnesota Masters/Seniors Meet, Fridley, Minn. SASE to: Rachel Lyga,

Continued on page 33

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12263 1/2 Way NE, Fridley, MN 55432.
July 7-9. Central Iowa Senior Olympics, West Des Moines. 55+. Janet Ridgeway, 713 8th St., W. Des Moines, IA 50265. 515/277-6026.
July 12-15. Minnesota State Senior Olympics, Duluth. 55+. Tim Hunt, 330 City Hall, Duluth, MN 55802. 218/723-3337.
July 23-31. Show-Me State Games, Columbia, Missouri. Phil Brusca, Horton Watkins H.S., 1201 S. Warson Rd., St. Louis MO 63124. 314-993-6447.
September 1-2. 10th Annual Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980. Nancy Manson, 303/341-7992.
September 30. Lincoln TC Fall Classic, Nebraska Wesleyan U., Lincoln. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061. (h).
October 20. Kansas Big Guys Classic III, Lawrence, Kansas. Gary England, Rm. 43, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

SOUTHWEST

Louisiana, Mississippi, Texas.

June 2. TAC Southwestern Association Championships, Dallas. John Pritchett, Mt. View College, 4849 W. Illinois, Dallas TX 75211. 214/333-8660.
June 9. 5th Annual Gulfcoast Masters TC Meet, Texas City, Texas. Lynn Ray Ellison, 807 2nd Avenue So, Texas City, TX 77590. 409/945-4038h; 765-6637w.
June 9. 6th Annual Oil Capital Masters Meet, Andrews, Texas. Gloria Grissom, 700 W. Broadway, Andrews TX 79714. 915/523-2695.
June 16. The Hill Country Classic Masters Meet, Mason H.S., Mason, Texas. Rucker Rt., Box 31C, Mason, TX 76856. Lee Graham, 915/347-5620 (h); 347-5921 (w).
July 14. Texas Masters Championships and TAC Southwest Sectional Championships, U. of Texas at Arlington. Joe Murphy, 4703 W. Lovers Lane, Dallas TX 75209. 214/357-5613.
July 21. TAC Southwest Sectional Championships, Mt. View College, Dallas. Miss St. 55/27. 601/325-2892.

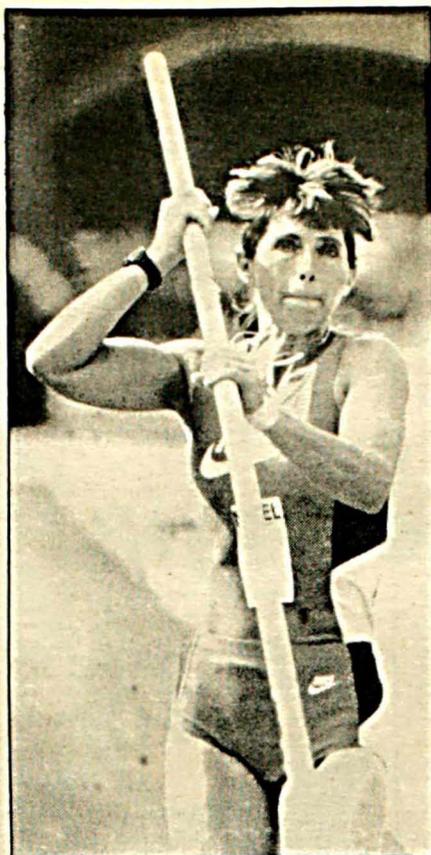
WEST

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

June 2-3. Duke City Masters Sub-Masters Open Meet, & Runners' Pentathlon, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234. Entry form in April issue.
June 3. 5th Annual Meet of Champions, Cal State Long Beach. Hugh Cobb, 2963 Galena Avenue, Simi Valley, CA 93065. 805/527-5471 (between 7-8 p.m.).
June 9. TAC Pacific Association Open and Masters Championships, Los Gatos H.S.,

DEADLINE

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



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

Photo: Victah Sailer/Agence Shot

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 Studenmund, 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 Paulson, 805/564-5422.
July 15. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave. No. 3, Los Angeles CA 90026 213/666-4964 (h); 213/977-7492 (w).
July 21. TAC Western Sectional Masters Championships, UCSD, San Diego. Ed Oleata, 2870 Glenbrook Way, LaJolla, CA 92037. 619/456-3656 (o).
August 11-12. 2nd Annual Hawaiian International Festival, War Memorial Stadium, Wailuku, Maui, Hawaii. Youth, open, masters. Marvin Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027. 213/666-7341.
September 8. Northern California Seniors Classic, UC-Berkeley, Calif. Jim Johnson, 1026 Murchison Dr., Millbrae, CA 94030. 415/697-1889.
September 23. Sri Chinmoy Masters Meet, UC Irvine, Calif. Bigalita Egger, 1921 S. Sherbourne Drive, Los Angeles CA 90034. 213/838-4746.
October 6. 17th annual Club West Masters Meet, Santa Barbara Community College, Santa Barbara, Calif. No entries accepted after September 16. Club West, P.O. Box 1059, Goleta CA 93117. Lloyd Albright, 805/682-9540.

November 3-4. Palm Springs Senior Olympics. 50+. Ben Green, 555 N. Palm Canyon, Palm Springs CA 92262. 619/323-5689.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

June 2. 7th annual Volcano Classic, St. Helens H.S., St. Helens, Oregon. Emil Torquato, 28 Sunset Place, St. Helens OR 97051. 503/397-4102.
June 2. Senior Sports Festival, Seattle Wash. 30+. Seattle Parks & Rec., 100 Dexter N., Seattle, WA 98109. 206/684-4951.
June 9-10. Southern Oregon Decathlon/Heptathlon, So. Oregon St. College, Ashland. SASE to SOSC Athletic Dept., Monty Cartwright, Ashland, OR 97520. 503/482-6236.
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.
June 17-24. Oregon Track & Field Camp for Masters, Hayward Field, Eugene. Bill Dellinger, coach. Tom Jordan and Barbara Kousky, P.O. Box 10825, Eugene OR 97440. 503/687-1989.
June 23. Federal Way Summer Meet, Federal Way, Wash. Barbara Tight, 33554 36th Ave. S.W., Federal Way WA 98023. 206/874-3226.
June 23. Hayward Masters Classic, Eugene, Oregon. Marcia Long, 3522 Westleigh, Eugene OR 97405. 503/485-5132.
June 29-30. Peace Arch Games, Bellingham, Wash. Bellingham Parks & Rec., 210 Lottie St., Bellingham, WA 98225. 206/676-6985.
July 27-28. TAC Northwest Sectional Championships, Mt. Hood Community College, Gresham, Oregon. Jim Puckett, Mt. Hood CC, 26000 S.E. Stark, Gresham OR 97030. 503/667-7450.
August 24-25. 12th Montana Masters Meet, Bozeman, Mont. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717.

CANADA

June 9-10. Ontario Masters Championships, Etobicoke, Ont. George Gluppe, 1 Yeomans Rd., Downsview, Ontario, M3H 3J3.
June 26-July 4. 1st Canada Summer Master Athlete Open Games, Toronto, Ontario. Master Athlete Games, 200 Silver Star Blvd., Unit 300, Scarborough, Ont. M1V 5H4. 416/321-8620; 475-3433.
August 11-12. Canadian Masters Championships, Montreal. 35+. Ian Hume, R.R.1, Melbourne, P.Q. JOB 2BO. 819/826-5418.

INTERNATIONAL

June 23-24. 2nd Annual San Pedro de Macoris Masters Meet, San Pedro de Macoris, Dominican Republic. Calle Altagracia No. 14. Tel. 529-5793. San Pedro de Macoris, Dominican Republic.
June 30-July 8. VII WAVA European Championships, Budapest, Hungary. Europeans only.
July 14-15. 20th British Veterans Championships, Glasgow, Scotland. David Morrisson, 12C Deedes St., Airdrie, Lanarkshire, ML6 9AG, Scotland.
August 18-19. San Juan Annual Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters Assn., P.O. Box 31300, 65th Infantry Station, San Juan, PR 00929.
August 23-26. WAVA North American Regional Championships, Port of Spain, Trinidad & Tobago. P.O. Box 7823, San

ON TAP FOR JUNE

TRACK & FIELD

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

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

The 16th finds meets in Philadelphia, Los Angeles, Byron, Ill., Medina, Ohio, Mason, Texas and the interesting Scholastic-Masters matchup 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 sprinkled 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 Superplace 10K in Plainville, Mass., 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 in the Yukon on the 23rd. The International Veterans Grand Prix 10K/25K returns to Brugge, Belgium, on the 23rd-24th. □

Diego CA 92107. 619/225-9555. Fax: 619/225-9562.

November 2-6. 5th WAVA Oceania Games, Auckland, New Zealand. Men 40+, Women 35+. Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0064 9 837-0154.

November 11. Guyana Masters Games, Georgetown, Guyana. Complete T&F pro-

Continued from page 33

gram. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Maskenkatu 6 AA 33, SF-20700 Turku, Finland. Telephone: 358-21-512-469.

LONG DISTANCE RUNNING NATIONAL

September 23. TAC/USA National Masters 15K Championships, Edina, Minn. Jack Moran, 5429 Wooddale Ave., Edina, MN 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 1032, Muncie, IN 47305. 317/288-4448.

October 27. TAC/USA National Masters 100K, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014.

October 28. TAC/USA National Masters 100K Championships, Minneapolis. William Wenmark, 18665 Rutledge Rd., Minneapolis MN 55391.

November 3. TAC/USA National Masters 10K Cross-Country Championships, Pasco, Wash. Don Sandberg, 10209 Maple Dr., Pasco, WA 99301. 509/545-9242.

December 2. TAC/USA National Masters 8K Championships, Steilacoom, Wash. Gerry Evanson, 506 Main St., Steilacoom, WA 98388. 206/756-8494.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

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 3. Superplace Road to Good Health 10K, Plainville, Mass. USRA Masters Circuit. 201/825-0469; or Dean Reinke & Associates, 407/647-2918.

June 9. 11th Annual Shelter Island 10K, Shelter Island, N.Y. SASE to Box 266, Shelter Island, NY 11964. 516/749-RUNS.

July 4. Long Island Summer Women's 5K, Jericho, N.Y. Barry Salstberg, 9 Ardis Ln., Plainview, NY 11803. 516/433-7397.

July 8. Utica Boilermaker 15K, Utica, N.Y. Earle Reed, P.O. Box 4729, Utica, NY 13504. 315/797-1310.

July 15. Women's Catch The Sun 10K, Westfield, N.J. Tina Di Rienzo/Pat Flynn, P.O. Box 513, Westfield, NJ 07091. 201/233-8567.

July 21. Buffalo 4-mile Chase, Buffalo, N.Y. 6 p.m. James Nowicki, 625 W. Delavan Ave., Buffalo, NY 14222. 716/881-1652.

August 5. Blue Cross/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 5-11. Newport Running Camp, Newport, R.I. NRC, Bernadette Squires, 89 Wood Place, Bloomingdale, NJ 07403. 201/838-6443.

August 11. 10th annual Asbury Park

Classic 10K, Asbury Park, N.J. P.O. Box 2287, Ocean Township, NJ 07712. 201/922-9479.

August 12-25. Green Mountain Running Camps, New England. John Holland, 2434 Hawthorne Drive, Yorktown Heights NY 10598. 914/962-5238.

August 19. Falmouth 7.1 Mile, Falmouth, Mass. Jon Carroll & Rich Sherman, P.O. Box 732, Falmouth, MA 02541. 508/540-7000.

August 19. Masters Twi-Light Four Mile, Easton, N.J. 40+. Mercer Street Striders, P.O. Box 227, Phillipsburg, NJ 08865. Woody 215/252-6033(d); Ray 201/454-8397(e).

SOUTHEAST

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

July 4. Peachtree 10K, Atlanta, Ga. Julia Emmons, 3097 Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064.

August 4. Full Moon Frolic 8 Mile, DeLand, Fla. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

August 18. Parkersburg Half-Marathon, Parkersburg, W.Va. Dorsey Chevront, P.O. Box 718, Parkersburg, WV 26102. 304/424-2786.

MIDWEST

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

June 16. Steamboat Classic 4 Mile, Peoria, Ill. Steve Shostrom, Running Central, 700 W. Main St., Peoria, IL 61606. 309/676-6378.

July 15. Chicago Distance Classic 20K, Chicago. Diane Wood, 1440 W. Washington Blvd., Chicago, IL 60607. 312/243-2000.

August 25. Bobby Crim 10 Mile, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

MID-AMERICA

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

June 3. 17th annual Hospital Hill Half-Marathon, Kansas City, Mo. \$2000 masters money. Hospital Hill Run, 2440 Pershing Road, Suite 500, Kansas City MO 64108. 816/274-3196.

June 3. 9th Annual Steamboat Marathon/10K, Steamboat Springs, Colo. Steamboat Springs Chamber Resort Assn., Inc., P.O. Box 774408. Steamboat Springs, CO 80477. 303/879-0880.

June 10. Women's Race For The Cure, Davenport, Iowa. St. Luke's Cancer Center, 1227 E. Rusholme, Davenport, IA 52803. 319/326-6797.

June 10. Garden of the Gods 10 Mile, Colorado Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

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

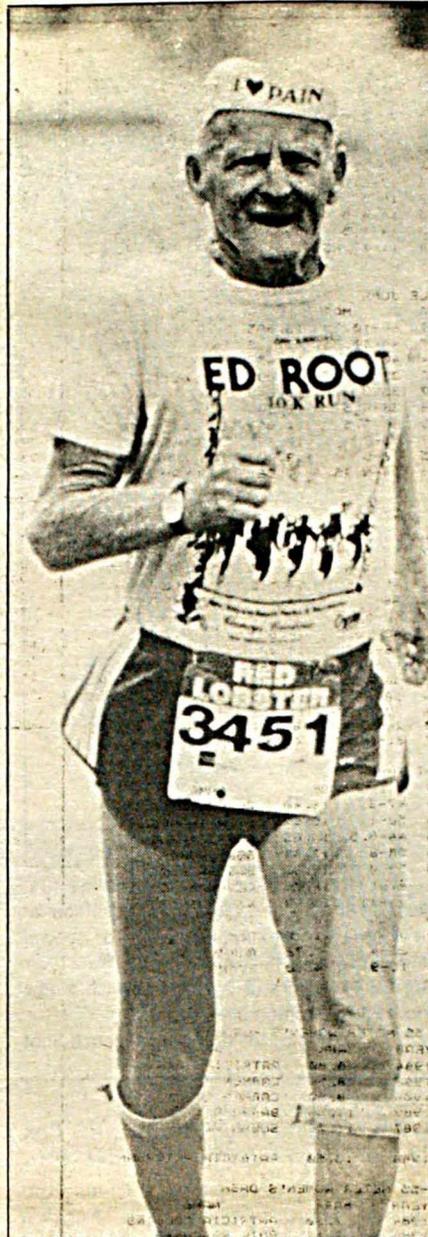
July 7. Midnight Madness Open 10K/Masters 10K/5K, Ames, Iowa. MMRR, P.O. Box 266, Ames, IA 50010. 515/232-6718.

July 15. Colorado Springs Classic 10K, Nancy Hobbs, Triple Crown, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

July 28. Bix 7 Mile, Davenport, Iowa. Ed Froelich, 2685 Kimberly Rd., Bettendorf, IA 52722. 319/359-9197.

August 25. Pikes Peak Ascent (13.4 miles). Nancy Hobbs, Triple Crown, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

August 26. Pikes Peak Marathon, Manitou Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.



Ed Root, 94, first M80+ in 1:30:59, Red Lobster 10K, Orlando, Fla., March 3.

Photo by Sailer Ltd.

SOUTHWEST

Louisiana, Mississippi, Texas.

July 4. Firecracker Fast 5K, Little Rock, Ark. \$500 1st 40+ m & w. SASE to Gary Smith, Race Director, Sportstop, 1800 N. Pierce, Little Rock, AR 72207. 501/666-1720.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

June 2, 3, 9, 10, 16, 17, 23, 24, 28, 30. Legg Lake Runs, South El Monte, Calif. Arthur Martinez, 213/949-0394.

June 2. Shadow of the Giants 50K, Fish Camp, Calif. Baz Hawley R.D., P.O. Box 25, Fish Camp, CA 93623. 209/683-7426.

June 9. Palos Verdes Marathon, Palos Verdes, Calif. George Owens, P.O. Box 153, Palos Verdes, CA 90274. 213/541-5033.

June 17. Run for Gay & Lesbian Pride, Los Angeles, Calif. Frontrunners of Los Angeles, P.O. Box 691772, West Hollywood, CA 90069. Jane Dods, 818/761-2043.

June 24. Aptos Women's 5 Miler, Aptos, Calif. Gail Goettelmann, 866 Burns Ave., Aptos, CA 95003. 408/688-1624.

July 1. San Francisco Marathon, San Francisco, Calif. Rich Nichols, 650 5th St., Ste. 514, San Francisco, CA 94107. 415/896-1530.

July 15. Irvine Bastille Day 8K, Newport Beach, Calif. Susan Whetzell, 125 E. Baker St., Costa Mesa, CA 92626. 714/557-5100.

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

August 19. America's Finest-City Half-Marathon, San Diego, Calif. Neil Finn, P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

August 26. Santa Monica Marathon, Santa Monica, Calif. Marathon, Recr. Division, 2600 Ocean Park Blvd., Santa Monica, CA 90405. 213/458-8311.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

June 2. The Race 8K, Eugene, Oregon. John Nosler, P.O. Box 11364, Eugene, OR 97440. 503/485-6934.

June 17. Cascade Run Off, Portland, Oregon. P.O. Box 40228, Portland, OR 97240. 503/226-0717.

July 14-21; 22-29. Eugene Experience Adult Running Vacations, Eugene, Oregon. Box 5306, Eugene, OR 97405. 503/343-2063.

July 21-22. Goodwill Games Marathon 1990, Seattle. Send 50c postage to: Marathon Office, 101 Elliott Avenue West, Suite 430, Seattle WA 98119. 206/282-5565.

CANADA

July 22. Friendly Voyageur Marathon, Massey, Ontario, Canada. Canadian Masters Marathon Championships. Shelda & Norm Patenaude, Lee Valley Rd., R.R. No. 2, Massey, Ontario, Canada POP IPO. 705/865-2671.

September 2. 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 Primavera 5K/10K/10 Mile, Rosarito Beach, Baja California, Mexico. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

June 23. 1st WAVA North American Regional Marathon Championship and Yukon Gold Midnight Marathon, Whitehorse, Yukon Territory, Canada. North American Marathon, Box 4502, Whitehorse, Yukon, Canada Y1A 2R8. 403/668-4463 (p.m./weekends), 403/668-4236 (days).

June 23-24. International Veterans Grand Prix 10K/25K, Brugge, Belgium. Jacques Serruys, Postbox 7, B8000, Brugge, Belgium.

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

August 11. Moscow International Peace Marathon/10K, Moscow, Soviet Union. Marathon Tours, Inc., 108 Main St., Charlestown District, 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. 716/875-6361.

July 21. TAC Western Sectional Masters 5K Championships, Balboa Stadium, San Diego. Ed Oleata, 619/456-3656.

Aug. 2-5. TAC/USA Masters National 5K/20K Championships, Indianapolis, IN. 812/855-8583.

September 9. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

Records Set At Indoor Eastern Championships Meets Thru 1990 Prepared by Haig Bohigian

60 YARD-55 METER MEN'S HURDLES table with columns for AGE, YEAR, MARK, NAME

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65-69 1989 7-11 2.41 LIBBY HAGEMAN table with columns for AGE, YEAR, MARK, NAME

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Continued on next page

THE SRI CHINMOY MASTERS GAMES Track and Field Events for Men and Women Ages 50 & up

Saturday, July 14th, 1990 (Raindate, Sat. July 21) 8:00 am - Victory Field, Forest Park Forest Hills, Queens, NY - TAC sanctioned

Schedule of Events table with columns for MEN, WOMEN, and event times

DAY OF RACE ENTRY \$10 (covers all events) Refreshments and drinks provided AWARDS: 1-3rd places each category, each event, men and women AGE CATEGORIES: 50-59, 60-69, 70-79, 80 and over FOR APPLICATION send SASE to Sri Chinmoy Master's Games 150-47 87th Ave Jamaica, NY 11432 FOR INFORMATION call (718) 291-1468 or 7406



Continued from previous page

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

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Eastern Records (continued from previous page)

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WOMEN'S RECORDS SET AT INDOOR NATIONAL CHAMPIONSHIP MEETS THRU 1990

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WOMEN'S 4 X 400 METER RELAY table with columns: AGE, YEAR, MARK, NAMES, CLUB

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M30-34					
Mark Cwiek	Javelin	213-90	3-7-88		
M35-39					
Larry Wray	800	1:58.50	July 72		
	1500	4:05.50	July 72		
M40-44					
Douglas Tanabe	Long Jump	19-4½	6-10-89		
Marc Wiitala	800	2:06.30	July 89		
	1500	4:19.71	July 89		
Bill Forsyth	Pentathlon	3108 pts	7-20-89		
	Decathlon	5261 pts	7-28-89		
M45-49					
Robert Harvey	Shot Put	42-7-¾	6-11-89		
	Shot Put	43-6-1/2	9-11-88		
	Shot Put	43-3-¾	5-25-86		
Donald Boyer, Jr.	800	2:11.60	Mar. 90		
M50-54					
Mickey Lafferty	Triple Jump	10.54	3-24-90		
Sonny Monioz	5000	17.20	3-25-90		
	Mile	5:03	3-31-90		

Gordon Bobell	Hammer	130-1	9-2-89		
Ed Alexander	800	2:17	6-21-86		
M55-59					
William Pattison	5000	18:15	2-10-90		
George McGinnis	Shot Put	37-8	2-11-90		
Jack Twet	56# Weight	18-0	2-25-90		
	56# Weight	19-1	3-11-90		
M60-64					
Sam Daniell	10K	40:22	11-5-89		
Tom Lacey	200	27.00	7-2-88		
	Long Jump	15-8½	2-23-86		
Robert Thompson	10K	39:54	3-10-90		
Alan Cohen	400	64.30	4-8-90		
William Brazelton	Javelin	131-11	2-17-90		
M65-69					
Jim Platis	Long Jump	15-7½	2-11-90		
	Triple Jump	31-9½	2-11-90		
	Long Jump	15-0	Feb. 90		
Graeme Dalzell					
M70-74					
Frank Delear	1500	6:18	8-3-89		
	10K	48:02	6-23-85		

Thomas Flack	Shot Put	39-8-¾	Sept. 89		
Howard Knox	1500	5:56.5	Mar. 90		
	800	2:58.0	Mar. 90		
Mel Flachs	200	35.07	7-8-89		
	200	35.17	Mar. 90		
Sy Lampert	Shot Put	37-6	2-25-90		
	Discus	106-4	2-25-90		
M75-79					
Ross Carter	Shot Put	40-4½	3-24-90		
M85-89					
George Conway	10K Walk	83:56	7-8-89		
W40-44					
Mary Lou Platis	Long Jump	14-10	1-28-90		
	Triple Jump	26-11	1-28-90		
	Long Jump	14-4	2-11-90		
	Triple Jump	28-10	2-11-90		
W65-69					
Evelyn Lercher	Long Jump	8-10½	Oct. 89		

CORRECTION: In May issue we showed Frank Delear with a 22:58 3000; should be for 5000 (M70-74).

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

MEN													
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Mile	7:12	7:24	7:36	7:48	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
WOMEN													
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:41	1:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47

A minimum of two judges must be present and the competition must be limited to race walkers (i.e. no runners).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
800H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7½	28-3	26-8	25-0½	23-5½	22-8	20-5½	18-10	16-5	13-11½	13-1½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	22.0	20.0	18.0	14.0	12.0	9.0	
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Pnt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-39: 33"; 40+: 30"
3) Shot put: 30-49: 4k; 50+: 3k.
4) Javelin: 30-49: 600gm; 50+: 400gm.
5) Hammer: 30-49: 4k; 50+: 3k.
6) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:07	37:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	80:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
800H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3/4	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00</											

TRACK & FIELD RESULTS

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

EAST

Masters Weight Meets Hanover, NH 1989

--June 11--
16# Shot
 Carl Wallin 47 48-6
 Luke Hotte 42 43-3 1/2
 Bob Harvey 46 42-7 3/4
 Al Neville 45 41-11 3/4
 Ed Daniels 36 36-3
 Bud Atwood 55 12# 29-7 1/2

16# Hammer
 Carl Wallin 146-10
 Ed Daniels 139-2
 Al Neville 138-1
 Bob Harvey 111-10

2k Discus
 Luke Hotte 126-2
 Bob Harvey 118-9
 Carl Wallin 114-1
 Al Neville 111-10

--June 18--
16# Shot
 Carl Wallin 47 50-2 1/2
 Bob Mead 44 45-6 1/2

16# Hammer
 Bob Mead 158-0
 Carl Wallin 146-6

2k Discus
 Bob Mead 127-10
 Carl Wallin 121-3

16# Shot
 Carl Wallin 47 49-3 1/2
 Bob Mead 44 47-1 1/2
 Al Neville 45 42-6
 Barb Stewart W47 21-11 1/2 4k
 Russ Foregger 51 44-2 1/2 12#

16# Hammer
 Bob Mead 159-11
 Carl Wallin 145-1
 Al Neville 125-1
 Barbara Stewart 65-3 4k

2k Discus
 Bob Mead 129-8
 Carl Wallin 113-11
 Al Neville 112-3

--July 15-- **16# Shot**
 Carl Wallin 47 50-10
 Luke Hotte 42 44-2 1/2
 Harold Krause 41 43-1 1/2
 Al Neville 45 41-8
 Bob Harvey 46 41-1
 Cliff Blair 59 43-8 1/2 6k
 Bill Garrahan 59 40-5 6k

16# Hammer
 Harold Krause 151-2
 Carl Wallin 150-11
 Al Neville 129-1
 Bob Harvey 108-0

2k Discus
 Bob Harvey 118-6
 Carl Wallin 117-11
 Al Neville 117-0

--July 22--
16# Shot
 Carl Wallin 47 51-2*
 Bob Mead 44 47-5 1/2
 Al Neville 45 40-11 1/2

16# Hammer
 Bob Mead 153-7
 Carl Wallin 151-3
 Al Neville 138-1

2k Discus
 Mark Dupuis 39 153-7
 Bob Mead 136-2
 Carl Wallin 123-7
 Al Neville 118-4

--August 19--
16# Shot
 Carl Wallin 47 50-9 1/2
 Al Neville 45 41-9

16# Hammer
 Carl Wallin 145-7
 Al Neville 127-0

2k Discus
 Al Neville 123-0
 Carl Wallin 122-11

--September 24--
All-Around Weight Throw
 (16# SP; 16# HT; 2k DT; 35# WT; JT new IAAF)
 Carl Wallin 3549 (15.77/46.20/36.12/15.58/42.82)
 Cliff Blair 3185 (14.16 6k/52.40 6k/37.80 1.5k/12.91/28.73)
 Al Neville 2796 (12.72/39.54/36.02/11.77/28.93)
 Bob Harvey 2759 (12.87/33.68/35.00/9.94/32.36)
 Larry Tanner 33 2620 (10.67/47.32/30.10/14.74/24.71)
 Al Bashian 48 2065 (8.99/27.03/30.06/8.81/34.24)

--September 30--
16# Shot
 Carl Wallin 47 51-3
 Al Neville 45 41-11

16# Hammer
 Carl Wallin 154-2
 Al Neville 132-11

2k Discus
 Carl Wallin 121-10
 Al Neville 117-1

*Single-age AR; **Single-age WR

--August 27--
16# Shot
 Carl Wallin 47 51-8 3/4*
 Al Neville 45 41-1 1/2
 Cliff Blair 59 40-3 1/2**

16# Hammer
 Carl Wallin 153-0
 Cliff Blair 148-11*
 Al Neville 131-8

2k Discus
 Carl Wallin 125-1
 Cliff Blair 1.6k 120-1
 Al Neville 119-8

--September 3--
16# Shot
 Carl Wallin 47 51-8
 Mark Dupuis 39 44-0
 Bob Harvey 46 42-3 1/2
 Al Neville 45 41-9
 Russ Foregger 52 37-8

16# Hammer
 Carl Wallin 147-8
 Al Neville 119-9

2k Discus
 Mark Dupuis 149-11
 Carl Wallin 121-11
 Bob Harvey 120-11
 Al Neville 116-0

--September 10--
16# Shot
 Carl Wallin 47 52-6*
 Bob Mead 45 46-6 1/2
 Cliff Blair 59 42-3**

2k Discus
 Bob Mead 128-9
 Carl Wallin 124-11
 Al Neville 115-6
 Cliff Blair 1.5k 126-5

--September 17--
16# Shot
 Carl Wallin 47 152-3
 Al Neville 45 136-2

2k Discus
 Mike Grisko 42 125-9
 Carl Wallin 121-9

35# Weight
 Carl Wallin 48-0
 Mike Grisko 44-11
 Al Neville 39-4

**Penn Relays
Philadelphia
April 27-28**

4 x 100 relay

Section 1:
 New York Pioneers 46.55
 (Ed Small, Roosevelt Weaver, Ed Howard, Ron McDonald)
 Manhattan Seniors 47.50
 Phila. Masters A 48.41
 Cincinnati AA (50+) 49.26

Section 2:
 New York Masters 46.04
 (Patrick Caldon, M. Heidelberg, M. Milove, Rick Lapp)
 Phila. Masters 50+ 49.31
 Modern Masters (3 Women, 1 Man) 51.80
 Phila. Masters 60+ 55.14
 New York TC (all women) 55.53

E. Silverman Masters Pole Vault (invitational)
 Tom Rauscher 43 4.30m
 Rex Harvey 43 4.20
 Gerry Counihan 50 4.00
 Charlie Polhamus 46 3.80
 Boo Morcom 68 3.40
 Phil Mulkey 57 3.20
 Tom Hinkes 60 2.80
 Phil Raschker 43 (W) 2.47

Raschker's vault is WR, Morcom has higher age-68 pending.
 Jerry Donley, Paul Richard, Bill Busby, Joe Johnston all "no height."

800 METERS
 M30 KENT BURNO 2:01.5
 M35 MARSHALL JONES 2:12.1
 STEVE CHRISTLIEB 2:23.5
 M40 LINDSEY BODDEN 2:14.7
 M45 DAVE COMPTON 2:22.1
 M55 PAUL GAULDEN 2:58.5
 M65 ARCHIE MESSENER 2:15.7
 MICKY BARTON 2:59.9
 JERRY KAUFFMAN 3:18.2
 M70 MAX QUACKENBOS 2:58.9
 M75 IGOR STOROJEFF 2:28.0
 M80 PATTY DYE 5:44.8

April 28

4 x 400 relay

Section 1:
 George Mason TC 3:31.96
 (Ron Johnson, Errol Lee, Greg Marshall, Bob Brown)
 Four Winds TC "A" 3:32.16
 Glenarden TC 3:33.66
 New York Pioneers 3:38.61
 Shore AC "A" 3:41.61
 New York Masters 3:42.13

Section 2:
 Potom. Vall. Srs 50+ 3:48.55
 Manhattan Seniors 3:51.27
 Phila. Masters 50+ 3:55.90
 Hartford TC 3:57.68
 Central Park TC 50+ 4:04.95
 Four Winds TC "B" 4:05.00

Masters 100-meter dash

Claude Hills (77) 15.7
 Byron Fike (82) 16.0
 Leslie Thomas (75+) 16.5
 Sen. Alan Cranston (75) 17.0
 Leo McEvoy (70-74) 17.5
 Geo. Braceland (75+) dnf.

Runner's World Masters Mile (by invitation)

Larry Alnberg 4:12.24
 Byron Dyce 4:16.57
 Ken Sparks 4:18.83
 Harry Nolan 4:27.09
 Steve Ruckert 4:27.56

SOUTHEAST

Florida Athletic Club-Greenacres
 City Masters Championships
 Lake Worth, Florida, April 21

100 METERS
 M30 MITCHELL TAYLOR 11.28
 RICK CHRISTENSEN 13.65
 M35 NATE ROBINSON 11.32
 M40 JON DAVID 12.16
 M45 THADDEUS BELL 11.04
 TYRONE CARLIS 11.81
 WILL PATRICK 12.92
 PETER TAMS 12.48
 JOHN WHELAN 12.74
 N. DELANEUVILLE 13.31
 BOB O'BRIEN 13.33
 JOE DELUCA 17.65

200 METERS
 M30 MITCHELL TAYLOR 23.40
 M35 TYRONE CARLIS 24.23
 THADDEUS BELL 24.34
 WILL PATRICK 25.35
 DAVE DRIEFUERST 27.68
 M50 PETERS TAMS 26.26
 M55 NORM MOSLEY 27.22
 M65 BLAIR MCFARLANE 30.05
 MICKY BARTON 31.01
 M60 RAY ARMSTRONG 29.61
 M70 BILL WEINACHT 29.88
 NAT HEARD 33.94
 M75 GILBERTO GONZALES 33.92

400 METERS
 M40 LINDSEY BODDEN 59.13
 M45 DAVE DRIEFUERST 67.75
 M55 PAUL GAULDEN 74.03
 M60 RAY ARMSTRONG 67.08
 M65 MICKY BARTON 70.92
 JERRY KAUFFMAN 91.27
 M75 GILBERTO GONZALES 89.30

800 METERS
 M30 KENT BURNO 2:01.5
 M35 MARSHALL JONES 2:12.1
 STEVE CHRISTLIEB 2:23.5
 M40 LINDSEY BODDEN 2:14.7
 M45 DAVE COMPTON 2:22.1
 M55 PAUL GAULDEN 2:58.5
 M65 ARCHIE MESSENER 2:15.7
 MICKY BARTON 2:59.9
 JERRY KAUFFMAN 3:18.2
 M70 MAX QUACKENBOS 2:58.9
 M75 IGOR STOROJEFF 2:28.0
 M80 PATTY DYE 5:44.8

1500 METERS
 M35 MARSHALL JONES 4:27.4
 M45 DAVE COMPTON 4:33.0
 M65 ARCHIE MESSENER 5:35.4
 M70 MAC QUACKENBOS 6:01.1
 M75 IGOR STOROJEFF 3:38.0
 M80 PATTY DYE 5:44.8

5000 METER RUN
 M30 RICK CHRISTENSEN 22:39.8
 M40 BILL ROESTER 19:38.3
 M45 HECTOR RODRIGUEZ 17:44.0

5000 METER WALK
 M35 STEVE CHRISTLIEB 32:22.4
 M45 BILL HALFORD 28:02.7
 M50 BILL SAXTON 30:46.5
 M55 BOB FINE 29:31.8
 TOM SHAUGHNESSY 37:08.8
 M60 SIG KURZ 34:04.4
 M65 CHARLES POLADIAN 30:34.8
 JERRY KAUFFMAN 35:38.5
 ARMAND BECK 37:31.0
 M60 CHARLES DEUSER 30:41.8
 M40 ADRIANNE HALFORD 34:35.3
 M45 VERNESA HILLIARD 31:00.2
 M50 BARBARA BENSON 48:14.5
 M55 JOY CLINGMAN 31:02.6
 JUDY MANULKIN 35:02.6
 M60 CAROL STEPHEN 44:46.9
 GERRI BECK 44:52.2
 M70 HELEN GALARNEAU 54:04.6

HURDLES
 M30 110 METER 39" NATE ROBINSON 14.53
 M50 100 METER 36" W. DELANEUVILLE 17.27
 M60 100 METER 33" HAROLD COLEN 20.92
 M70 80 METER 30" CARMEN WILLIAMS 17.28

HIGH JUMP
 M50 PETER TAMS 1.45
 M55 ERNEST DENNISON 1.295
 M60 JIM GILLCRIST 1.66
 WARREN JACKSON 1.295
 M65 BALIR MCFARLANE 1.12
 M70 JOE BROADBENT 1.17
 BILL CARMEN 1.015
 M75 GILBERTO GONZALES 1.17
 ERNEST DENNISON 1.015

LONG JUMP
 M40 ALLAN ROBERTSON 4.77
 M45 TYRONE CARLIS 5.87
 JERRY ARLINSON 4.38
 M50 JOHN WHELAN 4.84
 BOB O'BRIEN 4.73
 N. DELANEUVILLE 4.02
 PETER TAMS 4.43
 JOE DELUCA 4.02
 M55 NORM MOSLEY 4.54
 M60 HAROLD COLEN 4.97
 JIM GILLCRIST 4.84
 M65 VERN MATTSON 4.47
 M70 JOE BROADBENT 3.17
 M75 GILBERTO GONZALES 3.50
 F65 JANANN CLANTON 2.21

TRIPLE JUMP
 M50 N. DELANEUVILLE 9.74
 BOB O'BRIEN 9.25
 JOE DELUCA 8.13
 M60 HAROLD COLEN 6.93
 M65 VERN MATTSON 7.49
 M70 BILL CARMEN 7.63
 JOE BROADBENT 6.54

SHOT PUT
 M35 JOHN KIRCHNER 11.88
 M40 ALLAN ROBERTSON 11.88
 M45 JERRY ARLINSON 10.55
 M55 DON BRECKENRIDGE 8.2
 M60 CLIFF BLAIR 15.19
 RANDY COOPER 12.20
 M65 BERNARD MAYER 13.01
 ARTHUR KNAPP 8.71
 M70 RAY RUPELLI 11.25
 TOM MCDERMOTT 11.03
 NAT HEARD 10.00
 JOHN RUSSELL 8.07
 M75 ERNEST DENNISON 9.68
 GILBERTO GONZALES 8.90
 F60 MAXINE BODMAN 6.0

DISCUS
 M35 JOHN KIRCHNER 38.22
 M40 ALLAN ROBERTSON 22.71
 M45 BOB SILVA 32.92
 GARY LANE 29.01
 M45 JERRY ARLINSON 33.34
 EDWARD FASS 35.70
 M50 DON BRECKENRIDGE 27.70
 M55 PHIL BRADY 43.80
 M60 RANDY COOPER 45.84
 JAMES GILLCRIST 43.28
 CLIFF BLAIR 41.60
 WARREN JACKSON 36.68
 M65 ART KNAPP 21.92
 M70 TOM MCDERMOTT 37.48
 RAY RUPELLI 28.20
 JOHN RUSSELL 24.23

HAMMER THROW
 M40 BOB SILVA 39.18
 M45 JERRY ARLINSON 19.60
 M50 DON BRECKENRIDGE 30.33
 M60 CLIFF BLAIR 52.24
 M65 ART KNAPP 14.00
 M70 TOM MCDERMOTT 42.33
 STAN LASKI 34.73
 NAT HEARD 31.23
 JOHN RUSSELL 18.95
 M75 GILBERTO GONZALES 25.36
 ERNEST DENNISON 19.57
 F45 VANESSA HILLIARD 23.04

JAVELIN
 M35 NATE ROBINSON 45.50
 M40 LINCOLN MCFARLANE 38.18
 GARY LANE 34.26
 M45 JERRY ARLINSON 30.83
 M50 DON BRECKENRIDGE 28.03
 M55 BILL MONDELL 39.03
 M60 RANDY COOPER 46.20
 M65 ART KNAPP 18.38
 M70 JOHN RUSSELL 21.87
 M75 GILBERTO GONZALES 26.73
 IGO STOROJEFF 21.85
 ERNEST DENNISON 19.28
 F60 MAXINE BODMAN 9.04

WEIGHT THROW 25#
 M65 ART KNAPP 5.60
 M70 TOM MCDERMOTT 11.45
 RAY RUPELLI 8.53
 STAN LASKI 7.70
 M75 ERNEST DENNISON 6.38
 M45 VANESSA HILLIARD 8.94

KEY TO CLUBS
 CC = CAPE COD
 FAC = FLORIDA ATHLETIC CLUB
 LAS = LOS ANGELES STRIDERS
 MTC = MANASOTA TRACK CLUB
 NYA = NEW YORK ATHLETIC CLUB
 NYM = NEW YORK MASTERS
 OTH = OVER THE HILL CLUB
 PBT = PALM BEACH TRACK & FIELD
 LOW = LOWELL STRIDERS
 NWE = NORTHWEST EXPRESS CLUB
 MR = MIAMI RUNNERS CLUB
 MTL = MONTREAL CLUB
 UN = UNATTACHED

WEST

Sportarcade V
 U. of California - Irvine
 March 11

60m
 M30 James Bonilla 7.1
 Andre Frazier 7.1
 Carlos Rodriguez 7.4
 M35 Albert Heavey 7.1
 Thierry Boucquoy 7.5
 Jim Uyechi 7.9
 M40 Herman Castille 7.3
 Leroy Clippis 7.8
 M45 Fred Niedermeyer 7.7
 Juan Bustamante 7.9
 M50 Roger Tsuda 7.4
 Stan King 8.0
 Alvin Henry 8.0
 M55 Don Benton 7.4
 Nick Newton 7.4
 Ray Graves 7.9
 Doug McFeters 8.0
 M60 Gene Harte 8.1
 Bob Watanabe 8.9
 M65 Claude Taggart 9.3
 George Simon 9.9
 M70 Pete Ganahl 10.7
 M75 Bert Morrow 10.6
 W30 C Rodriguez 9.7
 W50 Jeanne Carter 9.0
 W55 Magdalene Kuehne 9.9
 W60 Shirley Kinsey 10.0

300m
 M30 James Bonilla 36.9
 Randy Walker 37.5
 Andre Frazier 38.4
 Steven Nelson 39.7
 M35 Fouts Williams 40.9
 M45 Don Parker 37.6
 Stan Baker 41.6
 Fred Niedermeyer 41.9
 M50 Stan King 43.1
 Jesse Carrington 45.5
 M55 Ray Graves 43.3
 Will Robinson 46.2
 Frank Kishi 52.3
 M60 Louis Beadle 46.6
 Bob Watanabe 53.9
 M65 Claude Taggart 54.1
 W30 C Rodriguez 56.5
 W35 Tina Stephens 45.0
 W50 Jeanne Carter 51.3

1000m
 M30 Frank Boegeman 2:48.5
 Mike Grobler 2:50.5
 Bobbie Schipper 3:26.5
 M35 Gary Carlin 2:58.4
 M45 Joe Perry 3:15.2
 M50 J Carrington 3:22.2
 M55 Robert Culling 3:13.6
 Marsh Haraden 3:17.9
 Ross Dunton 3:20.2
 M60 Gunnar Linde 3:20.3
 Louis Beadle 3:27.7
 Harold Willis 4:04.1
 M65 Avery Bryant 3:55.0
 W50 Jean Hoagland 3:37.3

3000m
 M30 Larry Alla bach 10:18.1
 Bobbie Shipper 10:58.4
 Mark Cleary 11:08.2
 M40 Nolan Smith 9:26.4
 Ross Bogert 10:42.4
 Conrad Brooks 10:51.3
 M55 R Culling 11:15.4
 M Haraden 11:19.1
 M60 Al Escobosa 13:06.2
 Harold Willis 13:38.9
 M65 Avery Bryant 12:48.7

60mH
 M30 Andre Frazier 8.0
 M35 D Robinson 8.0
 M40 Fred Johnston 9.0
 M45 Theo Viltz 8.8
 Larry Sallinger 9.0
 M50 Alvin Henry 9.0
 M55 Doug McFeters 9.4
 Bill Adler 10.6
 Bob Watanabe 11.6
 M65 George Simon 12.1
 M70 Al Guidet 10.6
 W55 Christel Miller 10.9
 W60 Shirley Kinsey 13.9

300mH
 M30 Larry Allabach 49.1
 M40 Jorge Birnbaum 49.8
 Fred Johnston 51.2
 Leroy Clippis 56.2
 M50 Jackson Steffes 47.1
 M55 Will Robinson 51.3

4x100m Relay
 M50 Corona Del Mar TC 49.0
 L.A. Valley TC 53.1
 M60 L.A. Valley TC 61.3

4x200m Relay
 Corona Del Mar TC 1:56.7

4x400m Relay
 So Cal Striders 5:24.8

Sprint Medley Relay (800,200,200,400)
 Team Patriots USA 4:00.2

Distance Medley Relay (1200,800,400,1600)
 Team Patriots USA 4:15.2

Long Jump
 M35 John Kuechle 20-7
 M40 Bob Bly 16-1 1/2
 Jorge Birnbaum 15-11 1/2
 Mike McCarthy 12-6 1/2
 M50 Roger Tsuda 17-3 1/2
 M75 Art Vesco 7-5 1/2
 M55 Christel Miller 12-0
 Magdalen Kuehne 11-11 1/2
 W60 Shirley Kinsey 10-6

Triple Jump
 M40 Milan Tiff 49-6
 M75 Art Vesco 17-6

Shot Put
 M30 Val Olotoa 42-4 1/2
 M40 Mike Nash 46-4
 Mike Deller 44-4
 Chris Jordan 37-7
 M45 Juan Bustamante 24-6
 M50 Gary Miller 40-4
 Don Breckenridge 31-6
 M55 Dennis Rietz 38-8 1/2
 Joe Durrenberger 33-10 1/2
 Bob Eldridge 31-1
 M60 Arnie Gaynor 40-3 1/2
 Hal Wallace 34-5
 M70 Jack Thatcher 31-1 1/2
 M75 Ross Carter 40-9 1/2
 (Age-group WR)
 Art Vesco 23-3

Javelin
 M40 Ron Rook 142-0
 Richard Rook 122-3
 M50 Steve Wordell 106-11
 Don Breckenridge 84-6
 M60 Arnie Gaynor 98-4
 M75 Art Vesco 53-4
 W55 Christel Miller 93-10
 Magdalene Kuehne 64-8

**Phoenix TC
Spring Masters Series
Phoenix, AZ
April 8**

100
 M30 Burrell Bender 11.3
 Randal Haun 11.8
 Tim Netson 12.1
 Russell Hankins 13.0
 Armando Contrera 13.2
 Mark McCloskey 13.6
 M40 Chris Jensen 12.0
 Jerry Griffin 12.8
 M50 Norb Wedepohl 12.3
 Donald Clay Jud 13.3
 Melvin Moore 13.4
 Andy Almaraz 13.7
 Bob Williams 14.1
 M55 Ray Graves 12.7
 Will Robinson 13.2
 M60 Joe Sarvis 14.3
 Alan Cohen 14.4
 M65 Hugh Hackett 15.2
 M70 Virgil McIntyre 17.3
 W30 LouAnn Bolick 14.8

200
 M30 Burrell Bender 25.4
 Tim Netson 25.4
 Randal Haun 25.5
 M40 Chris Jensen 26.0
 Robert Biesbroe 27.4
 Norman Ambos 28.0
 M50 Norb Wedepohl 26.4
 Donald Clay Jud 28.7
 Andy Almaraz 28.9
 Bob Williams 31.2
 M55 Ray Graves 26.5
 Will Robinson 27.9
 M60 Charllé Rice 30.0
 Alan Cohen 30.0
 M65 Hugh Hackett 33.7
 M70 Virgil McIntyre 38.6
 W30 LouAnn Bolick 30.1

400
 M30 Randal Haun 55.5
 Link Nunsuch 57.6
 Jose Garza 59.7
 Mark McCloskey 65.8
 Armando Contrera 69.6
 M40 Robert Biesbroe 58.8
 Norman Ambos 60.6
 Jerry Griffin 62.8
 M50 Melvin Moore 63.8
 Bob Williams 66.1
 Carl Hobe 63.8
 M55 Ray Graves 61.8
 Will Robinson 62.0
 M60 Alan Cohen 62.0
 Charlie Rice 67.2
 W30 LouAnn Bolick 71.8

800
 M30 Burrell Bender 2:01.5
 M35 MARSHALL JONES 2:12.1
 STEVE CHRISTLIEB 2:23.5
 M40 LINDSEY BODDEN 2:14.7
 M45 DAVE COMPTON 2:22.1
 M55 PAUL GAULDEN 2:58.5
 M65 ARCHIE MESSENER 2:15.7
 MICKY BARTON 2:59.9
 JERRY KAUFFMAN 3:18.2
 M70 MAX QUACKENBOS 2:58.9
 M75 IGOR STOROJEFF 2:28.0
 M80 PATTY DYE 5:44.8

1500
 M35 MARSHALL JONES 4:27.4
 M45 DAVE COMPTON 4:33.0
 M65 ARCHIE MESSENER 5:35.4
 M70 MAC QUACKENBOS 6:01.1
 M75 IGOR STOROJEFF 3:38.0
 M80 PATTY DYE 5:44.8

5000
 M30 RICK CHRISTENSEN 22:39.8

Continued from previous page

Table with 3 columns: Name, Age, Time. Includes entries for Ron Smith, Lupe Ibarra, Link Nunsuch, Mark Mahl, Raul Berrelez, Kenneth Busboc, Carl Hobe, Alan Cohen.

Table with 3 columns: Name, Age, Time. Includes entries for Jose Garza, Lupe Ibarra, Charles Knecht, Mark McCloskey, Mark Mahl, Raul Berrelez, Kenneth Busboc, Dave Doerr, Walter Chapko, Alan Cohen.

Table with 3 columns: Name, Age, Time. Includes entries for Norman Ambos, Kenneth Busboc, Alan Cohen.

Table with 3 columns: Name, Age, Time. Includes entries for John Rinckenbach, Herschel Port, Charles Knecht, Kenneth Busboc.

Table with 3 columns: Name, Age, Time. Includes entry for Dave Nelson.

Table with 3 columns: Name, Age, Time. Includes entry for Kerry Winkle.

Table with 3 columns: Name, Age, Time. Includes entry for Hugh Hackett.

Table with 3 columns: Name, Age, Height. Includes entries for Brian Campbell, Russell Hankins, Andy Almaraz, Melvin Moore, Joe Sarvis, Charles Obye, Virgil McIntyre, Dick Bennett, Myron Dover, Barbara Brandt.

Table with 3 columns: Name, Age, Height. Includes entries for Roy Willits, Greg Hull, Richard McPeck, Danny Boyle, Warren Wolf, Dick Bennett.

Table with 3 columns: Name, Age, Height. Includes entries for Brian Campbell, Randal Haun, Russell Hankins, Jerry Griffin, Chris Jensen, Lonny Tomlinson, Andy Almaraz, Bob Williams, Ray Graves, Joe Sarvis, Charles Obye, Hugh Hackett, George Butchko, Myron Dover, Virgil McIntyre, Dick Bennett.

Table with 3 columns: Name, Age, Height. Includes entries for Brian Campbell, Joel Whitfield, Chris Jensen, Alan Cohen.

Table with 3 columns: Name, Age, Height. Includes entries for Lonny Tomlinson, Clay Judd, Melvin Moore, Andy Almaraz, Hank Dunlap, Alan Cohen, Myron Dover, Lou Ann Bolick, Barbara Brandt.

Table with 3 columns: Name, Age, Height. Includes entries for Clay Judd, Hank Dunlap, Alan Cohen, Arthur Brandt, Hugh Hackett, George Butchko, Myron Dover, Lou Ann Bolick, Barbara Brandt.

Table with 3 columns: Name, Age, Height. Includes entries for Jim Lothrop, Mike Chapman, Ron Rook, Manny Rivero, George Davies, Hank Dunlap, Arthur Brandt, Alan Cohen, Charles Obye, Hugh Hackett.

Phoenix TC Spring Masters Series Phoenix, AZ April 29

Table with 3 columns: Name, Age, Time. Includes entries for Burrell Bender, Timothy Netson, Herman Castille, Chris Jensen, Thomas Schroer, Norb Wedepohl, Fred Niedermeyer, Donald Clay Judd, Andy Almaraz, Ray Graves, Samuel Flory, Bill Adler, Carl Wolf, Joe Sarvis, Charles Rice, Milton Silverstein, Dick Bennett, Alleene Turpin, Jeanne Carter, Magdalena Kuehne.

Table with 3 columns: Name, Age, Time. Includes entries for Link Nunsuch, Russell Hankins, Chris Jensen, Manny Rivero, Andy Almaraz, Ray Graves, Hank Dunlap, Novi Milicevic, Joe Sarvis, Myron Dover, Dick Bennett, LouAnn Bolick, Magdalena Kuehne.

Table with 3 columns: Name, Age, Time. Includes entries for Burrell Bender, Timothy Netson, Link Nunsuch, Herman Castille, Chris Jensen, Fred Niedermeyer, Dave Doerr, Andy Almaraz, Ray Graves, Louis Beadle, Charles Rice, Milton Silverstein, LouAnn Bolick, Alleene Turpin, Jeanne Carter, Magdalena Kuehne.

Table with 3 columns: Name, Age, Time. Includes entries for Jose Garza, Herman Castille, Robert Biesbroeck, Eric Owers, Dave Doerr, Melvin Moore, Louis Beadle, Charles Rice, Jeanne Carter.

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Table with 3 columns: Name, Age, Time. Includes entries for Jose Garza, Ron Smith, Samuel Ruiz, Louis Beadle.

Table with 3 columns: Name, Age, Time. Includes entries for Mark Mahl, Dave Nelson, Robert Culling.

Table with 3 columns: Name, Age, Time. Includes entries for Samuel Ruiz.

Table with 3 columns: Name, Age, Time. Includes entries for Chris Skelly, Dave Nelson, Mark Mahl.

Table with 3 columns: Name, Age, Time. Includes entries for Dave Nelson.

Table with 3 columns: Name, Age, Time. Includes entries for Dave Doerr, Melvin Moore, Doug McFeters, Bill Adler.

Table with 3 columns: Name, Age, Time. Includes entries for Roy Willits, Jim Coleman, Danny Boyle, George Davies, Dave Doerr, Doug McFeters, Warren Wolf, Dick Bennett.

Table with 3 columns: Name, Age, Time. Includes entries for Russell Hankins, George Davies, Andy Almaraz, Carl Wolf, Joe Sarvis, Dick Bennett.

Table with 3 columns: Name, Age, Time. Includes entries for A. Steekelenburg, Barbara Brandt.

Table with 3 columns: Name, Age, Time. Includes entries for Roy Willits, Jim Coleman, Danny Boyle, George Davies, Dave Doerr, Doug McFeters, Warren Wolf, Dick Bennett.

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Table with 3 columns: Name, Age, Time. Includes entries for Bill Wincheste, Jim Lothrop, Gary Wincheste, George Davies, Donald Clay Judd, Melvin Moore, Andy Almaraz, Hank Dunlap, Warren Wolf, Wes Goodwin, Stan Sadofsky, Myron Dover, Charles Roloff, LouAnn Bolick, Magdalena Kuehne, Barbara Brandt.

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Table with 3 columns: Name, Age, Time. Includes entries for Bill Winchest, Jim Lothrop, Gary Wincheste, George Davies, Pete Chasar, Donald Clay Judd, Hank Dunlap, Wes Goodwin, Arthur Brandt, Stan Sadofsky, Myron Dover, Charles Roloff, LouAnn Bolick, Betsy Lehman, Barbara Brandt, Renee Roloff.

Table with 3 columns: Name, Age, Time. Includes entries for Joel Whitfield, Novi Milicevic.

Table with 3 columns: Name, Age, Time. Includes entries for Thelma Rubin, Diana Smith, Shirley Dietderich, Fei-Mei Chou, Marj Moore, Nadine O'Connor, Michelle Demby, Becky Post, Norma Lopez, Clarence Killion, Frank Toner, A.U. Ricciardi, Claude Taggart, Vern Regier, Bernie Stevens, Carl Orndoff, Bruce Springbett, Bob Feaster, Martyn Adamson, Gil La Torre, Reuben Fielder, Robert Fuller, Jim Hollister, Gary Patterson, Bill Probst, Clive Matson, Jack Karbens, Eddie Hart, Del Eckels, Ray Yeck, Angel Cachinero, James Manor, Richard Ulrich, William Smith, Kelly Stewart, Art Leland.

Ken Carnine Relays Sacramento, CA April 28

Table with 3 columns: Name, Age, Time. Includes entries for Thelma Rubin, Diana Smith, Shirley Dietderich, Fei-Mei Chou, Marj Moore, Nadine O'Connor, Michelle Demby, Becky Post, Norma Lopez, Clarence Killion, Frank Toner, A.U. Ricciardi, Claude Taggart, Vern Regier, Bernie Stevens, Carl Orndoff, Bruce Springbett, Bob Feaster, Martyn Adamson, Gil La Torre, Reuben Fielder, Robert Fuller, Jim Hollister, Gary Patterson, Bill Probst, Clive Matson, Jack Karbens, Eddie Hart, Del Eckels, Ray Yeck, Angel Cachinero, James Manor, Richard Ulrich, William Smith, Kelly Stewart, Art Leland.

Table with 3 columns: Name, Age, Time. Includes entries for Vern Regier, Steve Richmond, Dave Douglass, Dee De Witt, Carl Johnson.

Table with 3 columns: Name, Age, Time. Includes entries for Jim Hollister, Fred Johnston, Sylvester Jones, Mike Holzgang, Ed Baskauskas.

Table with 3 columns: Name, Age, Time. Includes entries for Walter Dahlin, Phil Agostini, John Kirkpatrick.

Table with 3 columns: Name, Age, Time. Includes entries for Marj Moore, A.U. Ricciardi, Walter Dahlin, Jerry Silsdorf, Jim Johnson, Carl Orndoff, Dave Douglass, Steve Richmond, Dick Hotchkiss, Dee De Witt, Don Rose, Don Dvorak, Del Eckels, Mike Holzgang, Ed Baskauskas, Allen Eggman.

Table with 3 columns: Name, Age, Time. Includes entries for Diana Smith, Fei-Mei Chou, Marj Moore, Nadine O'Connor, Martie Behrens, Michelle Demby, Clarence Killion, Frank Toner, Walter Dahlin, Bill Ballantine, Claude Taggart, Bernie Stevens, Vern Regier, Mel Melgosa, Carl Orndoff.

Table with 3 columns: Name, Age, Time. Includes entries for Bruce Springbett, Bob Feaster, Martyn Adamson, Gil La Torre, Robert Fuller.

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Table with 3 columns: Name, Age, Time. Includes entries for Bruce Springbett, Bob Feaster, Martyn Adamson, Gil La Torre, Robert Fuller.

Table with 3 columns: Name, Age, Time. Includes entries for Mel Brooks, Gary Patterson, Jack Karbens, Tony Quintero, Eddie Hart, Matt Pruitt, Manuel Pan, Steve Gillman, Michael Summers, Art Leland.

Table with 3 columns: Name, Age, Time. Includes entries for Nadine O'Connor, Martie Behrens, Nancy Frost, Norma Lopez, Martyn Adamson, Robert Fuller, Mel Brooks, Gary Patterson, Jack Karbens, Matt Pruitt, Jim McMillen, Steve Gillman, John Kirkpatrick, Michael Summers, Gary Marty.

Table with 3 columns: Name, Age, Time. Includes entries for Thelma Rubin, Nancy Frost, Laurel Ulrich, Jack Westbrook, Pete Richardson, John Aldridge, Searcy Barnett, Barry Armstrong, David Amster, Michael Summers, Rick Thoman, Pete Davalos, Frank Demby, Earl Bryant, Gary Marty, Johnie Kelly.

Table with 3 columns: Name, Age, Time. Includes entries for Thelma Rubin, Margy Amster, Troy Grove, Jack Westbrook, Charles Johnson, Tim Shannon, Charles McCarthy, David Amster, Pete Davalos, Richard Ulrich.

Table with 3 columns: Name, Age, Time. Includes entries for Thelma Rubin, Norton Jacobs, Walter Eugenio, Craig Thomas, Charles Johnson, Johnie Kelly.

Table with 3 columns: Name, Age, Time. Includes entries for Laurel Ulrich, Al Guidet, A.U. Ricciardi.

Table with 3 columns: Name, Age, Time. Includes entries for Vern Regier, Steve Richmond, Dave Douglass, Dee De Witt, Carl Johnson.

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Table with 3 columns: Name, Age, Time. Includes entries for Jim Vern, Jim Johnson, Dee De Witt, Bruce Hotaling, Roger Werne, Bert Serrano, Ed Seese, Dick Stepp, James Veilleux, Mike Holzgang, Mike Rivero.

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Table with 3 columns: Name, Age, Time. Includes entries for Jack Karbens, Mike Holzgang, Alan Feia, Mike Woody, Jim Scileny.

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Table with 3 columns: Name, Age, Time. Includes entries for West Valley A, No. California Srs., San Francisco T&F Club, West Valley B, San Francisco women.

Table with 3 columns: Name, Age, Time. Includes entries for Aaron Levin, Earl Bryant, Frank DeMay, Johnie Kelly.

INTERNATIONAL

Australian Veterans Championships Olympic Park Melbourne April 13-16

Table with 3 columns: Name, Age, Time. Includes entries for D Gallagher, M Lynch, P Nissen, H Van Bavel, P Cootes, C Ansool, M45 P Crombie, H Steinman, n McIntyre, M50 B Kernaghan, G Noden, K Daniels, M55 H Dillon, J Liascos, B Solomon, M60 R Hochreiter, L Coffey, L Kent, M65 T Hishon, f O'Connor, M Johnston, M70 G Boag, f Kelly, J Lowe, M75 O Burton, J Wright, A Smith, M80 H Gathercole, W30 R Binney, K Maurer-Smith, M Perrott, W35 K Adams, S Chadwick, K Macey, W40 M Taylor, A Holcombe, M Wong, W45 U Lund, N Parrish, R Philpott, W50 A Horsnell, T Wharton, M Dunbar, W55 P Carr, B Byrne, W60 A Cooper, J Green, O Webb, W65 G Davidson, W70 M Collins, G Smith, W80 R Frith.

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Continued on next page



Continued from previous page

Table of athletic results for various events including 400m, 800m, 1500m, and 5K Track Racewalk. Lists names and times for participants like N Parrish, D Pedrick, W50 A Horsnell, etc.

Table of athletic results for various events including 1000m, 1500m, 2000m, and 5K Track Racewalk. Lists names and times for participants like T McCoy, J Fredricksen, M55 T Roberts, etc.

Table of athletic results for various events including 1000m, 1500m, 2000m, and 5K Track Racewalk. Lists names and times for participants like W35 K Gobby, H Winchester, G Murphy, etc.

Table of athletic results for various events including 1000m, 1500m, 2000m, and 5K Track Racewalk. Lists names and times for participants like M45 T Barnard, J Cooper, K Martin, etc.

Table of athletic results for various events including 1000m, 1500m, 2000m, and 5K Track Racewalk. Lists names and times for participants like M70 K Hopkins, W75 V Younger, A Smith, etc.

Table of athletic results for various events including 1000m, 1500m, 2000m, and 5K Track Racewalk. Lists names and times for participants like W60 L Widera, O Webb, W65 L Frawley, etc.

Table of athletic results for various events including 1000m, 1500m, 2000m, and 5K Track Racewalk. Lists names and times for participants like W40 U Lund, C Battersby, N Parrish, etc.

Table of athletic results for various events including 1000m, 1500m, 2000m, and 5K Track Racewalk. Lists names and times for participants like W50 M Stevens, W75 A Simcox, W80 R Frith, etc.



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 Championships Columbus, OH April 1

Table of race results for TAC National Masters 50 Mile Championships, listing names, times, and distances.

EAST

Nancy Waters Memorial 5K Seaford, L.I., NY March 24

Table of race results for Nancy Waters Memorial 5K, listing names, times, and distances.

Hudson Mohawk Half-Marathon Schenectady to Albany, NY

Table of race results for Hudson Mohawk Half-Marathon, listing names, times, and distances.

Nike Cherry Blossom 10 Mile Washington, DC April 1

Table of race results for Nike Cherry Blossom 10 Mile, listing names, times, and distances.

Alley Pond 5K Bayside, NY April 29

Table of race results for Alley Pond 5K, listing names, times, and distances.

Hurricane 5K Westhampton Beach Long Island, NY

Table of race results for Hurricane 5K, listing names, times, and distances.

Sarasota Herald Tribune 10K Sarasota, FL March 4

Table of race results for Sarasota Herald Tribune 10K, listing names, times, and distances.

Boston Marathon April 16

Table of race results for Boston Marathon, listing names, times, and distances.

Freihofer's Run For Women 5K - Albany, NY May 5

Table of race results for Freihofer's Run For Women 5K, listing names, times, and distances.

Freihofer's Run For Women 10K - Albany, NY May 5

Table of race results for Freihofer's Run For Women 10K, listing names, times, and distances.

Freihofer's Run For Women 10K - Albany, NY May 5

Table of race results for Freihofer's Run For Women 10K, listing names, times, and distances.

Hurricane 5K Westhampton Beach Long Island, NY

Table of race results for Hurricane 5K, listing names, times, and distances.

SOUTHEAST

Sarasota Herald Tribune 10K Sarasota, FL March 4

Table of race results for Sarasota Herald Tribune 10K, listing names, times, and distances.

Table of race results for various events including M65 John Kaelberer, M70+ William Neely, W40 Peg Miller, W45 Vicky Imes, W50 Sandra Depenbrock, W55 Edith Alsvig, W60 Emma Hickey, W65 Melanie Paschal, W70+ Mary Haines.

River Run 15,000 Jacksonville, FL March 10

Table of race results for River Run 15,000, listing names, times, and distances.

Azalea Trail 10K Mobile, AL March 31

Table of race results for Azalea Trail 10K, listing names, times, and distances.

Cooper River Bridge 10K Charleston, SC April 7

Table of race results for Cooper River Bridge 10K, listing names, times, and distances.

Table of race results for various events including M60-64 Benton Morton, M65-69 Dan McCarty, M70+ Tony Lipscomb, M75+ Joe Reid, M80+ Rick Sasser, M85+ Earl Wert, M90+ Lee Rivers, M95+ C E Hawkins, M100+ C E Massey.

River Run 15,000 Jacksonville, FL March 10

Table of race results for River Run 15,000, listing names, times, and distances.

Azalea Trail 10K Mobile, AL March 31

Table of race results for Azalea Trail 10K, listing names, times, and distances.

Cooper River Bridge 10K Charleston, SC April 7

Table of race results for Cooper River Bridge 10K, listing names, times, and distances.

Miami Magic 5 Mile Miami, FL April 21

Table of race results for Miami Magic 5 Mile, listing names, times, and distances.

Miami Magic 5 Mile Racewalk Miami, FL April 21

Table of race results for Miami Magic 5 Mile Racewalk, listing names, times, and distances.

Seven Mile Bridge Run Marathon, FL April 21

Table of race results for Seven Mile Bridge Run Marathon, listing names, times, and distances.

MID-AMERICA

Redbud Run 10K Oklahoma City, OK April 8

Table of race results for Redbud Run 10K, listing names, times, and distances.

Continued on next page

Continued from previous page

Table with 2 columns: Name and Time. Includes Sheryl Drevo, Jan Cosgrove, Gerry Reif, Donna Wright, Neena Haddad, Barbara Crowder, Anita Foss, Linda Johnson, Barbara Vernon.

Longest Day Marathon 10K/5K Brookings, SD April 14

Table with 2 columns: Name and Time. Includes Randy Fischer, Janet Bragans, M35 Fred Costancio, M40 Larry Brooks, M45 Marty Luhmann, M50 Bill Lofthus, M55 Ed Abramic, M60 Burt Carlson, W40 Mary Croft.

Overall

Table with 2 columns: Name and Time. Includes Richard O'Brien, Vicki Coyle, M35 Duane Millslagle, M40 Rich Koenders, M45 Dave Schaeffer, M50 Robert Finch, M55 Lee Strassburg.

Overall

Table with 2 columns: Name and Time. Includes Jeff Webber, Kjersten Swanson, M35 Jim Smieja, M40 Bob Fite, M50 Omar Olson, W40 Cheri Begin.

Oklahoma Cup 8K Tulsa April 14

Table with 2 columns: Name and Time. Includes Noel Berkeley, Kim Drooen, M40 Mel Langston, Tom Lloyd, Jim Lewis, M45 Ernest Vance, Charlie Baker, Dan Vasicek, M50 Jim McFadden, Joe Heggquist, Andy Hogan, M55 Steve Blanchard, Arturo Melendez, Bob Adkins, M60 Rick Mitchell, Rick Thompson, Dick Hughes, M65 Jim Smith, Ross Wiltzer, M70+ Vern Whiteside, Richard Evans, W40 Vicki Fegaly, Diane Langston, Debbie Winters, W45 Linda Brown, Lydia Borges, Barbara Manning, W50 Shirley Wilkinson, Patricia Ponder, Gaea Williams, W55 Marilyn Thompson, JoAnn Whitmore, Frieda Hughes, W60 Jean Benear, Jo Campbell, W65+ Jimmie Haggard.

Pacificare Cup Run 8K Oklahoma City, OK April 21

Table with 2 columns: Name and Time. Includes Noel Berkeley, Jackie Goodman, M40 Gregory Owings, Wes Sessley, Tom O'Connor, Mel Landston, Louis Lonsbury, M45 Mike Reding, Mike Peterson, Charlie Baker, Travis Henderson, Charles Evans, M50 Glenn Lumry, Jim Trowbridge, Scott Manley, Curt Ramson, David Dubin, M55 Ken Peterson, Bob McHeffey, Gayle Lamb, Jerry Lavender, Nance, M60 Ken Karty, Marvin Fluitt, M65 Jim Smith, Fisher Lewis, Jack Rector, Richard Allen, Jim Seikel, M70 Gerald Sibley.

Table with 2 columns: Name and Time. Includes Vicky Fegaly, Diane Langston, Jo May, Paulette West, Kathy Brown, W45 Jan Cosgrove, Judy Timothy, Jean Mullican, Gerri Stivers, Nancy Starbuck, W50 Kathy Moffitt, Glenna Lee, Gloria Stearns, Rowz Coulter, Mildred Lawson, W55 Anita Foss, Kay Morrison, Barbara Vernon, Linda Johnson, Margarette Malone.

Drake Relays 10K Des Moines, IA April 28

Table with 2 columns: Name and Time. Includes Ashley Johnson, Janis Klecker, M40 Dennis Stewart, Don Fish, Eddy Vaughan, Dennis Delmott, Skip Smith, M45 Ronald McKay, Carl Purscell, Marc Ayers, Jim Floyd, Brendan Quann, M50 Guy Ealey, Bill Duggan, John Beamer, Don Garsh, Don Nelson, M55 Jim Schleisman, Kenneth Lane, James Graham, Ronald Billings, Duane Bain, M60 Bernard Phillips, Gordon Rischer, Bernie Tjarksen, Bill Leonard, Don Holmberg, M65 Robert Spencer, Wayne Mitchell, M70+ Joe Anholt, Donald Schultz, W40 Phyllis Pearson, Judith Muller, Janet Bannister, Melba Fite, Carolya Minnich, W45 Rae Gene Burger, Norma Wessel, Marlene DeBruyn, Vernell Dornier, Helen Crew, W50 Jean Gifford, Jan Gillum, Betty Keeney, Della Reimers, C. Baltisberger, W55 Jean Buchanan, Barbara Harms, Kathy Osier, Mianne Zefron, Marge Baker, W60 Pat Neff, Wanda Glade, Jane Brown, Cleojean Olson, Myrna Bruner.

Drake Relays Marathon Des Moines, IA April 28

Table with 2 columns: Name and Time. Includes James Pelarski, Ann Vestle, M40 Dean Schultz, Dale Roe, Russ Fry, Darrell Zmolek, Thomas Burr, M45 Steve Collis, Eugene Wren, Frank Green, Michael Coates, Dale Channel, M50 Jerry Anders, John Post, Hugh Macpherson, Bob Baldus, Robert Reints, M55 Jim Smedema, Fran Riley, Clare McIntosh, Victor Verrette, Gene Harding, M60+ Irv Steinberg, Chuck Coyle, Bob Poppe, W40 Jean Wells, Laura Ewers, Connie Vos, Catherine Smith, Denise Saunders.

SOUTHWEST

Austin American Statesman Capitol 10,000 Austin, TX April 1

Table with 2 columns: Name and Time. Includes Jose Gonzalez-Alonso, Janice Reina-Grantham, M40-49 P Halliburton, David Blakely, Dennis Manske, Glenn Weichert, Gary Wilkinson, Gene Timberline, Steve Shopoff, David Chester, Gregg Evans, Rich Jolly, M50-59, Larry Worth, Ino Cantu, Stan Kelley, Gary Schmidt, Bill Mitchell, Carlos Saucedo Sr, Richard Henry, Gil Zarazua, Rich Miller, David Greene, M60+, William Conrad, Jim Southard, Charles Redepenning, Jack Caldwell, John Cahill, W40-49, Nino Bovio, Diane Morris, Sandra Baran, Ann Buller, Marilyn Griffin, Alice Spoons, Ann Weaver, Renee Blenden, Sallie Short, Mary Saucedo, M50-59, Barbara Schneider, Diane Pepin, Vivian Daugherty, Maria Johnson, Midge Goodrich, Judith Fowler, Peggy Zapalac, Georgia Sweeney, Jeanie Lamar, Shirley Gilliland, M60+, Jan Richards, Diane Hall, Charlene Ricketts, Jane Dods, Wanda Lancaster, Viola Brainard.

Table with 2 columns: Name and Time. Includes Barbara Schneider, Diane Pepin, Vivian Daugherty, Maria Johnson, Midge Goodrich, Judith Fowler, Peggy Zapalac, Georgia Sweeney, Jeanie Lamar, Shirley Gilliland, M60+, Jan Richards, Diane Hall, Charlene Ricketts, Jane Dods, Wanda Lancaster, Viola Brainard.

WEST

Hawaii State 10K Championship Keehi Lagoon Beach Park Hawaii March 18

Table with 2 columns: Name and Time. Includes Arno Sist, Diane Ridgeway, M40 Ron Pate, M45 Ronald Peroff, M50 Mike Tymn, M55 Raymond Kinosre, M60 C. Kusumoto, M65 Naoto Inada, M70+ Masaru Morikawa, M40 Diane Ridgeway, W45 Carol Axmaker, W55 Ruth Heidrich.

Waterfront 10 Mile San Francisco, CA March 24

Table with 2 columns: Name and Time. Includes Charles Thompson, Janine Aiello, M40 Bill Sevald, M45 Bruce Ryner, M50 Mike Dumas, M55 Ed Mooney, M60 Geoff Bardsley, M65 Warrenner Pait, W40 Kathy Frank, W45 Nancy Pelayo, W50 Margaret Johnson, W55 Marjorie Macris, W60 Dorothy Griggs.

13th Annual Norman K. Tamanaha Memorial 15K Honolulu, HI March 26

Table with 2 columns: Name and Time. Includes Steve Littleton, Cheryl Brady.

Table with 2 columns: Name and Time. Includes Ron Pate, John Linman, Geoffrey Condon, M45 Jack Somberger, Ronald Peroff, James Harrison, M50 Alberto Rivas, Michael Tymn, Michael Ellis, M55 Carl Ellsworth, Rod Weston, Tesh Teshima, M60 Russell Allen, Robert Bronke, Clarence Kusumoto, M65 Naoto Inada, Gerald Horton, Robert Cooling, M70 Masaru Morikawa, Alex Roth, William Pea, M75 Masato Shibasaki, W40 J. Huber-Cogswell, Inger Hofjeldt, Linda Fisher, W45 J. McMullen, M. Strait-Jones, Judith Henry, W50 Christa Obera, Sharon Caligan, Joseline Brestle, W55 Ruth Heidrich, Mary Kawahara, W60 Miki Horton, B. Zamparelli, Ellen Humphrey, W70 Margaret Lee, Kikue Kimoto.

Manhattan Beach Road Mile Manhattan Beach, CA March 31

Table with 2 columns: Name and Time. Includes Paul Marcel, Jack McDowell, Vincent Graves, M45 Don McCarthy, Ken Desmet, Juan Cambela, M50 Sonny Monioz, Ron Larrieu, Peter Faust, M55 Ron Poston, Robert Culling, Ted Oviatt, M60+ Gunnar Linde, Jerry Withers, Al Escobosa, W40 Lisa Allen, Pam Donesley, Cindy Sterling, W45 Linda King, Wendy Watson, Corrine Schratz, W50 Gina Faust, Jane Dods, Christine Matso, W55+ Sumiye Leonard, Joann Booth, Rose Kash.

Bonne Bell 10K San Francisco, CA April 8

Table with 2 columns: Name and Time. Includes Nancy Ditz, W40 Hilary Naylor, Kathy Kennedy, Valerie Coppes, Ellen Green, Irene Herman, W45 Gail Rod, Joan Ulyot, Laurie Fisher, Gail Goettelmann, Karen Cox, Sandy Gangwer, Marty Maricle, Myra Rhodes, Barbara Carlson, W60 Frances Sackerman, Jaclyn Caselli, Dorothy Griggs, Peggy Ewing, Judy Golding, W70+ Eva Ogilvie, Alice Withers, Ada Thomas.

Chico Masters 4 Mile Chico, CA April 21

Table with 2 columns: Name and Time. Includes Daniel Toy, Thomas Ruffner, Greg Montgomery, M45 James Ballantyne, Tony Johnson, Rodney Cooper, M50 Roy Navarro, V. Butterfield, Thomas Burnham, M55 Michael McGie, Ed West, Walter Bender, M60 Bob Malain, Herman Romero, Jim Eslick, M65 Art Frailer, Ed Mastrangel, Al Hull, M70+ Charles Weis, Thomas Cullen.

Table with 2 columns: Name and Time. Includes Joan Keeney, Nancy Ruffner, Laura Lackey, W45 Marijke Valencia, Susan Condon, Ginny Heimann, W50 Mary Tupen, Laurene Feingold, Isabel Davis, W55 Charlene Chase, Lola Eslick, B. McCulloch, W60 Norma Kerhoulas.

Fontana Days Half-Marathon/5K Fontana, CA April 21

Table with 2 columns: Name and Time. Includes Gordon Christi, Karla Ely, M40 Steven Cornish, Sam Gorsline, Juan Gomez, M45 Mike Mahler, Mike Scott, Wayne Mitchell, M50 Paoul De La Sota, Don Steinke, Phil Porretta, M55 Ken Calvin, Eugene Black, William Wall, M60 Patrick Devine, W40 Elizabeth Blair, Theresa Riley, Mary Rodriguez, W45 Harolene Walters, Linda Kewin, Carol Dougherty, W50 Dixie Madsen, Shirley Blush, W55 Irene Olberz, W60 Mabel Pitteroff, W70+ Eliz Vainerman.

Table with 2 columns: Name and Time. Includes Sam Obwocha, Jani Johnson, M40 Stephen Keyes, Terry Martin, Ben Wilson, M45 Fred Reeves, Catarino Gonzalez, Roger Brownlow, M50 Bill Crum, Joaquin Granado, Peter Faust, M55 Ron Morgan, Bob Rice, W40 Jane Lauscher, Barbara Rejkema, Anne Coy, W45 Myra Lauder, Judy Dempsey, Linda Fernandez, W50 Gina Faust, Kay Dell Ives.

Big Sur International Marathon Carmel, CA April 29

Table with 2 columns: Name and Time. Includes Brad Hawthorne, Kim Shaffer-Bruyn, M40 Byrle Smallen, Syl Pascale, Mike Dove, Gabriel Sandoval, Bob Milan, Don Hamner, Don Matthews, Roger Sebert, Tony Nonan, Richard Rioux, Bob Barber, Jerry Stearns, John Peacock, Jay Cook, M55 Michael McGie, Stan Block, Dusty Snyder, G Brookkothlow, M60 Richard Laine, Richard Lamermyer, John Lodarski, Geoff Bardsley, M65 Ray Penkert, Murray Cohen, George Cavill, M70+ Jack Kirkpatrick, Earl Rippee, Frank Dawson, W40 Carmel Vrabel, Carol Mortier, Susan Wilson, Mary Jo DelCampo, Sandra Hart, W45 Gail Rodd, Joan Mulvihill, Carol Bianconi, Ann Groe, Setsu Rosen, W50 Joan Reiss, Yvette Lavigne, Josephine Rogers, Nancy Iroxa.

Table with 2 columns: Name and Time. Includes Wen-shi Yu, Jo Sullivan, Joan Fogel, W60 Billie Murphy, Etta Palmer.



INTERNATIONAL

Australian Veterans Championships Melbourne April 13-16

Table with 2 columns: Name and Time. Includes M35 M Beech, G Holden, P Rake, M40 G Hand, P Hunt, K Sweeney, M45 T Wilson, S Bakaitis, T Kerr, M50 J Seymon, A Oberscheider, L Farley, M55 M McAvoy, R Morgan-Morris, T Roberts, M60 V O'Brien, F Tutchenner, J Plummer, M65 R Hughes, T Orr, G McKeown, M70 J Gilmour, T McDonald, D Kirkman, M75 A Burgoyne, J Bennett, L Foulser, M80 J Brown, W30 J Braakhuis, J Munday, G Jardine, W35 K Gobby, H Winchester, G Murphy, W40 G Lynn, A Shaw, T Wallace, W45 L Petrie, M Burroughs, S Manthorpe, W50 M Ellis-Smith, M Robinson, S Counsel, W55 D Mitchell, J Mallory, W60 J Albury, S Brasher, S Young.

London Marathon London, England April 22

Table with 2 columns: Name and Time. Includes Allister Hulton, Wanda Panfil, M40 Stan Curran, R Vuillemonot, Tony Simmons, M45 Barry Watson, Les Davis, John Davies, M50 Peter Marshall, Jim Garagher, Geoff Gee, M55 Hans Zipfel, Alec Dunn, John Toplis, M60 Bob Peart, Georg Phipps, M65 Hugh Currie, M70 Bob Brierley, A Osselaes, M75 Ernie Warwick, W35 F Larriue-Smith, S Geffray, M VandeGhecht, W40 Eleanor Adams, Pip Steiner, Kath Howe, W45 Jutta Pedersen, Hilary Johnson, R Aesterland, W50 M Pye, T Merzikin, E Lang, W55 Lola Smaal, W60 M Reid, W65 Jose Walle, W70 A Ijnuma, W75 J Wood-Allen.

Continued on next page

Continued from previous page

RACE WALKING

North American Masters 5K Racewalk Championships Tampa, FL March 31

M40	Dr. Edward Evors	FL	31:31
	Allan Ingraham	BAH	33:04
	Philip King	FL	33:54
	Fred Dias	FL	35:56

M45	Ron Daniel	CA	25:54
	Paul Alvord	IN	27:20
	Bill Malford	FL	27:23
	Fred Cichocki	FL	28:20
	R J Jennings Jr	PA	30:08

M50	Bob Mitchell	NY	32:33
	Dick Ford	GA	33:01
	Mark Bricklin	PA	33:53
	John Cameron	MA	34:15

M55	Tom White	FL	26:52
	James Wooten	MD	33:24
	Tom Grey	FL	34:04

M60	William Matthews	FL	32:48
	Bob Nucci	NJ	33:03
	Elvin Schweid	FL	40:46

M65	Sylvester Murray	MI	36:04
	Dr. Hans Neumann	FL	36:12

M70	Paul Geyer	FL	32:27
	R B McLellan	NC	46:46

M80+	Sam Gadless	FL	37:07
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W35	Carol Staack	FL	30:24
	Sara Struve	MN	32:18
	Susan Perkins	CAN	32:30
	Elizabeth Carey	BAH	36:09
	Robin Radford	CA	36:10
	Louise Thurston	CAN	36:46

W40	Visha Sedlak	CO	25:03
	(First overall)		
	Mary Lawnicki	PA	31:31
	Shelley Cantor	MA	32:03
	C M Hunziker	CT	33:22
	Marilyn Chute	CAN	34:24
	Susan Finney	FL	35:35

W45	Anita Hermach	MO	30:00
	Vanessa Hilliard	FL	30:22
	Verna Bucks	FL	30:29
	Ann McLamb	FL	34:37
	Kathy Rogowski	FL	36:23
	Flo Duchkowsky	FL	38:09

W50	Beth Young Grady	IN	32:05
	Anne Damm	FL	33:30
	Aranka Palancz	FL	35:34
	Judy Domm	FL	36:12
	Connie Horan	MA	36:13
	Geri Pedler	CAN	37:05
	K K Mahammad	CT	40:45

W55	Joy Clingman	FL	30:20
	Judy Mallkin	FL	33:24
	Trudy Grey	FL	37:44
	Nancy Grahill	FL	40:46

M60	Fritz Kavohl	FL	40:48
	Marion Smith	BER	41:14
	Doris Bennett	MI	43:28

W65	Marge Pritchard	FL	39:09
	Blanche Waldman	FL	40:10
	Nancy Mavila	CA	41:34

W70	Fern Heath	FL	41:39
	Betty Galbraith	FL	47:13

W75	Helen Sutter	FL	36:26
	(28m; 56w. 27 PRs.)		

New Mexico State 10K Racewalk Championships San Gabriel Park, NM April 7

Overall	Andrew Smith	50:34
	Mataji Graham	54:34
M30	Randy Burden	55:05
	Don Pettis	56:11
	Salvador Waquie	69:51
M35	Larry Martinez	52:59
	James Spiller	61:27
	David Wormald	62:10
	Anthony Cuaron	68:03
M40	Andrew Smith	50:34
	Joe Cameron	58:02
	Peter Armstrong	58:29
	Fred Moore	61:64
M45	Pat Bryan	57:24
	Richard Harris	62:07
M50	Charles Cooper	68:31
	Richard Bright	74:50
M55	Mel Bork	75:56
	Paul Gaffan	82:17
M60	Bentley Lyon	57:52
	Dave Romero	77:49
M65	Sam Murdock	68:32

W30	Rosanne Tena	88:39
W35	Mataji Graham	54:34
	Anna Wormald	61:36
	Juneal Smith	61:39
	Claudia Aragon	74:30
W40	E. Walbridge	54:43
	Kathy Lovell	61:46
	Rebecca Nolda	67:43
	Judith Clymer	70:57
W45	Susan Johnson	70:35
	Dora Epler	73:12
	Karen Cooper	74:59
	Marlene Hebron	80:18
W50	Jean Keeley	78:07
W65	Marjorie Holmes	72:29

Jack Mortland Invitational Racewalks Columbus, OH April 8

Men's 20K	Overall	
	Gary Morgan	1:32:07
M35	Steven Pecinovsky	1:34:12
	Mitch Segal	2:02:52
	K. Applegate	2:27:20
M40	Bob Ryan	2:01:49
M45	Victor Sipes	1:45:48
	T. McHoskey	1:51:26
	Jim Shreeves	2:04:48
M50	John Elwarner	1:44:34
	Jimmy Johnson	2:06:42
	Robert Premo	2:34:39
M55	Max Green	1:43:41
	Jim Higgins	2:02:07
	James Spitzer	2:06:07
	Richard Fencl	2:06:59
	Charles Deuser	2:07:31
M60	William Peet	2:16:45
	Jack Shuter	2:29:05

Women's 10K	Overall	
	Zofia Wolan	49:30
W40	Gayle Johnson	53:08
	Camille Schoeberl	1:07:13
W45	Roberta Boyle	1:02:55
	Valerie Stowe	1:05:02
W50	Porky Gadiant	1:07:26
W70	E. Yeomans	1:15:43

Longest Day 5K Racewalk Brookings, SD April 14

Overall	Randy Van Zee	M35	26:24
	Jennifer Carpenter		44:45
M40	Mike Wiggins		27:07
M55	Don Phillips		34:19
M60	Glen Peterson		33:29
W35	Linda Linn		44:46
W40	Sally Odenbach		34:16
W50	Mary Ann Burnes		44:55

Fontana Days 5K Racewalk Fontana, CA April 21

Overall	Keith Ward	41	22:13
	Victoria Herazo	30	22:02
M40	Art Grant		25:38
	Mike Bayne		31:54
M45	Richard Horton		37:27
	Steve Kopp		38:50
M50	Mike Dempsey		28:15
	Jerry Brenneman		31:19
M55	R Ted Greiner		24:57
	Sam Stote		28:35
M60	Ralph Hannibal		32:35
	Corky Cornell		39:48
M65	Mel Grantham		25:43
	Walt Heppner		33:22
M70+	Tony Perona		34:32
W40	Linda Hiltunen		33:30
	Olga Ross		39:01
W45	Christine Eppard		31:11
W50	Jill Latham		25:44
	Nicki Noble		30:09
W55	Eleanor Alguire		26:21
	Audrey Singer		34:47
W60	Mary Gerwing		37:55
W70+	Ruth Youngren		42:21

Mt. SAC Relays 10K Walk Walnut, CA April 22

Overall	Aaron Gonzales	44:33
	Allen James	44:33
	Sara Standley	50:13

M30-39	Enrique Camarena	52:24
	Stewart Boden	55:36
	Wilson Crone	1:00:54
	Richard Nakawatase	1:01:03

M40-49	Larry Walker	45:00
	Andrew Smith	50:35
	Ed Bouldin	54:38
	Ignacio Miranda	55:07
	Dave Snyder	55:08
	Art Grant	55:58
	Jesus Orendain	56:19
	Carl Warrell	57:17
	Ron Baers	1:00:16
	Stewart Ray	1:03:22

M50-59	Carl Acosta	57:40
	Bill Neder	58:43
	Robert Kleppe	1:00:46
	Ken Yoshihara	1:00:53
	Eugene Hampton	1:02:18
	Hap Chandler	1:03:09
	Samuel Stote	1:03:55
	Dale Duxbury	1:04:52

M60+	Joe Weston	1:03:11
	John Burns	1:03:32
	Mel Grantham	1:05:48
	Jorge Newbery	1:09:57

W30-39	Mary Howell	51:41
	Cathy Mish	59:02
	Kathy Blackmer	59:07
	J. Janousek-Diaz	1:03:26
	Karen Helms	1:06:46
	Helen Hoover	1:07:15
	Jacqueline Hams	1:16:25

W40-49	Virginia Scales	58:23
	Cathy Rehage	59:24
	S. Synal-Griffen	1:00:06
	Jaye Horowitz	1:00:31
	Donna Cunningham	1:00:58
	Donna Kennedy	1:04:19
	Jutti Marsh	1:06:03
	Cheryl Kincaide	1:12:26
	Lucy Shoemaker	1:20:00

W50-50	Jill Latham	1:01:17
	Lynn Marsh	1:04:25
	Shirley Capps	1:05:10
	Ria Marsh	1:12:32

M60+	Joann Beers	1:10:30
	Rose Kash	1:15:20

Alley Pond 5K Racewalk Bayside, NY April 29

M40-49	Gary Helman	33:59
M50-59	Stanley Schecter	28:33
M60+	Frank LaMorte	29:51
W40-49	Vicki Malignano	30:38
W50-50	Elton Richardson	29:18
(FIRST OVERALL WOMAN)		
M60+	Betty Stotter	42:34

CORRECTION: The overall winner in the "YNCA Midwest Masters Classic VIII" 2-mile racewalk in Omaha, Nebraska on March 31 was inadvertently omitted in the May results: Randy Vanzee, 38 16:42

14 th Annual VOYAGEUR MARATHON "THE FRIENDLY MARATHON"

MASSEY, ONTARIO
(60 Miles West of Sudbury)
(130 Miles East of Sault Ste. Marie)

Sunday, July 22, 1990
5:30 a.m.

\$2500. in Cash Awards

ONTARIO OPEN AND MASTERS CHAMPIONSHIPS
NORTHERN ROAD RUNNING SERIES

COURSE: Two loops, fast, flat, shaded and very scenic with abundant wildlife. Parallels the Spanish River. TAC and OTFA certified.

AWARDS: Cash in Open and Masters M/F categories and for age group records. Voyageur medals in 20 age groups. All finishers receive merchandise prizes, certificates and complete results. First 150 finishers receive hand-crafted wooden medallions. Team and novice trophies.

Long sleeve T-shirts to first 150 entrants, regular T-shirts to others. Pancake breakfast at awards presentation. Pre & post-race pool social.

TAKE PART IN A WEEK-LONG FESTIVAL OF RUNNING EVENTS

Saturday, July 21 6:00 p.m. 5 km Fun Run
6:05 p.m. 2 km Fun Run

Sunday, July 22 6:30 a.m. SPANISH RIVER HALF-MARATHON

Saturday, July 28 6:00 a.m. SAGAMOK 60 KM RACE

Contact: Shelda/Norm Patenaude, Lee Valley Road,
R.R. #2, Massey, Ontario, Canada POP 1P0
705-865-2671

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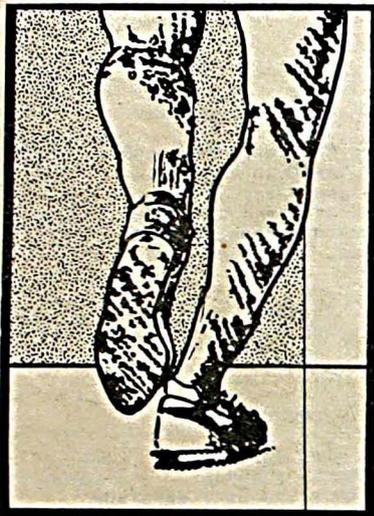
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1990 TAC/USA NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

**AUGUST 2-5, 1990
INDIANAPOLIS, INDIANA**

**TAC/USA National Masters
Track & Field
CHAMPIONSHIPS**



INDIANAPOLIS 1990

INDIANA UNIVERSITY



For technical information
about the competition call the meet director,
Marshall Goss, at 812-855-8583.

For general information
call Heidi Neuburger at 317-274-3363.

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 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 of entry fees 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 up 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 Natatorium (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. August 5 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 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 hotel properties are holding room blocks at a discounted rate for this event. Please identify yourself with this event when making your reservations. **No local shuttle bus transportation will be provided by the local organizing committee.**

Days Inn Airport	317-248-0621	rate: \$47.00 flat
Located 15 minutes from track stadium by car.		
Embassy Suites	317-635-1000	rate: \$106.00 double
Located 1 mile from track stadium.		
Hyatt Regency Indianapolis	317-632-1234	rate: \$72.00 double
Located 1 mile from track stadium.		
Omni Severin Hotel	317-634-6664	rate: \$69.00 flat
Located 1 mile from track stadium.		
Ramada	317-635-4443	rate: \$67.00 flat
Located 1/2 mile from track stadium.		
Holiday Inn, Union Station	317-631-2221	rate: \$81.00 flat
Located 1 mile from track stadium.		
University Place	317-260-9000	rate: \$82.00 flat
Located 2 blocks from track stadium.		
The Westin Hotel	317-262-8100	rate: \$76.00 flat
Located 1 mile from track stadium.		

TRAVEL: USAir 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 Neuburger at 317-274-3363. When making your reservations please refer to **GOLD FILE NO. 313668**

TENTATIVE SCHEDULE OF EVENTS

(revised March 21, 1990)
Note: Final schedule will be published & posted 8/1/90
Indiana University Track & Field Stadium

THURS. 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 Pentathlon (30+ Men & Women)
4:30 800 M Run (All Trials - Women before Men - oldest to youngest)
6:15 5,000 Walk (45+ Women)
7:00 5,000 Walk (30-44 Women)
7:45 5,000 Walk (60+ Men)
8:30 5,000 Walk (50-59 Men)
9:15 5,000 Walk (40-49 Men)
10:00 5,000 Walk (30-39 Men)

FRI. 8/3/90

AM 7:00 10,000 M Run (40-49 Men)
8:00 10,000 M Run (30-39 Men)
Discus (60+ Men & Women)
High Jump (50-59 Men & Women)
100 M (All Trials - Women before Men - oldest to youngest)
11:00 Discus (50-59 Men & Women)
High Jump (60+ Men & Women)
400/300 M Hurdles (All Finals - Women before Men - oldest to youngest)

PM 2:00 Discus (40-49 Men & Women)
High Jump (30-39 Men & Women)
100 M Dash (All Finals - Women before Men - oldest to youngest)
5:00 Discus (30-39 Men & Women)
High Jump (40-49 Men & Women)
5:30 400 M (All Finals - Women before Men - oldest to youngest)
7:30 1500 M Run (All Trials - Women before Men - oldest to youngest)

SAT. 8/4/90

AM 7:00 5,000 M (All Finals - Women before Men - oldest to youngest)
8:00 Shot Put (60+ Men & Women)
Javelin (30-39 Men & Women)
Long Jump (40-49 Men & Women)
Pole Vault (50-59 Men & Women)
11:00 200 M Dash (All Trials - Women before Men - oldest to youngest)
Shot Put (30-39 Men & Women)
Javelin (60+ Men & Women)
Long Jump (50-59 Men & Women)
Pole Vault (40-49 Men & Women)

PM

2:00 800 M run (All Finals - Women before Men - oldest to youngest)
Shot Put (40-49 Men & Women)
Javelin (50-59 Men & Women)
Long Jump (60+ Men & Women)
Pole Vault (30-39 Men & Women)
3:40 200 M Dash (All Finals - Women before Men - oldest to youngest)
5:00 Shot Put (50-59 Men & Women)
Javelin (40-49 Men & Women)
Long Jump (30-39 Men & Women)
Pole Vault (60+ Men & Women)
6:00 Women's Meeting, University Place
7:00 General Meeting, University Place

SUN. 8/5/90

AM 7:00 10K/20K Walk (All Finals - Women & Men together - all ages)
8:00 Triple Jump (60+ Men & Women)
Hammer (50-59 Men & Women)
9:00 Hurdles 80/100/110 (Trials as needed)
10:00 1500 M Run (All finals - 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 12:30 4x400 Relay (All Finals - Women before Men - oldest to youngest), 10 year increments
1:00 Hurdles 80/100/110 (All finals - Women before Men - oldest to youngest)
Triple Jump (40-49 Men & Women)
Hammer (30-39 Men & Women)
2:45 Steeplechase (All Finals - Men - oldest to youngest)
3:00 Triple Jump (30-39 Men & Women)
Hammer (40-49 Men & Women)
3:30 4x800 M Relay (All Finals - women before Men - oldest to youngest), 10 year increments)
4:00 4x100 M Relay (All Finals - Women before Men - oldest to youngest), 10 year increments

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

NAME _____ BIRTHDATE _____ AGE ON 8/2 _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ 1990 TAC# _____ CLUB _____

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

*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.

METHOD OF PAYMENT:

- Bank Draft or check in US dollars, payable to:
TAC MASTERS CHAMPIONSHIPS
- VISA MC AM.EX.
Number _____ Exp. Date _____
Signature _____

WAIVER: I hereby declare that I am in good health and am properly conditioned for the competitions and of the stated age. I absolutely relieve Indiana TAC, 1990 TAC/USA National Masters Track and Field Championships Organizing Committee, TAC/USA, the sponsoring non-profit organizations, Indiana University-Purdue University at Indianapolis, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 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
c/o Heidi Neuburger
901 W. New York St., Rm. 204
Indianapolis, IN 46202
FAX: 317-274-7769