

NATIONAL MASTERS NEWS

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

143rd Issue

July, 1990

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Owens Sets Masters Cotton Row Record

Georgian Runs 31:05 to Break Lorenz's 10-year-old Mark

By JIM OAKS

HUNTSVILLE, AL — When Herb Lorenz ran 31:09 on the tough Cotton Row 10K course in 1981, we knew it was fast, but none of us expected the record to stand for ten years.

The list of masters athletes who have run the course in the ensuing years reads like a "who's who" of masters runners, but few have challenged Lorenz's record. Graham Tattersall (31:17) and Jim Pearson (31:19) were close last year. Dan Conway, at age 44, had been pushed by Jim Ewing and Frank Duarte to a 31:18 win in 1983. Bill Stewart won in 31:27 in 1984 with Don Coffman in close pursuit. Barry Brown, three years past his best times at age 43, won in 1988 in 31:57.

This year, Canada's Ken Hamilton was the top seed, with his closest apparent challenger Earl Owens from Dunwoody, Georgia. Hamilton turned 40 in February and had raced very well since then with impressive wins at Jacksonville's River Run 15K (47:09) and the Cherry Blossom 10K in Washington (30:12). He and Owens had raced head-to-head three times in March, first at the Red Lobster 10K, a week later at River Run, then at the Azalea Trail 10K. In each of these races, Hamilton had beaten Owens, but Owens had cut the difference from 50 seconds at Red Lobster to 25 seconds at Azalea.

But the difference between March weather and May weather in the south

Continued on page 26



Top male and female masters at the 1990 WZPY Cotton Row 10K Run: In order of finish, top: Earl Owens, Ken Hamilton, Carl Nicholson, Lawrence Hillis, Barry Brown; bottom: Nancy Grayson, Andrea Pease, Ellen Murphy, Faye Sanders.

Photos by Jim Oaks

Hughson, Binder Win U.S. 10K

Jorgensen, Green, Top Age-Graded Runners

by JERRY WOJCIK

Rick Hughson, 40, and Laurie Binder, 42, claimed overall masters victories in The Athletics Congress/USA National Masters 10K Championships held in Salt Lake City, Utah, on May 26. However, Binder, with a 37:01, went away with the W40 championship, while Hughson, who finished in 31:52, had to settle for the \$750 masters first prize because he is a Canadian citizen. Instead, the M40 championship went to John Custy of Boulder, Colo., who ran 32:11, defeating pre-race favorite Bob Schlau (32:43).

When Hughson, who happened to be in town for a business convention, took the lead at sound of the gun, his rivals expected him to fall back. "I never heard of him," said Custy, "When he took off at the start, I was sure he was coming back." But Hughson was never challenged.

A relatively unknown in masters circles, Hughson, however, is not an upstart, having won the bronze medal at age 30 in the 1979 Pan American Games marathon. His running career was sidelined afterwards by 3½ years of chronic foot injuries.

Schlau, who opened with a 4:42 mile, could not continue the pace. "I totally fell apart the last mile," he said after the race.

Continued on page 7

Jim Law Tops Age-Graded Winners in Birmingham Meet

from GORDON SEIFERT

North Carolina's Jim Law, 64, raced to a sensational 59.19 in the 400-meter-dash to take the top age-graded award (AGW) at the annual Birmingham Track Club Classic in Birmingham, Ala., May 26.

The meet was conducted in the normal five-year age categories, but additional prizes were awarded in each event to the top age-graded performer. Law's time, when divided by the age-64 standard of 58.11, gave him a performance level (PL) of 98.2%.

Other top AGW winners were Buck Bradberry (63, 100H, 16.45, 94.2%), Jim Mathis (55, 200, 25.18, 92.4%),

Bill Duckworth (55, Javelin, 176-6½, 91.7%), and Donald Lamb (47, 100, 11.90, 90.7%).

Atlanta's Phil Raschker set a new world W40 record with an 8-8 pole vault. Gilberto Gonzalez participated in nine events, doing well in each, and winning the AGW in the discus.

This is the second year the Birmingham TC Classic has recognized age-graded winners with K-Mart awards. Last year, it was triathlon watches, this year \$40 gift certificates. These awards were in addition to age-division medals.

The weather was hot, but the good condition of the newly-renovated track offset this distraction. □



Ann Carter of South Carolina, winner of the W45 long jump (11-3¼), Birmingham, Ala. TC meet, May 26

Photo by Deborah Gibson

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

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

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

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

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

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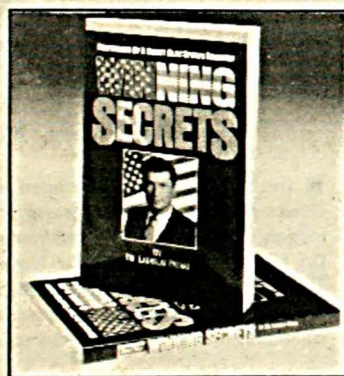
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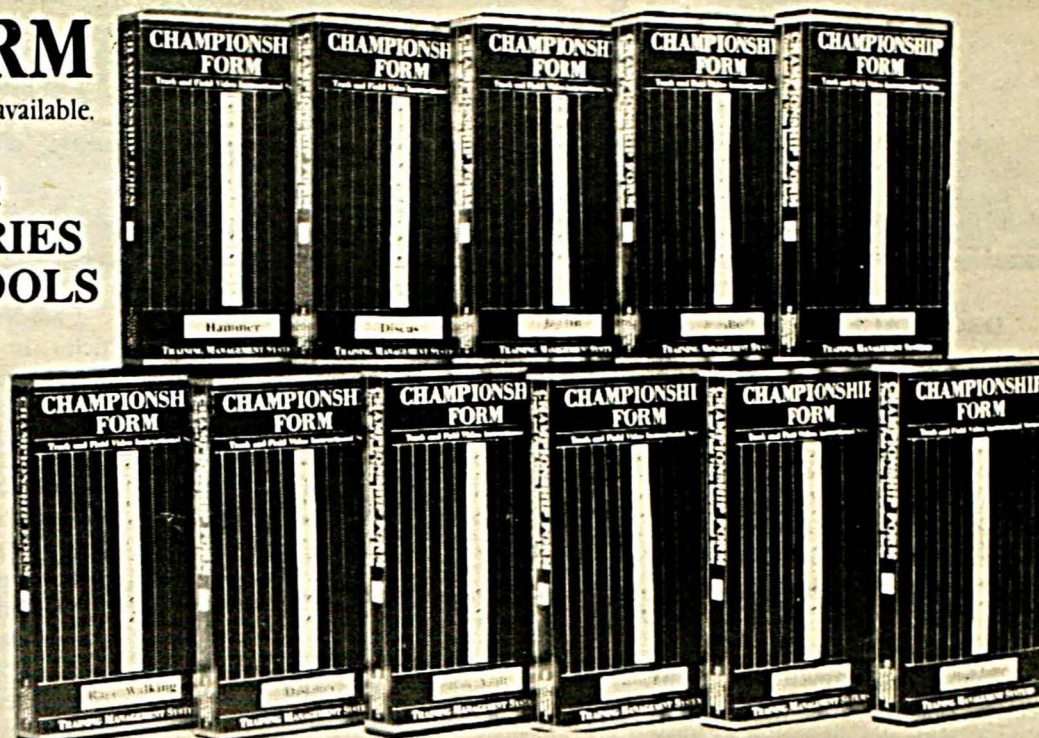


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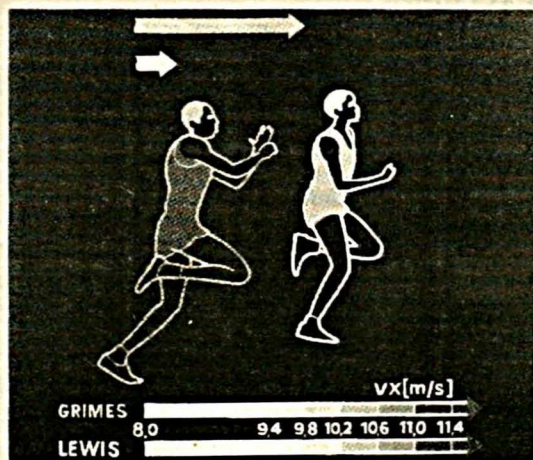
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DROP RACEWALKING

Even at Senior track meets, we still strive towards the Olympic principles of "Citius, Fortius, Altius." Unfortunately, there are always bureaucrats who want to introduce restrictive technicalities to everything. For example, the early Olympic Games featured events like the standing high jump, standing long jump, etc., which deliberately stunted the performance in those events. This stupidity was soon corrected and the restrictive events abolished, with the exception of race walk.

I guess we've all seen the "race walkers" at masters track meets, walking stiff-legged like cartoon characters, clearly dying to follow the natural instinct to run, but keeping an eye on officials who have the power to disqualify any contestant who in their opinion breaks a rule. It certainly is not much of a race where the winner is not necessarily the one who was able to cover the distance in the shortest time.

Proponents of race walk claim that their event should be featured because walking is a definite phase of human development. True, a baby has to walk before it can run, but track meets are not designed to promote mediocrity. Race walkers seem to forget that there is an additional phase in human development. Before a baby learns to

walk, it has to be able to crawl on all fours.

Therefore, if competition is held in walking, then in all fairness there should also be competition in crawling on all fours, perhaps with the contestants dressed in diapers for proper emphasis.

"If you can't win it straight, invent gimmicks" seems to be a very human characteristic, which also applies to track and especially running events. Therefore there have been many variations of running events, including races where the contestants run or walk backward, on their knees, on their hands, both feet in a sack, hopping on one foot, carrying a breakfast tray, one hand tied behind the back, etc. It is a great tribute to their imagination and perhaps great fun at tavern picnics, but this kind of restrictive competition, along with the so-called "race walk" should not be included in a track meet.

Kenneth Gorshkow
Seattle

DON'T EXCLUDE OUT-OF-STATERS

A year and a half ago I retired and shortly thereafter I became active in Masters Track and Field events. This activity has improved my health, and the friendship with the other competitors has been most rewarding.

I am saddened by the numerous articles in many publications giving various reasons for the decline in interest of track and field in our schools at all levels.

This doesn't seem to be the case at the Masters level, but I believe we don't help the sport where participation is limited to residents within the state. Competition is limited at most of the meets I have participated in and with the 5-year age groupings, the lack of competition (in each group) is exaggerated even more.

The number of track meets are sparse within each state and I would think that each state would welcome any participant, regardless of their residency.

I am enclosing a check for \$100 as a NMN Sustainer and only hope that this support will not be termed "Survivor" in the future due to the restrictive rules of participation in this sport for Masters.

Don Mather
Mt. Prospect, Illinois

ALL-AMERICAN STANDARDS

I believe an adjustment should be made to the Standard of Excellence for the women's hammer, specifically age 30-34.

The standard is 131-3 (40.0m), which is just 8-feet shy of the TAC National Senior Women's standard (exhibition event for 1990).

Compare further with the standards set for the men and women (30-34) in the discus, hammer, and javelin, and it just doesn't make sense.

I recommend lowering the women's hammer standards significantly for the W30 and W35 age-groups, and moderately for the other age groups.

Sheila Carpenter
El Toro, California

KUDOS

You guys do great work on NMN. It's probably the single biggest reason for what success the masters program has.

Dennis Umshler
Albuquerque

I love your publication. Keep up the good work.

Roger Pierce
Essex, Massachusetts

13 Join NMN Sustainers

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

Special thanks this month go to Donald Mather of Mt. Prospect, Il., Ross Carter of Eugene, Or., Neil Steinberg of Pawtucket, R.I., and Linda Upton of Chestnut Hill, Ma. who generously donated \$100 each, and to David Castenholz of No. Hollywood, Ca. for his donation of \$50.

Thanks also to:

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ICI ATHLETE-OF-THE-MONTH

I am honored to have been chosen the June athlete of the month by *National Masters News*. Your publication covers masters track and field most completely and is one of the forces that is enabling masters competition to get the growing recognition that is currently taking place.

Thank you for the check of \$100. ICI has been a great supporter of masters competition and should be commended for their role.

The recognition and the check for my efforts in the Penn Relays is most appreciated but I will not be really satisfied until I push through the 4:00 barrier . . . or come darned close! My training is going quite well and I will begin entering more track competitions over the next two months.

Larry Almborg
Ellensburg, Washington

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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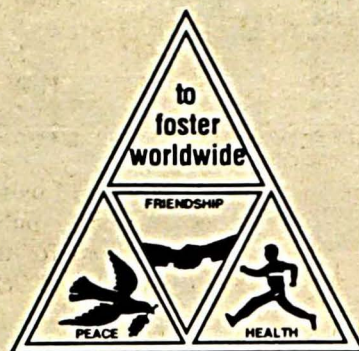
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Tennis Track & Field

HUNTSMAN CHEMICALS WORLD SENIOR GAMES

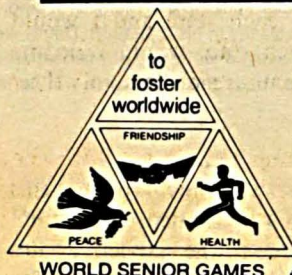
Senior athletes (age 50 and above) from all parts of the world are invited to participate in the World Senior Games, a sporting event to sponsor worldwide Peace, Friendship and Health.

October 15 through 26, 1990, sportsmen and sportswomen will gather in St. George, Utah, to compete in cycling, softball, swimming, tennis, bowling, racquetball, track & field, basketball, golf, horseshoes and road racing events.

The mid-October weather is perfect in this sunny Southwestern area for outdoor sporting activities as well as for dining, dancing, gaming and touring in one of the most exciting areas of the world.

Within an easy three-hour drive of this famed resort community are some of the world's greatest scenic wonders—the Grand Canyon National Park, Lake Powell, Zion National Park, Lake Mead National Recreation Area, Kaibab National Forest and Indian Reservation, Cedar Breaks National Monument, East Mohave National Scenic Area, Dixie National Forest, Bryce Canyon National Park and the Hoover Dam.

Daytime high temperatures range between 70° and 85° F. Mornings and evenings are cool.



WORLD SENIOR GAMES



HUNTSMAN CHEMICAL'S
WORLD SENIOR GAMES
ST. GEORGE, UTAH, U.S.A.
October 15-26, 1990

OFFICIAL REGISTRATION ENTRY FORM

ENTRY DEADLINE: October 1, 1990

Name _____ Phone (work) _____
Address _____ Phone (home) _____
City, State, Country _____ St. George phone number _____
Date of Birth _____ Age _____ ZIP Code _____
First Sport _____ Additional Sport(s) _____

Name of Spouse/Guest(s) attending but not a sports participant: _____

Please note that for **DOUBLES** and **TEAM SPORTS** each competitor must complete this registration form and for **TEAM SPORTS** must be on a team roster. All participants must sign this liability waiver.

REGISTRATION ENTRY FEE.....	\$49.00	\$ _____
Spouse/Guest Fee	25.00	_____
BYU Seminar Materials	10.00	_____
Total From Meal/Entertainment Reservation Form		_____
Additional Sport Fees:		
Additional Sport(s) (each)	10.00	_____
Golf Greens and Cart Fees (36 Hole Tournament)	49.00	_____
Social Golf Greens and Cart Fees (18 Hole Tournament)	35.00	_____
Bowling Fee (singles)	11.50	_____
Bowling Fee (doubles) per person	11.50	_____
Bowling Fee (team) per person	11.50	_____
Racquetball (doubles) per person	15.00	_____
Cycling	5.00	_____
Swimming	5.00	_____
Tennis Social Mixed Doubles (per person)	10.00	_____
TOTAL ENCLOSED		\$ _____

Please make check payable to: **WORLD SENIOR GAMES** and enclose together with this completed and signed Registration Entry Form, the filled in Sports Section(s) of this form, the Meals/Entertainment Form and mail to:

WORLD SENIOR GAMES — 1355 So. Foothill Drive, Suite 103 • Salt Lake City, Utah 84108 • (801) 583-6231

Shirt Sizes Unisex

small ☐ medium ☐ large ☐
X-large ☐ XX-large ☐

LIABILITY WAIVER: I, the undersigned participant, hereby agree to indemnify and hold harmless the World Senior Games and all of its sponsors, their agents, employees, representatives, and assigns from any and all actions, causes of actions, or claims of whatever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury arising out of my participation in the World Senior Games.

Date _____ Signature _____

All Participants must sign Liability Waiver

TRACK & FIELD (TAC Sanctioned)

October 24-26, 1990

Dixie College Track & Field

WEDNESDAY October 24, 5 p.m.	100M Shot Put	800M Discus
THURSDAY October 25, 5 p.m.	200M Long Jump	1500M Javelin
FRIDAY October 26, 3 p.m.	50M **1500 RW	400M High Jump

Age Categories:	Male/Female	50-54	55-59	60-64
		65-69	70-74	75-79
				80+

* Circle gender, check event(s), age group.

Limit: Total of 5 Track & Field events.

U.S. Master standard weights:

Shot put:	Men: 50-59 = 6K 60-69 = 5K 70+ = 4K
	Women: 50+ = 3K
Discus:	Men: 50-59 = 1.5Kg 60+ = 1.0Kg
	Women: 50+ = 1.0Kg
Javelin:	Men: 50-59 = 800g 60+ = 600g
	Women: 50+ = 400g

TAC Rules & Equipment standards apply. The track is rubberized and starter blocks will be available.

TRACK & FIELD DIRECTOR: KEN CHRISTENSEN (H) (801) 673-5857 (O) (801) 628-5201
TECHNICAL DIRECTOR: KEN JOLLEY (H) (801) 628-1442 (O) (801) 628-3550

ROAD RACES (TAC Sanctioned)

October 24-26, 1990

Wednesday, October 24 — 9 a.m.	5K Road Race	<input type="checkbox"/>	at Bloomington				
Thursday, October 25 — 9 a.m.	5K Racewalk	<input type="checkbox"/>	Dixie College Track				
	5K Physical Fitness Racewalk	<input type="checkbox"/>					
Friday, October 26 — 9 a.m.	10K Road Race	<input type="checkbox"/>	between Bloomington and Green Valley				
Age Categories:	Male/Female	50-54	<input type="checkbox"/>	55-59	<input type="checkbox"/>	60-64	<input type="checkbox"/>
		65-69	<input type="checkbox"/>	70-74	<input type="checkbox"/>	75-79	<input type="checkbox"/>
						80+	<input type="checkbox"/>

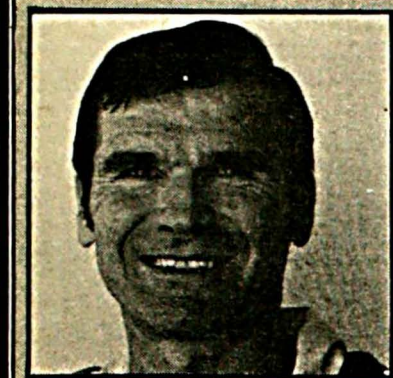
The 5K Racewalk is for medals. The 5K Physical Fitness Racewalk is for a certification of completion. Please check only one.

RACE COURSES ARE TAC CERTIFIED

* Circle gender, check event and age category.

ROAD RACE DIRECTOR: BOB HORLACHER (801) 673-5264

TECHNICAL DIRECTOR: KEN JOLLEY (H) (801) 628-3550 (O) (801) 628-3550



Third Wind

by Mike Tymn

Is Campbell's Sub-5 Marathon Equal To a Sub-4 Mile?

With a 2:11:04 marathon at Boston during April, New Zealand's John Campbell, at 41, became the oldest person on record to have run the 26.2-mile distance under 5-minute-mile pace (2:11:06).

Sometime in July, Rod Dixon, another New Zealander, will attempt to become the oldest person to have run a mile under four minutes. Based upon recent reports, it appears that Dixon, who turns 40 on July 13, has a good shot at becoming the first sub-4 over-40 miler.

How would a 3:59.9 by Dixon compare with Campbell's 2:11:04? In relation to the world record or the world "best," as it's more often called in the marathon, Campbell's time would be superior. It is 1.033 times as much as the 2:06:50 world best turned in by Belayaneh Dinsamo of Ethiopia, while a 3:59.9 would be 1.059 times as much as the 3:46.32 world record of Steve Cram of Great Britain. Wilson Waigwa's 4:05.39 of last year, the fastest 40-over mile to this writing, is 1.084 greater than Cram's record.

2:11 Equals a 3:54 Mile

Looking at it another way, it will take a 3:53.86 masters mile (3:46.32 or 226.32 seconds x 1.033) to equal Campbell's achievement.

Playing some more numbers, I figure a 3:59.9 mile is equal to 2:14:19 marathon (2:06:50 or 126.833 minutes x 1.059), while Waigwa's time is equal to a 2:17:29 marathon.

By another gauge — the computerized tables of comparative performance published by physiologists Jack Daniels and Jimmy Gilbert — a 2:11:04 marathon is equal in effort to a 3:57.5 mile.

All of those numbers suggest several possibilities: 1) The 40-44 mile record is fairly soft; 2) We lose speed faster than endurance as we age; 3) Dinsamo's 2:06:50 is soft; 4) Campbell's time is distorted on the fast side because it was achieved on an "aided" course (slightly downhill, possibly windaided) and therefore does not allow for a valid comparison.

Let's examine those in reverse order.

The best evidence seems to indicate that the 3.1-meter per kilometer drop on the Boston course aids a 2:10 marathoner by about a minute-and-a-half, slower runners more. The wind

can be a much bigger factor, but I have heard no reports of any significant tail winds in Boston this year. The temperature was said to be a few degrees over ideal racing temperature, but not overly significant except perhaps for Bill Rodgers, who apparently prefers something closer to 40 degrees than 60 degrees. Perhaps the warmth balanced out the downhill advantage. Who can really say?

On the other hand, according to the Daniels-Gilbert tables, a 2:11:04 marathon is equal in effort to a 28:24 for 10K. A week before the Boston Marathon, Campbell clocked 29:04 in the Boston Milk Run 10K, a world masters best for a road 10K (the track record is 28:33.4 by Lucien Rault of France in 1976). The Daniels-Gilbert tables show a 29:04 10K as being equal to a 4:03 mile and a 2:14:09 marathon.

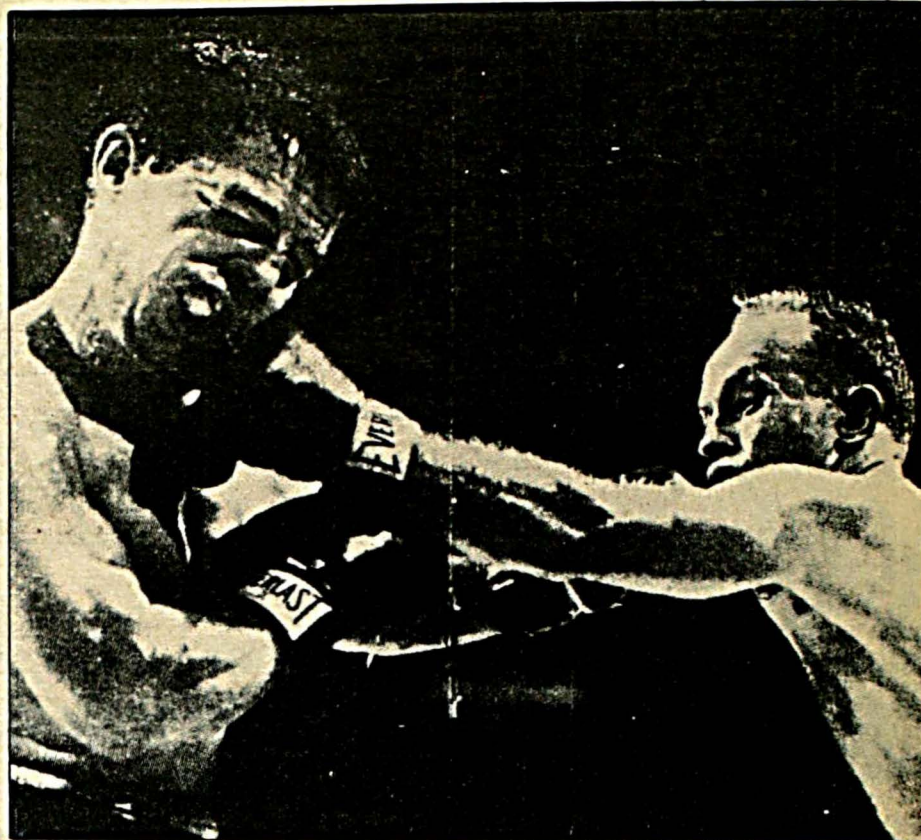
Therefore, Campbell's 10K ability is not consistent with his 2:11:04 marathon. It could be, though, that he was more focused and better rested for the marathon or didn't pace himself as well in the 10K. There are other possibilities to explain this, including the Daniels-Gilbert tables being off a little. I don't think the latter is the case, as I have found them extremely accurate over many years of comparing times.

Is Dinsamo's 2:06:50 Soft?

Could it be that Dinsamo's 2:06:50 is soft and that's why Campbell's time stacks up so well relative to the world best? It's hard to believe that one can improve much on Dinsamo's great effort at Rotterdam in 1988, but referring again to the Daniels-Gilbert tables that 2:06:50 is equal to "only" a 27:30.8 10K and a 3:49.7 mile.

A marathoner would have to run 2:04:57 to turn in a time equal to Cram's world record in the mile. Interestingly, the tables show Cram's mile is equal to a 27:07 for 10K, which is just a shade under the 27:08.23 track record by Arturo Barrios last year.

Why, then, aren't marathoners approaching the time the computerized tables indicate they should? I suspect



Former middleweight champion Rocky Graziano, who passed away last month, is shown here getting cracked by Chuck Davey in his final fight. Davey went on to win a decision and send Graziano into retirement. Now 65, Davey, a welterweight sensation during the early 50s, is an avid runner and a tough competitor on the roads these days. He will be featured next month in Mike Tymn's Third Wind column.

it's because the tables reflect a straight-line slowing of pace as the distance increases, but somewhere around the so-called marathon "wall," about 30K, when the runner switches over from burning carbohydrates to fats, the straight line begins to sag. Therefore, I don't think Dinsamo's time is anywhere near as "soft" as the tables show it to be. One other possible explanation is that the roads are slower than a good track.

Speed vs. Endurance

On to the next possibility: We lose speed faster than endurance as we age. That seems to be a fairly widespread belief. However, consider the fact that Eddie Hart's over-age-40 world record of 10.6 seconds for 100 meters last year is closer to the 9.92 world record of Carl Lewis (1.069) than Wilson Waigwa's mile record is to Cram's (1.084). If Hart's effort was hand-timed, which apparently it was (since it was not expressed in hundredths of a second), the difference may not be so much; in fact, the differences figure to

The chart below shows in the last column what the 40-44 world record would have to be in each event from the 100 to the 10,000 for it to match the 2:11:04 marathon by John Campbell based upon the difference (1.033) between Campbell's time and the 2:06:50 open world marathon best of Belayaneh Dinsamo.

Event	W.R.	40-44 W.R.	Differ.	x 1.033
100	9.92	10.6	1.069	10.25
200	19.72	21.9	1.111	20.37
400	43.29	48.44	1.119	44.73
800	1:41.73	1:53.5	1.116	1:45.12
1500	3:29.46	3:49.47	1.096	3:36.43
Mile	3:46.32	4:05.38	1.084	3:53.86
3000	7:29.45	8:17.4	1.107	7:44.28
5000	12:58.39	13:45.6	1.061	13:24.08
10000	27:08.23	28:33.4	1.052	28:01.96
Marathon	2:06:50	2:11:04	1.033	-----

Five Years Ago

July, 1985

- Irene Obera Sets Two World W50 Records
- Atlaw Belilgne, Judy Pickert Win in Cotton Row 10K
- Brian Oldfield Turns 40, Throws Shot 69-7
- Priscilla Welch, 40, Wins Overall in Freihofer's 10K

be relatively the same and the theory that we lose speed faster than endurance does not hold up.

So, is the 40-44 mile record soft? Heck, I don't know. I'm numbered out. If you have read this far, I'm sure you are too. Maybe Rod Dixon will give us the answer come July 12. □

Hughson, Binder Take Firsts in National 10K

Continued from page 1

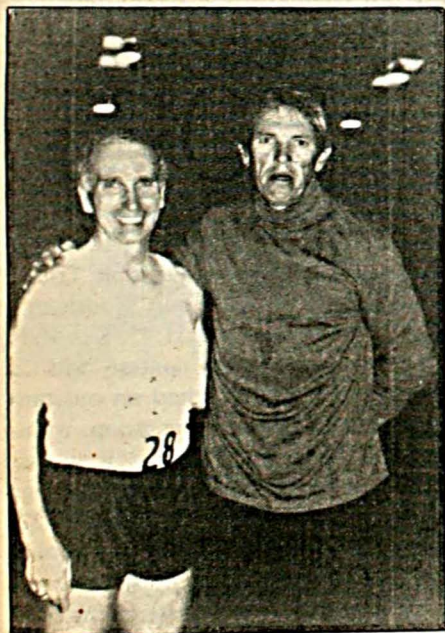
In the W40-and-over contest, Binder let Gabriele Andersen, 45, and Karen MacHarg, W40, set the pace in the early stages, on the advice of open runner Paul Cummings. "He told me that when you run at altitude don't go out too fast, save something for the last two miles, because you can be feeling really good and then it will hit you," said Binder, who caught Andersen (38:04) and MacHarg (37:06) at four miles and left them with less than a mile to go.

The other division winners were Mike Heffernan (M45, 32:48); Robert Nelson (M50, 34:88); Norman Green Jr. (M55, 34:44); Gaylon Jorgenson (M60, 35:56); Emmett Parker (M65, 38:45); Nathan White (M70, 46:10); and Dudley Healy (M75, 49:56).

The 50-and-over championships went to Gina Faust (W50, 40:24); Mae Horns (W55, 46:54); Darryl Healy W60, 61:29); and Mary Storey W65, 51:28).

Jorgenson topped all masters division winners' age-graded performances with a 93.2%, followed by Green (91.8); Parker (91.1); Heffernan (89.9); Hughson (89.6); Custy (88.7); Andersen (86.9); Binder (86.1); and Faust (85.2).

The open winners were Dave Andreason (30:30) and Celsa Bowman (35:01). The championships were held with the 13th annual Salt Lake City Classic, which drew a record 4500 runners for a 5K and the 10K races. □



Harry Brown (l), M60, Wauconda, Ill., and Jim Mathis, M55, Memphis, Tenn., after setting records in the Midwest Sectional Masters Indoor Championships, Sterling, Ill., March 11. Mathis broke the 400 WR (56.4), and the 200 AR (25.3). Brown took the 400 AR (60.1).

Photo from Dick Green

MASTERFUL



XIV St. George MARATHON Saturday, October 6, 1990

"The Biggest Little Marathon in America"

Runners World Top 20 "Cream
of the Crop" Marathons in the USA

TAC National Masters Marathon Championships

Entry Deadline September 27, 1990

\$15 Entry Fee

For Race Information:
St. George Marathon
86 South Main Street
St. George, Utah 84770
(801) 634-5850



Sponsored by
St. George Leisure Services Dept.
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MASTERS ATHLETE OF THE MONTH

Don Parker

Once again, several masters athletes turned in outstanding performances last month, and picking the ICI Masters Athlete-of-the-Month was not an easy assignment.

North Carolina's Jim Law became the first man age 64 or over to break 60 seconds for the 400-meter dash. Law clocked 59.19 on May 26 in Birmingham, Ala., giving him an outstanding 98.2% performance level on the master age-graded scale.

Jack Greenwood set three age-64 world records in the Duke City Meet in Albuquerque.

Pasadena, California's Nolan Smith, 40, set a U.S. masters 800 record of 1:53.99 in an all-comers meet, registering a 96.1% performance level on the masters age-graded scale.

But the top award, this month, must go to Don Parker, 47, another Pasadena resident. Parker raced to a new world record for men 45-49 with a brilliant 1:56.27 in that same all-comers meet in Glendale, Calif. His time broke George Cohen's five-year old record of 1:57.73, and ticked the age-graded scale at a blistering 98.7%.

Parker will receive \$100 for his efforts—compliments of ICI.

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

Congratulations to Don Parker—the ICI Masters Athlete-of-the-Month. □



Don Parker

Nolan Captures Eddy Meet Masters Mile

By PAUL MURRAY

New Jersey's Harry Nolan jumped in front of a pack of celebrity runners to capture the Masters Mile at the 50th annual William F. Eddy Jr. Memorial track meet in Schenectady, N.Y., on May 19. Many fans in the crowd at this major upstate scholastic meet had come to see 1972 Olympic marathon champion, Frank Shorter, 43. Local track buffs recognized Barry Brown, 45, who had run in the Eddy meet 30 years ago. Almost no one recognized Nolan, but he did not let his lack of celebrity status interfere with his race plan.

Nolan pressed the pace from the start, passing the first quarter in 66 seconds. Only Brown stayed close on his heels, both enroute to a 2:12 half mile split. Nolan continued to lead, and Brown trailed through a relatively slow third quarter in 3:23. Then, with 300 meters to go, Nolan turned up the speed on the windy backstretch and opened a decisive lead to win in 4:28. Brown finished second in 4:33, followed by Shorter (4:40), Al Swenson (4:41), and Dave Bowden (4:54).

Though disappointed in the relatively slow time, Nolan expressed confidence in his kick. "I knew I had the speed and the others would have trouble staying with me," he said after the race.

"I was flat today," said Brown who had run a 4:05 1500 earlier this spring. "Perhaps I should have tapered more because my legs were tired." Swenson was more philosophic, "It's a long season. With some steady training I'll be back by the end of the summer." □

5763 Finish Newsday Long Island Races

by BILL BENSON

The 11th Annual Newsday Long Island Half-Marathon and Marathon was held in East Meadow, N.Y., May 6, on a beautiful, sunny day with temperatures in the 60s but with a stiff wind that slowed runners on their trip up the Wantagh Parkway. In the half-marathon, 3899 men and 1070 women finished; in the marathon, the number of finishers came to 697 men and 97 women.

Both races started and finished at Eisenhower Park, and runners had the option of running either race until the 7.56-mile marker, where marathoners turned south to Jones Beach and returned back up the parkway to Eisenhower Park.

In the half-marathon, the first masters was Bob Giambalvo, M40, who finished fourth overall in 1:10:10. This has been a great debut year for Bob in his first in masters competition. He was fourth U.S. finisher in the 5000 at the World Championships in Eugene, and fourth masters in the Gasparilla 15K Classic in Tampa.

Other men's division winners included M45 Maury Dean (1:18:36), who had never placed in this race, so this was a well-deserved win; M50 Joe Cordero, again the age-group winner with a 1:23:12; M60 John Sullivan, who ran an outstanding 1:32:01; and M70 Dr. Leo Karmin, who celebrated his recent passage into this age group with a sparkling 1:42:07.

The first W40+ finisher was Cheryl Ralya, W40, with a 1:24:39. Marcia Field took the W55 race in 1:58:26, and Vera Allen the W60 in 2:08:07.

Althea Wetherbee again showed why she is ranked among the top W70 runners in the country with a winning time of 2:10:12. (Althea's son was one of the astronauts in the recent flight of Discovery.)

Overall winners were Andy Whitney (1:09:23) and Leslie Minnix-Wolfe (1:20:31).

In the marathon, Maddy Harmeling, second overall, finished in 2:59:09. Maddy was celebrating her 45th birthday and her first marathon since she ran a 2:43 in the 1984 Olympic Trials.

First M40+ was Louis Rodriguez, M40, 15th overall in 2:51:45. Ken Karcher won the M60 contest with a 3:14:57. He has also had an outstanding year in this new age group, winning the National Masters 25K in October. Also to be noted in this age group is Colin Harris, third in 3:25:27, who has returned after undergoing multiple by-pass surgery last year.

Andy Neidnig was first in the M70 division (3:43:00) and has been on a tremendous roll since turning 70 last year, having won in the 15K National Cross-Country Championships in 1989.

Winners overall were Jose Aparicio (2:36:18) and Cher Patterson (2:58:06). □

PHILADELPHIA MASTERS TRACK ASSOCIATION

Summer Meets

July 28, Saturday 9:30 a.m., La Salle University, Philadelphia, PA.
Triathlon Day

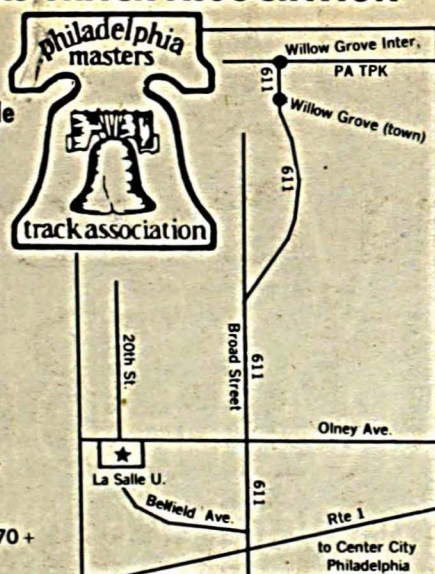
"All-around" long jump, shotput, 200 dash.

"Sprinter's" 200, 100, 400.

"Middle distance" 1500, 400, 800.

Awards to first 15 in each triathlon for age 30-69 group (age-graded).

Awards to first 3 in each triathlon for age 70+ group (age-graded).



Post entry, \$7.00 for Philadelphia Masters members, \$8.00 for non-members.

La Salle University has a new synthetic track, short spikes only. The university is located at 20th St. and Olney Avenue. From the Willow Grove interchange of the Pennsylvania Turnpike, take Route 611 south into Philadelphia until you reach the intersection of Broad Street and Olney Avenue. Turn right, proceed to 20th Street.

Other events contested will be 100, 200, 400, 800, 1500, 3000, 110/100/80 hurdles, 1500 walk, long jump, triple jump, shot, discus, possibly javelin. No high jump or pole vault. Small entry fee for these events, may have some small awards (either random or for first place in selected events).

Call Peter Taylor (215) 842-3807 for more details or write to Peter Taylor at 3120 School House Lane, JA9, Philadelphia, PA 19144 for detailed map, additional information, etc. Don't drive to La Salle unless you're sure of the route, you might not find it.

August 18, Saturday, 9:30 a.m., Ursinus College, Collegeville, PA (northwest of Philadelphia).

Philadelphia Masters 1990 Outdoor Invitational (pre-entry only). Events include 110/100/80 hurdles, 100, 200, 400, 800, 1500, 1500 walk, 3000, 10,000, shot, discus, long jump, high jump, triple jump, informal 4 x 200 relay. Awards to first three in each 5-year age group, men and women.

Write to Walt Fisher, 263 S. Roberts Road, Bryn Mawr, PA 19010 (215) LA5-5081. Please enclose self-addressed stamped envelope.

Holt, Layne Win at Avenue of the Giants

By JERRY WOJCIK

Mike Holt, 41, of nearby Arcata, Calif., and Judy Layne, 41, from Aloha, Oregon, were masters firsts in the 19th Annual Avenue of the Giants Marathon, in Weott, Calif., on May 26.

Holt, completing his 11th marathon, placed fifth overall in 2:39:48. Layne finished her 12th marathon in 3:20:47 for third woman overall.

The race drew 489 participants from 26 states, with one-half of the men and one-third of the women being masters runners.

Tom Cullen, 78, of Forest Ranch, Calif., in his 14th Avenue of the Giants, and Merna Guthrie, 69, of McKinleyville, Calif., an experienced hiker in her first marathon, were the oldest finishers.

George Crandall, M55, of Arcata, who has run all 19 Avenue of the Giants marathons, finished in 4:32:22.

The open winners were Brian Larson (2:26:25) of Phoenix, Ariz., and Susan Port (3:14:17) of Portland, Oregon.

The race was organized by the Six Rivers RC Race Committee, headed by Dick Giacolini. Next year's event is scheduled for the first Sunday in May. □

Coming Next Month:

- World and U.S. Five-Year Age-Group T&F Records
- Previews of National and North American Meets
- And Much More

TAC/USA MASTERS 5K CROSS COUNTRY CHAMPIONSHIPS

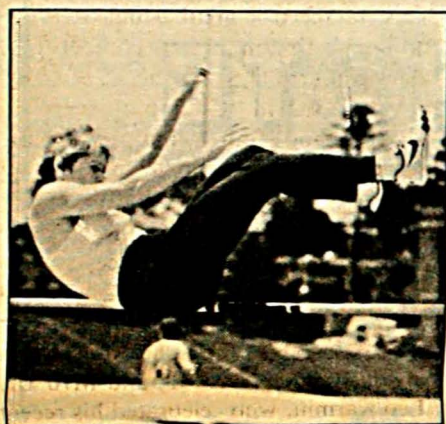
(Men, Women Teams - 40 years of age & older)

Sunday, October 7th - Fayetteville, New York
(Entry deadline - October 1)

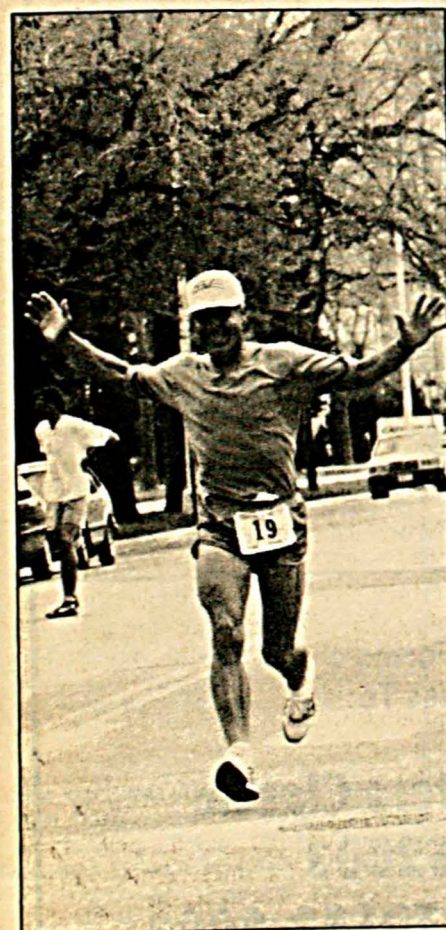
Hosted by the Syracuse Chargers Track Club

For entry packet contact: Evelyn White
18 Foxcroft Dr.
Fayetteville, N.Y. 13066
Tel. (315) 637-6211

Come Run With Us!



Betty Vosburgh, W55, of Atlanta, Ga., who won the high jump (3-8), Birmingham, Ala., TC meet, May 26. Photo by Deborah Gibson



Donn Weipert, 47, of Colorado Springs, Colo., first M40+ (7:53:57) Rocky Mountain 50 Mile, Cheyenne, Wyo., May 27.

Photo from Brent Weigner

Enter A Marathon Where The People Run Strong, And The Beauty Runs Rampant.

On October 14, a field of 6,000 runners will take off amid the splendor of a full fall bloom.

It's 26.2 miles of stunning foliage, blue lakes, winding park paths, the majestic Mississippi, and over 250,000 colorful fans. On one of the nation's fastest TAC-certified courses.

For runners of all kinds it's more than just a

marathon, it's a weekend celebration of running.

In the past we've filled up weeks early, so write for an entry form now. It's one race that's worth every beautiful yard.

Send a self-addressed, business-size stamped envelope to: Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480.



Twin Cities Marathon - October 14, 1990.
The Most Beautiful Urban Marathon in America.



SPEAKER'S CORNER

by ELISA M. KINDER

Hooray! I'm 40!

I never thought I would look forward to turning 40. In my early thirties, forty meant the end of an era of strength and PR's and a beginning of aches and pains. As I endured the mid-thirties, I found injuries don't come with age but instead with overtraining, overracing and a desire to constantly improve. Late thirties brought disappointment when good running times were not so good any more, since I was competing against others eight years younger than I. That's when I found myself searching for races with five-year age groups.

Then suddenly I started comparing my times with those in the 40-49 group and began thinking about how much better I could place if I were just a year older. I found myself searching for a race on my birthday or shortly thereafter, anxious to compete in a new field where I was at the bottom of the chronological clock.

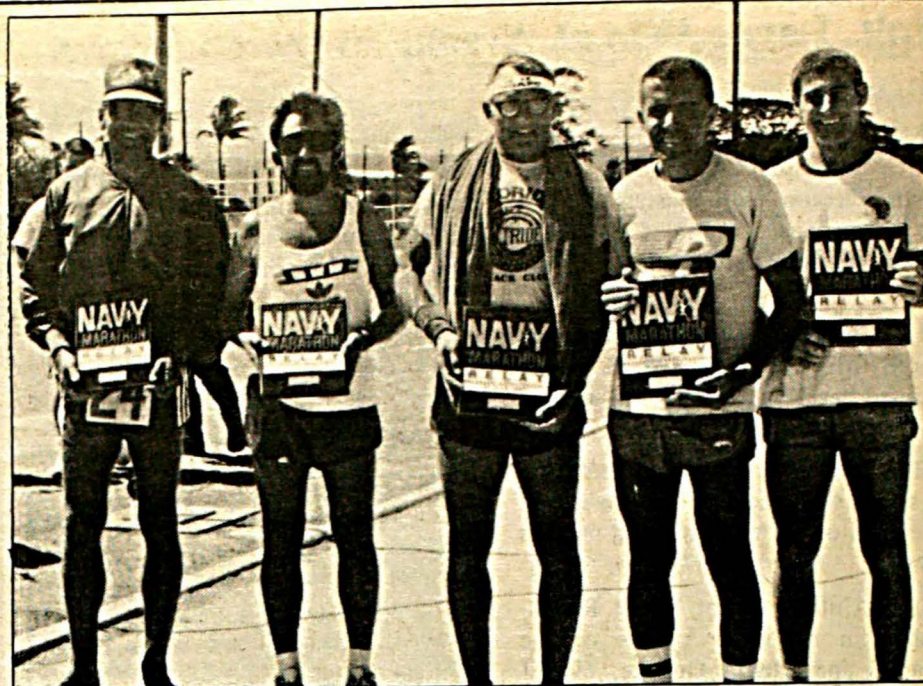
Turning 40 has its benefits in other ways. Many pressures seem to have lifted. The 30's are for career growth, dressing for success, little if any vacation time, saving money, and raising kids. Turning 40 allowed me to accept achievements to date in my career, start planning for some real vacation, and spend some of the money we saved for those little luxuries I have always wanted.

Friendships seem to be stronger at 40. I work at building the relationship and find more time to spend with friends. Somehow I was always too busy in my 30's. It's OK to leave husbands and kids behind and take a trip with "just the girls." Husbands enjoy the time alone and do what they like without worrying about our "druthers." And the kids, they are at that age where being with mom and dad is pretty boring. My friends and I have this year's get-together planned, and the next two are in the works. It's the Holiday Half-Marathon in Tucson later this year and, for sure, the Bloomsday 10K in 1991.

For some reason, I enjoy cooking more these days, and I'm back to planning picnics. I almost forgot about the mosquito repellent and the cork screw, but it all slowly come back from previous memory storage.

I sunbathe with a hat, use moisturizer every night, find myself checking the scale more frequently, and try to remember to put on that last touch of perfume. And, oh yes, I've become a master runner. Somehow, that doesn't sound so bad. HOORAY! □

Elisa Kinder lives in San Ramon, Calif.



The Masters Elite Team, which placed fifth of 25 teams and first (2:41:41) in the 40+ division, in the Navy Marathon Relay, Subic Bay Naval Base, Philippines: (from left) Dave Wilson, 45; Ken Blackett, 42; Bobby Greene, 50; Paul Bishop, 40; and Charles Weldon, 40. Photo by Web Loudat

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Parker, Smith Set 800 Records

Don Parker, 47, of Pasadena, Calif., set a new world M45 record of 1:56.27 for 800 meters in an all-comers meet in Glendale, Calif., May 12.

The time broke the old record of 1:57.73, set by California's George Cohen in 1985.

In the same race, Pasadena's Nolan Smith, 40, set a new American M40 record of 1:53.99, lowering the standard of 1:54.9, also set by Cohen, in 1980. The world M40 800 mark is 1:53.5, held by England's Ron Bell since 1987. □

Oshier Runs Fastest Masters 25K at Old Kent

Nancy Oshier, 41, of Rush, N.Y., ran the best masters women's 25K ever by a U.S. runner with a 1:31:59 in the Old Kent River Run in Grand Rapids, Mich., on May 12. Oshier was second woman to open winner Diane Brewer (1:27:02) but topped Brewer's performance on the age-graded scale, 91.6% to 90.8%.

Jim O'Neill, 52, of Holland, Ohio, finished third master in 1:25:37 for the best age-graded performance of the race, 94.4%, just a digit better than open winner Brian Sherriff, who finished in 1:11:09 (94.3%).

First master John Custy, 41, of Lakewood, Colo., had a 90.6% performance with a 1:15:27. □

Greenwood's 3 WRs Highlight Duke City Meet

by BILL FORSYTH

Fine weather and a fine track yielded 56 All-American performances by 31 of the 69 participants at the Duke City Masters Games, June 2-3 in Albuquerque.

Three veteran out-of-staters highlighted the action with records. Jack Greenwood showed he didn't rest much on his '89 laurels, notching age-64 WRs of 15.66 100H (replacing the 17.3 and 16.3w by Burl Gist and Tom Patsalis), 47.11 300H, and 59.9 400, pulling away from Gordon Albury (60.3) in the last 40m.

John Alexander, whose 60.9 Greenwood replaces, was on hand to do his first Pentathlon since '81 (a still-standing AR) but was sidelined by a hamstring pull on his first LJ attempt.

Ham Morningstar was everywhere—7 events plus both Pentathlons. His last event, before catching a mid-day plane, was a 1.39/4'6½ HJ to top Stan Thompson's age 73 AR by ¼".

Florida's Gordon Powell came for the Weight Pentathlon and got what he wanted in the last event—the M80 AR for the 35% Weight. The steel tape was carefully pulled out to 4.85/15'10¼, one centimeter past John Whittemore's 1979 mark.

The annual Runners Pentathlon was held Saturday morning.

Special thanks go to Norm and Kathy Fones of N.M.TAC, among others, for their tireless preparations and officiating—especially at the Saturday evening get-together at the Hilton. □

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Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404

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THE FOOT BEAT

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

Foot Odor

Q. I'm a 46-year-old secretary, so I wear pumps and pantyhose five days a week. I have terrible looking feet — callouses and corns on both little toes, and an ingrown big toenail. But the worst problem is my feet have started sweating profusely, whether they're hot or cold, and have developed a terrible odor. My shoes are all ruined, and they emit an odor in the closet. At work, I can smell my own foot odor, with my shoes on, whether it's closed pumps, slings or whatever. I'm afraid to get too close to my co-workers for fear I'll offend. I've tried foot soaks, sprays and powders, to no avail. I'm at my wits end. Have you ever heard of anything like this? Could it be menopausal or....

A. Your question is quite a good one and usually invokes controversy in scientific circles. This condition is a lot more common than most people would like to admit in our "squeaky clean" society.

Excessive foot odor with sweating is called "bromodrosis hyperhydrosis" in scientific jargon. The soles of the feet have a large number of eccrine glands. Under emotional stress, foot sweating — and palm sweating — can increase. Some blame the condition on neurological disorders which are dif-

ficult to control by ordinary means.

There's no agreement on treatment. Some of the simplest measures include: 1) frequent daily bathing of the feet, with a change of clean, white cotton socks; 2) use of a shoe with a mesh top that allows air to penetrate to the foot; 3) walking barefoot on the beach.

Drugs are available but could produce side effects. Tranquilizers reduce tension, but for some people, stress can be beneficial. Powders tend to clog pores and aggravate the condition. Aluminum chloride may be painted on the soles of the feet at night. Diluted formalin is an old-time treatment. Potassium permanganate soaks are quite helpful, but tend to stain the feet. Sprinkling baking soda and talc twice a day can be helpful.

However, there may be an answer to your problem. General Medical (1935 Armacost Ave., Los Angeles, CA 90025) has developed a product called Drionic, a low-voltage, battery-generated current that reduces sweating of the feet. It can also be used for the hands. It's light weight. You can place your feet in it. There's no chemical product involved. The suggested application is 30 minutes daily (or twice a day for faster results) until sweat is greatly reduced.

General Medical states that a six-week period should control excessive sweating. They offer a 45-day, money-back guarantee. It appears to be a safe and sane method to control excessive sweating. The unit is \$125.00 per pair. □

(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.)



Earl Owens on the way to a win and course record (31:05) in the 1990 WZPY Cotton Row Run, May 26, in Huntsville, Ala.

Photo by Jim Oaks



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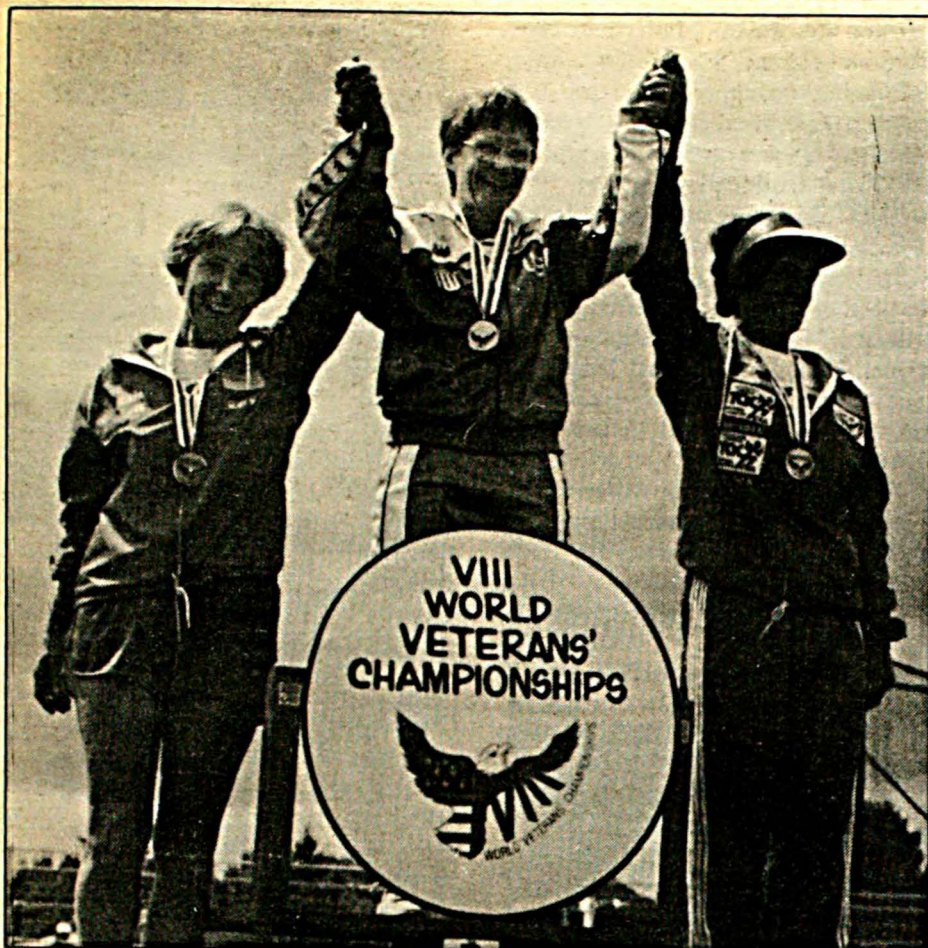
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On the victory stand at the World Veterans Championships in Eugene last year are the W50-54 10K racewalk medalists: From left: Sheila Smith (USA), Bev LaVeck (USA), Jill Latham (USA).

Photo by Don Johnson

Florida TAC Meet Held

by BOB FINE

Fourteen Florida records were set and 25 All-American performances were turned in at the Florida Athletic Congress Masters Track & Field Championships held in Orlando on May 19.

The American women's age-49 discus record was broken by Vanessa Hilliard of the Florida AC with a

throw of 31.92.

The Florida AC swept all of the divisions to score 359 points to outscore the second-place Central Florida Walkers (27) and third-place Manasota TC (25).

Racewalking and the discus, both with 19 competitors, outdrew all other events. □

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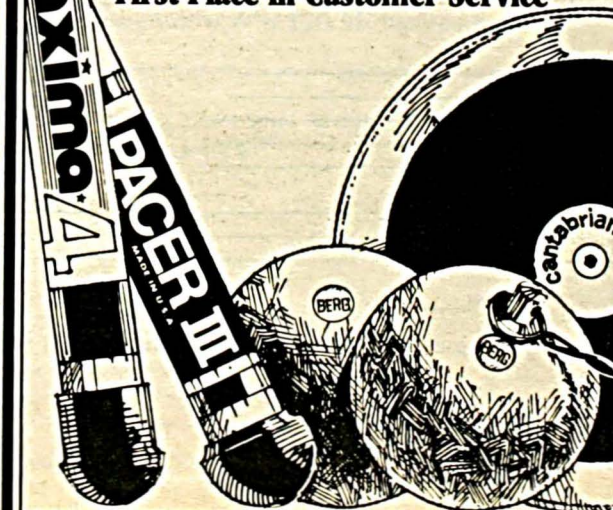
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MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Chairman, TAC Masters Track & Field Committee

Election of Women's Coordinator

In response to the notice that an election would be held for the position of Women's Coordinator on the Masters Track and Field Committee, the following persons indicated they would be willing to serve in that capacity if elected:

Susan Houlton - Age 42 - Atlanta, Georgia.

*Atlanta Track Club Board of Directors.

*Masters Track and Field Coordinator for the Atlanta Track Club.

*Participant in every National Outdoor Championships since 1982 and most Indoor National Championships.

*Participant in the last four World Veterans Championships.

*Past and present holder of several

American records in the middle distances.

*Committed to masters track and field.

Becky Sisley - Age 51 - Eugene, Oregon.

*Professor and Head of Undergraduate Studies, Physical Education and Human Movement Studies, University of Oregon.

*Member and Video Librarian for

Oregon Track Club Masters; member, Portland Masters Track Club.

*Masters competitor since 1988 -long jump, triple jump, high jump, javelin. Named top 50-54-year-old female field event competitor for 1989, by TAC Masters Track and Field Committee.

*Has held major positions of sports leadership including Chair, Joint Committee on Coaching Certification, National Assn. for Girls and Women in Sports and National Association for Sport and Physical Education, 1987-89.

*Goals - To survey women competitors, increase competition by women, and secure articles for NMN related to women.

Christel Miller - Age 55 - Glendale, California.

*Assistant Track and Field Coach, Occidental College 1982 - Current.

*Competitor since 1950; masters competitor since 1977.

*Chair, Southern California Masters (Second Year).

*5th year, TAC Track and Field Official.

*Wide variety of track and field experience including meet director for four meets a year.

*Participant at 7 World Veterans Championships, all national outdoor Masters Championships, and the majority of the Masters Indoor Championships.

*Women's Coordinator - Masters Track and Field Committee - (Six Years). First Alternate, WAVA Delegate, Awards Committee.

*Aware of the masters women's needs and accomplishments. Major goal would be to increase women's participation.

The Women's Meeting is open to all women athletes and will precede the TAC Masters Track and Field General Meeting on Saturday, August 4, at 6:00 p.m. The location for the meeting is the University Place Hotel and Conference Center, two blocks from the stadium, at 850 West Michigan Street. The general meeting will start at 7:00 p.m. All athletes are urged to attend. □



Katherine McIntyre, 40, first W40+ (5:12.0), Ridgeway Mile, Ridgeway, N.J., May 26.

Photo by Ridgeway Newspapers Sports

Research Study Wants Volunteers at Nationals

A research study on hematological and physiological profiles of male and female master athletes will be conducted at the National Masters Track and Field Championships in Indianapolis, August 1-5.

This will be the first study to focus on variables in body composition and blood lipid profiles of men and women in different event groupings (e.g. sprinters; middle-distance).

Volunteers between the ages of 40-60 years will be asked to participate. Participation in this study will not hinder your performance, will not take more than ten minutes, and is free. If you are interested in determining your body composition and blood lipid profile, i.e. concentrations of total blood cholesterol, high-density lipoprotein, low density lipoprotein and triglycerides, this is a great opportunity to do so. All results are strictly confidential. Body composition will be measured using a skinfold caliper technique. A fasting venous blood sample will be drawn from your brachial vein by a Registered Nurse. The blood sample will be frozen for later analysis at Bowling Green State University.

Each volunteer for the study should sign-up for a time between 6:30 A.M. and 11:00 A.M. on August 1-5. Shorts and short-sleeve shirts should be worn to facilitate skinfold measurements.

The results will be confidential. Each participant will have their own results sent to them. To participate, or if you have questions, please contact Karen Pyle at 1566 Clough St. #59, Bowling Green, Ohio 43402, (419) 354-5638 (H) or leave a message at (419) 372-2711. Or, if you would like to sign-up please return the following:

Name _____
Address _____
Phone _____

Events in which you compete in: _____

Age _____ Gender _____

Please write a day and time you would like to participate between August 1-5 and 6:30 A.M. and 11:00 A.M.

Day _____ Time _____

Thank you,
Karen Pyle

1000 Expected for Nationals

More than 1000 athletes are expected to enter the 23rd Annual TAC/USA National Masters Track and Field Championships in Indianapolis on August 2-5.

The meet returns to the Indiana U. Track & Field Stadium for the first time since 1985. Indianapolis has achieved the reputation as the amateur sports capital of the United States, and the organizers are planning to roll out the red carpet for the masters participants.

Competition will get under way on Thursday, August 2 at 7 a.m. and continue through Sunday, August 5, at 4 p.m.

The entry form is published in this issue on page 40. Deadline for entries is

July 10. However, late entries may be accepted with a \$25 surcharge.

The University Place, located two blocks from the stadium, will be the meet headquarters hotel. A women's meeting will be held at 6 p.m. on Saturday, followed by a general meeting, to which everyone is invited.

The *National Masters News* Age-Handicapped 100-meter-dashes, the highlight of last year's Nationals in San Diego, will be held on Sunday at noon. Most winners of 100m races will be invited to compete in either the men's or women's race.

Unlike last year, there will be no free transportation from the hotels to the stadium or airport. □

Ten Years Ago July, 1980

•Bill Fitzgerald Sets M55 800 WR of 2:09.7

•Hal Higdon (M45, 2:32:42) and Alex Ratalle (M55, 2:34:59) Set U.S. Marathon Marks

•Gordon Farrell ups M60 TJ WR to 39-feet in Grandfather Games

•North American T&F Meet Held in Mexico City

Four U.S. Women's Records Broken in Southeastern Masters

by JERRY WOJCIK

Four U.S. women's age-group records were broken in the Southeastern Masters Track and Field Meet in Raleigh, N.C., on May 4-6.

Leonore McDaniels increased Jean Campbell's W60-64 long-jump mark of 3.53 to 3.62. Josephine Sullivan changed Mary Bowermaster's W65-69 long-jump record of 3.19 to 3.31 and Amy Robertson's pending triple-jump distance of 3.01 to 6.37. Brenda Bloomfield altered her own W45-49 hammer record of 29.90 to 30.04.

In the sprints, Thad Bell, M45, posted the meet's masters best 100 time (11.53), and Al Williams, M50, did the same in the 200 (24.10).

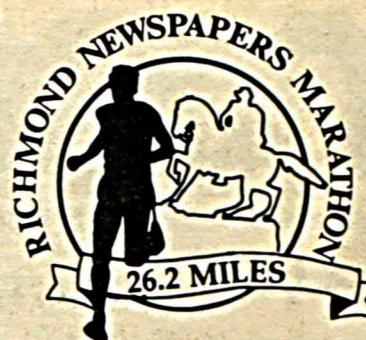
Jack Bacheler, a 46-year-old Raleigh runner, was overall winner (33:55) in the 10,000, with Don Jayroe, M40, also a local runner, second (35:45). Ed Benham, 82, finished with a fast 49:39.6.

Roy McKinnis, M50, lead all 5000 racewalkers to the finish in 25:27.3. ☐



Bernice Holland of Cleveland, Ohio, W60 U.S. record holder in the shot put, discus and javelin, was the recipient of the Ed Barron Award for her contribution to masters athletics, Southeastern Masters Meet, Raleigh, N.C., in May.
Photo from Laurie Rothrock

★ Master's Division
26.2



★ Master's Division
13.1

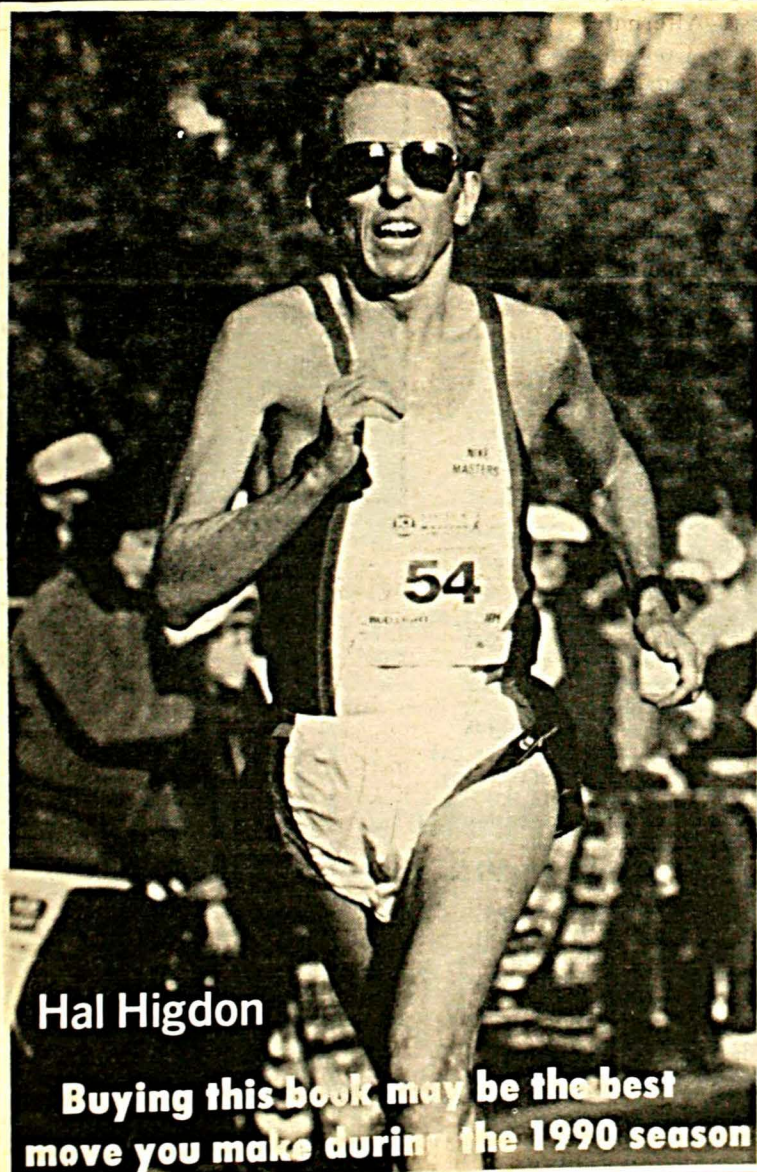
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RUNNERS' COMMENTS: "...fantastic crowds from start to finish!" (NJ) "...and they cheered for me even though I was in the back." (NC) "...Well organized, great course, great crowds!" (PA)

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Visit the National Masters News Hospitality Suite at the University Place hotel, two blocks north of the track stadium between 5:00 and 7:00 Saturday afternoon, August 4, immediately before the general meeting. (Ask for Higdon's room at the desk.)

If you can't make it to Indy, you'll still want to purchase a copy of "The Masters Running Guide." Send for your copy now: only \$10.95, including postage.

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PROFILE

Tony Gee: A Running Inspiration

As a small group of runners sat quietly waiting for the track club meeting to begin, a tall, thin, bearded man approached and introduced himself to me. His English accent was distinguished and reserved, but his twinkling eyes were full of energy.

Being new in town and somewhat shy, I knew few of the members present, but his invitation to run the following day was friendly and I welcomed a run with another after training alone for several months. This was my introduction to Tony Gee, someone who possesses a passion and fire for running few are able or willing to know.

Tony, 52, grew up in England knowing the destruction and hardships of World War II. Schooling and a stint in the Royal Air Force were followed by a move to London and the beginnings of a career in the wholesale clock industry. Hard work and a keen sense for people propelled Gee to his present position as one of the world's most successful clock manufacturing representatives. Using his home as an

office, he flies around the globe dealing with and selling to an international clientele. But for all of his worldliness, Tony is very human and real, and his impact on the running community in Charlottesville, Va. is special.

It all began in late 1979, when Tony and his brother would ponder the possibilities of running from his mother's to his sister's home — a distance of 11 miles. Not sure it was humanly possible to go that far in a single run, they began training. When the following spring arrived and the first London Marathon was staged, Tony, inspired by the running thousands, decided to make it a priority in his life.

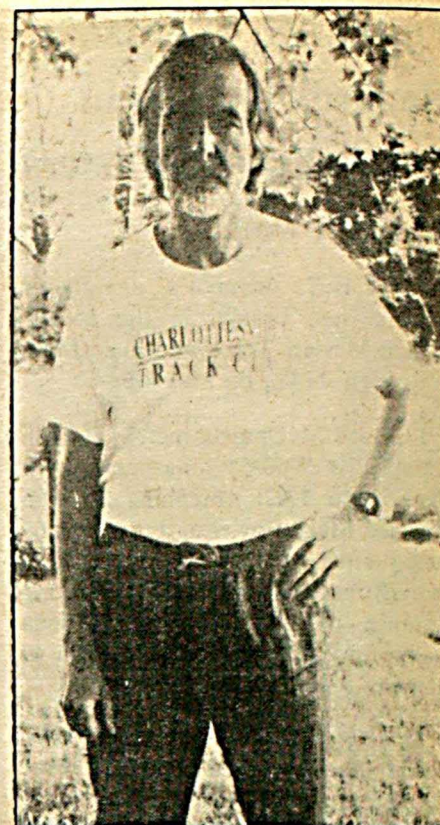
The early 1980s saw Gee become a good runner with several marathons under his belt, including two Londons,

but work, family (wife Julie and daughter Emily plus two sons from a previous marriage), and a move from England to Virginia kept running on the back burner.

In 1985-86, as Tony was able to devote more time and energy to training, his natural talent and improved conditioning allowed him to begin winning race awards at local events. Tony attributed his new success to the Charlottesville running community in general and specifically to a group of knowledgeable track club (CTC) runners who willingly shared their training and racing insights with him on weekend runs. "This area is blessed with having a great running environment and many fine runners who took me under their wing and became my friends and inspiration," says Gee.

Just when things were going well, a knee injury occurred requiring surgery. More than a year was lost in recovery, but not in determination. After a slow return to running, Gee embarked on a

Continued on page 30



Tony Gee

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JULY, 1990

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CAMILLE BAGBY (US)	7- 4-20	70-74
VICKY BIGELOW (SAN LORENZO, CA)	7-22-35	55-59
MADONNA BUDER (SPOKANE, WA)	7-24-30	60-64
POLLY CLARKE (ESTES PARK, CO)	7-17-10	80-84
AVIS COOK (US)	7-12-35	55-59
ANN DIAZ (GLENCOE, IL)	7-14-40	50-54
POLLY HERZER (SUN CITY, AZ)	7-15-20	70-74
FAY RITA HOBBS (SANTA BARBARA, CA)	7-18-35	55-59
JANE HOROWITZ (SAN DIEGO, CA)	7-12-40	50-54
KAREN HUBBARD (ANN ARBOR, MI)	7-28-50	40-44
BETTY JARVIS (SOUTHERN PINES, NC)	7-25-15	75-79
JOAN ULLYOT (SAN FRANCISCO, CA)	7- 1-40	50-54
MAXINE WATERS (ALTADENA, CA)	7-14-45	45-49
JOYCE BANNISTER (AUS)	7-19-25	65-69
MARIANNE BARTH (WG)	7-26-25	65-69
DAGMAR BLUME (WG)	7-27-50	40-44
SHIRLEY DELAHUNTY (AUSTRALIA)	7-18-25	65-69
SISSEL FALCK (NOR)	7-10-40	50-54
ANNELIESE GERHARDS (WG)	7- 4-35	55-59
ANNELIESE JENSEN (DEN)	7-11-40	50-54
LIESELOTTE KALWEIT-MARLOTH (WG)	7- 7-35	55-59
HILDEGARD KECKEIS (AUT)	7-30-25	65-69
MONIKA LARSSON (SWE)	7- 7-45	45-49
LUCY LOPEZ (CHL)	7-18-30	60-64
TIARA LUND (NZ)	7- 3-45	45-49
ANNE MCKENZIE (RSA)	7-28-25	65-69
FAINA MYELNIK (URS)	7- 9-45	45-49
BETTY NORRISH (GB)	7- 4-30	60-64
MARICA PUICA (ROM)	7-29-50	40-44
ANNCHEN REILE (WG)	7-21-15	75-79
CORRIE ROOVERS (HOL)	7-14-35	55-59
BEVERLY SHINGLES (NZ)	7-25-40	50-54
BJORG SOLHEIM (NOR)	7- 9-40	50-54
KATHE WEBER (WG)	7-26-25	65-69
HELLA WERNER (WG)	7-27-35	55-59
RITA WINDBRAKE (WG)	7-28-45	45-49
DAVE BIEDERMAN (GRANADA HILLS, CA)	7- 9-30	60-64
JOHN BLAKESLEY (FULLERTON, CA)	7-17-30	60-64
ROBERT BOUTARD (FRA)	7-23-25	65-69
HERB CANTOR (OCEANSIDE, NY)	7-31-25	65-69
WILSON DAVIDAR (INDIA)	7-19- 5	85-89
ROBERT FESS (RIVERSIDE, CALIF)	7- 7-25	65-69
JERRY HACKETT (CANYON COUNTY, CA)	7-21-40	50-54
GUDMUNDUR HERMANSSON (ICELAND)	7-28-25	65-69
WHITNEY HICKS (COLUMBIA, MO)	7-22-35	55-59
KENNETH HIOB (APTOS, CALIF)	7-29-30	60-64
HERMANN HOMBRECHER (WG)	7-17-25	65-69
C. E. KLINE (COBBS CREEK, VA)	7- 1-10	80-84
TOM LANGENFELD (EDINA, MN)	7-21-35	55-59
AL LAWRENCE (AUS-HOUSTON, TX)	7- 9-30	60-64
FRANK MCBRIDE (DETROIT, MICH)	7-15-30	60-64
BRYAN MURPHY (PLYMOUTH, MI)	7-25-40	50-54
MARCUS NEUHOF (LARCHMONT, NY)	7-19-15	75-79
RUDY NIMMONS (SENECA, SC)	7-31-20	70-74
OTAVAR PETILETY (CZE)	7- 7- 5	85-89
MATT PRUITT (PINOLE, CA)	7- 4-45	45-49
FRANK REMS (GLENDALE, CA)	7-15-20	70-74
VERSAL SPALDING (BIRMINGHAM, ALA)	7-28-25	65-69
ALFRED SUTHERLAND (GB)	7- 7- 0	90-94
ROLF TORNAS (NOR)	7-20- 0	90-94
ANTONIO VILLANUEVA (MEX)	7-20-40	50-54



Max Green, 58-Year-Old Super Star

On April 8, at the Mortland Invitational Racewalk in Columbus, Ohio, Max Green, 58, set a new M55-59 age-group record of 1:17:29 for 15K and 1:43:41 for 20K.

EW: You have been race walking just 6½ years, yet you have an impressive history of setting records. How did you train for your recent 20K record?

MG: I wanted some good races this spring which meant training through the winter. Fortunately, I was able to

I put in about 70 to 75 kilometers a week. Three to four times a week, the girls and I did a reasonably fast 15K at a kilometer pace of under 6:00 and almost always over 5:30. Nothing super duper, but always pretty good. On the other days, I might walk an easy 10K at about 6:30. Things can heal at this pace.

EW: Then you attribute your success to training every day?

MG: It helped. A benefit in training with the girls was that I did not have to be concerned about the pace. If I started falling back, I would start thinking, "Am I too tired? Am I too old? Or am I doing some bad technique?" When I began working on my technique, I would start to catch up. This gave me immediate feedback and incentive to improve. If you train alone, you may try hard to walk with good technique, but you don't immediately see the effects of improvements as I did when the distance began closing between the girls and me.

Also the racing conditions for the 20K must be considered. First, I was racing with fast walkers. Victor Sipes, John Elwarner and I walked together the first 10K with John leading a fair amount. At this point Victor eased off, and about the 12.5K mark, I heard John breathing a little hard. I knew I felt pretty good and felt I had a chance of beating the Age-Group Record for the 15K. I thought, "I'm going to pour it on for one more lap and at least have something from the winter's training."



Max Green

train with two young women who put social pressure on me to go out every day, even when it was 5 degrees, snowy or slushy.

Sedlak Sets World 10K Racewalk Record

Viisha Sedlak, 41, set a new world women's masters record of 49:14.9 in the 10K racewalk at the USA/TAC Mobil National Track & Field Championships in Los Angeles, June 13.

Her time lowered her world best of 50:47, set at the WAVA World Veterans Championships last year in Eugene, by an amazing 92 seconds.

The Boulder, Colo., resident had set a world masters 5K racewalk mark of

25:03 in Florida in March.

She finished seventh, with the winner setting a new U.S. mark of 46:14.4, nearly 40 seconds better than the old record.

"It was a fantastic race," Sedlak said. "The women are getting faster and faster. I only wish there had been more people here to see these outstanding athletes." □



M55 Racewalkers in the 20K World Veterans Championships, Eugene, Oregon, August 1989: (from left) John Elwarner, Max Green (winner, 1:47:06), Louis Marquis, unidentified; and Jack Bray.

EW: How much time did you take off the old record?

MG: Four seconds.

Starting the 7th lap, I might have fallen off some, but I realized Gary Morgan hadn't lapped me as he usually does. As it looked like he might not catch me, I decided not to let him. By the 8th lap I was thinking, "I might beat the 20K record, so let's see if I can do it!" In addition to the training and good competition, the course was dead flat, there was no wind and the temperature was in the 40's — everything was made for a good time. □

Coaching Masters

By FRANK ALONGI

The most important principle for an older walker is not to try to do what younger athletes do. Masters walkers are usually stiffer; their pulse rates are not the same; they require longer supervision as it takes longer to get the technique into the body's movements.

Max Green's success comes from his patience. He tries and tries and tries. Even if he doesn't do the best job, he tries as he wants to accomplish something he hasn't done before. Most importantly, he racewalks because he wants to do it. Even if his body does not respond, he puts all his heart in. Plus he is a winner. He is not an individual who gives up easily. He started race walking after he was 50 and has never quit. This is why he has made such good times and accomplished his goals.

Besides patience, it is very important for masters to do limbering and stretching exercises. If they don't, they will get injured. Once an older person is injured, it takes a long time to heal and this can be discouraging to some. It is easier to say, "I am old and might as well quit," than to say, "I can't heal any quicker and must be patient." Some older people feel they don't have much time left and this makes them impatient.

Another must for the older walker is to train religiously. A younger person may be able to lay off training a few days and come back and have a good race. An older person cannot. Masters who are seriously competitive need to train continuously to maintain conditioning. They must have a strong desire. □

Shoe Exchange

Masters Racewalker, Stan Chraminski likes Reebok and Saucony Racing Flats. "I have found two shoes which are good for competitive racewalking. The first is the Reebok World Best racing flat. It's very similar to the old Reebok Race Walker. The shoe has two problems: It runs ½ size small due to a tight toe box and the sole wear is not that good. A little Shoe Goo helps on the wear spots and the shoe is a good candidate for resoling.

"The second recommendation is the Saucony Sceptre racing flat. Although a little more expensive, it is flexible and light with a wide toe box. I anticipate good sole wear, but haven't done many miles on it yet. One problem: Its sole is slightly thicker or higher than some flats, but at worst, it should be a good training shoe."

(If you have any shoe information to exchange, please write Elaine Ward, Racewalking Editor, c/o NMN.)

Masters Health and Fitness

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

Prevention of Shoulder Problems

One of the main goals of any masters athlete should be to deal with minor injuries before they develop into major problems. The area of the shoulder joint is crucial, not only to athletes in throwing events and vaulting, but also to anyone engaged in a weight or calisthenics program, and even to perform many everyday activities.

Fortunately there are three easy tests to tell if the shoulder may be headed for problems.

The first involves the deltoid muscle which covers the shoulder. Stand facing the mirror and raise both arms to the front shoulder height. The anterior (front) deltoids will pop up right on top and you can compare their size. Any significant difference can reflect imbalance in these muscles and may be a precursor of future problems.

The second test involves facing the mirror with arms at the side. See how the shoulder joint aligns. If the deltoid

rolls inward toward the chest, it can indicate that the chest muscles are stronger than the upper back muscles. This is a common condition among athletes in a weight training program and again can lead to future problems.

The last test examines the mobility of the shoulder joint itself. Face the mirror and place one hand on the opposite shoulder. Begin to raise the arm and feel the point where the shoulder starts to rise up toward the ear. This shouldn't begin until the arm nearly reaches shoulder height. Earlier movement may indicate a problem in the

shoulder girdle which can lead to decreased mobility and increased susceptibility to injury.

If any of these tests prove positive there are a set of exercises developed by Dr. Robert Kerlan which can be beneficial both to rehabilitate an injury or as preventative to head off injuries before they become serious.

The first involves bending at the waist, letting one arm hang freely and slowly swinging it in small, slow circles. At first you may only be able to bend over a little and swing the arm in an egg-shaped loop. Eventually you want to bend the torso parallel to the floor and swing a circle in both directions.

The second exercise involves a sawing motion with both arms simultaneously. Work toward extending the arms fully in front to shoulder height and back with the elbows forming a 90° angle at the sides.

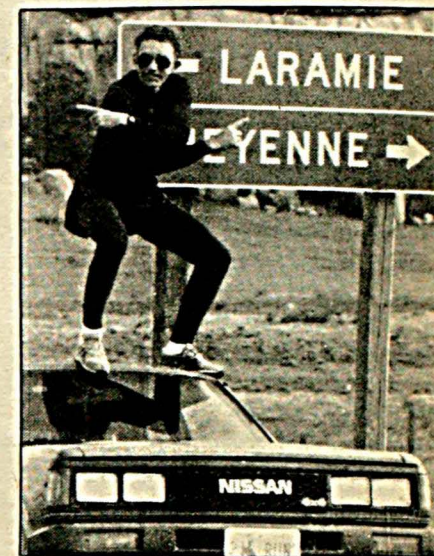
The third exercise is raising both arms to the sides at high as comfort allows. The last exercise is shoulder shrugs. This is raising the shoulders as if you want to touch the tip of the shoulder to the ear.

Begin by doing 10 of each exercise, twice a day. Increase gradually until able to do 50 of each exercise 3 times a day.

Doing these with awareness and on a

regular basis can help restore and maintain the health of the shoulder to allow you to pursue your activities pain-free. Remember to use comfort as a guide to your program. □

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



Since turning 40 last August, Brent Weigner, race director of the Rocky Mountain 50 Mile, Cheyenne, Wyo., May 27, has been acting strange.

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TRACK & FIELD NEWS

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WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69 70 Plus					
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69 70 plus					

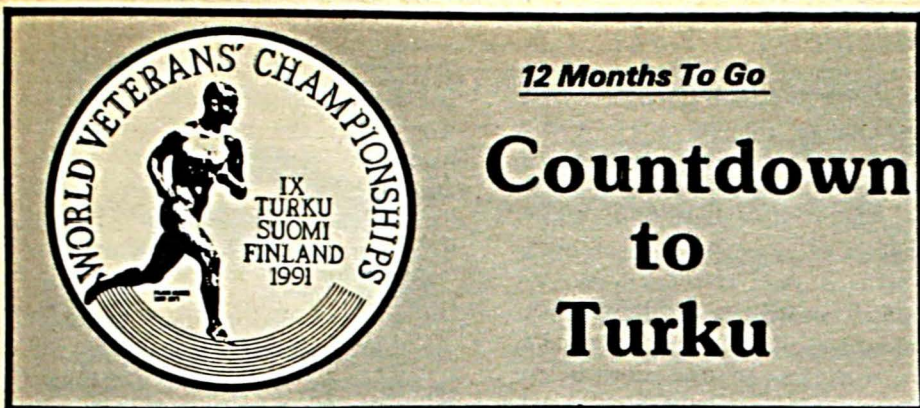
MEN

30-39					
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

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

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



12 Months To Go Countdown to Turku

Turku Perspective

by DAVID PAIN

As WAVA Regional Delegate for North America, I attended the WAVA Council meeting in Turku, Finland last month. The meeting is conducted at the venue for the next year's WAVA World Veterans Athletics Championships. Its purpose is to examine the competition venues, advise and confer with the Organizing Committee, and determine the degree of preparation for next year's event, which is expected to draw more than 5000 entrants. Due to Finland's proximity to the USSR and the Baltic States, large contingents of Soviet and Eastern-bloc countries are expected.

The Venues

The Finns have three excellent, well-maintained, 400-meter, all-weather tracks with all the amenities. The principal track is within a park near the center of the city and within walking distance of most of the hotels. It has covered seating for approximately 5000 spectators and an operating scoreboard which will produce immediate results. A convenient warm-up and marshalling area is adjacent to the stadium. Well-appointed field event facilities abound. The two satellite tracks are located in neighboring towns approximately 10 km from the main track. A free shuttle bus service will connect all competition venues as was the case in Eugene.

The Finns have historically excelled in athletics, and, considering their small population, have sent relatively

large delegations of competitors to past WAVA championships. They expect about 800 Finnish athletes to compete which compares very favorably with the numbers of U.S. participants in Eugene, Australians in Melbourne, and Italians in Rome.

The consensus of the WAVA Council is that the Finns will put on an excellent, well-organized affair. The support of local and national government is assured. The Finns have a strong economy, and both government and the private sector are committed to putting their nation's best foot forward. They are used to sports spectacles as demonstrated by such an event taking place at Helsinki while we were there which involved 5000-6000 school children.

Friendliness

Our committee was impressed,

Lynn Nominated For WAVA President

At the recent WAVA Council meetings in Turku, Finland, the Council, in keeping with its normal practice, nominated a slate of candidates for the biennial election to be held at the 1991 General Assembly in Turku.

Both the incumbent President, Cesare Beccalli, and the current Secretary, Alastair Lynn, stood for the

post of President. In a secret vote, Lynn was nominated.

It is not known at this time if Beccalli will seek nomination by another route—through a WAVA affiliate.

A complete report of the WAVA Council meetings will appear in next month's issue. □



The scoreboard at Turku Stadium welcomes the WAVA World Veterans Athletics Championships.

Photo by Teuvo Lautanala

almost overwhelmed, with the Finnish hospitality and their outgoing, pleasant nature. Nearly all speak some English and most of those we dealt with spoke fluent English. All hotel staff and store employees speak English which, along with Swedish, is taught in the schools. We are confident the Finns will make great hosts. Besides entertaining the WAVA Council at virtual state dinners on arrival as well as on our departure, we were bussed to Helsinki to attend a track and field meet between Finland and Great Britain. On arrival, we were escorted into a building several hun-

dred years old with 20 foot ceilings, old masters paintings on the walls and antique furniture. There we met the Honorary Chairman of the championships who is Vice Prime Minister, a native of Turku as well as a friend of Pirkko Martin, the Organizing Committee Executive Secretary. We were all presented to the minister and given glasses of sherry, after which we were ushered into an ornate banquet room replete with crystal chandeliers set for approximately 40 guests where we were served a delicious meal followed by coffee and cognac in the drawing room. We were informed this magnificent meeting place was used for official state occasions. The manner in which the WAVA Council was greeted demonstrated the importance our hosts placed on our official visit as well as their dedication to the championships.

An unexpected pleasant surprise was the presence of Australian miler John Landy, famous for his sub 4 minute world record set 30 years ago in Turku, as well as his memorable defeat by Roger Bannister at the British Empire Games held in Vancouver, British Columbia, when on the last turn he looked to his left and Bannister zipped past on his right. Landy was in Helsinki on business and met with us at Pirkko's invitation. This chance meeting with Landy was reminiscent of our USA Masters visit to Great Britain for the initial Masters International Track Meet at the Crystal Palace in London in 1972 when, at a garden party given in honor of the United States, Canadian, and Australian Masters, we met and spoke with Bannister, then a practicing physician in London.

If the hospitality of the Finns was not sufficient, the WAVA Council also

Continued on page 20



The Orthodox Church and Market Square in Turku, Finland.

Photo by Teuvo Kanerva

NORTH AMERICAN REPORT

by DAVID PAIN
Regional Delegate, WAVA

Entry Deadline Extended to August 1

The WAVA North American Regional Track and Field Championships will be held in Trinidad-Tobago on August 23-26. The entry deadline has been extended to August 1. A revised competition schedule is printed on the next page, along with an entry form and housing information.

The racewalks — 5K on the track and 25K on the road — will have certified racewalk officiating provided by Bob Fine, WAVA Regional Racewalk Chairman.

A shuttle bus transport will be available to and from the stadium and race venues. Competitors are asked to bring their own implements for field events, as masters implements are in short supply.

Related Caribbean masters track and field events will take place in San Juan, Puerto Rico on August 18-19. The TAC/USA National Masters T&F Championships will be held in Indianapolis on August 2-5, three weeks before the Trinidad affair.

The event has been scheduled in Trinidad-Tobago to encourage masters and veteran athletics in that area. All those able to participate are encouraged to do so and, thereby, support this initial effort in the south Caribbean.

Although modest in number, the Trinidad-Tobago Masters are dedicated athletes committed to presenting a quality event. Athletics is a major sport in this country. Those who make the trip and compete will find it a rewarding experience. Submasters may enter.

Although Trinidad and Tobago are located only 11 degrees above the equator and very close to South America, they are small islands swept by cooling breezes. The temperatures are generally moderate for the tropics. In August the temperature averages a low in the 70s and highs averaging mid 80s. Precipitation is around nine inches in August with the showers mainly in the nighttime.

The Regional Marathon Championships were held in Whitehorse, Yukon Territory on June 24. A complete report by Norm Green, LDR Regional Chairman, will appear in the August issue of NMN. □

Countdown to Turku Continued from page 19

met with a 20-person Japanese delegation bidding for the 1993 WAVA Championships which would be held in Miyazaki, Japan. The Japanese, not to be outdone, entertained us for both a luncheon and an official dinner at the Hamburger Bors Hotel. The WAVA Council were the fortunate recipients of enough excellent and impressive dinners, wine, and cognac to last us for quite some time.

High Prices

The price of full employment and a vibrant economy is unfortunately inflation and high prices which are generally about twice what you might expect to pay back home. Likewise, hotel prices are substantially greater than WAVA has experienced in the past. Considerable time was spent by our representatives in negotiating more favorable housing prices. Fortunately, all accommodations include a substantial "all you can eat" breakfast. Actual housing prices will be published in the NMN as well as the entry booklet. Food is expensive because Finland grows little of what it consumes. Wages are high and tipping is not expected. In the short summer season, outdoor beer gardens abound with several located on boats and barges anchored to the shore in the river.

The central square sports a daily open market where Chilean apples, oranges, and grapes can be purchased as well as strawberries from Holland. The pastries are excellent. Cheese and

cold cuts are in wide variety. The food will satisfy the most discriminating palates. Before ordering at a restaurant, however, you would be prudent to check the prices or you may have a surprise when the bill arrives.

Bus Transport

The Turku metropolitan area has an excellent public bus system which will be supplemented by the Organizing Committee's shuttle bus system to which they have committed up to 200 buses of a 700-bus fleet. A US \$15 bus pass during the championships will be good anywhere as well as to and from all housing to the centrum. A No. 25 bus runs frequently to and from the airport approximately 8 Km out of city center. Airport cab fare to town center is 64 marks (\$16.00) which can be shared by 4 passengers. If you arrive via Helsinki, there are buses as well as train transport for a two and one-half hour scenic trip to Turku through green farmland and forested hills.

The City and its History

Most of us from the US and perhaps elsewhere have lived in areas with a relatively short history. Turku's goes back to the 12th century and has felt the harsh hand of foreign oppressors such as the Russians and the Swedes. As a result, it has a rich history. It was not until the League of Nations in the 1920s clarified modern Finland's status and boundaries. Even then, they had to withstand a Soviet invasion in 1940 in

Continued on page 22



SAN JUAN ANNUAL TRACK & FIELD CHAMPIONSHIPS

August 18 & 19, 1990

SPONSORED BY THE P.R. MASTERS ASSOCIATION & THE CITY OF SAN JUAN

AGE DIVISIONS: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59;
60-64; 65-69; 70-74; 75-79; 80 PLUS

ENTRY FEES: \$5.00 FIRST EVENT AND \$3.00 FOR EACH ADDITIONAL EVENT.
RELAYS ARE FREE.

AWARDS: MEDALS FOR THE FIRST THREE POSITIONS.

DEADLINE FOR ENTRIES: AUGUST 10, 1990.

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

TRAVEL AND HOTEL: SHOULD BE ARRANGED BY PARTICIPANTS.

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QUALITY ROYALE (809) 7721-4100
MIRAMAR (809) 722-6239
TANAMA (809) 724-4160

EVENTS SCHEDULE

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

ORDER OF COMPETITION WILL BE WOMEN, THEN MEN. SENIORS TO YOUNGER

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

NAME _____ PHONE _____

ADDRESS _____

AGE (AS OF AUGUST 18, 1990) _____ AGE GROUP _____ SEX: M / F

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

1. _____ 2. _____ 3. _____ 4. _____

5. _____ 6. _____ 7. _____ 8. _____

Please find enclosed check or money for \$ _____

SIGNATURE _____ DATE _____

W.A.V.A. North American Regional



W.A.V.A.
REGIONAL
VETERANS
GAMES
Port of Spain, Trinidad
August 23 - 26 1990

INVITATION TO THE NORTH AMERICAN REGIONAL

Track and Field Championships

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

August 23 - 26, 1990

Port of Spain, Trinidad & Tobago, West Indies
Competition for Masters and Sub-Masters 30 years and over.

GENERAL INFORMATION

ELIGIBILITY:

Open to all men and women 30 years and older. Age on August 23rd, 1990 determines age and division. Proof of date of birth will be required from all competitors at packet pick-up. WAVA and IAAF regulations limit formal "masters" competition to men 40 and over, and women 35 and over, therefore competition events for women aged 30 to 34 and men aged 30 to 39 will be "sub-masters" events for which special medals will be awarded.

MEDALS:

Championships medals will be awarded to the top three finishers in each division of each event final. All competitors receive a certificate of participation.

ENTRY FEE:

Entry Fee for the first event is US \$25.00 and US \$10.00 for each subsequent event. Relay entry \$30.00 per team.

ENTRY DEADLINE:

All entries MUST BE RECEIVED BY AUGUST 1, 1990.

ACCOMMODATION

In and around Port of Spain there is a variety of accommodation available, from the international hotels to the local bed and breakfast. A partial listing of room rates are as follows:

HOTEL CLASSIFICATION	SINGLE OCCUPANCY	DOUBLE OCCUPANCY
Deluxe	\$75.00	\$50.00 per person
First Class	61.00	40.00 " "
Moderate	52.00	30.00 " "
Budget	41.00	24.00 " "
Bed and Breakfast	34.00	20.00 " "

The above rates are:-

- Per night and in US Dollars
- Subject to 15% Value Added Tax and 10% service charge.
- Inclusive of Breakfast daily

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TENTATIVE MEET SCHEDULE

Thursday, August 23, 1990	Saturday, August 25, 1990	Sunday, August 26, 1990
7:30am shot put W	8:00am triple jump W	6:00am 20K road run M/W
high jump W	hammer throw M	6:30am 20K roadwalk M
javelin M	400m finals W	7:00am 10K roadwalk W
long jump M	400m finals M	7:30am discus M
5K racewalk W	8:55am triple jump M	9:00am 300m hurdles W
11:00am 5K racewalk M	9:45am 5000m finals W	9:05am 300m hurdles M
3:30 pm 5K x-country W/F	9:50am 5000m finals M	9:10am 400m hurdles W
	2:00pm hammer W	9:30am 400m hurdles M
	2:10pm 200m heats W	10:15am 4x100 relay W
	pole vault M	10:40am 4x100 relay M
	3:05pm 200m heats M	11:15am 4x400m relay W
	4:05pm 2000 steeple W	11:30am 4x400m relay M
	4:15pm 2000 steeple M	
	4:25pm 3000 steeple M	
	4:45pm 800m heats W	
	5:40pm 800m heats M	
	5:55pm discus W	
	6:45pm 100m 1976 Olympian feature event	
	7:00pm 100m Age Graded M/W	
	7:10pm 200m final W	
	8:05pm 200m final M	
	9:00pm 800m final W	
	9:55pm 800m final M	



COMPETITION ENTRY FORM

Family Name _____ First Name _____
 Address _____ Tel. No. Area Code _____ No. _____
 City _____
 State _____
 Postal Zone _____
 Country _____
 Male/Female _____ Date of Birth: Month _____ Day _____ Year _____ Age _____ As of August 23, 1990
 1st Event Entry Fee _____ US \$ 25.00 Payment: Bank Draft
 Each Additional Event: Number of Events _____ X US \$10.00 \$ _____ or Check in US Dollars
 payable to WAVA
 Regional Games (1990)
 WAVA Compulsory Fee \$ 5.00
 TOTAL (add above lines together) \$ _____

MARK EVENT HERE WITH AN 'X'	Women's Age Group	Men's Age Group	Best Marks 1989 - 1990	Date & Location
100 Meter Dash	All Age Groups	All Age Groups		
200 Meter Dash	All Age Groups	All Age Groups		
400 Meter Dash	All Age Groups	All Age Groups		
800 Meter Run	All Age Groups	All Age Groups		
1,500 Meter Run	All Age Groups	All Age Groups		
2,000 Meter Steeplechase	All Age Groups	M60 and Older		
3,000 Meter Steeplechase		M30 through M55		
5,000 Meter Run	All Age Groups	All Age Groups		
25 KM Run	All Age Groups	All Age Groups		
80 Meter Hurdles	W40 and Older	M70 and Older		
100 Meter Hurdles	W30 and W35	M50 through M65		
110 Meter Hurdles		M30 through M45		
300 Meter Hurdles	W50 and Older	M60 and Older		
400 Meter Hurdles	W30 through W45	M30 through M55		
8 KM X-C	All Age Groups	All Age Groups		
20 KM Walk (Road)		All Age Groups		
10 KM Walk (Road)	All Age Groups			
5 KM Walk (Track)	All Age Groups	All Age Groups		
High Jump	All Age Groups	All Age Groups		
Pole Vault		All Age Groups		
Long Jump	All Age Groups	All Age Groups		
Triple Jump	All Age Groups	All Age Groups		
Shot Put	All Age Groups	All Age Groups		
Discus Throw	All Age Groups	All Age Groups		
Javelin Throw	All Age Groups	All Age Groups		
Hammer Throw	All Age Groups	All Age Groups		
4 x 100M Relay	All Age Groups	All Age Groups		
4 x 400M Relay	All Age Groups	All Age Groups		
Pentathlon	All Age Groups	All Age Groups		

Please send the entry form and fees to: World Association of Veteran Athletes (W.A.V.A.)
 North American Track & Field Championships
 Peter Ping Foon
 c/o Hotel Normandie, LTD.
 P.O. Box 851, Port of Spain,
 Trinidad, West Indies

I hereby declare that I am in good health and am properly conditioned for the competitions and of the stated age. I absolutely relieve W.A.V.A. Regional Masters Track and Field Championships Organizing Committee, T&TMA the sponsoring non-profit organization and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1990 WAVA NA Regional Field Championships.

Signature: _____ Date: _____

Countdown to Turku

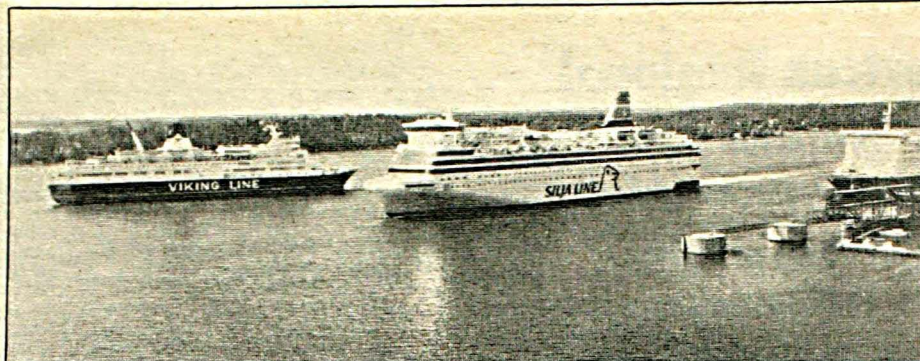
Continued from page 20

which the plucky, out-numbered Finns held the invaders at bay until a treaty was negotiated.

The city was originally built primarily of wood. A great conflagration 165 years ago burned much of the city. As a result, today's Turku largely consists of 4-7 story substantial stone, brick, and concrete structures designed to withstand time and the elements. A massive stone cathedral stands next to the Aurajoki River and other historical structures abound in the older parts of the city. Some of them have now been converted to museums.

Boat Travel

The Aurajoki river bisects this city of 160,000. Small pleasure boats are available for tours up and down the river. A modern ferry terminal is located seaward from the city approximately 5 miles to the south. As guests of the Organizing Committee, we were invited for a "boat ride." Much to our collective surprise, we were ushered on to a massive 15,000 ton, 2000-passenger capacity, luxury ferry bound for



Ships carry passengers through the Baltic Sea from Stockholm to Turku. Photo from David Pain

the Aland Islands half way to Stockholm — an all day trip. The vessel offered excellent conference facilities and our WAVA Council was able to conduct its business without interruption except for an excellent smorgasbord luncheon courtesy of our hosts. On landing at Mariehamn Harbor on Aland Island, we were ushered into a tour bus and shown about this pastoral island which featured fortifications built by the Russians. Its ramparts were breached and blown up by the British and French during the Crimean War in 1856 — an interesting footnote to history. On completion of our island tour, we were flown back in 25 minutes to Turku, courtesy of Finnair, in a turboprop plane.

boprop plane.

On any visit to Scandinavia, a trip on one or more of these "floating palace" ferries is a must. Although Finnair non-stop flights terminate in Helsinki which is 180 Km east of Turku, a viable alternative is to fly to Stockholm or Copenhagen and take the ferry to Turku. Such a sojourn can help assuage the ravages of jet lag following a 10 hour flight from the USA west coast or a 30-hour trip from Oceania or Asia. The ferries have excellent food, private cabins, duty free shops, discos, bars, gyms and saunas. You name it and they have it. □

British AAA Veterans Road Relay

by MARTIN DUFF of *Athletics Weekly*

On May 12, Shel Cowles led his club, Oxford City, to victory in the third AAA Veterans Road Relay, after Tipton Harriers, which had finished first, was disqualified in the 8 x 4 mile M40 event for running an athlete not entered. Tipton had taken the lead on the fifth lap through the day's fastest lap by Andy Holden, who ran 19:30.

It was Allan Rushmer who was not entered, and yet the Midlands club persisted in including him in their team and were expecting the resulting disqualification. Officially second was North Eastern Club Elswick, who were led home by Harry Matthews (19:59), just ahead of Aldershot, the title holders, for whom Ernie Cunningham ran 19:58 on the tough 4-mile course. Earlier, Alan Roper had recorded the second fastest lap (19:43) for his Welsh club, Swansea, who finished sixth.

Ted Isaacs and Leo Carroll led Wir-

Continued on page 23



Report from Britain

By ALASTAIR AITKEN of *Athletics Today*, and MARTIN DUFF of *Athletics Weekly*

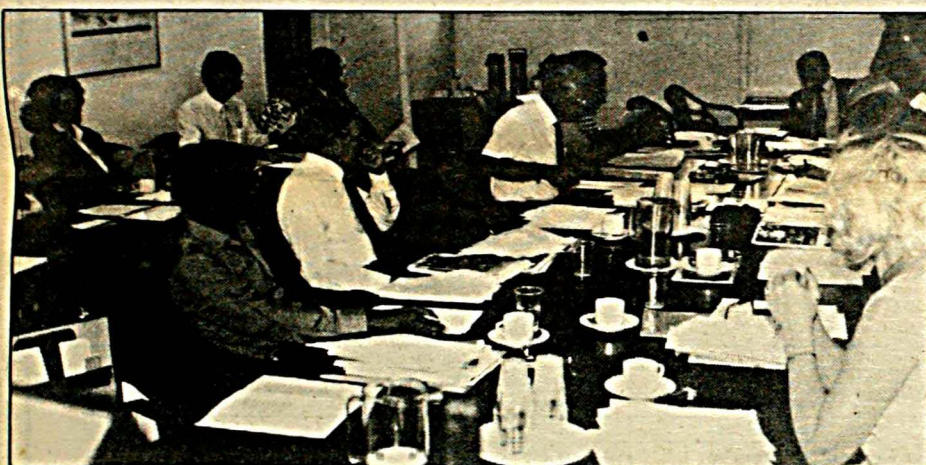
On May 7 at Eden Park, South London, the "famous Penney's" both took titles in the Ted Peppar 7 Mile. Keith Penny, with only six-weeks training after an injury that kept him out of action for three months, was first over-40 and 11th overall (37:17), one ahead of Cambridge teammate Steve Birkin, 46, who closed in 37:23. Glynnis Penny was best veteran woman in 40:59 and 39th of 105 men and women finishers.

Elsewhere, veterans have been enjoying success in the open county (state) championships. Bill Tancred, 40, returned to competition to win the discus (50.28) in the Kent Championships at Crystal Palace, where Keith Turnbull, M40, took the javelin (59.64). Peter Banks, the national cross-country winner, won the Warwickshire 5000 championships in

14:55.6, after having been under 14:50 earlier. Alan Whitfield, 41, ran a 30:49 10,000 in the North East counties meet, while Pat Gallagher, 44, scored an 800/1500 double (2:19.2/4:43.8) in the Avon championships.

At the Berkshire meet, Pat McNab, 47, set a new W45 hammer world best of 36.80 to win the event, and Mike James, 41, was second in the long jump with a 6.92.

Pete Browne, 41, placed fifth in the Middlesex Championships 800 (1:55.7), and Bob Cave, 43, won the 3000 walk (12:50.5) in the Worcester-shire meet. In the Wiltshire Championships, Joe Phillips, M55, threw the new javelin 44.28 to win, and Zina Marchant, 30, won the 1500/3000 (4:47.5/9:50.8). □



Organizers outline their plans to the WAVA Council for next year's World Veterans Championships in Turku, Finland. Photo by Teuvo Lautanala

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Ruth Anderson 100K

RUTH ANDERSON

Four years ago the 10th annual 100K around Lake Merced in San Francisco was given a new name—the Ruth Anderson 100K. I had run my first 100K in the inaugural 1976 race and was gratified to better my time in 1986 (11:22:49 to 10:54:59). I was in great shape to enjoy both the honor of having a race named after me and to finish with a good time. These were tough acts to follow. Last year I manned the south lakeside aid station, not being in condition to run even half way as I had done in 1988.

This year I was determined to give it another try, but neither my training nor confidence level were very encouraging. At least no injuries were plaguing me on race day. However, a groin pull had kept interfering with the long runs I thought I needed. It was hard to imagine what 12 hours of running would feel like when my longest training run had been only 4½ hours. Indeed, it was at about five hours into the race on April 21st that my body started to complain. A lengthy pit stop was required at this point, regardless of the fact that the 50K split mark was less than a quarter of a mile further on. Helen Klein (seven years my senior) had already taken off on me, and Dick Collins used this opportunity to hit the 50K mark five to seven minutes ahead of me. I guess the inspiration and challenge of these two spurred me on! By the 50-mile mark I was just a minute behind Helen (9:04 to 9:05), and we had exchanged the seven odd minutes or so to be ahead of Dick.

The weather had stayed very chilly, overcast the whole day, with a slight drizzle driven by a slight breeze off the ocean. Not really my favorite conditions, but perhaps one reason I didn't slow down the last three laps. Dick didn't slow down either, so our finish times were 11:31 to 11:39; Helen pushed so hard for her 50-mile record that a sub-twelve time wasn't possible. Still, her 12:09 is a great 65-69 U.S. record, and my time broke her prior 60-64 U.S. 100K record. Needless to say, I was happy for both of us. Since we were the

only women finishing, our first-and-second-place overall female positions

must be some sort of "record" at our ages! And finally, it was great to see

Don Choi in the race this year (we had both run in the 1976 race). ☐

PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all racewalking events, age 40 and up, as of Oct. 31, 1989. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00.

\$ _____

Masters Track & Field Rankings

Men's and women's 1989 U.S. outdoor track & field, 5-year age-group rankings. 52 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.95.

\$ _____

Masters Age-Graded Tables

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95.

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Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

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Competition Rules for Athletics (1990)

U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.

\$ _____

TAC/USA Directory (1990)

Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. \$9.95.

\$ _____

IAAF Scoring Tables (1985)

Official world scoring tables for men's and women's combined-event competitions. \$11.95.

\$ _____

Guide to Prize Money Races and Elite Athletes 1990.

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$39.00.

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TAC/USA Patches. Embroidered, 4" x 3". \$2.50

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U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50

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U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1½" x 5/8", bar pin with safety catch. \$5.00.

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Masters Running '89

Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USRA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliot Denman, Hal Higdon, Dick Patrick, Al Sheahen and others. \$1.95.

\$ _____

The Masters Running Guide by Hal Higdon

160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.

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British AAA

Veterans Road Relay

Continued from page 22

rall AC to victory in the M50 6 x 4 mile, while Laurie Forster saw Barnet home first in the 3 x 4 mile M60 event.

Former London Marathon winner Joyce Smith did her best to get her club — Shaftsbury/Barnet — into a victorious position in the women's 4 x 4-mile race. However, despite handing over the lead at the end of the third lap, her club was overhauled, first by Celia Duncan (23:12) for victors Aldershot, and then by Diane Underwood (22:29) for runners-up Centurion. ☐



The Director's Corner

by DEAN REINKE

Sorbothane/USRA Masters Circuit Report

It was just like old times with Ken Sparks sprinting furiously trying to catch fellow Master Byron Dyce at the King Street Mile in Charleston, South Carolina. Former Jamaican-Olympian Dyce hung on for the narrow victory in 4:18 while the 45-year-old Sparks finished a stride behind. The King Street Mile, one of only a handful of major road miles around the country — which include the Mercedes Mile in New York and the Capitol Mile in Austin — featured a \$4800 prize/bonus purse for both masters and open men and women, and will hopefully inspire other cities to follow suit.

Watching Sparks and Dyce go head-to-head brought back fond memories of the classic confrontation two years ago that were a part of the "USRA Masters Circuit Legends Mile" in Orlando, Florida. The event was a part of the TAC Masters Track & Field Championship where those two were joined by Englishman Ron Bell, New Zealander John Dixon and American Harry Nolan, all of whom broke the existing world outdoor record in the nine-man field. That classic event inspired a two-year series of track and road miles among the masters that has resulted in numerous records and the mile record being lowered to 4:05. With Rod Dixon's entry into the masters ranks July 13 and his planned assault on the 4-minute barrier, the time could never be better for masters runners—or could it?

The TAC Masters Track and Field Championship will be contested August 2-5 in Indianapolis, but without the Legends Mile for the second year in a row. The TAC Masters Track & Field committee again turned down athletes and organizers' attempts to contest the highly popular event. And what a terrific opportunity it would have been with Dixon now among the ranks of



the 40 and overs. Dixon, Waigwa, Bell, Stewart, Almberg, Sparks, Boit, et al—but now another gathering is only a dream. Fortunately *Runner's World* has kept up its promotion of its Masters miles on the indoor circuit and at the New York Games, but word among the athletes is that its budget is being seriously looked at.

Why should we care, you might ask, about a Legends Mile? There have been several great boosts for the sport of Masters Running, among them the Legends Mile. If you add Frank Shorter and Bill Rodgers turning 40, the World Veterans Games in Eugene, Sorbothane/USRA Masters Circuit, Jim Ryun, Priscilla Welch, Ed Benham, Sister Marion Irvine and so much more to this list, then you can appreciate the tremendous impact the Legends Mile concept has had. All of these events and personalities have combined to increase the newsworthiness of the sport, increase exposure and ultimately attract more participants and sponsors to Masters running. It is difficult enough as it is to find information on running, let alone masters running, in the news so we must capitalize on the opportunities we have through Rodgers, Dixon, Shorter and a Masters Circuit.

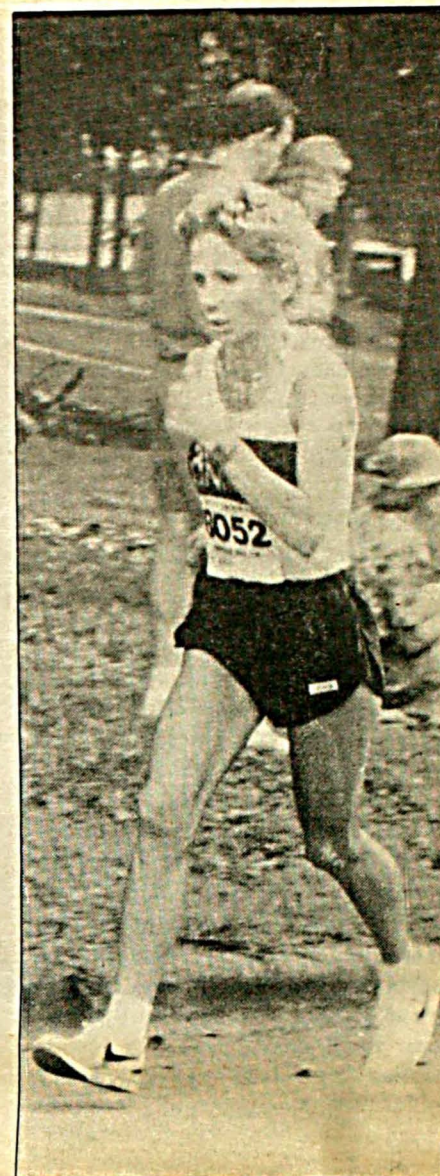
But it is especially dismaying when the sport's governing body takes the status quo approach to this exciting Legends Mile concept. Particularly with the TAC in such dire public relations straits these days between steroids, Edwin Moses, Carl Lewis, committee budget cuts and the like, it could certainly use a shot in the arm through a gathering of the sport's best

and a legitimate shot at a 40-year old breaking the 4-minute barrier.

Undeterred, we at the Sorbothane/USRA Masters Circuit will continue to direct our energy towards making the Circuit the best it can be and an inspiration to masters runners of all ages and ability. In the meantime, the Circuit and the athletes stand ready to toe the line for another massive assault on the record books. We urge you to take a stand and write *National Masters News*, TAC Masters committee persons and headquarters in Indianapolis with your feelings. Meanwhile, we'll be promoting a second road mile in Greenville, South Carolina November 11 where we hope to see the stars gather again. Stay tuned!

CIRCUIT HAPPENINGS

Welcome to the Hardee's Southern Jubilee Run 5K scheduled September 29 in Macon, Georgia as the 24th member of the Sorbothane/USRA Masters Circuit. One of the southeast's largest festivals, the fast downtown route will take place in front of thousands of spectators. The event replaces the Hardee's-sponsored Memphis stop on the nationwide circuit of a year ago. Athlete information may be obtained by contacting (407) 647-2918. . . Canadian Ken Hamilton has jumped into the lead on the Sorbothane/USRA Masters Circuit over improved Earl Owens and Domingo Tibaduiza. '88 Circuit Champion Bob Schlauf holds the 4th position with John Campbell and Bill Rodgers fifth. Masters newcomer Nancy Grayson of South Carolina leads the women followed by Linda Manning, Nancy Mieszaczk and Gabriele Andersen. Point totals are after 6 stops on the 24-city circuit. . . South Carolina's Schlauf, second at the Pittsburgh Marathon to Richard Marszack, will run the Helsinki Marathon next month and is contemplating a fall effort. . . Indoor Masters mile record holder Dave Stewart of Canada is on the injured list and expects to be out 4 months until September. . . Jim Ryun is the first big name commitment to the new "Motor Mile," a road event in Greenville, SC. . . This month a biggie on the Sorbothane/USRA Masters Circuit with 3 events: Utica Boilermaker 15K July 8; Chicago Distance Classic 20K July 15 and Arvida/Talega 5K in San Clemente July 22. Boilermaker offering an impressive \$1000 first place prize for masters and \$400 for first grandmaster male and female. Arvida offering \$500 for 1st among masters while Frank Shorter will toe the line in Chicago. . . August 5 Fort Adams 10K in Newport, Rhode Island offering a \$200 1st prize. . . Race Director Phil Benson (201) 531-4156 reports that the Asbury Park 10K Classic field is shaping up quite nicely as is the Crim Road Race 10 Mile (313) 235-3396 August 25 in Flint, Michigan. The races are the 10th and 11th races on the Sorbothane/USRA Masters Circuit. . . Early response has been excellent for the Circuit's first Rocky Mountain tour stop in Denver September 3 in the Soundtrack Challenge 10K (303) 741-3587. . . Miler Steve Ruckert of Maryland stepped up and off the track to capture the Bel Air Town Run 5K. . . Mild upset at Boulder saw Nancy Oshier defeat 2-time Sorbothane/USRA Masters Circuit National Championship runnerup Gabriele Andersen, 37:28 to 38:51. Priscilla



Nancy Grayson, 40, of Columbia, S.C., at the top of Mountain Wood hill in the 1990 WZPY Cotton Row 10K Run in Huntsville, Ala., May 26. Grayson clocked 36:27 to win the women's master's crown. It was the 4th race on the 1990 Sorbothane/USRA Masters Circuit.

Photo by Jim Oaks

Welch won in her own backyard in an impressive 35:41. Cilla also captured the L'eggs Mini masters race in 34:48 over Barb Filutze (36:15) and Angela Hearn. . . John Campbell appears to be recovering well from Boston with a new masters course record at Elby's in Wheeling, running 1:04:16. He defeated open stars Ken Martin and Mike O'Reilly. . . Tune in for ESPN's August race of the month Falmouth Road Race, followed by the Crim Road Race in September and Virginia 10 Miler in October. . . Put Sorbothane/USRA Masters Circuit points leader Ken Hamilton on the victory stand at Rochester's Lilac 10K in 30:44 (\$1000) followed by Graham Tattersall in 31:24 (\$500). Women's Sorbothane Circuit leader Nancy Grayson captured her first ever 40 & over win at the same race with an impressive 24-second win over Barb Filutze, also good for \$1000. . . It's never too early to start thinking about the fall Sorbothane/USRA Masters Circuit events. September 23 the Circuit makes its first venture into the Big Apple area with the Rockland Half-Marathon (919) 359-5425, Oklahoma City and the popular Myriad Gardens 10K (405) 842-4141 dot the Circuit schedule October 6, the same date for the Music City 5K in Nashville. A week later it's back to the midwest for the Tandem-Dayton River Corridor Classic Half Marathon in Dayton (513) 885-4683. . . It's going to be another great season. . . □

SORBOTHANE/USRA AGE-GRADED BESTS (thru 4 races)

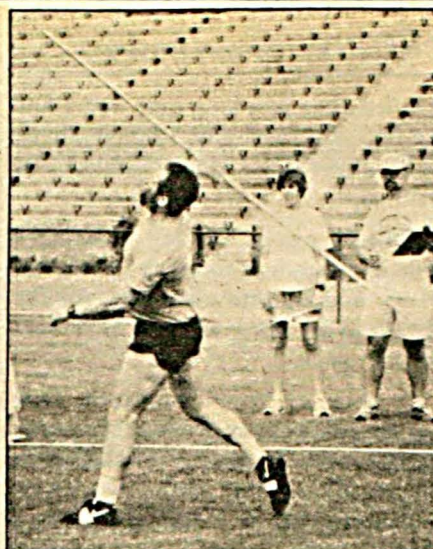
1 Bill Rodgers	42 Shamrock	.9366
2 Bob Schlauf	42 Myrtle Beach	.9263
3 Earl Owens	40 Cotton Row	.9184
4 Barry Brown	45 Myrtle Beach	.9157
5 Dominic Tibaduiza	40 Shamrock	.9125
6 Fay Bradley	52 Shamrock	.9066
7 Ken Hamilton	40 Shamrock	.9057
8 Ken Hamilton	40 Cotton Row	.8885
9 John Hosner	65 Charleston	.8872
10 J Sturdevant	59 Cotton Row	.8844
WOMEN		
1 Gabriele Andersen	44 Shamrock	.9058
2 Nancy Grayson	40 Cotton Row	.8747
3 Elizabeth Ervin	48 Charleston	.8453
4 Kathy McIntyre	40 Shamrock	.8397
5 Linda Banning	41 Myrtle Beach	.8210
6 Margarete Deckert	53 Myrtle Beach	.8198
7 Susie Klutz	53 Shamrock	.8047
8 Anne Mansfield	40 Myrtle Beach	.7958
9 Andrea Pease	41 Cotton Row	.7913
10 Betty McNeely	64 Myrtle Beach	.7608

**CUMULATIVE PRIZE MONEY EARNINGS
4/30/90
MASTERS**

NAME	ST/NAT	CUM PRIZE	#
1 Anderson, Gabrielle	SUI/ID	\$9,050.00	7
2 Striuli, Graziella	ITA	\$7,000.00	3
3 Welch, Priscilla	GBR/CO	\$5,300.00	3
4 Filutze, Barbara	PA	\$4,350.00	7
5 Greer, Judy	FL	\$3,650.00	6
6 Roden, Anne	GBR	\$3,000.00	1
7 MacHarg, Karen	FL	\$2,550.00	5
8 Hutchison, Jane	MO	\$1,900.00	3
9 Vahlensieck, Christ	WGR	\$1,700.00	2
10 Oshier, Nancy	NY	\$1,600.00	3
11 Havens, Susan	WA	\$1,500.00	1
12 Matsuda, Chei	JAP	\$1,500.00	1
13 Lindsay, Shirlee	TX	\$1,000.00	1
14 Ciavarella, Claudia	FL	\$850.00	4

**CUMULATIVE PRIZE MONEY EARNINGS
MASTERS 4/30/90**

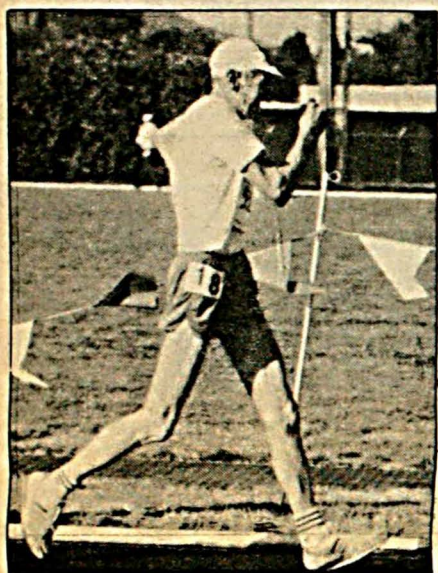
RANK	NAME	ST/NAT	CUM PRIZE	#
1	Campbell, John	NZL	\$42,200.00	4
2	Rodgers, Bill	MA	\$5,400.00	4
3	Schlau, Bob	SC	\$4,500.00	4
4	Cuevas, Mario	MEX	\$4,500.00	3
5	Tibaduiza, Doming	COL/MV	\$3,900.00	6
6	Waigwa, Wilson	KEN/TX	\$3,550.00	4
7	Hamilton, Ken	CAN	\$3,250.00	5
8	Stahl, Kjell	SWE	\$3,000.00	1
9	Marczak, Ryszard	POL	\$2,700.00	3
10	Custy, John	CO	\$1,500.00	1
11	Ingrao, Larry	CO	\$1,500.00	1
12	Dyce, Byron	FL	\$1,300.00	3
13	Meri, J. Socorro	MEX	\$1,200.00	2
14	Brown, Barry	FL	\$1,150.00	3
15	Stern, Peter	CA	\$1,000.00	1
16	Wolfe, Bob	TX	\$1,000.00	1
17	Alaberg, Larry	WA	\$1,000.00	3



Larry Boots of Birmingham, Ala., M45 javelin winner (131-1), Birmingham TC Classic, May 26.
Photo by Deborah Gibson

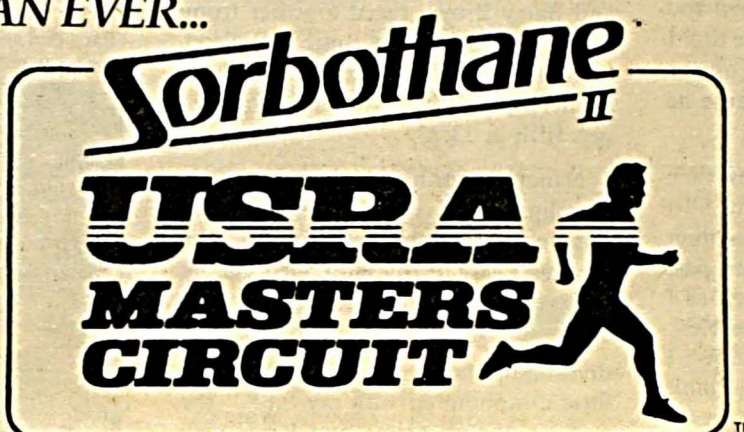


Milton Williams of Taylor, S.C., M75 high jump winner (3-8), Birmingham, Ala., TC Classic, May 26.



California's John Kelly in the M55 5000 racewalk at the World Vets last year in Eugene.
Photo by Don Johnson

BETTER THAN EVER...



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

Continued from page 37

Shot Put

M30 V. Olotoa	44-04
M35 B. Pendleton	48-09
R. Reabold	38-05
M40 M. Deller	43-06-3/4
G. Kelmenson	37-02 1/2
D. Borrey	36-10 1/2
M45 S. Chaton	34-09 1/2
M50 J. Hart	43-01-3/4
E. Oleata	38-09
A. Brown	35-07 1/2
M55 M. Devlin	36-07
H. Dunlap	35-00-3/4
R. Eldridge	30-09
M60 J. Wojcik	27-02 1/2
M65 W. Bangert	39-07
E. Chynoweth	36-10 1/2
A. Lombardi	27-09 1/2
M70 D. Cumley	
M. Castaneda	36-01
J. Sullenger	31-03 1/2
M75 A. Vesco	22-10 1/2
W35 J. Wilson	33-08
W40 C. Kincaide	21-07 1/2
W55 C. Miller	28-03

Discus

M30 V. Olotoa	126-11
M35 R. Reabold	122-09
M40 M. Deller	144-07
G. Kelmenson	118-03
M45 L. Higgins	168-02
G. Carlsen	165-08
S. Chaton	90-02
M50 J. Hart	145-11
A. Brown	136-06
E. Oleata	125-01
M55 H. Dunlap	119-00
M. Devlin	105-01
R. Kennerly	103-04
M60 J. Wojcik	110-05
M65 W. Bangert	119-05
M70 M. Castaneda	127-07
D. Cumley	116-02
J. Sullenger	113-08
M75 C. Roloff	94-11
A. Vesco	64-01
W35 J. Wilson	136-09
W55 M. Kuehne	53-10
W65 R. Roloff	49-04

March 17
Nissan Shamrock 8K
Virginia Beach, VA
(804) 481-5090

March 24
Myrtle Beach Classic 10K
Myrtle Beach, SC
(803) 497-2451

May 28
Charleston Marathon 8K
Charleston, WV
(304) 345-2511

May 28
Cotton Row Run 10K
Huntsville, AL
(205) 881-5807

June 3
Hospital Hill Half Marathon
Kansas City, MO
(816) 561-1085

June 3
Superplace Road to Good Health 10K
Boston, MA
(508) 339-5454

July 8
Utica Boilermaker 15K
Utica, NY
(315) 797-6929

July 15
Chicago Distance Classic 20K
Chicago, IL
(302) 243-2000

July 22
Arvida Fiesta 5K
San Clemente, CA
(714) 498-3550

August 11
Asbury Park 10K
Asbury Park, NJ
(201) 531-4156

August 25
Crim Road Race 10 Mile
Flint, MI
(313) 235-3396

September 3
Main Course Challenge
Denver, CO
(303) 741-3587

September 23
Rockland Half-Marathon
Orangeburg, NY
(914) 359-5425

September 29
Hardee's Southern Jubilee Run
Macon, GA
(912) 744-6731

October 6
Myriad Gardens Run 10K
Oklahoma City, OK
(405) 842-4141

October 6
Music City
Championship 5K
Nashville, TN
(615) 833-4124

October 13
First Federal
Capital Trail Run 10 Mile
Raleigh, NC
(919) 876-8347

October 14
Tandem-Dayton River
Corridor Classic Half-Marathon
Dayton, OH
(513) 885-4683

November 11
Foundation 30K
Championship
Sacramento, CA
(916) 631-5603

November 11
San Antonio Marathon
San Antonio, TX
(512) 732-1332

November 24
Seattle Half Marathon
Seattle, WA
(206) 525-1295

December 8
WZYP Rocket City Marathon
Huntsville, AL
(205) 881-9077

January 5, 1991
Charlotte Observer
Marathon 10K
Charlotte, NC
(704) 379-6896

January 12
Sorbothane/USRA National
Championship
Naples, FL
(407) 647-2918

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

SORBOTHANE/USRA MASTERS CIRCUIT

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

DEAN REINKE
& Associates



**MASTERS
RUNNING**

Owens Sets Masters Cotton Row Record Continued from page 1

seemed to make a difference. Hamilton led at the first mile with a fast 4:40, and Owens was 13 seconds back at 4:53. "I usually go out that fast," Hamilton said, "but I felt bad today. The weather really made a difference. We've still been having cool weather in Ontario."

Owens also was disappointed with the first part of his race. "I wanted to run the first mile in 4:45, but the 4:53 took that much effort. I was ten minutes at two miles, but by the bottom of the hill I was within 45 meters of Ken and feeling pretty good."

Mountain Wood hill, the "feature" of Cotton Row, is about half way between miles two and three. It was here that Owens caught and passed Hamilton. "I worked the hill pretty hard and caught Ken about half way to the top. I knew I had to get a good lead on the downhill mile after the hill because he has such a good kick."

Owens was 15:24 at three miles, then ran 4:55, 4:51 and 4:57 for the next three miles to build a lead that no other masters runner could match. "Just past the four-mile mark I looked back as I made the turn and couldn't see Ken. That was the first time I began to feel I had it won. Then I started to think course record."

"I had ridden to Huntsville with Wes Wessely, who has run Cotton Row before. He said I couldn't break the record. This was my first time to run the course, and I told him I thought if I could win the race I would also break the record. When I hit six miles in 30:07 I pushed with everything I had left for that last two-tenths. This was

the first time in a long time that I was concentrating so much on the finish that I didn't think to stop my watch at the line."

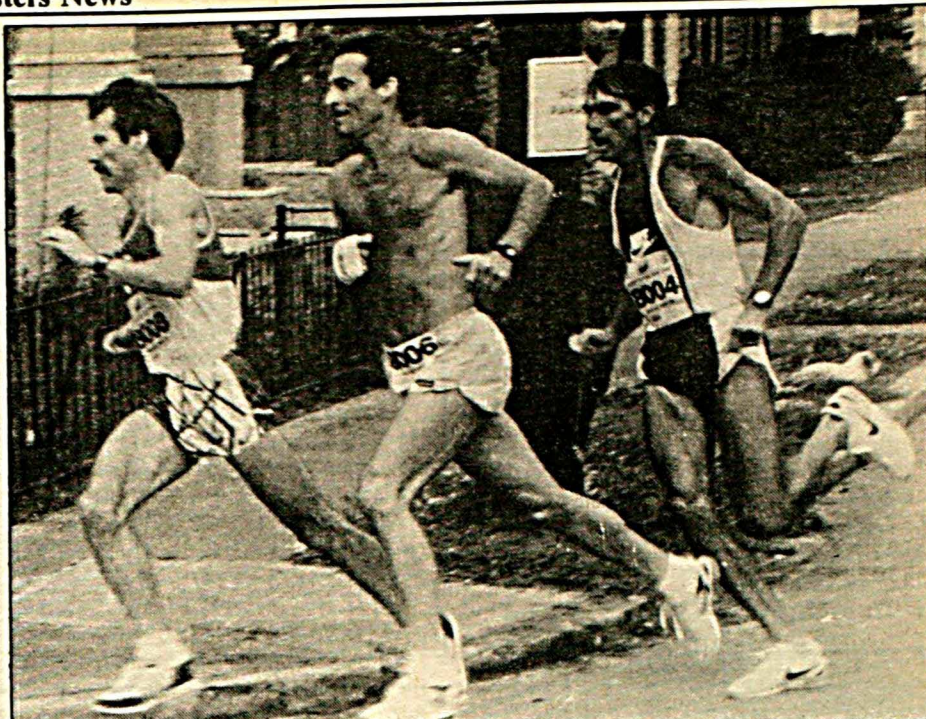
Owens covered the last two-tenths mile in 58 seconds to break the tape at 31:05, and earn an extra \$500 for the record to go along with the \$750 paid to first place.

"I grew up in Williamstown, New Jersey, not far from Willingboro where Herb Lorenz lived and coached high school. He was the runner that we all looked up to. It really gives me a special feeling to break a record that Herb set in his prime masters years," Owens said.

Hamilton held on to second place in 32:08. Carl Nicholson, Lawrence Hillis and Barry Brown raced together from mile three to mile six until Nicholson (33:05) and Hillis (33:08), two local runners, pulled away. Brown, now 45, was fifth in 33:23.

Nancy Grayson of Columbia, South Carolina, was unchallenged in the female masters division, winning over Andrea Pease of Marietta, Georgia, by more than four minutes.

Grayson, who entered the masters division in May, won in 36:27. "I was a little disappointed with my time," the systems analyst said, "but I was very happy with the place." Grayson went out in 5:45 for the first mile and finished sixth overall in the female competition. Pease was second in 40:34, followed by Ellen Murphy of Memphis, Tenn., in 42:53, Faye Sanders of Florence, Alabama, in 43:31, and Isabelle Joffrion of Birmingham, Ala., in 43:59. □



A race for 3rd, 4th and 5th was staged among Carl Nicholson (8006), Lawrence Hillis (8008) and Barry Brown (8004) from mile 3 to mile 6. Here they have passed the 5-mile mark in the 1990 WZPY Cotton Row Run. Photo by Jim Oaks



Masters Wes Wessely, Lawrence Hillis, Steven Rice, Barry Brown, and Ken Hamilton prior to start of 1990 WZPY Cotton Row Run. Photo by Jim Oaks

THE COMPETITIVE ROAD RACER JUNE 1990 P.O. BOX 1765 BROOKLINE, MA 02146

CALENDAR LISTINGS - JULY

DATE	LOCATION	ST RACE	CONTACT/IND	ADDRESS	CITY	ST ZIP	PHONE	MST1	MST2	MST3	MSTT	FMT1	FMT2	FMT3	FMTT	TOTAL
07-01-1990	St. Louis	MO Coca Cola/Conn Fed VP Fair 10k	St. Louis TC	6611 Clayton Road Ste 200	St. Louis	MO 63117	314-862-SLTC	0	0	0	0	0	0	0	0	7000
07-01-1990	San Francisco	CA San Francisco Marathon	Rich Nichol	650 5th Street Suite 514	San Francisco	CA 94107	415-896-1530	0	0	0	0	0	0	0	0	28500
07-01-1990	Hamilton Ont	CN Amstel Light Half Marathon	Laurence Hewick	5569 Town Line Rd W. RR#3	Campbellville	CN L0P1B	416-335-0111	600	300	150	1100	600	200	100	950	6200
07-03-1990	New Orleans	LA Crescent City Connection 4M	Bill Burkr	200 Hampson St. 3217	New Orleans	LA 70116	504-861-8686	150	100	0	250	150	100	0	250	6000
07-04-1990	Jericho	NY Apple Bank Long Isl Womens 5k	Mike Polansky	62 Sylvia Lane	Plainview	NY 11803	516-433-0919	0	0	0	0	150	0	0	150	2300
07-04-1990	Atlanta	GA Peachtree Road Race	Julia Emons	3097 E. Shadovlawn Ave. NE	Atlanta	GA 30305	404-231-9064	1500	1000	500	3500	1500	1000	500	3500	51450
07-04-1990	Branford	FL Branford Swannee River 5K	Don Clark	P.O. Box 861	Branford	FL 32008		0	0	0	0	0	0	0	0	220
07-04-1990	Cedar Rapids	IA Fifth Season 8k	Ray Johnston	3710 Timberline Dr. NE#2	Cedar Rapids	IA 52402	319-363-6679	0	0	0	0	0	0	0	0	12000
07-04-1990	Brookings	SD Coast To Coast Freedom Run 8k	Bob Bartling	324 Main Ave.	Brookings	SD 57006	605-692-2414	100	50	0	150	100	50	0	150	1850
07-04-1990	Little Rock	AR Firecracker Fast 5k	Gary Smith	19 Reservoir Hights	Little Rock	AR 72207	501-666-1720	500	0	0	500	500	0	0	500	5000
07-04-1990	Baytown	TX Baytown Heat Wave 5 Mile	Pete Cote	4712 Ironwood Road	Baytown	TX 77522	800-428-2553	60	45	35	185	60	45	35	185	1140
07-07-1990	Charlotte	NC PM Magazine Summer Breeze 5k	Jerry Clark	2425 NCNB Plaza	Charlotte	NC 28280	704-374-1807	500	300	150	1125	500	300	150	1125	4500
07-07-1990	Ames	IA Midnight Madness Masters 10k	Roman Lynch	1326 Linclon Way	Ames	IA 50010	515-232-6718	1000	500	250	1850	1000	250	0	1250	3100
07-08-1990	Utica	NY Utica Boilermaker 15k	Dick Mattia	9 Sunnyside Drive	Utica	NY 13501	315-797-6929	1000	500	300	2200	1000	500	300	2200	14375
07-11-1990	Hamilton	NJ Iron Mike Pigskin Nite Run	Larry Baldasari	3448 Nottingham Way	Hamilton	NJ 08690	609-890-8343	100	75	50	225	100	75	50	225	1700
07-21-1990	Buffalo	NY Buffalo Subaru 4M Flamingo	James Nowicki	625 W. Delaven Ave.	Buffalo	NY 14222	716-891-1652	500	400	300	1500	500	400	300	1500	9250
07-22-1990	San Clemente	CA Arvida Fiesta Elite Run 5k	Todd Miller	103 Alameda Lane	San Clemente	CA 92672	714-498-2550	500	250	0	750	500	250	0	750	15000
07-22-1990	Massey, Ont.	CN Voyageur Marathon	Norm Patenaude	Lee Valley Road RR 2	Massey, Ont.	CN POP1P	705-865-2671	300	200	100	600	300	200	100	600	2400
07-24-1990	Salt Lake Ci	UT Desert News-KSL 10k	Keith West	P.O. 1275	Salt Lake Ci	UT 84110	801-237-2135	0	0	0	0	0	0	0	0	5500
07-28-1990	Davenport	IA Quad City Times Bix 7 Mile	John Hobbs	1711 Pineacre Ave.	Davenport	IA 52803	319-355-7653	1000	500	250	1750	1000	500	250	1750	38500
07-29-1990	New York	NY Bronx Int'l Half Marathon	Juan Reyes	88 Bleeker Street	New York	NY 10011	212-533-0715	0	0	0	0	0	0	0	0	1500
07-29-1990	York	PA Bon-Ton/York Daily Record 5M	Clay Shaw	526 Willcrest Place	Ggettysburg	PA 17325	717-334-7456	50	25	0	75	50	25	0	75	2560

THE COMPETITIVE ROAD RACER 617-893-8383

PRIZE MONEY

MST1	MST2	MST3	MSTT	FMT1	FMT2	FMT3	FMTT	TOTAL
15225	7540	3635	28720	15325	6965	3085	27195	505040

MST1=1st master; FMT1=1st female master; MSTT = total men's masters

MASTERS SCENE

NATIONAL

- Four U.S. records set in the National Masters Indoor Championships in Madison, Wisc., were overlooked in the May issue: M40-Stan Druckery, 200, 23.11 (S. Druckery, 23.3y, 1989); M45-Roger Pierce, 200, 23.66 (Roy Turner, 24.13, 1989); W55-Betty Vosburgh, 200, 34.09 (Nancy Ammermuller, 34.71, 1989); and W65-Josephine Sullivan, 60m, 11.06 (no listed record).
- The fourth annual "World Senior Games" will be held in St. George, Utah, October 15-26. Open to athletes age-50-and-up, the event features competition in 11 sports. Last year's Games drew 1540 participants from 38 states, Canada and Mexico. St. George is in the southwestern corner of Utah, about two hours drive from Las Vegas. In October, the weather in St. George is warm and sunny, between 70-85 degrees, and cooler in the mornings and evenings.
- The steeplechase will be open to both men and women at the National Masters T&F Championships in Indianapolis. M40-55s run 3000; M60+ and women run 2000. Running blocks will be provided, as always, but competitors may use their own, if they wish.
- Bargain hunters going to this year's Nationals may wish to call the Dollar Inn at 317/788-0500. Singles: \$26.15; Doubles: \$31.65.
- The new Masters T&F Rankings Book, covering all 1989 performances, is now available as is the new 1990 T&F Age-Records Book, covering world and U.S. single-age records as of Oct. 1, 1989. See order form on page 23.

EAST

- Ted Haiman (47, 57:44), of Rego Park, NY, and Angella Hearn (44, 1:01:13), of NYC were the first masters (combined ages 80-99) couple in the NYRRC Trevira Twosome 10 Mile, Central Park, NYC, April 21, with a combined time of 1:58:57. Alan Fairbrother (53, 59:20), NYC, and Lina Connors (47, 1:09:11), NYC, won the 100-119-age race, and William Coyne (68, 1:17:35) and Ellen Low (57, 1:17:58) both of Staten Island, NY, paired for the 120+ win.
- First M40+ Bill Rodgers, 42, Sherborn, MA, led the four-man Wesleyan team to a masters win with a 25:13 in the Alamo Alumni 8K Run, Central Park, NYC, May 5. 13th-place Frank Shorter, 42, Boulder, CO, was top man in 25:34 for the second-place M40+ quartet from Yale. The first W40+ team was the Hunter College trio led by Carol Gellman (41, 37:10), NYC. Elizabeth Pimentel (40, 47:33), Bronx, was first for the second-place NYU squad. Irene Jackson (42, 32:27), a Nassau alum from NYC was W40+ winner.
- Katherine McIntyre, 40, ran a 12-cylinder 18:16, five seconds behind winner Elzi De Oliveira, 24, in the L'eggs Tune-Up 5K for second of 1017 finishers, Central Park, NYC, May 13. Marilyn Greeley, 46, was second W40+ (19:54) and 17th overall.
- Ralph Swain (M55, 31:03) and Denise Cohn (W55, 43:25) were the best in the 55+ runners, Vintage 5 Mile, Pittsburgh, PA, May 12. Lou Lodovico, M65, placed fourth (32:29) overall.
- Bob Weiner (4:36) and Dee Nelson (6:14) chalked up masters victories in the Mark's Street Mile, Rockville, MD, March 11.
- Atlaw Beligne (45, 51:53), NYC, and Carole Lelli (47, 1:04:55), Vineland, PA, triumphed over the masters runners in the Broad Street 10 Mile, Philadelphia, May 6.
- Bill Robinson, one of the top masters in the Albany, NY, area, was recently struck while run-

ning by an auto. According to Paul Murray of the Hudson-Mohawk RRC, Robinson is almost completely paralyzed below the shoulders with limited motion in his arms, but there is a faint hope for some improvement.

- Harold Nolan, 43, of NJ's Shore AC was M40+ first (25:02) and ninth in the 5000-runner Spring Lake 5 Mile, NJ, May 26. Teammate Phil Hinck, 35, placed sixth (24:59), in what is one of the state's largest annual road race.
- Haig Bohigian, TAC Masters T&F Eastern Sectional Chairman, reports the Eastern Sectionals have been rescheduled for Sunday, July 15, at Downing Stadium, Randall's Island, NYC. The meet was originally slated for Rochester on July 22, but was cancelled due to administrative and financial problems. Because of the late change, post-entry will be allowed. Nat Cirulnick will direct. See schedule for details.
- George Sheehan, M70, turned in a speedy 22:06 at the Memorial Day Ridgewood Run 5K, placing second in his division.
- In the Nike Women's Race (8K) in Washington D.C. on May 13, Hedy Marque, 72, ran an amazing 40:31 to win her age group by over 45 minutes! Marque set the W70 8K U.S. road record at 39:25 in this race last year.
- Priscilla Welch, 45, ran 34:48 to finish 1st W40+ in the L'eggs Mini-Marathon 10K in Central Park, NYC, May 26. Barbara Filutze, 43, ran 36:15, followed by Angella Hearn (36:33). Wen-Shi Yu won the W55 title in a good 44:16.

SOUTHEAST

- The wife of Gilberto Gonzalez died of ovarian cancer in January. They had been married for 52 years. Gonzalez, M75, is a world-record holder in the decathlon and other events.

MID AMERICA

- Domingo Tibaduiza, 40, of Colombia/Reno, NV, won the men's masters title in the Bolder Boulder 10K, Boulder, CO, May 28, with a 31st overall 31:22, with Mexico's Mario Cuevas, 40, second M40+ (31:54). Priscilla Welch, 45, British Olympian who now lives in Boulder, and Swiss Olympian Gabriele Andersen, 45, a Sun Valley, ID, resident, were expected to battle for the W40+ first, but while Welch erased her 1987 W40+ course record of 35:57 with a 35:41, Nancy Oshier, 44, of Rush, NY, placed second (37:28), Andersen taking third (38:51). Tibaduiza and Welch won \$1300+ each.

SOUTH WEST

- John Alexander, 70, set a new world M70 long jump record of 16-2½ at the Dallas Parks Senior Games, May 12. The old mark of 15-10¼ (4.83) was set by Japan's Mazumi Morita in 1983.

WEST

- Paul Spangler, 91, of San Luis Obispo, Calif., was profiled in a recent issue of the *Washington Post*. "Growing old is not for sissies," Spangler told reporter Margaret Mason. "I get up at 4 a.m. and am out for a 7-mile run about 4:30, three days a week. Then I do a half-mile swim to exercise those muscles I don't use for running." Spangler is training for the New York Marathon. Leg cramps forced him

out of last year's NYM after 19 miles. "I want to get New York under my belt before I quit," he said.

NORTHWEST

- Oregonian Ed Lipscomb of the Nike-Portland TC, set an age-39 WR of 16-6 for the PV in the Western Oregon Open Meet at Monmouth, May 5. The height, one inch below the M35-39 AR held by Steve Smith, also broke meet and stadium records. Lipscomb, who turns 40 in January, has a goal of 17-0 as a masters vaulter.

CANADA

- Nine world records fell in the Ontario Masters Indoor T&F Championships held in Toronto, Ontario, Canada, March 10. In addition, 21 Canadian open records and one Canadian native record were changed. The world records: M60-Earl Fee, 800, 2:16.8; M75-Ian Hume, TJ, 8.27; M80-Karl Trei, LJ, 3.57, and TJ, 7.31; W45-Audrey Heimstra, TJ, 8.75; W55-Molly Turner, 1500, 5:36.60, and 3000, 12:03.8; and W70-Judith Kazden, 1500, 7:22.96, and 3000, 15:47.6.
- Since moving the annual Voyageur Marathon to Massey, Ontario, the event has grown from 69 finishers in 1987 to 114 in 1989. This year, Shelda and Norm Patenaude have added a half-marathon. Last year, 62% of the entrants were masters. All U.S. entrants are eligible for Championship awards for the July 22 event.

INTERNATIONAL

- Minneapolis, which was scheduled to host the "3rd World Masters Games" from July 25-August 8, 1993, has withdrawn its bid because of low attendance at the 2nd Games in Denmark in 1989. It is not known whether the Games, which are legally owned by the 1989 Denmark organizers, will be staged in 1993 at another site. "We had an option in our contract to withdraw if the Denmark attendance was low," said Jeff Smedsrud, Minneapolis organizer. The 1st Games were held in Toronto in 1985 and lost over \$1 million, despite drawing a reported 5000 masters athletes who participated in 14 sports.

• Aileen Hogan, W65 world gold medalist and record-holder, contacted a blood virus shortly after returning to her Brisbane, Australia, home after the World Veterans Championships last year in Eugene. Doctors don't know what caused the virus, but it affected her heart muscle, and she's been told she cannot run again. She was very ill but is now recovering. Hogan's husband, Bernie, also a world champion/record-holder, turns 70 in November and plans to compete in Turku next year. "Please say hello to our many friends all over the world," Hogan writes.

• Lisa Kirsch, 38, of Tasmania, Australia, who was introduced to the throws in 1987, broke the W35 hammer WR of 40.36 with a 40.76 in the Tasmanian Championships in February.

• In the 1990 New Zealand Championships, J. Stewart broke the W40-44 WR of 8:34.2 in the 2000 SC with an 8:14.2. Shirley Peterson extended the W60 TJ record from 6:53 to 8:36, and Val Hood replaced the W50 HT WR of 33:02 with a 34:70.

• Famed coach Arthur Lydiard will act as tour escort for the IX WAVA World Veterans Athletics Championships next year in Finland. He coached there for two years in the '60s. "The affinity of the Finns for athletics, the long summer evenings, and the many forest pathways should make it a wonderful experience," Lydiard told the *New Zealand Runner*.

• A Berlin-to-Moscow Friendship Run from July 4 to August 15 will begin at the White House in Washington, D.C. President Bush will send off Stan Cottrell, who will carry messages and letters of friendship to Soviet, Polish, and East and West German leaders and the people of those countries. A letter-writing campaign is expected to generate over a million letters from American school children to the children of the Soviet Union and Eastern Europe. Mal Whitfield, 1948 and 1952 U.S. Olympian, is co-director of the event. At the Kremlin, the USSR State Sports Committee plans to have Cottrell and a Soviet Olympic champion each ignite a replica of the Olympic Torch. They will run with the torches to Lenin Stadium to open the first people-to-people Team USA vs. Team USSR Adult Fitness Competition. Other Olympians who will run with Cottrell include Wilma Rudolph, Josh Culbreath, Lindy Remigino, Bob Mathias, Harrison Dillard, Ralph Boston, Bill Toomey, Horace Ashenfelter, Billy Mills, Bobby Morrow, Tom Courtney, and George Rhoden.

NOW AVAILABLE Masters Age Records 1990

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1989.
- U.S. Age bests for Men & Women for all race-walking events age-40 and up, as of Oct. 31, 1989.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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schedule

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



TRACK & FIELD NATIONAL

July 14-15. U.S. TAC National Masters Decathlon/Heptathlon, Tacoma, Wash. Mark Salzman, 8615 47th St. West, Tacoma WA 98466. 206/565-7840.

August 2-5. 23rd U.S. TAC National Masters Championships, Indianapolis, Ind. Marshall Goss, Track Office, Indiana U., Bloomington, IN 47405. 812/855-8583.

November 27 -December 1. 12th annual TAC Convention, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46260. 317/261-0500.

EAST

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

July 8, 22; August 12, 26. Potomac Valley Seniors TC Development Meets, St. Stephen's School, Alexandria, Va. Scott Bentley, 703/451-5869.

July 1. 5th Annual Garden State Athletic Club Fourth of July Track Meet. Randolph H.S., Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph NY 07869. 201/625-1764.

July 14. Sri Chinmoy Masters Games (raindate, July 21), 8 a.m., Victory Field, Forest Park, Queens, N.Y. 50+. SASE to SCMG, 150-47 87th Ave., Jamaica, NY 11432. 718/291-1468.

July 14. Boston Masters/New England Athletics Congress Championships, Nor-

theastern U., Dedham, Mass. Special Invitational Masters Mile. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

July 15. TAC Eastern Sectional Masters Championships, Randall's Island, NYC. Nat Cirulnick, 241-10 132nd Rd., Rosedale NY 11422. 718/276-7451 (before 9 p.m.)

July 28. Masters Meet, La Salle U., Philadelphia, Pa. No HJ or PV. Post entry only. Peter Taylor, 3120 School House Lane JA9, Philadelphia, PA 19144. 215/842-3807.

July 28-29. Buffalo Belles & Brawn Age-Group Classic, Parker Field, Tonawanda, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda NY 14150. 716/835-6018.

July 29. New York City Games, Columbia U. Masters mile. By invitation only. Marc Bloom, 201/308-9701. Masters 3200 relay. M. Ahmed, P.O. Box 52-0249. University Heights Station, Bronx, NY 10452. 212/901-7416.

August 5. Keystone State Games. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

August 12. Brown U. Masters Invitational, Brown U., Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02680. 401/728-2869 (h).

August 18. Philadelphia Masters Invitational, Ursinus College, Collegeville, Pa. (pre-entry only). Walt Fisher, 263 S. Roberts Road, Bryn Mawr, PA 19010. 215/525-5081.

September 1. 15th Annual Virginia State Championships, Lannigan Field, Charlottesville, Virg. Karen Beaver, P.O. Box 5696, Charlottesville, VA 22901.

September 2. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, Arlington VA 22207. 703/243-1290.

September 23. New York Masters Mini-Meet (throws & jumps only). Randalls Island, NYC. Jai Singh, 254-24 75 Ave., Glen Oaks, NY 11004. 718/347-1903 (8-11 pm).

SOUTHEAST

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

July 7. Southeastern Masters Classic, Furman U., Greenville, S.C. Dick Bloomfield, 103 Crestwood Rd., Greer, SC 29651. 803/879-7839.

July 10, 17, 24. Miami RC/Florida TAC All-Comers Meets, Tropical Park Track, Miami. Miami RC, Tropical Park, 7920 SW 40 St., Miami, FL 33155. 305/227-1500.

July 14. Nashville TC Open & Masters Meet, Tennessee Prep School, Nashville, Tenn. Randall Brady, 2709 Linmar Ave. No. 5, Nashville TN 37299. 615/383-6733.

July 15. Sunshine Games Masters Championships. 40+. Florida residents only. Bob & Gloria Fine, 4223 Palm Forest Dr., Delray Beach FL 33445.

July 21. TAC Southeast Sectional Masters Championships, Orlando, Fla. SASE to Bob Fine, 4223 Palm Forest Dr. N., Delray Beach, FL 33445. 407/499-3370.

July 22. North Carolina Masters Championships, Thomasville, N.C. David A. Kirkman, 8009 Willow Glen Trail, Greensboro, NC 27405. 919/643-3432 (h).

July 28. Jacksonville TC Summer Classic, Jacksonville, Fla. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

September 22-23. Thomasville Fall Masters Decathlon, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville NC 27360. 919/476-1228.

MIDWEST

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

July 7. Illinois Masters Championships, Libertyville. Over \$2000 in cash prizes. SASE to: Craig Dean, M.D., 719 Stonegate Ct., Libertyville, IL 60048.

July 9-13. Dayton Senior Olympics, Dayton, Ohio. 55+. Dr. Mary Leonard, U. of Dayton, Phys. Ed. Dept., 300 College Park Dr., Dayton OH 45469. 513/229-4208.

July 13-15. Indiana White River Park State Games Finals, Indianapolis. T&F Regional sites (June 29-July 1): Anderson, Columbus, Elkhart, Evansville, Fort Wayne, Logansport, Richmond, Terre Haute. Indiana residents only. Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. 1-800-HI-FIVES.

July 22. TAC Masters Midwest Sectional Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

August 11-12. Masters Meet, Marshall U., Huntington, W.V. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.

September 3. Columbus Senior Olympics, Bexley High, Columbus, Ohio. 55+. Recreation & Wellness Office, Leo Yassenoff Jewish Center, 1125 College Ave., Columbus OH 43209. 614/321-2731.

September 9. Wolfpack Throwing Classic, Worthington H.S., Columbus, Ohio. Jim Pearce, 2449 Southway Dr., Columbus OH 43221. 614/294-4606 (w).

MID-AMERICA

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

July 1. TAC Masters Mid-America Sectional Championships, Nebraska Wesleyan U., Lincoln, Neb. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

July 7. Minnesota Masters/Seniors Meet, Fridley, Minn. SASE to: Rachel Lyga, 12263 1/2 Way NE, Fridley, MN 55432.

July 12-15. Minnesota State Senior Olympics, Duluth. 55+. Tim Hunt, 330 City Hall, Duluth, MN 55802. 218/723-3337.

July 22. Cornhusker State Games, UN-

Continued on page 29

ON TAP FOR JUNE

TRACK & FIELD

The U.S. TAC Masters Decathlon/Heptathlon Championships are scheduled for the 14th-15th in Tacoma, Wash.

Action starts with a bang on the 1st with the Mid-America Sectional Championships in Lincoln, Nebr., and a meet in Randolph, N.J.

On the 7th, meets are set for Greenville, S.C., Libertyville, Ill. (\$2000 in cash prizes), and Fridley, Minn.

The Masters Southwest Sectional Championships will be held with the Texas Masters Championships in Arlington on the 14th. Same day activity includes the Boston Masters Championships; Sri Chinmoy Games in Queens, NYC; and a Nashville Meet. The Eastern Sectionals have been rescheduled for the 15th at Randall's Island, NYC, the same day as the Trojan Masters Meet in Los Angeles.

The next weekend has the Southeast (Orlando), and Western (San Diego) Sectional Championships on the 21st, followed by the North Carolina Masters Championships in Thomasville on the 22nd.

The month closes with two-day Northwest Sectional Championships starting on the 27th in Gresham, Oregon, and meets in Philadelphia, Buffalo, N.Y., and Jacksonville on the 28th.

Local Senior Games events (55+) continue nationwide, while the British Veterans Championships will be held on the 14th-15th in Glasgow, Scotland.

LONG DISTANCE RUNNING

Three USRA Masters Circuit races dot this month's calendar: the Utica Boilermaker 15K in Utica, N.Y. on the 8th; the Chicago Distance Classic 20K on the 15th; and the Arvida Fiesta 5K in San Clemente, Calif., on the 22nd.

The Midnight Madness 10K with a separate masters race is set for the 7th in Ames, Iowa. The Buffalo 4-Mile Chase is set for the 21st, and the Goodwill Games Marathon offers separate races for women (21st) and men (22nd) in Seattle.

The Eugene Experience Adult Running Vacation convenes in Oregon on the 14th. The Canadian Masters Marathon Championships will be held in Ontario on the 22nd.

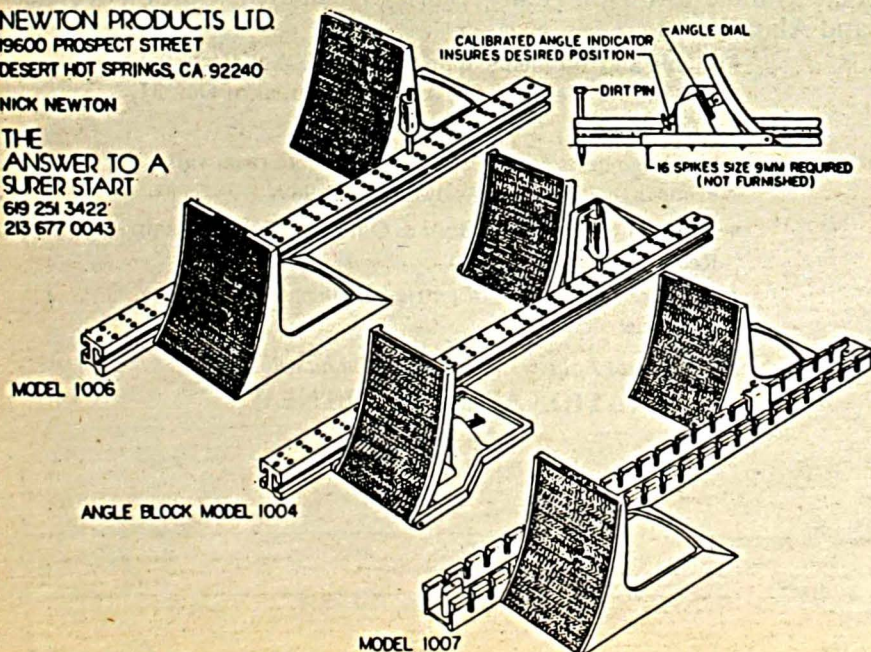
RACEWALKING

The U.S. TAC Masters 10K Championships take place in Niagara Falls on the 7th. □

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Continued from page 28

Lincoln, Nebr. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.
July 23-31. Show-Me State Games, Columbia, Missouri. Phil Brusca, Horton Watkins H.S., 1201 S. Warson Rd., St. Louis MO 63124. 314-993-6447.

July 27-August 3. Minnesota Senior Sports-A-Rama, Bloomington. 55+. Jeff Stottemeyer, Parks & Rec., 2215 W. Old Shakopee Rd., Bloomington, MN 55431-3806. 612/887-9601.

September 1-2. 10th Annual Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980. Nancy Manson, 303/341-7992.

September 30. Lincoln TC Fall Classic, Nebraska Wesleyan U., Lincoln. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061. (h).

October 20. Kansas Big Guys Classic III, Lawrence, Kansas. Gary England, Rm. 43, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

SOUTHWEST

Louisiana, Mississippi, Texas.

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

July 21. TAC Southwest Sectional Championships, Mississippi. **CANCELLED**.
 St. Louis, MO. 601/325-2892.

July 21. Alamo City Vintage Masters Meet, San Antonio, Texas. Northside Stadium. The Run-A-Way Runners Store, 3428 N. St. Mary's St., San Antonio, TX 78212. 512/732-1332.

WEST

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

June 26-August 3. Los Angeles All-Comers Meets. Youth through masters, 7 p.m. Tues: L.A. Southwest College; Wed: Birmingham High; Thurs: East L.A. College; Fri: Santa Monica College. Championships: Santa Monica College, August 3. No meets on June 28 or July 4. 818/904-2164.
July 5-August 16. All-Comers Meets, each Thursday, 6 p.m., SBCC La Playa Stadium, Santa Barbara, Calif. Robin Paulson, 805/564-5422.

July 15. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave. No. 3, Los Angeles CA 90026 213/666-4964 (h); 213/977-7492 (w).

July 21. TAC Western Sectional Masters Championships, Balboa Stadium, San Diego. Ed Oleata, 2870 Glenbrook Way, LaJolla, CA 92037. 619/456-3656 (o).

August 11-12. 2nd Annual Hawaiian International Festival, War Memorial Stadium, Wailuku, Maui, Hawaii. Youth, open, masters. Marvin Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027. 213/666-7341.

September 8. Northern California Seniors Classic, UC-Berkeley, Calif. Jim Johnson, 1026 Murchison Dr., Millbrae, CA 94030. 415/697-1889.

September 23. Sri Chinmoy Masters Meet, UC Irvine, Calif. Bigalita Egger, 1921 S. Sherbourne Drive, Los Angeles CA 90034. 213/838-4746.

October 6. 17th annual Club West Masters Meet, Santa Barbara Community College, Santa Barbara, Calif. No entries accepted after September 16. Club West, P.O. Box 1059, Goleta CA 93117. Lloyd Albright, 805/682-9540.

October 24-26. Huntsman Chemical World Senior Games, Dixie College, St. George, Utah. 50+ (See entry form in July and August issues). Ken Christensen, 840 So. 400 E. #4, St. George, UT 84770. 801/628-5201.

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

NORTHWEST

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

July 20-22. Montana Senior Games, Billings. 55+. Don Tavalacci, P.O. Box 1457, Billings, MT 59103-1457. 406/252-2795.

July 27-28. TAC Northwest Sectional Championships, Mt. Hood Community College, Gresham, Oregon. Jim Puckett, Mt. Hood CC, 26000 S.E. Stark, Gresham OR 97030. 503/667-7450.

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

CANADA

August 11-12. Canadian Masters Championships, Montreal. 35+. Ian Hume, R.R.I., Melbourne, P.Q. JOB 2BO 819/826-5418.

INTERNATIONAL

July 14-15. 20th British Veterans Championships, Glasgow, Scotland. David Morrisson, 12C Deedes St., Airdrie, Lanarkshire, ML6 9AG, Scotland.

August 18-19. San Juan Annual Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters Assn., P.O. Box 31300, 65th Infantry Station, San Juan, PR 00929.

August 23-26. WAVA North American Regional Championships, Port of Spain, Trinidad & Tobago. P.O. Box 7823, San Diego CA 92107. 619/225-9555. Fax: 619/225-9562.

August 25-26. 11th All-Nippon Masters Championships, Yamanashi prefecture, Japan. Nippon Masters Athletic Union, Fuji-kasai Bldg., 1-25-1 Kitanoshinchi, Wakayama City 640, Japan.
November 2-6. 5th WAVA Oceania Games, Auckland, New Zealand. Men 40+, Women 35+. Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0064 9 837-0154.

November 9-11. WAVA Asian Regional Championships, Kuala Lumpur, Malaysia. Asians only.

November 11. Guyana Masters Games, Georgetown, Guyana. Complete T&F program. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana.

November 24-27. South American Veterans Championships, Montevideo, Uruguay. CAVU, Canelones 982, 11000 Montevideo, Uruguay. South Americans only.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.

**LONG DISTANCE
RUNNING
NATIONAL**

September 23. TAC/USA National Masters 15K Championships, Edina, Minn. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. 612/920-0558.

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

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

October 14. TAC/USA National Masters 50K Championships, Muncie, Ind. \$1650 masters money equally divided (\$150/\$75/\$50) among 40s, 50s, 60s. Jan Gilbert, P.O. Box 1032, Muncie, IN 47305. 317/288-4448.

October 27. TAC/USA National and World Masters 100K Championships (also 8-person team relay; all divisions), Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014.

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

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

EAST

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

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

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

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

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

August 5. Blue Cross/Shield of N.J. 10K Road Run, South Orange, N.J., also 3000 meter XC run, and masters 100, 800 and 1 mile. SASE to Summer Track Festival, Essex County Dept. of Parks, Recreation & Cultural Affairs, 115 Clifton Ave., Newark, NJ 07104. 201/338-3893.

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

August 11. 10th annual Asbury Park Classic 10K, Asbury Park, N.J. P.O. Box 2287, Ocean Township, NJ 07712. 201/922-9479.

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

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

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

September 16. Eriesistible Marathon, Erie, Pa. Pete Ogden, P.O. Box 1906, Erie, PA 16507. 814/899-4974.

September 22. Mercedes Mile On Fifth Ave., NYC. NYRRC, 9 East 89th St., NY, NY 10128. 212/860-4455.

September 30. Freihofer's Women's 5K, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 21. Richmond Newspapers Marathon, Richmond, Va. SASE to O. DeWayne Davis, Richmond Marathon/13.1, PO Box C-32333, Richmond, VA 23293.

Continued on page 30

**WESTERN SECTIONAL
and San Diego-Imperial Association
MASTERS TRACK & FIELD
CHAMPIONSHIPS**

Saturday, July 21, 1990

Balboa Stadium, San Diego

ELIGIBILITY:	All TAC members age 30 and over on the day of the meet Call 275-6542 for membership information. No entries accepted without valid 1990 TAC number
FACILITIES:	Mondo rubber track and runways (1/8 in. spikes or flats); Concrete rings. Accutrack timing
ORDER OF COMPETITION:	Women first, oldest to youngest; then men, oldest to youngest Age divisions may be combined
AWARDS:	TAC championship medals to first 3 TAC registrants in each five-year division Medals for top 3 SDIAC registrants in each division
DEADLINE:	Entries must be received by July 14. No late entries. No exceptions If your entry is not confirmed by July 17 call (619)465-1049 (6-9 pm)
ENTRY FEE:	\$10 for first event, \$5 for subsequent events. Make checks out to Ed Oleata Relays: \$20 team entry. Enter at meet. Team members must be registered in meet
MAIL TO:	Ed Oleata, PO Box 2226 La Jolla CA 92038
DIRECTIONS:	South on I-5 to B Street exit, first right onto B, north on 16th St to stadium North on I-5 to San Diego City College exit, north on 16th St to stadium

PROPOSED SCHEDULE

4:00pm	300/400m Hurdles	7:00pm	400m	4:00pm	Hammer, Javelin
4:30pm	2000/3000m Steeple	7:30pm	1500m	5:00pm	Pole Vault, Long jump
5:00pm	100m	8:10pm	200m	6:00pm	Shot put, Triple jump
5:40pm	800m	8:40pm	5000m Run	7:00pm	Discus, High jump
6:20pm	80/100/110m Hurdles	9:00pm	5000m Walk	9:30pm	Relays

ENTRY FORM

FAMILY NAME	FIRST NAME	
ADDRESS	TELEPHONE	
CITY	1990 TAC #	
STATE	ZIP CODE	
US CITIZEN: Y/N	SEX: M/F	
DATE OF BIRTH: Mo	Day	Year
EVENTS ENTERED WITH BEST 1989-90 MARKS: 1. 2. 3. 4. 5. 6.		

WAIVER MUST BE SIGNED:

I, the undersigned, understand that there are risks associated with strenuous physical exertion and with this event, including but not limited to those caused by the terrain, weather, condition of the athletic facilities, and other participants and lack of hydration. In consideration of the right to participate in the above event, I hereby assume all risks associated with this event and I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or to any other person as a result of my participation in this event. This waiver and release shall be binding on my heirs and assigns and shall run in favor of SDIAC, TAC, City of San Diego, County of San Diego, and all promoters, sponsors, officials and any individuals or entities in any way connected with this event even though their liability may enter out of negligence or carelessness on their part. Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 14. Athletes found positive for banned substances will be disqualified from this event and will lose eligibility for future competitions. These provisions and over the counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at (800)223-0383.

Signature and Date

Continued from page 29

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

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

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

August 11. 16th Annual Dilworth Jubilee 8K, Charlotte, N.C. Carl Johnson, DRRC, 729 Berkeley Ave., Charlotte, NC 28203. 704/377-3679 (e).

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

August 25. Maggie Valley Moonlight 8K, Maggie Valley, N.C. Alice Mostello, Box 416, Waynesville, NC 28786. 704/452-5809.

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

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

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

MID-AMERICAArkansas, Colorado, Iowa, Kansas,
Minnesota, Missouri, N. Dakota, Nebraska,
Oklahoma, S. Dakota.

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

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

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

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

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

September 3. Soundtrack Challenge 10K, Boulder, Colo. Sorbothane/USRA Masters Circuit. 303/741-3587, or Dean Reinke & Associates, 407/647-2918.

September 16. City of Lakes 25K/RRCA National 25K Championships, Minneapolis, Minn. Mpls Park & Rec Board, 310-4th Ave S, Minneapolis, MN 55415. 612/348-2226.

October 14. Twin Cities Marathon, Minneapolis, Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480.

SOUTHWEST

Louisiana, Mississippi, Texas.

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

August 26. 3rd Annual Louisiana Masters Classic 5K and 1-mile, New Orleans. Masters-only race. 1-year age groups (40-49), 2-yr (50-59), 5-yr (60-64, etc.) Chuck George, P.O. Box 52003, New Orleans LA 70152. 504/482-NOTC.

WESTArizona, California, Hawaii, New Mexico,
Utah.

July 1, 4, 5, 7, 8, 12, 14, 15, 19, 21, 22, 26, 28, 29. Legg Lake Runs, South El Monte, Calif. Arthur Martinez, 213/949-0394.

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

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

July 22. Arvida Fiesta 5K, San Clemente, Calif. Sorbothane/USRA Masters Circuit. 714/498-3550 or Dean Reinke & Associates, 407/647-2918.

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

August 19. America's Finest City Half-Marathon, San Diego, Calif. Neil Finn,

P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

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

NORTHWESTAlaska, Idaho, Montana, Oregon,
Washington, Wyoming.

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

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

August 11. Zoo Run Pacific Northwest Athletics Congress Masters 10K Championships, Tacoma, Wash. John Donovan, 5400 No. Pearl St., Tacoma, WA 98407. 206/591-5368 (d); 565-4684 (e).

August 19. Big Lake To Sand Mountain Races, Sisters, Oregon. Gary Rust, 13455 SE 97th Ave., Clackamas, OR 97015. 503/652-2225.

September 15. Prefontaine Memorial 10K, Coos Bay, Oregon. Pre Memorial Run, Box 1380, Coos Bay, OR 97420. 800/762-6278 (Oregon) or 800/824-8486.

September 30. Portland Marathon, Portland, Oregon. Les Smith, P.O. Box D, Beaverton, OR 97075. 503/226-1111.

CANADA

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

September 2. Montreal International Marathon, Quebec. Marathon International of Montreal, P.O. Box 1570, Succ. B. Montreal, Quebec, Canada H3B 3L2. 514/879-1027.

September 16. Toronto Marathon, Toronto, Canada. Marathon, 1220 Sheppard Ave., E. Willowdale, Ontario, Canada M2K 2X1. 416/495-4311.

INTERNATIONAL

July 1. 8K Cross Country Championship, Georgetown, Guyana. Secretary, Guyana

DEADLINE

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

Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana, South America.

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

September 30. Berlin Marathon, West and East Berlin. Marathon Tours, 108 Main St., Boston, MA 02129. 617/242-7845.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106.

RACE WALKING

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

July 7. TAC/USA 10K Racewalk, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

July 14. TAC/USA National Masters 10K Racewalking Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore NY 14217. 716/875-6361.

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

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

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

Profile Continued from page 16

serious and strenuous training program designed by his friend Mark Lorenzoni.

As a result, Tony has seen his 5K PR drop to 17:21, has run a 1:22 half marathon, and a 60:12 at the 1989 Cherry Blossom 10 Miler in Washington, D.C.

Achieving more fast results, however, are only a matter of time for this fine runner. His natural speed and ability to run the hills coupled with his desire to excel, will mark Tony Gee as one of the best 50+ year old runners on the East Coast in the months and years to come.

Tony's story would not be complete, however, without a word or two about the tremendous outpouring of energy he contributes to the local track club (CTC) and its community of runners.

As its current president, the CTC has started to grow in dimension and force under his leadership. An untiring

worker, Tony calls on many local business persons to contribute to the club's wide ranging activities. Additionally, Tony and Mark organized a six-month, novice-training program which saw 250 runners train together and individually for the Charlottesville Ten Miler held this past April. It was one of the most successful and dramatic running accomplishments in the club's 15-year history. Additionally, Tony and a small group of other club members have begun to work with athletes training for the Special Olympics.

Tony is an inspiration. He's a good friend to many and is more than willing to put back into running some of the goodness he has received from it. He is the kind of person who is not willing to be satisfied with the status quo. Rather, he wants to push on and challenge the horizon for new adventures and faster times. □ —Russ Gray

THE SUMMER'S # 1 RACE WEEKEND

SATURDAY, AUGUST 11, 1990 - 8:00 AM
ASBURY PARK, NEW JERSEY

10th Anniversary Celebration

The Classic offers it all:

- TAC Prize Funds
- Expo
- Friday "All You Can Eat" Pasta Dinner
- Runner's World & Running Times - "A race to run."
- Runner's Forum
- Saturday "All You Can Eat" Poolside Barbeque
- Gala Runner's Dance

ENTRIES MUST BE RECEIVED BY AUGUST 6.

Send S.A.S.E. to AP 10K, Box 2287, Ocean, NJ 07712

For Information: 201-922-9479

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

M30-34			
Robert Stanley	110HH	14.30	Jun.89
Gerald Jones	100	10.90	Jul.89
	200	22.30	Jul.89

M40-44			
Wayne Gripp	200	24.09	4-14-90
	400	53.35	4-7-90
	800	1:59.70	5-5-90
Laddie Shaw	10K	32:59	4-7-90
Tomlinson Rauscher	Pole Vault	4.15M	3-10-90
Larry Purtell	1500	4:21.03	3-24-90

M45-49			
Robert John Trigo	400H	59.70	8-3-89
M55-59			
Wendell Palmer	Discus	169-8	6-10-89
Irwin Bernstein	800	2:26.80	3-18-90
Bill Simpkins	100	12.89	5-12-90
Kai-Ming Lo	200	26.98	4-29-90

M60-64			
Bill Wambach, Jr.	High Jump	4-9	6-23-88

M65-69			
Jim Platis	Long Jump	15-14	1-28-90
	Triple Jump	31-6	1-28-90
	Long Jump	16-34	2-25-90
	Triple Jump	31-6	2-25-90
	High Jump	4-6	1-25-90
	Long Jump	16-104	3-11-90
	Triple Jump	33-6	3-11-90
	High Jump	4-8	3-11-90
Lloyd Young	800	2:40.90	3-25-90
Larry Banuelos	5000	19:04.68	8-1-89
	3000	11:32	5-27-89
	800	2:33.90	6-18-89
Joe Black	56# Weight	4.28M	May 90

M70-74			
Myron E. Dover	Discus	33.65M	5-19-90
	Long Jump	3.82M	2-24-90

W35-39			
Mataji Graham	5K Walk	26:42	5-12-90

W40-44			
Mary Lou Platis	Long Jump	14-3	2-25-90
	Long Jump	14-10	3-11-90
	Triple Jump	27-104	3-11-90

W50-54			
Charlotte Edwards	10K	45:45	4-8-90

W65-69			
Dorothy Donnelly	Shot Put	6.89M	Jul.89



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

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

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
3000	10:34	10:44	10:55	11:07	11:26	11:49	12:19	12:56	13:47	14:45	15:54
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	3-2 1/4	3-0 1/4	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7 1/2	28-3	26-8	25-0 1/2	23-5 1/4	22-8	20-5 1/4	18-10	16-5	13-11 1/4	13-1 1/4
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/4	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
3000	8:31	8:35	8:42	8:53	9:07	9:25	9:49	6:14	6:51	7:38	8:42	10:15
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:07	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94 6-4 1/4	1.85 6-3 1/4	1.76 5-9 1/4	1.68 5-6	1.59 5-2 1/4	1.50 4-11	1.41 4-7 1/4	1.32 4-4	1.23 4-1 1/4	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40 14-5 1/4	4.15 13-7 1/4	3.90 12-9 1/4	3.60 11-9 1/4	3.30 10-10	3.05 10-0	2.80 9-2 1/4	2.55 8-4 1/4	2.30 7-6 1/4	2.05 6-8 1/4	1.80 5-11	1.50 4-11
LJ	6.55 21-6	6.20 20-4 1/4	5.85 19-2 1/4	5.45 17-10 1/4	5.10 16-9	4.75 15-7	4.40 14-5 1/4	4.00 13-1 1/4	3.65 11-11 1/4	3.35 11-0	3.00 9-10	2.65 8-8 1/4
TJ	13.35 43-9 1/4	12.65 41-6	11.90 39-1 1/4	11.15 36-7	10.40 34-1 1/4	9.65 31-8	8.90 29-2 1/4	8.20 26-11	7.50 24-7 1/4	6.80 22-4	6.10 20-4	5.50 18-1 1/4
Shot	15.20 49-10 1/4	14.10 46-3 1/4	13.00 42-8	12.00 39-4 1/4	12.40 40-8 1/4	11.20 36-9	12.00 39-4 1/4	10.80 35-5 1/4	10.00 33-0	8.80 28-10 1/4	7.65 25-1 1/4	6.50 21-4
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00 131-3	36.40 119-5	40.00 131-3	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-2 1/4	16.20 53-2
Hammer	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Jav	62.00 203-5	57.00 187-0	52.00 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 131-3	35.00 114-10	29.00 95-2	24.00 78-9	19.00 62-4	15.00 49-2
35Pwt.	15.00	14.00	13.00	12.00	10.00	9.00						
25Pwt.							11.00	10.00	9.00	8.00	7.00	6.00
56Pwt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen Dec	2800 5500	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250

U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1989 10K Road Walk Rankings Compiled by Glen E. Peterson

M 30-34

1 Steve Pecinovsky	44:00.0
2 Bob Briggs	44:53.0
3 Bob Cole	45:29.0
4 Glenn Tachiyama	47:04.0
5 Steve Vaitones	47:10.0
6 Dave Lawrence	47:52.0
7 Chris Knotts	49:47.0
8 Carl Schueler	49:47.0
9 Ian Whatley	49:51.0
10 Jern Kerfoot	50:07.0
11 Curt Sheller	50:38.0
12 Robert Carlson	50:51.0
13 Paul Guimond	50:58.0
14 Paul Calka	51:45.0
15 Dan Pierce	52:15.0
16 Bill Hutchinson	53:47.0
17 Justin Kuo	54:31.0
18 James Wass	54:53.0
19 Alvia Gaskill	56:08.0
20 Doug Ermini	56:49.0

21 Randy Burden	58:19.0
22 Michale Steadman	59:15.0
23 Tim Salter	60:54.0
24 Tim Bailey	62:28.0

M 35-39

1 Dean Easterlund	42:10.0
2 David Waddle	47:40.0
3 Joseph Barbuzyński	48:22.0
4 Philip McGaw	49:59.0
5 Enrique Camarena	50:10.0
6 Ignatio Miranda	53:56.0
7 Carl Warrell	54:18.0
8 Richard Nester	55:10.0
9 Larry Martinez	56:22.0
10 Joel Estrin	57:57.0

11 Tom Marhenko	59:16.0
12 David McNayr	60:37.0
13 Steve Christlieb	61:52.0
14 Ken Kronner	71:22.0
15 Fred Comolli	76:20.0

M 40-44

1 Jim Shaw	45:39.0
2 Gary Null	46:30.0
3 Nicholas Bdera	46:41.0
4 Bob Keating	46:55.0
5 Bob Jordan	49:03.0
6 Rick Wadleigh	49:38.0
7 John Fredericks	50:02.0
8 Alan Price	50:13.0
9 Franco Pantoni	50:51.0
10 Stan Chraminsky	51:00.0

11 Andrew Smith	51:40.0
12 Robert Novak	53:37.0
13 Robert Elliott	54:07.0
14 Jimmie Show	56:02.0
15 Lance Wright	56:46.0
16 Ned Stone	58:07.0
17 Bob Ullman	58:29.0
18 Robert Campbell	58:38.0
19 Joe Cameron	58:39.0
20 Lewis Jones	59:02.0

21 Ellis Boal	59:09.0
22 Fred Cichocki	59:15.0
23 Steven Frederickson	59:45.0
24 Charles Mansback	60:45.0
25 Ernie Smith	61:11.0
26 Pat Bryan	61:42.0
27 George Lattarulo	61:51.0
28 Ralph Dehner	62:01.0
29 Brian Cavanagh	65:20.0
30 Jim Hart	67:38.0
31 John Monteiro	69:48.0

M 45-49

1 Jim Coats	49:42.0
2 Thomas Knatt	50:25.0
3 Victor Sipes	50:35.0
4 Bob Edwards	50:39.0
5 Ray McKinnis	50:43.0
6 Terry McHoskey	51:01.0
7 Norman Browne	51:28.0
8 Dale Sutton	52:11.0
9 Tom Gustafson	52:20.0
10 Ron Daniel	53:18.0

11 Paul Alvord	54:50.0
12 Frank Soby	55:32.0
13 Bob Lubelski	55:54.0
14 Richard Bales	56:24.0
15 Bob Falciola	57:02.0
16 John Hanan III	58:00.0
17 Nelson Fisher	58:24.0
18 Bill Halford	58:32.0
19 Bill Bauer	58:33.0
20 Jesus Orendain, Sr.	58:36.0

21 James Schrauger	58:40.0
22 Bernie Finch	59:49.0
23 Joseph Kay	59:53.0
24 Marvin Dunn	60:01.0
25 Jerry Newsome	60:43.0
26 Ernie Smith	60:53.0
27 Doug Brown	66:20.0
28 William Sheldon	68:00.0
29 James Bopp	72:53.0

M 50-54

1 Juan Roos	49:50.0
2 John Elwarner	50:01.0
3 Charles Marut	50:52.0
4 Richard Ruquist	52:56.0
5 Maurice Hinton	53:01.0
6 Richard Oliver	54:18.0
7 Walter Lubzik	55:19.0
8 Larry Green	55:56.0
9 Clyde Hatfield	57:41.0
10 Gerald Bocci	57:52.0

11 Jack Mortland	60:40.0
12 Greg Wittig	60:59.0
13 Jack Oment	61:07.0
14 Dick Fencyl	62:24.0
15 Vladimir Krutikov	65:11.0
16 Jim Johnson	66:06.0
17 Julius Reit	70:33.0

M 55-59

1 Max Green	59:09.0
2 Morris Rashey	52:21.0
3 Jack Bray	52:49.0
4 Sal Corrallo	53:48.0
5 Jim Bryan	54:45.0
6 R. Ted Greiner	56:59.0
7 Fred Dunn	57:07.0
8 Carl Acosta	57:16.0
9 Robert Meador	57:47.0
10 Bob DiCarlo	58:28.0

11 Greg Wittig	58:31.0
12 Howard Jacobson	58:40.0
13 Frank Fina	58:58.0
14 Jim Higgins	59:02.0
15 Andrew Briggs	60:41.0
15 Al Havens	60:41.0
17 Charles Deuser	61:17.2
18 Robert Craig	61:29.0
19 Paul Kaald	61:39.0
20 Albert Michel	69:53.0

21 Gerald Starler	75:20.0
22 Ray Thompson	77:56.0

M 60-64

1 Jack Bray	52:49.0
2 Fred Dunn	55:09.0
3 Robert Mimm	56:20.0
4 Sal Brancaccio	59:46.0
5 Edgar Ricci	59:58.0
6 Vance Genzlinger	61:27.0
7 Mel Grantham	62:01.0
8 Ray Stauffer	62:07.0
9 Maynard Mickelson	62:19.0
10 Joe Lavenberg	62:21.0

11 John Gray	63:04.0
12 William Peet	64:19.0
13 Paul Kvadas	67:00.0
14 Alan Lawrence	68:21.0
15 William Kinder	70:55.0
16 Carl Brungard	71:16.0
17 Adolph Fuerst	87:31.0

M 65-69

1 Uno Limit	62:48.0
2 Harold Wright	63:01.0
3 George Heller	63:42.0
4 Joe Vitucci	65:22.0
5 Chester Peters	67:45.0
6 John Dunaway	69:17.0
7 Arthur Clevenger	73:48.0
8 Bob Gardewing	77:03.0

M 70-74

1 Donald Johnson	64:59.0
2 Bill Tallmadge	66:52.0
3 Hugh Yeomans	67:38.0
4 John Neville	73:54.0

M 75-79

1 Gordon Wallace	79:16.0
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M 80+

1 Tony Perona	71:01.0
2 George Conway	83:56.0

W 30-34

1 Kim Wilkinson	48:58.0
2 Sara Standley	49:24.4
3 Victoria Herazo	49:47.2
4 Cheryl Rellinger	52:53.0
5 Susan Packard	53:00.0
6 Mary Howell	53:36.1
7 Mary Baribeau	54:17.0
8 Sue Klappa	54:45.0
9 Kaissa Ajaye	55:33.0
10 Carmen Jackinsky	55:48.0

11 Liliana Whalen	58:09.0
12 Susan Henricks	58:15.0
13 Pauline Stickels	58:40.0
14 Karen Stoyanowski	59:54.0
15 Laura Cribbins	60:04.0
16 Karen Fina	61:43.0
17 Jody Blanchard	63:06.0
18 Bonnie Stein	63:58.0
19 Juliet Newsome	65:40.0
20 Lori Anne Wark	68:27.0

21 Carole Terese Nasser	69:25.0
22 Susan Hoadley	71:45.0

W 35-39

1 Martha Iverson	53:20.0
2 Daniela Hairabedian	54:38.0
3 Susan Westerfield	54:54.0
4 Mataji Graham	57:10.0
5 Kathy Blackmer	57:48.0
6 Lorraine Green	59:19.0
7 Karen Coburn	60:11.0
8 Jane Janousek-Diaz	61:29.0
9 Pamela Hahler	61:39.0
9 Diana Houle	61:39.0

11 Shirley Street	63:21.0
12 Carol Beth Berry	63:46.0
13 Andrea Ball	63:56.0
14 Karen Hertzog	65:49.0
15 Terry Hagen	65:51.0
16 Ellen Bischoff	75:25.0

W 40-44

1 Visha Sedlak	50:47.0
2 Julia Ratner	53:22.0
3 Gayle Johnson	53:29.0
4 Patricia Carroll	54:32.0
5 Donna Cunningham	59:11.0
6 Jeannette Smith	60:34.0
7 Clara Frederickson	60:37.0
8 Joy Bevilacqua	60:53.0
8 Linda Kroesen	60:53.0
10 Cathy Sullivan	61:10.0

11 Sandy Womack	61:27.0
12 Diane Schurr	61:38.0
13 Beth Alvarez	62:89.0
14 M. May-Miller	63:54.0
15 Penny Bohac-Cardel	65:55.0
16 Therese Monroy	67:16.0
17 Sue Ravenscroft	68:03.0
18 Marilyn Chute	68:46.0
19 Jacqueline Taylor	69:52.0
20 Nancy Schlanser	69:13.0
21 Gerry Pixler	77:38.0

W 45-49

1 JoAnn Sandberg	50:50.0
2 Joan Nedelco	52:35.0
3 Deirdre Collier	53:24.0
4 Virginia Scales	57:54.0
5 Stella Cashman	58:29.0
6 Carolyn Kortge	58:52.0
7 Roberta Boyle	59:32.0
8 Valerie Stowe	59:38.0
9 Briely Reybrine	59:47.0
10 Marilyn Morehead	60:37.0

11 Lois Dicker	60:46.0
12 Anita Hermach	61:06.0
13 Jaye Horowitz	61:41.0
14 Judy Mosher	62:08.0
15 Susan Hoch	63:31.0
16 Joan Schindel	64:17.0
17 Marsha Hartz	65:14.0
18 Gail Sepler	66:10.0
19 Pamela Webb	66:27.0
20 Joan Finholt	68:13.0

21 M. Jimenez	68:48.0
22 Mary McNulty	69:05.0
23 L. Coppola	69:43.0
24 L. Shoemaker	76:55.0

W 50-54

1 Bev LaVeck	57:21.0
2 Jill Latham	58:20.0
3 Sheila Smith	58:40.0
4 Barbara Hilger	59:59.0
5 Briely Reybrine	61:27.0
6 Lynn Marsh	61:47.0
7 Helen Jo Hillman	62:25.0
8 Marian Spatz	65:30.0
9 Joy Clingman	65:48.0
10 Charlene Bryan	66:31.0

11 N. Alexander	66:44.0
12 Shirley Lang	67:56.0
13 Joan Troy	68:01.0
14 Helen Smith	68:09.0
15 Gerri Pedler	74:02.0
16 Dorothy Read	75:09.0
17 Dorothy Wold	91:03.0

W 55-59

1 Ruth Eberle	59:31.0
2 Ria Marsh	66:31.0
3 Helen Oakley	67:13.0
4 Audrey Dix	68:59.0
5 Gail Starler	71:52.0
6 Shirley Paulson	73:10.0
7 Grace Moremen	78:55.0

W 60-64

1 Joan Rowland	64:55.0
2 Collie Green	65:09.0
3 Ruth Leff	65:25.0
4 Sage Cowles	68:06.0
5 Joanne Beers	70:36.0
6 Carolyn Peet	73:25.0
7 Martha Vitucci	76:00.0

W 65-69

1 Lavonne Hottensmith	67:51.0
2 Ruth Van Sandt	68:59.0
3 Marie Henry	69:30.0
4 Rose Kash	73:13.0
5 Queenie Thompson	77:18.0

W 70-74

1 Ernestine Yeomans	77:38.0
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W 75-79

1 Adaline Crocker	83:34.0
2 Marilla Salisbury	91:03.0

1989 20K Roadwalk Rankings Compiled by Glen E. Peterson

M 30-34

1 Carl Schueler	1:28:22.0
2 Steve Pecinovsky	1:29:42.0
3 Bob Briggs	1:35:04.0
4 Dan Pierce	1:37:08.0
5 Paul Malek	1:37:49.0
6 Cliff Mimm	1:41:01.0
7 Mark Green	1:41:27.0
8 Alan Jacobson	1:42:00.0
9 Ian Whatley	1:42:27.0
10 Glenn Tachiyama	1:45:34.0

11 James Wass	1:48:29.0
12 Dave Lawrence	1:48:54.0
13 Justin Kuo	1:53:27.0
14 Alvia Gaskill	1:53:33.0
15 Curt Sheller	1:55:28.0
16 Michael Steadman	2:03:23.0

M 35-39

1 Ray Funkhouser	1:34:22.0
2 David Waddle	1:41:26.0
3 Enrique Camarena	1:49:32.0
4 Bob Korn	1:49:39.0
5 Philip McGaw	1:52:23.0
6 Richard Nester	1:58:23.0
7 Joel Estrin	2:04:45.0
8 Juan-Jose Garcia	2:13:21.0

M 40-44

1 Bob Keating	1:36:21.0
2 Eugene Kitts	1:37:53.0
3 Gary Null	1:41:26.0
4 Nicholas Bdera	1:42:36.0
5 Alan Price	1:43:35.0
6 Ed Bouldin	1:43:49.0
7 John Fredericks	1:44:37.0
8 Franco Pantoni	1:45:59.0
9 Stan Chraminsky	1:48:57.0
10 Leland Sandifur	1:54:42.0

11 Robert Novak	1:55:38.0
12 Bob Ryan	1:57:32.0
13 Andrew Smith	1:58:01.0
14 Charles Mansback	2:03:55.0
15 Scott Bentley	2:09:32.0
16 Richard Stark Jr.	2:27:09.0

M 45-49

1 Larry Walker	1:32:42.0
2 Tom Gustafson	1:45:21.0
3 Ray McKinnis	1:45:40.0
4 Thomas Knatt	1:46:39.0
5 Norman Browne	1:51:26.0
6 Dale Sutton	1:51:28.0
7 Gerald Patrick	1:55:48.0
8 Victor Sipes	1:57:03.0
9 Dave Snyder	1:57:15.0
10 Bob Falciola	1:59:29.0

11 Jesus Orendain Sr</

Continued from previous page

M45-49	
Vic Heckler	9:21.76
Frank Davis	9:25.2
Kirk Randall	9:38.6
Mike Persak	9:46.91
A Roque	9:53.8
N Papas	10:02
Art Maillet	10:42.10
John McMurry	11:57.3

M50-54	
Dan Conway	9:16.13
Joe Fodor	9:45.60
Sid Howard	10:01.44
Harold Hatch	10:03.3
Duane Fjelstad	10:08.61
V Antonio	10:14.6
Nora Goluskin	10:34.19
Ken Ogden	10:42.20
J Garlapp	10:49.7
Gene Chase	11:02.0
10	
J Robinson	11:09
Joe Dabes	11:16.1
John Hurley	11:54.0
Peter Rath	12:19.0
Tony Farrand	12:50.2

M55-59	
Jim Sutton	10:01.69
Bob Culling	10:43.64
Ed Oviatt	10:51.70
Glynn Wood	11:06.62
Ken Combs	11:09.4
Chuck Collins	11:18.2
Jim Keat	11:24.6
Ed Alexander	11:25.49
R Hunziker	12:05.8
R Grasso	12:32.4
10	
Jack Nyhan	12:53.6
Peter Wilton	13:29.0
Ray Zellers	13:46.4

M60-64	
Bill Fortune	10:34.92
Maurice Schepers	10:47.8
Paul Hamilton	11:26.7
Jerry Withers	11:49.20
Alan Cohen	12:20.4
Ralph Jones	12:40.1
Frank Kennedy	13:08.77
Dick Bloom	13:19.1
D Margetson	13:23.4
Stan Cherrin	14:08.6
10	
John Moore	14:30.7

M65-69	
John McManus	11:39.79
Avery Bryant	12:03.34
Carl Humen	12:18.9
Bob Mima	12:33.17
John Burton	12:35.97
Marle Knox	12:38.30
George Rasch	13:41.18
John Gray	14:15.4

M70-74	
Howard Knox	12:44.95
H Strassenburg	13:45.95
Don Johnson	14:00.02

M75-79	
Bill Brobston	14:13.89
Eek Keller	13:40.0
Arthur Ballou	16:26.5
Frank Levine	17:02.0

M80-84	
Nancy Fitzgerald	10:25.7
Robin Sarris	10:50.03
Karen Rapallo	11:02.2
Patti Gilmore	11:31.90
Shirley Woodford	11:51.5
Sue Klappe	12:13.25
Karen Lain	12:32.7

M85-89	
S Musikantow	11:13.12
Beth Barrie	12:06.01
J Zirngible	12:16.50
Sandy Padgett	12:41.6

M90-94	
Nancy Oshier	10:10.7
Sylvie Kinche	10:52.97
Carolyn Mather	11:06.4
Irene Jackson	11:24.69
Nancy Rollins	11:26.35
Mary Spera	12:38.5
A Coleman	12:56.3

M95-99	
Robin Villa	11:41.43
Debbie Bramlage	13:16.7
J Gulley	13:26.4
H Samuelson	14:40.6

M100-104	
Sandra Knott	11:41.86
V Mosbrucker	11:43.78
Mary Harada	12:36.6

M105-109	
L A Brobst	16:11.07

M110-114	
Cassie Bazar	15:01.4
B Lancaster	16:57.0

M65-69	
Queenie Thompson	16:34.97
Vadine Koenig	17:41.0

M75-79	
Pearl Mehl	17:27.51

1989-90 Indoor Season
High Jump Rankings
Compiled by Jerry Wojcik

M30-34	
1 Mark Williamson	2.03
2 R Alexander	1.93
3 J Crockett	1.88
J Peterson	1.88
Scott Evans	1.88
Jeff Watry	1.88
Scott Groom	1.88
8 Ken Ellis	1.83
J Lafferty	1.83
10 Nick Mitchell	1.78
11 P Vaneechance	1.68
12 Ed Baskaukas	1.65p
13 Roger Messenger	1.54
14 Dave Smith	1.52
15 Doug Haas	1.47

M35-39	
1 E Fern	1.88
2 Larry Gostrowski	1.83
— Knoedel	1.83
4 Rick Christoph	1.68
Dan Dohard	1.68
6 Andy Hecker	1.55
7 Mark Westphal	1.52
Rob Schaible	1.52
Angel Nieves	1.52
Bob Laurelli	1.52
Don Knapp	1.52
Ken Pazdernik	1.52
13 John Kirby	1.50p
14 R Standley	1.47
John Buckley	1.47
16 Phil McGav	1.37
Frank Shiro	1.37
17 D Potter	1.23

M40-44	
1 Tim Heikkila	1.88
2 Eric Howard	1.82
3 Johnie Meisner	1.77
Jim Sauers	1.77
5 Rufus Morris	1.70p
6 Dennis Olafson	1.68
Skip Lyon	1.68
Jim Johnson	1.68
9 Rex Harvey	1.65p
10 Stephen Straight	1.62
Mike Monahan	1.62
Mike Davis	1.62
Bill Schooler	1.62
14 Jorge Birnbaum	1.60p
15 Jeff Blatt	1.57
Will Coursey	1.57
Dennis Tessier	1.57
Bob Schaible	1.57
19 David Morgan	1.55
20 Dave Backbarth	1.52
Ron Salvio	1.52
Gordon Reiter	1.52
23 Allen Ray	1.42
Tim McGough	1.42
John Buckley	1.42
26 Frank Reilly	1.40p
Leroy Clippe	1.40p

M45-49	
1 Joe Johnston	1.70
2 Tom Thorne	1.62
Henry Hopkins	1.62
4 M DeJesus	1.57
Mike Ackerman	1.57
Paul Gonsie	1.57
7 James Brady	1.52
Mike Duch	1.52
R Rogers	1.52
10 Sam Pfenning	1.47
Dave Eidahl	1.47
Steve Rogers	1.47
13 Bill Busby	1.42
Dennis Leczinski	1.42
Jerry Sullivan	1.42
16 Charles Varnet	1.37
John Gambill	1.37
Palmer Sweet	1.37
19 Jim Quirk	1.32
20 Lyndon Johnson	1.27

M50-54	
1 Paul Dorsey	1.68
2 Tom Langenfeld	1.62
Dee DeWitt	1.62
Gerald Counihan	1.62
5 F Smith	1.60
6 Dick Hotchkiss	1.57
7 Hugh Adams	1.55p
8 Dale Lance	1.52
9 John Ewing	1.47
Bob Williams	1.47
M Lafferty	1.47
12 C Townsend	1.42
13 Phil Suretta	1.37
P Stopoulos	1.37
Grover Coats	1.37
Walter Shields	1.37
17 Ted Swanson	1.35
18 Joe Beckham	1.27
19 John Sloan	1.22

M55-59	
1 Rich Richardson	1.68
2 Milton Newton	1.67
3 Phil Mulkey	1.47
Bill Butterworth	1.47
Walt Hutchins	1.47
Doug McFetters	1.47
Jerry Stanners	1.47
8 Hank Perry	1.42
Jim Peterson	1.42
Jim Ware	1.42
11 Wood Grover	1.40p
12 Dave Douglass	1.35p
13 Tom Phillips	1.32
Bob Jones	1.32
Earl Mege	1.32
16 Loren Swanson	1.27
17 Bob Kemp	1.22
18 Ed Martin	1.21p
19 P Soraparee	1.17
20 M Peters	1.12
George Taylor	1.12

M60-64	
1 James Gillcrist	1.65
2 J C Brown	1.62
3 Gordon Seifert	1.52
4 Tom Delaney	1.47
E Hess	1.47
6 Bob Ackerman	1.37
Buck Bradberry	1.37
8 Carl Orndoff	1.32
9 Denver Smith	1.27
George Roubeshush	1.27
D Margetson	1.27
12 Al Brenda	1.25p
13 Emmett Edwards	1.22
Ed Holmes	1.22
15 Ted Emslin	1.20p
Jock Joooy	1.20p
17 George Roferer	1.17
Jack Doorlay	1.17
Chuck Olson	1.17
20 Richard Soller	1.14
Jack Greenwald	1.14
22 Ned Curran	1.02
Tony Vivieros	1.02

M65-69	
1 J Platis	1.42
Boo Morcom	1.42
Fred Hirsimaki	1.42
4 Mel Buchman	1.32
Ed Lukens	1.32
Walt Dahlin	1.32
7 Frank Bowles	1.29
8 Charles McFate	1.25p
9 Jim Johnson	1.22
Bill Carter	1.22
Bob Warwick	1.22

M70-74	
1 Ham Morningstar	1.35
2 Andy Jones	1.27
3 Web Ragland	1.24
4 Marcus Neuhot	1.22
Bob Warwick	1.22
6 A U Ricciardi	1.20p
7 Rich Bennett	1.17
8 Jim Vernon	1.12
Earl Cole	1.12

M75-79	
1 Ian Hume CAN	1.37
2 John Damski	1.20p
3 Claude Hills	1.17
George Braceland	1.17
5 Milo Lightfoot	1.14
6 Madeleo Blake	1.12
Bob Boal	1.12
8 Stan Thompson	1.0
9 Bob Detweiler	0.97

M80-84	
1 Arling Pitcher	1.00

M90-94	
1 Becky DeLass	1.35
2 Mary Ellen Malloy	1.27
3 P Brown	1.14

M95-99	
1 Sandy Padgett	1.00

M100-104	
1 Phil Raschker	1.47

M105-109	
1 Cathy Primer	1.12

M110-114	
1 Becky Sisley	1.17
2 Rachel Lyga	1.12
3 Madeline Best	1.06

M115-119	
1 Cristel Miller	1.25
2 Joan Dugan	1.09
3 Betty Vosburgh	1.07
Marj Moore	1.07

M120-124	
1 Shirley Kinsey	1.08

M125-129	
1 Joe Sullivan	0.92

M130-134	
1 Vivian Nelson	0.86

NOW AVAILABLE

1989 U.S. Masters Outdoor T&F Rankings Book

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

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USC TROJAN MASTERS TRACK MEET USC

TO BE HELD AT THE
UNIVERSITY OF SOUTHERN CALIFORNIA
LOS ANGELES, CALIFORNIA
SUNDAY JULY 15, 1990



TROJAN MASTERS



A TRACK MEET FOR MASTERS & SUB MASTERS

RUNNING EVENTS:

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

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

FIELD EVENTS:

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

ENTRY FEE: \$12 FIRST EVENT; \$3 EACH ADDITIONAL EVENT
* ADD \$3.00 FOR DAY OF MEET REGISTRATION.

*** TURNOUT IS EXPECTED TO BE HEAVY

CHECKS: PAYABLE TO "TROJAN MASTERS" >-----SEND TO----->

PHONE: FOR ADDITIONAL INFO (213) 666-4964

TROJAN MASTERS
BOB STROBEL # 3
2017 VESTAL AVE
L.A. CA. 90026

Official Entry Form

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

Address: _____ Number _____ Street _____ City _____ State _____ Zip _____

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

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

Event	P.R.	Event	P.R.

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

Signature _____

Date _____

TRACK & FIELD RESULTS

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

SOUTHEAST

Southeastern Meet Raleigh, NC May 4-6

100m	
M30 Wm Montague	11.17
M35 Ed Anthony	12.24
M40 John Stiehl	12.65
M45 Thad Bell	11.53
M50 Al Williams	12.43
M55 Paul Williams	12.21
M60 Tom Delaney	13.47
M65 Rudy Valentine	13.84
M70 Ed Matthews	14.33
M75 Gil Gonzalez	15.66
W30 Catherine Suggs	11.75
W45 Gean Hemming	14.31
W50 Essie Kea	17.70
W55 Betty Vosburgh	15.69
W60 Leonore McDaniels	16.85
W65 Jos Sullivan	17.50

200m	
M30 Bob Stanley	24.36
M35 Ed Anthony	24.76
M40 Jordan Simmons	24.20
M45 Wilfredo Rivera	25.38
M50 Al Williams	24.10
M55 Cliff Pauling	25.84
M60 Chuck Sochor	28.15
M65 Rudy Valentine	28.71
M70 Ed Matthews	30.69
M75 Milt Williams	33.55
W30 Catherine Suggs	30.39
W40 Skipper Clark	29.01
W45 Barbara Latta	53.81
W50 Jeannie Ward	43.36
W55 Betty Vosburgh	32.82
W60 Leonore McDaniels	36.26
W65 Jos Sullivan	38.88

400m	
M30 Bob Stanley	51.54
M35 David Allen	55.54
M40 Jordan Simmons	56.02
M45 Melvin Fields	53.19
M50 Larry Colbert	63.83
M60 Chuck Sochor	66.32
M65 Archie Messenger	67.31
M70 Ed Matthews	73.31
M75 Milt Lightfoot	82.43
W45 Barbara Latta	1:48.32
W50 Jeannie Ward	91.76
W55 Betty Vosburgh	74.01
W70 Louise Martin	1:53:06

800m	
M30 Bernard Grant	2:12.33
M35 Jack Todd	2:09.87
M40 John Tucker	2:03.95
M45 Dan Boyer	2:10.13
M55 Cliff Pauling	2:17.23
M60 Chuck Sochor	2:38.50
M65 Archie Messenger	2:33.67
M70 Max Quackenbos	3:07.62
M75 Chen Ling Wong	3:39.51
W30 Catherine Good	2:33.50
W45 Ann Carter	3:25.69
W50 Peggy Bliss	3:55.96
W70 Louise Martin	4:18.06

1500m	
M30 Mike McCollum	4:49.49
M35 Jack Todd	4:23.77
M40 Clyde Goode	4:19.03
M45 Thomas Hare	4:23.00
M50 Finis Cavendar	5:31.10
M55 Cliff Pauling	4:46.09
M60 Dick Benson	5:34.48
M65 Archie Messenger	5:28.00
M70 Don Johnson	6:14.37
M75 Chen Ling Wong	7:45.55
W30 Katherin Good	5:17.91
W45 Anna Moore	5:47.49
W70 Louise Martin	8:27.22

3000m	
M30 Jeff Moody	9:49.20
M35 Bob Peterson	10:43.23
M40 Gerald Kernick	11:09.25
M50 Chas Desjardins	11:42.91
M55 Ed Harris	10:24.92
M60 Seth Warner	12:19.62
M65 Newlie Hewson	12:50.60
M70 Alvin Gutttag	18:35.20
M75 Chen Ling Wong	16:55.71
M80 Ed Benham	13:52.63
W45 Anna Moore	11:52.16

5000m	
M35 Bob Peterson	18:27.2
M45 Maurice Choquette	18:21.1
M50 Walt Esser	19:48.9
M55 Jack Nyhan	22:43.1
M60 Dick Benson	19:48.2
M65 Newlie Hewson	22:02.5
M70 Max Quackenbos	22:02
M75 Chen Ling Wong	28:39.4
M80 Ed Benham	23:26.7
W45 Anna Moore	21:17.5
W50 Jean Ward	27:11.1
W70 Louise Martin	30:40.3

10,000m	
M35 Bob Peterson	38:56
M40 Dan Jayroe	35:45
M45 Jack Bachelor	33:55
M50 Walt Esser	41:17
M55 E P Harris	39:07
M60 Dick Benson	42:11
M65 Harold Stevens	53:00
M70 Alvin Gutttag	64:26
M75 Clayton Briesford	55:40
M80 Ed Benham	49:39
W40 Janice Jayroe	45:35

High Jump	
M30 Alan Haley	1.55
M35 Jim Anthony	1.68
M40 John Hall	1.59
M45 George Cliette	1.45
M50 Tom Delaney	1.40
M60 Glenn Yoder	1.40
M65 Fred Hirsimaki	1.35
M70 Francisco Colon	1.15
M75 Ian Hume	1.31
W45 Gean Hemming	1.25
W50 Essie Kea	1.20
W55 Betty Vosburgh	1.15
W60 Leonore McDaniels	1.16

Pole Vault	
M60 Bob Ackerman	8-0
M65 Fred Hirsimaki	7-6
M75 Ian Hume	7-0

Long Jump	
M30 Richard Virgil	4.82
M35 Jim Anthony	5.43
M40 Joel Liles	5.60
M45 George Giotte	4.55
M50 Bob O'Brien	4.99
M55 Paul Williams	5.00
M60 Buck Bradberry	4.90
M65 Ed Lukens	4.66
M70 Ed Matthews	4.15
M75 Ian Hume	3.91
W45 Gean Hemming	2.95
W55 Betty Vosburgh	3.60
W60 Leonore McDaniels	*3.62
W65 Jos Sullivan	*3.31

Triple Jump	
M30 Billy Hogans	39-3 1/2
M35 D Purinton	35-3 1/2
M40 Jim Murphy	36-6 1/2
M50 Nat Carter	37-1
M55 David Martin	32-1 1/2
M60 Bob Ackerman	31-9 1/2
M65 Ed Lukens	33-6
M70 Ed Matthews	25-9 1/2
M75 Ian Hume	29-2
W45 Ann Carter	24-11
W65 Jos Sullivan	*20-10 1/2

Shot Put	
M30 Darwin Bull	12.30
M35 Jim Anthony	11.93
M40 Craig Shumaker	13.46
M45 Thomas Cesar	10.92
M50 Jay Edwards	12.21
M55 Wm Duckworth	13.02
M60 Cliff Sampson	10.92
M65 Don Reid	11.45
M70 Ian Hume	9.86
M75 Elmer Shaw	10.87
M80 Gordon Powell	6.36
M85 Albert White	3.35
W45 Laurie Rothrock	7.59
W55 Ann Cirulnick	9.17
W60 Bernice Holland	9.29
W70 Betty Jarvis	5.69

Discus	
M30 Billy Hogans	40.60
M35 Darwin Bull	39.86
M40 Bob Green	36.98
M45 Mike Valle	32.88
M50 Phil Scudieri	38.72
M55 Leonard Olson	39.74
M60 Cliff Sampson	38.76
M65 Don Reid	34.64
M70 Elmer Shaw	31.90
M75 Ian Hume	29.60
M80 Elmer Powell	20.34
M85 Albert White	7.38
W40 Skipper Clark	19.56
W45 Laurie Rothrock	19.38
W50 Joan Youngs	19.58
W55 Ann Cirulnick	19.06
W60 Bernice Holland	25.64
W70 Betty Jarvis	16.36

Hammer	
M30 Beasley Hendric	29.18
M35 Jim Anthony	26.10
M55 C Fraundorfer	34.58
M60 Herb Cantor	29.48
M65 Don Reid	35.26
M70 Elmer Shaw	42.42
M75 Nolan Fowler	32.72
M80 Gordon Powell	17.82
M85 Albert White	10.68
W40 Skipper Clark	8.20
W45 Brenda Bloomfield	*30.04
W60 Jimmie Reid	14.28

Javelin	
M30 Darwin Bull	52.36
M35 Jim Anthony	52.90
M40 Glenn Weaver	---
M45 Mike Vallen	34.46
M50 Walt Lancaster	32.70
M55 Wm Duckworth	53.60
M60 Bob Ackerman	41.90
M65 Ed Lukens	32.88
M70 Gordon Nordgren	36.02
M75 Ian Hume	29.98
M80 Gordon Powell	13.60
M85 Albert White	7.44

Weight Throw	
M60 Cliff Sampson	12.91
M65 Joe Black	9.46
M70 Elmer Shaw	9.64
M75 Nolan Fowler	11.05
M80 Gordon Powell	6.56
M85 Albert White	3.34
W40 Skipper Clark	7.22
W45 Brenda Bloomfield	7.77

Heavy Weight Toss	
M60 Cliff Sampson	5.25
M65 Joe Black	4.28

Jacksonville TC Meet Jacksonville, FL May 12

100m	
M30 Rodney Atherton	11.5
Bruce Vaughan	12.0
Michael Leachman	12.4
John Roberts	12.8
M40 Chuck Petruska	15.3
M45 Tyrone Carlis	11.6
Dave Dreifuerst	13.0
Julian Rainwater	13.2
M50 Ervin Mitchell	12.5
Rod Hendley	15.1
Chas Desrosier	15.3
M55 Akbar Mumim	12.7
Ted Sjogren	13.9
Bob Medley	15.3
Jim Kelley	15.7
M60 Ray Armstrong	13.7
M65 Chas McGarvey	16.1
M70 Don Hull	16.3
W55 Betty Sjogren	18.4

200m	
M30 Rod Atherton	23.9
Bruce Vaughan	24.9
Mike Leachman	26.1
Scott Adams	27.6
M35 Greg Hunter	25.7
Kim Anderson	26.4
Thad Bell	23.1
Tyrone Carlis	23.6
Dave Dreifuerst	26.8
M50 Ervin Mitchell	25.5
M55 Akbar Mumim	26.3
Ted Sjogren	28.6
Bob Medley	34.8
M60 Ray Armstrong	29.3
W55 Betty Sjogren	40.1

400m	
M30 Scott Adams	59.3
M35 Greg Hunter	55.5
Kim Anderson	62.2
M40 Frank Bonaccorso	59.4
M55 Ted Sjogren	64.9
M60 Ray Armstrong	67.4
800m	
M30 Tony Barlow	2:01.7
Bret Dattke	2:24
M35 Greg Hunter	2:19
Leo Dugger	2:28
Don Queen	2:34
M40 Ian Dickson	2:03
M45 Jim Steele	2:26
M55 Ted Sjogren	3:08

Mile	
M30 Tony Barlow	4:39
George Burns	4:47
Tim Goedde	4:49
M35 Greg Hunter	4:41
Leo Dugger	5:17
Randy Barnett	5:17
M40 Ian Dickson	4:33
Doug Alfred	4:51
Frank Bonaccorso	5:00
M45 Jim Steele	5:15
Paul Furman	5:48
M50 Chas Desrosier	5:47

5000m	
M30 Rob Nicholls	16:09
Jim Dugger	16:36
Tony Barlow	17:05
Bret Dattke	17:06
M35 Leo Dugger	18:37
W30 Patty Zollars	20:30
110mH 39"	
M30 Rodney Atherton	15.9
John Roberts	16.3
110mH 36"	
M45 Julian Rainwater	19.6

100mH 33"	
M55 Ted Sjogren	20.4
Bob Medley	21.3
High Jump	
M55 Bob Medley	4-0
Ted Sjogren	3-10
M70 Don Hull	3-8
M75 Ernest Dennison	3-2
W30 Linda Atherton	3-10

Pole Vault	
M30 Ken Taylor	13-0
M45 Julian Rainwater	9-6
Dave Dreifuerst	9-0
M70 Don Hull	5-6
M75 Ernest Dennison	4-0
Charles Hirshey	3-6
Long Jump	
M30 Rodney Atherton	18-6 1/2
John Roberts	16-8
Mike Leachman	16-6 1/2
M35 Mike Damewood	17-1 1/2
M45 Julian Rainwater	16-1 1/2
Tyrone Carlis	16-8
M55 Ted Sjogren	12-8 1/2
Bob Medley	13-3
M65 Chas McGarvey	10-6 1/2
M70 Don Hull	11-3
M75 Ernest Dennison	7-4
Chas Hirshey	6-11
W30 Sandra Brubaker	10-2 1/2

Triple Jump	
M65 Chas McGarvey	23-2
M70 Don Hull	21-7 1/2
M75 Chas Hirshey	14-5
Shot Put M50/55 12#; others 8#	
M40 John Harper	40-1
M50 Ervin Mitchell	34-2 1/2
Bob Medley	26-4 1/2
M55 Phil Brady	42-0
D Gonzalez	41-8
M65 Harold Pinther	31-8 3/4
Chas McGarvey	31-4
M70 Don Hull	30-5 1/2
M75 E Dennison	33-2
Charles Hirshey	27-7
W30 Sandra Brubaker	19-6 1/2
W55 Betty Sjogren	13-3
W60 Evelyn Pinther	15-2 1/2

Discus	
M30 Ken Weddington	150-4
Rodney Atherton	127-5
Bruce Vaughan	112-4
M35 Mike Damewood	90-5
M40 John Harper	134-1
M50 Ed Fass	132-11
Ervin Mitchell	106-6
M55 D Gonzalez	156-8
Phil Brady	140-0
Ted Sjogren	62-6
M65 Harold Pinther	93-8
Chas McGarvey	66-3
M70 Don Hull	81-6
M75 Ernest Dennison	85-6
Chas Hirshey	67-4
W30 Sandra Brubaker	77-8

Javelin	
M35 Mike Damewood	182-3
M55 Ted Sjogren	97-2
M65 Chas McGarvey	97-6
Harold Pinther	79-7
M70 Don Hull	88-2
M75 Ernest Dennison	66-10
Chas Hirshey	55-4
W30 Sandra Brubaker	65-7
W60 Evelyn Pinther	28-4

Florida Athletic Congress Masters Championships Orlando, May 19	
100m	
M35 Manuel Peratta	11.1
Ken Paulson	11.8
M40 Cleveland Smith	11.0
Kent Dickinson	11.9
Jon Davis	12.2
M45 William Patrick	12.4
Dave Dreifuerst	12.9
M50 N Delaneville	13.0
Joe Deluca	15.2
M60 Ray Armstrong	15.3
M70 Jay Sponseller	14.8
Don Hull	25.1

M75 Gilberto Gonzales	14.5
W40 Carol Rhodes	15.2
W45 Joy McDonald	14.5
200m	
M30 Mark Casey	24.1
M40 Cleveland Smith	23.4
Kent Dickinson	25.3
M45 Tyrone Corlis	23.9
William Patrick	25.6
M50 N Delaneville	28.1
M55 Mike Burr	29.8
M60 Ray Armstrong	28.5
M70 Jay Sponseller	31.2
M75 Gil Gonzales	36.2
W45 Joy McDonald	29.9

400m	
M30 M Casey	55.1
M35 Manuel Peratta	53.1
M40 Lindsey Bodden	57.3
M45 J C Shenk	57.6
M50 Sandor Rendiczky	63.6
M55 Ted Sjogren	62.5
Mike Burr	66.9
M60 R Armstrong	72.6
M70 Jay Sponseller	73.5
M75 Gil Gonzales	1:45.7

800m	
M30 Kent Burno	1:57.7
Steve Gallagher	1:58.1
M35 Steve Christlieb	2:22.1
M40 Harry Hoston	2:08.5
Lindsey Bodden	2:12.8
M45 J C Shenk	2:18.7
Harold Burns	2:19.4

1500m	
M30 Kent Burns	4:18.0
Joe Whitehead	4:52.7
M45 Harold Burns	4:56.6
M50 S Rendiczky	4:42.2
Ron Hill	5:30.2
W45 Jewel Shenk	8:15.2
5000m	
M35 Dale Leach	17:01.4
Manny Camunas	22:03.8
M45 Hector Rodriguez	17:10.9
Bill White	19:24.8
M50 S Rendiczky	17:31.8

Continued from previous page

800m		
AGW Casey Jones	PL 89.5h	
Open		
Richard Govins	Al 2:05.6	
Marc Skeete	Ga 2:10.1	
M30		
Harry Jones	Al 2:02.9	
M35		
Norman Dodson	Tn 2:07.2	
John Brasell	Ga 2:13.3	
M40		
Greg Martin	Ga 2:11.6	
David Micale	Al 2:12.7	
Gerald Kernick	NC 2:14.1	
M45		
Marshall Nason	Ga 2:14.7	
Sam Hamilton	Al 2:44.4	
M55		
Casey Jones	Ga 2:22.3	
M60		
Ralph Taylor	Al 2:50.2	
F30		
Jennifer Kyle	Al 2:32.7	
F40		
Jean Pitchford	Al 2:49.8	
Vivan Hammond	Al 2:57.9	
F45		
Ann Carter	SC 3:26.8	

1500m		
AGW Guy Giles	PL 96.5h	
Open		
Paul Anderton	Al 4:13.3	
Richard Govins	Al 4:13.5	
Pat McQuaid	Al 4:38.0	
Daniel Bond	Al 4:53.5	
M30		
James Finney	Al 4:21.0	
David Aarons	Al 4:29.1	
Jim Dugger	Ga 4:41.2	
M35		
Guy Giles	Tn 4:16.1	
Norman Dodson	Tn 4:25.4	
M40		
David Micale	Al 4:32.6	
Gerald Kernick	NC 4:43.7	
M45		
Marshall Nason	Ga 4:35.9	
F30		
Sherrille Bowers	Tn 5:03.4	
Laurie Weiss	Al 6:20.5	
F40		
Vivan Hammond	Al 6:19.9	

5000m		
AGW Carl Howard	PL 80.1h	
Open		
Richard Govins	Al 17:13	
John Camp	Al 18:07	
Kyle Putman	Al 18:10	
Daniel Bond	Al 18:42	
M30		
Jim Dugger	Ga 16:55	
Leonard Cutchen	Al 17:25	
Jim Floyd	Al 19:19	
M35		
James Grotting	Al 24:10	
M40		
Carl Howard	Al 17:29	
David Micale	Al 17:58	
Wonnale Beard	Al 18:18	
Chas Thompson	Al 18:57	
Jim Pitchford	Al 20:25	
M45		
Sam Hamilton	Al 21:34	
M50		
John Ayers	Al 18:56	
F Open		
Cheryl Boessow	Al 19:53	
Susan Whitley	Al 20:08	
F40		
Jean Pitchford	Al 21:59	
Ann Grotting	Al 25:45	

40-100-110m Hurdles		
AGW Buck Bradberry	PL 94.2h	
M35 110m (39")		
Richard Finnie	Tn 15.92	
Lamar Beckom	Ga 16.39	
M50 100m (36")		
David Ellis	Tn 16.56	
M60 100m (33")		
Buck Bradberry	Al 16.45	
F40 80m (30")		
Phil Raschker	Ga 12.19	
F45		
Ann Carter		

400 m Hurdles (36")		
AGW Tom Brewer	PL 87.3h	
Open		
Richard Govins	Al 62.81	
M40		
Tom Brewer (44)	Ga 61.34	

High Jump		
AGW Gordon Seifert	PL 89.6h	
Open		
Steve Cotcher	Al 4'08"	
M35		
David Mosley	Al 5'06"	
Russ Baker	Ga 4'10"	
M40		
James Savers	Ga 6'00"	
Jim Accardi	Al 4'10"	
M45		
C. Alexander	Al 4'06"	
M50		
Sammy White	Ga 5'02"	
M55		
Phil Mulkey	Ga 4'08"	
M60		
Gordon Seifert	Al 5'01"	
Buck Bradberry	Al 4'07"	
M75		
Milton Williams	SC 3'08"	
G. Gonzalez	PR 3'04"	
F40		
Phil Raschker	Ga 4'10"	
Vivan Hammond	Al 3'08"	
F55		
Betty Vosburgh	Ga 3'08"	

Pole Vault		
AGW Phil Raschker	PL 88.7h	
M55		
Jim Baggett	Ga 10'01"	
M60		
Buck Bradberry	Al 8'11"	
M75		
Gilberto Gonzalez	PR 6'00"	

F40		
Phil Raschker	Ga 8'08"	

Long Jump		
AGW Sammy White	PL 78.7h	
M30		
Marion Brown	Al 20'34"	
Bob Fleming	Al 17'10"	
M35		
Russ Baker	Ga 19'00"	
David Mosley	Al 18'84"	
Paul Frederick	Al 16'74"	
M40		
Tom Brewer	Ga 19'05"	
James Savers	Al 16'04"	
M50		
Sammy White	Ga 17'34"	
M55		
Phil Mulkey	Ga 13'54"	
M60		
Buck Bradberry	Al 16'94"	
M75		
G. Gonzalez	PR 11'10"	
F Open		
Ava Rodenhausen	Al 10'06"	
F40		
Phil Raschker	17'9 3/4"	
F45		
Ann Carter	SC 11'3 3/4"	
F55		
Betty Vosburgh	Ga 12'44"	

Triple Jump		
AGW David Mosley	PL 72.9h	
M35		
David Mosley	Al 40'04"	
Larry Isler	Va 34'44"	
M40		
Tim Callahan	Al 29'64"	
M45		
C. Alexander	Al 31'10"	
M55		
Phil Mulkey	Ga 27'34"	
M60		
Buck Bradberry	Al 33'14"	
F40		
Phil Raschker	Ga 34'84"	
F45		
Ann Carter	SC 23'11"	

Shot		
AGW Phil Mulkey	PL 76.1h	
Open		
Tom Peaspanen	Al 40.03"	
Bill Kerr	Al 30'74"	
Troy Hupp	29 54"	
M30		
Craig Gilliam	Al 47'11"	
M35		
Russ Baker	Ga 37'10"	
Paul Frederick	Al 28'08"	
M40		
Jim Accardi	Al 41'07"	
James Savers	Ga 36'03"	
M45		
Larry Boots	Al 31'01"	
Nance Cooper	Ga 28'04"	
M50		
Carl Klehm	Al 40.01"	
Louis Vodopya	Tn 31'05"	
M55		
Bill Duckworth	Ga 43'84"	
Phil Mulkey	Ga 40'08"	
M60		
Buck Bradberry	Al 33'44"	
M75		
Gilberto Gonzalez	PR 28'07"	
F Open		
Sherie Boots	Al 24'09"	
F40		
Cathy McCain	Al 21'01"	

Discus		
AGW Gilberto Gonzalez	PL 63.3h	
Open		
Bill Kerr	Al 32.32m	
Tom Peaspanen	Al 31.75	
Todd Smith	Al 24.09	
M30		
Rhett Barbaree	Al 29.97	
Don Adkins	Al 23.72	
M35		
Russ Baker	Ga 37.91	
Paul Frederick	Al 32.35	
John Glass	Al 24.40	
M40		
Jim Accardi	Al 34.41	
William Garvin	Al 29.49	
James Savers	Ga 25.30	
M45		
Larry Boots	Al 29.38	
M50		
Carl Klehm	Al 34.51	
Isaac Latimore	Ga 29.50	
Louis Vodopya	Tn 27.91	
Dave Ellis	Tn 22.15	
M55		
Phil Mulkey	Ga 33.06	
Bill Duckworth	Ga 30.55	

Javelin		
AGW Bill Duckworth	PL 91.7h	
Open		
Jason Daggett	Al 131'14"	
M30		
Don Adkins	Al 129'02"	
M35		
Russ Baker	Ga 186'04"	
Jack Wilson	Al 94'01"	
M40		
Jeff Stevens	Ga 131'04"	
M45		
Larry Boots	Al 131'01"	
M50		
Isaac Latimore	Ga 90'34"	
Louis Vodopya	Tn 89'02"	
Carl Klehm	Al 74'03"	
M55		
Bill Duckworth	Ga 176'64"	
Phil Mulkey	Ga 40'44"	

M60		
Buck Bradberry	Al 112'04"	
M75		
Gilberto Gonzalez	PR 68'02"	
F Open		
Sherie Boots	Al 38'01"	

4 X 100 Relay		
M30-39		
Memphis	46.04	
Reunion Striders	46.33	
M40-49		
ATC #1	46.80	
ATC #2	59.45	
F30-39		
BTC	69.56	
F40-49		
BTC	64.78	
4 X 400		
Reunion Striders	4:04.53	

Tennessee Sportfest;		
Knoxville, TN		
June 2		

100 METERS

M30	S. KING	12.1
	E. HILL	12.2
	R. GRANDBERRY	12.9
M35	C. RANDOPH	11.8
	S. ANDERSON	12.2
	T. WEATHERBEE	13.1
M40	P. GUETTNER	13.6
	S. SUTTON	14.4
M45	F. GALBRAITH	12.9
M55	T. VICKOR	14.6

200 METERS

M35	C. RANDOPH	24.0
	E. MAYFIELD	24.3
	D. BESHEARS	25.5
	T. WEATHERBEE	27.3
M40	S. SUTTON	30.4
M45	F. GALBRAITH	26.5
	P. GUETTNER	29.7
	R. BENNETT	30.9
M50	M. CHENEY	27.9
	D. ANDERSON	53.7
M55	T. VICKOR	30.0

400 METERS

M30	S. PRINCE	59.1
M35	D. MARCUS	56.0
M50	M. CHENEY	62.3

800 METERS

M30	S. KING	1:59.9
	S. PRINCE	2:16.7
	C. VARGA	2:20.5
M45	M. CHOQUETTE	2:34.5

1500 METERS

M30	C. VARGA	4:37.6
	S. ROBERTS	4:48.9
M45	C. CULBERTSON	4:40.5
	M. CHOQUETTE	5:13.8
M50	D. ANDERSON	8:43.6

5000 METERS

M30	M. DINGUS	18:59.0
	R. SHULTZ	23:16.6
M45	B. ORR	18:06.9
	A. MORGAN	18:17.9

110 HURDLES

M35	A. RODD	16.3
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400 HURDLES

M40	P. GARRON	67.3
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SHOT

M35	D. BESHEARS	34-0
M50	P. MURPHY	36-8
M60	R. MARIOTT	26-4

DISCUS

M30	E. HILL	94-8
M35	D. BESHEARS	114-11
M40	T. WILKINSON	87-2
M45	F. GALBRAITH	105-11
M50	P. MURPHY	82-9
M60	R. MARIOTT	104-3

JAVELIN

M35	A. RODD	173-3
	D. TOROK	159-1
M40	T. WILKINSON	116-3
M50	P. MURPHY	83-0
M60	R. MARIOTT	104-3

LONG JUMP

M30	E. HILL	20-4
M35	T. WEATHERBEE	18-2

TRIPLE JUMP

M30	R. SHULTZ	26-0
M35	T. WEATHERBEE	36-0

HIGH JUMP

M30	E. HILL	5-8
M35	D. BESHEARS	5-4
M45	F. GALBRAITH	5-2
M50	P. MURPHY	4-4

MID AMERICA

Ponca City Classic
Red Rock, OK
May 19

100m		
M30	Thompson	11.18
M40	Morris	12.31
M50	Gary Oliphant	11.91
M60	Jerry Reiserer	18.54
M70	Johnson	15.39
M80+	Bennett	18.41
M30	Hill	13.44
200m		
M30	Thompson	23.10
M40	Morris	25.08
M50	Gary Oliphant	24.07
M60	Jerry Reiserer	29.52
M70	Johnson	nta
M80+	Bennett	39.54
M30	Hill	30.74

M30	— Thompson	23.10
M40	— Morris	25.08
M50	Gary Oliphant	24.07
M60	Jerry Reiserer	29.51
M70	— Johnson	nta
M80	— Bennett	39.54
W30	— Hill	30.74

Continued from previous page

Javelin	
M35 Jeff Baty	145-6
Rich Watson	141-4
M40 Jim Rose	117-4
M55 Jerry Lyons	94-2
M65 Harold Rogers	88-7

Dallas Parks Senior Games
Dallas, TX
May 12

50M	
M50 T. Deatheridge	6.50
Wayne Bennett	6.55
M55 Richard Chapman	6.45
Bill Simpkins	7.31
W. Schockley	8.53
M60 Bill Purdue	7.33
Win Talley	7.39
Craig Tyler	9.26
M65 Tim Murphy	6.89
J.D. Gresham	7.79
Irving Zelfas	8.00
Ray Womack	8.04
Doc Bennett	9.38
M70 J. Snodgeroth	8.96
M75+George Gabriel	14.10
M60 Della Haynes	11.17
M75+Mary Parsons	11.17

100M	
M50 T. Deatheridge	NT
Wayne Bennett	NT
M55 R. Chapman	NT
B. Simpkins	NT
M60 Win Talley	NT
M65 Tim Murphy	13.57
Ray Womack	14.13
J.D. Gresham	15.27
Irving Zelfas	15.41
M70 J. Snodgeroth	17.52
M75+George Gabriel	22.35
M60 Della Haynes	22.74
M75+Mary Parsons	22.59

200M	
M50 T. Deatheridge	25.69
Wayne Bennett	26.12
M55 B. Simpkins	28.89
R. Chapman	32.02
M60 Win Talley	30.39
M65 Tim Murphy	NT
J.D. Gresham	NT
Doc Bennett	NT
M74 J. Sonderoth	40.64

400M	
M50 Wayne Bennett	1:00.54
M70 John Alexander	1:08.74
M75+Mary Parsons	2:00.87

800M	
M55 John Stayton	3:18.17
M65 Park Bingham	3:27.10

1500M	
M55 John Stayton	5:57.04
M65 Park Bingham	6:52.83
M70 John Alexander	6:26.98

110M Hurdles	
M60 Bill Purdue	19.45
M65 Ray Womack	19.87

High Jump	
M50 Wayne Bennett	4'6"
Ken Freeman	4'3-1/2"
G. Jagerman	4'3"
M60 Bill Purdue	4'4"
W.V. Shockley	4'0"
M65 Ray Womack	4'0"
Doc Bennett	3'9"
M70 William Sampson	3'6"

Pole Vault	
M50 G. Jagerman	9'0"
M65 Park Bingham	7'0"
M70 John Alexander	6'3"
W. Sampson	5'

Standing Long Jump	
M50 Wayne Bennett	7'4-1/2"
M55 R. Chapman	7'10"
W. Schockley	7'7"
Bo Owens	6'10-3/4"
L. Knight	5'10"
M60 C. Tyler	5'10-1/2"
M65 Tim Murphy	7'1"
Doc Bennett	6'11"
M70 John Alexander	7-8"
W. Sampson	6'4"
M65 Ruth Miller	4'2"
M75+Mary Parsons	3'9"

Long Jump	
M50 G. Jagerman	14'2-1/2"
Ken Freeman	13'4"
M55 R. Chapman	15'7"
W. Schockley	11'8"
M60 C. Tyler	9'8-1/2"
M65 Doc Bennett	9'7"
M70 John Alexander	16-2-1/4"
M75+G. Gabriel	8'3"
M75+Mary Parsons	5'2"

Triple Jump	
M65 Park Bingham	24'3-1/2"
Doc Bennett	20'8-1/4"
M75+G. Gabriel	15'10"

Shot Put	
M50 Bob Beck	41'9-3/4"
L. Price	41'7"
K. Freeman	37'5-1/2"
G. Jagerman	31'5-1/2"
B. Coberly	28'4"
M55 Jack Ericson	44'3-1/2"
Larry Knight	32'3"
Bo Owens	31'10-1/2"
M60 J.V. Smith	33'1-1/2"
G. Tyler	28'11"
M65 Ray Womack	35'1"
J.D. Gresham	34'10-1/2"
Doc Bennett	33'0"
M65 Ruth Miller	15'3"

Discus	
M50 Larry Price	132'10"
Bob Beck	112'4"
G. Jagerman	94'4"
Ken Freeman	86'6"
M55 Jack Ericson	106'2"
Larry Knight	81'3"
Bo Owens	63'3"
M60 J.D. Smith	100'2"
Craig Tyler	99'3"
M65 J.D. Gresham	105'10"
Doc Bennett	82'11"
M70 John Alexander	118'7"
M65 Ruth Miller	34'0"

Javelin	
M50 G. Jagerman	91'1"
Bob Beck	89'4"
M55 Larry Knight	94'6"
W. Schockley	82'4"
B. Owens	68'9"
M60 J.V. Smith	92'0"
C. Tyler	83'9"
M65 Doc Bennett	70'10"
M70 John Alexander	89'0"
M65 R. Miller	29'3"

Louisiana Lightning Masters
Meet, New Orleans LA
May 26

55M	
M30 Pam King	7.5
M30 Lance Madison	6.5
M35 Tom Thompson	6.6
F. Matiste Spiller	7.0
Leon Alena, Jr	7.0
M40 Robert Mitchell	6.5
Ben Galloway	6.9
Morris Bates	7.0
M45 Lee Smith	6.6
Tony Mathias	7.0
Charles Dockery	7.3
M50 Roy Turner	7.0
Emil Pawlik	7.1
Jim Fonaris	7.8
M55 Jerry Lyons	8.0
Clayton Barre	8.2
Sid Montecino	8.4
M60 Al Badinger	7.9
Eugene Reyes	8.5
Steven Voelker	9.0
M65 Tim Murphy	7.8

100m	
M30 Pam King	13.3
M30 G. Agnew	11.2
J. Perry	11.2
L. Madison	11.3
M35 Tom Thompson	11.3
Steve Foster	11.6
Burnett Thompson	11.8
M40 Robert Mitchell	11.3
Ben Galloway	11.8
Doug Spencer	12.1
M45 Lee Smith	11.3
John Hartfield	11.4
Tony Mathias	11.9
M50 Roy Turner	12.1
Emil Pawlik	12.3
N. Delaneville	13.2
M55 Jerry Lyons	14.3
Sid Montecino	14.7
M60 A. Badinger	14.0
M65 Tim Murphy	13.5
M75 Bill Domingues	17.1

200m	
M30 Pam King	30.1
M30 G. Agnew	23.1
Lance Madison	23.3
R. Niles	23.5
M35 Tom Thompson	22.9
Bill Smith	22.9
Dortie Moore	24.1

400m	
M40 Robert Mitchell	22.9
Doug Spencer	24.6
James Vicks	24.9
M45 Lee Smith	23.6
Tony Mathias	25.6
Alonzo Jones	25.9
Ed Roy Turner	24.4
Emil Pawlik	26.5
N. Delaneville	27.9
M55 Sid Montecino	31.6
M65 Tim Murphy	28.6
Fred Fauchaux	34.6
M75 Bill Domingues	36.9

800m	
M60 Betty McNeeley	3:53.1
M65 Mary Norckauer	3:50.6
M30 J. Dundas	2:04.0
Al Pendleton	2:12.3
M35 Stan Hockerson	2:06.4
Fred Steigert	2:07.7
Ed Wheeler	2:18.6
M40 Greg Owings	2:11.2
M45 L. Williams	2:31.6
M50 Gholam Peyman	2:51.0
M55 Charley Wimberly	2:20.6
Gabe Abene	3:07.3
M60 Dudley Gautreaux	3:04.8
M70 N. Asprodites	3:30.7

1500m	
M35 Janet Guilbeau	6:28.6
M60 Betty McNeeley	7:25.1
M65 Mary Norckauer	7:16.6
M30 Jeff Dundas	4:11.4
Al Pendleton	4:36.9
Carl Jeansonne	4:15.8
Fred Steigert	4:16.4
M40 Greg Owings	4:25.3
J. Roger Brown	4:47.5
Hilton Steen	5:10.0
M50 Gholam Peyman	5:17.3
M55 Gabe Abene	6:02.9
Ray Cadaro	6:20.3
M60 Dudley Gautreaux	6:02.0
M70 N. Asprodites	6:31.8

5000m	
M70 N. Asprodites	23:41.0

100m Hurdles	
M40 Russell Mitchell	18.8
Frank Reid	23.1
M50 Charley Miller	14.9
Emil Pawlik	15.0
N. Delaneville	17.1
M55 Jerry Lyons	19.4

400m Hurdles	
M35 Steve Kennedy	1:10.4
M40 Frank Reid	1:19.1

4x100m Relay	
M30 Houston	42.8
Beaumont	45.7
Sun Lovers	48.4

1600m Race Walk	
M65 Mary Norckauer	11:10.4
M70 Imogene Watkins	10:56.9
M40 Oliver Daley	9:41.1

High Jump	
M65 Harold Rogers	3-7
M50 Emil Pawlik	5-4
Hans Reide	4-0
M45 John Hartfield	5-10
M40 James Gray	5-0
M35 Rich Watson	5-3
Ed Wheeler	4-10
Pole Vault	
M40 Bob Manard	11-0
Jim Rose	10-0
M35 Thomas Wilson	13-0
Augie Bourgeois	11-6
Rich Watson	10-6

Long Jump	
M30 Pam King	15-0
M65 Mary Norckauer	9-11
M30 Glyn Agnew	22-3
M35 Warren Wood	18-4
Rich Watson	16-5
Jeff Baty	16-4
M40 Robert Baker	17-4
Al Diggs	17-3
Bob Manard	14-3
M45 John Hartfield	21-2.5
M50 N. Delaneville	14-11
M55 Jerry Lyon	12-10
M60 Al Badinger	14-6
Ed Bright	9-11

Shot Put	
M65 Mary Norckauer	18-7.5
M45 Magdalena Reide	21-3
M40 Lurline Struppeck	31-11.75
M80 Frank Campbell	124-2
M65 Harold Rogers	34-11.25
Norman Hedrick	34-3.5
Robert Dew	22-3
M50 Jim Steitle	45-11
Kent Johnson	33-10.5
Hans Reide	30-3.75
M40 Jim Rose	33-8.5
M35 Roger Kamla	49-5.5
Rich Watson	33-4.25

Discus	
M65 Mary Norckauer	56-5.75
M45 Magdalena Reide	61-10.5
M40 Lurline Struppeck	85-4.5
M80 Frank Campbell	65-1
M65 Harold Rogers	110-10.5
Norman Hedrick	106-6
Robert Dew	56-4.5
M50 Jim Steitle	130-2.75
Hans Reide	73-1
M45 Malicki McGruder	93-10.25
M40 Jim Rose	98-2
Bob Manard	79-3.75
M35 Roger Kamla	150-10
Jeff Baty	128-9.5
Rich Watson	108-0.5

Javelin	
M65 Mary Norckauer	57-3
M40 Lurline Struppeck	115-10
M65 Harold Rogers	97-3
Norman Hedrick	94-3
M60 Edgar Bright	83-3
M55 Clayton Bane	106-9
Jerry Lyons	103-9
M45 M. McGruder	151-9
M40 Richard Sander	184-2
D. Patterson	156-0
Lonnie Carmouche	150-6
M35 Rich Watson	163-9
Jeff Baty	149-8
M30 Keith Kishbaugh	174-11

5000m Race Walk	
M60 Dottie Clemmer	39:26.1
M70 Imogene Watkins	37:21.7
M40 Oliver Daley	32:55.4
M50 Mike Adams	31:55.0
M55 Don Lee	27:33.8

Duke City Masters Games
Albuquerque, NM
June 2-3

Pentathlon	
Lee Hirst	68 3400 3.67 29.34 28.8 28.91 6:24.9
(AG/68)6.03 52.00 21.93 37.86 4:40.43AG	
Ham Morningstar	73 2746 3.75 30.30 36.3 30.60 dnf
6.64 60.07 26.19 45.12 -	
Alan Cohen	61 2504 3.41 28.18 30.5 30.39 6:29.0
5.06 43.61 25.86 34.64 5:06.14	
Bill Forsyth	43 2355 4.58 42.88 30.6 32.23 6:24.8
5.36 53.11 28.19 37.07 5:52.01	

Weight Pentathlon	
Ham Morningstar	73 3462 10.29 32.15 30.30 25.45 9.58
(AG/73)15.16 47.41 60.07 39.13 14.11AG	
Tom Flack	71 3084 10.83 27.26 26.65 24.00 7.26
15.19 38.26 50.43 34.96 10.18	
Bill Forsyth	43 2720 10.91 34.20 42.88 21.38 7.69
12.69 39.33 53.11 24.86 8.94	
Gordon Powell	80 2311 6.50 19.56 12.22 17.07 4.85(AR)
11.50 34.42 28.83 32.77 8.58	
George Butchko	65 2281 7.56 28.14 28.85 16.78 7.39
10.28 34.61 48.17 23.65 10.05	
Jeff Bilderbeck	33 2186 9.70 31.86 45.82 17.10 7.31
10.12 32.89 50.49 17.84 7.63	
Gene Polk	62 1892 7.35 19.74 17.53 18.95 7.68
9.43 22.91 27.64 25.21 9.85	
Sally Polk	W60 3317 8.28 20.91 19.79 26.39 8.78
12.99 31.57 37.00 41.43 13.78	
Charnia Parrish	W24 1622 7.41 24.74 13.25 21.40 8.31

100	
M30 Peter Green	11.48
Fred Polich	11.64
M40 Roger Assink	11.72
John Battaglia	11.86
M45 Ross Jensen	11.90
M50 Ron Kirkpatrick	12.37
Bufe Morrison	13.56
M55 Raymond Graves	12.89
Gordon Albury	12.70
Jack Greenwood	13.09
Andy Anderson	13.71
Charles Rice	14.39
Alan Cohen	15.19
M65 Lee Hirst	14.26
George Butchko	16.26
M70 Dick Bennett	16.34
M40 Susan Moore	13.96

200	
M30 Peter Green	23.12
Fred Polich	23.31
M35 Vinford Haynes	25.23
M40 Fred Collins	25.53
Roger Assink	23.73
M45 Ross Jensen	25.76
M50 Bufe Morrison	30.10
M55 Raymond Graves	26.52
Gordon Albury	26.29
Charles Rice	28.57

Continued from previous page

Hammer		
M40 P. Martinez	43.73M	
Bill Forsyth	25.14M	
M60 Gene Polk	18.57M	
Alan Cohen	17.56M	
W55 Judy Fetherston	22.58M	
W60 Sally Polk	25.02M	

Javelin		
M30 J. Bilderbeck	149'2	
M35 Joe Lister	172'3	
M40 Dave Cowen	98'1	
M50 Bufo Morrison	101'7	
M55 Larry Marsh	106'8	
M60 Dan Vigil	126'10	
Alan Cohen	89'4	
Gene Polk	56'6	
M65 Lee Hirst	92'8	
George Butchko	87'11	
M70 Hugh Hackett	103'3	
Tom Flack	95'4	
H. Morningstar	78'8	
W60 Sally Polk	62'9	

**So. Calif. Striders
Meet of Champions
Long Beach, CA
June 3**

100m		
M30 R. Williams	10.4	
E. Williams	11.0	
N. Bojko	12.4	
M35 P. Mogg	11.8	
E. Driver	11.8	
P. Tatematsu	12.3	
M40 G. Johnson	11.4	
D. Parker	11.5	
J. Pulley	12.1	
M45 S. Robbins	11.4	
R. Morris	11.9	
S. Baker	12.6	
M50 K. Dennis	11.7	
W. Knocke	12.2	
F. Niedermeyer	12.3	
M55 N. Newton	12.6	
R. Glasgow	12.7	
T. Nasralla	13.1	
M60 R. McPherson	12.7	
R. Watanabe	13.3	
B. Phillips	14.1	
M70 A. Guidet	15.2	
R. Hunt	15.8	
H. Yu	18.1	
W30 J. Honore	12.3	
W50 P. Willis	19.3	
W65 D. Smith	19.9	
G. Tronvold	23.6	
200m		
M30 E. Williams	22.2	
C. Rodriguez	24.3	
H. Duncan	24.6	
M35 E. Driver	24.0	
P. Mogg	24.3	
P. Tatematsu	25.2	
M40 D. Parker	23.4	
G. Johnson	23.8	
J. Pulley	24.7	
M45 S. Robbins	23.8	
R. Morris	25.7	
T. Craddock	27.3	
M50 F. Niedermeyer	25.6	
J. Lomax	25.8	
R. Tsuda	26.6	
M55 N. Newton	25.4	
R. Glasgow	25.7	
T. Nasralla	27.5	
M60 R. McPherson	26.9	
M65 T. Clayton	33.5	
W30 D. Beadle	37.1	
W50 P. Willis	55.5	
W65 D. Smith	47.4	
G. Tronvold	53.8	
400m		
M30 R. Wells	53.6	
M35 M. Williams	60.9	
M40 R. Hall	57.4	
M45 D. Parker	55.1	
T. Viltz	57.7	
S. Baker	58.3	
M50 M. Sacks	60.6	
D. Bennett	64.4	
P. Cordero	65.2	
M55 D. Douglass	66.5	
M60 L. Beadle	64.1	
W30 J. Honore	62.8	
W50 J. Carter	71.6	
P. Willis	1:55.3	
800m		
M30 S. Flynn	2:21.2	
J. Steinman	2:21.2	
M35 S. Lassegard	2:08.8	
M. Williams	2:24.8	

M40 C. Sturtevant	2:14.2	
R. Bogert	2:15.8	
R. Rook	2:25.0	
M45 J. Perry	2:14.6	
F. Mascorro	2:18.9	
M50 R. Larrieu	2:23.5	
M55 L. McGuire	2:34.6	
M. Hicks	2:48.0	
M60 L. Beadle	2:32.6	
A. Escobosa	2:42.1	
H. Willis	2:54.3	
M65 A. Bryant	2:50.9	
W45 K. Looney	2:31.4	
W50 J. Hoagland	2:42.4	
1500m		
M30 F. Ebner	4:06.4	
M. Trilevsky	4:18.1	
M35 I. Cumming	4:10.8	
M40 M. Cour	4:27.9	
R. Hall	4:32.9	
R. Bogert	4:36.3	
M45 F. Mascorro	4:52.7	
M50 P. Faust	5:00.1	
M55 M. Hicks	5:45.1	
M65 A. Bryant	5:37.6	
W45 K. Looney	4:59.8	
5000m		
M30 S. Flynn	16:19.8	
F. Ebner	17:21.3	
M40 J. Gelsomini	16:29.9	

110mH		
M30 R. Williams	14.4	
R. Wells	16.2	
M35 D. Robinson	15.3	
M40 D. Roberts	16.4	

100mH		
M50 A. Henry	15.3	
M55 D. Douglass	18.5	
W. Adler	20.0	
R. Fitzhugh	34.2	
M60 R. Watanabe	19.5	

80mH		
M70 A. Guidet	14.8	
R. Hunt	16.2	

300mH		
M35 D. Robinson	41.8	
I. Cumming	46.5	
M40 D. Roberts	42.6	
J. Birnbaum	50.8	
M50 W. Knocke	44.1	
M55 T. Nasralla	52.9	
M60 R. Watanabe	51.9	

High Jump		
M35 J. Meisler	6-08-3/4	
M. Embree	6-05	
M40 C. Rader	6-03	
J. Birnbaum	5-02	
M55 N. Newton	5-02	
D. Douglass	4-08	
R. Fitzhugh	4-08	
M60 J. Sarvis	3-08	
M70 B. Gist	4-06	
W40 A. Steekelen	5-00	
W50 C. Miller	4-01	

Pole Vault		
M40 S. Morris	13-06	
D. Borrey	12-00	
D. Johnston	12-00	
M45 R. Bly	11-00	
M50 G. Miller	12-07	
M55 R. Fitzhugh	9-01	
M70 J. Vernon	8-07	
M75 C. Johnston	8-07	

Long Jump		
M30 R. Wells	19-04 1/2	
M35 J. Kuechle	20-02 1/2	
M40 D. Johnston	20-01	
D. Tanabe	18-11	
M45 R. Morris	21-00	
R. Bly	16-01	
J. Cortado	15-03 1/2	
M50 A. Henry	17-04-3/4	
R. Tsuda	16-08	
M55 D. Jackson	17-05	
R. Fitzhugh	13-00 1/2	
M60 J. Sarvis	12-08 1/2	
M70 B. Gist	12-04 1/2	
H. Yu	7-05	
M75 A. Vesco	6-11	

Triple Jump		
M40 M. Tiff	48-04	
D. Johnston	39-08 1/2	
M45 R. Morris	38-04	
M50 A. Henry	37-06-3/4	
M55 D. Jackson	38-00 1/2	
M75 A. Vesco	15-03	
W30 T. Watts	30-08	

*See page 25 for Shot & Discus results.		
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Hammer		
M40 M. Deller	159-06	
G. Kelmenson	139-03	
M50 A. Brown	127-05	
J. Hart	126-10	
J. White	116-11	
M55 D. Douglass	111-00	
M60 J. Wojcik	109-00	
M75 A. Vesco	80-06	
W30 S. Carpenter	103-07	
J. Bayus	85-06	

Javelin		
M40 B. Weinstock	149-09	
R. Rook	137-08	
R. Rook	132-10	
M50 L. Stuart	208-02	
S. Wordell	125-02	
M55 M. Devlin	116-08	
M60 J. Wojcik	92-00	
M65 A. Lombardi	108-05	
M75 C. Roloff	90-06	
A. Vesco	57-09	
W30 S. Carpenter	141-01	
W50 P. Devlin	49-03	
W55 C. Miller	89-08	
M. Kuehne	61-09	
W65 R. Roloff	64-03	

NORTHWEST

**City of Seattle Senior
Sports Festival Meet
Seattle, WA
June 2**

***Canadians**

100m		
M30 Charlie Shugart	12.3	
M35 Steve Slavens	12.2	
Louis Wald	13.2	
M40 Greg Williams	12.3	
Jeff Schaller	12.4	
P D Eng	12.4	
M45 Ron Jensen	12.8	
Joe Johnson	12.8	
Grant Lamothe	14.7	
M50 Bob Miller	13.0	
Jim Puckett	13.1	
Burke Garrett	13.6	
M55 Ralph Stanfield	13.2	
J C Hoffman	13.3	
Jack Fischer	13.9	
M60 Leo Nowitzki	14.9	
Don McConnaughey	15.0	
Tom Norwood	15.3	
M65 Jim Madden	15.3	
Gil Splaine	16.1	
Gene Carter	17.7	
M70 John Fawcett	17.3	
Dix Liddle	17.5	
Tom Bishop	17.9	
M75 Art Mouat	21.3	
M80 Henry Schumacher	27.5	
W30 Pam Banks	14.5	
W40 Avril Douglas	14.5	
W45 Ingrid Drolet	14.6	
W50 Marti Thielman	15.8	
W55 Nikki Ryan	15.2	
W65 Evelyn Lercher	20.3	
W70 Helen Jensen	19.8	
Edna Johnson	19.9	

200m		
M40 Greg Williams	25.2	
Jeff Schaller	25.4	
Monty Erickson	25.5	
M45 Ron Jensen	25.7	
Joe Johnson	26.9	
M50 Jim Puckett	27.1	
Burke Garrett	27.1	
Dennis Heler	28.4	
M55 J C Hoffman	26.5	
Ralph Stanfield	26.7	
Field Ryan	34.8	
M60 Tom Norwood	31.3	
Leo Nowitzki	31.7	
Don McConnaughey	32.4	
M65 Gil Splaine	33.2	
Jim Madden	33.4	
Ed Johnstone	36.0	
M70 Tom Bishop	38.6	
M75 Stan Thompson	54.4	
M80 Henry Schumacher	60.6	
W40 Avril Douglas	29.9	
W50 Marti Thielman	35.0	
W65 Evelyn Lercher	46.6	
W70 Edna Johnson	44.4	
Helen Jensen	46.3	

400m		
M35 Steve Alvens	57.0	
Dennis Creson	59.0	
M40 Jim Lockard	55.6	
Laurie Blafson	62.1	
M45 Ron Jensen	57.7	
Grant Lamothe	66.5	
Neal Stoddard	70.5	
M55 Bruce Katter	76.5	
M60 Mel Granroos	72.1	
Gerald Guerrero	74.1	
M70 John Fawcett	1:47.3	
M75 Stan Thompson	2:20.9	

W40 Avril Douglas	*64.3	
W45 Joanne Vandeurzen	1:57.2	
W70 Helen Jensen	1:51.9	
Edna Johnson	1:59.9	

800m		
M35 Dennis Creson	2:26.1	
M40 Craig Runyan	*2:09.1	
M45 Richard Tucker	2:07.4	
Neal Stoddard	2:46.1	
Grant Lamothe	*2:54.0	

M50 Des O'Rourke	2:23.2	
Burton Bauer	2:27.8	
Bob Langenbach	2:33.6	
M55 Field Ryan	2:54.9	
M60 Orlo Kenniston	2:37.9	
Mel Granroos	2:55.4	
Al Cowin	3:22.6	
M65 Ed Johnstone	3:13.8	
Norm Hansen	3:14.5	
M75 Stan Thompson	5:58.3	
W40 Avril Douglas	*2:37.6	
W55 Peggy Ainsle	3:12.1	

1500m		
M35 Dennis Creson	4:55.5	
M45 Jim Peterson	5:52.3	
M50 Des O'Rourke	4:47.8	
Mike Christianson	4:48.9	
Dave Morris	4:59.6	
M55 Bruce Katter	5:48.7	
Field Ryan	6:05.2	
M60 Mel Granroos	5:58.9	
Louie Miovski	6:13.0	
M65 Ed Johnstone	6:33.6	
Norm Hansen	6:34.0	
M75 Stan Thompson	11:59.3	
W30 Joan Hansen	4:36.1	
W55 Peggy Ainsle	6:21.9	
Barbara Pereira	7:28.9	

5000m		
M35 Greg Swanson	17:25.6	
M45 Tim Joslin	17:03.7	
Jim Peterson	22:35.1	
M50 Des O'Rourke	18:00.5	
Bob Langenbach	18:25.9	
M55 Bill Cupp	19:14.5	
Field Ryan	21:50.8	
Jerry Magarty	21:57.1	
M60 Orlo Kenniston	19:11.9	
Al Cowin	26:33.2	
M65 Norm Hansen	23:10.1	
Ed Johnston	24:12.1	
M70 John Fawcett	29:26.3	
Jim Klansnic	29:57.9	
W45 Joanne Vanderzin	29:17.2	
W55 Peggy Ainsle	22:09.1	
Barbara Deveira	25:17.3	

4x100m Relay		
M35 Slavens, Williams, Miller, Ross	47.1	
M45 Johnson, Puckett, Jensen, Hoffman	49.4	

High Jump		
M30 Blake Surina	1.68	
M40 Harry Haslam III	1.68	
Ken Troy	1.63	
Laurie Olafson	1.48	
M45 Jim Anderson	1.52	
Joe Johnson	1.42	
M50 Don Worrall	1.52	
Burton Bauer	1.52	
Brad Wilson	1.37	
M55 Bob Flaherty	1.30	
M60 Bill Hill	1.42	
Leo Nowitzki	1.30	
M65 Gil Splaine	1.30	
Gene Carter	1.17	
M75 Stan Thompson	1.02	
W30 Pam Banks	1.42	
W60 Jennie Stone	1.06	
W65 Evelyn Lercher	0.97	

M50	Des O'Rourke	18:00.
	Bob Langenbach	18:25.
M55	bill Cupp	19:14.
	Field Ryan	21:50.
	Jerry Magarty	21:57.
M60	Orlo Kenniston	19:11.

Continued from previous page

W45 G Brookland	8:22
W50 B Turbott	7:72
W55 C Blair	7:90
W60 S Peterson	*8:36
W70 A Sole	5:81
Shot Put	
M40 K Hutton	9:04
M45 R Stewart	9:48
M50 R Melrose	10:68
M55 G Lawless	11:41
M60 G Douglas	11:02
M65 M Carr	7:97
M70 D Gibson	11:43
M75 N Hawke	8:32
W35 W Brown	8:55
W40 J Senior	9:15
W45 L Wilson	7:15
W50 V Hood	9:60
W55 M Stanley	8:94
W60 S Peterson	6:00
W65 H May	7:05

Discus	
M40 R Ford	24:52
M45 R Stewart	30:26
M50 R Melrose	28:04
M55 G Lawless	36:86
M60 G Douglas	34:94
M65 M Carr	30:86
M70 D Gibson	26:78
M75 N Hawke	19:94
W35 W Brown	22:00
W40 J Senior	22:00
W45 G Watts	22:34
W50 V Hood	28:44
W55 M Stanley	27:60
W60 A Williams	17:18
W65 H May	19:60
Hammer	
M45 T Brown	32:82
M50 R Melrose	28:82
M55 G Lawless	31:96
M60 D Leech	37:12

M65 M Carr	40:18
M75 N Hawke	28:38
W35 H Steer	25:34
W40 J Senior	22:76
W45 G Watts	*13:92
W50 V Hood	34:70
W55 M Stanley	27:26
W60 A Williams	17:44
W65 H May	24:68

Javelin	
M40 J Edwin	37:38
M45 R Stewart	41:41
M50 F Goodall	37:24
M55 V Marks	35:06
M60 A Grayburn	39:56
M70 D Gibson	26:70
M75 N Hawke	28:40
W35 H Steer	20:16
W40 J Senior	29:38
W45 M Orman	20:24
W50 V Hood	24:32
W55 C Blair	24:40
W60 S Paterson	20:22
W65 H May	20:66
3K RW	
M45 D Jackson	16:18.2
M50 J Henderson	18:31.9
M55 R Ayers	21:46.3
M60 F Aplin	17:04.3
M70 L Watkins	17:26.2
M75 G Currie	22:02.1
W35 R Stephenson	21:45.2
W40 D Somerville	20:20.0
W45 L Foster	16:41.6
W50 S Cooper	18:30.7
10K RW	
M45 D Jackson	58:36
M50 J Henderson	65:44
M55 R Ayers	76:45
M60 F Alpin	59:46
M70 L Watkins	60:28
W45 L Foster	59:53
W50 S Cooper	65:55
* age-group WR	

Newsday Long Island Marathon/Half Marathon
East Meadow, NY
May 6

--Marathon--	
Overall	
Jose Aparicio	2:36:18
Cher Patterson	2:58:06
M40 Louis Rodriguez	2:51:45
S Fernando	2:52:34
Dan Colon Jr	2:54:09
M45 John Culhane	2:53:13
James Hudick	2:55:42
Mike Huddick	2:58:37
M50 John Counts	3:03:27
Mel Cowgill	3:05:41
Bob Vandekleft	3:11:22
M55 Richard Murphy	3:04:27
Mel Gough	3:11:13
William Evans	3:31:38
M60 Ken Karcher	3:14:57
Roger Williams	3:25:04
M65 Mike Gulluzzi	4:36:15
Mike Broadwell	4:52:10
M70+Andrew Neidig	3:43:00
Wilfredo Rios	4:33:20
Harold Somer	5:13:41
M40 Maddy Harmeling	2:59:09
Jane Egan	3:35:09
Lynn Giuliani	3:43:48
M45 Betty Horstman	3:29:12
Robin O'Brien	3:43:52
Bonnie Theall	3:50:48
M50 Ellen Quinn	3:30:34
Jos Pearlstein	4:18:37
Mayle Cuti	4:19:57
M55 Marlene Tortora	4:46:37
M60 Ethel Autorino	4:45:24

--Half-Marathon--	
Overall	
Andrew Whitney	1:09:23
L Minnix-Wolfe	1:20:31
M40 Bob Giambalvo	1:11:10
Bob Hermes	1:16:46
Bob Moritz	1:17:31
M45 Maury Dean	1:18:36
Steve Conroy	1:20:44
Bob Pike	1:22:59
M50 Joe Cordero	1:23:12
Hilton Goring	1:24:57
Jose Mendez	1:27:30
M55 Leon Arango	1:29:05
Robert Appel	1:29:40
Nick Dileone	1:32:45
M60 John Sullivan	1:32:01
Warren Elmslie	1:32:10
Jim Scovel	1:35:43
M65 Sid Butensky	1:53:09
John Sweeney	1:54:59
Leon Zadoff	1:55:00
M70+Leo Karmin	1:42:07
William Benson	1:48:56
Steve Daly	2:04:19
M40 Cheryl Ralya	1:24:39
Ann Davies	1:29:32
Jacquie Gov	1:31:26
M45 Nancy Dimeo	1:37:17
R Riccardi	1:42:05
Carolyn Langford	1:46:26
Linda Acker	1:40:48
Christiane Garino	1:47:28
Margaret Carinci	1:53:48
M55 Marcia Field	1:58:26
Claudette Evans	1:59:01
Eleanor O'Toole	2:02:34
M60 Vera Allen	2:08:07
Ann Edison	2:14:09
Eleanor Petak	2:18:39
M65 Letha Evans	2:19:34
Sylvia Zinn	2:39:30
M70+Althea Wetherbee	2:10:12

Overall	
Chris Webber	31:20
Kim Bowman	37:07
M35 Jerry Miller	33:31
M40 Bob Giambalvo	31:59
M45 Maury Dean	35:06
M50 Lance Hugelmeyer	35:27
M55 John McErlean	39:21
M60 Ken Karcher	40:27
M65 Mel Freidel	55:06
M70+Leo Karmin	46:15
W35 Eileen Guarascio	40:10
W40 Cheryl Ralya	38:41
W45 Annette Frisch	44:43
W50 Linda Acker	45:40
W55 Alexandra Finger	58:56
W60 Vera Allen	55:25
W65 Sallie Festa	53:54
W70+Althea Wetherbee	58:47

Overall	
Mike Barrett	26:23
Mary Curran	34:19
M40 Michael Spada	29:03
M45 John Sotomayor	31:47
M50 Jerzy Sulek	30:36
M55 Jose Rodriguez	34:53
M60 Hector Pacheco	33:12
M65 Joseph O'Neill	42:25
M70+Vince Carnevale	40:32
W40 Mary Spera	36:38
W45 Yvonne Franck	40:12
W50 Gudrun Philips	36:07
M70+Adrienne Salmini	70:04

Overall	
Jim Zimmerly	24:54
Susan Miller	31:23
M40 Ray Nelson	27:33
Charles Collins	27:49
Al Campbell	28:09
M50 Leo Tomasetti	28:30
Fred Zuleger	31:38
Bill Horridge	32:11
M60 Carl Hammen	34:39
Carl Gorman	36:21
Fred Ward	40:13
W40 Bonnie Olsson	38:31
Earleen Small	40:37
Christine McDonald	43:37
M50 MaryAnn McGeogh	42:11

Overall	
Judi St. Hilaire	32:26
W40 Barbara Filutze	36:15
Angella Hearn	36:33
Jane Millsaugh	37:50
M45 Priscilla Welch	34:48
Meeri Bodelid	38:37
Susan Weisbrod	39:26
M50 Zofia Turosz	41:01
Patty Lee Parmalee	44:01
Sue Medaglia	45:45
M55 Wen-shi Yu	44:16
Joanne Mallet	45:49
M60 Janine Maltas	50:55
Lois Filreis	51:13
M65 Edith Laras	52:02
M70 Althea Wetherbee	1:00:14
Althea Jureidini	1:10:17
M75 Arlene Appleton	1:13:59

Overall	
Elzi De Oliveira	18:11
M40 Katherine McIntyre	18:16
Mary Rosado	20:19
Ann Makoske	21:33
M45 Marilyn Greeley	19:54
Janell Mcdyer	21:51
Julie Yaffee	22:17
M50 Gudrun Philips	21:29
Janette Westerling	23:01
Margaret Carinci	24:02
M55 Esther Roberson-Lee	25:16
Patricia Magnuson	26:47
Agnes O'Byrne	28:56
M60 Aslaug Tomas	26:00
Daisy Klein	28:40
Barbara Beck	29:40
M70+Mayme Bdera	75 41:50
Catherie Prezioso	75:56:35

Overall	
1 Elton Richardson	51 27:31
2 Beatriz Rudecindo	39 29:25
3 Claire Sylvan	39 32:55
1017 finishers; 61"; 84% h;	

Overall	
Judi St. Hilaire	32:26
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M70 Althea Wetherbee	1:00:14
Althea Jureidini	1:10:17
M75 Arlene Appleton	1:13:59

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Lois Filreis	51:13
M65 Edith Laras	52:02
M70 Althea Wetherbee	1:00:14
Althea Jureidini	1:10:17
M75 Arlene Appleton	1:13:59

Overall	
Judi St. Hilaire	32:26
W40 Barbara Filutze	36:15
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Patty Lee Parmalee	44:01
Sue Medaglia	45:45
M55 Wen-shi Yu	44:16
Joanne Mallet	45:49
M60 Janine Maltas	50:55
Lois Filreis	51:13
M65 Edith Laras	52:02
M70 Althea Wetherbee	1:00:14
Althea Jureidini	1:10:17
M75 Arlene Appleton	1:13:59

Vintage Run (55+) 5 Mile
Pittsburgh, PA
May 12

M55 Ralph Swain	31:03
James Lacey	31:41
Carl Trimmer	32:19
Richard Posty	35:48
Ron Prosser	36:42
M60 Jordan Biscaglia	34:11
Gled Stroombee	35:04
Donald Robins	35:54
Gerald Reardon	36:01
M65 Lou Lodovico	32:29
Bill Klapproth	36:35
M70+Walter Ziegler	40:24
M55 Denise Cohn	43:25
Ruth Hertzberg	45:10
Nancy White	45:20
M60 Vivian Kucherer	57:52
M65 Anne Etienne	1:06:14
M70+Jane Holtzer	1:15:49

Nike Women's Race (8K)
Washington, D.C.
May 13

Overall	
Judi St. Hilaire	25:10
M40 Angela Hearn	28:56
C. Grenning	30:12
Jane Millsaugh	30:27
Beverly Shooshan	30:45
Mary Smith	31:17
M45 Priscilla Welch	26:56
Meeri Bodelid	29:51
Susan Weisbrod	30:26
Chris Stockdale	31:45
Joyce Ploeger	32:08
M50 Lis Villadsen	31:42
Ecris Williams	32:52
Jill Martin	34:27
Judith Flannery	35:21
Jill Mottus	36:10
M55 Wen-shi Yu	34:28
Mae Horns	35:42
Joanne Mallet	36:13
Sue Barbierie	41:34
Lee Glassco	42:36
M60 Margaret Lutz	37:15
Doralie Segal	38:12
Monica Friedman	39:32
Cassie Bazar	40:33
Lucy Blanton	42:02
M65 Helen Simpson	51:17
Vista Downer	55:06
M. Singleton	1:02:35
Jean Wood	1:04:29
Rita Lokke	1:06:05
M70 Hedy Marque	40:31
Mary Goede	1:26:07

L'eggs Tune-Up 5K
Central Park, NYC
May 13

Overall	
Elzi De Oliveira	18:11
M40 Katherine McIntyre	18:16
Mary Rosado	20:19
Ann Makoske	21:33
M45 Marilyn Greeley	19:54
Janell Mcdyer	21:51
Julie Yaffee	22:17
M50 Gudrun Philips	21:29
Janette Westerling	23:01
Margaret Carinci	24:02
M55 Esther Roberson-Lee	25:16
Patricia Magnuson	26:47
Agnes O'Byrne	28:56
M60 Aslaug Tomas	26:00
Daisy Klein	28:40
Barbara Beck	29:40
M70+Mayme Bdera	75 41:50
Catherie Prezioso	75:56:35

Overall	
1 Elton Richardson	51 27:31
2 Beatriz Rudecindo	39 29:25
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1017 finishers; 61"; 84% h;	

Overall	
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W40 Barbara Filutze	36:15
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Jane Millsaugh	37:50
M45 Priscilla Welch	34:48
Meeri Bodelid	38:37
Susan Weisbrod	39:26
M50 Zofia Turosz	41:01
Patty Lee Parmalee	44:01
Sue Medaglia	45:45
M55 Wen-shi Yu	44:16
Joanne Mallet	45:49
M60 Janine Maltas	50:55
Lois Filreis	51:13
M65 Edith Laras	52:02
M70 Althea Wetherbee	1:00:14
Althea Jureidini	1:10:17
M75 Arlene Appleton	1:13:59

Overall	
Judi St. Hilaire	32:26
W40 Barbara Filutze	36:15
Angella Hearn	36:33
Jane Millsaugh	37:50
M45 Priscilla Welch	34:48
Meeri Bodelid	38:37
Susan Weisbrod	39:26
M50 Zofia Turosz	41:01
Patty Lee Parmalee	44:01
Sue Medaglia	45:45
M55 Wen-shi Yu	44:16
Joanne Mallet	45:49
M60 Janine Maltas	50:55
Lois Filreis	51:13
M65 Edith Laras	52:02
M70 Althea Wetherbee	1:00:14
Althea Jureidini	1:10:17
M75 Arlene Appleton	1:13:59

	Sue Medaglia	45:45
W55	Wen-shi Yu	44:16
	Joanne Mallet	45:49
W60	Janine Maltas	50:55
	Lois Filreis	51:13
W65	Edith Larias	52:02
W70	Althea Wetherbee	1:00:14

Continued from previous page

Rocky Mountain 50 Mile Cheyenne, WY May 27

1 Marshall Ulrich	38	6:28:00
2 Patrick Butler	30	6:36:22
3 Randi Bromka	W38	6:42:02
4 T Daus-Weber	W35	7:00:23
7 Donn Weipert	47	7:23:57
8 Dave Malcolm	37	7:26:56
9 Jack Mader	44	7:30:08
10 Dennis Werth	48	7:34:24
22 Don Thompson	52	9:29:25
30 Gene Steiner	55	10:32:38
31 Chuck Hunter	53	10:36:28

MID-AMERICA

River Run 10K Tulsa, OK May 5

Overall		
Janne Hamalainen	28	30:39
Susan Evans	26	36:28
M40 Tom Lloyd		34:00
Gary Madison		34:27
Jim Lewis		35:16
M45 Ernest Vance		36:11
Ray Lattanzia		36:18
Bill Uzdevins		36:53
M50 Jim McFadden		37:34
Fred Dice		38:04
Henry Hawkins		39:53
M55 Bob Adkins		39:27
Larry Miller		41:00
Bob Pannell		41:36
M60 Jerry Crockett		39:12
Calvin Ellis		42:20
Tom Cross		43:36
M65+ Jim Smith		42:15
Bob Lake		50:18
Roger Findahl		59:38
W40 Vicky Fegaly		40:16
Jeannie McDaniel		42:27
Lucy Cotton		47:18
W45 Linda Brown		44:24
Barbara Parker		45:22
Louise Rose		52:10
W50 Shirley Wilkinson		49:05
Phyllis Durham		52:44
Gloria Harrison		57:12
W55 Sue Neil		52:55
John Whitmire		55:53
Anne Brown		58:02
W60+ Jean Bear		67:58

Garden of The Gods 10K Colorado Springs, CO May 20

Overall		
Matt Carpenter	25	32:17
J'ne Day-Lucore		39:18
M35 Bill Hammer		39:20
Lou Supino		39:59
James Hammer		40:01
M40 John Swartz		36:43
Tom Groves		39:04
Stu Nieburg		39:21
M45 Don Ross		38:57
Richard Johnson		39:20
Sidney Arnold		42:23
M50 Bob McAndrews		39:31
Gene McKelvie		39:55
Phil Mann		41:06
M55 Dale Goering		44:46
Ron Goodman		50:12
Bobby Hammett		50:33
M60 John Miller		47:01
Bob Shurte		47:41
Helmut Maile		56:03
M65 Rodger Rodgers		53:36
Leonard Kraushaar		55:16
Randy Kunkel		55:16
M70+Orval Lohman		60:06
Gene Trujillo		61:48
Carl Mapps		67:39
W35 Brenda LeBrasse		46:22
Susan Leesman		46:57
Marj Legett		47:21
W40 M Loyd-Allison		45:48
Lorraine Hoyt		46:47
Carol Stewart		47:54
W45 Rosalin Gehriz		49:48
Judy Connally		50:01
M. Howard		52:04
W50 Grace Rome		49:59
Susie McKillop		53:17
Cicily Harman		55:27
W55 Elke Abitbol		56:44
Kenny Goering		57:32
Donna Simmons		62:07
W60 Nelma Burnett		61:36
W65 Julie Mapps		86:34

Gage Roadrunner Marathon/ 10K Gage, OK May 26

---Marathon---		
Overall		
Wesley Brown	28	2:35:09
Jeannie McDaniel	41	3:41:54
M35 Jack Christian		3:03:34
M40 Jason Hegwood		3:54:29
M45 Bert Brown		3:40:28
M65 Bob Poppe		5:07:44

---10K---

Overall		
Donnie Harris	31	35:17
Brenda Swisher	27	46:50
M35 Jeff Bullard		36:01
M40 T Z Wright		45:28
M45 Nathan Grantham		55:30
M50 Joe McDaniel		43:11
M65+Glenn Ditton	80	61:56
W35 Ione Bullard		58:22
W50 Joan Redd		58:31
W55 Linda Johnson		69:13

Bolder Boulder 10K Boulder, CO May 28

Overall		
Martin Pitayo		28:48
Rosa Mota		32:38
Masters Men		
1 Domingo Tibaduiza	40	31:22
2 Mario Cuevas	40	31:54
3 Frank Shorter	42	32:34
4 Andreas Romero	44	32:44
5 John Custy	41	33:22
6 Hector Chavez	40	34:17
7 Larry Ingram	45	34:46
8 Ardel Boes	52	36:02
Masters Women		
1 Priscilla Welch	45	35:41
2 Nancy Oshier	41	37:28
3 Gabriele Andersen	45	38:51
4 Judy Fellhauer	42	39:10
5 Mary Wood	45	39:44
6 Linda Cash	40	40:23
7 M Loyd Allison	40	43:45

WEST

Ruth Anderson 100K San Francisco, CA April 21

Overall		
1 James Edmonson	47	6:15:20/8:06:25
2 Don Choi	41	7:16:30/9:32:12
3 Roy Scettalo	43	7:31:00/9:37:43
4 Steve Derenzo	48	8:09:33/10:24:08
5 Richard Laine	60	8:48:35/11:26:09
6 Ruth Anderson	60	9:05:37/11:30:58
7 Dick Collins	56	9:10:20/11:39:50
8 Helen Klein	67	9:04:24/12:09:17
9 Chuck Pajot	44	10:00:01/12:46:47
(16 starters; 9 finishers)		
Robert Brown	52	9:42:46/dnf

Avenue of the Giants Marathon, Weott, CA May 6

Overall		
Brian Larson		2:26:25
Susan Post		3:14:17
M40 Mike Holt		2:39:48
Karl Bacon		2:51:18
Tim Martin		2:52:39
M45 Edward Packel		2:50:41
Gene Weddle		3:00:35
Jim Whalen		3:10:18
M50 George Felker		3:03:54
Rick Brodine		3:04:45
Andrew Kotulski		3:06:53
M55 Craig Roland		2:52:05
Hal Jackson		3:12:59
Robert Shaw		3:34:36
M60 Bill Radcliffe		3:45:34
Calvin Henningsen	41	4:20:20
M65 Ross Waltzer		4:12:59
M70 Ira Samuels		4:56:53
M75 Tom Cullen		5:32:50
W40 Judi Layne		3:20:47
Kathe Brookover		3:35:28
Norma Leonti		3:47:24
W45 Dawn Paganelli		4:35:56
Dixie James		5:44:57
W50 Judith Davico		4:16:28
Judith Nielsen		4:33:54
Brierly Reybina		4:50:50
W55 Carol Tichy		4:31:38
W60 Betty Gillette		5:01:37
W65 Merna Guthrie		7:15:16
Finishers: 357m; 132w/ weather:		
misty, clearing to 61°		

West Coast University/ SCA/TAC 50-Mile Championships Fountain Valley, CA May 19

Overall		
Pete Kaplan	33	5:43:22
Barbara Shur	35	6:52:28
M35 Rudy Alvarez		6:11:59
M40 John Scribner		7:06:27
M45 Don McLean		6:17:59
M50 John Marshall		7:27:30
M55 Lee Preble		8:26:59
M60 Thomas Dolan		9:18:22
M65 Fred Nagelschmidt	72	10:27:10
(age-group world best)		

M70 John Melville	9:57:04
(age-group U.S. best)	
W40 Kathy Pycior	8:07:12
Donna Canales	10:00:46
107 starters; 88 finishers	

California Strawberry Festival 10K Oxnard, CA May 19

Overall		
Andrea Ward		34:36
Fredson Mayiek		30:29
M40 Gene Ball		36:02
M45 Juan Cabeza		35:54
M50 Harry Pantelas		39:43
M60 Pete Patracek		39:55
M70 Demetrio Miller		49:38
W40 Terri Goodreau		42:46
W45 Kathleen Looney		37:52
W50 Joan Jeter		45:26
W60 Margaret Miller		48:20

TAC/USA National Masters 10K Championships Salt Lake City, UT May 26

M40-44		
1 Richard Hughson		31:52
(Canada)		
2 John Custy		32:11
(U.S. National Champion)		
3 Bob Schlau		32:43
4 Barry Holcomb		33:51
5 Paul Hart		33:52
6 Stephen Keyes		34:15
M45-49		
1 Michael Heffernan		32:48
2 Paul Peacock		35:24
3 Gary Liston		36:57
M50-54		
1 Robert Nelson		34:08
2 Darrell Netter		35:15
3 Robert McAndrews		35:50
4 Tom Weddle		39:33
M55-59		
1 Norman Green Jr		34:44
2 Blaine Adamson		39:57
3 Clyde Puckett		40:21
4 Lowell Walker		44:15
5 Norman Horns		44:33
M60-64		
1 Gaylon Jorgensen		35:56
M65-69		
1 Emmett Parker		38:45
2 Jim O'Neil		41:00
3 John Cahill		41:31
4 Ray Gil		44:05
5 Lane Walton		45:18
M70-74		
1 Nathan White		46:10
M75-79		
1 Dudley Healy		49:56
2 Herb Wright		52:27
W40-44		
1 Laurie Binder		37:01
2 Karen Macharg		37:06
3 Gail Scott		38:34
4 Ellie Arguello		40:43
5 Liz Sonne		41:12
W45-49		
1 Gabrielle Andersen		38:04
2 Yvonne Rodgers		39:58
3 Claire Johnson		42:49
4 Josie Vigil		58:40
W50-54		
1 Gina Faust		40:24
2 Mae Cleveland		44:39
W55-59		
1 Mae Horns		46:54
2 Barbara L. Martindale		49:51
W60-64		
1 Darryl Healy		61:29
W65-69		
1 Mary Storey		51:28

Brentwood 5 & 10K Los Angeles, CA May 27

5K		
Overall		
Daren Stonerock		14:29
Carrie Garrington		17:12
M40 Ron Kurrie		16:32
Mickey Depalo		16:49
Tom Williams		17:10
Richard Nelson		17:39
M45 Mike Scott		15:57
M50 Sonny Monioz		17:05
Eino		17:29
Bill Skieresz		18:29
Nelson Crader		18:38
M55 Ted Oviatt		18:45
M60 Marcel Diraison		21:02
Fred Goldman		21:50
Roger Clarke		23:08
Craig Nason		24:16
Pierre Koenig		24:56
M70 Phil Jones		22:03
Tuck Wherley		24:21
Harqid Thornhill		27:42
M75 Ed Stotsenberg		23:53
Kurt Simon		30:53
W40 Tamrat Beyene		17:23
Judy Kewley		20:56
Sue Ward		21:47
W45 Linda King		20:03
Roberta Lamping		21:07

W50 Yvette Lavigne	20:23
Diana Chronert	22:17
Liz Bennett	26:01
D. Hargauha	26:07
Joan Foor	27:33
W60 Marion Hillman	29:16
Verian Bryce	29:21
Lynn Roberts	31:35
Hilda Fogelson	34:59
W65 Helen Thornhill	31:32
W75 D. Stotsenberg	35:01
Dora Galos	50:05

10K		
Overall		
Steve Bishop		30:10
Carrie Booth		36:07
M40 Mark Hemphill		35:19
Michael Bernstein		36:02
David Saenz		37:19
M45 Juan Cabeza		35:44
Larry Powell		37:20
M50 George Kingsley		36:37
Ray Hughes		38:48
Jim McDiarmid		39:02
Clarence Hunter		40:54
M55 Bob Rice		40:15
M60 Patrick Devine		39:20
Tracy Brown		41:35
Ed Ormiz		43:09
Bob Vitale		44:01
M65 Maury Kelliher		46:53
M70 Eddie Lewin		46:23
Cyril Amitin		50:10
Barton Wander		56:23
M75 Dutch Benedetti		49:07
E.G. Van Leeuwen		56:24
W40 Alfreda Iglehart		38:22
Marygail Brauner		39:51
Joanna Drury		42:20
Dianne Lucas		41:32
Cherie Gruenfeld		41:44
W50 Mary Demund		50:20
Leslie Dornfeld		51:42
W55 J. Parriaux		52:30
Patty Harvey		56:21
Joan Cohen		58:35
W65 Helen Dick		46:18

NORTHWEST

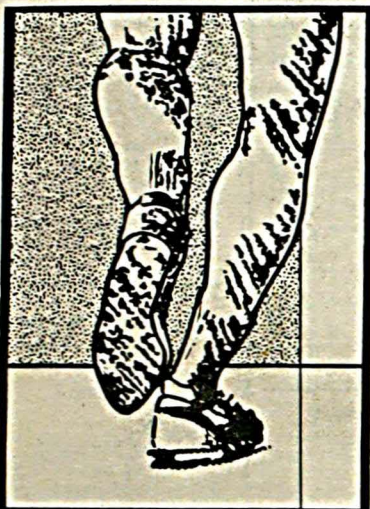
The Race 8K Eugene, OR June 2

Overall		
Kevin Ryan		24:26
Annette Peters		27:55
M40 Derek McIver		27:12
Matt Henderson		27:22
Michael Harris		27:29
Kent Dummies		37:35
Bill Lindesmith		28:10
M45 Vic Wolfe		28:33
James Sutherland		29:24
Paul Daly		29:40
Edgar Kousky		29:53
John Seggie		30:50
M50 Reed Miller		28:24
Lawrence Wolff		29:08
Ken Ogden		31:04
John Shirey		32:13
Stan Attig		32:34
M55 John Hepner		29:52
Drago Babich		30:44
Alrie Rudy		34:02
George Kokos		35:35
Rob Volkenand		36:00
M60 Tom Brinton		32:30
William Radcliffe		36:22
Fred Masarie		36:43
Joseph Brown		38:50
John Downey		41:02
M65 James Harrang		35:21
Albert Nakata		35:59
Harvey Speck		39:17
Don England		41:36
Jack Craig		43:08
M70 Jack Kirkpatrick		36:56
Cameron Hitchenson		40:38
Maury Cummings		41:40
Gordon Obie		1:01:23
Donald Johnson		1:01:40
W40 Meg Cummins		31:56
Jules Trigueiro		32:20
Carol Jackson		35:39
Sharon Gerl		36:19
G. Proudfoot-Shoup		36:46
W45 Karen Romeo		35:46
Doris Segner		37:37
Connie Manley		38:11
Pamela Johnson		38:26

1990 TAC/USA NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

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

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



INDIANAPOLIS-1990

INDIANA UNIVERSITY



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

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

GENERAL INFORMATION

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

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

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

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

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

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

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

All relays must be entered by noon on Friday, August 3.

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

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

Wed. August 1 9AM - 9PM

Thurs. August 2 9AM - 9PM

Fri. August 3 - Sun. August 5 on-site registration will move to the Track Stadium and will be available from 10AM - 9PM.

Athletes will register in alphabetical order. We will verify that all fees have been paid and required documentation is in order. Athletes may then pick up their packets and make their declarations.

Declarations must be made at the time of on-site registration and no later than two hours before the scheduled time of the first event of participation. Events starting before 10AM must be declared before 9PM the day before competition. It will be the athletes' responsibility to declare. Prepare for a long line.

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

Days Inn Airport 317-248-0621 rate: \$47.00 flat
Located 15 minutes from track stadium by car.

Embassy Suites 317-635-1000 rate: \$106.00 double
Located 1 mile from track stadium.

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

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

Ramada 317-635-4443 rate: \$67.00 flat
Located 1/2 mile from track stadium.

Holiday Inn, Union Station 317-631-2221 rate: \$81.00 flat
Located 1 mile from track stadium.

University Place 317-269-9000 rate: \$82.00 flat
Located 2 blocks from track stadium.

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

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

TENTATIVE SCHEDULE OF EVENTS

(revised March 21, 1990)

Note: Final schedule will be published & posted 8/1/90
Indiana University Track & Field Stadium

THURS. 8/2/90

AM 7:00 10,000 Run (All Women)
8:00 10,000 Run (60+ Men)
9:00 10,000 Run (50-59 Men)
10:00 400 M Dash (All Trials - Women before Men - oldest to youngest)

PM

12:00 Pentathlon (30+ Men & Women)
4:30 800 M Run (All Trials - Women before Men - oldest to youngest)
6:15 5,000 Walk (45+ Women)
7:00 5,000 Walk (30-44 Women)
7:45 5,000 Walk (60+ Men)
8:30 5,000 Walk (50-59 Men)
9:15 5,000 Walk (40-49 Men)
10:00 5,000 Walk (30-39 Men)

FRI. 8/3/90

AM 7:00 10,000 M Run (40-49 Men)
8:00 10,000 M Run (30-39 Men)
Discus (60+ Men & Women)
High Jump (50-59 Men & Women)
9:00 100 M (All Trials - Women before Men - oldest to youngest)
11:00 Discus (50-59 Men & Women)
High Jump (60+ Men & Women)
11:15 400/300 M Hurdles (All Finals - Women before Men - oldest to youngest)

PM

2:00 Discus (40-49 Men & Women)
High Jump (30-39 Men & Women)
4:15 100 M Dash (All Finals - Women before Men - oldest to youngest)
5:00 Discus (30-39 Men & Women)
High Jump (40-49 Men & Women)
5:30 400 M (All Finals - Women before Men - oldest to youngest)
7:30 1500 M Run (All Trials - Women before Men - oldest to youngest)

SAT. 8/4/90

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

PM

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

SUN. 8/5/90

AM 7:00 10K/20K Walk (All Finals - Women & Men together - all ages)
8:00 Triple Jump (60+ Men & Women)
Hammer (50-59 Men & Women)
9:00 Hurdles 80/100/110 (Trials as needed)
10:00 1500 M Run (All Finals - Women before Men - oldest to youngest)
Triple Jump (50-59 Men & Women)
Hammer (60+ Men & Women)
12:00 National Masters News Age-Handicapped 100M

PM

12:30 4x400 Relay (All Finals - Women before Men - oldest to youngest), 10 year increments
1:00 Hurdles 80/100/110 (All Finals - Women before Men - oldest to youngest)
Triple Jump (40-49 Men & Women)
Hammer (30-39 Men & Women)
2:45 Steeplechase (All Finals - Men and Women - oldest to youngest)
3:00 Triple Jump (30-39 Men & Women)
Hammer (40-49 Men & Women)
3:30 4x800 M Relay (All Finals - women before Men - oldest to youngest), 10 year increments
4:00 4x100 M Relay (All Finals - Women before Men - oldest to youngest), 10 year increments

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

NAME _____	BIRTHDATE _____	AGE ON 8/2 _____
ADDRESS _____	CITY _____	STATE _____ ZIP _____
PHONE _____	1990 TAC# _____	CLUB _____
EVENTS ENTERED _____		
BEST MARKS 89-90 _____		
MALE _____ FEMALE _____		
ENTRY FEES: 1st event entry fee US \$20.00		
2nd event entry fee US \$15.00		
additional events = _____ events x US \$10.00		
surcharge for entries received after July 10 (US \$25.00)		
*Gold Medal Supporter (optional-US \$25.00)		
TOTAL AMOUNT DUE		

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

METHOD OF PAYMENT:

1. Bank Draft or check in US dollars, payable to:

TAC MASTERS CHAMPIONSHIPS

or

2. VISA ☐ MC ☐ AM.EX. ☐

Number _____ Exp. Date _____

Signature _____

WAIVER: I hereby declare that I am in good health and am properly conditioned for the competitions and of the stated age. I absolutely relieve Indiana TAC, 1990 TAC/USA National Masters Track and Field Championships Organizing Committee, TAC/USA, the sponsoring non-profit organizations, Indiana University-Purdue University at Indianapolis, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1990 TAC/USA National Masters Track and Field Championships.

Signature: _____

Date: _____

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