Schlau, Mansfield Win in Myrtle Beach 10K

by MIKE DAVIS
MYRTLE BEACH, S.C. — Bob Schlau was conservative, Ann Mansfield was rested and Bill Rodgers was pressed for time in the inaugural Myrtle Beach Classic 10K on June 4. What’s more, they all were winners.

Schlau, (40, Charleston, S.C.) was the first masters finisher in 30:55. Mansfield (40, Winston-Salem, N.C.) led female masters with her 38:03.

And Rodgers (40, Brookline, Mass.) won his race to catch a flight to Kansas City — where he was to run the Hospital Hill Half-Marathon the next day — with two minutes to spare.

The Myrtle Beach Classic was the third on the ICI/USRA Masters Circuit and brought a strong field to the oceanfront Kingsford Plantation at the start of the city’s Sun Fun Festival.

Showers the night before the race dropped the temperature to an unseasonable but comfortable 69 degrees — and the 1,000 entries in the 10K run and 5K walk took advantage of it.

Paced by Steve Lester (45, Magna, Utah) through the first mile in 4:45, the field went by two miles in 9:38 and passed three in 14:26.

Schlau, who ran a conservative 4:50 pace and was the sixth masters runner after the first mile, clipped off steady 5:00 miles from there on and started picking off the leaders.

Continued on page 19

Masters runner Mike Creery (5) of British Columbia leads Bill Rodgers of Brookline, Mass., and Adam Pinkston (13, age 25) near the midpoint of the Myrtle Beach Classic 10K on June 4 in Myrtle Beach, S.C. The race was the third on the 13-city ICI/USRA Masters Circuit. Mike Davis Photo

World Games Entry Form in This Issue

The official entry form for the VIII World Veterans Championships is published in the four middle pages of this issue for easy access or pull-out.

The event will be held in the cities of Eugene and Springfield, Oregon, from Thursday, July 27 to Sunday, August 6, 1989. More than 4000 athletes from over 50 nations are expected to attend. Competition will be held in five-year age groups, beginning at age 40 for men and age 35 for women.

It’s the first time the prestigious event has ever been held in the U.S.A. There are no qualifying standards; anyone who meets the age requirement is eligible to participate.

Barbara Kousky, Executive Secretary of the Championships, journeyed to Verona, Italy last month to promote the event at the European Championships.

Continued on page 19

International Section: Pages 19-26

Ann Mansfield (40, 38:03) and Bob Schlau (40, 30:55) on the victory stand at the Myrtle Beach Classic 10K. Mike Davis Photo
TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

August 4-7, 1988

Showalter Field — Showalter Field
Winter Park, Florida

AIRCRAFT INFORMATION:
The Florida Athletics Congress is pleased to announce that Continental/Eastern Airlines is offering you special rates through the continental/Eastern Desk using the Easy Access Number 1-800-752-3977. You can take advantage of this excellent travel value.

AWARDS
TAC Championship medals will be awarded to the top three Americans in each event. All first- and second-place finishers will be awarded to foreign athletes with equal or better effort. Ribbons will be awarded to athletes in fourth through sixth places.

BRUNCH
Brunch tickets are $32.00. They must be entered in meet entry form. Brunch tickets are complimentary to official participants only.

ALAMO RENT A CAR
Alamo Rent A Car is the official car rental for the Florida Athletics Congress. Alamo is the "Driving Force" behind Amateur Athletics in the Florida. For unlimited mileage and great savings while attending the 1988 TAC/USA Masters National Championship, call the toll-free number 1-800-325-3535 and be sure to present the TAC/USA Masters National program number: BY-93500.

IV. Entry Fees — Make all checks payable to TAC/USA MASTERS NATIONAL CHAMPIONSHIPS
1st Event is $10.00 — X $10.00 =
Additional E events — X $5.00 =
Relay is $25.00 — X $25.00 =
T-shirt size S M L XL — X $5.00 =
Extra T-shirts — X $5.00 =
Bracket — X $10.00 =
Total Amount Enclosed $
RULES SNAFU
I attended the recent Southeastern Meet at Raleigh and was shocked and surprised when the meet director berated Elmer Shaw and others age 70+ for throwing the 4K hammer. I was in the area at the time and spoke in defense of the use of 4K, as it has been the official WAVA weight for some years. We were told in a very strong tone that their meet does not use WAVA standards, but TAC rules, which, on page 129, specify the hammer for 70+. On the other board, the 4K is specified for shot in T&F but 5K in Weight Pentathlon.

This does not make sense! This is a ridiculous situation. Last year I talked to a TAC committee member about this conflict (I forgot who it was) and I believe he agreed that it was done through ignorance or perhaps even a typo.

In any event, this tirade at Raleigh reminded me of the situation that I should have some insight on this problem and/or how to have it corrected.

Anyone spotting an error in TAC's publication, make clear that events publicized must truly be open to all non-Europeans that the European Masters Championships would be held in Verona, Italy this summer.

We thought it would be fun to emerge from competitive semi-retirement to get in on the action in Verona. We duly wrote off to the organizers (International Masters of Italy) at the address furnished in the NMN. In due course, we received a reply. Instead of entry forms, we got a cold shower.

In summary, the form letter reply to non-Europeans said that although the organizers were gratified by the inquirer's interest, the European Veterans Athletic Association (EVAA) had decided that non-Europeans would not be allowed to compete. The reasons given were as numerous as they were limp, but seem to center on the apparently insurmountable problem of keeping the Europeans distinct from the rest of us in listing, heats, results and awards — a rationale smacking of practices that I thought had been consigned to the trashbin of history. The rejection letter finished, however, with a cheery "see you in the USA next year."

So much for the uncanny universality of the masters running movement that we read so much about. I will refrain from making invidious comparisons, but at the very least I suggest that the NMN, when accepting events for listing in your unique and valuable publication, make clear that events publicized must truly be open to all masters runners.

**Dudley G. Sippelle**
*Rome, Italy*

**CROSS TRAINING WORKS**
While I always thought of my training in running and cross-country skiing as specific training for each sport, they certainly must have complemented each other, considering the results I have had in each sport.

In February, 1987, at age 69, I won the National USSA 30K Freestyle XC ski championship, and placed 2nd in the 15K Freestyle race. That summer I decided to try some short running races (I had been running 10K road races exclusively for the past 15 years) and entered the National Track & Field Championships in Oregon, where I won the M65 800 and the 300 hurdles, and placed 3rd in the 400. Encouraged by those results, I entered the World Veterans Games in Melbourne, where I was fortunate enough to win five golds. The longest race I ran was the 2K steeplechase. I had done very little distance work, running a limited amount of interval work because of an injury.

I returned home from down under about January 1, and, with only four weeks of ski training (once a week only, again limited skiing because of a snow shortage) I competed in the World Masters XC Ski Championships in Austria, where I won a silver in the 20K and a bronze in the 15K race. I then won four ski marathons with a minimum of training and then won three gold medals at the USSA National Masters XC Ski Championships in the 30K, 15K and 45K.

It would appear that my skiing helped (or didn't hurt) my running, and my running last summer, though limited to three days a week and mostly short intervals, helped (or didn't hurt) my skiing. I notice that when I go from the ski season to the running season

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**13 Join NMN Sustainers**
Each month NMN publishes a list of "sustainers," those who contribute funds to provide additional support to the National Masters News and the masters athletics program. These additional funds enable us to offer better coverage, deeper results, more photos, new records, and more.

This month, special thanks go to Cliff Bedell, Mike Fenton, and Ron Tucker, who each generously contributed $50. Thanks also go to Anthony Viveiros, who has donated recently and was generous to remember us again so soon. Thanks also go to:

- Ben Brady
- James Oaks
- Dr. C.E. Hirshey
- Deborah Sykes
- Edward Koch
- Robert Stone
- Stefan Luepert
- Thomas Talbot, Jr.
- Fred Mintz

I'm not "ready" to run any long distances, but it doesn't take me long to work up to a 10K race. I plan to run in 10Ks as they come along, enter the National Masters Decathlon, and get ready for the Nationals in Orlando. Then skiing again next winter, and see how the cross training works out.

**Dan Bulkeley**
Phoenix, Oregon

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**AD CLAIMS QUESTIONED**
As a scientist, I feel an obligation to evaluate those things that are in my area of expertise and make known my opinion. Certainly all of science

Continued on page 27
Let's face it! MASTERS throwers

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

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

MAC WILKINS' Gold Medal Discus

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

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

YURIY SYEDIKH'S SyberVision Hammer Video

East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructed by Yuriy Syedikh—USSR. Winning Hammer Ways was produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

TOM PETRANOFF'S Javelin Video

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

AL FEUERBACH'S Basic 70 Foot Shot Putting

"Shot Putting was never a part-time thing with me...it was an obsession." Through a competitive career spanning 22 years and including over 525 competitions in 24 countries, Al was able to experience this event as few athletes have. Every bit of his learning experience is packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like you.

You will be instructed by Al, Dave Lant (72' 3"), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (69' 11½'k). Dave demonstrates the rotational style throw and Mac instructs on its technique.

Basic 70 Foot Shot Putting presents the foundation for personal shot putting progress and is potentially as useful to the 40 thrower as it is to the 70 thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you."

WILLIE BANKS' Banks On Triple Jump

Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

COMPLETE ORDER FORM

Send to: MAC WILKINS PRODUCTIONS
PO. Box 28836 - San Jose, CA 95159
(please print)

Name: ____________________________
Address: __________________________
City/State/Zip: ______________________
Check □ Money order □ Visa □ MasterCard □ Other
Card No.: ___________________ Exp. Date __________

Please Send:
Mac Wilkins' GOLD MEDAL DISCUS $49.50
Al Feuerbach's BASIC 70 FOOT SHOT PUTTING $49.50
Combination DISCUS and SHOT Videos $90.00
Tom Petranoff's JAVELIN VIDEO $68.00
Yuriy Syedikh's SYBERVISION HAMMER VIDEO $60.00
Willie Banks' BANKS ON TRIPLE JUMP $59.95

Payment(ies) must accompany order. Add $3.50 first class/$2.50 reg. mail per cassette or coaching session for shipping/handling. California residents add appropriate sales tax.
Gabriele Andersen: Four Years Later

To casual observers of the running scene, the name Gabriele Andersen brings to mind a picture of a woman staggering out of control in the final quarter mile of the 1984 Olympic Marathon. About 100,000 spectators in the Los Angeles Coliseum and millions more watching television sat helplessly, many horrified, as Andersen, suffering from heat exhaustion, drooped and swayed her way to the finish line and then collapsed.

But that isn’t the picture those who race against Andersen have. They see a strong, smooth-striding athlete in complete control.

That’s how she appeared when she entered the masters arena in March 1985, some seven months after entering the Coliseum. That’s how she appears now as she continues to rank among the best masters distance runners in the world.

After turning 40, Andersen set American 40-44 age-group records at 5K (18:33:55), 15K (53:44), 30K (1:56:37), and 20 miles (2:01:45). For much of last year, however, she was out of action with a virus that she couldn’t shake and an Achilles tendon problem. But she’s now back in full stride.

A dual citizen of the United States and her native Switzerland, Andersen lives in Sun Valley, Idaho, where her husband, Dick, is assistant manager of the resort hotel.

I’m doing about 80 miles a week now...

Andersen was 39 when she represented Switzerland at the Olympic Games. A two-hour, 33-minute, 25-second winning time in the 1983 California International Marathon at Sacramento had earned her the spot on the Swiss team. She laughs and speaks freely of that day in Los Angeles when the heat took its toll.

“You get used to being asked about it,” she says. “Oh, you’re the one who...” Andersen mimics the reaction of many people who meet her and immediately link the name to the event.

“It’s always the same old question.

“It was just a hot day and I ran too hard. It happens all the time. The TV coverage just made a big thing out of it. First, they had a victory by an American (Joan Benoit) and then I came along to add some drama to that.

I guess it sort of made the day for them.”

Andersen has no regrets about finishing. “I knew I’d probably never be in another race that big and I wanted to finish it,” she continues. “If it had been over three hours or something really slow, I might not have tried to finish, but my time (2:48:12 for 37th place) wasn’t all that bad.”

Given the opportunity to run that race again, Andersen said she would arrive in Los Angeles much earlier than the day before the race, as she did. “A lot of people told me that when you’re coming down from altitude, as I was, that it’s best to arrive the day before the race,” she explains. “That was a mistake, I think. I should have been there at least 10 days in order to adapt to the heat.”

Andersen recalls being reduced to a shuffle over the final few miles, but she says she was still in control as she entered the tunnel into the Coliseum.

“It was pretty cool in there and I told myself that I had made it. But it was blazing hot when I got out onto the track.”

...but I’m finding that I don’t recover as rapidly now as I did a few years ago.

As a result of that incident, the International Amateur Athletic Federation adopted what has come to be known as the “Gabriele Andersen Rule.” It allows a physician to examine a runner while a race is in progress to determine if he or she should be allowed to continue.

Even though that one negative running experience will probably overshadow all of her accomplishments the rest of her life, Andersen accepts it philosophically. “It’s nice in a way — not the publicity, but to know people care.”

A graduate of the University of Zurich with degrees in history and physical education, Andersen was mostly interested in skiing during her youth. However, she began running in 1970 while still living in Switzerland. Competing for a track club, she recorded times in the low 4:30s for 1500 meters and in the 9:30s for 3000. She came to the United States in 1974 for a visit, accepted a job as a ski instructor in the Grand Canyon, met her husband, and remained in the U.S.

Although she did a little jogging after her track days in Switzerland, Andersen did not become a serious runner again until 1983. “Basically, I did cross-country skiing, but I ran some races, a few marathons around three hours,” she says. “Everybody started talking about the Olympics and some friends suggested we try for the American Olympic marathon trial. I entered a local marathon, ran 2:43 to qualify and then started training more seriously.”

After a 2:38 in the San Francisco Marathon, Andersen decided to contact Swiss officials about representing her native country in Los Angeles. The 2:33:25 in Sacramento clinched the spot on the Swiss team.

Since turning 40, Andersen’s best marathon has been a 2:40:08. That came in winning the 40-44 division of the 1986 Twin Cities Marathon. Andersen thinks she has a shot at breaking Miki Gorman’s American 40-44 record of 2:39:11.

“I don’t know if I can ever train again like I did in 1984,” she says. “I look back now at my training then and it is mindboggling to me. I was doing 20 quarters in 78-79 with 50 seconds rest on top of 100 mile weeks, I don’t know if I can do that again. I’m doing about 80 miles a week now and I’d like to see if I can get in some 100 mile weeks. But I’m finding that I don’t recover as rapidly now as I did a few years ago. So I don’t know.”

Andersen will not represent Switzerland in Korea this year. The Swiss team was chosen in April and it took a 2:36 for the third spot.

But Andersen looks forward to continuing challenges in the masters arena.
The fastest certified five-miler of the summer takes place on a cool summer evening in the North Carolina mountains. Rated one of America’s top 25 road races by Runner’s World, this race is known for its star-studded fields and Southern hospitality.

**COURSE**
All events begin at Ghost Town parking lot. Out and back on well-lighted Hwy. 19 in the heart of Maggie Valley, NC.

**EVENTS AND TIMES**
- Fun Run 7:00 pm, Women’s 5 mile @ 7:30 pm, Men’s 5 mile @ 9 am 5 pm.

**RUNNING CLINIC**
Join world class runners at our annual Moonlight Race Runner’s Clinic, 8 pm Friday, August 5th at the Stomper Grounds in Maggie Valley.

**ELIGIBILITY AND CONFIRMATION**
Open to all runners 18 years of age and older. If your application is accepted, a confirmation card will be sent to you by August 15. You must bring this confirmation card with you to exchange for your number and race pack. Details on housing, packet pick-up, schedule of events and race registration will be sent with acceptances.

**DEADLINES**
The race will be limited to the first 1500 men and first 750 women in respective 5 mile events or August 15th whichever comes first.

**AWARDS & TROPHIES**
T-shirts to all starters in 5 mile/8 km events. Trophies will be awarded to individuals in the following divisions, three deep: Women’s Open, Men’s Open, 13 and under, 40-49, 50-59, 60+ and over. Team awards will be presented to men’s and women’s teams. 1 Member (minimum) teams must register at clinic on Friday night.

**PREVIOUS WINNERS**
The course record is held by Mike Murphy (29:41) and Mary Shea (36:18). Other previous winners include Rod Dixon, Craig Virginia, Nick Roche, Dana Murphy, Mark Crouse, Bill Hartley and Ben.Hartley, Judy St. Hilarie, Julie Shea, Donna Roosler, Lynn Dehning, Kitty Connell and Teresa Connell.

**TO ENTER**
Fill out and return entry form with check made payable to Maggie Valley Moonlight Race. No refunds. Numbers not transferable.

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### SPECIAL NOTICE:
Please PRINT all information. Data will be computerized and must be complete and legible or your entry will be returned.

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**Mail Check and Form To:**
Maggie Valley Moonlight Race
PO Box 416
Waynesville, NC 28786

**Entry Fee:**
- $12.00 for 5 mile events
- $1.00 for Fun Run

**I will attend Running Clinic.**

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In consideration of the acceptance to the Maggie Valley Moonlight Road Race, I waive all claims for injury or illness which may result from my participation. Further state that I am at least ten years of age (if entered in the five-miler) and am in proper physical condition to compete in this race.

**Signature of Runner**

**Date**

**Signature of parent if under 18**
Age-Graded Tables Near Completion

In Mike Tymn's "Third Wind" column last month, and in Jim O'Neil's "Speaker's Corner" column this month, a strong case is made for giving more recognition to the older master runner.

Tymn and O'Neil correctly point out that race directors and national publications — including the National Masters News — often focus their attention on the first over-age-40 runners.

Even though, on an age-graded basis, a 70-year-old might turn in a better performance, the winner of the 40-44 division gets all the headlines, and, lately, all the prize money.

Hopefully, that is about to change.

For over two years, the National Masters News, in cooperation with the World Association of Veteran Athletes, has been trying to develop a solid set of age-graded tables for all track and field, long distance running, and race walking events.

Several track meets have been conducted using an age-graded concept, and the response has been generally favorable.

- In last year's NMN Age-Graded meet, Tom Patsalis, 65, got the headlines and the trophy as the outstanding performer of the meet.
- In the Albuquerque Runners' Pentathlon on May 1, Cliff Bedell, 50, garnered the most points of all competitors, on the basis of age-graded tables.
- For several years, the Twin Cities Marathon has given recognition and up to $3000 in cash to the top age-graded performer.
- The San Diego Masters Track and Field Championships on July 2 will award $100, $50 and $25 to the top three performers, based on the age-graded tables.
- One of the highlights of the VII World Veterans Games in Melbourne was the masters mile, in which Jack Ryan, 65, took home the top age-graded award. A similar event is planned in Eugene next year.

The tables have gone through some trial and error. The men's track running standards were computer-developed by Charles Phillips, aka Dr. Track, and are extremely accurate. The men's field event standards, and all the long distance running, race walking and women's standards, have been undergoing constant revision and fine tuning.

I am pleased to announce that the tables are nearly complete. WAVA has commissioned two committees to finalize a set of tables no later than September 1, 1988. These tables will be printed in the WAVA handbook, and will be used to score the decathlon/heptathlon in the VIII World Veterans Championships next year in Eugene. They will be made available to any meet or race director who wishes to award prizes based on the top 40+ finisher but on the best age-graded performance.

You may have noticed that, in the past few months, NMN has been reporting, in some of our stories, who had the best age-graded performance. We've been experimenting with the tables, the WAVA Committees have been making adjustments, and it looks like a pretty solid product is developing.

Therefore, we plan to increase our reporting of the best performer in a race, rather than just feature the top 40+ winners. We feel, as do Tymn and O'Neil, that this type of recognition is long overdue. The problem, up to now, was not having an acceptable set of tables to go by.

As soon as the final bugs have been worked out, we'll print the tables in these pages for your comments.

Miller Breaks 6000 Points in Decathlon

Continued from page 1

Miller said, "which I expected for this period in my physical conditioning. My first long jump was a foul. The second jump barely 18-0. The shot put was a solid performance. The high jump was unexpectedly good, as was the quick time in the 400. This ended the first day on two good marks, which is always a lift."

The second day started with the hurdles: "The 0.5 improvement increased my focus more toward a record. Thus, I started at a lower height in the vault and... struggled with it, the javelin, and the 1500. However, when all is said and done, I can say, 'I did it.'"

The meet was officiated by TAC officials under TAC rules to accommodate Olympic Trials hopefuls. One of the six finishers met the Trials qualifying standard.
Seattle Hosts Senior Sports Festival

The Senior Sports Festival Track & Field Meet on June 4 at West Seattle Stadium brought out some fine Northwest runners.

Mike Heffernan, M45, of Portland, Oregon, registered the meet's best times in the 1500 (4:23.8) and the 5000 (15:39.7). Derek Mahaffey of Bellevue, Wash., won the M50 5000 in 16:50.3, as did Orlo Keniston of Seattle in the M60 with a 20:11.1. Carol Flexer of Bellevue took the W45 1500 in 5:34.9, and Ralph Miller of Seattle won the M55 8000 contest in 22:25.5.

In the sprints, Harold Morioka of Surrey, British Columbia, posted day’s bests in winning the 100 (12.0), 200 (24.0), and 400 (51.73) from tough M45 fields.

The meet offered two racewalks, and Jim Bryan, M55, of South Colby, Wash., recorded the best time in the 1500 walk (7:50.1), while San Chraminsky, M40, took that honor in the 3000 walk (15:45.1). Bev LeVeck, W50, finished with the leaders in the 3000 with a 16:27.6.

The M55 high jump comprised the largest field of the meet and was won by Jack Fischer of Seattle with a 5 ¼.

Jock McLaughlin of Kirkland, Wash., won the M45 shot put with a 46-0, but Jan McClurg, W45, of Alderwood Manor, Wash., outshone all throwers with a very good 35-9, after running a 13.6 100 and 28.9 200.

The event was staged by the Seattle Department of Parks and Recreation under the direction of Diana Hodval.

Louisiana Masters Classic Roadrace Held

Over 300 runners participated in the Louisiana Masters Classic Roadrace in Audubon Park, New Orleans, May 29. The idea of New Orleans Track Club Race Director, Chuck George, to showcase the tremendous talent of the Deep South’s masters division, brought out the big guns. Bobby Dannels captured the overall male masters title with a 16:30 in the 5K, followed by Brendan Minihan (16:40) and Jerry Foreman (16:49). In the women’s masters field, local standout Kathy Hardy dominated the field in a time of 18:59, followed by Irene Putfark and Elizabeth Van Battum at 22:27 and 23:31.

In the Masters One-Mile Run, an exciting sprint between master runner Juan Perez and Grand Master (50+) Charlie Witherly ended up with Perez first, with both timed in 4:59. Jean Takenaka won the women’s masters 1 mile in 7:19.

The masters 5K racewalk saw Ed Whitman pace himself to a 27:32 victory, while Lois Wells won the women’s 5K racewalk with a time of 31:34.

Striders Stage Southern California Meet

Two-time Olympic shot put champion (1952, 1956) Parry O’Brien, 56, continued on his quest for a gold medal at next year’s World Veterans Championships by throwing the discus 156-2 in the annual Southern California Striders Meet of Champions, held June 4 at the University of California at Irvine, just south of Los Angeles.

Phil Mulkey, 55, and Phil Rascher, 41, journeyed from Atlanta to pick up eight and six gold medals, respectively, in the hurdles, sprints and field events. Hugh Cobb directed.
Getting MAAD

"I'm mad as hell, and I'm not going to take it anymore!"

That quote may sound familiar. It's taken from the movie "Network," and comes from a reporter who is fed up with the system. There are a growing number of upper-division masters runners who are also mad. Only they spell it MAAD. Yes, that is the correct spelling; it is an acronym for Masters Against Age Discrimination.

MAAD was an idea concocted by Mike Tymn, feature writer for the National Masters News and Runner's World. It is an organization made up of concerned athletes who will be lobbying for more equitable treatment of upper age divisions. Mike and I discussed these issues with Paul Reese at the National Masters Championships in Eugene, and we decided that it was time for some stronger measures to be taken. It was further decided that Paul and I would be "Co-Directors" of MAAD, and that Mike would act as the "Executive Secretary." Our initial plan was to spell out all of the inequities in the treatment of the older runners, and then to formulate a list of objectives by which these may be corrected.

We have watched the women in our sport gradually, though not easily, attain equal status in road racing with their counter-parts. I recall that there were women who started this campaign for equality very unpopular in the beginning. Their persistence eventually paid off and their success is now complete. The wheelchair athletes also had a tough struggle just to be included in our races. Today a number of races are offering them some very generous cash awards. The primary purpose of MAAD is to raise the consciousness of race directors, running media, and even other masters runners to the second-class treatment being given to the older runner.

Big Business

Over the past few years, road racing has become big business, with large corporate sponsorship, professional management, and huge purses in the elite races. However, the benefits of this growth have been limited to the younger, "open-class" athletes. Except in some isolated cases, the upper-age-division winners are still receiving the same awards that they were being given back in the days when entry fees were $3. In the big money races (the L.A. Marathon, as an example), the winners receive cash and automobiles totalling $25,000 or more. Most of these races award the age-division winners token trophies, plaques, or inexpensive merchandise. With the masters runner comprising almost 50% of the field in the big marathons, this is hard to understand.

Many race directors have proudly proclaimed to me that they have "masters money." Almost invariably, what they mean by this is that they are offering cash awards to the winners of the M40 division. Their perception of masters runners is all the runners over age 40 lumped together as one division.

Why should Footnotes, a publication for the Road Runners Club of America, restrict its ballot for "Road Runner of the Year" to men and women in the 40-44 division? I'm prepared to challenge any 40-year-old runner in the world to equal or better the relative times of such masters runners as Norm Green, Ray Hatton, Clive Davies, or Ed Benham.

Discrimination

Strangely enough, we even experience discrimination within the masters program itself. I've competed in all seven World Masters Championships. They have all required the use of several tracks, and usually the better quality facility has been reserved for the 40-year-old divisions.

Even the National Masters News has been guilty of slighting the older athlete. I fail to understand why the winners of the 40-44 age group deserve any more headlines than the winners of the divisions above them, who very well may have recorded a superior time, relatively speaking. I've discussed this matter with Al Sheehan, and acknowledging that this often happens, he says that this situation will change when we start employing some age-graded standards by which performances can be measured. A lot of hard work has gone into compiling the WAVA Age-Graded Tables, and much credit should be given to their authors: Chuck Phillips, Peter Mundie, and Al Sheehan. The use of these tables will help to achieve parity in all masters age divisions.

An almost universal process of distributing awards at races involves handing awards to the youngest group first, and working up through to the oldest. Oscar Rosales, director of the Paramount City 10K, turned this around, starting with the 80-year division and working downward.

Age-Graded System

Besides the Paramount 10K, there are a few other races which have been doing an excellent job of acknowledging all age groups. The Twin Cities Marathon has used an age-graded system of awarding some very substantial cash awards that have given all runners an equal shot at winning some money. Under this wonderful setup, the 1987 race awarded $41,000 to top performing masters runners. On June 11, there was a race in Banning, Calif., called "Salute The Legends." It was a 5K race for masters only, with awards going three deep in five-year-age divisions up through age 80. There is another all-masters race held annually in San Diego called the Fastest Masters 10K, which also involves five-year-age divisions.

Recently there has been an organized series of races for masters runners, which will be called the "ICI World Class Masters Circuit." These races will be incorporated into some of the best road races on the East Coast. Dean Reineke is responsible for this exciting new concept. It will involve from twelve to fifteen races, with runners in three age groups earning points for finishing 1st through 10th. The prize money structure amounts to $20,000 for the first year, with plans to increase that amount substantially in following years. I look forward to participating in this masters program, and I'm hoping that they will consider adding a couple of races on the West Coast. I will also be keenly interested to see if the format of this circuit will be a showcase for the "fastest" masters (i.e., 40-44 age group), or if proper recognition will be given to all masters divisions.

MAAD Objectives

Having aired all of our "complaints," allow me now to itemize the goals and objectives of MAAD:

**Overall Objective:** To promote equitable treatment of masters athletes in road racing.

**Goals:**

1. Communicate to race directors and race committees the need to be fair to masters runners.
2. Establish uniform standards by which all masters athletes can be measured.
3. Establish a uniform system of awards by which all masters athletes can be measured.
4. Establish a uniform system of age-grading by which all masters athletes can be measured.
5. Establish a uniform system of age-division by which all masters athletes can be measured.
6. Establish a uniform system of age-class by which all masters athletes can be measured.
7. Establish a uniform system of age-group by which all masters athletes can be measured.
8. Establish a uniform system of age-division by which all masters athletes can be measured.
9. Establish a uniform system of age-class by which all masters athletes can be measured.
10. Establish a uniform system of age-group by which all masters athletes can be measured.

**Objectives:**

1. Establish a uniform system of age-grading by which all masters athletes can be measured.
2. Establish a uniform system of age-division by which all masters athletes can be measured.
3. Establish a uniform system of age-class by which all masters athletes can be measured.
4. Establish a uniform system of age-group by which all masters athletes can be measured.

Communication Needed

The goals and objectives of MAAD can only be achieved by a campaign of communication. Upper division masters competitors who support these goals should be willing to write to race directors and express their needs. It's equally important to acknowledge the race committee for a job well done when that is the case. Besides critiquing races in this way, it is essential that the running media, including the hometown paper, hear from us regarding these issues. Most daily newspapers are willing to give much more coverage to our sport if we would cooperate by submitting copy and offering suggestions and assistance. The majority of sports editors have no interest in or knowledge of running. Their interest is in the big money, or "professional" sports. This attitude will prevail as long as we, the runners, continue to neglect our own best interests.

As masters runners who are seeking important changes, let's communicate our wants and our needs to the race directors, the media, and each other.
Can We Talk...About Pole Vaulting?

by PHIL MULKEY

Now there’s a fun game for you. It’s sort of a combination of “Wheel of Fortune” and “Russian Roulette.” If you’re not getting your way around the house with the little lady, you can always threaten to take up pole vaulting. If you enjoy “being at risk” or “living on the edge,” this is the one for you. And if the imminent chance of a broken back isn’t thrill enough, just think of all the fun you can have trying to invent ways to carry your poles on the car, bus, cabs, and planes. Think of the excitement of stimulating conversation as you endeavor to change the entire belief system of airline ticket agents regarding the size of the airplane cargo bin relative to the length of the pole (“Uh-huh, honey, you ain’t puttin’ your thing in here!”).

The answer to vaulting higher today is simply to grip higher. And one can do that with the long-pass advent of the fiber-glass pole, which will continue to “bend down” so that one can hold the grip. I guarantee, you get a soft-enough pole, and regardless of your natural God-given athletic ability, you just run down the runway like hell, plant that sucker in the box, take off, roll back, and hold on for all you’re worth, and no matter how high you are gripping, I promise, you will be able to hold on. I also promise that it’s highly likely that upon coming down, you may find your but in the box instead of the pit. The above procedure should not be confounded by attempting to use one of the old steel poles which would respond by gently removing your arm at a point near the mid-section of the body.

All things being considered, then, nowadays the pole-vault event is less skill and ability (not to diminish the value of either) than it is courage. If you will perform the event as described above and, assuming you are gripping the pole at “just the right height” (wherever that might be), you will (as Joe Dial, American record holder, says) “smoke that mother!” On the other hand, no matter what your skill or ability, grip a little too high and, regardless of “how good you are,” or how “hard you try,” you simply will not have enough to get into the pit. Scary! You bet your ass! And that’s exactly what you are doing everytime you are vaulting — betting your ass.

A totally non-athletic, but still very nice friend of mine, Mr. Jaybird Mathis of Memphis, came up with what seemed a reasonable answer to the fact that he felt that master vaulters “just aren’t going all that high.” Quoth he: “If Sergei Bubble of Russia is going almost twenty feet and uses a seventeen foot pole, and, if you are using only a fourteen foot pole — well, there’s your trouble right there, Boobie.” Then, pausing dramatically, gathering his introspective intensity with narrowed eye and furrowed brow, he spoke: “Know whatta mean?” Not that Jay-bird is totally devoid of all athletic participation; besides his being an avid and capable dancer, I can still recall many of his sojourns into rough and tumble track and field, the most memorable being, of course, the 1959 Ozark AAU high jump when he was seen trying to negotiate a 4-10 bar and take movies at the same time. ☘️

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LAST YEAR:
• 1,670 runners participated from 18 states and Canada.
• Gail Ladage-Scott set a new American Women’s Masters Record of 2:37:12 (approval pend.).
• Six women and six men qualified for the Olympic Trials with times set in this marathon.
• Criss James tied Paul Cummings’ course record of 2:15:16.

This year promises to be even more exciting!

THIS YEAR:
• Enjoy our beautiful weather and spectacular scenery.
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Metatarsal Pain in the Ball of the Foot

One of the more common injuries I see in veteran long distance runners is Metatarsalalgia — a pain in the ball of the foot, usually under the second metatarsal bone.

There are five metatarsal bones in the foot that are similar to the knuckles in the hand. As you can imagine, these bones sustain a great amount of shock when we run. The area of greatest force usually occurs under the first and second metatarsal bones.

Pain in this area may be caused by a variety of things. In the veteran athlete, the loss of plantar fat reduces the normal protection on the ball of the foot. This, coupled with running and poor shoe gear, can contribute to trauma. This usually starts out as a minor soreness in the ball of the foot which becomes progressively worse and is accompanied by swelling.

Callous formation is an indication that there can be a structural problem such as an enlarged metatarsal head, a depressed metatarsal head, abnormally long metatarsal and degenerative or arthritic changes in the joint area.

All of these conditions, coupled with running, can cause damage to the ball of the foot. There can be a painful bursitis in the area with associated damage to the tendons and nerves. In severe cases, there can even be damage to the bone and damage to the joint capsule.

All in all, this condition can be quite serious and quite painful and will compromise a veteran athlete's career. Simple rest and non-weight-bearing exercise is recommended. This may take up to 3 months to heal.

In the more severe cases, I recommend the use of a foot orthoses in order to correct any functional foot deformity. The shearing motion of the foot is reduced across the ball of the foot and pain and swelling is reduced.

In marked structural deformities, surgical treatment is necessary. Transverse of V Osteotomies are performed in the metatarsal bone in order to reduce stress in the metatarsal. This is usually a minor surgery (minor, meaning the surgery performed on your foot; major if it is performed on mine). The athlete is usually back to running in 4-6 weeks.

Sterling injection has proven to be very beneficial if given outside the joint area.

The obvious change to softer running surfaces and well-cushioned shoes speaks for itself. Once the condition is resolved, the runner can return to his or her running career on an asymptomatic basis. This condition is one that should not be taken lightly by the veteran athlete. Its incidence is on the increase and treatment should be initiated as soon as there is suspicion of trauma to the ball of the foot.

(As 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.)

Stern, Jackson Win in Central Park 5K

by JERRY WOJCIK

The 40-and-over leaders were pressed somewhat in the NYRRC You Gotta Have Park 5K on May 14 in Central Park, NYC. Hal Stern, 42, won in 16:43, six seconds ahead of Edgar San doval, 41, while Irene Jackson, 40, with a 19:33, finished five seconds faster than Sylvie Kimche, 41.

Alan Fairbrother (51, 17:31) and Bill Fortune (59, 18:18) won their respective division races with good times. Bunny Franco (57, 23:58) easily captured the win in her age-group contest.

However, the best performance was produced by George Thompson, 62, who ran 85% of the M60-64 time standard of 16:10 with a 19:05. The performance percentage is figured by dividing the runner's time into the standard after converting both figures into seconds.

Fairbrother's and Fortune's performance percentages were a tie at 84%, which bettered Stern's 82%. Jackson's performance was 79% of her time standard.

The best masters walkers were Stanley Shechter (55, 27:20) and Stella Cashman (46, 30:28).

Finishers totaled 657 men and 468 women, who ran under an overcast sky and in cool weather (57°) and high humidity (64%).
Masters Health
and Fitness

Accupuncture Helps Achilles

Phil Rascher, 41, TAC's female masters-athlete-of-the-year for 1987, was ready to “give up track and field” because of chronic Achilles and assorted leg and foot problems. “I rested four months after Melbourne,” she said, “but when I went back to the track this spring it still hurt.” As a last resort, she went to an Atlanta accupuncturist. After four sessions, she was walking normally and the pain was virtually gone. “The accupuncturist gave me needles, not just in the Achilles, but in all the pressure points.” Rascher says she’ll continue to get treatments once or twice a week, and plans to compete in the 1988 outdoor season.

New evidence seems to indicate that jogging as a “cool-down!” after a hard work-out may do you more harm than good. According to Drs. Joel Dimsdale, Ph.D., and Dave Costill, Ph.D., writing in Running & Fitness News, “Jogging after an intense work-out furthers the break-down of glycogen in the leg muscles.” By jogging, you are burning stored energy (glycogen), which results in a future reduced energy supply to the legs.

With age, there’s a decrease in the resting metabolic rate, which may explain why some older individuals eat the same number of calories, yet gain weight, according to Craig Dean, M.D. “Resting or basal metabolism is dependent upon the amount of lean muscle mass one has; if we lose muscle mass with age, our metabolism shifts down.”

No matter how good you feel after a long race, masters runners should rest and allow their body to recover for a week. That’s according to William Sherman, a Ph.D. at the Human Performance Lab at Ball State U. in Mun­ cie, Ind. In a test, he found those who rested recovered faster than those who ran 20 minutes per day the week after a hard marathon.

People who do exercises in short, intense bursts showed a significant improvement in fitness over people who do long workouts, a new study says. Dr. Arlette Perry of the Human Performance Lab at the U. of Miami found “short rest periods during heavy exercise are more beneficial than continuous exercise for improving cardiovascular fitness.” In other words, interval training works.

Long distance running may slow bone deterioration linked to aging and does not appear to increase tendencies towards arthritis, according to Dr. James Fries of Stanford University. In a test of 41 distance runners, aged 50-72, with random members of the community who had spent little or no time running, Fries found: “Runners had 40 percent higher bone density in both male and female groups.”

A study published in the Journal of the American Medical Association says moderate exercise by a pregnant woman isn’t likely to harm the health of her unborn child, but exercising to the point that allows all participants to be equally competitive for the prize money that will be awarded to the top ten male and female finishers.

CLASSIFIEDS

Classified ad rates are 50c a word. Count name and address as 5 words. Race notices are 25c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nys, CA 91404.

15th Jim Latz Mile Beach Run at twilight: formerly known as Knife and Fork Inn Run. 7:30 p.m., Saturday, July 23. Old time low key race with splits, water and good cheer. Awards for age groups up to 70+. SASE TO J. L. Running Resources, 5511 Winchester Avenue, Ventura, CA 93003.


ALLEN’S BED AND BREAKFAST
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(719) 687-3549

Glenn Bradd of Bloomington, Ill., took first in the M60 division (3791 pts.) of the Runner’s Pentathlon, Albuquerque, May 1. Bradd is with Bev Heuter, the scorer of the meet.
Eugene is Eager to Host World Games

During the first week in May the WAVA Council met in Eugene, Oregon to conduct business and to review the plans of the organizing committee for the 1989 World Veterans Championships. As the National Masters Track & Field Chairman, I went to Eugene to be present while the WAVA representatives were there, and had an opportunity to review and visit with them about the Championships, specifically, and the veterans masters program, generally.

Under the leadership of Cesare Becalli and the guidance of Alastair Lynn, the meetings went extremely well. The WAVA Council worked very much like a team. Great respect was demonstrated for each other’s opinions and, yet, there was a tremendous amount of give and take. In the few meetings I attended, I believe every member of the council participated in the discussions. We can be very pleased and excited about the leadership the members of this Council will provide for the veterans and masters and throughout the world.

The enthusiasm and the detail with which the members of the Council approached the Eugene site was exciting, demanding and thorough. Not content to view the cross-country course from a scenic hillside near Lane Community College, most of the members of the Council walked the course. The result: some suggestions and changes that should improve the competition.

I had several individual conversations with members of the Council, and found great excitement about having the Championships in Eugene. The obvious concerns were transportation and housing. The organizing committee was well prepared, and answered the questions directly and satisfactorily. What put the Council more at ease than anything else was the participation of the government officials of both Eugene and Springfield, and the obvious enthusiasm of the University of Oregon. For these Championships, those three organizations are doing all they can do to insure its success.

The energy generated in these communities by their respective leaders was obvious and contagious. The competitors coming to Eugene are going to find:

1) Total acceptance by the groups directly involved: the University of Oregon, and the cities of Springfield and Eugene;
2) The people of these communities being directly involved by opening their businesses, their homes and their fellowship to the participation;
3) A Championship that will be well-promoted, well-covered by the media, and organized and run with extreme efficiency and sensitivity.

August 1989 is only a year away. Mark it off on your calendar right now. It’s going to be a happening you will not want to miss.

Becken Has Best Age-Graded Time in NJ Waterfront Marathon

by TERI INGRAM

If awards had been given for age-graded performances in the non-Olympic division of the Waterfront Marathon in Jersey City, N.J., April 24, Al Becken, M55, (3:02:27) would’ve won it, rather than the open winner, 34-year-old Barry Giblin (2:38:00). By taking a runner’s time and dividing it into the time standard set for that age division, we come up with a percentage. In this way, men and women can compete against each other, since the time standards are, of course, different for men and women.

In Becken’s case, his time standard was 2:27:31. When divided by his time, his performance percentage was 80.8%. The time standard set for men’s open division is 2:04:20. By dividing this standard by Giblin’s time, we discover his performance percentage is a 78.69%. Third place would’ve gone to Phil Mongillo, M60, (3:17:16, 78.3%), fourth to James Shine, M55, (3:45:15, 77%), and fifth to Carol Johnston, W40, (3:10:44, 76.8%).

Three Masters in L’Eggs Top 10

by JERRY WOJCIC

Angella Hearn, 42, placed third with a 17:45 in the L’Eggs Tune-Up 5K for women in Central Park, NYC, on May 8. Two other masters runners placed in the top ten of the 1646 finishers: Hearn’s twin sister, Christine Hearn-Grenning, seventh in 18:13, and Hilary Naylor, 41, eighth in 18:15.

Toshiko d’Elia, 58, won her division by ten minutes with a 20:52.

Sacramento Hosts Carnine Classic

by JERRY WOJCIC

The Ken Carine Classic meet at California State University-Sacramento on April 30 opened the summer track season for masters in Central California.

In the sprints, Darrell Barnett, M40, and Glenn Johnson, M35, tied for the best times of the meet in the 100 (11.1) and 200 (22.9). Nadine O’Connor, W45, won the 400 in 68.1.

Searcy Barnett took three M40 races with solid times: 800 (2:05.4), 1500 (4:27.0), and 3000 (9:34.0).

Jumper and pole-vaulter Jim Johnson, M65, included a 14-11¼ long jump and a 4-0 high jump in his four victories. Roger Trujillo, M35, topped all long (20-7½) and triple jumpers (43-11).

In the shot put, Mike Orlich won the M60 contest with a 43-2½. Jim Hart took the M50 match-up by five inches from John Ross with a 46-9½, but Ross topped Hart in the discus by nine feet with a 149-11.

Hurdler and long-jumper Robert Buhl, M35, showed versatility with the day’s best javelin mark of 192-3. Joan Stratton, W35, threw the hammer 126-6 and shot put 40-3 in the weight pentathlon.

Binder Wins Freihofer’s 10K

Continued from page 1

Second went to Diane Palmason, W50, (39:23) with 87.5% and third to Christine Tattersall, W45, (39:56) with 82.6%.

Overall winner was Lynn Jennings in 32:38 which gave her a 91.6%.
Pitcher Breaks Records In Birmingham


Phil Raschker, W40, of the Atlanta TC, and Ed Hill, M45, of the Birmingham TC set several single-age world records apiece.

More than 130 athletes took part in the meet, held at Samford University. With the "home court" advantage and a large delegation of entrants, Birmingham won the team contest with 344 points to Atlanta's 225. The Memphis Masters team finished third with 119.

Over 30 All-American standards were achieved.

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TAC Midwest Regional Masters
Track and Field Championship
SUNDAY, JULY 24, 1988
Sponsored by Richard Green
and Associates Insurance and Investments

WHEN: Sunday, July 24, 1988
WHERE: York High School
355 W. St. Charles Rd.
Elmhurst, IL

FACILITY: 400 Meter Cheveron 400 Track and Runways
1/8" Spikes only

DIVISIONS: Five year age groups, 30-90
Male and Female

ENTRY FEE: Postmarked by July 20—
55.00 1st event; $10.00 2 or more;
Relays $10.00
After July 20 — $7.00 1st event;
$15.00 2 or more; Relays $10.00

AWARDS: Medals to the first three places
Awards limited to 3, over 3 may be purchased for $3.00 each

MEET PROTOCOL: OPEN TO ALL ATHLETES
Divisions may be run together, female first, then male, oldest to youngest, depending on numbers. No false starts. WAVA rules apply. Bring your own implements and batons.

REGISTRATION: Send Application Form and Entry Fee to:
Dick Green
Phone 815-393-5685
P.O. Box 8147
Rockford, IL 61125
Meet Day Registration 8:30 A.M.

NOTE: Illinois Grand Prix competitors may score points in this meet

ORDER OF EVENTS:

10 A.M. 1. 10:00 A.M. 5000 Meter Run*
2. 9:50 A.M. 5000 Meter Run* 3. Long Jump*
4. 9:40 A.M. 1500 Meter Run* 4. High Jump*
5. 9:30 A.M. 110 Hurdles (WAVA specs) 5. Pole Vault*
6. 11:30 A.M. 110 Hurdles (WAVA specs) 6. Triple Jump*
7. 11:20 A.M. 4 x 100 Meter Relay 7. Discus*
8. 11:10 A.M. 400 Meter Dash* 8. Shotput*
10. 12:00 N 5. High Jump* 11. Hammer Throw*
11. 12:30 A.M. 100 Meter Run* 12. Javelin*
12. 12:35 P.M. 800 Meter Run* 13. Hammer Throw*
13. 12:50 P.M. 200 Meter Run* 14. Weight Throw 25* 35*
14. 1:15 P.M. Intermediate Hurdles (WAVA specs)* 15. 56* 96* 200* 500*
15. 1:30 P.M. 1 Mile Race Walk* 16. 1:45 P.M. 4 x 400 Relay

*Qualifying Events

Name ____________________________ Age (10 7/24/88)
Address _____________________________________________________________
City __________________ State __ Zip _______________
Telephone Number ______________________ Date of Birth ___________________

1988 TAC Club

1988 TAC

Events Entered: ____________________________

Signature ____________________________ Date ____________________________

In consideration of York High School, Richard Green & Associates, and all meet officials, allowing me to part

Arlington Heights, IL 60005. Wish to take part in or observe this meet, my form and any equipment which may cause for damages I have against all organizers, sponsors, officials, or staff and for all claims of damages, demands, and actions whatsoever in any manner, as a result of my participation in these activities.

Signature ____________________________ Date ____________________________

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Sadie Howell, W50, tosses the javelin 34-9 at the Birmingham Track Club Meet, May 14.

Larry Boots, second in the M45 discus (97-1½) at the Birmingham, Ala. Meet May 14.
Filutze is a master runner who has achieved her share of success in the sport. Her husband, Doug Watts, has coached her for the past 22 years, and she has been training hard for the Olympic trials in the marathon. Her training schedule includes a variety of workouts, such as running, weight lifting, and yoga. She also eats a healthy diet that includes lots of protein and few carbohydrates. Her typical day includes running in the morning and then doing yoga and weight lifting in the afternoon. She also eats three meals a day and avoids junk food. Her husband coaches her and helps her set her goals. Despite the challenges of training at a high level, Filutze enjoys her time on the track and looks forward to the day when she can compete in the Olympic trials.
Racewalking Growing in Popularity

by VIISHA SEDLAK

Racewalking is rapidly growing in popularity both as a fitness activity and as a competitive sport. The American Racewalk Association has been established to fill the gap in available information and training opportunities for the new or current walker.

Why would a relatively unknown sport suddenly begin to attract thousands of participants? The running boom of the '70s brought fitness to the attention of the average non-jock American. But that same boom pre-ordained the countless foot, leg, hip, and back injuries of many road miles later. Many of those injured runners turned to walking to maintain fitness. They crossed paths with racers and discovered that racewalking is a lower-impact activity than regular walking and feels a lot more comfortable.

Of additional benefit, racewalking uses more full-body musculature and thus burns more fat than regular walking; females especially noticed that racewalking firmed and slimmed their thighs and buttocks more effectively than jogging or regular walking. Both men and women racewalkers noticed the increased firmness and strength in the abdominal area. The racewalk technique feels like "dancing," "flowing," and "just plain fun," according to its enthusiasts.

Now, many of those hearing about racewalking and its benefits want to learn the correct technique and become more involved in the sport. Most of these people have few or no local resources. The American Racewalk Association is changing that predicament. Founded by Viisha Sedlak (two-time member of the U.S. National Racewalk Team and double Gold Medalist in the 1987 World Veterans Games), the ARA states the following objectives:

1. To network racewalkers throughout the U.S.A.
2. To provide educational programs and materials for the promotion of greater health and self-esteem through walking.
3. To encourage and develop youthful racewalkers in the U.S.A. as our investment in America's future.
4. To create travel opportunities for racewalkers who are looking for healthful ways to explore our country and our world through walking.

For an annual membership fee of $25, the ARA sends each new member a welcome kit of instructional materials and a quarterly newsletter. Members are notified of races, clinics, camps, and travel plans with hefty discounts. Video coaching is available by mail to help members achieve personal fitness or competition goals.

Because ARA feels that racewalking is especially beneficial for those over 35 years of age, ARA is encouraging members to prepare for the 1989 World Veterans Championships in Eugene, Oregon, and is making available a 40% airfare discount from anywhere in the U.S.A.

For further information, contact: American Racewalk Association, P.O. Box 18323, Boulder, CO 80308-8323. 303/447-0156.

Pamalee, Engel Lead Hudson Mohawk Half

by PAUL MURRAY

In most masters races it is the younger runners in an age group who usually take home most of the awards. The Hudson Mohawk Half-Marathon, April 10, in Albany, N.Y., was an exception to this rule. Nearly all of the most impressive masters performances came from runners at the upper end of their age groups.

Forty-four-year-old Charlie Parmalee, of Morris, N.Y., won the masters division five years ago when the race was known as the Price Chopper. Last year he placed third in the Schenectady-to-Albany race behind Pat Glover and Bill Robinson. This year, with Robinson and Glover not entered, Parmalee cruised to a masters victory in 1:14:22, good for seventh overall. Ron Gay, 41, took second (1:15:47).

Lee Wilcox of Troy, N.Y., will turn 50 in September, but he showed he could still keep up with the youngsters, finishing 17th and third among the masters to win the M45 division in 1:17:17.

The day's most impressive performance was turned in by the race's oldest runner, 75-year-old Bill Brobston of Saugerties, N.Y., who topped the M70+ category in 1:46:09.

Forty-three-year-old Susan Engel of Troy, N.Y., was the first masters woman, leading the W40 age group with a 1:38:34.

Fifty-eight-year-old Nancy Gerstenberger of Colonie, N.Y., usually runs in the shadow of national class runner Anny Stockman, but with Stockman on the sidelines with an injury, Gerstenberger could shine on her own. Her 1:40:36 was only two minutes behind the masters winner, clearly the best female masters performance of the day. The oldest woman in the race was 61-year-old Regina Tumidajewicz of Amsterdam, N.Y., who won the W60+ age group in a time of 2:02:26.

Viisha Sedlak won two gold medals (in the 5K and 10K races) at the VII World Veterans Games in Melbourne last year. A former ultramarathon record-holder, she now tours the country giving racewalking clinics and promoting racewalking in the media. She'll conduct semi-weekly clinics this summer in Boulder, Colo.
Andre Tocco: Mr. Versatility

One of the happiest moments in the life of Andre Jean-Baptiste Tocco was right after his house was burglarized several years ago. Tocco was out of town on business when he received a call from his very upset wife informing him of the break-in. He raced home and immediately checked to see if his most prized possession had been taken.

His silver belt buckle from the 1980 Western States 100 miler was still there, "I was very happy!" Tocco says, laughing.

"To find myself at 52 being able to run 80 to 83 miles a week, race 20 to 30 times a year at all distances, and still be able to finish in the top five to ten percent is reason enough to be happy," he offers.

Tocco is one of the most versatile age-class competitors around. Besides his 14th place overall finish in the Western States, he has excelled in the Ironman and Ultraman triathlons, and has won his division in races as short as five kilometers. In the Paramount 10K this year, he recorded a 34:23, a time which only a few men his age are capable of.

Born in Casablanca, French Morocco, Tocco didn't run competitively during his youth. However, he did get in a lot of track work, racing thoroughbred horses for his father and becoming the youngest jockey, at 15, to win a race in his native country. He was the North Africa swimming champion at 100, 400, and 1500 meters in 1956 and won a three-mile swim around Casablanca Harbor in 1957. He also played soccer.

After moving to New York in 1960, Tocco rode horses at Belmont race track and played soccer for a French team while he learned English. In New York, he went to work for Renault, which eventually transferred him to Houston and then Dallas. "When I lived in Houston from 1965 to 1968, my only sport was fishing in Galveston every weekend," Tocco says. "When I moved to Dallas, I started playing tennis, about 15-20 hours a week."

Tennis continued to be Tocco's sport for several years after he moved to Los Angeles in 1973 to take a position with American Motors. But it was often difficult to find a free court in the congested Los Angeles suburb. "I started running around the tennis court, then all around the park, around the block, around town, around the peninsula, and I never stopped," Tocco explains how he got started.

From just 500 miles of running in all of 1977, including a 3:23 marathon, Tocco advanced to 2,000 miles in 1978 including a 2:46 marathon and a 3:35 10K. He continued to improve, recording a 3:21 10K, a 51:15 national 45-49 record at 15K, and a 2:35 marathon in 1982 on some 3,600 miles of running.

It was in 1982 that the 5-foot-8, 129-pound Tocco took on the Ironman challenge. The event was held twice that year. In the February Ironman, he completed the grueling event, consisting of a 2.4-mile swim, 112-mile bike ride, and a 26.2-mile run, in 11 hours, 49 minutes, while setting a division record. In the October Ironman, he improved his record by 32 minutes.

The following year, Tocco tackled the Ultraman Triathlon, double the Ironman distance, and again won his age division and set a record.

Tocco has slowed a little over the past few years, but he doesn't let that bother him. "I'm a realist," he says. "I can't run as fast as before, but as long as I can run as far as before I consider myself very fortunate and privileged."

Now employed as a technical instructor for Chrysler Corporation, Tocco spends about three weeks out of every month traveling. But he doesn't let that stop him from getting in those 80-plus training miles each week, not to mention occasional swimming and biking.

Much of the credit for his success, he says, must go to his family. Brigitte, his wife since 1961, also runs, as do their children, Martine, 24, and Christophe, 18. They understand his dedication and are often on hand to cheer him on.

"I have a good, supportive family with good kids not involved in any kind of trouble," Tocco concludes. "I have good home cooking, a proper, realistic diet. I exercise every day. I'm fortunate not to have any physical disability. The way I see it that's the key to staying young and being happy." — Mike Tymn
Countdown to Eugene

Schedule, Entry and Housing Forms in this Issue

Continued from page 1

Veterans Athletics Championships.

Tour packages to be offered to competitors include: white water rafting, a winery trip, Oregon coast trips, tours of the lava caves and Western Town. Other options include Mt. St. Helens, Ashland, and local city tours.

Two World Records Set in Pan-Am Games

The 5th Pan-American Veteran Athletics Championships, held in Santiago, Chile, on April 1-2, drew participants from throughout South America and a handful of athletes from the U.S., Canada, and Puerto Rico.

Two world records were broken by women athletes. Chile's Wanda Dos Santos, W55, ran the 800 in 14.20, bettering the 14.81 time by Sweden's Asta Larsen. Silvia Sanchez, W55, of Chile, threw the hammer 70-9% (21.58). Bernice Holland of the U.S. holds the present mark of 20.37, and Wini Papene of New Zealand has a pending mark of 20.90.

Other outstanding performers included:

- Rolando Puelles, Chile, M45, 400 (53.8).
- Ricardo Figueroa, Chile, M70, 800 (2:37.9) and 1500 (5:29.8).
- Herman Strutz, Chile, M60, discus (149.9).
- Antonio Conceicao, Brazil, M50, with the meet's best hammer mark of 161-10.
- Ericto Salazar, Chile, M65, 5000 walk (28:16).
- Hector Suriano, Argentina, M70, 20K walk (2:26:28).
- Maria Gaete, Chile, W55, 100 (14.46) and 200 (29.57).
- Anneliese Schmidt, Brazil, W60, javelin (92.1).

Art Jaago of Canada won the M60 shot put (38-7 3/4) and javelin (134-9), and placed second in the discus and hammer.

Members of the WAVA Council and the Eugene Organizing Committee inspecting the facilities for the VIII World Veterans Championships next year in Eugene. From left: Mrs. & Mr. Don Farquharson, John Smith, Jim Blair, Al Sheehan, Barbara Kousky, Peg Smith, Jerry Donley, Bridget Cusken, Alastair Lynn, Bob Fine, Cesare Beccalli, Jorge Alzemora. Photo from Jorge Alzemora

SANTO, ACTING THE 14.81

Wanda Dos Rico.

Many foreign entrants are expected to compete in the U.S. TAC National Masters Track and Field Championships in San Diego, one week before the World Championships, and then explore the beauty of the California coast, en route to Oregon.

The following hotels are in the vicinity of the Parque Sexto Escobar:

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  - 503-722-1000
  - 503-722-3000

- HOTEL TUKREN
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Alun Roper, the 42-year-old Welsh solicitor, ran the fastest veteran time in the National AAA Nike Road Relay Championships at Sutton Coldfield, April 23, and brought his club, Swansea, to fourth place. The second fastest veteran "short-leg" (3 miles) time was by Allan Rushmer (14:48), with Martin Duff posting the third best (15:00).

Roper went on to win the Kodak BAF5K Championships at Hemel Hempstead, April 30, as he held off 40-year-old Peter Jones by two seconds with a 14:54. Shet Cowies was third at 15:00; Mike Green, fourth (15:12); and Martin Duff, fifth (15:18), ahead of World Games 800 champion Ron Bell.

Glynis Penny of Cambridge was a very clear winner in the women’s race in 16:56 from W40 Carolyn Oxton (18:17) and Dot Fellows (18:38).

Anne Ford, now 36, who did 2:30:88 in the London Marathon will represent Great Britain in the marathon in the 1988 Olympics in Seoul. Paula Fudge, her twin sister, will not be joining her, as the final U.K. spot has gone to Priscilla Welch, 42, after her Boston victory.

In the London Marathon, Joe Waller ran 3:00:34, which is thought to be a world best for W65.

In the Ethiopia Famine Relief 10K at S tetford, May 7, Jeff Norman, an ex-Olympian, won outright in 33:40. Veteran walkers have been shining with excellent marks; while Bernice Holland (USA-W60) won her division, to add to firsts in discus and javelin in individual events held earlier at Melbourne.

This was the first exposure for many of the European participants to the weight pentathlon. A great many expressed the hope that the VIII Games to be held next year in Eugene, Oregon, will include this event in its program.

Gilmour Sets Half-Marathon Mark

Australia’s John Gilmour, 69, recorded an astonishing M65-69 world’s best 1:20:35 for the half-marathon at Bunbury, W. Australia, May 1. In a field of 211 starters, he was first master over the age of 45. First 40+ were Bob Argyle (11:53:33) and Marjorie Forde (W40, 1:36:37).

World Veterans Weight Pentathlon Age-Factor Results Tailed

Compiled by BOB STONE and PHIL PARTRIDGE

Results of the December 7, 1987, World Veterans' Weight Pentathlon held in Melbourne following completion of the individual event competition have been rescored using one-year-age-factor tables used for the past several years for annual summaries and world records published in National Masters News. The use of age-factors attempts to correct for age and weight of implements to provide results more indicative of relative performance levels. The results on which this recoring is based were kindly supplied by Mr. Roy Foley, director of the event. This, the first officially sanctioned weight pentathlon held in conjunction with a World Veterans’ Games, proved to be a very popular event based on the 121 participants from 20 countries. For many of the participants, it was their first weight pentathlon. Competition was in the regular five-year age groups, with each group throwing the WAVA weight implements.

The top sixteen age-factor scores among men participants are listed in the attached table. The top score of 4841, made by Richard Rzehak, age 58, from West Germany, is the highest ever made in Veterans’ competition.

Showing that this was no fluke, Rzehak was first in hammer, and second in shot, discus, and javelin in the M55 individual event competition at Melbourne.

There are no one-year age factors for women. However, Joan Stratton (USA-W35) was second in her division with excellent marks; while Bernice Holland (USA-W60) won her division, to add to firsts in discus and javelin in individual events held earlier at Melbourne.

Women’s Race

In the London Marathon, Priscilla Welch, 42, after her Boston victory, was the very clear winner in the women’s race in 16:56 from W40 Carolyn Oxton (18:17) and Dot Fellows (18:38).

Frank Vivod of Yugoslavia, who tied for second-place in the M40 high jump (1.87) in the World Veterans Games in Melbourne. Photo by Don Johnson.

President:

Cesare Baccali
Via Marinetti 7
20147 Milano, Italy

Executive Vice President:

Frg Smith
P.O. Box 67
Williamstown 3016
Victoria
Australia

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4231 Palm Forest Drive
Delray Beach, FL 33445
USA

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23 Reuben St.
Aurora, Ontario
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Contact President
VIII WORLD VETERANS’ CHAMPIONSHIPS
JULY 27 - AUGUST 6, 1989
EUGENE-SPRINGFIELD
OREGON, USA 1989

OFFICIAL ENTRY BOOKLET

Invitation to the
VIII World Veterans’ Championships

On behalf of the Organizing Committee and the veteran athletes of the United States, we would like to invite you to come to Eugene-Springfield, Oregon for the VIII World Veterans’ Championships.

In this Entry Booklet, you will find information on competition entry, housing, tours, and much more. Specific information on exact competition times, shuttle bus system, and tourist information will be included in the Competitor’s Handbook available in your packet upon arrival in Eugene-Springfield. In the meantime, we suggest you read the “National Masters News” (address inside) for further information.

We look forward to seeing you here in July 1989 for the VIII World Veterans’ Championships.

Thomas C. Jordan
Executive Director

Barbara Konsky
Executive Secretary

NEW EVENTS

WORLD CHAMPIONSHIPS 10K ROAD RACE

The VIII World Veterans’ Championships will inaugurate a new event — the 10-kilometer Road Race — a World Championships event for veterans only, with medals awarded in each age division. It will be held on Thursday, July 27, the opening day of the VIII World Veterans’ Championships, and it will be a top-level 10K on a flat, fast course. We invite all distance runners to take part in this exciting new event.

HEPTATHLON/DECATHLON

At the recommendation of the WAVA Multi-Events Committee, the pentathlon has been replaced by a heptathlon for women and a decathlon for men. It will be held July 27-28, on the first two days of the Championships. There will be no pentathlon held as a World Championships event.

RESULTS BOOK

A Results Book will be made available for purchase to all World Veterans’ Championships competitors. Check your Competitor’s Handbook upon arrival for ordering instructions.

AIR TRAVEL TO EUGENE

“Adventures in Travel” is the official travel agent for the VIII World Veterans’ Championships. If you are arriving by air, we recommend you make your arrangements through Adventure in Travel. Not only do they know the Eugene and Portland air schedules intimately, as the representative of our official airline, United Airlines, Adventure in Travel can offer 5% off the lowest discounted fare available on any United flight into Eugene and Portland.

Phone: 1-800-645-5477 within the United States
Fax: 503/225-3487
Address: 864 West Park, Eugene, Oregon 97401-2929

NATIONAL MASTERS NEWS

The National Masters News is the official publication of WAVA and TAC. It will be carrying updated progress reports on the VIII World Veterans’ Championships, and will prove a valuable source of information for all competitors. A one-year subscription (12 issues) is $18.75, or $5 outside USA, and $8 first class (USA & Canada), and $15 foreign airmail. Send to National Masters News, P.O. Box 5185, Pasadena, CA 91107, 818/577-7233.

MEDAL STANDARDS

Athletes finishing 1st, 2nd, or 3rd in their event must achieve or better the following standards in order to be awarded a World Veterans’ Championships Gold, Silver, or Bronze Medal. The STANDARDS LISTED ARE NOT ENTRY STANDARDS. THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

MEDAL STANDARDS

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U.S. NATIONAL CHAMPIONSHIPS

The U.S. TAC National Masters (Veterans) athletics championships for men and women 30 and over will be held in San Diego, California on July 20-23, 1989, one week prior to the World Championships. All foreign competitors are invited to compete. For further information write to David H.R. Page, 5643 Campanile Way, San Diego, CA 92115, (619) 582-3316, FAX 619-7991.

U.S. NATIONAL CHAMPIONSHIPS

At the April, 1989, WAVA Council meeting, the Council adopted performance standards for the awarding of medals. Athletes finishing 1st, 2nd or 3rd in their event must achieve or better the standards as listed in the Appendix in order to be awarded a World Veterans’ Championships Gold, Silver or Bronze Medal. THE STANDARDS LISTED ARE NOT ENTRY STANDARDS. THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

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VIII WORLD VETERANS’ CHAMPIONSHIPS CALENDAR OF EVENTS

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### PRELIMINARY COMPETITION SCHEDULE — MEN

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SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES. DEFINITIVE SCHEDULE IN COMPETITOR'S HANDBOOK IN PACKET UPON ARRIVAL.

### PRELIMINARY COMPETITION SCHEDULE — WOMEN

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SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES. DEFINITIVE SCHEDULE IN COMPETITOR'S HANDBOOK IN PACKET UPON ARRIVAL.

### COMPETITION ENTRY REQUIREMENTS

ALL ENTRIES MUST BE RECEIVED BY MAY 1, 1989. Office entry forms and confirmation of entry will be sent within 30 days of receipt. Entries may be made to the Entries Subcommittee, P.O. Box 5334, P.O. Box 5334, P.O. Box 5334, P.O. Box 5334, P.O. Box 5334, P.O. Box 5334, P.O. Box 5334, P.O. Box 5334.

Competition entries received from individuals in the following countries must be accompanied by entry forms before being accepted by the Organizing Committee: African States, South America, South Africa, South Korea, Sri Lanka, Sweden, Switzerland, Taiwan, Turkey, & Japan.

Resident of countries not listed above should send their entry to the VIII World Veterans' Championships, Post Office Box 10825, Eugene, Oregon 97440, USA.

### AGE REQUIREMENTS

The VIII World Veterans' Championships are open to all male born on or before 27 July 1954, who are physically fit for competition.

Proof of age of birth must be submitted with entry form. Copies of birth certificates are required.

### BLIND COMPETITORS

Blind competitors requiring guides are not to receive any advantage over other competitors. Guides may only be in a position behind or at the side of the competitor.

### REGULATIONS AND QUALIFICATIONS

Entries must be filled under the IAAF/ANA rules subject to the following:

- Competition is conducted under the IAAF/ANA rules subject to any special rules.
- Entries signify that each competitor will follow the rules of the Organizing Committee.
- All entries with a guide will be entered under the guide's age group.
- The Organizing Committee reserves the right to disqualify and remove competitors if they are found to be in any other category than the one they have signed up for.

### TIMETABLE

In track events, slower competitors will be required to move to the outer lane to allow the next event to start on time.

In field events, slower competitors will be required to move to the outer lane to allow the next event to start on time.

### AWARDS — INDIVIDUAL EVENTS

Medals will be awarded to the first three places for all age groups in all events.

### AWARDS — TEAM EVENTS

In track events, the top 3 places, except for the 10,000m and 3000m events, will be awarded to the first 3 places in each age group.

### IMPLEMENTS

With the exception of throwing poles, all implements for field events will be provided by the organizing committee except for their own throwing implements provided by the competitors. These implements conform to the rules and must be used.

### QUALIFYING REQUIREMENTS — TRACK

In all lane track events requiring heats and/or semi-finals, the following qualifications must be met:

- 6 Lane Track — Winners and at least next 4 fastest will advance.
- Probable Limits: 800 meters, 12 per heat, 8 to finals; 1500 meters, 16 per heat, 8 to finals.

If there are insufficient starters to warrant a scheduled heat, the semi-finals will be run on aggregate times.

Age Groups For Team Events — 4 x 400m Relay, 4 x 400m Relay, 4 x 400m Relay, 4 x 400m Relay, 4 x 400m Relay, 4 x 400m Relay, 4 x 400m Relay, 4 x 400m Relay.

### VENUES

- **TRACK AND FIELD**
  - **venue** — Hayward Field, Eugene, Oregon, USA
  - **Marathon** — City of Portland, Oregon
  - **Cross Country** — The Cross Country course is a fast course with some hills.
  - **Road Walk** — The Road Walk is a flat course adjacent to other activities.

### STEEPLECHASE

The barriers must be handled by either a referee or a volunteer. Competitors must clear the barriers before moving to the next hurdle. The barrier must be cleared within 5 seconds of the signal.
COMPETITION ENTRY FORM INSTRUCTIONS

Please fill in your full name in the boxes provided, one letter per box, family name first. Then your complete address (include apartment number, if any), nationality, sex (male/female), date of birth, and age.

Next, figure the fees for entry as follows: There is a $25.00 fee assessed by WAVA. In addition, there is a cost for each event entered. The first event is $25.00, Second, 3rd, 4th and 5th events are each $10.00. Sixth and 7th events are $15.00 each. Therefore, the cost for entering 5 events would be $125.00, the cost for entering 6 events would be $135.00, and the cost for entering 7 events would be $150.00. The cost for the banquet is $200.00 per person. Add all the costs together for your total.

Payment must be made using a bank draft, Visa or MasterCard charge card or check in U.S. dollars.

If using a Visa or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the box provided (one number per box). You also must include the expiration date printed on your card.

To specify the events in which you wish to compete, please mark the first box on the entry form with an "X" in front of the event you wish to enter.

The next section tells you which, if any, age groups compete in that event. If the "Best Mark 1988-1989" column, please list your best mark for this time frame. In addition to marking your events with an "X", please write out the name of each event you wish to enter in the section at the bottom of the page.

Please send entry form and payment to: VIII World Veterans' Championships
Organizing Committee
P.O. Box 10825
Eugene, OR 97440
USA

COMPETITION ENTRY FORM

[Table with columns for Event, Name of Event, Women's Age Groups, Men's Age Groups, Best Mark 1988-1989]

MARK EVENT HERE WITH AN "X"

[Columns for Event Name, Number ordered, Event, Age Group, Mark for this event, Age Group, Mark for this event, Age Group, Mark for this event]

To verify your requests, please write out NAME OF EACH EVENT ENTERED:

1.  
2.  
3.  
4.  
5.  
6.  
7.  

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the VIII World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the generic 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 VIII World Veterans' Championships.

(Signature, Signature, Unterschrift, Firma) (Date, Date, Datum, Fecha)
ROOM RESERVATION FORM INSTRUCTIONS

Please use one Room Reservation Form for each room reserved. Fill in the last name of the person in whose name the room reservations will be made; then first name. Write in your complete address (include apartment number), and your daytime telephone number (include any city/country codes).

Next list if you are part of a Tour Group.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrival and departure dates.

Next circle the date of each night you plan to stay in your choice of accommodations.

Housing Preference: Various types of housing are available; please read the descriptions in this booklet under "Accommodations". Then use 1, 2, 3, and 4 to indicate your preference for housing. Each University Hall and University Inn room has two beds. We will assign roomsmates. If you wish to room with a particular person in these rooms, check the line which says "2 person 2 beds". You must provide us with the name of the other occupant and include a deposit for two people. The person whose name appears at the top of this form will be responsible for the payment by both persons.

Next, verify your housing preference by writing out the type of housing and sleeping arrangement for your three choices. Enclose the appropriate deposit for your first housing choice and mail to the WVCC. Post Office Box 10825

Eugene, OR 97440
USA

If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box). You also must include the expiration date printed on your card.

ROOM RESERVATION FORM

<table>
<thead>
<tr>
<th>Deposit</th>
<th>First Name</th>
<th>Last Name</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
<th>Country</th>
<th>Phone</th>
<th>Email</th>
<th>Roommate</th>
<th>Deposit Date</th>
<th>Deposit Amount</th>
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<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

HOUSING PREFERENCE

Use numbers 1, 2, 3, and 4 to indicate your first, second, and third preference for housing and sleeping arrangements:

- Deluxe ($45-65)
  - University Inn (off-site) shared rooms private bath
  - We assign roommates. ($31.50) 1 person 1 bed

- Tourist ($31-62)
  - Cooperative housing
  - Private room ($16.00) 1 person 1 bed
  - Breakfast private room ($19.50) 1 person 1 bed
  - Parking

- Budget ($32-53)
  - RV camping ($75-170 per vehicle)
  - Tent camping ($45-115 per space)

- For all choices:
  - University Halls shared rooms ($25.50 per person)
  - We assign roommates. ($25.50) 2 person 2 beds

To verify your requests, please write out type of housing and sleeping arrangement for your first, second, and third choices:

- University Halls shared rooms
- University Inn (off-site) shared rooms private bath
- Cooperative housing
- RV camping
- Tent camping

BANQUET

Enjoy the cuisine of the Pacific Northwest at the Championships Banquet to be held on Wednesday, August 2nd, a non-competing day. Hors d'oeuvres and the meal, music, and dancing are included in the $20 per person charge. We recommend that you sign up early for this popular function. Attendance is limited to 200 people (See Entry Form). Free transportation will be provided via the shuttle buses from all major housing accommodations.

SPORTS MEDICINE SEMINARS

Sports medicine seminars under the direction of world-famous orthopedic surgeon Dr. Stanley James will be offered during the championships. If you would like additional information on the seminars please write to the Organizing Committee.

DAY TOURS FOR VISITORS

We invite you to see and enjoy the beautiful Northwest on one or more of these tours. All transportation will be in luxury motor coaches with experienced drivers and guides. Prices are based on a minimum of 40 people including lunch.

- A. WHITEMATER RAFTING
  - Paddle through whitewater, drift in the calm, and share the beauty of the ever-changing river on this exciting raft adventure.
  - $45.00 half-day
  - $52.00 full-day

- B. HINMAN/FORGERON WINERIES (6 hours)
  - Sample a variety of award-winning Oregon wines as you tour two of the State's finest wineries, Hinman Vineyards and Forgeron Vineyards.
  - $76.00 per person

- C. OREGON COAST/SEA LION CAVES (9 hours)
  - Experience the rugged landscape as you travel the windswept Oregon coastline to Newport, stop at the world-renowned Sea Lion Caves, view the world famous lighthouse at Haystack Rock, and drive to the waves at Devil's Churn lookout.
  - $41.50 per person

- D. WILDFIRE SAFARI (9 hours)
  - Experience this 600-acre drive thru park where exotic, uncaged animals from around the world roam free. Watch the rhinos resting in a cool pond or observe a lazy pride of lions sunning themselves in the tall grass.
  - $35.00 per person

- E. CASCADE MOUNTAINS/SISTERS TOUR (8 hours)
  - Enjoy the natural beauties of Oregon. View an underground spring as it forms into the Metolius River, drink in the view of the rugged Cascade Range, and tour the authentic Western town of Sisters.
  - $29.00 per person

- F. CRATER LAKE (12 hours)
  - Cradled at the crest of the wondrous Cascade Mountain Range, Crater Lake, formed nearly 6,000 years ago, is one of the world's scenic wonders and is one of the deepest lakes in the United States.
  - Hike 1 mile to the heart of the crater; board an excursion boat for a ride across the crystal blue waters of the Lake to Wizard Island, the remaining core of what was once Mount Mazuma.
  - $54.50 per person

- G. HISTORIC BROWNSVILLE (4 hours)
  - Travel to historic Brownsville to capture the essence of early Oregon life with replicas of a general store, bank, barber shop and milliner's shop; all rich with the objects of turn-of-the-century tools of the past.
  - $14.50 per person (price does not include lunch)

- H. WETZELHAUSER TOUR (The Weyerhaeuser Co.)
  - Discover how choice Oregon timber is converted into paper products as you tour the sawmill, paper and press labor operation of the Weyerhaeuser Company, the largest forest products facility in the world.
  - $7.00 per person (price does not include lunch)

TRANSPORTATION

A free shuttle bus system will offer service between housing accommodations and the competition venues for the competitors. The shuttle will also operate from the Eugene airport during peak arrival and departure times, and for the banquet. A timetable will be included in your packet.

ACCOMMODATIONS

Exploration of Room Categories is as follows:

- LUXURY HOTELS: All the amenities of a Luxury Hotel, including large, air-conditioned rooms, dressing room, cocktail lounge, sauna/jacuzzi, and swimming pool.

- DELUXE ACCOMMODATIONS: Large rooms with air-conditioning, dining facilities, cocktail lounge, pool facilities; all but two have coffee shops and entertainment.

- TOURIST ACCOMMODATIONS: Clean, affordable, air-conditioned rooms, with color TV. Some with pool and dining facilities.

- BUDGET ACCOMMODATIONS: Clean, inexpensive air-conditioned rooms with color TV. Some with pool facilities.

- RESIDENCE HALLS: Accommodations include three full meals per day, beds made up on arrival and daily towel service. Comfortable lounges with piano and fireplace. Access to color cable TV and laundry facilities. Shared bath on each floor. University Inn.

- CO-OP LIVING: Accommodations include building housing up to 50+ people. Single bed, shared bath. Shared sleeping rooms (range from 4 to 40 beds per sleeping area). Limited private sleeping rooms available. All have private dressing areas. Color television in living areas. Some rooms have private baths and telephones. Access to color cable TV and laundry facilities.

- RECREATIONAL VEHICLES & CAMPING: Facilities include water, electrical hookups, and dump stations for recreational vehicles. Some facilities with pool, showers, and store.

National Masters News
July, 1988
WAVA North American Masters Track and Field Championships

Recognising how important it is to hold a "prestige" meet in a year with no World Championship, the Canadian Masters Athletic Association (C.M.A.A.), by invitation of the North American Council of WAVA, will host a North American Championship at the end of August.

Details are as follows:

Metropolitan Toronto Track and Field Centre.
This is a first class international facility.
Sanctioned by WAVA, North American Council and its affiliates, the event will meet WAVA's requirements.

THE LOCATION  The facility is in York University campus
just west of Keele and Steeles. Keele runs north from highway 401. Steeles is an east/west intersection some miles north of that. Twenty minutes from Toronto (Pearson) Airport.

SPECIFICATIONS  Hurdles and implements will be to
WAVA standards - see table.

MEDALS  North American Championship medals will be awarded - gold, silver and bronze, subject to the proviso that the competitor either meets the standard or beats another entrant in the event.

(CANADIAN CHAMPIONSHIPS  This meet will also serve as
the Canadian Championships for 1988. The top finishing Canadian in each event will receive a certificate recording that competitor is the 1988 Canadian Champion.)

INTERNATIONAL CHALLENGE RELAY RACES
NATIONAL teams may be entered for 4 x 100 and 4 x 400.
The Canadian Masters medal will be awarded to the gold, silver and bronze teams in 10 year age groups from 35 up for women and 40 up for men. Entries $25.00, at the meet.

ENTRIES
Entries must be postmarked on or before August 8th, OR
received by midnight Monday August 15th. Only in very exceptional circumstances will any other entry be allowed, and the Meet Director's decision on any such request will be final. Entries will be received by:
NORTH AMERICAN CHAMPIONSHIPS
66 Felicity Drive
Scarborough
Ontario
Canada
M1E 1E3

K.B. The Canadian postal service requires the code, so to ensure delivery, take certain the code - M1E 1E3 is correctly shown in the address.

FEES
Fees must be paid in Canadian dollars, by cheque
made out to the Canadian Masters Athletic Association.
The fee structure is set out on the entry form.
Special note should be made of the requirement for membership in C.M.A.A. or T.A.C. or appropriate national masters body. Unless a membership number can be quoted on the entry form, a day membership fee of $5.00 will be required for each day the entrant competes.

There is also a need to establish the WAVA North American Council on a more secure footing. Accordingly, a levy of $5.00 is being charged to each competitor for an administrative and promotional fund.

SCHEDULING OF EVENTS
Events will take place in the order shown on the entry form, but exact timing will depend on site of entry. Within each event, the order shall be oldest to youngest, men and then women. Where justified, age groups may be combined for scheduling purposes.

ACCOMMODATION
A good hotel close to the meet has been identified as
the best and lowest cost accommodation available.
Hotel rooms in the Toronto area in August cost upwards of $75 per night and will be in short supply.
The recommended hotel is the JOURNEY'S END, at:
Single $49.99 or $47.85
Double $56.48 or $54.28
Some rooms have two double beds. Extra persons, no charge.

If the response warrants it, we aim to set up a headquarters and registration room in the hotel and arrange transportation to the meet.

Phone (416) 736-7000 or 1-800-668-4200 to reserve.
Please indicate on the entry return whether you have done so. We suggest you act fast!

The hotel is at 66 Norinch Drive
Downview
Ontario Canada M3H 1P3
From Highway 401, take Highway 400 north. Exit on Finch Ave. E. Turn left onto Norinch Drive.

For further information, call Don Farquharson
Office (416) 495-4059  Home (416) 282-2555

1988 NORTH AMERICAN CHAMPIONSHIPS

SCHEDULE OF EVENTS:

Saturday August 27th

6.30 10,000m
9.30 Hammer Throw, High Jump
10.30 100m Hurdles and Finals
11.30 LUNCH
12.30 Sprint Hurdles
1.00 1500m
1.30 Javelin, Long Jump
2.45 200m Walk
3.30 400m
6.00 Banquet

Sunday August 28th

8.00 20km road walk
11.30 400m Hurdles
10.00 5000m (sections) SHP,POV
11.30 200m Heats and/or Finals
1.00 LUNCH
1.30 200m Finals, Discus, TrJ
2.45 Steeplechase
3.30 100m Walk
2.30 4 x 100m and 4 x 400m
6.00 Banquet

Mail completed entry to:
North American Championships
66 Felicity Drive
Scarborough
Ontario
Canada
M1E 1E3

OFFICIAL ENTRY FORM: Journey's End Hotel reservation made?  yes  no

Name:  
Last  First  middle

Address:  
City  State  Zip  Code

Telephone:  
Home  Business

Birthday:  Age on August 27th:

Sex:  Male  Female

National membership #

100m  5000m walk  Pole vault
200m  2000m walk  Triple jump
400m  Sprint hurdles  Javelin
800m  400m hurdles  Shot put
1500m  Steeplechase  Hammer throw
5000m  Long jump  Weight throw
10000m  High jump

Fees: (Cheques payable to Canadian Masters Athletic Association)
(Canadian Funds)
First event $10.00
Additional events (4.00 each)
Day membership @ $5.00 each
Banquet tickets @ $20.00
North American levy $5.00

Total fee enclosed:
WAIVER: A waiver must be signed on registration.
Britain Holds Club Road Relays

by BRIDGET CUSHEN

The first-ever British road relay championships were held on May 22 around the leafy lanes of Tring in Herts.

Director Ron Blastland, a retired businessman and veteran runner, attracted 12 ex-Olympic and 17 former British internationals, as well as all the top road runners and clubs in the country.

Each team was composed of eight runners, who each ran three miles (about 200 meters short). A total of 99 teams entered the M40-49 division; 38 in the M50-59; 6 in M60+; and 28 in W35+.

The women, M50s and M60s ran together, with the lead changing from stage to stage. Ron Franklin, still recovering from his recent foot operation, led the M60s home in 17:43, a time bettered only by Steve Charlton's 17:30.

The M40-49 race featured Tipton, the Midland club, with its long and distinguished record in club races, facing Aldershot, the much-fancied Southern club. Aldershot's Les Presland, 48, made up seven places on his stage to give his team the victory.

Such was the intensity of the competition that three men broke 14 minutes: Alun Roper (Swansea), 13:49; Eddie Cunningham (Aldershot), 13:50; and Sheldon Cowles (Oxford), 13:33.

WAVA/TAC Hurdles and Implements Specifications

<table>
<thead>
<tr>
<th>Age</th>
<th>Race Distance</th>
<th>Hurdle Height</th>
<th>Hurdles Women To 1st Hurdle</th>
<th>Between Hurdles</th>
<th>To Finish</th>
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<tbody>
<tr>
<td>35-39</td>
<td>100m</td>
<td>840m</td>
<td>12.00m</td>
<td>22.175&quot;</td>
<td>39.00m</td>
</tr>
<tr>
<td>40-49</td>
<td>100m</td>
<td>840m</td>
<td>12.00m</td>
<td>22.175&quot;</td>
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<td>50-59</td>
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<td>60-69</td>
<td>100m</td>
<td>840m</td>
<td>12.00m</td>
<td>22.175&quot;</td>
<td>39.00m</td>
</tr>
</tbody>
</table>

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JULY, 1988

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>JANE BUCH (SMYTHVILLE, OH)</td>
<td>7-24-48</td>
<td>40-44</td>
</tr>
<tr>
<td>SIGNE GALLAHER (RIDGECREST, CA)</td>
<td>7-23-23</td>
<td>65-69</td>
</tr>
<tr>
<td>MELBA HATCH (CANTON, MI)</td>
<td>7-1-26</td>
<td>60-64</td>
</tr>
<tr>
<td>SYLVIA HATTON (BEND, OR)</td>
<td>7-3-33</td>
<td>55-59</td>
</tr>
<tr>
<td>MARY MIDDLEBROOK (HOUSTON, TX)</td>
<td>7-23-38</td>
<td>50-54</td>
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<tr>
<td>ERLA TRANTER (CHICAGO, IL)</td>
<td>7-23-43</td>
<td>45-49</td>
</tr>
<tr>
<td>LINDA UPTON (CHESTNUT HILL, MA)</td>
<td>7-24-46</td>
<td>45-49</td>
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<tr>
<td>DANIEL ALDRICH (NEWPORT BEACH, CALIF)</td>
<td>7-12-12</td>
<td>70-74</td>
</tr>
<tr>
<td>ERIK ANDERSON (SNE)</td>
<td>7-12-12</td>
<td>70-74</td>
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<td>KONRAD BOAS (WAYNE, NJ)</td>
<td>7-15-23</td>
<td>85-89</td>
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<tr>
<td>AL BRENDAN (MODESTO, CA)</td>
<td>7-6-28</td>
<td>60-64</td>
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<tr>
<td>DOUGLAS CLEMENT (CANADA)</td>
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<td>RICHARD EMBERGER (ESCONDIDO, CA)</td>
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<td>WALLY HAYWARD (RSA)</td>
<td>7-10-08</td>
<td>80-84</td>
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<td>ANDREW JONES (CINCINNATI, OH)</td>
<td>7-20-18</td>
<td>70-74</td>
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<td>PETER LAURING (US)</td>
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<td>GUNNER LINDE (SANTA MONICA, CA)</td>
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<td>JOSEF MATOUSEK (CZE)</td>
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<tr>
<td>ROBERT MCDONALD (EL CAJON, CALIF)</td>
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<td>ROBERT MONZINO (US)</td>
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<td>MAXI MORITA (JPN)</td>
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<td>ALBIN NORDEN (SWEDEN)</td>
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<td>75-79</td>
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<tr>
<td>DAVE POWER (AUSTRALIA)</td>
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<td>GORDON SIEFFERT (BIRMINGHAM, AL)</td>
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<tr>
<td>KENNETH ST-CLAIR (TARKIO, MD)</td>
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<td>NIKOLAY SVIRIDOV (URS)</td>
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<tr>
<td>TOM THORNE (EUREKA, CA)</td>
<td>7-12-23</td>
<td>65-69</td>
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<tr>
<td>RUDOLPH VALENTINE (NYC, NY)</td>
<td>7-12-23</td>
<td>65-69</td>
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<tr>
<td>ALAN WATERMAN (SAN FRANCISCO, CA)</td>
<td>7-8-18</td>
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<tr>
<td>ADRIAN WEATHERHEAD (GB)</td>
<td>7-22-43</td>
<td>45-49</td>
</tr>
</tbody>
</table>
welcomes scrutiny, and everything we publish is first reviewed by our peers. It
have the manpower to stay ahead of
2) Efficacy. Both of these procedures
require extensive, expensive and
statistically-valid procedures.
I place the onus on Frank just as the
FDA would. What is the proof of
efficacy? I ask Frank to:
1) Give an indication of his scientific
background that would confirm he has
claims are as made in the
"Open Letter from Dr. Gerald S.
Frank" ad. Unfortunately, they do not
have the manpower to stay ahead of
Science and Dentistry. I quote directly;

INTRODUCTION
"Cytochrome-C is a simple chemical
compound composed of a series of
amino acids and iron. This compound
acts as a carrier of oxygen within the
mitochondria, the cell powerhouse of skeletal
muscle, and is an essential part of the
metabolic process that allows muscles to
work. According to several studies, the
amount of Cytochrome-C in the muscle directly
affects the length of time that the
muscle will perform during exercise.

SUMMARY
"It can be seen from the data
presented that there is a direct relation­
ship between Cytochrome-C and muscle endurance. Since
Cytochrome-C is essential in the
respiratory chain, there is, of
course, a basal level in all muscle
tissue. In order to improve the
efficiency of the muscle, it is necessary to
increase aerobic respiration. Cytochrome-C, a necessary
component of the respiratory chain, must
be available in excess to achieve this
end.

Dr. Karl Folkers, the "father of
Co Q10 research in the U.S.,
Europe, and Japan for the last 30
years, received the Priestly Medal,
in 1966, the highest award bestowed
by the American Chemical Society
in recognition of superior ac­complishments in chemistry and
medicine. It was presented to Dr.
Folkers in recognition of his
work with Coenzyme Q10, vitamin B6,
and vitamin B12.
I quote from his speech at the
Third International Symposium on
Coenzyme Q in 1981: "New and
reproductive treatments of disease,
particularly where there has been no
in the treatment of intrinsically biologic
significance, have generally been
believable and even ridiculous to
others before proof of efficacy. I
once heard the story of how incred­
ible the first sulfur drug was used to
the treatment of infection. To treat
pneumonia with a chemical was not
considered sane. I witnessed the
birth of cortisone to treat disease in
1949, the highest award bestowed
in recognition of his work
with Bliznakov, M.D., President and
Scientific Director of the Lupus Research
Institute, in The Miracle Nutrient
Coenzyme Q10, page 10: "Co Q ex­
ists in the membranes of mitochondria
where it performs its critical function,
the manufacturing of Adenosine Triphosphate (ATP).
The brain energy of the cell... Furthermore,
with advancing age the body begins to lose its own in­
ate ability to supply Co Q, this can result in deficiencies of Co Q needed
to fight off the diseases normally
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CAPS TESTIMONIALS

I have definitely noticed a wonderful sense of well being and my recovery period is not as long. I ran my first track meet in Sacramento on April 30th. I could not believe the energy I had in the 200m. I usually fade about 50m out, but this time I didn’t start to fade until 10m from the finish. Thanks much!”

Marl Moore
NMN reader, Master sprinter

“I have had a problem with cramping in the past. Since I began using the CAPS program, I have not had any cramping. I believe that these products really work.”

Bob Radford
NMN reader, High school coach

“During long rides, the burn in my legs is no longer debilitating since I began using CAPS. They have improved my training and racing and I seem to have greater endurance in the late stages of a 60-80 mile road race.”

Bob Brooks
1987 National Masters road race and criterium champion

“The CAPS Products are the most powerful performance enhancers that I have ever used. There is no doubt in my mind that these products really work.”

Scott Molina
Winnipeg Triathlete in triathlon history

“CAPS allows me to go harder and faster during training sessions. They reduce my leg burn as well as enhance my recovery tremendously. I get more out of each work-out and my body can effectively assimilate greater work loads.”

Todd Jacobs
Pro Triathlete

“Increased endurance, energy boost, and shortened recovery time are big claims to make, but count me as a believer.”

Randi Bromka
1987 Leadville Trail 100, Women's Division Winner
1988 Wisconsin Ice Age 50, Women's Division Winner

“The CAPS products have drastically improved my strength, endurance, and recovery time.”

Chris Mullins
Starting forward, Golden State Warriors

“The CAPS products have made a tremendous difference in my recovery from long training rides which last for 9-12 hours. My recovery time has been cut in half.”

Casey Patterson
1987 Race Across America winner, Women's division

“The key to success in long stage races is consistency and recovery time. CAPS provide me with both.”

Mike Engleman
Pro cyclist, Wheaties Schwinn Team

Get 2 bottles of RACE CAPS and 1 bottle of ENDURO CAPS (a $70 value) for only $45.95 + $2.35 shipping and handling — that's 50% more RACE CAPS for only $6 more than our previous offer. In addition, I'm pleased to offer wholesale discounts to Race Clubs and other groups ordering 12 or more bottles. Call and ask about these special prices.

If for any reason you're not satisfied, just send back the empty bottles and let me know. I'll refund your money, no questions asked. But I think you'll be so satisfied that you'll want to enjoy these products for a long time to come.

To order, call toll-free today: 1-800-336-1977 (in California, call 1-800-441-1977, or if local in the San Francisco Bay Area, call (415) 931-1977). Or send your check, money order, or VISA/MasterCard number (plus expiration date and signature) directly to: Hansen & Frank, Inc., Dept. M; 2886 Geary Boulevard, Suite 205; San Francisco, CA 94118.
part of themselves in those Italian hills from which, as Ernie Pyle wrote, "dead men came down every night."

Why do the older women and men train and strain? One fellow has had over 400 injuries. Luckily, only 312 were serious. He carries on, charging into the last third of his personal century driven, maybe, by God's Will.

One night I wandered into Marble Stadium in Rome where a battle was in progress...grunts and groans...the 70-74 triple jumpers were trying to humiliate one another with the jumps of a lifetime, all the while white sparks leaping from their watery eyes.

Then, the victory, the smiles, the many-nation handshakes. Who won? I don't remember, but it was close (first 4 within 10 cm). And who built the glistening stadium so that wrinkled children could rage on in their delight? Mussolini built it. Perhaps the only nice thing he ever did.

Boo Morcom
Wilmot Flat, New Hampshire

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.

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National Masters News
P.O. Box 2372
Van Nuys, CA 91404
ICI/USRA Masters Circuit is Underway

Several months ago I received a call from Bill Adams, General Manager of Public Affairs at ICI Americas, Inc., regarding the "Masters Circuit" he had heard I had created. First of all, as a rule, "Sponsors don't call you, you call them; and then you usually don't get through."

But Bill Adams is different. Once we began talking, I was pleasantly surprised to find out that, unlike many corporate sponsors, this guy knew what he was talking about and better yet, he was and is a runner! He finished 2nd, for example, in the 45-49 age division at the recent Myrtle Beach Classic 10K in 36:01 behind Utah's Steve Lester. He has traveled extensively to many of the country's top events and is a serious competitor who cares about his sport. ICI as a major sponsor will certainly be a welcome addition to the running community that has had too many corporate spokesmen that were not tuned in to the sport.

ICI's Title Sponsorship of the "ICI/USRA Masters Circuit" is without question one of the most exciting developments ever for masters running and the sport in general. ICI certainly is no stranger to sports sponsorship. Its "World Class Athletic Club" track team features the likes of Valerie Brisco, Gail Devers, Jackie Joyner-Kersee and Greg Foster, among others, representing 10 medals at the '84 Olympics, and has also featured Sebastian Coe.

ICI is also a major sponsor of Formula-1 motor-racing and is involved in all of the North American Grand Prix races. ICI serves as a Presenting Sponsor of the Eagle Tournament at Forest Hills and is also involved with a number of major U.S. Golf Tournaments. Of ICI's title sponsorship, Adams said, "This opportunity for the Masters Circuit Title Sponsorship coincides with ICI's image-building campaign in the United States. We are delighted to add masters running to our extensive sports promotion commitment."

ICI's involvement with the ICI/USRA Masters Circuit will provide a number of innovations to the sport. The "ICI/USRA Masters Report," within which this column appears, will be featured monthly in National Masters News and will be edited by Indianapolis News running columnist Mike Davis, who is active with TAC Press Relations for Indianapolis-based events including the Pan-American Games, U.S. Olympic Track & Field Trials, and the recent RRCA National Convention.

"Masters Running '88," the Program "Annual" for the ICI/USRA Masters Circuit will also be released late this summer in conjunction with the TAC Masters Track & Field Championships and the Asbury Park 10K Classic, the TAC Masters 10K Championships, in August. Associate Publisher of the Annual is Larry Eder, former Promotion Director of Runner's World magazine.

ICI's sponsorship will enable the ICI/USRA Masters Circuit to provide a season-ending $20,000 prize purse to be awarded in six age divisions (men's and women's 40-49, 50-59, 60 and over). In addition, other benefits for Circuit member events are being considered, including runner's caps, a Circuit "Championship" event, video highlights tape, and cable and/or network television broadcasts. Our goal is to expand the Circuit to 20 events with a special emphasis on the West Coast where we are currently holding conversations with events in Seattle, Baton Rouge, Houston, Tulsa, Portland, San Diego, San Francisco, and Phoenix. If you have an event with an interest in joining the Circuit, please let me know.

The response from masters runners has been overwhelming. We have received dozens of letters of interest and numerous others with suggestions on ways we can make the ICI/USRA Masters Circuit even more successful. One philosophy we have adopted is that we will "walk before we run" with the Circuit. In laying a solid foundation for the Circuit, our desire is to benefit as many masters runners as possible and not just a handful of superstars. We can't please everyone, but we can certainly present an exciting program that will contribute positively to masters running. In this regard, we will listen. My line (407-647-2918, 1210 Harding St., Winter Park, FL 32789) is open, and I can assure you that ICI wants to hear your suggestions and to create the best Circuit possible.

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ICA/USRA MASTERS CIRCUIT POINT STANDINGS

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<th>Men 40-49</th>
<th>Women 40-49</th>
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<td>2. Wes Hasley</td>
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<td>7. Chris Chambers</td>
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<td>10. Jane Arnold</td>
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<td>10. Jane Arnold</td>
<td>10. Edward Knight</td>
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Forty-five-year-old Steve Lester, sets the early pace in the Myrtle Beach Classic 10K in Myrtle Beach, S.C. June 4. The Magna, Utah residence went on to win the 45-49 age division in 31:38.

Mike Davis Photo
ICl/USRA Masters Circuit “Happenings”

by DEAN REinke

Bill Rodgers’ recent injury sustained following the Los Angeles Marathon (where he was defeated by Charleston’s Bob Schlag) caused him to take the most days off ever from his training during the past 14 months. Schlag, who is one of the world’s top marathoners, has inked a deal with Sorbohane which calls for him to be used in advertising and to make a specified number of appearances. … The MYRTLE BEACH CLASSIC 10K, which attracted over 1000 runners with only four months planning, will move to February, March, or April of 1989 to coincide with the major southern circuit races including the ING Jacksonville River Run, Red Lobster 10K in Orlando, Azaela Trail Run in Mobile, and the Miami Orange Bowl 10K. Look for its “Running & Racing” show to air in July. Look for even more coverage as ESPN and other cable networks have expressed interest in the new Circuit. … Sports Inc. and Sports Marketing News both featured articles in recent editions on ICI’s side sponsorship of the ICI/USRA MASTERS CIRCUIT. … Bill Rodgers will headline a strong masters competition at the HILTON HEAD HUSTLE 10K, October 1, in Davenport, Iowa. Last year, Rodgers and Priscilla Welch won the men’s and women’s masters divisions, and, with membership in the Circuit, look for even more masters to “hustle” in Iowa (Director, Ed Froehlich: 319/559-9197). Over in Australia, the World’s 1500-meter champion John Dixon of New Zealand, 42-year-old brother of New York City Marathon champion and Olympian Rod, is expected to compete for the first time ever in the U.S. in August. Dixon, who is a former U.S. Olympic marathon qualifier Nancy Ditz, wants to go after the “World Masters Mile Record,” August 6, in Orlando, Fla., at the TAC Masters & Field Championships LEGENDS MILE. He is also interested in competing at the ASBURY PARK, N.J., OCR (October Road Champions) and the CRIM RACE, all ICI/USRA MASTERS CIRCUIT events. The LEGENDS MILE to be held in conjunction with the TAC Masters Track & Field Championships as mentioned above, will also be included in “Circuit Points” in each age category as with every other ICI/USRA MASTERS CIRCUIT event. A prize money and/or record bonus is sought for the M40-44 division world record assault. The LEGENDS MILE continues to attract one of the best fields ever assembled among masters, the early commitments of Byron Dyer, Barry Brown and Web Loutad, Alan Rushmer, Al Swenson, Steve Ferrazz, and Mike Underwood have also expressed interest in being Englishman Ron Bell’s world record of 4:16.7… "UTICA BOKEEKEE 15K, the injuries coordinator Dick Matia (315/797-6929) continues to piece together a stellar masters field for July 20th event. Bob Schlag, Mike Hudson, Barry Brown, Barb Filutze, Bill Sevold, and Atlaw Bellinge lead the impressive list. … For the HUSTLE, Oct. 31, the top 30-and-over Circuit Rankings leader Jim O’Neil was so enthusiastic about earning Circuit points that he flew from his home in Canada to run in the ICUSRA MASTERS CIRCUIT on Saturday, June 4, to Kansas City and ran (and won his division) in the HOSPITAL HILL RACE. The masters race directors take note as Jim’s wife works for United, so Jim is anxious to fly the friendly skies to your race. … The same goes for M40-44 division runner up Wes Shorter in Iowa (Director, Ed Froehlich: 319/559-9197). … Ford Mustangs may have interest in the ICI/USRA MASTERS CIRCUIT events, discussed in the September issue. … The Aug. 6 CRIM RACE in Flint, Mich., is on race day. Over 5000 are expected. … Masters coordinator Dr. Robert Rinaldi of the STANDFORD CLASSIC MARATHON (203-325-4680) is extremely ambitious about his masters field with a $5,000 purse as part of the race’s $100,000 total. Rinaldi is very good friends with the Portuguese runners, including Rosa Mota, and he is working on getting Carlos Lopes out of retirement for the October 16 race — wouldn’t that be interesting? Points, by the way, for the STANDFORD CLASSIC MARATHON are weighted 1.5. … In the interest of balancing out the location of ICI/USRA MASTERS CIRCUIT events, discussions are being held with events in Houston, Tulsa, Baton Rouge, Seattle, Portland, San Francisco, San Diego, and Phoenix as possible sites to add to the Circuit. … Note: With the recent interest in running a Championship Race for the Circuit to be held in January or February, 1989, the Circuit is looking at a possible race in Arizona. … The Naples race would be an 8K or 10K and feature a $10,000-25,000 masters purse. More details next month.

Great Race’ Added to Circuit

The Pittsburgh GREAT RACE, one of the country’s largest 10Ks, has joined the 13-city “ICI/USRA Masters Circuit.” "The GREAT RACE," to be held September 25, has been rated among the fastest 10K courses and annually attracts a good field of masters runners. Last year, Erie, Pennsylvania’s Barb Filutze set a new American best for 10K. The 1988 GREAT RACE will offer a $30,000 prize purse including masters money. Next year’s race will serve as the 1989 "TAC Masters National 10K Championships." Race Director Mike Radley expects over 14,000 runners for the ’88 edition of the GREAT RACE.

"We are very enthusiastic to become a member of the ICI/USRA Masters Circuit, especially with ICI’s first year Grant Prize of $5,000," said Radley. "Our involvement adds yet another element to the GREAT RACE’s goal of becoming one of America’s fastest road races.

The GREAT RACE is sponsored by the City of Pittsburgh Department of Parks and Recreation and KDKA TV-Radio. The Pittsburgh Hilton and Towers (412/391-4600) is the official hotel. The headquarters and Radley also serves as Invited Runners contact (412/255-2493).
American athletes and teams to compete in the 1989 World Games in Eugene, Oregon. Smith volunteered to do the bulk of the work involved, if necessary. I know that's what I want to do. This year's edition was edited by Tracy Vian, Cooperstown, NY, and was second in 4:42. In 1987, Cooperstown won the record as the woman in 11:56.

The most hotly-contested age group was the M50, where Don Wilken of Slenderlands, New York, and Wade Stockman of East Greenwich staged a classic duel, with Wilken winning in 37:54.

Race director Don Cohen served his traditional continental breakfast to 62 finishers from New York, Massachusetts, and California.

NATIONAL

- TAC's 1988 American Athletics Annual is available for $12 ($12 for orders from Europe and elsewhere). This year's edition was written by Hal Bateman in conjunction with Carol Swenson and Pete Cava. TAC/TUSA Book Order Dept., P.O. Box 120, Indianapolis, IN 46206.

- From Rex Harvey, TAC Masters Multi-event Coordinator: "There is a very good possibility that there will be a pentathlon and weight pentathlon this year.

- The People-To-People Sports Committee, Inc., which has been officially designated as the sole U.S. organization authorized to send American athletes and teams to compete in Beijing, China, is accepting applications from W35 and M40 to compete in the Beijing International Senior Race Competition to be held in the second half of 1989.

- The 1987 Road Runners Club of America Masters Road Runners of the Year are Tracy Smith of California and Gabriele Andersen of New Jersey.

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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 before the event. Please send any additions or corrections to MMN, P.O. Box 2372, Van Nuys, CA 91404.

**SOUTHWEST**

July 9. West Texas Masters Meet, Odessa, Texas. Pete Maldonado, P.O. Box 1584, Odessa, TX 79763. 915/392-3802.

July 23. Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4309 N. Central Expressway, Ste. 206, Dallas, TX 75206. 214/824-3800. (Sport watches to 1st three places.

**WEST**


July 6-August 19. All-Comers meets, Los Angeles, 7 p.m. Tues: Southwest College; Wed: Birmingham HS; Thurs: Bell HS; Fri: Santa Monica CC. 40-49, 50-59 and 60+ divisions at all sites. Finals on Sat., Aug. 20 at Birmingham.

June 30-July 11. All-Comers meets, South Lake Tahoe, Calif., every Thursday, 5:30 p.m. So. Lake Tahoe Rec. Dept., 916/561-4661. Finals on August 20.

July 2. River City Invitational, CSU-Sacramento, Calif.; plus weight pentathlon. SASE Michael Holzgauz, P.O. Box 255131, Sacramento, CA 95865. 916/452-7283.


July 8, 10, 11. All-American T&F Series, California State U - Northridge, Los Angeles. 1:00 p.m. 7/16-7/26.

July 16-17. TAC Western Regional Masters Championships, CSU-Northridge, Calif. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (213) 616-7341; (213) 318-3968.

July 30, Northern California Seniors Meet, UC-Berkeley, Mark Grubis, P.O. Box 4512, San Francisco, CA 94101.


August 20-30. Annual California Masters Team Championship, Northern California site TBA. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (213) 616-7341; (213) 318-3968.

**NOVEMBER**

TAC EASTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS Hosted by the Rhode Island Track and Field Foundation

**DATE:**
Sunday, August 21, 1988 10:00 a.m.

**SITE:**
RHODE ISLAND COLLEGE, Mount Pleasant Avenue, Providence, RI

**DIRECTIONS:**
From North: I-95 to Alletts Avenue exit, turn right onto Alletts Avenue and follow approximately 3 miles to RiU. Continue on RiU Main St. 1 mile to Rhode Island College. College is approximately 1 mile left from RiU. Continue on South & East: I-95N or I-195W to 95N to Broadway exit, 2nd left, turn left into Alletts Avenue and follow same as above. From West: US40E through North Providence from Fruit Hill Avenue, take right on Fruit Hill College on left.

**FACILITY:**
400 meter 8 lane track and jump runways. 1/4" pyramidal spike/jevelin grass runway. Clipped-sherbed concrete. No lockers/showers.

**AWARDS:**
TAC Regional Medals - 1st, 2nd, 3rd

**DIVISIONS:**
M & W - Five-year groupings (30-40) - 1988 T&F registration required

**ENTRY FEE:**
$6.00 first event; $6.00 each additional event. Relays: $20.00.

**DEADLINE:**
RECEIVED BY JULY 9

**ABSOLUTELY NO POST ENTRIES**

**HOTEL:**
Providence Marriott, 562/night (1-4 per room) Contact Paul Adams (401) 372-3400

**FOR ADDITIONAL INFORMATION**
Box 44, Alan S. Steinberg, 46 Roberts Avenue, Pawtucket, RI 02860 (401) 712-2849 (event)

**ORDER OF EVENTS**

- 1:00 p.m. 400m Hurdles (M/W)
- 1:00 p.m. Javelin (young to old)

- 1:00 p.m. Long Jump followed by triple jump (old to young)
- 1:00 p.m. Shot Put (young to older)

- 1:00 p.m. High Jump (Bar not lowered)
- 1:00 p.m. Pole Vault (Bar not lowered)
- 1:00 p.m. Discus (young to old)

- 1:30 pm. Three mile (M/W)

- 1:30 pm. Youth Relay (M/W)

**Please Print**

Name

Address

City

State

Zip Code

Age (of 8/21/88)

Sex

Club

Registration

Date of Birth

Best Recent Mark

Best Recent Mark

Total fee enclosed:

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

Waiver: In consideration of your accepting the entry for the 1988 Eastern Regional Masters Outdoor Track and Field Meet, by my heirs, executors and administrators, assigns and release any and all rights and claims for damages I may have against the Rhode Island Track and Field Foundation, Rhode Island College. TAC, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I may sustain or arise out of said event. I assert and verify that I am physically fit and sufficiently trained for this competition.

Date

Signature

**Note:** All-American Standards and Application Form will again be published next month.

---

**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 before the event. Please send any additions or corrections to MMN, P.O. Box 2372, Van Nuys, CA 91404.
ON TAP FOR JULY

TRACK & FIELD

The U.S. TAC National Masters Decathlon/Heptathlon Championships are scheduled for Los Angeles from July 6th-9th, but activity begins with meet No. 1 in St. Paul, Sacramento, and San Diego on the 2nd, and in New Jersey on the 3rd.

Philadelphia hosts a meet on the 16th, while the 30th Masters Championships in Quebec, N.Y., have been rescheduled for the 23rd. The Midwest counters with a meet in Rockford, Ill., on the 17th. Masters in the West will be lured to Los Angeles for the Western Regionals on the 16th-17th.

The next weekend also has several two-day meets: the Northwest Regional Championships in Gresham, Oregon, on the 22nd and 23rd, and the NCNB/Carolina Masters Championships in Thomasville, N.C., on the 23rd-24th. One-day affairs, the Texas Masters Championships in Arlington on the 23rd, and the Midwest Regional Championships in Rockford, Ill., on the 24th, are set for that weekend.

The month ends with a meet for women’s on the 30th and for men on the 31st in Buffalo, N.Y., and the Northern California Seniors Meet at Berkeley on the 30th. The U.S. Olympic Trials take place in Indianapolis from the 15th through the 22nd.

LONG DISTANCE RUNNING

The U.S. TAC National Masters One Mile Championships go off in Hingham, Mass., on the 23rd. Masters should get a bang out of the Peachtree 10K on the 4th in Atlanta, which is offering $3000 in masters money. The Longest Day races on the 9th in Broome and Coronado are a marathon and a 5K walk.

The Utica Boilermaker 15K on the 10th in Utica, N.Y., is the fifth of the 13 races in the ICI/U.S. Running Association Masters Circuit. On the 17th, runners age 50-and-over will vie for cash awards based on an age-grading system in the Not Over The Hill 8K at Providence Point in Issaquah, Wash.

Davenport, Iowa, will host the Bix 7-Miler on the 30th. A special distance running and fitness walking session at the Mammoth Athletics Camp in California starts on the 24th. The second Eugene Experience Running Vacation begins on the 30th.

RACE WALKING

Race walkers are strong to Niagara Falls, N.Y., for the U.S. TAC National Masters 10K Walk Championships on the 9th. Continued from page 33

September 3-4. Annual Patrons Summer Relays '98, L.A. Southwest CC, Los Angeles. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213-666-7341; (h) 213-880-5703.
September 17. Northern California Senior Games T &F Meet, Edwards Stadium, UC- Berkeley. 50 +, 5-yr. age groups. NCSG, c/o Oakland Police & Rec., 1520 Lakeside Dr. Oakland, CA 94612. 415-273-3091.
September 21, Senior 50 + Meet, UC Irvine, Sr-Chimmy Marathon Team, Bigalita Egger, 213-838-4746.

NORTHWEST

July 22-23. TAC Northwest Regional Masters Championships, Gresham, Oregon. See entry form in May and June issues. Jim Pocket, Mt. Hood CC, 2600 S.E. Washington, Portland, OR 97214.
August 18-22. Senior Games, St. George, Utah. 50+ Sylvia Wender, 1201 S. Wasatch Dr., Salt Lake City, UT 84108. 801/583-6231.

CANADA


October 2. Twin Cities Marathon, Minneapolis, TWM, P.O. Box 24133, Minneapolis, MN 55424. 612/292-8646.

SOUTHWEST

WEST


July 16. RRCA Women's Distance Festival, San Luis Obispo, Calif. San Luis DC, P.O. Box 1134, San Luis Obispo CA. 408/484-1134.


NORTHWEST


September 25. Portland Marathon, Beaverton, Oregon. Les Smith, P.O. Box D, Beaverton, OR 97075. 503/226-1111.


CANADA


INTERNATIONAL
July 7-10. 21st World Veterans (IGAL) 5K/10K/Marathon Championships, Kyrgyz, Korea, Hong Kong Kim, Executive Director. 21st World Veterans Championships, Korean Assn. of Veteran Athletes, 70-3 Yeoaksam Dong, Kangnam Ku, Seoul, Korea 135. Tel. 02/351-8474.


November 27 December 4. International Running Tour of Israel 1988 includes 5K in Jerusalem and Tel Aviv Yom Kippur Marathon. Barry Shaw, International Running Tour of Israel, 6 Shmuel Hanaziv St., Netanya 42281. Tel.: 053-381343. Telex: 314529 SHAR IL.

RACE WALKING NATIONALS


SOUTHEAST
### Records Set at Indoor Eastern Regional Championship Meets Through 1988

**Prepared by Haig Bohigian**

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### Additional Information

- **Masters News**
- **Records Set at Indoor Eastern Regional Championship Meets Through 1988**
- **Prepared by Haig Bohigian**

continued on next page
### Records Set at Indoor National Championship Meets Through 1988
Prepared by Haig Bohigian

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### 1987 Decathlon Rankings

**Compiled by** Jerry Wojcicki  

**1987 Decathlon Decathlon Rankings**  

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<th>Name</th>
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<td>Scott Henry</td>
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<td>Kevin Rapp</td>
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### 1987 Pentathlon Rankings

**Compiled by** Wyss Wojcicki  

**1987 Pentathlon Rankings**  

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<th>Rank</th>
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**U.S. MASTERS TRACK & FIELD RANKINGS**  

(Compiled by Haigh Bhagloon, T&F Rankings Chairman)

**Page 38**  

**National Masters News**  

**July, 1987**
### SOUTHEAST

**Birmingham TC Classic**

**Birmingham, AL, May 14**

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<th>Distance</th>
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| 200 Meters | | | |
| 21.23 | S. Willes | 22.68 |
| 21.22 | M. Smith | 22.69 |
| 21.22 | T. Gall | 22.70 |
| 21.21 | M. M. Allen | 22.71 |
| 21.20 | J. B. Huggins | 22.71 |
| 21.20 | R. Shutt | 22.71 |

| 400 Meters | | | |
| 43.20 | S. Willes | 44.10 |
| 43.20 | M. Smith | 44.11 |
| 43.20 | T. Gall | 44.11 |
| 43.20 | M. M. Allen | 44.12 |
| 43.20 | J. B. Huggins | 44.12 |
| 43.20 | R. Shutt | 44.12 |

### MIDWEST

**North Coast Relays**

**Mayfield, OH, April 30**

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| 400 Meters | | | |
| 43.20 | S. Willes | 46.30 |
| 43.20 | M. Smith | 46.40 |
| 43.20 | T. Gall | 46.40 |
| 43.20 | M. M. Allen | 46.40 |
| 43.20 | J. B. Huggins | 46.40 |
| 43.20 | R. Shutt | 46.40 |

### All-Comers Meet & 5K

**DeLand, FL, May 22**

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### 200m Gene Ciacirotta

**Merrill Woods**

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**WSSW**

**Pink City Classic**

Red Rock, May 21

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<tr>
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<td>Steve Leach</td>
<td>4:29.20</td>
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<tr>
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**WEST**

**Kwanis Masters Meet**

San Antonio, TX, April 30

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**Standing Long Jump**

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### rhe Weekly Feature

**May 20, 1984**

**Master's News**

**West Coast Conference Championships**

**NORTHWEST**

**Senior Sports Festival Meet Seattle**

**May 11**

**Gerard Wachtmann**

**May 12**

**May 13**

**May 14**

**May 15**

**May 16**

**May 17**

**May 18**

**May 19**

**May 20**

**May 21**

**May 22**

**May 23**

**May 24**

**May 25**

**May 26**

**May 27**

**May 28**

**May 29**

**May 30**

**May 31**

### Table

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### Notes

- The table above lists the top three performers in each event.
- The time values are in seconds.

**Continued from previous page**

**Southern California Striders Meet**

**Hart Invitational, Irvine, June 4**

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### Master News Results

#### July, 1988

**Mr. Fredy**  
**Mr. Marnie**  
**Mr. Toppen Young**

**New Jersey Waterfront Marathon**  
**Jersey City, NJ**  
**April 20**

**Overall**  
**Bibliography**  
** stolen from a book**  
**January 24, 2000**

**EAST**

**Mudhouse Marathon**  
**Schenectady-to-Albany, NY**  
**April 20**

**Overall**  
**Hernandez**  
**Marrero**  
**Suriano**

**LONG DISTANCE RESULTS**

**Triple J**

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**Tour de France**

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**NYRRC You Gotta Have Park Race**

**Central Park, NYC**  
**May 8**

**Overview**  
**Desiree Scott**  
**May 8**

**Suriano**  
**Lancaster**

**SOUTHEAST**

**Marine Midland Half-Marathon**  
**New Rochelle, NY**  
**May 7**

**Overview**  
**Tom Eden**  
**Jillian Labrador**  
**Mark Jones**

**South Beach Classic**  
**South Beach, SC**  
**June 4**

**Overview**  
**Barbara Richardson**  
**Hector Vargas**  
**George Keough**

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**Overview**  
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**George Keough**

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*Please review the text for full context and details.*
WARP SPEED, CAPTAIN KIRK.

Star date 1988. Seoul. The final frontier. Priscilla Welch and Kirk Baptiste. These are the voyagers of athletic enterprise.

Featured on Kirk Baptiste: Air Pegasus; Zurich tights; International Emblem jacket.
Featured on Priscilla Welch: Air Pegasus; Zurich tights; International Emblem half-zip.