**Binder, Vera Smash Records in Crim 10-Miler**

by LOIS CRAIG, Race Director

Laurie Binder, 44, fresh from her record-breaking performance in the Fujitsu 8K on June 15, smashed her own U.S. women's age 40-44 record of 58:34 for 10 miles with a dazzling 56:05 in the 15th Annual Crim Road Race in Flint Mich., August 24. Her time was just short of Zina Marchant's world best of 55:58. For her effort, Binder ran off with $1500 in masters prize money.

Joining in the record-breaking spirit in the men's division was Manuel Vera, 40, who turned in a 49:17, shy of John Campbell's M40-44 performance of 47:55 in last year's Crim. Vera, a practicing pediatric cardiologist, in Mexico City, also took home $1500.

Another outstanding performance in the 10-miler was by 62-year-old Whaywong Semer of Oakland, Calif., who eclipsed Jaclyn Caselli's single-age 1983 mark of 1:20:29 with a 1:19:36. Other masters men taking home prize money were Domingo Tibaduiza, 41 (50:29, $800) and Henry Bickford, 40 (51:29, $500). On the distaff side Gabriele Andersen, first W45, got $800 for her 1:00:48 effort, while second W40, Laura Lynn picked up $500 (1:01:8). Overall winners were Steve Kogo (47:15) and Lesley Lahane (54:00).

Now in its 15th year, the Crim drew a record 11,638 participants. Over 3200 volunteers provided water, directions, Continued on page 9

**Sutton, Finger Set Marks in Don Harris Memorial Meet**

by PETER TAYLOR

WYNNEWOOD, PA., August 17 — Hot, humid conditions prevailed today at the Third Annual Donald S. Harris Memorial Track Classic held at Lower Merion High School. Even so, world champion middle-distance runner Jim Sutton, 60, ran the 1500 in 4:38.94, smashing Joe King's M60 AR of 4:46.96. Sutton also became the first 60+ American to break 5 minutes with his one mile effort of 4:58.2, eclipsing Dave Stevenson's 2-year-old M60 AR of 5:14.2.

In another record-shattering effort, retired University of Virginia philosophy professor Frank Finger, 76, broke Gil González' M75 WR 300H mark of 60.78 with a blistering 56.82.

Madeleine Bost, 52, vaulted 2.23 meters for a new best for her. Retired chemist Claude Hills, 79, bettered Herb Anderson's mark in the 80H with an 18.10, while Rhode Island's Sparks Sorel soared 8.39 in the triple jump.

World 200 champion Ken Brinker, 44, showed his stuff by winning the 110H (15.38), 400 (52.65), and 200 (23.39). Versatile Irene Thompson made her trip from Syracuse, New York, worthwhile by going 4-6 in the W35 high jump, 4.62 in the long jump, and running the 100 in 13.12 and the 400 in 1:02.96.

Among other standout performers, Ed Cox had the right prescription as the good doctor roared through the Continued on page 8

**Romesser Ends Campbell’s Winning Streak at 46 Races**

After going undefeated in 46 consecutive races in masters competition, New Zealand's John Campbell, 42, has finally lost.


It was Campbell's first masters loss since he turned 40 over two years ago. He had defeated Romesser in the Bix 7, on July 27.

California's Laurie Binder, at age 44 running better than ever, smashed the Continued on page 3
NATIONAL MASTERS NEWS

Volume 17, Number 9 - October, 1991

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Ohio: Richard Bennett (address above) Ruth Anderson, Woman (address above)

WAVA Delegates Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553

Creative Art: Eugene Pausines, Herb Parsons

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Romesser Ends Campbell's Winning Streak

Continued from page 1

listed U.S. masters half-marathon record with a time of 1:13:57 for fifth place woman overall. Her time is a
97.9% on the masters age-grade scale and demolished Barbara Filutze's U.S. W40-44 mark of 1:16:00.

Nancy Grayson was second (no time available). Heather Matthews (1:18:27 was third. England's Priscilla Welch
started but did not finish.

Overall winners were Rolando Vera (1:03:00) and Kim Jones (1:12:53).

Complete results next month. ø

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCT., 1991

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WAVA GAMES

I certainly enjoyed the IX WAVA World Veterans Championships in Turku, Finland. NMN's analysis and reporting in the September issue was excellent and provided an even broader view of all the activities and results. In addition, Al Sheehan's announcing was outstanding and lent much to knowing more about the athletes and the competition.

I especially enjoyed the people-to-people aspect of the event. In my mind that is the most enjoyable, important and satisfying part. Mel Larsen Springfield, Illinois

My motto is: "If you can't say anything good about something, don't say it." Therefore, I won't say anything at all about the World Games in Turku.

It was my first foreign country track meet — and it will be my last. I guess Eugene set too high a standard for everyone else to follow.

So, I thank Eugene once again for a wonderful experience, for the friendships I made there, and the camaraderie. Chuck Sochor Gowen, Michigan

Turku was another fabulous experience — meeting masters from around the world. It was different from Eugene but very special in its own way with spectacular performances and inspirational efforts.

Once again we proved that it's possible for people of every race, nationality and political persuasion to live together in unity and harmony.

First aid crews did a wonderful job and provided immediate service to the injured athletes. The officiating, too, was first class.

Jack Boyd Canada

Your total list of U.S. medal winners in the IX WAVA World Veterans Championships only represents the individual medal count. If you include team medals, the count should be 271 instead of 172.

In these events our U.S. masters managed to get another 35 gold, 31 silver and 33 bronze medals. I am very proud of my bronze in the team cross-country event.

Adrien Pronovost Corpus Christi, Texas

Great issue on the IX WAVA World Championships. The endless results are great for stat freaks. The W35 1500 showed Tatyana Kazakina in 2nd place at 4:47.58. Is that the 1500 world record holder who ran a 3:52.47 on August 13, 1980 and who was born on December 17, 1951? So she'd be almost 40!

If so, I don't think the WAVA Games have ever had a current world record holder competing. Do you know?

Bob Langenbach Seattle, Washington

(That was her. As far as we know, you're right. No other current world record holder has ever participated in a WAVA Championships. — Ed.)

LET WOMEN COMPETE AT 30

I very much agree with Deborah Eckhart's letter (August NMN) about allowing women to compete internationally at age 30. Like her, I have just turned 30 and have been looking forward to competing in an age group, and meeting all the neat people involved in submasters track and field.

Including women in international competition at age 30 would encourage us to keep training and stay involved in the sport. It would also boost the number of female participants in the submasters program.

Joy Upshaw-Margerum Kamuela, Hawaii

NO AWARDS FOR 60+

I've always enjoyed running the Presidio 10 in San Francisco, and have especially enjoyed seeing my peers decorated after their achievements. But this year there were no awards for anyone over 60.
Empire State Games Draw 500

by PAUL MURRAY

Nearly 500 New York athletes participated in the 1991 Empire State Games Masters Track and Field meet held in Albany, July 26-27. Despite the absence of some of the state's top masters who were in Finland competing in the World Veterans Championships, several outstanding performances were turned in.

Adrian Sterrett of Jamaica dominated the M35 sprints, winning the 100 (11.86), 200 (24.30), and 400 (51.8).

Howard MacMillan of Liverpool sprinted away from his rivals to win the M65 100 (14.64), 200 (30.68), and 400 (70.05).

Rodney Wiltshire of Jamaica looked impressive winning the M40 400 meters (53.17) and 400 hurdles (58.81).

Joe Contario of Newark blew away the competition to win the M35 10K (32:19.6) and came back the next day with a strong second place finish in the 5K (15:37.5).

Vince Colgan scored a tough distance double, winning the M50 5K (17:36.4) and 10K (36:43.7).

Marcia Hulse of Brooklyn established herself as the fastest woman at the meet, easily winning the W35 100 (12.9), 200 (27.12) and 400 (64.4).

Kathy Pierce of Cortland was the busiest athlete at the Games as she won the W40 100 hurdles (16.36), javelin (23.42), and high jump (1.24) and placed second in the 100 (14.35) and 200 (29.2).

After months of uncertainty, the state legislature approved funding for the Games at the last minute, but organizational problems caused many problems for participants in New York's largest masters meet. Frequent delays between heats prolonged the track events unnecessarily. On both nights the last race finished after 11:00 p.m. Athletes and spectators who had arrived at 4:00 p.m. or earlier went home tired and hungry because no food was sold at the track. Disputes over lap counts in the 10K resulted in the disqualification of four runners, invalidating outstanding performances by Harold Rubin, Bob Gauvreau, Julie Wilcox, and Mary Wallace. Results were not provided for the press or participants, and no one seemed to know if meet records had been set.

20th IAAF World Cross Country Championships

The world is coming to Boston

Franklin Park, Boston, MA
Saturday, March 21, 1992

PLUS:
International Veteran's Cross Country Classic
Friday, March 20, 1992

For advance ticket sales or tour information, please call or write our official U.S. Tour Operator:
FPT/Fresh Pond Travel
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In 1991:
TAC/USA National Junior, Senior & Masters Cross Country Championships
Saturday, November 30, 1991

Mark Heddleberg (54.32) finishes the M45 400 ahead of Jim Buckley (55.34), Empire State Games, Albany, N.Y., July 27.

Photo by A. Tetrault

Soviet Training Device Improves Running Speed and Technique

Speed Chute

The Speed Chute was developed and tested in the USSR. It is the first and only training device that improves speed while making significant gains in technique. Researchers have proven that utilizing the Speed Chute is superior to odd training means such as running with weighted belts, skips, sprints, etc.

Advantages:
- Enhances running technique
- Increases running forward, backward, changing direction and on curves.
- The Speed Chute acts as a resistance and then releasing it while running, will greatly increase stride frequency and speed.
- Compact and weighs less than 4 oz.
- Speed Chute creates excitement during training and motivates.

Using the Speed Chute helps to increase:
- Step acceleration
- Maximal speed
- Speed endurance
- Power

Speed Chute is also especially effective in developing speed in football, basketball, tennis, track and field, cross country, running, jumping events, soccer, tennis, speed skating and others.

Three sizes of Speed Chute in two combinations are available:

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<th>RESISTANCE (inches)</th>
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A Matter of Semantics

No doubt many readers reacted as I did to the media report that U.S. Open champion Payne Stewart, as well as fellow golf pros Lanny Wadkins and Mark Calcavecchia, all said that Jack Nicklaus shouldn’t be picked for the U.S. Ryder Cup team because, at 51, Nicklaus would not be up to playing two rounds a day.

Thirty-six holes in one day! Wow! What a test of endurance for a person over 50! That’s got to be the equivalent of running the Western States 100 miler in under 16 hours. So what if he gets to ride around in a cart for most of it; he’s still faced with the challenge of climbing up to each green and then walking back down again. Doing that 36 times two days in a row certainly can tax the legs and cardiovascular system of someone Nicklaus’ age.

It may very well be, though, that my facetiousness is based upon ignorance and false assumptions. My initial reaction was to assume that the three golf pros were talking about endurance. Moreover, I was applying my own definition of endurance. To me, endurance is something calling for both the exercise of great willpower. Pushed to their limits, while the mind continues, while the body continues through the same comment. Sam Snead referred to aging’s attack on the nerves as the “nips.”

Concentration vs Desire

On the other hand, I wonder if the concentration problems are related to a lack of the necessary desire. Perhaps Nicklaus, having won more than his share of championships and not hungry enough to subject himself to the pressures of competition as the “weariness” of 36 holes begins to set in, would be inclined to back off and relax too much rather than bear down.

In his book, *Golf Begins at Forty*, Sam Snead advises that “When you’ve got a good round going, you’ve got to play cool mad. You’ve got to work extra hard to concentrate on the shot at hand. If you don’t, you’ll get careless and relaxed. That’s when the other players start passing you in droves.”

Endurance vs Strength

Shortly after turning 50 last year, Nicklaus had this to say: “I think my chances are pretty good. I don’t have the strength I once had, but strength isn’t a factor at Augusta.” What exactly Nicklaus meant by strength is not clear. Did he mean the strength necessary to drive the ball as far as he once had, or the strength necessary to go 72 holes? I hear the word strength tossed around a lot among runners, sometimes used in place of endurance and other times used synonymously with speed. I’m never quite sure what the runners are referring to, and most of the time I don’t think they know either.

Strength vs Power

To me, strength is a weightlifter pressing 500 pounds over his head or perhaps doing a full squat with similar poundage. Strength is not the same thing as power; rather it is a component of power. Strength combines with speed or quickness and the result is power. At Oester throwing the discus and Brian Oldfield putting the shot are examples of awesome power. Of course, technique is also a factor.

As I see it, there are people who have world-class strength but who do not necessarily have world-class power. The reverse also holds true.

Strength vs Stamina

Applied to running, I see strength as the ability to sustain a given pace over a given distance. A person may have the endurance necessary to run a marathon without stopping, but not have the strength necessary to sustain a 6-minute pace for the entire 26.2 miles.

Then again, I have heard two runners in recent months refer to their interval training as building stamina. How stamina ties in with endurance, strength, and speed, I can’t say. My dictionary defines stamina as being pretty much synonymous with endurance. I suspect that some coach decided he’d use a different word, thereby making his runners think he was on to a unique training method.

If you’re an aspiring coach and really want to awe your young runners, try telling them that your training system is designed to build fortitude.

Speed vs Leg Speed

On this subject of definitions and semantics, will somebody please tell me who coined the term “leg speed,” as in “The runner with the most leg speed is going to win this race”? Whenever I hear a television color commentator offer something along that line, I marvel at his wisdom. Most viewers would no doubt have assumed that the runner with the most arm speed would win it. Isn’t “leg speed” something of a redundancy when we’re talking about running?

But if we’re talking about a long-distance race, isn’t it the person with the least leg speed (the most slow-twitch muscle fibers) who wins the races?

If we’re talking about a one-mile run, where physiologists tell us the best competitors have about 50-percent fast-twitch and 50-percent slow-twitch muscle fibers, neither the person with the most leg speed nor the person with the least leg speed should win the race. I guess that means if you’re not exceptionally fast or exceptionally slow, you should be a good middle.

Why is it so confusing?
Campbell, Binder Take Masters Titles in Bix

by JERRY WOJCIK

John Campbell, 42, of New Zealand, with a 34:58, won his second straight masters title in the Quad-City Times Bix 7 Mile in Davenport, Iowa, on July 27. Gary Romesser, 40, of Indianapolis, in 35:32, and Bill Rodgers, 44, Boston, Mass., in a Bix perennial, with a 36:27, followed for second in the M40-49 division.


Laurie Binder, 44, of Oakland, Calif., won her third Bix masters title with a 39:28. Gabriele Andersen, 46, of Sun Valley, Idaho, was second in 41:19, and Barbara Fitutze, 45, of Erie, Pa., third in 41:38.

Ten Years Ago

- John Alexander, 61, Scores 3611 Points To Win National Masters Pentathlon Championships
- New American W50 10K Mark of 38:16 is Set by Sister Marion Irving
- Canadian Jean Cleator Breaks W55 8000 WR With a 21:18.5 in North American Masters Championships
- Philadelphia Expects 3000 Entrants For Masters Sports Festival

Romesser, Grayson Masters Winners in Asbury Park 10K

by JERRY WOJCIK

Gary Romesser, 40, of Indianapolis, and Nancy Grayson, 41, of Columbia, S.C., were masters firsts in the 11th Asbury Park 10K Classic in Asbury Park, N.J., on August 10.

Romesser ran 30:50 to take 25th place overall, the first masters prize of $750, and the best age-graded masters performance with a 92.6%. Luis Lopez, 42, of NYC, second master in 31:30, worth $400, was also second best performer with a 91.8%. Philip Kircher, 41, Flourtown, Pa., took the third place award of $300 with a 31:43, but John Hosner, 66, of Blacksburg, Va., M65 winner in 39:09, was third best performer with a 91.2%.

Other division winners were Barry Brown, 47, Bolton Landing, N.Y., 33:32; Fay Bradley, 53, Washington, D.C., 34:31; John Dugdale, 56, Danbury, Conn., 36:40 Jay Sturdevant, 60, Ridgefield, Conn., 38:30; and Michael Bertolini, 71, Bridgeton, N.J., 43:08, in the M70-79 division.

Nancy Grayson, 41, of Columbia, S.C., captured the women's masters top prize of $750 with a 14th-place 35:29, a 90.5% performance. Nancy Oshier, 43, of Rush, N.Y., garnered $400 for her masters second 36:12, but Barbara Fitutze, 45, of Erie, Pa., who had the top W40-and-over performance of 91.2% with a 36:15, had to settle for the third-place award of $300.

The other W40+ winners were Sofia Turroz, 51, Hartford, Conn., 41:07; Wen Shi Yu, 56, Kew Gardens, N.Y., 44:02; Toshiko d'Elia, 61, Ridgewood, N.J., 45:19; Edith Farias, 67, Salisbury Mills, N.Y., 51:00; and Althea Juridz, 73, Bronx, N.Y., 1:00:59 in 68:50.

Of the 4300 registered runners, 3424 finished. Temperatures were in the low 70s, with a cool breeze, and without the heat and humidity that plagued the event for the last several years.

Peter Weilennman, 25, 29:02, of Virginia, and Olga Markova, 23, 32:57, of the now defunct USSR, both won $3000 for their open victories. Sponsors were J.C. Penney and Shore Athletic Club of New Jersey.
This month’s Sorbothane Masters Athlete-of-the-Month is Laurie Binder, 44. The Oakland, California nurse seems to be getting better with age. At the upper end of her age 40-44 age group, she demolished Barbara Filutze’s five-year-old U.S. women’s masters half-marathon record of 1:16:00 with a sensational time of 1:13:57 at the Philadelphia Distance Run on September 15.

The time equates to an age-graded performance of 97.9% — the highest of any masters athlete during the past month.

In addition, she turned in a 96.7% WR of 14:38 (94.4%) in the 500-meter hurdles at the Rocky Mountain Games on September 1.

- Jim Sutton, 60, who set a U.S. M60 record of 4:38.94 (94.4%) in the 1500 in the Don Harris Meet.
- Walt Butler, 50, who set a new M50 WR of 14.34 (93.9%) in the 100-meter hurdles at the Rocky Mountain Games on September 1.
- Gary Romesser, 40, who ended John Campbell’s two-year-old masters winning streak with a 1:07:14 (98.7%) in the Philadelphia Distance run, and who won the masters division at the Asbury Park 10K in 30:50 (92.6%).

Each month an outstanding U.S. masters athlete is selected by the staff of NMN, based on performances in track, field, road racing and racewalking during the previous month. The winner receives a $100 check from Sorbothane.

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Masters Athlete of the Month

Laurie Binder

Sutton, Finger Master Don Harris Memorial

Continued from page 1

M60 sprints, winning in 13.20 and 28.31. The very capable Sharon Osborne, 40, showed her ability by running 13.48 and 27.74 and 27.74 in the dashes. National W50 400 champion Jane Arnold ran the one-lapper in 67.6 and toured the 800 in 2:37.58. Old pro Ed Matthews, M70, showed good form in running 14.50 and 29.74 in the 100/200.

Salih Talib, M45-49, had the day’s best 800 (2:02.9). Shiel Smith, 55, impressed by walking 3000 meters in 17:59.3 (Larry Simmons, M45, led all walkers with 15:40.27). Newcomer Jan Wanklyn, an outstanding triathlete, ran the 1500 in 5:09.3 and 3000 in 10:34.9. Jan is 33 and hails from Australia.

Among the strong set, Virginia’s Len Olson, 60, spun the discus 135-4 and put the shot 13.56. Tim Williams, M40, had the longest discus throw of the day-43.60 meters, while Dave Reiss, M40, was the only javelin thrower to break two hundred—204-3 on his first throw. Ann Cirulnick put the shot 8.96 in W55, while Lev Mozhaev, M65, shone in the weight throw with 13.54 meters. ☐
Masters Health and Fitness
by DANIEL HAMNER, M.D.

New Light On Muscle Function

A new light on muscle function has been brought about by combining magnetic resonance with optical spectroscopy, Bittance Chance, Ph.d., head of the Department of Biochemistry and Biophysics at the University of Pennsylvania, has developed a new technology where we can see joints, tendons, and muscle configurations during strenuous exercise.

For example, a runner's fiber composition can be analyzed as to fiber type, recruitment patterns and reaction to fatigue. While exercising to exhaustion the MRI will show whether or not this runner has fiber development for a sprinter, middle distance, or long distance. Just think, when we 50-year-olds can’t decide whether to be a sprinter or marathoner, we can have the test done!

We need slow twitch fibers for endurance and long distance, and fast twitch fibers for speed and sprints. People ask should we start hopping, bounding and skipping to get these fibers? The answer is yes! Plyometrics or eccentric loading will help develop those fast twitch fibers necessary for shifting gears in the 800 and 1500 meter runs. If you are too embarrassed to do this, there is a new machine out called Shuttle 2001. This machine allows you to bounce horizontally on a slide against variable resistance while pushing off a foot pad. I use this for my injured runners to keep those fibers firing when I take them off their interval work.

The post-race party featured a smorgasbord of ethnic restaurants assembled under long, narrow tents, rides for the kids, and great music from several local bands.

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Racewalking in Turku

The following is taken from interviews with Viisha Sedlak, W40 Gold Medalist in the 5K and 10K walks; Joan Rowland, W65 Gold Medalist in the 5K and 10K walks; Jolene Steigerwalt, W45 Bronze Medalist in the 5K walk; Max Green, M55 Bronze Medalist in the 20K walk; Jack Bray M55 and John MacLachlan M60.

What did you think of the quality of the competition?

Viisha: The walkers are getting faster everywhere in the world. The women's competition was excellent, and I expect that it will get tougher in the next years. With the Women's 10K in the Olympics, more women will be getting involved with racewalking.

Jack: To understand the quality of competition in the men's divisions, look at the winning times and the first Americans' times. In M40, the winning time was 20:58.0; the first American's time was 23:58.9 and he was 10th! In M45, the winning time was 21:45.6; the first American's time was 24:22.7 and he was 12th. In M50, the winning time was 22:33.7 and the first American's time was 23:53.9 for 8th place. In Max's and my division, M55, the winning time was 22:44.5 and Max was 5th in a time of 24:23.9.

Using M55 as an example, the winner was Vladimir Golubnitski, a Russian who is a four-time Olympian and Gold Medal Winner, and the present Russian racewalking coach. I am not sure about the 2nd place winner, but the Englishman, David Stevens, who came in 3rd, is also an Olympian and former member of the British National Team. These men are world-class walkers. It was very different in Eugene.

How was the track for the SK walks?

John: The 5K walks were held on an all-weather track with an excellent, new surface. I didn't hear a complaint about it. The setting was more typical of one of our high school tracks where there are bleachers on one side of the field.

Joan: The racewalkers, as usual, had their races in a different venue than most of the major events. We were in Raisio, which is a town about 30 minutes away for Turku by bus. For this reason, and because of torrential showers the whole day of the 5Ks, the walks had no press coverage, and no photographers or spectators for the award ceremonies.

Besides the intense competition in many of the SK races, did anything unusual happen?

Jolene: Some of the age groups had trouble with lap-counting, which, in my case, made for a very hectic, but exciting race. A kid was in charge of flipping the lap cards telling the walkers how many laps they had to go. But he flipped the card as the lead walker went by, so as the slower walkers came through, they became confused as to the lap they were on.

Jack: Have you ever felt light in the head and light in your body? When the gun went off to start our race, I was levitating. I led the entire field for 1 1/2 laps. My first lap was 1:40 and, of course, it was too fast. A 1:55 pace would have been ample, and at that pace, I might have had a chance to contest the bronze medal. As it was, I led Golubnitski for 1 1/2 laps and it took Max nine laps to catch me. It wasn't wise race strategy, but it was an amazing feeling to feel so light and fast.

John: I watched Bob Mimm's race (M65), and we are talking about world-class walkers. Bob took 5th, and he had to work to do that. There was a comical aspect to the race. Bob had a short, stocky Italian behind him who did not have Bob's speed. So nearly every time he was going around a curve or was at a certain place on the track, he would go into a creep to catch up to Bob. When the race was in the third mile, it started to get to me. I went through the gate and approached a female judge who had been there for some time and said, "Am I the only one seeing that, or are you people seeing it, too?" She answered, "He knows I am watching." I replied, "I hope that your associates are doing something because it is totally unfair."

During all the SK races, there was a minimum of three judges on each side of the track. Because there were so many age divisions, they worked in shifts. They were all business, and though some were tougher than others, the judging was pretty fair.

What was the 10K and 20K road course like?

Viisha: The course was designed by someone who obviously wasn't familiar with racewalking. The coned turns were basically the width of the cone, so each walker lost time at the turns. The course was very hilly with long, fairly steep grades; and there was a section of chopped up asphalt where every walker lost more seconds. I feel that the 10K and 20K times of both the women and men are not truly reflective of the effort made.

Max: The course was okay, but it was hard to get splits. I like to get splits every 2 to 2.5 kilometers. The course went around the 400 meter track, down a hill, made four loops of 1900 meters or so, and went back up the hill to finish on the track. Though there was a clock on the loop, there was no way of judging how far you had walked so it was hard to use. I am real good at pacing so it hurt me a little.

How was the 10K walk?

Viisha: The strongest learning experience I took away from Turku was in the 10K. Because those of us in front had such an aggressive race, we were all very tired starting up the hill to finish on the track. I was pressing as hard as I could. I looked back and saw a walker behind me and was surprised because I thought I had left everyone behind. A few steps later, I looked back again, and she was closer. So again, I was surprised that she was coming on so fast.

Naturally, the last thing you want at the end of an aggressive race when you are pooped is to have someone walking you down quickly. So, after a little mental, "Oh, no," I realized that if I wanted to beat this woman, I would have to go faster, and I didn't know if I could. I told myself to go. My body tried to respond, but for a few moments, nothing really happened. Then, I was able to pick up my pace, eventually maintain, and then gain to beat the challenger.

It was a good lesson for me. It is always exciting when you have to dig to a new depth in a competition. Sometimes you have to find out how much is in
CORRECTION
In the July issue of NMN, page 26, Dean Reinke mentions in his Director's Corner column that I will soon be entering the veterans category and that meet directors should contact him if they are interested in having me in their race.

I do not wish — nor will I ever wish — to have Dean Reinke represent me in negotiations with race promoters.

Anyone interested in my participation at their event should contact either Greg Meyer at Brooks, U.S.A. or Kim McDonald, 24 Park Rd., Tradington, Middlesex, England. Kim's phone number is 081-977-2902.

Thank you for printing this clarification and may I congratulate NMN on an excellent publication.

Nick Rose
Bristol, England

UNFAIR LANE ASSIGNMENTS
Who originated the present system for lane assignments in the 100/200/400-meter races, and why should it continue to be used?

The method is for the #1 seeded competitor to be assigned lane 4, #2 to lane 5, #3 to 3, #4 to 6, #5 to 2, #6 to 7, #7 to 1 and #8 to lane 8. This presupposes perfect seeding will result in an arrowhead figure as the finish line. Who cares?

Forgetting the 100 meters, which is run on a straightaway, and not subject to the disadvantages of such positioning. Has anyone ever asked a 200 or 400 competitor which lane they prefer? Most will pick lane 2 or 3 so they can key on their rivals in a staggered start.

Why should the #1 seed be handicapped by starting in lane 4, and the #2 seed be further handicapped by starting in lane 5? The tightness of turns in lanes 1 and 2 is vastly overrated when compared with the disadvantages of running in outside lanes.

In discussions with other sprinters, I have yet to find one who prefers lane 4 to 2. Wouldn't it be better to change the present system to one preferred by the competitors? How about it?

Jim Manno
Oradell, New Jersey

KUDOS
Congratulations to Jeff Baty and his coworkers for the outstanding TAC National Weight Pentathlon Championships which they conducted recently in Gonzales, La.

I join my fellow competitors in the often-expressed comment that this was the finest meet we have competed in. Every event had adequate judges and scorers, and the announced schedule was carefully followed.

The fellowship around the table laden with jambalaya was outstanding.

Gordon Powell
Holly Hill, Florida

I want to congratulate Scott Thornsley for a job well-done in organizing the TAC Eastern Sectionals. Thanks.

Terry G. Shuman
Mountville, Pennsylvania

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

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Roger Tsuda won the M55 long jump with a 5.38, Club West Meet, Santa Barbara, Calif. last year. This year's meet is on October 19. Photo by Fred Niedermeyer
Metatarsalgia

Q. I am a female masters runner who has been experiencing pain in the 2nd metatarsal area of my left foot. Even though I use an orthotic pad as a cushioning device, the pain continues to bother me and I feel as though I am walking on a big lump. I have begun to limit my mileage and have even started taking some days off. What can I do to get rid of this pain permanently?

A. Unfortunately, your condition is one that is becoming more common among veteran long distance runners. Metatarsalgia is probably the most common term to describe this running injury.

Essentially, what happens, is the 2nd metatarsal-phalangeal joint becomes traumatized. In your case, it was probably due to the shifting of your body weight from the first to the second metatarsal. The second metatarsal joint is much smaller than the first and probably due to the shifting of your body _sets in.

In advanced cases, the second toe will ride up over the metatarsal head and cause retrograde pressure, further irritating the metatarsal-phalangeal joint. In severe cases, there is joint swelling and pain.

Obviously, this can be a severe disability to the running athlete. It is necessary to take aggressive action at once. The easiest process would be to take a 6-week layoff, using cross-training to remove stress to the foot. This would be limited to swimming and easy bicycling. If the pain and swelling go down, you can return to running on an asymptomatic basis.

I have found the use of a foot orthoses with a metatarsal lift to be quite helpful. You can return to running with this orthoses, but you may have to limit your running until the swelling has diminished. The use of ice packs after the run is recommended.

Medically, I have had much luck with the use of oral anti-inflammatory medicines. Probably buffered aspirin is your best choice. The use of a low-dye strapping, which is a foot-taping technique, is quite helpful. The drawback is you must tape your foot on a daily basis. In addition, the use of a well-cushioned training shoe is essential. Running on soft surfaces such as grass or dirt is recommended.

If all else fails, I have had great luck with the use of injection of a non-steroidal anti-inflammatory (yes, it is injected with a local anesthetic). This is probably the quickest and most effective method.

Finally, you may wish to try a surgical correction. There are simple procedures and more complicated procedures, so I recommend that you try all your conservative therapies first. Physical therapy can also be quite effective. This would include ultrasound, contrast baths and EMS to reduce joint swelling.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

26.2 - Trail of Truth

Three new running books have recently been published:

1) 26.2 — Trail of Truth is subtitled "A to Z, the 26 miles of life." It's written by Bruce Morrison, a veteran runner and president of Running Journal. "Life is the marathon," Morrison writes, "It starts at the start, aging as we seek our destiny." Henley Gibble, president of the Road Runners Club of America, says: "Morrison captures both the agony and exhilaration of each progressive step of a marathon, comparing it to life." For a copy, send $11.95 to Trail of Truth, NMN, PO Box 2372, Van Nuys, CA 91404.

2) Think Fast — Mental Toughness Training for Runners by Joe Henderson, author of Running Commentary who has written 15 books on running, and James Loeber, in 140 pages, Think Fast describes Loeber's principles of mental toughness — psychological conditioning for athletes preparing for competition — specifically for runners. To order, send $12.95 to Plume, 375 Hudson St., New York, NY 10014; 212-366-2222.

3) Lore of Running by Tim Noakes, M.D., is subtitled "Discover the Science and Spirit of Running." It weighs in at three pounds, is 804 pages long, and answers hundreds of questions about running. Noakes, a marathon runner, physician, and exercise physiologist, helps the reader "discover the science and spirit of running." Among its chapters are: Energy Metabolism During Exercise, Diagnosis and Treatment of Running Injuries, Nutrition and Weight Control. Send $19.95 to Human Kinetics, PO Box 5076, Champaign IL 61825; 800-747-4457.

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<tr>
<th>Quantity</th>
<th>Masters Age Records</th>
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<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 racewalking events, age 40 and up, as of Oct. 31, 1990. 48 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&amp;F Records Chairman. $4.00</td>
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<tr>
<th>Masters Track &amp; Field Rankings</th>
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<td>Men's and women's 1990 U.S. outdoor track &amp; field, 5-year age-group rankings. 60 pages. Over 100-deep in some events. All T&amp;F events, including mile, weight, relays, and walks (1500, mile; 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&amp;F Rankings Chairman, and the National Masters News. $5.00</td>
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<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 July 1, 1990. $5.95</td>
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<td>Men's and women's official world and U.S. Outdoor 5-year age-group records for all track &amp; field events, age 35 and up, as of May 1, 1990. 4 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&amp;F Records Chairman. $1.50</td>
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<th>Time Master Calculator</th>
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<td>Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stopwatch and calculator. $49.00</td>
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<th>IAAF Scoring Tables (1995)</th>
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<td>Official world scoring tables for men's and women's combined-event competitions. $11.95</td>
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<td>Published by Road Race Management, the Guide includes elite athlete alphabet listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. $44.00</td>
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<th>The Masters Running Guide by Hal Higdon</th>
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<td>160-page paperback. Higdon reveals tips that helped him win three world championship in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. $9.95</td>
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<th>Running Research News</th>
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<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. &quot;Simply the indispensable running newsletter.&quot; — Amby Burfoot. $16.00 per year.</td>
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U.S. Well Represented in Turku

The United States was well represented at the WAVA Championships in Turku — 470 athletes competed, an increase of 72 over the Melbourne Championships in '87.

Having a full time Team Manager proved to be very important. Sandy Pashkin, who served in that capacity, did a terrific job. Sandy quickly developed rapport with the other team managers and the Director of Competition, and was instrumental in helping solve problems. Her knowledge and background as a competitor, official, meet director and coach, proved to be very beneficial. Her ability to respond quickly and in a fair manner was appreciated by all the athletes. Thanks again, Sandy!

The June issue of Modern Maturity featured an article on older athletes competing in senior sports. The response to the article was tremendous. Along with the Masters LDR committee chair, Charles Desjardins, and Bruce Douglass, TAC Racewalking Committee Chair, we received hundreds of inquiries regarding our track and field program. Each person was sent a copy of our new program brochure, a listing of the masters clubs in the U.S., and a complimentary copy of The National Masters News.

From the letters we received we know there are many athletes who are not aware of our program, or who are possibly aware of it but feel it is for the "elite" athlete. Hopefully, the material they received will help dispel this myth, and we will see many new competitors from throughout the U.S. joining our program.

Additional brochures are available to anyone who would like to have them. We would like to see the brochure distributed wherever masters athletes compete, as well as at senior organizations, YMCA's, etc. Contact your Sectional Coordinator, our secretary Marilyn Mitchell, or write to me requesting your copies.

This year's TAC Convention will be held December 3-7, 1991, at the New Orleans Sheraton Hotel. Delegates and other interested persons are reminded that registrations postmarked after October will cost an additional $10.00.

In order to assure confirmation of your hotel reservation, it must be received on or before November 29. After that date they will be subject to availability inasmuch as the TAC/USA room block will be released to the public.

Items on our committee's agenda include awarding our 1993 Championship, budget, Meet Directors Manual, committee and sectional reports, awards, Committee Chair election, and USA uniforms.

If you need registration forms or hotel reservation cards, please contact TAC, Post Office Box 120, Indianapolis, IN 46206. If you are an Association Delegate, you should receive those materials from your Association.

Los Angelinos Dave Douglass (left), M55, and Juan Bustamante, M45, celebrate victories in last year's Club West Meet in Santa Barbara, Calif. This year's meet is set for October 19.

Photo by Fred Niedermeyer

Records Fall in Dayton Meet

by JERRY WOJCICK

The Dayton Classic Track and Field Meet in Ohio on August 10 drew a strong field of Midwesterners, who produced two U.S. age-group records.


Willie Blackmon had excellent times in winning the M65 100 (13.1), 200 (27.5), and 400 (62.1).

Lois Brown, W35, ran the 800 in 2:22.9 and the 1500 in 5:06.8.

Butler Hurdles to WR in Colorado

by FRANK BOWLES

Walt Butler of California bettered the listed world record with a 14.34 in the M50-54 100H in the Rocky Mountain Games at Colorado University, Boulder, August 31-September 1. The unofficial record is a hand-timed 14.3 by Charles Miller in 1988. Butler has a pending 13.71, set at the Western Sectional in June.

In other events, Coloradon Thad Bell, 47, posted the best times of all M30-and-over in the 50m (6.37), 100 (11.64), and 200 (23.34). Viisha Sedlak, 42, of Colorado, finished first overall of 21 men and women in the 5000 racewalk with a 25:38.6.

In the throws, Tom Gage, 48, of Montana, topped all competitors in the shot and hammer, with a 48-3 1/2 and a 183-3.

Pete Stipoulos, 55 (3141), of Illinois, and Charlotte Carter, 38 (2272), of Texas, were highest scorers in the pentathlon. Zamir Bavel, 62, of Kansas, had the best total (3297) in the weight pentathlon.

Over 120 competitors enjoyed sunny skies in the 11th edition of this event.
New Orleans to Host Convention

We are again approaching TAC's annual convention — this time in New Orleans from December 3 to 7. The Masters LDR Committee will have many important tasks to perform. Come and be a part of determining our future.

We must select runners-of-the-year by 5-year-age-groups for both men and women. If you think you should be considered, provide your race results to Kirk Randall (men) or Ruth Anderson (women). Their addresses are listed on page 2.

One of the most important jobs at the convention is awarding TAC National Masters Championships. For the first time, TAC rules allow us to conduct championships at any distance of one mile or longer.

For 1992, only the 5K X-C, half-marathon and marathon have already been awarded. For 1993, only the marathon is closed. All other distances are available for championships. It is our intent to award our Championships two years ahead so as to give race directors and athletes optimum time for planning. Contact Kirk Randall for information.

There has been discussion within TAC to merge Masters LDR and Masters T&F into one committee. Both committees are strongly opposed to a merger. The most powerful among many reasons is the reduction of authority throughout TAC's structure.

Your voice and participation in TAC Association activities and national committee activities will insure masters representation. See you in New Orleans.

Oregonian Hood-to-Coast Relay

by JANE DODS

The 10th annual running of the 193-mile relay from Mt. Hood to the Pacific Ocean took place on August 23-24. There were some 750 teams totaling close to 8000 runners. Teams are made up of 12 runners; each of whom runs three approximate five-mile legs. The interval between the legs is anywhere from 5 to 8 hours (depending on pace).

Although this would seem to allow ample time for runners to rest, in actuality, it was catnaps for most of us, as the team's vans rolled from one hand-off point to the next. All in all, the people with the most stamina may well have been the drivers of the vans, who stayed awake for over 24 hours.

Starting at the Timberline Lodge on Mt. Hood, the teams took off in waves from 2:30 p.m. to 11:00 p.m. After dark, reflective vests and flashlights are mandatory. This year, a full moon lent a special aura to the scene but did little to illuminate the runners' footsteps as they paced through the night (as a number of trips and tumbles attested). Fortunately, no major injuries ensued.

Relays such as this promote a great deal of camaraderie — from the joy of cheering on one's teammates along the course while en route to the next hand-off point to the shared intimate ambiance of wet socks and other assorted wearing apparel in the van.

Team names are also a big item, often a dead give away to the team's "inner self." Signs are prominently displayed on each van — ranging from the "Hot Flashers" (a women's masters team) to "Rode Hard, Put Away Wet."

Official cut-off time for finishers was midnight on Saturday. Awards were given out Sunday morning on the beach at Seaside.

Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
- Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
- Shows how to conduct an age-graded track & field meet, road race or race walk.

- 66 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes and the National Masters News.

Send $5.95 plus $1.00 postage and handling ($5.00 foreign) to:

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Chasing Paavo Nurmi's Shadow

On a sunny Saturday this summer, I jogged through the streets of Turku, crossed the river, and turned up the road to the stadium, passing as I did Paavo Nurmi's statue.

It cast a shadow in my path.

I was in Turku for the 1991 World Veterans Championships chasing that shadow. Turku once was home for Nurmi, arguably the world's greatest distance runner. A statue of him running guarded the approach to the urheilupiido, the track.

In a career spanning three Olympic Games, Nurmi won seven gold and three silver medals. His brightest moment came in the 1924 Games when he won the 1500 and 5000 meters on one day.

I never raced Nurmi, who was a generation before my time, but I raced his son, a shadow of his dad, but good enough to beat me.

I also took third in a steeplechase the next day. After the race, I sat in a trackside sauna, my disappointment in defeat balanced by my having come at least close to a legend.

Turku in 1991, thus, became a passage back to youth, a quest for lost glory. In today's run-for-pay era, Turku has drifted into a backwater, but its past is one of the prerogatives of old age to act crazy now and then.

I still did not deserve to tie the shoe laces of Paavo Nurmi, but at least there were no more shadows on the track.

On the Run

by Hal Higdon

Chasing Paavo Nurmi's Shadow

After that, my wife said I acted shamelessly. I crossed the line arms spread wide like Carl Lewis. I bent down and kissed the track like I once had seen an Italian steeple chaser do at the Olympics. I took a victory lap, although nobody had requested I do so — and few were in the stands to cheer.

It is one of the prerogatives of old age to act crazy now and then.

India's Murthy Narayana won five gold medals in the M90 division in Turku, including two WRs in the 2000 (44:77) and 400 (1:59.76). Photo by Bob Watanabe
British opinion on the IX WAVA World Veterans Championships was divided. Many people would have liked to have been able to watch more of the races/field events but were unable to do so due to the widely dispersed arenas. Using the main facilities for evening sessions would have made more sense and probably would have attracted a large crowd of locals.

The presence of the U.S.S.R. contingent was widely applauded, especially in the javelin where Janis Lusis, M50, proved a very congenial competitor.

Despite the votes on commencement of veteran age for women at 40 being rejected by the women (why?), the W35 group was once again poorly-supported, and medals went to very modest performances. The W40 group was much higher in standard.

Eight-year age groups for relays also meant that medals were sprayed around like confetti, to all and sundry — much the same as in the cross-country, marathon and walks.

Back home after the games, the BVAF 10 Mile Championship took place at Oswestry on the Welsh border. Predictably, the outstanding performance on this difficult course under hot temperatures came from an athlete who did not participate in Turku. M40 Dennis Fowles won handily in a new record time of 50:25 (3.6% aged-graded), over two minutes ahead of the rest, with 1990 winner Peter Banks, a sub 15:00 5000 runner this year, only managing a sixth place finish.

The M45 division was taken by Harry Clague in 54:25, with the M50 going to Phil Lancaster (54:54). The women's group Dianne Payton finished first in the W35 division (62:18), Kath Grogan (72:15) took the W40, and Julie Beckford led the W45s in 65:27. □

England to Host 1st WAVA World Road Championships

The city of Birmingham, England was chosen to host the 1st WAVA World Veterans 10K and 25K Road Racing Championships on August 29-30, 1992.

The site was selected by delegates to the WAVA General Assembly on July 24 in Turku, Finland. Birmingham was the only bidder for the event when a planned bid by Paris was withdrawn at the last minute.

The first WAVA 10K Road Championships actually were held in Eugene, Oregon in 1989 as part of the VIII WAVA World Veterans Athletics Championships. More than 1100 runners took part. But the LDR community within WAVA lobbied for a separate road championship. Their request was granted, 11-1, by the WAVA Council in 1990. Thus, there was no 10K road championship this year in Turku. The intent is to hold the road event each even-numbered year in a different location. South Africa will reportedly bid for the 1994 event.

Also on the Birmingham program will be non-championship 20K (women) and 30K (men) roadwalks.

Jacques Serruya, WAVA Vice-President of Non-Stadia events, predicted 4000 runners would enter the Birmingham race. Birmingham is a 90-minute drive or a 65-minute train ride from London.

22 "Survive" All Nine WAVA Meets

by DON FARQUHARSON, WAVA Historian

The list of competitors who have taken part in all nine WAVA World Veterans Athletics Championships was reduced from 27 to 22 following the IX biennial Games in Turku, Finland in July.

LIST OF 22 COMPETITORS WHO HAVE TAKEN PART IN ALL NINE WAVA WORLD CHAMPIONSHIPS

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<thead>
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<th>Country</th>
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<td>Rep. Austin</td>
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<td>GER</td>
<td>Norbert Barth</td>
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*Non gold medal in all nine Championships
#Non medal in all nine Championships

Compiled by Don Farquharson, WAVA Historian
IAAF Captures WAVA

The WAVA General Assembly held in Turku, Finland on July 24 adopted constitutional amendments and elected pro-IAAF officers which spelled the end of WAVA as a free and independent athletics entity. The IAAF capture of WAVA is now virtually accomplished.

In the vote for president between Alastair Lynn (the WAVA Council-endorsed candidate) and Cesare Beccalli (the IAAF candidate), the electorate was given a clear choice as to what WAVA's future direction should be. Lynn represented those who wished to maintain WAVA's independence and cooperation with the IAAF; Beccalli, an IAAF takeover.

The key role in the IAAF seizure was played by four of the five U.S. delegates and by Bob Fine, WAVA Executive Vice-President, who supported Beccalli and the pro-IAAF amendments. WAVA delegates are selected by their national bodies. In the U.S., delegates are chosen from TAC's Masters Track & Field and Long Distance Running Committees. In Turku, they consisted of Barbara Kousky, TAC Masters T&F Chairperson; Jerry Donley, former Masters T&F Chairperson; Rex Harvey, Masters T&F Multi-events Chairperson; Norman Green, Masters LDR; and Ruth Anderson, Masters LDR.

At the outset, it should be noted that delegate Rex Harvey voted against the pro-IAAF candidates and constitutional amendments designed to facilitate the IAAF takeover. The remaining four U.S. delegates, however, voted as a block in favor of Beccalli and the IAAF amendments. Without these four votes the Bec­calli ticket would have been voted down by the IAAF. We are already experiencing this difficulty in Peru and India.

1. One nation, one vote. The IAAF is organized on this basis, which means it is dominated by small nations who wish to throw their weight around in the athletic world. The subject was raised by Mouassipso Mackonguy Pascal, an IAAF appointee from the Congo, at the Council meeting in Turku. There is sentiment in WAVA to have its charter track that of the IAAF. When that happens, the U.S. and other call/IAAF ticket would have lost since the vote for president was 55-49. Had their votes gone the other way, as they should have, Lynn would have won, 53-51, and he would also have picked up two more votes from defeated presidential candidate Fernando Ferreira of Portugal. With Lynn in the chair as president-elect, the outcome of the election for the remaining offices and constitutional amendments might well have been different. In short, the election of Beccalli set the tone for the remainder of the General Assembly. The outcome of the positions for executive vice-president and secretary were then pre-ordained, as was the legislation.

2. The election was essentially Europe vs. the rest of the world. Lynn had the support of Oceania, Asia, most of North and South America, and some of Europe. Lynn hoped for U.S. support based on the fact that his running mate for secretary was from the U.S. and supported his policy. His aspiration was misplaced as I proved a prophet without honor in my own land.

3. Why did Fine and four of the U.S. delegates support Beccalli and the pro-IAAF amendments?

Fine's support is particularly curious. In 1987, he wrote a letter in which he referred to a conversation he had, with Ollan Cassell, Executive Director of TAC, regarding the IAAF's intentions, after which Fine concluded:

"The IAAF wishes to take total control of the Veterans program, including all income and funding and sanctioning; the IAAF Veterans Committee (elected solely by the IAAF) will be the actual governing body; the IAAF could cut out WAVA anytime it wanted, which is something I believe it would do as soon as possible . . . I certainly no longer have any faith or trust in the IAAF."

Has Fine now concluded that the IAAF is the leopard that has really changed its spots? Or have his concerns been overwhelmed by a desire for personal political advancement in WAVA and the IAAF? Has Fine made a "Faustian deal" with Beccalli to assume Beccalli's position in the future?

The reasons for the U.S. delegation's support of Beccalli are not entirely clear.

Kousky and Fine both denied that what the IAAF was doing was, in fact, a takeover. One can only reply that if it looks like a duck, quacks like a duck, and walks like a duck, it must be a duck.

The reasons to resist an IAAF seizure of WAVA seemed manifest. The veterans program of age-group athletics got its start in the U.S. The first World Masters Championships were held in 1975 in Toronto, Canada. By consensus, the best World Games to date were staged by the U.S. in 1989 in Eugene.

WAVA has built an enviable record in a short 16 years by producing excellent championships, funded basically by the efforts of the organizing committees and administered by WAVA's Council. WAVA has written the book on rules for the veteran athlete. Adding another layer of administration certainly was not called for. Neither does adding more IAAF affiliates to WAVA's membership appear to be a justification. Virtually all the countries making a significant contribution to WAVA are already affiliated. Those that the IAAF can contribute are, for the most part, small, third-world nations unable to sponsor a world championships and whose athletes cannot afford to participate, anyway.

With the IAAF now in the driver's seat, what does the future hold for WAVA?

1. Within the next four to six years, we can expect to see the IAAF continue to solidify its control. In order to mollify those on the fence, Beccalli backed off on both the drug-testing issue and the constitutional amendment that would have given the IAAF the last word on accreditation of affiliates. One can be certain that these issues will be re-asserted in the near future. Having now won a hotly-contested election, Beccalli will move in — with full IAAF approval — to further strengthen its stranglehold on WAVA. To think otherwise would be naive.

2. The IAAF will order drug testing at the next World Championships regardless of the wishes of the participants and without regard to whether testing in veteran athletics is justified or not.

3. The IAAF, as a political entity, dominated by third-world countries, will determine who may affiliate with WAVA.

4. Approximately 30% of WAVA's current affiliates are not associated with their IAAF national body. These affiliates — many WAVA charter members — will be squeezed out of WAVA or will be either forced to affiliate with their IAAF national governing body.

Contd. on page 19

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Bob Fine Replies to David Pain:

I will not respond in kind to the above article for the following reasons:

1) David's point of view has been clearly known and rejected by the WAVA Assembly in a democratic vote;

2) The average participant in the program is properly disgusted with personal attacks which do nothing to enhance the program.

Those who have worked closest with Dave voted against him for WAVA Secretary. His article is just one indication as to why they did so. — Bob Fine
Olson, Hilliard Tops in Weight Pentathlon
by JEFF BATY

The National Masters Weight Pentathlon Championships were held at East Ascension High School in Gonzales, La., on August 24.

Age-graded champions were Len Olson, 60, of Centreville, Va., with 4248 points, and Vanessa Hilliard, 50, of St. Petersburg, Fla., with 4140. Hilliard set an age-division world record of 47-3/4 for the 16-lb. weight. Lurline Struppeck, of Baton Rouge, L.a., broke the U.S. record for the W45-49 javelin with a 107-6. The old record of 102-8, set in 1983, was held by Christel Mills.

James York, Modesto, Calif., broke U.S. age-78 records in the 4kg. hammer (90-9) and 25-lb. weight (28-7¾). Gordon Powell, Holly Hill, Fla., broke the national record for men 82 in the 25-lb. weight with a 21-8½.

After the competition, everyone was treated to a chicken and sausage jambalaya.

Speaker's Corner (Continued from page 18)

major nations which have supported the WAVA program financially and with large numbers of participants, can expect to be put in a minority position in the General Assembly. Even now, with the new IAAF token affiliates joining WAVA, we can see the power base shifting, in spite of WAVA's current constitution which gives to those countries with the most participants — such as the U.S. — up to five delegates.

All WAVA affiliates — even those with no athlete participants — currently get at least one delegate.

6. The IAAF, being politically motivated, makes non-athletic rulings. Some are based on perceived problems raised in the context of the open athlete. Neither of these criteria have any rational application to veteran athletics. Nevertheless, the IAAF will implement its policies across the board, regardless of their applicability to the veteran athlete.

7. The IAAF and many of its national governing bodies — such as TAC — are not particularly competent. The current sorry plight of athletics in the U.S. is largely due to TAC administrative incompetence. While TAC and the IAAF bumble along, we see organizations such as the U.S. Senior Olympics forge ahead with excellent leadership and substantial sponsorship. In spite of this reality, we find a surging successful, autonomous WAVA throwing itself into the arms of the IAAF.

8. WAVA, since its inception, has accepted all entrants wishing to compete in the world championships. With control of WAVA shifting to Europe and the IAAF, we can expect a change in WAVA policy to a more elitist championship event — more along the lines of the current IAAF open track and field championships.

If the U.S. delegates had been even remotely interested in why the WAVA Council rejected Beccalli for re-election, they could have easily found out. Perhaps they did not care, or were so interested in their own political turf that they were not concerned with the long-term consequences of their actions as they might impact WAVA.

Lacking the necessary support of the U.S. delegation, I have announced that I feel compelled to withdraw as the North American Regional Delegate to WAVA and as President of the North American region. As a matter of principle, I can no longer serve on a WAVA Council headed by the Beccalli-Fine faction.

(Speaker's Corner is an open forum for extended comments on all viewpoints on subjects of general interest to our readers. Replies or contrary opinions are always welcome. — Ed.)

Five Years Ago

- V European Veterans Championships Draws 2418 to Malmo, Sweden
- First NMN Age-Graded T&F Meet Held in Van Nuys, CA
- Englishman Ron Taylor, 50, Sets 200 WR of 22.91 in V European Veterans Championships

Masters Racewalking (Continued from page 10)

there and how much you are willing to put out. I would say that my effort in the last lap on the track was the biggest effort I have ever made in a race. It is always a nice moment of discovery when you have to go deeper than you have gone before to answer a challenge.

Did the men's 20K race go well?
Max: For much of the race, I followed a Russian named Zigurs Ibre who is really a Latvian, and didn't want to call himself a Russian. He was listed as Russian, but when he signed in, he substituted Latvia, and wore a shirt that had Latvia on it. He was the one who came in 4th in the 5K, beating me substantially with a time of 24:03.

Dave Stevens, who finished 2nd in the 20K, had told me that Ibre was on the 50K Russian team at one time, so I decided I would try to follow him. This worked well for about 10K. We got our splits at 5K, and my time was 19 seconds slow—26:19 rather than 26:00 flat. So I sped up and he did, too.

He had quite a few people with him telling him things. We went through the 10K point at 52:06 which was close to the 1:44 I was aiming for. Then he faltered badly, so I went by him. The next person was a New Zealander, Maurice Hinton. When I passed him, I was in third place. The guys ahead of me were much faster, going under a 1:43 20K and I didn't really try to catch them. I knew I had 3rd if nothing happened, so I settled for safe.

Some people didn't go to Turku because they didn't think they would do well enough.

Max: The middle of the pack didn't have great times, but everyone enjoyed themselves. It was a great experience and the friendliness was overwhelming. I would encourage people who walk seriously to go to Japan in '93 whether or not they think they are going to get a medal. It is fun to compete and talk with people from all over the world.
The Director's Corner

by DEAN REINKE

Circuit Happenings

Plans continue to come together for the February 1, 1992 Sorbothane/USRA Master’s Circuit National Championship. The event will be held at the MetroWest development, an upscale community near Universal Studios, and features an 8K layout that will test your speed and fast course. While promoters are hoping to again have a stellar masters field of competitors, attempts are being made to feature the first ever match race between circuit defending champion John Campbell and 1991 Master Runner-of-the-Year Manuel Vera. Recent world steeple chase champion Hal Higdon, M60, is the first major grand master name to commit to the event.

Wilson Waigwa leads the PowerBar men’s division, and defending circuit champion Nancy Grayson leads the Lily of France women’s division after 14 events on the circuit. Norway’s Kaare Osnes holds the second spot on the men’s side, followed by Bob Rodgers and Canada’s Ken Hamilton. Defending Grand Master’s Champion Fay Bradley of Washington, D.C. and Susie Klutz of North Carolina lead their respective divisions while Wen Shi Yu, W55, and Bill Fortune, M60, lead the divisions they captured a year ago.

Circuit organizers have also announced the prize money breakdown for both the Grand Prix Circuit and the National Championship in Orlando. Prize money for men and women will be equal. For the Grand Prix, money will be awarded for first through fifth, including $1500 (1st), $750 (2nd), $500 (3rd), $250 (4th) and $100 (5th) for both men and women. Each individual age division winner from the 45-49 through 70 and over division will receive $100. Any ties will be decided by head-to-head competition at the championship in Orlando. In addition, the top two individuals in each age division will receive all-weather jackets from Circuit sponsor Sub 4.

Twenty-five hundred dollars of the Sorbothane/USRA Master’s Circuit $10,000 prize fund will go toward the Orlando championship. Money will be awarded to the top men and women overall masters as follows, first - $750, second - $250, third - $100, and fourth - $50. One hundred dollars will go to the grand masters (50 and over) men’s and women’s champions.

New forty-year-old Larry Swanson of Chicago captured the Park Forest scenic 10 Mile master’s race in 55:39. He was followed by 1980 U.S. Olympic Marathoner Benji Durden, 17 seconds back . . . Third place went to former University of Chicago Track Club ace Ken Sparks of Cleveland who had an outstanding career in the current Running Times . . . Tremendous thanks to our good friends on the Sorbothane/USRA Circuit who hosted circuit officials for August events. Hats off to Asbury Park 10K, Fiesta America’s Finest City Half Marathon and the Maggie Valley 8K. With ten events remaining on the 1991 Circuit, the remaining races will be hard pressed to match the hospitality of our friends.

Excitement reigns at Running Times magazine with new ownership coming from a Connecticut-based publisher. Larry Flynn has sold the popular book, and ambitious plans call for the magazine to continue to rise significantly on the newsstands to over 100,000. Best wishes to editor Bob Cooper and publisher Carol Laster . . . Caught up with ’88 Circuit Grand Prix Champion Bob Schlaus during a recent trip to Charleston. Bob is planning on running the Twin Cities Marathon . . . Officials at the Myriad Gardens 10K (October 5, 405-297-2597) expect over 6000 entrants at this popular Oklahoma event . . . On the first place stand at the New Haven 2K was Mexican Luis Lopez running 6:55 and netting $500. Barbara Matheson won the women’s race in 8:06. Paul Corroza reports that things are progressing well for the January 6 Run Tex Marathon, the last regular fall marathon to be run in the ‘91 Sorbothane Circuit (512-472-3244). . . California has yet to have any prize money to offer this month, but event promoter Mike Marcus will be producing a similar event in Miami on January 18 . . . The October 12 Bowling Green Classic will offer $1000 to the top masters men and women finishers. The event could not secure a car for a random prize give-a-way, so they will be distributing $20,000 in cash to a lucky random drawing winner . . . Barb Filutze of Erie, Pa., repeated her ’90 circuit championship victory over Nancy Grayson at the Maggie Valley Moonlight Run. Grayson came back to win the Parkersburg Half Marathon masters title, running 1:17:45 and netting $250.

October 6 will be the only Pennsylvania stop on the Sorbothane circuit with the Delaware Distance Classic 15K (302-234-1189). The much ballyhooed Denver Marathon scheduled for this month has been delayed until next year due to a change in city administration. Organizers report they are still enthusiastic and will be back in ’92. . . In less than two years, marathon man Doug Kurtis will join the masters ranks. The Detroit resident is the subject of a feature in this month’s Runner’s World, written by Ed Glander.

The October 13, Iowa Hospice Race continues to grow under the able direction of Peg McElroy. That event joins Bix, All Iowa 8K, Dam to Dan 20K and the Fifth Season 8K as five of the best events offered by any state in the country. Champion Frank Shorter will appear at the Providence Hospital Run October 12 in Waco, Texas . . . Make that $500 for the first master female finisher at the Tuft’s Race in Boston on October 14 . . . $500 to the top master finisher in the Detroit FreePress/Marathon on October 20. Manuel Vera continues his record-setting year with a win at Falmouth, finishing 14th overall in 35:51, just six seconds back of Keith Brantly, and netting $300. Fellow Mexican Artemio Navarro came in 11 seconds back, winning $250, finishing ahead of Bryan Sheriff and Steve Jones. Laurie Binder set a new course record on the women’s masters side running 39:16 and grabbing $330 . . . A new race on the horizon in Montgomery, Ala., the Lightning 10K, appears to be fairly ambitious. Keep an eye on it. . . One of the best last chances for a quality tune-up for the fall marathons is the Dayton-Corridor Classic Half-Marathon, a member of the Sorbothane Circuit (515-885-4683).

Enthusiasm remains high at the Senior Bowl/Delchamps Charity Run 10K in Mobile — make a note on your calendar (205) 458-2276 . . . November 2 Tulsa 15K will offer $500 to the first male and female master finisher . . . Henry Ronon is it at again, this time at the Wharf to Wharf race in California. It seems Henry didn’t quite make it to the starting line as he became inebriated and ended up sleeping it off at race director Kirby Nicoll’s house. The 39-year-old former Olympic world record holder is only one year away from the master’s ranks . . . Make that $700 to the first place male and female at the October 10 Twin Cities Marathon . . . The Birmingham Vulcan Run will continue November 23 in spite of the loss of Pepsi’s sponsorship. The local newspaper has picked up the event. No word yet on prize money . . . November 17 Old Reliable Run will award $1000 to the top male and female and $400 to the top grand masters in the popular North Carolina event . . . See you next month on the roads.
One Best Exercise?
by JOE HENDERSON

He’s the other Bob Anderson. Not “Runner’s World” Anderson from California who is now out of running, but “Stretch” Anderson from Colorado who’s still very much in it.

Bob II appeared this summer at Jeff Galloway’s running camp. While teaching stretching, Anderson was asked, “If someone were to do just one exercise, which would you recommend?”

Bob had a ready answer: “The Saigon squat. Asians sit in this full-squat position for long periods of time, and it stretches out most of the leg muscles. It’s the single best exercise that a runner can do.”

His answer raised a question of my own: How would I single out the one addition to running that has helped me the most?

I wouldn’t name any stretching or strengthening exercise. Though I practice several or each, the benefits are at best subtle.

I wouldn’t vote for any of today’s favored cross-training activities: running in water, swimming or biking. I haven’t practiced any of them enough to know how well they work.

My clear choice would be the humble act of walking. My biggest breakthrough in the past 20 years has been learning to walk again.

You may not be ready to believe that it works. I too sometimes forget its value in the rush to get on with running. But walking never fails to help if I give it a chance.

- We aren’t talking here about RACE walking, which is a demanding sport in its own right. Mine are normal walks used to fill the gaps between runs.
- This walking is something to do in the rest phase of interval training. Intermittent running probably is the most natural way to train (witness the go-stop activity of kids and puppies), and the uses of intervals reach far beyond speedwork on the track.
- Let me praise some of those applications.

1. Walking as a warmup before and cooldown after running. It’s better than stretching for working out pre-run kinks. The stiffer you are, the longer you need to walk before starting. Walking also works better than any other exercise to ease away the post-run effects. The harder you run, the more you need to walk afterward.

2. Walking to make the running faster and longer. The interval system works both ways. By breaking a piece of work into smaller pieces, you can run each piece at higher speed or add more pieces — without increasing total effort. Training can range from Jack Daniels’ “cruse intervals” on the track (run a lap at 10K race pace, walk a minute and repeat) to Jeff Galloway’s marathon plan on the road (walk a minute for each kilometer or mile of the longest runs).

3. Walking to make the running easier and safer. For injury prevention start by walking, later mix brief runs into the walk, then brief walks into the run. For injury prevention walk the steepest hills or roughest terrain. If you feel minor twinges in midrun, walk through them to prevent escalation in seriousness.

4. Walking as an alternative or addition to running. It’s a satisfying form of cross-training. It doesn’t mimic the physical benefits as well as some other alternatives. But walking is unmatched in mimicking the experience of running. It puts you on the same ground, in the clothes and shoes, at the same time. These are all pluses if you need days away from running but still want to stay close to it. Walking is as close as you’ll get.

Walking doesn’t promise to make you a better runner any more than Bob Anderson’s “Saigon squat” does. But well-pleaced walks will let you do more of the running that can make you a better runner.

Reprinted from Joe Henderson’s Running Commentary, available for $18.00 per year from Joe Henderson, 441 Brookside Dr., Eugene, OR 97405.

Masters Age Records 1990

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietricher, 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, 1990
- Men’s U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state, and date of record.

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Name
Address
City State Zip

Mario Cuevas, first master (46-42), Jacksonville 15,000 in Florida. Victor Sailer/Agence Shot
Here’s What Readers Say About THE MASTERS RUNNING GUIDE

—This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us “transitioning” into the “improving with age” category. (Great gift idea too.)
—Joyce Rankin, Reston (VA) Runners
—Wish I had read the book ten years ago. (Wish it had existed ten years ago.)
—Gordon Pitz, River to River (IL) Runners

—The book describes masters sports and discusses the safety of intensive competition for older athletes... It’s tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.
—Mike Davis, Indianapolis News

“I generally stay away from endorsing books, but this one is worth making an exception for.”
—Jim Ferstle, St. Paul Pioneer-Press

Yes! I want to order______ copies of Hal Higdon’s new work, THE 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

SOUTHWEST
- Athletes in the second annual Alamo City Vintage Masters Meet, San Antonio, TX, July 27, set 24 meet records. Seven competitors exceeded the U.S. Masters Standards of Excellence, among them were John Head, M50, who won the 400H in 69.9, and Pamela King, W35, with a 12.9 in the 100. The meet directed by Arthur Rodriguez and Don Austin, was held in the afternoon and evening after they had conducted a morning meet for over 200 children ages 4 through 18.

WEST
- Marshall Ulrich, Fort Morgan, CO, celebrated his 40th birthday on July 4 looking forward to his masters debut in the Hi-Tec Badwater 146 from Badwater, Death Valley (282 feet) to the Mt. Whitney Trail Head (8360 feet), July 24-27. When the 139-mile test was over, Ulrich not only was the winner but also the record holder with a 26:34:10, collecting $1000 for the win and $500 for the record.
- Masters wins in America’s Finest City Half-Marathon, San Diego, August 18, were: Don Paul, 41, San Francisco, took the men’s $250 prize in 1:10:59, 98 seconds up on Steven Ware, 40, Riverside, CA, Darlene Wallach, 41, San Jose, CA, was much harder pressed to earn her $250, finishing four seconds and one place ahead of Linda Cash, 42, Bloomfield, CO, with a 1:25:54. Over 5300 runners started.
- Highly-ranked javelin thrower Dr. Frances Conley, W50, Professor of Neurology at Stanford University, who resigned her position in June due to sexual harrassment, has decided to return. According to her, the university is making a concerted effort to correct the situation.

SOUTHWEST

SOUTHWEST
- Ralph Roylance, M65, broke Bill Morales’ 1984 javelin AR of 148-3 with a throw of 157-7 in the 13th Montana Masters Meet, Bozeman, MT, Aug 9-10. The high elevation (4000 ft.), coupled with aiding winds up to 3.3 mps, helped many sprinters and throwers set new PRs.

CANADA
- Art Meany, 47, ran 55:42 to finish ninth in the Evening Telegram 10 Mile, St. John’s, Newfoundland, August 11. He tuned up for the race, one of Canada’s oldest, by running a 34:24 10:00m in the Newfoundland 10K championship on the previous weekend.

INTERNATIONAL
- NBC plans to offer three per-pay-view, commercial-free channels for the 1992 Olympic Games in Barcelona, July 25-August 9, 1992. The network also plans to offer 160 hours of free programming, which is comparable to air time for the 1988 Games in Seoul.
LONG DISTANCE RUNNING NATIONAL

December 2-7, 13th Annual TAC Convention, Sheraton Hotel, New Orleans, La. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. 316/261-0500.

October 6. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortenson, 15301 Highland Place, Minnetonka, MN 55345.


November 3. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4862 Arthur Place, Columbus, OH 43220. 614/459-2547.


December 8. TAC/USA National Masters 10K Championships, New Orleans, La. Contact TAC/USA.

ON TAP FOR OCTOBER

TRACK AND FIELD

Offerings are scanty but varied, ranging from the Kansas Big Guys Classic and the Club West Masters Meet in Santa Barbara on the 19th to the World Senior Masters Meet in Providence on the 22nd, laced with other senior meets in almost every region.

LONG DISTANCE RUNNING

National Masters Championships will be held in the marathon, Minneapolis, on the 6th; the 10K cross-country, Louisville, and 100K, Duluth, both on the 26th. The USA Masters Circuit events are the Myriad Gardens, 10K, Oklahoma City, on the 5th; Delaware Distance 10K, Wilmington, on the 6th; and Dayton-Corridor Half-Marathon in Ohio, on the 13th.

The East provides most of the action, beginning with the Fifth Avenue Masters Mile, NYC, on the 19th, and Great Northern 10K, Revere, Mass., on the 20th.

In the Midwest, the Chicago Marathon/Rogaine 5K on the 7th is the big draw.

In the West, the St. George Marathon, Utah, on the 5th, features a downhill course, and the Humboldt Redwoods Marathon, California, on the 20th, offers nonparell scenery.

RACEWALKING

The North American Masters Championships, Midland, Texas, are scheduled for the 6th, and the Florida TAC 10K Championships, Orlando, are set for the 19th.

Corps Race, P.O. Box 9107, Chelsea, MA 02150. Tony Jr. or Sal, 617/284-4444, 1-800-258-6245.


November 3. 14th Fred Hackett 10K, West Concord, N.H. Masters cash based on age-graded tables. SASE to: Concord Savings Bank Autumn Run, P.O. Box 739, Concord, NH 03302. Bob Tschek, 603/863-2537.

Continued on page 24
**SOUTHEAST**
Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.
October 5. Av-Med Coconut: Grove 5 Miles, Miami. Florida Masters Road Race. 800/940-4RUN.

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

**SOUTHWEST**
Arizona, California, New Mexico, Nevada, New Mexico, Utah.

**CANADA**

**INTERNATIONAL**
October 26. Twilight Last Glimpse Mile Cross-Country, Arroyo Verde Park, Ventura, Calif. 5:00 p.m. Andrew Hecker, P.O. Box 7793, Ventura, CA 93006. 805/983-0044(d). 622-3876(e).

**SOUTHEAST**
Youngstown, Ohio, New Mexico, money. Brian Doby, 855 Park Ave., Montgomery, AL 36106. 205/240-8650.

**SOUTHWEST**
Texas, New Mexico, money. Brian Doby, 855 Park Ave., Montgomery, AL 36106. 205/240-8650.

John Dobroth placed 5th in the World Championships M50 100M in 15.83. Photo by Fred Niedermeyer.

**HERE'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:**

*Running Research News* is the indispensable running newsletter. - Amby Burfoot, Executive Editor, *Runner's World*

*Running Research News* is the nation's premier journal on running. - Gabe Mirkin, M.D., Georgetown Univ. School of Medicine

*The May-June issue of Running Research News is the best thing you will ever read about running.* - Tom Henderson, *The Detroit News*

*Running Research News* is the most worthwhile running publication I have seen during my 35 years of coaching. - Jack Warner, Cornell University Cross Country Coach

*"If you can't improve your race times after reading Running Research News, you can't improve your times.* - Bob Tarozzi, Carmel Valley, CA

*The recent article on 10K training contained more useful info. than any 60 running books.* - Sam Graceffo, M.D.

*Running Research News* provides runners with scientifically based training strategies, discusses the latest information on sports nutrition, and evaluates commercial products sold to runners. - Running Research News

December 12. 10th annual Moving Comfort 8K For Women, San Diego, Calif. Also separate men's race. SASE to Race Director, 2115 Craig Court, Lemon Grove, CA 91945-4237. 619/460-3101.

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

**October, 1991**
**U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS**

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- **Men's Standards of Excellence**
- **Women's Standards of Excellence**

**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN**

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- **Mile**: 4:25
- **800M**: 2:00
- **1500M**: 4:25
- **5000M**: 14:46

**Women's Standards of Excellence**

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- **Mile**: 5:20
- **800M**: 2:15
- **1500M**: 4:45

**Special Notes**

- All standards are for automatic time; use standard conversion for hand time.
- Short hurdles: 30-39 33:17; 40+ 40:00
- Shot put: 30-39 40:00; 40+ 40:00
- Hurdle height: 30-39 40:00; 40+ 40:00
- Metric height and distances are the standard; feet and inches listed for convenience.

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**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**

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If you have bettered the standard of excellence, please send $10 for a certificate, $10 for a 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 3072, Van Nuys, CA 91404.

(End copy of results, or note in which issue they appeared) A 3-color, 8" x 10" certificate—suitable for framing—and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
# National Masters News

## October, 1991

- **Title:** National Masters News
- **Page:** 27
- **Location:** Albany, NY, July 24-25

## Dartmouth Weight Meets Hanover, NH

- **Date:** July 20–21
- **Participants:**
  - 2 Carl Wilkin
  - 49.8-3
  - 3 Bob Lewin
  - 48.4-3
  - 3 Bob Harvey
  - 48.1-3

## Empire State Games

- **Date:** Albany, NY, July 24-25
- **Participants:**
  - 100: Jesse Thomas
  - 11.08
  - 2 Carl Wilkin
  - 11.08
  - 3 Bob Lewin
  - 11.08
  - 2 Jeff McVey
  - 11.08
  - 2 Steve Signor
  - 11.08

## National Masters Results

### 100m

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
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<td>10.36</td>
</tr>
<tr>
<td>Andrew Conroy</td>
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<tr>
<td>George Frank</td>
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### 200m

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<tr>
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<tr>
<td>George Frank</td>
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<td>Tom Hall</td>
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<tr>
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<tr>
<td>George Frank</td>
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<tr>
<td>Mike Young</td>
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<td>Jim Hoffman</td>
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<td>Bob Boven</td>
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<tr>
<td>Tom Hall</td>
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<tr>
<td>Bill Bergen</td>
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<tr>
<td>Dickerson</td>
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<td>John Lance</td>
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### 800m

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<td>1:55.9</td>
</tr>
<tr>
<td>George Frank</td>
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</tr>
<tr>
<td>Mike Young</td>
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</tr>
<tr>
<td>Jim Hoffman</td>
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<tr>
<td>Bob Boven</td>
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<tr>
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### 1500m

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<tr>
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<tr>
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### 5000m

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<tr>
<td>George Frank</td>
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<td>Dickerson</td>
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<tr>
<td>John Lance</td>
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### 10000m

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<td>George Frank</td>
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<tr>
<td>Mike Young</td>
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<td>Bob Boven</td>
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<td>Dickerson</td>
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<td>John Lance</td>
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### SOUTHEAST

<table>
<thead>
<tr>
<th>Race</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>RRC Women's Festival 5K</td>
<td>Huntsville, AL, July 20</td>
<td>5:14:31</td>
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<tr>
<td>Florida International U. Labor Day 5K</td>
<td>Miami, FL, September 1</td>
<td>5:15:16</td>
</tr>
<tr>
<td>New England Athletic Club Road Championships</td>
<td>East Greenwich, RI, August 25</td>
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</tbody>
</table>

### MIDWEST

<table>
<thead>
<tr>
<th>Race</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>DC RRC Greenbelt 15K</td>
<td>Greenbelt, MD, September 1</td>
<td>1:35:21</td>
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<tr>
<td>Midwest-Marathon Runners 5K</td>
<td>Mt. Clemens, MI, August 14</td>
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</table>

### MIDWEST

<table>
<thead>
<tr>
<th>Race</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pikes Peak Ascent (13.1 miles)</td>
<td>Colorado Springs, CO, August 24</td>
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### WEST

<table>
<thead>
<tr>
<th>Race</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pikes Peak Marathon (26.2 miles)</td>
<td>Colorado Springs, CO, August 25</td>
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### NORTHWEST

<table>
<thead>
<tr>
<th>Race</th>
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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oregonian Hound-To-Host Relay (193 miles)</td>
<td>Mt. Hood to Seattle, August 23-24</td>
<td></td>
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</tbody>
</table>

### TAC Southwestern Regional 20K R.W. Championships | New Orleans, LA, May 18 | |

### BACK TO WORK 4 MILE CENTRAL PARK, NYC, August 24 | |

<table>
<thead>
<tr>
<th>Race</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back to Work 4 Mile</td>
<td>Central Park, NYC, August 24</td>
<td></td>
</tr>
</tbody>
</table>

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**Full Results:**

- [Full Results Link](#)
**Mission Bay 25K**

**Road Race & Relay Race**

Saturday, Nov. 23, 1991 7:30 am

**Grand Prize Drawings**
- 2 nights, 3 days for 2 people at the Long Beach Travelodge next to the Queen Mary
- 2 nights, 3 days for 2 people at the San Diego Marriott Hotel & Marina next to Sea Port Village

For the 25th time, the San Diego Track Club presents this 15.6 mile race on a flat, fast course around Fiesta Island, the ULTIMATE MARATHON TUNE UP. Denny's Restaurants will provide Mother Butler's Pies to award winners. After the 25K, enjoy freshly baked muffins from Souplantation and fresh fruit.

### RACE FEATURES
- TAC National Masters Championship, San Diego-Imperial TAC Championship
- TAC Sanctioned Event, Quality T-Shirts with Silver Anniversary design, flat, fast, record breaking course. Medical support courtesy of "CALL DOCTOR, Inc. Providing Acute Care Physician House Calls".

### DRAWINGS
- Dinner and/or gift certificates from Souplantation, John's Wolfe Shop, Movin' Shoes, Chart House Running Team, Cafe del Rey Moro, T.D. Hayes, T.G.I. Friday's, The Old Spaghetti Factory, Salmon House, Sheldon's Cafe, Cook's Champagne and many more.
- No purchase necessary. Non-runners may register during day-of-race registration. Must be present to win drawings.

### SPECIAL RELAY TEAM DIVISION
- Relay teams shall consist of 5 runners. The first 4 runners will run 3 miles and the fifth runner will run the last 3.6 miles for a total of 15.6 miles. Exchange zones will be at 3, 5, 7, 9 & 12 mile marks. Awards will be given to Public Safety (Police, Fire & Military), Open & Masters categories. Award to 1st all Women's team.

### DIVISIONS
- Runners: Men and Women under 19, 19-29, 30-34, 35-39, etc., through 95+. Wheelchair, Racewalk.

### AWARDS
- Pies given to Top three in most divisions, varying at Race Director's discretion, based on entries.

### ENTRY FEE
- SDTC Members $8 or Activity Card. NonMembers: $12. Add $2 for entries postmarked after November 9 or day-of-race. $7 for optional, beautifully designed 25th Anniversary T-Shirt only guaranteed through 11/15 postmark) Nonmembers may run free by joining SDTC.
- SPECIAL DISCOUNT!! Earn $$$ and run this race free, including T-shirt. A $3 discount will be allowed for every non-track club member you enter in the 25K. You need only to collect 4 nonmembers (all excluded & relay excluded).
- RELAY FEE: $30 for 5 person team - no individual fee required. All participants must complete & sign individual entry forms & indicate team name.
- 25K TEAM FEE: $25 Team fee plus individual entry. Day-of-race entry permitted. Masters Teams (Club) must be TAC registered.

### ENTRY PROCEDURE
- Send entry form, check & stamped, self-addressed envelope before 11/9 to the address below. Registration material will be returned only to entries received by 11/9.

### DAY OF RACE
- Registration and late entry packet pickup from 6:00 am - 7:15 am.

### INFORMATION
- (619) 465-1049

### COURSE
- Starts and finishes on NW side of Fiesta Island. Includes loop on path to De Anza Cove and back. Markers every mile. Water and Gatorade at start, finish, and every 2.3 miles. Certification CAB80077K

### RACE RECORDS:
- 1:17:20 (Ed Mendez) | 1:26:50 (Sylvia Maqueda)

### SDTC & TAC AWARDS
- Medals to top three men and women SDTC members & Medals to top three men and women Masters TAC Members. In 5 year divisions from 40 years to 95 years old. Points in the Challenge Series to the top ten (275:542 for info). SDTC members will earn Grand Prix points.

### RESULTS

---

**ENTRY FORM:**

Make check out to SDTC Mail with SASE to: Jodi Shirley, Race Director 8555 Lake Murray Blvd. # 223, San Diego, CA 92119

| TAC Registration No. | Team/Relay Team Name | TAC-Registered Club name or No.
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you a U.S. Citizen?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Your Name (first)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age on Race Day</td>
<td>Sex (Circle One)</td>
<td>M / F</td>
</tr>
<tr>
<td>Circle One: Run / Walk / Wheelchair</td>
<td>SDTC Member? (Circle)</td>
<td>Y / N</td>
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<tr>
<td>City of Residence</td>
<td>SDTC Member? (Circle)</td>
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<tr>
<td>Street Address</td>
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<tr>
<td>$ Enclosed:</td>
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<td>Late fee</td>
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<tr>
<td>Signature</td>
<td>(Parent if entrant under 18)</td>
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**JOIN THE SAN DIEGO TRACK CLUB AND RUN THE 25K FREE**

**BENEFITS:**
- Two free race entries annually (for four families)
- Lower race fees
- Monthly SDTC NEWS
- Free workouts

**MEMBERSHIP COSTS:**
- Life: $200
- Family: $40
- Individual (18 & Over): $25
- Individual (17 & Under): $15

---

I, the undersigned, understand that there are risks associated with strenuous physical exertion and with the event, including but not limited to those caused by the terrain, weather condition of the athlete, vehicle, other participants and lack of hydration. In consideration of the right to participate in the above event, I hereby assume all risks associated with this event and hereby waive, release and discharge any and all claims for damages, for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or any other person as a result of my participation in the event. The waiver and release shall be binding on my heirs and assigns and shall not be in favor of SDTC, TAC, City of San Diego, County of San Diego, and all promoters, sponsors, officials and any individuals or entities in any way connected with this event even though our liability may arise out of negligence or carelessness on their part.

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 14. Athletes found positive for banned substances will be disqualified from the event and any eligibility for future competitions. Some medications and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at (800) 223-0363.