**National Masters News**

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

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**Waigwa, Drake Win in Utica 15K**

by MARTY LYONS  
UTICA, N.Y., July 9 — Wilson Waigwa of Mission Viejo, Calif., by way of Kenya, doesn’t like downhill runs.

"Hurts my knees," he said.

But when Victor Mora of Colombia drew near in the last mile of today's Boilermaker 15K, Waigwa forgot about the pain and picked up the pace.


The time was only 11 seconds off the U.S. masters 15K road record of 45:38, set by Bill Stewart in 1983.

It was a good day for the masters, with five runners finishing under Schlau's time, in the fifth race on the 1989 ICI/USRA Masters Circuit.


The top four women's masters runners topped the 57:05 record set in 1988.

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1960 Olympic Champion Ralph Boston looks on as Johnnie Meisner, M40, captures an 11.5m (37-8½) masters win in the triple jump at the Tennessee Masters Championships in Fort Sanders, Tenn., June 16.

**Records Fall Despite Rain in Tennessee Meet**

by DEAN WATERS  
The promise of the first rain-free weekend in weeks lifted the spirits of the Fort Sanders Tennessee Masters Track and Field Championships officials — unfortunately the elation was a few hours premature for the June 16-17 meet. Solid rain greeted participants at the start late Friday afternoon, leading to a postponement of the jumping events to Saturday.

The rain did not deter the start of a fine two-day competition for Don Gummie, 58, of Ohio, who, while officials were squeezing water off the track, ran nearly six seconds below the single-age world record for the 3000. His 10:04.49 on Friday night was a personal best and a new masters record.

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1989 Utica Boilermaker 15K men's masters winner Wilson Waigwa as he nears the finish line. Photo by Jecen/Watkins

**Sekerk, Burleson Win National 15K**

by STEVE LEWALLEN  
Masters runners laid siege to the St. Clair Classic in St. Clairsville, OH, on June 17. Dan Sekerk (51:29) and Marie Burleson (1:00:22) sped to convincing wins at the race, which doubled as the TAC National Masters 15K Championships; they took top masters honors as well as finishing first overall.

Sekerk, a school teacher from Granville, Ohio, took charge with less than two miles left on the arduous, up-and-down course. He finally outstrdode David Tresohlavy (52:16), who took second to make it a 1-2 finish for masters. "I bided my time over the first three miles," said Sekerk after the race. He then began to reel in the people in front of him, but he admitted there was a time he wasn't certain he was going to win.

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1989 Utica Boilermaker 15K men’s masters winner Wilson Waigwa as he nears the finish line. Photo by Jecen/Watkins

**National Senior Olympics Draws 3396 Athletes**

A total of 3396 athletes, including 1367 in track and field, competed in the biennial U.S. National Senior Olympics at Washington University in St. Louis on June 19-24.

Competition was held in five-year age-groups in 13 sports for men and women age-55-and-up at the site of the first American Olympiad in 1904.

Thirty-seven percent of the participants overall — and 38% in the track and field competition — were women, a record high for a seniors event.

Forty-seven states were represented (all but Alaska, Utah and West Virginia) plus Puerto Rico, Canada, England, and Taiwan. The oldest male participant was 93; the oldest female was 89. An estimated two out of three participants were accompanied by a guest.

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The meet was arranged by classes, with high schoolers going against submasters and masters by age group. This year, Class 1 featured 11-14-year-olds vs. 50-59 athletes; Class 2, 15-16-year-olds vs. 40-49; Class 3, 17-18-year-olds

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Paul Stepan, 51, winning the 200 from Sean Thielman, 14, in the Scholastic/Masters Meet, Oregon City, Oregon, June 17. Stepan (27.7) handed Thielman (28.0) his first defeat this season.

Photo by Mike Monahan
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Some events are sponsored by TAC/USA, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs, or other organizations.

Generally, anyone age 40 or over may come to a masters event and participate. Some events are limited to ages 40-49, 50-59, 60-69, etc. (please check the schedule for details). Some events require advanced registration. Some require a current TAC card ($7 to $10, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or call 317/261-0500. There are no qualifying standards for any masters athletics event.

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RACE WALK RECORDS

Regarding Richard Oliver’s letter (July NMN) about certification of race walking records; I maintain the men’s U.S. marks, and am opposed to certification for the following reasons:

1. Participation has been the main goal of masters athletics - not records. Certification leads to over-emphasis.
2. Almost all the marks I receive for consideration are in line with what the competitor has shown himself to be capable of. The race time that is out of line is challenged and usually not accepted.
3. It is impossible to provide for every contingency. TACSTATS has tried in running with the result that all kinds of details confuse the issue: wind, downhill, etc. An analogy: in tournament bridge, the lawmakers made sweeping revisions to provide full justice for every possible infraction. It was so unwieldy, and there was such a public outcry that after a few months, they had to scrap many of the rule changes. Keep walking for the walkers, not for the form-completers.
4. Records as shown presently are not “official” — just “best times”. There are official records for track performances (two indoor and five outdoor) for fastest master overall. See the back of the Age-Records booklet.
5. Certification is a form of elitism. Only the seasoned performers will know what the present record is, so many records could go unreported.
6. Certification is basically a rubber stamp. Is the meet director standing by the watches and verifying the times? No. The final time will invariably be the same whether or not someone signs a piece of paper. Years ago, we had to get a doctor’s signature to enter most big meets. When they realized that it was often forged and proved little anyway, the practice was abandoned. This situation is similar.

Alan Wood
Editor, The Master Walker Pompton Plains, New Jersey

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

NINE JOIN NMN SUSTAINERS

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

Special thanks this month go to Robert Watanabe, who generously donated $100.

Thanks also to:
- Peter Richardson
- Jay Sponseller
- Michael Eliastm
- Ralph Daehler
- Stan Mathes
- Vernon Mattson
- Gary Miller

Stahl Top Master at Grandma’s

by STEVE LEWALLEN

Kjell-Erik Stahl, 43, turned in another stellar marathon performance in Duluth, Minn., on June 17, placing first master and second overall in Grandma’s Marathon in 2:18:43. This marks Stahl’s 24th consecutive masters marathon title since turning 40.

The masters runner-up was Bob Schlau, 41, who was tenth overall in 2:24:06. Said Schlau after the race, “If I’m going to beat Stahl in the marathon, I’d have to pick a race four or five months in advance and really focus on it. Maybe that will be in the Twin Cities Marathon on October 8.”

Susan Havens, 42, won the women’s masters division in 2:50:02. Judy Greer, 42, was second female master in 2:52:07.

On an age-graded scale, Stahl was first with a 95.6% (age-43 standard of 2:12:36 divided by Stahl’s 2:18:43). Second was Schlau’s 90.2%, followed by Havens with 86.5%.

Runners battled a southeast headwind for most of the race. “It was just a war,” said Stahl. “I thought there would be a nice breeze from the lake, but I was surprised at how hard it was. Under these kinds of conditions, I was just happy to get under 2:20.”

Overall winners were Doug Kutzis (2:16:49) and Louise Mohanna (2:39:50). Of the field of 4,031 who started the race, 3,743 finished.

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Runners in Grandma’s Marathon race along the shore of Lake Superior, finishing at the foot of the aerial lift bridge in Duluth, Minn.
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I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors. That is why I felt this training program would be of great help to Masters competitors. Join me in your quest to be the best that you can be.

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Do Swimmers Age Faster Than Runners?

While browsing through The World Almanac recently, I noted that the world record for the 400-meter freestyle swim is 3:47.38, just one second slower than the world record in the mile run (3:46.31). From that, I wondered how the age-class records in the two events compared.

I then discussed my findings with Roger Cundall, 44, a former University of Southern California swimmer and now the top 40-44 swimmer in Hawaii. At first, he could not account for the difference between runners and swimmers. But then, as we discussed training methods, the reason for the difference came to us. It has to do with the fact that today’s elite young swimmers spend four to five hours in the pool, while masters swimmers train only a small fraction of that time. Elite young runners, on the other hand, train maybe one hand a half to two hours a day, while the best masters runners approach that.

To put it another way, masters swimmers train much less in relation to elite young swimmers than masters runners do in relation to elite young runners.

"The kids are just putting in so many more miles," said Cundall. "They’re putting in four to five hours a day of swimming, not to mention maybe an hour in the weight room. That’s a full time job in itself. The masters swimmers today are putting in an hour, maybe a little over that. If you swim hard for an hour, you can get in 4000 to 5000 meters. It would take a former world-ranked swimmer devoting two-and-a-half hours a day five to six days a week for the (age-graded) swimming records to come down to something close to the mile running times. There are not that many people willing to devote that much time to the sport."

At USC in 1963-64, Cundall recalls that a typical training session was an hour to an hour and a half. "That was about as much as the eyes would take," he explained. "Back then, we didn’t have goggles and the chlorine would get to us. We couldn’t keep our eyes open after workouts. We’d have to sleep until about 10 o’clock and then wait until the eyes stopped stinging before we could do our homework. I don’t think goggles came in until around 1970, maybe a little before that."

Recalling photos of Florence Chadwick wearing goggles during one of her English Channel swims back in the ‘50s, I asked Cundall why pool swimmers took so long to start using them. "I don’t know," he responded. "I think you were kind of looked upon as a sissy if you wore them. I know that there were a few Australians wearing them in the early ‘60s, but they didn’t catch on right away."

Cundall was from the same era as Don Schollander, the first swimmer to win four gold medals at one Olympic Game. In the 1964 Tokyo Olympics, Schollander won the 400 freestyle in a world-record 4:12.2. If we consider that Schollander’s training was much closer in quantity to today’s masters swimmers and use his world record as a starting point instead of that 3:47.38, we find that decline in swimming performance with age pretty much runs parallel to the running decline.

How do Cundall’s performances now compare with those of his college days? "It’s hard to say," he answered. "I swim all freestyle now. In college, I did the breaststroke and individual medley. My freestyle times now, at 200 on up, are faster than when I was in college. I never broke 20 minutes for a mile back then, but I know I can do it now. In my specialty, though, I’m nowhere near as fast as I was back in college. In the 100-yard breaststroke, I was usually in the 1:03-1:04 range. Nobody was breaking a minute back then. Today, I’m around 1:13-1:14, about 10 seconds slower."

Cundall’s training now approaches what he did in college. "I put in an hour, an hour and a half. After that, I’m bored. For what I’m trying to accomplish, that’s enough. But it seems like each year I have to put in a little bit more mileage in order to swim as fast as I did the prior year."

As Cundall sees it, swimming has gone the way of running. "In running, the standard is no longer what is done on the track," he said. "It’s what’s done on the road, isn’t it? It’s pretty much the same in swimming now. We train a lot in the pool, but the proof of the pudding is in the ocean. That’s how we’re measuring ourselves now."

"Old" at 23

In 1981, when she was 16, Mary T. Meagher broke the world record in the 200-meter butterfly with a 2:05.96. In 1984, at 19, Meagher won the Olympic gold medal with a 2:06.90 clocking. In the Seoul Olympics last year, Meagher, 23, captured the bronze in 2:10.80.

Prior to last year’s Olympic Games, Sports Illustrated did an article on Meagher. "She doesn’t recover from one workout to the next anywhere like she used to," Bill Peak, her coach, is quoted. "When she was 16, she could do an 8000-yard workout hard in the morning and again in the afternoon and the next day be ready to go again. She can’t do that now."

"Don’t know there were other options in life," Meagher added that she often feels frustrated. "The killer instinct isn’t there like it used to be, and even though I’m aware of that, there’s nothing I can do about it. Winning just doesn’t have the meaning it used to." — Mike Tymn

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Mike Tymn
Waigwa, Welch Top Cascade Masters

San Diego's Wilson Waigwa, 40, was the first over-age-40 runner in the Cascade Run Off 15K in Portland, Oregon, June 18, in a time of 46:08, only ten seconds over Bill Stewart's American 15K masters record of 45:58. Close on Waigwa's heels were Colombia's Victor Mora (44, 46:21) and Canada's Chris McCubbins (43, 46:44).

Top female master was the ubiquitous Briton, Priscilla Welch, 44, in 51:52, followed by New Zealand's Heather Matthews (42, 53:03) and California's Laurie Binder (41, 53:34). Those six won $1000 (1st), $500 (2nd) and $250 (3rd).

Welch claimed top age-graded honors with a 97.04% performance (W44 standard of 50.20 divided by Welch's 51.52). Mora had the second-best age-graded showing with 96.97%, followed by McCubbins (95.5%), Matthews (95.3%), and Waigwa (94.9%).

Other age-group winners included Buz Masters (W60, 1:02:16), Sue Cammack (W45, 1:04:26), and Billie Murphy (W60, 1:12:12). □

Mora, Binder Conquer Peachtree

by STEVE LEWALLEN

Colombia's Victor Mora led all masters with a 30:00 at the Peachtree 10K in Atlanta, Ga., July 4. Great Britain's Mike Hurd, 40, was second master in 30:13.

Mora and Hurd finished 1-2 on an age-graded basis as well. Mora turned in a best-of-the-day 95.2 performance percentage, while Hurd's 93.5% placed him second.

Top female master was Oakland's Laurie Binder in 35:29 (89.9%).

Overall winners were Kenya's Ibrahim-Hussein (28:13) and U.S.A.'s Judi St. Hilaire (32:05). □
Warming Up — Why Do It and How To Do It
by JOHN COSGROVE

A proper warmup is essential to a good performance, especially for masters. Most serious masters runners tell me it takes longer to warm up as they get older. I experience this each morning during my five-miler. A 10-minute-per-mile pace is difficult for the first three blocks, but I know patience will be rewarded. I feel stiff for the first two miles, but I am really peppy at the end of the five miles.

Strangely, the fast-twist muscles of sprinters warm up faster than the slow-twist muscles of distance runners. Ken Foreman, an experienced coach who has done clinical studies on this issue, explained that it was biologically based and a normal characteristic of the differences in the muscle fiber. The fast-twist muscles are also more prone to injury if not properly readied. Sprinters can leave their race in the warmup, so it’s a fine line that one has to find.

Second Annual Sri Chinmoy Masters Track & Field 50 and Over Only

- TAC SANCTIONED -

SUNDAY, SEPTEMBER 24, 1989 UNIVERSITY OF CALIFORNIA, IRVINE

Second Annual Sri Chinmoy Masters Track & Field 50 and Over Only

DATE: Sunday, September 24, 1989

LOCATION: University of California, Irvine, CA 92717

DIRECTIONS: Freeway 405 (ex 35) to Culver Blvd., South to Campus Drive, right on Campus Drive to Bridge Road, left on Bridge Road to parking lot 6 or 6A.

DIVISION: 10-year age division, from oldest to youngest.

ENTRY FEE: First entry $25.00, additional events $5.00 each, unlimited entries $25.00.

DEADLINE: All entries must be postmarked no later than September 14, 1989. Complete entry form; information may be phoned in as late as Sunday, September 17, 1989. Late entries add $1.00.

AWARDS: Sri Chinmoy Race rainbow-colored ribbons to first three men and women in each event and age group.

REFRESHMENTS: Water, fruit and refreshments throughout day to participants.

MAIL ENTRY TO: Sri Chinmoy Marathon Team, 521 S. Sherbourne Dr. Los Angeles, CA 90034

TENTATIVE SCHEDULE OF EVENTS

TRACK EVENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Description</th>
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<tbody>
<tr>
<td>9:30 a.m.</td>
<td>5000m Race Walk, combined</td>
<td>Hammer</td>
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<tr>
<td>10:30 a.m.</td>
<td>800m Hurdles</td>
<td>Jawelin</td>
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<td>10:45 a.m.</td>
<td>100m Hurdles</td>
<td>Pole Vault</td>
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<tr>
<td>11:00 a.m.</td>
<td>110m Hurdles</td>
<td>Shot Put</td>
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<tr>
<td>11:15 a.m.</td>
<td>1500m Run, combined</td>
<td>Break</td>
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<tr>
<td>11:30 a.m.</td>
<td>100m Run</td>
<td>Discus</td>
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<td>12:00 noon</td>
<td>Break</td>
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<td>12:30 p.m.</td>
<td>300m Int. Hurdles</td>
<td>1:45 p.m. Long Jump</td>
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<tr>
<td>1:00 p.m.</td>
<td>400m Run</td>
<td>2:30 p.m. Triple Jump</td>
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<tr>
<td>1:20 p.m.</td>
<td>300m Run, combined</td>
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<td>1:50 p.m.</td>
<td>200m Run</td>
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<td>2:20 p.m.</td>
<td>800m Run</td>
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FIELD EVENTS

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<td>Triple Jump</td>
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ENTRY FORM

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Gillcrist Ups Own High Jump Record

by JERRY WOJCICK

Jim Gillcrist, who broke the world M60-64 record in the high jump in a meet at Sarasota, Fla., in late May, bettered it in the Northwestern Classic held June 10-11 in Miami, when he jumped 1.62 (5-3¼), improving his normal variations to be expected but having a standard plan is far better than 'winging it' every time.

Pre-Race Warm Up

1. Easy jog for 7-20 minutes. The emphasis is on 'easy'. Just awaken your body until your muscles feel warm and a mild sweat is broken. Make sure that you have a warmup suit on to wear so that your next step is not done while cooling down too much.

2. Stretch using your normal routine. If possible, give yourself plenty of time. Everyone has different needs and there is often no good place to get your full routine in before a race. The key is that the stretch should be done after the warmup jog and with some kind of warmup suit on to retain the heat.

3. Start off with some easy strides. This begins the phase of building up your energy delivery system volume capacity. Think of the thermostat on your car being forced to open up to maximum volume. Your blood system needs to be opened up to get the oxygen in and the waste products out. The first strides are relatively easy with a gradual buildup. Always think about form and relaxation as you slowly build the speed up.

4. Coach John Smith recommends six 100-meter out-and-back strides with a jog on the turn. No stopping or walking. Doing them in 100 increments is not the same as a 600 because you have a sense of building to a full stride in stages. This is followed by a 100 walk. Never stop completely.

5. The six 100s are followed by three 100s at a faster pace. One rule we use is that the six 100s should finish at your mile race pace, the three 100s at your half mile pace with the final three at quarter mile race pace. This second set of 100s are also done continuously with only a short jog at the turn. Again, the pace is faster and more emphasis is placed on getting your hips under you and landing more forward on your feet. This set is followed by a 100 walk.

6. The last three 100s are usually the most fun because you hit them harder and are warm enough to feel good about it. Each of these is followed by a 100 walk so you are not getting tired. You can run these fast but still hold back on the intensity. The idea is to experience speed without losing your relaxation and smooth form.

7. Congratulations — you are now ready to race or do your normal workout.

8. If the race is delayed or you begin to cool down before the workout starts, do a few rolling starts. These are only 20-40 meters with a quick acceleration to get your blood flowing but without any build-up of waste products. In fact, Coach Smith uses these rolling starts to invigorate your leg muscles by clearing out leftover waste products after a hard race or workout. It really works! Coach Laszlo Tabori has a similar routine.

John Cosgrove is the director of the Annual Mammoth Athletics Camp.
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The Young Old

Competition for Veterans—or "masters," as older American runners still call ourselves—is still a young movement. The World Veterans Championships, coming to the U.S. for the first time this month, are only 14 years old.

Like a child of that age, vets running is both growing and maturing quickly. We're just beginning to see what its adult identity might be.

In its short life, this arena already has produced three generations of winners. First came the new or renewed athletes. These people who hadn't competed since their youth, if then, started training for fitness as adults and couldn't stop with that. They created the first demand for separate veterans' meets, and won most of the early prizes.

This generation included Jim O'Neil and Dr. Alex Ratelle, who both remain active in their 60s. O'Neil, a Californian, rediscovered running at about 40 and has competed in every national and world meet. Ratelle, from Minnesota, ran for the first time at about 40 and much later broke 2:30 in the marathon.

The new opportunities for masters gave longtime runners in their 30s a new reason to continue. Soon, a second generation of winning vets was born—formerly near-great athletes who won by outlasting the people who had outrun them in their youth.

Hal Higdon of Indiana and Ray Hatten, a Briton transplanted to Oregon, best represent this generation. Neither made an Olympic team in his prime years, but both set vet records in their 40s and 50s.

Now, the third generation is emerging. Superstars who remained competitive until they reached veteran status include Kenyan miler Mike Boit, who won an Olympic medal at 23, and U.S. marathoner Bill Rodgers, who started his Boston and New York winning steaks in his 20s.

Women have evolved more slowly because they got a later start in this sport. But they've followed the same pattern.

Three Americans personify the generational shifts: (1) early winner Ruth Anderson; (2) near-great Laurie Binder, and (3) many-time Olympian Francie Larrieu Smith, who at 36 counts as a veteran under international rules and plans to run in Eugene.

For both sexes, the quality of competition has improved vastly. So has the quantity of competitors. The World Veterans Championships have more than tripled in size since the first edition at Toronto in 1975.

But while growing bigger and better, these Championships haven't forgotten their original purpose: to serve the athletes, not the interests of nations or fans. Contrast this with the conduct of older international meets for young athletes, the World Championships and Olympic Games.

The Youth Worlds are limited to members of national teams (and no more than three athletes per country per event). Vets enter their Worlds as individuals.

The Youth Worlds cater to specta tors by limiting the size and number of races conducted. The Vets Worlds make room for anyone who wants to compete, no matter how unwieldy the program grows (and the meet doesn't even charge an admission fee for spectators).

No one is turned away because of advanced age, lack of ability or overcrowded fields. The meet just adds more age-groups and heats as demand warrants.

While previewing the meet in Eugene, it's tempting to dwell on a few of those athletes and events. The medal-winners, record-setters and superstars will have to read about themselves someplace else, because they aren't the biggest story here.

The top story concerns all these people who will come to Oregon to compete—not to win, in most cases, but to do whatever they can. This is a meet for getting out on the track, field or road and doing one's best—not for sitting by and wishing the winners.

As the World Veterans Championships have grown, they've stayed truer to the original Olympic ideal than the Olympics have. The glory at the Vets Worlds isn't reserved for the athletes who place first but extends to everyone who takes part.

Reprinted from Running Commentary, a monthly publication available for $18 per year from Joe Henderson, 441 Brookside Drive, Eugene, OR 97405.

King is King in San Diego

by ED OLEATA

James King, in his first meet as a 40-year-old, stole the show at the San Diego-Imperial TAC Masters Championships in San Diego, June 25. He started the day by breaking Leon Hacker's 10-year-old world record of 54.08 in the 400-meter hurdles with a time of 53.88. King, who was world-ranked in the top ten in this event for ten years, ran a smooth, easy race that showed that this record will probably go lower before the year is over. He came back an hour later and clocked 49.49 in the flat 400 and finished off the day with 22.71 in the 200. A nice day's work for the ex-San Diego State athlete.

Larry Stuart also broke the age 51 world record with the new javelin with a throw of 61.00 (200-1).

Every result from the meet includes a performance rating calculated from the standards in the 1989 Masters Age-Graded Tables. King's and Stuart's marks head a list of 14 performances which exceeded 90% ratings. Burl Gist and Cliff Bedell also had outstanding days as they each exceeded 90% in two events.

The meet was a test of the computer system which will be used in the National Championships at the end of July. The system worked perfectly. All the entry information was in the computer before the meet began. There was no hand timers at the finish line. Accutrack pictures were taken to the press box, read, and the results punched into the computer, then printed out by age group.

The meet ran very smoothly because there were no delays. It was an indication of how much easier a track meet can be if it uses the latest technology and doesn't allow day-of-race registration. Doing most of the work before the meet makes the meet day much smoother and less hectic. All you need is a good computer man to do all the work the week before. Ours was Frank Whitemore, who did a great job programming the first computerized track meet in San Diego history.

Masters vs. Students in Oregon Meet Continued from page 1

vs. 30-39; Class 4 was composed of top open and scholastic athletes vs. elite masters of all ages; and Class 5 was made up of 60-and-over competitors, who tested each other's skills.

Some of the best match-ups, which in other events pitted parent against sibling, came in the pole vault. Larry Holmes, the 1988 M45 outdoor champion, won the Class 2 competition over a top Oregon high-schooler, John Patterson, 12-0 to 11-6. Mike Monahan, the meet's originator, opted for the elite Class 4 division and won it with a 13-6, as the scholastic vaulter no-hinged.

In the shot put, Heath Howington, the state AAA champion, took the elite Class 4 event with a 58-6½ put from Chuck Chapin, 44, who finished at 57-7/8, after the lead changed hands several times.

Other outstanding performances came from Mike Tierney, the state AAA 800 champion, who took no chances with a tough masters field and posted the best time of the event with a 1:57.2, and from Pat Dixon, who ran the 1500 in 6:51.0 for a U.S. 7:07-74 record.

Special recognition awards were given to top performers. Next year, awards will be given to the top six placers in each event to encourage more non-elite athlete participation. Reprinted from Running Commentary, a monthly publication available for $18 per year from Joe Henderson, 441 Brookside Drive, Eugene, OR 97405.
Masters Health and Fitness
by DR. DANIEL C. BATCHELOR

Acupuncture

Acupuncture is an ancient Chinese medical system in which needles are inserted at specific points under the skin to cure or alleviate pain. In recent years, it has also been used in the Orient as a general anesthetic for major surgery. Under acupuncture anesthetic, the patient can talk and eat, and, in some instances, walk out of the operating room after surgery.

Although American physicians were initially dubious about acupuncture, the medical profession is now giving it careful study. Some doctors, including myself, are incorporating a form of it into our practices.

My first encounter with acupuncture came when I was having chronic pain in my knee. Needles were inserted an inch or so into my knee. I was shocked that it was completely painless. Sensory nerve endings are scattered and the needle is so thin, it barely acupuncture administers a painless anesthetic, the patient can talk and eat, and, in some instances, walk out of the operating room after surgery.

Within the next ten years, we will see acupuncture in use in most of the clinics that deal with pain. It will simply take time to gain acceptance, as most new therapies do.

Law Tops North Carolina Masters

by JIM SAXON

A field of 120 athletes took part in the NC/TAC Masters Championships over the Memorial Day weekend in Thomasville, N.C.

Jim Law, 63, topped all performers with three sprint wins, 100 in 12.83 (92.6% perfor – percentage), 200 in 26.44 (93.8%) and 400 in 60.36 (95.3%). Thad Bell, 45, prevented a Law “grand slam” by outleaning him to take the Running Journal Fastest Master age-handicap 100 in 10.93 (90.1%). Maurice McDonald scored a strong double in the 400 in 55.68 (90.1%) and 800 in 2:06.5 (91.4%).

Jerry McCorkle, 32, led the men in the field events with a 22-2 (79.9%) long jump, Jack Gilmore, 54, trailed close behind with a 4-9 high jump (77.3%).

New master Bill Walker, 40, made his track debut with a 5000 in 15:49.3 (86.8%). Sub-master Jeff Martin, 31, led the 5000 in 14:51.8 (87.6%).

Trophy for best women's performance went to Beth Howell, 33, with a 10:27.7 3000 meters (82.0%). Top grand master Betty Damerson, 53, won the overall age-graded 10,000 plaque with a factored 39:41 (75.3%). She came back the second day to top that performance with a 78.3% 5000 of 18:21.2. Betty Vosburgh, 57, continued her hot spring campaign with multiple wins led by a 77.3% 200 of 34.28. Running newcomer Anne Yudell, 56, showed promising speed in her first masters outing with 74.5% and 72.8%, respectively, in the 200 and 100.

In the field, Brenda Bloomfield, 47, showed the way with four golds, featuring a 3-5 1/2 high jump (62.7%).

A good field of 14 race walkers contested the 5000 walk. Veterans Ray McKinnis, 49, John Murphy, 50, and E.B. Lloyd, 66, captured the top men’s places with 24:28:1 (86.0%), 26:16.7 (85.1%) and 31:37.3 (75.7%) respectively. Eleanor Miller, 74, paced the women with a fine 39:46:9 (75.2%).

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Heat Exhaustion

With the recent heat waves on the West Coast and in the Midwest, it is prudent that we discuss one of the more common long distance running injuries: heat exhaustion — the inability of the body to keep body temperature from rising during activity.

These recent hot days are really not ones in which the masters runner should compete. The danger of heat exhaustion and cardiovascular collapse are just too great.

Essentially, the body produces heat during a run, usually at a rate at which it is unable to reduce that heat. At races past the 10K distance, increased body heat or hyperthermia occurs along with a feeling of exhaustion or dizziness. These are warning signs and should be heeded by terminating the run and seeking aid immediately.

If you are to run in the heat, the American College of Sports Medicine recommends the wearing of correct clothing to help keep the body cool. White or light-colored jerseys of natural fibers such as cotton to promote air cooling are preferred over a heavier-weight dark garment which may absorb heat.

In longer races, the loss of body fluids from heating can cause weight loss and dehydration. Once the body stops sweating, its heat regulatory mechanism is no longer working. Heat stroke, exhaustion, and muscle cramping may then occur. Body temperatures of 105 degrees have been reported.

The ACSM also recommends cool water prior to and during a race or long workout. This is superior to sugar solutions or soft drinks.

Hyperthermia is a serious medical condition which can be fatal. So make sure the race organizers have provided for proper fluid replacement prior, during, and after the run. Avoid running on hot days or start your runs earlier in the morning. Replace lost body fluids by drinking before and during the run. Most of all, recognize the symptoms of dehydration and seek aid immediately. You can always return and run another day.

(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.)

Matthews First Master in Friehofer’s 5K

by STEVE LEWALLE

New Zealand’s Heather Matthews, 42, dominated an impressive women’s masters field at the Friehofer’s 5K Run for Women on June 3 in Albany, N.Y., placing first master in 16:19.43. Matthews was tenth overall and was also top age-graded master with a 93.9% (W40 standard of 15:20 divided by Matthews 16:19.43). Matthews was the 3000-meter silver medalist at the 1978 Commonwealth Games.

Second age-graded master was Laurie Binder (W40, 17:05.5, 89.7%), followed by Gabriele Andersen (W40, 17:13.2, 89.0%).

Other notable age-group winners were Christine Tattersall (W45, 18:22.7), Gina Faust (W50, 18:45.9), and Margarette Deckert (W55, 21:46.1).

Overall winner was Judi St. Hillaire in 15:25.3.

1989 MASTERS PRIZE MONEY AWARDS
THRU 1 JULY 1989

29,300 John Campbell (N1) 24,480 Priscilla Welch (CD/GR)
8,126 Victor Morla (CACl) 12,900 Laurie Binder (CA)
7,260 Bill Rodgers (Ma) 8,650 Gabrielle Andersen (ID)
4,450 Ryszard Marcink (P0J) 6,000 Evy Palm (Sd)
3,625 Dave Stewart (CAn) 5,100 Barbara Filutte (Pa)
3,490 Graham Tattersall (NZl) 4,500 Judy Greer (Fl)
3,375 Bob Schlau (St) 3,100 Heather Matthews (NZl)
3,200 Jim Pearson (Fl) 2,800 Angela Meinh (NY/GR)
2,700 John Dusty (CD) 2,650 Karen Marsh (Fl)
3,200 Ahmad Benitez (N1) 2,525 Jane Hutchinson (Mc)
2,150 Mike Hurd (GRF) 2,000 Nagine Drake (NZl)
1,900 Wilson Waigwa (CA/KN) 1,675 Nancy Doehler (Wy)
1,850 Sheldon Cowles (GRF) 1,383 Gal Smith-Scott/Dao (CD)
1,700 Jeff-Kirk Stahl (Sd) 1,250 Marjorie Waddington (CA)
1,400 Larry Eisen (Ma) 1,250 Wen-Shi Yu (Np)
1,250 Fred Waybright (Sd) 1,100 Claudia Ciavarella (NC)
1,200 Steve Lester (St) 1,100 Terry Knox (Sd)
1,100 Jim O’Neill (OH) 818 Mary Wood (CD)
1,020 Jerry Tiffen (CA) 800 Nancy Pollaroni (USA)
1,000 Hector Chavez (Mex) 750 Sue McClain (OH)
-20- 1,000 Bob Rozeski (OH)

Compiled by Competitive Road Racer, PO Box 42888, Tucson AZ 85733

Waigwa — 4:05.39!

Wilson Waigwa, 40, again lowered the world masters mile record in the Prefontaine Classic in Eugene, Oregon, with a time of 4:05.39. The official world mile record for men over 40 is 4:07.4, set by Waigwa in Modesto, Calif., on May 7, and approved by the World Association of Veteran Athletes.

Come Run Delaware on October 1 at the Delaware Distance Classic. A 15K, 5K and 5K racewalk at the home of the 1989 Middle-Atlantic TAC 15K Championships. 5 yr. age groups through 70 plus cash to overall masters M&F. Send a SASE to Joel Schiller, Pike Creek Valley Running Club, Inc., 2502 N. Van Buren Street, Wilmington, DE 19802; (302) 762-4020.

Let the government finance your small business. Grants/loans to $500,000 yearly. Free recorded message 707-449-8600. (LJS)

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.
Waigwa, Drake Win in Utica 15K

Continued from page 1


Waigwa and Drake each received $1000 for winning and $500 for setting new course records.

Drake, who turned 40 in May, said once she passed Mieszczak after one mile, "I ran comfortably at six minutes a mile. I knew that would be sufficient to break the record."

Waigwa didn't have it so easy. The long downhill grade took a toll, and Mora caught him with about a mile remaining.

"I came this far," he remembered thinking to himself. Although Mora challenged, he didn't think he had the kick to catch the 44:38, was happy he could even challenge Waigwa.

"There's a difference," said Mora. "This is a good race for me."

Rodgers, who won the 1983 Boilermaker in a then-record 44:38, was happy with his effort, especially because a heel injury kept him from training for three months. "I tried to do my best, under the circumstances," said Rodgers, 41, the 1988 IC/USRA U.S. Racing Association masters champion. "The next step is becoming competitive with Waigwa and Mora. Give me about another month, month and a half."

In the women's race, Drake was optimistic, especially after race day broke cool with low humidity. Temperature at 8:20 a.m. racetime was in the mid-60s.

"I thought I'd have to run poorly not to break the record," said Drake. "I can go faster. I expected to run in 53 minutes, so I had three or four minutes up my sleeve," she said. "It would be silly to break the record by too much because I might want to come back next year and break it again. But you can't be too cheeky, because there might be someone who can beat you."

Drake will return home to train in New Zealand for October's Twin Cities Marathon in Minnesota.

"I've got to get away from racing," she said. "It's too tempting traveling around the countryside and having a good time."

Jon Sinclair (44:06) and Michele Bush-Cukaitis (52:35) were the overall winners.

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PUBLICATIONS ORDER FORM

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<tr>
<td></td>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and TAC Masters &amp; Records Chairman. $4.00.</td>
<td>Men's and women's 1988 U.S. outdoor track &amp; field, 5-year age-group rankings. 44 pages. Over 100-deep in some events. All T&amp;F events, including 3000, 10,000, weight, relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters &amp; T&amp;F Rankings Chairman, and the National Masters News. $5.95.</td>
<td>Single-age factors and standards from age 21 to 90 for men and women for every common track &amp; field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year-age-group records, as of May 1, 1989. $5.95.</td>
<td>Men's and women's official world and U.S. Outdoor and Indoor 5-year-age-group records for all track &amp; field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters &amp; Records Chairman. $1.50.</td>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and race walking — youth, open and masters. $9.95.</td>
<td>Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. $9.95.</td>
<td>Official world scoring tables for men's and women's combined-event competitions. $11.95.</td>
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Send to: National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404

Name ____________________________
Address ____________________________
City ____________________________ State ______ Zip ____________
Welcome to Eugene

As a representative of the U.S.A. masters athletes, I welcome all the competitors, their friends and families to the World Championships in Eugene-Springfield, Oregon, U.S.A.

Masters competitions from the United States not only will be present to compete, but their generous financial gifts have helped to make this Championship successful.

The communities of Eugene and Springfield have dedicated themselves to this Championship and will provide you with a warm welcome, great scenery, friendly people, and a well-run Championship.

Compete well, have a great time, and return soon.

Texas Masters Championships Held in Dallas

by TIM MURPHY

The Texas Masters Championships were run under beautiful conditions, under the lights starting at 6:00 p.m. on the U. of Texas-Arlington track, June 24. There were many good track times and field event marks, with 26 Texas records set or broken.

John Alexander, 69, ran a 6:28.400 for a world single-age record. Marion Coffee, W50, set three state records in the 100 (17.0), 200 (37.0), and 400 (1:25.5). Francisco Colon, M70, set three Texas records in the high jump (4-3), long jump (14-2), and discus (100-0).

Again, our thanks for a meet that went like clockwork because of the efforts of our coordinator, Pat Mitchell, and his crew who have worked this meet for years. Awards were Texas Championships patches and headphones radios for first place.

Thanks to Chuck Miller, who did not run — out with a hamstring pull, and the 7UP Co. for sponsoring the Texas Raging Bull singlets.

Over the Hill and Buffalo Take Team Titles in Cleveland

by JEFF GERSON

The host Over The Hill Track Club won the men’s team title, while the Buffalo Belles & Brawn won the women’s championship at the 11th Annual Cleveland Track Classic, held June 17 at Wickliffe High School. Over The Hill held off the challenge of a strong Detroit Fitness contingent to retain their men’s title. Buffalo defeated The Hill by 50 points to win their first-ever women’s title.

Among the outstanding performers was Terry Halmi, of Erie, who destroyed the M40 meet javelin record with a throw of 225-10. Stan Allen took the 40-49 MVP as he won the HJ and 400H, as well as running on 3 winning relay teams.

Grove Coats of Over The Hill was the M50 MVP, winning the LJ, TJ, 200, 400, HJ, and 100H, setting a meet record of 19.0.

The 30-39 MVP was Ben James of Rochester, who took the 400 (50.1), 200 (22.8), and ran a sub-50 relay split in the 4x400.

Jack Greenwald and Fred Hisimaki shared the MVP award in M60+, as they combined for 11 victories.

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Tiff Breaks Own Triple Jump WR in L.A.

by CHRISTEL MILLER

According to the weather forecast, the Southern California Association/TAC Masters Championships at Occidental College, Los Angeles, June 18, should have been held in mid-70s temperatures, but by mid-day they were in the 90s.

Despite the heat, metal Tiff coolly broke his M40-44 triple jump WR of 15.36 (50-4 1/2) with a 15.49 (50-10); Kenny Dennis, M50, and Payton Jordan, M70, tied their own age-group WRs in the 100; and Shirley Kinsey celebrated her 60th birthday (on Father’s Day) with a W60-64 U.S. record of 19.1 in the 80mH.

Other highlights included:
• Eric Owes passing George Cohen with 300m to go to take the M45 800 from Cohen, 2:03.2 to 2:05.1. Cohen had out-dueled Owes for the M40 world title in 1981 in the WAVA Championships in Christchurch, New Zealand.
• Joe Greenberg, M35, and Larry Stuart, M50, setting U.S. single-age records in the javelin.
• Gene Harte outstripping Rocky McPherson in the M60 100 to win in 12.6, with McPherson turning it around in the 200 with a 26.1 victory.

Thanks to The Athletics Congress officials who, with the help of numerous soft drinks, made it through the heat, and a special “Thank you” to Dr. Stademund, the clerk of the course.

(Edited by the Miller family, Gary and Christel and their children, as they have been in the past, were primarily responsible for the success of the meet.)
European Veterans Road Championships Held in Belgium

by MARTIN DUFF (of Athletics Weekly)

Pete Browne, 40, in his first major outdoor veterans competition, won the 800 (2:01.7) and 1500 (4:19.7) in the Southern Veterans Championships at Bromley’s Norman Park, June 4. Browne was the British AAA 800 champion in 1971. Jocelyn Ross, 61, won the 5000 in the rain in 19:40 from road and cross-country veterans club champion Peter Hamilton (15:41.2). Marjorie Hocknell ran the 200 in 27.2 as a guest runner but no wind gauge cost her a W45 U.K. record.

Former Horsham footballer Paul Toms, 40 in January, was 7th in 17 in 73:32 in the Ranelagh Half-Marathon, May 20. World Cup representative Anne Roden, 42, of South London was easily first woman in 20th position of the entire field. The M50 tunnes was Pete Lawrence of Hastings in 89:56; Ron Franklin was 40th and first M60.

1988 winner Ernie Cunningham. Dingwall’s effort was marred by one of several crashing falls 50m after the start, caused by chaotic start-line conditions. Van Noten sprinted clear to record 31:23 (worth 30:50), to O’Neill’s 31:26.

Another faller, but later in the race, was Tecwyn (Taff) Davies, but he too recovered to produce the best aged-performance (94.78), in finishing eighth overall, to win the M50 in 32:15. Club-mate Les Presland took the M45 from your correspondent; one of the better wins came from Scotsman Malcolm O’Neill, M45 from your correspondent; one.

The Belgian Omer Van Noten, who won in Czechoslovakia in 1985 and was second last year, narrowly squeezed a repeat win in the M40 group over four U.K. runners; Brian O’Neill, Malcolm Martin, new veteran Jim Dingwall, and Myfanwy Loudon, M55 runner in 41:50.

Forty-year-old Frenchman Daniel Herlem, a 2:17 performer in 1980, easily took the marathon championships in 2:24:56, while Britain’s Pat Beckett took the women’s in 3:03:29. Gordon Porteous of Scotland added the M75 marathon to his 10K win with a 3:32:12. The best older age-group among the ladies came from W65 Jose Waller, who jogged the 26.2 miles in 3:43:07.

In the week, Britain’s Bob Dobson was outstanding in the 30K, winning by nearly four minutes in 2:32:25, while Freda De Wolf of Belgium took the women’s 20K in 1:50:37.

Report from Britain

by ALASTAIR AITKEN (of Athletics Today)

The weekend of June 24-25 in Brugge, Belgium, was further extended this year to accommodate all non-stadia events under the EVAA (WAVA) guidelines. There were 10K and marathon running events for men and women, plus a 30K walk for men and a 20K walk for women.

The most competitive races were in the 10K, which was held over a course officially described as “400 meters over-distance,” but probably about 30 seconds long for the faster runners.

The Belgian Omer Van Noten, who won in Czechoslovakia in 1987 and was second last year, narrowly squeezed a repeat win in the M40 group over four U.K. runners; Brian O’Neill, Malcolm Martin, new veteran Jim Dingwall, and Myfanwy Loudon, M55 runner in 41:50. Forty-year-old Frenchman Daniel Herlem, a 2:17 performer in 1980, easily took the marathon championships in 2:24:56, while Britain’s Pat Beckett took the women’s in 3:03:29. Gordon Porteous of Scotland added the M75 marathon to his 10K win with a 3:32:12. The best older age-group among the ladies came from W65 Jose Waller, who jogged the 26.2 miles in 3:43:07.

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George Billingsley: Going Long and Strong at 67

At 67, George Billingsley still has some ambitious goals: to break his 3:06 PR in the marathon; to set a new American record for his age division at 100 kilometers; and to break 7:28 in the next Jed Smith 50-Miler.

"And to be able to run with the Great One when I'm 70," Billingsley adds. The "Great One," as he is known around the Sacramento, Calif., area, is 72-year-old Paul Reese, long one of the top age-class competitors in the country. Billingsley and Reese frequently train together.

Billingsley is one of the best age-class ultra runners in the country. Last February, he clocked 7:28:35 in the Jed Smith 50-Miler, chopping nearly four minutes off his own 65-69 American record of 1987. He holds the 60-64 and 65-69 national records at 100K (9:31:25 and 9:54:59).

"I'm best at ultra-marathons on a flat course," he says. "So far I've competed best at 50 miles and 100K, but I have dreams of being a competitive 100 miler."

Dr. Kenneth Cooper's book, Aerobics, got Billingsley started running a little over 20 years ago. "The initial test indicated I was only in fair condition," he says, "and that jarred me into action. For 10 years I ran about two miles in a cow pasture three or four times a week. When I was 56, a friend at work talked me into a three-mile fun run. The competition was so much fun that I've been competing ever since. I don't have to win my age division to feel fulfilled, but I have to try."

Born in Hardy, Arkansas, Billingsley grew up in California and Oregon, but did not take part in sports at Redmond Union High School in Redmond, Oregon. "Those of us who rode the school bus didn't get to participate," he explains.

In 1961, Billingsley retired from the Air Force as a chief master sergeant and settled down in the Sacramento area. He then attended California State University at Sacramento and the University of California at Davis, earning a masters degree in economics. After working as an economist for the state of California for several years, Billingsley decided he'd had enough. The job was conflicting with his running goals. "About 10 years ago, I ran out the door at work and haven't gone back since," he says, laughing. "There's no doubt loving my wife and family comes first, but after that it's running, not some damn job."

Although he ran a 3:06 in the 1982 Avenue of the Olives Marathon, Billingsley's fondest memory is of finishing his first marathon, a 3:32 effort in the 1978 West Valley Marathon. "We ran in a frigid rainstorm through puddles ankle deep," he recalls. "The course consisted of five five-mile loops and then finally ended on a high school track. At one point, I saw Jim O'Neil go by me like a gazelle. I thought it must be that he goes out slowly and then picks it up. But later I realized that he had lapped me. The Great One was in the same race running securely, knowing that there wouldn't be any rattle snakes to contend with."

Billingsley also recalls the Hornitos Half-Marathon in 1978 when he and Reese finished in an intentional tie just a shade over 1:30. "It was no small feat for me, but it was just a routine workout for Paul," he says. "The amusing thing was that they gave me first place and Paul second in our division."

Although he ran as much as 100 miles a week in preparation for the Western States 100 in 1982, Billingsley now averages about eight miles a day while pushing it up to 10 a day in the weeks before a big event. "The training has been a bit haphazard lately," he remarks. "I do a lot of LSD (long, slow distance), some of it with hills. I try to get to the track once a week for some not-too-hard speed work. I use slow marathons as trainers. In 1987, I ran one a month."

"It's a lot of fun training with Paul Reese. We've developed insulting each other to an art form."

Billingsley says that he is as motivated now as ever. "My best motivator is curiosity. I wonder if I can run all the way around Lake Tahoe without walking, I wonder if I can still nail a PR in the marathon. As long as I can put one foot in front of the other, I'll be wondering what I can do as a result of my current training."

"Advancing in age groups gives your life real zest. It's more fun as you get older. Life begins at 65!"

Hayward Meet Tests World Games Site

by JERRY WOJCIK

The Eighth Annual Hayward Classic on June 24-25 gave competitors an opportunity to check out the primary venue of the VIII World Veterans Championships in Eugene, Oregon.

Sprinter Harold Morioka of Canada found the track to his liking and posted a 51.88 400, which was the best age-graded performance (94.4%) in the meet.

Richard Tucker's 1:58.37 in the M40 800 earned him the next best age-graded effort of 92.4%. Ray Hatton, with a 9:43.71 in the M55 3000, garnered the third-best performance with 92.0%.

The best age-graded mark among the javelin throwers came from W50 Becky Sisley, whose 32.16m equaled 72.9%.

Carolyn Kortge, with a 77.0% for her 17:38.30 in the W45 3000 walk, was the top performer in that event.

The meet was hosted by the Oregon Track Club Masters.
Qualifying Standards Eased for Boston

The Boston Athletic Association has announced new qualifying standards for the 1990 Boston Marathon on April 6. Based on new five-year-age increments, the new times for open and masters divisions will add a minimum of 10 minutes and as much as 15 minutes to previous requirements, depending on age category.

"The new standards represent more equitable requirements for all athletes," said Race Director Guy Morse. "While paced, the qualifying times remain a vitally important part of the Boston Marathon, and will be maintained as one of the ‘traditions’ that set Boston apart from other non-Olympic events."

All qualifying times must have been run at a TAC/USA certified and sanctioned marathon between January 1, 1989 and March 11, 1990, and are based on the age of the entrant on the day of the Boston Marathon.

**QUALIFYING TIMES**

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[Photo from Beverly Besgen]

TACSTATS STATE RECORD KEEPERS

Events in the states listed below should send results and reporting forms to the state record keeper listed below:

- **American Record Keepers:** A. Buck Jones, 7716 Oakridge Dr., Huntsville, AL 35802 (205/882-2487 eve)
- **California Record Keepers:** Fred Wilson, 2420 Anacortes, Anchorage AK 99508 (907/779-2777 eve)
- **Florida Record Keepers:** Joe McDaniel, 1416 S Marion, Tulsa OK 74112 (918/634-3255 eve)
- **Georgia Record Keepers:** Joe silhouette, 1215 S Marcon, TACSTATS, 1501 SW 138 Terrace, Miami FL 33179 (305/253-8488)

Results should include age, and home town of all finishers. Age group place order is preferable but overall place order is acceptable. TACSTATS will forward all material to the appropriate record keeper for state record and ranking processing.

**THE 100 LARGEST RACES**

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Compiled by TACSTATS

Sedlak Breaks 10K Walk Mark

Viisha Sedlak, 40, of Boulder, Colo., set a new U.S. masters 10K racewalk record of 51:47 at TAC’s open National Championships in Houston in June. Her time broke the old mark of 52:00, set by Lori Maynard in 1980. Sedlak will attempt to repeat as a double gold-medalist at the World Veterans Championships this month in Eugene.
Questions and Answers About The Athletics Congress

Q. What does TAC do?
A. Through its nationwide membership of some 2500 clubs, schools, colleges and universities, and other organizations interested in track and field, long distance running, and race walking, TAC promotes programs of training and competition for men and women from ages 10-under to 95-plus, protects the interests and eligibility of its some 150,000 registered athletes, and establishes and maintains the sports' rules of competition. Additionally, certain of TAC's National Championships each year serve as the means of selecting the teams which will represent the United States in international competition.

Q. What is TAC's purpose?
A. A federal statute - The Amateur Sports Act - established The Athletics Congress as the national governing body for track and field, long distance running and race walking. TAC, therefore, is the statutorily authorized body which is specifically designed to serve athletes, clubs and athletic events. TAC can be the voice for everyone involved in the sport and through its status the various members of the sport can 'get things done' to help the sport grow and prosper. TAC needs everyone involved to become members and be active in its endeavors. Perhaps the most important benefit you will receive from participation in TAC is the opportunity to influence the future of the sport.

Q. How are various groups organized within TAC?
A. Through their membership in one of the 56 Associations which constitute the basic national organizational constituency of The Athletics Congress, and which represent its principal constituency. Each Association's territory represents a geographic area defined in The Athletics Congress' By-Laws - and each Association establishes its own By-Laws and elects its own officers. Association responsibilities include the registration of athletes, enrollment of organization members (i.e. clubs), and the sanctioning of events in its geographic area.

Q. Who runs TAC?
A. Democracy is the keynote - and the essential fact is that The Athletics Congress is run by people involved in track and field, long distance running, and race walking. TAC's programs are established by National Committees - all of which have at least 20 percent athlete representation. The programs are administered by a small paid staff headquartered in Indianapolis. TAC's By-Laws define the structure, make-up and function of the Committees - all of which meet minimally once a year at TAC's annual National Convention in late November or early December. Delegates to the Convention are elected by each of TAC's Associations and member national organizations - and athletes comprise at least 20 percent of the delegate roll.

Q. Is there a registration fee?
A. Yes - and the maximum is $11.00, of which $4.00 is remitted to TAC's National Headquarters for national programs and athlete benefits; the balance remains with the Association for administrative and local program costs. Registrations are on a calendar basis, and expire on December 31; however, they can encompass a 14-month period inasmuch as a registration year commences on November 1 of the preceding year (i.e. November 1, 1988 through December 31, 1989).

Q. How do I get a TAC number?
A. Write or call your local association (see list on the following page), or call TAC's national office at 317-261-0500.

Q. Do I have to get a TAC number?
A. No, except for those events which require TAC numbers for participation (Boston Marathon, New York Marathon, National Masters Championships, etc.).

Q. What benefits do I get from joining TAC?
A. 1) Receiving TAC's quarterly newsletter. 2) $5000 in coverage under TAC's Group Accident Insurance Program (a brochure defining the insurance program is available from your Association). 3) Access to current local information on athletics events. 4) Enjoyment from more masters activity at the national and local levels. 5) Representation at the national and local levels which helps improve the masters program.

Q. Why are some events sanctioned by TAC and others are not?
A. Most major events are. The main reason is the liability insurance (that accompanies the sanction) which is required by most municipalities, organizations, and owners of facilities where masters events are held. Some events may have their own private insurance. (For further information on the TAC/USA Liability Insurance Program, send an SASE to: Insurance Brochure, TAC/USA, P.O. Box 120, Indianapolis, IN 46206.)

Q. If an event is sanctioned by TAC, do I need a TAC number to compete?
A. Not necessarily. Those events which are sanctioned by TAC may require participants to have TAC numbers. It is up to the event directors.

Q. Why do some events require TAC numbers and others don't?
A. It's added insurance protection for the meet organizers if a participant has a TAC number.
TAC/USA ASSOCIATIONS

As of March 1, 1989

August, 1989 National Masters News page 19

Follow the Sport!

Catch up with recent fantastic O35 performances in Britain; compare times and marks of British vets with yours; check on former English, Scottish, Welsh, Irish Internationals now entering the vet movement.

All and more in Veteran Athletics, the newspaper of Britain's vets.

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

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Masters Age-Records 1989

Compiled by WAVA and TAC Masters T&T 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, 1988
- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1988.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages, Thousands of entries. Lists name, age, state, and date of record.

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Go against the grain.

Cut down on salt.
The Director's Corner

by DEAN REINKE

“Best Fields Getting Better”

At its pre-race press conference, Utica Boilermaker Road Race officials touted its Masters field as the “best masters field ever assembled since Naples.”

On the surface, quite an extraordinary claim considering the quality and depth of the gathering at this past January’s first ever “ICI/USRA Masters National Championship.”

But “The Boilermaker”, the 5th stop on the ’89 ICI Circuit, certainly put its best foot forward in staking its claim as a legitimate world class masters event. Kenya’s Wilson Waigwa, who had already defeated last year’s national champion Bill Rodgers at the Nissan Shamrock 8K, joined Colombia’s Victor Mora, Canadian Dave Stewart (runnerup at Naples) and ’76 British Olympian Tony Simmons, running not only his first Circuit event, but first-ever U.S. road race.

On the women’s side, yet another Kiwi Masters sensation, Ngaire Drake of New Zealand, making her ICI/USRA Masters Circuit debut, joined one of last season’s “rookies of the year” Nancy Oshier. Also on hand were two of this year’s “recently turned” 40 year olds in Buffalo’s Nancy Mieszczak and North Carolina’s Claudia Ciavarella.

Add to this distinguished group “recently turned 50” Roger Robinson of New Zealand, 57-year-old superstar Norm Green, Gina Faust, Diane Palmsmon, Don Sleeman and John Johnston, to name a few, and you have a veritable who’s who in road racing. But these type of “Naples-like” fields are becoming all too common on the ICI Circuit. A $25,000 grand prix purse and over $150,000 distributed to masters at all events, combined, makes for a tremendous second year with even more ambitious plans for 1990.

Probably the most frustrating thing for masters competitors is the “new kid on the block” syndrome. Your first year as a “40-year-old” (or 45, 50, 55, etc. for that matter), you are flying high as the youngster of the age group but with each passing year it inevitably gets more challenging with the new entrants to the age group. Bill Johnston of Salt Lake, for example, last year’s ICI/USRA Masters Circuit National Grand Master Champion, won the title by defeating arch rival Bill Orlich at the Naples Championship after a heated season-long battle. At Utica, Johnston finished in 6th place, nearly four minutes behind “young” Robinson. Orlich has had a sporadic spring and Wisconsin’s Dan Conway wasn’t even there, and we are still waiting to hear of “newly turned 50” Herb Lorenz’ plans. And we didn’t even mention Ohio’s Jim O’Neill, who defeated an injured Bill Rodgers at the Yorktown (Indiana) 8K in late June.

With Gaylon Jorgenson joining the ranks of the 60-64 class, which already includes Jim “Maad” O’Neill, John Hosner and Herb Chisholm, to name a few, we see the same exciting things happening in each of the 5-year ranks. Of course, with this increase in competition and notoriety in the Masters division, those valuable ICI Circuit points are going to become harder to come by.

Unfortunately, yet understandably, we are now seeing athletes more carefully choosing their races with a more sensitive eye to “who’s entered.” With the increased financial stakes, athletes should not be entirely blamed, but it will become more difficult to put together that “dream” field we all aspire to.

Our goal with the ICI/USRA Masters Circuit National Championship is to try to bring that “dream” field together at this year’s National Championship in Naples, Florida, January 13, 1990. With many of the ICI Circuit Grand Prix divisions to be decided by the 8K in Naples, $40,000 will be at stake, the largest non-marathon prize purse ever. Add to that nearly $3000 in “Sorbothane Age-Graded Bonus” monies and it presents an impressive package.

And just to clarify one of the most frequently asked questions on the Circuit — exactly how many races count

Continued on page 21

ICI/USRA Masters Circuit Point Standings

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Sorbothane Age-Graded Rankings

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August, 1989

National Masters News

Photo by Jecen/Watkins
always a good masters contingent... August 26 Crim Road Race shaping up to be what could be the year’s best masters 10 miler. Race Director is Lois Craig (313-235-3396)... Bill Rodgers will be running the Pittsburgh Great Race, which, besides membership on the ICI Circuit, is the National 10K TAC Championship. Mike Radley coordinating invited runners (412-255-2493).... Word out of New Zealand is that John Campbell, having sold his store, is now running full time and is racing more than ever, some thinking a bit too much. He’ll return for Falmouth 20 August and vie for part of the $10,000 prize purse... Jim O’Brien has been selected as Managing Editor of Masters Running ‘89, the second edition of the successful annual publication of the ICI/USRA Masters Circuit... A sponsor is very close to signing on with the Philadelphia Marathon, which has been around approximately 23 years... Race Director Jeannie Giles (405-231-2597) reports field beginning to shape up at the September 30 Myriad Gardens Run 10K in Oklahoma City... Talk of the fall marathons is the October 8 Twin Cities 26.2 miler, the only marathon on the ICI Masters Circuit. Masters money will be over $50,000 — athletes coordinator is Skip Burke (612-881-3863)... A new course will await competitors at the October 14 Capital Trail Run 10 Mile October 14 in Raleigh. Good masters pursuit: contact Jim Young (919-876-8347)... Great homecoming for 82-year-old Ed Benham returning to Bel Air, Maryland to set a new 5K single-age standard. He had been there 50 years earlier as a "jockey" on many occasions... Great Labor Day Weekend: Charleston Distance Run 15 Mile September 2 and the annual classic — New Haven 20K Road Race in Connecticut... □ — Dean Reinke

The Tradition Continues...

Last year Bill Rodgers, Frank Shorter, Jim Ryan and the other “Legends of Running” returned to the roads as Masters in the inaugural ICI/USRA MASTERS CIRCUIT. This year the tradition continues as over $125,000 in prize money will be awarded featuring Grand Prix competition in 5-year age groups through age 70. The Circuit will again culminate with the season ending ICI/USRA Masters National Championship won last year by Bill Rodgers and Priscilla Welch.

Masters Running ’89, the official magazine of the ICI/USRA MASTERS CIRCUIT, will also be published featuring in-depth profiles and reports from the exciting Masters scene. “National Masters News” will again serve as the “official newsletter” of the Circuit and provide monthly results and Circuit coverage.

So, if you’re 40 or over, it’s sure to be a tradition you’ll want to continue!!

The Director’s Corner

March 18 - Nissan Shamrock 8K, Virginia Beach, VA (804) 481-5390
April 8 - Myrtle Beach Classic, 10K, SC (919) 847-3109
May 29 - Cottow Run 10K, Huntsville, AL (205) 881-5807
June 4 - Hospital Hill Run Half Marathon, Kansas City (816) 561-1085
July 9 - Utica Boilermaker 15K, Utica, NY (315) 275-9295
July 16 - Chicago Distance Classic 20K,IL (312) 243-2000
July 29 - Quad City Times 7 Mile, Davenport, IA (319) 359-9197
August 12 - Asbury Park 10K, NJ (201) 531-4159
August 26 - Crim Road Race 10 Mile, Flint, MI (313) 235-3396
September 24 - Pittsburgh Great Race 10K, PA (412) 255-2493
September 30 - Myriad Gardens Run 10K, Oklahoma City, OK (405) 231-2997
October 8 - Twin Cities Marathon, Minneapolis, MN (612) 881-3863
October 14 - Capital Trail Run 10 Mile, Raleigh, NC (919) 876-8347
November 12 - Provincetown 10K Championship, Provincetown, MA (508) 487-1357

Included in this year’s series of events is the ICI/USRA MASTERS CIRCUIT “Happenings” article, which highlights the important events of the season. This year’s edition includes events such as the Crim Road Race and the Pittsburgh Great Race, as well as interviews with masters athletes like Bill Rodgers and Priscilla Welch.

The Director’s Corner continues on page 20 towards the final Circuit points standings to Five, which can include Naples! You may run as many of the ICI Circuit races as you desire and take your five “best” efforts. As we approach the mid-way point of the season, it will only get better as we move toward determining the best masters on the ICI/USRA Masters Circuit for 1989!...
NATIONAL

- A survey taken by American Sports Data, a polling firm, found 5.1 million Americans trained at least three times a week last year — 10% higher than in 1987. According to TACSTATS, the number of people finishing at least one road race increased by about five percent in 1988. Among the nation’s 100 largest races (see list on page ), the jump was seven percent. “It’s hard to find a running participation number that isn’t up,” said Basil and Linda Honikman in TACTIMES. The total running population topped a million for the first time. The number of reported events (900) and their average size (about 1100) both reached record highs. The 10K remained the most popular distance, accounting for 36% of the 100 largest races. The total number of marathoners dropped, but only by three percent from 1984.

- ESPN’s Larry Rawson is acknowledged to be one of the top 10 announcers in the nation. A 4:06 miler at Boston College, Rawson, now 47, has run 4:46 as a master. “I’m always pushing my producers to cover more masters running,” he told NMM. “They’re starting to come around. I think masters are an exciting part of our sport.” Good as he does it, announcing is not Rawson’s major field. He’s an investment counselor in Manhattan. This month he’s working the UCLA meet on the 6th and the Zurich meet on the 16th — both for ESPN.

- Running authors Hal Higdon, Joan Ulyot and Don Kardong will be autographing their books on Monday, July 31, at the U of Oregon Bookstore in Eugene. Dr. George Sheehan will be signing on Tuesday, August 1. Higdon will pass out flyers, and the store will accept orders on his upcoming work: The Masters Book.

- The dates of the 1990 TAC National Masters T&F Championships in Indianapolis will be August 2-5.

EAST

- Bill Rodgers, 41, with a first M40+ seventh-overall 26:35 led a Wesleyan alumni quartet to the men’s masters win in the Alamo Alumini 5 Mile in Central Park, NYC, June 10. The race included team competition based on the runners’ alma maters. Tim Hassall, 42, running unattached, was second master in 27:14, with Frank Shorter, 41, a close third in 27:19. Shorter’s Yale team finished second. The third-place Iowa team was spearheaded by Jim Willis (53, 29:28). Top W40+’s were Judy Harrigan, 41, ninth woman in 32:27; Jessie-Lea Hayes (46, 33:09); and Barbara Yardy (40, 36:13). Carol Gellen, 40, with a 39:08 paced the W40+ winning Hunter College trio. Suzanne Tallafero (41, 47:36) led the second-place NYU team, and Katie Raab, (42, 48:21) the third-place Brooklyn College grds. 513 men and 256 women finished the race.

- Luis Guachichula, 41, with a 21:46 was presented with the first masters gifts in the Father’s Day 4 Mile, Central Park, June 18. The next masters were in a tough M50-54 race, won by Willie Kaye (50, 21:59), Dennis Barham (51, 22:12) second, Sidney Howard (50, 22:16) third, and Gerald Lopez Jr. (51, 22:25) fourth. 819 finished. Two weeks earlier in the Westchester Half-Marathon, from White Plains to New Rochelle, NY, Lopez was first M40+ and 11th-overall (601 m/finishers) in 1:19:37, with Fred Barnett, 41, second (1:21:40), and Jim Fillis, third (1:21:42). First W40+ Patty Parmalee, 49, was fourth woman (1323 finishers) with a 1:35:23. Wen-shi Yu, 54, took the ninth spot (1:40:58).

- On May 6, Guachichula (57:40) and Christine Hearn Gennings (43, 1:03:30), top masters in the Trevisa Towsome 10 Miler, Central Park, were also the winning couple of the combined age 80-99 category (2:01:10). Alan Fairbrother (52, 1:00:20) and Jill Martin (50, 1:10:18) took the age 100-119 contest (2:10:38). Don McKenzie (67, 1:08:22) and Yu (1:12:41) joined for the age 120-and-over win (2:21:03). Winners overall in 1:44:19 were Pat Porter (59, 22:45) and Francois Bonnet (32, 56:24).

- New Zealand’s John Campbell, 40, added another masters victory to his collection, racing to a fast 30:29 in the Manufacturers Hanover Lilac 10K in Rochester, NY, on May 21. Second master was South Carolina’s Bob Schlu in 31:15. Buffalo’s Nancy Mieszczak was first female master in 35:56. England’s Alan Rushner took the M45 title in 32:29. Campbell was also the top age-graded master with a 96.8% performance.


- Neil Steinberg had the best age-graded score (91.5%) in the MAC T&F Championships on Randall’s Island in New York, June 17, with a 22.4 in the M35 200. Next best were T. Toscano (90.5%), 24.0, M45 200, and Sid Howard (90.15, 4:26:28, M50 1500).

SOUTHEAST

- The North Carolina Masters Meet in Wilmington, August 19, will include a different awards wrinkle. In addition to the 2-4 awards for each event, based on age-graded performance percentages, recognition ribbons will be awarded, three for each five-year age group in every event. Jim Saxon is the director. See Southeast schedule.

- Charlie Rose, 56, ran a 5:04 mile at the Charlotte, NC, All-Comers Championships, June 27. Dwight Stewart, 42, won the 40-49 mile in 4:55.

NORTHWEST

- Peggy Ainslie of Seattle won two W55 gold medals in the 800 (3:00.83) and 5000 (12:02.4) in the U.S. National Senior Olympics in St. Louis, June 19-24.

INTERNATIONAL

- Tom Jordan, Executive Director of the World Veterans Championships, wants it known that he was unaware of the mailing which invited all participants to visit the Crystal Cathedral in California.


Sekerak, Burleson Win National 15K

Continued from page 1 could catch Treschov. Burleson had no such trouble; Donna Goodman (1:03:23) finished over three minutes behind Burleson to make it a 1-2 masters finish for the women as well.

Burleson, a microbiologist from Columbus, won at St. Claire in 1987, but passed up the chance for a title defense last year. Burleson said frankly, “I just took me two years to forget how terribly difficult this course really is. I came back this year because it was a national championship and because the people here are so great.”

Top age-graded performance of the day belonged to Sekerak with an 85.0% (N40 standard of 43:47 divided by Sekerak’s 51.29). Treschovlay was second with an 83.7%, followed by M50 age-group winner Joe Fodor (56.10, 83.5%).

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

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**STREET & FIELD EAST**
Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont

August 12: TAC Eastern Sectional Masters Weight and Track Pentathlon Championships, State University at Buffalo, North Campus, Amherst, N.Y., Arnold Walker, 74 Franklin St., Buffalo, NY 14202. 716/851-4590.


August 13: Tri-State TC Classic, Hagerstown, Md., Wayne Vaughan, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.


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


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

August 26: Masters Scottish Games (throws), Woodstock, Ill. Carl Klehm, 1218 North Route 47, Woodstock, IL 60098.

September 3-4: Senior Olympics, Columbus, Ohio. Leo Yassenoff Jewish Center, 1125 College Ave., Columbus, OH 43209. 614/231-2731.


September 23-24: Nebraska Senior Olympics, Kearney. 55+. Barbara McQuitty, USNOS National Director, 222 S. Central, St. Louis, MO 63105. 314/726-4550.

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

September 11-12: 11th Montana Masters Championships, Montana St. U. track, Bozeman. Mike Carignan, P.O. Box 5137/MST, Bozeman, MT 59717-5132. 406/587-8726.

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**NORTHWEST**

August 10-11: 11th Montana Masters Championships, Montana St. U. track, Bozeman. Mike Carignan, P.O. Box 5137/MST, Bozeman, MT 59717-5132. 406/587-8726.

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**INTERNATIONAL**

August 7: Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site in Eugene on or before 5 p.m., August 5.

September 16-17: San Juan International Masters Meet, Escoolard Stadium, San Juan, Puerto Rico. Ovidio de Jesus, P.O. Box 31300, 6th Infantry Stn., Rio Piedras, PR 00929-0000.

October 4-16: 10th Annual Japan Masters Championships, Tokyo Travel, 5-1-2 Misiono-chon, Wakayama City, Wakayama Prefecture, Japan. Phone: 0734-25-3211. Fax: 0734-24-1683.

October 14-22: 2nd Australian Masters Games, Adelaide. Masters Games, G.P.O. Box 1865, Adelaide, 5001, Australia.

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**LONG DISTANCE RUNNING NATIONAL**


October 7: Club West Masters Meet, Santa Barbara, Calif. George H. Adams, P.O. Drawer J, Goleta, CA 93116. 805/484-5982.


Philadelphia, Pa. Mark Stewart, c/o Philadelphia Distance Run, P.O. Box 43111, Philadelphia, PA 19129. 215/636-4975; 735-6958(h).


Two American Records Fall in Volcano

by JERRY WOJCICK

Two W55-59 American records fell in the VI Annual Volcano Classic meet held at St. Helens, Oregon, on June 20. Nikki Ryan, 57, broke her own record of 32:29, set last year, in the 200 with a time of 1:01.24.

National Senior Olympics Draws 1367 T&F Athletes

Continued from page 1

The event was staged by a non-profit organizing committee of St. Louis community leaders with over 450000 volunteers.

Participants had to qualify for entry into the Games at 55 local Senior Games throughout the country.

Other sports (and numbers of entries were: swimming (559), tennis (481), bowling (392), softball (286), volleyball (191), cycling (147), table tennis (167), soccer (114), tug-of-war (89), archery (100), and badminton (83). The spot with the highest percentage of women (51%) was tug-of-war.

The large number of track and field competitors required heats in many of the events. Rather than sending heats in the traditional manner, the fastest runners were put in the first heat, next fastest in the second heat, and so forth.

Places in the finish were chosen by time. Some top national masters talent showed up. North Carolina's Jim Law set a single-age AR in the M60 400. Ryan also set a single-age AR in the 100 with a 14.99.

National Senior Olympics Games, rather than the National Senior Olympics. The USOC legally controls the "Olympics" name, and has refused to permit the USNSO to use the name in its events. USNSO did so anyway, and threatened to ask the US Congress to pass legislation giving it permission.

However, USNSO lost its two champions in Congress; Daniel Melcher was defeated and Claude Pepper died. The USNSO Board decided to accept the USOC invitation to change its name to "USOA" and become USOA in the US, and be authorized by USOA to be the official USO organizer of senior multi-sport events.

"We still would like to use the word 'Olympics' in the biennial event," said the USNSO's Ken Marshall, "but we feel we can push our case better from the view of USOC rather than from the outside."

Marshall said his organization hopes to work closely with the national governing bodies of each sport. "(TAC is the U.S. governing body for track and field," he said, "(TAC follows the rules of each sport's national organization," "We still would like to use the word "Olympics" in the biennial event," said the USNSO's Ken Marshall, "but we feel we can push our case better from the inside of USOC rather than from the outside."

Sports Illustrated Magazine (July 3) did a four-page feature on the 1989 Senior Olympics. A one-hour show will be broadcast on ESPN-TV on Saturday, August 4 at 9 p.m. EDT, and repeated on Monday, August 7 at 1 p.m. EDT. The third biennial National Senior Games will be held in Syracuse, N.Y., in 1991, and USNSO officials hope a host city can be named by the fall of 1990 for the 1993 event.
Records Fall Despite Rain in Tennessee Meet

Continued from page 1

followed by a 4:45.08 1500 the following morning on a dry track — 0.12 under the age-58 American record. His performance was the start of many outstanding efforts on the resurfaced University of Tennessee’s Tom Black track.

In the field events, Bill Duckworth passed the javelin world record for age-54 with a 53.38 throw. Gordon Powell set an age-79 U.S. record for the 25-lb. weight with a 7.26 toss.

Brenda Bloomfield, 47, obliterated the U.S. W44-49 hammer record of 20.87 with a 29.60 heave.

Over 50 meet records were broken or set in this third annual meet.

Although participation was down slightly from 1988 due to the weather and the conflicting date with the National Decathlon Championships, the quality of the field continues to improve. Officiating provided by University of Tennessee’s Physical Education Department under Buck Jones kept the events on time and well-managed throughout the competition.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, AUG. 1989

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### U.S. Masters Standards of Excellence for Race Walkers

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### Application for an All-American Certificate/Patch

- **NAME**:
- **AGE-GROUP**:
- **ADDRESS**: SEX: M F
- **CITY**: STATE ZIP
- **MEET**: DATE OF MEET
- **MEET SITE**:
- **EVENT**: MARK:
- **HURDLE HEIGHT**: WEIGHT OF IMPLEMENT:
  - **CERTIFICATE**: **PATCH**: **PATCH TAG**

If you have betted the standard of excellence, please send $10 for a certificate, $10 for patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8"x11" certificate suitable for framing — and/or a 3-color, 3"x4" patch will be mailed to you within two weeks. (Allow four weeks for patches with tags.)
U.S. National Senior Olympics
St. Louis, MO
June 19-24

100m
H. Bree Brown 12.59
Harold Natt 12.93
Earl Ventura 12.94
J. Law 13.09
Edward Schuler, 12.95
Gene Hart 13.07
Melvin Larsen 13.31
Paul Saunders 13.47
Tim Ireland 13.47
John Davison 14.10
Bill Blinn 14.54
Milo Lightfoot 14.53
Fred White 15.54
Virgil McIntyre 15.89
Byron Fiske 17.99
George Richardson 19.99
Myron Bishop 20.00
J. Dahn 25.47
Janet Freeman 25.53
Joan Clarkson 25.97
Pat Peterson 25.92
Helen Darrell 26.78
Barbara Rose 27.24
Vivian Henshaw 27.68
Bill Cotton 28.19
Liesel Berg 28.59
Mary Bowermaster 28.74
Lucille Monroe 31.28
Polly Clarke 31.15
Marie Debel 31.28
Marie Quartermar 31.58
Kate Phillips 35.98
Anna Wold 35.72
Allie Walker 36.95

200m
Mary Brown 25.70
Harold Natt 26.20
Bill St. Angelo 31.04
Jim Lewis 25.72
Charles Schuler 26.82
Bill Cotton 27.24
Paul Saunders 27.57
Milo Lightfoot 27.85
Richard Herzer 28.11
Bill Neilan 28.51
Jeff Blossom 30.01
Jane Smith 31.31
Milo Lightfoot 32.56
Fred White 33.48
Virgil McIntyre 33.80
Byron Fiske 34.70
Ike Olson 40.08
J. Dahn 41.15
Janet Freeman 31.15
Joan Clarkson 31.34
Peter Peterson 34.21
Helene Darrell 35.62
Dorothy Bell 36.06
Lavina Henshaw 35.31
Irene Sutherland 35.40
Florence Berry 42.15

500m
Wally Bowermaster 36.86
Veila Jacobs 43.80
Bill Cotton 44.57
Alonzo Howard 50.51
Wally Bowermaster 50.88
rotation correction: 15°
Mid-America

10th Annual St. Louis Senior Olympics
St. Louis, MO
May 29-June 1

Results:

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<th>Event</th>
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<td>Carl Bronk</td>
<td>73</td>
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<td>800M</td>
<td>Roger Langston</td>
<td>24</td>
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<td>2:36</td>
<td>1:24</td>
<td>34.3</td>
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<td>Jack Stramir</td>
<td>24</td>
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<td>5K</td>
<td>Dan Gregory</td>
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SOUTHWEST

Texas Masters Championships
Arlington
June 24

Results:

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<th>Event</th>
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<th>Race</th>
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<td>Nellie Howard</td>
<td>11.3</td>
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<td>Female</td>
<td>31:22</td>
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Combined on next page
More T&W Results

On PAGE 33
**NATIONAL MASTERS NEWS**

**August, 1989**

**NORTHWEST**

Cascade Run Off Portland, OR June 18

**OVERALL**

- **A**lexandra Cruz 42:37
- **L**isa Wedelbach 48:27

**4 Mile**

- **M**ichael Reiffler 29:06
- **R**obin Schlauer 29:06
- **R**ichard Dowler 29:17
- **G**reg Link 29:42
- **G**reg Larson 29:50
- **B**ob Leeta 30:22
- **J**ane Simons 30:25
- **S**andra Oaborn 30:27
- **V**irginia Deaver 30:37
- **J**udy Tsuchino 30:38

**DISTANCE**

- **T**imothy Henning 2:39:15
- **L**ucinda Reynolds 2:39:50
- **D**ouglas Osborne 2:39:50
- **S**andy Keenan 2:40:15
- **J**ohn Jorda 2:40:21

**CONTINUED ON NEXT PAGE**
### 200m

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<td>W45 10. Susan Setters</td>
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<tr>
<td>W45 15. Joel Keary</td>
</tr>
<tr>
<td>W45 35. Ann Berman</td>
</tr>
<tr>
<td>M55 1. Edward Martin</td>
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<tr>
<td>M55 3. John Best</td>
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<td>M55 15. John Best</td>
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<td>M45 1. Barbara Olson</td>
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<td>M45 2. Barbara Olson</td>
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### 800m

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## European Veterans 10K, Mondo's Women's 30K Walk, Men's 30K Walk

### Mondo's Women's 30K Walk

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<tr>
<td>M3 F Kolber</td>
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<tr>
<td>M4 T Voeten</td>
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<tr>
<td>M5 N Martin</td>
</tr>
<tr>
<td>M6 J Dingwell</td>
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<td>M7 E Compton</td>
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### Mondo's Men's 30K Walk

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### Mondo's 10K Run

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**Note:** The table above contains results from the European Veterans 10K, Mondo's Women's 30K Walk, and Men's 30K Walk events. The 200m, 400m, 800m, and 10K events are not mentioned in the provided text, so their results are not included here. The table represents the top performers in each category, with times and percentages indicating their respective performance metrics.
**LONG JUMP, SPRINT, HURDLES** - Lightweight performance shoe designed for optimal support, traction, and stability. White/Red.
Sizes: 4, 4 1/2, 6, 7-12 1/2 $32.00

**DISTANCE NYLON** - Lightweight with extra cushioning designed for events with extreme or prolonged heel impact. White/Blue
Sizes: 4-11 $30.00

**HIGH JUMP** - Special nylon cork forefoot spike plate attenuates shock and stabilizes the foot when jumping. Red suede upper. Red/White
Sizes: 4-13 $35.00

**JAVELIN** - Durable blue suede upper with adjustable midfoot strap which stabilizes and secures foot. Sole is made of non-slip rubber studded material. Blue/White
Sizes: 4, 4 1/2, 6-13 $38.00

**SHIP TO:**

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