The fine group of Drake Relays of comradeship that pervades the officials that volunteered the long, long hours to conduct this multi-event. There were world champions competing, as well as first competitors, as well as first, and complimented by the competitors.

The turn out was an indication of the increasing popularity of this, the ultimate multi-event. There were world champions competing, as well as first time competitors, and the great feeling of comradeship that pervades the multi-events was evident everywhere. The fine group of Drake Relays officials that volunteered the long, long hours to conduct this meet were friendly, competent, and quite appreciated and complimented by the competitors.

Will Freeman, along with his wife, Evelyn, who coaches at Grinnell College, did double duty as Meet Organizer and Meet Director for the Decathlon. Evelyn served as the Meet Director for the heptathlon. Will also spoke, in his usual enthusiastic manner, at the Saturday night participants' dinner, on recent thinking in track and field technique. Bill Scholer, even with all his meet organizational duties, placed fourth in his age group. This is the ninth time that Bill has finished fourth in a national championship, but he warns other competitors that he is going to bust into the medals soon. Bill created the unique souvenir shirt that was given to the participants and officials. I bustled around with the scoring as the scheduled, and more competent, scorer

Continued on page 5

WAVA Road Race Championships Held In England

by MARTIN DUFF

The 1st WAVA Road Race Championships at Birmingham, England, August 29-30, were marred by poor organization that probably ensured that the city's bid to the British Veterans Athletic Federation to stage the 1997 WAVA championships will not be accepted.

The catalogue of problems included the lead vehicle in the accompanying walk races actually stopping to ask the way. Results took too long to be processed, and Jacques Serruys, WAVA Road Race Vice-President, became exasperated at the lack of good recording information being submitted to his successful Bruges computer staff, who were handling the results.

However, there were two good races. The 10K saw Mike McLeod, the 1984 British Olympic silver medalist, in his first veteran year, jump the field at the 6K mark and then stroll home in 30:40. Britain's Mike Fromant won a sprint finish for the M45, 15:00, with Mike being second in 15:30.

Continued on page 15

Mexico Hosts North American Championships

by MARILYN MITCHELL

Murphy (as in Murphy's Law) seems to have taken a trip to Xalapa, Mexico, August 19-23, for the WAVA North American Masters Track and Field Championships.

It all started with the strike at the meet headquarters hotel. Of course, not all the competitors knew about the strike when they arrived. Some had the misfortune of arriving at night, tired, with little or no knowledge of Spanish, only to be confronted by an ad hoc picket line, an uninhabitable hotel-on-strike, and few other available rooms in the town due to a Government convention.

And what about the unnamed tour leader who, upon securing other rooms in another hotel for the evening, found that her van wouldn't start? And when the athletes were loaded into taxis, one of the taxis was hit by a bus. Murphy definitely worked overtime on this trip.

Nonetheless, almost everyone agreed the trip ended up being great. The Mexican hosts scrambled to obtain another hotel with sufficient rooms, the competitors tried to make the best of it, and everyone ended up having a good time.

The Mexican hosts excelled from the opening ceremony with two bands, numerous folk-dance troops, and assorted high-level government and sports officials to the closing ceremony which consisted of a sit-down dinner at the Hotel Xalapa with live music and dancing.
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LONG DISTANCE RUNNING

ATHLETICS CONGRESS (TAC)

TRACK & FIELD

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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40, 50, 55 or 60; please check the schedule for details. Some events require advance registration. Some require a current TAC card ($7 to $11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317-261-0500. There are no qualification standards for any masters athletics events.

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

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GRAND CIRCLE TRAVEL
TAC/USA NATIONAL MASTERS 8K
CROSS COUNTRY CHAMPIONSHIPS
Saturday, November 21, 1992
Historic Franklin Park, Boston, MA - The Site of the 1992 World Championships
Hosted by the BOSTON RUNNING CLUB
TEAM PRIZE MONEY OVER $2,000.00
Competitions in 5 year age groups
Separate races for men 40-49, 50-59, Men 60 and over with all women 40 & over

ELIGIBILITY: All runners must have a current TAC card to participate. TAC registration is available by contacting your local TAC office or you can obtain a TAC card from the TAC representative at registration. Fee is $12. YOU MUST DISPLAY CURRENT TAC CARD AT REGISTRATION
MEET ACCOMMODATIONS: Sheraton Boston Hotel: #1-800-325-3535 or: #1-800-443-LIOT
(When making reservations, mention association with meet)

ENTRY FEES & DEADLINES:
Entries received on or before 11/5/92 ($16) Includes Race T-shirt & food @ Post Race Reception @ Elliot Lounge
Entries will be received after 11/5/92 up until 11/19/92 ($16) Does not include Race T-shirt.
ABSOLUTELY NO ON-SITE REGISTRATION!! ENTRY FEES WILL NOT BE REFUNDED NOR TRANSFERABLE!

RACE SCHEDULE:
9:30 AM Course Tour
10AM-12:30PM Number Pickup at Franklin Park
11:00 AM Start of Race 40-49 MEN
12:00 Noon Start of Race 50-59 MEN
1:00 PM Start of Race ALL WOMEN & 60+ MEN
2:30 PM Awards Presentations at Franklin Park
4:00 PM Reception @ The Elliot Lounge

TEAM ENTRIES: Only association clubs are eligible to compete for team titles. Athletes must indicate exact team name on individual entry forms. Team age divisions are 40+, 50+, 60+, and 70+.

TEAM PRIZE MONEY

Men 40-49 Top 3 teams.......... $300, $200, $100
Men 50-59 Top 2 teams.......... $300, $100
Men 60-69 First Place Team...... $200
Men 70-79 First Place Team...... $200
Women 40-49 Top 2 teams.......... $200, $100
Women 50-59 First Place Team...... $200

POST RACE PARTY: The Elliot Lounge @ 4PM, located on the corner of Comm. Ave. & Mass. Ave. in Boston
FOR FURTHER INFORMATION, CALL # (617) 964-7802 WEEKDAYS 9am-3pm

ENTRY FORM

Name:
Street Address: City: State: Zip Code:
Phone: Age on Race Day: DOB: Sex: TAC:

Exact Name of City:
I know that running in a TAC activity is potentially hazardous activity. I should not enter any activity unless I am medically able and properly trained. I agree to stick by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in TAC activities including, but not limited to, falls, contact with other participants, the effects of the weather, including heat, extreme cold and/or humidity, traffic and conditions of the roads on which the run takes place. All such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of accepting my application, I, my family, and anyone entitled to act on my behalf, waive and release the TAC, Grand Circle Travel, The Boston Running Club, TRACS Inc., The City of Boston, Boston Parks and Recreation, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use photographs, motion pictures, sound or any other record of the event for any legitimate purpose.

Signature: Date:
MAIL to TRACS, INC. 79 Main Rd. Chestnut Hill, MA 02167. To receive a confirmation of receipt of entry, enclose a SASE.
NATIONALS
The recent TAC National Masters Track & Field Championships in Spokane were done in excellent fashion. The sponsors should be congratulated on their first-class facilities, the on-time schedule, the efficient officials, the nice hotels, food and transportation and, most important, their hospitality. They set an example for future organizers.

Jack Wood
Charlotte, North Carolina

If the nationals "lacked excitement," one way to cure that would be to have Al Sheahen be the meet announcer. He adds knowledge, flair and excitement, because he is damned good.

Also get an official meet photographer. Each day, post pix from the previous day.

As far as complaints on the meet, you'll always have them. I thought it was a great meet. The best part was seeing everybody.

John Poppell
Panama City, Florida

I've just returned from the national where I had an enlightening personal experience. Because of a problem with my vaulting poles that I could not solve, I asked at the meet office for a ride to the airport. Meet Director Vernie Foxy said she was very busy but she would take care of it. So I waited in her office, and got the most eye-opening experience of my life.

I saw where decisions were made, problems were solved, ruffled feathers were smoothed, computer lists were prepared, verified and sent out. Schedules were reworked, staff directed and redirected, and volunteers were doing all sorts of tasks.

Out of all this came a very successful, well-run meet (and Vernie found my poles and arranged for me to pick them up). Seeing what went on from the inside gave me a real appreciation for the college staff, the officials, the coordinators, the volunteers and all the other people from Spokane who made this meet possible.

To each of you in Spokane, we thank you and appreciate you.

Dick Bennett
Prescott, Arizona

In the M55-79 divisions of the 10,000 run at the nationals, the officials lost count of the laps. Most runners were told to stop a lap or two short. About 13 did, while about seven continued to complete the 25-lap event. Adjustments were made by the officials for the only five of the lap-short runners, so the overall finishing places were erroneous. All who should have received a medal did, but in one age group, the places of two medal winners were reversed. A mild protest was made, but no attempts were made to correct the situation.

It's easy to fault the officials for this foul-up, but I feel the runners, themselves, should shoulder a good deal of the blame. Most of the runners knew, or should have known, how many laps they had gone. If more runners, especially the leaders, had tried to correct the officials, the foul-up may not have occurred.

Patrick Devine
Rancho Palos Verdes, California

NORTH AMERICAN MEET
The North American Championships in Xalapa, Mexico (August 19-23) was the most un-organized (not disorganized; disorganized means badly organized, but unorganized means practically no organization at all), most laid back, most enjoyable meet I've been to.

The Mexican hosts were friendly, accommodating, relaxed, easy-going, and fun. Everything was late; nothing was efficient, and nobody (except the Americans and Canadians) seemed to care. After a day or so, we could see that our protests fell on deaf ears.

"That's just the way we do things." We eased back and went with the flow. The competitors helped with the scoring, measuring, translating, etc.

The medals were gorgeous, the facilities were excellent, and the crowds were phenomenal compared to U.S. meets. I ran my first steeplechase in front of several thousand cheering Mexicans, Carioka dancers and a string band. Who wouldn't do well under those conditions?

The food in the restaurants was outstanding and so inexpensive. The Hotel Maria Victoria was very nice and only $42 a night. Xalapa wasn't much of a tourist town, and so we didn't do well without Spanish, but we were able to communicate well enough with a phrase book and gestures.

Their photo system was awesome. A handful of photographers was ever-present, ever-shooting. As a roll was finished, a runner took it to a processing lab nearby. They printed up a set of 5 x 7 color prints, brought them back.

Continued on page 5
Decathlon Championships

Continued from page 1

Susanne Hopkins was out because of an injury to her husband, Henry.

M30-34

This group was won by Ed Fye, 32, of Crete, NE, his third national championship in a row since reaching the super-master age of 50. Doug Porter, 31, of Seattle, WA, placed second in his initial sub-masters competition. He also set a new championship meet record of 4.80 (15-9) in the pole vault, breaking the record of 4.75 set by Will Freeman, the Meet Director.

M35-39

Bill Lawson, 35, of Waterloo, IA, bested last year’s champion Jeff Watry, 37, of Paddock Lake, WI.

M40-44

Mike Hill, 41, of Steamboat Springs, CO, defeated Mark Salzman, 40, of Tacoma, WA, who just entered that division. Tom Light, 44, of Chugiak, Alaska, won the award for coming furthest for the meet.

M45-49

Rex Harvey, 46, of Cleveland, OH, returned to his old home town and was able to continue a string of national decathlon championships at nine. Rex, also, by vaulting 4.20 (13-5), broke the meet record in the pole vault of 3.96 (13-0). Up and coming Bill DeForn, 45, an American citizen although he lives in Montreal, Quebec, placed second over Steve Rogers, 49, of Topeka, KS. Steve was the silver medal winner in the WAVA World Championships in Eugene, OR in 1989. Bill set a new meet record of 1.68 (5-6) in the high jump.

M50-54

Dale Lance, 54, of Tulsa, OK, the 1992 indoor pentathlon champion, won over Iowa local Dave Eidahl, 51.

M55-59

This division was hotly contested as Bob Moore, 56, of Roswell, GA, a newcomer to multi-events, bested veteran Phil Mulkey, 59. Phil fell hard, not once, but twice in the first event of the second day, the high hurdles. But, in typical multi-event fashion, he finished the race. Usually high-placing Doug MeCefor, 59, of Phoenix, AZ, finished in fourth place despite a very painful and debilitating groin injury.

M60-64

Newcomer Clarence Trinker, 60, of Janesville, WI, used very good sprinting to top his age group, winning over several veteran performers, including Dave Douglas, 60, the current indoor pentathlon champion. Don Grey of Roanoke, VA, jokingly petitioned to delay the meet for five days since he was 64 years, 11 months, and 26 days old as the meet began.

M65-69

The second and third best point totals of the meet were turned in by Denver Smith, 66, of Louisville, OH, and Buck Bradberry, 65, of Auburn, AL. The duel came down to the last, with Denver coming out on top 7336 to 7163.

M70-74

B00 Morcom, 71, of Wilmot Flat, NH, won his age group. He set a new record of 3.00 (9-10) in the pole vault.

Write On

Continued from page 4

to the stadium, and laid them out on a blanket for all to see. Other young runners ran around trying to match the prints with the athletes. “You buy $15,000 pesos?” That’s $5.00, but the youngsters could often be negotiated down to about $2.00.

Kitty Hawk, North Carolina

Masters Prize Money

This responds to Herb Chisholm’s letter (July MNM) regarding prize money for masters.

You cannot give prize money to the winners in each age group and do it equitably. This has been tried more than once and it simply does not work. The reason? You have very disproportionate times; for example, in one race the M55-59 winner had a near world class time of 17:00 flat in a 5K while in the same race the M45-49 winner was timed in 19:02. Yet they both received the same amount of prize money. Also, in the same race the second male runner in the 55-59 was timed in 17:21 and received nothing. You can easily see that this runner deserved to be a money winner while the M45-49 winner did not.

The only way to give prize money, and awards for that matter, is to establish a top WAVA masters group,
The Lessons Of Aging From Barcelona

The subject of aging and athletic performance came up a number of times during the telecast of the Barcelona Olympics. Among the "aging" athletes competing in some of the prime-time sports were Carl Lewis, 31, Linford Christie, 32, Merlene Ottey, 32, and Evelyn Ashford, 35, in the sprints; Yekaterina Podkopayeva, 40, Robert Cheshire, 36, Lorraine Moeller, 37, and Francie Larrieu-Smith, 39, in the middle and long distances.

We also had Svetlana Boginskaya, 19, in gymnastics, Pablo Morales, 27, in swimming, and Larry Bird, 35, in basketball.

What is "old" seems to depend to some degree upon the sport. It's about physically we are at our best during our teens but for a sprinter, and 35 for a middle-or long-distance runner.

It wasn't too many years ago, however, that swimmers were "over the hill" at 20, sprinters at 25, and distance runners at 30. The introduction of money to what was the amateur arena has motivated more and more athletes to extend their careers and thereby redefine the aging thresholds in many sports.

Scientists tell us that we reach physical maturity during our teens but physically we are at our best during our early 20s. Somewhere around 25, the aging process begins to manifest itself. However, athletes don't always recognize this because the gains from continued adaptation (the molding and strengthening of the body to the specific demands of the sport) combine with experience and the concomitant savoir faire to offset or overcome the small physical decay that occurs over the next five to ten years.

In fact, in many sports the adaptation and experience factors more than overcome the small losses to aging as is evident by the fact that athletes often enjoy their peak years between 25 and 35.

Gymnastics

In the case of the gymnasts, the aging problem appears to be just the opposite of that in other sports — too much regeneration rather than degeneration. At 5-foot-2, the 19-year-old Boginskaya of Russia, while apparently still fast, flexible, and graceful enough to perform the artistry necessary to score perfect 10s in her routines, had, according to the expert commentary, grown a little too "big" to do the advanced intricate maneuvers of her more petite competitors.

Mental burnout, brought on by hours and hours of training, seems to be much more of a negative factor than actual physical decline for both gymnasts and swimmers. There has been no scientific theory that I have heard to suggest that the physical attributes required for success are deteriorated at a faster rate than those required for running and other sports.

Swimming

In winning the 100-meter butterfly at Barcelona, the 27-year-old Morales seems to have demonstrated that swimmers aren't necessarily past their prime at 25. It is also interesting to note that Morales three years off from swimming before beginning his comeback for Barcelona seven months before the Olympic trials. That may very well explain his overcoming the burnout condition.

In the 1984 Olympics, "Rowdy" Gaines won three gold medals in swimming at the age of 25, including an Olympic record in the 100-meter freestyle. His avoidance of burnout may have been due to the fact that after competing in age-class swimming at ages eight and nine, he gave up the sport for baseball, basketball, and tennis and didn't return to the pool until age 17. Had he been training through his early teens, he might very well have burned out before 25.

Sprinting

When Carl Lewis broke the 100-meter world record at the age of 30 last year, he seemed to be pioneering new territory in the world of speed. Then, when, approaching his 31st birthday, he finished a disappointing sixth in the Olympic trials 100, it was as if there were a large cliff somewhere between the ages of 30 and 31.

Former football great turned sprint commentator O.J. Simpson offered an explanation for Lewis' relatively poor performance at the Olympic trials. "I think as time goes on, Carl is going to have more and more days like this, especially in events of this format where he has to run more than one race in two days" Simpson said. "He had to run four races in 24 hours. He'll be 31 in 10 days, and, unfortunately, we're not going to see Carl Lewis perform well under those conditions again. In an invitational meet, where he has to run only once, he might be able to go out and break a world record. It's like the older golfers; they have trouble competing the third and fourth days. Carl can't run a lot of races in two days."

Simpson was, of course, alluding to the longer recovery time that comes with aging.

We would later be told that Lewis' problem at the Olympic trials was actually a virus and we would see his brilliance once again as he anchored the 400-meter relay team to a new world record in Barcelona. Since Lewis had to run only one heat before the final, we don't know for sure if Simpson's summation was correct, but we do know that Lewis won his final heat in 44.28 and set a new world record of 37.64.
Third Wind
Continued from page 6

ation is correct. We do know, though, that it didn't seem to apply to England's Christie, who, at a year older than Lewis, captured the gold medal in the 100.

Ottery may have been the victim of too many races in too short a period. With a best of 21.64 in the 200, the 32-year-old Jamaican was considered the woman to beat in the furlong. But she wound up third with a 22.09.

At 35, Ashford did not appear to have quite the same speed she once had even though she ran admirably on the women's gold-medal 400 relay team. Perhaps there is something to the old theory that athletes begin their decline at age 35.

In fact, Dr. Douglas Wallace of Emory University, Atlanta, just recently reported on a new theory of aging. His research on healthy hearts revealed that DNA cell damage accumulates naturally as we grow older, "beginning at about age 35."

Long Distance Running

But then how do we explain someone like Francie Larrieu-Smith? Although she was not at her best in the Barcelona Olympics. To put it another way, Larrieu has declined a little; we just haven't been able to see it on a graph. I suspect that if she had been running the 1500 the past five years, we would be able to see it.

The most obvious and common manifestation of aging was observed in the person of Larry Bird. Although Bird seems to have lost nothing in his ability to shoot a three-pointer with accuracy, his ability to play at all has been hampered by various injuries. Injuries occur to young athletes, too, but right around 35, where Bird now is, they seem to strike more often, at least when the athlete attempts to maintain the same level of intensity, and they take much longer to get over.

Regardless of how the Barcelona Olympians were affected by aging, they served as real inspiration to the young and old alike. To me, they were the best part of the Olympics. Hopefully, we'll see them continue to extend the aging thresholds in their sports. □

Write On
Continued from page 5

or of the wear and tear that accompanies years of road racing. Further, I have observed that even seasoned middle-distance runners must undergo a few years of adaptation and experience in the longer distances before achieving personal records.

No one can say for sure, but I believe that Larrieu, given the same adaptation, experience, and racing environ-
ment at 30 as she had at 38 and 39, would have been even faster. Instead of having personal bests of 31:28.9 at 10,000 and 2:27.35 in the marathon, she might have had a sub-31 and a marathon time close to or even under 2:20. Maybe a 35-year-old Larrieu Smith would have won the Barcelona Olympics. To put it another way, Larrieu has declined a little; we just haven't been able to see it on a graph. I suspect that if she had been running the 1500 the past five years, we would be able to see it.

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Regardless of how the Barcelona Olympians were affected by aging, they served as real inspiration to the young and old alike. To me, they were the best part of the Olympics. Hopefully, we'll see them continue to extend the aging thresholds in their sports. □

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

Barbara Zamparelli, 63, shown with her husband, finished second in her age group, Kilauea Volcano Run 10 Miler, Hawaii, July 18. The difficult course required the runners to battle lava, ashes, wind, rain, and hills. Photo by Tesh Teshima

Write On
Continued from page 5

honing the top 10 or 12 finishers, depending on the size of the race. This would include the age-group finish. In other words, if the best WAVA master was age 51, he/she would also be honored as the first 50-54 finisher. If this master finishes in the Open money, then he/she would also receive the Open money.

This way you would always honor the best performances which could conceivably include everyone in the same age group, and you would never leave anyone out.

Joe McDaniel
Oklahoma Runner Magazine

TEXAS HOSPITALITY

While studying in Texas this summer, I competed in the Texas Masters Championships (Dallas) and the San Antonio Masters Championships — two very well run meets.

Hats off to Meet Directors Tom Garzillo (Dallas) and Art Rodriguez (San Antonio) — two dedicated men.

Brother Ed Kent
Queens, New York

Rommesser, McLatchie Win in Asbury Park

by JERRY WOJCICK

Gary Rommesser, 41, Indianapolis, and Carol McLatchie, 40, Houston, were the first masters in the 12th annual Asbury Park 10K in New Jersey.

Under cloudy skies, 69° and 60% humidity, Rommesser finished 19th of 3100 runners, with a 30:43. McLatchie was 13th woman and first of 95 W40-44 runners, with a 35:25. Both won $750 first prizes.

Douglas Kuritis, 40, Northville, Mich., in 31:38, and Ewald Bonzet, 40, South Africa, with 31:51, were second and third M40+ - Nancy Grayson, 43, Columbia, S.C., with a 35:36, was second W40+, with Barbara FiliputZ, 47, Erie, Pa., third in 36:03. Second prizes of $400 and thirds of $250 were equal for both sexes.

Rommesser with an age-graded 93.5% and Grayson with a 93.1% were best masters performers.

Christine Tattersall, 50, of Connecticut won the W55 race in 40:05 (AG 85.9%). Harry Polites, 82, Ventnor, N.J., ran a 59:06 in the M80+ division.

Both open winners, Simon Karori, 32, Kenya, 28:02, and Olga Markova, 24, Russia, 32:15, broke course records. □

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Masters Athlete of the Month

Stan Whitley

Sorbothane's Masters Athlete-of-the-Month is Stan Whitley, the 46-year-old speedster from Alta Loma, Calif.

Whitley won four events at the National Masters Track and Field Championships in Spokane, Wash., with the 100 (11.16), 200 (22.35), 400 (50.63) and long jump (6.63m/21.86). Earlier in the season, he established two world M45 records in the 200 (22.30) and 400 (50.24), and his 100 clocking of 11.16 at the Nationals is the fastest M45 automatic time ever recorded. (Thanh Baker ran an 11.0 hand time in 1980.)

Whitley had plenty of competition for this month's honors, including:

- Bill Collins, 41, who set a WR 21.86 in the M40 200, and nipped Payton Jordan for the 100m age-graded crown.
- Payton Jordan, 75, capping his amazing career with national titles in the 100 (13.83) and 200 (28.90). He also anchored the West regional 4x100 relay team to victory.
- Marion Sanchez, 60, with four impressive wins in Spokane in the 100 (12.74), 200 (26.19), 400 (58.52) and 300H (45.65).
- Fred Sowerby, 40, with a blazing 49.02 in the 400 at the Nationals.
- Rob Casselman, 40, who upset James King with a 54.02 in the 400 hurdles.
- James King, who finished second to both Sowerby and Casselman, but, at age 43, had the best age-graded performances of 97.3% and 97.5%, respectively.
- Shirley Matson, 51, top long distance performer who took to the track at the Nationals with five wins and four U.S. records in the 800 (2:25.29), 1500 (4:57.44), 5000 (18:02) and 10,000 (37:29).
- Jim Lytjen, 71, with three wins in the Nationals in the 400 (65.82), 800 (2:51.70), and 1500 (5:22.84).
- Bud Held, 64, whose javelin toss of 53.74m/176-4 in Spokane was equal to a 96.7% performance.
- Ralph Miller, 60, who defeated world Md 800 champion John Sutter by over 50 meters in Spokane in 2:14.13.
- Larry Almberg, 45, who captured the 800 (1:56.32) and 1500 (4:05.10).
- Walt Butler, 51, who won the 100H at the Nationals in 14.01 and earlier in the year clocked 13.84 — a 98.3% effort.
- Dan Bulkeley, 75, with two world Mt 800s, was a key performer at the Nationals in the 300H (56.50) and 2000S (9:46.90).
- Tom Gage, 49, with three strong wins in the M45 shot (14.72/48-31), discus (43.73/143-8), and hammer (58.02/190-4) in Spokane.
- Phil Raschker, 45, with eight victories at the Nationals in the W45 100, 200, 800H, HF, LJ, TJ, and Pentatlon.
- Rex Harvey, 45, who toppled all scorers in the National Masters Decathlon with 7422 points.
- Henry Rono and Doug Bell, both 41, whose duel at the Gardena 5000 road race (14:43 to 14:44) was one of the most competitive masters road races ever.
- And many others, too numerous to mention here, who were cited in the last two issues of NMN.

All these athletes, along with others, will be contenders for the 1992 TAC Masters Athlete-of-the-Year Awards which will be chosen at TAC's convention in December in Louisville, Ky.

Sorbothane produces lightweight, shock-absorbing air-infused insoles which can be found at most sporting good stores. Sorbothane sponsors the athlete-of-the-month award every other month in NMN. For his efforts, Whitley will receive a check for $100 from Sorbothane.

Stan Whitley
Photo by Linda Pain

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National Masters News
P.O. Box 2372
Van Nuys, CA 91404
Comments on the current championships should be sent to Chairman Barbara Kousky. The 1993 National Indoor Championships will be held in Boise, Idaho, March 20-21. The entry form will be in the January issue of NMN.

Rule Changes

Proposed rule changes to be submitted to TAC's national convention in December are:
1) to give meet directors the option of staging a 1500 or mile at championship meets;
2) to formally change regional boundaries, as approved at last year's convention;
3) to eliminate the non-starter rule; to allow records to be set in events where men and women run together;
4) to stage an indoor 5000 walk;
5) to hold relays with regional, rather than club or association teams;
6) to mandate that all javelins have to land point first;
7) to make sure that WAVA rules are followed.

Weight Pentathlon

Dick Hotchkiss needs volunteers to help on the women's scoring tables. The weight pentathlon will be held at an unofficial event at next year's WAVA Championships in Japan.

Minutes of Masters T&F Executive Committee Meeting — Spokane, Wash., August 12

Age-Graded 100

The committee rejected, 6-7, the allocation of $200 prize money from the budget for the age-graded 100 at the nationals. It felt it wasn't fair to fund a sprint without providing money for other distances, as well. There were no objections, however, to an outside sponsor providing prize money for a particular event.

Awards

The committee voted, 7-2, to abolish all awards except the nine major ones: administrator, male & female athlete, male and female multi-event athlete; male and female race walker; male and female single performance.

(Editor's note: Following the general meeting on August 15, at which the 1991 five-year age-group winners were acknowledged, Awards Chairman Bev LeVeck wrote the Committee: "Since so many of you got dewy-eyed at the response to the awards presentations in Spokane, I'll accept the suggestion that we continue giving awards to a representative sample of good masters athletes, based on events, rather than age groups.

1993 Outdoor Nationals

Although no one on the Committee recalled ever hearing, during the bid process, that Brigham Young U. does not allow Sunday activities, we were told that the information was previously presented, and was thus faced with three options for 1993:
1) have a 3-day meet instead of 4 days;
2) have the fourth day on another track;
3) start the meet on Wednesday instead of Thursday.

The Committee approved the third option, so the meet will begin on Wednesday, August 12, 1993 and finish on Saturday, August 14.

Campus dorms (except for opposite-sex, non-married couples) will be available with meals included.

Grievance Procedure

The committee empowered the Chair to file a grievance in the normal TAC procedure concerning a TAC masters athlete (whose name was not disclosed) who alleged being denied a meet under a false age.

Hall of Fame

The Committee voted, 10-3, to pursue a Hall of Fame project for formal presentation at the convention. A benefactor has tentatively offered to fund a Hall. An ad hoc committee was formed under the temporary chairmanship of Marilyn Mitchell to explore the subject. NMN readers are asked to write Mitchell (address on page 2) as to whether it's a project we should pursue. Do we need it? Do we want it? Will it help promote masters track & field? What form should it take? Would it be in Indianapolis with TAC's Open Hall of Fame? Or in San Diego or some other city? Or is only a plaque needed to commemorate the inductees? Would it be a conceptual Hall of Fame, not a physical one? Would it include LDR and racewalking? How would inductees be selected? Etc.

Permanent Schedule

The Spokane schedule did not strictly follow the permanent schedule — adopted at the 1990 convention — because Spokane used the 1991 Naperville schedule, which had departed from the permanent schedule and nobody apparently noticed. Suggested changes to the "permanent" schedule will be made at the convention in December. Among the changes is to hold the women's high jump on day 3 instead of day 1.

Returned Checks

Some meet directors are stuck with bad checks. It was suggested that an unofficial list be circulated among meet directors indicating who the deadbeats were. Cash only for any post-entry was suggested to help reduce such incidents.

Track & Field Rankings Report

by JERRY WOJCIEK,
Masters T&F Rankings Coordinator

With the publication of the 400 in this issue, all of the 1992 indoor events have been ranked. The weight throws will be combined with the outdoor marks in the 1992 outdoor rankings book.

The 1993 February NMN will be the last list from which marks will be taken for the 1992 outdoor rankings. If your best 1992 marks have not appeared in the NMN by then, send them as soon as possible with verification to the rankers listed below. The rankers are on a February 10th deadline, so that the 1992 book can be compiled, printed, and available for the Indoor Championships, Boise, Mont., March 20-21.

Marks sent to me or NMN instead of the appropriate compilers will not be forwarded.

The rankers for the 1993 indoor season will be published in a later issue.

100, 200, 400, 1500, 5000, 4x100, 4x400 relays:

Larry Patz, RDF #1, Box 435, Con­
tooook, NH 03229
800:
William Benson, 6 Eton St., Valley
Stream, NY 11581
3000, 10,000:
John Dickey, 9128 N. Swan Circle,
Brentwood, MO 63144-1145
110, TJ:
Charles Mercurio, 4927 W. 123 Pl.,
Hawthorne, CA 90250

Payton Jordan, M75 100 and 200 winner; and Annelies Steeckeligen, W40 high jump champion, at the Nationals in Spokane, August 15, after the Holiday Inn Regional Relay.

PV:
Tomlinson Rauscher, 85 Sunset
Bld., Pittsford, NY 14534

LJ:
Robb Bong, 420 Silver Saddle Rd.,
Monument, CO 80132

mile, hurdles, SC, SP, DT, HT, JT, WT, decathlon, heptathlon, pentathlon, and 1500, mile; 3000, 5000 track walks:
Jerry Wojcik, 774 Blueridge Dr., Santa
Maria, CA 93455.

Payton Jordan, M75 100 and 200 winner; and Annelies Steeckeligen, W40 high jump champion, at the Nationals in Spokane, August 15, after the Holiday Inn Regional Relay.

Long Hurdles

The group voted, 13-2, to retain the M70+ hurdles at 300 meters rather than 200.

Foreigners in Finals

Shall there be at least 3 or 5 U.S.
citizens in a national final? No vote taken.

Site Selection

At the 1991 convention, we decided we could award bids three years out. Thus, at this year's convention, we'll entertain bids for all 1994 and 1995 championships. All bidders will be notified as to who else is bidding. There is some interest from the following cities for indoor or outdoor championships:


Bids should be submitted to Max Goldsmith and Barbara Kousky no later than October 1, 1992.

Athletes are reminded that if they don't like where the meets are being held — or even if they do — to contact meet directors in desirable areas and put them in touch with Goldsmith (address on page 2).

1992 Convention

The Executive Committee will meet at 6 p.m. on Tuesday, December 1 in Louisville.

1995 WAVA Games

Singapore withdrew its bid to host the 1995 WAVA Championships. Several U.S. cities have indicated interest, including Houston; Lincoln, Nebraska; New Orleans; and Salt Lake City.
A Trail Of Gold

Gary Null, M45, is leaving a trail of gold medals behind him — winning “close to 70 gold medals and setting close to eight age group records” in his racewalking career. His latest acquisition of gold was in the 5K at the national outdoor championships in Spokane. With a temperature of 97 degrees, he walked a very respectable 24:01. The following interview took place directly after the 5K.

You had a strong race today.

In this heat (97°), 24:01 is good. My PR is 22:30. I did that in the spring, but I am not a hot weather racer. Toward the end of the race, I felt like I was running a marathon.

When did you start racewalking?

I started racewalking when I was 50. My son, who pulled the tape, said, “Close the walker’s right eye.” I use visualization because it works.

Errors Noted in Spokane Results

by BEV LAVECK

National Masters Racewalking Chairman

There were several errors in the published results of the 5K racewalk at the National championships in Spokane, August 13-16. The corrections are listed in this issue’s results section.

There were differences between the official times — as recorded by the official timers — and the times taken by unofficial lap counters — who wrote down all split times. The times recorded on the latter’s lap sheet are more accurate than the official times.

Polly Clarke, who probably set a new AR, didn’t have a lap sheet and was given the "official time" that really belonged to Rose Kash, who finished one place ahead of her. Fortunately, Clarke’s husband timed her correctly. This was verified the following day by checking the Accuvit photo.

This all goes to stress the extreme importance of having independent lap scorers write down the actual running time of each lap for each competitor. Even when a skillful finish-line judge makes no lap counting errors and has competitors go the correct number of laps, the times — or person operating the chronomix button — can make errors.

High praise goes to Lawrie Robertson, who pulled the walkers together, and to Barney Kinnick, for his work on the road course.

Walking on Air. This walker in the Western Regional Championships, Hayward, Calif., July 25-26, has lost contact with the track. The judge on the walker’s right couldn’t detect it because his eye is not as fast as the camera’s lens and the curb blocks his vision.
Women's Corner
by BECKY SISLEY

Exercise and Osteoporosis

Osteoporosis is a severe bone loss or thinning of bone. Old bone is constantly breaking down and making new bone tissue. By our mid-30s, we start losing more bone than we make.

Osteoporosis affects up to 20 million U.S. residents yearly, mostly women over age 45. One in five women with hip fractures — about 40,000 in all — dies of complications, making osteoporosis a leading cause of death among older U.S. women.

Early menopause, low calcium intake, not enough exercise, drinking alcohol, and smoking cigarettes add to a woman's risk of getting osteoporosis. Since osteoporosis is essentially an irreversible disease, the optimum solution lies in prevention rather than treatment.

After menopause there can be a dramatic increase in the rate of bone loss because of reduced secretion of estrogen. Some menopausal changes can be relieved by replacement-estrogen.

Can physical activity alone prevent osteoporosis? It remains to be seen. There are only a few studies comparing bone density between female athletes to non-athletes. However, those few results uniformly show a higher bone mineral content in active women. A 1985 study found women in the U.S. over-50 Runners Club had 40% greater bone density than expected for their age group. Studies caution that the exercise must be weight-bearing in nature. Thus, activities such as running, walking, hiking and tennis are good, while swimming and biking are ineffective.

(Becky Sisley is an active masters competitor who lives in Eugene, Oregon. Her article is based on her own research into the subject of osteoporosis.)

Montana Meet Draws 95 to Bozeman

by MIKE CARIGNAN

Ninety-five competitors participated in the Montana Masters Meet in Bozeman, July 31-August 1, earning 115 medals using the meet's own set of standards. Mavis Lorenz added to her javelin world record set earlier in the summer, with U.S. records in the W65 long jump (11-9¼), 3900 meters (11:16-12), W65 high jump (6-10), discus (84-9). Sixty All-American standards were achieved.

Tom Gage, who will turn 50 one week before the Indoor Championships in Bozeman, March 20-21, was the top age-graded performer with a 192-1 (94.9%) in the hammer. The 5000m times were outstanding, considering the 4900' elevation at the Montana St. U. track. The top five scorers for the winning Helena Cougars club each won $50 in the team competition.

Manuel White, M75, was honored by having his image on the meet medal, as was Herb Kirk last year. Kirk, still active on the M.S.U. faculty, was the meet's oldest athlete at age 96.

Conditions were 80-90° and calm throughout the meet.

Five Years Ago

- Laurie Binder Sets W40 Record (1:18:31) in America's Finest Half-Marathon
- Chris McCubbins (M40, 30:57) and Barbara Filutze (W40, 35:31) Win Asbury Park 10K
- Twin Cities Marathon Offers $40,000 in Masters Prize Money

Rocky Mountain Games Draw 132 to Boulder

The University of Colorado's Potts Field in Boulder played host to 132 athletes, age-30-and-up, in the 12th annual Rocky Mountain Masters Games on September 5-6 under near perfect conditions.

The most popular events were the 100 (39 starters) and 50-meter dashes (36 starters). George Crunkleton, 36, had the day's fastest time in the 50 (6.16), 100 (11.21), and 200 (22.62).

World Vets sprint champion Hugo Hartenstein, 57, absent from this year's nationals, captured the 50 (6.85) and 100 (12.78). Jack Greenwood, 66, another world champion who missed the nationals, was also back in action.

Pearl Mehl set two single-age-78 marks in the 1500 and 5000. Mike Hill, with 3788 points, outscored everyone in the pentathlon, while Scott Genter, 36, heaved the discus a healthy 159-8.

The annual Labor Day weekend event is open to all persons over age 30 and features expert officiating with records-verification and electronic timing.

— from David Simons

Masters Age-Graded Tables

- Keep track of your progress over the years.
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Neurological Foot Problems

Q. I am a 45-year-old female runner who periodically experiences very severe pain in my toes. The soreness is mainly in the middle area of my foot, and is sometimes accompanied by a numbness or tingling sensation. What could be causing this problem, and what can I do to alleviate it?

A. The condition you describe may be attributed to some type of neurological disturbance in the foot. The most common ailment of this type in runners is called Morton's Neuroma. The nerve that runs between the third and fourth toes is very susceptible to damage in active sports such as running. When it becomes irritated, it swells, causing a painful neuroma. The pain is often aggravated by squeezing the foot sideways, or by pressing between the third and fourth toes. In severe cases, the pain may even shoot up into the entire foot.

Neuromas are irritated by poorly-cushioned shoes, and shoes that are too narrow. Changing to a well-cushioned, wider shoe that does not squeeze the forefoot is a good idea. Adding an insole or a 1/4-inch metatarsal pad to the shoe should help to relieve forefoot pain.

If the condition persists, you should be examined by a foot specialist. In many cases, a custom-designed foot orthotic can help to control excessive foot pronation. Steroid injections can help reduce nerve inflammation, and, if all else fails, the neuroma can be removed under local anesthesia.

(To contribute to this column, write to: Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

A Day of Victories: Sri Chinmoy Masters Games

by NILPUSHPI WHITE

Victory Field, Forest Park, Queens, New York, proved true to its name on July 11, at the annual Sri Chinmoy Masters Games, as 171 athletes, age 40 and over, scored victories of many sorts. On this sunny Saturday, victory meant setting meet or personal records, crossing the finish line first, or simply crossing the finish line.

Ivan Black, 43, won the overall trophy for the men. In the morning he had a chance to win the big trophy, but as the day wore on, he saw “the older guys competing in every event — often with little or no competition,” and he began to lose hope. What he didn’t know was that a graded scoring system took these inequities into account. If someone won and there was no competition, they got one point — if there was competition, they got three points. Ivan competed in 10 events, earning 18 points with four firsts.

Games founder Sri Chinmoy, 60, powered his way to the finish tape in the 100 in 13.7, a PR and a new meet record. Second was Tom Talbot, 60, (14.2). The two switched places in the 200m with a breathtaking photo finish — Tom’s 29.6 just a hair ahead of Chinmoy’s 29.7.

The three sisters from Queens, NYC — Rose Ruston and Pearl Auerbach of Jackson Heights and Sylvia Swartz of Forest Hills (l to r) laughed it up after each took the golds in the shot put, javelin, and discus at the Sri Chinmoy Masters Games in Queens, June 11. The sisters competed in three different age categories and each set meet records.

West Virginia Hosts Midwest Masters Meet

by JERRY WOJCIC

Competitors in the Midwest Masters Track and Field Meet, held at Marshall University, Huntington, W. Va., on August 1, surpassed 35 All-American Masters Standards of Excellence and broke over 60 meet records.

James Stookey, M60, posted three solid wins, in the 100 (13.14), LJ (16-3/4), and TJ (32-2/5). Stookey later won the M60-64 triple jump in the National Championships in Spokane. Among the men’s double winners were Scott Hartman, M40, 200 (24.10) and 400 (53.17); Larry Pratt, M50, SP (43-7 1/2) and DT (162-10); and Bill Weinacht, M75, 100 (13.71) and 200 (29.44).

Lucille Sampson, W60, earned women’s All-American honors in the SP (26-4 1/2) and DT (62-70). The meet was staged by the West Virginia Association/TAC, with David Stooke, Masters Chairperson, serving as director.

Ten Years Ago

- Antonio Villanueva, 42, Tops All Masters With a 2:13:41 in the Nike/Oregon Track Club Marathon
- Thane Baker, M50, Blazes a 200 WR (23.4) in Rocky Mountain Games
- Eleven WRs Fall in First WAVA Decathlon Championships in San Diego
- British Olympian Tim Johnston Wins 10K (31:00) and Marathon (2:22:18) in World Veterans Distance Running Championships

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Masters Racewalking
Continued from page 10

It taught me a lesson about negative splits. At the beginning of a race, I always see people getting psyched and nervous with their adrenaline pumping. The danger of adrenaline is this: Adrenaline will get you super-psyched, super-hyped and super-strong for about 30 to 60 seconds. Then, it falls below normal and you experience a physical depression. As a result, those people who try to psyche themselves or stimulate themselves with caffeine get a momentary rush and then a big drop off.

What do you think of the masters program generally?
I think that masters walking should be better promoted. And I will tell you why. I would still be running today at 47 if I hadn’t met my racewalking friend that day. At least 80 percent of the runners I know would walk if they were told more about walking, if they understood it, and were given clinics about it. I feel that the racewalking community has a responsibility to talk more to the running community, to offer free clinics, and to encourage them.

I have a runners’ group and a walkers’ group in New York. We train, on average, 200 racewalkers per season and there are two seasons a year. Joan Rowland, Queenie Thompson, Thelma Wilson, Leo Rivera, and Liz Galasso — these are people who started from scratch and have become fine athletes.

Is there anything you’d like to say to new masters racewalkers?
I think that masters are the best learners. First, masters have the patience and the life experience to learn. A lot of young people get very impatient with themselves, and if they don’t do well, they drop out. No matter what age a person starts, the key is to be patient and look around to see what information works. In other words, you have to honor your body and honor that your body is unique. No matter whether you are short or tall, have arthritis in the knees or back, make your body work for you as well as it can. Walking will add quality to your life.
Mexico Hosts

Championships

Continued from page 1

There were 420 athletes from eleven countries (Canada, Chile, Costa Rica, the Dominican Republic, France, Mexico, Puerto Rico, South Africa, Trinidad/Tobago, U.S. and Venezuela). As expected, most of the participants were from Mexico. The USA was represented by 44 competitors.

Aside from a few meet problems, including no judges for the track walk, some initial lap-counting problems in middle distance events, and initial failure to locate the pole vault cross bar (a neon-colored bungee cord was used for some of the warm-ups), the meet progressed well. There was no wind gauge... but that also occurred at the U.S. open championships in 1991.

Marcellino Contreras, meet organizer, said, "We experienced troubles because the support from the official Mexican sports bureau was insufficient and void, but the games were a success and I congratulate all the athletes who participated."

The competition was in many cases quite keen among athletes and there was plenty of good cheer and fellowship among the athletes to make the trip worthwhile.Visions of having no hotel room faded and were replaced by positive images.

At least two days had long day-break breaks, presumably for the heat, which afforded time for side trips to the archeological museum or to nearby towns or ruins. Many of the competitors enjoyed themselves so much that they asked the meet organizers to consider another regional meet, perhaps in the vicinity of Mexico City, in the future.

The North American Assembly elections resulted in several new offices:

President & WAVA Delegate: Rex Harvey, U.S.A.; Vice President: Marcellino Contreras, Mexico; Secretary: Xeno Constance, Trinidad/Tobago; Treasurer: Jack Loman, Canada; Stadia Chairman: Don Farquharson, Canada; Non-Stadia Chairman: Norman Green.

New Hampshire's Boo Morcom, a 1948 Olympian, visits to a new U.S. M70 record of 13.5m (10-4) at the WAVA North American Championships August 19-23 at Xalapa, Mexico.

Photo by Bill Brobst

PARTICIPANTS IN NORTH AMERICAN CHAMPIONSHIPS

<table>
<thead>
<tr>
<th>Country</th>
<th>Men</th>
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<td>Canada</td>
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After the election a new constitution was discussed and adopted, with details to be given in a separate article by Harvey.

Complete results next month. 

Miyazaki '93

one year to go!

Northwest Event Management, Inc. will be conducting one of its highly acclaimed tours to Miyazaki, Japan in October of 1993 for the Xth World Veterans' Championships.

We've been to Miyazaki, and can tell you that the track & field facilities are about the best we've seen for a World Championships. We have our hotel rooms blocked, and are anticipating a great tour to Japan next year.

If you would like to receive information about the Miyazaki Tour as it becomes available — with absolutely no obligation — mail or fax your name & address to: NEM, Inc., Box 10825, Eugene, OR 97440. FAX: 503/687-1016. PHONE: 503/687-1989.

OFFERED BY NORTHWEST EVENT MANAGEMENT, INC.
(Tom Jordan & Barbara Kousky, Directors)
Ogden Stars in British Championships

by JERRY WOJCIEK

Jo Ogden, W65, was the star of the British Veterans Athletic Federation Track and Field Championships held in Copthall on a hot and humid July 18-19 weekend.

Her five gold-medal performance included a javelin world record of 30.58 (old record 25.80) and four British records in the 100 (14.84), 200 (31.34), SP (9.08), and HT (28.58).

Other national records included a 14.86 in the 100H by M50 Berry Ferguson, who won (14.98) in the European Veteran Championships in Norway, and a 17:10.9 5000 by M60 Laurie O'Hara. The new BVAF Chairman, Keith Whitaker, showed his pedigree by winning (48.77) the M60 300H.

Guest athletes included U.S. competitors Nate Robinson, M40 hurdler, Ed Matthews, M70 sprinter, and Jerry Donley, M60 pole vaulter, who all finished first in their specialties.

WAVA Championship

Continued from page 1

for second (30:51), ahead of German Ingo Senzberg (30:53).

Britisher Alun Roper took the M45 race in 31:18 from Belgium's Omer Van Noten (31:24). Bill Stoddart of Britain won the M60s in 35:23 before returning the following day to surprise Norman Green of the U.S. in the 25K, with a 1 1/2 minute victory in 1:34:50.

Britain's Bronwyn Cardy-Wise, W40, was first overall in the women's 10K in 35:04. In the W45 class, there was a battle between Pat Gallagher and Elaine Statham of Britain, won by Gallagher in 37:14. She was, however, headed by the Swiss W50 Ursula Odermatt (37:04). Jose Waller of Britain took the first of two golds in the W70 class with a 49:46.

McLeod felt the Championships lacked many top veteran runners like Joe Nzau, Nick Rose and Pierre Levisse.

"I can understand why Nick and the rest of the boys weren't here," he told Duncan MacKay of Athletics Today. "They have to make a living out of the sport..."

The 25K was of a lower standard, but was also badly affected by weekend rain and hailstorms that at one point slowed the leaders to a jog where the road was turned into a lake. Eventually, the pace picked up and Britain's Dave Hill broke clear at the 19K mark to win from the former East German marathoner Klaus Goldammer, in 1:22:08.

There were serious problems with results which led to protests at the prize giving. Liz Hughes of Britain had suffered from a virus last year but recovered to win this race by four minutes in 1:33:58. Sue Coxshall (W40, 1:38:17), Britain, Yerti Wettstein (W45, 1:38:31), Switzerland, and Christine Fuchs (W50, 1:39:03), Germany, all gave good age-graded performances, with the British women cleaning up in the older groups.

There were few entries from outside Europe. One South African appeared, but the Australians were absent. It was disappointing that the American presence was also limited, especially as the 'dollar had only dramatically' weakened after entries closed.

The WAVA Non-Stadia Committee met during the weekend and voted to give priority for the 1994 Championships to Toronto in late July if its formal bid is received before November 1, 1992.

If Toronto fails to file such a bid, misses the deadline, or is perceived not to be ready for the championships (to be determined by a site visit), the 1994 Road Championships will go to Brugge, Belgium.

The Committee voted to recommend to the WAVA Council the addition of a 20K walk for women and a 30K walk for men to the 1994 Championships.

Brugge Veterans 10K & 25K Held in Belgium

The Brugge Veterans Races in Belgium, which originated in 1972, were held this year on June 20-21. Russian Michael Ulymov, M40, took the 10K race by ten seconds from Ken Woodhouse, Great Britain, with a 31:46. The M45, M50, and M60 races also went to Russian Runners.

Pat Gallagher, W45, Great Britain, ran an amazing 37:22, finishing 24th overall, to take the women's 10K from Diane Underwood, W35, Great Britain, who closed in 38:08.

Forty-five-year-old Omer Van Noten of Belgium won the 25K by nearly two minutes with a 1:19:37, leaving second to Britain's Dave Hill, M40, 1:21:22.


Other represented countries included the U.S., France, Holland, Ukraine, and Lithuania.

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U.S. MASTERS TRACK & FIELD RANKINGS
(Compiled by Jerry Wojcik, T&F Rankings Chairman)

1992 Indoor
400M Rankings

COMPETITOR TIME

MEN'S 40-44

CHRISTIAN GIBSON 50.10
ROBERT AMMANN 50.70
FRED FEASTER 52.20
J. SMITH 52.41
V. ROGERS 54.06
FRANK MANGEL 54.60
CARLTON WARD 54.74
V. MARSHALL 55.03
D. KEEGLE 55.10
J. LONEY 55.10
GREGORY STEPHENS 55.20
DAVID HOW 55.35
LAWRENCE FIRLEY 55.93
W. BEALE 56.08
FRED HEVERT 56.51
ROGER WILSON 57.30
KEVIN GOLDSTEIN 57.60
MIKE SHANNON 57.90
JEFF BROOME 57.95
DAVID HEIDER 58.40

MEN'S 50-54

MICHAEL MCCOWEL 50.50
GEORGE CRUMP 50.51
DON MCKINLEY 50.75
JAMES EASTER 52.00
ADRIAN STERRETT 52.37
ROBERT E BOWEN 52.79
CALVIN SNELLBERG 53.60
HATT WENDYER 54.10
RON TAYLOR 54.10
DAVID ORTMAN 54.20
MARC HUBBARD 54.20
WILLIAM CHANCE 54.25
RIETH WITHERSPOON 55.01
DON JONES 56.20
FRANKLIN KNOX 56.30
WILLIAM FISHER 56.70
KINSHIP HUMMEL 57.70
BRIAN BONNE 57.78

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MASTERS SCENE

NATIONAL

* Omitted from the 1992 National Masters T&F Championship results, September. NM, was the M75 5000 RW, won by Bill Peterson, Greensboro, NC in 33:21.6, with Bill Talkelridge, Kentucky, second (33:50.5), and Don Johnson, New Jersey, third (34:48.1).

* Steve Shoffel (45, 6:04.44, El Paso, TX, and Barbara McLeod (54, 8:08:10), Ontario, Canada, were the top finishers in the National Masters 50 Mile Championships, Columbus, OH, March 29.

* Baton Rouge, LA, is the host city for the U.S. National Senior Sports Organization Classic IV — The Senior Olympics — in June 1993. The 1991 event — a biennial multi-sport competition for men and women age 55 and over — drew over 4000 to Syracuse, NY.

* Bill Rodgers captured TAC’s National Masters 20K Championships with a 63:07 ($1000) on September 7 in New Haven, CT (17th overall). Doug Kursles (63:48, $600) was second 40+ and 21st overall. Carol McLaughlin (73:46, $1400) was first woman-over-40 and sixth female finisher. Barbara Flutze (74:13, $700, 9th) and Nancy Grayson (75:12, $450, 12th) were runners-up. Complete results and story next month.

* Marty Post, masters researcher extraordinary, says to watch out for France’s Jean Michel Charbonnel, who ran a 2:12:19 marathon in Paris last March a month before his 40th birthday. He’s scheduled to run Twin Cities (also TAC’s National Masters Marathon) this month.

EAST

* The best LDR bargain for November is in one of the most expensive cities in the U.S. — New York. For a mere $8, you can run in the National Masters 15K X-Country Championships in the Bronx, November 29, get a souvenir T-shirt, and indulge in a complimentary after-race buffet. The NYRRC and the Milrose Team, with the help of the eight-rooms, Athletes Congress and the NYC Dept. of Parks and Rec., are organizing the event. See LDR Nationals in schedule.

* George Bonzel, of South Africa, logged a masters win, with an eighth-place 1:11:08 in the NYRRC Hispanic Half-Marathon, Central Park, August 16. Vincent Gaines, 45, was second in 1:15:56. Ann Davies, 45, took the W40+ race in a seventh 1:28:34. Muriel Meri, 66, was W65 winner in 1:57:01. Finishers numbered 1481 men and 481 women.

* Paul Mascarelli, 40, NYC, was first of 472 finishers with a 1:07:07 in the Hospitals 5K For Health, Central Park, July 14. Patty Le Paremale, 52, NYC, finished sixth woman of 168 in 20:55. Second masters were Bob Weinra (45, 18:30) of Maryland and Marjorie Kos (47, 21:43) of the Bronx.

* Rick Pieschel, 40, elected to win the M40+ race in the NYRRC Roosevelt Island 5K, NYC, July 19, with a fifth overall 1:55:57 of 554 finishers. Forty-one-year-old Ann Thornhill bested the W40+ field in 19:52. On July 26, Pieschel topped (26:45) the M40+ field again in the Club Team Championships, Central Park. But his Central Park TC finished third (89) behind the Taconic RR (41) and Runners Edge (44). Nancy Adler, 40, also on the CPTC, outlegged the W40+ contingent in 33:09, but again the CPTC (16) failed to nab team honors, succumbing to Warren Street (12). In the non-club championships race, Hugh Sweeney (48, 27:12) and Patty Lee Paremale (52, 34:42) took masters firsts.

* Joe Knapp, 41, of Ohio, sailed through the NYRRC Reservoir 5K, Central Park, August 2, with an eighth-place 16:23 of 1115 for M40+ laurels. Barbara Anderson, 40, NYC, swamped the W40+ field with a 19:12.

SOUTHEAST

* Colorado’s Doug Bell, 41, journeyed to North Carolina to pick off masters honors in the Magpie Valley 8K, August 29. His 24:45 was worth $1200 in prize money. Second 40+ was Doug Kurtis (40, 25:03, $1000), followed by Charlie McMullen (40, NY, 25:11, $800). Colorado’s Carol McLaughlin (40, 28:25, $1200) led the 40+ women. Tailed by Nancy Grayson (42, SC, 29:03, $1000).

MIDWEST

* Dan Phelps (40, 35:29) and Nina Bosio (W45, 42:18) captured 40+ firsts in the 600-finisher Tour 10K, Flint, MI, July 25. Jim Forshay, M65, toured the course in a very fast 39:30. Top masters in the smaller (250) 5K were Tyrone Griffin (M45, 16:12) and speedy Georgina Tunnell (W50, 21:02).

* Joe Naiu of Kenya was the first 40+ and 17th overall (49:48, $1200) in the Bobby Crim Memorial race in Flint. M60 Vic August “21” Domingo Tidwalker (42, CO, 50:16, $800) and Wilson Wawwa (43, KEN, 50:38, $500) were next. Suzanne Ray (40, AK, 58:47, $1200) led the female masters, followed by Karen Hubbard (42, MI, 59:14, $800) and Barbara Flutze (46, PA, 59:15, $500).

WEST

* Shari Gerber, 41, of Richmond, CA, combined the third-place prize $3500 with the $1000 for first W40+ and over for a $4500 take in the City of San Francisco Marathon, August 30, with a 2:42.06. Joe Scheffer, 41, Oakland CA, took the M40+ $1000 with a 2:38.02. About 2400 runners took part in the event, run under the ownership of worldwide sports marketing giant International Management Group, which paid out $51,000 in total prize money.

* Anna Wlodarczyk’s LJ WR of 5.96 for age 41 was omitted from the Dan Aldrich Irene Meet results in July NNN. Wlodarczyk is a Polish Olympian visiting the U.S. on a tourist visa.

* Bob Watabane, 66, of Los Angeles, was making great strides in his recovery from lymphoma but has suffered a setback. He has pneumonia and again is undergoing chemotherapy for his cancer. As of September 8, he was in St. John’s Hospital in Santa Monica, Room 367, 3 South.

NORTHWEST

* Channing Berthaume (M45, 35:34), Tacoma and Steve Campagna (M45, 35:54), Tacoma were 1 - 2 overall in the Zoo 10K, Tacoma, August 8. Jane Treleven (W40, 39:21), Gig Harbor, WA, was first W40+. William Hickman, Tacoma, won the M55 race in 40:55.

* Ruth Eberle, 60, Florissant, MO, had a stunning mile RW time of 8:42.4 in Seattle, while visiting family. Then a week later, at age 61, she had an 8:47.4, far under the U.S. single-age best of 9:11.

Masters Age Records 1991

(1992 Edition)

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


* U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1991.

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Brian White, Meet Director

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Cincinnati, Ohio 43220

[614] 459-2547 (b)
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

**EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, Vermont

December 19, Tri-State TC Holiday Indoor Classic, Hagerstown (MD) Junior College. 6 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

---

**SOUTHEAST**

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

October 1-4. Georgia Golden Olympics. 55+. Vicki Pilgrim, Division of Health, 878 Peachtree St., NE #102, Atlanta, GA 30309. 415/479-2000, x3013.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 19-24, Arkansas Senior Olympics, Arkansas Tech., Russellville. 55+. Senior Arkansas Sports, P.O. Box 1795, Harrison, AR 72601. 501/741-7641.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

October 20-23. Huntsman Chemical's World Senior Games, St. George, Utah. 50+. Sylvia Wunderli, Executive Director, 1355 So. Foothill Dr., Ste. 103, Salt Lake City, UT 84108. 801/583-6231.

**INTERNATIONAL**

October 9-12. VI WAVA South American Regional Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 685, Santiago, Chile. 621-1417. Fax: 011 56 2 669 5006.


October 24-25. Hong Kong Veterans International Meet. M&W35+, AVOHK, International Meet, G.P.O. Box 10368, Central Hong Kong.


**WEST**

Arizona, California, Hawaii, Nevada

October 3. Club West Masters Meet, Santa Barbara Comm. College, Calif. Lloyd Albright, P.O. Box 1079, Goleta, CA 93116. 805/682-9540.

October 2. Throwers Series #9, Stanford U. Gary Kelinenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/479-0202.

November 5-8. Throwers Series #10, Stanford U. Gary Kelinenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/479-0202.

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**U.S. NATIONAL SENIOR SPORTS ORGANIZATION GAMES**

Corpus Christi Senior Games
YMCA of Corpus Christi
412 S. Broadmayn
Corpus Christi, TX 78403
C/O Susan C. Beerkens
Phone: 619/232-6965
Fax: 619/232-6965
C/O Paul Murphy
Date: 10/10-10/11

*North Carolina Senior Games*
P.O. Box 937
Raleigh, NC 27616
(919) 361-5461
C/O Gary Reczek
Date: 9/19-9/20

Kansas Senior Olympics
Parks & Rec of Topeka
1334 SW Claflin St.
Topeka, KS 66604
(913) 232-9665
C/O Marla Flacht
Date: 10/9-10/10

Korean Senior Olympics
Sports Classic
1800 Beach Drive
Daytona Beach, FL 32118
(601) 896-8460
C/O Donald Cook
Date: 10/14-10/15

Arkansas Senior Games
P.O. Box 1795
Harrison, AR 72601
(501) 741-1144
C/O Bill Peters
Date: 10/20-10/21

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**LONG DISTANCE RUNNING NATIONAL**

August 1-October 31. RRCA Women's Distance Festivals. RRCA-sponsored races throughout the country. SASE to Women's Distance Festival, RRCA National Office, 629 S. Washington St., Alexandria, VA 22314. 703/836-0558.


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**ON TAP FOR OCTOBER**

**TRACK AND FIELD**

The National Open and Masters 568 Weight Championships, Greenville, S.C., will give some athletes a chance to throw their weight around on the 3rd.

Club West stages its 19th annual masters meet in Santa Barbara on the 3rd. The Huntsman Chemical's World Senior Games (50+) runs for three days starting on the City in St. George, Utah. The warmer climates offer a smattering of Senior Games (55+).

World travelers can pick from the WAVA South American Regional Championships, Venezuela, 9th-12th; San Juan Masters, Puerto Rico, 10th-11th; and Hong Kong Veterans, 24th-25th.

**LONG DISTANCE RUNNING**

The Twin Cities Marathon hosts the National Masters Championships in Minneapolis-St. Paul on the 4th.

Races before that include the Freihofer's 5K For Women, Syracuse, N.Y., and St. George Marathon on the 3rd.

The marathon motif continues on the 11th in Wisconsin and Columbus, Ohio: gets into full steam on the 18th in Detroit; Atlantic City; Humboldt, Calif.; Richmond, VA; and Stamford, Conn.; and climaxes on the 25th in Chicago; Kansas City, Mo.; and Albany, N.Y.

**RACEWALKING**

The National Masters 1-Hour and 2-Hour Championships stride off in Cambridge, Mass., on the 18th. Metropolitan Athletics Congress Championships are scheduled for the 5K on the 19th and 30K on the 24th. Most if not all and many road races, such as the Connecticut Senior Olympics 10K on the 11th, include racewalk categories.

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Joan Ottaway (171) streaks to a W45 division victory (5:50.2) in the 2000 SC. Kim Rupert (60) took the W35 event in 7:59.9, TAC/West Regional Championships, Hayward, Calif., July 25-26. Photo by Steve Ottaway
October 11. Columbus Marathon. Masters money. Doug Thurston, P.O. Box 26806, Columbus, OH 43226, 614/439-3095.


October 24. Columbus Roadrunners Zoo Run 5 Mile. Sue Daly, 3111 Rainier Ave., Columbus, OH 43221. 614/890-1309.


November 1. Ohio TAC 20K/50K Road Race/Racewalk Championships, Columbus. John White, 4803 Arth Pl., Columbus, OH 43220. 614/459-2547.

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

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### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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**NATIONAL**

**TACUSA National Masters Decathlon Championships, Des Moines, IA: July 25-26, 1991 WAVA Age-Factoring, 1989 IAAF Scoring**

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**TACUSA National Masters Heptathlon Championships, Des Moines, IA: July 25-26, 1991 WAVA Age-Grading, and 1989 IAAF Scoring**

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**Top Ten Overall Age-Factored Results**

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**TACUSA National Masters T&F Championships Racewalk Results Revisions**

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**TRACK & FIELD RESULTS**

Please send requests to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results are typed (maximum 28 spaces/2½ lines) in our format receive preference. Deadline is the 10th of the month prior to issue date.

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**National Masters News**

October, 1992

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**Potomac Valley Seniors TC**

Meets

Alexandria, VA

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**EAST**
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<td>Mike Smith</td>
<td>20.5</td>
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<tr>
<td>400m</td>
<td>Mark Elsdon</td>
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<td>Mark Elsdon</td>
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**SOUTHWEST**

Waterloo Championships, Austin, TX; August 15

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Continued on next page
LONG DISTANCE RACE Results
National Masters News
(October, 1992)

NATIONAL
TACUSA National 50 Mile Championships
March 29 (Wolfpack 50 Mile)

Non-Club Race Results

Asbury Park 10K
Asbury Park, N.Y., August 8

Please send results to National Masters Championships,
P.O. Box 2322, Van Nuys, CA 91403. To keep information current, we generally do not publish results more than two months after the event. Results that are typed (maximum 28 spaces/2½ lines) in our formal receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL
NYRC Track Masters
Central Park, N.Y.C., August 16

Overall

Overall

Point Leader:

NYRC Track Masters
Central Park, N.Y.C., August 16

Overall

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Hugler Labor Day 10K/15K
Fort Worth, TX, August 30

National Masters News

Colorado Springs 10K
July 19
Overall

1. Gerd Bordin 29:42
2. Ray Gilbin 36:06
3. Nick Katz 32:14
4. Rich Rago 31:46
5. Tim Berens 35:14
6. Randy Eisen 36:22
7. Harry Roth 36:33
8. Jerry Scully 37:10
9. Jim Godfrey 37:10
10. Peter Bottra 37:47
99. Phillip Marcus 39:02
550. Jim Wain 37:41
1000. Ron Walker 41:38
1100. Dale Guarini 41:52
1200. Ernie Black 42:36
1300. Bill Tu lire 42:33
5500. Sam Hina 48:50
10000. Mike Caffery 51:01
105000. Mike Caffery 51:01
110000. Mike Caffery 51:01
115000. Mike Caffery 51:01
120000. Mike Caffery 51:01
125000. Mike Caffery 51:01
130000. Mike Caffery 51:01

West
Mother Lode Mile
Sonora, CA, August 6

American's Finest City Marathon
San Diego: August 16

Senior Olympic Silvionton, Okl., June 6

New England

Zoo Run 10K
Tacona, WA, August 8

Men's

RACE WALKING

British Athletics Veteran's Federation Women's 10K & Men's 20K Championships
Birmingham, England
August 29-30

Brugger Veterans 10K/25K
Brugger, Belgium
June 20-21

INTRODUCING
For the 26th time, the San Diego Track Club presents this 15.6 mile race on a flat, fast course around Fiesta Island. 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, Flat, fast, record breaking course. Aid stations provided and manned by Team Chart House.
- Dinner and/or gift certificates from Souplantation, John's Waffle Shop, Movin' Shoes, Chart House Running Team, T.D. Hayes, Brian Binge, The Old Spaghetti Factory, Solomon House, Sheldon's Cafe, Acapulco Mexican Restaurant, and many more.
- No purchase necessary. Non-runners may register during day-of-race registration. Must be present to win drawings.
- 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, 6, 9, 12 mile marks. Awards will be given to overall winners.
- Runners: Men and Women under 19, 19-29, 30-34, 35-39, etc., through 95+. Wheelchair, Racewalk.
- Awards: Awards given to Top three in most divisions, varying at Race Director's discretion, based on entries.

**ENTRY FEE**
- SDTC Members $8 or Discount Activity Card. NonMembers: $12. Add $2 for entries postmarked after November 1 or day-of-race. $7 for optional, beautifully designed T-Shirt (only guaranteed through 11/9 postmark)
- 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 (Clubs) must be registered and must indicate current TAC number on entry form.

**ENTRY PROCEDURE**
- Send entry form, check & stamped, self-addressed envelope before 11/1 to the address below. Registration material will be returned only to entries received by 11/1. All masters competitors competing in the National Master's Championship must include their current TAC registration number on the entry form to be eligible for awards and records. Any runner wishing to compete in the San Diego Imperial TAC Championship must be registered with the San Diego Imperial TAC. Registration for San Diego-Imperial TAC ($11) will be available day of race.

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

**INFORMATION**
- (619) 292-6132

**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 ERG at start, finish, and every 2.3 miles. Certification C48806745
- RACE RECORDS: 1:17:30 (Ed Mendoza) 1:20:50 (Sylvia Macqueda)

**SDTC & TAC AWARDS**
- Medals for 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 (275-6542 for info). SDTC members will earn Grand Prix points.

**RESULTS**

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**ENTRY FORM:**

Make check out to SDTC Mail with SASE to: Joni Shirlie, Race Director
11212 Via Carroza, San Diego, CA 92124

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**TAG REGISTRATION NO.**

Are you a U.S. Citizen? ☐ Yes ☐ No

TAG-Registered Club name or No.:

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**Your Name**

(first) __________

(last) __________

**Age on Race Day**

Sex (Circle One) M / F

**Bib No.** __________

**Circle One:**

Run / Walk / Wheelchair

**SDTC Member? (Circle) Y / N**

**City of Residence**

**SDTC Member? (Circle) Y / N**

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**Street Address**

**Zip** __________

**Phone** __________

**Born:**

month / day / year

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**$ Enclosed:**

Entry fee __________

Late fee __________

T-Shirts __________

Total __________

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**BENEFITS:**

- 50% discount on 4 SDTC races (Families receive 6)
- Life ____________________________ $200
- Family ____________________________ $40
- Individual (18 & Over) ____________ $25
- Individual (17 & Under) ____________ $15

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**MEMBERSHIP COSTS:**

Name ____________________________

Street Address ____________________________

City __________ Zip __________

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**Phone:**

Home __________ Bus. __________

Birth Date: (Month/Day/Year) __________

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You may call me to help at an event: ☐ Y / N

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Signature ____________________________

(Parent if entrant under 18)