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 1986 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

Jim Law Tops Age-Graded Winners in Birmingham

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 8:41, gave him a performance level (PL) of 92.2%.

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.

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 31:51, 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 falter. "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 upset. 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.
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DROPPING 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 walkers at masters track meets, walking a race. 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 hands, on their knees, on their toes, 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 Garshkow
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.

Kenneth Garshkow
Seattle

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 31-3 (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 discuss, 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.

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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 five 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.

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 "best," while a 3:57.5 would be a 3:59.9 world best.

Steve Dixon, who turns 40 this July and who lives in New Zealand, figures a 3:59.9 mile is equal to 2:14:19 marathon time.

Daniels and Jimmy Gilbert - a team who achieved on an 80-mile run in 2:06:50, has a world best of 2:06:50. Another New Zealander, to become the oldest person to have run a 5-minute-mile, is Waigwa's 4:05:39 of last year, the fastest 40-over mile to this writing, is 1.084 greater than Campbell's record.

2:11 Equals a 3:54 Mile

Looking at it another way, it will take a 3:54.86 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 (3:05:50 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) Daniels' 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 5-degree 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 27:30.10K and a 3:49.7 mile.

A marathoner would have to run 2:04:57 to turn in a time equal to Dinsamo's marathon, but that's just a shade under the 27:08.23 mile record by Arturo Portillo last year.

Why, then, aren't marathoners approaching the time the computerized tables indicate they should? I suspect 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 10K 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 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 Gabrielle 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).

Jorgensen topped all masters division winners' age-graded performances with a 93.2%, followed by Green (91.8); Parker (91.1); Heffernan (89.9); Hughson (88.6); Custy (88.7); Andersen (86.9); Binder (86.1); and Faust (85.2).

The open winners were Dave Andreaeason (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.

Photo from Dick Green
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.

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 7.36-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 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 Cordiero, again the age-group winner with a 1:23:12; M60 John Sullivan, who ran in 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 Minnick-Wolf (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 Kercher 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 3:22:57, who has returned after undergoing multiple by-pass surgery last year.

Andy Neidig 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 (2:38:06).

PHILADELPHIA MASTERS TRACK ASSOCIATION

Summer Meets

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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, 1100/800 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, JAE, 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) 645-1408. 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.


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.

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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 anymore, 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!
### Classifieds

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<th>Classified ad rates are 60¢ a word. Count name and address as 5 words. Race notices are 40¢ 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.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HEEL PAIN - FLAT FEET - PRONATION:</strong> Custom sport orthotics. Call/write for free information package. Central Dupage Podiatric, 511 Thornhill Dr., Carol Stream, IL 60188. 708-462-7997.</td>
<td></td>
</tr>
<tr>
<td><strong>CANADIAN MASTERS OUTDOOR T &amp; F CHAMPIONSHIPS,</strong> Montreal, Quebec 11th and 12th August 1990. Contact Ian Hume, R.R.J., Melbourne P.O. Box 280. Phone 819-826-5418. All track and field events included; men and women 35 years plus.</td>
<td></td>
</tr>
<tr>
<td><strong>SPORT QUILTS:</strong> Personalized quilts made from your favorite T-Shirts. For brochures, send SASE to Anne Tiffany, Rt. 2, Box 139, Leesburg, VA 22075. (703) 338-2835.</td>
<td></td>
</tr>
<tr>
<td><strong>ATTENTION: EASY WORK EXCELLENT PAY:</strong> Assembly products at home. Details, (1) 602-838-8885 ext. M17751, 6 a.m.-10 p.m., 7 days.</td>
<td></td>
</tr>
<tr>
<td>**ATTENTION: POSTAL JOBS! Start $11.41/hour! For application info call (1) 602-838-8885, ext. M17751, 6 a.m.-10 p.m., 7 days.</td>
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<tr>
<td><strong>FREE TRAVEL BENEFITS:</strong> Airlines now hiring! All Positions! $17.500 - $58.240. Call (1) 602-838-8885, Ext. X-17751.</td>
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</tr>
<tr>
<td><strong>NEW TRAINING VIDEOS!</strong> Paul Cummings, 1984 Olympian, explains how to train right in “Running Theory: From Mile to Marathon.” Also, get better faster with “Running Injuries: Prevention and Cure.” Send $34.95 for each tape/booklet, plus $3.00 shipping. VIDEO QUEST, 1320 E. 1650 N., Heber City, Utah 84032. (801) 654-5267, MC/VISA.</td>
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### Classified Listings

#### ELITE

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<tr>
<th>Product</th>
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<th>QTY</th>
<th>Price</th>
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<td><strong>HEEL PAIN - FLAT FEET - PRONATION:</strong> Custom sport orthotics. Call/write for free information package. Central Dupage Podiatric, 511 Thornhill Dr., Carol Stream, IL 60188. 708-462-7997.</td>
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<tr>
<td><strong>ZOOM EXTRA</strong> — New wave shadow poly-pug and synthetic suade upper. Full length EVA sheet module with EVA heel wedge. Solid rubber waffle stud outline with flexible polyurethane 7-plate. Versatile spike for track &amp; cross country runners. White/Amazon Green-Clockwork Orange. Sizes: 6-15. $50.00</td>
<td><strong>NIKE LARGE DUFFLE BAG</strong> — Denier nylon, water resistant, front zipper compartment, side mesh shoe/wet zipper compartment, adjustable handle, adjustable attachable shoulder strap, Available in Blue or Black. 20&quot;x15&quot;x10&quot;. $24.00</td>
<td><strong>DISTANCE NYLON</strong> — Lightweight with extra cushioning designed for cross or extended or prolonged bad impact. Six spikes in each shoe. White/Red Black. Sizes: 6,7,8,9,10,11-12. $32.00</td>
<td><strong>CONVERSE CLOSE-OUT SPECIALS</strong>**</td>
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<tr>
<td><strong>NIKE SIGNATURE LYCRA SHORTS &amp; TIGHTS</strong> — Antim nylon/22% Lycra, elastic waistband with drawstrings, heat transfer logo on upper left leg. Flame, Blue, or Black. Sizes: S,M,L,XL. $20.00</td>
<td><strong>SHOT, DISCUS, &amp; HAMMER</strong> — Blue/White suade. Sizes: 4-10. (no 9). $30.00</td>
<td><strong>INDOOR</strong> — Molded rubber outsole and unique spike plate provides superb traction on different indoor surfaces. Yellow/Red. Sizes: 4-10. (no 9). $30.00</td>
<td><strong>CONVERSE CLOSE-OUT SPECIALS</strong>**</td>
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#### SHIP TO:

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<tr>
<th>Name</th>
<th>Address</th>
<th>City/State/Zip</th>
<th>Telephone</th>
<th>Fax</th>
<th>Exp. Date</th>
<th>Signature</th>
<th>Signature</th>
<th>E-Mail</th>
<th>Note</th>
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<tbody>
<tr>
<td><strong>ELITE SALES, Inc.</strong></td>
<td>345 Accord, MA 02018</td>
<td>(617) 749-4389</td>
<td>(800) 433-0324</td>
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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 difficult 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 2172, Van Nuys, CA 91404.)
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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**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.*
- *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.*

---

**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 profiles, 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. ☑️
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.


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 Bachelor, 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

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

---

MEET THE AUTHOR

Saturday, August 4:
5:00 to 7:00 PM - Indianapolis


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.

Yes! I want to order copies of Hal Higdon’s new work, MASTERS RUNNING GUIDE. Please send to:

Name
Address
City State Zip

Send $10.95 (includes mailing charges) to:
NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404
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 accepted. The meeting 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

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

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<th>ATHLETE (RESIDENCE)</th>
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<th>AGE GROUP</th>
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<td>7-4-20</td>
<td>70-74</td>
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<tr>
<td>VICKY BIGELOW (CAN LORENZO, CA)</td>
<td>7-23-25</td>
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<td>MADONNA BILDER (SPokane, WA)</td>
<td>7-24-30</td>
<td>60-64</td>
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<td>POLLY CLARKC (ESSEX PARK, CO)</td>
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<td>80-84</td>
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<tr>
<td>ANTHONY COUSINS</td>
<td>7-12-35</td>
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<td>ANN DAZLE (GREENE, NY)</td>
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<td>POLLY HERZSCHUN (CITY, AZ)</td>
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<td>PAY RITA HOBBS (CANTON, BARBARY, CA)</td>
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<td>JANE HORNITZ (SANDiego, CO)</td>
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<td>KAREN HUBBARD (ANN ARBOR, MI)</td>
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<td>BETTY JARVIS (SOUTHERN Pines, NC)</td>
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<td>JOAN ULLYOT (SAN FRANCISCO, CA)</td>
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<td>MAIINE WATERSTAL TADAX, CA)</td>
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<td>MARIANNE BART (US)</td>
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<td>DAGMAR BLUME (US)</td>
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<td>SHIRLEY DELAHUNTY (AUSTRALIA)</td>
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<td>DAVE WIEDEMANN (GRANDA HILLS, CA)</td>
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<td>JOHN BLAKELEY (FULLERTON, CA)</td>
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<td>ROBERT BOUTARD (FR)</td>
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<td>HERB CANTOR (OCEANSIDE, NY)</td>
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<td>JERRY HACKETT (CANYON COUNTY, CA)</td>
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<td>GUO MANDOURE HANNOSSON (ICELAND)</td>
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continued on page 30
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 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.

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 Elwer 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."

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.

Max Green 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."
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 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 right up 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 can again 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 Wegner, race director of the Rocky Mountain 50 Mile, Cheyenne, Wyo., May 27, has been acting strange.
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, 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 hundred 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 ushered into an ornate banquet room replete with crystal chandeliers set for 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 Banister at the British Empire Games held in Vancouver, British Columbia, when on the last turn he looked to his left and Banister dipped 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

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. □
Countdown to Turku
Continued from page 19

The event has been scheduled 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.

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 race walks — 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 athletes in that area. All those two that 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 NMM.

The central square sports a daily open market where Chilean apples, oranges, and grapefruit 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 center. 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.
W.A.V.A. North American Regional

INVIATION TO THE
NORTH AMERICAN REGIONAL
Track and Field
Championships

The organizing committee of the T & F 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:
Championship 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:

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<thead>
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<th>HOTEL CLASSIFICATION</th>
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<th>DOUBLE OCCUPANCY</th>
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<td>Bed and Breakfast</td>
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The above rates are:
* For night and in US Dollars
* Subject to 15% Value Added Tax and 10% service charge.
* Inclusive of Breakfast daily

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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 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 Marihamn 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 turbo-prop 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.

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 onto a massive 15,000 ton, 2000-passenger capacity, luxury ferry bound for 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 Marihamn 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 turbo-prop plane.

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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 WAVA Council for next year’s World Veterans Championships in Turku, Finland.

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, 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 14:30 earlier. Alan Whitefield, 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 Worcestershire 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).

IX WORLD VETERANS CHAMPIONSHIPS IX WORLD VETERANS CHAMPIONSHIPS TURKU, FINLAND — JULY 18-28, 1991

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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).
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 45-year-old Sorbothane/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 terrible opportunity it would have been with Dixon now among the ranks of the 40 and overs. Dixon, Waigwa, Bell, Stewart, Aimbler, Sparks, Boat, 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 disappointing 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 sterioids, 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.

Underfed, 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 Macron, 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. Athletic 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 Tubisadua. "88 Circuit Champion Bill Schaw 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 Miesazcek and Gabriele Andersen. Point totals are after 6 stops on the 24-city circuit—South Carolina's Schaw, second at the Pittsburgh Marathon to Richard Marszack, will run the Helsinki Marathon next month and is contemplating a fall effort... Masters Indoor mile record holder Dave Stewart of Canada is not on the lists and will not 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 is the 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 $1,000 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) 531-4150 reports that the Asbury Park 10K Classic field is shaping up quite nicely as is the Crim Road Race 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. Mike Stutenroth of Maryland stepped up and off the track to capture the Bel Air Town Run 5K. Upset at Boulder Bolder saw Nancy Oshier defeat 2-time Sorbothane/USRA Masters Circuit National Championship runnerup Gabriele Andersen, 37:28 to 38:31, Priscilla 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 Heany... 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 Mile 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 points 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...
BETTER THAN EVER...

Sorbothane

USRA MASTERS CIRCUIT

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."

March 17 - Virginia Beach, VA (804) 481-5090
March 24 - Myrtle Beach, SC (803) 497-2451
May 28 - Charleston Marathon 8K (304) 345-2511
May 28 - Myrtle Beach Classic 10K (803) 497-2451
July 8 - Utica Boilermaker 15K (315) 797-6929
July 15 - Chicago Distance Classic 20K (302) 243-2000
July 22 - Arvida Fiesta 5K (714) 498-3550
August 11 - Rockland Half-Marathon (203) 531-4156
September 23 - Rockland Half-Marathon (914) 359-5425
September 29 - Hardee's Southern Jubilee Run (912) 744-6731
October 6 - Myriad Gardens Run 10K (405) 842-4141
October 6 - Marathon City Championship 8K (615) 833-4124
October 13 - First Federal Capital Trail Run 10 M (919) 876-8347
October 14 - Tandem-Dayton River Corridor Classic Half-Marathon (513) 885-4683
November 11 - Foundation 30K (916) 631-5623
November 11 - San Antonio Marathon (512) 762-1332
November 24 - Seattle Half Marathon (206) 525-1295
December 8 - WZYP Rocket City Marathon (205) 881-9077
January 5, 1991 - Charlotte Observer Marathon 10K (704) 379-6896
January 12 - Sorbothane/USRA National Championship (407) 647-2918

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

Sorbothane/USRA MASTERS CIRCUIT
Dean Reinke & Associates
400 N. New York Ave., Suite 102
Dayton, OH 45402
(513) 885-4683
FAX (407) 647-0433
(toll-free 85 for postage)

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

Owens Sets Cotton Row Record  
Continued from page 1

seemed to make a difference. Hamilton led at the first mile with a fast 4:40, but 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 hill after the hill because he has such a good kick."  

Owens was 15:24 at three miles, then ran 4:35, 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 Wesselly, 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 Willowbrough 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 Hills and Barry Brown raced together from mile three to mile six until Nicholson (33:05) and Hills (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 Grayson, who set in his prime masters years," Herb Lorenz lived and coached high school there. Herb was unchallenged in the female masters division, winning over Andrea Grayson, who was fifth in 33:23.  

**Masters Scene**

**NATIONAL**

- Four U.S. records set in the May issue of Masters Indoor Championships in Madison, Wis., were overlooked in the May issue: M40-44 Decathlon, 200; 23.11 (S. Drucker, 23.12, 1989); M55-60 Roger Pierce, 200; 23.66 (Roy Turner, 24.13, 1989); W55-Betty Vosburgh, 200; 34.09 (Nancy Ammermuller, 34.71, 1985), and W65-Josephine Sullivan, 60.06 (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 meet was 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. Naturally, CIRCUIN will direct. See schedule for details.

- In the Nike Women's Race (BK) in Washington D.C. on May 13, Helen Marque, 72, ran an amazing 40:31 to win her age group over 45 minutes! Marque set the W70 BK U.S. road record at 39:27 in this race.

- Priscilla Welch, 45, ran 34:48 to finish first W40 in the Legs Mini-Marathon 10K in Central Park, NYC. May 26. Barbara Flutez, 40, ran 36:15, followed by Angela Heffer, 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, 75, is a world masters' record holder in the decathlon and other events.

**MID AMERICA**


**WEST**

- John Alderson, 70, set a world M70 long jump record of 16-2 1/2 at the Dallas Parks Senior Games, May 12. The old mark of 15-10 1/4 was set by Japan's Masumi Morita in 1983.


**NORTHWEST**

- Oregonian Ed Lipscomb of the Nike Portland TC; an age-39 PR of 16.6 for the PV in the Western Oregon Open Meet at Monmouth, May 5. The height, one inch below the M35-39 PR 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 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, 1:30.18; M70 Ian Hume, T1: 8:27; M80-Karl Trei, L1.3:57; and T1: 7.31; W45-Audrey Heimstra, T1: 8:75; W55-Molly Turner, 1:50.36; and 12:03:8; and W70-Judith Kazden, 1:52.72, and 3000, 15:47.6.

**INTERNATIONAL**

- Minneapolis, which was scheduled to host the "3rd World Masters Games" from July 25-August 9, 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 organizers, will be slaged in 1993 at another site. We had an option to move over to Denmark, but jumped at the opportunity to get New York under my belt before I quit," he said.

- Tokyo, was scheduled to host the 1993 World Masters Championships, 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 organizers, will be slaged in 1993 at another site. We had an option to move over to Denmark, but jumped at the opportunity to get New York under my belt before I quit," he said.

**NOW AVAILABLE**

**Masters Age Records 1990**

Compiled by WAV 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, 1990.

- 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 names, age, state, and date of record.

**Send $4 plus $.10 postage and handling to:**

NATIONAL MASTERS NEWS

P.O. Box 2372

Van Nuys, CA 91404

Name _________________________

Address _______________________

City __________________________ State Zip __________________________


November 27-December 1. 12th annual TAC Convention, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46260. 317/261-6000.

EAST


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


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


July 15. Sunshine Games Masters Championships, 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.


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


July 22. TAC Masters Mid-West Mini-Meet (throws & jumps only), Randalls Island, NYC. Jah Sing, 254-24 75 Ave., Glen Oaks, NY 11004. 718/247-1903 (8-11 pm).

July 22. Cornhusker State Games, UN. Continued on page 29
**NORTHWEST**

- **California**: 23rd Annual Hawaiian International Festival, March 10-16, Honolulu, Hawaii. 808/548-1901.

**SOUTHWEST**

- **Utah**: 1. Long Island Summer Women's 5K, Jericho, N.Y. 9:30 a.m., 11:30 a.m., 2:00 p.m., George Murphy, 1921 Jernest Rd., Plainview, NY 11803.
- **Oregon**: 24-25. Bay Area Mile Challenge, San Francisco. 5:00 p.m., 7:00 p.m., 9:00 p.m., 11:00 p.m.

**INTERNATIONAL**

- **Canada**: 23rd Annual Canadian Masters Championships, Montreal. 35+.

**CANADA**

- **British Columbia**: 11-12. Canadian Masters Championships, Montreal. 35+.

**NEW ENGLAND**


**LONG DISTANCE RUNNING NATIONAL**

- **California**: 7-8. Long Distance Running National, Los Angeles. 7:00 a.m., 2:00 p.m., 6:30 p.m., 10:00 p.m.
- **New England**: 7-8. Long Distance Running National, Boston. 7:00 a.m., 2:00 p.m., 6:30 p.m., 10:00 p.m.
- **Midwest**: 7-8. Long Distance Running National, Chicago. 7:00 a.m., 2:00 p.m., 6:30 p.m., 10:00 p.m.
- **Southwest**: 7-8. Long Distance Running National, Phoenix. 7:00 a.m., 2:00 p.m., 6:30 p.m., 10:00 p.m.
- **Southeast**: 7-8. Long Distance Running National, Atlanta. 7:00 a.m., 2:00 p.m., 6:30 p.m., 10:00 p.m.
- **Northeast**: 7-8. Long Distance Running National, New York. 7:00 a.m., 2:00 p.m., 6:30 p.m., 10:00 p.m.

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

- **July 21-22, Balboa Stadium, San Diego**: Western Sectional Masters Track and Field Championships. Call 275-9452 for information. No entries accepted without 1990 TAC number.

**ELIGIBILITY**

- Age group: 40+. Master track and field meet. No entry required. No first place allowed. All entries with 1990 TAC number required.

**AWARDS**

- TAC championship medals to first 3 TAC registrants in each division. DQ medals to top 3 DQ registrants in each division.

**DEADLINE**

- Entries must be received by July 1. No late entries allowed. If your entry is not confirmed by July 1, you will receive notification.

** Entry Fee:

- $40 for first event, $10 for subsequent events. Make checks payable to TAC, Oceanside Relay Team. Entries must be received by July 1.

**MAIL TO**

- Oceanside, P.O. Box 2229, La Jolla, CA 92037.

**DIRECTIONS**


**PROPOSED SCHEDULE**

- 4:00 p.m. 3000 m Run (Sprint), 13:00 m Run (Sprint)
- 6:00 p.m. 5000 m Run (Sprint), 7:30 p.m. 5000 m Run (Sprint)
- 8:00 p.m. 10,000 m Run (Sprint), 9:30 p.m. 10,000 m Run (Sprint)
- 10:00 p.m. 15,000 m Run (Sprint)
- 11:00 p.m. 20,000 m Run (Sprint)

**ENTRY FORM**

- Address: 712-733-1322
- Telephone: 213-838-4746
- City: Oceanside
- State: CA
- Zip Code: 92027
- Sex: Male/Female
- Age: 40+

**WAIVER MUST BE SIGNED**

- By entering this event, you hereby agree that TAC assumes no responsibility for any injuries sustained as a result of participation in this event.

**National Masters News**

- September 21, 1991
- Balboa Stadium, San Diego

**WELCOME TO TAC**

- TAC, the National Masters Association, is a non-profit organization dedicated to promoting the health and well-being of masters athletes through competitive track and field events.

**For More Information**

- Call 213-838-4746 or visit our website at tacmasters.com
**SOUTHEAST**  
Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

August 15, Full Moon 5k and 8 mile, DeLand, Fla. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.
August 18, Parkersburg Half-Marathon, Parkersburg, W.Va. Dorsey Chevroom, P.O. Box 718, Parkersburg, WV 26102. 304/424-2716.

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

July 15, Chicago Distance Classic 20K, Chicago, Illinois. David Wood, P.O. Box 400, Mishawaka, IN 46545. 719/473-2625.
July 26, 3rd Annual Louisiana Masters Classic 5K and 1-mile, New Orleans. Masters-only race, 1-year age groups (40-49), 2-year (50-59), 3-year (60-64, etc.)

**WEST**  
Arizona, California, Hawaii, New Mexico, Utah.

July 4, Firecracker Fast 5K, Little Rock, Ark. 5K01 1st 40 + m & w. SASE to Gary Smith, Race Director, Sportstop, 1800 N. Pierce, Little Rock, AR 72207. 501/666-1720.
July 14, Twin Cities Marathon, Minnesota. Twin Cities Marathon, Harriet, Minneapolis, MN 55408.

**NORTHWEST**  

July 14-21, Eugene Experience Adult Running Vacations, Eugene, Oregon. Box 5306, Eugene, OR 97405. 503/343-2063.
August 11, Zoo Run Pacific Northwest Athletics Congress Masters 10K Championship, Tacoma, Wash. John Donovan, 5407 No. Pearl St., Tacoma, WA 98407. 206/591-3588 (d); 565-6648 (e).

**SOUTHWEST**  
Louisiana, Mississippi, Texas.

July 4, Firecracker Fast 5K, Little Rock, Ark. 5K01 1st 40 + m & w. SASE to Gary Smith, Race Director, Sportstop, 1800 N. Pierce, Little Rock, AR 72207. 501/666-1720.

**MID-AMERICA**  
Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, S. Dakota, Nebraska, Oklahoma, S. Dakota.

July 1, Midnight Madness Open 10K/Masters 10K/5K, Ames, Iowa. MRRK. P.O. Box 266, Ames, IA 50010. 515/232-6718.
August 25, Peaks Peak Ascent (13.4 miles), Nancy Hobbs, Triple Crown, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

**Asbury Park 10K Classic**

**SATURDAY, AUGUST 11, 1990 - 8:00 AM**

Asbury Park, NEW JERSEY

**10th Anniversary Celebration**

The Classic offers it all:  
- TAC Prize Fund
- Expo
- Friday "All You Can Eat" Pasta Dinner  
- Runner's Forum  
- Saturday "All You Can Eat" Poolside Barbeque  
- Gala Runner's Dance  
- Runner's World & Running Times - "A race to run."

**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

**THE SUMMER'S #1 RACE WEEKEND**

Asbury Park 10K Classic  

Saturday, August 11, 1990 - 8:00 AM  
Asbury Park, New Jersey

Profiles 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 Mile 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 untried 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
## RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

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

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<td>Alice Dean</td>
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## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

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<tr>
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<td>Robert Stanley</td>
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<td>Gerald Jones</td>
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<td>Triple Jump</td>
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<tr>
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<td>Wendell Palmer</td>
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<td>M60-64</td>
<td>Irwin Bernstein</td>
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<td>Bill Wambach</td>
<td>CA</td>
<td>3/18</td>
</tr>
</tbody>
</table>
NOW AVAILABLE
1989 U.S. Masters Outdoor T&F Rankings Book
- Men's and women's 1989 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 MNM.

Send $5.95 plus $1.00 handling and postage to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name

Address

City

State Zip

USC TRAVEL MASTERS TRACK MEET
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

RACING EVENTS:

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Field Events</th>
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<tr>
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<td>10:40 POLE VAULT</td>
</tr>
<tr>
<td>07:45</td>
<td>100 HURDLES</td>
<td>11:40 JAVELIN</td>
</tr>
<tr>
<td>10:40</td>
<td>1500 M</td>
<td>10:40 SPRINT 4X400 M</td>
</tr>
<tr>
<td>10:45</td>
<td>400 M</td>
<td>11:25 OFFICIALS LUNCH BREAK</td>
</tr>
<tr>
<td>11:25</td>
<td>800 M</td>
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<td>12:30 4X400 M</td>
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| Field Events |

<table>
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</tr>
<tr>
<td>12:30</td>
<td>10000 M</td>
<td>12:30 4X400 M</td>
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| Entry Fee: $12 First Event; $3 Each Additional Event

<table>
<thead>
<tr>
<th>CHECKS PAYABLE TO &quot;TROJAN MASTERS&quot;</th>
<th>SEND TO TROJAN MASTERS</th>
<th>PHONE: FOR ADDITIONAL INFO (213) 464-4044</th>
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</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Age:</td>
<td>Date of Birth:</td>
</tr>
<tr>
<td>Address:</td>
<td></td>
<td>F:</td>
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<tr>
<td>Phone (Include area code):</td>
<td>Club:</td>
<td>TAG NO.</td>
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<tr>
<td>Email:</td>
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</tr>
<tr>
<td>List events to be entered [1 of 24]</td>
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</tr>
<tr>
<td>Event:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Signature: Date:  

| Note: 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 University of Southern California, or any individual associated with putting on this meet, for any and all injuries suffered during this event. I further certify I have no physical restrictions that would prevent me from competing in this event and understand that I compete at my own risk.

Date:  

Signature: Date:
Louisiana Lightning Masters Meet, New Orleans LA May 26

500m
M35 Dave Cowan 1:02.15 M20 John Hartfield 1:02.35
M40 J. W. King 1:02.16 M45 Lee Knight 1:02.16
M50 X60 Tim Murphy 1:01.61 M60 Alan Cohen 1:02.09

1000m
M35 Dave Cowan 2:05.12 M30 John Hartfield 2:05.15
M40 J. W. King 2:10.46 M45 Lee Knight 2:10.49
M50 Alan Cohen 2:06.08 M60 Alan Cohen 2:06.08

2000m
M35 Dave Cowan 4:11.27 M30 John Hartfield 4:11.30
M40 J. W. King 4:16.62 M45 Lee Knight 4:16.64
M50 Alan Cohen 4:12.22 M60 Alan Cohen 4:12.22

Javelin
M35 Jeff Bay 144-6 M30 Tom Thompson 144-6
M40 Alan Cohen 144-6 M50 Ed Orton 144-6
M60 Alan Cohen 144-6

Discus
M35 Ken Farmer 195-6 M30 John Belcher 195-6
M40 Alan Cohen 195-6 M50 Alan Cohen 195-6
M60 Alan Cohen 195-6

Pole Vault
M35 Tim Murphy 10-0 M30 John Hartfield 10-0
M40 J. W. King 10-0 M45 Lee Knight 10-0
M50 Alan Cohen 10-0 M60 Alan Cohen 10-0

Continued from previous page

National Masters News
July, 1990

Juniors

M35 Jeff Bay 144-6
M30 Tom Thompson 144-6
M40 Alan Cohen 144-6
M50 Ed Orton 144-6
M60 Alan Cohen 144-6

Discus
M35 Ken Farmer 195-6
M30 John Belcher 195-6
M40 Alan Cohen 195-6
M50 Alan Cohen 195-6
M60 Alan Cohen 195-6

Pole Vault
M35 Tim Murphy 10-0
M30 John Hartfield 10-0
M40 J. W. King 10-0
M45 Lee Knight 10-0
M50 Alan Cohen 10-0
M60 Alan Cohen 10-0

Continued on next page

Duke City Masters Games Albuquerque, NM June 2-3

Pentathlon
LJ 130 D 1500
Lee Hirst 68 3400 29.24 28.24 26.66 25.50 13.10
Bill Forsyth 43 2355 4.58 42.88 30.40 32.23 48.68

Weight Pentathlon
S D J. R. W.
Lee Hirst 3462 10.29 22.13 30.20 25.45 9.58
Tim Black 77 5104 10.58 27.64 26.60 24.00 14.90
Bill Forsyth 43 2720 10.58 24.26 21.38 20.26 16.90
Gordon Powell 80 2331 11.50 34.26 28.32 37.77 8.58
Bill Forsyth 43 2186 9.70 31.66 45.65 17.10 31.38
Jim Johnson 42 1892 7.35 19.74 53.15 18.95 7.66
Tony Mathias 78 2709 9.43 25.34 25.21 29.86 8.90
Sally Poll 960 3317 8.28 20.51 19.79 26.39 8.78
Chenin Parish 924 1642 7.21 24.43 14.32 21.30 8.43

400m Hurdles
M40 Dave Cowan 1:02.15
M50 Charley Hahn 1:02.15
M60 Alan Cohen 1:02.15

High Jump
M35 Jeff Bay 144-6
M30 Tom Thompson 144-6
M40 Alan Cohen 144-6
M50 Ed Orton 144-6
M60 Alan Cohen 144-6

Discus
M35 Ken Farmer 195-6
M30 John Belcher 195-6
M40 Alan Cohen 195-6
M50 Alan Cohen 195-6
M60 Alan Cohen 195-6

Pole Vault
M35 Tim Murphy 10-0
M30 John Hartfield 10-0
M40 J. W. King 10-0
M45 Lee Knight 10-0
M50 Alan Cohen 10-0
M60 Alan Cohen 10-0

Continued on next page
NORTHWEST

City of Seattle Senior Sports Meet Seattle, June 2

100m

Robert Mehl 10.1
E. Ellis 10.2
P. S. Milbank 10.3
C. G. T. N. 10.4

200m

D. E. Ellis 20.6
G. R. Smith 20.7
N. H. Smith 20.8
C. G. T. N. 20.9

400m

C. E. Smith 44.3
G. C. T. N. 44.4
R. G. C. 44.5
J. D. C. 44.6

800m

J. D. C. 8.9
G. C. T. N. 9.0
R. B. 9.1
G. C. T. N. 9.2

1500m

R. G. C. 15:4
G. C. T. N. 15:5
R. B. 15:6
G. C. T. N. 15:7

NATIONAL MASTERS NEWS
## 1990 TAC/USA National Masters Track and Field Championships

### General Information
- **AUGUST 2-5, 1990**
- **INDIANAPOLIS, INDIANA**

TAC/USA National Masters Track & Field Championship

### 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 eligibility. 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.

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

### Date of Birth:
- 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 fees are $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.

### Special Events:
- Local ground buses will be operated by Greyline 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 5:00 PM and 9:00 PM. 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 U.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.

### Accommodations:
- All competitors will be responsible for making their own overnight arrangements. The following hotels are booking 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.

### Entries:

#### DAYS AIRPORT
- Located 15 minutes from track stadium by car.
- Located 1 mile from track stadium.
- Located 1 mile from track stadium.
- Located 1 mile from track stadium.
- Located 1 mile from track stadium.
- Located 1 mile from track stadium.
- Located 1/2 mile from track stadium.
- Located 1 mile from track stadium.
- Located 1 mile from track stadium.
- Located 1 mile from track stadium.
- Located 2 blocks from track stadium.
- Located 1 mile from track stadium.

### Travel:
- Travel USA offers 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 CODE FILE N0. 3136B.

### Entry Form: 1990 TAC/USA National Masters T&F Championships

<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
<th>PHONE</th>
<th>EVENTS ENTERED</th>
<th>BEST MARKS 89-90</th>
<th>AGE ON 8/2</th>
<th>FEMALE</th>
<th>ENTRY FEES</th>
<th>TOTAL AMOUNT DUE</th>
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<tbody>
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<td>AGE ON 8/2</td>
<td>FEMALE</td>
<td>ENTRY FEES</td>
<td>TOTAL AMOUNT DUE</td>
</tr>
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### Method of Payment:
1. Bank Draft or check in US dollars, payable to:
   - **TAC MASTERS CHAMPIONSHIPS**
2. **VISA** ☐ **MC** ☐ **AMEX** ☐

### Waivers
- I hereby declare that I am in good health and am properly conditioned for the competitions to which I am affiliated at age. I want to leave no trace of Indiana TAC, 1990 TAC/USA National Masters Track and Field Championships Organizing Committee, TAC/USA, and the 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.

### Tentative Schedule of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>SAT. 8/4/90</td>
<td>7:00 AM: 5000 M (All) (Foreign competitors only)</td>
</tr>
<tr>
<td>FRI. 8/3/90</td>
<td>7:00 AM: 10,000 M (All) (Foreign competitors only)</td>
</tr>
</tbody>
</table>

## INDIANAPOLIS 1990

### For Technical Information
- Please call Heidi Neuburger at 317-274-3363 for further details.

### For General Information
- Call Heidi Neuburger at 317-274-3363.