Keston Best Age-Graded

Heffernan Wins Fifty Plus 8K

by JIM TURNER

The ninth annual Fifty Plus 8K run, held March 22 in Stanford, Calif., was highlighted by the first head-to-head competition between nationally top-ranked 50+ runners Mike Heffernan and Sal Vasquez. Heffernan, 51, of Portland, Ore., defeated Vasquez, 52, and the rest of the field in 26:18, with Vasquez second in 26:42.

The lead exchanged hands through the first two miles. At that point Heffernan established a 30-meter lead, which he held through the next two miles and extended over the last mile for a 24-second final margin.

Shirley Matson, 51, of Moraga, Calif., won the women’s division in 30:45. Her time broke the single-age Calif. record, established in 1988 by Gina Faust. Barbara Miller, 52, of Modesto, Calif., was second in 32:34 and Eve Pell, 54, was third in 33:03. The top age-graded score was turned in by John Keston, 67, of McMinnville, Ore. He ran 30:07, which translates to an outstanding 94.9%. Heffernan, Matson, and Vasquez followed in order with 91%+ age-graded scores. The strength of the field is reflected in the fact that an additional 33 runners turned in national class age-graded scores over 80%.

For the first time, this year the race also served as a Pacific Association TAC championship race for Senior (50+) and Supersenior (60+) men and women. The three-man team championship was won by a strong continued on page 5

Levisse, Welch Top Masters in Sallie Mae 10K

by NANCY SIEBERT MURPHY

Pierre Levisse, 40, of France and Priscilla Welch, 47, of Great Britain set new masters course records in the ninth annual Sallie Mae 10K, held in Washington, D.C., on April 12. Levisse, who won the International Veterans 8K Cross-Country Championships in Boston earlier this spring, turned in a speedy 29:33, shaving 39 seconds off the old course record set by Ken Hamilton of Ontario, Canada, in 1990. Levisse’s performance netted him $1000 in prize money, and a seventh-place overall finish.

Welch’s time of 34:38 eclipsed the previous course mark of 35:39, set by Nancy Grayson of Columbia, S.C., in 1991. Finishing in eighth place among all women entrants, Welch took home $850 as a reward for her stellar effort.

Grayson, who came in second female master, also bettered her own course record with a 34:56, good enough for $400.

Other prize money winners included Switzerland’s Kurt Hurst (40, 30:27, $400); Domingo Tibaduiza of Colombia (42, 30:28, $300); and Barbara Filutze of Erie, Pa., (45, 35:57, $300). continued on page 5

Spokane To Host Nationals

More than 800 athletes from throughout the USA are expected to compete in the 25th annual TAC/USA National Masters Track and Field Championships on August 13-16 in Spokane, Wash.

The meet will be held at Spokane Falls Community College. The meet returns to the Northwest region for the first time since 1987, when over 900 athletes competed in Oregon. The eastern Washington area is one of the most scenic in the nation, and many participants will use the meet as a good excuse to take the family on an adventurous vacation trip.

Competition is open to all men and women 30 years of age and older. The complete entry form is published on the back cover of this issue. Low-cost accommodations have been arranged by the Spokane organizers.

Once again, the meet will stage two special events on closing day. First, the popular age-graded 100 will be held, with the winners of each 5-year 100-meter final invited to compete, continued on page 8
Opinion:

General:
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- T&F Rankings Report
- Jordan Butler
- RW
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TAC WESTERN REGIONAL MASTERS TRACK AND FIELD MEET

DATE:  25 AND 26 JULY 1992
PLACE:  CHABOT COLLEGE, 25555 HESPERIAN BLVD, HAYWARD, CA. TAKE "A" STREET EXIT WEST OFF INTERSTATE 880 TO HESPERIAN BLVD SOUTH TO CHABOT COLLEGE TRACK.

FACILITIES:  400 M POLYURATHANE TRACK AND RUNWAYS (GRASS FOR JAVELIN) 1/4" SPIKES ON TRACK AND RUNWAYS

COMPETITION:  OPEN, SUB-MASTERS AND MASTERS (MASTERS AND SUB IN 5 YR. GROUPS.). MEET DIRECTOR DISCRETION MAY CONSOLIDATE GROUPS.  ALL EVENTS ARE FINALS.

SANCTIONED:  TAC OPEN T & F RULES ENFORCED EXCEPT FOR MASTERS: STARTING BLOCK USE IS OPTIONAL, 400G AND 600G JAVELINS MAY LAND FLAT

ELIGIBILITY:  ONLY TAC MEMBERS.  MUST SHOW A 1992 TAC CARD TO COMPETE...CARDS CAN BE PURCHASED AT THE MEET

AWARDS:  MEDALS FOR FIRST 3 PLACES (SUB-MASTERS AND MASTERS ONLY).

DEADLINE:  PREREGISTRATION MUST BE POST MARKED BY 17 JULY 1992.  NO LATE REGISTRATION!

ENTRY FEES:  $10 FOR FIRST EVENT ($5 FOR FOR NCSTC MEMBERS) AND $5 FOR EACH ADDITIONAL EVENT.  $20.00 FOR RELAY TEAMS (MUST BE PAID FOR BY CLUB).  MAKE CHECKS PAYABLE TO NOR CAL SENIORS T.C.  AND SEND TO JIM JOHNSON, 1026 MURCHISON DRIVE, HILTON, CA. 94030 PHONE:  (415) 697-1869

HOSPITALITY ROOM:  EXECUTIVE INN HAYWARD AIRPORT, POOL, SPA, EXERCISE ROOM, COMPLIMENTARY BUSINESS BREAKFAST & NEWSPAPER, FREE HBO & SHUTTLE TO TRACK.  6 RESTAURANTS, 10 MOVIE THEATRES, 18 HOLE GOLF COURSE & LIGHTED TENNIS COURTS WITH IN WALKING DISTANCE.  OAKLAND AIRPORT PICK UP AVAILABLE.  RATES $55.00 QUEEN (800) 533-5083. VAULTING POLES CAN BE SHIPPED BY CONTACTING EDDIE SIEGE (510) 523-8618.

SCHEDULE:  THE FOLLOWING IS A TENTATIVE SCHEDULE.

SATURDAY FIELD EVENTS:
9:00 HAMMER THROW ALL LONG JUMP OPEN HIGH JUMP MEN 50 & UP POLE VAULT 50 & UP & WOMEN
11:00 DISCUS 50 & UP LONG JUMP 30 TO 49 HIGH JUMP MEN 30 - 49 POLE VAULT 30 TO 49
1:15 DISCUS 30-49 LONG JUMP 50 & UP HIGH JUMP MEN OPEN POLE VAULT OPEN
2:45 DISCUS OPEN

SATURDAY TRACK EVENTS:
9:00 5000M MEN OPEN - 59 9:40 5000M MEN 60 & UP, WOMEN
10:30 800M HURDLES MEN 70 & UP, WOMEN 10:50 100M HURDLES MEN 60 TO 69
11:10 110M HURDLES MEN OPEN, 30-59 11:30 4 X 100M RELAY ALL TEAMS
LUNCH
1:30 100M MEN 2:00 100M WOMEN
2:00 400M MEN 2:30 400M WOMEN
3:00 1500M MEN OPEN, 30-49 3:30 1500M WOMEN
4:00 300/400 HURDLES MEN WOMEN 4:45 5000M WALK ALL

SUNDAY FIELD EVENTS:
10:00 JAVELIN 50 & UP SHOT 30-49 TRIPLE JUMP OPEN HIGH JUMP WOMEN 30 & UP WOMEN
1:15 JAVELIN 30-49 SHOT OPEN TRIPLE JUMP 50 & UP TRIPLE JUMP 30-49
2:45 JAVELIN OPEN SHOT 50 & UP

SUNDAY RUNNING EVENTS:
9:00 10,000M ALL 10:00 2000M STEEPLECHASE ALL
10:30 3000M STEEPLECHASE ALL 11:20 800M MEN
LUNCH
1:20 800M MEN 1:50 200M MEN
2:20 200M MEN 2:50 4 X 400M RELAY ALL
3:15 3200M RELAY ALL 3:30 10,000M WALK ALL

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APPLICATION:  PLEASE PRINT

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ADDRESS____________________

CITY____________________ STATE____ ZIP____

PHONE [_______] ___________ BIRTH DATE_______ AGE_______

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TAC USA    (800) 523-8618

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SIZES SM ( ) M ( ) L ( ) XL ( )

TOTAL AMOUNT ENCLOSED____

IDENTIFICATION REQUIRED TO VERIFY AGE AT CHECK-IN

1992 TAC:

WAFER MUST BE SIGNED:  I WAIVE ALL RIGHTS THAT I OR MY HEIRS OR ASSIGNS MAY HAVE AGAINST THE NOR CAL SENIORS T.C.

THE SPONSORS OF THIS ATHLETIC EVENT ARISING FROM ANY INJURY, ILLNESS, OR ACCIDENT THAT I MAY SUSTAIN OR INCUR WHILE TRAVELING TO OR FROM OR PARTICIPATING IN THIS EVENT.  I DECLARE THAT MY HEALTH IS SUFFICIENT TO PARTICIPATE IN THIS EVENT.  SIGNED______________________________

1992 TAC:

"ATHLETES who participate in this competition may be subject to formal drug testing in accordance with TAC rules and IAAF rules.  Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications may contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at (800) 233-0393."
A NEW LOOK

In response to your "New Look," I commend you for trying to improve the image of NMN. I like the new whiteness of the publication; it adds sharpness. I also like the idea of changing the color each month.

The small type on page 8 of the March issue is too small. Why make the paper more difficult to read? Keep the present type size.

You have a unique publication. No other publication covers our sport like NMN. I like the present title, although you might consider "Masters Track & Field News." We have a good thing going. Let's not upset the apple cart.

Leon Joslin
Seattle, Washington

How does "National Masters Running News" sound? Lousy. Do you recall the phrase "field event?"

Your publication serves a very important function for all of us who compete in age-group track & field. So why not simply call it like it is: "U.S. Veterans Track & Field News?"

Gordon Bobell
Arlington, Virginia

In regard to your new look:
1) I like the white pages;
2) I have no feeling on color;
3) I think "National Masters Running News" tells the story.
4) The small type is a bit of a strain.

Andy Neidnig
Sag Harbor, New York

I love the whiter paper; keep it. As for the smaller type, my 50-year-old eyes have trouble reading it. Keep the larger type. No opinion on the name, but it's a great publication.

J. Kirchoffer
Milwaukee, Wisconsin

(Readers were nearly unanimous in praise of the white paper on the cover, so we'll keep it. No one preferred the blue color, saying "it's your image," so we'll stay with it. Thanks for your comments. — Ed.)

INDOOR NATIONALS

Just returned from the National Indoor Championships in Columbus, Ohio. A great facility at OSU, and the people that put on the meet were top of the line. What impressed me was that everything seemed to go off on time. At least the throwers did. It appeared from a spectator point of view that the races were also on time.

Once again it was time to meet new friends and renew old friendships from years past. Isn't it great to go to a meet like the Nationals and to find that even though you may have gotten a year older that you don't look or feel any older? The speed you once had, the endurance for long distance running, the strength for throwing out of sight may not be as fine tuned as in years past, but on a comparative basis, you are just as good as you used to be. And when you win, place or show, the feelings of euphoria are still there.

We'll next get together at the outdoor Nationals in Spokane in August. In the meantime, there are lots of good track and field meets in your area, wherever you may be. If you can travel, check the schedule in NMN for upcoming meets in the Northwest. We would love to have you come and visit. It is a great place to retire.

Richard Lee
Eugene, Oregon

THE TURN MACHINE

When I wrote about the turn machine (May 1992), I anticipated perhaps ten inquiries, so I prepared a dozen mailings to play it safe. The first day I received 11, all dated from California on April 29. By the time my copy of NMN made it to me here on the East Coast, I had received 143 letters and I rather fear that that is just the beginning. I can see four or five hundred before the dust settles. Can you imagine licking that many stamps? Yuck!

Everyone will be answered in good time, so please be patient. I operate a mobile dog and cat grooming service and this is the start of my busiest time of the year so it will slow me down a lot. Each reply is numbered and will be answered in order received.

In the meantime, anyone in the area is welcome to drop in, check it out and try a little workout.

Cliff Blair
Holbrook, Massachusetts

Five Join NMN Sustainers

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

Special thanks this month go to:

Doug Smith
Laguna Hills, CA

Robert K. Stone
Kensington, CA

Sally Strazdins
New Milford, CT

Cliff Pauling
Bronx, NY

Donald G. Ross
Marblehead, MA

Five Years Ago

• Web Loudat Wins Bud Light Legends Mile in 4:20.89
• Priscilla Welch, 42, Sets Masters Women's World Record of 2:26.61 in London Marathon
• England's Dave Clark (43, 2:21:37) and Sweden's Evi Palm (45, 2:36:24) Take Top Masters Prizes in Boston Marathon
• Paul Bruck (44, 1:24:21) and Judy Kewley (42, 1:36:00) Score Masters Triumphs in Las Vegas Half-Marathon

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P.O. Box 16597
North Hollywood, CA 91615-6597

(Canadian checks accepted; add 15% to cover exchange. Please notify us of address changes four weeks in advance.)

Eye: Copyright 1992
Cindy Dalrymple led the 50+ women in 39:40. The race offered a total of $19,000 in prize money, with $500 for masters firsts and a $250 bonus for course records. Featuring a field of more than 3000 runners representing 14 countries, proceeds of the contest go to the National Capital Chapter of the American Red Cross.

Heffernan Wins Fifty Plus 8K

Continued from page 1


A total of 392 runners completed the race with 307 men and 85 women finishers. The M50-54 division alone had 113 finishers. The contest was held on the Stanford University campus, starting outside the football stadium, following a fast flat course through the campus and returning to the stadium to finish with a lap on the track. Ten single-age 50+ 8K American records have been set in the nine years this race has been held, more than any other single 8K/5-mile race in the country. The event is also accompanied by a 5K fitness walk. The Fifty Plus Fitness Association can be contacted at P.O. Box D, Stanford, CA 94309.
Quantity or Quality?

Every now and then a novice runner asks me for training advice. The assumption is that with nearly 40 years of running experience I must have some answers. Frankly, I had more answers when I had only 30 years of experience, even more with 20 years of running behind me. When I had only 10 years of experience and was coaching as well as racing, I thought I had all the answers.

Consider, for example, the most basic issue in long-distance training, that of quality (speed) vs. quantity (distance). I don't think I'm any closer to knowing the proper blend of these two elements than I've ever been.

If you'd have asked me 30-35 years ago which is more important, I would have answered quality training. During the ‘50s and ‘60s, I trained like most Initially, I rejected the idea. It just didn’t make any sense to me that training at seven-minute mile pace would help me when I was racing at eight-minute pace. Even in my first two marathon attempts, I wasn’t even close to it.

In 1975, I decided to give LSD a try. I began running 90-100 miles per week at about seven-minute pace. Even though I was already approaching the age of 40, my marathon times began improving significantly. I became a real believer in LSD. At first, I thought it was beneficial only for marathon running. After a few years, I came to realize that LSD was also paying off in short-distance racing. Thereafter, I began running at least 80 miles a week year-round. Not all of it was LSD, though, as I'd mix in two interval sessions per week or one interval session and one race.

More Is Better

For a number of years after that, there was no doubt in my mind that more was better, as long as about 10 percent of it was quality training. I would have done more than 100 miles per week if my family and job responsibilities would have permitted it.

Looking back, though, I now suspect that it wasn't so much the increase in mileage that was allowing me to run faster as it was the dramatic reduction in body weight (12-15 pounds) that accompanied the high mileage. On the other hand, I look at the tremendous lowering of competitive swimming records over the past 25 years — apparently due for the most part to mega-training mileage — and have to wonder. Light weight does not benefit swimmers; in fact, it is more of a hindrance. Certainly, there is a tradeoff between quality and quantity. Too much of one limits the other. How you mix them is the problem that continues to perplex many runners.

Quality vs. Quantity Tradeoff

"It's a double-edge sword," said Dr. Al Morris, an exercise physiologist and coach, who had passed the subject with him last year. "It depends on some extent on the distance of the race, but if we're talking about the marathon, it's the athlete who can do the most mileage and yet do the most quality — and that may be an antithesis — who is going to be the best prepared."

During his prime, 1976 Olympic Duncan Macdonald, who ran 13:19 for 5,000 meters and 2:12 in the marathon, seemed at his best on a modest regimen of 60 miles a week. That was considered very low for a world-class runner at that time. Macdonald told me then that he'd break down when he would try to go much higher than 60 miles.

Like Macdonald, New Zealand Jack Foster, who ran a 2:11 marathon at age 41, averaged just about 60 miles a week during his best years. I used to wonder what Macdonald and Foster might do if they'd only awaken to the benefits of much higher mileage.

High-Mileage Pioneer

At the other extreme, 1964 Olympian and schoolboy phenom Gerry Lindgren was one of the pioneers in real high-mileage training. "I never really kept count," Lindgren told me recently, "but my coach figured out that I was running anywhere from 175 to 250 miles a week. I was running five times a day. It was ridiculous. I'd get up in the middle of the night and run 10 miles. Maybe that's why I have so many injuries now."

Although Lindgren said that some of his training was pretty slow, it would not have been classified as LSD, a term popularized by runner-writer Joe Henderson in his 1969 book entitled Long Slow Distance. Lindgren's training more resembled the approach of New Zealander Arthur Lydiard, who during the early '60s began advocating high-mileage training at something close to anaerobic threshold (i.e., fairly fast).

While both LSD and high-mileage training seem to have gained popularity during the late '60s, the ideas were not entirely new. In his book, Marathon, first published in 1937, seven-time Boston Marathon winner Clarence DeMar wrote about his training during the late 1910s: "I ran at the leisurely speed of seven or eight miles per hour, to and from work, usually carrying a dry undershirt." The one-way distance to work for DeMar was seven miles.

Concerning his preparation for the 1911 Boston Marathon, DeMar wrote: "I had worked hard in practice covering nearly a hundred miles per week for a couple of months with several twenty-mile jaunts, besides my regular runs to and from work."

Emphasis On Speed Work

Some of the real old elite road runners followed regimens similar to DeMar; however, the success of interval-trained track runners of the '50s and '60s and the cross-over of those track athletes to road racing apparently placed more emphasis on speed work.

"When you and I were youngsters, the pendulum was certainly on the short, fast interval side," Henderson said in a recent phone interview. "Then it swung over to the super-distance side. It's definitely swinging back now toward quality rather than..."
Track & Field Rankings Report

by JERRY WOJCIK
Masters T&F Rankings Coordinator

This issue contains the 10K and 20K racewalk rankings for 1991, compiled by Dr. Glen Peterson of South Dakota, and the 1992 indoor season 200, 1500, and 55m hurdles. The July issue rankings will include the indoor mile and shot put.

The names and addresses of the 1992 outdoor track & field rankers will be published in August; please do not send marks to me or NMN before then.

Corrections to the 1992 indoor rankings will be published in the December issue. Corrections to the 1991 outdoor rankings book will be published periodically in the NMN and in total in the 1992 rankings book.

Jordan, Butler Set World Marks

In what he says will be his last year of masters track and field competition, the great Payton Jordan, 75, of Los Altos, Calif., began his season impressively with two world M75-79 sprint records.

In the Ken Carnine Classic in Sacramento, April 25, Jordan broke Joe Packard's M75 world 100-meter record of 14.3 with a hand-timed 13.5.

On May 3 in a masters tri-club meet in Los Gatos, Calif., Jordan shattered Packard's M75 200 WR of 29.5 with a hand-timed 28.3.

At the Carnine meet, Walt Butler, 51, broke his own M50 world mark of 13.57 in the 100-meter hurdles with a hand-timed 13.5. Butler also raced to 11.5 in the 100, not far off the M50 WR of 11.2.

Paradoxically, hand-times are allowable for world age-group records but are not recognized as U.S. marks.

The Southern California Striders 4x800 relay team lowered the M60-69 national indoor championship record from 11:32.57 to 10:56.77, TAC National Masters Indoor Championships, Columbus, Ohio, April 9-10. Standing: #318 Bob Culling (2:39.1) and Harold Willis (2:53.6). Kneeling: #836 Gunnar Linde (2:39.5) and Jerry Withers (2:46.5). Sitting is Al Escobosa, who, with Avery Bryant, Willis and Withers held the old record.

Photo from Jerry Withers.
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Payton Jordan

The Sorbothane Masters Athlete-of-the-Month feature resumes this month and will continue every other month in NMN.

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This month’s award goes to one of the true legends in masters track & field — Payton Jordan of Los Altos, Calif. At age 75, Jordan has set dozens of world and U.S. sprint records over the past 20 years and says he intends this year to be his last in masters competition.

“Each year it gets harder and harder to stay in competitive shape,” he said. “It takes a lot more work for the same results than it did when I was a youngster.”

On April 25, at the Ken Carnine Relays in Sacramento, Jordan smashed the world M75-79 record of 14.3 with a time of 13.5 — a 97.9% on the masters age-graded scale. On May 3 in Los Gatos, Calif., Jordan ran a 200 in 28.3 (98.9%) to break Joe Packard’s 13-year-old mark of 29.3.

Jordan has long been one of the most popular masters competitors on world, national and local levels. He was the U.S. team coach at the 1968 Mexico City Olympics, and has long been an outstanding emissary for the masters athletics program.

Congratulations to Payton Jordan — the Sorbothane Masters Athlete-of-the-Month.

Payton Jordan, 75, Los Altos, Calif., on his way to an M75-79 100m world record of 13.5, Los Gatos, Calif., May 3.

Photo by Shirley Dieterich

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Scott Evans finished fourth in the high jump (1.89), 1991 TAC/USA National Masters T&F Championships. This year’s championships will be held in Spokane, Wash., August 13-16. See entry form on last page.

Photo by Jerry Wojcik

Spokane To Host Nationals

Bozeman To Host 1993 Indoor Championships

TAC’s Masters Track and Field Committee officially selected Montana State University in Bozeman as the site for the 1993 National Masters Indoor Track and Field Championships. The Bozeman organizers, represented by masters athlete Bob Sager, and Rob Stark, MSU Track Coach, announced that blocks could be used for the 200 and 400 meter events. The Committee had deferred their decision on the site for the Championships until the question regarding the use of blocks could be resolved. “Their quick and positive response to our concerns was very much appreciated,” said Chairman Barbara Kousky.

Montana State University, guided by their Weight Coach Mike Carignan, has hosted masters meets for 14 years. “We’re really excited about hosting the National Championships; we have a high commitment to track and field, and anything we can do to accommodate the athletes — that’s what we’re here for,” said Stark, who will serve as Meet Director for the ’93 Championships and will be assisted by Cathy Close, MSU Events Coordinator for Track and Field.

Bozeman, located just north of Yellowstone National Park, is served by five airlines, including Continental, Northwest, Delta, Alaska/ Horizon, and SkyWest. The Montana Masters group is arranging for special travel packages to the Championships.

Contd. from page 1

head to head, with the older runners getting a head start, based on the WAVA age-graded tables. There will be two races: one for women and one for men.

Second, the national all-star regional 4x100 relay will be held for the second straight year. Each of the seven regions (East, Southeast, Midwest, Mid- America, Southwest, West and Northwest) will be permitted four teams: two men’s and two women’s:

1) A junior squad of age-groups 30, 35, 40 and 45 (a minimum of 150 age-group years), and 2) a senior foursome of age-groups 50, 55, 60 and 65+(a minimum of 230 age-group years).

All participants will receive a championship T-shirt of a color chosen by their regional coordinator. The event will be scored by points (10, 7, 5, 4, 3, 2, 1) for each of the four races. The region whose teams compile the most points will receive a cash award from Holiday Inn, the sponsor of the race.

Individual awards will be given to the top three team finishers in each race. The winning regional team members will each receive a patch. A traveling trophy-plaque with the winner’s name engraved will be presented to that region to be held until next year.

Phil Mulkey, regional relay coordinator, says: “It is hoped all the regional all-star team members will be chosen on the basis of their performances in the 100-meter-dash in their respective regional championships. The winners of each age-division would be the logical qualifiers. If they couldn’t be in Spokane, the runner-up would then be eligible, etc.”

For more information on the all-star regional relays, contact Mulkey at 404-973-3825.

Scott Evans finished fourth in the high jump (1.89), 1991 TAC/USA National Masters T&F Championships. This year’s championships will be held in Spokane, Wash., August 13-16. See entry form on last page.

Photo by Jerry Wojcik
A Flotilla of 5Ks Amid Snowflakes and Sleet

by MAURY DEAN

Long Island's sodden, soggy spring, awash with deep puddles, ushered in our March-April festival of 5Ks. As usual, our speedy masters contingent is braving the groaning gales and hustling for hardware in a 40° weather warp that's been rolling over New York's "tropic isle" since November. Yearning for balmy May, let me present this bouquet of 5K gullywashers.

Jenny's Jog in Stony Brook, April 18, was the fastest, a flat, mid-isle romp of windless wonder. So who won? Wynne. Joe Wynne. Speedy Wynne, 40, shucked 30 pounds to blast a supersonic 16:21 on suburban turf. Wynne, 18, was the fastest, a flat, mid-isle island "nee" problem for Long Island's sodden, soggy spring, while the W40+ distaff gold was won by Daisy Mendez (18:36); wife Sue Hildebrand (17:20) busted the 20-minute barrier (19:58), while incredible times were run by 51-55 leaders Marion Stanjones (20:30) and Annette Frisch (21:42). NY Road Runners Club 65-69 champ John McManus (68, 20:53) outdrew L.I. champ Bert Jablon (22:14) in this very generous Lions Club annual race on a fine, flat, and fast course in Billy Joel's hometown.

Last but least was the Parkway Foundation "5K" around the Flushing Meadow Lake by the Brooklyn-Queens border, March 29. Buoyed by a fine organization, a generous awards program, and an accurate and speedy results package, the race was rendered absurd by an inaccurate course measurement. When your first mile split is 50 seconds slow, you lose gump­tion. Keith Sullivan (40, 18:29) outlasted Luis Guichichulca (44, 18:34) and a grumpy third-place master (18:35). Gloria Neuman (42, 23:45) outdistanced the W40+ field. The wind might have accounted for 15-25 seconds, but hey, it was probably a 3:1-mile race, and 300 runners snarled to PWs (Personal Worsts). The second-place man, who had won a true 5K on a hilly course in 15:59 the week before, finished in 17:11. The one thing a race director must ascertain is the course's accuracy (of course, fewer crusty curmudgeons grumble if the course is a tad short).

New York's runners look forward to May and 55° breezeless, flat, lilac-scented splendor.

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Tips on Training Alone

The following is an interview with Paul Johnson, a racewalker for 3½ years. This year, Paul has competed and won his age division (M50) in three indoor meets — Brown Invitational, RI, 1-mile 7:58; Augustana College, IL, 3000m 15:33; and 1500m 7:35 — TAC Indoor Nationals, OH, 3000m 14:58.4. In April, he was an age group winner at the Mt. SAC Relays, CA, 10K (54:41).

How many racewalkers are there in Arkansas?

Probably about two or three.

How do you get started?

I had a friend in Ft. Worth, Texas, who kept talking to me about racewalking, but I really didn’t have any interest because I was a runner. During the 1988 Honolulu Marathon, I was struggling through the last five miles when a racewalker passed. I was dying, and he went by so smooth and easy. That got my interest up. I wrote an article about my experience for our state running newsletter with the headline: “It Is Time For This Runner To Take A Walk.”

After Honolulu, my friend and I began training for the racewalk in the New York Marathon. I got very taken in by the sport, and entered the 20K walk at the World Veterans Games in Eugene. It was my first judged race and I did a 1:56. That inspired me more. I began overtraining and ended up by having to layoff for nearly four months.

I realize now that the injury was probably caused by faulty technique, but I had nobody to show me. There may have been other causes, too. I wasn’t doing any stretching or strengthening, and the fact that I had been running for 12 years probably worked against me. I was so strong and had so much aerobic power, the muscles and tendons used in racewalking weren’t ready for the new work. I probably overstressed them trying to get too much speed.

Because I have to train by myself, what kind of system do you follow now?

I alternate hard days and easy days, six days a week, and average about 35 miles. The difference is I train with a heart monitor now. Back in November, I took a lactate blood test using a treadmill and a heart monitor. In this test, the technician notes the speed you are going and your matching heart rate, and from the blood samples he takes, he records your lactate acid accumulation. From this information, he makes a chart to show your training ranges.

I was given three training ranges: aerobic, extensive anaerobic, and intensive anaerobic. My aerobic training range is 120-140, the range I keep on my easy days. I am not to train under 120 or over 140. The 140 to 150 range is a dead zone in which I get no training effect.

The 150-169 range is my extensive anaerobic zone. For example, yesterday I ran 12 miles at a 6:35 pace, which is right on my 150-169 range. I was very pleased.

Paul Johnson (l) and John El Warner at the World Veterans Games in Turku, Finland. El Warner was first American M50 in the 5K and 20K racewalk (23:53.9, 1:48:51) and Johnson was second American in 25:48.7 and 1:56:59.

Photo from Elaine Ward

Racewalking Pros and Cons

(If the policy of NMN to encourage an exchange of ideas among masters racewalkers to promote a strong program.)

FORESIGHT PAYS OFF

I have just returned from this year’s TAC National Masters Indoor Track & Field Championships at Ohio State University. You may recall at last year’s meet that Gary Null was forced to do an extra lap because there was only one lap-counter for everyone in his race. The error denied him an American record.

This year’s meet was considerably different. The official provided lap counters for each walker, and the men were divided into two sections. Those under 55 were in one group and those 55 and over were in another. However, there was a new problem.

At the finish of my race, I returned to the track and told my lap counter he had recorded was .5 of a second behind the alleged winner.

Ten Years Ago

- Herb Anderson, 75, Wins 10 Gold Medals and Phil Rascher, W55, Captures 7 Golds in National Masters Indoor TT&F Championships
- Southern California Striders — Bill Knocke, Ralph Lee, Mel Elliott, and George Cohen — Smash M40-49 Medley Relay Record in 11:03.7
- Cindy Dailym (W40, 56:25) and Mike Tymn (M45, 48:43) are Top Masters in Hawaii’s Norman K. Tamanaha 15K
- Herb Lorenz (43, 31:39.6) wins National Masters 10K

Continued on page 12

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For further information please contact:

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(212) 744-5515

Continued on page 11
Race Walking Pros and Cons

Continued from page 10

the Accutrac photos and came up with a photo of my finish which showed I was a stride length ahead. The results were changed and I received the reward.

Overall, I think the officials at this meet tried their very best to put on a good meet. Providing individual lap counters for each walker was great. Allowing them to use their individual stop watches to determine finish times caused the error. The possibility of this type of error occurring should be addressed in the proposed Race Walk Management Manual for meet directors and officials.

Paul Johnson
Arkansas

ANOTHER VOICE FROM NEW JERSEY
(Though the Racewalking Section of the April NNM was to conclude the discussion of racewalks vs. another type of competitive walk, the following provides the resounding finale of symbols. — EW.)

My good friend Mr. Avram Shapiro, author of a letter, published in the Masters RWing column of May 1992, was carried under the subhead, "New Jersey Perspective." Let me say right now that it was most definitely NOT the perspective of the New Jersey TAC race walking chairman. This is that perspective.

There can be no sport without rules and when rules are not adhered to, we no longer have a sport. There can be no degree of RW judging. Either you are — walking by the rule book — or you're not.

You don't rewrite the rule book when it's a good one. You don't say you're “almost” racing. You don't ask the judges to “liberalize,” because when you do, you're asking for racewalking to be “liberated” from track and field, our parent sport.

Nothing could crush all of us — who've spent long years to establish racewalking's current degree of acceptance in the track and field community — more.

Rules must be followed. Racewalkers must not "lift" and must not "creep." It's that simple.

Elliott Denman
JITAC RW Chairman
and Member of IAAF RW panel

Send your letters to: Elaine Ward,
North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115-0312.

Masters Highlight Plainview 10K

by MIKE POLANSKY

Every way you look at it, the 15th annual edition of the Plainview 10K “Run for ASPIRE,” April 11, on Long Island, was a great event for masters runners.

The top masters finisher was 49-year-old Ted Haiman of Rego Park, Queens, N.Y. Haiman crossed the finish line in 34:35, beating his nearest competitor, John Eisenman of Seafood, by 23 seconds, and taking 7th place overall.

Among the masters women, Cheryl Ralya of New York City's Atalanta Racing Team led the way in 38:33, with Sue Curtis of the Northport RC next in 41:13.

Perhaps the most impressive performance of the morning was that of 71-year-old "Grandpa Leo" Karmin, who turned in a strong 54:19 to take top honors in the 70+ age group.

A total of 707 runners and walkers — up from 674 last year — traversed the course through the roads of Plainview and Old Bethpage before crossing the finish line at the Mattlin Middle School. The run raised more than $5000 for ASPIRE, the special program that provides prosthetic devices, intensive physical therapy and rehabilitation for young amputees, most of whom have endured the amputation of a leg to save their lives from bone cancer.

The run was sponsored by the town of Oyster Bay, and Nationwide Insurance, and conducted under the direction of the Plainview-Old Bethpage RRC. Two Oyster Bay Town Board members — Len Symons of Plainview and Doug Hynes of Farmingdale — competed in the run, as did Irv Jackofsky, WCBS-TV weatherman “Mr. G.”
Flat Feet

I’m a 56-year-old runner with flat feet. My condition has never bothered me very much until recently when I decided to increase my training efforts. After a hard workout, the muscles in my lower leg and foot become very sore and swollen. Will flat feet cause this problem? What can I do to eliminate the soreness?

The pros and cons of flat feet have been debated in athletic circles for years. Some flat feet range in severity from a very mild forefoot deformity to a foot that becomes unstable during normal walking.

The forefoot deformity, which allows the foot to over-pronate or turn cutting back your running, was training between 140-150 because I felt I wasn’t working hard enough at a slower pace. But in truth I was working too hard and my body wasn’t getting enough rest. Now I am doing more slow miles, but the miles I do fast are quality. I am also doing less miles than last year, but I am making PRs.

The following discontinued models are offered at these low prices. The numbers which we have are listed below.

**Masters Racewalking**

Racewalking coach and judge Frank Alongi (l) and Jack Bray, M55 racewalker, at a racewalking clinic, sponsored by the North American Racewalking Foundation and Elaine Ward, Los Angeles, April 11-13. Photo by Chris Rael

day I did 30 minutes in my aerobic zone, 30 minutes in my extensive zone, and 30 minutes in my aerobic zone again. The purpose is to extend my workout time in the extensive anaerobic zone.

The third level is 160-170, the intensive anaerobic zone. This coincides with speed workouts, and is equivalent to my 3K or 5K pace. I vary my speed intervals between 200 and 800 meters. I also change the interval rest time from 30 seconds to two minutes. For example, I will work out for 40 or 45 minutes doing 800 meters at a 4-minute pace, rest two minutes, and do another 800 at a 4-minute pace.

What kind of improvements are you experiencing?

I have been using the heart monitor seriously for about four months, and my training seems to be much easier. What I find is that my speed is increasing within the three ranges. Last year I was doing too many miles too fast, and I was training between 140-150 because I felt I wasn’t working hard enough at a slower pace. But in truth I was working too hard and my body wasn’t getting enough rest. Now I am doing more slow miles, but the miles I do fast are quality. I am also doing less miles than last year, but I am making PRs.
quantity. What I see the problem being is that the pendulum swings always go to the extreme, and either extreme is unhealthy, whether it’s running 40 fast quarters on the track or 150 miles at the slowest possible pace. What I’d like to see happen is the pendulum settling down in the middle, where there’d be a balance.”

Middle Ground
But where is that middle ground, that balance? Dr. David Costill, another exercise physiologist, conducted a study and found that marathon runners showed a 16-percent increase in running efficiency by going from 25 miles to 50 miles a week. From 50 miles to 75 miles there was an additional three-percent gain. But when the training mileage was increased to 100 miles a week, there were no additional gains. In fact, there may have been some losses at 100 miles.

Still, it may be an individual thing. Had Costill divided up the test subjects by body type, I think he would have found some differences, perhaps some benefit beyond 90 miles a week for heavier runners. Those like Macdonald and Foster, seemingly thin enough to fit between jailhouse bars and featherlike in their running, may very well maximize their training at around 60-70 miles a week. But heavier, stronger runners such as Rob de Castella and Rod Dixon may need much more than that.

“I fully agree,” offered Henderson. “Lydiard pointed out that Peter Snell did so well because the high mileage kept his weight down. The little whippets like Sebastian Coe can speak out against it, but they don’t have the weight factor to overcome.”

It’s probably best that we don’t know the answer to the quality vs. quantity problem. When you have all the answers there’s not much challenge or fun in the pursuit. It’s exploring the unknown that makes it interesting.
Popejoy Edges Waigwa to Win Masters Mile in Penn Relays

by MARC BLOOM and PETER TAYLOR

Ken Popejoy, 41, waited for Wilson Waigwa, 43, to launch his kick in the last 200 of the Runner’s World Masters Mile, then jumped Waigwa off the last turn and sprinted ahead for the victory in 4:16.11. The contest, which was held at Philadelphia’s historic Franklin Field on April 24-25, was one of the highlights of the 98th Annual Penn Relays.

Waigwa led through the quarter (65), half (2:10) and three-quarter (3:15) marks, finishing in 4:17.62. Popejoy bided his time in second, followed closely by newcomer Swag Hartel, 40, of Louisville, Ky., then made his move in the last 200. Popejoy’s last quarter was about 60 seconds flat, and completed an outstanding double victory for him on the weekend.

The day before, he took the masters 800 at the Drake Relays, running a 1:57 under cold and windy conditions. Hartel finished in 1:48.38 for an excellent debut performance, followed by Albin Swenson (4:20.60) and Byron Dyce (4:21.94).

In the 4 x 100 relay (M40+) on Friday the Houston Masters Elite Team of Russell Austin, Bill Collins, Bob Mitchell, and John Hartfield roared to a 43.26, narrowly missing the U.S. and world record by .16 seconds. Collins got a big response from the crowd as he blustered the second leg.

On Saturday, in the 4 x 400, Houston (running in a different order) appeared to be the winner in 3:31.12, only to be disqualified for running out of their lane on the last leg, a tough call in a crowded field of 14 teams. The Washington, D.C. Police squad of Jasper Royal, David Goodridge, Ralph Penn, and Fred Sowerby was placed first with a time of 3:33.10.

In the first masters event of the meet, the 4 x 100 for men 50+ (or women 60+), the Caribbean Connection team of Melvin Wongshing, Norm Tate, Kent Bernard, and Edwin Roberts won in 47.02; Potomac Valley Seniors followed in 47.98.

In the day’s final event, the 4 x 400 relay, a very wet Potomac Valley Seniors team of Alby Williams, Ralph Romain, Ken Baker, and Larry Colbert set a U.S. M50-59 club record of 3:45.10. Amazingly, all but Williams are 55 or over, with Romain looking forward to his 60th birthday in July! A game and talented NY Pioneers foursome of Richard Rizzo, Glen Shae, Ed Small, and William Burrell finished second in 3:46.75.

On Saturday, Garfield “Gar” Schoener had his day in the sun as he narrowly edged Robert “Sparky” Solliven in the 75 + 100 meters, 16.23 to 16.30. Claude Hills was next in 16.88, followed by Jeremiah Gaines in 17.43. The happy Schoener, from nearby Lansdowne, Pa., revealed to the Philadelphia Inquirer that he had had triple-bypass heart surgery in May 1991. According to the Inquirer account, Schoener, now 76, didn’t start sprinting until age 72.

Early Saturday morning, Ray Funkhouse walked a brilliant 21:14 (6:50 per mile) to take the Men’s Masters 5000. Gary Null was second in 23:06. Sixty-five-year-old Ed Gawinski won the 12½ laps in an excellent 28:23.

Linda Stein took the Women’s Masters 5000, racewalking 27:10, followed by Lois Dicker in 28:53.

Unfortunately, one of the most “memorable” aspects of the meet for some competitors was undoubtedly the decision to change the masters 4 x 400 40+ race, originally scheduled for Saturday at 2:25 p.m., to 4:25 p.m. The runners were notified of the change just a few minutes before race time, with many of them already in the paddock.

Apparently, the masters 4 x 400 was not deemed to be sufficiently deserving of national TV exposure, which was from 2:00 p.m. to 3:30 p.m.
**MEN'S INDOOR NATIONAL CHAMPIONSHIP MEET RECORDS THRU 1992**

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Continued from the previous page...
Water Training

by BARBARA MARQUAND

Lap lanes in the swimming pools across the country are being taken over by a new breed of fitness buff — and some of them don't even know how to swim. They are water walkers, people who have gotten hooked on walking and running in the swimming pool.

Water walking has become a fitness sensation, attracting men and women of all ages and fitness levels — from top athletes to couch potatoes. Runners also are taking their workouts to the water to reap the benefits of cross-training or to keep fit while nursing painful injuries.

The activity has become so popular, water-walking classes and water-running competitions have sprung up all over the country, and many community pools and fitness centers have set aside pool lanes for walking.

“My prediction is by 1993 there will be more water walkers in the pool than lap swimmers,” says John Spannuth, executive director of the U.S. Water Fitness Association in Boynton Beach, Fla.

How does it work? Walking in water provides a good workout because water adds 12-14 percent more resistance to your movements than when you are on dry land. The more vigorously you move under water, the more resistance you encounter and the more calories you burn. Fitness experts estimate you burn about 450 to 550 calories per hour during an average water walking workout and even more per hour when you run in water.

Anyone Can Water Walk

“Anyone can learn to water walk,” says Pamela Wright, hydro research and development coordinator for the Cleveland County Family YMCA, whose water fitness program is rated one of the top in the country. “You do not have to be a swimmer. You don’t have to worry about coordination or timing or anything.”

Wright has worked closely with the Norman, Okla., medical community to develop exercise programs for athletes as well as victims of arthritis and strokes. Because of the water’s buoyancy, water walking is easy on the joints. Wright says runners who have shin splints or knee injuries use water walking to keep fit while they heal.

Fitness experts advise that before starting a water walking program, to check with your doctor first, just as you would before beginning any other fitness activity. To do the exercise, simply wear a flotation belt — a simple ski belt, 2) an “aqua jogger” for more back support, 3) a “wet belt”, or 4) a “wet vest” which offers complete buoyancy and freedom of motion. You can also add weights or resistance items like boots that act as leg weights; hand weights that use the water itself for resistance work; or rubber tethers that offer both resistance and stabilization.

Jacqueline Hansen’s Typical Water Workout

Warm-up — 10-15 minute easy “jog”
This can either be running in place, touching the pool bottom, or back and forth across the pool’s width. It can also be done in the deep end, wearing a flotation device and optional tether.

Workout — Minute runs
Simply increase the effort of a continuous run for one minute hard, followed by 30 seconds easy — and repeat. Depend on your fitness level and your goal (endurance or speed), you determine how many and what intensity. Start with 10 x 1 min. and build up to 20 or more. 10 will give you a 15-minute workout; 15 will take 22½ minutes; and 20 will take 30 minutes. Add warm-up and cool-down time to judge your overall workout time.

Cool-down — 10-15 minute easy run

Stretching — Hamstring, Quad, Ab- and Adductor stretches

Additional Workout Ideas

- Re-create your usual track workouts in the pool by converting distances into time segments. Run with appropriate effort for time instead of distance.
- For strength work, run in a “bounding” fashion (ala Lydiard) across the pool, back and forth. This should be done in the shallow end of the pool, waist-to-chest deep.
- Alternate running and walking in deep water. Use straight legs, and alternate your arm swing with your leg stride. For a real challenge, try this without a flotation device. Only your effort will propel you forward and keep you from sinking. This will make your heart rate soar, so make sure you’re warmed up first.
- Use your pulse rate as a guide to your workload. To determine your “target” rate, subtract your age from 220 and multiple by 70-80%. A good rule-of-thumb is to aim for 20 minutes out of an hour’s workout in your target zone.

Equipment
Equipment can range from the sophisticated to the simple. Pool shoes can be the specially-designed, rubber-soled, mesh-topped water socks, or you can use an old pair of lightweight racing flats. Flotation devices can be any of the following: 1) a simple ski belt, 2) an “aqua jogger” for more back support, 3) a “wet belt”, or 4) a “wet vest” which offers complete buoyancy and freedom of motion. You can also add weights or “resistance” items like boots that act as leg weights; hand weights that use the water itself for resistance work; or rubber tethers that offer both resistance and stabilization.

Jacqueline Hansen won the W55 1500 and 5000 at the World Veterans Championships in Melbourne in 1987, and placed fourth in the W40 1500 in Turku last year. She teaches group water-workout classes in Topanga, Calif., and teaches private classes of any size.
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Plus $75 worth of exclusive Olympic memorabilia! In addition to the 1,080 hours of programming—540 hours live (5 a.m. to 5 p.m., and mostly prior to NBC's network coverage), the Gold Medal Package includes $75 worth of 1992 Summer Games memorabilia:

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- The one-of-a-kind collectable Olympic TripleCast 5-pin set.
- And, the official NBC video highlights tape of the greatest moments in Olympic action at Barcelona.
- Plus—a 50% discount off selected merchandise in the Olympics TripleCast Gift Catalog.

It's the best! TAC's Olympics TripleCast Gold Medal Package discount offer is not only the best you may see on television, hear on radio, or see in print—it's the only one that doesn't have a deadline—we'll be able to continue processing Olympics TripleCast subscription requests right up to Barcelona Games-time. However, as an incentive for early response, TAC will provide a U.S. Track and Field Team patch to each of the first 1,000 subscribers.

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Masters Runners Can Take The Heat

We sweat less as we grow older, but if we drink plenty of fluids before and during long workouts, there’s no evidence we’ll become more sensitive to heat as we age.

An Australian study matched runners in their 50s to runners in their 20s. They ran for two hours at 70°F Fahrenheit and 50% relative humidity while drinking during the run. Both groups had about the same skin temperature, loss in blood plasma volume, and percentage weight loss. (Karen Wooley, Ph.D., University of Queensland, Australia)

A British study found low-back-pain patients treated by chiropractors improved more than those who visited hospital clinics.

Chiropractors tended to treat patients for longer periods—to 30 weeks—while hospital therapists usually completed treatment within 12 weeks. (British Medical Journal, Vol. 300, No. 6737, pp. 1431-1437)

Running backward is a good supplement to normal running, because it develops leg muscles and helps the knees, according to a study led by Paul Devita, Ph.D., at Southern Illinois U. in Carbondale.

(Above items reported in Running & FitNews, an ARFA publication.)

A Brown U. study shows that a majority of cases of one type of skin cancer originate on the ear. The study recommends wearing sunscreen or a hat with a brim.

(Reported in Johns Hopkins Medical Letter: Health After 50)

Men who consume 300 to 400 milligrams of vitamin C daily live about six years longer than men who don’t, and the vitamin may extend women’s lives by about a year, a study suggests.

James Enstrom, a UCLA epidemiologist who authored the study, said it’s better to consume vitamin C by eating five daily servings of fresh fruits and vegetable than by taking vitamin pills. Foods rich in vitamin C include oranges, strawberries, cantaloupes, watermelons, cabbage and broccoli.

The study analyzed a U.S. government survey of 11,348 adults ages 25 to 74 who were examined during 1971-74 and followed through 1984. Men who took 300 to 400 mg daily had 42% lower overall death rates than those who got less than 50 mg a day.

The study was the largest and most detailed ever to look at the effects of vitamin C on death rates, Enstrom said. The study was published in the May 8 issue of the journal Epidemiology.

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

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

June 20, 1992

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

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

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

Miscellaneous: Competition order - oldest to youngest, women first, except HI & PV which start at lowest height.

TAC Registration Required.

SCATAC District Championship Medals to top 3 residents; there will also be medals for non-residents who finish in the top three places.

Surface: Identical to I.A. Coliseum - 9 mm elements required for track, LJ, TJ, PV, HJ 12 mm required for JT.

Send check and entry form to:
Christel Miller, 1740 Grandview, Glendale, CA 91201
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Please make check payable to: Christel Miller
Co-Sponsor: Corona del Mar Track Club

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FAX (404) 255-0731
Two WRs Set in Ontario Championships

by JERRY WOJCIC

The 1992 Ontario Masters Indoor Championships drew 224 entries to York University in Toronto, Canada, on March 7. They left with two world, 19 Canadian, and four Canadian open records.

Aleks Erneaks broke the M80 world record of 86.79 for the 400 with a 79.6 and Dorly Brechbeuhl ran a 6:53.0 to break the W65 1500 world record of 6:55.7.

Elga Meri, W70, led the attack on the Canadian records with four. The Canadian open records went to U.S. citizens Dorthy Swanson, W55, and Pat Petter, W65.

Meet Director Brian Keaveney, employing the labor and talents of a dedicated group of students and staff from East York Collegiate school, won kudos for a superb meet.

The 1992 Ontario outdoor championships will be held in Hamilton in June.

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WAVA/TAC Hurdles and Implements Specifications

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Attention: Race Directors

This is being written as a formal protest against some Race Directors' procedures of awarding prize money in the masters category. For age 40 and over, your method of giving money to the first runners who cross the finish line, based on time only is grossly unfair.

High school and college-age runners are not normally eligible to receive money, so they are not considered in the prize money. However, they may be awarded ribbons, medals or trophies. The Open category may include a runner of any age, but it is generally made up of runners between ages 20-24. We've long known that runners in the Open compete favorably with each other. In other words, there is no age-based phenomenon increases its rate with age until runners in their 60s, 70s and 80s can run abreast of those in their 40s. Most all runners understand and accept this. But, most masters do not consider it fair to award masters prize money based on race time alone. Such a procedure completely ignores the natural aging process.

Many Race Directors have established age groups for both sexes from the very young to the over-70. This is good because it provides a reasonably fair way to give awards. However, when giving masters prize money, they often lump everyone over 40 into one, huge age group. Is this not a double standard?

The age groups and the Open awards should always be based on time only. Time and age must both be considered in determining the best performances for masters prize money. In the same manner, you must consider time, age and weight in the Clydesdales. Would it be fair for a 70-year-old, 230-lb. runner to compete with a 180-lb., 25-year-old runner? This principle also applies to team scoring where there is a big gap in the ages of team members.

Here is an example of what actually happened in a race. The prize money in this particular race was five deep and the first five masters to cross the finish line were in their 40s. These five runners posted very average times. In this same race, a 66-year-old man turned in an outstanding performance that was only 2 seconds slower than the 5th place finisher. This runner finished 6th in the masters based on actual time. Can you be serious when you tell us that these five average runners deserved the prize money and the record performance deserved none? Are you serious when you say a 40-year-old should run heads-up with an 80-year-old?

Are you aware that the average age of runners goes up each year and has done so for many years it will be near 50? It took several years of protests and even petitions to get the older groups reinstated. Why should we have to do the same for prize money?

The World Association of Veteran Athletes did not come up with a gimmick or throw something together overnight in developing the age-graded scoring system. It was a time-consuming and very thorough study by a large group of experts on the subject, who also happen to be older athletes. It is accepted world-wide. It sorts out the best performance of all the masters and is the only way to award prize money equitably. It can be done on race day with a calculator and only requires a few minutes.

The proceeds from your events all go to excellent causes. We very much want to be a part of these. Yet, you are saying to us: we want you to come and pay to enter, but we cannot consider your prize money even though you may set a state, national or world record.

We think it is high-time you came out of the dark ages. You should take a lesson from the Tri-Valley Run, Rutgers Classic, Night Bristow Wildflower Run and other races that use the WAVA age-graded system to award masters prize money.

Bell, McLatchie Win in Tyler Azalea 10K

by JERRY WOJCICK

Doug Bell, 41, of Greetly, Colo., and Carol McLatchie, 40, of Houston, won $500 each for top masters finishes in the Azalea Trail 10K, Tyler, Texas, on April 11. Bell ended with a tenth-place 31:13, while McLatchie was seventh woman in 36:43.

Both were also top age-graded masters with Bell at 92.0% and McLatchie at 86.8%.

Masters seconds place, worth $250 apiece, went to Ed Swatocho (41, 32:09) of Dallas, and Ginger Streeter (41, 39:13) of Bossier City, La.

Omar Rodriguez, 52, ran 37:45 to win the M50-54 race. Tyler's Susie Hughes, who turned 85 last month, received a repeat ovation at the awards for her 83:03 finish.

Humidity and hills took their toll, with most runners slower than their predicted times by a minute or more.

About 3800 participants competed in the 10K and the fun run which proceeds benefiting the Regional Texas Food Bank. Sponsors included American Eagle/American Airlines, Brookshire's, and Nabisco Brands, Inc.
MASTERS SCENE

NATIONAL

- The seventh World Congress of Association of International Marathons and Road Races (AIMS) held in Bangkok, Thailand, unanimously conferred the title of President Emeritus to Fred Lebow, race director of the NY Marathon. AIMS General Secretary Andy Galloway, New Zealand, remarked, "Fred has long been regarded as the father of the modern marathon, with mass participation, fast times, and top road runners competing for considerable awards, and it is hence only appropriate that this incredible man's achievement should be recognized in this way." The title is the highest honor for road running administrators and has only once been awarded, and that was to Will Cloney of the Boston Marathon.

- Joanne Johnson, 51, Murrysville, PA, first in the 50-and-over age group in the 1992 AIMS Vintage 5 Mile, finished in 20:00.

- Paul Spangler, 93, was profiled in the Los Angeles Times, May 6. Titled "On the Run to 100," the upbeat article told of Spangler's serious training at his San Luis Obispo, CA, home - a 7-mile run, three days a week, at 4:30 a.m., then a half-mile swim or a 45-minute Nautilus workout. His goal is, to collect $100,000 as the first person over 100 to run the New York Marathon.

- Stan Whiteley, 46, won a special masters age-graded 100-meter race at the annual Mt. Washington & Coos Relays in Walmart, Calif., April 18. Whiteley, with an 8.3-meter handicap, finished first in 10.23. Walter Butler, 54, with a 1.06-meter handicap, was second in 10.63. The 3-day meet drew 12,000 spectators, the most in several years.

- NORTHEAST

- Derek Turnbull's two M65 WRs (1500, 3:49.9; 5000, 16:38.8) overshadowed other fine performances in the New Zealand Championships, Auckland, March 13-15. Bruce McPhail broke national M55 records in the 100 (12.1), 200 (24.4), and LJ (5.42), won the 400 (57.3), and had the highest score (3350) of all pentathletes. Ron Robertson, who has pending WRs in the M50 SC and 10,000, won the SC (9.44), 5000 (19:36.3), and 10,000 (32:06.6).

- INTERNATIONAL

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TRAC K & FIELD NEWS
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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 NMP, P.O. Box 2372, Van Nuys, CA 91404.
Continued from previous page


SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 6. TAC Southwest Regional Masters Championships, SMU, Dallas, Texas. John L. Pritchett, 2206 So. Harwood St., Dallas, TX 75212. 214/298-2041.


June 29. Oklahoma City Summer Relays, Oklahoma City, Oklahoma. Includes pentathlon. Coach Joe Newton, 1921 W. 5th St., Los Angeles, CA 90036. 213/657-1246.


July 12-14. TAC South Central Texas Region Masters Championships, Solomon, Texas. Includes pentathlon. Hector Ortega, 408 E. Main St., San Marcos, TX 78666. 512/756-0371.


August 1. Oklahoma City Summer Relays, Oklahoma City, Oklahoma. Includes pentathlon. Coach Joe Newton, 1921 W. 5th St., Los Angeles, CA 90036. 213/657-1246.

August 2. TAC Oklahoma City Relays, Oklahoma City, Oklahoma. Includes pentathlon. Coach Joe Newton, 1921 W. 5th St., Los Angeles, CA 90036. 213/657-1246.

August 8. TAC Oklahoma City Relays, Oklahoma City, Oklahoma. Includes pentathlon. Coach Joe Newton, 1921 W. 5th St., Los Angeles, CA 90036. 213/657-1246.

WEST
Arizona, California, Hawaii, Nevada

June/July. Los Angeles area summer All-Comer Meets. Contact SCATAC office.

Symposium: The Biology of Aging Interventional Strategies

"Youthful Aging, Maximum Longevity, Peak Performance"

July 10, 1992
Condoll Medical Center, Libertyville, Ill.
Moderator: Craig Dean M.D.

The purpose of education is to enable a person to come into all his power." - J. Dewey

9:00 - 1:00 a.m.

Nutritional Considerations for Altering the Biology of Aging
Optimism, Health and Successful Aging
Race Walking Clinic
or
Biomarkers of Aging/Performance
Lunch
Adapting Excellence in Health and Athletics after the age of 60! (Panel Discussion with American Record Holders Algen Williams, Anne Clarke, Harry Brown)

2:30 - 4:00 p.m.

Current Research and Practical Implications for Altering Life Span
Richard Weintraub Ph.D., Director of Biomedical Research, Institute of Aging, Univ. of Wis.
Craig Dean M.D., Researcher in the Biology of Aging Studying Human Performance/Health Elite Masters Runners, Condoll Medical Center.
Peg Cronin M.P.H. C.H.E.S., Behavioral Health Educator.
Mike DeWitt, Assistant National Coach, National Race Walking Team, Univ. of Wis.

Cost: $25.00 includes lunch.

Dinner Reception: July 10, 1992
Condoll Medical Center, Libertyville, Ill.
Wine
Dinner
Keynote Address
Motivation for "Dynamic Aging"
Coach Joe Newton, 1928 Olympic Track Team, 7104 Nashua, Oklahoma City, Oklahoma. 405/521-4164.

Cost: $15.00 per person

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


June 6. Scholastic/Masters Meet, Lewis & Clark College, Portland, Oregon. Mike Monahan, P.O. Box 1143, Gresham, OR 97030. 503/667-1145.


June 28. Peace Arch Games, Bellingham Parks & Rec., 210 Lottie St., Bellingham, WA 98225. 206/676-0985. Events include 1500 and 5000 EW.


CANADA


July 18-20. Canadian Masters Athletic Association Championships (in conjuction with Canadian Masters Summer Sport Festival), M&W33 + (non-champ. events continued on next page)
**INTERNATIONAL**


July 18-20, Mexican National Masters Championships, Monterrey Nuevo Leon, Marcelino Contreras; Phone: 5-92-06-68; Fax: 5-41-41-10.

July 19-21, British Veterans Athletic Federation Championships, Hendon, London, Barbara Dunford, 71 Hillside Crescent, South Harrow HA2OQU.

July 25-August 9, XXV Olympics, Barcelona, Spain.


October 9-12, VI WAFA South American Regional Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 685, Santiago, Chile. 212-141-174. Fax: 0 11 699 2 699.

October 24-25, Hong Kong Veterans International Meet. M/W 35+, AVOKH, International Group, 4900 P.O. Box 1006, Central Hong Kong.

November 20-30 December 6, VI WAFA Region 7 Oceania Championships, Norfolk Island, Ian Anderson, P.O. Box 158, Norfolk Island. M40+, W35+. Fax: 011-64-672-3-3106. Phone: 011-64-672-3-2115.

**LONG DISTANCE RUNNING NATIONAL**


September 7, TAC/USA National Masters 20K Championships, New Haven, Conn. John O'Heir, P.O. Box 1893, New Haven, CT 06508. 203/397-0214.

October 4, TAC/USA National Masters 5K Championships, Minneapolis, Minn. Bruce Mortensen, 15031 Highland Pl., Minneapolis, MN 55345.

October 8, TAC/USA National Masters 5K Cross Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.


November 21, TAC/USA National Masters 8K Cross-Country Championships, Minneapolis, Minn. Bruce Mortensen, 15031 Highland Pl., Minneapolis, MN 55345.

**SOUTHEAST**

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

July 4, Peachtree 10K, SASE to: Peachtree RR, Atlanta TC, 3097 E. Shadowlaw Ave., Atlanta, GA 30305.


June 14, Miami Beach 3 Mile Cross-Country Thompson Memorial Park. 7 p.m. Miami RC, Tropical Park, 7920 S.W. 40 St., Miami, FL 33155. 1-800-940-4RUN.

**MIDWEST**

Illinois, Indiana, Kansas, Michigan, Ohio, Wisconsin


**MIDWEST**

Illinois, Indiana, Kansas, Michigan, Ohio, Wisconsin


**WEST**

Arizona, California, Hawaii, Nevada

June 6, Fontana Days Half-Marathon/5K Run & RW. Fontana Community Services Dept., 9460 Sierra Ave., Fontana, CA 92335. 714/350-7655.

June 13, Polos Verdes Marathon. George Owens, P.O. Box 153, Palos Verdes, CA 90274. 310/672-3419.

June 20, Fuji 8K, David Grenier, Fujitsu Microsystems Inc., 3545 N. First St., San Jose, CA 95134. 408/922-9115.


**NORTHWEST**

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

June 28, Cascade Run Off 15K. Cascade Run Off, Box 40228, Portland, OR 97260. 503/226-0711.

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

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

<table>
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<th>Event</th>
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<tr>
<td>80K</td>
<td>80+</td>
<td>7:18:00</td>
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Notes:
The standards are for 100-meter intervals.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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<td>80K</td>
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Notes:
The standards are for 100-meter intervals.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME: __________________________ AGE-GROUP: __________________________
ADDRESS: __________________________ SEX: M ______ F ______
CITY: __________________________ STATE: __________________________ ZIP: __________
MEET: __________________________ DATE OF MEET: __________________________
MEET SITE: __________________________
EVENT: __________________________ MARK: __________________________
HURDLING HEIGHT: __________________________ WEIGHT OF IMPORTANCE: __________________________

If you have bettered the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch (a patch tag, showing event and year, is an extra $5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A color, 6” by 10” certificate— suitable for framing—and/or a 3” by 4” patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
**TRACK & FIELD RESULTS**

Please send your results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than nine months after the event. (maximum spaces 2/3 wide) in our format receive preference. Deadline is the 10th of the month prior to date issue.

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**NATIONAL**

TACUSA National Masters Indoor March, Columbus, Ohio: April 3

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**TRIPLE JUMP**

<table>
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<tr>
<th>25-34</th>
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**WEST**

**Foothills College Trackw Meet No. 9**

**Los Altos Hills, CA: April 18**

**Shot Put**

| N.E. Hodgson | 41.10 | 41.10 | 40.89 | 40.87 | 40.85 | 40.83 | 40.82 |
| Ross Clark | 41.09 | 41.09 | 41.08 | 41.07 | 41.06 | 41.05 | 41.04 |
| Mike Sis | 41.08 | 41.08 | 41.07 | 41.06 | 41.05 | 41.04 | 41.03 |
| Mike Norris | 41.07 | 41.07 | 41.06 | 41.05 | 41.04 | 41.03 | 41.02 |
| Mike Sis | 41.06 | 41.06 | 41.05 | 41.04 | 41.03 | 41.02 | 41.01 |

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**Ken Carneal Classic**

Sacramento, CA: April 25

**Men**

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**NORTHWEST**

**Lewis & Clark Invitational**

Lake Oswego, OR: April 25

**Hammer**

| 1. St. Michael | 180-14 | 165-16 | 150-17 | 135-19 | 120-21 |
| 2. Roy Jones | 165-16 | 150-17 | 135-19 | 120-21 | 105-23 |
| 3. Bill Thompson | 150-17 | 135-19 | 120-21 | 105-23 | 90-25 |
| 4. Dan Walls | 135-19 | 120-21 | 105-23 | 90-25 | 75-27 |
| 5. Tim Johnson | 120-21 | 105-23 | 90-25 | 75-27 | 60-29 |

---

**Notes:**

Hurdles are actual distance thrown; throws are age factored using formula: 1.50m = 1.00m x 1.25. Standard is 85 meters. (standard 21.5 lb weight)
Northwest Masters 15K/10K
Seattle, WA; April 11

1. Philip Volch 43:51:08
2. David Volch 50:53:04
3. Tom Conley 53:04:13
5. Myra Rhodes 57:40:34
6. Myra Rhodes 57:40:34
7. Robert Mowery 58:30:57
8. Ken Peters 59:45:14
9. Tom Swofford 59:50:04
10. John Redbird 60:30:57

Canada

Ontario Masters 8K
Brooks Spring Run Off High Park, Toronto; April 11

1. Mike Collins 25:20:12
2. Ken Peters 25:20:12
5. Mike Peters 25:20:12
9. Mike Peters 25:20:12
10. Mike Peters 25:20:12

Race Walking

University of Wisconsin- Parkside AC & RW
April 22

Overall
Dave Dobert 21 45:30.0
Michelle Ried 26 45:35.0
Don Rottin 27 45:40.0

Masters
Gary Snyder 65 25:20.1
Mark Peters 65 25:20.1
Bob Peters 65 25:20.1
Bill Peters 65 25:20.1
Bob Peters 65 25:20.1
Mike Peters 65 25:20.1
Mike Peters 65 25:20.1
Mike Peters 65 25:20.1
Mike Peters 65 25:20.1
Mike Peters 65 25:20.1

Women
Judy O’Hare 70 30:01.0
Patricia 70 30:01.0
Joyce Harwood 70 30:01.0
Lois Thompson 65 25:20.1
Lois Thompson 65 25:20.1
Lois Thompson 65 25:20.1
Lois Thompson 65 25:20.1
Lois Thompson 65 25:20.1
Lois Thompson 65 25:20.1
Lois Thompson 65 25:20.1

INTERNATIONAL

British Veterans Athletic Federation K/C Championships Dunstable; April 5

M0 G Hill 15:03:01
M106 D Throop 15:03:01
M107 J Pike 15:03:01

Masters Age-Graded Scores

Age 30 35 40 45 50 55 60 65 70 75
Ricky Ray 63 20:21:35
David Hahn 59 15:05:10
Bob Peters 55 15:03:01
Mike Peters 55 15:03:01
Mike Peters 55 15:03:01
Mike Peters 55 15:03:01
Mike Peters 55 15:03:01
Mike Peters 55 15:03:01
Mike Peters 55 15:03:01
Mike Peters 55 15:03:01

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the newsletter's Age Record book and will be listed in the paper as the National Masters News supporter.
TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS
Spokane, Washington • Spokane Falls Community College • August 13-16, 1992

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

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

AWARDS: TAC Championship medals will be awarded to the top three U.S. nationals in each age division of each event final. Duplicate awards will be given to foreign athletes who place. Competitors will receive a certificate of participation.

ENTRY FEES AND PROCEDURES: Entry fee is $20 for first event, $15 for second event and $10 for each subsequent event; penalty $20; and relay $40 per team (must be pre-entered). The entry fee includes a t-shirt to be received at on-site registration. All entries must be received by July 13th, 1992. Confirmation of entry will be sent within seven days or no later than July 20, 1992. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason. Changes after July 31 will be made only if lanes are available in existing heats.

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

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

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

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

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

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

THURSDAY AUGUST 13

FRIDAY AUGUST 14

SUNDAY AUGUST 16

TENTATIVE SCHEDULE OF EVENTS

1992 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

(Please Print Clearly) Last Name ________________________ First Name ________________________
Affiliation/Club __________________________ M/F ______________ Division ______ Age (On 8/13/92) _____
Address _____________________________ City/State/Zip _________________

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

Individual Relay Names: ____________________________________________________________

T-Shirt __ S __ M __ L __ XL __ XXL (add $2 for each XXL) Extra Shirts x $7 US each

TAC Registration Number __________________________ TOTAL AMOUNT ENCLOSED $ __________________________

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

ACTION SPORTSWEAR

TIME TO TRAVEL

TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

Method of Payment . . .
Check or Money Order in U.S. Dollars payable to "Spokane Sports Unlimited."
Mail to . . .
W. 3410 Fort George Wright Dr. - MS 3070
Spokane, WA 99204

WE HEREBY ADOPT the following rules for the 1992 TAC Masters Track and Field Championships: TACUS (The Athletics Congress of the United States) (TACUS), Thehosting organization. Community Colleges of Spokane and all officials conducting the meet of any responsibility for any injury, loss or damage to myself or any property owned by me that may inure in the course of my in connection with the 1992 TAC Masters Track and Field Championships.

Signature __________________________ Date __________

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unlimited, inc.