

# NATIONAL MASTERS NEWS

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

129th Issue

May, 1989

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## 62 World Indoor Records Set in Nationals

### Columbus Draws 658 From 47 States At 71, Jordan Has Best Age-Graded Mark

by JERRY WOJCIK

The U.S. TAC National Masters Indoor Track and Field Championships, held in Columbus, Ohio, on March 31-April 2, drew an all-time high 658 participants from 47 states, Puerto Rico, and Canada.

This year's meet was the first opportunity since the event's inception for U.S. athletes to have a go at races in meters, rather than in yards, which had negated times from world-record consideration.

Let loose on the metered turf at Ohio State University's French Fieldhouse, men and women athletes, competing in five-year age groups from 30 through 89, attacked world bests with zeal and broke, equaled, or established 62 world age-group records.

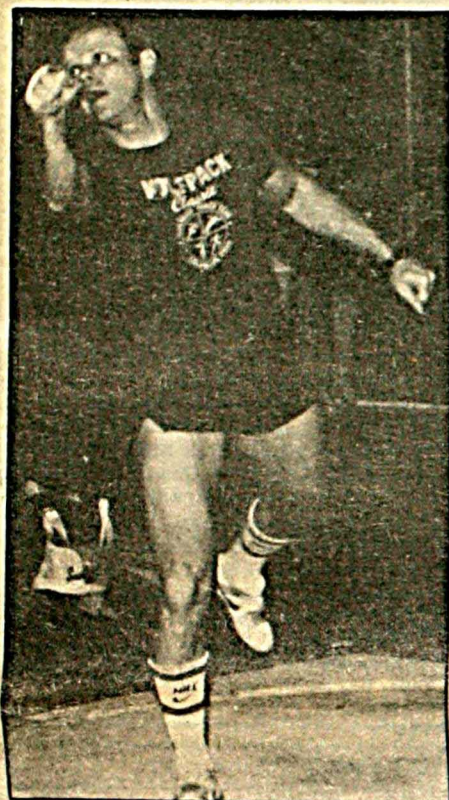
Most of the records came from 60-and-over runners, such as Pearl Mehl, with five in the W75 division,

and Konrad Boas, with four in the M85 group.

In the men's 60mH, Americans did not just erase records, they tore out the page and threw it away, with six records from age-groups M40 through M65.

In the M60 200, Jack Greenwood, with a 26.37, won a tough race, which saw Robert Watanabe and Jim Law also go under the existing record of 27.1. At last year's championships in Baton Rouge, La., Greenwood competed after double-bypass surgery and took two firsts and a second in the M60 division.

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Dave Stebing wins the M40 shot put in 14.0m (45-11) at the Indoor Nationals.

Photo from Jim Pearce



Byron Fike setting a new M80 world record of 10.26 for 60 meters in Columbus.

Photo from Jim Pearce

## Campbell (2:14:19) and Welch (2:35:00) Win in Boston

New Zealand's John Campbell, 40, moved ever-closer to Jack Foster's world masters marathon record of 2:11:19 when he blazed to a sensational 2:14:19 to win the masters title in the 93rd Boston Marathon, April 17.

He defeated two-time defending masters champion Ryszard Marczak of Poland by more than three minutes (2:17:43) to place fifth overall and win \$17,000 — the biggest masters payday of 1989.

Priscilla Welch, 44, of Great Britain again was the first over-40 woman in 2:35:00.

In the space of 44 days, Campbell has won the masters divisions of the Los Angeles Marathon (2:17:51), the Azalea Trail 10K (a world masters road record 29:25) and Boston. Should he win the New York Marathon masters title this fall, he'll receive an additional bonus of \$25,000.

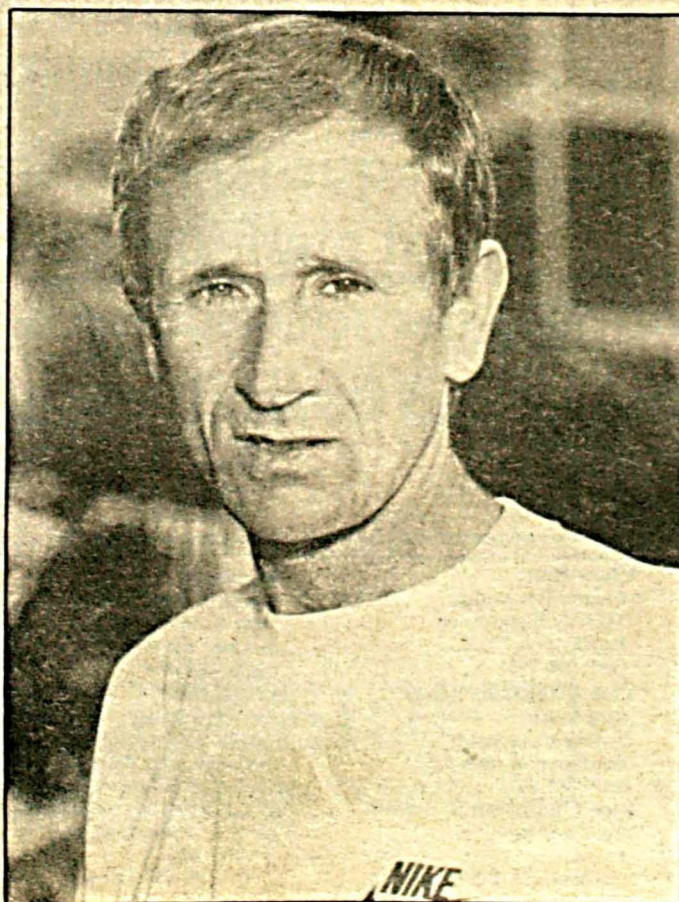
His winnings should relieve some of the pressure Campbell has been under. For the past year, he's been working 16-hour days struggling to run a convenience store in New Zealand.

A year ago, at age 39, Campbell finished sixth in 2:11:08. Despite his higher place this year, his time was likely slowed by the high-60s heat, 20 degrees warmer than the Boston temperatures had been in the days leading up to the Patriots Day classic. Given ideal conditions, Campbell might well have a shot at Foster's Beamesque, 15-year-old record.

Colombia's Victor Mora took the third masters spot and 19th overall in 2:22:49. The first American masters spot went to Bernie Allen (2:23:48) of Massachusetts. Sweden's Josef Machalek was fifth (2:25:25).

Welch defeated Laurie Binder by only four minutes, as the

Continued on page 10



New Zealand's John Campbell, 40, first master in 2:14:19 in the 93rd Boston Marathon.

Photo by Sailer, Ltd.

## Waigwa, Binder Set Records in Carlsbad 5K

by STEVE LEWALLEN

Wilson Waigwa (40, 14:22) and Laurie Binder (41, 16:54) raced to masters wins at the Carlsbad 5K in California on April 2. Both Waigwa and Binder set new American age-group records with their times, as did Stephen Lester (45, 15:26).

Waigwa's time converts to a 94.5 performance percentage (M40 age-standard of 13:44 divided by Waigwa's 14:22), and was the best age-graded showing of the day. Lester was second best age-graded performer (92.5%),

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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

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Special thanks to Jack Stevens (\$100), Charles Mercurio (\$100), James Van Manen (\$50), Pete Stopolous (\$50), and R.M. Jones (\$50).

Thanks also to:

Stefan Luepfert	A. Russell Arnold
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Bob Perry, M60, before a 3-11 high jump, Sportarcade VI, Los Angeles, March 11.

Photo by Jerry Wojcik

### AGE-GRADED TABLES

The "Speaker's Corner" item by Peter Riegel (April NMN) on age-graded standards is the most significant item to ever appear in your periodical. It says, and proves for the first time, something that I've suspected for a long time: most old people in track and field and road running are in little better shape than their sedentary peers that they often chide for being unhealthy and unfit. The medals they cart home and flash about really have no more significance than Sunday School attendance awards of years past.

Age-graded results should replace the age-group awards. There are older star road runners who go to great lengths each weekend to avoid competition so that they can preserve their so-called winning streaks. Age-graded results would leave them fewer places to hide. I'm pleased to see some of the coming events will have age-grading.

Al Hromjak  
Simi Valley, California

The creation of age-graded standards will make a big contribution to achieving the goals and objectives of MAAD (Masters Against Age Discrimination). However, your "Speaker's Corner" of April, written by Peter Riegel, was pure tripe. He set out to make a valid point regarding the fairness of age-graded standards, but his reasoning is seriously flawed with some totally absurd contentions. It is just



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this kind of mindset that has brought about the formation of MAAD.

Reigel contends that there are considerably less participants in the older age groups, and that road running has tended to over-reward them with prizes disproportionate to their numbers. I'd like to have a list of the road races that this guy has attended, so that I can put them on my schedule.

Reigel apparently feels that the true measure of a runner is how hard he or she "flogs" himself, and implies that the older runners don't do this (because we're old and wise!). His contention is ridiculous, of course, but I wish that it were true for some of the 60-year-old runners that I compete against. He also makes an interesting comment about 38-year-olds "you see vomiting in the chutes." The only vomiting 38-year-olds I've seen have done this process as a result of being unfit to compete, not because they've "flogged" themselves.

Jim O'Neil, MAAD  
San Diego

The age-graded standards do not provide fair recognition to older athletes. ("Older" to me has always meant 10 years older than my present age.)

I have calculated the performance percentages for all the M80 and M85 world records. The average for 18 events was 79.9%. The average for 10 running events was 83.6%, and for eight field events, 75.9%. The lowest world record was 59.5%, not even "local class," and far less than "world class" (over 90%).

Presenting performance figures as a percentage of a standard is a good idea. However, if the standard is not an actual world record, that purpose is defeated. In fact, it could become a putdown; the effort might have been near a world record, but appear as only 70% of a standard.

The standard should be the actual age-group world record and assigned a value of 100%. That is the best that has been done, and nobody knows the best that can be done. Both younger and older athletes should prefer this.

In the event that the world record for an age group is inferior to the record for an older age group, that would correct itself in time.

Jim Vernon  
West Covina, California

I have received the age-graded kit with single-age standards and factors. This is a marvelous piece of work and a

real contribution to the sport. Thanks and congratulations.

Jim Saxon  
Charlotte, North Carolina

### BILL STEWART'S 4:11 MILE

I met Bill Stewart in 1983 at the Gasparilla 15K where he set a world masters record of 45:58. The mark still stands.

A few weeks earlier, he ran an epic 4:11 mile indoors at the U. of Michigan in his home town of Ann Arbor. Later that year, he ran 3:56 for 1500 in 105 degrees at the World Games in Puerto Rico.

But his 4:11 never seems to have found its proper place in the history of the masters movement. It was the world's masters best, indoors or outdoors, by at least nine seconds. It has withstood the assaults of miracle miles, Mercedes miles, money and merchandise.

When the Browns, Shorters, Ryuns, Bells, etc. came on the scene, somehow the 4:11 was no longer the mark. When the "Legends" stories started appearing, there were new "world record" standards.

Then I saw something in print that said his record wasn't good because it was set indoors. This didn't make sense because everyone knows indoors is tougher.

Then I heard it was no good because it was recorded in a mixed race.

Pete Mundle, WAVA Records Chairman, told me the race wasn't timed right. But I know it had three hand timers at 4:10 and accutrack at 4:11 by university officials.

I feel this great accomplishment of six years past should have the cloud removed. The mile is the most visible and possibly most significant event in track and field. We owe it to Stewart and the movement to clear this up once and for all. If it's a paperwork snafu, I've sent Stewart the forms. If it's something else, let's bring it out in the open.

John Boyle  
Deland, Florida

(It's paperwork. Mundle never got the forms from either Stewart or the officials, and thus, could not approve the time as an official record. Until recently, NMN had mistakenly reported it as official. So at the moment, it's a "pending" world indoor record. Hopefully, Stewart or meet officials can resurrect the six-year-old documents. — Ed.)

Continued on page 33

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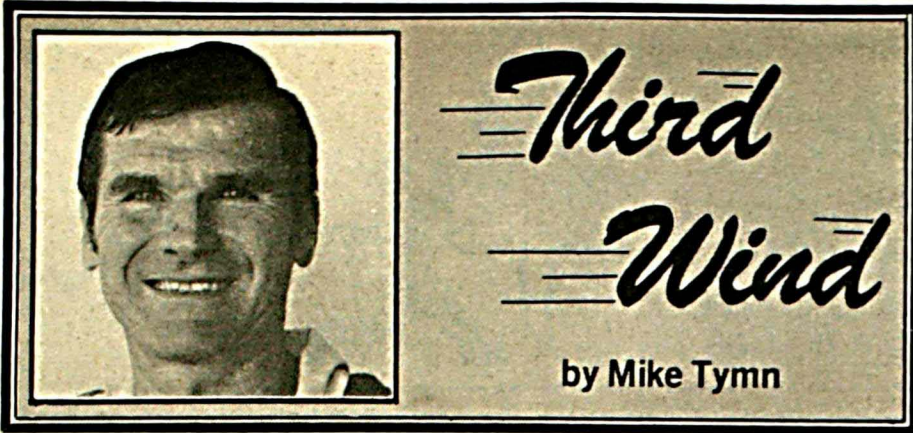
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## Treasure or Trash?

A full 30-gallon trash bag sits in the trunk of my car. My wife thinks the trash collectors hauled it off several months ago. I had reluctantly filled the bag and put it out for the collectors to take, but I later retrieved it and hid it in the trunk.

The bag contains what was once treasure to me, although it had no real value of any kind.

The bag is filled with about 25 trophies and plaques of assorted sizes and shapes, souvenirs of races past. Along with a number of others I managed to salvage, they had decorated the spare bedroom I use as my work room, mainly because my wife wouldn't allow them in a more conspicuous place. When it came time to paint the room last year, I removed them from several head-high shelves, only to find that many of the plates were so badly rusted and tarnished that the inscriptions could no longer be read.

In Hawaii, where I live, the humidity plays havoc with metal objects. But there is another peril indigenous to the area: lizards. Geckos, which run around the walls of homes here, had left little white deposits all over the bases. Trophies are often called dust collectors, but here they are sometimes referred to as lizard-doo collectors.

### Pretentiousness

I could lie and say that trophies and other awards mean nothing to me; they are mere hardware . . . junk . . . ego

pacifiers. But usually when I hear someone pooh-pooh race awards, I sense pretentiousness. The person seems to be saying that he or she is above such things or is pretending to be so humble as to not need any recognition. It's as if he or she is saying, "Can you imagine someone with all my achievements being so great, yet so humble?"

Sometimes, too, I think that such a person is trying to say that he or she is "much more than just a runner." I remember a magazine article a few years back in which the writer noted with some amazement that the subject of the article, a very successful runner, had nothing in his home — no awards or memorabilia of any kind — to indicate that he was a champion athlete. When the writer asked the subject about this, the response was that running was a very small part of his life. It never became clear, though, what the rest of his life was.

### False Fronts

Why is it that elite runners so often try to put up false fronts? Have you ever noticed at running banquets that many of them try to steer the conversation away from running? My theory is that runners, being generally better-

educated and therefore supposedly more sophisticated, feel they need to prove that they are well-rounded people, not simply "jocks." So they change the subject from running to something culturally stimulating, like who has the best pizza and beer in town.

Can you imagine going to an art exhibit, meeting a famous artist and then talking pizza and beer?

Personally, I like the Pete Rose approach. When Rose was playing ball, he would occasionally be asked a question about some area of life in which he had little or no knowledge. "Hey, I'm a ballplayer, let's talk baseball," was his reply.

Nearly everytime *Sports Illustrated* runs a lengthy feature on some famous ballplayer, there is a picture of him next to a trophy case in the home. Mickey Mantle has a "trophy room."

Of course, ol' Pete and the Mick are just high school graduates. Probably no one ever taught them to act more sophisticated.

### Older Runners Know Who They Are

I've observed, too, that older runners aren't as pretentious as young runners. A lot of old guys at major masters events wear jackets with championship patches sewn all over them. You'd never see a young elite runner caught in such a jacket. I think the old guys have figured out who they are and who they aren't, while the young guys are still trying to be someone other than just themselves.

Back to the ballplayers, I don't recall hearing of any athlete scoffing at a World Series or Super Bowl ring. They are highly-prized awards. But, come to think of it, I haven't heard of too many Olympic athletes who haven't prized their gold medals.

Isn't it all relative? If those big-name athletes can treasure their prizes, why can't those of us with lesser ability who give as much effort hold our awards in similar esteem?

There are probably some true "masters" out there — people who have ascended to a level where awards and recognition really have no meaning. There most certainly is a point of diminishing gratification connected with trophy accumulation. I built an altar around the first three or four trophies I won, but somewhere around the 20th one the joy of adding to my collection began to diminish. Still, even after amassing more than 100 trophies, plaques, and medals, I rarely leave before an award ceremony.

Why is it, though, that there seems to be an inverse correlation between the size of the award and the achievement? My largest and most impressive trophies are from events I can barely recall or for races in which my time was



Trash

Photo by Mike Tymn

not especially good or the competition not really tough.

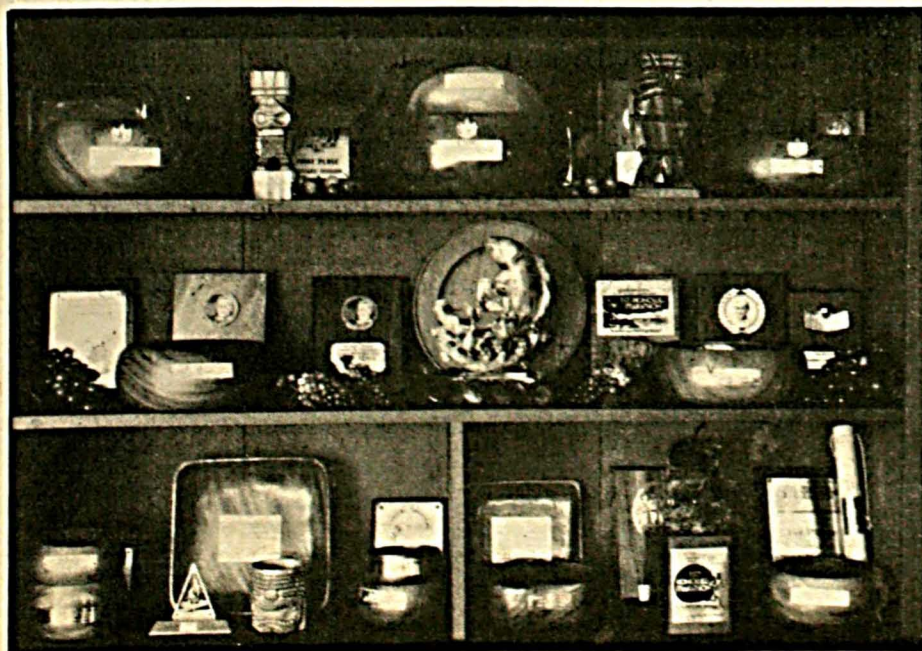
### Memorable Achievements

On the other hand, the least of my awards are for my most memorable achievements. For winning the 1979 Maui Marathon in PR time, I have only a vase made by the wife of the race director in her ceramics class. There is no inscription, nothing to say that it is an award. For winning the 40-49 division of the 1980 Cascade Runoff in Portland, Oregon, a major national event, I was given a small pocket knife with a microscopic inscription on the blade "1st 40-49" — nothing else. The name or place of the race is not shown, nor the year. What's more, the blade spring broke after a month or so. For winning a national championship 10K, I received a merchandise award worth about \$30. For still another memorable victory, I received a bottle of wine — and I don't even drink. In each case, I would have much preferred a small medal with an inscription, something to look back at in my old age and show to a grandchild.

I guess that's why I'm having difficulty throwing away that trash bag full of trophies and plaques. When the booty is all gone, I'll have only the faded memories. I'm not sure that's enough.

Come on, Tymn, grow up. Forget about those petty past achievements, I tell myself. You're much more than a runner, aren't you? Dump the garbage and get on with life. Have a beer or two or three. Show how worldly and well-rounded you are. Be humble.

Treasure or trash? I still can't decide. Until I do, the bag will remain in my trunk. □



Treasure

Photo by Mike Tymn

# On October 8th, only the Louvre will feature more Masters than the Twin Cities.

■ This year's Twin Cities Marathon is the TAC Masters National Championships for men and women. Which means it's your chance to run against the best runners in your class. It also means the largest Masters purse of the year is up for grabs. ■ So join 6,000 runners and over 200,000 enthusiastic spectators in the annual running of The Most Beautiful Urban Marathon In America on Sunday, October 8. ■ For race information, send a self-addressed, stamped, business-size envelope to TCM, 9633 Lyndale Avenue S., Suite 209, Minneapolis, MN 55420. ■ Then start preparing for a race that's a work of art all by itself.



**Twin Cities Marathon** *The Most Beautiful Urban Marathon in America.*



# Everything on "Go" For '89 Nationals

by DAVID PAIN, Event Director  
 With just four months to go before the 1989 TAC/USA National Masters Track and Field Championships, the Organizing Committee is exercising every effort to make the 22nd Annual event a memorable experience. The 1100-member San Diego Track Club is sparing no effort to create not only an excellent, well-run track meet but also a fine vacation experience at minimum expense to the participants and their families.

**Housing**  
 July is high season in the Southland, and hotels and motels are at or near capacity.  
 We are fortunate to be able to offer university housing within walking distance of the primary track. The price with meals is far less than a motel

or hotel room alone will cost. There are no motels within a radius of 1-2 miles from San Diego State University.  
 The demand for beds - in excess of 500 as we go to press - has been high. All singles are now taken. In making your reservation, you can state your roommate or one will be selected for you. Please note that the rooms must be vacated by 12:00 noon on Monday, July 24, as the university has another event scheduled immediately following our meet.

**Social Activities**  
 In order to make your stay as enjoyable as possible we have arranged a series of activities beginning on Wednesday, July 19, when the San Diego Sports Medicine Center will present a Sports Medicine Symposium specifically directed at the masters

athlete.  
 Later on Wednesday evening, a welcoming reception will be held at the university in the swimming pool area. Both of these functions are free and open to all competitors and family members.

Each evening during the championships, entertainment will be presented at the outdoor stage on the green adjacent to the university housing. After the conclusion of the meet, all may attend a closing outdoor Fiesta which will include a full Mexican meal, plus a performance of ethnic music, song, and dance presented by a full company of entertainers from south of the border courtesy of the Tijuana Cultural Center. With this experience, the SDTC hopes its guests will depart from San Diego with some apprecia-

tion of the rich Hispanic culture which permeates the Southwest.

**Transport**  
 SDSU is 15 miles from the airport and cab fare is \$25 one way.  
 To save participants this expense, the Organizing Committee has a transport system composed of buses, vans and private vehicles which will make airport pick-up direct to SDSU housing if exact arrival date, time, and flight number have been submitted with entry.  
 A shuttle service will be provided between SDSU and Balboa Stadium, as well as to and from the hammer throw venue and the Lake Murray 10K/20K Racewalk course on Sunday.

**Sightseeing**  
 By special arrangement with Sports Travel International, sightseeing tours to Tijuana, Sea World, San Diego Zoo, and Wild Animal Park will be offered.

For those aquatically inclined, a visit to the Scripps Aquarium and the underwater marine park in La Jolla for snorkeling is available. For others, it may be a trip to one of San Diego's many beaches for surfing or just plain sunning.  
 Summertime in San Diego offers the San Diego Pops outdoor concerts, the Old Globe Shakespeare Theater, and numerous other plays and concerts.

**Awards and Souvenirs**  
 Official TAC medals will be awarded to all first three national finishers in any final event. Non-nationals who finish first, second, or third, will receive an appropriate but different medal. TAC champion patches, one per individual, will also be presented to first place (National) finishers.

For those desiring to personalize their medals, a custom 24-hour engraving service will be available.  
 Each entrant will receive a commemorative participation certificate suitable for framing.

A beautiful commemorative pin with the meet logo may be purchased as well as the SDTC Conquistador pin, either of which will make a fine gift or memento of the championships. For those desiring to purchase athletic gear and shoes or souvenirs of the meeting a store will be open on campus, full-stocked and ready-to-go.

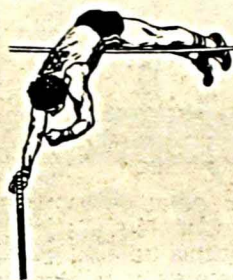
**Racewalks**  
 The rapidly increasing interest in racewalking has been graphically demonstrated in the early entry to date. Approximately 25% of all entries are for the 5000 and 10K/20K racewalking events. An entry of 400-500 for these races is anticipated.

The 5000 and 20K are the official TAC distances. The 10K is a non-championship event. The 5000m walk will be conducted at Balboa stadium on the Mondo surface. Sections will be

Continued on page 10



## 10TH ANNUAL MASTERS TRACK & FIELD MEET 1989



**SPONSOR:** REDLANDS - EVENING KIWANIS CLUB  
**DATE AND TIME:** Saturday, June 3, 1989 beginning at 9:30 a.m.  
**PLACE:** UNIVERSITY OF REDLANDS STADIUM - Directions: Coming from the west on I-10, exit University off-ramp. Turn left on University, and proceed to second stop sign which is Brockton Ave. Stadium is to your right on the north-east corner. Coming from the east on I-10, exit Cypress Ave. Turn left at Cypress, and proceed two blocks to University Ave. Turn right on University, proceeding through signal light at Citrus, onto the second stop sign, where the stadium will be on your right (northeast corner). Park only in the parking lots on either east or west side of the stadium, or on the street, north side of Brockton.  
**DIVISIONS:** 5 year age groups, men and women; i.e. 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+  
**ENTRY FEES:** \$10.00 for the first event; \$5.00 for each additional event. LATE ENTRY FEE: \$3.00. Make checks payable to: Redlands-Evening Kiwanis Club. check and entry application to: Dennis Farhar, 904 Everon Ct., Redlands, CA 92374. PROCEEDS ABOVE COSTS OF EVENT, WILL GO TO KIWANIS COMMUNITY PROJECTS.  
**ENTRY DEADLINE:** May 27, 1989  
**AWARDS:** Medals will be awarded to all first, second, and third places, for men and women, each individual event. There will also be several door prizes awarded.  
**FACILITIES:** 440 yard crushed brick track. Should use 1/2 inch spikes. Concrete rings except javelin (grass runway). Dressing facilities and showers available (please bring your own towels). Concession stand will be open under the south grandstand. Track and facilities in excellent condition.  
**T-SHIRTS & HATS:** Kiwanis T-Shirts and Hats will again be available. T-Shirts cost \$4.00 with entry fee; \$6.00 for each additional shirt. Hats cost \$1.50.

\*\*\*\*\*  
 TIME SCHEDULE

RUNNING EVENTS			FIELD EVENTS			FIELD EVENTS CONTINUED		
9:30 a.m.	5,000 M Run	All ages M & W	10:00 a.m.	Hammer	All Divisions	1:00 p.m.	Shot Put	M-60-64; 65-69; 70-74; 75-79; 80+
10:15	5,000 M Racewalk	All ages M & W	10:00 a.m.	Javelin	All Divisions	1:00 p.m.	Long Jump	M-50-54; 55-59;
10:45	1,500 M	All ages M & W	10:00 a.m.	Pole Vault	All Divisions	1:00 p.m.	Discus	M-40-44; 45-49
11:15	Masters Mile Run *	All ages M & W	10:00 a.m.	Triple Jump	All Divisions	2:00 p.m.	Shot Put	M-50-54; 55-59
11:45	110 M Hurdles	All ages M	11:00 a.m.	High Jump	All Divisions	2:00 p.m.	Long Jump	M-60-64; 65-69; 70-74; 75-79; 80+
12:15 p.m.	400 M	All ages M & W	12:00	Shot Put	W-All; 30-34; 35-39M	2:00 p.m.	Discus	W-All; M-30-34; 35-39
12:35	100 M	All ages M & W	12:00	Long Jump	M-40-44; 45-49	3:00 p.m.	Shot Put	M-40-44; 45-49
12:55	800 M	All ages M & W	12:00	Discus	M-60-64; 65-69; 70-74; 75-79; 80+	3:00 p.m.	Long Jump	W-All; M-30-34; 35-39
1:15	400 M Hurdles	All ages M				3:00 p.m.	Discus	M-50-54; 55-59
1:35	200 M	All ages, M & W						

\* New Event - This Year

\*\*\*\*\*  
 OFFICIAL ENTRY FORM (Note: If needed, copies of this form O.K.)

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
 MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ AGE AS OF JUNE 3, 1989 \_\_\_\_\_  
 EVENTS ENTERED  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_  
 T-SHIRT, W/ENTRY (\$4.00) \_\_\_\_\_ ADDITIONAL T-SHIRTS (\$6.00) \_\_\_\_\_ HATS (\$1.50) \_\_\_\_\_  
 TOTAL REMITTANCE \_\_\_\_\_  
 SIGNATURE \_\_\_\_\_  
 Make check payable to: Redlands-Evening Kiwanis, and send to: Dennis Farhar, 904 Everon Ct., Redlands, CA 92374.



let's face it!  
**MASTERS throwers**



**YOU CAN'T BE**

A MAC WILKINS                      A WILLIE BANKS  
 AN AL FEUERBACH                or A YURIY SYEDKH  
 A TOM PETRANOFF

**But—THEY CAN TEACH YOU TO  
 BE THE BEST THAT YOU CAN BE**

These VIDEO TEACHING TAPES feature some of the most accomplished throwers in the great history of Track & Field. The teaching techniques have been hailed by peers as the best, and one has received international awards for its excellence.

**MAC WILKINS' Gold Medal Discus**



"I consider this video training program to be one of my finest achievements in 20 years with the discus." It is a unique instructional package that teaches the mechanical, physical and mental aspects of discus throwing for young and old alike. In addition to my demonstrations, you will learn from studying the techniques of such discus greats, past and present, as L.J. Silvester, Wolfgang Schmidt, Imrich Bugar and Luis Delis with my "voice over" instructional comments. The program contains nine sections: 1. The Throw Part I; 2. The Throw Part II; 3. Drills; 4. Rhythm; 5. Advanced Technique; 6. Visualization; 7. Troubleshooting; 8. Conditioning; 9. Motivation.

"I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors. That is why I felt this training program would be of great help to you Masters competitors. Join me in your quest to be the best that you can be."

**YURIY SYEDIKH'S SyberVision Hammer Video**



East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructions cover the 3 turn throw. Featured model,

Yuriy Syedikh — USSR. *Winning Hammer Ways* was produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

**TOM PETRANOFF'S Javelin Video**



A video encyclopedia of the javelin throw covers complete instructions on: Drills... Weight Training... Conditioning... Pliometrics... Throwing Technique and Mental Preparation. Your instructor is Tom Petranoff, one of the world's finest competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 327' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the world.

**COMBINATION DISCUS  
 & SHOT**

With both teaching cassettes combined into one tape, you have over 40 years' competitive experience by Wilkins and Feuerbach in approximately one hour of instructional viewing and learning. If you follow the pattern of most throwers, you are probably learning and competing in both the discus and the shot. This is your opportunity to be taught both events by two of the best ever competitors and achievers... and at a savings over the cost of two individual cassettes.

**AL FEUERBACH'S Basic 70 Foot Shot Putting**



"Shot Putting was never a part-time thing with me... it was an obsession." Through a competitive career spanning 22 years and including over 525 competitions in 24 countries, Al was able to experience this event as few athletes have. Every bit of his learning experience is packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like you.

You will be instructed by Al, Dave Laut (7' 3"), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (69' 1/2"). Dave demonstrates the rotational style throw and Mac instructs on its technique.

*Basic 70 Foot Shot Putting* presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you."

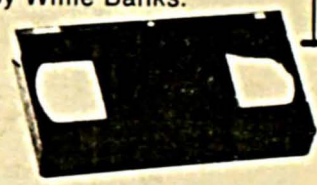
**WILLIE BANKS' Banks On Triple Jump**



Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

**COMPLETE ORDER FORM**

Send to: **MAC WILKINS PRODUCTIONS**  
 P.O. Box 28836 · San Jose, CA 95159  
 (please print)                      408/358-2669



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Check  Money order  Visa  MasterCard  Other \_\_\_\_\_

Card No.: \_\_\_\_\_ Exp. Date \_\_\_\_\_

Please Send:

Mac Wilkins' GOLD MEDAL DISCUS	\$ 49.50	_____
Al Feuerbach's BASIC 70 FOOT SHOT PUTTING	\$ 49.50	_____
Combination DISCUS and SHOT Videos	\$ 90.00	_____
Tom Petranoff's JAVELIN VIDEO	\$ 68.00	_____
Yuriy Syedikh's SYBERVISION HAMMER VIDEO	\$ 60.00	_____
Willie Banks' BANKS ON TRIPLE JUMP	\$ 59.95	_____
Beta or VHS		

Add \$3.50 first class/\$2.50 reg. mail per cassette or coaching session for shipping/handling. California residents add appropriate sales tax.

## TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS

FOR  
**MASTERS MEN & WOMEN**  
**SUBMASTERS MEN & WOMEN**  
**LOS GATOS TWILIGHT MEET FOR OPEN MEN & WOMEN**  
**SAT. JUNE 10, 1989**

Los Gatos High School & Olympic Training Center  
 Sanctioned by TAC/PACIFIC ASSOCIATION  
 Sponsored by LOS GATOS ATHLETIC ASSOCIATION

**ENTRY DEADLINE WEDNESDAY, JUNE 7, 1989**

- Eligibility:** All men and women registered in Tac/Pacific Association. 1989 Tac Registration required. Registration available at meet \$10.00.
- Entries:** Pre-entry required before Wednesday, June 7. Phone entry O.K. (408) 354-5660.
- Fees:** \$7 per event, \$15 for relays. \$10 late entry if space available.
- Note:** Hammer will be contested at Olympic Training Center (See map on back).
- Heats:** Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
- Timing:** Fully automatic timing by Accutrack.
- Facilities:** All weather track surface 1/4 spikes only. Concrete throwing rings, grass javelin runway.
- Age Groups:** 30 and above in 5 year age groups. Age on June 10, 1989 determines age group.
- Awards:** Tac/Pacific championship medals to first three places in all events and in all 5 year age groups.
- T-Shirts:** For sale at meet.

### AT LOS GATOS HIGH - HELM FIELD MASTERS AND SUBMASTERS TRACK

- 8:00 5000 race walk
- 9:00 100 m hurdles women 40+
- 9:05 100 m hurdles women 30-35, 35-39
- 9:00 100 m hurdles men 60+
- 9:15 110 m hurdles men 50-59
- 9:20 110 m hurdles men 40-49
- 9:30 110 m hurdles men 30-39
- 9:40 4 x 100 m relay all divisions
- 9:55 100m women 50-59, 60+
- 10:00 100 m women 40-49
- 10:05 100 m women 30-39
- 10:10 100 m men 75+ in 5 year age
- 10:15 100 m men 70+
- 10:20 100 m men 65
- 10:35 100 m men 60
- 10:40 100 m men 55
- 10:45 100 m men 50
- 10:50 100 m men 45
- 10:55 100 m men 40
- 11:00 100 m men 35
- 11:05 100 m men 30
- 11:10 800 m women 50+
- 11:15 800 m women 30-49
- 11:20 800 m men 75 and above
- 11:25 800 m men 70
- 11:30 800 m men 65
- 11:35 800 m men 60
- 11:40 800 m men 55
- 11:45 800 m men 50
- 11:50 800 m men 45
- 11:55 800 m men 40
- 12:00 800 m men 35
- 12:05 800 m men 30
- 12:10 200 m women 50+
- 12:15 200 m women 30-49
- 12:20 200 m men 75+
- 12:25 200 m men 70
- 12:30 200 m men 65
- 12:35 200 m men 60
- 12:40 200 m men 55
- 12:45 200 m men 50
- 12:50 200 m men 45
- 12:55 200 m men 40
- 1:00 200 m men 35
- 1:05 200 m men 30
- 1:10 1500 m women all ages
- 1:20 1500 m men 10+
- 1:30 1500 m men 60+
- 1:40 1500 m men 50+
- 1:50 1500 m men 40+
- 2:00 1500 m men 30+
- 2:10 400 IH 30-39

- 2:15 400 IH 40-49
- 2:20 300 IH women
- 2:25 300 IH men 50+
- 2:30 300 IH men 60+
- 2:35 5000 women & men 60+
- 3:00 5000 men 40-59
- 3:30 5000 men submasters
- 3:35 4 x 400 relay

### AT LOS GATOS HIGH - HELM FIELD MASTERS AND SUBMASTERS FIELD

- SHOT**
- 9:00 Shot all masters and submasters women
  - 9:30 Shot men age groups 60-64, 65-69, 70-74, 75-79, 80+
  - 10:30 Shot men 40-44, 45-49, 50-54, 55-59
  - 11:30 Shot men submasters
- POLE VAULT**
- 9:00 Pole vault men 60-64, 65-69, 70-79, 75-79, 80+
  - 10:00 Pole vault men 40-44, 45-49, 50-54, 55-59
  - 11:00 Pole vault men submasters
- LONG JUMP**
- 10:00 Long jump all masters and submasters women
  - 10:30 Long jump men 60-64, 65-69, 70-74, 75-79, 80+
  - 11:30 Long jump men 40-44, 45-49, 50-54, 55-59
  - 12:30 Long jump men submasters
- HIGH JUMP**
- 11:00 High jump all masters and submasters women
  - 11:30 High jump men 60-64, 65-69, 70-74, 75-79, 80+
  - 12:30 High jump men 40-44, 45-49, 50-54, 55-59
  - 1:30 High jump men submasters
- DISCUS**
- 11:30 Discus all masters and submasters women
  - 12:00 Discus men 60-64, 65-69, 70-74, 75-79, 80+
  - 1:00 Discus men 40-44, 45-49, 50-54, 55-59
  - 2:00 Discus men submasters
- TRIPLE JUMP**
- 1:00 Triple jump all masters and submasters women
  - 1:30 Triple jump men 60-64, 65-69, 70-74, 75-79, 80+
  - 2:00 Triple jump men 40-44, 45-49, 50-54, 55-59
  - 2:30 Triple jump men submasters
- JAVELIN**
- 12:30 Javelin all masters and submasters women
  - 1:00 Javelin men submasters
  - 2:00 Javelin men 60-64, 65-69, 70-74, 75-79, 80+
  - 2:30 Javelin men 40-44, 45-49, 50-54, 55-59

### AT OLYMPIC THROWING AREA

- HAMMER**
- 1:30 Jr. Hammer
  - 2:30 Open Hammer
  - 3:30 Hammer - masters
  - Women submasters men 60+

### HOUSING

Los Gatos Lodge, 354-3300, Los Gatos Garden Inn, 354-6446  
 Los Gatos Manor Inn, 354-9191, Village Inn, 354-8102  
 Toll House Hotel, 355-7070

### TAC/PACIFIC MASTERS AND SUBMASTERS TRACK & FIELD CHAMPIONSHIPS AND OPEN TWILIGHT MEET

Joy Upshaw and Willie Harnatz  
 Meet Directors  
 P.O. Box 1328, Los Gatos, California 95031  
 (408) 354-5660

Name \_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_ Address \_\_\_\_\_  
 Phone \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_  
 Age as of June 10, 1989 \_\_\_\_\_  
 Events Entered & Best Recent Time or Mark \_\_\_\_\_  
 Club Affiliation \_\_\_\_\_  
 Amount Enclosed \_\_\_\_\_ Your 1989 TAC Number \_\_\_\_\_  
 Make Checks payable to Los Gatos Athletic Association Inc. NO REFUNDS FOR DEFAULT

### WAIVER

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever, any and all rights, claims or damages, I may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, Englewood Post #812, 813, and all sponsors of this race, their successors, representatives and agents for any and all injuries suffered by me while traveling to and from, and while participating in the TAC Pacific Masters and Open Track & Field Championships held June 10, 1989 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.

Date \_\_\_\_\_ Signature \_\_\_\_\_

## Everything on "Go" for '89 Nationals

Continued from page 8

limited in number to assure proper judging. If more than one heat is required for any one age group, the placing will be by timed sections.

### Relays

Competition in the 4x100, 4x400 and 4x800 relays will highlight the Sunday morning schedule. Relay team entries will be accepted right up to post time. With a large foreign contingent, the relays should be hotly contested in all age divisions.

The relays will be conducted in ten-year age groups of 30+, 40+, 50+, 60+, and 70+ for both men and women. The relay entry fee is \$30 per team.

### All Electronic Timing

Electronic timing will be used for all running events. The SDTC is planning to utilize two Accutracks per finish line to eliminate the clutter of hand timers. To further add to meet efficiency, the organizing committee is planning to conduct simultaneous heats of the 100 and short hurdles on the two straights. These added features plus the exceptional Mondo running surface, and San Diego's generally pleasant

weather, should assure some exceptional performances.

### Champion of Champions 100m

The athletic program will close on Sunday, July 23, with a special added feature event — The Champion of Champions 100m — in which each of the age-group 100m winners will be asked to participate. To assure an even and exciting race for both men and women, yardage handicaps will be assigned, based on the Age-Group Standards developed by the *National Masters News*. Cash prizes will be awarded in both races to first, second, and third place finishers.

For those wishing to contribute to the prize money pool please send your check to the Organizing Committee and so specify. Reg Austin of Australia has started the fund off well with a \$250 contribution. The goal is \$1,000 — \$500 for each race.

### Pentathlon

The disciplines to be contested are those specified in the TAC rule book. Men's events are 200, long jump, javelin, discus and 1500. The women's events are 100/80 hurdles, high jump, shot put, long jump and 800. □

## Campbell and Welch Win in Boston

Continued from page 1

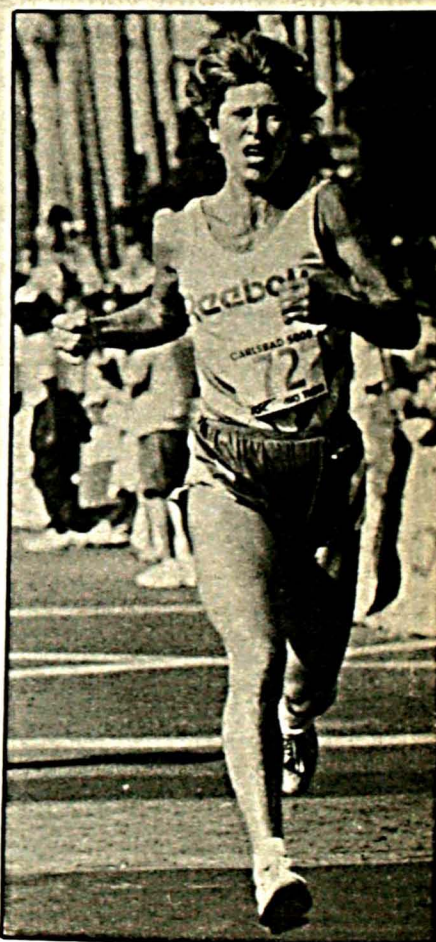
Oakland nurse raced to a masters-PR 2:39:21, only 2:09 off Gail Scott's American masters record.

Angella Hearn, a British citizen who lives and trains in New York City, was third W40+ in 2:41:09, followed by Colorado's Mary Wood (2:49:05) and Missouri's Jane Hutchison (2:56:29).

Campbell's performance gave him an age-graded time of 2:08:24 — the best of the day — and a performance level of 96.8%. Welch's age-graded time was 2:23:18 and a P.L. of 96.3%.

The event was sponsored by the John Hancock Insurance Company. Overall winners were Ethiopia's Abebe Mekonnen (2:09:54) and Norway's In-

grid Kristiansen (2:24:33). The race drew 6418 runners, all of whom had to meet a qualifying time to enter. Johnny "The Edler" Kelley, 81, completed his 55th Boston, finishing in 5:05. □



Laurie Binder (41, 16:54) setting new American masters record at the Carlsbad 5K in California on April 2. Photo by Richard Lee Slotkin

## Waigwa, Binder Set Records in Carlsbad 5K

Continued from page 1

followed by Binder (91.9%) and Mario Gonzales (M45, 15:49, 91.2%).

Binder said after the race that the competition was a valuable tune-up for the Boston Marathon two weeks later. "I wanted a kind of time trial," she said. "I just came down to get some speed in my legs for Boston."

Over 6000 runners competed in the largest field ever assembled for the race. □

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—Murray Banks

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**AGAINST**

*"It is lamentable that individuals attempt to take advantage of the irrational search for eternal youth. Such hucksterism is nothing new and I can only suggest 'caveat emptor,' or more directly 'a fool and his money are soon parted.'"*

—Jerome J. Perry

Professor of Microbiology  
North Carolina State Univ.

—National Masters News, August, 1988

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Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

## Win With Nutrition

In a recent issue of *Sports Medicine Digest*, nutritionist Nancy Clark, R.D., gives some good points regarding the nutritional needs of 'older' athletes. The obvious concern is that the older athlete has a different need than the younger athlete. The following advice, we are told, will help the masters athlete to 'win with nutrition' and help provide a healthy dietary foundation.

- 1) Focus on wholesome carbohydrates, such as crackers instead of cookies, potatoes rather than protein, and eat more nutrient-dense fruit and vegetables.
- 2) Select low-fat carbohydrates. Cut down on butter, sour cream, cheese.

On this page are the second end-of-year masters long distance rankings compiled by TACSTATS, the official LDR record-keeping arm of The Athletics Congress, the national governing body for athletics in the United States.

The quality of performances are compared by "normalizing" them to

down on butter, sour cream, cheese. Remember fats are fattening, and the older athlete has to fight creeping obesity.

3) Boost calcium intake with low-fat dairy products. Old bones also need calcium. Low-fat milk, yogurt and cheese helps.

4) Take in more fiber. Eat bran and whole wheat cereals and breads. This will promote regular bowel habits and may decrease the risk of colon cancer.

10K equivalents. Adjustments are made for exceptional course advantage or difficulty. Times are also weighted according to their closeness to world-best age-group marks.

TACSTATS welcomes comments on its rankings system. (Address on page 2). □

It has also been shown that soluble fiber in oat products decreases serum cholesterol and reduces chance of heart attack.

5) Eat small portions (4 oz.) of lean beef. This provides protein, Iron and Zinc. Red meats have more nutrients than chicken, similar cholesterol content, and, if cut lean, an acceptable fat content.

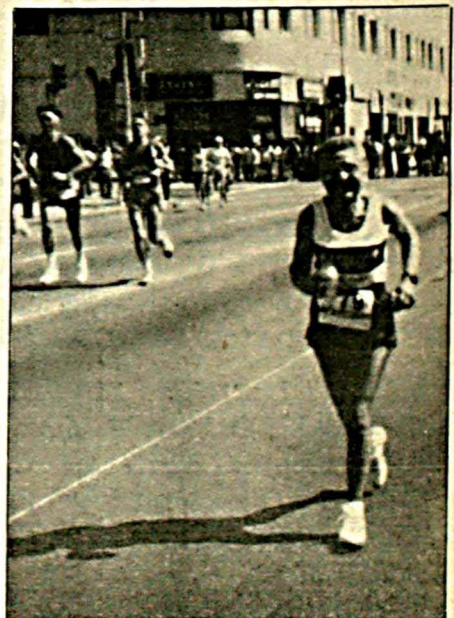
6) Eat more broccoli, cauliflower, cabbage, brussel sprouts, and kale. These may help lower cancer risk and are rich in vitamin A.

7) Eat more fish. Fish oils lower blood cholesterol and may reduce cancer risks, Swordfish, salmon, blue fish, mackerel, and other cold water oily fish are advised.

8) Eat more potassium-rich fruits. Include bananas, oranges, grapefruit, kiwi, and cantaloupe. Potato, spinach, tomatoes, carrots, and broccoli are potassium-rich vegetables and contain vitamin C as well.

On a dare, I took up this diet, cut out all cokes, candy, cakes, cookies, butter, and sugars, and switched to bran breakfast, fruit lunches and had a little more for dinner. After a terrible two to three days, it wasn't so bad and after six weeks I had dropped my weight from 142 pounds to 131 and ran a 1:13:03 20K. Dropping the excess pounds and feeling better can decrease your running times, dramatically.

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



Bess James (W70), who finished the Los Angeles Marathon in 5:51:07 on March 5. Photo by Barbara Luning

## Top Female Masters Performances of 1988 in Major US Events

RANK	NAME	CTZ	TIME	DISTANCE	ADJTIME	PLC	ST	RACE	PRIZE	POINTS
1	PRISCILLA WELCH	GBR	2:30.48a	MARA	32.45	4	MA	BOSTON	26500	603
2	PRISCILLA WELCH	GBR	55.38	10MI	33.26	M1	DC	NIKE CHERRY BLOSSOM	400	528
3	PRISCILLA WELCH	GBR	33.57	10K	33.57	9	AL	AZALEA TRAIL RUN	1200	455
4	LAURIE BINDER	USA	52.40	15K	34.08	M1	FL	GASPARILLA DISTANCE RUN	0	448
5	LAURIE BINDER	USA	57:11	10MI	34.21	8	MI	BOBBY CRIM	0	441
6	LAURIE BINDER	USA	53:19	15K	34.33	M1	OR	CASCADE RUN OFF	1000	372
7	LAURIE BINDER	USA	34.35	10K	34.35	M1	FL	RED LOBSTER CLASSIC	2000	366
8	LAURIE BINDER	USA	1:16.34	HMAR	34.36	7	PA	PHILADELPHIA DISTANCE CLASSIC	0	360
9	LAURIE BINDER	USA	2:42.29a	MARA	34.45	35	PA	WOMEN'S OLYMPIC TRIALS / PITTSBURGH	0	354
10	ANGELLA HEARN	GBR	1:16.52	HMAR	34.45	M1	NY	BROOKLYN	0	348
11	ANGELLA HEARN	GBR	2:40.15a	MARA	34.46	11	MA	BOSTON MARATHON	4150	342
12	JANE HUTCHISON	USA	34.51	10K	34.51	M2	AL	AZALEA TRAIL RUN	700	336
13	LAURIE BINDER	USA	1:17.10	HMAR	34.53	M1	MA	NEW BEDFORD/BANK OF BOSTON HALF MARATHON	500	330
14	LAURIE BINDER	USA	34.55	10K	34.55	M3	AL	AZALEA TRAIL RUN	400	324
15	PRISCILLA WELCH	GBR	2:43.20a	MARA	34.55	M1	HI	HONOLULU MARATHON	5000	318
16	LAURIE BINDER	USA	2:43.23a	MARA	34.56	M1	CA	CALIFORNIA INTERNATIONAL MARATHON	5000	312
17	LAURIE BINDER	USA	34.57	10K	34.57	M1	CA	HOY'S SPORTS	155	306
18	BARBARA FILUTZE	USA	58.12	10MI	34.58	M1	NC	CAPITAL TRAIL RUN	500	300
19	GABRIELE ANDERSEN	USA	42.38	12K	35.05	M1	WA	LILAC BLOOMSDAY RUN	1000	245
20	LAURIE BINDER	USA	35:11.9	10K	35.11.9	M1	NC	OLD RELIABLE RUN	1000	240
21	PRISCILLA WELCH	GBR	40.09	7MI	35.12	4	IA	BIX SEVEN MILER	0	235
22	GABRIELE ANDERSEN	USA	35.13	10K	35.13	M1	MA	MDA-BOSTON MILK RUN	500	230
22	PRISCILLA WELCH	GBR	1:17.54a	HMAR	35.13	4	NM	DUKE CITY HALF MARATHON	250	230
24	GABRIELE ANDERSEN	USA	54.25	15K	35.16	M1	OK	TULSA RUN	500	220
24	LAURIE BINDER	USA	2:44.57a	MARA	35.16	M1	MN	TWIN CITIES MARATHON	10000	220
26	JANE HUTCHISON	USA	54.41	15K	35.26	M2	OK	TULSA RUN	375	210
27	ANGELLA HEARN	GBR	34.31a	10K	35.31	M1	PA	THE GREAT RACE	1000	205
28	JANE HUTCHISON	USA	35.32	10K	35.32	M2	FL	RED LOBSTER CLASSIC	1000	200
29	LAURIE BINDER	USA	35.33	10K	35.33	M1	NY	FREIHOFFER'S RUN FOR WOMEN	1500	195
30	GABRIELE ANDERSEN	USA	54.59	15K	35.38	M2	OR	CASCADE RUN OFF	500	152
31	GAIL SCOTT	USA	2:46.40a	MARA	35.38	M2	CA	CALIFORNIA INTERNATIONAL MARATHON	2000	148
32	BARBARA FILUTZE	USA	2:46.53a	MARA	35.41	60	PA	WOMEN'S OLYMPIC TRIALS / PITTSBURGH	0	144
33	NANCY MCLAREN	CAN	55.09	15K	35.45	M3	OR	CASCADE RUN OFF	250	140
34	MARY L WOOD	USA	2:47.27a	MARA	35.48	PA	WOMEN'S OLYMPIC TRIALS / PITTSBURGH	0	136	
35	JANE HUTCHISON	USA	34.48a	10K	35.48	M2	PA	THE GREAT RACE	500	132
36	BARBARA FILUTZE	USA	55.16	15K	35.49	M2	FL	GASPARILLA DISTANCE RUN	0	128
37	GAIL SCOTT	USA	2:47.33a	MARA	35.50	M1	NY	NEW YORK CITY	2000	124
38	GABRIELE ANDERSEN	USA	35.52	10K	35.52	M2	NY	FREIHOFFER'S RUN FOR WOMEN	1000	120

## Top Male Masters Performances of 1988 in Major US Events

RANK	NAME	CTZ	TIME	DISTANCE	ADJTIME	PLC	ST	RACE	PRIZE	POINTS
1	RYSZARD MARCZAK	POL	2:15.54a	MARA	29.10	M1	NY	NEW YORK CITY	3000	1408
2	BILL RODGERS	USA	33.50a	7.1M	29.15	M1	MA	FALMOUTH ROAD RACE	2000	1397
3	BILL RODGERS	USA	49.14	10MI	29.37	11	MI	BOBBY CRIM	0	1260
4	MICK HURD	GBR	45.48	15K	29.43	32	FL	GASPARILLA DISTANCE CLASSIC	1000	1250
5	ALLAN RUSHMER	GBR	45.54	15K	29.47	35	FL	GASPARILLA DISTANCE CLASSIC	500	1116
6	BOB SCHLAU	USA	2:19.27	MARA	29.56	18	CA	LOS ANGELES MARATHON	1500	1107
7	BOB SCHLAU	USA	2:19.48a	MARA	30.01	M1	CA	CALIFORNIA INTERNATIONAL MARATHON	3000	976
8	KJELL E. STAHL	SWE	2:19.59a	MARA	30.03	M1	MN	TWIN CITIES MARATHON	10000	968
8	BILL RODGERS	USA	14.21a	5KM	30.03	M1	AR	SPORTSTOP FIRECRACKER	0	968
10	MIKE HURD	GBR	46.24	15K	30.06	M1	FL	RIVER RUN 15K	1000	952
10	RYSZARD MARCZAK	POL	2:17.53a	MARA	30.06	25	MA	BOSTON	14500	952
12	BILL RODGERS	USA	2:20.29	MARA	30.09	21	CA	LOS ANGELES MARATHON	1000	936
12	BILL RODGERS	USA	30.09	10K	30.09	M1	AZ	RUNNER'S DEN/KOIA 10K	0	936
14	BILL RODGERS	USA	2:18.17a	MARA	30.11	28	MA	BOSTON	2750	920
15	BOB SCHLAU	USA	2:20.47.7	MARA	30.13	M1	CT	STAMFORD CLASSIC MARATHON	0	912
16	MIKE HURD	GBR	1:07.02	HMAR	30.14	M1	MA	NEW BEDFORD/BANK OF BOSTON HALF MARATHON	500	904
17	BILL RODGERS	USA	23.50.5	8KM	30.15	M1	IN	AUL/GOVERNOR'S CUP/ANDERSON	0	784
18	RYSZARD MARCZAK	POL	30.18	10K	30.18	21	MA	MDA-BOSTON MILK RUN	500	777
19	BARRY BROWN	USA	46.47	15K	30.21	42	FL	GASPARILLA DISTANCE CLASSIC	250	770
20	KEN FRENCH	CAN	46.49	15K	30.22	M1	OR	CASCADE RUN OFF	1000	763
21	WEB LOUDAT	USA	30.22a	10K	30.22a	M1	AZ	FOOTHILLS	0	756
22	ALLAN RUSHMER	GBR	30.23	10K	30.23	M1	FL	RED LOBSTER CLASSIC	2000	749
23	MURRAY HUNT	NZL	2:22.02	MARA	30.29	26	CA	LOS ANGELES MARATHON	800	742
24	BILL RODGERS	USA	24.05	8KM	30.31	M1	IA	FIFTH SEASON	0	630
24	ALLAN RUSHMER	GBR	24.05	8KM	30.31	14	VA	SHAMROCK 8K	400	630
26	BOB SCHLAU	USA	2:22.25	MARA	30.34	25	TX	HOUSTON TENNECO MARATHON	0	618
26	ALLAN RUSHMER	GBR	30.34	10K	30.34	28	MA	MDA-BOSTON MILK RUN	250	618
28	ALLAN RUSHMER	GBR	30.37a	10K	30.37a	LA	CRESCENT CITY CLASSIC	1000	606	
29	BOB SCHLAU	USA	47.15	15K	30.39	M2	OR	CASCADE RUN OFF	500	600
29	ALLAN RUSHMER	GBR	14.38a	5KM	30.39	M1	PA	ST. PATTY'S	500	600
31	ATHOL BARTON	NZL	2:22.52a	MARA	30.40	M2	MN	TWIN CITIES MARATHON	0	588
32	MIKE HURD	GBR	30.42	10K	30.42	M1	AL	AZALEA TRAIL RUN	1200	582
33	MICK HURD	GBR	30.46	10K	30.46	M2	FL	RED LOBSTER CLASSIC	1000	480
34	BARRY BROWN	USA	30.47.1	10K	30.47.1	M1	NC	OLD RELIABLE RUN	1000	475
36	BILL RODGERS	USA	30.49	10K	30.49	M1	NC	CHARLOTTE OBSERVER 10K	2000	465
36	LARRY OLSEN	USA	14.43a	5KM	30.49	M2	PA	ST. PATTY'S	250	465
36	FRANK SHORTER	USA	47.30	15K	30.49	52	FL	GASPARILLA DISTANCE CLASSIC	0	465
39	LARRY OLSEN	USA	30.49a	10K	30.49a	M1	GA	PEACHTREE ROAD RACE	1000	455
39	BILL RODGERS	USA	35.10	7MI	30.50	8	IA	BIX SEVEN MILER	0	450
40	LARRY OLSEN	USA	1:08.24	HMAR	30.51	M2	MA	NEW BEDFORD/BANK OF BOSTON HALF MARATHON	250	445

# MASTERS MIDWEST TRACK & FIELD CHAMPIONSHIPS

Huntington, West Virginia  
Saturday July 8 and Sunday July 9, 1989

**MEET SITE**

Marshall University track-400M tartan surface-42 inch wide lanes with eight(8) lanes. All runways and take-off areas are tartan, except javelin area is grass

**ELIGIBILITY**

Competition is open to all men and women (no qualifying standards) age thirty(30) and over. All competitors must be registered with THE ATHLETICS CONGRESS(TAC) for 1989.

**DIVISIONS**

Individual events (same for men and women): 30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70-74/75-79/80+.  
Relays: Men-30-39/40-49/50-59/60+. Women-30-39/40+. Note: All relay team members must be members of the same club.

**ENTRIES**

All entries must be postmarked by JUNE 10, 1989. There will be no refunds or changing of events after your entry is received. Note: Late entries will be taken until June 17, 1989 at double the regular entry on a space available basis.

**ENTRY LIMITATIONS**

Athletes must limit events entered to fit time schedule. Events progress will not be held up awaiting athletes.

**ENTRY FEE/T-SHIRT**

	Before Deadline	After Entry Deadline
First Event	\$7.00	\$14.00
Next Events	\$5.00 per event	\$10.00 per event
Relay Events	\$16.00 per Team	\$32.00 per Team

**PACKET PICK-UP**

Radisson Hotel on Friday at 1001 3rd Avenue, Huntington, WV  
Marshall University track on Saturday morning.

**RULES AND STANDARDS**

As set forth by TAC Masters

**IMPLEMENTS**

Will be metric weights.

**ATHLETE CHECK-IN**

Running event athletes must check in one event prior to their own event. Field event athletes must check in fifteen (15) minutes prior to the start of their event with the head judge of that event at the event site.

**TRIALS**

Will be run in age groups in the dashes and 110M hurdles that have more than eight (8) entries. Ages groups having less than eight (8) entries reporting will be run as scheduled final.

**FINALS**

Will be run in sections against time. Note: Age groups may be combined into one race.

**AWARDS**

Plaques will be given to top three (3) in each division in each event including all relay team members.

**TIMING**

Acco-Track

**FURTHER INFORMATION**

Contact Donald McWhorter (614)867 3337 or write Rt. 3 Box 180, Chesapeake, OH 45619 - Send Self-Addressed Stamped Envelope

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Official carrier will offer 5% discount regular fare, providing all rules and restrictions are met. Offer 35% discount standard round trip day coach fare. 30% discount travel from Canada.

**SATURDAY TRACK EVENTS**

Time	Event	Division	Round
12:00pm	100M	30-80+	Semi-Final
1:00pm	1500M	30-80+	Final
2:00pm	5000M Walk	30-80+	Final
3:00pm	100M	30-80	Final
4:00pm	1500M Relay	30-80	Final
5:00pm	3000M Steeplechase	30-80(M)	Final

**SUNDAY FIELD EVENTS**

(All field events will have Six (6) trials except high jump and pole vault)

Time	Long Jump	Triple Jump	Javelin	Hammer Throw
9:00am	35-39 M 60-80+ W	40-49 M 30-49 W	60-80+ M 40-49 W	30-39 M 40-49 M
10:00am	50-59 W		30-39 M 30-39 W	50-59 M 60-80+ M
11:00am	45-49 M 40-49 W	50-80+ W	50-59 M	Weights Will Be Thrown after Hammer
12:00pm	30-39 W	30-39 M	50-59 W	35 lb. 30-59 25 lb. 60+
1:30pm	55-59 M			
2:00pm		50-59 M 60-80+ M		
2:30pm				
3:00pm	40-44 M 60-80+ M			

**SUNDAY TRACK EVENTS**

Time	Event	Division	Round
9:30am	10,000M	30-80+	Final
11:00am	200M	30-80+	Semi-Final
12:00pm	800M	30-80+	Final
1:00pm	200M	30-80+	Final
2:00pm	110M High Hurdles	30-80+	Semi-Final
3:00pm	500M	30-80+	Final
4:00pm	110M High Hurdles	40-80+	Final
5:00pm	3200 Kelly	30-80+	Final

**ENTRY FORM**

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE ON 7/9/89 \_\_\_\_\_ M F \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ 1983 TAC# \_\_\_\_\_ YOUR CLUB \_\_\_\_\_

EVENTS ENTERED \_\_\_\_\_  
 BEST MARK 87-89 \_\_\_\_\_  
 OTHER RELAY TEAM MEMBERS \_\_\_\_\_  
 INDIVIDUAL FEES \_\_\_\_\_ RELAY FEES \_\_\_\_\_ Sub Total \_\_\_\_\_  
 T-SHIRT Size \_\_\_\_\_ Extra T-Shirts(7.00ea) \_\_\_\_\_ TOTAL AMOUNT \_\_\_\_\_  
 MAKE CHECKS PAYABLE TO: WEST VIRGINIA TAC MASTERS  
 MAIL TO: WEST VIRGINIA TAC MASTERS, RT 3 BOX 180 CHESAPEAKE, OH 45619

ATHLETE'S RELEASE: In consideration for your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The WV TAC Officials Association, all other meet sponsors and sports facilities or their officers or agents, for any damages which may be suffered by me I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.  
 DATE \_\_\_\_\_ ATHLETE'S SIGNATURE \_\_\_\_\_

LODGING: Marshall University dorm room - must call in reservations by June 16, 1989. Phone (304) 696-3125 Ms Linda Bowen. Radisson Hotel Phone (304) 525 1001 1001 3rd Avenue, Huntington, West Virginia 25701



Come early for a 3 hr. trip Friday Prime Rib Dinner and Live Music and Dancing - \$27.50 per person.

**SATURDAY FIELD EVENTS**

(All field events will have Six (6) trials except high jump and pole vault)

Time	High Jump	Discus	Shot-Put	Pole Vault
9:00am	30-34 M 30-49 W	35-39 M 60-80 W	50-59 M 50-80 W	45-49 M 60-80 M
10:00am		50-59 W	35-39 M 30-49 W	
11:00am	35-39 M 50-80 W	45-49 M 40-49 W	30-34 M	40-44 M 50-59 M
12:00pm		30-39 W	40-44 M	
1:00pm	40-44 M	30-34 M		35-39M
1:30pm		55-59 M		
3:00pm	45-49 M	40-44 M 60-80+ M		30-34 M
4:30pm	50-54 M			
5:00pm	55-80+ W		45-49 M 80-80+ M	

Note: This meet is not the official TAC Midwest Masters Sectional (Regional) Championships. The Midwest Sectionals will be held on July 15-16 at York High in Elmhurst, Ill.



# MASTERS TRACK & FIELD REPORT

by **JERRY ALAN DONLEY**  
Chairman, TAC Masters Track & Field Committee

## A Cordial Weekend

**R**eturning home from the weekend in Columbus, Ohio, my wife and I commented that it really had been a great time.

We enjoyed Columbus. It is a very busy town, as anyone crossing from the Holiday Inn On The Lane to the track will attest. The downtown is busy, and the cultural event "Son of Heaven" art exhibit was extraordinary.

The fellowship of competitors, officials, families, and friends seemed unusually cordial. The Saturday evening meeting had strong attendance, a good representation of masters athletes and a broad range of subjects was discussed. Not surprisingly, those present were not always in agreement on issues which were raised, which included site selection, relays, relay selection and drugs.

Drug testing is a matter that is of concern to the masters program —

how to prevent drug usage to prevent unfair advantages, how to safeguard competitors' health both from improper and required use of banned substances. Not easily resolved.

One unanimous viewpoint was how foolish it is for a masters competitor to use banned substances in hopes of enhancing performances, at the risk of health problems. Certainly that sort of use is totally contrary to the goals of masters athletes.

Scott Thornsley and Sandy Pashkin

will be publishing guidelines for relay participants selection shortly that, hopefully, will allow less stress in the selection process.

The meet was totally successful. In spite of the waves in the lanes on the back stretch, the runners did well. The meet was well-organized. The women hurdlers were quite pleased to find the hurdles at the correct height and properly spaced. The facilities were quite adequate and provided some extra warm up space that was needed and welcome. All of us would have appreciated more newspaper interest and coverage, but that seems to be par for the course.

Though a number of competitors took time to visit with me, I wish I could have visited with everyone. More specifically, I wish I had total recall of every person's face and name with whom I've visited. I don't, but all of you who did talk to me are very important to me because you are concerned about the program and want to see it better. Your voice and your participation is critical to the ongoing program. It starts at the club level, builds in the association, grows at our national meets, and is crystalized in the rules and policies adopted at the National Convention. Be interested, get in-

### Sanction Notice

Alvin Chriss, Special Assistant to the Executive Director of TAC, has notified NMN that the correct notice to be included on the entry form of any TAC/USA-sanctioned competition is as follows:

"Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC Rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications may contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800-233-0393."

involved, and participate, and the masters program will stay healthy and not be sidetracked. □

## Philadelphia Masters Indoor Meet

by **JERRY WOJCIK**

Easterners bound for the Sectionals in Providence or the Nationals in Columbus later in the month, had a chance to hone their skills in the Philadelphia Masters Indoor Invitational at Haverford College on March 4.

In the 55mH, Larry Pratt posted a fast 8.8 to win the M55 race. William Overby, M40, beat large, tough fields in the 55m (6.8) and 300 (38.4). Ed Small won the M50 500 with a masters best of 1:13.5.

Jim Shank, M40, was a double win-

ner in the 800 (2:08.4) and mile (4:39.8).

Ray Funkhouser, M35, led the mile-walk finishers with 6:37.0. Marie Henry, W65, strode to a 10:53.7.

Ed Lukens, M65, triple jumped 32-10¼, the best mark among the M55-and-over leapers.

Skipper Clark, W40, took the high jump at 4-3, and Joan Dash, W55, out-threw all of the women shot putters with a 28-2½.

The meet was directed by Pete Taylor. □

### 8th Annual Hayward Masters Classic Track & Field Championships

Hosted by **OREGON TRACK CLUB MASTERS**

---

**June 24 & 25, 1989**  
Field events begin at 10:00 a.m.  
and track events at noon each day.

**Hayward Field  
University of Oregon  
Eugene, Oregon**

*Host to 3 Olympic Trials and the 1984, 1987 U.S. National Masters Track & Field Championships*

**SCHEDULE OF EVENTS**

SATURDAY, JUNE 24, 1989

FIELD	TRACK
Long Jump — W	Steeplechase — M
Shot Put — M	10,000 Meters — M & W
Discus — W	High Hurdles — M & W
Long Jump — M	100 Meters — M & W
Shot Put — W	Mile — M & W
Discus — M	400 Meters — M & W
Pole Vault	3,000 Meter Race Walk — M & W

SUNDAY, JUNE 25, 1989

Hammer — M & W	Intermediate Hurdles — M & W
Triple Jump — M & W	5000 Meters — M & W
Javelin — W	3000 Meters — W
Javelin — M	3000 Meters — M
High Jump — W	200 Meters — W
High Jump — M	200 Meters — M
	800 Meters — W
	800 Meters — M

---

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Consolidated Manufacturing Springfield, Oregon

*Host to the 1989 World Masters Track & Field Championships*

**FACILITIES:** All-weather track & runways (maximum ¼" spikes allowed).  
**DIVISIONS:** 5-year age divisions for men and women age 30 and over.  
**ENTRY FEES:** \$10 for 1st event (includes T-shirt); additional \$6 for 2nd event; additional \$3 each 3rd, 4th and 5th event.  
**ENTRY DEADLINE:** All entries must be postmarked by Saturday, June 17, 1989.  
 \* LATE ENTRIES WILL NOT BE ACCEPTED \* NO REFUNDS FOR DEFAULT \*  
**MEET HEADQUARTERS:** Eugene Hilton, 66 E. 6th, Eugene, Oregon. Ask for Hayward Classic rates.  
**PACKETS:** Available for pickup at Eugene Hilton Friday evening, June 23, and June 24-25 at the meet.  
**AWARDS:** 1st, 2nd, and 3rd place medals. Ribbons through 6th place.

---

**DETACH AND MAIL**  
\* Please Print \*

Name \_\_\_\_\_ Birthdate: \_\_\_\_\_  
 Address \_\_\_\_\_ Age (as of 6/24/89) \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_ Club Affiliation \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 TAC # \_\_\_\_\_

**EVENTS** (check one) **T-Shirt size (check one)**  
 1. \_\_\_\_\_  small  med  
 2. \_\_\_\_\_  large  x-large  
 3. \_\_\_\_\_ **Entry fee** \_\_\_\_\_  
 4. \_\_\_\_\_ **TOTAL** \_\_\_\_\_  
 5. \_\_\_\_\_ **Make checks payable to:**  
 (limit) **OREGON TRACK CLUB MASTERS**

**NOTE:  
LATE ENTRIES  
WILL NOT  
BE ACCEPTED.**

*Event changes will not be permitted after registration.*

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Send entry with check to: Oregon Track Club Masters, c/o Jerry Jackson, 933 Northridge Ave., Springfield, OR 97477**



Starter Neil Silver giving final instructions to Stan Hayes, Keith Hartman, and LeRoy Cope for the start of the M45 200m race at last year's Runners' Pentathlon in Albuquerque. This year's meet will be held on June 11.

# 1989 WESTERN REGIONAL AND MASTER'S INVITATIONAL MILE

Featuring track's greatest legend:  
**JIM RYUN!**

This meet benefits the  
**Kenny King Youth Fitness  
Program**

When: Saturday, July 8, 1989

Where: American River College, Sacramento, Ca.

What: TAC sanctioned track and field  
championships for athletes 30 and over. Events  
are accutrack timed.

Entry fees: The cost is \$20 (unlimited events) for  
entries received by June 1, 1989. Entries  
received by July 1, 1989 are \$30. Relays are  
included. **NO RACE DAY ENTRIES!**

T-shirts: All entrants will receive a special  
t-shirt commemorating the Western Regional and  
the Masters Invitational Mile featuring Jim Ryun.  
Athletes can pre-order additional shirts for  
\$7.00. Shirts will be on sale at the meet for  
\$10.00.

Tickets: Spectator tickets are priced at \$6.00 for  
adults, \$3.00 for students, with children 12  
years old and under free. Tickets can be ordered  
with your entry form and is encouraged as  
seating is limited.

## MEET SCHEDULE

### TRACK EVENTS

- 8:00 a.m. 5000m walk (bare legs)
- 10:30 3000m steeplechase
- 11:00 100m trials (if needed)
- 12:15 p.m. 200m trials (if needed)
- 1:15 80-110m hurdle trials  
(if needed)
- 3:00 4 x 100 relays
- 3:15 800m women
- 3:25 800m men
- 3:55 400m
- 4:35 100m finals
- 5:35 100m youth invitational
- 5:45 3000m women
- 6:05 80-110m hurdles final
- 6:25 3000m men
- 6:45 800m youth invitational
- 6:55 300/400 hurdles final
- 7:30 mile run women
- 7:50 mile run men
- 8:20 200m finals
- 9:00 4 x 800 relay
- 9:20 **INVITATIONAL MASTERS  
MILE**
- 9:45 4 x 400 relay

### FIELD EVENTS

- 10:00 a.m. hammer (to be held at  
Cal. St. Sacramento)
- 11:00 discus (to be held at Cal.  
St. Sacramento)
- 2:00 p.m. javelin
- 4:00 pole vault
- long jump
- 6:00 high jump women
- 6:30 shot put
- 7:00 triple jump
- 7:30 high jump men

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE # \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_  
T-SHIRTS, # OF \_\_\_S \_\_\_M \_\_\_L  
TICKETS, # OF \_\_\_\$6 \_\_\_\$3 \_\_\_KIDS  
EVENTS (include best mark of 89)  
\_\_\_\_\_

RELAYS, TEAM NAME & MEMBERS  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Mail entries to the RIVER CITY  
T.C. P.O. BOX 255131, SACRAMENTO,  
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the Western Regional Meet. For info  
phone Mike Holzgang 916-482-7881.

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PERFORMANCE**  
Randell Sturgeon  
General Manager  
916-481-8419

# PROFILE

## Wilson Waigwa: Thinking Sub-4 Mile

Add the name Wilson Waigwa to the short list of runners looking to become the first person 40-or-over to run a mile under 4 minutes. In fact, off his 3:50.42 for 1,500 meters at the San Diego Invitational Track & Field Meet on March 4, Waigwa might have replaced fellow Kenyan Mike Boit as the favorite to accomplish the feat.

That 1,500 effort broke the over-40 record of 3:52.7 set by Frenchman Michel Bernard way back in 1972. It converts to a 4:08.85 mile. Factor in that Waigwa did it on training aimed at road races from 10K to the half-marathon and a sub-4 mile looks very much a possibility.

"I haven't started doing speed work yet," says Waigwa, from the Mission Viejo, Calif., home of Gordon Cooper, his mentor and long-time friend. "Once I get the speed work, I think I can run under four minutes. The problem will be finding a meet with the right competition."

### Question of Age

Just in case there's any question about Waigwa's age, as there has been with some African runners, Cooper has a birth certificate from the Republic of Kenya, No. 219419, which show that Waigwa was born on February 15, 1949, at Nyeri General Hospital in the Nyeri District. Apparently necessitated by a scholarship to the University of Texas at El Paso, the document is dated June 15, 1973.

"I met Wilson in his early days at UTEP," says Cooper, who has also tutored the likes of Edwin Moses and Henry Rono. "We became very good

friends over the years. He would visit my home during Christmas holidays and during the summers in which he was not in Europe for the track season, which were not many. After college, he ran each season but had many seasons disrupted by injury. I would tell him areas in which he should not tread, such as running on pavement during training, too many track intervals, too many races, that sort of thing. But I didn't coach him really at anytime until this year."

Waigwa became a competitive runner while working as a guard for the Kenya Prison Service in 1971. He placed fifth in the 1500 at the 1972 Kenyan Olympic trials and the following year accepted a scholarship at UTEP. During his four years of college, Waigwa garnered numerous championships. In 1977, he recorded his best indoor mile of 3:55.7, but his best outdoor effort, 3:50.73, did not take place until 1983. He has been a member of three Kenyan Olympic teams, finishing 10th in the 5000 final at the Los Angeles Olympics.

### No Time Off From Running

"I have never taken any time off from running, except for a short time in 1979," Waigwa responds when asked about his track performances since 1984. "But I haven't run a mile since 1984. I was trying to train for the marathon, but it was too hard. It never appealed to me, any way. It was too hard on my legs. Maybe I wasn't doing the right training, I don't know. Right now, I'm not thinking about the marathon."

Waigwa's best marathon effort was a 2:18 in 1987, but he has been concentrating on the shorter road races this year. On March 18, Waigwa finished fourth overall in the Nissan Shamrock 8K in Virginia Beach with an outstanding 23:52, handing Bill Rodgers (24:14) one of his rare defeats as a masters runner. At the time of the interview, Waigwa was looking forward to the Carlsbad 5K a week away. (Editor's note: Waigwa set a new U.S. masters record of 14:22.4 in the Carlsbad 5K.)

### 80 Miles a Week

Married to an American citizen, Waigwa has settled down in Mission Viejo, just south of Los Angeles, to live, work, and train. He is employed by a wood flooring contractor, but says that his job does not significantly conflict with his training and racing. "I usually train just once a day, so it is no big problem," he explains. "I don't count miles. I run one to one-and-a-half hours a day. I'd say about 80 miles a week."

Cooper comments: "In December, he was really coming into great shape. His runs of eight to 18 miles are done in the hills of Casper County Park in south Orange County, at a one-mile square park in Fountain Valley, or on the horse trails in the area. About the only other running area we utilize is the



Wilson Waigwa

Photo by Sailer, Ltd.

half-mile grass area near the UC Irvine track. We do about two hard training sessions at the UCI area a month. Nothing faster than 65-second pace and no interval less than one-half mile at this time of the year. Twice a week, Wilson trains on the weight equipment at the local Holiday Health Spa. Proper nutrition is very important. Wilson will not take vitamins, so fresh foods are even more important. About the only vice he had was drinking about six cans of Coca-Cola daily. He now has about one can per week. Wilson does not drink alcohol. He does take proper rest now between difficult running sessions. As all champions, he loves to train very hard at times."

Waigwa frequently trains with countryman Julius Kariuki, the 1988 Olympic steeplechase gold medalist, also a resident of Mission Viejo and coached by Cooper.

Carrying 147 pounds on a 5-8 frame, Waigwa is just two or three pounds over his racing weight of 10-15 years ago. "But it is much hard to keep the weight down there as you get older," he says, laughing.

"You have to train much harder, too," he adds, pointing out that he never ran much more than around 50 miles a week in his younger years.

### Four Minutes Possible

"I am sure I have lost some speed," he continues, "but I think four minutes is possible with the right training."

Cooper expects Waigwa to break a number of over-40 records before the end of the year. "For the rest of 1989, Wilson will run on the track and on the roads — 1500 to 5000 meters on the track and 5K to the half-marathon on the road," he remarks. "Probably, the progression of races will be from 1500 to 10K races for the months through

Continued on page 17

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1989

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DOROTHY ANDERSON (EUGENE, OR)	5-7-29	60-64
SANDRA POLZER (WYNCOTE, PA)	5-10-39	50-54
RUBY FOWLER (COOKEVILLE, TN)	5-1-9	80-84
KATIE JOCOY (DEL MAR, CA)	5-4-29	60-64
PATRICIA MCGRATH (WESTCHESTER, PA)	5-18-44	45-49
FELICITAS SALAZAR (SAN DIEGO, CA)	5-7-9	80-84
MARY STOREY (RIVERSIDE, CA)	5-4-24	65-69
PENNY TAYLOR (US)	5-11-29	60-64
NGAIRE DRAKE (NZ)	5-11-49	40-44
IMKE PARLEVLIET (HOL)	5-22-34	55-59
GILLIAN PLATER (GB)	5-26-39	50-54
HEIDI PRATSCH (WG)	5-28-34	55-59
MARY THOMAS (AUS)	5-30-44	45-49
CHRISTA VAHLENSIECK (WG)	5-27-49	40-44
MARY WAHREN (AUS)	5-14-34	55-59
CHARLES BACKUS (US)	5-0-94	95-99
WILLIAM BAILLIE (NZ)	5-28-34	55-59
VIKTOR BOLSHOV (URS)	5-23-39	50-54
FRITZ BOSCHEN (WG)	5-7-24	65-69
FRANK BOZANICH (VISTA, CA)	5-20-44	45-49
AVERY BRYANT (PALOS VERDES, CALIF)	5-25-24	65-69
WILBUR BUCHANAN (PACOIMA, CA)	5-18-24	65-69
LEO CLOUTIER (BRUNSWICK, ME)	5-16-9	80-84
DON FINLAY (GB)	5-27-9	80-84
DAVID FRAITAG (SAN DIEGO, CALIF)	5-17-29	60-64
JOHN GILMOUR (AUS)	5-3-19	70-74
ALEXANDER GREEN (FORT LAUDERDALE, FLA)	5-31-9	80-84
LEON HACKER (S.AFR)	5-26-39	50-54
AGNAR HATTELAND (NOR)	5-28-19	70-74
STANLEY HERRMANN (SANTA BARBARA, CAL)	5-11-4	85-89
ENAR HJORTLING (SWE)	5-10-4	85-89
JAMES KING (CA)	5-9-49	40-44
HARRY LINDELL (SWE)	5-8-34	55-59
HAVARD LUND (NORWAY)	5-20-24	65-69
JANIS LUSIS (URS)	5-19-39	50-54
EDWARD MCCOMAS (BALTIMORE, MD)	5-25-34	55-59
REG MCCRAE (AUSTRALIA)	5-17-24	65-69
DAVE MCKENZIE (CA)	5-10-49	40-44
GEORGE MURRAY (HONOLULU)	5-1-24	65-69
FIDELIS NDYABAGYE (UGA)	5-10-49	40-44
KARE OKSAVIK (NOR)	5-14-29	60-64
STEVEN PECK (DANVILLE, CA)	5-30-24	65-69
W. RAMM (WG)	5-27-14	75-79
GENE ROCHAMBEAU (SAN DIEGO, CALIF)	5-23-19	70-74
VINCENT SCHIAVI (WILMINGTON, DE)	5-29-94	94-99
FRED SCHLADEN (WG)	5-24-39	50-54
EDWARD STABLER (SYRACUSE, NY)	5-30-29	60-64
TOM WALNUT (DEWITT, NY)	5-22-24	65-69
RONALD WHITE (GB)	5-4	85-89
KARL WILMS (WG)	5-6-9	80-84



## T & F Rankings for 1988 to be Published

by JERRY WOJCIK,  
Outdoor Rankings Co-ordinator

This issue contains the last 1988 rankings to be published in the NMN. More complete rankings, deeper in most events (100 in the sprints), will be compiled in a single publication available around the end of May. In addition to more extensive rankings, the book will contain events that have not appeared in the NMN, such as the 3000, 10,000, men's pentathlon, weights, and 4x100 and 4x400 relays.

Rankings corrections published a month or two after the incorrect information has appeared lose their relevance; therefore, all corrections, including those already made, will be published in the rankings book.

To help reduce errors in the 1989 rankings, here are a few suggestions: a) Use the same first name throughout the season. An athlete who appears variously as "Richard," "Dickie," "Rick," or "Tubby" Smith in the same age group worries compilers; b) If your best marks are made in a ten-year age-group meet or a meet that is not reported to the NMN, send them with your exact age to the event com-

pilars concerned. The compilers' addresses will be listed in a later issue; c) Send corrections of errors, discrepancies, omissions, etc. in NMN results to the compilers.

Except for the Nationals in San Diego and the World Games in Eugene, I doubt whether results of meets which entertain foreign athletes this year will indicate their nationalities, so they may appear, unfortunately, in the final compilations.

The 1988 rankings included most of the individual events in the pentathlon, heptathlon, and decathlon. This year it is hoped to include all of them.

Some athletes have asked why the rankings do not include top open athletes between the ages of 30 and 39. Those athletes are ranked by *Track and Field News*. However, open athletes between the ages of 30 and 39 who compete in a masters meet that has submasters divisions will be ranked, as they have been in the past. □



## Profile

Continued from page 16

August, and 10K to half-marathons during the fall.

"Wilson knows that a sub-four minute mile can be run by him this year. He hopes there are others who can also go for it in the masters division. Remember, this is March, and he has three more months before we really get into much deficit training. We want to see 10K runs in the high 28-minute

range. That would indicate the type of endurance required for this season to be very successful. Barry Brown's 1:06:25 for the half-marathon is the toughest record out there now for this season. I don't think that the Foster 2:11 for the marathon will be touched this year. That is tougher than the other races. It probably is equal to a 3:56 mile for a 40-year-old runner." — Mike Tymn □

## Age-Graded 100-meter Dash Will Highlight North Carolina Championships

The "Fastest Master 100-meter Challenge" will highlight the North Carolina TAC Masters Track and Field Championships in Thomasville, N.C. on May 27-28.

The top six age-graded 100-meter performances during the meet will qualify for the finals. "If current form holds, the final six will be men 32, 41, 46, 58 and 63, and a woman 41," said Jim Saxon, meet director. "The six will get varying distance handicaps from the WAVA age-graded tables. This kind of event has only been done a handful of times and I think it will be every bit as

exciting as last year's world record masters mile in Orlando."

To enter, fill out the entry form (April, NMN) or contact Saxon at 704/536-6266. □

### Quote of the Month:

"I have never run over 30 miles a week in my life, and yet I have run on a par with people doing twice or three times that distance." — Dr. George Sheehan

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**Dennis Has Top Age-Graded Mark**

**Kuehne Sets Two Records In Sportarcade**

by JERRY WOJCIK

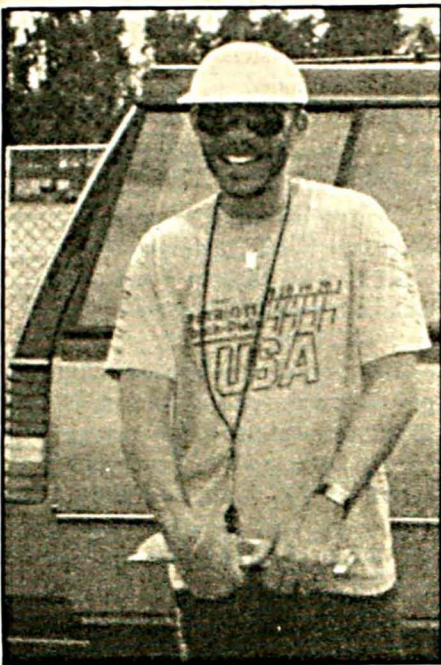
Magdalena Kuehne took advantage of an early-season meet to break U.S. W55-59 records in the long and triple

jumps in the Sportarcade VI Meet at California State University-Northridge in Los Angeles on March 11. Kuehne upped Shirley Kinsey's long jump record of 12-0 by six inches and her own 26-1½ mark in the triple jump to 26-3½.

In addition, athletes broke 42 meet records and established 49 new ones.



Long-time masters warrior Hal Wallace, M60, lets loose the javelin (37.67), Sportarcade VI, Los Angeles, March 11. Photo by Jerry Wojcik



Marvin Thompson, Director of Sportarcade VI, Los Angeles, March 11, still manages a smile at day's end. Photo by Jerry Wojcik

The best age-graded mark of the meet was recorded by Ken Dennis, whose 11.35 in the M50 100 equated to a performance level of 96.6%.

The meet, directed by Marvin Thompson, included two rare events for an outdoor meet, the 60m dash and the 60mH (39"). Dennis registered the best time of the day (6.98) in the dash. Roosevelt Wells, M30, did the hurdles in 8.92. □



John Damski, M70, American record-holder in the jumps, Sportarcade VI, Los Angeles, March 11. Photo by Jerry Wojcik

**Carter, Harte Star in Palm Springs**

by JERRY WOJCIK

Oregonian Ross Carter broke the U.S. M75-79 discus record with a 122-11 (37.46) throw in the Palm Springs Senior Olympics in Palm Springs, Calif., on March 5. The former record of 118-0 was set in 1982 by the late Red Doms.

The top age-graded mark of the day was turned in by Gene Harte, with a 60.43 in the M60 400. When divided into the M60 standard of 55.81, Harte's performance level was a 92.4%. Other good efforts were turned in by Rich Herzer (M65 100, 13.30, 90.7%) and Nick Newton (M55 200, 25.78, 90.2%).

The meet, like all Senior Olympics, was limited to athletes age-55-and-over. The turnout was large, with flights in some of the sprints. Top placers qualify for the National Senior Olympics in St. Louis, June 19-24.

Ben Green was chairman of the event, which included other Senior Olympic sports and was sponsored primarily by the City of Palm Springs. □



**3rd Annual Tennessee Masters Track and Field Championships**

All events will be held on the World Class Tom Black Track with timing by ACCU-TRAK. The track has been resurfaced and the infield redone since last year.

**FRIDAY, JUNE 16, 1988**

Event No.	Time <sup>1</sup>	Event
1	5:00 p.m.	Pentathlon <sup>2,3</sup>
2	5:00 p.m.	10,000M Racewalk
3	6:15 p.m.	Open Mile <sup>6</sup>
4	6:30 p.m.	Triple Jump
5	7:00 p.m.	3000M <sup>2,4</sup>
	7:30 p.m.	3000M <sup>2,4</sup>

**SATURDAY, JUNE 17, 1988**

Event No.	Time <sup>1</sup>	Running Events <sup>4</sup>
6	7:30 a.m.	Open 5,000M Run <sup>6</sup>
7	8:30 a.m.	110M Hurdles
8	9:20 a.m.	1500M Run
9	10:10 a.m.	400M Hurdles
10	11:20 a.m.	200M Dash
11	12:30 p.m.	3000M Racewalk
12	1:30 p.m.	55M Dash
13	2:30 p.m.	400M Run
14	3:20 p.m.	100M Dash
15	4:10 p.m.	800M Run
16	5:00 p.m.	3000M Steeple Chase <sup>7</sup>

Event No.	Time <sup>1</sup>	Field Events
17	8:15 a.m.	Hammer
18	8:30 a.m.	High Jump
19	9:00 a.m.	Long Jump
20	9:00 a.m.	Shot Put
21	10:00 a.m.	Javelin
22	11:00 a.m.	Pole Vault <sup>8</sup>
23	11:00 a.m.	Discus
24	12:30 p.m.	35 lb wt (men, 25 lb) (women and 50+ men)
25	2:00 p.m.	56 lb wt

Official Meet Headquarters and Hospitality Suite are located at The Holiday Inn World's Fair, 525 Henley Street, Knoxville, TN 37902 (615-522-2800); Flat rate of \$49/Night; use code "TMT" when making reservations. Please reserve no later than May 16th to insure availability.

Oak Ridge Track Club and Knoxville Track Club, 132 Newport Drive, Oak Ridge, TN 37830. Meet Director - Dean Waters (615-483-7743).

**Pennsylvania Meet Draws 97**

by SCOTT THORNSLEY

Only 97 athletes, including 29 pentathletes, showed up for this year's Pennsylvania Masters Meet, renamed the Pennsylvania Sure Pull Invitational to acknowledge the meet's new sponsor, Chuck Miller, on behalf of the United States Trailer Hitch Company.

The low turnout was due to the Eastern Sectionals, held the day before in Providence, R.I., which drew some

50 competitors away from this Central Pennsylvania meet which was run on a 200m Chemtuff surface at Dickinson College in Carlisle, March 14.

Rudolf Nilsen lowered Henry Zachman's world M75 indoor 800 record of 3:20 to 3:11.6. Vivian Nelson established a new W75 record of 13.0 in the 60m dash.

Meet sponsor Miller lowered the world M50 60m hurdle record from 9.6 to 9.1 in the concurrent pentathlon. □

**NUMBER OF COMPETITORS IN THE PENTATHLON AT WORLD VETERANS CHAMPIONSHIPS**

		35	40	45	50	55	60	65	70	75	80	85	TOTAL
1975	F												
TORONTO	M		23	12	14	5	7	4					065
1977	F												
GOETTERBURG	M		55	31	25	30	18	12	4	2			172
1979	F	9	11	4	2		1						027
HANNOVER	M		45	31	21	21	21	20	10	4			173
1981	F	4	8	7	3	1	1	1	1				026
CHRISTCHURCH	M		35	28	23	9	12	8	8	3			126
1983	F	8	9	11	10	5	2	2					047
PUERTO RICO	M		35	40	33	27	25	14	17	5	3		199
1985	F	7	11	8	7	5	3						041
ROME	M		29	36	35	19	18	4	6	7	1		155
1987	F	5	13	9	8	2	2	1	1				041
MELBOURNE	M		37	26	37	20	19	18	14	8	3	1	183

Compiled by Roy Foley

# The International Scene

by ALASTAIR LYNN, WAVA Secretary

## Eugene Agenda

(The following are extracts from a recent circular from the Secretary to the WAVA Council.)

**M**edal standards will be on the agenda when the WAVA Council meets in Eugene on July 25. Tom Jordan and Barbara Kousky, the organizers of the World Veterans Championships, have asked us to take another look at this whole question.

In the *National Masters News*, Bob Fine, WAVA's Vice-President (T&F) has invited revisions to the published standards, where applicable, and presumably he will have suggested changes (and rationale for them)

available for the meeting. Any changes will be published before the Championships commence.

### World Championships Organization

I have been in frequent contact with Tom and Barbara and all arrangements are going well.

### Nominations

At the last Council meeting in Eugene in April 1988, the Council nominated five people to serve as WAVA Officers for the 1989-1991 term. I have also received four nominations to date from affiliates. The current nominees are: President: Cesare Beccalli (Council), Owen Flaherty (Great Britain); Executive Vice-President: Bob Fine (Council); Vice-President, Track & Field: Jorge Alzamora (Chile), Bill Taylor (Great Britain); Vice-President, Long Distance: Clem Green (Council), Jacques Serruys (Belgium); Secretary: Alastair Lynn (Council); Treasurer: Al Sheahen (Council). Nominations close on May 4.

(Note: Peg Smith, the current Executive Vice-President, told the Council she will resign from that position at the end of her current term, 1987-1989).

### Drugs

Dr. Joan Stratton of the U.S. has been invited to speak to the Council in Eugene regarding drugs and possible future drug testing.

### 1991 WAVA Veterans Championships

Turku, Finland, is clearly enthusiastic about presenting a bid in Eugene to host the 1991 event. Athens, Greece, has also expressed interest and is expected to present a formal bid.

### 1993 WAVA Veterans Championships

Japan has expressed an interest in hosting the 1993 World Veterans Championships. I will place on the agenda in Eugene an item requesting bids for four years ahead at future (1991 onwards) General Assembly

## Roberts Sets World M55 800 Record

Australia's Tom Roberts turned 55 in February and wasted no time in setting a world M55 record for 800 meters with an amazing 2:06.52 in the Victorian Masters Track and Field Championships on March 18-19.

The old mark was 2:06.6, set by New Zealand's Derek Turnbull in 1982.

Roberts also won the M55 400

(60.06) and 1500 (4:26.0).

As the current holder of M50 world records for 800 (2:00.70), 1500 (4:05.2) and mile (4:30.0), Roberts established himself as the morning-line favorite to win the M55 800 and 1500 at the World Veterans Championships in Eugene in July. □

## Japan Invites Foreign Masters

The Japan Masters T&F Athletic Union has extended an invitation to masters athletes throughout the world to attend its 10th annual meet in Wakayama, October 14-16. Past meets have drawn over 1000 participants. This year, promoters hope to increase that number to 1500 and attract 300 athletes from abroad to give the meet

an international flavor.

Competition will be held in five-year age groups from M30 through M85 and W25 through W75.

For registration and travel information, contact Tokyo Travel, 5-1-2 Misono-cho, Wakayama City, Wakayama Prefecture, Japan. Tele: 0734-25-3211; FAX: 0734-24-1638. □

meetings. We tried this twice (1983 in Puerto Rico and 1985 in Rome), and it was not successful. However, there is a good argument in favor of this procedure, and we should discuss it.

### IAAF

The IAAF Veterans Committee will not hold its 1989 meeting in Eugene, as previously scheduled. It has been postponed to later this year in Barcelona, Spain. Hans Skaset, Chairman, will be in Eugene for several days. John Holt, IAAF General Secretary, hopes to pay a short visit. It's disappointing that the IAAF Veterans Committee will miss this outstanding opportunity to experience the tremendous atmosphere of the major event in the Veterans world.

### WAVA Handbook

All material was sent to the IAAF on February 5. The IAAF agreed to print the book for WAVA. Due to staff changes at the IAAF, there has been some delay, but Bridget Cushen is

working closely with them, and copies should be available shortly.

### India

Two veterans groups in India are each asking for WAVA membership. The WAVA Constitution allows only one member in each nation. At present, the India Veterans Athletic Federation (IVAF), led by P.L. Sharma, is the official WAVA member in India. The challenging group is the All India Veterans Athletic Association (AIVAA), led by Gokal Chand and Milkha Singh. In accordance with WAVA By-law 1.4, all Indian entries must be approved by the IVAF as the WAVA affiliate. I have emphasized to the IVAF our hope that no Indian veteran will be excluded from competing in Eugene. Both groups are expected to present their cases for membership in Eugene. □

(Owen Flaherty's articles on the WAVA Constitution will resume in a future issue.—Ed.)



Brian Emmerson (M40, 30:52), at the British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12.

Photo by John Burles

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EUGENE-SPRINGFIELD OREGON, USA 1989

2 Months To Go

Countdown to Eugene

WORLD VETERANS' CHAMPIONSHIPS

### Make Plans for Tours

If you're coming to Eugene-Springfield to compete in the VIII World Veterans' Championships this summer, you've sent in your competition entry by now, and it's time to begin making plans to see and experience the rich and diverse region of Western Oregon. The WVC Organizing Committee has put together eight exciting tours for competitors and their families to enjoy during their time at the Championships.

#### Whitewater Rafting

The McKenzie River is a majestic, crystal-clear river that flows through a lush, forested canyon, and this tour will take you through its exciting rapids with a professional whitewater guide. After a lunch on the riverbank, enjoy an afternoon cruising these scenic waters and their Class Two to Class Three rapids.

#### Oregon Coast

Famous for its ruggedness and its spectacular vistas, the Oregon Coast offers a variety of activities and places of interest. This tour will especially feature the Sea Lion Caves, where hun-

dreds of sea lions gather in one of the largest caverns in the world. In addition, brunch will be served at the famous old Heceta Head Lighthouse (complete with ghost!), just south of the impressive, violent Devil's Churn lookout, all on the way to the town of Newport, where attractions such as The Undersea Gardens, the Wax Works, and Ripley's Believe It Or Not! are offered, along with quaint shops and boutiques.

#### Wildlife Safari

This 600-acre drive-thru park features exotic animals roaming free and coming right up to your bus.

Lions, tigers, ostriches, elephants, and many other creatures find Wildlife Safari an isolated, safe haven where they can interact naturally. In addition, the Safari Village offers such attractions as a petting zoo and elephant rides, and will be the site of a gourmet buffet lunch as well.

#### Cascade Mountains and Sisters

This tour will cross the majestic Cascade Range and feature stops at the impressive lava flows from ancient volcanos of the area, all on the way to the Old West town of Sisters and its popular and unique shops, restaurants, and galleries. Sisters is also the home of the largest llama breeding ranch in the world.

#### Entry Deadline May 1

The entry deadline for the World Veterans Championships is May 1. See entry form in April NMN, or call 503-687-1989.

#### Crater Lake

The deepest lake in the United States, Crater Lake lies in a caldera formed by the eruption of Mt. Mazama some 6600 years ago and is a spectacular stopping point on the West Coast. After an outdoor lunch at the Rim Village, this tour will take a drive around the rim of the lake and then hike down to its edge. A two-hour boat cruise led by a U.S. Park Ranger will also highlight this excursion.

#### Historic Brownsville

This pioneer town north of Eugene captures the essence of early Oregon life with its replicas of a general store, barbershop, bank, and milliner's shop. The tour will also include a stop at an elegantly restored 100-year-old mansion. Bring your cowboy hat!

#### Weyerhaeuser Sawmill

The timber industry has been a foundation of Oregon's economy, and this

tour will feature a look at a huge sawmill run by timber giant Weyerhaeuser Company, Premier Sponsor of the World Veterans' Championships. Giant computer-guided flying saws cut harvested trees, and every possible scrap of the tree is used. Don't miss it!

#### Oregon Wine Country

Hinman Vineyards lies in the heart of the tranquil Willamette Valley and is one of the finest wineries in the state. This tour will take you through serene back road country to the vineyard, where you can then sample some wonderful wines while learning more about the science and the art of winemaking. In addition, this tour includes a country lunch with live bluegrass music.

An order form for these tours is available by writing: WVCOC, Box 10825, Eugene, OR 97440. □

— Dave K. Doerksen,  
World Veterans  
Championships' Committee Staff

### Weyerhaeuser Gives \$40,000

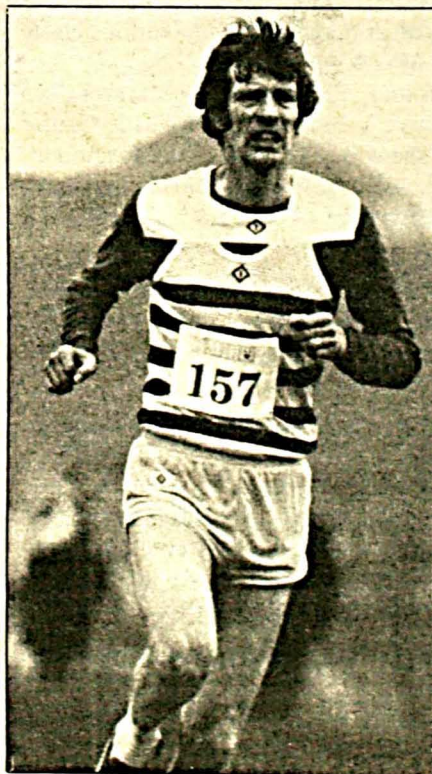
by TOM JORDAN

Weyerhaeuser Company has signed on as the Premier Sponsor of the VIII World Veterans' Championships. Weyerhaeuser's \$40,000 in support will ensure first-class track & field and road events for the competitors. Additional sponsorships and contributions are still being sought, as by the time the costs for entry processing, shuttle system, housing administration, venue charges, etc. are taken into account, it will cost approximately \$145 per competitor to produce the Championships. Multiply by 6000 athletes, that's \$870,000. You're expensive... but worth it!

The 10K road race is probably going to be the most popular single event in the VIII Championships. The road race, a new addition to the games' schedule, already had more entrants than any other event except the 5000. If current entries continue, around 1000 athletes will take part in the Downtown Athletic Club World Championships 10K on July 27.

If you plan to rent a car in Eugene-Springfield, we suggest you do it immediately, and pay in advance. The number of rental units is limited, and will go quickly.

Housing is still available in several categories. Please send in the reservation form from the Entry Booklet as soon as possible. For specifics to what is available, call Judy McConnell, Housing Administrator, at 503/687-1989. □



Andy Holden, M40, first overall (30:24), British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12.

Photo by John Burles

## GET READY for EUGENE

Get your official "In Training For..." T-shirts in either short- or long-sleeve styles. Start your preparations for the World Veterans' Championships with these handsome white Ts, with colorful running Eagle mascot or official WVC emblem.

Short-sleeves (50-50 blend) are \$10 each; long-sleeves (100% cotton) \$14 each. Add \$2 postage & handling for one shirt; add \$4 if ordering two or more. Payment including postage must be sent with the order. Make check out to "World Veterans' Championships," or use your VISA/MasterCard. Use the order form below. Allow 4-6 weeks for delivery. For international orders, postage must be billed due to the differing international postage rates.

These are the finest event pins we've ever seen. The bronze replica of the official emblem of the World Veterans' Championships is sure to become a classic. The 1 3/8 inch metal pins have a bronze finish with the emblem in red-white-and-blue enamel. All have pin backs and will go well on uniforms, jackets, hats and warm-ups.

These superb pins are \$5 plus \$2 for postage & handling. If ordering T-shirts there is no charge for the shipment of pins. Make check out to "World Veterans' Championships," or use your VISA/MasterCard. Use the order form below. Allow 4-6 weeks for delivery.

Order several. Shirts and pins make great gifts.

\*\*\*\*\* ORDER FORM \*\*\*\*\*

T-SHIRTS Indicate quantity of each shirt desired.

Eagle Mascot	S	M	L	XL	XXL		
Short-sleeve (\$10)	—	—	—	—	—	Total short-sleeve shirts ordered	x \$10 =
Long-sleeve (\$14)	—	—	—	—	—	Total long-sleeve shirts ordered	x \$14 =
							T-Shirt Total =
Official Emblem						Total number of pins ordered	x \$5 =
Short-sleeve (\$10)	—	—	—	—	—		
Long-sleeve (\$14)	—	—	—	—	—	Plus postage (\$2 for pins or 1 shirt; \$4 for 2 or more shirts)	
							SUBTOTAL =

No. of WVC Pins (\$5) \_\_\_\_\_ there is no postage charge on pins when ordering both pins and shirts.

T-SHIRT TOTAL \$ \_\_\_\_\_ + PIN TOTAL \$ \_\_\_\_\_ + POSTAGE \$ \_\_\_\_\_  
 PAYMENT INCLUDING POSTAGE MUST BE ENCLOSED TOTAL ENCLOSED = \$ \_\_\_\_\_  
 (For international orders, send the amount due for T-shirts & pins. You will be billed for cost of postage.)

NAME \_\_\_\_\_ VISA/MASTERCARD NUMBER \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ CARDHOLDER'S NAME \_\_\_\_\_  
 COUNTRY \_\_\_\_\_ MAKE CHECK OUT TO "WORLD VETERANS' CHAMPIONSHIPS"

ALLOW 4-6 WEEKS FOR DELIVERY

**WVC T-SHIRTS & PINS BOX 10825, EUGENE, OR 97440**



## Report from Britain

by ALASTAIR AITKEN (of *Athletics Today*)  
MARTIN DUFF (of *Athletics Weekly*)

March is half-marathon time in Great Britain, and Rosemary Ellis currently leads the masters standings with a 74:46 in Essex, followed by a 74:47 in the 3000-strong Fleet Half in Hampshire.

Close behind for the ladies comes Glynis Penny with 74:52 at Reading after an overall win in 76:43 at Swanley in Kent. World veteran marathon champion Anne Roden clocked 76:06 at Fleet. London Marathon runner-up Ann Ford is also back in business after injury, her best being a 27:59 five mile over Easter. Twin sister Paula Fudge is taking time off to extend her family.

The Reading Half-Marathon saw a tremendous battle between Shel Cowles and Mike Hurd. At five miles, Hurd was a few yards in front, but at ten miles the splits were Cowles 50:19 and Hurd 50:23. Hurd, however, came good over the run-in to reverse Cowles' successes in the States. A slow early pace by the open leaders restricted the times to 66:20 and 66:26, but Hurd was in jubilant form, post-race.

Peter Jones was fifth of 1600 run-

ners in bad weather in the Swanley Half-Marathon with a 1:10:54.

In the veterans cross-country race held in conjunction with the Euro Cup Cross-Country at Roselare, Belgium, March 12, ex-international cross-country runner and steeplechaser Euan Robertson of New Zealand, who was fifth in the 1974 Commonwealth Games steeple in 8:35.2, ran away with the event, winning in 21:10. Seventh in the large field was Peter Hamilton (21:48); Johnny Baldwin, now M50, was ninth (22:12). □



Marilyn Palmer (#40), first W35 (18:25) and Pat Gallagher (#39), first W40 (19:07), British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12. Photo by John Burles

## British Veterans Cross-Country Championships

by RICHARD BALDING

The 1989 BVAFF Cross-Country Championships took place on March 12 at the Silksworth Sports Center Sunderland in the northeast of England. A mild British winter left the course very dry, which was just as well because the complex is built on an old coal mine waste heap. Its undulating ground and loose earth can be very muddy after poor weather.

This year it was decided to run a separate ladies' race of one-and-a-half laps of a 3300m course, which entailed two uphill stretches. The men ran three laps, which had one hill, but considering that it was a ski-slope, the main feature of the complex, it was debatable who had the hardest event.

The ladies' race was dominated by W35 Marilyn Palmer, (18:25) the pre-race favorite after her 29th place in the English National Cross-Country. She was followed home by teammate Pat Gallagher (19:07), who just as easily won the W40 age group. Not far behind was Julie Beckford (19:46), the W45 winner.

As with the ladies' race, the M40 winner, Andy Holden (30:24), favorite in the absence of Tony Simmons and last year's winner, Alun Roper, fully justified his position, having been 77th in the English National some two weeks earlier. He was followed by two M40 Scots, Colin Youngson (30:39) and Brian Emmerson (30:52), who had finished 23rd in the Scottish National in February.

The M50 race was comfortably won by world 10K record holder Taff Davies (32:17), but only after a hard battle with 1988 winner Steve James (32:32) and Ted Isaacs (32:59). □

## No TV For World Veterans Championships

Jack Noble, acting for WAVA, has been promoting the World Veterans Championships to Madison Avenue for months, but has been unable to get any major advertiser willing to back the event on national TV.

David Pain, chairman of WAVA's TV Committee, said: "Notwithstanding the demographics of an aging market and the clearing of over 50 percent

of the U.S. market on a sports network, we are not viewed as a legitimate sports entity worthy of airing on a national level."

Local TV coverage is expected in Eugene and probably Portland. The national CBS TV show, *48 Hours*, may cover portions of the event for a special show on aging. □



Colin Youngson (#172) and Brian Emmerson (#261) lead the pack at the Sunderland, March 12. Photo by John Burles

Photo by John Burles

**Bell Has Best Age-Graded Mark**

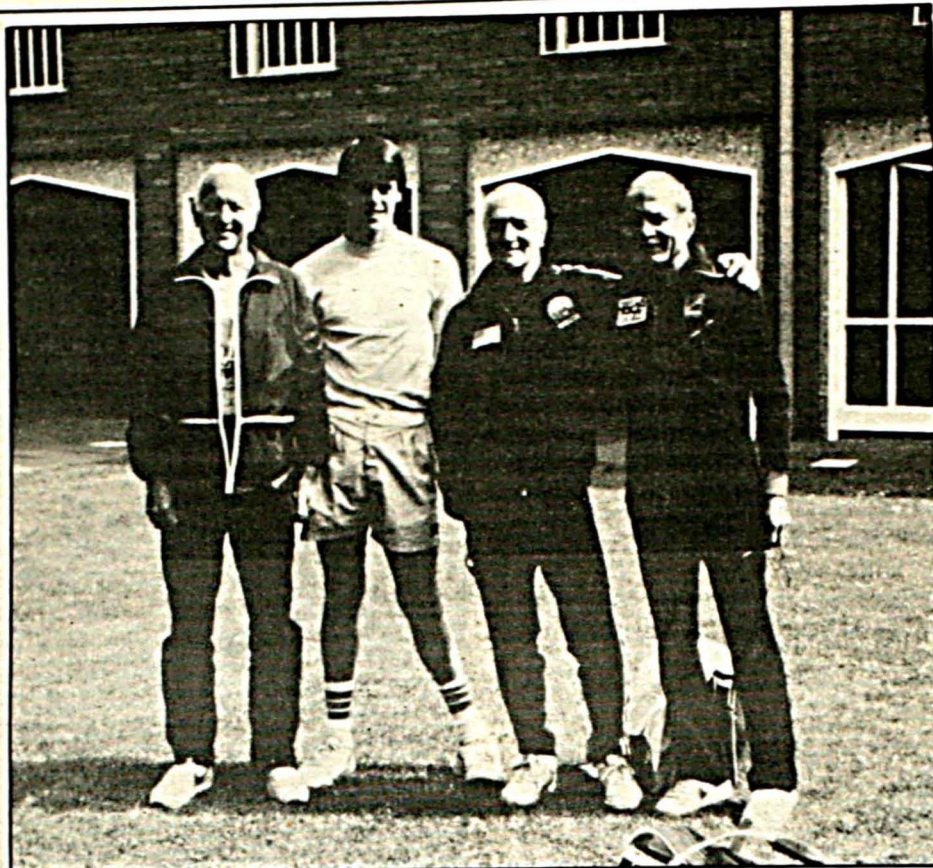
**18 World Records Set in British Indoor Championships**

from ALASTAIR AITKEN

The British Veterans Indoor Championships, held at Kelvin Hall in Glasgow on March 26, saw 18 world indoor age-group records broken, including four by Rosemary Chrimes (nee Payne), winner of the Commonwealth Games discus in 1970.

Chrimes, who lives in Kelso, Scotland, set W55 marks in the 60mH (11.1), high jump (1.30), triple jump (8.57) and shot (12.04).

The top age-graded mark of the meet was turned in by Ron Bell, whose 1:56.2 in the M40 800 gave him a performance level of 94.3% (calculated by dividing the M40 800 standard of 1:49.56 by 1:56.2). Next best was Peter Browne's 1:56.3 in the same race. Browne won the 400 in 52.5 and Bell took the 1500 in 4:10.1. □



Three world champions in the courtyard at St. Hilda's College in Melbourne at the VII World Veterans Games in 1987. From left: Bill Weinacht, M70, volunteer Ted Sorlien, Herb Miller, M75, and Tom Patsalis, M65. Photo by Sparks Sorlien

**Five Years Ago  
May, 1984**

- 561 Compete in Indoor Nationals in Princeton, N.J.
- Roger Robinson (2:20:15) First Master in Boston
- Eastern Indoor Masters Meet Draws 345
- Don Coffman (31:29), Cindy Dalrymple (36:04) Win in Azalea Trail 10K

**International Weight Pentathlon Plans On Schedule**

by BOB STONE

Plans for the Masters International Weight Pentathlon to be held in Eugene on Monday, August 7, are well along. Contracts to use both Hayward Field at the University of Oregon, and Silke Field at nearby Springfield have

been signed, assuring adequate facilities, and TAC-sanction has been obtained.

Jerry Jenson, Oregon Commissioner of TAC Officials, will help obtain TAC officials to ensure a well-run affair. It is hoped that arrangements can be negotiated with Stackpole, sports equipment supplier in Salem, Oregon, to help with implements.

Entries will be accepted until 5 p.m., Friday, August 4 at a registration table located at the World Veterans' Games packet pick-up area.

Competition will be in five year age groups for both men and women, based on age as of August 7. WAVA/TAC implement specifications and rules will apply, with scoring using the latest applicable IAAF multi-event scoring tables. Medals will be given to the top three in each age-group. Outstanding scores across all age groups for both men and women will receive special recognition, based on age-factored scoring.

The five events will include the shot, discus, hammer, javelin, and heavy weight. No previous experience with weight pentathlons is necessary, and for those who may not have previously thrown the heavy weight, practice time can be arranged prior to the meet.

Although this event is not a part of the World Championships, every effort will be made to meet the highest standards of competition combined with a fun day for throwers. □

**Caribbean to Host 1990 N.A. Meet**

The WAVA North American Track and Field Championships will be held in the Caribbean, August of 1990. Puerto Rico and Trinidad-Tobago will submit formal bids at the North American Regional meeting to be held July 31, 1989, during the World Championships. Any other masters organization within the Caribbean area desiring to submit a bid may do so by contacting the North American Regional Representative. □



Taff Davies (M50), first in his age-group with a 32:17 at the British Veterans Athletic Federation Cross-Country Championships, Sunderland, March 12. Photo by John Burles

**WAVA HURDLES AND IMPLEMENTS SPECIFICATIONS**

HURDLES										
WOMEN						MEN				
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7-1/4"	35.00m 114'9 1/2"	40.00m 131'2 1/2"					
40-49	400m	.762m 30"	45.00m 147'7-1/4"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	300m	.840m 33"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"

Steeplechase distances: All females, and male age-groups M60 and above - 2000m.  
: Male age-groups younger than M60 - 3000m.

IMPLEMENTS				
Age	Shot put	Discus	Hammer	Javelin
WOMEN				
35-49	4.00K	1.00K	4.00K	600 gms.
50 plus	3.00K	1.00K	3.00K	400 gms.
35-49	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.

\* New I.A.A.F. Specifications

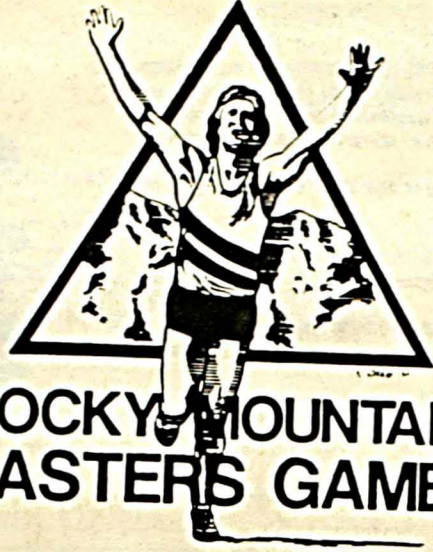
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Barbara Stewart (W45) with a heave of 6.59 in the shot at the National Masters Indoor Track and Field Championships in Columbus, Ohio, March 31-April 2. Photo from Jim Pearce

# ROCKY MOUNTAIN AND MIDAMERICAN MASTERS GAMES



## ROCKY MOUNTAIN MASTERS GAMES

**SPONSORED BY:** THE DENVER TRACK CLUB

**DATE:** September 2 & 3, 1989

**SITE:** University of Colorado, Potts Field, Boulder, Colorado

**HOTEL:** Headquarters for Denver Track Club is the Clarion Harvest House, 1345 28th Street, Boulder, Colorado, 80302 (303)443-3850. \$55.00/night or 1/2 double for \$28.00/night. Call for reservations.

**FACILITIES:** Chevron 440, 400 m, electronic timing

**TEAMS:** Any athlete registered with Montana, Wyoming, Colorado, or New Mexico TACs is on the ROCKY MOUNTAIN TEAM. Anyone west of these four states is on the WEST team, anyone east is on the EAST team.

**AGE GROUPS:** 5 year age groups - men and women age 30 and over. Day competition.

**AWARDS:** First six places in each event receive medals. A maximum of three medals will be awarded to any entrant. Additional medals won may be purchased for \$3.00 at the end of the meet.

**SCORING:** Scoring will be 8-5-4-3-2-1 for each event including 5K, race walk, and pentathlons. The team with the most points will have its name inscribed on the ROCKY MOUNTAIN GAMES TROPHY. The club from that team scoring the most points will decide the location until the next year's meet.

**RULES:** Standard TAC Masters rules except weight implements which will use old implements when new metric not available.

**REGISTRATION:** TAC registration is required and will be available at the meet (\$7.00 age 18 and under, \$10.00 age 19 and above).

**ENTRY FEE:** \$6.00 first event, \$4.00 each additional event. Unlimited open events, \$22.00. PENTATHLONS \$7.00.

**ENTRY DEADLINE:** To guarantee participation, entries must be received on or before the Wednesday prior to the meet. Late entries may be allowed to participate at the discretion of the Meet Director.

**INQUIRIES:**  
 JIM WEED: 11672 East 2nd Ave., Aurora, CO 80010 (303)341-2980  
 STEVE KAEUPER: 2263 Krameria, Denver, CO 80207 (303)388-8180  
 JERRY DONLEY: 1715 Alamo, Colorado Springs, CO 80907 (719)635-1264  
 NANCY MANSON: 518 Quentin Street, Aurora, CO 80011 (303)341-7992  
 DAVE SIMONS: 1550 Baseline, Boulder, CO 80302 (303)443-4919

SATURDAY		SCHEDULE OF EVENTS		SUNDAY	
9:00 am 5K Race Walk	11:00 pm Pent. Disc.	9:00 am 100mHH	12:00 pm 200m Finals		
9:45 am 5000 m on track	2:00 pm Open Jav.	110mHH	2:00 pm T.J.		
11:00 am Pent. L.J.	3:00 pm Open & Wt. Pent. Hammer	P.V. 9'6" Ht.	35/25# Wt. - Wt. Pent.		
11:30 am Pent. Jav.		H.J. 5'0" Ht.	2:15 pm 300m IMH		
12:00 am Wt. Pent. Jav.		S.P. 50+ yrs. Wt. Pent.	400m IMH		
12:30 am Pent. 200m		9:45 am 100m & trials	2:45 pm 400m Finals		
		10:00 am L.J. (2 pits)	3:00 pm 4 x 100m relay		
		10:45 am 800m	4:00 pm 1500m		
		S.P. 30-49 yrs. Wt. Pent.	4:30 pm 4 x 400m relay		
		Open Disc.			
		11:15 am 50m			
		11:45 am Predict Time Mile			
		P.V. 5'0"			
		S.P. Open			
		H.J. Low Height			

SUNDAY EVENING SOCIAL - Clarion Harvest House - Beginning at 6:30 pm - everyone welcome - prizes, gifts, food, drink, and good times.

### ROCKY MOUNTAIN AND MIDAMERICA MASTERS CHAMPIONSHIPS 1989 ENTRY FORM (Please Print)

NAME: \_\_\_\_\_ ADDRESS (Street) \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 PHONE: ( ) \_\_\_\_\_ CITY: \_\_\_\_\_  
 AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ CURRENT TAC NUMBER: \_\_\_\_\_  
 CLUB AFFILIATION: \_\_\_\_\_

In order to compete in the ROCKY MOUNTAIN AND MIDAMERICA MASTERS GAMES, I do for myself, my heirs, and my administrators waive, release, and forever discharge any and all claims for damages which I may have or which may hereinafter accrue to me or my heirs against the Colorado Athletic Congress, the sponsors, officers, and agents thereof. I certify that I am in good physical condition and recognize that this meet will be held at high altitude (6000 ft.) and that the weather conditions can vary from extreme heat to cold in short periods of time.

DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

PLEASE CHECK IN THE SPACE PROVIDED TO THE RIGHT OF EACH EVENT, THOSE EVENTS WHICH YOU WISH TO ENTER. ALSO PLEASE ENTER YOUR BEST TIME, DISTANCE OR HEIGHT FOR ALL EVENTS YOU HAVE COMPETED IN OVER THE PAST TWO YEARS. THIS WILL HELP MEET DIRECTORS SEED MULTI-HEATED EVENTS AND MAY BE HELPFUL TO TEAM CAPTAINS IN PUTTING STRENGTH IN VARIOUS EVENTS AND RELAYS.  
**LATE ENTRIES AND CHANGES:** EVENTS MAY BE ADDED OR SUBTRACTED ON SATURDAY NIGHT (AT THE CLARION HARVEST HOUSE HOSPITALITY AND RECEPTION ROOM) WHERE OPEN LANES ARE AVAILABLE. NONE ON SUNDAY.

TIME	TIME	WT/DIST	WT/DIST
50m _____	100mHH _____	H.J. _____	JAV. _____
100m _____	110mHH _____	P.V. _____	Hammer _____
200m _____	300 IMH _____	L.J. _____	Pentathlon _____
400m _____	400 IMH _____	T.J. _____	Weight Pent. _____
800m _____	4 x 100m Relay _____	S.P. _____	
1500m _____	4 x 400m Relay _____	DISC. _____	
5000m _____	Pred. Time Mile _____		
5K RACE WALK _____			

Please mail your entry form, signed waiver, and check payable to "DENVER TRACK CLUB" to Steve Kaeuper, 2263 Krameria, Denver, Colorado 80207

Pent. \$7.00 \_\_\_\_\_  
 Wt. Pent. \$7.00 \_\_\_\_\_  
 First Open Event \$6.00 \_\_\_\_\_  
 No. of additional open events entered \_\_\_\_\_ x \$4.00 \_\_\_\_\_  
 (If over \$16.00, enter only \$16.00)

TOTAL \$ \_\_\_\_\_

Note: Attention athletes entering both pentathlon and open throwing events. Pentathlon throws qualifies you for placing in the open event, if entered. (Only a total of six throws will be permitted)

**1. DISPLAY ADVERTISING RATES**

Column Inches	Ad Size	Cost	Examples: Width	Height
52	Back Page	400	10"	13"
52	Full page	300	10"	13"
39	1/4 page	250	10"	9 1/4"
			7 1/2"	13"
26	1/2 page	200	5"	13"
			10"	6 1/2"
13	1/4 page	120	10"	3 1/4"
7	1/8 page	72	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 page	60	2 1/4"	3 1/4"
1		30	2 1/4"	1"

**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. No frequency discounts or agency commissions.

**5. TERMS**  
 Net 10 days from billing date.

**6. CLASSIFIED RATES**  
 50 cents per word. Count name and address as 5 words. Race notices are 25 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 \$40.  
 e. Screen: 85 lines per inch.

**8. CLOSING DATES**  
 The 10th of month before date of issue.

**9. CIRCULATION October 1988**  
 Paid: 4749 Distribution: 6000  
 Published monthly. Subscriptions \$18.75/year.  
 Mail order to: National Masters News  
 P.O. Box 2372  
 Van Nuys, Calif. 91404  
 818/785-1895

# 1989 TAC/USA NATIONAL MASTERS TRACK

## JULY, 1989

### GENERAL INFORMATION

- ELIGIBILITY:** Open to all men and women 30 years and older. Age on July 20, 1989, determines age division. All U.S. nationals are required to hold and present at packet pick-up a valid 1989 registration with The Athletics Congress. Foreign competitors will compete as guests and no TAC registration will be required. Proof of date of birth will be required from all competitors at packet pick-up.
- DIVISIONS:** Individual competition will be held in 5-year age groups starting at age 30. Relays in 10-year age divisions. Relay entries accepted during meet.
- MEDALS:** TAC championship medals will be awarded to the top three U.S. nationals in each division of each event final. All competitors receive a Certificate of Participation. Medals to foreign competitors placing in top three.
- ENTRY FEE:** Entry fee for the first event is \$30.00, \$15.00 second event and \$10.00 for each subsequent event. Relay entry \$30.00 per team. Entry includes courtesy airport pick-up and return by prior arrangement as well as a commemorative T shirt.
- ENTRY DEADLINE:** All entries **MUST BE RECEIVED BY JUNE 15, 1989**. Confirmation of entry will be sent by June 30, 1989. If not received by that date, call (619) 265-7230.
- FACILITIES:** Two new Mondo rubber 400 meter tracks, Mondo javelin and jump runways, concrete rings. **1/8" SPIKES OR FLATS ONLY.**
- MEDICAL SUPPORT:** San Diego Sports Medicine Center, Alvarado Medical Center.
- SPECIAL EVENTS:** Free welcoming reception at SDSU Wednesday evening, 7/19/89. Also on Wednesday at 10:00 a.m. Sports Medicine Symposium at SDSU. On Sunday afternoon, 7/23/89, a post competition Mexican Fiesta with live entertainment for competitors and guests. Nightly entertainment, special trips to Sea World, San Diego Zoo, Mexico, and Wild Animal Park will also be featured.
- PACKET PICK-UP:** Athletes may pick up their entry packets at SDSU registration (see map) from 9:00 a.m. - 9:00 p.m. Wednesday, July 19, and at the SDSU track thereafter.
- TRANSPORT:** Courtesy airport pick-up and return will be provided by prior arrangement only. Report to Traveler's Aid booth at baggage claim on arrival. Shuttle service will operate between SDSU and Balboa Stadium. Shuttle transport between tracks and racewalk venues.



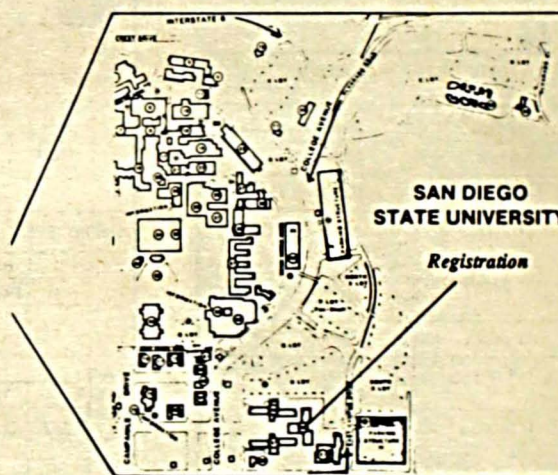
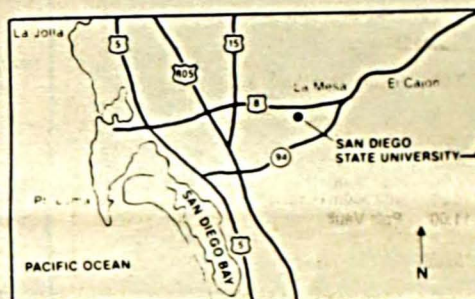
Alvarado Athletic Medical Services



ALVARADO HOSPITAL MEDICAL CENTER  
ALVARADO ORTHOPEDIC MEDICAL GROUP  
SAN DIEGO SPORTS MEDICINE CENTER



UNITED AIRLINES



For Discounted Group Hotel-Motel Information Contact  
**SPORTS TRAVEL INTERNATIONAL**  
Helen Pain  
4869 Santa Monica Avenue  
San Diego, California 92107  
Phone: (619) 225-9555 Telex: 295443

Two Great MONDO 400 meter Tracks at SDSU & Balboa Stadium  
All Track Events 100m - 10,000m Plus All Field Events  
5,000m Track Walk & 10K/20K Road Walks  
Pentathlon for Men & Women  
World Class Competition with International Entrants  
Inexpensive Room & Board at San Diego State University • Short Walking Distance from Track  
Courtesy Airport Pick-Up & Return to & from SDSU • Save \$25.00 Cab Fare  
Shuttle Bus Service Between Tracks and Racewalk Venues  
Free Commemorative T Shirt  
Automatic Timing  
Pre-Meet Sports Medicine Symposium  
Welcoming Pre-Meet Reception at SDSU - FREE!  
Nightly Entertainment at SDSU - FREE!  
Post Meet Mexican Fiesta  
San Diego's Cool, Dry Weather Assures a P.R.  
Special Reduced Airfare by UNITED AIRLINES (Official Meet Sponsor) & Mexico  
Time to Visit World Famous San Diego Zoo, Wild Animal Park, & Sea World at Special Group Rates  
Swim, Sail, Surf, Snorkel or Sun at Any One of San Diego's Great Beaches or Bays  
Opportunity for One Week of Leisurely Travel up the Coast to Eugene with Stopovers at Disneyland, Universal Studios, San Francisco, Redwoods & Much More

### UNIVERSITY HOUSING

The housing at San Diego State University is limited. First come, first served. You may reserve a room with or without meals. The San Diego State University Housing is a five to ten minute walk to the primary track. Room with meals includes free admission to Sports Medicine Symposium on Wednesday, July 19, 1989, and Mexican Fiesta on Sunday, July 23, 1989.  
**Payment Requirements:** University housing without meals, single ~~\$25.00/day~~ per person; double occupancy \$25.00/day per person. University housing with meals, single ~~\$50.00/day~~ double occupancy \$40.00/day. Reservation will not be accepted without full payment.  
**Cancellation Policy:** \$25.00 deduction per person on ALL cancellations prior to July 1, 1989. No refund after July 1, 1989.

### ROOM RESERVATION FORM INSTRUCTIONS

Please use one Room Reservation Form for each room reserved. Fill in the last name of the person in whose name the room reservations will be made; then first name.  
Next list if you are part of a Tour Group.  
List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are adults. List ages if children.  
Indicate if anyone in your party smokes (Y/N).  
Each University Hall room has two beds. For double occupancy we will assign a roommate. If you wish to room with a particular person, you must provide us with the name of the other occupant and include payment for two people. The person whose name appears at the top of this form will be responsible for the payment for both persons.  
List your arrival and departure dates.  
Circle the date of each NIGHT you plan to stay. Departure by 12 noon, Monday, July 24.  
Enclose the complete payment and mail to: TAC MASTERS CHAMPIONSHIPS  
5643 CAMPANILE WAY  
SAN DIEGO, CA 92115 USA  
If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box). You also must include the expiration date printed on your card.

### ROOM RESERVATION FORM

ROOM RESERVATION IN LAST NAME OF \_\_\_\_\_ FIRST NAME \_\_\_\_\_

NAME OF SECOND PERSON OCCUPYING ROOM \_\_\_\_\_ ADULT (Y/N)  AGE IF CHILD

DOES ANYONE IN PARTY SMOKE (Y/N)

TOUR GROUP (if any) \_\_\_\_\_

DO YOU REQUEST AIRPORT PICK UP?  (Y/N) CIRCLE DATE OF EACH NIGHT YOU ARE STAYING

IF SO STATE: AIRLINE NAME & FLIGHT # \_\_\_\_\_ JULY \_\_\_\_\_

ARRIVAL DATE & TIME \_\_\_\_\_ 16 17 18 19 20 21 22 23

DEPARTURE DATE & TIME \_\_\_\_\_

ROOM RATE PER PERSON # NIGHTS x COST PER NIGHT x # OF PERSONS = TOTAL COST

double without meals \_\_\_\_\_ x US\$25.00 x \_\_\_\_\_ = US\$ \_\_\_\_\_

double with meals \_\_\_\_\_ x US\$40.00 x \_\_\_\_\_ = US\$ \_\_\_\_\_

TOTAL: US\$ \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_ (Please make separate payment for housing.)

VISA  MasterCard  Signature: \_\_\_\_\_

Number \_\_\_\_\_ Expiration Date: \_\_\_\_\_ / \_\_\_\_\_

Payable to: TAC MASTERS CHAMPIONSHIPS HOUSING

SORRY!  
SINGLES  
SOLD OUT

TENTATIVE  
Final Schedule

AM.	7:00	SDSU
P.M.	12:00	Balboa
AM.	7:00	SDSU
AM.	9:00	SDSU
AM.	10:30	SDSU
AM.	11:00	SDSU
P.M.	12:00	SDSU
P.M.	2:00	SDSU
P.M.	3:00	SDSU
P.M.	5:30	SDSU
AM.	7:00	SDSU
AM.	9:00	SDSU
AM.	10:00	SDSU
AM.	10:30	SDSU
AM.	11:00	SDSU
AM.	11:30	SDSU
P.M.	2:00	SDSU
P.M.	4:30	SDSU
P.M.	6:00	SDSU
AM.	8:00	SDSU
AM.	9:00	SDSU
AM.	10:45	SDSU
AM.	11:45	SDSU
AM.	12:45	SDSU
P.M.	2:00	SDSU

Order of Competition  
Women's...  
Timed...  
marks...  
group...  
Consult...  
each...



# TRACK & FIELD CHAMPIONSHIPS

## 1989

### PENINSULA BANK of SAN DIEGO



TENTATIVE SCHEDULE OF EVENTS  
Final Schedule Will Be Published & Posted 7/19/89

DISCOUNT AIRFARE TO & FROM SAN DIEGO

By Special Arrangement with UNITED AIRLINES Competitors  
Can Receive Special Discount 5% below United's Lowest Fares.  
Call United Airlines Toll-Free  
(800) 521-4041 and State Your Travel Plans.  
Give United Airlines I.D. #9016-L for Your Discount.

TAC/USA NATIONAL MASTERS  
TRACK & FIELD CHAMPIONSHIPS  
5643 Campanile Way  
San Diego, California 92115  
(619) 582-3316 Fax (619) 582-5769

## COMPETITION ENTRY FORM

THURSDAY • 7/20	
TIMES APPROXIMATE	
SDSU	
A.M.	7:00 10,000m Run (1st race)
Balboa Stadium	
P.M.	12:00 Pentathlon M30+ (200, LJ, JAV, DT, 1500). W30+ (100H/80H, HJ, SP, LJ, 800).
SDSU	
12:00	Shot Put
1:00	400m Heats
2:00	Triple Jump
4:30	1,500m Heats
5:30	3000/2000m Steeple
FRIDAY • 7/21	
Balboa Stadium	
A.M.	7:00 5000m Race Walk (1st race)
SDSU	
9:00	Hammer Throw (venue TBA)
9:00	High Jump
10:30	400/300m Hurdles Finals
11:00	Pole Vault
SDSU	
P.M.	12:00 100m Heats and Semis
2:00	100m Finals
3:00	800m Heats
5:30	400m Finals
SATURDAY • 7/22	
SDSU	
A.M.	7:00 5000m Run (1st race)
9:00	Long Jump
10:00	5000m Run (M40-49)
10:00	Discus
10:30	5000m Run (M30-39)
11:00	110/100/80m Hurdles Heats
11:30	110/100/80m Hurdles Finals
SDSU	
P.M.	2:00 200m Heats & Semis
4:30	200m Finals
6:00	1500m Finals
SUNDAY • 7/23	
SDSU	
A.M.	8:00 10K/20K Race Walk - Lake Murray course
9:00	Javelin
9:00	800m Finals
10:45	4 X 100m Relays
11:45	4 X 400m Relays
12:45	4 X 800m Relays
SDSU	
P.M.	2:00 Mexican Fiesta Party

FAMILY NAME  FIRST NAME

ADDRESS

CITY

STATE  POSTAL CODE

COUNTRY

TELEPHONE  (AREA CODE)

1989 TAC#

"Application Pending" not acceptable

T-SHIRT SIZE  S  M  L  XL  XXL

U.S. CITIZEN (Y/N)  MALE/FEMALE (M/F)  DATE OF BIRTH MO  DAY  YEAR  AGE  AS OF JULY 20, 1989 QUANTITY

1st event entry fee ..... = US\$ 30.00

2nd event entry fee ..... = US\$ 15.00

Each additional event: Number of events \_\_\_\_\_ x US\$10.00 = US\$ \_\_\_\_\_

Additional "T" shirt(s) \_\_\_\_\_ x US\$10.00 = US\$ \_\_\_\_\_

Fiesta dinner tickets ordered \_\_\_\_\_ x US\$15.00 = US\$ \_\_\_\_\_

TOTAL: (add above lines together) ..... = US\$ \_\_\_\_\_

Payment:

1. Bank draft or check in U.S. dollars  
Payable to: TAC MASTERS CHAMPIONSHIPS

2. VISA  MC  Name: \_\_\_\_\_

NUMBER

EXPIRATION DATE: \_\_\_\_\_ / \_\_\_\_\_

MARK EVENT HERE WITH AN "X"

Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1988-1989	Date & Location
100 METER DASH	All Age Groups	All Age Groups		
200 METER DASH	All Age Groups	All Age Groups		
400 METER DASH	All Age Groups	All Age Groups		
800 METER RUN	All Age Groups	All Age Groups		
1,500 METER RUN	All Age Groups	All Age Groups		
2,000 METER STEEPLECHASE	All Age Groups	M60 and Older		
3,000 METER STEEPLECHASE		M30 through M55		
5,000 METER RUN	All Age Groups	All Age Groups		
10,000 METER RUN	All Age Groups	All Age Groups		
80 METER HURDLES	W40 and Older	M70 and Older		
100 METER HURDLES	W30 and W35	M50 through M65		
110 METER HURDLES		M30 through M45		
300 METER HURDLES	W50 and Older	M50 and Older		
400 METER HURDLES	W30 through W45	M30 through M45		
10 KM WALK (Road)	All Age Groups*	All Age Groups*		
20 KM WALK (Road)	" " "	All Age Groups		
5 KM WALK (Track)	All Age Groups	All Age Groups		
HIGH JUMP	All Age Groups	All Age Groups		
POLE VAULT	All Age Groups	All Age Groups		
LONG JUMP	All Age Groups	All Age Groups		
TRIPLE JUMP	All Age Groups	All Age Groups		
SHOT PUT	All Age Groups	All Age Groups		
DISCUS THROW	All Age Groups	All Age Groups		
JAVELIN THROW	All Age Groups	All Age Groups		
HAMMER THROW	All Age Groups	All Age Groups		
PENTATHLON	All Age Groups	All Age Groups		

\*non-championship event

Please send this entry form and fees to:  
TAC/USA NATIONAL MASTERS  
TRACK & FIELD CHAMPIONSHIPS  
5643 CAMPANILE WAY  
SAN DIEGO, CA 92115 USA

### WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions and of the stated age. I absolutely relieve the San Diego Track Club, 1989 TAC/USA National Master Track and Field Championships Organizing Committee, TAC/USA, the sponsoring non-profit organizations, City of San Diego, San Diego State University, San Diego Unified School District, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1989 TAC/USA National Masters Track and Field Championships.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Order of Competition:  
Women before men, oldest to youngest.  
Timed sections seeded by declared 1988/89 marks. Field events to be scheduled by age group divisions

Consult final schedule for precise start times for each age group.



# The Director's Corner

by DEAN REINKE

## 1989 ICI/USRA Circuit Underway

I was recently stopped while walking through the pre-race Expo at the Nissan Shamrock Marathon/8K, the opening race on the 1989 ICI/USRA Masters Circuit. Ed Brinkley, top mid-Atlantic master runner, was wearing a t-shirt that I hadn't seen in years. It sported the "Brooks Masters Series" logo from the series of the same name that was held in 1980 in Washington, D.C., San Francisco and Chicago. Ed was at the inaugural that year with series co-founder Hal Higdon (then an associate of mine promoting Brooks shoes) Herb Lorenz, Alex Ratelle, Herb Chisholm, Jim O'Neil, and numerous others, many of whom are still on the roads today.

A series ahead of its time, it still served as the inspiration for the ICI/USRA Masters Circuit that is in its second year. With a \$25,000 Circuit Grand Prix purse to be distributed at season's end, \$15,000 at the ICI/USRA Masters National Championship, and an accumulated \$125,000 from all of the individual

races combined, the masters has currently come a long way from its infancy nine years ago.

It is certainly a pleasure for me, having been involved in the development of the Brooks series, to play a part with ICI in today's Circuit. It makes my job considerably easier to know that the hard work and energy that have gone

into the creation of the Circuit is truly appreciated by the athletes of all abilities. While announcing the awards at the Nissan Shamrock event in Virginia Beach, many of the masters were overheard questioning Race Director Jerry Bocrie to ensure that the "points counted toward the Circuit Grand Prix."

After a few months off since the ICI/USRA Masters Circuit National Championship in Naples in January, it was a reunion of sorts for the top masters in all age divisions who competed at Nissan Shamrock, the season's opener. There were '88 ICI National Champion Bill Rodgers and ICI Circuit Grand Prix winner Bob Schlauf, joined by newcomer Wilson Waigwa, who narrowly missed Rodgers' world record, running 23:54. Throw in all-time fastest masters miler Ron Bell of England and Ken Sparks (5th fastest, all-time) in the men's race and 1989 Women's ICI Circuit Grand Prix runnerup Nancy Oshier, and you had a better overall quality field than the open, which itself was excellent.

Other top '88 ICI Circuit Grand Prix finishers present included W50-59 winner Susie Klutz of North Carolina; Baton Rouge's Mary Norckauer, W60+ champion; 82-year-old "all-world" Ed Benham; last year's M60+ runnerup John Hosner of Virginia; and Florida's Jim Larson (3rd, 50-59).

But it's even more exciting to hear some of the stories from the athletes, inspired by a chance to compete in a Circuit for masters that truly determines a national champion. Forty-seven-year-old Mary Shaver, for example, hearing of the new "five-year age groups points rankings," drove 12 hours from Rochester, N.Y., to earn her 10 points for 1st place. Buffalo, New York's Nancy Miesczak laid low in '88, awaiting her 40th birthday this year, and made her debut a hit with an upset win over last year's Grand Prix runnerup Oshier, running 28:55. Her effort would have to put her in the top five at the ICI National Championship in Naples and placed her ahead of Circuit champion Jane Hutchinson and national class Barb Filutze. Raleigh, North Carolina's Claudia Ciaverella is also a recent entrant into the ranks of the masters, making her debut at Nissan Shamrock, and she too will be heard from in the final standings.

The above elite group will be joined by other masters very shortly. With only five events counting toward final point tallies, there will likely be several age division rankings decided at the ICI Championship in Florida come January. While New Zealand's John Campbell, Colombia's Victor Mora, and England's Shell Cowles appear to be the new master "names" for '89, it remains to be seen whether or not they can run enough ICI Circuit events to accumulate points towards a title.

Whatever the result, the ICI/USRA Masters Circuit for 1989 appears well on its way to yet another successful

## Chicago and Sacramento Join Circuit

Two more major road races have joined the ICI/USRA Masters Circuit, bringing to 16 the number of events on the 1989 Circuit. The Chicago Distance Classic 20K, July 16, (312-243-2000) and the Foundation 30K in Clarksburg, Calif., (916-636-0707/916-665-1712) November 12 are the additions.

The Chicago Distance Classic has been one of the Windy City's top races for more than a decade. Race Director Diane Wood reports a "resurgence" in the event that traverses scenic Lake Shore Drive and often brings cool relief from Chicago's hot summers.

The Foundation 30K (formerly the Pepsi 20 Miler) attracts over 3000 runners and has historically been well received by Masters. In its second year on the ICI/USRA Masters Circuit, the race distributed over \$3500 in masters prize money a year ago and provides travel and housing support.

ICI Circuit organizers report that negotiations are continuing with a few more races to round out the '89 schedule. Meetings will be held later this month with National Championship sites with final plans being announced this summer. □ —Dean Reinke

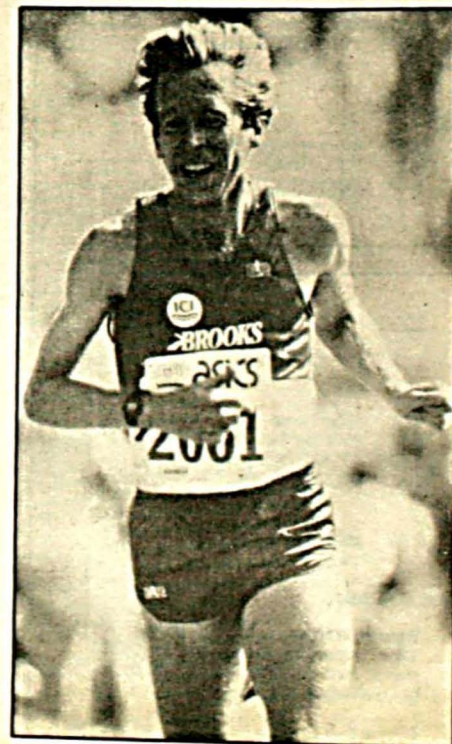
### ICI/USRA Masters Circuit Point Standings

(After 2 races including the Nissan Shamrock 8K and Myrtle Beach 10K Classic. Other races to count include:

- |                              |   |
|------------------------------|---|
| Cotton Row Run 10K           | Pittsburgh Great Race 10K                 |
| Hospital Hill Half Marathon  | Myriad Gardens 10K                        |
| Utica Boilermaker 15K        | Twin Cities Marathon                      |
| Chicago Distance Classic 20K | Capital Trial Run 10 Mile                 |
| Quad City Times Bix 7 Mile   | Foundation 30K                            |
| Asbury Park 10K              | Crim Road Race 10 Mile                    |
| Charlotte Observer 10K       | ICI/USRA Masters National Championship 8K |

M40-44	SH	MB	CR	HO	UB	PTS	#	W40-44	PTS	#
1 Bill Rodgers	9	10				19	2	1 Cl. Ciavarella	8	8
2 Bob Schlauf	8	8				16	2	2 Barbara Filutze	10	10
3 Ken Sparks	6	7				13	2	2 Nancy Miesczak	10	10
4 Wilson Waigwa	10					10	1	4 Nancy Oshier	9	9
5 Dave Stewart	9					9	1	4 Jane Hutchinson	9	9
6 Ron Bell	7					7	1			
7 David Reese	6									
<b>M45-49</b>										
1 Ralph Zimmerman	10	10				20	2	1 Mary Shaver	10	10
2 Wendel Cribb	9					9	1	1 Sharon Markoski	10	10
2 Joe Carr	9					9	1	3 Carol Lasseter	9	9
4 Tom Hare	8					8	1	3 Woolie Wisham	9	9
5 Earl White	8					8	1			
<b>M50-54</b>										
1 Jim Larson	9	10				19	2	1 Susie Klutz	10	10
2 Don Sleeman	10					10	1	2 Betty Dameron	9	9
3 Sam Yarborough	9					9	1	3 Mary MacFarlane	8	8
4 Bill March	8					8	1			
4 Tom Selmon	8					8	1	<b>M55-59</b>		
<b>M55-59</b>										
1 Tom Ray	10					10	1	1 Mary Norckauer	10	10
1 John Harwick	10					10	1	2 Marge Brown	9	9
3 Stan Witowski	9					9	1			
3 Charles Moore	9					9	1	<b>M60-64</b>		
<b>M60-64</b>										
1 Herb Chisholm	8	10				18	2	1 Loretta Sheehan	10	10
2 Ed Hamilton	6	9				15	2	2 Imy Ernst	9	9
3 Charles Evans	3	8				11	2			
4 John Hosner	10					10	1	<b>M65-69</b>		
5 Bill Fortune	9					9	1	<b>M65-69</b>		
<b>M65-69</b>										
1 John McManus	10					10	1	<b>M70+</b>		
1 Robert White	10					10	1	<b>M70+</b>		
3 Joe Holland	9					9	1	<b>M70+</b>		
3 Bill Tribou	9					9	1	<b>M70+</b>		
<b>M70+</b>										
1 Ed Benham	10					10	1	<b>M70+</b>		
2 Lewis Creasy	9					9	1	<b>M70+</b>		
3 Brad Page	8					8	1	<b>M70+</b>		

SH=Shamrock 8K; MB=Myrtle Beach 10K;  
CR= Cotton Row 10K;  
HO= Hospital Hill Half-marathon  
UB= Utica Boilermaker 15K  
#= Number of races  
A runner's 5 best races count



Bill Rodgers, 41, takes 2nd M40 in 24:14 in the Nissan Shamrock 8K, the first race on the 1989 ICI/USRA series. Photo from Dean Reinke

## ICI/USRA Masters Circuit "Happenings"

Former Ocean State Marathon champ and Rhode Island resident Bobby Doyle recently celebrated his new arrival into the 40-and-over age group with a win at the New Bedford Half-Marathon, running 69:07, good for \$500 . . . John Campbell's 29:25 at Azalea Trail in Mobile and Wilson Waigwa's 23:54 at the ICI/USRA Masters Circuit season opener at Nissan Shamrock in Virginia Beach have to rank among the best-ever combined performances by masters on a single day . . . "Waigwa", by the way, is Wilson's "middle name" while "Wakihuri" is his true last name — let's stick with Waigwa for the time being! . . . Quote of the month from Wakihuri, whoops, Waigwa following Nissan Shamrock when asked about the age: "I don't know", shaking his head, "I was criticized for being too old for college (UTEP) and now too young for masters. I just don't know", he said. . . . *National Masters News'* Peter Mundle reports that his research indicates that Waigwa is "indeed" 40 years of age . . . An Achilles tendon injury has put Bill Rodgers on the sideline for Boston, so Campbell and Poland's Richard Marczak will have to go it alone. Word has it that Colombia's Victor Mora may also be at the starting line. Hot, after impressive masters wins (at age 44) at Jacksonville, Red Lobster and Gasparilla, he is a former runnerup in Beantown . . . The third leg on the '89 ICI/USRA Masters Circuit stops in Huntsville, Ala., for the Cotton Row Run. Money goes five deep for men and women (\$750-500-300-200-100) while grand masters will earn \$250, 100 and 50. Call John Dennison (816) 881-5807 . . . Myrtle Beach Classic, in an unusual move, is offering \$5000 of its \$7500 prize purse to masters, possibly the start of a trend . . . Joseph Nzau rumored to be nearing 40. Look out if so, as he recently won a five miler in Puerto Rico in 22:55 . . . Frank Shorter shined in his "Biathlon" debut in February in Palm Springs. He defeated fellow master and superstar cyclist John Howard, besting him by 1:13 on the 10K run-40K cycle-10K run course. Dennis Kasischke, sporting a 2:23 marathon best and having run against (although not near) Shorter in college, bested Frank by 20 seconds but was disqualified for drafting. Shorter informs us that he is anxious to run the ICI Circuit this year . . . New master Don Kardong will headline Hospital Hill (4th event-ICI Circuit) Half-Marathon, June 4, in Kansas City. Prize money for masters is \$500-150-100 with Carl Sniffen handling athlete inquiries (816) 561-1085 . . . Athletes coordinator Dick Mattia reports considerable early interest for the July 9 Utica Boilermaker 15K, the 5th race on the '89 ICI/USRA Masters Circuit. Masters money includes (\$1000-500-200-150-100-50) and Grand Masters (\$400-150-100-50). Mike Hurd is the first master commitment. Contact Mattia at (315) 797-6929 . . . Harold Tinsley, race director of Huntsville, Alabama's "Rocket City Marathon" reports some interesting findings from this past year's marathon: "The average participant was a married male slightly over 40-years-old with an income of just under \$44,000. Participants created an economic impact of \$635,000..." New Jersey's Herb Lorenz, one of great masters of the late '70-early '80s, turned 50, April 7. Could make it interesting for Bill Johnston, Don Sleeman, Bill Olrich, Bob Schul, and others . . . England's Ron Hill will run his first

race as a grand master at Elby's this month. He's looking to run sufficient ICI Masters Circuit events to be a factor at the Championships in January . . . April 29 Drake Relays will feature a road 10K with a \$15,000 prize purse including \$1400 for masters (\$400-200-100) . . . Ames, Iowa's Midnight Madness, July 8, looking to promote the masters division again with Bill Rodgers and Frank Shorter returning . . . Pacific Sun in California will feature a \$1600 masters purse, May 29 . . . Bloomsday in Spokane, May 7, will feature a \$6000 masters purse (\$1000-800-600-400-200) . . . Bob Schlaue will speak at a race clinic to the

Lake County Marathon in Chicago, April 29 . . . May 13 National Capital 10K will feature \$3000 masters money (\$750-500-250)...□—Dean Reinke



Four age-group winners in the 60m at the National Masters Indoor Championships in Columbus, Ohio, March 31-April 2. Left to right: Payton Jordan (M70), Gilbert Gonzales (M75), Tim Murphy (M65), and Jack Greenwood (M60). Photo by Tim Murphy

# The Tradition Continues...



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

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

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

- March 18 - Nissan Shamrock 8K, Virginia Beach, VA (804) 481-5090
- April 8 - Myrtle Beach Classic, 10K, SC (919) 847-3109
- May 29 - Cotton Row Run 10K, Huntsville, AL (205) 881-5807
- June 4 - Hospital Hill Run Half Marathon, Kansas City (816) 561-1085
- July 9 - Utica Boilermaker 15K, Utica, NY (315) 797-6929
- August 12 - Asbury Park 10K, NJ (201) 531-4156
- August 26 - Crim Road Race 10 Mile, Flint, MI (313) 235-3396
- September 24 - Pittsburgh Great Race 10K, PA (412) 255-2493
- September 30 - Myriad Gardens Run 10K, Oklahoma City, OK (405) 752-2369
- October 8 - Twin Cities Marathon, Minneapolis, MN (612) 881-3863
- October 14 - Capital Trail Run 10 Mile, Raleigh, NC (919) 876-8347
- January 6 - Charlotte Observer 10K, NC (704) 379-6898

January, 1990 - ICI/USRA Masters Championship 8K, Florida (407) 647-2918



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**DEAN REINKE**  
& Associates

## Waigwa Tops Rodgers in Nissan Shamrock 8K

by MIKE DAVIS

VIRGINIA BEACH, VA. — The weather for this year's Nissan Shamrock 8K was the warmest ever — but that's not what kept Wilson Waigwa and Bill Rodgers from setting world masters records.

Waigwa, 40, Mission Viejo, Calif., felt he was on a record pace going into the final mile of the March 18 race, based on what he thought was a 4-mile split of 18:11. But even with a closing 300-yard sprint, he still only clocked 23:54 at the finish line. That was three seconds off the mark currently held by Rodgers.

Rodgers, 41, Sherborn, Mass., meanwhile, was still feeling the effects of running another hot race at the Los Angeles Marathon 13 days earlier, and could only post a time of 24:14.

The women's masters winner was Nancy Mieszczak (40, Buffalo, N.Y.), in 28:54.

Though not a record, Waigwa's time was the third-fastest in the 8K field of 2700. Rodgers was seventh overall.

It was the first match ever in a masters 8K between the two, and came in the first race of the 1989 ICI/USRA Masters Circuit.

"If I had laid off the marathon, I would have won the race here and set the record," Rodgers told Michael Kates of The Virginian-Pilot. "Cer-

tainly it affected me very much and made a tremendous difference."

He had tried for Barry Brown's masters marathon record of 2:15:15 in Los Angeles, but missed it by nearly seven minutes. He said he still hadn't recovered when the Shamrock race rolled around, even though he had cut back his training to 65 miles a week (down from 110).

"I was still deeply fatigued and wasn't very sharp," Rodgers said. "Even two weeks after a marathon, your legs, down to the cell level, are still in shock. My stomach really hurt, too. The last mile and a half, I could not breathe easily."

Waigwa took control of the race early, but was the victim of what turned out to be an inaccurate 4:10 split in the first mile and later thought he was on a pace that would put him in the low-23-minute range at the finish.

He said his 3-mile split was 14:05 and he heard an 18:11 at 4 miles.

Rodgers, on the other hand, said he was about 15 seconds behind Waigwa at 4 miles and he heard a split of 19:22 at that point.

Though Waigwa's sprint at the end was too much for Rodgers to overcome, he also was too strong in the middle portions, too.

"I had to beat him in the middle of the race and just couldn't get my body

to do it," Rodgers said.

"Ten years ago I could have come here and run at my best, even with the circumstances. Still, I'm pretty happy with my race. I thought I was going to run maybe 30 seconds slower."

Looking ahead to 1990, Rodgers said he would only run the Boston and New York marathons and would also try to better the 8K mark, perhaps in next year's Shamrock race.

"I'm supposed to be retired from

marathon running," he told Kates. "I guess that means I'm supposed to concentrate on other things, other records."

In the accompanying marathon, Bill Hart (40, Virginia Beach) was the masters winner at 2:38:03 and was third overall. Ed Brinkley (48, Chesapeake, Va.) was second in the masters standings and eighth overall at 2:44:58. The top female masters finisher was Joyce Ploeser (45, Norfolk, Va.) at 3:19:52. □



Bill Rodgers, left, chats with Wilson Waigwa after Nissan Shamrock 8K. Photo from Dean Reinke

## Rodgers, Filutze Win in Myrtle Beach 10K

MYRTLE BEACH, S.C. — Bill Rodgers ran with a vengeance in the April 8 Myrtle Beach Classic, and it paid off with a 30:00 victory in the 10K event on the ICI/USRA Masters Circuit.

Last year in this race, Bob Schlauf beat Rodgers by six seconds and went on to win the circuit's Grand Prix Championship.

This time, though, Rodgers steadily widened a lead from the 1K mark on — and Schlauf, of Charleston, S.C., slipped to third behind Dave Stewart of Ottawa, Canada.

Barbara Filutze of Erie, Pa., was the women's winner in 35:20, also defeating a Grand Prix Champion — Jane Hutchison of Webb City, Mo.

"Last year when I came in here, I had been coming off a virus, and I was just getting in top form again," Rodgers told Andre Christopher of the Myrtle Beach Sun News.

"And I think Bob might be a better heat runner than me," he added. "It was a little warm here last year. But this is the best weather conditions I've had to race in all year, and I hoped to take advantage of it."

Training also played a part, according to Schlauf and Rodgers.

"I know I trained hard," said Rodgers, who lives in Sherborn, Mass. "December, January, February — three months I averaged 113 miles a week. I was as high as 130 miles one week. I had some good training, so I had to get some results somewhere."

"Rodgers is in a lot better shape this year," Schlauf acknowledged. "I've been racing an awful lot, a little bit too much. So it's kind of the worst of both worlds. He was in better shape, and I was a little flat."

Even Stewart saw the winner's advantage: "The difference is he runs 100 miles a week, and I run 50 a week, (and) that I work for a living. I just try to run as fast as I can. He's in a class by himself. There's no doubt about that," he said.

This race marked the first time, Rodgers, Schlauf, and Stewart had met since the ICI/USRA Masters Championship in January. They finished here in the same order they did there.

The overall winner in the Myrtle Beach Classic was Greg Beardsley of Charlotte, N.C., with a course-record time of 29:40. The women's champion was Teresa Ornduff of Abingdon, Va., in 34:19. □

### 1989 ENTRY FORM

New Jersey Athletics Congress  
Masters and Submasters  
Outdoor Track & Field Championships  
At Monmouth College  
SUNDAY, JUNE 4, 1989

TRACK	FIELD
11 AM 5000 Meters	11 AM Javelin, shotput & discus
Lunch Break	11 AM Long jump followed by triple jump
NOON 400/300 Hurdles	NOON Pole vault & high jump
100 Meters	(Site, time, and date of hammer and weight throw to be announced. Call Sandy Kalb in the evening at 201-363-5426.)
High Hurdles	<b>Note:</b> We plan to stagger the javelin, shot put and discus by age groups to avoid time conflicts. More will be announced at the meet.
1500 Meters	
400 Meters	
5000 Walk	
800 Meters	
200 Meters	
4 x 400 Relay	

\*Hurdle heights and implements weights according to the TAC Masters rules. Most events will be contested younger to older men followed by women. Age groups combined in some events if the entry warrants. Vault and high jump will start at a low height and move upward with all groups combined. The bar WILL NOT be lowered. In any event you miss your call, you forfeit that start or that attempt.

There will be a New Jersey Division and a Non-New Jersey Division for Non-New Jersey athletes. There will be separate medals for the two divisions, but in many events there will be a mixed seeding of the divisions.

**AGE GROUPS:** Men's and Women's as follows:  
30-34 years 35-39 years  
40-44 years 45-49 years  
50-54 years 55-59 years  
60-64 years 65-69 years  
70-74 years 75-79 years  
80+ years  
(Age as of day of meet)

**PRE-ENTRY:** \$5 per event. Must be received May 31, 1989.

**POST-ENTRY:** \$8 per event. Check-in 10 AM - 2 PM.

**RELAYS:** \$15 pre-entry or post-entry.

**CHECKS:** Payable to Shore A.C.

**AWARDS:** Medals for the top three New Jersey and top three Non-New Jersey athletes in each age group of each event. Patch for winning New Jersey athletes. One patch per person.

**SPIKES:** Pin spikes only.

PLEASE ENTER ME IN THE FOLLOWING EVENTS FOR WHICH I ENCLOSE THE SUM OF \$

1. Last Name  First Name  Middle Initial

2. Exact Name of Athletics Congress Club - otherwise put unattached

3. Mailing Address

4. City  State  Zip Code

Male  Female

Age as of Meet Date

Birth Date

Area Code  Phone

County of Residence

TAC NO.

Signature of Athlete

Date

CONSIDERATION FOR ENTRY BEING ACCEPTED. INTENDING TO BE LEGALLY BOUND FOR MYSELF, MY HEIRS, EXECUTORS, AND ASSIGNS TO ME AND AGAINST THE ATHLETICS COMMISSIONERS OF THE U.S.A., THE NEW JERSEY ASSOCIATION OF ATHLETICS COMMISSIONERS, TRINITY STATE COLLEGE, MONMOUTH COLLEGE, RUTGERS COLLEGE, ANY OTHER HOST COLLEGE OR SCHOOL, STATE OF N.J., AND ANY OTHER ASSIGNS, FOR ALL DAMAGES, WHICH MAY BE SUSTAINED BY ME OR MY HEIRS, EXECUTORS, AND ASSIGNS, IN CONNECTION WITH MY TRAVEL TO, PARTICIPATION IN, AND RETURN FROM THIS OUTDOOR TRACK & FIELD MEET, I CERTIFY THE LEVEL OF PHYSICAL FITNESS IS NECESSARY TO PARTICIPATE IN THIS MEET AND I WILL WITHDRAW THE ENTRY IF THAT LEVEL BECOMES INADEQUATE.

**Villanueva is Best Age-Graded Performer**

**Mora, Welch Streak to Victories in Red Lobster 10K**

by STEVE LEWALLEN

Colombia's Victor Mora (44, 30:07) and Great Britain's Priscilla Welch (44, 33:19) captured masters victories at the Red Lobster 10K in Orlando, Fla., on March 11. Both runners dominated the masters field, not only moving ahead of their competitors early in the race,

but finishing with new course records as well.

Mora and Welch, who also shared top honors at the Gasparilla 15K exactly one month ago, garnered \$2,000 each for their victories plus \$500 bonuses for the course records.

Mora came in 23 seconds ahead of second master Dave Stewart, (40, 30:30), of Canada, while Welch finished 65 seconds in front of Idaho's Gabriele Andersen, (43, 34:24).

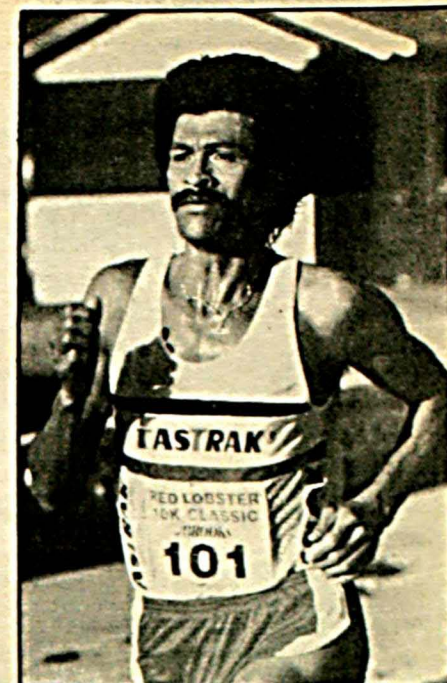
Top age-graded performance of the day was turned in by Mexico's Antonio Villanueva. When his age-48 standard of 30:07 is divided by his finishing time of 30:51, the result is an amazing 98.6%. Mora was second male with 97.8%, while 42-year-old Briton Shel Cowles was third with 94.1%. Welch

was top age-graded female (97.9%), followed by Andersen (94.5%) and California's Laurie Binder, (41, 34:29, 93.5%).

Other notable age-group winners were Bart Ross (M65, 41:51), Dudley Healy (M70, 47:05), and Anne Trigg (W60, 48:17), with performance percentages of 84.5%, 83.3%, and 71.7%, respectively.

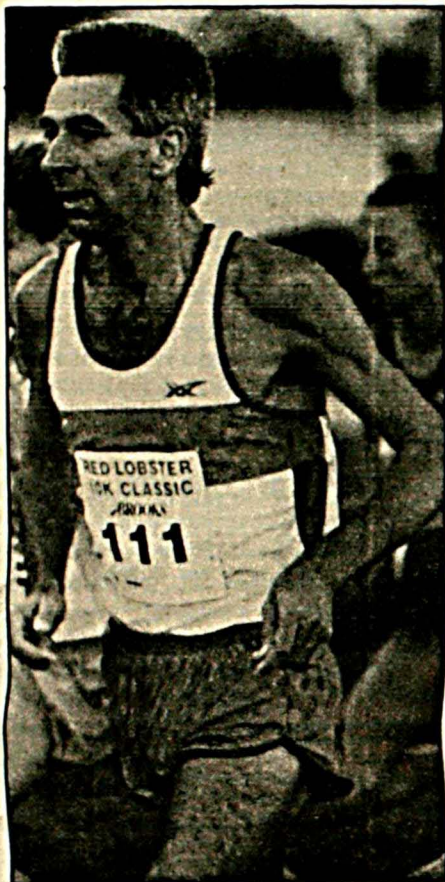
The runners were hindered by a slight headwind but competed under sunny skies, sparing them the cold and rainy conditions that prevailed in the previous two years. Of the 2500 starters, 1850 finished.

Overall winners of the seventh annual race were Keith Brantly (26, 28:02) and Liz Lynch McColgan (24, 30:38). □

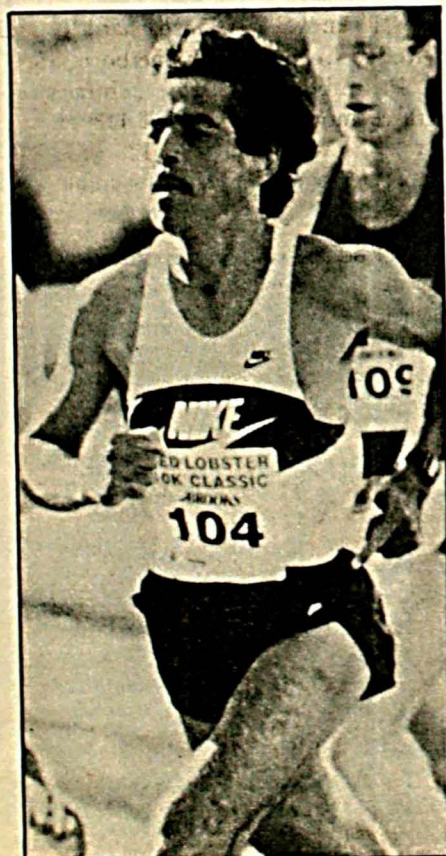


Victor Mora, first master, in 30:07 at the Red Lobster 10K in Orlando, Fla.

Photo by Sailer, Ltd.



Shel Cowles (M40) at the Red Lobster 10K in Orlando, Florida on March 11. His 30:35 placed him third master. Photo by Sailer, Ltd.



Mexico's Antonio Villanueva (48, 30:51) at the Red Lobster 10K in Orlando, Florida on March 11. Villanueva was top age-graded master with a 98.6 performance percentage. Photo by Sailer, Ltd.

**SRI CHINMOY MASTERS GAMES**



**SATURDAY, JULY 8, 1989**

(Rain date July 15th)

**8:00 AM**

**Victory Field**

**Forest Hills, NY**

**TAC Sanctioned**

**Track & Field Events Include:**

- 100 m
- 200 m
- 400 m
- 800 m
- 5000 m
- Javelin
- Shot-put
- Discus
- High Jump
- Long Jump
- 1 Mile Run
- Tennis Ball Throw
- 1 Mile Race Walk



*"It's like a dream come true."*  
Raul Rivadeneyra - overall point winner - Sri Chinmoy Masters Games, July 1988

For Application send SASE to:  
Sri Chinmoy Masters Games  
150-47 87th Ave.  
Jamaica, NY 11432

*"Thank you for running such a lovely meet. It was a most rewarding day — not just the competition, but meeting all of the gracious delightful people."*

Rose A. Ruston,  
Jackson Heights, NY



ah Rewolinski (W30), who finished the 400m with a 1:17.76 at the National Masters Indoor Championships in Columbus, Ohio, March 1-April 2. Photo from Jim Pearce

## 62 World Indoor Records Set in Nationals

Continued from page 1

Not all thrilling races were record-breaking ones. Ken Sparks (2:00.41) took the M40 800 narrowly from Ray Tucker (2:00.71), with the sixth-place at 2:04.42.

Fourteen field-event records were set or equaled, and five U.S. records, all in the high jump, were altered.

Six 3000-racewalk records fell, two by the men, and four by the women, who literally knocked minutes off of the former records.

The top age-graded mark of the meet was turned in by California's Payton Jordan, whose 28.00 in the M70 200 gave him a performance level of 94.6% (calculated by dividing the M70 200 standard of 26.50 by 28.00). Canada's Earl Fee, M60, had the two next-best age-graded marks (400, 59.82, 93.3% and 800, 2:17.84, 93.2%).

Fourth best was Pennsylvania's Jim Sutton (M55, 1500, 4:37.9, 93.0%) followed by Canada's Harold Morioka (45, 400, 52.79, 92.8%), Texas' Bill Collins (M35, 200, 22.21, 92.3%), Michigan's Lamar Miller (M40, 400, 51.20, 92.1%), Cleveland's Ken Sparks (M40, 800, 2:00.41, 91.1%), Alabama's Gordon Siefert (M60, HJ, 1.59, 90.9%),

and Oregon's Ross Carter (M75, shot, 11.95, 90.8%).

Local television coverage on the nightly news during the meet supplanted non-existent newspaper coverage, and included interviews with Bob Richards of Texas, Barbara Stewart of New York, and several of the M80-and-over athletes.

Participants agreed that the officials were top-notch.

Jim Pearce was the meet director.

Meet sponsors were Harman America, Bank One of Columbus, TAC/USA, Over The Hill TC, Wolpack TC, and Nike Corporation. □



Ross Carter (M75) at the National Masters Indoor Championships in Ohio, where he set a new age-group world record in the shot put (11.95). Photo from Jim Pearce

### PENDING WORLD AGE-GROUP RECORDS SET AT NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS IN COLUMBUS, OHIO MARCH 31 - APRIL 2, 1989

#### WORLD RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
60m	M70	8.46	Payton Jordan	8.6	Colin Fairey
	M80	10.26	Byron Fike	11.7	Nestor Salonen
	M85	11.92	Konrad Boas	14.86	Mikko Salonen
	W40	8.15	Phil Raschker	8.3	Pat McNab
	W70	10.36	Mary Bowermaster		
	W75	13.44	Pearl Mehl		
	200m	M60	26.37	Jack Greenwood	27.1
M70		28.00	Payton Jordan	29.22	Guisepppe Marabotti
M80		35.62	Manfred d'Elia	38.90	A.E. Pitcher
M85		42.91	Konrad Boas	78.00	Herb Kirk
W40		27.73	Jennifer Pinto	27.9	Marjorie Hocknell
W60		35.12	Patricia Peterson	35.5	Mary Wixey
W70		37.85	Mary Bowermaster	46.39	Virginia Nelson
400m	M40	51.20	Lamar Miller	51.38	Lamar Miller
	M45	52.79	Harold Morioka	54.2	C. Wooten
	M60	59.82	Earl Fee	61.7	Norman Baum
	M70	69.30	Jay Sponseller	71.06	Antilio Parma
	M75	1:20.44	Gilberto Gonzalez	1:20.7	Byron Fike
	M80	1:26.79	Byron Fike	1:40.8	N. Nikkari
	M85	1:59.40	Konrad Boas	2:52.0	Herb Kirk
800m	W65	1:43.96	Carol Peebles	1:45.5	Ivy Granstrom
	W75	1:45.59	Pearl Mehl		
	M60	2:17.84	Earl Fee	2:23.49	G. Endrizzi
	M65	2:29.38	Archie Messenger	2:36.36	Corrado Cigognani
	M75	3:09.08	Rudolf Nilsen	3:20.0	Harry Zackman
	W65	4:14.00	Carol Peebles		
	W75	4:06.55	Pearl Mehl		
1500m	M65	5:10.6	Archie Messenger	5:16.2	Eero Santala
	M75	6:37.4	Bill Brobston	6:54.8	Byron Fike
	W75	7:43.3	Pearl Mehl		
3000m	M75	13:51.0	Bill Brobston	14:17.1	Byron Fike
	W75	15:53.5	Pearl Mehl		
60mH	M40	8.15	Stan Druckery	8.9	L. Bovell
	M45	8.76	W. Davenport	9.2	Scott Tyler
	M50	8.98	Dale Lance	9.6	Colin Shafto
	M55	9.21	Lawrence Pratt	9.8	Boo Morcom
	M60	9.36	Jack Greenwood	10.6	Les Williams
	M65	10.14	Edwin Lukens	10.8	Les Williams
	M80	13.42	Karl Trei		
	W50	11.52	Christel Miller	11.52	R. Chrimes
	M75	1.22	Gilbert Gonzales	1.22	Claude Hills
		1.22	V. McIntyre		
HJ	M85	.965	A.E. Pitcher	.96	A.E. Pitcher
	W40	1.53	Phil Raschker	1.52	Phil Raschker
	W70	1.09	Mary Bowermaster	1.09	Mary Bowermaster
	W75	3.05	Boo Morcom	3.05	Boo Morcom
PV	M40	1.83	Phil Raschker		
	M80	3.39	Karl Trei	3.15	Russell Meyers
LJ	M80	7.09	Karl Trei	6.90	Benjamin Fox
	M85	4.83	Konrad Boas	4.58	A.E. Pitcher
TJ	W60	6.39	Jean Udell		
	W70	4.98	Ernestine Yeomans		
	M75	11.95	Ross Carter	10.00	A. Ticmanis
SP	W70	7.62	Mary Bowermaster	7.62	Mary Bowermaster
	M50	13:59.1	Jaan Roos	14:23.6	M. Sciarretti
3K Walk	M55	14:43	Max Green	15:37.5	F. Tonetti
	W35	18:23.2	Cathi Sullivan	21:53.7	Lorraine Oho
	W40	15:32.2	Gayle Johnson	15:40.7	Jocelyn Richards
	W60	18:46.9	Jean Rowland	20:39.7	Marie Henry
	W65	20:54.1	Marie Henry	24:23.6	Lois Mullihen
	W70	20:56.8	Ernestine Yeomans		



### THE MASTER'S CAMP

with

## Ella and Andrzej Krzesinski

June 26-30, 1989

Hayward Field - Eugene, Oregon

EVENTS: Sprinting and Hurdling Horizontal Jumps Vertical Jumps

Ella and Andrzej Krzesinski are two of the world's best track and field coaches. Few coaches can match their accomplishments. Ella is an Olympic gold (1956) and silver (1960) medalist and former record holder in the long jump. She is best known in Oregon as the coach of 1984 Olympic silver medalist hurdler Judi Brown-King and 1984 and 1988 Olympic heptathlete Cindy Greiner. Andrzej, an Olympian for his native Poland, has coached many Olympians including Tadeusz Slusarski (pole vault, gold, 1976 and silver, 1980), world record holder Wladyslaw Kozakiewicz (pole vault, gold, 1980), Wojciech Buciarski (pole vault, 5th, 1976), Daley Thompson (decathlon, gold 1980 and 1984), Kory Tarpenning (pole vault, 1st 1988 U.S. Olympic Trials), and Tim Bright (decathlon, 7th, 1988, decathlon, pole vault world record holder). As master, Ella broke two world records in the 1986 long jump and high jump. Andrzej cleared 12' few years ago.

VISIT EUGENE - THE PLACE OF MASTER'S WORLD CHAMPIONSHIPS IN TRACK AND FIELD 1989

The program presents traditional work-outs and European methods of coaching. Camp provides technique and conditioning sessions, presentation of theoretical considerations, discussions. You will receive a commemorative T-shirt.

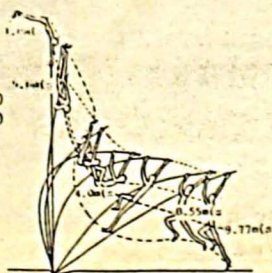
\* Campers will stay in the U of O dorm adjacent to Hayward field or they may choose Day Camp only.

\*\* Call the Oregon Track Office at (503) 686-4492 or COACHES PHONE (503) 485-6350

COST: Live-in Campers \$220.00  
Day Campers - \$150.00



ANDRZEJ KRZESINSKI  
2820 ELINOR ST.  
EUGENE OR 97403



## Meeting Held at Indoor Nationals

About 80 people attended a meeting called by Jerry Donley, TAC Masters Track & Field Chairman, at the Holiday Inn in Columbus, site of the Indoor Nationals, on Saturday, April 1, at 7:30 p.m.

### 1989 Outdoor Nationals

David Pain, meet organizer, said a large foreign contingent is expected for the outdoor nationals in San Diego, July 20-23; 25% of the entries to date are from overseas. He promised great weather and fast tracks, "ideal for setting PRs." Some complaints were made about the \$30 entry fee. Pain said the relatively high fee was needed to provide free bus transportation to all athletes from the airport/train station to the tracks and accommodations. Locals and Californians who drive and won't need the transportation are essentially subsidizing foreigners and out-of-staters, but their total transportation costs will obviously be much lower.

### 1989 World Championships

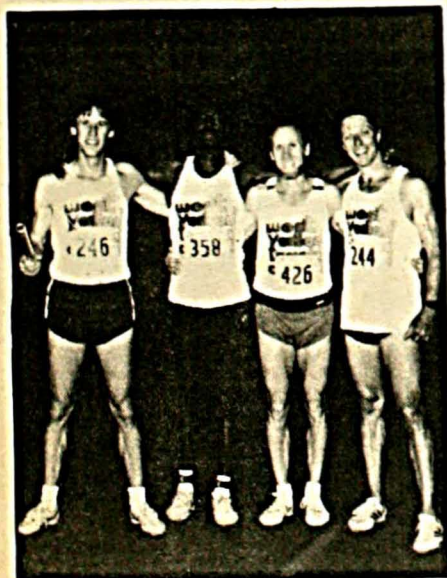
Jim Puckett, meet director, said the deadline for entries to the WAVA Championships is May 1. "The momentum in Eugene is building," he said. "People are very excited; merchants are doubling their inventory; the 3-inch medal is beautiful." He said all U.S. participants should plan to be gracious hosts, greet foreign participants, be helpful, etc.

### U.S. Team Uniforms

Donley said the official U.S. team uniform will be the same one as in 1987. However, no new uniforms are available. Mike Castaneda, who handled the uniforms in 1987, "has disappeared and said he would never do it again," Donley reported. Donley said no one had volunteered to assume the "thankless task."

### Relays in World Championships

Scott Thornsley, U.S. co-team



West Valley Track Club, first M30-39 in the 4x800 relay (8:30.8), at the National Masters Indoor Track and Field Championships in Columbus Ohio, March 31-April 2. Left to right: David Tomerlin, Searcy Barnett, Dennis Duffy, and Bill McCarthy. Photo from Jim Pearce

manager (along with Sandy Pashkin), suggested relay teams in Eugene be based on actual times in the 100 and 400 in either San Diego (at the Nationals) or Eugene. After long discussion, Thornsley said he would take all suggestions under advisement.

### 1990 Indoor Nationals

Madison, Wisc., was awarded the bid to host the 1990 Nationals. Thornsley reported on the difficulty in obtaining suitable indoor sites. Dartmouth may be interested for 1991, and Columbus, again, for 1992, when the city is celebrating the 500th anniversary of Columbus' arrival in America.

### Drug Testing

Joan Stratton reported many masters are using drugs to improve

their performance. Should drug testing be instituted at masters meets? Some said we should have nothing to do with drug testing. "Who cares if someone wants to abuse their body with drugs; we're all adults," Jim Weed said. Others said with prize money being offered, we should do something. "The first three finishers should be tested," Thaddeus Bell suggested. Do steroids hurt anyone else but the user? No, said some. Yes, said others, because it affects the placings. "We don't let competitors get an unfair advantage by using an improper implement weight so we shouldn't let anyone gain an unfair advantage by using drugs," Jeff Wenig said. No action was taken. Stratton said she had been invited to speak to the WAVA Council in Eugene on

drugs, but will be unable to make it. She asked for a volunteer to go in her place.

### Amendments to WAVA Constitution

Four amendments to the WAVA Constitution and By-Laws were unanimously approved and will be submitted to WAVA to be put on the agenda for discussion in Eugene:

1) Change the name from "Veterans" to "Masters."

2) Allow men age 35-39 to compete in the World Championships.

3) Mandate that any WAVA Regional Championships (Europe, Asia, North America, etc.) allow en-

Continued on page 32

## MIAMI NORTHWEST EXPRESS TRACK CLUB, INC.

Presents

14th ANNUAL



JUNE 10-11, 1989

MIAMI-DADE COMMUNITY COLLEGE, NORTH CAMPUS  
MIAMI, FLORIDA

SANCTIONED BY



FEATURED RACES

"LEGEND 50"

Bob Hayes Invitational 100 Meter Dash  
Jimmy Douglas Invitational 200 Meter Dash  
Five Mile Run (Stadium & Road Combined)  
Mothers 4 x 100 Relay

ENDORSED BY



INTERNATIONAL COMPETITION  
• AGE GROUPS THROUGH MASTERS •

BAHAMAS  
JAMAICA  
CANADA

USA  
PUERTO RICO  
GUATEMALA

CAYMAN ISLANDS  
BRITISH VIRGIN ISLANDS  
OTHER

### Age-Graded Tables Available

Age-graded tables for masters and open runners are now available.

Compiled by the National Masters News and the World Association of Veteran Athletes (WAVA), the tables can be used to:

- 1) Keep track of your progress over the years.
- 2) Compare your own performance



The Over-The-Hill Track Club (4x400 relay, 4:49.91) at the National Masters Indoor Championships in Columbus, Ohio, March 31-April 2. The M60 members are George Roudebosch (45), Allen Jackson (38), Richard Cavicchi (26), and Buzzy Hood (36). Photo from Jim Pearce

to a different event.

- 3) Compare performances of different individuals in the same or different events.
- 4) Estimate your time in new events.
- 5) Set goals for the future.
- 6) Select the best performances in a race among all age groups.
- 7) Make awards more meaningful.
- 8) Give recognition to good performances in the upper age groups.

For a six-page guide on how to conduct a road race using age-grading, send an SASE to the National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NMN has also prepared a 30-page guide on how to use the tables to chart your own personal progress; and a 60-page "director's kit" on how to conduct a race, racewalk, or track and field meet — with single-age standards and factors, detailed explanation, sample races, and personal performance examples and charts. To get the 30-page personal guide, send \$5 to cover printing and postage to NMN. For the 60-page director's kit, send \$7.50.

### National Indoor Pentathlon Held

by SCOTT THORNSLEY

The U.S. TAC National Masters Indoor Pentathlon drew its second largest field since its inception in 1985, with 24 men and five women — the most women ever.

Held for the fourth time at Dickinson College in Carlisle, Pa., the meet featured metric distances and kilogram weights, the same WAVA standards used throughout the world.

Also employed for the first time in the U.S. was the new WAVA "Scoring Tables for Veterans Combined

Events," compiled by a WAVA Committee headed by Rodney Charnock. Each men's and women's five-year age group employs a factor for each event. These tables will also be used for the outdoor pentathlon and decathlon in all future meets.

Maryland's Mark Witherspoon, M30, high-jumped 2.03m (6-8); Iowa's Rex Harvey, M45, put the shot 12.43m (40-9); Atlanta's Phil Raschker led all women with an age-factored 3417 points. The men's leading scorer was Buck Bradberry, M60, with 3667 points. □

### Meeting Held at Indoor Nationals

Continued from page 31

tries from other regions.

- 4) Stage a 20K racewalk for women instead of a 10K.

A fifth amendment was passed, 22-1, at TAC's convention last December, and will also be submitted to WAVA:

- 5) No medal standards shall be imposed at WAVA Championships.

#### Fund Raising for Eugene

Donley said fund raising for Eugene had dried up. "Our original goal was

\$100,000, but we're stalled at \$80,000." He thanked those who had generously donated to the cause, adding that "Eugene couldn't have put on the Games without the up-front \$80,000." He urged donations to be sent to the Masters Sports Association, c/o Donley, P.O. Box 1119, Colorado Springs, CO 80901.

The meeting adjourned at 9:30 p.m. □

— Al Sheahan, Masters T&F Secretary

## 1989 Southern California Association Masters Track & Field District Championships



#### OCCIDENTAL COLLEGE

1600 Campus Road, Los Angeles, California — Patterson Field June 18, 1989

Divisions: 5 year division for men and women, age 30 & above.

Entry Fee: \$ 7 per event.

Entry Deadlines: All entries must be postmarked by June 11, 1989. Late entry is \$10.00 for first event on a space available basis only.

Miscellaneous: Running order, women first, and then oldest to youngest. Implements and hurdles follow TAC regulations.

- \* TAC Registration Required.
- \* Southern California Association District Championship Medals to top 3 residents.
- \* Surface: Identical to L.A. Coliseum and 9 mm elements required for track, L.J., T.J., P.V., H.J. and J.T.

Send check and entry form to: G.D. Miller, 1740 Grandview Avenue, Glendale, California 91201. Telephone: (818) 843-2139 (until 9 p.m.). Please make check payable to G.D. Miller.

Co-Sponsor: Corona del Mar Track Club MEET DIRECTOR: Christel Miller

#### SCHEDULE OF EVENTS

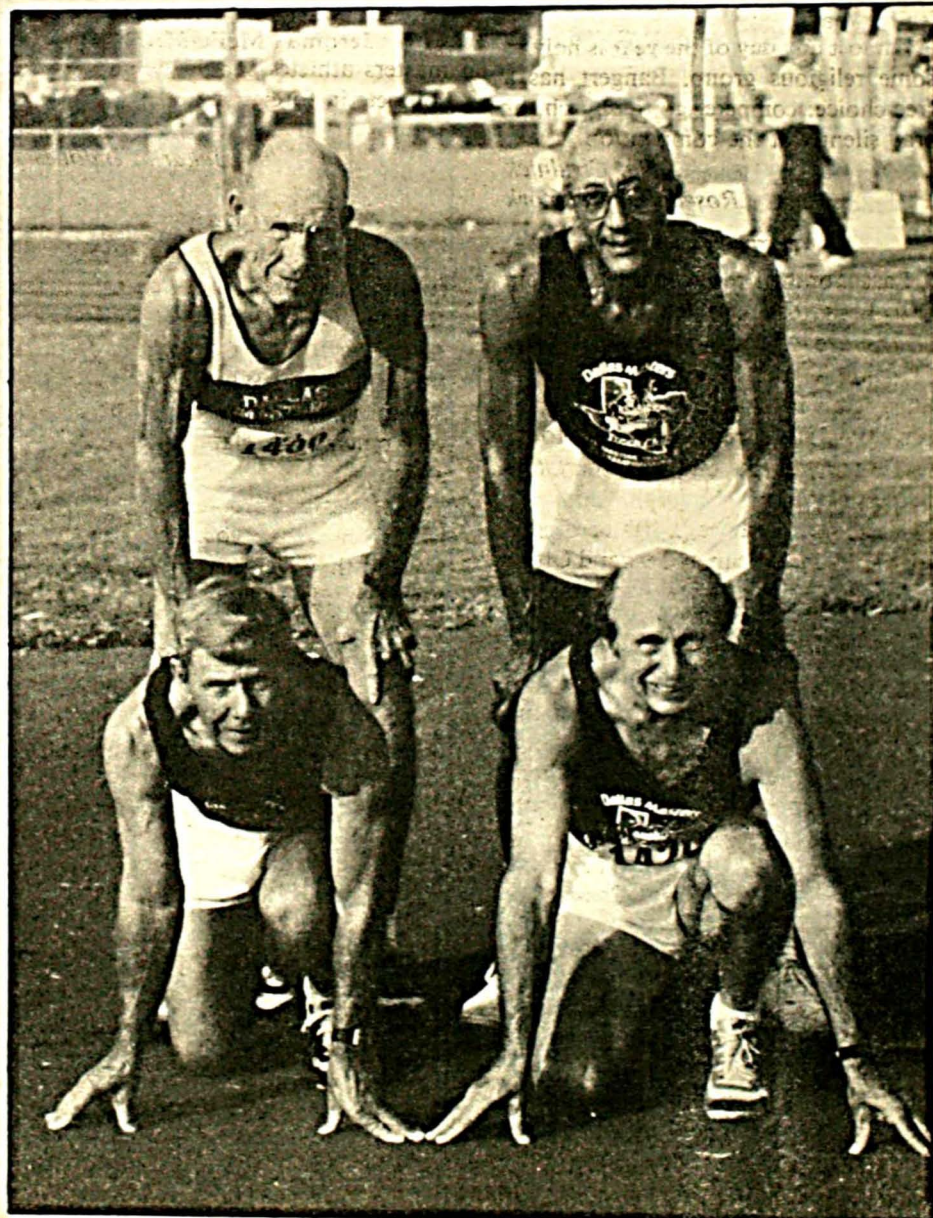
Field:	
1:00 p.m.	H.T. P.V.
1:30	L.J.
2:30	J.T. S.P.
3:30	H.J.
4:30	T.J. D.T.
Track:	
2:00 p.m.	5 K Walk
3:00 p.m.	M.H.
3:30 p.m.	3 K Steeplechase
4:00 p.m.	3/400 m H
4:15 p.m.	100 m
4:45 p.m.	800 m
5:15 p.m.	200 m
5:30 p.m.	1500 m
7:00 p.m.	400 m
7:30 p.m.	5 K run

#### SOUTHERN CALIFORNIA ASSOCIATION MASTERS TRACK AND FIELD CHAMPIONSHIPS

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_  
 Male  Female  
 Phone: ( ) \_\_\_\_\_ TAC Number: \_\_\_\_\_

EVENTS	BEST '88/89	ENTRY FEE
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

CLUB AFFILIATION: \_\_\_\_\_ TOTAL: \_\_\_\_\_  
 I waive all rights that I or my heirs or assigns may have against Occidental College, the Athletic Congress, and the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.  
 Signed: \_\_\_\_\_ Date: \_\_\_\_\_



The first-place M60-69 relay team (52.70) at the Nationals in Orlando, from the Dallas T&F club: (front l to r) Max Goldsmith, 65; Tim Murphy, 67; John Alexander, 69; Jim Law, 62.

Photo by Hermia Murphy



**Write On!** Continued from page 4

**SUNDAY MEETS AND RACES**

In your April issue, Bill Bangert complains about meets being held on Sundays, which conflict with his church attendance.

Have you noticed, also, that some meet directors schedule their events on Saturdays, thereby excluding Orthodox Jews and Seventh Day Adventists?

And what about people who work on weekends — should their needs not be taken into account?

Until directors learn to be more considerate and hold meets at times that are convenient to everyone, I suggest that Bangert organizes one himself. Then he can pick his own date and time.

*Brian Pritchard  
Westlake Village, California*

While Sunday is the sabbath for most Christians, other people observe other days of the week. Saturday is the sabbath for Jews, Friday for Moslems, the fastest growing religion in the U.S.

I used to run a marathon on the Sunday before Labor Day in Quebec. We usually had hot weather. The race could not start in the morning because the Catholic Church objected to activities which interfered with church attendance. All the runners had to suffer for that.

Almost any day of the year is holy to some religious group. Bangert has a free choice: compete, go to church, or pray silently at the competition.

*Nat Cirulnick  
Rosedale, New York*

**OTTO ESSIG**

Last month, I received a letter from Otto Essig, the man behind the scenes of the greatest masters race in New England — the Westfield 10K. Otto Essig is an intense runner and a great organizer. His race was an event to attend, even if you had an injury and couldn't run!

Now, this great race has to be discontinued, and I can understand Otto's position. He does work hard, and he always gave 100% for us runners. Retirement is inevitable for all of us, but it sure sneaks up on us!

For all the masters runners, I just want to say thank you for all those great years. To you, we were all champions, and your kindness has not gone unnoticed. God bless you.

*Vin Fandetti  
Glastonbury, Connecticut*

**CAPS**

Please cancel my subscription. You persist in placing ads for CAPS, simply to get money. I will not support any magazine involved in this sort of thing.

*Jerome Perry  
Raleigh, North Carolina*

Why do you continue to accept ads from Gerald Frank for his nostrums? It's your duty to protect your readers (many of them quite gullible) from, or

at least warn them about, these snake oil salesmen and the dubious efficacy of their products. These ads should be clearly labeled as ads across the top of the page.

*Al Hromjak  
Simi Valley, California*

*(NMN respects the opinions of Perry, Hromjak, Higdon and others who have detailed their beliefs that CAPS is not a useful product. However, several readers have written to praise CAPS. It's not the money. We're just opposed to censorship. We feel it's wrong to turn down ads unless the evidence is strong that the product is harmful (e.g. cigarettes). Neither Perry nor Higdon claims CAPS is harmful; only that it's useless and a waste of money. Are some NMN readers naive and gullible, as Hromjak claims? Do they have to be protected by Big Brother? We hope not. We hope our readers are intelligent adults, who can make their own decisions based on the open forum which NMN has given both pro-CAPS and anti-CAPS advocates.—Ed.)*

**FOREIGNERS BANNED**

I am disturbed that the European and Asian Veterans Championships refused American entrants. I agree with Jerome McFadden that all masters athletes should be allowed to compete in foreign countries.

*W. Th. Sigar  
Jakarta, Indonesia*

**BRICKBATS**

I subscribe to several health or running-oriented publications, including *Running Research News* and *American Running & Fitness Association* magazine. Whereas I find all of this information edifying, I do not see very much of it relating to the over-40 athlete.

I subscribed to your publication hoping to fill this void, but unhappily, I found the same emptiness. Take, for example, Hal Higdon's article, "The Truth About Pill Popping," in the November 1988 issue. The article is interesting for what it is but has very little to do with the older athlete. The article would have been right at home in *The Michigan Runner*, *Runner's World*, or any magazine primarily directed at the sub-40 athlete.

*Johnny Parks  
Detroit, Michigan*

The reason I let my subscription expire is that your publication has many well-written, interesting articles that I enjoy reading. It also has, however, far more emphasis on track and field than I have any interest in. I found myself reading only small portions of NMN each month — not enough to justify the cost.

*Sharon Beal  
Fort Lauderdale, Florida*

**KUDOS**

I was delighted to receive the copy of "1988 Masters Age Records" — which is always of vital interest to me and to many others in this country.

Hopefully I will be able to continue as a sustainer in time to come, for I have found NMN to be fascinating, not only from the point of view of my race-walking but also from athletics in general.

*Connor Johnston  
Melkbosstrand, South Africa*

I have been receiving your magazine for some years now, and I wish to thank you for the enjoyment I get out of reading it. As we are a long way from the rest of the world, it keeps me informed of the veterans news overseas.

It is most unlikely that I will be able to come to Eugene because of lack of finance. However, I wish that you have a happy and successful World Games.

*Heather Doherty  
Brisbane, Australia*

Your newspaper is great. I enjoy it all and pass it on to friends. Keep up the good work, especially your profiles of masters runners.


*Joan Arsenault  
Elkton, Oklahoma*

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


USC TROJAN MASTERS TRACK MEET USC


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TO BE HELD AT THE  
UNIVERSITY OF SOUTHERN CALIFORNIA  
LOS ANGELES, CALIFORNIA  
SUNDAY JULY 16, 1989



## TROJAN MASTERS





A TRACK MEET FOR MASTERS & SUB MASTERS

RUNNING EVENTS:	FIELD EVENTS:
8:00 5000M WALK (M&W) 9:00 5000M RUN (M&W)  9:45 RELAY 4 X 100M 10:00 1500M RUN 10:30 RELAY 4 X 200M 11:00 400M SPRINT 11:15 80M HURDLES	11:30 100M HURDLES 12:00 110M HIGH HURDLES 12:15 OFFICIALS LUNCH BREAK 1:00 100M SPRINT 1:45 800M RUN 2:15 300M INT. HURDLES 2:45 200M SPRINT 3:15 RELAY 4 X 400
10:00 POLE VAULT 10:00 JAVELIN 10:00 LONG JUMP 1:00 SHOT PUT 1:00 HIGH JUMP 1:00 TRIPLE JUMP 2:30 DISCUS	

ENTRY FEE: \$14.00 INCLUDES T-SHIRT AND UP TO SIX EVENTS.  
ADD \$1.00 FOR DAY OF MEET REGISTRATION.

\*\*\* TURNOUT IS EXPECTED TO BE HEAVY DUE TO THE WEST COAST NATIONALS AND WORLD GAMES. THERE WILL BE A LIMIT OF 350 ATHLETES.

CHECKS: PAYABLE TO 'TROJAN MASTERS' >----SEND TO---->  
PHONE: FOR ADDITIONAL INFO (213) 666-4964

TROJAN MASTERS  
BOB STROBEL # 3  
2017 VESTAL AVE  
L.A. CA. 90026

---

Official Entry Form

Print Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ M  
F

Address: \_\_\_\_\_  
Number Street City State Zip

Phone (Include area code) ( ) \_\_\_\_\_ Club \_\_\_\_\_ TAC NO. \_\_\_\_\_

List events to be entered (limit of six, excluding relay) and your personal record for your present age group.

Event	P.R.	Event	P.R.

Waiver: In consideration of my entry, I do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against the Trojan Masters, the University of Southern California, or any individual associated with putting on this meet, for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.

T-shirt size: \_\_\_\_\_ Signature \_\_\_\_\_  
S M L XL

Date \_\_\_\_\_

Please find my check made out to Trojan Masters enclosed \$ \_\_\_\_\_

# MASTERS SCENE

## NATIONAL

• On July 15, the RRCA will stage its tenth **Women's Distance Festival** with races organized exclusively by RRCA clubs throughout the U.S. Last year, races were hosted in 70 different cities. This year's contact is Dianne Zellner, 4325 NW 9th Place, Gainesville, FL 32605. 904/374-6749h; 377-0134w.

## EAST

• **Bill Hart** (40, 1:59:21) and **Manuel Caneva** (41, 1:59:31) finished ninth and tenth of 382 m/finishers in the NYRRRC Mike Hannon 20 Mile, Central Park, NYC, March 19. Fifty-two-year-old **Fritz Mueller** (2:02:10) was 15th. **Anna Thornhill** (48, 2:25:28) and **Patty Lee Parmalee** (49, 2:25:52), took the seventh and eighth spots of 81 w/runners. In the 4-miler, which took off 20 minutes after the 20K started, **Anthony Blackett** (40, 22:41) and **Laurie Baker** (45, 28:26) captured masters firsts. **Gary Null** (44, 30:58) and **Marcella Tobias** (63, 48:57) were first 40+ walkers.

• In the NYRRRC 5K Horoscope Run, Central Park, NYC, March 11, in which a male-female team under the same Zodiac sign competed for one of the 12-division awards, **Jean Perry-Wolf** (41, 20:21) combined with **Paul Mascali** (36, 15:42) to take the Taurus trophy. First M40+ was **Dennis Barham** (50, 17:59).

• **Angella Hearn** (43, 1:15:37) claimed second from 341 w/finishers in the Brooklyn Half-Marathon, Prospect Park, March 12. In a tight W50-59 race, **Jill Martin** (50, 1:32:14) left second to **Lisa Praskins** (54, 1:32:25) and third to **Zofia Turosz** (51, 1:32:35). **Art Hall** (41, 1:11:06) was 16th of 1496 m/finishers.

• **Elmer Shaw**, M70, Syracuse, NY, according to one of his many friends at the indoors in Columbus, broke a leg throwing the weight and will be out 8-9 weeks.

## SOUTHEAST

• Texan **Chuck Miller** on a business trip to Tennessee stopped by the Tennessee Indoor Open/Masters Meet, March 11, in Nashville and left with an M50-54 WR 9.09 for the 60mH. The previous best of 9.6, set in '87, was held by **Colin Shafto** of the U.K.

• The 3rd Annual Tennessee Masters T&F Meet (June 16-17 in Knoxville) expects 170-190 participants. By request, the steeplechase has been added, along with 3K and 10K track racewalks. The track and field areas have been completely redone and are reportedly excellent. Two open events — mile and 5K — will be included so that children of masters athletes can compete. Race HQ will be the Holiday Inn World's Fair site.

## SOUTH WEST

• **Bob Mohler** (M40, 35:21) and **Sandra Baran** (W40, 43:23) sped to masters wins at the Capitol 10,000 in Austin, Tex. on March 12. The 12th annual race drew over 20,000 competitors, some from as far away as Minnesota, Canada, and Great Britain. The course took runners up a few miles of hilly terrain and then sent them to a fast finish over four miles of hot, hard pavement.

## WEST

• **Paul Reese**, 71, Auburn, CA, managed three weekends of strenuous running in March with a 3:49:29 marathon on the 4th, another in 3:41:49 on the 12th, and a national M70-74 50-mile track record of 9:17:57 in Santa Rosa, CA on the 18th.

• The San Francisco Marathon dropped off the calendar in 1988. It returns in July under new direction, on a new course and at a new time. According to the *San Francisco Chronicle*, the race will start an hour earlier at 7 a.m. to ease traffic snarls and avoid Fisherman's Wharf



New Jersey's Shore AC's winning masters mile relay team (3:42.93) at this year's Millrose Games, Madison Square Garden, (from left): Mike Maslowski, Les Wright, Bob Ihne, and Marc Anderson. Photo from Elliott Denman

merchants' and residents' concerns about congestion.

• A Grand Prix series for 1990 is proposed by the Southern California Ultrarunners (SCU) with the purpose of attracting sponsorship (\$\$\$) to put on more 1st-class events for ultrarunners. Sixteen races are planned; series awards (including money, if any) will be based on point accumulation. For the schedule, which includes race descriptions and contacts, send \$2 and a SASE to Lee Preble, West Coast U., 550 S. Main St., Orange, CA 92668. 714/953-2700.

## INTERNATIONAL

• Britisher **Ian Stewart**, third in the '72 and sixth in the '76 Olympics in the 5000, turned 40 in January, and reportedly has his sights set on the 10K European Championships in June and on the World Games in Eugene, where he plans to run the 10K road, 5000, 10,000 and cross-country. In '77, Stewart ran the 10 mile in 45:13, the fastest ever.

• The History of the Birchfield Harriers (1877-1988), a comprehensive record of the most successful club in the U.K., is available for \$20, including mailing, from **Wilfred Morgan**, 159 Marsh Lane, Erdington, Birmingham, B23, 6JA, U.K. World-record hold **Ray Hatton**, now a resident of Oregon, was a Birchfielder in the '50s.

• British runner/businessman **Ron Hill**, after two-year absence from the States, will race in

Elby's 20K in Wheeling, WV, May 27. Hill, in his first year in the M50 division, is best known for his 25-year running streak, the longest on record, but he has also run a successful sports business, dealing primarily in running gear, for 20 years, and intends to set up a U.S. subsidiary in California later this year.

• Athletes traveling from Oceania or the Far East to the World Veterans Championships in the USA can take in an all-comers meet in Honolulu any Sunday morning in July. On the way back, two Hawaii International two-day masters meets will be held — on August 12-13 and August 19-20. See schedule for details or contact Stan Thompson, 808/734-8450.

• **Meet and Match!** want to get together with someone at the World Championships in Eugene? Drop a note to NMN and we'll publish your request in the June and July issues. For example, **Pat Dixon**, personable W70 middle-distance runner, says: "Companion wanted to hike and explore after the Championships. Me: 70, able-bodied till four in the afternoon, fairly sound of mind, 5'2", 102 lbs. You: charming, energetic, good athlete and leader who could lead me thru the jungle, alligator-infested swamps, stampedes, or locusts. One who would keep my bicycle in super condition, while I would sew unmentionables as well as share in the cooking and washing of the paper plates and plastic utensils. This dreamboat should be between 55 and 72, a non-smoker, easy on the alcohol, who could give and take a good shoulder or hamstring massage without assuming that the next move was a leap into a single sleeping bag. Expenses straight 50-50. Where to hike and bike for six weeks or so? Ireland? Tibet? England? New Zealand? Reply to Pat Dixon, 1354 N.W. Federal, Bend OR 97704, USA. 503/389-5459." If you'd like a match, send 50 words or less to Dixon, Meet and Match Editor, above.

• At age 55, New Zealand's **Jack Foster** still holds the world masters marathon record of 2:11:19, set in 1974. Where is he now? He hasn't competed in a running race since 1982, although he clocked an unofficial 31:50 10K in a team triathlon in October, 1987. "I'm still in fair shape," he told NMN. "I just ran 15 miles in 1:29, and I usually do 58-59 minutes on a hilly 10K course near my home." But cycling is his competitive hobby now. "I'll be in the New Zealand Masters 40K Cycling Championships on May 6. For the past seven years, I've either won or been second in my age group." Foster said he plans to retire from work soon and hopes to visit the USA. □

## BOSTON ATHLETIC ASSOCIATION MASTERS TRACK & FIELD CHAMPIONSHIPS

(FORMERLY THE WALTHAM MASTERS MEET)  
SATURDAY JULY 8, 1989

Northeastern University's Solomon Track  
Dedham, MA

### The Track

This is the first time masters athletes will have the opportunity to compete on this extremely fast 8 lane Rekortan surface that has produced many world and national leading times in the men's and women's open divisions.

### Focus of the 1989 Meet

The 1989 version of the meet will continue to foster participation through the offering of an extensive schedule of events. As a highlight of the 1989 event we will be inviting the top masters milers in the country to compete in a special invitational mile.

The date of the meet has been moved to July to facilitate preparation for those athletes planning to compete in the U.S. National Championships to be held on July 20 and the World Veterans Games in early August.

For information and applications send a s.a.s.e to;

Fred Treseler  
79 Manet Rd.  
Chestnut Hill, MA 02167  
(617) 964-7802

## CLASSIFIEDS

Classified ad rates are 50c a word. Count name and address as 5 words. Race notices are 25c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

**AUSTRALIA:** Friendly sightseeing tours for runners, walkers and all who prefer to keep active while vacationing. **Billy Platypus**, Australia, 215 Berry Street, Clifton, KS 66937 (800) 633-8032.

**July 8.** Buffalo Belles & Brawn Open and International Meet, Parker Field, Buffalo NY. **Bettie Zoschke**, 266 Puritan Rd, Tonawanda NY 14150. 716/835-6018.

**July 29-30.** Buffalo Belles & Brawn T&F Classic, Parker Field, Buffalo NY. **Zoschke...**

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# 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

**June 17-18.** U.S. TAC National Masters Decathlon/Heptathlon Championships, Thomasville, N.C. Bill Busby, 105 Piney Wood Rd., Thomasville, NC 27360. 919/474-0851 (o), 919/476-1228 (h).  
**July 20.** U.S. TAC National Masters Pentathlon, Balboa Stadium, San Diego. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.  
**July 20-23.** 22nd U.S. TAC National Masters Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

### EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

**May 13.** Don Harris Memorial (Philadelphia Masters) Meet, U. of Pennsylvania, Philadelphia. Pre-entry only, entries close May 11. Peter Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.  
**May 29.** Western Penn Championships, Washington, Pa. Barry Kline, 1245 Alamac Lakes, Washington, PA 15301. 412/228-1872.  
**June 4.** NJTAC Masters Championships, Monmouth College, Sandy Kalb, 22 Addison Rd., Howell, NJ 07731.  
**June 11.** Mid-Atlantic TAC Games — Masters Division, Ambler, Pa. 9:00 a.m. Mid-Atlantic TAC, P.O. Box 7231,

Philadelphia, PA 19101. 215/843-MAAC. Pre-entry only.  
**June 17.** MAC Masters Championships, Downing Stadium, Randalls Island, NYC. Sandy Pashkin, 212/666-3671(h).  
**June 25.** Rhode Island Senior Olympics, Lincoln High Sports Complex, Lincoln, R.I., 55+. Dolores Bergeron, R.I. Elderly Affairs, 79 Washington St., Providence, RI 02903.  
**July 2.** Merrill Lynch Realty Annual Classic Meet, Randolph, N.J. Merrill Lynch Realty AC, 525 Highway 33, Englishtown, NJ 07726. 201/625-1764 (days); 201/361-3282 (eve); travel 201/361-3220.  
**July 6-9.** Garden State Games, Middlesex County College, N.J. N.J. residents only. June 1 entry deadline. Morton Hahn, Inc., P.O. Box 328, Dover NJ 07801-0328. 201/625-1764 (days).  
**July 8.** Sri Chinmoy Masters Games. Rain date: July 15. 8 a.m. Victory Field, Forest Hills, N.Y. Sri Chinmoy Masters Games, 150-4 87th Ave., Jamaica, NY 11432. 718/291-7406.  
**July 8.** Buffalo Belles & Brawn International Meet, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.  
**July 8.** Boston Athletic Association Masters Track and Field Championships, Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.  
**July 16.** TAC Eastern Sectional Championships, Monmouth College, N.J. Sandy Kalb, 22 Addison Rd., Howell, NY 07731.  
**July 29-30.** Buffalo Belles & Brawn Classic, Parker Field, Buffalo, N.Y. See July 8.  
**August 13.** Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.  
**September 3.** Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

### SOUTHEAST

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

**May 20-21.** Manasota TC Meet, Sarasota, Fla. Kent Wiley, 2035 Constitution Blvd., Sarasota, FL 34231. 813/922-3561.  
**May 20.** Birmingham TC Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031. Entry form in April issue.  
**May 27-28.** North Carolina TAC Masters Championships, Thomasville. Includes pentathlon, women's heptathlon, 5K RW on track, 10K on track. SASE: Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 704/536-6266.  
**June 10-11.** 14th Annual Northwest Classic, Miami-Dade Community College, Miami, Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409 after 9 p.m.  
**June 10.** TAC Southeast Sectional Championships, Georgia Tech, Atlanta. SASE: Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.  
**June 16-17.** Tennessee Masters Championships, U. of Tennessee Tom Black Track. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743.

**July 8.** Florida Athletics Congress Championships, Delray Beach. Non-Floridians may compete for comparable awards. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.  
**July 8.** Nashville TC Open/Masters meet, Tennessee Prep School, Nashville, Tenn. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.  
**July 15.** Nashville TC Open & Masters Meet, Nashville, Tenn. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.  
**August 19.** North Carolina Masters Meet, Wilmington, N.C. Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 919/722-7013 (o); 704/536-6266 (h).

### MIDWEST

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

**May 13.** Oakwood Invitational, Welcome Stadium, Dayton, Ohio. Fred Tuzzi, 227 Wilshire Blvd., Dayton, OH 45419. 513/294-1053.  
**May 21.** Tiffin Invitational, Heidelberg College, Tiffin, Ohio. New World TC, P.O. Box 09147, Columbus, OH 43209.  
**May 28.** Ohio TAC One-Hour Track Run/Racewalk Championships, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.  
**May 28.** Wolfpack Pentathlon Meet, Columbus, Ohio. See John White, above.  
**May 28.** Ohio TAC Open/Masters Championships, Trotwood H.S., Dayton, Ohio. Harold Martin, P.O. Box 44, Dayton, OH 45428. 513/837-5069.  
**June 3-4.** 6th Annual The Athlete's Foot Masters Meet, Augustana College, Rock

Island, Ill. 3rd — pentathlon only. 4th—Grand Prix meet. Pete Stopoulos, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.  
**June 4, 18.** Northwest Classic (4th) and Relays (18th), Trotwood H.S., Dayton, Ohio. Harold Martin, P.O. Box 44, Dayton, OH 45428. 513/837-5069.  
**June 11.** 2nd Illinois Grand Prix Meet, Byron, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.  
**June 17.** Green Bay YMCA Open/Masters Meet, GB Premontre HS, Green Bay, Wisc. Jerry Feldhausen, 1524 Biemeret St., Green Bay, WI 54304. 414/497-2189 (eve).  
**June 17.** Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.  
**June 17-18.** Ohio TAC Decathlon/Heptathlon, Sciotoville. Glen Queen, Rt. 2, Box 572-C, Sciotoville, OH 45662. 614/574-8374.  
**June 25.** 3rd Illinois Grand Prix Meet, Springfield, Ill. See June 11.  
**July 7-9.** White River Park State Games Finals, Indianapolis. Open to Indiana residents only. Jeff Coates, P.O. Box 2730, Indianapolis, IN 46225. 317/237-5000.  
**July 8-9.** Masters Midwest Championships (not the sectional championships), Huntington, W. Va. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.  
**July 9.** 4th Illinois Grand Prix Meet, site tba. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.  
**July 15-16.** Midwest Sectional (Regional) Championships, York High School, Elmhurst, Ill. Dick Green, 8059 Rosemeade, Rockford IL 61107. 815/897-5685. Continued on page 36

## 1989 TAC NATIONAL MASTERS DECATHLON/HEPTATHLON

Saturday and Sunday, June 17-18, 1989  
 Thomasville High School Track  
 Thomasville, North Carolina

**Site:** Thomasville High School track. Recently resurfaced 400 meter track with Action Track synthetic rubber surface. HJ, LJ, PV, Jav have Action Track runways. Grass javelin runway will also be used. Two high jump pits and three pole vault pits will be used. Accutrack fully automatic timing. Direction of 100 M, hurdles, long jump, and polevault can be reversed to take advantage of the prevailing wind.

**Starting Times:** Saturday, June 17 10:00 AM ages 65 & up  
 10:25 AM ages 55-64  
 10:50 AM ages 45-54  
 11:15 AM ages 40-44  
 11:30 AM ages 30-39  
 12:00 noon Women  
 Starting times are approximate, but age groups will not start before scheduled time.  
 Sunday's events will start at 9:00 AM.

**Divisions:** 5 year age groups (men and women) 30-85+. TAC Championship medals to top three scorers in each 5-year age group.

**Entry Fee:** \$20.00

**Entry Deadline:** Entries must be postmarked by June 7. No day-of-meet entries.

**Scoring (tentative):** Newly developed 5-year age group factoring tables used with 1985 IAAF Decathlon/Heptathlon Scoring Tables

**Location and Lodging:** Thomasville is 20 miles southwest of Greensboro on I-85. 25 minutes from Piedmont Triad (Greensboro - High Point) Airport. Special airfare available from Piedmont Airlines. Track is one block south of Business Loop I-85.

Selected local motels and approximate cost for a single room (and distance from track):

Cricket Lodge, Thomasville	1/2 mi.	\$25	919-475-1327
Colonial Motor Inn, Thomasville	1/2 mi.	\$25	919-476-6191
Days Inn, Thomasville	4 mi.	\$35	919-472-6600
Howard Johnson, High Point	7 mi.	\$30	919-886-4141
Radisson Hotel, High Point	8 mi.	\$42	919-889-8888
Scottish Inn, High Point	4 mi.	\$28	919-883-6101

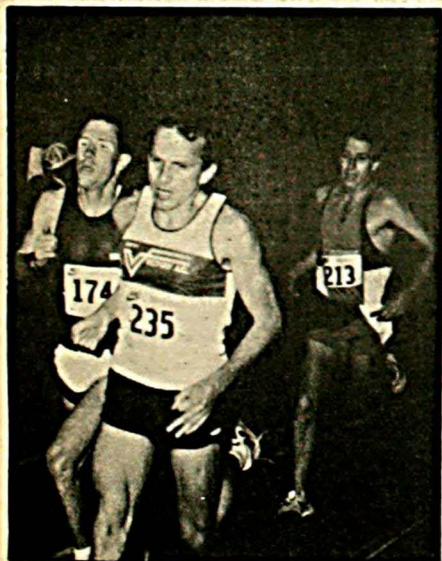
Send entry forms to William J. Busby, 105 Pineywood Road, Thomasville, North Carolina, 27360. For further information, phone me after 6:30 PM at (919) 476-1228.

### ENTRY FORM

Name: \_\_\_\_\_ Age on June 17, 1989: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

1989 TAC Registration # (required): \_\_\_\_\_ Phone: ( ) \_\_\_\_\_  
 Make checks to Bill Busby - National Decathlon. Waiver must be signed to compete.



Jim Holzman (#235, M35) and Tom Bachtel (#174, M30) go head-to-head in the 3000m., with Joe Contario (#213, M35) close behind, at the National Masters Indoor Championships in Columbus, Ohio, March 31-April 2.

Photo by Jim Pearce

Continued from page 35

**September 10.** Wolfpack Throwing Classic & Ohio TAC Two-Hour Run, Worthington HS, Worthington. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

**MID-AMERICA**

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

**May 20.** Ponca City Classic, Red Rock, Okla. Mike Shaw, 746 N. 5th St., Ponca City, OK 74601. 405/762-7822.

**May 30-31, June 1.** St. Louis Senior Olympics, St. Louis Country Day School, St. Louis. 55+. Wendy Ludwig, c/o JCCA, No. 2 Millstone Campus Dr., St. Louis, MO 63146. 314/432-5700, x188.

**June 19-24.** U.S. National Senior Olympics, St. Louis. 14 Sports. Age 55+. Linda Surtin, USNSO, 222 S. Central, St. Louis, MO 63105. 314/726-4550.

**July 1.** All-Comers Early Morning "R" Meet, Fridley, Minn. SASE to Mrs. Rachel Lyga, 122-63 1/2 Way N.E., Fridley, MN 55432.

**July 28-29.** Show-Me State Games Finals, Columbia, Mo. Missouri residents only. Regional competition in 9 district cities in June. SMSG, 404 Jesse Hall, Columbia, MO 65211. 314/882-2101.

**September 2-3.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 1167 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

**SOUTHWEST**

Louisiana, Mississippi, Texas.

**May 19.** King of the Hill Meet, Kenner, La. 6:30 p.m. Charles Wimberley, 48 Chateau

Haut-Brion, Kenner, LA 70065. 504/467-1197.

**May 27.** TAC Southwest Sectional (Regional) Championships, Tulane U., New Orleans, La. Danny Thiel, 1459 Verna St., New Orleans, LA 70119. 504/486-8066.

**June 2, 16, 30.** King of the Hill Meets, Kenner, La. 6:30 p.m. Charles Wimberley, 48 Chateau Haut-Brion, Kenner, LA 70065. 504/467-1197.

**June 3.** Southwestern Association Masters Championships, SMU, Dallas. Joe Murphy, 4704 W. Lovers Ln., Dallas, TX 75269. 214/357-5613.

**June 17.** Hill Country Classic, Mason, Texas. TBA.

**July 8.** Texas Masters Championships, U. of Texas, Arlington. Joe Murphy, 4707 W. Lovers Ln., Dallas, TX 75209. 214/357-5613.

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

**May 7.** Meet of Champions, Long Beach, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471 (7-8 p.m.)

**May 13.** 4th Annual California Masters Team Championship, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

**May 27.** Anteaters Masters Classic, U. of California — Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

**May 27-28.** Bruce Jenner Mobil Grand Prix, San Jose State U, Calif. M40+ 400/1500; 50+ 200; 60+ 100. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos, CA 95030. 408/354-2005; 354-7333(w).

**May 28-29.** San Diego Senior Olympics, San Diego, Calif. 55+. Senior Olympics,

4079 54th St., San Diego, CA 92105. 619/583-3300.

**June 3.** 10th Annual Redlands Kiwanis Masters Meet, Redlands, Calif. 9:30 a.m. J.R. Hedrick, 139 Carmody St., Redlands, CA 92373. 714/792-2453.

**June 3-4.** Duke City TAC Masters Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234. Entry form in April issue.

**June 10.** TAC/Pacific Association Championships, Los Gatos HS, Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

**June 11.** Fifth Annual Runners' Pentathlon (3200, 800, 200, 400, & 1600). Age-Graded Scoring. SASE to Tom Bell, 5905 Concordia Rd. NE, Albuquerque NM, 87111. Days 505/844-6943, Eve. 505/821-2454.

**June 18.** SCA/TAC Masters Championships, Occidental College, Los Angeles. Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

**June 24-27, June 29-July 2.** Mammoth Athletics Camp, Two 4-day sessions, Mammoth Lakes, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448.

**July 1.** World Masters Tune-Up Games III, Cal-State L.A., Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

**July 2, 9, 16, 23.** All-Comers Meets, 9 a.m. Kaiser High School, Honolulu. Stan Thompson, 2164 Halekoa Dr., Honolulu HI 96821. 808/734-8450. Or Ken Wheeler, 808/422-4694.

**July 3-8.** Olympian Coach T&F Camp, Long Beach State U., Long Beach, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448.

**July 8.** Western Sectional (Regional) Championships, Sacramento, Calif. Michael Holzgang, S.A.S.E. P.O. Box 255131, Sacramento, CA. 95865. 916/482-7881.

**July 16.** Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave. No. 3, Los Angeles CA 90026. 213/977-7492 (w); 213/666-4964 (h).

**August 12-13, August 19, 20.** Hawaii International Masters Games, Kaiser High School, Honolulu. Stan Thompson, 2164 Halekoa Drive, Honolulu HI 96821. 808/734-8450. Or Ken Wheeler, 808/422-4694.

**September 2.** 5th Annual Patriots Summer Relays, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

**September 16.** Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 415/697-1889.

**September 24.** Sri Chinmoy Seniors (50+) Meet, UC-Irvine, Calif. Sri Chinmoy Marathon Team, Bigalita Egger, 213/838-4746.

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

**October 16-27.** World Senior Games, St. George, Utah. 50+. T&F/Road Races: October 25-27. Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

**June 3.** Senior Sports Festival, Seattle. 40+. Carole Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

**June 16-17.** Federal Way Invitational, Memorial Field, Federal Way, Wash. Barb Tight, 33554 36th Ave. SW, Federal Way, WA 98023. 206/874-3226.

**June 24-25.** 8th Annual Hayward Masters Classic, Hayward Field, Eugene, Oregon. Jerry Jackson, 933 North Ridge Ave., Springfield, OR 97477. 503/746-0605.

**ON TAP FOR MAY TRACK & FIELD**

In the East, major activity opens with the Oscar Harris' Memorial Meet in Philadelphia on the 13th and closes with the West Penn Meet on the 29th.

In the Southeast, the Birmingham Classic in Alabama on the 20th will include some age-graded events; Sarasota, Fla., hosts a two-day affair on the 20th-21st; and the North Carolina Championships offer a full schedule of age-graded events on the 27th-28th. The Southwest Sectional Championships are set for the 27th in New Orleans.

The Western menu lists the Meet of Champions in Long Beach, Calif., on the 7th; the California Masters Team Championships on the 13th in Los Angeles; and the Anteaters Classic in Irvine, Calif., on the 27th.

**LONG DISTANCE RUNNING**

TAC National Masters One-Mile Championships should attract a good turn-out of Easterners to Ridgewood, N.J., on the 21st.

Road action opens with the Trevira Twosome 10 Mile in NYC on the 6th, and the Lilac Bloomsday 12K in Spokane, and the Pittsburgh, Pa., Nissan Buffalo, N.Y., Lincoln, Nebr.; and Long Beach, Calif., marathons on the 7th.

The Old Kent River 25K in Michigan and the Vintage 5 Mile (55+) go off on the 13th, followed on Sunday by the Nike Women's 8K in D.C. and the L'eggs Tune-Up 5K in NYC.

On the 21st, the massive Bay To Breakers thunders through San Francisco, and Cleveland and Olympia, Wash., stage marathons.

On the 27th, entrants spin through Elby's 25K in Wheeling, W.Va. The month ends with the Cottow Row 10K, an ICI/USRA Masters Circuit Event, in Huntsville, Ala.; the Bolder Boulder 10K in Colorado; and the Pacific Sun 10K in San Rafael, Calif.

The Ben Gay Active America Day covers races of various lengths in 50 cities on the 13th-14th. □

**July 27-August 6.** VIII World Veterans Championships, Eugene, Oregon. Men 40+, women 35+. WVC, PO Box 10825, Eugene, OR 97440. 503/687-1989.

**August 7.** Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

**June 30-July 1.** Northwest Sectional

Continued on page 37

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- **TRACK TECHNIQUE.** Now resumed as a quarterly under the auspices of The Athletics Congress of the USA, Track Technique has been one of the sport's technical publications since 1960. Now \$10.00 yr., USA; \$11.00 foreign.
- **BOOKS.** Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklist.
- **TOURS.** 1988 Olympics (Seoul), 1992 Olympics (Barcelona), 1991 World Championships (Tokyo), 1990 Commonwealth Games (Auckland), etc. Popular sports tours since 1952. Write for information.

**TRACK & FIELD NEWS**  
P.O. Box 296 • Los Altos, CA 94023-0296 USA

Continued from page 36

(Regional) Masters Championships, Mt. Hood Comm. College, Gresham, Oregon. T. Jean Peters, 510 SE 208th, Gresham, OR 97030. 503/667-1339.

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

**CANADA**

June 17-18. Canadian Masters National Championships, Edmonton, Alberta. Liz McBlain, 10427 21 Ave., Edmonton, Alberta T6J 5E9.

July 8. Canadian Masters Inter-Club Championships, York U., Toronto. Molly Turner, 11 Romulus Dr., Scarborough, Ontario, M1K 4C1.

**INTERNATIONAL**

June 24. Southwest Championships, Bournemouth, England. David Lord, 311 Bournemouth Rd., Parkestone, Poole, Dorset, England.

June 30-July 2. Memorial "Farkas Maytas" Meet, Budapest, Hungary. Deadline: May 5. OTF-Penta Toura, Budapest 1051, Bajcsy Zsilinszky ut 12, Hungary.

July 8-9. United Kingdom Championships, Reading, England. L. Brown, 55 Middle Lane, London N8, 8PE.

July 16. Four Counties Meet, High Wycombe (west of London), England. L. Thomas, The Clubhouse, Keephill Rd., High Wycombe, Bucks.

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989.

August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site in Eugene on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

September 16-17. San Juan International Masters Meet, Escobar Stadium, San Juan, Puerto Rico. Ovidio de Jesus, P.O. Box

31300, 65th Infantry Stn., Rio Piedras, PR 00929-0300.

October 14-16. 10th Annual Japan Masters Championships. Tokyo Travel, 5-1-2 Misono-cho, Wakayama City, Wakayama Prefecture, Japan. Phone: 0734-25-3211. Fax: 0734-24-1683.

October 14-22. 2nd Australian Masters Games, Adelaide.

**LONG DISTANCE RUNNING NATIONAL**

May 13-14. Ben-Gay Active America Day, races of various lengths in 50 cities. Dean Reinke Associates, 1210 Harding St., Winter Park, FL 32789. 407/647-2918.

May 21. U.S. TAC National Masters One-Mile Road Championships, Ridgewood, N.J. Arne Olsen, 286 S. Irving St., Ridgewood, NJ 07450. 201/444-7393.

June 8-11. 32nd Road Runners Club of America National Convention, Colorado Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 17. U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete League, P.O. Box 681, St. Clairsville, OH 43950. 614/942-2186.

September 17. U.S. TAC National Masters Half-Marathon Championships, Philadelphia, Pa. Mark Stewart, c/o Phil. Distance Run, P.O. Box 43111, Philadelphia, PA 19129. 215/636-4975; 735-6958(h).

September 24. U.S. TAC National Masters 10K Championships, Pittsburgh, Pa. Mike Radley, The Great Race, Room 400, City-County Bldg. Pittsburgh, PA 15219. 412/255-2493.

October 1. U.S. TAC National Masters 25K Championships, New York. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/579-7466.

October 8. U.S. TAC National Masters Marathon Championships, St. Paul, Minn. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. 612/291-1822.

November 5. U.S. TAC National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011.

November 12. U.S. TAC National Masters 30K Championships, Clarksburg, Calif.

Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712; 916/775-1318.

November 19. U.S. TAC National Masters 15K Cross-Country Championships, NYC. Joe Kleineram, 9 E. 89th St., New York, NY 10128. 212/860-4455.

November 25. U.S. TAC National Masters 10K Cross-Country Championships, San Francisco. John Mansoor, 800 Bonita Dr., Folsom, CA 95630. 916/933-4913.

December 3. U.S. TAC National Masters 8K Championships, Washington, D.C. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. 703/354-3461.

**EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

May 6. Trevira Twosome 10 Mile, NYC. Allan Steinfeld, NYRR, P.O. Box 881, FDR Station, NY, NY. 212/860-4455.

May 7. Pittsburgh Marathon, Pittsburgh, PM, 638 USX Bldg., Pittsburgh, PA 15230. 412/391-2800.

May 7. Long Island Marathon, East Meadow, N.Y. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY

11554. 516/542-4439.

May 13. 9th Annual Vintage Run 5 Mile, Pittsburgh, Pa. 55+. Cami Craig, Vintage, Inc., 401 N. Highland Ave., Pittsburgh, PA 15206. 412/361-5003.

May 13. 12th Annual Midland Run 15K, Far Hills, N.J. SASE to Midland Foundation, P.O. Box 5026, Readington Rd., North Branch, NJ 08876. 201/722-8250.

May 14. L'eggs Tune-up 5K, New York, NY 10150-0881. 212/896-4455.

May 14. YWCA Women's 2/5 Mile, Manchester, N.H. Colleen Yanco, YWCA, 72 Concord St., Manchester, NH 03101. 603/625-5785.

May 14. Nike 8K For Women, Washington, D.C. Nike Race For Women, Box 134, Mt. Vernon, VA 22121. 703/780-3037.

May 21. Riverside Twilight 5 Mile, Agawam, Mass. Ed Carroll, Riverside Park, Agawam, MA 01001. 413/786-9300.

June 3. Freihofer's 5K Run For Women (TAC Open National Championship), Albany, N.Y. W40+ \$2000; W50+ \$500. Also 10K. George Regan, Freihofer's Run For Women, 233 4th St., Troy, NY 12180. 518/273-0267.

June 10. Shelter Island 10K, Shelter Island, N.Y. Shelter Island 10K, Box 266, Shelter Island, NY. Continued on page 38



**ANTEATERS MASTERS TRACK AND FIELD CLASSIC**

CO-SPONSORED BY CORONA DEL MAR TRACK CLUB AND UNIVERSITY OF CALIFORNIA-IRVINE

DATE: MAY 27, 1989

PLACE: UNIVERSITY OF CALIFORNIA -IRVINE

DIRECTIONS: 405 FREEWAY TO CULVER, SOUTH TO CAMPUS DRIVE, RIGHT TO BRIDGE ROAD. USE PARKING LOT 6 OR 8 (FREE PARKING).

AWARDS: FIRST 3 PLACES IN EACH EVENT. CUSTOM DESIGNED THREE COLOR MEDAL.

ENTRY FEE \$7.00 FOR FIRST EVENT. \$3.00 FOR EACH ADDED EVENT.

ENTRY DEADLINE: POSTMARKED BY MAY 20, (LATE ENTRY ADD \$2.00 PER ATHLETE)

DIVISIONS: FIVE YEAR AGE GROUPS (YOUNGEST RUN FIRST)

Submasters 30-34	Division IIA 50-54	Division IVA 70-74
Submasters 35-39	Division IIB 55-59	Division IVB 75-79
Division IA 40-44	Division IIIA 60-64	Division VA 80-84
Division IB 45-49	Division IIIB 65-69	Division VB 85-89

**SCHEDULE OF EVENTS**

**TRACK EVENTS**

- 10:00 5000 METER RACE WALK
- 11:00 STEEPLCHASE
- 11:30 METER RELAY
- 12:00 800 METER RUN
- 12:45 110 HIGH HURDLES
- 1:15 3000 METER RUN
- 2:00 400 METER DASH
- 2:30 100 METER DASH
- 3:20 1500 METER RUN (THE ALDRICH "MILE")
- 3:50 200 METER DASH
- 4:10 400 METER HURDLES

**FIELD EVENTS**

- 9:30 HAMMER ALL DIVISIONS YOUNGEST TO OLDEST
  - 10:15 JAVELIN 30-39, I & II
  - 10:30 SHOT PUT DIV III, IV & W
  - 12:00 JAVELIN DIV III, IV & W
  - 1:00 SHOT PUT 30-39, I & II
  - 2:00 DISCUS DIV. III, IV & W
  - 3:00 30-39, DIV I & II
- STARTING TIMES SUBJECT TO MODEST ACCELERATION

**JUMPING EVENTS**

- 11:00 HIGH JUMP ALL DIVISIONS
- 12:00 POLE VAULT ALL DIVISIONS
- 12:00 LONG JUMP 30-39 DIV I & II
- 1:00 LONG JUMP DIV III, IV & W
- 2:00 TRIPLE JUMP 30-39 I & II
- 3:00 TRIPLE JUMP III, IV & W

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

Athletic release: in consideration of my entry fee, I do, hereby for myself and heirs and administrators, waive and release any and all claims I may have against the University of California-Irvine, and the Corona del Mar Track Club and their representatives for any and all injuries suffered by me during the event, sport or facility. I certify that I have no physical defects which prevent me from competing, and I compete at my own risk.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

AGE (AS OF MAY 27, 1989) \_\_\_\_\_ DIVISION \_\_\_\_\_ M OR W \_\_\_\_\_

CLUB AFFILIATION IF ANY \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

Please enter me.

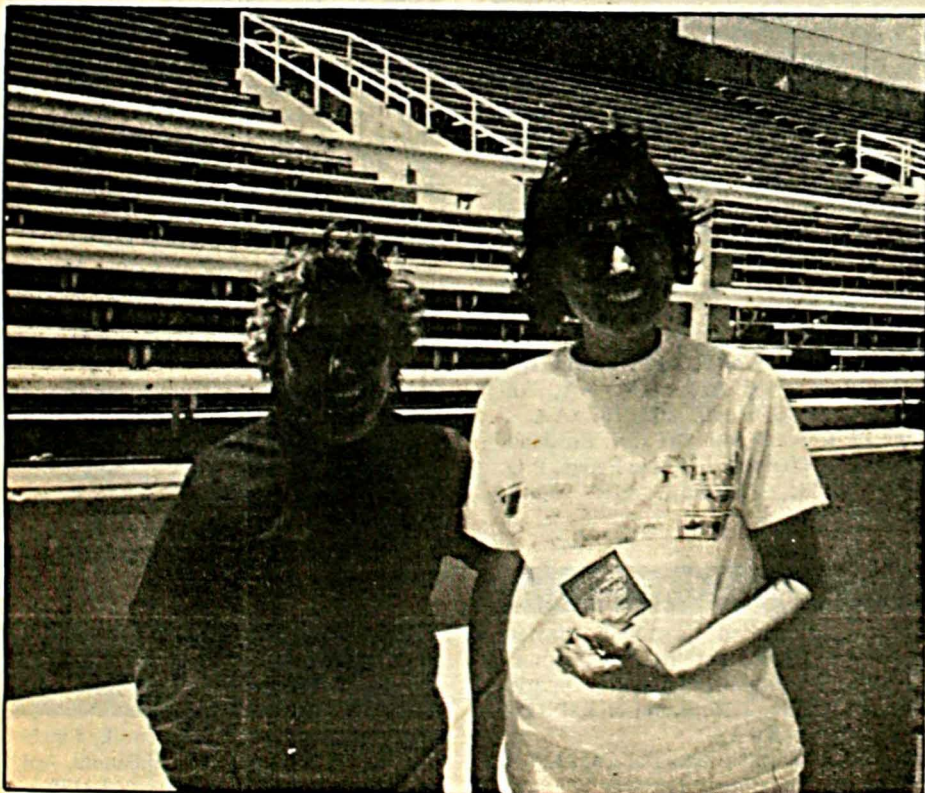
1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

DATED \_\_\_\_\_ SIGNATURE \_\_\_\_\_

PLEASE FIND ENCLOSED MY CHECK \$ \_\_\_\_\_ MAKE PAYABLE TO "ANTEATERS MASTERS"

DAVID A. LEWIS (714) 673-2025 MAIL TO: 505 BEGONIA AVE. CORONA DEL MAR, CALIF. 92625



Bev Hueter, scorer, with Margaret Jaramillo, the W45 1st Place winner at the 1988 Runners' Pentathlon in Albuquerque. This year's meet will be held on June 11.

Continued from page 37

Island, NY 11964.

June 24. L'eggs Mini 10K, New York City. NYRR, P.O. Box 881, FDR Station, New York, NY 10150-0881. 212/896-4455.

June 25. Fairfield Half-Marathon, Fairfield, Conn. Masters money. Steve Lobdell, 69 Beverly Ln., Fairfield, CT 06430.

**SOUTHEAST**

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

May 6. Apple Blossom 10K, Winchester, Va. Shenadoah Apple Blossom Festival, 5 N. Cameron St., Winchester, VA 22601.

May 13. Gumtree 10K, Tupelo, Miss. Masters money. Johnny Dye, Race Director, 1007 Chester Ave., Tupelo, MS 38801. 601/842-6859(d); 842-2039(n).

May 27. Elby's 20K, Wheeling, W. Va. Hugh Stobbs, P.O. Box 1046, Wheeling, WV 26003. 304/233-5000.

May 27. King Street Mile, Charleston, S.C. Chuck Magera, 1090 N. Shadow Dr., Mt. Pleasant, SC 29464. 803/881-0876.

May 29. Cotton Row 10K, Huntsville, Ala. \$1800 masters money. John Dennison, 205/881-5807.

July 4. Peachtree 10K, Atlanta. \$3500 masters money. Julia Emmons, 3097 Shadowland Ave., Atlanta, GA 30305. 404/231-9064.

**MIDWEST**

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

May 13. Old Kent River Run 25K, Grand Rapids, Mich. Jeannie Fichtel, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-5261.

May 21. Revco Cleveland Marathon/10K, Cleveland. Reno Starnoni, Race Director,

P.O. Box 46604, Bedford, OH 44146. 216/232-6373.

June 17. Steamboat Classic 4 Miler, Peoria, Ill. \$1200 masters money. Steve Shostrom, 700 W. Main St., Peoria, IL 61606. 309/676-7866.

June 24. Oglesby 10K Classic, Oglesby, Ill. \$250 masters money. Oglesby 10K, P.O. Box 104, Oglesby, IL 61348.

July 4. Ohio TAC 10K Championships, Whetstone HS, Columbus. Bill Schmidt, 6163 Laurelwood Ct., Columbus, OH 43229. 614/261-7650(w); 895-1514(h).

July 16. Chicago Distance Classic 20K, Chicago. Diane Wood, 1440 W. Washington Blvd., Chicago, IL 60607. 800/786-1900; 312/243-2000.

**MID-AMERICA**

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

May 7. Lincoln Marathon, Lincoln, Nebr. Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402/423-4519.

May 29. Bolder Boulder 10K, Boulder, Colo. Masters money. BB, 3033 Iris Ave., Boulder, CO 80301. 800/525-2836; 303/444-7223 (CO).

June 4. Hospital Hill Half-Marathon, Kansas City, Mo. ICI/USRA Masters Circuit Race. \$3000 masters money. HHR, Crown Center, Ste. 500, 2440 Pershing Rd., Kansas City, MO 64108. 816/274-3196.

June 11. Steamboat Marathon, Steamboat Springs, Colo. SS Chamber Resort Assoc., Christina Schroeder, Box 774408, Steamboat Springs, CO 80477. 303/879-0740.

June 17. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

**SOUTHWEST**

Louisiana, Mississippi, Texas.

May 7. 22nd Annual AI Briede Gold Cup 3 Mile/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 13. Barrister's Run 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 21. Lakeview Civic Track 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 26. Greek Festival Run 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 29. Louisiana Masters Classic 5K, New Orleans. 40+. RRCA/TAC sanctioned. Chuck George, NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

May 7, 20, 21, 27, 29. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

May 7. Long Beach Marathon, Long Beach, Calif. Joe Carlson, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

May 21. Examiner Bay to Breakers 12K, San Francisco. No age-group awards. Bay to Breakers, 110 Fifth St., San Francisco, CA 94103. 415/777-7773.

May 29. Pacific Sun 10K, (PA/TAC Championships), San Rafael, Calif. \$1600 for masters individuals & teams, plus incentive money. Total Race Systems, 627 Galerita Way, San Rafael, CA 94903. 415/472-RACE. Entry form in April issue.

June 10. Palos Verdes Marathon, Palos Verdes, Calif. George Ownes, 2616 Via Anacapa, Palos Verdes Estates, CA 90274. 213/377-3419.

June 18. Valley Of The Flowers Marathon/Half-Marathon, Lompoc, Calif. Lee Heinz, P.O. Box 694, Lompoc, CA 93438. 805/737-0025.

June 21. Union Bank Heart of the City 5K, Los Angeles. Heidi von Kann or Dave Sims, 213/236-5124 or 236-5716.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

May 7. Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters money. Sylvia Quinn, Race Director, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

May 21. Capital City Marathon, Olympia, Wash. CCM, P.O. Box 1681, Olympia, WA 98507. 206/786-1786.

June 4. The Race 8K, Eugene, Ore. The Race, P.O. Box 11364, Eugene, OR 97440. Pat Sundqvist, 503/342-7923.

June 10. Alaska Women's 10K, Anchorage. Larry Ross, 3605 Arctic No. AA, Anchorage, AK 99503. 907/562-2161 xAA.

June 18. Cascade Run Off 15K, Portland, Oregon. \$3500 masters. Alisan Peters, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

**CANADA**

May 7. Canadian National Masters Marathon Championships (4th Annual Hamilton Marathon), Hamilton, Ontario. 25 Main St., No. 2215, Hamilton L8P 1H1. 416/522-8005.

May 13-14. Toshiba National Capital 10K (13th) & Marathon, Ottawa, Ontario. Toshiba Races, P.O. Box 426, Stn. "A" Ottawa, Ontario K1N 8V5. 613/234-2221.



Steve Dornish, masters winner of the RRCA South Bay 20K in 1:17:57 in Los Osos, Calif., March 5. Photo by Elaine Rosenfield

**INTERNATIONAL**

May 13. AAA Veterans Road Relays, Birmingham, England. D. Withers, 14 College Lane, Marlbrook, Bromsgrove B60, IDW, England.

June 24-25. European Veterans Championships (10K, Marathon, 20K/30K Walk), Brugge, Belgium. Jacques Serruys, Fit Veteraan, Postbox 7, B-8000, Brugge 1, Belgium.

July 27 - August 6. VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6. Men 40+, women 35+. World Veterans Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

**RACE WALKING NATIONAL**

July 8. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. David Lawrence, 90 Fairfield Ave., Buffalo, NY 14223. 716/833-4643.

July 10. U.S. TAC National Masters 40K Racewalk Championships, Union, N.J. Elliott Denman, 28 No. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.

July 20-23. U.S. TAC National Masters 5K/20K Racewalk Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

**SOUTHEAST**

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

May 20. Florida Masters Racewalk Sectional, Coconut Creek, Fla. Robert Fine, 4223 Palm Forest Dr. N. Delray Beach, FL 22445. 407/499-3370.

**MIDWEST**

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

May 25. Cincinnati 10K Racewalk, Cincinnati, Gayle Johnson, 2918 Indianola, Apt. 1, Columbus, OH 43202. 614/267-2175.

May 28. Ohio TAC One Hour Racewalk. See T&F schedule.

**NATIONAL MASTERS NEWS**  
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RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M30 Alex Johnston 400m 50.1 07/01/88
Mark Williamson HJ 6-9 07/23/88
Rodney Atherton Dec. 5,831 03/13/89
M40 Craig Shumaker SP 45-1 1/2 01/15/89
Johnt Hunt 10K 34:45 04/30/88
Roger Assink 100m 11.67 06/04/88
200m 23.8 06/04/88
LJ 18-11 06/05/88
M45 Alonzo Jones 400m 55.6 05/28/88
M50 Gordon Bobell HT 148-2 09/03/88
Lee Stopoulos LJ 17-6 03/19/89
Dennis Rietz 35# 10.85 12/21/86
M55 Joseph Kelly 400m 59.8 06/01/86

M60 James McShane LJ 14-5 1/2 08/04/88
Melvin Larsen 100m 12.88 09/25/88
200m 28.13 09/25/88
400m 65.00 09/25/88
LJ 15-9 1/2 09/25/88
M65 Jim Platis LJ 13-9 1/2 03/19/89
M70 Hal Cronkhite SP 36-1 09/17/88
F. Carter Mile 5:32.4 03/15/87
Jerry Siefert SP 38-5 1/2 06/04/88
DT 104-8 06/04/88
JT 119-8 06/04/88
SP 31:58 11/12/88
Charles Hirshey W60 Joan Rowland 5K RW 31:58 11/12/88
W65 Jean Cotner 5K RW 39:28 03/11/89



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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Table with columns for Event, Age Group (30-34 to 80-84) and various athletic events like 100, 200, 400, 800, 1500, Mile, 5000, 10000, 100H, 80H, 400H, 300H, HJ, LJ, TJ, Shot, Jav, Discus, Hammer, 20Pwt.

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; 40+: 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 ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

Table with columns for Mile, 3K, 2-mile, 5K, 10K, 20K and various events like W40, W45, W50, W55, W60, W65, W70, W75, W80, W85.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Table with columns for Event, Age Group (30-34 to 85-89) and various athletic events like 100, 200, 400, 800, 1500, Mile, 5000, 10000, 110H, 100H, 80H, 400H, 300H, 3K-SC, 2K-SC, HJ, PV, LJ, TJ, Shot, Discus, Hammer, Jav, 35Pwt, 25Pwt, 56Pwt, PEN, DEC.

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+: 400g. 8) Metric heights and distances are the standard; feet and inches listed for convenience. 9) Dec/Pentathlon: 30-59: IAAF points; 60+: Ian Hume points (old WAVA).

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: PHONE: ADDRESS: AGE GROUP: SEX: M F EVENT: MARK: MEET: WEIGHT OF IMPLEMENT DATE OF MEET: HURDLE HEIGHT MEET SITE:

If you have bettered the standard of excellence, please send \$10.00 and this form 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 1/2 x 11 certificate, suitable for framing, will be mailed to you within two weeks.





Continued from previous page

Table of results for M65-69, M70-74, M75-79, M80-84, M85-89, M90+, M95-99, M100+ categories.

Table of results for M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90+, M95-99, M100+ categories.

Table of results for M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90+, M95-99, M100+ categories.

Table of results for M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90+, M95-99, M100+ categories.

Table of results for M80-84, M85-89, M90+, M95-99, M100+ categories.

Table of results for W50-54, W55-59, W60-64, W65-69, W70-74, W75-79, W80-84, W85-89, W90+, W95-99, W100+ categories.

1988 Shot Put Rankings Compiled by Kathy Pierce

Table of 1988 Shot Put Rankings for M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90+, M95-99, M100+ categories.



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Continued from previous page

EAST

Philadelphia Masters Indoor Meet, Haverford, PA March 4

55m hurdles table with names and times.

55m table with names and times.

M30, M45, M50, M55, M60, M65, M70, M75 table with names and times.



300m table with names and times.

M30, M35, M40, M45, M50, M55, M60, M65, M70 table with names and times.

800m table with names and times.

1 mile table with names and times.

1 mile racewalk table with names and times.

1 mile walk (informal style) table with names and times.

3000m, pole vault, long jump tables with names and times.

long jump table with names and times.

M45, M50, M55, M60, M65, M70, M75 table with names and times.

triple jump table with names and times.

high jump table with names and times.

shotput table with names and times.

M50-59 (12 pounds) table with names and times.

weight throw table with names and times.

M45, M50, M55, M60 table with names and times.



TAC Eastern Masters Indoor Championships, Providence, RI, March 18

55m table with names and times.

M30-34, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74 table with names and times.

200m table with names and times.

M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74 table with names and times.

M45-49 table with names and times.

400m, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74 table with names and times.

800m, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74 table with names and times.

1500m, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74 table with names and times.

M45-49 table with names and times.

M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74 table with names and times.

800m, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74 table with names and times.

High Jump table with names and times.

Continued from previous page

Table with columns for event name, age group, and names. Includes events like M60-64, M65-69, M70-74, etc.

Pennsylvania "Sure Pull" Invitational; Carlisle, PA. March 19

Table with columns for event name, age group, and names. Includes events like 60m, M30, M35, etc.

Main table with columns for event name, age group, and names. Includes events like 100m, 200m, 400m, etc.

SOUTHEAST

Tennessee Indoor Meet Nashville; March 11

Table with columns for event name, age group, and names. Includes events like 60mH, M30, M35, etc.

MIDWEST

TAC/Ohio Association Indoor Championships Ohio State-Columbus March 12

Table with columns for event name, age group, and names. Includes events like 55m, M30, M35, etc.

Table with columns for event name, age group, and names. Includes events like M40, M50, M60, etc.

Table with columns for event name, age group, and names. Includes events like M50, M60, M70, etc.

Table with columns for event name and names. Includes events like Discus, M30, M45, etc.



Table with columns for event name, age group, and names. Includes events like 100m, M55, M60, etc.

SOUTHWEST

Gulfport Masters Meet Gulfport, MS March 18

Table with columns for event name, age group, and names. Includes events like 100m, M30, M35, etc.

Continued on next page



Continued from previous page

Table with 2 columns: Race Name, Time. Includes M55 Tom Ray (32:38), M60 John Hosner (31:14), M70+Lewis Creasy (52:56), etc.

Nissan Shamrock Marathon Virginia Beach, VA March 18

Table with 2 columns: Race Name, Time. Includes M40 Bill Hart (2:38:03), M45 Ed Brinkley (2:44:58), M50 Donald Siefers (3:04:31), etc.

Mike Hannon 20 Mile & 4 Mile Central Park, NYC March 19

Table with 2 columns: Race Name, Time. Includes --20 Mile-- Overall Mark Will-Weber 34 (1:50:20), M35 P Cruz-Martin (1:52:36), etc.

Table with 2 columns: Race Name, Time. Includes --4 Mile-- Overall Carl Kemmerer 23 (19:11), M35 Tim Weaver (21:23), etc.

Table with 2 columns: Race Name, Time. Includes Racewalkers 1 Gary Null 44 (30:58), 2 Nicholas Biera 40 (31:43), etc.

Utility Bill 5-Mile Ocean City, NJ March 25

Table with 2 columns: Race Name, Time. Includes Overall: Tony Wilson (26:45), Jennifer Weber (32:31), M40-49 Bill Moreland (29:14), etc.

SOUTHEAST

Calle Ocho 8K Miami, FL March 11

Table with 2 columns: Race Name, Time. Includes Overall: Stephen Male (24:28), Ann Henderson (26:59), M40 Jim Pearson (24:48), etc.

Red Lobster 10K Orlando, FL March 11

Table with 2 columns: Race Name, Time. Includes Overall: Keith Brantly (28:02), Liz McColgan (30:38), M40 Victor Mora (30:07), etc.

Table with 2 columns: Race Name, Time. Includes W35 Karen Miles (35:04), W40 Priscilla Welch (33:19), W45 Judith Daniel (44:20), etc.

St. Patrick's Day Classic Brandon, FL March 12

Table with 2 columns: Race Name, Time. Includes 5K Overall: Jeff Pigg (15:37), Lori Chandler (18:33), M40 Joe Pettway (18:10), etc.

Table with 2 columns: Race Name, Time. Includes W35 Lynn Gray (22:17), W40 Jan Thompson (24:20), W45 Maryann Stanley (27:21), etc.

Table with 2 columns: Race Name, Time. Includes Overall: Leigh Ann Larison (38:55), M40 Steve Curtis (33:05), M45 Peter Crellin (36:38), etc.

Myrtle Beach Class 10K Myrtle Beach, SC April 8

Table with 2 columns: Race Name, Time. Includes M40 Bill Rodgers (30:00), Dave Stewart (31:06), Bob Schla (31:30), etc.

MIDWEST

Metro-Macomb Easter 4-Miler Mt. Clemens, MI March 25

Table with 2 columns: Race Name, Time. Includes Overall: Olaf Meier (20:47), Judy Porte (25:58), M40 Andy Chochol (23:08), etc.

MID-AMERICA

First Run 8K Oklahoma City, OK April 1

Table with 2 columns: Race Name, Time. Includes Overall: Randy Heierding (16:12), Georgia Irion (23:10), M40 Richard Sinner (17:46), etc.

Table with 2 columns: Race Name, Time. Includes W40 Cheryl Tobin (24:57), Kathy Brown (26:58), Susan Estes (30:29), etc.

SOUTHWEST

Capitol 10,000 Austin, TX March 12

Table with 2 columns: Race Name, Time. Includes Overall: Douglas Tolson (30:08), Vickie Smith (36:46), M40-49 Bob Mohler (35:21), etc.

Table with 2 columns: Race Name, Time. Includes M60+ William Conrad (39:38), John White (42:35), W40-49 Sandra Baran (43:23), etc.



WEST

Lake Powell Marathon Page, AZ March 4

Table with 2 columns: Race Name, Time. Includes Overall: Mike McManus (2:30:05), Debbie Hanson (3:08:28), M40 Barry Ebert (3:28:25), etc.

Table with 2 columns: Race Name, Time. Includes Overall: Mark Souza (33:30), Angela French (38:35), M40 John Granger (42:28), etc.

Tucson Sun 15K Tucson, AZ March 12

Table with 2 columns: Race Name, Time. Includes Overall: JP Ndayisenga (46:24), Marie Boyd (55:29), M40 David Oropeza (53:35), etc.

Carlsbad 5K Carlsbad, CA April 2

Table with 2 columns: Race Name, Time. Includes M40 Wilson Waigwa (14:22AR), Steve Myhro (15:44), Bob Betancourt (15:55), etc.

NORTHWEST

Northwest Masters 15K Run/ 10K Racewalk Seattle, WA; March 25

Table with 2 columns: Race Name, Time. Includes 15K Run M40 Done Frame (50:54), Jim McGill (52:15), etc.

Table with 2 columns: Race Name, Time. Includes 10K Racewalk M40 Stan Chraminski (53:45), Ernie Smith (1:02:22), etc.



INTERNATIONAL

British Athletic Federation Cross-Country Championships Sunderland, England March 12

Table with 2 columns: Race Name, Time. Includes (3 laps of a 3300m course) M40 Andy Holden (30:24), Colin Youngson (30:39), etc.



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.



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