

NATIONAL MASTERS NEWS

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

163rd Issue

March, 1992

\$2.50

Priscilla Welch Dominates Women's Field

Nick Rose Sets 8K World Best at USRA Finals

by HAL HIGDON

Great Britain's Nick Rose, 40, a fixture on the U.S. road racing scene for much of the last decade, proved he has slowed little as a newcomer to the masters ranks. His 23:31 (96% Age-Graded) victory over Mexico's Manual Vera at the Sorbothane/USRA National Masters Championships in Orlando, Fla., on February 1, established a new 8K world best time for runners age 40-and-over.

Vera ran 23:38 in finishing second, while another Brit living in Boulder, Colo., Priscilla Welch, 46, dominated the women's field, cruising to a 28:00 time, while insisting she was far from peak-season form. Nancy Grayson of Columbia, S.C., took second with 28:49, but finished on top of the USRA circuit standings for 1991 based on her placings throughout the year.

Gary Romesser of Indianapolis won the men's USRA circuit title. Romesser placed fourth in the race with 24:17, just behind Mexico's Rodolfo Gomez, 24:11.

Rose's time bettered by 18 seconds the previous 8K best by Mexico's Mario Cuevas of 23:49, but Nick might have run faster. Rose pulled away from Vera with just over a mile to go, sprinting hard down a long incline to the finish line. Then, just before crossing it, he slowed.

Rose explained afterwards that he saw from the display clock that he was ahead

Continued on page 11



Nick Rose, 40, sets a new 8K World Best of 23:31, Sorbothane/USRA National Masters Championships, Orlando, Fla.

Photo by Reinke Sports

500 Compete in Indoor Nationals

More than 500 athletes from throughout the nation are expected to compete in the 1992 TAC/USA National Masters Indoor Track & Field Championships on April 3-5 in Columbus, Ohio.

INSIDE

- World and U.S. Indoor T&F Records —pages 14-16
- List of Masters Clubs —page 28
- Hal Higdon —page 9
- All-Americans —page 23
- Masters Racewalking —page 8

The annual event will be held on the 200-meter track at French Fieldhouse at Ohio State University.

National Championship medals will be awarded to the first three places in each event for each five-year age group for both men and women from age 30-34 to 95+. Ribbons will be awarded to the 4th, 5th and 6th place finishers. There are no qualifying standards for the meet, except to be at least age 30.

The early registration deadline (\$12 first event/\$8 each additional event) is March 15 in the meet director's hands. From March 15 to March 23 it's \$15/\$10. After March 23, it's \$25/\$15 (hurdles and sprints on a space-available basis only).

The entry form was published on the back pages of the January and February issues of the *National*

Continued on page 22

Conway Shatters World 50+ Mile Record

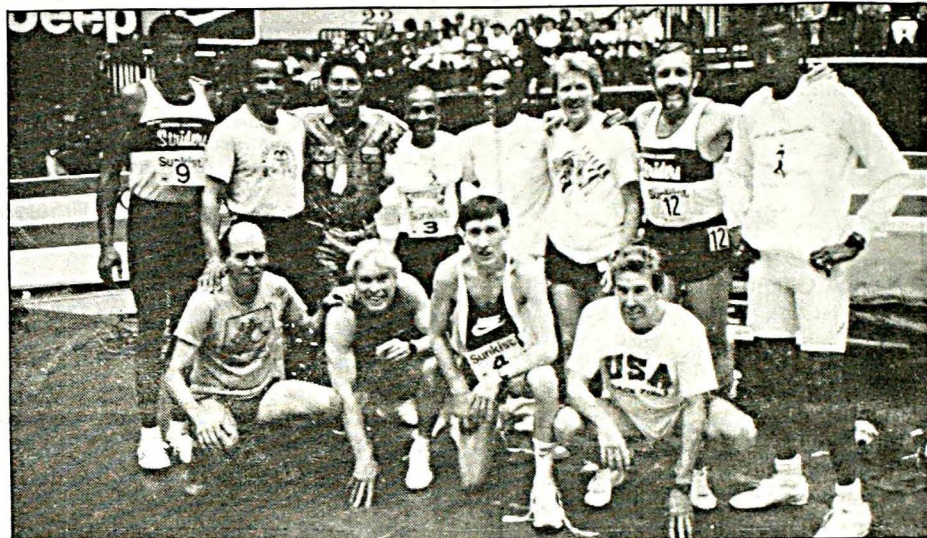
Dan Conway, 53, of Chetek, Wisc., smashed the world indoor mile record for men over age 50 with a sensational 4:41.31 in the Sunkist Invitational Meet at the Los Angeles Sports Arena on February 15.

The old mark was 4:44.22, set seven years ago by Montana's Bill Foulk.

Two other runners also broke

Foulk's mark — Mike Heffernan, 53, of Portland, Ore. (4:42.45) and Sid

Continued on page 3



Age 50+ runners competed in the Sunkist masters mile. From left, front row: Mike Heffernan, Dan Hamner, Dan Conway, Neil Doherty. Back row: Bob McAlpine, George Cohen, Nick Newton (non-competitor), Sid Howard, Kip Keino, Brian Fernee, John Cosgrove, Nelson Crader.

Waigwa Wins Millrose Mile

Popejoy Takes Mobil One Invitational in 4:17.99

by DAVE ZINMAN

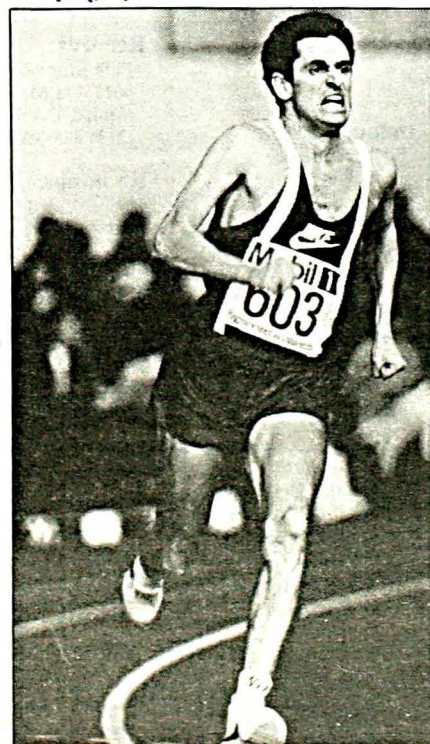
NEW YORK CITY, February 7 — Bolting into the lead at the halfway mark, and then surging to discourage his only serious challenger, Wilson Waigwa, 42, took the Runner's World Masters Mile at the Snicker's Millrose Games in 4:16.57, far short of his 1991 record-setting performance of 4:13.05. Ken Popejoy, 41, a lawyer from Wheaton, Ill., finished ten yards back in second place with a 4:17.68.

The race, which had been touted in press releases as the one to watch for a sub-4 masters mile, failed to live up to its billing. Waigwa didn't go out aggressively and all seven runners looked listless.

"Everyone felt they should have run better," said race coordinator Marc Bloom after the contest. "(But) we have to remember they are over 40. You can't run a record every time out."

The Millrose charge was supposed to be touched off by Harry Nolan, 44, a frontrunner from Navesink, N.J., who

Continued on page 3



Ken Popejoy, 41, streaking to a masters mile first (4:17.99), Mobil One Invitational, Fairfax, Va.

Victor Sailer/Agence Shot

CONTENTS

DEPARTMENTS

TAC Officers2
 Letters to the Editor4
 NMN Sustainers4
 Ten Years Ago5
 Masters LDR Report5
 Third Wind6
 Five Years Ago7
 Masters Racewalking8
 On the Run9
 Speaker's Corner11
 USRA Circuit11
 The Foot Beat12
 International Scene17
 WAVA Officers17
 Countdown to Miyazaki18
 New Age-Group Athletes18
 Report From Britain18
 WAVA/TAC Specifications18
 Masters Scene19
 Schedule20
 All-American Standards23
 Results24
 Clubs28

FEATURES

USRA Championships1
 Sunkist 50 + Mile1
 Indoor Nationals1
 Millrose Mile1
 Walker Retires3
 National Half-Marathon5
 Paramount 10K7
 Las Vegas Marathon7
 Racewalking Pros & Cons8
 Adeline Crocker Interview8
 Nilsen Two-Mile9
 Dartmouth Relays10
 Hartshorne Mile10
 USRA Final Standings11
 Brobst Sets Vault WR12
 Lake Erie Indoor12
 Soviet Olympic Team12
 T&F Indoor Records14

ENTRY FORMS/RACE & PRODUCT INFO

Elite Sales3
 NMN Subscription Form4
 Track & Field News5
 Run, Inc.6
 Grandma's Marathon7
 Dave McGovern RW Camp8
 Masters Running Guide9
 Elite Health Foods12
 Classifieds13
 Publications Order Form13
 T&F Rankings Book16
 Fax-a-Sub16
 Age-Graded Tables Book16
 Age Records Book16
 Stim-O-Stam19
 Time To Travel20
 Illinois Masters21
 Running Research News21



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



Creative Art: Eugene Paasinen, Herb Parsons

Editor and Publisher: Al Sheahan
Senior Editor: Jerry Wojcik
Managing Editor: Jack Wojcik
Circulation Manager: Katie Williams
Advertising Manager: Open
Production Manager: Carol Covey
Production: American Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: TACSTATS
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn

Correspondents: John Boyle (FL), Alex Coffin (NC), Bob Fine (FL), Carl Hammen (RI), Hal Higdon (IN), Bob and Carol Langenbach (WA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), Phil Raschker (GA), Bob Stone (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornsley (PA), Mike Tymn (HI), John White (OH), David Zinman (NY), Maury Dean (NY).

International Correspondents: Alastair Aitken (GBR), Jorge Alzamora (CHI), Cesare Beccalli (ITA), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Mike Hall (AUS), Alastair Lynn (CAN), Wilf Morgan (GBR).

Photographers: Gene Cohn (CA), Vic Sailer (NY), Richard Lee Slotkin (CA), Grechen Snyder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY), Hank Kiesel (FL).

The National Masters News (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollan C. Cassell, Executive Director.

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

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

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

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

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

Subscriptions: A one-year subscription (12 issues) is \$24.00 (mailed 2nd class). Add \$15 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-9083.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the National Masters News are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/782-1135.

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC) TRACK & FIELD

Chairman:
 Barbara Kousky
 5319 Donald St.
 Eugene, OR 97405
 (503) 687-8787

Secretary:
 Marilyn Mitchell
 330 E. 46 St. #4C
 New York, NY 10017
 (212) 697-8216

Weight Events:
 Chuck Klehm
 1218 North Route 47
 Woodstock, IL 60098
 (312) 551-3720

Regional Coordinators:
East:
 Haig Bohigian
 225 Hunter Ave.
 North Tarrytown, NY 10591
 (914) 631-1547

Southwest:
 Danny Thiel
 1459 Verna St.
 New Orleans, LA 70119
 (504) 486-8066

Outdoor Meets:
 Bruce Springbett
 220 Oak Meadow Dr.
 Los Gatos, CA 95030
 (408) 354-7333

Treasurer:
 Al Sheahan
 P.O. Box 2372
 Van Nuys, CA 91404
 (318) 785-1895

Site Selection:
 Max Goldsmith
 481 Marcus
 Lewisville, TX 75067

Southeast:
 Phil Mulkey & Phil Raschker
 P.O. Box 723452
 Atlanta, GA 30339
 (404) 973-3825

West:
 Hugh Cobb
 3180 Camino Arroyo
 Carlsbad, CA 92009
 (619) 436-7696

Indoor Meets:
 Scott Thornsley
 18 Colgate Drive
 Camp Hill, PA 17011
 (717) 737-2385

Records:
 Pete Mundle
 4017 Via Marina #C-301
 Venice, CA 90291
 (213) 823-8804

Race Walking:
 Bev LaVeck
 6633 N.E. Windemere
 Seattle, WA 98115
 (206) 524-4721

Midwest:
 Dick Green
 P.O. Box 6147
 Rockford, IL 61125
 (815) 332-4743

Northwest:
 Al Phillips
 85995 Bailey Hill Rd.
 Eugene, OR 97405
 (503) 485-6271

Multi-Events:
 Rex Harvey
 2661 Euclid Heights Blvd.
 Cleveland Heights,
 OH 44106
 (216) 932-9368

Rankings:
 Jerry Wojcik
 774 Blueridge Dr.
 Santa Maria, CA 93455

Team Manager:
 Sandy Pashkin
 421 Manhattan Ave.
 New York, NY 10026
 212/666-3671

Mid-America:
 Tom Thorne
 525 Oak Ridge Dr.
 Neosho, MO 64850
 417/451-7417

Awards:
 Bev LaVeck, above

Chairman:
 Charles Des Jardins
 5428 Southport Lane
 Fairfax, VA 22032
 (703) 250-7955

Women's Representative:
 Christel Miller
 1740 Grandview Ave.
 Glendale, CA 91201

Rules Coordinator:
 Graeme Shirley
 8565 Lake Murray Blvd., #223
 San Diego, CA 92119
 (619) 455-4440

Law Chairman:
 Bob Fine
 3250 Lakeview Blvd.
 Delray Beach, FL 33445
 407/499-3370

WAVA Delegates:
 Barbara Kousky,
 Jerry Donley,
 Rex Harvey;
 Alternates:
 1) Pete Mundle.
 2) Marilyn Mitchell.
 3) Gary Miller.

LONG DISTANCE RUNNING

Chairman:
 Charles Des Jardins
 5428 Southport Lane
 Fairfax, VA 22032
 (703) 250-7955

Secretary:
 Carole Langenbach
 4261 S. 184th Street
 SeaTac, WA 98188
 (206) 433-8868

Championships:
 Kirk Randall
 71 Bromfield St.
 Newburyport, MA 01950
 (508) 465-9677

Championship Stats:
 Norm Green
 405 Curtis Ct.
 Wayne, PA 19087
 wk (215) 768-2480

Vice Chairman Men:
 Kirk Randall
 71 Bromfield St.
 Newburyport, MA 01950
 (508) 465-9677

Treasurer:
 George Vernosky
 5004 Glen Cove Pkwy.
 Bethesda, MD 20816
 (301) 229-8391

Law and Legislation:
 Norm Brand
 5224 Manning Pl., N.W.
 Washington, DC 20016
 (202) 244-2218

Awards:
 Kirk Randall-Men
 Ruth Anderson - Women
 (address above)

Vice Chairman Women:
 Ruth Anderson
 1901 Gaspar Drive
 Oakland, CA 94611
 (415) 339-0563 (h)
 (415) 422-5554 (o)

Road Records & Rankings:
 Basil & Linda Honikman
 TACSTATS
 915 Randolph
 Santa Barbara, CA 93111
 (805) 683-5868

Nominations:
 Jerry Crockett
 1124 W. Eskridge
 Stillwater, OK 74075
 (405) 372-4010

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

WAVA Delegates:
 Ruth Anderson, Norm Green

Waigwa Wins Millrose Mile Continued from page 1

agreed to take the field through a 61 or 62 quarter and a 2:06 or 2:07 half. Instead, Nolan ran a 63 quarter and a 2:11 half. Even with that slower pace, Waigwa was still far back in the 6-man field, and struggled to take the lead at the half.

"I won, but I was disappointed," said Waigwa, who trains at an altitude of 4000 feet in El Paso, Texas. "I should have gone with him (Nolan), but my body just didn't want to react. I'm still feeling kind of odd because I've only been at sea level (in New York) one day."

Popejoy, who led from the half through the three-quarter mark in last year's contest, said his goal was to take the lead with three laps to go in order to try to take some of the sting out of Waigwa's strong finishing kick. "I thought maybe I can get him at the end with a little 'pop,'" he said. "(But) I never had the pop. The pace didn't seem that fast. It's just that we all kind of had a lethargic feeling. Our minds knew we could go better. But we just couldn't put it in our legs."

Conway Shatters World 50+ Mile Record Continued from page 1

Howard, 52, of Plainfield, N.J. (4:43.57).

The race was unique in that it was exclusively for masters runners over age 50. Twelve runners toed the starting line, including Kenya's Keino, 51, a gold medalist in the Olympics in 1968 (1500) and 1972 (steeplechase).

The race came about because Keino is a spokesman for the 3M Co. In commercials and at trade shows, Keino promotes 3M's "Innovator" product line. 3M sponsored the "Masters Innovator Mile" to showcase Keino, whose son, Martin, ran in the open mile immediately after the masters race.

Heffernan set the pace with a 69.9 quarter over the banked track (11 laps per mile). Keino, Conway, Howard, and George Cohen, 52, of Los Angeles were close behind.

Keino dropped back approaching the half with Heffernan still leading in 2:21.5. The crowd of a reported 12,000 got into the race when the announcer said Heffernan was on world-record pace.

Heffernan still led at the three-quarter mark in 3:32, followed by Conway, Howard, Cohen, Neil Doherty of Los Angeles, Dan Hamner of New York, and Brian Fernee and Caterino Gonzalez, both of Los Angeles.

"At that point, I thought I had it won," Heffernan said after the race.

But with 2¼ laps to go, Conway, who had been lagging some 10 meters behind, made a bold move, sweeping by the startled Heffernan and opening up a 10-meter lead. Heffernan went after him, but Conway was too strong, keeping a sprint to the tape as the crowd cheered. Heffernan held off Howard for the place, with Doherty fourth (5:00.22), Gonzales fifth

Third place went to Charles McMullen, 40, who finished in 4:23.85. Ken Sparks, 47, of Chagrin Falls, Ohio, placed fourth (4:28.54), followed by Gary Fanelli (41, 4:28.85), and Nolan (4:45.99).

Two days later at the Mobil One Invitational in Fairfax, Va., Popejoy led a 15-man field (without Waigwa) to a 4:17.99 mile, a shade slower than his second-place Millrose finish. McMullen, who made his masters mile debut in the two races, was a surprise second in 4:18.23, while Ellensburg, Wash., resident Larry Alberg, the Mobil One winner for the last two years and the only fresh competitor in the contest, placed third in 4:20.26.

Sparks set the pace in 64 and 2:09, McMullen move to the front and made a serious bid to win. But Popejoy stayed right with him, and with 150m to go, found the 'pop' that was missing at Millrose to win handily.

"It was like night and day," Popejoy smiled after the race. He said he felt "great" running in the Mobil meet.

(5:01.37), Hamner sixth, and Keino seventh (5:13).

"It went perfectly," Conway said. "I planned to make my move with about 2¼ laps to go and try to hang on to the finish."

Heffernan, the M50 bronze medalist in last summer's World Veterans 10K cross-country championships, said: "I took it out fast to try to dull the kick of the faster runners; it almost worked."

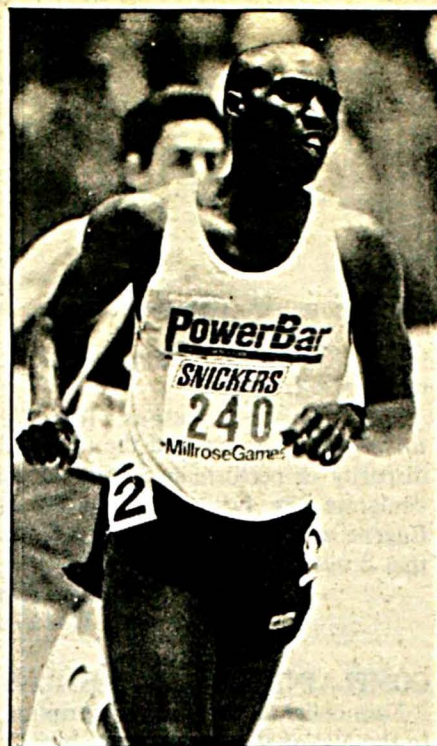
Conway, the 1991 TAC national M50 indoor 1500 champion (4:22), who married for the first time last year, said he'd been making a four-hour round-trip drive twice a week to the National Sports Center in Blaine, Minn. to do interval training the last few weeks.

"That's the kind of effort it takes in this game," he said. "Where I live, it's too cold to do intervals outdoors."

The only disappointment of the evening came when ESPN did not televise the masters race during its live telecast. Earlier in the two-hour program, announcer Craig Masback twice said the masters and open miles would be televised. Indeed, 3M had bought two commercial spots on the program on the condition the masters race with Keino would be televised. Sunkist was sponsoring the open mile. But neither the masters nor open miles were shown. Instead, during the running of the masters mile, ESPN showed pole vaulter Sergei Bubka sitting on a bench putting on his sweats while field announcer Dwight Stones did a voice-over. Viewers only saw the heads of the masters runners blurred in the background.

The problem was the meet ran 13 minutes behind schedule and ESPN had to sign off at 9:30 p.m. PST. The

Continued on page 19



Wilson Waigwa, 42, on his way to winning the Millrose Mile in 4:16.57.

Jack McManus/Agence Shot

Finishing fourth was Steve Ruckert, 42, of Hagerstown, Md. (4:21.84), followed by Sparks (4:23.81), Byron Dyce (43, 4:27.04), Fanelli (4:29.92), and 45-year-old Englishman Ron Bell (4:31.26).

Waigwa skipped the event because he said the two days between meets did not give him enough time to rest. He injured himself in the contest last year after running Millrose. □

John Walker Retires

by MARILYN MITCHELL

New Zealand's John Walker, who turned 40 on January 12, 1992, and was training to attempt to be the first over-40 runner to run a sub-four-minute mile, has retired, according to a report from New Zealand.

Walker postponed a January 12 bid to March 1, but an aggravated Achilles problem forced him to abandon plans to return to competition.

Eamonn Coghlin, who turns 40 on November 21, 1992, has expressed interest in the masters mile but has not made any commitments yet. Nonetheless, we expect him to make his first attempt at the Millrose Games in February 1993. After a series of injuries, Coghlin recently returned to running with a very credible 2:25:13 for 42nd overall in the New York City Marathon. He still holds the world open indoor mile record of 3:49.8, posted in 1981 at the Meadowlands, New Jersey.

With two masters miles and two winners under our belts (Wilson Waigwa in 4:16.54 at Millrose and Ken Popejoy in 4:17.99 in Fairfax), it doesn't look like any single runner is going to dominate this event this year. The times were not fast, but most of the Millrose Games' times were slow this year, apparently due to a spongy track, whose installation was completed at 4:30 p.m. for a 5:40 p.m. start time. According to Meet Director Howard Schmertz, that was not enough time to make the track tight and compact. □

TRACK SHOE SPECIALS

The following discontinued models are offered at these low prices. The sizes and the numbers which we have are listed below.

CONVERSE

Distance Spike--sizes-4,4.5,2/5,5.5,
2/6,2/6.5,7,7.5,2/8,2/9,9.5.....\$29.00
Indoor Spike--sizes-6,8,9.....\$29.00
Steeplechase Spike--size 11.....\$29.00
Long Jump
sizes-3/6,7,8,10,10.5.....\$29.00
High Jump--sizes-2/4,4.5,8,9...\$29.00
Shot Put--sizes-2/4.5,3/5,2/5.5...\$29.00

NIKE

Internationalist (entry level spike for runners, hurdlers & vaulters. sizes 8, 8.5,9,9.5,10.5,11.5,12.5.....\$34.00
Zoom Ultra 11 (distance spike) sizes 8, 8.5,9,9.5,11.5.....\$51.00
Shot & Discus sizes 8,3/9,5/9.5...\$39.00
Zoom Sprint sizes 2/6,7,7.5,8,8.5,9, 9.5,10,10.5,11.5,12.....\$49.00
Zoom Light (sprint spike) sizes 2/8, 2/9,2/9.5,3/10,12,12.5.....\$39.00

CURRENT NIKE MODELS

High Jump--nylon & synthetic suede, EVA forefoot pad with full-length nylon, 10-spike plate & rubber outsole wrap. white/royal blue-black sizes 6-13.....\$65.00 \$54.00
Long Jump--nylon & synthetic suede, EVA midsole with negative taper, solid rubber outsole and forefoot, nylon, 7-spike plate. white/navy blue-red sizes 6-13.....\$65.00 \$54.00
Javelin--athletic mesh & synthetic leather, full-length nylon sole, 10-spike plate & solid rubber mini-waffle outsole. white/red-black sizes 6-15.....\$65.00 \$54.00

NEW MODELS

Zoom Rotational--(replaces shot & discus) athletic mesh & synthetic leather upper, for shot, discus, & hammer. white/solar red-eggplant. sizes 3-16.....\$77.00 \$64.00
Zoom S--(replaces Zoom Sprint) polylight & synthetic upper, nylon sprint wedge, kevlar outsole provides excellent traction & torsional rigidity, 6 spike nylon plate. white/black-neon yellow sizes 4-13.....\$92.00 \$75.00
Zoom D--(replaces Zoom Ultra 11) lightweight nylon & synthetic suede upper, full-length nylon contoured midsole mirrors the shape of the foot for cushioning & support, full-length outsole 6-spike plate provides traction & support. neon yellow/black-red plum. sizes 4-13.....\$92.00 \$75.00
Zoom V--(replaces internationalist) upper poly-x & synthetic suede trim full-length EVA midsole provides cushioning through entire foot strike. white/white-black. sizes 3-16.....\$61.00 \$49.00

Master Card & VISA are accepted. COD's are \$4.00 extra and are cash only. Shipping is \$4.00 for 1 pair of shoes and \$1.00 for each additional pair (Continental US). Foreign orders are 30% for airmail shipping and 20% for surface mail. Allow three weeks for personal checks to clear.

ELITE SALES Inc., Box 345, Accord Ma 02018 1-800-433-0324 1-617-749-4389



Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.



All American Masters Track and Field

This is to certify that

has earned All American Honors for the year in the following events:



Barbara Kosky
Chairman

[Signature]
Secretary

tables say I can 15 years later?

3) The U.S. Standards of Excellence is a good idea, but can't you run a photo of the patch so you can see what you are ordering for \$10? And if you achieve two standards, do you need to order two certificates and two patches and two patch tags? Or one patch and two patch tags?

4) The Standards of Excellence seem overly generous with the 400H. A rough rule of thumb in college was you ran the 400H about four seconds slower than the 400. However, for the 30-34 group, the difference between the two standards is 6.6 seconds; for the 40-44 group it's 8.0 seconds. Perhaps you should review these.

David Ortman
Seattle, Washington

(1. All meets in our schedule are open to age 30+ unless otherwise mentioned. 2. If you're high-jumping an age-graded 6-4, you may be training

better than you did in college. 3. A good suggestion. On this page are reduced photos of both the All-American Certificate and Patch. The actual size of the certificate is 8x10; the patch is 3x4. Both are three-color (red, white, blue). Up to three performances can be included on one certificate. Many athletes order one patch, then buy separate patch tags for each performance. 4. The 400H standards are based by the AA Committee on actual performances; the four-second rule only applies to open-class hurdlers — Ed.)

KUDOS

National Masters News continues to be great! Enclosed is a check to provide my additional support for it.

As I begin my 85th year, I look forward to each issue to gauge my competition. Best wishes for a successful 1992.

Burt De Groot
San Clemente, California

Nine Join NMN Sustainers

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

Special thanks this month go to:

Thomas Miller
Fred Karlin
William Eppright
Alvin Ravenscroft
Phil Faciana
Terri Busby
James Dowling
Will Robinson
Jack McGinley

Briarcliff Manor, NY
Montecito, CA
Norcross, GA
E. Lansing, MI
Polk, OH
Las Vegas, NV
Rock Hill, NY
Thousand Oaks, CA
Malvern, PA

DRUGGED MASTERS?

Carl Wallin's piece in last month's Speaker's Corner distressed me. Were drugs really a factor in some of the top performances in Eugene and Turku — or could the outstanding efforts be the result of another phenomenon?

The masters movement has attracted individuals who have never previously entered the field of organized athletics — and some of these men and women have emerged as top performers, not through the use of drugs, but through training and effort.

Here in our little town, Al Funk took up running at 64 and won two gold medals in Eugene in the 5 and 10K. Herb Kirk was a standout in Turku at age 96, and although I'm not in their league, I run the 5K under 40 minutes at age 77.

If we had started our athletic careers in our 20s, we might have done better than some of those "top" athletes who Mr. Wallin says are currently in decline. Maybe those top performers began too early and have simply worn out as they've grown older. Maybe

you're "fresher" starting an athletic career at 65.

Whatever the reasons for the *unknowns'* success and the apparent disparity in performances, should we denigrate the brilliant spectacles at Eugene and Turku by the suggestion that drugs might be involved?

Edna Berg
Bozeman, Montana

COMPLAINTS AND SUGGESTIONS

I am delighted with my subscription to the *National Masters News*, but:

1) There's no easy way to tell the minimum age-group for an advertised masters event. Some meets start at age 30, some at 40, others at 55. What a mish-mash. Masters meets should include the minimum age in their title.

2) If age-graded times are referred to, a standard abbreviation should follow, such as 10.4 (ag). And while the age-graded tables obviously fulfill a need, I'm a bit skeptical of turning in better age-graded marks than my PRs from younger days. If I couldn't high jump 6-4 in college, how come the AG

NATIONAL MASTERS NEWS Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Masters News* is only \$24 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$45 — a 22% savings off the single-copy price. A 3-year subscription saves 24%.

USA rates:	1st Class rates:	Foreign rates:	<input type="checkbox"/> Payment enclosed
<input type="checkbox"/> 6 months \$13	(USA, Canada, Mexico)	(Air mail)	<input type="checkbox"/> Bill me later
<input type="checkbox"/> 1 Year \$24	<input type="checkbox"/> 1 Year \$ 39	<input type="checkbox"/> 1 year \$ 43	<input type="checkbox"/> \$_____ as a
<input type="checkbox"/> 2 Years \$45	<input type="checkbox"/> 2 years \$ 75	<input type="checkbox"/> 2 years \$ 83	contribution to
<input type="checkbox"/> 3 Years \$65	<input type="checkbox"/> 3 years \$110	<input type="checkbox"/> 3 years \$122	your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name _____

Address _____

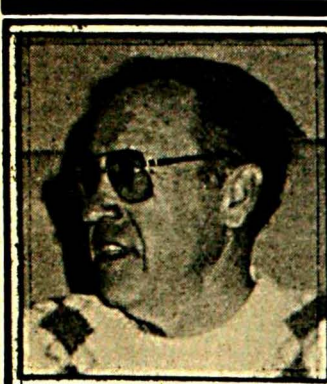
City _____ State _____ Zip _____

Send to: National Masters News
Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

Or Call:
818/760-8983

(Canadian checks accepted; add 15% to cover exchange. Please notify us of address changes four weeks in advance.)

CZM



MASTERS LONG DISTANCE RUNNING REPORT

by CHARLES DES JARDINS
Chairman, TAC Masters
Long Distance Running Committee

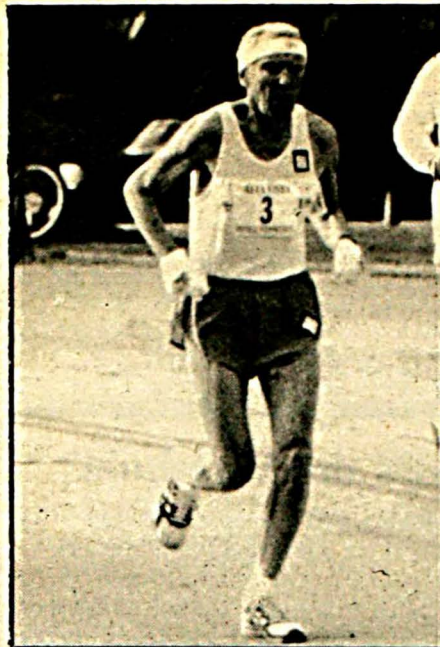
Jerry Crockett, President of the Oklahoma Association of TAC, has been named chairman of the nominating committee for all elected positions for the National Masters LDR Committee.

Jerry brings a wealth of experience to the job, having been a competitor, race organizer, and administrator. The positions of Chairman, Men's Vice-Chair, Women's Vice-Chair, Treasurer, Secretary, Board of Directors Representative, and two WAVA delegates will each be elected for two years.

Jerry will present his slate of candidates at the next TAC convention in early December in Louisville, Ky. The slate — in addition to any nominees

from the floor — will be voted upon by authorized association delegates to the convention. Voting delegates are usually the MLDR chairs for each association.

Each of these elected positions is important in the oversight of our growing sport. In addition, the chairman sits on the Executive Committee of TAC. If you have any suggestions for possible candidates — or if you wish to be a candidate — you may contact Jerry at 1124 W. Eskridge, Stillwater, OK 74075 or 405/372-4010. □



Dudley Healy, 77, Chatham, N.J., heads for the M75 gold (1:53:27), TAC National Masters Half-Marathon Championships, DeLeon Springs, Fla., January 12. Photo by John Boyle

Perrys Win National Masters Half-Marathon

The first finishers in TAC's National Masters Half-Marathon Championships, held with the DeLeon Springs Half-Marathon, in Florida on January 12 were husband and wife Bob Perry and Nancy Huy-Perry of Melbourne, Fla. Bob, 40, finished fourth overall with a 1:15:43, while Nancy, 41, was second woman in 1:36:44. While other husband-wife duos have won division titles in masters road and walk championships, this is the first time that a pair has been 40+ firsts.

Other men's masters age-division champions were Peter Jones, 48, Orlando, 1:18:55; David Compton, 50, West Palm Beach, 1:22:50; Norm Green, Jr., 59, Wayne, Pa., 1:18:55; Jim Blount, 62, Winter Park, Fla., 1:25:24; John Carson, 69, Palatka, Fla., 2:03:06; Gordon Johnson, 73, Dundee, Fla., 1:42:20; Dudley Healy, 77, Chatham, N.J., 1:53:27; and Ed Benham, 84, Glen Burnie, Md., 1:47:33.

Women's winners were Marilynne Denison, 47, Saudi Arabia, 1:54:39; Diane Leach, 50, Sarasota, 1:41:29;



Bob Perry, 41, Melbourne, Fla., finishing first in 1:15:43, TAC National Masters Half-Marathon Championships, DeLeon Springs, Fla., January 12. Photo by John Boyle

Margarete Deckert, 58, Tallahassee, 1:44:23; and Hildy Fosse, 62, Holderness, N.H., 1:49:43.

A computerized age-grading system was used to determine the top three masters men and women. Green was first with a 1:04:04, Benham a close second (1:04:07) and Blount third (1:07:14). Deckert was the best woman (1:15:25) with Fosse second (1:15:43) and Leach third (1:12:06).

Best age-graded performers were awarded hand-crafted ceramic bowls created by pottery maker Steve Howell of DeLand, Fla.

The race was produced by Central Florida Masters and Alta Vista Fitness Promotions, under the direction of John Boyle, in cooperation with the West Volusia Tourism Authority. □



Norm Green Jr., 59, Wayne, Pa., won the M55 race in 1:18:55 for an age-graded masters best 1:04:04, TAC National Masters Half-Marathon Championships, DeLeon Springs, Fla., January 12. Photo by John Boyle

A New Look

You may have noticed this month's front and back covers (and middle pages) look a little whiter. We're trying out a new paper stock to give the publication a sharper look. Also, it may help to preserve the whiteness of the issues you save, which now tend to fade when exposed to the sun.

We're also considering changing the color from month to month instead of using our traditional blue each month. Also being contemplated is a switch to smaller type. If you look on page 8, that's how the smaller type would look. What do you think?

Another possible change is the name. We've had complaints that *National Masters News* doesn't say what we're all about. How does *National Masters Running News* sound? Do you have a better suggestion? Or should we leave the name alone?

If you have any comments on the above, please let us know. This is still your publication, and your suggestions are valued.

—Al Sheahan, Editor

Ten Years Ago

- Boo Morcom, 61, Vaults 12-¾ in Philadelphia
- Susan Redfield Sets W45 3000 AR (10:56)
- Margaret Miller, Establishes New W55 10K AR of 39:58 in Perrier 10K
- 50 Masters Compete in South Africa

TRACK & FIELD NEWS

"Everything for
Track and Field Athletics"



Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog.

• **TRACK & FIELD NEWS.** With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: \$31.00 USA, \$39.00 rest of world.

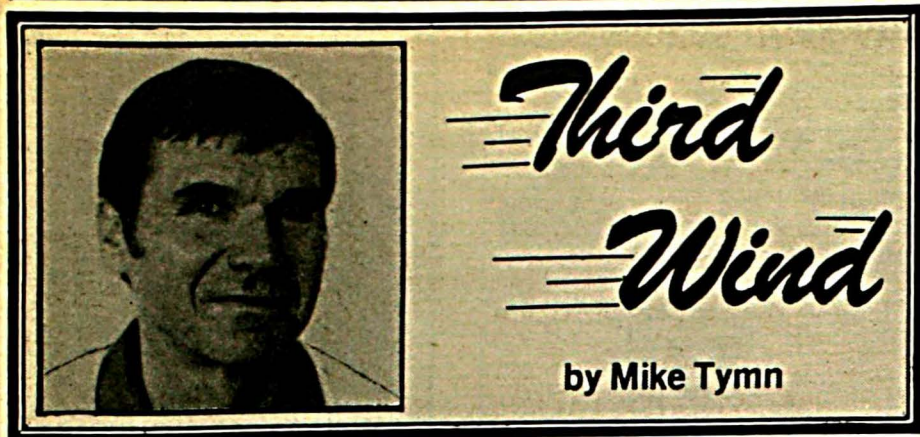
• **TRACK TECHNIQUE.** Official TAC/USA technical quarterly with articles on training, technique, etc. Published since 1960. Now \$15.00 yr., USA; \$16.00 foreign.

• **BOOKS.** Our publishing division, TaNews Press, is the world's major publisher of track books. Write for free booklist.

• **TOURS.** 1992 Olympics (Barcelona), 1992 U.S. Olympic Trials, 1993 World Championships (Stuttgart), etc. Popular sports tours since 1950. Write for information.

TRACK & FIELD NEWS

2570 El Camino • Suite 606 • Mountain View, CA 94040 • USA
(415) 948-8188



Carla Beurskens Crosses the Threshold

In the short history of women's distance running, two women over the age of 40 have broken 2½ hours for the marathon — Joyce Smith and Priscilla Welch — both of Great Britain.

If she overcomes injuries that plagued her much of last year, Carla Beurskens of Belgium could become the third woman to do it. But even if she doesn't break 1:30, Beurskens, who crossed the threshold into the masters arena on Feb. 10, should become the dominant W40-44 runner in the world.

Beurskens has made a name for herself on the world scene over the last eight years. She has run five sub-2:30 marathons with a best of 2:26:34 while finishing second in the 1987 Tokyo International Marathon. Her most recent one, at age 38, was a 2:29:47 while winning the 1990 Rotterdam Marathon.

Unsure of Herself

I had an opportunity to speak with Beurskens just prior to the Honolulu Marathon during December 1990. At the time, she seemed to be very unsure of herself, a result of what she con-

sidered a poor performance in the Berlin Marathon that September. "I thought I was in very good condition there," said Beurskens, slowly searching for the correct English words. "I had expected to run 2:26, no slower than 2:28, but my time was only 2:30. It was a very disappointing race for me and I did not recover well from it."

Nevertheless, Beurskens overcame strong winds and high humidity to win her fifth Honolulu title in 2:33:34. It may have been a better effort than her

race record at 2:31:01 in 1986 under less adverse conditions.

If nothing else, it indicated that Beurskens had slowed very little, if at all, from her younger years. Giving further support to that was a 32:21 in Atlanta's Peachtree 10K earlier that year. That was just three seconds off her best 10K, some five years before.

Hasn't Slowed

"I don't feel that I have slowed, but I can tell that I am not recovering as well from races as I used to," Beurskens offered. "And my motivation is not so much as it once was. Now, if it is raining hard, I do not always go out for a training run as I once did."

But that was before Beurskens was disabled by injuries. According to Jon Cross, race director for the last Honolulu Marathon, Beurskens wrote to him last August that she would be unable to defend her championship in December because of a pelvic stress fracture that was diagnosed sometime around March. Indications were that she was back to training by the end of the year, although in far from competitive condition.

Started 20 Years Ago

Beurskens started her athletic career some 20 years ago as a sprinter and high jumper in club competition in her native Holland. She then gave cross-country a try and found that she was better suited for distance running. She ran her first marathon, a 2:42 effort, in 1982. She made her country's 1984 Olympic team and finished 24th in Los Angeles in 2:34.

It was not until after the L.A. Olympics that Beurskens had a real breakthrough. "Her training was much different after that," said Jac Roerman, her husband and coach. "She does much more speed work now and strength work, like running up stairs, as well. It has made the difference."

Modified Training

But Beurskens does not rely solely on quality training. During 1990 she was putting in as much as 175 kilo-



Carla Beurskens

meters (108 miles) a week in her training. She commented that she now builds up to that amount and tapers more before a big race rather than sprinting out 175 kilometers week after week as she had done in the years before.

Beurskens has come back from injuries before. She was out of action much of 1988, then came back with a number of strong performances in 1989 and 1990, including a 1:10:04 half marathon. Look for her to come very close to some of the records set by Priscilla Welch a few years ago. □

(SPECIAL NOTE: Will the subscriber who wrote to me in January requesting information on treadmill conversions (slope to mph), please drop me a note with your full address. I have misplaced or lost your letter. Write to Mike Tymn, 1524 Uluhao St., Kailua, HI 96734.)

SHOES

RUNNING • WALKING • TENNIS
VOLLEY BALL • CROSS TRAINING • AEROBICS



Running Shoes

ADIDAS ZX 4000 C-M	51.95	NEW BALANCE 485/1900	CALL
ADIDAS ZX 8000/9000	65.95	NEW BALANCE 902/907	CALL
ADIDAS TOR RESPONSE	67.95	REEBOK CLASSIC-M	CALL
ADIDAS OREGON TECH-M	44.95	REEBOK SOLE TRAIN-M	CALL
AVIA 2050-M	48.95	REEBOK EPS 3000-M	48.95
AVIA 2070-MEN	59.95	SAUCONY SPEAR-M	52.95
BROOKS HF RAGE-M	37.95	SAUCONY AZURA-L	42.95
BROOKS HF CHARIOT-M	47.95	SAUCONY AZURA 2-M	49.95
BROOKS HF BLAST-M	48.95	SAUCONY JAZZ 2000-M	37.95
BROOKS HF REGENT	51.95	SAUCONY JAZZ 3000-M	46.95
BROOKS ENTERPRISE-M	47.95	SAUCONY ALPURA-M	58.95
ETONIC STABLE RD-M	44.95	SAUCONY SHADOW 5000	49.95
ETONIC STABLE AIR OS	48.95	SAUCONY SHADOW 6000	57.95
ETONIC STABLE AIR OP	62.95	SAUCONY GRID 8000/9000	CALL
ETONIC STABLE AIR NR	44.95	TURINTEC FALCON-MEN	39.95
ETONIC STABLE AIR NR	54.95	TURINTEC CONDOR-M	51.95
ETONIC TRANS AM-M	35.95	TURINTEC RD HAWK LITE-M	47.95
NEW BALANCE MB77-M	63.95	TURN RD. WARRIOR-M	36.95
NEW BALANCE M 940-M	57.95	TURINTEC FLEXITE II-M	51.95

Walking and Fitness Shoes

REEBOK FITNESS-M	40.95	AVIA 340 OR 365-M	37.95
REEBOK EXOFT-LO-M	37.95	ROCKPORTS-ALL STYLES	CALL

Aerobic Shoes - Ladies

REEBOK FRESTYLE-H/LO	CALL	RYKA 770/706/800	CALL
REEBOK COMMAND	CALL	AVIA 450/590/595	CALL
REEBOK LITE 7000-H/LO	CALL	AVIA 615/670/680	CALL

Tennis Shoes - Men's and Ladies'

REEBOK PHASE I LEATH	38.95	K-SWISS CLASSIC LEATH	CALL
DIADORA DURATECH 650	47.95	HEAD EPIC-H/LO-MEN	46.95
AVIA 756 OR 757-M	CALL	NEW BALANCE CT 670-M	48.95

Cross Training Shoes

AVIA 1385 MID-M	39.95	ADIDAS HURRICANE-M	48.95
TURINTEC ZXT MID-M	38.95	REEBOK CXT/XT-M	CALL

Call for quotes on ANY athletic shoes
ALL ORDERS SHIPPED WITHIN 24 HOURS
FREE SHIPPING (No freight charges)

Call your orders to us
1-800-875-4-RUN
Toll Free

Fax orders 24 hrs. a day
1-913-649-6587

METHOD OF PAYMENT

Please do not send cash

- VISA MasterCard Discover Card
 Your Check Money Orders
Make checks payable to RUN, INC.

Account Number: VISA requires 13 or 16 digits. MasterCard requires 16 digits.
American Express requires 15 digits. Discover Card requires 15 digits.

Month Year Authorized Signature

CALL US AFTER

YOU HAVE SHOPPED THE OTHERS.

WE WILL NOT BE UNDERSOLD!!!

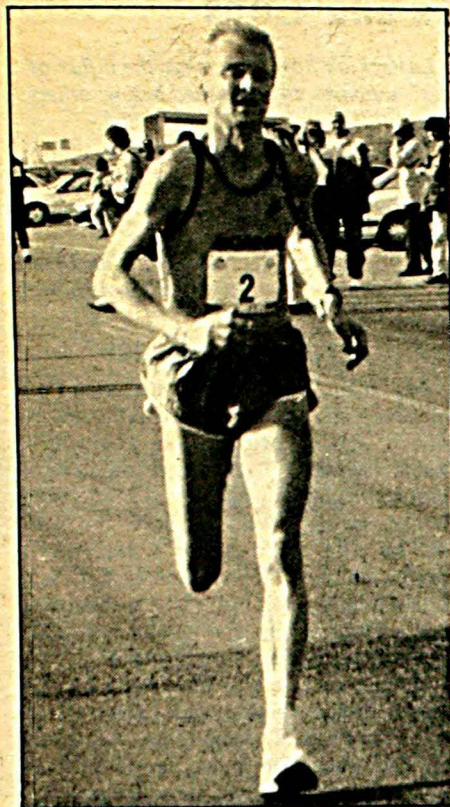
== RUN, INC.

P. O. Box 33831 • Kansas City, MO 64120
(913) 341-3-RUN • FAX (913) 649-6587



Robin Paulsen, M50, finishes with a flourish for a 38-8 shot put, Club West Meet, Santa Barbara. Paulsen is the track coach at Santa Barbara City College, site of last year's meet.

Photo by Jerry Wojcik



Kjell-Erik Stahl, 45, was second master (2:17:27) in the Las Vegas International Marathon, February 1.

Photo by Everett Chase

Press, Hall Best Masters in Paramount 10K

By JERRY WOJCIK

James Press, M40, and Sherri Hall, W40, finished first in the Special World Masters Race held with the 13th annual Paramount 10K in Paramount, Calif., on January 11. Press beat Donald Ocana, M40, for the title by 19 seconds with a 33:16. Hall took her crown in 36:48, with Elaine Triplett second (38:15).

Entrants in the Special Masters Race, in its tenth year, had to qualify by meeting time standards in every division.

Other men's division winners were M45, Peter Stern, 34:08; M50, Dan McCaskill, who won from a strong field of seven in 34:42; M55, John Brennand, 35:23; M60, Paul Saucedo, 39:59; and M65, Ray Gil, 43:47.

There were no qualifiers in the M70 group. Eddie Lewin won the M75 race (48:41); Chick Dalsten, the M80 (51:14); Willard Benton, the M85 (65:31); and Paul Spangler, the M90+ (92:34).

In the women's divisions, there were no qualifiers in the W50, W60, W65, and W70 races. Wendy Watson took the W45 contest (40:39); Tami Graf, the W55 (45:55); and Judy Simon, the W75 (61:16).

In the open race, the top masters were John McAndrew, M40 (34:22) and Leslie Caldera, W40 (37:51). Albert Nobuto won the M60 with a speedy 41:04, and Lois Edds took the W70+ in a swift 60:52.

Oscar Rosales of Finish Line International directed the event with primary sponsorship from Bud Light and support from the City of Paramount and the Paramount Rotary Club. □

Masters Hit Jackpots In Vegas

by JERRY WOJCIK

Masters runners collected big wins and big money in the 26th annual Las Vegas International Marathon on February 1. Artemio Navarro, 42, of Mexico City, won the race in 2:16:53, earning \$3000. Kjell-Erik Stahl, 45, of Sweden, was second overall in 2:17:27, worth \$2000.

Navarro, who owns masters world best times in the marathon (2:10:38 in Vera Cruz, Mexico, November 1991), the 15K (44:44), and the 10K (28:50), went into the race as the favorite.

Speaking through an interpreter, Navarro said that he conserved his energy to make a late move. The first 13 miles of the course are uphill, with the remainder a gradual decline. Navarro trailed close behind the leaders, Stahl and Sam Sionik, an open runner from Kenya, for the first 19 miles and made his move at 20 miles.

"That's the strategy I always use," said Navarro. "Sionik was very premature with his move (at ten miles). He was trying to scare me, but I didn't buy it. If I would have gone with him, the same would have happened to me as happened to him." Sionik faded to 20th (2:26:45).

Stahl also faded enough for Navarro to slip by. "My strategy was to go out at an easy pace so I could feel good at the top of the hill," said Stahl. "I got out in front, though, and started to

worry that the others had stayed back. I thought at that point that maybe I had misjudged things."

Luis Lopez, 42, of Costa Rica, finished sixth (2:18:48, \$1000), and Domingo Tibaduiza, 42, of Nevada, seventh (2:18:51, \$500).

Jim Pelarske (2:28:40) and Jack Miller (2:33:42) won \$300 apiece for winning the M40 and M45 races, respectively. Herb Phillips (2:35:26) took the M50 race, and Andre Tocco (3:01:05), the M55, for \$300 each in prizes. Pete Petracek (3:13:10) won the M60 contest, and Logan McGinness (3:23:03), the M65+, each worth \$150.

Californian Sharlet Gilbert, 40, finished fourth woman in 2:50:27, earning \$2000. Jane Hutchison, 46, of Missouri, was sixth, taking the second masters prize of \$1000 with a 2:52:53. Merle Heimberg, 41, of California, was tenth in 2:59:44 for \$500.

Margie Loyd-Allison won \$250 for her 3:06:20 in the W40 division. Jane Lauscher pocketed \$150 with a 3:01:42 in the W45 race. Other masters firsts were Ginger Bryan, W50 (3:25:41); Sally Byam, W55 (3:58:00); and Colleen Mershon, W60+ (4:18:28). Each won \$100.

Gail Kingma of Seattle won the women's race (2:46:48).

In all, masters leaders shared over \$14,000 in prizes.



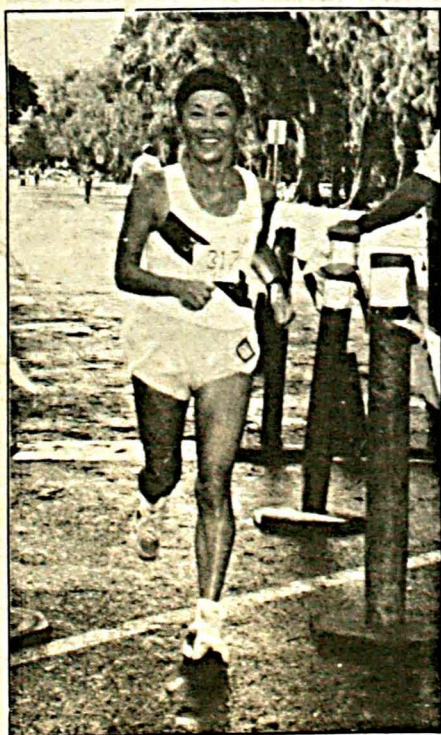
Artemio Navarro, 42, streaks to a first place 2:16:53, Las Vegas International Marathon, February 1.

Photo by Everett Chase

Race director Al Boka already has plans for next year's race: "For 1993, I want to call this event a masters championship. All four sub-2:19 masters, plus Doug Kurtis, who turns 40 in March, will be here." □

Five Years Ago

- Tracy Smith, 41, Wins Millrose Masters Mile in Record 4:20
- Norm Green, Jr. (54, 2:34:39) and Charlotte Swanson (44, 3:06:44) Win National Masters Marathon in Georgia
- David Oropeza (31:31) and Erna Kozak (34:38) Take Top Masters Honors in Paramount 10K



Wakai Spencer finishes first W65 in 3:34:31, Bud Light 30/30 Road Race, Honolulu, HI.

Photo by Tesh Teshima

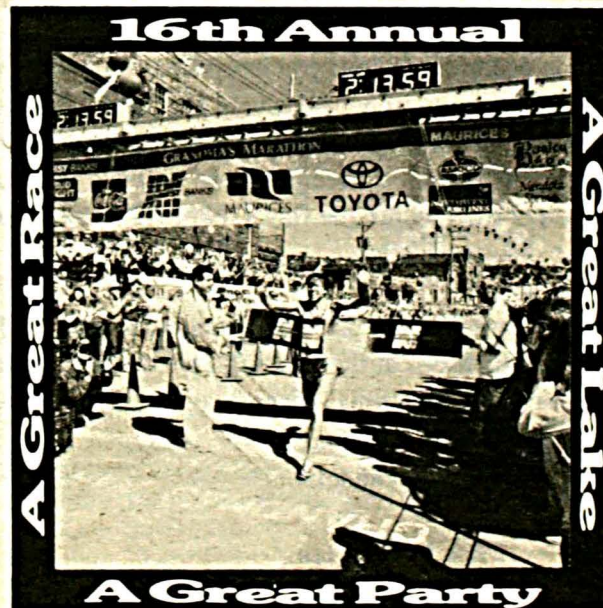
Grandma's Marathon

Duluth, Minnesota

Saturday, June 20th, 1992

7:30 a.m.

Limited to 6,000 Runners



15th Annual Grandma's Marathon Champion Dries Dacha (Morocco) crosses the line.

For more information, send a self-addressed, stamped envelope to: Grandma's Marathon, P.O. Box 16234, Duluth, MN 55816 218-727-0947



MASTERS RACEWALKING

by ELAINE WARD

Masters Racewalking Rules

The following is the second installment of a report given by Masters Racewalk Rep, Bev LaVeck, to the National Masters T&F Committee at the TAC Convention in New Orleans. The governing body for Masters RWing is the Masters T&F Committee and accordingly, all desired rule changes must be approved by the Rules Committee of Masters T&F.

Masters racewalking has no effective voice regarding the rules which govern our event and impact the broader RW program. Consideration should be given to placing Masters RW Rules within the RW Committee rather than the Masters T&F Committee. Masters RW Rules need to be evaluated to ensure that they are consistent with competitors' needs while being practical at the local level.

1. Recommendations should be pursued to permit Association and Regional Championships at distances less than 5000 meters. In practice, many meets already include shorter distances. Masters T&F Rules should be changed to be consistent with practice. The shorter distances are more compatible with the realities of meet scheduling, summer temperatures, and the performance level of most masters participants at Association and Regional Championships.

2. A 1990 rule change eliminated the provision that masters men and women RWers could compete together on the track. It's a far greater problem to schedule separate sex racewalks of 40 minutes each for a small number of competitors than it is to schedule

separate heats of 400 meters! Moreover on the local level, there often aren't even three RWers of each sex participating.

In practice, it appears that Regional Championships often combine men and women on the track in violation of TAC Rules. There needs to be an exemption from the Separation of Sex Rule for all masters T&F RW events, at least for the longer distances or for those with few competitors.

3. A proposal to include a masters 5K Road Championship was supported by the RW Committee, but ignored by the Masters T&F Committee. For this reason, there can be no 5K Road Championship. □

DO YOU WANT TO LEARN TO RACEWALK FASTER?

U.S. NATIONAL RACEWALK TEAM MEMBER DAVE McGOVERN
WILL HOST AN INTENSIVE RACEWALK TRAINING CAMP AT
NATIONAL MASTERS CHAMPION GARY NULL'S BEAUTIFUL
HEALING SPRINGS RANCH IN TIOGA TEXAS APRIL 2-5, 1992.

The camp is designed to help you improve your walking technique and to show you how to train more effectively for faster times and fewer injuries. Dave and members of the National racewalk team and coaching staff will lead you in workouts and lectures, and will use videotape style analysis to help you correct technique flaws that lead to inefficiency, injury and possible disqualification.

Fees for the camp will be \$495 per person and will include meals, lodging and use of all facilities at the Healing Springs Spa, transportation from Dallas/Fort Worth International Airport, and all lecture materials.

For further information please contact:

Dave Mc Govern
29 Garden Drive
Alexandria, VA 22304
(703) 370-9841

Racewalking Pros and Cons

Last month, NMN published a suggestion by Bev LaVeck on how to manage the influx of regular walkers in racewalking events. Some readers' responses are published below; others will be in the future.

NO FITNESS WALKERS

Please! Keep fitness walking exactly where it belongs. I can appreciate the fact that more and more fitness advocates want to be included in RWing events; however, I don't believe the average fitness walker would remain interested in dedicating the day-in and day-out effort and training needed to develop the speed and endurance to be competitive, especially when they understood that they *must* adhere to the rules.

If we are to have any recognition in track and field nationally or internationally, we must abide by the rules without considerations of "leniency," and I would hate to see the rules altered by event directors wanting to attract more entrants.

Carl Acosta
North Hollywood, CA

I read with great interest your column in the February National Masters News. After eight wonderful years of racewalk competition, both locally and nationally, I find myself unable to straighten my knees.

I love the sport of racewalking too dearly to seek out unjudged races, and my only solution has been to enter as a runner or "jalker" as a friend of mine describes it.

I would strongly support your idea of a new sport of "speedwalking" or whatever name is chosen. It would give me and many of my contemporaries a new lease on life, plus open a new and exciting sport to thousands of "wannabes."

I also strongly support keeping rules of the sport of racewalking as they are for those able to compete in the most competitive level.

Perhaps bringing more people into a sister sport will help generate the numbers required to give racewalking the recognition it deserves.

Jim Bryan
South Colby, WA

LET THEM BE JUDGED

My main concern is with the TAC Masters National T&F Meet and the suggestion of having two types of competitive walks included. This presents a definite problem somewhat on the order of a long jumper saying, "What the heck. We came all this way. Let's do the walk, too. It oughta be fun!" My position is: Let them find out how much fun it is! Let them find out what a strong and serious discipline racewalking is! *Let them be judged.*

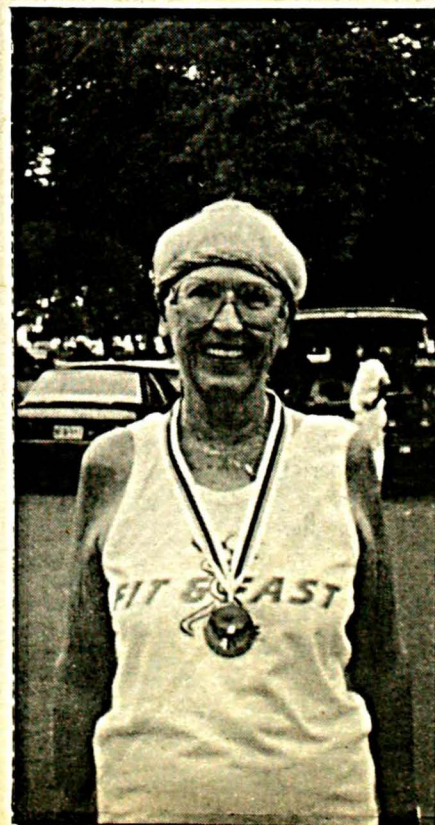
A rule is a rule and made for a specific reason. In racewalking, these rules are what make the sport. To bend these rules would be disastrous. Do other sports such as figure skating, the long jump, diving, etc., soften their rules and/or create separate events to accommodate those unable to adhere to them?

A competitive "regular" walking event which does not permit running, but has no rules of technique and no judging, is no more than a fitness or recreational walk. To include such an event in a National Championship would lessen the credibility and integrity of racewalking to the observer. Racewalking with judging is a sport. The sport belongs in a national meet. The other does not.

Richard Oliver
Studio City, CA

Interview With Adeline Crocker

Adeline Crocker lives in Hawaii and started racewalking in her late 60's. She won medals in two National Championships, 1984 and 1987, and won a bronze medal W75-79 in the World Veterans Games in Eugene. Now 80, Adeline is beginning to



Adeline Crocker

think of the 1993 Games in Japan.

How did you get introduced to racewalking?

Things began to happen when Dan Fitzpatrick came to Hawaii with the army and met Jim Moberly who was with the Honolulu Marathon. They formed a racewalking group of about 10 or 15 people. Eugene Kitts was one.

I was just a regular walker at that time, and when I entered a race that Dan and Jim judged, I was DQed. I came home and cried and thought I would never go back. However, I did and I was so glad because I found out what was wrong and that I could work on it. My enthusiasm grew, and I tried to practice as much as possible.

How did you train for the Nationals and for Eugene?

When I started walking, I walked at least five miles every day. On weekends I did longer distances going from Waikiki up Diamond Head, and quite often would do fartleks from tree to tree in the residential areas. I also liked to go to the track and do intervals.

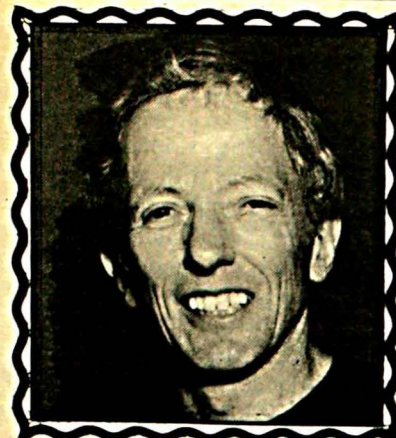
Are you naturally competitive?

I think I have always been. I like to be in front. However, in Eugene, I had to work real hard to win a bronze medal because the other three ladies in my division were very good.

How about the World Veterans Games in Japan?

I haven't been competing recently, but I've been thinking about starting to train again.

— Elaine Ward



On The Run

by Hal Higdon

How I Got My Picture In The Deli

Sitting down in the corner booth at the Deli, I found myself next to Alan Page. Not Page in person, but Alan's picture. Among several hundred photos on the wall, mine had been hung next to that of the former Notre Dame football star.

I was visiting the new headquarters in Beaverton, Oregon of *Nike, Inc.*, the sports shoe company whose sales reached \$3 billion last year.

Before lunch, I had taken a tour of the 175-acre grounds with eight buildings, each named after a star (Michael Jordan, John McEnroe, Alberto Salazar), who wears *Nike* shoes. Each building displays memorabilia from the star; a Bulls uniform for Jordan, a tennis racket for McEnroe, the singlet Salazar wore when he broke the world marathon record.

I was not invited into the design department, where future innovations in sporting gear are planned. *Nike* has a reputation for innovation from waffle-soled running shoes to air-cushioned basketball shoes, but they don't advertise plans in advance.

For good reason: not all designs succeed. Some years ago, I served as consultant to develop a computerized running shoe that would record pace and miles on a wrist monitor. The shoe would cost \$300. It never made it to market.

Following the tour, I changed in the Bo Jackson Sports and Fitness Center and ran on a 1.2-mile woodchip trail with Keith Peters, *Nike's* public relations manager.

"Reporters often ask how much this complex costs," said Peters. "Phil's response is, 'It's paid for'."

Keith referred to Phil Knight, *Nike's* chief executive. A runner at the University of Oregon, Knight got an MBA at Stanford University in 1962, then took a world tour, stopping in Japan where he convinced Kihachiro Onitsuka, the head of *Tiger* (now *Asics*) running shoes to cede him U.S. rights.

Knight sold the shoes out of the trunk of his car. He asked his former coach, Bill Bowerman, to design new models. Bowerman used his wife's waffle iron to mold a shock-absorbing sole, instantly popular with road runners.

So successful was Knight's venture that by 1971, his Japanese suppliers moved to limit his market. Knight formed his own company, seeking support from friends, who eventually became millionaires. Jeff Johnson, his first employee, came up with the name

"Nike," after the Greek Goddess of victory.

I once told Jeff that I may have been the first American runner to have worn their shoes. It was 1963, and I was being coached by Fred Wilt of Lafayette, Indiana. Before the Boston Marathon, Fred obtained *Onitsuka* shoes, custom-made from a tracing of my foot. Knight didn't get his first shipment from Japan until eight months later. I wore the shoes the following year when I was first American finisher at Boston.

I thought Jeff might dismiss my claim. Instead, he smiled: "We had your picture on the wall of our Los Angeles store. You were the only runner anybody knew back then wearing our shoes."

Better athletes such as Steve Prefontaine and Frank Shorter later wore *Nike* shoes, although a recent biography (*Swoosh: The Unauthorized Story of Nike and the Men who Played There*) suggests that they were paid to do so. Today, it hardly seems shocking that Shorter might have cashed a \$15,000 check before defending his Olympic marathon title in 1976, but back then it would have resulted in his suspension from competition.

One of the book's authors is Julie Strasser, wife of a former *Nike* executive. She portrays Knight unkindly, claiming his main motivation was to make money. In rebuttal, *Nike* notes that Strasser's husband now works for a competing shoe company.

Knight and *Nike's* success seems to stem from having been in the right place at the right time with the right idea, and associating themselves with the right people.

While working on the computer shoe in 1965, I visited Beaverton and saw a sign welcoming a basketball player being courted by *Nike*. A limousine soon appeared with that player.

I remember thinking, "Who's Michael Jordan?"

Alas, nobody considered marketing the computer shoe as Air Higdon. I missed my shot at millions. Perhaps it is enough to have my photo hung in the Deli next to Alan Page. □

Sutton Sets Two-Mile AR

by PETER TAYLOR

KUTZTOWN, PA, February 2 — World 800/1500 champion Jim Sutton set a new M60 2-mile indoor AR of 11:04.8 today to highlight the first running of the Rudolf Nilsen Two-Mile Run at Kutztown University. Rudi Nilsen, who passed away of cancer in October 1990, was a versatile member of the Philadelphia Masters, competing well in sprints and middle distance events in addition to winning the triple jump one year in the Eastern Indoors in his first try at the event. Rudi was a member of the Norwegian Resistance in World War II and a successful boxer as a young man.

In other events, James Easter, 36, stood out by running the three fastest sprints (55, 200, 400) of the day in 6.9, 24.3, and 55.4. Rob Jackson, Ed Cox, and Ed Matthews also sprinted well. Jackson had a nice 25.5/55.5 double in the M40 200/400; Cox ran 7.7 and 30.0 in M60 55/200; and Matthews (M70) ran 8.2, 30.1, and 1:10.9. Alex Johnson, 58, also distinguished himself, winning in 7.3 and 28.0.

Field event standouts included Scott

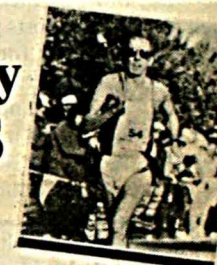


Marilyn Mitchell, winning the W45 100 (13.88), TAC National Masters T&F Championships, Naperville, Ill. She also won the 200 (27.92).
Photo by Jerry Wojcik

Thornsley, 39, who soared 5.93 meters in the long jump, and shotputters Ray Feick (M60, 12.52), Pay Carstensen (M60, 12.08), Ann Cirulnick (W55, 9.23), and Joan Stratton (W40, 10.91).

The meet, which was conducted by the Philadelphia Masters Track Association, featured competitors from six states. □

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

— I wish I had read the book ten years ago. (I 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

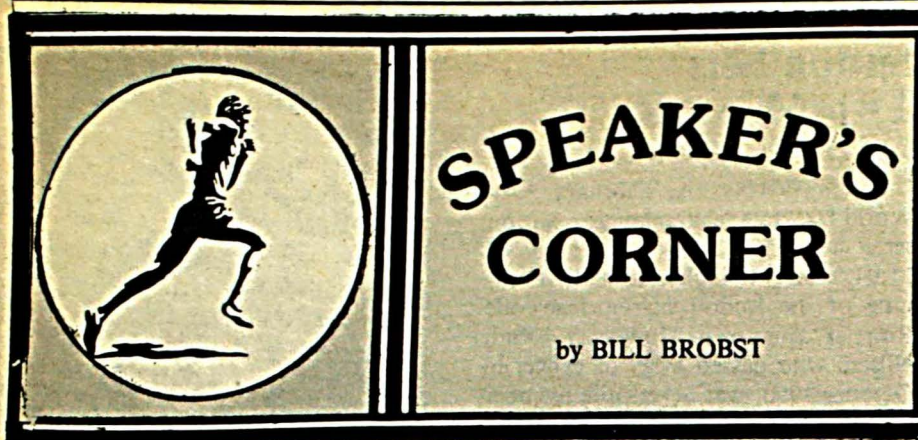
Yes! I want to order _____ copies of Hal Higdon's new work, **THE MASTERS RUNNING GUIDE**. Please send to:

Name _____

Address _____

City _____ State _____ Zip _____

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



How Come We Don't Get No Respect?

We bring it on ourselves. We expect the world to beat a path to our door, but "the world" doesn't even know we're in the room. We expect the media to give good coverage to our masters track and field meets, but the sports desk editor either doesn't know about them or doesn't care. And why should he? Or she?

Maybe we tried once to get the local newspaper interested in one of our meets, but it didn't work, so we gave up. Maybe that's because we went at it on our terms, rather than the paper's.

Let me explain. It's a "given" that most newspaper sports reporters (and TV sportscasters, as well) think that the only sporting events worth reporting on have names ending in "-ball." Hockey is one of the few exceptions. Running, including track and field, get short shrift. Bicycling and swimming fare about as well.

Why? There are 20 million adult runners in the U.S., Most of them literate (at least enough to read the sports page). How many adult Americans play football or hockey? Something's out of perspective here.

Trackies, jumpers, and throwers would love to see some results in the paper and on the evening news, but it doesn't happen unless Carl Lewis is running in the World Games. Why not?

It's our own damn fault. We haven't sold the program. We haven't convinced the media that masters track and field is every bit as interesting as a page full of hundreds of basketball scores of games between colleges that only one of ten readers has ever heard of.

The 1991 National Senior Olympics drew over 1500 track and field competitors, all over 55, and got national media coverage. The National Masters T&F Championships in Naperville drew half as many, and half of them over 55. And no coverage. Why not?

The headquarters of the NSO did a great job selling their Games. They stirred up some media interest. Most of all, they convinced the media that the readers and viewers would be interested, and then made it easy for the media to zoom in on the action.

How can we get coverage of our masters events? Same way. But it will take some leg work.

First, we're just not selling our assets. Who competes in our T&F meets? Former Olympians. World record holders. Phenomenal geriatric athletes. 80-year-olds who can run circles around most Americans half their age. 60-year-old women who can sprint 100 meters in less than 15 seconds; how many sports writers can do that?

All of that is worth selling to the media. But we have to sell it. Each meet director needs a public relations rep — someone to meet with the sports editor of the local big newspaper and one of the network TV stations. Tell them who's coming to the meet. Build up the image of credibility and interest. Put some color in it.

Ask the sports editor or reporters what you can do to get more coverage. Establish a good talking relationship with the press. Get some publicity out ahead of time, and

SPEAKER'S CORNER

by BILL BROBST

invite the public. Write up a press release. Tell them all the famous (or ex-famous) athletes who will run, jump, and throw. Give a phone number and a name to call. Make sure your meet gets listed in the "community calendar" in the local paper.

Invite the local 5K runners to try their hand at the 1500 or the mile, the 3000, or the track 5K. (It's a great place to set a PR because of the ease of precise pacing.) Get your meet listed in the running club's newsletter.

Ask one or more of the local sporting goods stores to set up a booth to sell their wares — shoes, running outfits, T-shirts, socks, sunglasses, whatever. Advertise the events with flyers in the stores. Invite a local masseur/masseuse to set up shop and sell massages.

If necessary, plead with the sports editor to give you some advance publicity, even if just a squib notice, and don't give up if at first you don't succeed. Write up a brief but catchy results notice for a meet, and it'll be easier to get advance notice of the next one.

Even if nobody from the media shows up, have someone else take some pictures, and go to the paper the next day with some condensed results and photos, showing highlights and special interest features. Ask the sports editors what kind of photos they prefer — size, color or B&W, real action or posed.

If no TV people show up, take some home video finish line footage. Take it to the sports editor of the TV station and ask for some coverage on the evening news.

Invite the reporters to the meet and make a fuss over them. Introduce them to some of the champions and also to some of the more interesting non-elite older athletes.

Age sells here. Provide results to the reporters right away; don't make them copy it off the wall. Explain to them what's going on. Tell them which results are exceptional.

If there's a meet record, or (heavens) a national or world record, highlight it. Tell them what pictures to take — finish line photos of sprinters, in-the-air photos of long jumpers, the final thrust of the shot or javelin. These make great human interest "grabbers."

Records are worthy of national coverage. This means writing up a short squib to give to the local media to forward on to the AP sportswire service. It also means convincing the local editor of its importance and newsworthiness.

Try to get your sports editor to work up a short feature article on these older athletes. With the increasing national emphasis on fitness for older Americans, there's a large population out there who is interested in this sort of thing, especially when it involves late-onset athletes who didn't get into this action until their 50s or later.

Publicity begets publicity. If one TV station covers it, next time the others will be more interested.

One spin-off of all this is more community support for our events. Publicity will give your meets much more credibility when you go into the community for volunteer support and donations. Another side benefit is increased registrations — more people involved and competing in the sport is good for all of us.

Yeah, it's more work for the overburdened meet director. But it'll pay off in spades. Finding a volunteer PR rep for your club is the first step. □

Gloria Brown Sets W60 AR

McMullen, Blaszak Tops in Hartshorne Mile

by DIANE SHERRER

ITHACA, N.Y., January 25 — Charlie McMullen, 40, a school teacher from Rochester, N.Y., turned in a fleet 4:22.9 to claim the men's masters mile in the 25th annual running of the Hartshorne Mile. Two-time Olympic trials marathoner Dave Patterson, 40, placed second in 4:31.1, closely followed by New Jersey's Harry Nolan, 44, with a 4:31.7.

M45 winner was Connecticut's Al Swenson (4:26.0), with Dennis Featherstone of Ontario, Canada, taking the M50s in 4:53.5. John Garrity paced the M60s with a 6:03.3.

Record Day at Dartmouth

by JERRY WOJCIK

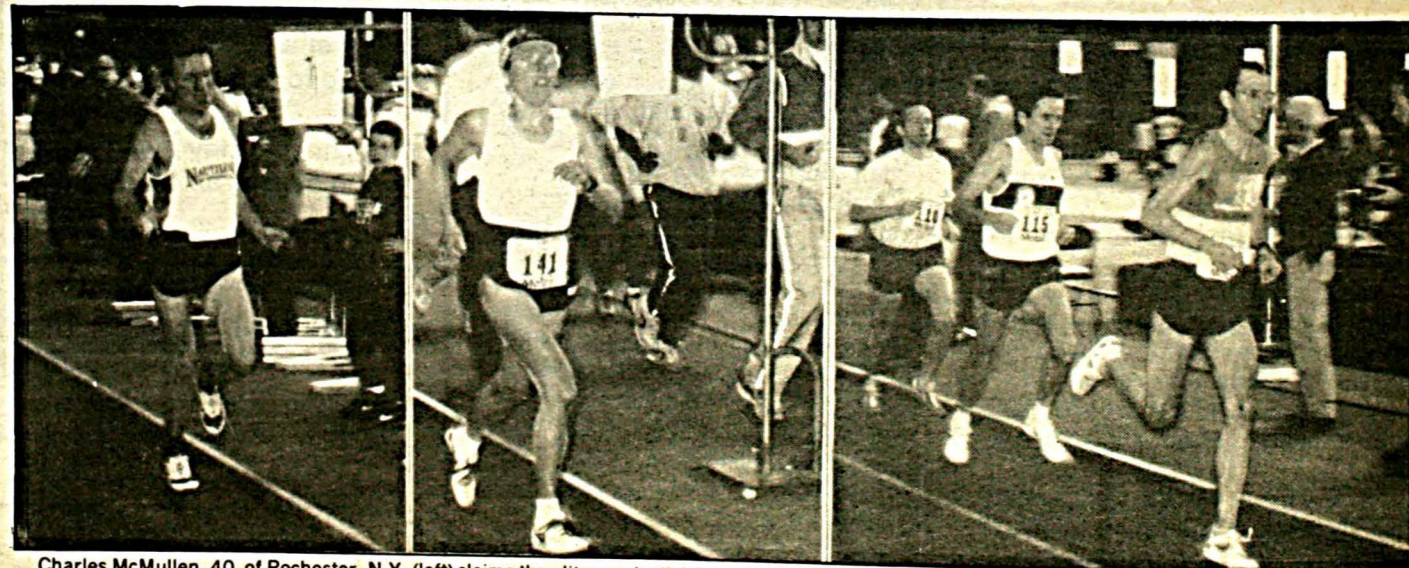
Masters competitors opened the major indoor season with a flurry of records in the Dartmouth Relays in Hanover, N.H., on January 10.

Pat Peterson, running for the Syracuse Chargers, broke the W65-69 world records in the 200 with a 35.8 (old record 36.1, Mary Wixey, of Great Britain, March 1986) and the 400 with an 87.6 (old record 96.0y, Marie Stafford, U.S., February 1989). Peterson also established a U.S. record of 13.87 for the 55mH.

Carolyn Cappetta of the Liberty AC changed the W55-59 400 world record to 67.6 (old record 75.61, Betty Vosburgh, Atlanta, Ga., March 1991) and the U.S. world record in the 200 with a 31.8 (old record 32.97, Vosburgh, March 1991).

In the 800, Barbara Pike, also of the Liberty club, smashed the W50-54 U.S. record with a 2:40.5 (old record 2:44.40, Sandra Knott, Cleveland, Ohio, March 1990).

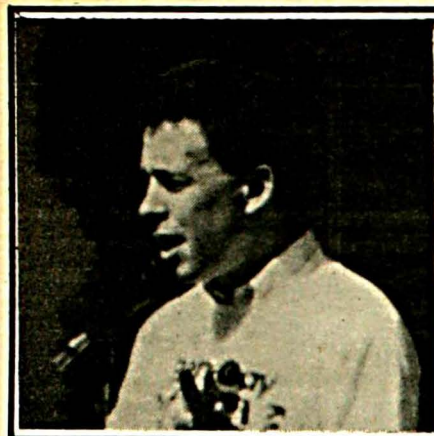
Meet director and Dartmouth head track and field coach, Carl Wallin conserved enough strength to break the U.S. M50-54 shot record with a 51-10 (old record 48-4 3/4, Stewart Thomson, California, February 1986). □



Charles McMullen, 40, of Rochester, N.Y. (left) claims the elite men's division mile title in 4:22.9, while Barbara Blaszak, 41, of Syracuse, N.Y. (middle) captures the women's masters mile with a 5:44.0. At far right, Derck Frechette, 47, of Rochester, posted a 4:50.5 to outdistance Dennis Featherstone, 51, of Ottawa, Canada (4:53.5) and Caleb Rossiter, 40, of Washington, D.C., (4:55.5) in the men's Sections I and II combined heats.

Photos by Gerhard Schmidt

The
su
o
ing 23
Mitsub
mouse
strong,
Look f
to chall
Five
pions r
pions
bothan
were N
Sparks
(W55-59)
Bill Fo
third co
Gray
Romessa
the circu
company
distribute
\$2500 w
bothan
Champion
It seen
Rodgers
Frank an
the circu
officials
within th
ville, Al
of the f
Discussio
number o
the Natio
to Orlan
tional H
Rookie C
While
ty of Mi
both vie
Year" h
yet anoth
Leading
two spor
Coghlin
Larrieu-S
Netherlan
40, Febr
marathon
Michigan
On Fe
Levisse, a
champion
within th
say that
masters r
legendary
Rono tur
After an
Pennsylv
on June 2



The Director's Corner

by DEAN REINKE

Sorbothane/ USRA Masters Circuit

The fourth edition of the Sorbothane/USRA Masters Circuit established its second world record in the 4-year history of the event. Newly-turned 40-year-old Nick Rose blasted Domingo Tibaduiza's 10-month-old 8K record, running 23:31 over a hilly 8K course in Orlando, Florida as part of the Mitsubishi/Coca-Cola Running Festival. Mexico's Manuel Vera played cat and mouse with the former Olympian until just before the 4-mile mark. Rose was so strong, he stopped short of the finish line, so as "not to lower the record too far." Look for John Campbell to turn into a footnote in the history book as Rose plans to challenge records at every distance in 1992.

Five of the twelve age division champions repeated as Grand Prix Champions on the 25-city Sorbothane/USRA Masters Circuit. They were Nancy Grayson (W40-44), Ken Sparks (M44-49), Wen Shi Yu (W55-59), John Hosner (M65-69), and Bill Fortune (M60-64), winning his third consecutive circuit crown.

Grayson, along with Gary Romesser, who finished in 4th, won the circuit grand prix titles and the accompanying \$1500 prize. \$7500 was distributed in Grand Prix money while \$2500 was passed out at the Sorbothane/USRA Circuit National Championship.

It seems like only yesterday that Bill Rodgers and Frank Shorter turned 40. Frank and Bill will turn 45 this year as the circuit enters its 5th season. Circuit officials plan to announce the schedule within the next 60 days, with the Huntsville, Ala., Cotton Row Run to be one of the first events of the '92 tour. Discussions are being held with a number of sponsors and it appears that the National Championship will return to Orlando, home of the USRA National Headquarters.

Rookie Class
While Gary Romesser and University of Missouri grad Charlie McMullen both vied for "Master Circuit of the Year" honors, 1992 looks to provide yet another interesting crop of rookies. Leading the 1992 turning-40 list are two sports legends, Ireland's Eamonn Coghlin and 5-time Olympian Francie Larriue-Smith (November 23). The Netherlands' Carla Beurskens turned 40, February 10, while this month marathon specialist Doug Kurtis of Michigan joins the ranks.

On February 21, France's Pierre Levisse, a 4-time French cross-country champion turns 40. He has run a 2:18 within the last 2 years. TAC officials say that Joseph Nzau will join the masters ranks on April 14 while the legendary, but beleaguered, Henry Rono turns 40 on December 12th. After an injury-plagued year in 1991, Pennsylvania's Norm Green turns 60 on June 27.

As we conclude our 1991 season, I want to pay a special thanks to our 1991 Sorbothane/USRA Masters Circuit sponsors. Sorbothane's Mike Silvestro, who has been a terrific sponsor for 3 seasons, was so inspired that this past fall he ran his first marathon in Columbus, Ohio. Brian Maxwell and Phil Bellin at Powerbar are also to be saluted for their support of the Circuit and the Powerbar Men's Division. The same goes to Frank Gelman, representing Lily of France who sponsored the Lily of France Women's Division. We also wish to give a special thanks to our good friends at National Masters News for their generous support of the circuit and the sport in general. As we look forward to our 5th season, we appreciate your input and comments as we move to 1992. We also welcome circuit membership inquiries from events for the 1992/early 1993 calendar. □



Sue Fay King, St. Louis, Mo., winning the W55-59 800 (3:20), St. Louis Senior Olympics. Photo by Hank Kiesel

Rose Sets 8K World Best at USRA Finals Continued from page 1

of record time and decided he didn't want to put the record so far out of sight that he would have difficulty challenging it again! His slowing finish, thus, provided a scene reminiscent of the classic British motion picture, *The Loneliness of the Long Distance Runner*. In that film, based on an Alan Sillitoe short story, the protagonist stops just before crossing the line in a cross-country race to demonstrate to the cheering and jeering crowd that he runs for himself, not for others.

Regardless of motivation, times by Rose and others certified the Orlando course as fast despite complaints by some runners that race and circuit organizer Dean Reinke had picked "the only hill in Florida" for his event. The USRA Circuit final wound through a development on the western edge of Orlando known as MetroWest Village, elevation 155 feet.

That altitude is hardly high compared to Boulder, Colo., where Welch and Sorbothane spokesman Frank Shorter (7th in 26:22) live, but it was higher than the previous USRA finals sea-level course in Naples, Fla. The Orlando race featured a steady ascent in the first mile, repeated twice at the end of the third mile on the two-lap course.

"To succeed on this course, you'd need to train in the Adirondacks," grumbled one local runner. Rose noted afterwards a difference of 20 seconds between his uphill and downhill splits; a runner who finished a half dozen minutes behind noted a 30-second difference.

Nevertheless, veteran road-racers often insist that rolling courses prove just as swift as flat courses, sometimes swifter, because the change of pace dictated by changes in elevation allow different muscles to be brought into play. Certainly, the proof lies in the perfor-

mance. Sunny, cool weather in the 60s with just a trace of wind also helped runners seeking personal records.

In addition to Rose's fine run, other outstanding performances included age-group wins by Mike Heffernan (M50, 26:36); Ken Sparks (M45, 26:42); and Barbara Filutze (W45, 29:22).

Competition was tight in several divisions, aided by the USRA practice of having competitors wear age-identifying numbers on their backs, which allows mid-pack runners to more easily locate their age-group competition. Orlando's Jim Blount won the M60 title in 30:39, then turned around in the chute and saw three runners in his division finish within 8 seconds of each other.

At a Saturday night banquet, Dean Reinke provided cash awards to winners in the year-long USRA Circuit. Reportedly, \$75,000 in prize money was awarded to masters runners at circuit races throughout the year.

Along with overall Circuit sponsor Sorbothane, MetroWest Village (where the race took place) was one of the sponsors included the Orlando event. Other sponsors included: Mitsubishi Motors, Coca-Cola, Food Lion, and Outback Steakhouse. At a post-race raffle, a Mitsubishi Expo LRV and two round trip tickets on American Airlines to London were given away to lucky winners.

Following the day's activities, one M60 runner from the Midwest announced that he was going to Disney World even if he did get beat.

With the recession tightening the budgets of sponsors throughout running, Reinke has not yet announced plans for the 1992 USRA Circuit, nor identified which races will be Circuit events. He hopes to begin with a race in late spring and the finals again for Orlando in mid-winter. □

SORBOTHANE/USRA MASTERS CIRCUIT FINAL GRAND PRIX STANDINGS

POWERBAR MEN'S DIVISION

40-44		
1.	Gary Romesser, IN	\$1500
2.	Kaare Osnes, Norway	750
3.	Wilson Waigua, Kenya	500
4.	Ken Sparks, OH	250
5.	Earl Owens, GA	100

45-49		
1.	Ken Sparks, OH	\$100

50-54		
1.	Mike Heffernan, OR	\$100

55-59		
1.	Dick Ruzicka, FL	\$100

60-64		
1.	Bill Fortune, NY	\$100

65-69		
1.	J. Hosner, VA	\$100

70 & OVER		
1.	Bill Tribou, CT	\$100

LILY OF FRANCE WOMEN'S DIVISION

40-44		
1.	Nancy Grayson	\$1500
2.	Nancy Hieszcza, SC	750
3.	Barb Filutze, PA	500
4.	Claudia Ciaverella	250
5.	Jane Hutchison	100

45-49		
1.	Barb Filutze, PA	\$100


50-54		
1.	Judy Kirchoffer, WI	\$100

55-59		
1.	Wen Shi Yu, NY	\$100

60-64		
1.	Toshi D'Elia, NY	\$100

65-69		
1.	Margaret Hagerty, NC	\$100

70 & OVER		
1.	Jaclyn Caselli, CA	\$100



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Corns

Q. I'm a 52-year-old runner with corns on my small toes. I've had them for several years and they are very painful when I wear shoes. To relieve some of the pain, I usually just trim them down, but lately even this doesn't seem to help. Is there anything else I can do?

A. Corns are thickenings of the stratum corneum of the skin, and are usually caused by increased pressure to the area. They often form on non-weight-bearing sections of the foot such as the small toes. Often, they have a small core that can be quite painful when pressure is applied. These are called hard corns.

Soft corns, on the other hand, are found between the toes and are often flat, white and macerated due to the perspiration and heat in the area.

Most medical research indicates that corns are congenital. Other factors such as high arches, pronated rearfoot and hammertoes often exacerbate the problem.

Obviously, ill-fitting or tight shoes aggravate corns and cause them to become painful. There should be at least 1/4" between the longest toe and the end of the shoe. Soft padding may be placed around the corn to reduce

pressure over the corn itself. Soft corns should be padded so that the toes will not press together.

Soaking the feet and using a pumice stone to remove some of the hardened skin may be helpful. For the persistent corns that you describe, I'd recommend seeing a foot specialist and having the corns x-rayed to determine if they are caused by underlying bony spurs.

If they are, a minor surgical procedure done under local anesthesia may solve your problem. □



Meet Director John White (1) and TAC officials Jim Grey and Fred Thomas (r) handle the packet pick-up for the National Masters 5K Cross-country Championships, Columbus, Ohio, November 1991. White and the Wolfpack TC will host the National Masters 50 Mile Championships on March 29.

Photo by Hank Kiesel

One Team For Former USSR, Says Bragina

by MIKE TYMN

"All republic will be one team at Barcelona," said Lyudmila Bragina, a gold medalist at 1500 meters in the 1972 Munich Olympics. "This I know exactly."

Bragina was in Honolulu during late December as coach for the Russian team in the Young Women's (high-school) Ekiden, a 30-kilometer relay race involving teams from 13 countries. Her team finished 15th and last among the international teams (Japan and the U.S. each fielded two teams).

Although her team did not fare well in Honolulu, Bragina does not expect the political turmoil in her country to significantly affect performances by "Commonwealth" athletes participating in Barcelona.

"I think the support by the government is the same," she explained. "They train the same now as before."

Bragina set a world record of 4:06.9 for 1500 at the Russian Championships in 1972, then improved that three times in five days at Munich — to 4:06.5 in the heats; 4:05.1 in the semi-finals; and 4:01.4 in the final. In 1976, she concentrated on the 3000 meter and set a world record of 8:27.12 in the USA-USSR meet.

Bragina, 48, said she still runs three to five kilometers a day. She finished



Lyudmila Bragina

9th in the 1500 at the World Veteran Championships last year. "I have no ambition to run for first or second," she said. "I only want to take part in the competition. I run only for my health. That is all I run for."

Asked what she could run 1500 in now, Bragina laughed and said, "Fifty-three, but it would be very hard for me."

Lucy Brobst Sets World Pole Vault Record

Lucy Anne Brobst of Kitty Hawk, N.C. became the oldest woman to ever pole vault competitively when she vaulted to a world W55 record of 1.56 meters (5-1) at the Midwest Indoor Masters Classic on February 16 in Cincinnati.

The 58-year-old broke the existing W55 mark of 1.40, set by Ireland's Dorothy McLennan at the WAVA World Veterans Championships last summer in Turku, Finland.

The previous day, Brobst won the

W55 national TAC pentathlon championship in Indianapolis.

Brobst, who never vaulted until a few months ago, is being coached in the event by Atlanta's Phil Mulkey, a 1960 Olympic pole vaulter and frequent masters M55 multi-event champion.

"Her progress is amazing," Mulkey said, "but it just goes to show what women can do in the vault, even when they've never tried it before."


196 Participate in Lake Erie TAC Meet

by LAWRENCE E. FINLEY

Over 100 masters athletes were among the 196 participants at the tenth annual Lake Erie TAC Indoor track

and field meet held on January 11th. The meet, held at Maple Heights High School (about 20 minutes from downtown Cleveland, Ohio), is one of three meets sponsored by the Over The Hill Track Club each year. Among the many outstanding performers were Rex J. Harvey and Bernice Holland. In addition to winning the men's 45-49 age group 45 yard dash and 45 yard hurdles (5.47 and 6.54), Harvey won the high jump (5'4") and the pole vault (11' 2"). Holland won the women's 45 yard dash (8.09), the 25 pound weight throw (24'5"), and the shot put (28' 8.75") for the women's 60-64 age group.

Two outdoor meets have been scheduled for April 25th (North Coast Relays) and June 20th (Cleveland Track Classic). Details concerning these meets will be in future National Masters News issues. □




PUREPOWER
Ranked best tasting bar by Triathlon Today
The Ultimate Energy Fuel!
** UltraRunning Special **
\$ 13.75 PER DOZEN
• We pay freight on 4 dozen or more.*

Take Your Choice!

ELITE HEALTH FOODS
10738 Jefferson Bl.
Culver City, CA 90230
(310) 559-9739
—In Calif.—
(800) 540-4941
—Outside Calif.—
(800) 722-8181

Free water bottle with any order.




POWERBAR
"Leader of the Pack"
Fuel for Optimum Performance!
** UltraRunning Special **
\$ 13.75 PER DOZEN
• We pay freight on 4 dozen or more.*

• Call for Mail Order Catalog of 10,000 Health & Vitamin Products, 20% to 30% Off Retail (Carbo Drinks, Bars, Vitamins, Health Aids, Weight Loss, Weight Gain, etc.).
• We carry all national brands. * Free shipping on U.S. orders only.

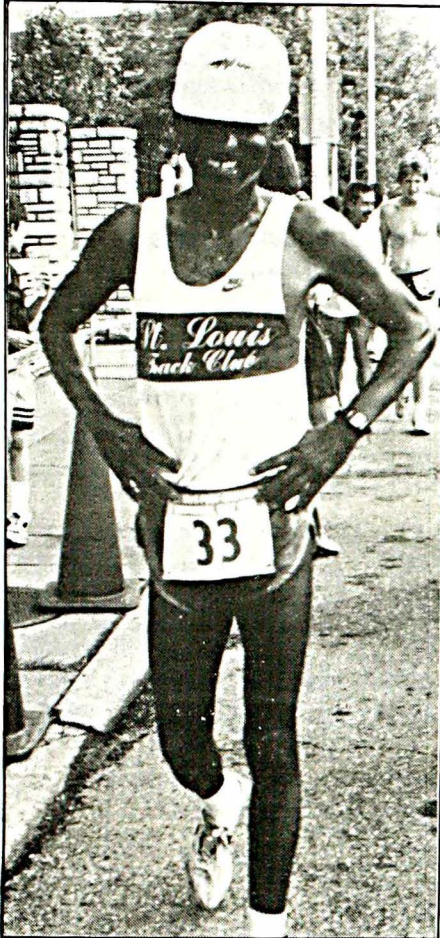
Official Energy Bar and Drink of the Leadville Trail 100 Mile

No gain.No pain.

Maintaining a moderate weight may reduce your risk of heart attack.



American Heart Association



Leon Fennell, 58, Bridgeton, Mo., winner of the 5000 (18:10) and 10,000 (37:38), St. Louis Senior Olympics. Photo by Hank Kiesel

DEADLINE

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

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2373, Van Nuys, CA 91404.

SPORT QUILTS: Personalized quilts made from your favorite T-Shirts. For brochure, send SASE to Anne Tiffanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

THE WELLNESS ENCYCLOPEDIA: THE COMPREHENSIVE RESOURCE TO SAFEGUARDING HEALTH AND PREVENTING ILLNESS. A single volume reference of preventive medicine in non-technical language by the Editors of the University of California Berkeley "Wellness Letter." Available from **BOOKS FOR RUNNERS**. \$29.95 (incl. ship.) The CAVU Company, 330 E. Enos Drive, Ste. 188-NM, Santa Maria, CA 93454. 805-928-6216.

THE DENISE TYLER MEMORIAL ONE MILE RUN — Coming in April 1992 to Washington, D.C. For information contact Inv. Sandy J. Austin (202) 727-1698, Off. Linda Miles (202) 727-4629.

PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all race-walking event, age 40 and up, as of Oct 1, 1990. 48 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00 CLOSEOUT \$2.00	\$ _____
_____	Masters Track & Field Rankings Men's and women's 1990 U.S. outdoor track & field, 5-year age-group rankings. 60 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00	\$ _____
_____	Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of July 1, 1990. \$5.95.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of May, 1991. 4 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Competition Rules for Athletics (1991) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
_____	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1992 Published by Road Race Management the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$46.00.	\$ _____
_____	TAC/USA Patches. Embroidered, 4" x 3". \$2.50	\$ _____
_____	U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50	\$ _____
_____	U.S. Track and Field Team Lapel Pins. Cloisstone enamel, 1 1/2" x 5/8" bar pin with safety catch. \$5.00.	\$ _____
_____	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthsplan. \$9.95.	\$ _____
_____	Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.	\$ _____
_____	Running Research News 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. "Simply the indispensable running newsletter." — Amby Burfoot. \$16.00 per year.	\$ _____
_____	Back Issues of National Masters News Issues: _____, _____, _____ \$2.25.	\$ _____
	Postage and handling	\$ 1.25
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____



Send to: National Masters News Order Dept.
 P.O. Box 2372
 Van Nuys, CA 91404

Name _____
 Address _____
 City _____ State _____ Zip _____

Continued from previous page

One Mile			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 4:59.28	Carol Urish-McLatchie(HOUSTON)	35	3-28-87
W40 5:12.4	Barbara Pike(CONCORD, MA)	40	3-14-82
W45 5:25.4	Marilyn Harbin(MARTINEZ, CA)	46	3-2-84
W50 5:40.1	Mila Kanla(WARWICK, NY)	51	3-20-83
W55 5:51.0	Margaret Miller(THOUSAND OAKS)	55	2-22-81
W60 7:47.6	Jean Price(US)	61	3-27-82
W65 7:35.0	Marie Stafford(COTTAGE GROVE)	68	1-30-88
W70 7:29.22	Pearl Mehl(BOULDER, CO)	73	3-28-87

3000 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 10:24.13y	Carol Urish-McLatchie(HOUSTON)	35	3-29-87
W40 10:19.8	Barbara Filutze(Erie, PA)	43	2-11-90
W45 11:22.8	Linda Upton(CHESTNUT HILL, MA)	45	1-15-89
W50 11:41.86	Sandra Knott(CLEVELAND, OH)	52	3-25-90
W55 12:23.13	Wava Mosbrucker(Green Bay, WI)	55	3-24-91
W60 12:57.2	Ruth Droegge(US-TORONTO)	60	3-11-89
W65 16:18.04	Queenie Thompson(NEW YORK, NY)	67	3-24-91
W70 15:15.10	Ellen McCoy(St. Paul, MN)	70	3-24-91
W75 15:53.5	Pearl Mehl(BOULDER, CO)	75	4-2-89

Two Miles			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 10:24.13	Carol Urish-McLatchie(HOUSTON)	35	3-29-87
W40 11:09.0	Barbara Pike(CONCORD, MA)	40	3-28-82
W45 12:44.0	Mary Czarapata(NEW BERLIN, WI)	46	1-9-82
W50 11:57.4	Mila Kanla(WARWICK, NY)	50	3-14-82
W55 13:06.0	Gladys Lehman(REEDLEY, CA)	58	2-22-81
W60 18:21.0	Ernestine Yeomans(CAN-CINCIN)	64	1-8-84
W65 16:37.2	Pearl Mehl(BOULDER, CO)	69	2-19-84
W70 15:30.0	Pearl Mehl(BOULDER, CO)	73	3-29-87

60 Meter Hurdles			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 10.08	Sherice Duchamp(ROMULUS, MI)	35	3-25-90
W40 9.60	Phil Raschker(ATLANTA, GA)	43	2-16-91
W45 11.06	Pamela Calvert(Manchester, MD)	45	3-24-91
W50 11.52	Christel Miller(GLENDALE, CA)	54	4-1-89
W55 11.47	Christel Miller(GLENDALE, CA)	55	3-25-90
W60 14.19	Shirley Kinsey(LA CRESCENTA, CA)	60	3-25-90

High Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 5-4	1.62 Skipper Clark(BROOKLYN, NY)	36	3-24-84
W40 5-0 3/4	1.54 Phil Raschker(ATLANTA, GA)	43	2-16-91
W45 4-4 1/2	1.33 Pamela Calvert(Manchester, MD)	45	3-24-91
W50 4-3	1.29 Beckie Sialley(Eugene, OR)	51	2-2-91
W55 4-1 1/4	1.25 Christel Miller(GLENDALE, CA)	55	3-25-90
W60 4-1 1/4	1.25 Leonore McDaniel(VIRGINIA)	63	3-24-91
W65 3-9	1.14 Mary Bowermaster(FAIRFIEL70)	67	3-30-85
W70 3-7	1.09 Mary Bowermaster(FAIRFIEL70)	70	3-19-88
W75 3-0	0.91 Vivian Nelson(HARRISBURG, PA)	75	3-5-88

Long Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 20-2 1/2	6.16 Willie White(US)	36	3-3-75
W40 18-5	5.61 Phil Raschker(ATLANTA, GA)	40	3-28-87
W45 14-8 1/2	4.48 Pamela Calvert(Manchester, MD)	45	3-23-91
W50 13-7	4.14 Christel Miller(GLENDALE, CA)	50	3-30-85
W55 12-3 3/4	3.75 Betty Vosburgh(ATLANTA, GA)	59	3-23-91
W60 11-7 3/4	3.55 Leonore McDaniel(VIRGINIA)	63	3-23-91
W65 11-1	3.38 Mary Bowermaster(FAIRFIEL66)	66	2-26-84
W70 10-10 1/4	3.31 Mary Bowermaster(FAIRFIEL70)	70	3-19-88
W75 7-6 1/4	2.29 Vivian Nelson(HARRISBURG, PA)	75	3-5-88

Triple Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 35-0 3/4	10.69 Phil Raschker(ATLANTA, GA)	37	-84
W40 35-4 1/2	10.78 Phil Raschker(ATLANTA, GA)	41	3-20-88
W45 30-9 3/4	9.39 Pamela Calvert(Manchester, MD)	45	3-24-91
W50 27-5 1/2	8.37 Christel Miller(GLENDALE, CA)	53	3-19-88
W55 26-2 1/4	7.98 Christel Miller(GLENDALE, CA)	55	3-24-90
W60 23-10 1/4	7.27 Leonore McDaniel(VIRGINIA)	63	3-17-91
20-11 1/2	6.39 Jean Udell(MARCO ISLAND, FL)	63	3-31-89
W65 20-8	6.30 Josephine Sullivan(GREER, SC)	65	3-24-90
W70 17-10 1/4	5.44 Libby Hagemann(MARION, MA)	70	3-17-91

Shot Put (35-49: 4Kg; 50+: 3Kg)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 40-6 1/4	12.35 Joan Stratton(S. LAKE TAJ37)	40	4-2-89
W40 38-10 1/2	11.85 Joanne Grissom(INDIANAPOL41)	41	1-25-80
W45 32-11 3/4	10.05 Vanessa Hilliard(ST. PETE49)	49	3-24-91
W50 41-6 1/2	12.66 Joanne Grissom(INDIANAPOL51)	51	3-25-90
W55 32-4 1/4	9.86 Bernice Holland(CLEVELAND58)	58	2-22-86
W60 33-1 1/4	10.09 Bernice Holland(CLEVELAND63)	63	3-25-90
W65 p22-2 1/4	6.76 Libby Hagemann(MARION, MA)	69	3-17-90
W70 25-5 1/2	7.76 Mary Bowermaster(FAIRFIEL71)	71	4-2-89



NOW AVAILABLE

1990 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1990 U.S. 5-year track & field age-group rankings.
- 60 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays; racewalks (1500, mile, 3000, 5000).

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

NATIONAL MASTERS NEWS
P.O. BOX 2372
Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____

FAX-A-SUB

A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 818-782-1135. We'll start your subscription immediately.

Please start my one-year subscription to the National Masters News. Bill me later for the \$22 subscription price.

Name _____
Address _____
City _____ State _____ Zip _____

Masters Age Records 1990

(1991 Edition)

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

- Men's and women's World and U.S. Age Bests for all track & field events, age 35 and up, as of Oct. 31, 1990.
- U.S. Age bests for Men & Women for racewalking events age-40 and up, as of Oct. 31, 1990.
- Men's U.S. Masters Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$2 plus \$1.00 postage and handling (\$5.00 foreign) to

NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____

Masters Age-Graded Tables

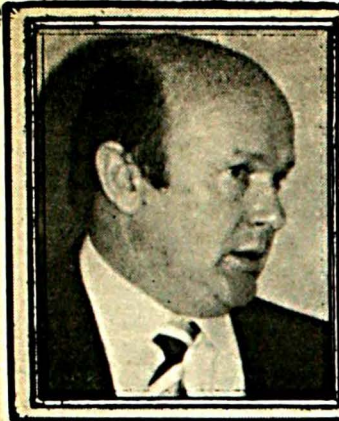
- Keep track of your progress over the years.
 - Compare performances of older and younger individuals in the same or different events.
 - Select the best performance in an event among all age groups.
 - Score multi-events.
 - See how much your performance should decline with age.
 - Chart your own performance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

NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____

CZZMN



International Scene

by CESARE BECCALLI,
President of WAVA

Update On WAVA And The IAAF

A very successful meeting was held with the IAAF at their headquarters in London. Present was Istvan Gyulai, the new IAAF General Secretary; Torsten Carlus, the WAVA Secretary; and Cesar Moreno, an IAAF Council member, who is the Chairman of the IAAF Veterans Committee, and also the IAAF representative on the WAVA Council.

Cesar Moreno is from Mexico. He has already proven to be a very good friend of WAVA. He indicated that he sought the position as the IAAF Representative to the WAVA Council because he feels that the Veterans are "pure" athletes. Much of the success of the recent meetings with the IAAF are due to his influence.

The IAAF will give a \$15,000 yearly subsidy to WAVA. This means that there will no longer be affiliation fees required to both WAVA and the WAVA Regional Councils.

Mark Horley will coordinate veterans affairs at the IAAF office. Bridget Cushen, the Women's Representative to the WAVA Council, has been invited to serve as the WAVA assistant to Mr. Horley.

A special budget for services to veteran athletes, with a limit of \$25,000 per year, has been established. Cesar Moreno and myself are authorized to present bills to the IAAF for projects of benefit to the Veterans program. Such expenditures would be in the nature of trips to London to coordinate WAVA/IAAF activities; ex-

penses for the translation, printing and distribution of the WAVA Handbook; increased participation of WAVA Continental or National delegates at our meetings; expenses for an extra WAVA Council meeting, if necessary; and, possible costs for simultaneous translations at WAVA meetings.

The IAAF will present WAVA as the official veterans body, recognized by the IAAF. Articles about WAVA and information about our program will be published, without cost to WAVA, by the IAAF and sent to all of the one hundred eighty IAAF affiliates, plus any WAVA affiliate not a member of the IAAF.

The next meeting of the IAAF Veterans Committee will take place in Jalapa, Mexico, at the North American Veterans Championships.

After the meeting in London, Cesar and I went to Rome and met with Dr. Nabiolo, the IAAF President. He promised his full support. He indicated that documents defining the IAAF/WAVA relationship will be prepared for approval by the WAVA Council at our meeting this May in



Finals of the M40 200 in Turku. From left: Germany's Peter Huber (6th, 23.83); New Jersey's Ken Brinker (1st, 23.35); Mexico's Roberto Gonzales (2nd, 23.35); Anatoli Bobrov (URS, 23.83); Vincenzo Felicitti (ITA, 7th, 24.00), Dominique Legangeuz (FR, 4th, 23.64). Photo by Bob Watanabe

Japan, and then presented to the IAAF Council for their approval. The terms of the documents will guarantee that WAVA will keep its identity and functional authority under the IAAF umbrella. All IAAF members will be invited to join WAVA.

All of the above is the culmination of eight years of negotiations with the IAAF. I thank all of those that have supported me in this effort and thank all of the Veterans for their patience in these protracted negotiations. We will now have increased funding to expand and improve our program, increased publicity, a central office and increased membership.

The original Championship dates selected for Japan were the end of August to early September. The Japanese requested that the dates be changed to the first two weeks in October. Their request was based on adverse weather conditions in August, with typhoons being a real possibility and the fact that they will have to construct a new secondary track, which they would have difficulty in completing by August 1993.

Since the WAVA Assembly voted to have the event in Japan in August, it was felt that the WAVA Council would not have the authority to change the



New York's Patricia Peterson (left), successfully battling cancer, won two silver medals in the W65 hurdles in Turku. Her friend is Sweden's Gunnel Lundqvist, who ran the 800, 1500 and Cross-Country.

date on its own. Accordingly, all of the WAVA affiliates were contacted and asked for their recommendations. The Council is evaluating their replies. All affiliates will be advised within a month as to the final decision. □

PRESIDENT:

Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy

EXECUTIVE

VICE PRESIDENT:

Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
USA

VICE-PRESIDENT

(Stadia):

Bill Taylor
17 Poplar Farm Close
Milton-under-Wychwood
Oxford, OX7-6LX
Great Britain

VICE PRESIDENT

(Non-Stadia):

Jacques Serruys
Postbox 7
B8000, Brugge, Belgium

SECRETARY:

Torsten Carlus
Smalandsgatan 25
S-25276 Helsingborg, Sweden



TREASURER:

Al Sheahan
P.O. Box 2372
Van Nuys, CA 91404
USA

PAST-PRESIDENT:

Don Farquharson
269 Ridgewood Road
West Hill, Ontario
M1C 2x3 Canada

WOMEN'S Delegate:

Bridget Cushen
156 Mitcham Road
West Croydon,
Surrey, England

IAAF Delegate:

Cesar Moreno Bravo
Cerro S. Andres 136-3
04200 Coyoacan DF-Mexican

**DELEGATE OF:
NORTH AMERICA**

Brian Oxley
66 Felicity Dr.
Scarborough, Ontario
M1H 1E3 Canada

SOUTH AMERICA

Jose Figueras
Juncal 1395
Floor 2 of 15
Montevideo Uruguay

ASIA:

Hari Chandra
#24-12 Block 44,
Marine Crescent. Singapore

EUROPE:

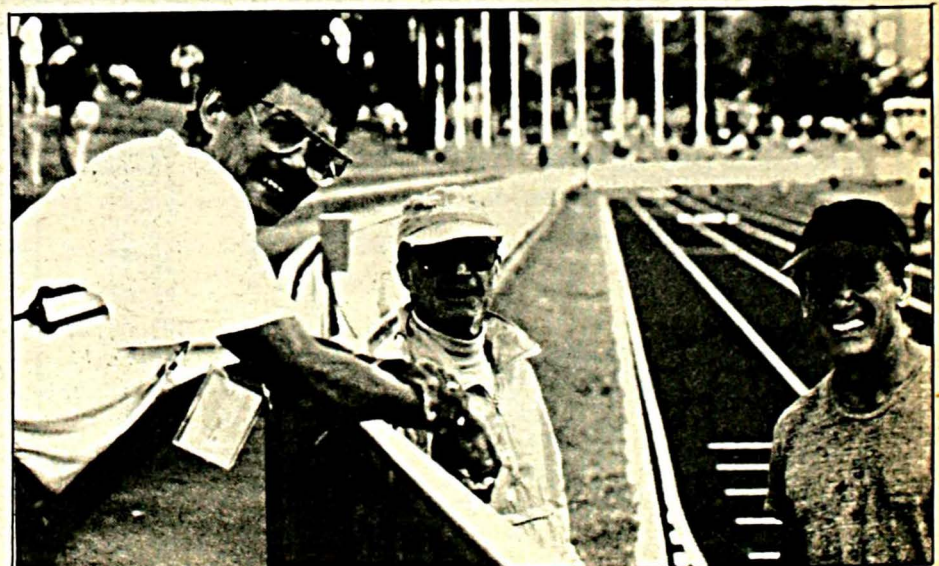
Hans Axmann
Eichendorffstrasse 2
D-800 ANSBACH
Federal Republic of Germany

OCEANIA:

Jim Blair
43 Emslie Road
Pinehaven, Upper Hutt
New Zealand

AFRICA:

Col. Pascal Mackonguy
BP 1222 Brazzaville
Rep Pop Du Congo



Sprinters Nick Newton (l), M55, John Poppell (c), and Hugo Hartenstein, M55, at the IX WAVA Championships, Turku, Finland. Photo by Terri Poppell



Report from Britain

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

Mike McLeod, 1984 Olympic 10,000 meter silver medalist, turned 40 January 25 and promptly posted the fastest veterans time in the Durham Cathedral Cross-country relays. McLeod's 16:52 over the 3.3 mile course was a minute faster than his closest competitor.

After the race, he confided that an injured foot had been giving him some pain — which makes his time even that more impressive. McLeod said he is thinking about entering masters races in the U.S., but "only if the prize money is good enough."

In other action, M40 Dave Throup topped all vets in the York Half-Marathon with a 69:31, and Barry Watson, 48, clocked an 83:44 in the Mitchan 25K. Anne Rhoden, 45, ran a

respectable 37:04 10K in Hyde Park, whilst Caroline Horne, 35, turned in a 57:39 over a hilly Canterbury 10 mile course. □

Editor's note: NMN correspondent Alastair Aitken has written a 284-page book titled More Than Winning. In 45 chapters, over 60 athletes, trainers and officials from throughout the world talk candidly about how they began, how they train, their finest and worst moments, and what keeps them in the athletics world. Sebastian Coe, Edwin Moses, Jim Ryun, John Walker, Lasse Viren, Kip Keino, Peter Elliot and many more are among the famous names Aitken interviews. For a copy, send 6.95 British pounds to Temple House Books, 25-6 High St., Lewes, East Sussex, BN7 2LU, England.

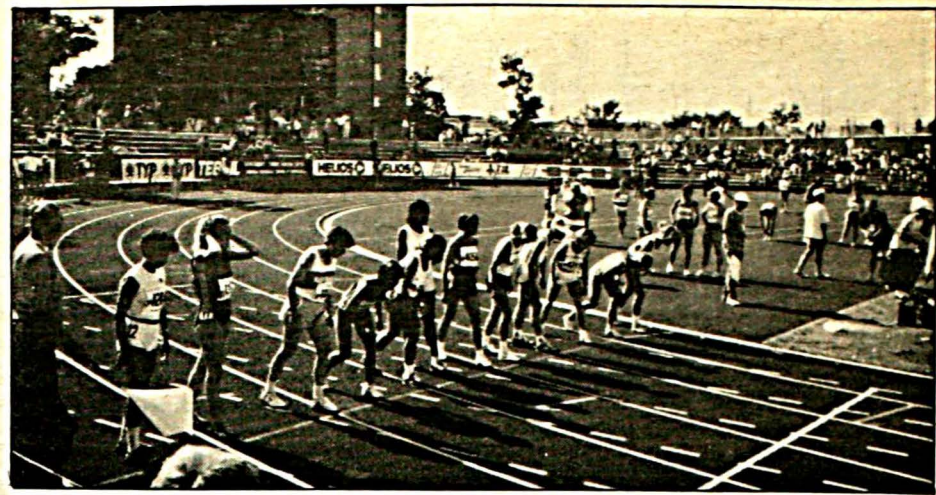
Rose, Welch Win in Gasparilla

Nick Rose, 40, of Great Britain, edged Manuel Vera, 40, of Mexico, 44:28 to 44:29, to capture masters honors and \$1000 in the annual Gasparilla 15K in Tampa, Fla., February 15. Rose was 23rd overall. Vera won \$500. Mexico's Rodolfo Gomez, 41, was third master

in 47:42.

Priscilla Welch, 47, of England and Colorado, won the female masters title and \$1000 in 53:45 (18th woman overall), beating out South Carolina's Nancy Grayson (54:08, \$500).

Complete results next month.



Start of W40 1500 at WAVA Championships in Turku last year.

1991 World Veterans' Championships, Turku Medal Table

Where more than one country achieved the same number of medals, the gold medals decides the order.

1	Germany	264	14	Belgium	22	27	Trinidad & Tobago	6
2	Finland	232	15	Austria	20	28	Hungary	6
3	United States	214	16	Japan	19	29	Brazil	4
4	Soviet Union	89	17	Spain	19	30	Namibia	4
5	Great Britain	77	18	Switzerland	19	31	Portugal	4
6	Australia	74	19	India	16	32	Yugoslavia	3
7	Sweden	73	20	Czechoslovakia	11	33	Guyana	2
8	Norway	41	21	Denmark	11	34	Chile	1
9	Holland	40	22	Mexico	10	35	Colombia	1
10	Canada	35	23	Ireland	9	36	Israel	1
11	Italy	30	24	Poland	9	37	Israel	1
12	France	30	25	Greece	7	38	Taiwan	1
13	New Zealand	26	26	Portugal	7	39	Turkey	1

There were 5066 competitors from 52 countries.
Compiled by Jose Waller

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAR. 1992

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LOLITIA BACHE (SAN DIEGO, CA)	3-19-42	50-54
ELVYN BLAIR (BERKELEY, CA)	3-18-37	55-59
BRENDA BLOOMFIELD (GREER, SC)	3-22-42	50-54
BARBARA CARLSON (ORINDA, CA)	3-18-32	60-64
AMY CASTLE (SILVERTON, OR)	3-20-17	75-79
CINDY DALRYMPLE (HONOLULU, HI)	3-5-42	50-54
ANNE DRAPER (TALLAHASSEE, FL)	3-29-42	50-54
LATANYA GLASS (LOS ANGELES, CA)	3-5-47	45-49
EVETTE HACKMAN (SEATTLE, WA)	3-16-42	50-54
FAYE HELDOORN (SAN DIEGO, CA)	3-22-37	55-59
JEAN IRWIN (EUGENE, OR)	3-20-32	60-64
BECKY SIMMIE-KESECKER (SANTA ROSA, CA)	3-21-52	40-44
HAZEL KLINE (US)	3-13-22	70-74
ARLENE NOVIELLO (EUGENE, OR)	3-16-27	65-69
NADINE O'CONNOR (TIBURON, CA)	3-5-42	50-54
JEANNETTE POWELL (SACRAMENTO, CA)	3-5-32	60-64
TRUDY RAPP (ALEXANDRIA, VA)	3-4-37	55-59
JOANITA REED (SAN ANTONIO, TX)	3-23-27	65-69
HELGA BRAATZ (WG)	3-25-32	60-64
ANNE FORD (GB)	3-30-52	40-44
EGLE T. FUCCIELLA (BUL)	3-18-37	55-59
PAULA FUDGE (GB)	3-30-52	40-44
LORNA IRVING (GB)	3-13-47	45-49
ZOYA IVANOVA (US)	3-14-52	40-44
WALTRAUD KRETSCHMER (WG)	3-5-12	80-84
MARLIS MAGLI (SUI)	3-31-52	40-44
KARIN MATTES (WG)	3-16-47	45-49
K. ROPER (WG)	3-23-42	50-54
MAXINE SANTICH (AUS)	3-13-52	40-44
ANNELI VIRKKALA (FIN)	3-13-47	45-49
ERNEST BILUPS (CHICAGO, IL)	3-29-37	55-59
BOB BOAL (WAKE FOREST, NC)	3-24-12	80-84
ALBERT BROSZ (CANADA)	3-31-7	85-89
TED CAIN (NOVATO, CA)	3-24-42	50-54
EMERY CURTICE (CALISTOGA, CA)	3-21-7	85-89
DOUGLAS DITMAR (SOLVANG, CA)	3-8-32	60-64
JIM DIXON (GB)	3-15-32	60-64
A. REDMOND DOMS (CULVER CITY, CA)	3-9-7	85-89
RON DRUMMOND (CAPISTRANO BEACH, CA)	3-30-7	85-89
PETER HALLOP (ANN ARBOR, MI)	3-22-47	45-49
TED HAYDON (CHICAGO, IL)	3-29-12	80-84
RALPH HIGGINS (PALOS VERDES, CA)	3-22-2	90-94
PAYTON JORDAN (LOS ALTOS, CA)	3-19-17	75-79
LEON JOSLIN (SEATTLE, WA)	3-27-12	80-84
BERNARD KAISER (NZ)	3-20-12	80-84
RICHARD KATUS (POL-LOS ANGELES, CA)	3-29-47	45-49
VERNON KENNEDY (MENDON, MO)	3-20-7	85-89
ADOLF KOCH (WG)	3-27-17	75-79
DAVID LEECH (NZ)	3-9-27	65-69
DAVID MATHER (AUS)	3-27-32	60-64
JIM MCCOWN (SAN DIEGO, CA)	3-5-22	70-74
RUDOLF MIKELSONS (CAN)	3-6-22	70-74
HUBERT MORGAN (PA)	3-20-22	70-74
RUDOLF NILSON (ARDMORE, PA)	3-27-12	80-84
HAROLD NOLAN (NAVESINK, NJ)	3-21-47	45-49
ED PHILLIPS (LOS ALTOS, CA)	3-1-32	60-64
MERTON PORTER (MARION, OH)	3-13-12	80-84
ED PRESTON (SAN FRANCISCO, CA)	3-6-17	75-79
RAY SEARS (SHELBYVILLE, IND)	3-11-7	85-89
DAVE SEGAL (HERMOSA BEACH, CA)	3-20-37	55-59
GEORGE SIMPSON (AUS)	3-25-7	85-89
MANFRED STOLLE (EG)	3-5-37	55-59
URS VON WARTBURG (SWI)	3-1-37	55-59
HANS WARWAS (CAN)	3-9-17	75-79
JIM WEED (AURORA, COLO)	3-27-37	55-59
RICHARD WIDENER (IRVING, TEX)	3-2-27	65-69

WAVA/TAC Hurdles and Implements Specifications

HURDLES					
WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
30-39	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59					
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
70 plus					
MEN					
30-39					
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
IMPLEMENTS					
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
30-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*	
50-59	6.00k	1.50k	6.00k	800 gms.*	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

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

MASTERS SCENE

EAST

- **Hugh Sweeny**, 47, ended with an eighth 27:04 of 1064m in the NYRRC Season Opener 8K, Central Park, January 5. **Bill Fortune**, 63, won the M60 contest easily in 30:50. **Ann Makoske**, 46, was top W40+ (33:40), with **Helene Bedrock**, 56, second in 34:40. Sweeny returned on the 11th to again capture masters honors with a 1:12:09 in the NYRRC Central Park 20K. **William Coyne**, 70, who had won (30:50) the M70 race in the previous week's 8K, ran a 1:37:18 to take his division again. **Ann Davies**, 45, had no competition in a W40+ first (1:24:18). Sweeny added another M40+ first with an 18:05 in the NYRRC Super Bowl Sunday 5K, January 26. Coyne and **Al Goldstein**, 70, staged the tightest division race, with Coyne winning by four seconds in 24:19. **Marilyn Greeley**, 48, was seventh of 446w, with a 21:43 on the snow-covered course.

- **Daniel Brach** (41, 33:44) and **Kathleen Horton** (43, 40:47) blew to masters firsts in the NYRRC North Wind 10K, January 19. The aptly named race was held in 14° with the wind at 12 mph, resulting in a wind chill of minus 2. **Alan Fairbrother**, 55, blasted to a division win in 39:47. **Vince Carnevale**, 75, chilled the M75+ entrants with a 49:46. **Toshiko d'Elia**, 62, iced the W60-69 first in 47:46.

- **Ben Beach** (42, 1:59:14), Bethesda, MD, was first overall in the DCRR Greenbelt 20 Miler, MD, December 28. In the companion 10 Miler, **Judy Bugyi**, 45, State College, PA, broke the W40+ course record with a 1:09:30. Racewalkers **Jim Lemert**, 59, Washington, DC, and **Sal Corrallo**, 60, Arlington, VA, both finished in 1:39:04.

SOUTHEAST

- Snowbirds flew to masters wins in the Orange Bowl 10K, Coconut Grove, FL, December 28, when **Ted Haiman**, 48, Rego Park, NY, the scourge of the M45 division in NYRRC events, won the M40+ title in 34:59, and **Judy Savitt**, 51, Woodbridge, CN, took the W40+ crown in 44:35. However, the top racewalkers were from the Sunshine State. **Linda Stein**, 44, Sunrise, FL, posted a 58:02, and **Pete Black**, 49, Miami, a 58:38.

- In Turku during the recent IX WAVA World Veterans Championships, **Bill Weinacht** met some Swiss athletes who told him of a village in their country named "Weinacht." Bill had to take a 5mph log train to reach the tiny hamlet (pop. 200) where he took photos to send back to all of his relatives.

- **Lucy Anne Brobst**, 58, of Kitty Hawk has been selected North Carolina Senior Woman Athlete of the Year by the North Carolina Amateur Sports Association. The award is given annually to the outstanding resident woman athlete over 55 years of age. Brobst is a three-time national 400 champion, and was a member of the USA's winning 4x400 relay team at the World Veterans Championships in Finland last summer. A former marathoner, she is now training for the heptathlon. This month, she will become the oldest woman ever to compete in the pole vault.

MIDWEST

- Attendees at the NCAA Indoor Championships, Indiana Hoosier Dome, March 13-14, are invited to visit the National T&F Hall of Fame Historical Research Library in the Irwin Library, Butler U., March 14, 9 a.m. to 5 p.m. The collection consists of more than 25,000 books, annuals, periodicals, team manuals, photographs, films, clippings, and other materials dealing with t&f. For more information: 800/368-6852, x9265.

SOUTH WEST

- In Dallas on January 11, **Francie Larrieu-Smith**, 39, warmed up for her fifth Olympic team contest with a 2nd overall 15:43 at the Snowman Shuffle 5K. In the U.S. Women's Olympic Marathon Trials in Houston on January 26, she made her fifth Olympic team with a third-place (2:30:39) finish.



Francie Larrieu-Smith
Photo Charlotte Observer

WEST

- **Fran Conley**, national W40 javelin champ several years ago, was one of 19 women honored by the Feminist Majority Foundation for fighting for equality. The Stanford U. Medical School neurosurgeon quit over alleged sexism and sexual harassment at the school. She then returned to help make it a better place for women.

- **John Keston**, 66, McMinnville, OR, was best age-factor performer overall with a 1:42:19/1:17:07AF in the Mission Bay 25K, San Diego, CA, November 14.

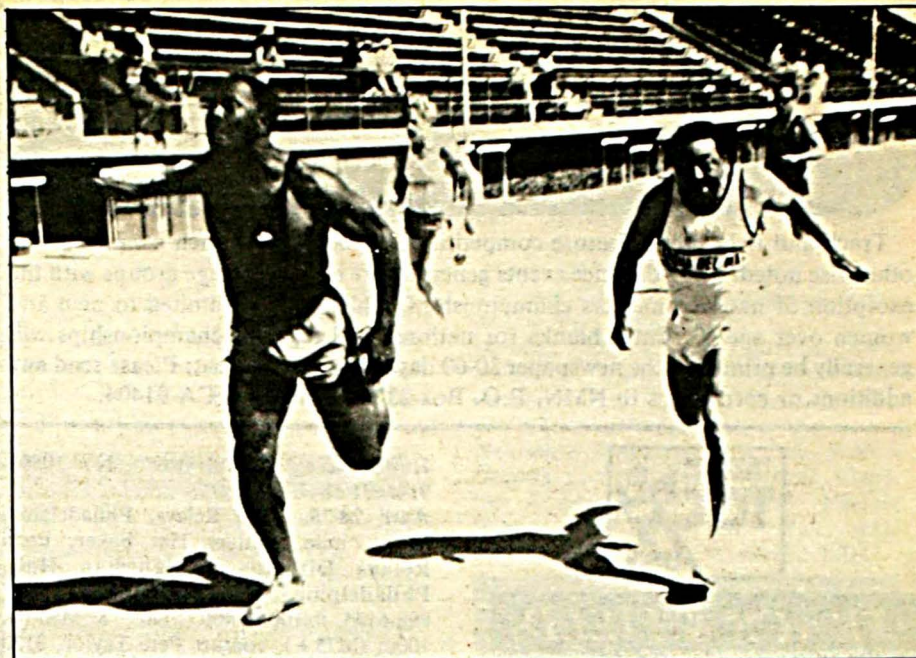
NORTHWEST

- **Leon Joslin**, weightman from Seattle, who turns 80 in March, broke five single-age records in '91 with the 2kg (22.15m), 1.5kg (23.93), and 1kg (33.36) discus, 4kg (9.48) shot, and 4kg (24.82) hammer.

- The 1992 Hayward Classic will also serve as the first ever Oregon Athletics Congress Masters Track & Field Championships. All participants except foreigners must be TAC members. A non-Oregon TAC athlete cannot displace an Oregon TAC athlete for Oregon TAC medal awards. Equivalent (Hayward Classic) medals will be given to individuals who are not Oregon TAC members.

INTERNATIONAL

- Veterans from throughout the world are invited to compete in the 17th South African Masters Athletics Championships on May 8-9 in Krugersdorp — not far from Johannesburg. The IOC has removed South Africa from its "banned" list and S.A. athletes will compete in the 1992 Olympics in Barcelona. The IAAF has not yet "readmitted" the South Africans, but is expected to do so shortly. On the 15th, another major masters meet will be held in Durban, on South Africa's beautiful east coast. **Hannes Booysen**, President of the South African Masters, will help arrange visitors with their travel plans. "Places of beauty include Cape Town, Kruger National Park, the game reserves of Zululand, and many other sites," Booysen said. For more details, contact Booysen at 5180, Delmenville 1403, Germiston, South Africa; phone 827-7590.



Walt Butler (11.74) defeats Kenny Dennis (11.86) in the M45 100m finals, TAC Western Regional Championships, Norwalk, Calif.
Photo by Jerry Wojcik

Conway Shatters World 50+ Mile Records Continued from page 3

masters mile was scheduled for 9:10, the open mile for 9:20.

"We asked (meet director) Al Franken to flip-flop the two races so we could show the open mile, Masback said, "but Al said no," Masback told NMN.

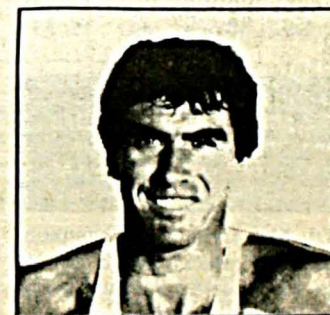
The masters mile began about 9:23 and ended at 9:28 before ESPN went to commercial.

"But we didn't want to take the

chance of having to leave the masters race with a lap to go, so we just focused on Bubka," Masback said.

In the open mile, won by Steve Scott in 3:58.34, Ken Popejoy, 41, of Wheaton, Ill., attempted to break Byron Dyce's official U.S. indoor masters mile record of 4:16.39, but fell short with a 4:16.8 Popejoy has a pending mark of 4:13.7, set a year ago in South Bend, Ind. □

A recent letter from Barry Brown, America's most respected Masters runner, to the Vice-President of STIM-O-STAM:



In brief, I began using Stim-O-Stam in 1968 at the High Altitude Olympic Training Camp in Lake Tahoe, California. It was recommended to me by Tommy Farrell (the eventual Bronze medalist in the 800 meters in Mexico City). I have used Stim-O-Stam ever since, and I honestly believe it has enabled me to remain competitive for the past 23 years. With the high mileage training that I do, it is essential to keep my body in balance and my legs feeling fresh. Stim-O-Stam and its related products have definitely made a difference in how I recover and feel during hard training. I'm hooked on it!

Sincerely,

Barry J. Brown

Barry J. Brown

(800) 562-7514

For free brochure and copy of "Understanding Phosphate Fuels"



schedule

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



TRACK & FIELD NATIONAL

April 3-5. U.S. TAC National Masters Indoor Championships, Ohio State U., Columbus. James Pearce, 2449 Southway Drive, Columbus, OH 43221.

June 19-28. U.S. Olympic Track & Field Trials, U.S. Olympic Training Center, Colorado Springs, CO 80904.

July 25-26. TAC/USA National Masters Decathlon/Heptathlon Championships, Drake U., Des Moines, Iowa. Rex Harvey, 2661 Euclid Heights Blvd., OH 44106. 216/932-9368.

August 13-16. 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/459-3644; Fax: 509/623-4128.

October 3. TAC/USA National Open and Masters 56# Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

March 1. N.J. Masters Indoor Championships, FDU, Hackensack. SASE to NJ Masters, Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649.

March 7. Philadelphia Masters Indoor Invitational, Haverford College. 4:00 pm. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

March 22. TAC East Regional Masters Indoor Championships, Cornell U., Ithaca, N.Y. (200m track). Haig Bohigian, 225

Hunter Ave., N. Tarrytown, NY 10591. 914/631-1547.

April 24-25. Penn Relays, Philadelphia. M40+ mile, contact Tim Baker, Penn Relays Director, Weightman Hall, Philadelphia, PA 19104-6322, 215/898-6145. 4x100/4x400 (M40+ & M50+), 100m (M75+), contact Pete Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144, 215/842-3807.

May 31. N.J. TAC Masters Championships, Monmouth College, Long Branch. Nancy Ammermuller, 508 13th Ave., Belmar, NJ 07719. 908/280-9050(h); 974-1151(w).

June 14. New York Masters Spring Meet, U.S. Merchant Marine Academy, Kings Point, Long Island. 10am-3pm. SASE to: Eric Weissbrot, 7 Drury Ln., Great Neck, Long Island, NY 11023.

June 28. Rhode Island Senior Olympics, Brown U., Providence. 40+. Dolores Casey Bergeron, Coordinator, 160 Pine St., Providence, RI 02903. 401/277-2819.

July 5. Garden State AC International Masters Championships, Randolph, N.J. M. Hahn, 19 Bedminster Rd., Randolph, NJ 07869, 201/625-1764(d); 361-3282, or Ken Brinker, 8 Covair Ct., Flanders, NJ 07836.

July 25-26. Buffalo Belles & Brawn International Meet, Kenmore, N.Y. 25th-W/26th-M. E. Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 716/877-8026.

September 6. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N., Arlington, VA 22207. 703/243-1290.

SOUTHEAST

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

March 7. Virginia State Indoor Masters Championships, Lexington, Va. SASE to John Tucker, c/o RARO, 300 Diamond St., Lexington, VA 24450. 703/463-9525.

April 4. Naples-On-The-Gulf Masters Meet, Collier H.S., Naples, Fla. Open to m & w over age 19. Florida Circuit Meet. Rudy Vlaardingerbroek, 10311 Windsor

Way, Naples, FL 33942. 813/597-6870.

April 18. Florida Circuit Meet - Palm Beach County. Open to m & w over age 19. SASE to Bob Fine, 3245 Lakeview Blvd., Delray Beach, FL 33445.

May 1-3. Southeastern Masters International Championships, North Carolina State U., Raleigh. Weight & regular pentathlon, 5K & 20K walks, 10K run. Ray Fulghum/Dale Smith, Box 5684, Raleigh, NC 27650. 919/831-6640 (9-5 EST).

May 9. Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fla. Florida Circuit Meet. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 16. Florida TAC Masters Championships, Orlando. Open to m & w over age 19. SASE to Bob Fine, 3245 Lakeview Blvd., Delray Beach, FL 33445.

May 23. Suncoast Meet, Clearwater, Fla. Florida Circuit Meet. Clearwater H.S. Ed Wells, Jr., 2315 Eastwood Dr., Clearwater, FL 34625. 813/799-0829.

May 29-30. Tennessee Masters Championships, U. of Tenn. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(h).

June 6. Atlanta TC Masters Meet, Emory U. John Curtin (Emory)/Julia Emmons (ATC), 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

June 13-14. 17th annual Northwest Classic, Miami-Dade Community College, N. Campus. Florida Circuit Meet. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

June 27. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(e).

July 11. Florida Circuit Meet, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full slate. Five-year age-group awards. SASE to Bob Fine, 3245 Lakeview Blvd., Delray Beach, FL 33445.

July 11. Nashville TC Open & Masters Meet, Vanderbilt U. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

March 7. Illinois TAC Indoor Masters Championships, Proviso West H.S., Hillside. 8:00am. 10-yr. groups. Northview TC, 4101 N. Albany, Chicago, IL 60618. 312/539-1644, (M & W eve. only — 6:00-8:00pm, Paul Masse).

March 14. TAC/USA Midwest Regional Indoor Masters T&F Championships, Camp Randall Fieldhouse, U. of Wisconsin, Madison. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

June 6. 9th Annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 13. Indy Senior Classic, Indiana U. -Purdue U., Indianapolis. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 20. Cleveland Track Classic, Wickliffe H.S. Jeff Glendon, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

August 1. Midwest Masters Championships, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

March 7. Decathlon Mid-West TC Indoor Pentathlon, Pittsburgh St. U., Pittsburgh, Kansas. Tom Thorne, 525 Oakridge Dr., Neosho, MO. 417/451-7417.

June 28. TAC Mid-America Regional Masters Championships, Nebraska Wesleyan U. Gary Bredehoff, 4037 N. 20th,

ON TAP FOR MARCH TRACK AND FIELD

TAC's East Regional Masters Indoor Championships goes to Cornell University, Ithaca, N.Y., on the 22nd.

The New Jersey Masters Indoor Championships are set for the 1st in Hackensack.

On the 7th, masters indoor meets are scheduled in Philadelphia; Hillside, Ill.; Lexington, Va.; Pittsburgh, Kansas; Lubbock, Texas; and Toronto, Canada.

Overseas, the New Zealand Outdoor Championships will be held in Christchurch on the 14th-15th.

LONG DISTANCE RUNNING

TAC National Masters Championships are the short and long of it, with the 8K under the guise of the Shamrock 8K in Virginia Beach, Va., on the 21st, and the 50-Mile under the aegis of the Wolfpack TC in Columbus, Ohio, on the 29th.

Florida hosts major races on the 7th, in the Jacksonville 15K, and on the 14th, the Carnival Miami 8K.

The 15th holds the St. Paddy's 10 Mile, New Jersey; St. Patrick's 10K, California; Austin Marathon, Texas; and the New Bedford Half-Marathon, Massachusetts.

The 50+ Fitness 8K takes place at Stanford, Calif., on the 22nd. On the 28th, Mobile, Ala. stages the Azalea Trail 10K.

The month closes with the Kansas City Ekiden Relay and the fast Carlsbad 5000 in California on the 29th.

RACEWALKING

The Florida Walkers 5K "March's out" on the 28th. □

Lincoln, NE 68521. 402/435-7061.

July 5. Minnesota Masters-Seniors EM'R T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63 1/2 Way NE, Fridley, MN 55423. 612/574-9661.

July 24-26. Show Me State Games, Rockbridge H.S., Columbia, Mo. Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043. 314/434-0851.

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. David Simmons, 1550 Baseline, Boulder, CO 80302. 303/443-4919.

September 20. Fall Classic Championships, Nebraska Wesleyan U. Gary Bredehoff, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 7. 3rd Annual Lubbock Christian U. Masters Indoor Meet, Lubbock, Texas. Walking, running events only. Steve Ireland, 3309 Gail St., Lubbock TX 79423. 806/792-6430.

April 5. Houston Senior Olympics, Butler

Continued on next page

1992 TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

Contact

TIME TO TRAVEL

N. 2000 Green MS 2064, Spokane, WA 99207
(509) 533-8898 FAX (509) 533-8836

For all your travel arrangements
(meals, housing, special airfares)

For event information calls are being directed to:

SPOKANE SPORTS UNLIMITED

3410 West Ft. George Wright Dr. MS 3070
Spokane, WA 99204
(509) 533-3644

Continued from previous page

Stadium. 55+. Terri Riha, Coordinator, 5601 S. Braeswood, Houston, TX 77096. 713/351-7250.

June 6. TAC Southwest Regional Masters Championships, SMU, Dallas, Texas. John L. Pritchett, 2206 So. Harwood St., Dallas, TX 75215. 214/298-2041.

July 5. Minnesota Masters-Seniors EM'R T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63 1/2 Way NE, Fridley, MN 55423. 612/574-9661.

July 25. Texas Masters Championships, U. of Texas-Arlington. Tom Garzillo, 1130 E. Parker Rd., S-203, Plano, TX 75074. 214/422-2273.

WEST

Arizona, California, Hawaii, Nevada

March 14. L.A. Patriots Meet, Cal State Long Beach, Marv Thompson, 213/666-7341.

April 25. Ken Carmine Classic. California St. U.-Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. 916/967-9003.

May 3. Striders Meet of Champions, Cal State Long Beach. John Cosgrove, 7411 Earldom Ave., Playa del Rey 90293. 310/823-9448.

May 3. SCA/TAC Officiating Clinic, Cerritos College, Cypress, Calif., 10 a.m. to 2 p.m. Anyone who wants to learn how to officiate is welcome. Christel Miller, 818/843-2139.

May 23. Dan Aldrich Memorial Meet, UC-Irvine, Calif. David Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

May 23-24. U.S. Olympic Development Invitational, site TBA. Marv Thompson, 213/662-1062.

May 25. San Diego Senior Sports Festival, Balboa Stadium. 55+. Sam Cohen, 4867 A Collwood Blvd., San Diego, CA 92115. 619/286-3588; 583-3300.

June 13. TAC/Pacific Masters Championships, Los Gatos H.S., Los Gatos, Calif.

Joy Margeram or Willie Harmatz, P.O. Box 1334, Los Gatos, CA 95031. 408/354-5660.

June 20. SCATAC District Championships, Occidental College, Los Angeles. SASE to Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

July 12. Trojan Masters Meet, USC, Los Angeles, Calif. Russ Reabold, 1125 Stimson Ave., La Puente, CA 91744. 818/917-6289.

July 19. SCA/TAC Officiating Clinic, Mt. Sac College, Walnut, Calif. 9 a.m. to 4 p.m. Anyone who wants to learn how to officiate is welcome. Christel Miller, 818/843-2139.

July 25-26. TAC West Regional Masters Championships, Chabot College, Hayward, Calif. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

September 20. Sri Chinmoy Masters Meet, CSU-Long Beach, Calif. 40+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/838-4746.

NORTHWEST

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

June 6. Senior Sports Festival, West Seattle Stadium. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109. 684-4951.

June 6. Scholastic/Masters Meet, Lewis & Clark College, Portland, Oregon. Mike Monahan, P.O. Box 1143, Gresham, OR 97030. 503/667-1145.

June 13. Volcano Classic, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 19-20. Montana Senior Olympics, Billings. 55+. Don Tavolacci, 465 Freedom Ave., Billings, MT 59105.

June 20-21. Hayward Classic, Eugene, Ore. Becky Sisley, 310 E. 48th, Eugene, OR 97405. 503/342-3113(h).

June 27-28. Oregon Association TAC Masters Decathlon/Heptathlon Championships, Phoenix. Don Gray, P.O. Box 119, Phoenix, OR 97535. 503/535-2400.

July 11. Helena Masters & Senior Cham-

pionships, Vigilante Stadium, Helena, Mont. Deadline July 4. Manuel White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 17-19. Washington State Games, Sammamish H.S., Seattle. Tim Davidson, 1001 4th Ave. Plaza, Ste. 3135, Seattle, WA 98154, 206/682-4263.

July 24-25. TAC Northwest Regional Masters Championships, Lewis & Clark College, Portland, Oregon. Jim Puckett, Mt. Hood CC, 26000 SE Stark, Gresham, OR. 503/667-7354.

July 31-August 1. Montana Masters Meet, Montana State U., Bozeman. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717-5132.

CANADA

March 7. Ontario Masters Indoor Championships, York U., Toronto, Ont. 35+. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9.

July 18-25. Canadian Masters Summer Sport Festival, Regina, Saskatchewan. CMSSF, 206-1911 Park St., Regina, Saskatchewan, Canada S4N 2G5.

INTERNATIONAL

March 7-8. Moscow Indoor Championships, Moscow, M/W 30+. Vadim Marshv, 141400 USSR, Moscow Region, HIMKI, Kudrjavceva 10. Fax: 095-572-62-93. Or Sports Travel International, P.O. Box 7823, San Diego, CA 92107. Phone: 619/225-9555; Fax: 619/225-9562.

March 21. New Zealand Association of Veteran Athletes Championships, Christchurch. Feb. 17 deadline. Meeting Secretary, NZP Box 6088, Christchurch, NZ.

April 17-20. Australian Veterans Championships, Hobart, Tasmania. VAAT, GPO Box 890, Hobart, Tasmania, 7001.

June 26-July 4. WAVA European Championships, Kristiansand, Norway, Europeans only.

June 28-30. Mexican National Masters Championships, Xalapa City, Veracruz. Marcelino Contreras; Phone: 5-92-06-68; Fax: 5-41-41-10.

July 18-19. British Veterans Athletic Federation Championships, Hendon, London, Barbara Dunsford, 71 Hillside Crescent, South Harrow HA20QU.

July 25-August 9. XXV Olympics, Barcelona, Spain.

August 19-23. WAVA North American Regional Track and Field Championships, Jalapa, Vera Cruz, Mexico.

October 9-12. VI South American Championships, Caracas, Venezuela. Jorge Alzamora, P.O. Box 685, Santiago, Chile. 621-1417. Fax: 0 11 56 2669 5006.

November 30-December 6. 6th WAVA Oceania Championships, Norfolk Island, Ian Anderson, PO Box 158, Norfolk Island. M40+, W35+. Fax: 011-64-672-3-3106. Phone: 011-64-672-3-2115.

**LONG DISTANCE
RUNNING
NATIONAL**

March 21. TAC/USA National Masters 8K Road Championships, Virginia Beach, VA. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 29. TAC/USA National Masters 50-Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

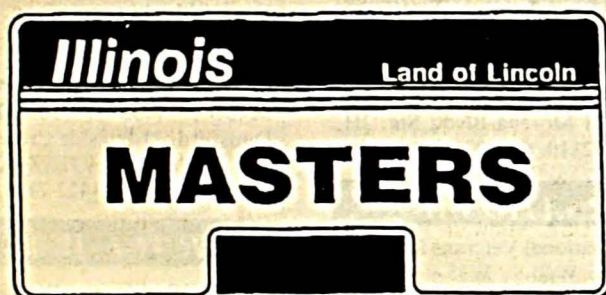
May 17. TAC/USA National Masters 10K Championship, Kansas City, MO. Jerry Morrison, 5617 N. Adrian Ave., Kansas City, MO 64151-2751. 816/741-2314.

May 28-31. RRCA National Convention, Milwaukee, Wisc. Sid Baskin, 414/962-3340 or Bonnie Clarey, 414/453-6527.

August 22. TAC/USA National Masters 10 Mile Championships, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

September 7. TAC/USA National Masters

Continued on next page



Saturday, July 11, 1992

9:00 a.m.

Libertyville High School Track
Park Avenue, Libertyville, IL

MEET SITE:	Libertyville High School, Libertyville, IL All Weather Track
HOST CLUBS:	Liberty Road and Track Club, Abbott Rabbits, Lake Forest - Lake Bluff Running Club.
DIVISIONS:	Masters: 5 year age groups 30 - 90
RULES:	As set forth by TAC. No false starts.
AWARDS:	Specially designed, COMMEMORATIVE MUG will be provided to the first three in each age Group. Limit ONE MUG per athlete, medals will be awarded for additional 1st, 2nd, and 3rd place finishes.
CASH AWARDS:	\$2000.00 (Sex and age graded)
MEET DIRECTOR:	Craig Dean M.D.

For additional information/entry form, please send a stamped self-addressed envelope to Dr. Craig Dean, 719 Stonegate Court, Libertyville, Illinois 60048

**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. Recent issues contained articles on tapering, training for the mile, preparing for 10K competition, overcoming the "wall" in the marathon, conducting "5-5" interval training, preventing muscle cramps, and rising above a performance "plateau." To subscribe, please send \$16 for one year (6 issues), \$26 for two years, and/or \$64 for all thirty back issues. *Running Research News*, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.

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

Table listing recipients of certificates for various events including M35-39, M40-44, M45-49, M50-54, M60-64, M65-69, M70-74, M80-84, W45-49, W55-59, and W60-64. Each entry includes the name, event, and the year they achieved the standard.

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

Table showing U.S. Masters All American Standards of Excellence for Masters Race Walkers, categorized by Men and Women. It lists events from 1500 to 5000 meters and 10K to 50K, with standards for age groups 30-34 through 90-94.

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Table showing U.S. Masters Standards of Excellence for Women. It lists events from 100 to 10000 meters and 100H to 300H, with standards for age groups 30-34 through 80-84.

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Table showing U.S. Masters Standards of Excellence for Men. It lists events from 100 to 10000 meters and 110H to 300H, with standards for age groups 30-34 through 85-89.

notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30". 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30". 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k. 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg. 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k. 7) Javelin: 30-59: 800g; 60+: 600g. 8) Metric heights and distances are the standard; feet and inches listed for convenience. 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA)

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form for application for an All-American Certificate/Patch. Fields include Name, Age-Group, Address, Sex (M/F), City, State, ZIP, Meet, Date of Meet, Meet Site, Event, Mark, Hurdle Height, and Weight of Implement. There are checkboxes for Certificate, Patch, and Patch Tag.

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8" by 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.)

Continued from previous page

Table with 2 columns: Name and Time. Includes Paul Aucoin 46 (5:32.1), Ken Florence 38 (5:36.6), Dan Mittler 51 (6:23.1), Ines Nieves w33 (7:24.2), Kathy Bebee 39 (7:30.2).

Table with 2 columns: Name and Time. Includes Scott Jones 31 (8:47.0), Bob Brenner 30 (9:37.0), Tom Homeyer 43 (9:48.0), Rick Cleary 41 (9:59.0), Rick(younger)Cleary 35 (10:05.12).

Philadelphia Masters Track Meet Swarthmore College Swarthmore, PA January 29

Table with 2 columns: Name and Time. Includes 55-m hurdles: M30 John Sease (7.9), Doug Mason (8.2), M35 George Crummel (7.7), M40 John Paul Jones (8.0).

Table with 2 columns: Name and Time. Includes 55-m dash: M30 Doug Mason (7.1), M35 Al Harden (7.1), Warren Fisher (7.2), Greg Hanson (8.3).

Table with 2 columns: Name and Time. Includes 300-meter dash: M30 Gregory Stephens (39.0), Joe Hevener (40.0), Ken Perron (41.8).

Table with 2 columns: Name and Time. Includes High Jump (feet/inches): M30 Chad Carmack (5-7), M40 John Paul Jones (5-7), Ed Laurelli (5-0).

Table with 2 columns: Name and Time. Includes 500-meter run: M30 Gregory Stephens (1:13.4), Ken Perron (1:16.9), Kevin Goldstein (1:17.8).

Table with 2 columns: Name and Time. Includes 800-meter run: M30 Joe Hevener (2:03.7), Pete Moran (2:14.1), M35 Warren Fisher (2:15.7).

Table with 2 columns: Name and Time. Includes M45 Mike Radov (2:15.7), Phil Frey (2:33.5), George Sanders (2:37.3).

Table with 2 columns: Name and Time. Includes 1-mile run: M30 Stan Cohen (4:48.9), Bob Reynolds (4:58.1), Mike Buck (5:29.9).

Table with 2 columns: Name and Time. Includes M50 Sam Huckel (4:52.2), Jerry McFadden (5:07.7), M60 Jim Sutton (5:11.3).

Table with 2 columns: Name and Time. Includes M30 Stan Cohen (9:37.6), M35 Bill Kehner (9:50.7), M40 Gary Tompkins (9:29.6).

Table with 2 columns: Name and Time. Includes Pole Vault (feet/inches): M30 Chad Carmack (13-3), M40 Rick Holmes (10-0), Ron Salvio (8-11).

Table with 2 columns: Name and Time. Includes Shotput (in meters): M30 Chad Carmack (12.00), M35 Dave Degen (9.82), M40 Jim Shea (8.85).

Table with 2 columns: Name and Time. Includes Long Jump (in meters): M35 George Crummel (4.98), M40 Charles Crewshaw (5.57), Ed Laurelli (4.90).

Table with 2 columns: Name and Time. Includes High Jump (feet/inches): M30 Chad Carmack (5-7), M40 John Paul Jones (5-7), Ed Laurelli (5-0).

Table with 2 columns: Name and Time. Includes Triple Jump (in meters): M40 Charles Crewshaw (10.47), Larry Cheatham (10.11), Ed Laurelli (9.73).

Table with 2 columns: Name and Time. Includes 25th Annual Hartshorne Masters Mile Ithaca, New York January 25

Table with 2 columns: Name and Time. Includes Masters Mile: M40 Charles McMullen (4:22.9), Dave Patterson (4:31.1), Harry Nolan (4:31.7).

Table with 2 columns: Name and Time. Includes M45 Al Swenson (4:26.0), Derck Frechette (4:50.5), Herb Engnan (4:56.8).

Table with 2 columns: Name and Time. Includes M50 Dennis Featherstone (4:53.5), Vince Colgan (5:15.4), Bill Kehoe (5:45.3).

Kutztown U. Masters Meet Kutztown, PA; February 2

Table with 2 columns: Name and Time. Includes Rudolf Nilsen 2-Mile: M30 Bob Reynolds (10:53.1), M35 Joel Hoffsmith (10:19.0), Stan Cohen (10:46.9).

Table with 2 columns: Name and Time. Includes M40 Gary Tompkins (9:53.1), Phil Yoder (10:09.0), Roger Price (10:25.9).

Table with 2 columns: Name and Time. Includes M45 Bruce Carter (11:03.8), Rich Howett (12:15.1), Dwayne Wartman (12:47.8).

Table with 2 columns: Name and Time. Includes M55 Phil Steel (12:54.5), M60 Jim Sutton (11:04.8), Stan Cherim (14:37.1).

Table with 2 columns: Name and Time. Includes M35 James Easter (24.3), Scott Thornesley (25.1), Warren Fisher (25.8).

Table with 2 columns: Name and Time. Includes M40 Rob Jackson (25.5), Ron McDonald (25.8), Phil Felton (25.9).

Table with 2 columns: Name and Time. Includes M45 Rab Hagin (27.5), Tom Hartman (28.7), Irv Heath (27.1).

Table with 2 columns: Name and Time. Includes M50 Irv Heath (27.1), Bob O'Brien (27.9), Larry Harvey (28.6).

Table with 2 columns: Name and Time. Includes M55 Alex Johnson (27.0), Earl Mege (31.5), M60 Ed Cox (30.0).

Table with 2 columns: Name and Time. Includes M60 George Taylor (31.5), M75 Bob Detweiler (7.06), M35 James Easter (55.4).

Table with 2 columns: Name and Time. Includes 400-meter dash: M35 James Easter (55.4), Warren Fisher (57.5), Greg Hanson (1:00.8).

Table with 2 columns: Name and Time. Includes 1-mile run: M30 Bob Reynolds (5:12.6), Tom Yunker (5:39.9), Ben Crowle (4:57.4).

Table with 2 columns: Name and Time. Includes M35 Ben Crowle (4:57.4), Stan Cohen (4:59.5), M40 Rick Baxter (4:50.6).

Table with 2 columns: Name and Time. Includes M45 Phil Frey (5:51.0), M50 Sam Huckel (4:57.0), M60 Stan Cherim (7:07.4).

Table with 2 columns: Name and Time. Includes Maroon (1:45.7), Gray (1:46.0), Blue (1:46.1).

Table with 2 columns: Name and Time. Includes M30 Chad Carmack (11.50), M35 Dave Degen (10.47), M40 Jim Shea (9.47).

Table with 2 columns: Name and Time. Includes M45 Palmer Sweet (11.19), Edward Fox (10.82), Frank Monroe (9.43).

Table with 2 columns: Name and Time. Includes M60 Ray Feick (12.52), Pay Caratensen (12.08), Ned Curran (10.79).

Table with 2 columns: Name and Time. Includes M65 Charles McGarvey (8.57), M75 Gene Wood (9.30), W30 Yolanda Brown (8.81).

Table with 2 columns: Name and Time. Includes M40 Ivan Black (5.07), Ed Laurelli (5.03), Jim Shea (4.89).

Table with 2 columns: Name and Time. Includes M45 Palmer Sweet (4.53), M50 Bob O'Brien (4.86), Nate Byrd (4.12).

Table with 2 columns: Name and Time. Includes M55 Earl Mege (4.01), M60 Jack Lance (3.95), George Taylor (3.62).

Table with 2 columns: Name and Time. Includes M75 Gene Wood (1.90), M40 Ivan Black (10.46), Jim Shea (9.82).

Table with 2 columns: Name and Time. Includes M50 Nate Byrd (8.84), M55 Earl Mege (7.78), M60 George Taylor (6.77).

Table with 2 columns: Name and Time. Includes M60 Eugene Nowell (15.56), Cameron Lawrence (18.27), M65 Chas Clippard (13.99).

Table with 2 columns: Name and Time. Includes M70 Vern Mattson (14.49), Erich Dahl (14.95), M75 Bob Sorlien (16.13).

Table with 2 columns: Name and Time. Includes M75 Bob Sorlien (36.34), M Peterson (38.07), M75 Ria Terhaar (44.66).

Table with 2 columns: Name and Time. Includes M75 Ria Terhaar (44.66), Betty Sjogren (46.63), W60 Ann Edgington (47.89).

Table with 2 columns: Name and Time. Includes W70 Carla Convery (49.79), M55 B Porter (66.11), Ted Sjogren (67.02).

Table with 2 columns: Name and Time. Includes M60 Bill Gentry (77.33), E Nowell (79.28), M65 John Davison (66.15).

Table with 2 columns: Name and Time. Includes M70 Erich Dahl (78.25), Ozzie Whitman (97.91), M75 M Peterson (90.29).

Table with 2 columns: Name and Time. Includes M75 M Peterson (90.29), Jim Tasciotti (99.49), M75 Ria Terhaar (1:41.45).

Table with 2 columns: Name and Time. Includes W55 Ria Terhaar (1:41.45), Betty Sjogren (1:59.32), W60 Ann Edgington (1:53.06).

Table with 2 columns: Name and Time. Includes M55 Ted Sjogren (2:45.66), Buzz Porter (2:58.69), Eugene Nowell (3:25.23).

Table with 2 columns: Name and Time. Includes M60 Eugene Nowell (3:25.23), Cameron Lawrence (3:44.84), M65 Carl Hammen (2:51.97).

Table with 2 columns: Name and Time. Includes M70 Erich Dahl (3:01.24), Howard MacMillan (3:06.60), Ozzie Whitman (3:54.75).

Table with 2 columns: Name and Time. Includes M75 James Tasciotti (3:50.68), W55 Ria Terhaar (3:52.01), M55 Buzz Porter (6:07.25).

Table with 2 columns: Name and Time. Includes Tampa Bay All-Comers Tampa, FL; January 18: M40 Nate Robinson (6.98), M45 Doug Brown (9.81), M55 Ted Sjogren (9.2).

MIDWEST

Midwest Masters Indoor Track and Field Grand Prix Series Sterling, IL; Jan. 4

Table with 2 columns: Name and Time. Includes 55m: M40 S. Druckrey (6.93), R. Finnie (7.01), D. Hill (7.48).

Table with 2 columns: Name and Time. Includes M45 P. Danielson (9.52), M. L. Platis (10.02), L. Stopoulos (7.31).

Table with 2 columns: Name and Time. Includes M50 L. Stopoulos (7.31), D. Ellis (7.92), B. Mills (8.02).

Table with 2 columns: Name and Time. Includes M55 J. Mathis (7.28), P. Dobrovolny (7.31), C. Trickner (7.54).

Table with 2 columns: Name and Time. Includes M60 C. Trickner (7.54), H. Brown (8.81), D. Walsh (9.01).

Table with 2 columns: Name and Time. Includes M65 J. Bergthold (8.05), M. Larsen (9.62), J. Platis (9.81).

Table with 2 columns: Name and Time. Includes M70 E. Cole (12.30), F. Berry (10.28), M75 M. Flachs (12.14).

Table with 2 columns: Name and Time. Includes M35 J. Watry (8.66), S. Mathis (7.76), R. Finnie (7.90).

Continued from previous page

Table of athletic results including pole vault, long jump, triple jump, shot put, and 1 mile racewalk.

Lake Erie Indoor Maple Heights, OH January 11

Table of athletic results for Lake Erie Indoor Maple Heights, OH, including 220y, 440y, 880y, and two mile events.

Table of athletic results including High Jump, Pole Vault, Shot Put, and Sprint Medley.

WEST Foothill College Throws Series No. 3 Los Altos, CA; January 25

Table of athletic results for Foothill College Throws Series No. 3, including Shot, Discus, Hammer, Javelin, and Weight Throw events.

LONG DISTANCE RESULTS Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NATIONAL TAC National Masters Half-Marathon Championships DeLeon Springs, FL January 12

Table of athletic results for TAC National Masters Half-Marathon Championships, including Overall, M40, M45, M50, M55, and M60 categories.

Sorbothane/USRA Masters Circuit Grand Championship 8K Orlando, FL; February 1

Table of athletic results for Sorbothane/USRA Masters Circuit Grand Championship 8K, including M40, M45, M50, M55, M60, and M65 categories.

NATIONAL TAC National Masters Half-Marathon Championships DeLeon Springs, FL January 12

Table of athletic results for TAC National Masters Half-Marathon Championships, including M40, M45, M50, M55, and M60 categories.

Sorbothane/USRA Masters Circuit Grand Championship 8K Orlando, FL; February 1

Table of athletic results for Sorbothane/USRA Masters Circuit Grand Championship 8K, including M40, M45, M50, M55, M60, and M65 categories.

Table of athletic results including W40, W45, W50, W55, W60, and W70+ categories.

EAST DCRRC Greenbelt 20 Miler & 10 Miler Greenbelt, MD; December 28

Table of athletic results for DCRRC Greenbelt 20 Miler & 10 Miler, including --20 Miler-- and 10 Miler-- categories.

NYRRC Season Opener 8K Central Park, NYC January 25

Table of athletic results for NYRRC Season Opener 8K, including Overall, M40, M45, M50, M60, M65, M70, and W40 categories.

Table of athletic results including W50, W55, W60, W70+, and Finishers categories.

NYRRC Central Park 20K Central Park, NYC January 11

Table of athletic results for NYRRC Central Park 20K, including Overall, M40, M45, M50, M55, M60, M65, M70, and W50 categories.

NYRRC North Wind 10K Central Park, NYC January 19

Table of athletic results for NYRRC North Wind 10K, including Overall, M40, M45, M50, M60, M65, M70, and W50 categories.

NYRRC Super Bowl Sunday 5K Central Park, NYC January 26

Table of athletic results for NYRRC Super Bowl Sunday 5K, including Overall, M40, M45, M50, M60, M65, M70, and W40 categories.

Continued from previous page

Table of race results for various categories including M55 Alan Fairbrother, M60 William Fortune, M65 George Thompson, M70 Bill Coyne, M75+Vince Carnevale, W40 Jean Perry-Wolf, W45 Marilyn Greeley, W50 C G Garino, W55 Rosa Nales, W60 Barbara Beck.

Table of race results for categories M60 Roland Gagnon, M65+Bob Johnston, W40 Sharon Dobbyn, W45 Cheryl Nelson, W50 Judy Savitt, W55 Lupe Parsons, W60 Sylvia Weiner, W65+Charlotte Baker.

WEST

Mission Bay 25K San Diego, CA; November 14

Overall race results for Mission Bay 25K including Rei Yamada, Suzy Morris, M40 Bill Strachan, M45 Peter Stern, M50 Dan McCaskill, M60 Marsh Haraden, M65 John Keston, M70 Wayne Zook, W40 Cindy Cohagen, W45 Jeanette Fonseca, W50 Eileen Pua, W55 Tami Graf, W65 Mary Storey, W70 Gerry Davidson.

Baby Boomer West 10K Phoenix, AZ; December 29

Overall race results for Baby Boomer West 10K including Bo Reed, Lisa Weidenbach, M40 Bill Strachan, M45 John Conant, M50 Ed Donoghue, M55 Joe Palais, M60 Wm Chapdelain, M65 Herb Williams, M70 Bob Martin, M75+Al Clark, W40 Catherine Grattan, W45 Mary Orr, W50 Liz Sandberg, W55 Sue Robles, W60 Elaine Dobler, W65 Evelyn Arnold, W70 Gurnelle Jones.

Paramount 10K Paramount, CA; January 11

Special World Masters Race results including M40 James Press, M45 Peter Stern, M50 M Estremadoyro, M55 Don Magyari.

Table of race results for categories M50 Dan McCaskill, M55 John Brennand, M60 Paul Saucedo, M65 Ray Gail, M70 none, M75 Eddie Lewin, M80 Chick Dahlsten, M85 Willard Benton, M90+Paul Spangler, W40 Sherri Hall, W45 Wendy Watson, W50 none, W55 Tami Graf, W60-74 no qualifiers, W75 Judy Simon.

Open Race Overall

Open Race Overall results including Ed Randall, Janis Klecker, M40 John McAndrew, M45 Ken Desmet, M50 Gamma Chavez, M55 Frank Vasquez, M60 Albert Nobuto, M65 Stan Neufeld, M70+Ed Hornung, W40 Leslie Caldera, W45 Linda King, W50 J A Goltra, W55 Atsuko Fujimoto, W60 Chris Cromer, W65 none, W70+Lois Edds.

Las Vegas International Marathon Las Vegas, NV; February 1

Overall race results for Las Vegas International Marathon including Artemio Navarro, Gail Kingma, Men's Masters Overall including Artemio Navarro, Kjell Erik-Stahl, Luis Lopez, Dom Tibaduiza, M40 Jim Pelarske, Manuel Pino, Rick Reimer, Ray Nelson, Mark Dantzer, Donald Ocana, Gary Silva, Gene Bates, Ray Lobato, Roy Pennoost, M45 Jack Miller, Peter Stern, Don Mathiau, Jerry Skyberg.

Las Vegas International Marathon Las Vegas, NV; February 1

Overall race results for Las Vegas International Marathon including Artemio Navarro, Gail Kingma, Men's Masters Overall including Artemio Navarro, Kjell Erik-Stahl, Luis Lopez, Dom Tibaduiza, M40 Jim Pelarske, Manuel Pino, Rick Reimer, Ray Nelson, Mark Dantzer, Donald Ocana, Gary Silva, Gene Bates, Ray Lobato, Roy Pennoost, M45 Jack Miller, Peter Stern, Don Mathiau, Jerry Skyberg.

Table of race results for categories 5 Robert Danlinger, 6 Ken Darmat, 7 Nickey DePalo, 8 Bob Gemmel, 9 Dale Johnson, 10 Steve Collis, M50 Herb Phillips, Joe Hurtado, Ron Rohrer, Karl Waegeli, Shel Nankin, Donnie Lawrenson, R Vander Stucken, Michael Reago, Denis Daly, Bill Nolan, M55 Andre Tocco, Jim McAdams, Jim Schleisman, Leroy Kim, Doug Rowlett, M60 Pete Petracek, Battista Locatelli, Pat Moreland, M65+ Logan McGinness, Robert Johnson, Gerald Pule, *Stahl, 2nd overall; Lopez, 6th; Tibaduiza, 7th, Women's Masters Overall including Sharlet Gilbert, Jane Hutchison, Merle Heimberg, W40 Marg Loyd-Alison, Nancee Weeks-Fuhr, April Capwill, Joyce Taylor, M A Castemum, W45 Jane Lauscher, Jody Visalli, Wendy Watson, Cynci Calvin, W50 Ginger Bryan, Louise Walters, Suzanna Murphy, W55 Sally Byram, Evelyn Carlson, G Salerno, W60+ Colleen Mershon, Julia Barrett, Terri Fanelli, *Gilbert, 4th overall; Hutchison, 6th; Heimberg, 10th.

31st Annual 30 Mile Handicap Rose Bowl, Pasadena, CA; January 20

(Staggered starts with fastest leaving last) Clock Time refers to race from start to finish. Actual Time refers to racer's time on the course.

Table of race results for 31st Annual 30 Mile Handicap including Charles De Heck, Joann Beers, Donna Cunningham, Ronald Baers, April Mittman, Carl Acosta, Bill Neder, Ron McMullen, Mel Grantham, Mel Lees, Dale Sutton, Jorge Newbery, Barbara Kowalski, Wayne Wurzburger, Ralph Hannibal, Peter Armstrong, Kathy Blackmer, Tom Knatt, Stuart Ray, Clyde Hatfield, Jaye Hamley, Helen Hoover, Dave Snyder, John Gallagher, R Ted Greiner, Jim Coots, Karen Helms, Michael Bayne, Vangie Campos, Carol Pierce, Gene Mittman.

RACE WALKING

MAC Indoor Meet RW West Point, NY; December 21

Table of race walking results for MAC Indoor Meet RW including 1500mRW: Debbie Scott, Bob Spillman, Q Thompson, Minna Charles, Jay Charles, 3000m RW: Rob Cole, Eliz Galasso.

MAC Indoor Meet RW West Point, NY; January 4

Table of race walking results for MAC Indoor Meet RW including 1 Mark Barber, Gary Null, Jacint Mogena, L Dougherty.

Three Mile Racewalk Pasadena, CA; January 20

Table of race walking results for Three Mile Racewalk including Andrew Hecker, Steve Leitner, Virginia Scales, Dick Underwood, Yoshi Mitoma, Ida Devereaux, Madeline Jimenez, Alice Garcia, Pamela Shaw, HilbertoRodriguez, Judi Dutton, Irene Kane, Sindy Sturms, Rose Kash, Helena Vieira.

SOUTHEAST

Thanksgiving 10 Miler (Florida Masters Championships) DeLand, November 28

Overall race results for Thanksgiving 10 Miler including Doug Butler, Marie Mazzula, Bob Perry, Bob Dehne, Peter Jones, Jack Wicks, Ben Mathews, John Kemp, Ben McNally, William Wanker, David Long, Jim Blount, Elo Sexton, Millard Shumate, Roger Ellsbury, Dick Fortier, Patty Dye, Kathie Johnson, Pat Beidelschies, Joan Hyde, Diane Leach, Pam Bohannon, W55 Pat Dixon, W60 Yuku Hudak.

Brandon Marathon Tampa, FL; December 8

Overall race results for Brandon Marathon including Jon Docu, Judy Mercon, M40 Tony Grappo, Bill Gallant, Brian Renz, Al Johnson, Stephen Bassinger, M45 Paul Jensen, Alvin Fielding, Dave Erdman, M50 Peter Scott, Robert Boharan, Dan Donelin, M55 Chuck DeRosier, Ben McNally, Joe Wheeler, M60 James Nelson, Joseph Shea, M65+Alan Druckman, Wally Herman, W40 Judy Avery, Rosalyn Randall, W45 Ann Paradise, W50+Julia McQueen.

Orange Bowl 10K Coconut Grove, FL December 29

Overall race results for Orange Bowl 10K including Victor Miranda, Mary Level-Menton, M40 Harry Hoston, Jean Bensusan, John McCall, Bert Soden, Bob Dozoretz, M45 Ted Haiman, David Bowden, Al Echverria, Rich Ortiz, Rick Rayman, Mike Eidson, M50 M Estremadoyro, Bill Adams, Bruce Kadota, M55 Don Magyari, Esmildo Pascual, Doug Rowlett.



Need Back Issues? Most back issues of the National Masters News are available for \$2.25 each, plus \$1.00 postage and handling for each order. Send to: National Masters News P.O. Box 2372 Van Nuys, CA 91404

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 Masters Age-Graded Tables book and will be listed in the paper as a National Masters News sustainer.

1. DISPLAY ADVERTISING RATES

Table showing display advertising rates with columns for Inches, Ad Size, Cost, Width, Height. Examples include 52 inch Back Page at 600* cost, 52 inch Full Page at 460 cost, 39 inch 1/4 Page at 380 cost, 26 inch 1/2 Page at 300 cost, 13 inch 1/4 Page at 180 cost, 7 inch 1/8 Page at 120 cost, 3 1/2 inch 1/16 Page at 72 cost, 1 inch at 36 cost.

- 2. FREQUENCY DISCOUNTS (1-year period) 3 to 5 insertions ... 10% 6 to 12 insertions ... 15% 3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies. 4. SPECIAL RATES 25% discount for race and meet notices, (1/2 discount for races and meets under 200 participants.) Inserts: \$300. No frequency discounts or agency commissions. 5. TERMS Net 10 days from billing date. 6. CLASSIFIED RATES 75 cents per word. Count name and address as 5 words. Race notices are 50 cents per word. Prepayment required with copy. 7. MECHANICAL REQUIREMENTS a. See display rates for ad sizes. b. Photo offset printing. c. Negative ok. No mats, cuts or plates. d. 2-colors add \$50 e. Screen: 85 lines per inch. 8. CLOSING DATES The 10th of the month before date of issue. 9. CIRCULATION October 1990 Paid: 5374 Distribution: 7500 Published monthly. Subscriptions \$22.00/year. Mail order to: National Masters News P.O. Box 2372 Van Nuys, CA 91404 Phone: 818/785-1895 Fax: 818/782-1135

CLUBS

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

Four Winds TC
1303 Marvista St.
Pittsburgh, PA 15212
Selena Brown/Andrew McNeill
412/322-9392
Liberty AC
14 Rutland St.
Cambridge, MA 02138
Syracuse Chargers Track Club
c/o N.E. White
18 Foxcroft Drive
Fayetteville, NY 13066
Boston AA
P.O. Box 1991
Hopkinton, MA 01748
Atalanta TC
c/o Bob Glover
236 E. 78th, Box 6
New York, NY 10021
Finger Lakes RC
P.O. Box 321
Newfield, NY 14867
Potomac Valley Seniors TC
Lynda Durfee
250 S. Whiting St.-315
Alexandria, VA 22304
703/370-5646
West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301
Shore Athletic Club
Sanford Kalb
22 Addison Road
Howell, NJ 07731
The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348
North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450
Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692
Pike Creek Valley RC
1 Embry Ct.
Newark, DE 19711
302/737-5859
New Jersey Striders
P.O. Box 742
Madison, NJ 07940
Central Park TC
250 W. 89th St., #P4F
New York, NY 10024
212/619-4240
New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 25C
Bronx, NY 10468
212/733-8767
Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764
Maine Walkers Club
1570 Broadway
Bangor, ME 04401
207/947-3333
Maryland Masters TC
c/o Joe Hemler
107 Rosewood Ave.
Baltimore, MD 21228-4939
410/744-2652
Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076
NYRRC
9 E. 89th St.
New York, NY 10128
212, 960-4455

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150
Taconic RRC
P.O. Box 99
Baldwin Place, NY 10505
212/370-7577
Sugarloaf Mountain AC
P.O. Box 659
Amherst, MA 01002
Mr. Don Grant
413/584-7725
Philadelphia Masters
c/o Peter Taylor
3120 Schoolhouse Lane (J-A9)
Philadelphia, PA 19144
215/842-3807
New York AC
180 Central Park South
New York, NY 10019
New York Masters Sport Club
5831 Bell Blvd.
Bayside, NY 11364
Millrose Team
c/o Katie Knight-Perry
530 E. 84th St. 1E
New York, NY 10028
212/879-7926
Greater Springfield Harriers
Peter Stasz
206 W. Weymouth St.
Springfield, MA 01108
Plainview Old Bethpage RRC
62 Sylvia I.a.
Plainview, NY 11803
Mike Polansky
516/433-0919

SOUTHEAST

Virginia Track Club
P.O. Box 5696
Charlottesville, VA 22905
Carolina Masters AC
Jim Saxon
3120 Libeth St.
Charlotte, NC 28205
800/642-0513
Tidewater Striders
A. Morris, Rm. E-222
Armed Forces Staff College
Norfolk, VA 23511-6097
804/444-5547
Central Florida Masters
P.O. Box 1824
Deland, FL 32721
904/736-0002
Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802
Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305
Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981
901/683-MRTC
Port City Pacers
P.O. Box 16907
Mobile, AL 36616
South Carolina Masters TC
c/o CPT John Roehr
3rd Region, USACIDC
Fort Jackson, SC 29207
803/751-5129/7664
Greenville Track Club
P.O. Box 16262
Greenville, SC 29607
Jack Gillmore: 803/242-6600
Nashville TC
2709 Linmar Ave. #5
Nashville, TN 37215

Florida AC
c/o Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/876-8347
Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
Attn: Bill Cole
804/272-3544
Star City Striders
P.O. Box 8331
Roanoke, VA 24014
703/966-RUNN
Spartanburg RC
Jack Todd
820 Patch Dr. 803/582-7128
Spartanburg, S.C.

MIDWEST

Victory AC
P.O. Box 6667
Louisville, KY 40206
c/o Don Goodwin
502/969-5057
Miami U TC
Rich Ceronie
Millett Hall Athletic Dept.
Oxford, OH 45056
Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville, OH 43023
Hoosier Track Club
305 South Barton
Indianapolis, IN 46241
317/241-5446
Dayton Masters TC Inc.
P.O. Box 17706
Dayton, OH 45417
513/268-7341
Over The Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121
Wisconsin United AC
Jerry Robinson
1205 Manhasset Pl.
Madison, WI 53711
608/271-6725
Fitness Track Club
c/o Stan Allen & Presley Yates
12954 Asbury Pk.
Detroit, MI 48221
Wabash River RC
c/o Dean Lauterbach
1805 Pierce St.
Lafayette, IN 47904
Wolfpack Track Club
Jim Pearce
2449 Southway Dr.
Columbus, OH 43221
614/481-7745
Ann Arbor Track Club
P.O. Box 7551
Ann Arbor, MI 48107
Don Sleeman
313/426-5430
Indianapolis TC
c/o Mark Daly
901 W. New York St.
Indianapolis, IN 46223
317/274-6780
Ohio River RRC
933 Kenosha
Kettering, OH 45429
513/299-7461

Midwest Masters T&F Club
P.O. Box 6147
Rockford, IL 61125
815/332-4743

MID AMERICA

Sante Fe Striders
P.O. Box 1818
Sante Fe, NM 87501
Omaha RC
P.O. Box 31219
SaddleCreek Station
Omaha, NE 68132
Mid-America Masters
P.O. Box 14668
Lenexa, KS 66215
Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044
Lincoln TC
2900 John Ave.
Lincoln, NE 68502
Prairie Striders
Box 267
Brookings, SD 57006
St. Louis TC
2885 Hampton Ave., No. 101
St. Louis, MO 63139
314/781-3926
782-3726 (raceline)
St. Louis Metro Masters
Jim Irwin
536 Windsor Mill Dr.
Ballwin, MO 63011
314/394-4166
Ozark Mountain Ridge Runners
P.O. Box 10067
Springfield, MO 65808-0067
417/881-8884

SOUTH WEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102
Oklahoma City Running Club
2408 N.W. 112th Terrace
Oklahoma City, OK
405/752-9097
Space City Masters
John Hartfield
15106 Chasehill Dr.
Missouri City, TX 77087
713/721-9388
Houston Masters Sports Assoc.
Tom McBrayer
7733 Moline
Houston, TX 77087
Dallas Masters T&F Club
Joe Murphy
4707 W. Lover's Lane
Dallas, TX 75209
214/357-5611
West Texas Masters
P.O. Box 1584
Ozona, TX 76943
915/392-3773
King of the Hill TC
Charles Wimberley
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197
Louisiana Lightning TC
Dan Thiel
1459 Verna St.
New Orleans, LA 70119
504/486-8066
New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA 70152-2003
504/482-6682
East Texas T&F Club
Robert Hahn
3334. S. SW Loop 323, Ste. 128
Tyler, TX 75701
903/561-9511
San Antonio TC
John Head
404 Cordoba
Universal City, TX 78147
512/659-2444

Beaumont TC
P.O. Box 4112
Beaumont, TX 77704-4112
409, 898-1308

WEST

Island Empire Racewalkers
Mel Grantham
9847 Cedar Ave. Ste. 18
Bloomington, CA 92316
714/877-3548; 824-2336
Valley Isle RRA
P.O. Box 330099
Kahului, HI 96733
242-6042
Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031
Seniors TC
William Crum
P.O. Box 2699
Crestline, CA 92325
L.A. Patriots
Marvin Thompson
P.O. Box 2981
Beverly Hills, CA 90213-2981
213/388-9689
San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-SDTC
Trojan Masters TC
Russ Reabold
1125 Stimson
La Puente, CA 91744
818/917-6289
San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619/755-3658
West Valley TC
P.O. Box 459
San Carlos, CA 94070
West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651
Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114
Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405
No. Calif. Seniors TC
Paul Warner
3887 18th St.
San Francisco, CA 94114
415/626-8601
Fresno Joggers
846 N. Harrison
Fresno, CA 93728
209/237-4718
River City TC
P.O. Box 255131
Sacramento, CA 95865
916/482-7881
Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818/792-4573
All-American TC
Frank Reilly
8307 Joan Lane
West Hills, CA 91304
818/716-7280
Club West
George H. Adams
P.O. Box K
Goleta, CA 93116
805/687-6323
Southern Calif. Striders
Jon Lomax
1483 Westerly Terrace
Los Angeles, CA 90026
213/666-0379
Sierra Racewalkers
Dick Petruzzi
P.O. Box 513
Carmichael, CA 95609
916/483-2917

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Corona Del Mar TC
David F. Brown
10208 Hamage Ave.
Whittier, CA 90604
213/941-9968
Easy Striders Walking Club
2718 Monogram Ave.
Long Beach, CA 90815
213/429-5739
Gardena Valley Runners
Daniel Ashimine
1345 W. 168th St.
Gardena, CA 90247
213/327-6960
L.A. Valley Athletic Club
George Simon
15355 Mulholland Drive
Los Angeles, CA 90077
818/784-0496
High Country RR
c/o Running & Fitness Den
310 Washington St.
Reno, NV 89503
702/323-2112
Pico Rivera Athletic Club
9502 Reichling Lane
Pico Rivera, CA 90660
213/942-8774
San Fernando Valley TC
Laurie Kulchin
10631 Lindley Ave. #220
Northridge, CA 91326
818/780-7719
So. Calif. Corporate AA
2408 Paseo Noche
Camarillo, CA 93010
805.987-8052(r); 494-2302
Active 5
William K. Sumner
P.O. Box 7132
Newport Beach, CA 92660
714.831-6473
Elite Health TC
5267 1/2 Village Green
Los Angeles, CA 90016
213.295-9497

NORTHWEST

Team Alaska TC
Ric Wilson
2420 Glenwood Dr.
Anchorage, AK 99508
907/279-2773
Southern Oregon Sizzlers
P.O. Box 665
Medford, OR 97501
Portland Masters TC
c/o Joe Thielman
406 W. 32 St.
Vancouver, WA 98660
Avia RE-TREADS
c/o Gina Blanchette-Cupp
2533 125th Ave. NE
Bellevue, WA 98005
206/885-4372
Bigfoot Masters
c/o Duane Hartman
Spokane Community College
N. 1810 Greene St. MS-2050
Spokane, WA 99207-5399
Snohomish TC
4261 S. 184th
Seattle, WA 98188
Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440
Phidippides Running Club
c/o R.G. Andersen-Wyckoff
P.O. Box 2315
Salem, OR 97308
503/399-7057