

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

144th Issue

August, 1990

\$2.25

1000 from 45 States to Compete in 23rd Nationals in Indianapolis

More than 1000 athletes from 45 states and several foreign nations will participate in the 23rd Annual TAC/USA National Masters Track and Field Championships on August 2-5 in Indianapolis.

It will be the second largest National Masters meet ever, surpassed only by last year's 1500, which included 500 foreigners on their way to the World Championships in Eugene.

The meet returns to Indianapolis for the first time since 1985, when 700 athletes from 39 states turned out. Action will be held on the first-class Indiana University Stadium, only a mile from the heart of the city.

National championship medals will be awarded in each event in each five-year age group for both men and women from age 30-34 through age 95+. There are no qualifying standards needed to enter, except to be at least age 30.

The entry deadline was July 10, but
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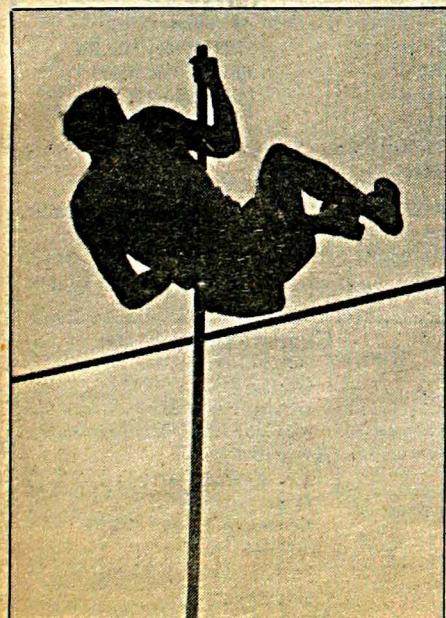
Ohio's Bill Weinacht, 73, will try to win the M70 100, 200 and 400 this month at the U.S. Nationals. Weinacht is profiled on page 16.

Photo by Gretchen Snyder

Don Harris Meet Held in Philadelphia

by PETER TAYLOR

PHILADELPHIA, June 16. Jim Law, Boo Morcom, Bill Fortune, and Duane Green were among a bevy of



New Hampshire's Boo Morcom set an age-69 pole vault record of 10-7 1/4 (3.23m) at the Don Harris Memorial Meet in Philadelphia.

performers who stood out today as the Philadelphia Masters conducted their Second Annual Donald S. Harris Memorial Track Classic under sunny skies at the University of Pennsylvania. The popular Harris passed away in June, 1988, less than a week after competing in his last masters meet.

Law, who is in only his fourth year of masters track, rocketed to three victories, sweeping the M60 100 (12.85), 200 (25.90), and 400 (59.1 hand-timed). The courtly Johnson C. Smith University professor from Charlotte, N.C., who turns 65 next February, again bettered John Alexander's age-64 world mark of 60.9 seconds.

All-time great Boo Morcom, now 69, pole vaulted 3.23 meters (10-7 1/4) to better Jim Vernon's single-age U.S. mark of 3.20. The versatile Boo also high-jumped 4-6 and took the long jump with a leap of 13-9 1/4.

Bill Fortune, a hard-hitting 61-year-old from Pearl River, N.Y., who set a
Continued on page 15

Campbell Steams to Record in Utica Boilermaker 15K

Grayson Tops Women

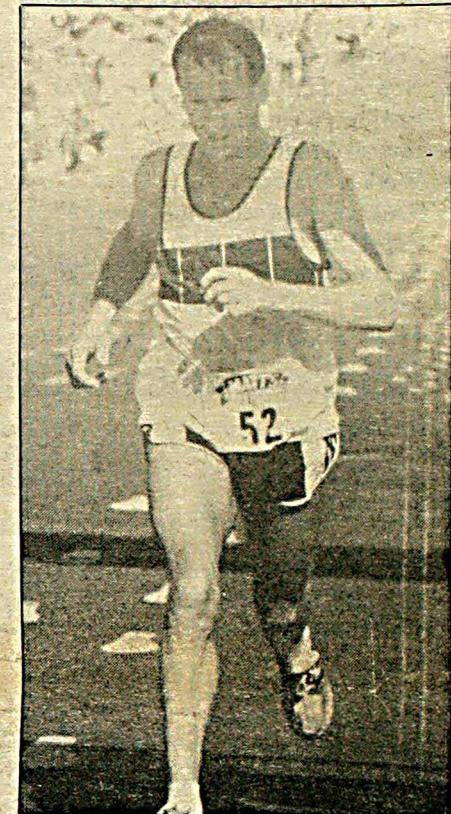
by JERRY WOJCIK

John Campbell, 41, of New Zealand but now residing in San Francisco, continued his masters sweep through the country, taking advantage of America's largesse with a world best 45:10 in the Utica Boilermaker 15K in Utica, N.Y., on July 8.

Campbell, who smashed Jack Foster's 16-year-old 2:11:19 marathon world best with a 2:11:04 in this year's Boston Marathon, finished eighth overall and received \$1000 for the masters first, plus \$1000 in bonuses for course and world records.

Mario Cuevas, 40, of Toluca, Mexico, was second in 46:09 (\$500). Domingo Tibaduiza, 40, of Reno, Nev., who has also been cashing in on his recent masters status, finished third in

Continued on page 5



John Campbell, 41, sets a world masters best of 45:10 in the Utica Boilermaker 15K, July 8. The race was the seventh on the 1990 Sorbothane/USRA Masters Circuit. Photo by Guy Danella; Courtesy of Boilermaker Road Race Committee

Dixon Gets Pneumonia; 4-Minute Mile on Hold

New Zealand's Rod Dixon, who had planned an all-out assault on the four-minute mile after he turned 40 on July 13, instead spent his birthday flat on his back in bed with viral pneumonia.

"I felt like I was 90," he said.

Dixon was in top shape in June, doing two-a-day workouts in preparation for an attempt to break several masters records on a summer European tour. But before he left his training site in San Francisco, he fell ill to the virus.

"I don't know what caused it," he said from Los Angeles where he had flown to be under his own doctor's care.

"I'd been working a lot of hours (for a New Zealand television firm) and training hard... I suppose it was too much."

A San Francisco doctor originally diagnosed the virus as flu and prescribed antibiotics. But the treatment didn't work.

"The virus is a cousin to the one that killed Jim Henson suddenly last month," Dixon said. "It can go from

bad to worse in just hours. Patti Sue Plummer had a similar attack last year."

Dixon said he hoped to begin slow jogging soon and to be ready for some U.S. road races and street miles later this month.

What about the attack on the four-minute mile?

"That's on hold for now," Dixon sighed. "Maybe I'll try it in New Zealand in October when the track season begins down there." □

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NATIONAL MASTERS NEWS

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



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

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

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

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

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

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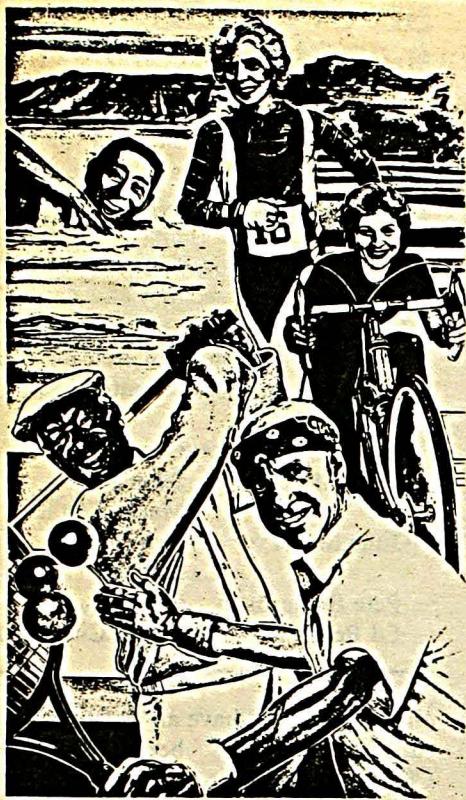
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HUNTSMAN CHEMICALS WORLD SENIOR GAMES

Senior athletes (age 50 and above) from all parts of the world are invited to participate in the World Senior Games, a sporting event to sponsor worldwide Peace, Friendship and Health.

October 15 through 26, 1990, sportsmen and sportswomen will gather in St. George, Utah, to compete in cycling, softball, swimming, tennis, bowling, racquetball, track & field, basketball, golf, horseshoes and roadracing events.

The mid-October weather is perfect in this sunny Southwestern area for outdoor sporting activities as well as for dining, dancing, gaming and touring in one of the most exciting areas of the world.

Within an easy three-hour drive of this fabled resort community are some of the world's greatest scenic wonders—the Grand Canyon National Park, Lake Powell, Zion National Park, Lake Mead National Recreation Area, Kaibab National Forest and Indian Reservation, Cedar Breaks National Monument, East Mohave National Scenic Area, Dixie National Forest, Bryce Canyon National Park and the Hoover Dam.

Daytime high temperatures range between 70° and 85° F. Mornings and evenings are cool.

TRACK & FIELD (TAC Sanctioned)

October 24-26, 1990
Dixie College Track & Field

WEDNESDAY	100M	800M
October 24, 5 p.m.	Shot Put	Discus
THURSDAY	200M	1500M
October 25, 5 p.m.	Long Jump	Javelin
FRIDAY	50M	400M
October 26, 3 p.m.	**1500 RW	High Jump

Age Categories: Male/Female 50-54 55-59 60-64
 65-69 70-74 75-79 80+

* Circle gender, check event(s), age group.

Limit: Total of 5 Track & Field events.

U.S. Master standard weights:

Shot put:	Men: 50-59 = 6K	60-69 = 5K	70+ = 4K
	Women: 50+ = 3K		
Discus:	Men: 50-59 = 1.5Kg	60+ = 1.0Kg	
	Women: 50+ = 1.0Kg		
Javelin:	Men: 50-59 = 800g	60+ = 600g	
	Women: 50+ = 400g		

TAC Rules & Equipment standards apply. The track is rubberized and starter blocks will be available.

TRACK & FIELD DIRECTOR: KEN CHRISTENSEN (H) (801) 673-5857 (O) (801) 628-5201
TECHNICAL DIRECTOR: KEN JOLLEY (H) (801) 628-1442 (O) (801) 628-3550

ROAD RACES (TAC Sanctioned)

October 24-26, 1990

Wednesday, October 24 — 9 a.m. 5K Road Race at Bloomington
Thursday, October 25 — 9 a.m. 5K Racewalk Dixie College Track
 5K Physical Fitness Racewalk

Friday, October 26 — 9 a.m. 10K Road Race between Bloomington and Green Valley
Age Categories: Male/Female 50-54 55-59 60-64
 65-69 70-74 75-79 80+

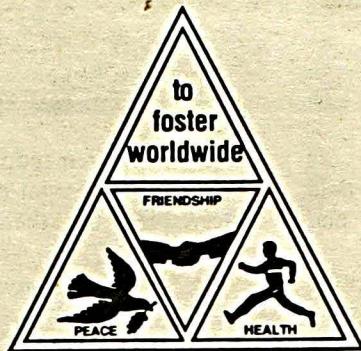
The 5K Racewalk is for medals. The 5K Physical Fitness Racewalk is for a certification of completion. Please check only one.

RACE COURSES ARE TAC CERTIFIED

* Circle gender, check event and age category.

ROAD RACE DIRECTOR: BOB HORLACHER (801) 673-5264
TECHNICAL DIRECTOR: KEN JOLLEY (H) (801) 628-3550 (O) (801) 628-3550

HUNTSMAN CHEMICAL'S WORLD SENIOR GAMES ST. GEORGE, UTAH, U.S.A.



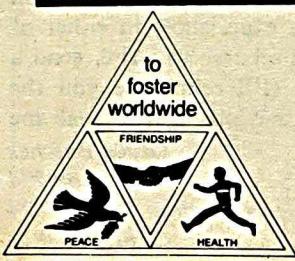
People 50 years and above are invited to compete in the following sports:

Basketball	Bowling
Cycling	Golf
Racquetball	Horseshoes
Softball	Road Races
Tennis	Swimming
	Track & Field

OCTOBER 15-26, 1990

REGISTRATION ENTRY FORM

**REGISTRATION DEADLINE
OCTOBER 1, 1990**



HUNTSMAN CHEMICAL'S WORLD SENIOR GAMES ST. GEORGE, UTAH, U.S.A. October 15-26, 1990

OFFICIAL REGISTRATION ENTRY FORM

ENTRY DEADLINE: October 1, 1990

Name _____

Phone (work) _____

Address _____

Phone (home) _____

City, State, Country _____

St. George phone number or location _____

Date of Birth _____

Age _____

as of 12/31/89

month/day/year

ZIP Code _____

First Sport _____

Male Female

Additional Sport(s) _____

Name of Spouse/Guest(s) attending but not a sports participant: _____

Please note that for DOUBLES and TEAM SPORTS each competitor must complete this registration form and for TEAM SPORTS must be on a team roster. All participants must sign this liability waiver.

REGISTRATION ENTRY FEE \$49.00 \$ _____

Spouse/Guest Fee .25.00 _____

BYU Seminar Materials .10.00 _____

Total From Meal/Entertainment Reservation Form _____

Additional Sport Fees: Additional Sport(s) (each) .10.00 _____

Golf Greens and Cart Fees (36 Hole Tournament) .49.00 _____

Social Golf Greens and Cart Fees (18 Hole Tournament) .35.00 _____

Bowling Fee (singles) .11.50 _____

Bowling Fee (doubles) per person .11.50 _____

Bowling Fee (team) per person .11.50 _____

Racquetball (doubles) per person .15.00 _____

Cycling .5.00 _____

Swimming .5.00 _____

Tennis Social Mixed Doubles (per person) .10.00 _____

TOTAL ENCLOSED \$ _____

Please make check payable to: WORLD SENIOR GAMES and enclose together with this completed and signed Registration Entry Form, the filled in Sports Section(s) of this form, the Meals/Entertainment Form and mail to:

WORLD SENIOR GAMES — 1355 So. Foothill Drive, Suite 103 • Salt Lake City, Utah 84108 • (801) 583-6231

Shirt Sizes Unisex

small medium large

X-large XX-large

LIABILITY WAIVER: I, the undersigned participant, hereby agree to indemnify and hold harmless the World Senior Games and all of its sponsors, their agents, employees, representatives, and assigns from any and all actions, causes of actions, or claims of whatever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury arising out of my participation in the World Senior Games.

Date _____ Signature _____

All Participants must sign Liability Waiver

Five Years Ago**August, 1985**

- 4330 Compete in VI WAVA Veterans Games in Rome
- World Records Set in Rome
- 1500 Compete in World LDR Championships in England
- Villanueva, Welch Top Cascade 15K Masters

Campbell Steams to Record in Utica Boilermaker 15K

Continued from page 1

47:08 (\$300), and Wilson Waigwa, 41, of El Paso, Texas, ended in fourth (48:46, \$200). The previous masters 15K world best (45:19), was set by Artemio Navarro on June 30 in the Cascade Runoff in Portland.

Robert Nelson, 50, of Salt Lake City, won the M50+ race and \$400 in 52:54.

Nancy Grayson, 40, of Columbia, S.C., collected \$1000 for her W40-49 victory in 55:08, only three seconds off the course record set last year by Ngaire Drake of New Zealand. Claudia Ciavarella, 41, of Winter Park, Fla., took second place in 56:31 (\$500), and Barbara Filutze, 43, of Erie, Pa., third 56:53 (\$300).

Gina Faust, 53, of Woodland Hills, Calif., defeated the W50+ field in 1:02.50 for the \$400 award.

It was the seventh race on the 1990 Sorbothane/USRA Masters Circuit.

The temperatures were cool at the start of the Boilermaker, but Campbell said he decided to run conservatively "until the halfway mark, then I poured everything on."

Cuevas said he stayed with Campbell through four miles before Campbell started pushing the pace. Cuevas said he is strong enough going up the hills, but lost Campbell on the downhill.

Grayson was aiming for Drake's course record. "I was belting down that hill as fast as I could," she told the *Utica Observer-Dispatch*. "But my legs couldn't go any faster." Grayson had run the Peachtree 10K three days earlier in Atlanta, finishing third behind Laurie Binder and Gabriele Andersen.

Campbell, despite his successes, doesn't seem terribly in love with the running game. In an interview with the *Observer-Dispatch* after the race, Campbell noted, "The pressure is on me to make this my living. I'd rather have an occupation. It's not like golf, something you can enjoy (while you're making money). It takes a lot out of you."

The list of masters runners who would like to be in his running shoes would look like Zsa Zsa Gabor's datebook. □

MASTERFUL

XIV St. George MARATHON

Saturday, October 6, 1990

"The Biggest Little Marathon in America"

**Runners World Top 20 "Cream of the Crop" Marathons in the USA
TAC National Masters Marathon Championships**

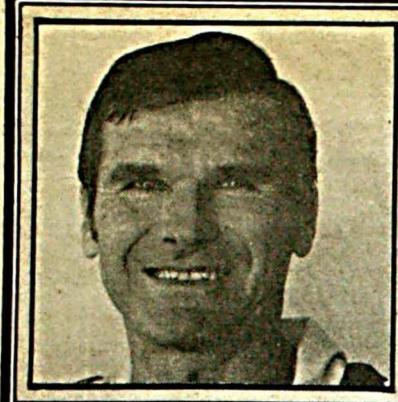
Entry Deadline September 27, 1990

\$15 Entry Fee

For Race Information:
St. George Marathon
86 South Main Street
St. George, Utah 84770
(801) 634-5850



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Third Wind

by Mike Tymn

Chuck Davey: Educated Fists & Masterful Legs

Looking through some old sports magazines several months ago, I came across an article in a 1952 Edition of *Sports Stars* entitled "Southpaw from Spartan Town." And in the January 1953 issue of *Sport* magazine there was one with the title "The Man with The Educated Fists." They were about Chuck Davey, a big name in boxing at that time.

As an avid boxing fan during those days when Pabst and Gillette brought the fights into our homes via the then-new medium of television, I had a very vivid recollection of Davey, a southpaw with an unorthodox boxing style, as I reread the articles after many years. He was an anomaly in the boxing world, not only because he was a southpaw but because he was a college-educated fighter, having earned a Master's Degree at Michigan State University in 1951.

The fight that stood out most in my memory was the much-publicized bout with Kid Gavilan, the bolo-punching Cuban who is now considered one of the all-time greats of the ring. Davey had won 36 consecutive fights, 23 by knockout, and had defeated former and future champions Ike Williams, Rocky Graziano, Carmen Basilio, Wallace Bud Smith and Johnny Saxon. He was considered a real threat, even though a clear underdog, to dethrone Gavilan.

Lost TKO to Kid Gavilan

Davey fought valiantly but was unable to overcome the effects of a punch to the Adam's apple early in the fight. His breathing hampered, Davey's corner would not allow him to answer the bell in the 11th round and Gavilan was awarded a technical knock out.

The old sports books had sat in the attic of my parent's home for nearly 40 years before I hauled them to my home in Hawaii. Coincidentally, a week after rereading the articles about Davey, I received a phone call at my home. "Is this Mike Tymn?" the caller asked. I acknowledged that it was.

"My name is Chuck Davey," the caller continued. "Not Chuck Davey, the former boxer?" I responded. "Wow, you must be older than I thought," he came back.

Davey, now a chartered life insurance underwriter and a general agent, was in Honolulu for a convention and a vacation, and he was looking for a race to make his visit to Honolulu complete. He had seen my by-line with a story

about a race in the morning paper and had called to see if there might be any other races scheduled the following week.

44:28 10K at 64

A few days short of his 65th birthday, Davey turned out for the Johnny Faerber 10K the following weekend and clocked 44:28 over a hilly course under humid conditions for second place in the 60-64 division. He would have won the 65-69 division by nearly two minutes. After returning to his home in Birmingham, Michigan and moving into a new age group, Davey recorded 42:47 for 10K, a time which ranks him among the best 65-69 runners in the nation.

"The problem I'm having now is that many races don't have five-year age groups over 60, so I have to run with guys five years younger," Davey said more recently by phone from his weekend retreat in Oscoda, Michigan. "It's kinda like the fight game. When I quit at age 30, I felt stronger but I wasn't getting off as fast. I was getting beat to the punch by younger fighters. The same thing with running. I used to look at the times of the guys who are 65 and couldn't wait until I got that age. But as I got closer to it, my times got a lot closer to their times. I think my times have slowed down more since I reached 60 than they did after I passed 50 — either that or the clocks are running faster."

Davey added that he plans to avoid races which don't have five-year age groups above 60.

Won 44 of 49

After hanging up his gloves in 1955, winning 44 of 49 professional fights, Davey did little to retain his physical condition over the next 10 years. "When I quit fighting, I quit exercising," he said. "But when I was 40 I had a case of hepatitis and began to realize that I couldn't take my health for granted. That's when I started running."

Davey got up to around 70 miles a week in his training and managed a 2:58 in the Detroit Free-Press

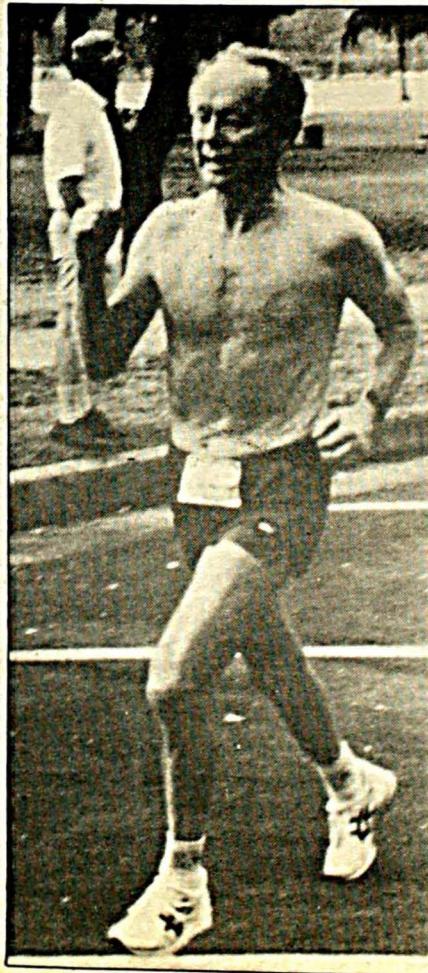
Marathon a few years after taking up the sport. A consistent winner in his age group, he was running 10Ks in the 36-37 minute range after turning 50 and did 38:38 for 10K at age 60.

"Charles Pierce Davey is a mild inoffensive-looking young man with an apparently boundless energy, a fast right hand, and a frank, unvarnished view of the fight game," wrote Bill Furlong in that old *Sport* magazine article. "That he has danced and jabbed his way into the aristocracy of the welterweights is due to the first two characteristics. That he is likely to vacate his position among his peers without his brains resembling a tossed salad is due chiefly to the third."

Furlong goes on to tell how Davey got into boxing. Tennis was his sport at Fordson High School in Dearborn, Michigan, a suburb of Detroit, but Davey, too light for football, turned out for boxing at Michigan State in 1942. In his freshman year, he won the first of four NCAA titles.

Captain in WWII

After his first year of college, Davey entered the Army and was commissioned a lieutenant in the Air Corps, serving as a navigator and receiving the Air Medal and two battle stars for service in World War II before being discharged with the rank of captain. He returned to Michigan State in 1946 and took up where he left off, winning NCAA championships in 1947, 1948, and 1949, as well as making the Olympic team in 1948. He was named the country's outstanding college boxer in all three years, winding



Chuck Davey shows some of his old boxing form as he approaches the finish line in the Johnny Faerber 10K in Honolulu in April.

Photo by Mike Tymn

up his college career with 93 victories in 96 fights. While at MSU, he also ran cross-country.

After graduating, Davey turned pro and won his first four fights before breaking a knuckle. While that healed, he returned to MSU to study for his Master's Degree in educational administration.

Davey gained national prominence with a TKO over Ike Williams in March 1952. Then, as Furlong put it, "he rudely interrupted the career of the highly touted Chico Vejar, first by out-pointing Vejar in May and then by knocking him out in June. Until he encountered Chuck, Vejar suffered only one defeat in 42 fights."

Beat Rocky Graziano

The most significant victory, however, was the one over Rocky Graziano, the former middleweight champion. Davey tattooed Graziano with as many as 65 punches in a single round and won every round. One judge scored it 61 to 39 for Davey. "Rocky lunged around the ring like a bar-room drunk in futile pursuit of Davey," Furlong wrote.

"I'd have to say that the Graziano fight was the highlight of my career," Davey said in the recent interview. "It was my best fight. I went into camp nice and relaxed and brought myself to a good peak for that fight."

As for the Gavilan fight, Davey feels he overtrained. "No one was watching my training except myself. I was flat, left it all in the gym. I knew it going in. That was the bad part about it."

How much running did Davey do in preparation for his fights? "I've learned a lot in running that I could have used in fighting," he explained. "In the '48 Olympics, we watched those Italians eat spaghetti and we felt sorry for them. We were eating steak and lamb chops, which we now know is the wrong fuel. Even when we weren't making weight, they were drying out fighters in those days. You never drank during a fight. You'd wash your mouth out with water but you'd never swallow any of it. I think most of the up-to-date trainers now have learned from the runners and are giving their fighters a lot more fluids and a lot more road-work. If I had George Foreman, I'd take him up to my cottage for about two months and run about 35 pounds off him. Even at age 41 or 42, he'd be damn tough for Tyson or anybody else."

Davey has Carmen Basilio to thank for meeting his wife Pat, a union that would produce nine children and seven grandchildren to date. Pat was an emergency room nurse who attended Chuck when he had to have four stitches over his eye after defeating Basilio.

With plans to semi-retire from the insurance business next year, Davey expects to have more time to spend at his cottage in Oscoda, some 200-miles north of Detroit, and to hit the running trails there. □



MASTERS ATHLETE OF THE MONTH

Jim Law

Runner-up last month, North Carolina's Jim Law, 64, continued his impressive sprint performances to win this month's honor as ICI U.S. Masters Athlete-of-the-Month.

At the Don Harris Masters Track and Field Meet in Philadelphia on June 16, Law lowered his own age-64 world record for 400 meters with a time of 59.1 — an outstanding 98.3% on the masters age-graded scale.

A week earlier in Atlanta, he sped to a 25.81 in the 200, an age-graded 96.9%.

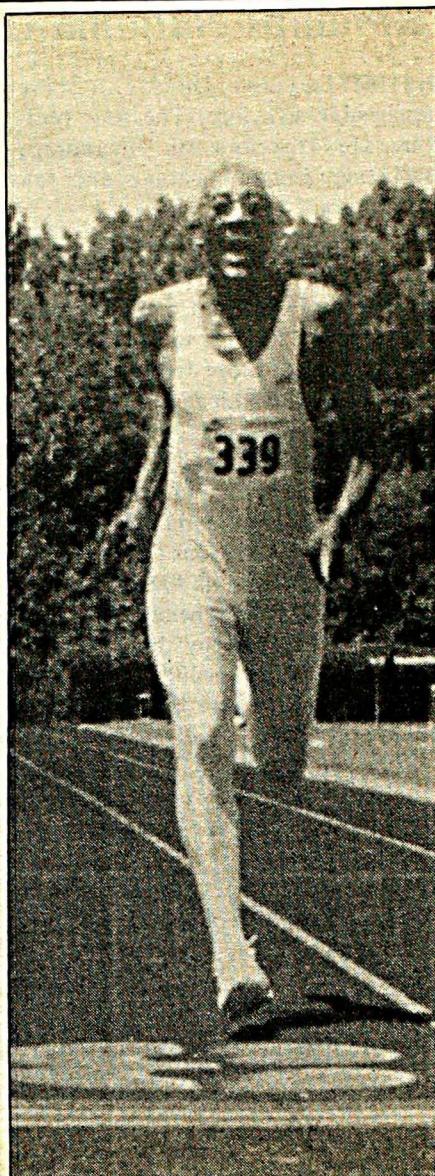
Other top contenders this month included New Zealand's great John Campbell, winner of the ICI award in May, who logged a 97.6% with his world masters 15K best of 45:10 in the Utica Boilermaker race, July 8.

Law will receive \$100 for his efforts — compliments of ICI.

ICI is the fourth-largest chemical company in the world. It sells over 15,000 products in over 150 countries, and continues to support masters athletics.

Previous monthly winners were Dave Stewart, Gabriele Andersen, Campbell, Larry Almberg, and Don Parker.

Congratulations to Jim Law — the ICI Masters Athlete-of-the-Month.



Jim Law

Photo by Floyd Simmons

Adams Leaves ICI

Bill Adams, General Manager of Public Affairs for ICI, is leaving the chemical conglomerate on August 17.

Adams, a 49-year-old active runner, was the driving force behind the successful two-year ICI/USRA Masters Circuit. ICI provided perhaps a million dollars to the support of masters running in 1988-89.

"It wasn't working out for me at ICI," Adams said. "Both my boss and the chairman are out and all promotional budgets have been cut."

In a major career switch, Adams will begin teaching journalism and public relations next month at Florida International Univ. in Miami.

He told NMN: "I've spoken at over 50 colleges in recent years about journalism and P.R. I enjoy it and some people I met along the way encouraged me to go in that direction."

Adams said ICI will continue to support the monthly athlete-of-the-month award through 1990.

"I turn 50 in September," he said, "and am looking forward to being in a new age division. I might even show up at Dean Reinke's race next January in Naples." □



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On The Run

by Hal Higdon

How to Improve As a Runner

Tony wanted a summer training plan to get ready for cross country. A high school senior next fall, Tony could look back on a good track season during which he had qualified for the Sectionals, but he was looking ahead. Tony wanted to improve.

What runner doesn't? Even beginning joggers look forward to running further, or faster, or both. At the elite level, shaving a few seconds off your time may mean the difference between Olympic gold and not making the team.

Tony fits into that middle ground occupied by most of us running today. For most distance runners — including masters — the increments that make up any training program are similar.

Ten Years Ago

August, 1980

500 Compete in National T&F Championships in Philadelphia

Jim Burnett Sets M40 400 WR of 49.36.

Dorothy Stock Sets W 45 WRs in 5000 (18:47) and 10,000 (38:45).

47 Compete in National Decathlon in Denver

1. Long Runs: These runs of one to two hours are done once a week. For a runner of Tony's ability, he would cover 8 to 15 miles. Build up gradually to maximum distance. Don't worry about speed. More important is the time on the road.

Long runs should not necessarily be hard runs. Sure, you'll be tired toward the end, maybe stiff the next day, but pace yourself. The best time to run is first thing in the morning. Most runners save this workout for the weekends.

2. Fast Runs: Ron Gunn, track coach at Southwestern Michigan College, calls this midweek workout an F.C.R., for Fast Continuous Run. It's also known as an Anaerobic Threshold Run, or a "Conconi," after the Italian coach Francesco Conconi who popularized its use. You run at the level (85% of maximum heart rate) where if you ran faster you'd go into oxygen debt.

This workout lasts 40-60 minutes. For Tony, this means 6-9 miles. Begin slowly for the first mile or two to warm

up. Stop to stretch. Then pick up the pace for 3-6 miles. You can also throw in some surges: pushing the pace, backing off, pushing again as your body dictates. Cool down the last mile.

3. Speedwork: Most fast training is done on a track: short runs at race pace followed by intervals of jogging or walking. Interval workouts could feature runs of 100 meters to a mile. I suggested to Tony that he run 10 x 400, averaging 80 seconds, or 16 x 200, averaging 35 seconds, jogging 200 between.

Intervals teach pace judgment, build concentration and confidence, and develop speed. Infinite variations exist, including "fartlek," a form of speedplay where the runner runs different distances in the woods.

4. Strides and Bounding: This is another form of speedwork, although low-stress. Strides can be done on a track, but are best done on a grassy surface. Warm up with a mile or two jog and do some stretching.

Then pick a straightaway 100 to 200 meters in length. Stride the straightaway at a fast but comfortable pace, walk or jog, then stride back. I told Tony to do anywhere from 6 to 12 strides, then cool down.

Bounding — sometimes known as plyometrics — is a series of drills in which the runner bounds and skips. It's easier to demonstrate than to describe. This is a tough discipline for masters to master. I would approach bounding cautiously.

This should be a refreshing workout, not an exhausting one. I told Tony that if he returned tired from this workout, he ran too fast. Strides and bounding also can be used as part of a warm-up for a race or speed workout.

5. Easy Running: Medium distances, comfortable speeds. Use these between your hard workouts.

Using the five increments above, this is the training plan I eventually designed for Tony:

Sunday: Long run
Monday: Strides
Tuesday: Fast run
Wednesday: Easy run
Thursday: Intervals
Friday: Easy run
Saturday: Easy run or rest day.

That's a pattern common for workouts used by successful runners at all levels throughout the world, masters too. Will Tony improve following this schedule? We'll find out this fall during the coming cross country season. As for the rest of us, we may need to wait until next summer in Turku. □

Hal Higdon coaches the boys' and girls' cross country teams at Elston High School in Michigan City. His latest book, "The Masters Running Guide" is available from National Masters News.

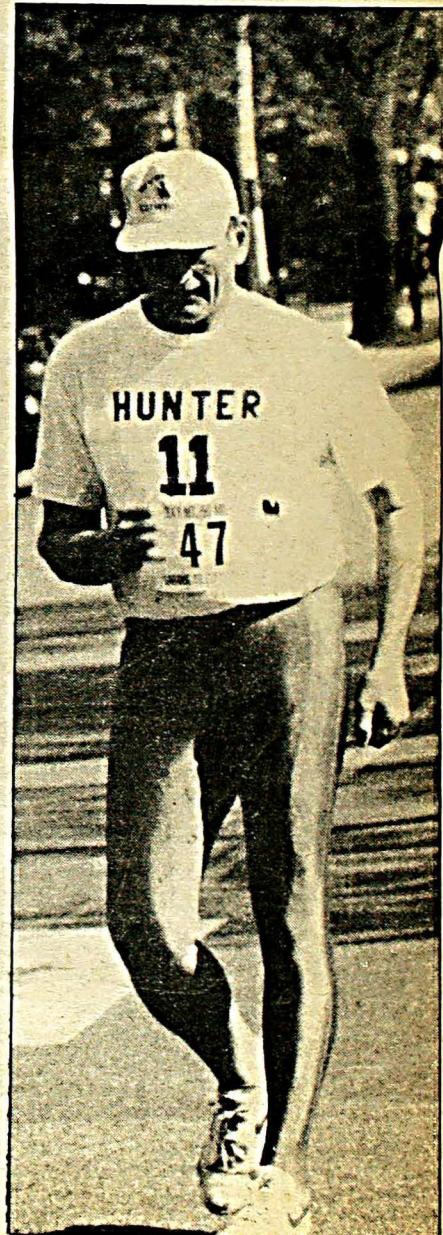
Rankings Report

by JERRY WOJCIK, TAC
Masters T&F Rankings
Coordinator

The 1989-90 indoor season rankings for the 800, compiled by Willian Benson of New York; the long jump, compiled by Robb Bong of Colorado; and the 55m/60y hurdles appear in this issue. Correction or additions to these lists and others which have been published in NMN or the 1989 Rankings Book should be forwarded to me through NMN.

Indoor rankings for the 200, mile, and pole vault are almost completed, but athletes' best marks which have not appeared in NMN can still be inserted if forwarded immediately.

The 1989 Rankings Book is available through NMN and will be sold at the Nationals in Indianapolis along with the Masters Age Records 1990, and a limited number of 1988 Rankings Books and Masters Age Records 1989. □



Chuck Hunter, 53, of Longmont, Colo., first M40+ racewalker (10:36:38), Rocky Mountain 50 Mile, Cheyenne, Wyo., May 27.

Photo from Brent Weigner

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Crane, Spangler Set Records in Eugene

by JERRY WOJCIK

Two M90-94 world records were broken in the Hayward Masters Classic in Eugene, Oregon on June 23. Buell Crane ran a 45.75 200 to break Colister Wheeler's 1987 record of 48.6. Paul Spangler erased Herb Kirk's 1986 mile mark of 13:43.6 with a resounding 10:47.71.

The U.S. W55 long jump record of 3.89, recently broken by Christel Miller, was erased by Bette Vosburgh with a 3.91.

Richard Hotchkiss, M50, outdistanced all age-group entrants in the shot (13.57), discus (45.90), and hammer (41.62). □

New Jersey Meet Draws 172

by ED KOCH

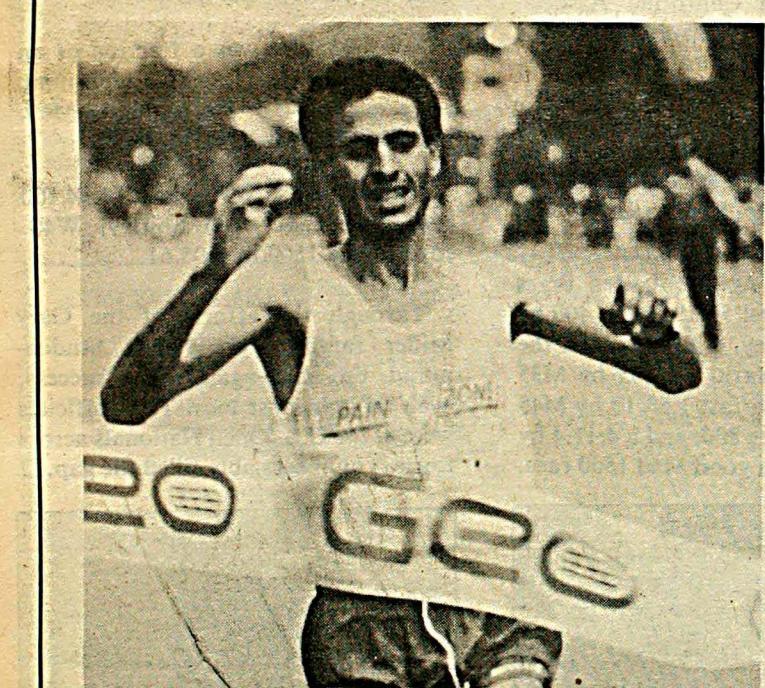
The 1990 NJ/TAC Outdoor Masters T&F Championships drew 172 association and non-association athletes from eight states to Monmouth College in Long Branch on June 3. The entry was less than the indoor championships because of scheduling conflicts. Although the meet was on the same weekend as the past five years, the New York Masters held a field-event meet on the same day this year to the detriment of both meets.

The Garden State AC (formerly Merrill Lynch TC) easily retained its masters outdoor New Jersey title with 239 points to 113 for runner-up Shore AC. The New Jersey Striders sub-

masters held a narrow lead (45 to 42) over Garden State AC, subject to verification by the NJ/TAC Masters Committee.

Outstanding track performances included an 800/1500 double win by M40 Harry Nolan (2:04.7/4:10.5); 100/200 firsts by M30 Remo Biagioni (11.3/23.3); and a 22:59.5 by Ray Funkhouser, M35, in the 5000 walk.

Jeff Tindall, M45, pole vaulted 12-0, and Rich Alexander, M30, high jumped 6-9 in the field events. □

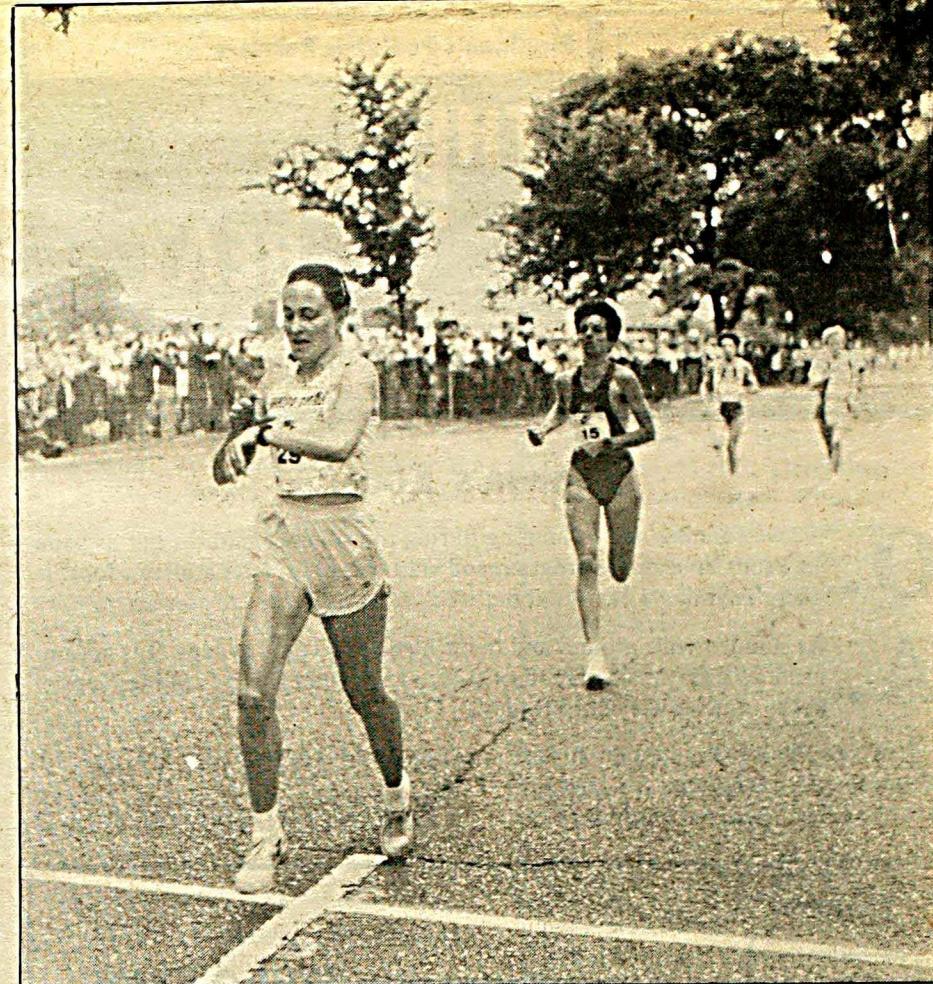


El Mostafa Nechchadi used PAINZONE on his tired legs before winning the 1989 Philadelphia Distance Run.

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Priscilla Welch, W40, finishing 15th (26:56) one second behind open runner Marie Boyd in the Nike Women's 8K, Washington, D.C., May 13, which attracted over 3000 starters.

Photo by Kathy Ruser

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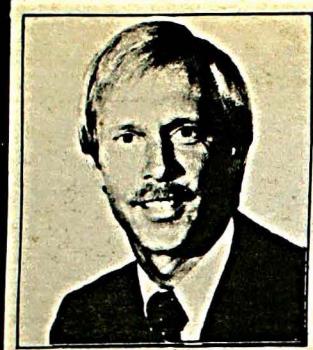
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THE FOOT BEAT

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

Athlete's Foot

Q. I love running and swimming during the summer months but as soon as I start an exercise program and start sweating, I get athlete's foot. Is there anything I can do about it?

A. As summer rolls around and our athletic expectations soar, it is not unusual to pick up athlete's foot from gymnasium floors, swimming pool decks and shower room floors.

Probably the most common fungal infection in athletes, it usually manifests itself as a red, scaling infec-

tion found between the 3rd and 4th toes.

However, other forms may occur. It

may appear as a small vesicle, or bulb, on the arch or instep or as a dry, scaling type of condition on the balls of the feet. We really don't know why people develop these different types of lesions — some dry, some moist. Perhaps it is an allergic or hypersensitivity reaction.

The most obvious treatment for this condition is prevention. Keep the feet dry and clean. Change socks at least 2-3 times daily. Wear absorbent cotton socks.

For acute cases, use moist, astringent compresses, such as a Burrows solution, which will remove the crusts and macerated tissue as well as kill the

fungus and bacteria.

Once the inflammation has subsided, a topical anti-fungal ointment may be tried. In severe cases, oral griseofulvin may be used.

Vinegar and water soaks at a 1:1 ratio are also recommended. The change in skin acidity may reduce the chance of fungal infection. This may be tried 2-3 times weekly for 10 minutes. □

(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.)

Large Turn-Out at Texas Senior Games

by TIM MURPHY

The 9th Annual Texas Senior Games, May 19, at Arlington was the best yet, with a large turn-out of outstanding athletes. Chuck Miller, M50, the current world-champion hurdler, was on hand to run the 100H in 14.23, the 100 in 11.77, and the 200 in 24.45.

John Alexander, M70, and Hector Cisneros, M55, worked on their pentathlon skills; both had four wins and a third.

In all, there were 231 qualifiers for the 1991 U.S. Senior Sports National Championships in Syracuse. Texas should be well-represented at the games with additional qualifying meets in Dallas, Houston, and Kerrville.

Oxy Hosts SCA/TAC Meet

by JERRY WOJCIK

The Southern California Association/TAC Masters Championships on June 16 attracted its usual strong contingent of association members, sprinkled with a few non-association athletes, who enjoy competing on the meet's "home" site at Occidental College in the Eagle Rock area of Los Angeles.

Included among the better times were a meet's best 50.19 in the 400 by M40 Stan Whitley, who also took the 100 (11.21); a torrid 1:52.35 by M35 Ben Brown and a fast 1:58.10 by M45 Don Parker in the 800; and a 4:11.4 by Nolan Smith in a good M40 1500 race,

to beat Stephen Keyes (4:12.5) and Graeme Shirley (4:15.9).

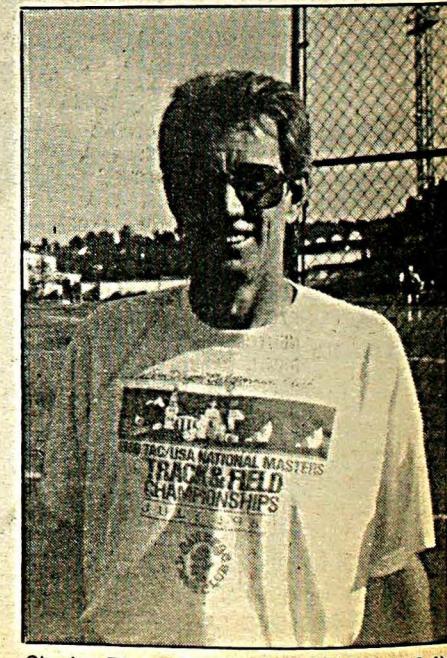
Jason Meisler was a fraction of an inch short of the U.S. M35 high-jump record with a 6-8. Hal Wallace, M60, PR'd in the discus with a 45.50.

Jeanne Carter, W50, ran a 14.94 100 and 30.69 200. Joni Shirley, W40, covered the 1500 in 5:05.61.

Through the efforts of the Gary Miller family and Woody Studenmund, the meet again was a success, even though most local TAC officials were at the U.S. Open Nationals across town. Volunteers ably filled the gap. □



Spinning Bill Pendleton, M35 first in the shot (15.10), SCA/TAC Championships, Los Angeles, June 16. Photo by Jerry Wojcik



Charles Rader, M40 first in high jump (6-4), SCA/TAC Championships, Los Angeles, June 16, has sights on 6-6 at Nationals in Indianapolis. Photo by Jerry Wojcik



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Margie Withrow, 64
U.S. Masters, 1989
Outdoor 1500
7th: 7:03:07

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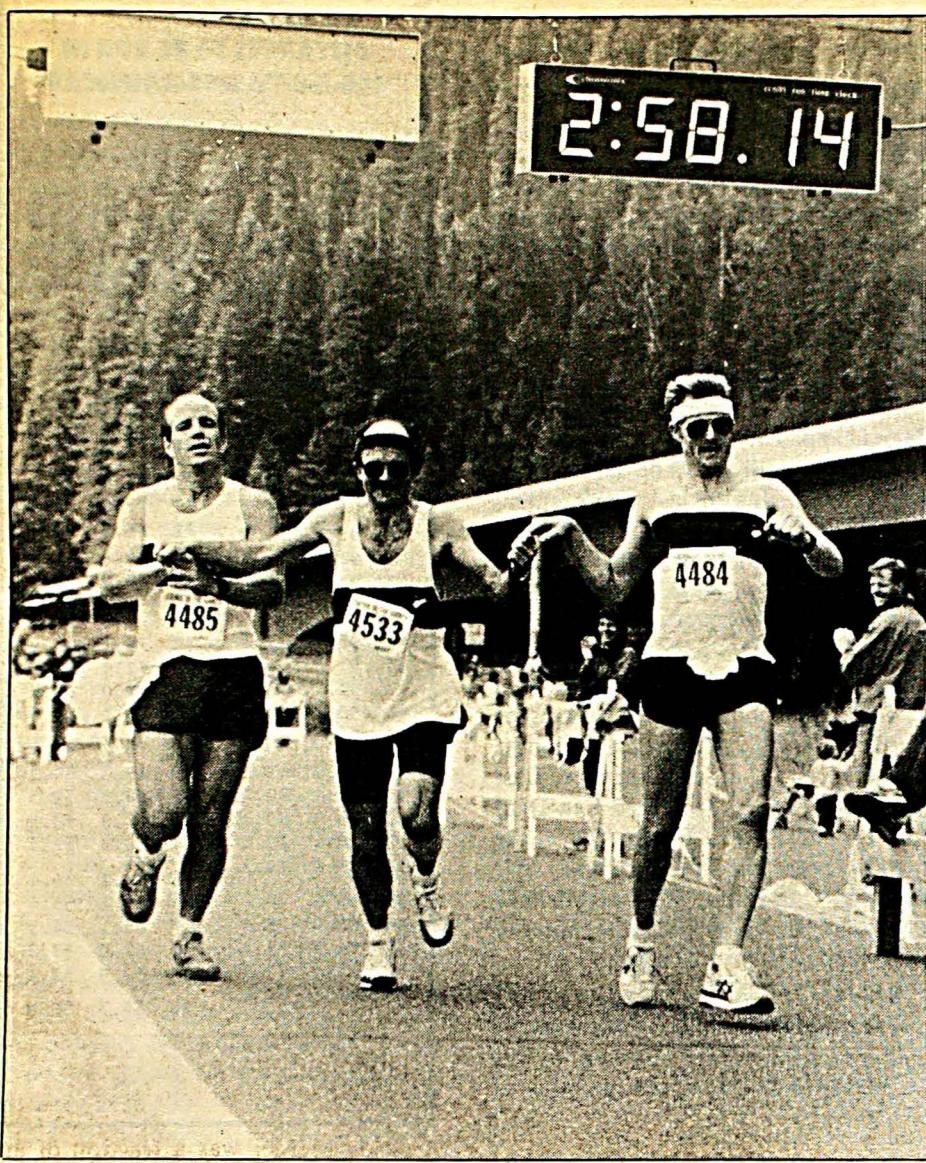
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In a show of camaraderie, (from left) Witt Anderson, 36, Sherwood, Oreg., Toby Nims, 49, San Rafael, Calif., and James Athearn, 41, Beaverton, Oreg., finish together in the Avenue of the Giants Marathon, Weott, Calif., May 6.

Times-Standard Photo by Michael J. Hughes

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, AUG. 1990

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
BARBARA BOOKER (ITHACA, NY)	8-25-35	55-59
DARSI BOWDEN (US)	8-17-50	40-44
FRANCES CONLEY (WOODSIDE, CA)	8-12-40	50-54
MIKI GORMAN (LOS ANGELES, CA)	8-9-35	55-59
SHARON HUDDLESTON (CEDAR FALLS, US)	8-28-45	45-49
KIYOKO KOYAMA (JAPAN-HONOLULU)	8-25-95	95-99
RUTH KUYKENDAL (US)	8-3-35	55-59
CAROL O'CONNOR (BELMONT, CA)	8-21-30	60-64
WENDY O'DONNELL (CAN-PORTLAND, OR)	8-21-45	45-49
KATHLEEN RISS (NJ)	8-16-40	50-54
CAROL THOMAS (MALIBU, CA)	8-5-30	60-64
ANN THORNHILL (NEW YORK CITY, NY)	8-2-40	50-54
GRETIE BOLSTAD (NOR)	8-2-35	55-59
KRISTINA CARLSSON (SWE)	8-12-40	50-54
ELSA ENARSSON (SWE)	8-30-30	60-64
INGRID HOLZKNECHT (WG)	8-10-40	50-54
ELIZABETH OSTBERG (SWE)	8-29-40	50-54
A. OTT (WG)	8-3-15	75-79
ROSALINE SOLE (NZ)	8-11-15	75-79
AUSTIN ALLEN (SALINA, KS)	8-3-35	55-59
PIET VON ALPHEN (HOL)	8-16-30	60-64
NEWTON BARRETT (MOLINE, IL)	8-15-90	100+
DAVID BATCHELOR (PITTSBURGH, PA)	8-1-20	70-74
JACK BROWN (GB)	8-3-25	65-69
JOSE CELAYA (SPA)	8-26-10	80-84
ROBERT CLARKE (SAN DIEGO)	8-3-15	75-79
CLIVE DAVIES (PORTLAND, OR)	8-7-15	75-79
PETER GULGIN (PUNTA GORDA, FL)	8-4-15	75-79
WILLIAM HALL (DURHAM, NC)	8-2-40	50-54
MICHAEL HEFFERNAN (PORTLAND, OR)	8-18-40	50-54
GUNTHER HESSELMANN (WG)	8-3-25	65-69
DEREK HOWARTH (GB)	8-17-30	60-64
ALAN HUGHES (GB)	8-11-30	60-64
LAMAR JACKSON (TURLOCK, CA)	8-10-5	85-89
CHARLES MCMAHON (SAN DIEGO, CALIF.)	8-1-15	75-79
GENTRY MOWRER (SAN DIEGO, CALIF.)	8-27-0	90-94
HANS STICKLER (SWE)	8-23-30	60-64
JING-CHAN WANG (TAI)	8-10-95	95-99
JACK WILLIAMS (GB)	8-8-10	80-84

BIRTHDATE	AGE GROUP
8-25-35	55-59
8-17-50	40-44
8-12-40	50-54
8-9-35	55-59
8-28-45	45-49
8-25-95	95-99
8-3-35	55-59
8-21-30	60-64
8-21-45	45-49
8-16-40	50-54
8-5-30	60-64
8-2-40	50-54
8-2-35	55-59
8-12-40	50-54
8-30-30	60-64
8-10-40	50-54
8-29-40	50-54
8-3-15	75-79
8-11-15	75-79
8-3-35	55-59
8-16-30	60-64
8-15-90	100+
8-1-20	70-74
8-3-25	65-69
8-26-10	80-84
8-3-15	75-79
8-7-15	75-79
8-4-15	75-79
8-2-40	50-54
8-18-40	50-54
8-3-25	65-69
8-17-30	60-64
8-11-30	60-64
8-10-5	85-89
8-1-15	75-79
8-27-0	90-94
8-23-30	60-64
8-10-95	95-99
8-8-10	80-84

Robinson, Top Master in Cascade Run Off

by JERRY WOJCIK

New Zealand's Roger Robinson, 51, took the M50-54 division race in 50:07 in the Cascade Run Off 15K at Portland, Oreg., on June 17, topping the masters age-graded performances with a 93.5%, a bit better than the 92.7% of M60 winner Gaylon Jorgensen, 60, of Henderson, Nev., who ran 55:08.

Mike Heffernan, 49, running in his hometown, won the M45 contest in 49:50 for a 90.8%, the only other masters performance in the 90% range.

Sue Bastian, 55, of Bend, Oreg., led the masters women with 82.5% for her W55 win in 67:01. Billie Murphy, 63, of Roy, Wash., winner of the W60 race, finished in 71:39 for a second-best 81.5%.

Manna Lukkien, 45, of Holland finished with a 61:45, high enough to share prize money but good only for a third W40+ 81.0%.

Overall winners were Dionicio Ceron (24, 42:37) of Mexico, and Aurora

Cunha (31, 48:15) of Portugal.

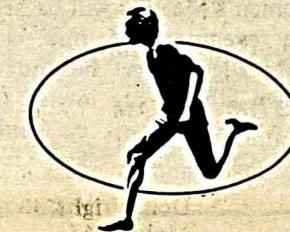
Overall masters (40+) leaders were Gary Wilborn (48:56) and Lukkien. □

NOTICE

Biennial elections of the TAC Masters LDR Committee Officers will be held during the TAC/USA Twelfth National Convention in Seattle from November 26 thru December 5, 1990. Committee Chairman Charles Des Jardins has reappointed John Woods (address on page 2) to head the Nominating Committee.

If you would like to serve masters long distance running as a part of this Committee, please write a note to Woods. The Committee is always seeking new faces and new ideas.

As two-year terms in office are permitted, several current members of the Executive Committee may seek reelection, limiting the number of vacancies this year. Nonetheless it would be a good time to start the learning process. Please, therefore, let John have your name, brief background, and any areas of special interest. □



SYRACUSE, NY

TAC/REGION 1 5K CHAMPIONSHIP

SEPTEMBER 30, 1990

S.U.—MANLEY FIELD HOUSE
SYRACUSE, NY



SYRACUSE



Run for Women

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Syracuse Freihofer's Run for Women, 4382 Stonington Circle,
Syracuse, NY 13215, (315) 488-8961

1000 from 45 States to Compete in 23rd Nationals

Continued from page 1

late entries were accepted — with a \$25 surcharge — up to July 24. "No late entries will be accepted in Indianapolis," said Heidi Neuberger, Executive Director of the meet.

The first three American finishers in each event will receive the official TAC Championship medal. U.S. national winners will also receive the TAC Championship patch. Foreign winners will receive a separate distinctive medal. All competitors will receive a Certificate of Participation.

The University Place, two blocks from the track, will serve as the meet headquarters hotel. Most downtown hotels are within a mile of the track. Most offer free shuttle service from and to the airport. A taxi fare from the hotels to the track is only \$2. So unless you're staying at a far-away hotel, it shouldn't be necessary to rent a car.

On-site registration and packet pick-up will be located at the I.U. Natatorium (adjacent to the stadium) from 9 a.m. to 9 p.m. on Wed. Aug. 1 and Thurs. Aug. 2, and at the track thereafter. Competition gets under way at 7 a.m. on Thursday.

Gray Line sightseeing tours will have a booth at the stadium and will provide local tours. For a nominal fee, you can have your medal engraved, your

photograph taken, or your body massaged. Results will be posted promptly. Local TV and newspaper coverage is expected.

A "Club Masters" will be open daily at an indoor site adjacent to the stadium. For a \$5 pass, you can get free snacks with a cash bar and light entertainment. It will be a nice place to socialize during and after the events.

Declarations

Athletes must confirm their intention to compete in each event at the track no later than two hours before their first event. Heats and lane assignments will be drawn based on the number of confirmed entrants.

Entries for relays (4x100, 4x400, 4x800) at \$30 for each team in 10-year age groups will be taken at the track on Thursday, Friday and Saturday. Proof of age and TAC membership is required of all runners. Only club or TAC Association teams may compete for TAC Championship medals, but foreign and pick-up teams will also be allowed to run.

Meetings

A Women's Meeting will be held on Saturday evening at 6 p.m. at the University Place, meet headquarters. All women athletes are invited to attend. An election will be held for Women's Coordinator. The General

Masters T&F Meeting will be held at 7 p.m. Everyone is welcome. Bring your ideas for improving the masters T&F program. While none of the business discussed at this meeting is officially binding, recommendations are usually ratified at the official masters T&F meeting at TAC's annual convention in December.

Age-Graded Champion 100

The National Masters News Age-Handicapped 100-meter races for men and women will again be staged. One of the highlights of last year's championships in San Diego, the races feature the winners of each 100-meter final. A purse of \$200 will be offered — \$100 for first, \$60 for second and \$40 for third — in both the men's and women's races.

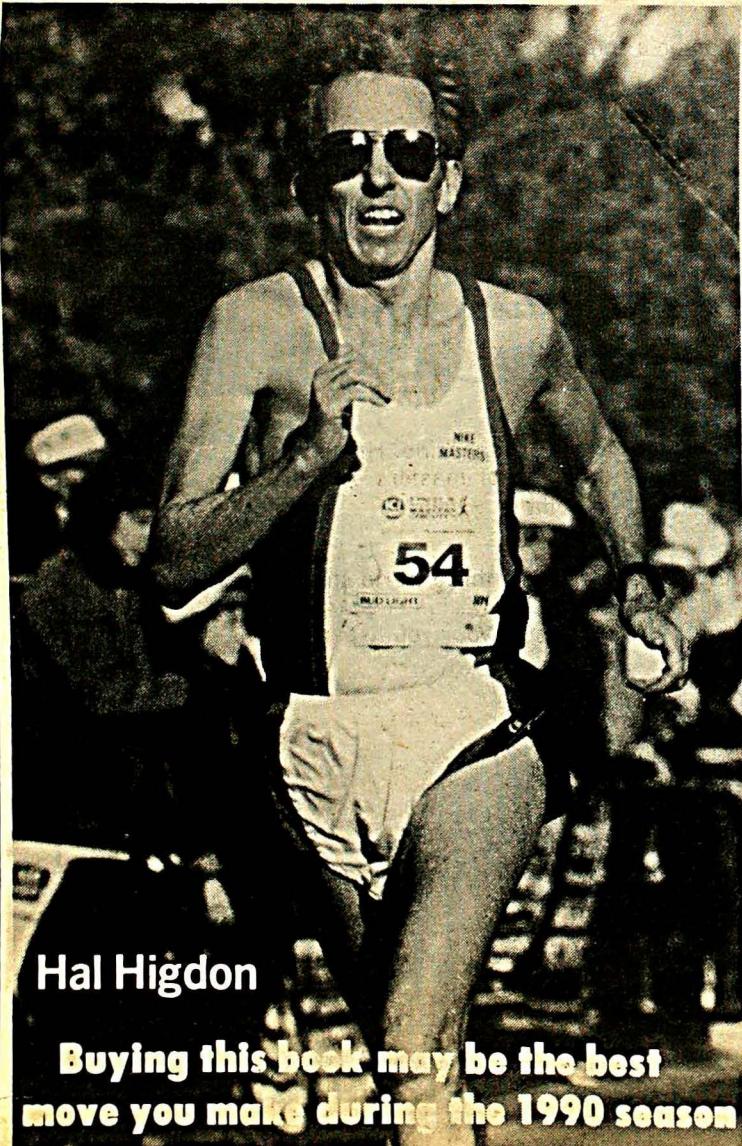
The opportunity to reign as king or queen of the hill, plus the prize money, should produce an exciting race. Last year, Bill Collins, 38, edged Ken Dennis, 52, and Payton Jordan, 72, in the men's race; and Irene Obera, 55, defeated Una Lund, 50, and Michelle Giraroud, 45, in the women's contests. (See handicaps on this page).

Results

The complete results of the meet — including all heats and finishers — will be published in the September issue of NMN. □

**DISTANCES TO BE RUN IN
100-METER AGE-HANDICAP**

Age	Men	Women	Men	Women	Men	Women
OC	100.0	91.4	60	84.7	76.0	
30	98.5	89.9	61	84.1	75.4	
31	98.1	89.5	62	83.5	74.8	
32	97.7	89.1	63	82.9	74.2	
33	97.3	88.7	64	82.3	73.6	
34	96.9	88.2	65	81.7	73.0	
35	96.5	87.8	66	81.0	72.3	
36	96.1	87.4	67	80.4	71.6	
37	95.6	87.0	68	79.7	71.0	
38	95.2	86.6	69	79.0	70.2	
39	94.8	86.2	70	78.3	69.6	
40	94.3	85.7	71	77.6	68.8	
41	93.9	85.3	72	76.9	68.1	
42	93.5	84.8	73	76.1	67.4	
43	93.0	84.4	74	75.3	66.6	
44	92.6	83.9	75	74.5	65.8	
45	92.1	83.5	76	73.7	64.9	
46	91.7	83.1	77	72.9	64.1	
47	91.3	82.6	78	72.0	63.2	
48	90.8	82.2	79	71.1	62.3	
49	90.4	81.7	80	70.2	61.4	
50	89.9	81.2	81	69.2	60.5	
51	89.4	80.7	82	68.3	59.5	
52	88.9	80.3	83	67.3	58.5	
53	88.4	79.8	84	66.3	57.5	
54	87.9	79.2	85	65.2	56.4	
55	87.4	78.7	86	64.2	55.4	
56	86.9	78.2	87	63.1	54.3	
57	86.3	77.7	88	62.0	53.2	
58	85.8	77.1	89	60.9	52.1	
59	85.3	76.6	90	59.7	50.9	

**MEET THE AUTHOR**

**Saturday, August 4:
5:00 to 7:00 PM - Indianapolis**

Hal Higdon will autograph copies of his new book, "The Masters Running Guide," at the TAC Masters Track & Field Championships in Indianapolis.

Visit the National Masters News Hospitality Suite at the University Place hotel, two blocks north of the track stadium between 5:00 and 7:00 Saturday afternoon, August 4, immediately before the general meeting. (Ask for Higdon's room at the desk.)

If you can't make it to Indy, you'll still want to purchase a copy of "The Masters Running Guide." Send for your copy now: only \$10.95, including postage.

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

Name _____

Address _____

City _____ State _____ Zip _____

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

Don Harris Meet Held in Philadelphia

Continued from page 1

U.S. age-group record at this year's National Indoors in the 3000 (10:34.92), ran almost that fast today — 10:35.26 — and was well below the listed single-age American mark of 10:43.4.

Reston, Virginia's Duane Green, who turns 40 this September, impressed in the 800 as he outfinished the very capable Robert Walker, 1:56.78 to 1:57.43.

Sylvie Kimche, a 43-year-old New Yorker who made her masters track debut only this past winter, ran the 3000 in 11:05.52, the mile in 5:24.87, the 400 in 1:11.64, and the 800 in 2:43.91. Kimche (kim-shay), who was born and raised in France, came to the U.S. in 1979 and hopes to become an American citizen soon. (Sylvie won three golds in the National Indoors.)

The M30-34 high jump attracted talent, with Mark Williamson clearing 7-0, Jim Barrineau, 6-10, and Rich Alexander, 6-8. In the long jump, Ohio's Paul Williams, M55, leaped 17-4½, while Marie Beretey, W40, went 13-10½.

The meet drew competitors from more than a dozen states as well as one province (Nova Scotia's Tom Quigg won the M35 400). Weight thrower Joe Black, from Phoenix, Arizona, was the athlete from the longest distance as well as the only one who won National League rookie-of-the-year honors (with the Brooklyn Dodgers in 1952). □

CLASSIFIEDS

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c 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

HEEL PAIN - FLAT FEET - PRONATION: Custom sport orthotics. Call/write for free information package. Central DuPage Pedorthics, 511 Thornhill Dr., Carol Stream, IL 60188. 708-462-7997.

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

ATTENTION: POSTAL JOBS! Start \$11.41/hour! For application info call (1) 602-838-8885, Ext. M-17751, 6 am - 10 pm, 7 days.

ATTENTION: GOVERNMENT JOBS—YOUR AREA! \$17,840 - \$69,485. Call (1) 602-838-8885, Ext. R-17751.

COMBINE HEALTH AND WEALTH. Ideal Home business. Send for Free Information to: W.L. Halleck, RR-1, Box 89D, Newport, NH 03773. 603-863-4090.

PUBLICATIONS ORDER FORM

Quantity	Total (US\$)
— Masters Age Records	\$ _____
Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all racewalking events, age 40 and up, as of Oct. 31, 1989. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundel, WAVA and TAC Masters T&F Records Chairman. \$4.00.	\$ _____
— Masters Track & Field Rankings	\$ _____
Men's and women's 1989 U.S. outdoor track & field, 5-year age-group rankings. 52 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.95.	\$ _____
— Masters Age-Graded Tables	\$ _____
Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages.sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95.	\$ _____
— Masters 5-Year Age-Group Records	\$ _____
Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundel, WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
— Competition Rules for Athletics (1990)	\$ _____
U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
— TAC/USA Directory (1990)	\$ _____
Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. \$9.95.	\$ _____
— IAAF Scoring Tables (1985)	\$ _____
Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
— Guide to Prize Money Races and Elite Athletes 1990.	\$ _____
Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$39.00.	\$ _____
— TAC/USA Patches. Embroidered, 4" x 3". \$2.50	\$ _____
— U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50	\$ _____
— U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1½" x 5/8", bar pin with safety catch. \$5.00.	\$ _____
— Masters Running '89	\$ _____
Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USRA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliot Denman, Hal Higdon, Dick Patrick, Al Sheahan and others. \$1.95.	\$ _____
— The Masters Running Guide by Hal Higdon	\$ _____
160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	\$ _____
— Back Issues of National Masters News	\$ _____
Issues: _____, _____, _____. \$2.25.	\$ _____
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Overseas Air Mail (add \$5.00 per book)	\$ _____
TOTAL	\$ _____
Send to: National Masters News Order Dept. P.O. Box 2372 Van Nuys, CA 91404	
Name _____	
Address _____	
City _____	State _____ Zip _____

PROFILE

Bill Weinacht: Man on the Run

Rocky River, Ohio superstar William L. "Bill" Weinacht is a world record holder in international masters track competitions and has scrapbooks filled with clips of his running accomplishments. Yet one of this amazingly energetic 73-year-old's favorite memories concerns an encounter that he had a while back with a twentysomething wise guy.

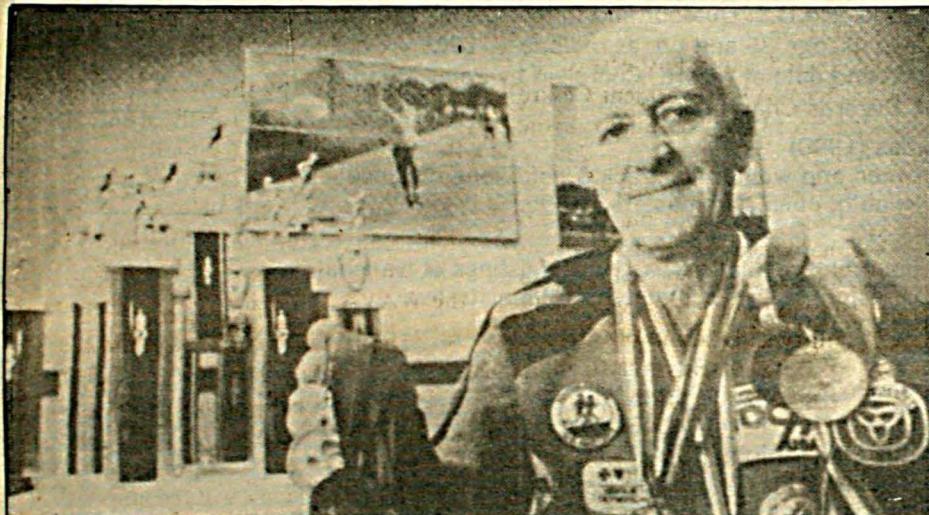
"Hey, old man, ya wanna race?" the big mouth challenged Bill as he was jogging casually near his winter home in Boca Raton, Fla.

"Sure, I'll race you," Weinacht replied calmly, noting the "finish line" — a lifeguard's chair a few hundred yards away. It was a comfortable distance for the reigning senior world champion who has run 400 meters in a

remarkable 64.9 seconds.

The surfside race was anticlimactic. Once the trim, silver-haired Weinacht breezed past the upstart, the fellow's beach chums started heckling their friend. He chickened out well before the finish, disappearing in the dunes.

"I dusted him," Weinacht recalled, sitting in his home surrounded by the 250 medals and honors he has won



Bill Weinacht is surrounded by trophies and weighed down by medals at his home. Weinacht is proud of the more than 250 awards he's won since he started running anew almost 10 years ago.

Sun Photo by Joe Glick



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since he resumed his track career at age 65.

"I'm competitive by nature. I like to win," explained the amiable gentleman who bears a strong resemblance to former San Francisco 49ers coach Bill Walsh.

Weinacht, well muscled at 5-8 and 145 pounds, defies Father Time by outrunning him. The globetrotting, world-class athlete said the key to staying young at heart and body is to "awaken enthusiasm in your life." His Newmanesque blue eyes beam when he talks about how competition brings out the "zest" in people.

Shortly after retiring from a career in the railway freight industry, Bill Weinacht decided to pursue senior-level track competition. The life-long sportsman, who had kept in shape with years of basketball, handball and racquetball at the Cleveland Athletic Club, plus tennis and golf at Lakewood Country Club, entered the Ohio Senior Olympics in 1982.

It was the first time he had run competitively since he was a 16-year-old sprinting champion in his native Buffalo. "I always loved to run as a kid. I used to chase cars."

After a 50-year layoff, Weinacht won 12 medals in several events at the Senior Olympics. From that time on, there was no stopping the ageless, fleet-footed track star.

At 68, he set the world record in his age class for 100 meters at the World Masters Championship in Rome. Two years later, at the same competition in Melbourne, Australia, he won the 400 meters in record time and was a member of the winning United States relay team in the 400, 800 and 1,600

meter events.

In 1988, Weinacht finished first in the 100 and 200 meters at the North American Track and Field Championships in Toronto. In 1989, he won the 100, 200 and 400 in the U.S. National Senior Olympics. He finished second to Payton Jordan in these distances while competing in his fourth World Veterans Championships in Eugene, Ore. He also was on the world record-setting USA relay team in the 400 and 1600 meters.

"The Masters Games in Oregon were probably the biggest lift I have ever had in my life," Weinacht said glowingly of the camaraderie in the competition that attracted track and field athletes (40 and older for men, 35 and older for women) with 58 countries and more than 10,000 spectators.

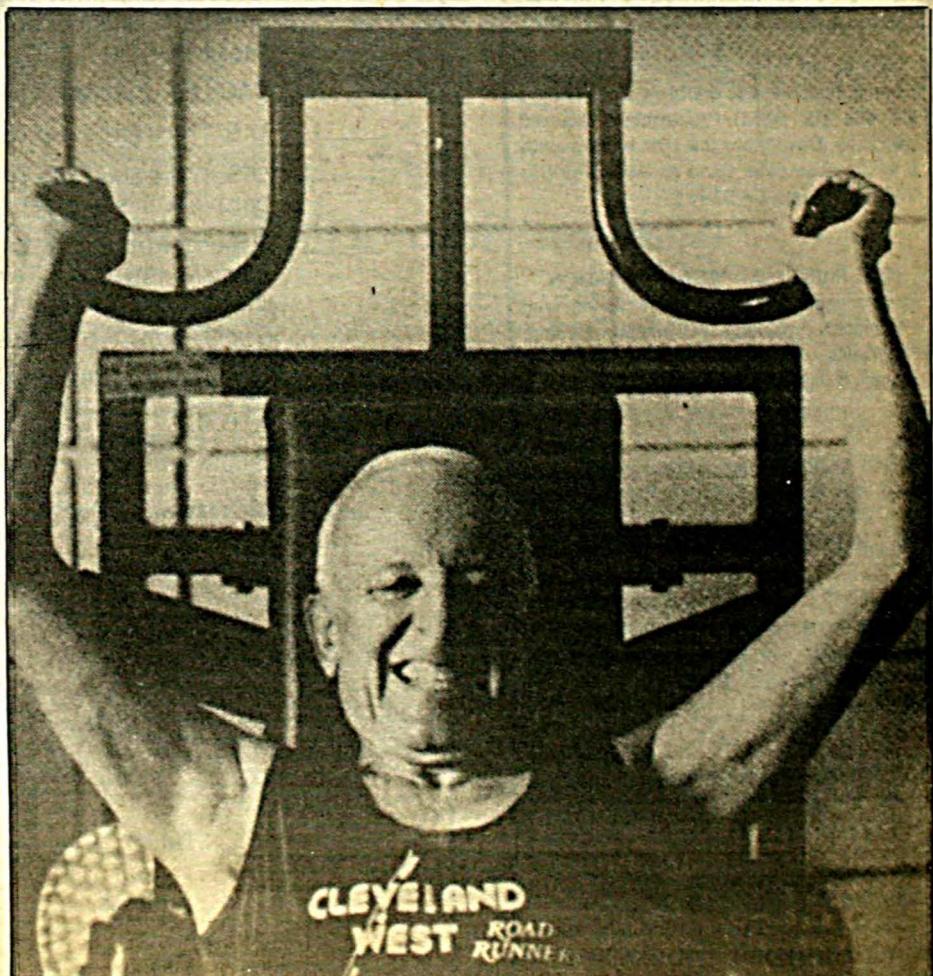
Running is Weinacht's passion ("an obsession, a rebirth for me"), whether competing in worldwide meets, working out with the Rocky River High track team or jogging with a regular group of West Side runners.

"It's a great equalizer," he said with a smile. "Age is no barrier. We're all brothers under the skin."

Weinacht maintains a strict routine of diet and fitness. He eats plenty of fruits and vegetables, lean meats and fish, and avoids fried foods and alcohol. His weekly regimen includes running and training with his track coach, lifting weights at Center Ridge Nautilus and cycling. He remains an avid golfer and tennis player.

A natty dresser and classic car buff, Weinacht has no intention of aging gracefully. He rebels at the "old codger" image portrayed in some com-

Continued on page 33



Weinacht's regimen includes conditioning at Center Ridge Nautilus.

Sun Photo By Joe Glick

The International Scene

WAVA Council Meets in Turku

by ALASTAIR LYNN, WAVA Secretary

The WAVA Council visited Turku, Finland in June to view the facilities and discuss with the Turku Organizing Committee the entry booklet and other details associated with the staging of the WAVA World Veterans Championships next year.

In addition, there were many items to be discussed by the Council, as this was our only opportunity to meet together between Eugene '89 and Turku '91. This report is a summary of the main conclusions.

1. Turku '91

Preparations are well underway. The three stadia to be used are in first-class condition. All have 400m tracks with all-weather surfaces. The main stadium is near the center of town; the others are about 10km away. A free shuttle service will operate between the venues.

The Council made some suggestions concerning the initial section of the cross-country course and suggested alternatives to the racewalk route. We had no comment on the marathon course. With the well-known Finnish experience in track and field, and the excellence of all the facilities, we have no doubt that the Championships will be a most enjoyable experience.

The cost of accommodation is higher than we have experienced in past Championships, but it reflects the level of the Finnish economy. Accommodation costs, however, do include a buffet-style breakfast.

2. Competition '91

a. The Council decided we will not have a 10K road running race at the World Veterans Championships. Instead, the following pattern will be followed: in the odd years, we will stage the track and field Championships, which will include the marathon, cross-country and road walks; in the even years, WAVA will hold a road running World Championship for 10K and 25K — the first one in 1992. This decision was made in view of the heavy program of distance events in Eugene, and following strong arguments from the WAVA Non-Stadia committee.

b. The road racewalk distance for women remains at 10K, reflecting the wishes of the Women's meeting in Eugene and a survey carried out among WAVA affiliates.

c. Heats and finals will be introduced for the 5000 (up to the same upper

age as the 1500) since it is very difficult to ensure that timed sections are fairly needed.

d. The M40-M55 javelin throwers will have the option of either old or new 800g javelin in Turku, but this may be changed after 1991.

e. On the day of the relays, men's and women's 100m races, non-championship and age-graded, will be held for the 100m age-group gold medalists.



f. WAVA has sanctioned a World Weight Throwing Pentathlon to be held immediately after the WAVA Championships end. It will be the responsibility of the athletes to organize, not the Turku Organizing Committee.

3. Meetings

The meeting schedule for Turku will be: Women's meeting, July 19, 3 p.m.; Regional meetings, July 22, 9 a.m.; Stadia and Non-Stadia meetings, July 22, 1 p.m.; WAVA General Assembly, July 24, 9:30 a.m.

You are reminded of the following:

a. Presentations for bids for both the '93 and '95 WAVA Championships will be made at the '91 General Assembly. Any city wishing to bid must contact the Secretary at least 180 days before the General Assembly.

b. Nominations for candidates for the WAVA Council and any proposed changes to the Constitution and By-Laws must be in the Secretary's hands ninety days before the date of the General Assembly.

4. Threshold Age for Women Veterans

It was agreed at the Eugene General Assembly that the Council should discuss whether women can compete at age 35, as at present, or at age 40, the same as men. Bridget Cusheen, WAVA Women's Representative, presented a paper (printed on page 18), which the

Council discussed. The Council decided the age should remain at 35. However, the matter will be on the Women's meeting agenda in Turku.

5. Competitors Survey

This survey will not be repeated in Turku, but is planned for the '93 Championships.

6. Bids for the '93 Championships.

The prefecture of Miyazaki, in Japan, is the only bidder to date. A group from Miyazaki, including the Governor, gave an impressive presentation to the WAVA Council in Turku. They are well advanced in their preparations for presenting to the WAVA General Assembly next year.

7. WAVA Regions

The WAVA Council will propose to the General Assembly that the WAVA countries composing each region shall be the same as those included in the IAAF Region except where exceptions are permitted by the IAAF. The lone WAVA exception is that Aruba is part of South America.

8. IAAF

The Council discussed aspects of the letter sent by WAVA President Cesare Beccalli to all WAVA affiliates at the end of last year.

The chief points that arose were:

a. The Council will not put forward a resolution to the General Assembly in Turku to enable the IAAF to have the final decision as to which association in a given country is to be the WAVA affiliate. The Council felt most strongly that this is WAVA's decision.

b. It is the position of the WAVA Council that if the IAAF wishes to have a voting representative on the WAVA Council, the WAVA Council will propose the relevant constitutional amendment to the WAVA General Assembly in Turku.

c. The acceptance or rejection, and



Canada's Jackson Tovell, M55, puts the shot in the Weight Pentathlon at the World Veterans Championships last year in Eugene.

Photo by Gretchen Snyder

disposition, of any funds received from the IAAF is subject to approval by the WAVA Council.

It was noted by the WAVA Council that on the agenda for the meeting of the IAAF Veterans Committee, which was set up by the IAAF as a means of communication with WAVA, was an item concerning drug testing. The following resolutions were passed by the WAVA Council:

"The IAAF Veterans Committee at Budapest will be informed that drug testing cannot be implemented at the WAVA World Veterans Championships in Turku, 1991, but will recommend that drug testing be implemented as soon as possible after Turku."

"The WAVA Council submit to the WAVA General Assembly

Continued on page 19

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



EXECUTIVE VICE PRESIDENT:

Bob Fine
4223 Palm Forest Drive
Delray Beach, FL 33445
USA

VICE-PRESIDENT (Stadia):

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

VICE PRESIDENT (Non-Stadia):

Jacques Serruy
Postbox 7
B8000, Brugge, Belgium

TREASURER:

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

PAST-PRESIDENT:

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

WOMEN'S DELEGATE:
Bridget Cusheen
156 Mitcham Road
West Croydon,
Surrey, England

DELEGATE OF: NORTH AMERICA

David Pain
5643 Campanile Way
San Diego, CA 92115
USA

SOUTH AMERICA

Jose Figueras
Juncal 1395
Floor 2 of 15
Montevideo
Uruguay

ASIA:

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

EUROPE:

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

OCEANIA:

Jim Blair
P.O. Box 2910
Wellington, New Zealand

AFRICA:

Contact President



SPEAKER'S CORNER

by BRIDGET CUSHEN

Should Veteran Women be Aged 35 or 40?

Equality for men and women in athletics is a success story for the World Association of Veteran Athletes. Indeed, we were the first to hold international championships for the marathon and team events in the 10K cross country. We introduced the hammer as an exhibition event in the 1985 Rome Championships, the triple jump in Melbourne and finally the pole vault and steeplechase in Eugene in 1989.

All these events were enthusiastically supported by experienced and responsible female competitors who were well aware of their own capabilities or limitations. Now, the IAAF is following our lead and gradually phasing in these events to their world program.

There is, however, one area where misunderstanding or a feeling of inequality still exists in the disparity in age groups. A male competitor is a veteran at 40 and a woman is classified a veteran at 35. This is not for any physiological or psychological reason. It was based on sound argument at WAVAs first congress when delegates noted that:

1) Wives, on average, tend to be four years younger than their husbands. Thus, a 35-year-old wife would be left sitting in the stands, unable to join her husband competing on the track.

2) We were concerned about the number of women who leave the sport to start a family or just feel too old in their late twenties and who never return.

3) In some countries, once a female competitor leaves college or university, there is simply no competition for her unless she is of international standard; only the most dedicated continue to train.



Bridget Cushen Photo by Gretchen Snyder

1st North American Marathon Held in Yukon

by NORMAN GREEN

Whitehorse, Yukon Territory, Canada is a long way from Wayne, Pa.

After flying from Philadelphia to San Francisco on June 21, and then to Vancouver, and then to Whitehorse — with a stop in Fort St. John — on June 22, I can attest to that distance.

However, the WAVAs North American Region had granted the request of Dr. E.R. Daniels, race director, to make his annual Yukon Gold Midnight Marathon its first marathon championship.

The race started at 9 p.m. Pacific time. The "midnight" in the race's name signifies special awards to those

finishing within the three-hour time limit. Five runners achieved that midnight medal this year.

Apparently, most masters found Whitehorse too far to go. Only 16 masters joined 14 open runners on the starting line. Fourteen masters and 10 open runners finished the race.

Four days short of my 58th birthday, I won the overall race in 2:46:20. Ray Leonard (M40, 2:51:25) placed second, edging Glenn Frick (M50) by 29 seconds. Sharon Mordorski (W35) was the first of two women finishers in 3:57:19. She has completed a marathon in all 50 states and is planning to run in the two territories and 12 provinces of Canada.

WAVAs regional championship medals were awarded on Sunday at an extensive buffet meal at the Whitehorse hotel.

Those who participated had a very enjoyable experience in the far north. The hospitality was great. The weather was cool. The major disappointment is that so few masters runners from the U.S. and Canada chose to make the trip.

The next regional marathon championship will necessarily have to be somewhat east and south of Whitehorse. If anyone wants to submit a bid for the 1992 event, contact me at 405 Curtis Court, Wayne, PA 19087. □

Norman Green is the Non-Stadia Chairman of the WAVAs North American Region.

WORLD ASSOCIATION OF VETERAN ATHLETES

Female competitors in 35/40/45 Age Groups at the last two World Championships

	W35	W40	W45	Total No. all ages
Melbourne 1987	185	264	209	1,070 representing 22.29% of the total overall entry of 4,800
Eugene 1989	199	256	236	1,337

A random selection of smaller countries (athletically) shows that W35 age group are frequently the only entry representing that country, i.e. Cuba and Guyana.

MELBOURNE 1987

	W35	W40	W45	Total No. (all ages)
Austria	2	1	-	5
Belgium	1	-	1	6
Cuba	1	-	-	1
Colombia	-	-	1	9
Cz.	-	1	1	2
France	2	3	1	10
Greece	-	2	-	2
Hungary	-	3	2	6
India	5	6	2	18
Ireland	-	1	-	1
Israel	1	-	-	1
Japan	1	-	1	9
Mexico	-	1	-	1
Portugal	1	-	-	1
Philippines	-	1	-	1
Singapore	1	-	1	2
Sri Lanka	-	2	3	7
Switz.	5	3	2	11
Uruguay	-	1	-	2

Countries represented in Eugene for the first time:

Argentina	-	1	1	2
Brazil	-	1	1	6
Bulgaria	1	1	-	2
Guyana	1	-	-	1
Poland	2	-	-	3



Report from Britain

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

Forty-one-year-old Peter Browne cleared up any confusion over the M40-44 800 WR when he clocked a magnificent 1:51.25 at Crystal Palace, June 10, placing second for the Thames Valley Harriers in Division I of the U.K. Athletics League.

Pat McNab, 47, raised her W45 hammer WR with a 39.62 in the Southern Veterans Championships in Croydon, South London, June 3.

Other good marks came from Glynis Penny, 38, in the 5000 (17:32.2), and Barbara Burton, 40, in the 400 (59.9) after a 27.5 200. Two weeks later she improved to 58.9 and 26.7, prior to the European Championships in Budapest.

Barry Dabrowski, a veteran new-name who once was a 9:22 steeple-chaser, won the M40 event in 10:17.1.

Illustrator and former well-known athletics writer Geoff Harrold won the M50 5000 in 16:33.3. □

The International Scene

Continued from page 17

at Turku that WAVVA introduces a by-law authorizing drug-testing at the World Veterans Championships."

Clearly, the Council realizes the possible need, but we must know more about the effect of necessary medications which many older people must take and also the cost of such a program... and the WAVVA General Assembly must approve such action through a by-law.

9. Regional Championships

All Regional Championships were approved.

10. Nominations for the 1991 WAVVA Council Elections

In accordance with the Constitution and past practice, the Council discussed nominations to be presented to the Turku General Assembly. The procedure was by secret vote with the number of votes cast not announced.

President: Candidates: C. Beccalli, A. Lynn; Council nominated: A. Lynn.

Secretary: Candidates: B. Cushing, D. Pain; Council nominated: D. Pain.

There was only one candidate for each of the following posts and the Council nominated: R. Fine for Executive Vice-President; A. Sheahan for Treasurer; B. Taylor for V.P. Stadia; J. Serruys for V.P. Non-Stadia. WAVVA affiliates can, of course, make other nominations.

11. Bid Booklet

Bob Fine has put together a comprehensive bid booklet to guide potential bidders regarding the requirements which have to be satisfied before a bid can be presented to the WAVVA General Assembly. This publication is available on request to Fine.

12. Finally...

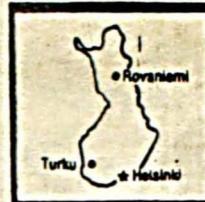
A special thanks to all the friendly people in Turku who made the Council's visit most enjoyable. I'm looking forward to competing there in '91.

See you in Turku... □



World masters record-setting 4x400 relay team (3:21.4) at the VIII WAVVA World Veterans Championships last year in Eugene. From left: Richard Tucker, James King, Danny Thiel, Ken Brinker.

FINLAND



MASTERS ATHLETIC GROUP TOUR TO TURKU, FINLAND

IX WORLD VETERANS CHAMPIONSHIPS

JULY 18 - JULY 28, 1991

We have obtained what we feel is the best possible group tour to TURKU, FINLAND for the IX WORLD VETERAN CHAMPIONSHIPS in 1991. We are offering a basic tour to Turku of thirteen (13) days and twelve (12) nights, departing from Los Angeles, Chicago and Newark. In addition we are offering the availability of customized optional tours to other countries after the competition.

IXTH WORLD VET CHAMPIONSHIP TOUR TURKU, FINLAND

- 13 DAYS AND 12 NIGHTS. Roundtrip air transportation from the USA to Helsinki/Turku. Includes 12 nights hotel accommodations, July 17 to July 29, 1991. Roundtrip deluxe bus transportation from Helsinki airport to hotel in Turku, taxes and portage of two bags each person.

FROM LOS ANGELES

A. Deluxe Hotel: Hamburger Bors	\$1,969.00
B. 1st Class: Scandic Turku	<u>\$1,827.00</u>

FROM CHICAGO

A. Deluxe Hotel: Hamburger Bors	\$1,830.00
B. 1st Class: Scandic Turku	<u>\$1,688.00</u>

FROM NEWARK

A. Deluxe Hotel: Hamburger Bors	\$1,798.00
B. 1st Class: Scandic Turku	<u>\$1,655.00</u>

(The above rates are per person based on double occupancy, Breakfast is included in cost at both hotels)

The airline is SAS considered one of the finest and safest. The hotels are the Hamburger Bors, a deluxe 5 star hotel and the Scandic Turku, a 3 star first class hotel. Both located within easy access of all competition.

- For those interested in airfare only or hotel accommodations only, the cost is as follows:

Airfare Only (includes departure tax)

A. LAX - Helsinki - LAX	\$1,065.00
CHI - Helsinki - CHI	<u>\$ 925.00</u>
NEWARK - Helsinki - NEWARK	<u>\$ 895.00</u>

(R.T. Bus transportation Helsinki to Turku - \$45.00/person)

Hotel Only (12 Nights)

B. Hamburger Bors:	\$865.00/ person
Scandic Turku:	<u>\$725.00/ person</u>

(Above rates are per person based on double occupancy.)

Unlike our tour to Australia in 1987, the Scandinavian countries represent more of a challenge in putting a group tour together because of the short tourist season that falls in the summer during the World Veterans Games. We have a limited number of rooms blocked at each hotel (25) and airline seats (100) and if you are interested, we must obtain a deposit from you to hold space as soon as possible.

WILLIAM ADLER/SHEILA NEWTON
1801 Ave. of Stars #1136
Los Angeles, Ca. 90067

Telephone (213) 557-2422

I/we _____ are going to Turku to attend the IXTH World Vet Championships. Enclosed please find \$ _____ (\$150.00 per person deposit plus \$25.00 per person non-refundable registration fee) for _____ persons to hold reservations until April 15, 1991 when the full balance is due and payable. Please make checks payable to ADLER/NEWTON GROUP TOUR.

PLEASE MAKE THE FOLLOWING RESERVATIONS:

Group Package NO. 1. A. _____ B. _____ Departure City _____
Airline/Hotel Only NO. 2. A. _____ B. _____ Departure City _____



Coaching With Viisha Sedlak

Setting new 5K and 10K Age Group records this year at 41 years, Viisha Sedlak reveals that training and coaching can be combined.

Ed: Viisha, would you tell us about your approach to coaching and the priorities you set?

V. Before an athlete starts working with me, I make it very clear that I expect my athletes to be the best competitive walkers they can be. I expect them to be serious and to be active mentally and physically even if they are fatigued from a long day of work. I have had enough experience myself to know that the need to measure up to a hard workout can shake out fatigue. My walkers learn what any competitive athlete must learn, that fatigue or nervous stress doesn't have to get in the way of good physical and mental

athletic training. So, I do not permit them to whine, complain, groan or moan prior to or during a workout unless the complaint is specific to a physical dysfunction involving or leading to an injury.

Ed: What type of weekly preparation do you expect?

V. My athletes have assigned workouts which vary because I do not believe any athlete in the world should train exactly like another. For example, each will have a biomechanical assignment to correct a personal problem or weakness. Each will have a nutrition assignment. I believe nutri-

tion and physical training go hand and hand. I also give a physical calisthenic assignment.

I expect my walkers to come to workouts prepared, like students coming to an exam. For example, I feel that an interval session is like an exam. It tests progress and makes each athlete work hard so that he/she can improve not just from the prior week's workouts, but from the exam itself.

But it doesn't stop here. I have my walkers keep a log, which is essential for responsible coaching.

Ed. What do you consider the most important factor in an athlete's success?

V. I am very careful to expose my athletes to the joy of racewalking and to the job of the physical and mental development that competition brings. What I want them to experience is the success of moving toward a personal goal which is meaningful to them, and to experience the benefits that the greater discipline of the athletic attitude can bring to them. I want them to find that reaching goals and taking the steps toward greater personal development is actually a pleasurable process, not one of pain and negative self-discipline, but one of joy. I have seen many very physically talented athletes who could not keep that joy.

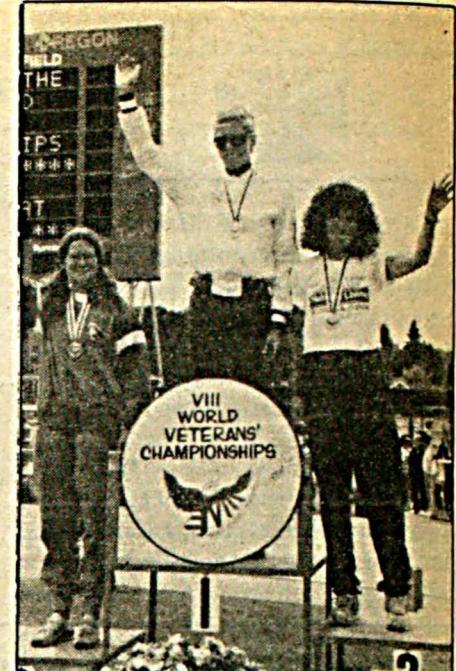
Ed. What snuffs out the joy?

V. An externalizing of priorities and rewards. I have been a victim of this myself. It is easy to do when you set a record or place well to start thinking that winning is the important element and frankly, I don't think it is.

Thanks to racewalking, I have participated in meets where I have met international and national champions. The ones who have retained a fundamental understanding of why they started the sport — before they were famous or successful — remain competitively strong. They remember that racewalking is fun, that it feels good, that workouts can be a kick, that they can sleep better and eat more, and after a cold workout in the rain, a shower feels so good. As long as they remember the fundamental pleasures, they stayed on top in the world for years and years. The ones who forgot these pleasures are the ones who either don't last or get injured a lot so that their training is always a physical as well as a mental pain.

Ed. Is this true of athletes who are hard on themselves?

V. Absolutely, because they are ex-



Viisha Sedlak, center, on the victory stand in Eugene last year after setting a new world women's masters 10K racewalk record.

Photo by Gretchen Snyder

ternalizing. They aren't hard on themselves because they didn't meet their own expectations. They are hard on themselves because they didn't satisfy what they think their peers or coach expected.

Did they have fun in the race? No, they didn't. Why not? Because they were thinking about making a P.R. instead of thinking about how fortunate they are to be able to walk; how fortunate they are to be healthy enough to compete; and how fortunate they are to be able to look back on a race where they didn't meet their time goal, and have the intelligence and experience to analyze why, so when they do make a P.R., it will be even better than the P.R. they had planned before.

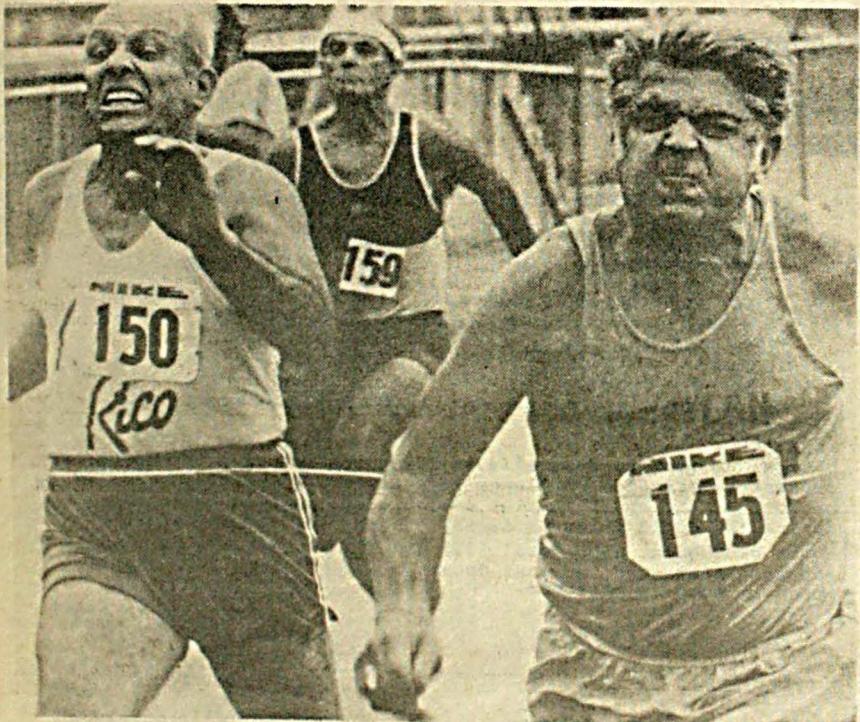
If I may talk about myself, it is my feeling that it is because of my athletic failures that I have been as successful an athlete as I have been. When something went wrong in a race or I didn't meet a time, it was by analyzing that I changed my training program or changed a negative attitude. When things are done right, the outcome is right. If the outcome isn't right, something wasn't done right. So you analyze. That way, no race is a failure. And no time is a bad time.

I know it is difficult to keep this perspective because of all the pressures around us to externalize.

Ed. What do you think is the most important focal point for competitive walkers?

V. The vital part, and the affirming part, is self-development. □

STILL GOING STRONG



GOLDEN AGE GAMES

SANFORD, FLORIDA

November 4-10, 1990

More than 2,000 athletes all over age 55 will compete in the 1990 Games. Over 26 different events held at this 16th Annual Event.

P.O. Box 1778
Sanford, FL 32772-1778
(407) 330-5687

McDonald Clocks a 49:37 10K Racewalk

Australia's Heather McDonald, a 40-year-old mother of four, racewalked 10K in a fast 49:37 in a meet in Grassau, West Germany, June 17. Only four days earlier, Colorado's

Viisha Sedlak had lowered the world women's over-40 10K best from 50:47 to 49:14.

McDonald is the current World W35 5000/10K racewalk champion. □

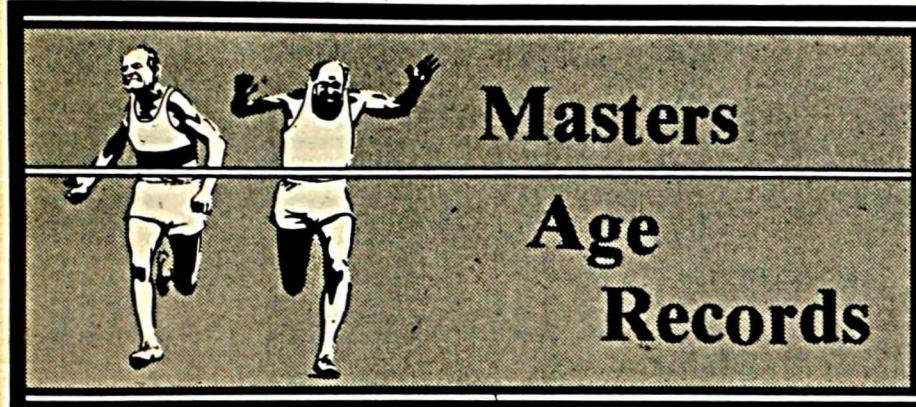
NATIONAL MASTERS NEWS

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

Records Section

August, 1990

page 21



New Age-Group Records Compiled

In this issue are new world and U.S. five-year age-group track and field records for men and women age-35-and-up. The marks are those compiled and approved, as of July, 1990, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track and Field Committee of The Athletics Congress (TAC), both headed by Records Chairman Peter Mundle.

Included are indoor records and pending records (p) for which documentation has still not been received by WAVA or TAC. For the first time, records for M90 and W85 are also included.

Per a decision by WAVA and TAC, no hand times recorded after December 7, 1989 will be considered for five-year age-group record purposes. Hand times achieved before that date will continue to be included. But only automatic times are now eligible for record consideration.

The official WAVA/TAC record forms are printed on this page. Meet directors should keep several copies on hand, fill them out and mail them to Mundle if a potential record is set. Athletes can aid their own cause by

carrying a copy to meets for officials' signatures.

The 1990 world and U.S. masters single-age record book is now available (see form on page 28).

Long Distance Records

There is no official list of world long distance road records, but the latest American road marks were published in the December, 1989 issue of NMN. An updated list will be published later this year. U.S. road records are compiled annually by TACSTATS, the official record-keeping arm of TAC. □



WORLD ASSOCIATION OF VETERAN ATHLETES Application for World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance

TRACK OR ROAD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance, in support of which the following is submitted:
(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor(s) _____

Address

Date(s) of Birth _____
(For relays, full name of each team member is required, in order of running.)

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

The names of the first three competitors and their times were as follows:

1st _____ Time _____

2nd _____ Time _____

3rd _____ Time _____

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(Name of Chief Timekeeper or Referee) _____ (Signature) _____

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was _____ and this was the official time.

(Name of Chief Photo-Finish Judge) _____ (Signature) _____

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

WORLD ASSOCIATION OF VETERAN ATHLETES Application for World Veteran Age-Group Record/World Veteran Age-Best Performance

FIELD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Best Performance, in support of which the following information is submitted:
(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor _____ Date of Birth _____

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed _____

Name _____ Signature _____

FIELD JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10 (a). We further certify that the circle or runway complied with I.A.A.F. specifications.

metres _____ (Name of Field Judge) _____ (Signature) _____

metres _____ (Name of Field Judge) _____ (Signature) _____

metres _____ (Name of Field Judge) _____ (Signature) _____

metres _____ (Name of Field Judge) _____ (Signature) _____

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

RESULT OF COMPETITION

The names of the first three competitors and their performances were as follows:

1st _____ Performance _____

2nd _____ Performance _____

3rd _____ Performance _____

NOTE: A copy of the Results Card must be included with this application.

National Masters News

Continued from previous page

HIGH JUMP

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 6-8 3/4	2.05 JOHN DOBROTH(CA)	38	5-13-79
p6-9	2.06 JOHN HARTFIELD(TX)	37	8-7-82
M40 6-9	2.06 JOHN HARTFIELD(TX)	40	9-1-85
M45 6-2 3/4	1.90 HERM WYATT(CA)	48	4-19-80
M50 6-2	1.88 HERM WYATT(CA)	51	8-20-83
M55 5-9	1.75 HERM WYATT(CA)	55	10-4-86
p5-10 1/2	1.79 HERM WYATT(CA)	55	5-23-87
M60 5-5 1/2	1.66 JIM GILLCRIST(LA)	61	8-5-89
M65 5-1	1.55 BURL GIST(CA)	67	8-29-87
M70 4-8	1.42 HAM MORNINGSTAR(MI)	70	7-25-87
M75 4-3 1/4	1.30 HERBERT ANDERSON(CO)	75	3-24-78
p6-4	1.32 STAN THOMPSON(NI)	75	12-28-85
M80 3-11 1/4	1.20 HERBERT ANDERSON(CO)	80	8-29-82
M85 3-8 1/2	1.13 BUELL CRANE(ID)	85	7-26-85
M90 3-0 1/2	0.93 COLLISTER WHEELER(OR)	90	7-29-83

POLE VAULT

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 16-7	5.05 STEPHEN SMITH(OR)	36	7-15-88
M40 15-1 1/4	4.60 ROGER RUTH(CAN)	44	9-7-72
p15-3	4.65 CHARLES POLHAMUS(GA)	41	6-28-85
M45 15-0	4.57 ROGER RUTH(CAN)	45	7-21-73
M50 14-4	4.37 VIC COOK(CA)	50	7-25-82
M55 13-6 1/4	4.12 RICHMOND MORCOM(PA)	55	8-4-76
M60 12-3 1/2	3.74 BOB MORCOM(PA)	63	8-2-84
M65 12-4 1/2	3.77 BOB MORCOM(PA)	65	8-3-86
M70 10-3	3.12 JIM VERNON(CA)	71	7-23-88
M75 9-6 1/4	2.90 CAROL JOHNSON(CA)	75	2-7-87
M80 6-6 1/2	1.99 BOB MACCONAGHY(CA)	80	5-28-88
M85 5-8	1.73 A. E. PITCHER(IN)	86	5-14-88

LONG JUMP

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 25-11	7.90 TOM CHILTON(TN)	35	6-8-72
M40 26-4 3/4	7.43 TOM CHILTON(TN)	40	3-24-78
M45 21-11	6.68 SHIRLEY DAVISSON(CA)	45	10-4-75
M50 21-1	6.42 SHIRLEY DAVISSON(CA)	50	4-12-80
M55 20-1 1/4	6.10 TOM PATSALIS(CA)	59	7-18-81
M60 19-11	6.07 TOM PATSALIS(CA)	60	7-10-82
M65 17-4 1/4	5.29 TOM PATSALIS(CA)	65	12-1-87
M70 14-10 1/4	4.53 CLAUDE HILLS(PA)	70	7-3-82
M75 12-10 1/2	3.92 HERBERT ANDERSON(CO)	76	8-5-78
M80 11-7	3.53 WALT WEBBROOK(CA)	80	6-24-78
M85 9-1	2.77 BUELL CRANE(ID)	85	6-6-85
M90 8-0 1/4	2.44 BUELL CRANE(ID)	90	4-21-90

TRIPLE JUMP

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 55-7 1/4	16.95 RAY KIMBLE(US)	35	8-12-88
M40 51-6 1/4	15.70 MILAN TIFF(CA)	40	8-3-89
M45 45-2 1/4	13.77 DAVE JACKSON(CA)	45	8-11-77
M50 43-3 1/2	13.19 DAVE JACKSON(CA)	50	7-10-82
M55 39-3	11.96 TOM PATSALIS(CA)	60	7-10-82
M60 35-6 3/4	10.84 TOM PATSALIS(CA)	65	12-5-87
M70 29-5 1/4	8.97 JOHN DAMSKI(CA)	70	5-25-85
M75 28-2 3/4	8.60 WINFIELD MCFADDEN(CA)	75	8-17-80
M80 22-8	6.91 HERBERT ANDERSON(CO)	80	7-24-82
p25-6	7.72 WINFIELD MCFADDEN(CA)	81	10-4-86
p24-5	7.44 WINFIELD MCFADDEN(CA)	80	5-25-85
M85 20-2 1/4	6.15 BUELL CRANE(ID)	85	8-23-85
M90 16-9	5.10 BUELL CRANE(ID)	90	4-21-90

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 72-9 3/4	22.19 BRIAN OLDFIELD(CA)	38	5-26-84
M40 70-3	21.41 BRIAN OLDFIELD(CA)	40	8-22-85
M45 55-2 1/2	16.83 ED HILL(MD)	45	8-23-88
M50 52-7 1/2	16.04 PARRY O'BRIEN(CA)	53	6-22-85
M55 44-2 1/2	13.47 PHIL MULKEY(GA)	55	8-5-88
M60 47-4 1/2	14.44 HARRY HAWKE(CA)	60	7-20-89
M65 42-11 1/2	13.09 BILL BANGERT(CA)	65	7-20-89
M70 43-11 1/2	13.40 ROSS CARTER(CA)	72	8-2-86
M75 41-5 3/4	12.64 ROSS CARTER(CA)	75	9-3-89
M80 27-8 3/4	8.45 BOB MACCONAGHY(CA)	81	7-29-89
M85 25-0	7.62 BUELL CRANE(ID)	87	8-14-87
M90 22-10 1/2	6.97 BUELL CRANE(USA)	90	6-20-90

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 233-9	71.24 JOHN POWELL(US)	36	6-9-84
M40 227-11	69.48 AL OERTER(NY)	43	5-31-80
M45 216-11	66.12 AL OERTER(NY)	45	3-28-82
p22-9	67.90 AL OERTER(NY)	46	11-12-83
M50 205-10	62.74 AL OERTER(NY)	52	8-3-89
p21-3	65.30 AL OERTER(NY)	50	12-28-86
M55 171-0	52.12 WENDELL PALMER(TX)	56	5-14-88
M60 174-1	53.06 DANIEL ALDRICH(CA)	62	8-17-80
M65 163-1	49.72 THOMAS McDERMOTT(CT)	66	5-1-84
p164-10	50.24 DANIEL ALDRICH(CA)	65	4-28-84
M70 142-6	43.44 DANIEL ALDRICH(CA)	70	3-5-89
M75 127-10	38.96 ROSS CARTER(CA)	75	7-9-89
M80 91-4	27.84 BURT DEGROEF(CA)	80	8-15-87
p97-3	29.64 KEN CARNINE(CA)	80	4-30-88
M85 67-2	20.47 BUELL CRANE(ID)	85	7-26-85
p69-2	21.08 BUELL CRANE(ID)	87	7-3-87
p67-7	20.60 BUELL CRANE(ID)	86	7-11-86
M90 67-6	20.57 BUELL CRANE(USA)	90	6-20-90

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 232-5	70.84 HAROLD CONNOLLY(CA)	37	7-20-69
M40 263-11	76.34 ED BURKE(CA)	44	4-28-84
M45 198-5	60.48 ED BURKE(CA)	45	5-19-85
M50 182-6	55.62 BOB BACKUS(MA)	50	6-12-77
M55 175-0	53.34 BOB BACKUS(MA)	55	8-9-81
197-8	60.26 BOB BACKUS(MA)	55	8-2-81
M60 155-0	47.24 BOB RICHARDS(CA)	60	4-20-86
M65 134-2	40.90 THOMAS McDERMOTT(CT)	68	7-19-86
p136-9	41.68 THOMAS McDERMOTT(CT)	65	7-15-83
M70 140-2	42.72 DANIEL ALDRICH(CA)	70	7-16-88
M75 119-6	36.62 NOLAN FOWLER(TN)	75	8-4-89
M80 66-3	20.19 JOHN WHITEMORE(CA)	80	6-7-80
M85 54-3 1/2	16.55 BUELL CRANE(ID)	87	8-16-87
M90 55-8	16.97 BUELL CRANE(ID)	90	4-21-90

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 268-1	81.72 WILLIAM FLOERKE(KS)	35	7-21-79
M40 242-9	74.00 LARRY STUART(CA)	41	6-9-79
M45 238-10	72.80 LARRY STUART(CA)	46	5-12-84
p239-7	73.02 LARRY STUART(CA)	48	6-14-86
M50 215-9	65.76 LARRY STUART(CA)	50	4-30-88
M55 180-9	55.10 BILL MORALES(CA)	56	4-19-73
M60 191-10	58.48 DELES PICKARTS(CA)	60	11-28-87
M65 148-3	45.18 BILL MORALES(CA)	67	5-26-84
p168-2	51.26 BILL MORALES(CA)	65	3-13-82
M70 151-6	46.18 BILL MORALES(CA)	72	7-30-89
p157-9	48.08 BILL MORALES(CA)	70	8-16-87
M75 108-0	32.92 EMERY CURTICE(CA)	75	7-24-82
M80 94-6	28.80 HERBERT ANDERSON(CO)	80	7-24-82
p97-5	29.69 HERBERT ANDERSON(CO)	80	1-29-82
M85 62-5	19.02 BUELL CRANE(ID)	85	6-6-85
p66-0	20.11 HERBERT ANDERSON(CO)	85	8-16-87
p74-5 1			

National Masters News

Continued from previous page

HIGH JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	6-1 1/4	1.86 JANE FREDERICK(CA)	36 6-15-88
W40	5-3 3/4	1.62 PHIL RASCHKER(GA)	42 5-20-89
W45	4-4	1.32 SHIRLEY SMITH(FL)	47 7-16-82
W50	4-4 1/2	1.33 CHRISTEL MILLER(CA)	51 3-29-86
W55	4-4 1/2	1.33 BECKY SISLEY(OR)	50 8-3-89
W55	4-2 1/4	1.27 CHRISTEL MILLER(CA)	55 3-4-90
W60	3-9 1/2	1.12 JOYCE VARNEY(HI)	57 9-17-83
W65	3-8	1.15 PATRICIA PETERSON(NY)	60 5-19-89
W70	3-8 1/2	1.12 MARY BOWERMASTER(OH)	67 8-17-84
		1.13 MARY BOWERMASTER(OH)	70 11-28-87
LONG JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	21-4	6.50 WILLYE WHITE(US)	35 10-26-74
W40	16-10 3/4	5.15 JOANNE GRISOM(IN)	44 7-20-83
p17-10		5.43 PHIL RASCHKER(GA)	40 6-8-87
W45	15-9	4.80 IRENE OBERA(CA)	45 4-7-79
W50	14-6 1/2	4.63 IRENE OBERA(CA)	54 7-30-88
W55	12-9 1/4	3.89 CHRISTEL MILLER(CA)	55 3-4-90
W60	11-7	3.53 JEAN CAMPBELL(VA)	62 4-30-88
W65	10-5 1/4	3.18 MARY BOWERMASTER(OH)	66 9-23-83
W70	10-2 1/2	3.11 MARY BOWERMASTER(OH)	70 12-1-87
W75	8-2 3/4	2.51 POLLY CLARKE(CO)	78 8-13-88
TRIPLE JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	36-7	11.15 PHIL RASCHKER(GA)	36 9-18-83
W40	37-3	11.35 PHIL RASCHKER(GA)	42 8-1-89

W45	30-8 1/4	9.35 JOAN GRISOM(IN)	45 9-18-83
W50	28-9 3/4	8.78 CHRISTEL MILLER(CA)	52 12-5-87
W55	26-1 1/2	7.96 MAGDALENA KUEHNE(CA)	56 7-11-87
W60	21-7	6.58 MARY NORCKAUER(LA)	64 7-20-89
W65	21-9 1/2	6.64 MARY NORCKAUER(LA)	65 5-26-90
W70	20-9 1/4	6.33 SHIELA EVANS(IN)	74 7-20-89
W75	15-7	4.75 EDITH MENDYKA(CA)	75 5-17-86

SHOT PUT (30-49: 8#/4KG; 50+: 6#/3KG)

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	53-5 3/4	16.30 JANE FREDERICK(CA)	35 8-31-87
W40	39-7	12.06 JOANNE GRISOM(IN)	41 6-19-80
W45	39-7 1/2	12.08 JOANNE GRISOM(IN)	45 7-22-84
W50	39-7 1/2	12.08 JOANNE GRISOM(IN)	50 7-30-89

W55	63-6	19.35 EDITH MENDYKA(CA)	68 10-6-79
W55	31-6	9.60 BERNICE HOLLAND(OH)	58 8-25-85
p31-11 1/2	9.74 BERNICE HOLLAND(OH)	58 6-23-85	
W60	32-2 3/4	9.82 BERNICE HOLLAND(OH)	62 7-20-89
W65	26-5	8.05 MARY BOWERMASTER(OH)	68 7-18-86
W70	26-9	8.15 EDITH MENDYKA(CA)	72 9-17-83
W75	24-5	7.44 EDITH MENDYKA(CA)	75 7-18-86
W80	11-0 3/4	3.37 MARILLA SALISBURY(CA)	81 3-5-89

DISCUS THROW

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	146-11	44.78 JANE FREDERICK(CA)	35 7-3-88
W40	107-5	32.74 LURLINE STRUPPECK(LA)	40 8-15-87
	107-5	32.74 PAULINE THOMAS(WA)	40 8-4-89
p111-4	33.94 MARY PRIEST(OR)	43 8-15-87	
W45	106-5	32.44 JOANNE GRISOM(IN)	45 8-7-83
W50	97-3	29.64 MARJORIE LARNEY(CA)	50 8-15-87
W55	100-8	30.68 BERNICE HOLLAND(OH)	57 6-30-84

JAVELIN THROW (30-49: 600G; 50+: 400G)

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	152-11	46.62 JANE FREDERICK(CA)	35 9-1-87
W40	139-3	42.44 LURLINE STRUPPECK(LA)	41 7-23-88
W45	102-8	33.42 BECKY SISLEY(OR)	50 6-10-90
W50	109-8	29.13 CHRISTEL MILLER(CA)	55 2-25-90
W60	92-10 1/4	28.30 BERNICE HOLLAND(OH)	60 11-29-87
W65	93-10	22.55 EDITH MENDYKA(CA)	65 6-27-76
W70	p30-10	20.00 EDITH MENDYKA(CA)	72 5-14-83
		6.20 MARILLA SALISBURY(CA)	80 7-23-88

POLE VAULT

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M60	4.43.8	Cesare Bini(ITA)	60 2-25-90
M65	5.05.0	Archie Messenger(US)	65 3-18-89
M70	5:27.4	Austin Newman(US)	70 3-23-86
M75	6:33.4	Eugene Keller(US)	75 2-18-90
p542.9	6:21.84	Tauno Raskibon(FIN)	75 -89
M80	7:04.2	Paul Spangler(US)	80 3-18-79
M90	14:28.4	Mikko Salonen(FIN)	90 -88

3000 METERS

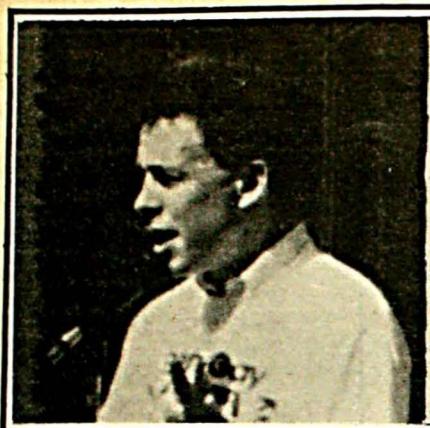
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8:24.8	Chris McCubbin(CAN)	40 1-18-86
M45	8:46.80	Renato De Palmas(ITA)	45 3-9-85
M50	8:58.8	Les Presland(GB)	50 3-31-90
M55	9:44.6	Luciano Acquarone(ITA)	55 -
M60	10:23.62	G. Endrizzi(ITA)	60 -
p10:11.4	10:18.6	Konrad Hernelin(SWE)	60 -86
M65	11:04.2	Will Marshall(GB)	60 3-26-89
M70	11:27.4	John Fraser(GB)	67 3-31-90
M75	13:08.2	Scotty Carter(US)	70 3-15-87
M80	18:20.6	Gordon Porteous(SCO)	75 3-26-89
p16:53.4	18:54.6	Byron Pike(US)	80 3-20-88
		A. Petrone(ITA)	80 2-25-90

60 METER HURDLES

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8.15	Stan Druckrey(US)	40 4-1-89
M45	8.76	Willie Davenport(US)	45 4-1-89
M50	8.98	Dale Lance(US)	51 4-1-89
M55	9.21	Charles Miller(US)	52 3-25-90
M60	9.36	Lawrence Pratt(US)	55 4-1-89
M65	10.14	Jack Greenwood(US)	62 4-1-89
M70	11.3	Edwin Lukens(US)	67 3-11-85
M75	12.2	Ian Hume(CAN)	77 3-7-87
p12.02	12.02	Karl Trei(CAN)	75 -87
M80	13.37	Ahti Pajunen(FIN)	80 3-3-90

HIGH JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	6-7	2.00 John Hartfield(US)	41 2-23-86
M45	6-3 1/2	1.92 Mark Chelnov(URS)	46 3-18-90
M50	5-10	1.78 John C. Brown(US)	51 2-15-81
M55	5-10	1.78 Milton Newton(US)	51 3-30-85
M55	5-7 1/4	1.71 John C. Brown(US)	53 3-15-87
M60	5-5	1.65 Jim Gilchrist(US)	62 3-24-90
M65	5-0	1.52 Burl Gist(US)	65 3-30-85
M70	4-9	1.45 Esko Kolhonen(FIN)	71 -86
M75	4		



The Director's Corner

by DEAN REINKE

Sorbothane/USRA Masters Circuit Report

One thing is certain about the Masters division. There's always someone looking over your shoulder entering the masters ranks and this year is no exception. The entire Sorbothane/USRA Masters Circuit was inspired by Bill Rodgers and Frank Shorter entering the 40 & over ranks three years ago. With the Circuit gaining momentum, it seems that every month brings a new master into the ranks, making it even more competitive for Circuit participants.

Last year Nancy Oshier came on strong once she turned 40 midway through the year while Canada's Ken Hamilton has made a strong rookie showing on the men's side in '90. Early candidate for 1990 Sorbothane/USRA Masters Circuit rookie honors on the women's side is easily current Circuit leader Nancy Grayson. The Columbia, S.C. native, having just turned 40 April 24, has dominated the standings with early season wins, including the Cotton Row Run, Superplace 10K and Utica Boilermaker 15K.

Like many of her contemporaries, Grayson came to running late in life. A former smoker, she started running in April, 1981. Her 1st 10K was 48:47, 3½ months after she began. Within six months, she lowered her PR to the 41-minute range. Since that impressive debut, Grayson runs as many as 40

races a year. Her marathon PR is 2:51:37 at Rocket City. She has already broken 35:00 for 10K as a master.

She plans to go for the Sorbothane/USRA Masters Circuit grand prix championship, a feat only Jane Hutchison has accomplished during the two-year history of the Circuit. She is also planning an assault on the Marathon in Chicago this fall and will likely run Rocket City again in Huntsville in December. Also like the majority of her masters competitors, she works full time — as a systems analyst for Colonial Life Insurance in Columbia. Keep an eye on Grayson. She'll be a tough one to get off the victory stand.

DIXON: And speaking of "newcomers," as of July 14, New Zealander Rod Dixon is now among the ranks of the masters. We should know by now if

he was successful in his quest for the first ever masters sub-4 clocking. Regardless, he will test his nettle quickly on the Sorbothane/USRA masters Circuit, competing in the Asbury Park 10K Classic August 11 against fellow Kiwi John Campbell. Word has it that several top masters feel that the undefeated Campbell will meet his match if he and Artemio Navarro ever meet again. Navarro made an impressive showing at Cascade in Portland, running 45:19, finishing 51 seconds in front of defending Sorbothane/USRA Masters Circuit National Champion Mario Cuevas, for a then world-best for masters. Campbell came back to lower the mark to 45:10 at the Utica Boilermaker, also over Cuevas, with Domingo Tibaduiza third.

WHERE ARE THEY? Several top names have been missing from the results columns this season. On the men's side, injuries have felled Kevin Ryan, Dave Stewart, Ralph Zimmerman, Steve Lester and Bill Johnson, while Norm Green has been missing, as has Jim Pearson. On the women's side, Jane Hutchison has been the most notable absentee, while Nancy Miesczak is taking time off to recover from a mysterious illness. Christine Tattersall has also been low profile. Let us hear from you.

ALVIN CRISS: The resignation of Alvin Chriss from TAC left few speechless in the running community. To many in the sport, Chriss has been a controversial figure. An entire chapter is dedicated to TAC and Alvin in Carl Lewis' new book, featuring a detailed summary of a Chriss monologue toward David Greifinger, Lewis' attorney. As Ollan Cassell's special assistant, he was thrown a wide variety of responsibilities. As the liaison for masters running, his other obligations allowed him little time for this area, and he was less than supportive of the Circuit. The Sorbothane/USRA Masters Circuit remains committed to supporting TAC and the masters program in any way it can. In this regard, the Circuit's National Championships is once again amenable to serving as a "TAC National Masters Grand Championship."

SORBOTHANE AGE GRADED RANKINGS

(After 7 races)

Overall Men

1 John Campbell	41 Utica	97.65%
2 John Campbell	41 Superplace	96.11%
3 Domingo Tibaduiza	40 Hospital Hill	95.19%
4 Ken Hamilton	40 Hospital Hill	94.34%
5 Mario Cuevas	40 Utica	94.32%
6 Bill Rodgers	42 Shamrock	93.66%
7 Bob Schlaub	42 Hospital Hill	92.89%
8 David McLeland	40 Hospital Hill	92.67%
9 Bob Schlaub	42 Myrtle Beach	92.63%
10 Domingo Tibaduiza	40 Utica	92.33%

Overall Women

1 Gabrielle Andersen	44 Shamrock	90.58%
2 Linda Cash	40 Hospital Hill	88.13%
3 Nancy Grayson	40 Utica	88.10%
4 Jane Hutchison	44 Hospital Hill	88.10%
5 Merril Bodelid	45 Utica	88.06%
6 Nancy Grayson	40 Cotton Row	87.47%
7 Claudia Claverella	41 Utica	87.27%
8 Diane Langston	40 Superplace	87.06%
9 Barbara Filutze	40 Utica	84.90%
10 Elisabeth Ervin	48 Charleston	84.53%

special entertainers' division?... From the "better start packing an alarm clock" department comes Bob Schlaub and soon to be sub-master (34) Toni Niemczak. Schlaub, up late from the Royals baseball game, woke up for the Hospital Hill Half Marathon 20 minutes before the start. Niemczak, second at Los Angeles and the winner at the San Francisco Marathon, arose at 9:05 for the 8:30 a.m. Boilermaker run in Utica... World record-holding grand master runner Roger Robinson dropped out at Utica with a hamstring pull at 3 miles... Former Colombian Olympian Domingo Tibaduiza moved into 1st on the Sorbothane/USRA Masters Circuit standings with a 3rd place showing at Utica. He holds a 1-point lead over Ken Hamilton, with Earl Owens (recently injured) in third while John Campbell moves into 4th... With a busy July (Utica, Chicago Distance Classic and Fiesta 5000) behind us, August gets real serious with masters heavyweights meeting at Asbury Park August 11 and the Crim 10 Mile August 25... Artemio Navarro bested Ken Hamilton at the Ames, Iowa Midnight Madness... Upset win for Nancy Oshier over Laurie Binder at the Steamboat 4-mile in Peoria, running 22:23 for 4 miles... Keep an eye out for new 40-year-olds Judy Dell of San Francisco (New Zealand native) and Adrian Lillburn of Jacksonville... Tough luck for former Commonwealth Games finalist Ngaire Drake, in the U.S. from New Zealand for a short time. She dropped out at Peachtree, ending up in the hospital while also succumbing to the weather at Utica... Maggie Valley Moonlight run will distribute \$10,000 to masters this month with \$2100 to 1st place man and woman. Reportedly no travel money - just show up!... September 23 the Sorbothane/USRA Masters Circuit invades the New York City area with the Rockland Half Marathon (Shelly Morgan: 914-359-5425)... Prize money to the top 3 masters at the Circuit's October 14 event, the Tandem-Dayton River Corridor Classic Half-Marathon (Rich Davis: 513-885-4683)... The Circuit's Asbury Park 10K race director Phil Benson, himself an accomplished master, has won the lottery! Let me clarify: that's the "Ironman Triathlon" lottery. Benson is in training for the Herculean, killer event scheduled this October in Hawaii... Falmouth Road Race to feature \$2000 and \$1000 to numbers one and two as part of its impressive purse this month... Bill Rodgers, Bob Schlaub and Laurie Binder will headline the Crim field in Flint this month... New Haven 20K earmarking \$500 for first place Labor Day weekend... Keep an eye on Canadian Rich Hughson, former Pan American team marathoner, who just turned 40... □

Sorbothane/USRA Masters Circuit Point Standings (7 races)

(The following are the Sorbothane/USRA Masters Circuit Points Standings after 7 events of the 24-race series including:

Nissan Shamrock 8K	Myrtle Beach Classic 10K
Charleston 8K	Cotton Row Run 10K
Hospital Hill Half Marathon	Superplace Good Health 10K
Utica Boilermaker 15K	
40-44 Men	
1 Domingo Tibaduiza 27/3	
2 Ken Hamilton 26/3	
3 Earl Owens 24/3	
4 John Campbell 20/2	
5 Bob Schlaub 17/2	
6 Carl Hatfield 10/1	
7 Bill Rodgers 10/1	
8 Oliver Marshall 9/1	
9 Fred Waybright 8/1	
10 David McKlein 8/1	
45-49 Men	
1 Barry Brown 15/3	
2 Alan Rushner 5/1	
3 Glenn Jarrell 5/1	
4 Gary Cobier 5/1	
5 Derck Frechette 5/1	
50-54 Men	
1 Fay Bradley 9/2	
2 Robert McAndrews 8/2	
3 Gerald Tilley 5/1	
4 Sam Stone 5/1	
5 Robert Nelson 5/1	
55-59 Men	
1 J. Sturdevant 8/2	
60-64 Men	
1 Herb Chisholm 14/3	
2 Dick Benson 13/3	
3 Bill Fortune 10/2	
4 Joe Fernandez 5/1	
5 Jack Gentry 5/1	
65-69 Men	
1 John McManus 9/2	
2 John Hosner & 5 tied/5	
70 & over Men	
1 Nathaniel White & 6 tied	
40-44 Women	
1 Nancy Grayson 30/3	
2 Linda Banning 17/2	
3 Nancy Miesczak 16/2	
4 Gabrielle Andersen 10/1	
5 Diane Morris 10/1	
6 Linda Cash 10/1	
7 Kathy McIntyre 9/1	
8 Anne Mansfield 9/1	
9 Jane Hutchison 9/1	
9 Elenora Mendonca 9/1	
9 Claudia Claverella 9/1	
55-59 Women	
1 Mary Otte 5/1	
2 Willie Albea 5/1	
3 Loretta Shehan 5/1	
60-64 Women	
1 Betty McNeely & 6 tied 5/1	
65-69 Women	
1 Louis Martin & 4 tied 5/1	



CIRCUIT HAPPENINGS

Utah's Steve Lester has had surgery recently and it appears he may be out for most of the remainder of the Circuit year... Same goes for fellow Utah resident Bill Johnston, '88 Sorbothane/USRA Masters Circuit grand prix grand masters runnerup... Look who else is turning 40-singer Billy Joel; perhaps we'll have a

MASTERS SCENE

NATIONAL

• Alvin Chriss, Special Assistant to Ollan Cassell, Executive Director of TAC, resigned on June 29. Chriss was instrumental in developing the TAC Trust program, and lately was deeply involved in the controversial TAC drug-testing program. (See TAC story on page 7).

• The Nostalgia Cable Channel is programming exclusively for ages 45-and-up. "We're going for the fastest-growing demographic group in the country, a market bound to be reckoned with. Viewers 55 and up watch a lot more TV than those in their 30s." The channel notes the 45+ audience has "an average household income in excess of \$25,000, has 50% of the nation's discretionary income and 77% of its assets." Thus, Nostalgia's programming, from films to series to specials, is geared for exactly the audience that ABC, CBS and NBC have made plain they don't care much about.

• Road Race Management, a newsletter for road race directors, will conduct its eighth annual Race Directors' Meeting and Trade Show November 9-11 in Washington, D.C. More than 200 race directors, race officials, corporate sponsors, advertising executives, and others interested in road running are expected to attend. In addition, the weekend will offer the usual informal "networking" opportunities. Race officials will also get a chance to "shop" for all their equipment and service needs at the Trade Exhibit, held in conjunction with the show which attracts over 30 exhibitors annually.

For more details and a complete registration form, send a SASE to Road Race Management Race Directors' Meeting, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201 (203/276-0056).

EAST

• Meeri Bodelid, 46, of Oyster Bay, Long Island, beat all female finishers with a 30:42 in the Manhasset 5 Mile, Long Island, May 19. Al Oman took the M40+ title (26:37) in the 535-finisher race.

• Bob Giambalvo, M40, the #1 masters runner on Long Island, was overall winner (15:48) in the America's 5K, Long Island, May 28, while his wife, Ellen, took the women's race (19:29).

• Mickey Lafferty won the M50 HJ (5:0) and TJ (34:4), and son Joe captured the M30 LJ (20:3) in NY Masters Classic, Kings Point, Long Island, May 20. Joe is the '90 M30 indoor LJ champion (20:9), and Mickey finished second in the M50 TJ (35:9).

• Angela Hearn, 44, took first overall in 29:00 in the women's portion of the Club Team Championship (8K), Central Park, NYC, June 10. Sylvie Kimche, 43, was 11th (31:27) of the 88 w/finishers. William Hart (41, 27:28), Sheldon Karlin (40, 27:29), and Ted Haiman (47, 27:36) were first three M40+s.

• Elton Richardson continued her winning walk ways in June with W50 firsts in the NJ/TAC Masters Championships 5K (29:43), the MAC Masters Championships 3K (17:23.3), and the Walker's Club of America Father's Day 5K (30:23).

• William Eipel set age-77 WRs for the 800g javelin (88-9) and 25# weight (28-5) in the NY Masters field event meet at the Merchant Marine Academy, Long Island, June 3.

SOUTHEAST

• John Hosner, 65, Blacksburg, VA, ran the best age-graded time of 31:29 for an 88.7%, but did not share the wealth in the LA Joe 8K,

Charleston, WV, May 28. Overall winner Carl Hatfield (43, 26:49), Clarksburg, WV, and Denaris Crawford (31, 31:40), Millwood, WV, and W40+ first Elizabeth Ervin (48, 31:41), Chapmanville, WV, all a few percentage points below Hosner's 88.7, collected \$150 each.

• Byron Dyce, 42, Gainesville, FL, won the M40+ race and \$500 in the King Street Mile, Charleston, SC, June 20, with a 4:18, two seconds in front of Ken Sparks, Chagrin Falls, OH, holder of M45 WRs in the indoor 800/1500, who won \$250. Gail Bailey of Charleston took the W40+ race in 5:24.

• Lansing Brewer defeated the M40+ entrants in 27:43 in the Nissan Mayfest Quest 8K, Columbia, SC, June 20, with Russ Pate second in 27:58. Patricia Tavares won the W40+ race in 34:38.

• Jim Law, 64, turned in another amazing performance in the Atlanta TC Masters T&F Championships, June 9, with wins in the 100 (13.0), 200 (25.81) and 400 (59.28). The meet drew 250 participants. Law clocked a 12.9 100, a 26.5 200, and a 60.2 400 at a Charlotte TC-sponsored meet in Charlotte, NC, June 26. His 400 time was the best of all M40+ runners.

• Billy "White Shoes" Johnson, former Houston pro-football great, is now 37 and a member of the Atlanta Track Club 30-39 relay squad.

• Josephine Sullivan set two W65 American records (LJ, 11-1 and TJ, 21-4½) at the Southeastern Meet in Greenville, SC, July 7. Brenda Bloomfield set a W45 U.S. record of 105-1 in the hammer.

MIDWEST

• Clyde Baker of Wilmette, IL, celebrated his 60th birthday on May 4 by covering 60 miles. Fellow Evanston TC members and friends ran with him from 7:10 a.m. to 5:30 p.m. Baker's effort benefited the Alzheimer's Disease and Related Disorders Association through pledges from family, friends, and business acquaintances, who donated money for every mile he ran over 25. A high school and college x-country champion, who ran a marathon PR (2:50) in '52, Baker said afterward, "If I do it again when I'm 70, I'm going to switch to kilometers."

• James Tracy (M40, 20:00) and Nancy Oshier (W40, 22:23) won \$400 masters first prizes in the Steamboat Classic 4 Mile, Peoria, IL., June 16. Second-place \$200 awards went to Ian Cousins (M40, 20:04) and Laurie Binder (W40, 22:42). David Spartaru (M40, 54:16) and Meredith Knopf (W40, 63:44) were 40+ firsts and \$500 richer after the adjunct 15K.

MID AMERICA

• Norman Green Jr., M55, turned in the best masters performance with a 2:37:53 for an age-graded 92.0% in the Lincoln (NE) Marathon, May 6. Masters firsts were Laddie Shaw (M40, 2:36:36) and Nancy Moore (W45, 3:24:02).

• Domingo Tibaduiza, M40, of Reno, NV, broke the masters course record with a 1:08:20 in the Hospital Half-Marathon, Kansas City, MO, June 3. Linda Cash, W40, of Broomfield, CO, surprised two-time USRA masters champion Jane Hutchison, W40, of Webb City, MO, to take the W40+ race in 1:25:07, with Hutchison at 1:27:41. Jack Gentry of Rogers, AR, won the M60 event in 1:25:58.

• Kjell-Erik Stahl (M40, 2:21:29) of Sweden, and Susan Havens (W40, 2:54:45) of Olympia, WA, claimed masters firsts in Grandma's

Marathon, Duluth, MN, June 23. Robert Schlaub, of Charleston, SC, finished second M40 (2:28:18).

WEST

• The West Valley TC, based in No. Calif., captured the 6th annual California State Masters Team Championships in Fresno, May 13, with 613 points. The San Francisco TC followed with 379, and the Corona Del Mar TC of So. Calif. took third with 243.

• Win McFadden stretched the M85-89 TJ WR to 21-4½ in the Anteaters Masters Classic, Irvine, CA, May 26. The old record of 20-2½ belonged to Buell Crane. David Lewis, meet director for the last eight years, anticipates renaming the meet "The Dan Aldrich T&F Classic" in honor of the UC-Irvine chancellor and active participant in masters t&f until his death this year. It will be the third name for the meet, which began as the "Grandfather Games" in the late '60s under the directorship of George Ker at Valley College in Van Nuys, CA.

• Ed Burke, who returned after a long layoff to make the U.S. Olympic team in '84, broke the national M50-54 hammer record with a 58.88 in his home town at the Pacific Association/TAC Championships, Los Gatos, CA, June 9. Bob Backus held the old record of 55.62 set in '77.

• Armando Valencia (41, 33:28) and Joni Shirley (41, 38:59) fought wind gusts of 30 mph in winning the 7th Annual Fastest Masters 10K at Fiesta Island in San Diego, April 29. Willard Benton won the M85 division in 68:02, and Caroline Murray took the W55 race in 45:24.

• Juana Stavolone, 44, San Jose, CA, led the masters field with a 31:31 in the Aptos Women's 5 Miler held in Nisene Marks Park, the epicenter of last October's Loma Prieta earthquake. Stavolone placed fifth in the 360

finisher race, won by Barb Myers-Acosta, 32, in 28:42.

• Marjorie Holmes, W65, strode to a speedy 36:12 in the New Mexico 5K Racewalk Championships in Grants, New Mexico on May 19.

• Payton Jordan, 73, multi-WAVA-sprint champion, will miss this year's U.S. Nationals due to arthroscopic knee surgery in mid-July.

• Joni Shirley, 43, won the Palomar Pentathlon in San Diego, CA, on May 12 with the third-highest score posted by a woman in the 24 years of the event. Only five runners, male or female, have exceeded her total of 3752 points for the five-race event (200, 400, 800, 1500, 3000).

NORTHWEST

• Sharon Sahonchik erased Shirley Kinsey's 1984 W55 AR of 16.6 in the 80mH with a 16.4 in the Volcano Classic, St. Helens, OR, June 2. Elzbieta Krzesinska, a resident of Eugene, OR, competed as a Polish citizen in the 1989 World Games in Eugene, where she broke the W55 WR with a 14.06.

• Heavily outnumbered and outgunned in the track events in the 3rd annual Scholastic/Masters Meet, Gresham, OR, June 16, the scholastic athletes saved face with a good showing in the field events, particularly the HJ. The meet pitted students against submasters and masters by ages and age-groups. For instance, 35-39-year-olds faced 17-year-olds, 40-44s faced 16-year-olds, etc.

INTERNATIONAL

• At the WAVA North American Regional Masters T&F Championships this month in Trinidad-Tobago, a bid for the 1992 Championships will be submitted by Mexico. □



Third Annual
SRI CHINMOY
MASTERS TRACK & FIELD
50 AND OVER

Sunday, September 23, 1990 • University of California, Irvine

TAC SANCTIONED	TRACK EVENTS
DATE: Sunday, September 23, 1990	9:30 am 5000m Race Walk (comb)
LOCATION: University of California, Irvine	10:15 am 100m Hurdles
DIRECTIONS: Fwy 405 (or 5) to Culver Blvd., South to Campus Drive, right on Campus Drive to Bridge Road, left on Bridge Road to parking lot 6 or 6A.	10:30 am 1500m Run (comb)
DIVISION: 10 year age division, oldest to youngest.	10:45 am 100m Run
ENTRY FEE: First event \$10.00, additional events \$5.00 each, unlimited entries \$20.00, includes multi-colored T-shirt. No refunds.	11:15 am 300m Int. Hurdles
DEADLINE: All entries must be postmarked no later than September 13. Complete entry form information may be phoned in as late as Sunday, September 16. Late entries add \$1.00.	11:30 am 400m Run
AWARDS: Sri Chinmoy Race rainbow-colored ribbons to first three men and women in each event and age group.	12:00 noon Break
AID: Water, fruit and refreshments throughout day to participants.	12:30 pm 800m Run
	12:50 pm 3000m Run (comb)
	1:20 pm 200m Run
	FIELD EVENTS
	9:00 am Hammer
	9:30 am Long Jump
	10:00 am Javelin
	10:15 am Triple Jump
	11:15 am Shot Put
	12:00 noon Discus
	12:30 pm High Jump
	1:30 pm Pole Vault

Mail Entry To: Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. Sponsored by SCMT. For more information please call (213) 838-4746.

ENTRY FORM

Mail or call in to the Sri Chinmoy Marathon Team, 1921 S. Sherbourne Drive, Los Angeles, CA 90034 Phone: (213) 838-4746

NAME (Last) _____ (First) _____ AGE _____ SEX _____

DATE OF BIRTH _____ TAC # _____ TELEPHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

T-SHIRT SIZE: SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____ AMOUNT ENCLOSED _____

PLEASE ENTER ME: 1) _____ 2) _____ 3) _____

4) _____ 5) _____ 6) _____

WAIVER: In consideration of your acceptance of my entry, I hereby for myself and everyone under, release and forever discharge any and all claims for damages which I may have, or may hereafter acquire, against UC Irvine, the Sri Chinmoy Marathon Team, and all other sponsors and sports facilities or officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.



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

August 2-5. 23rd U.S. TAC National Masters Championships, Indianapolis, Ind. Marshall Goss, Track Office, Indiana U., Bloomington, IN 47405. 812/855-8583.

November 27 -December 1. 12th annual TAC Convention, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46260. 317/261-0500.

July 4-7. 24th TAC/USA National Masters Championships, North Central College, Naperville, Ill. (Near Chicago). Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4643. (1991 Championships).

EAST

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

August 5. Keystone State Games, Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

August 7-11. Pennsylvania Senior Games, Wilkes-Barre, 55+. Fay Knecht, c/o Keystone St. Games, 31 S. Hancock St., Wilkes-Barre, PA 18702. 717/823-3164.

August 12. Brown U. Masters Invitational, Brown U., Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02680. 401/728-2869 (h).

August 18. Philadelphia Masters Invitational, Ursinus College, Collegeville, Pa. (pre-entry only). Walt Fisher, 263 S. Roberts Road, Bryn Mawr, PA 19010. 215/525-5081.

September 1. 15th Annual Virginia State Championships, Lannigan Field, Charlottesville, Virg. Karen Beaver, P.O. Box 5696, Charlottesville, VA 22901.

September 2. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, Arlington VA 22207. 703/243-1290.

September 23. New York Masters Mini-Meet (throws & jumps only). Randalls Island, NYC. Jai Singh, 254-24 75 Ave., Glen Oaks, NY 11004. 718/347-1903 (8-11 pm).

SOUTHEAST

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

August 6-9. Tennessee Senior Olympics, Johnson City, 55+. Kathy Whitaker, First Tenn. Development Dist., 207 N. Boone St., Ste. 800, Johnson City, TN 27604. 615/928-0224.

September 22-23. Thomasville Fall Masters Decathlon, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville NC 27360. 919/476-1228.

November 4-10. Golden Age Games, Sanford, Fla. 55+. Jim Jernigan, P.O. Box 1788, Sanford, FL 34210. 407/330-5600.

December 29. Don Pierotti Memorial Weight Pentathlon, Atlantic HS, Delray

Beach, Fla. Phil Partridge, 2060 W. 32nd St., Holland, MI 49423.

MIDWEST

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

August 11-12. Masters Meet, Marshall U., Huntington, W.V. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.

August 12-14. Michigan Senior Olympics, Rochester, 55+. Marye Miller, Older Persons Commission, 312 Woodward, Rochester, MI 48063. 313/656-1403.

September 3. Columbus Senior Olympics, Bexley High, Columbus, Ohio. 55+. Recreation & Wellness Office, Leo Yassenoff Jewish Center, 1125 College Ave., Columbus OH 43209. 614/321-2731.

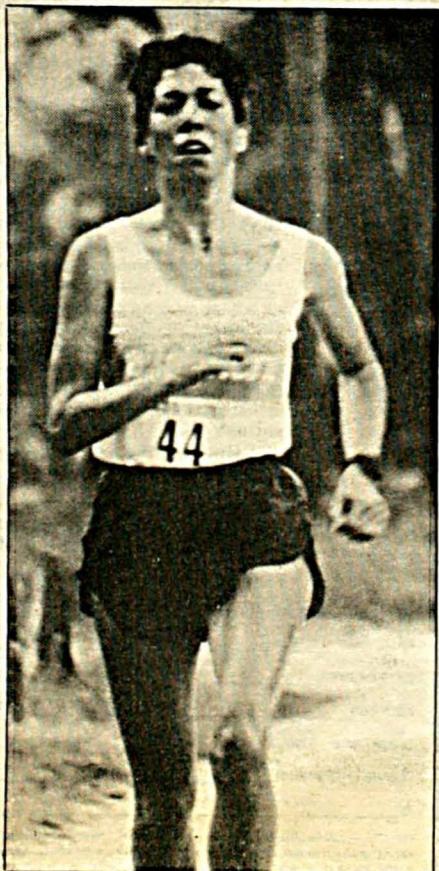
September 15-16. Wolfpack Throwing Classic & National Masters/Ohio TAC 56# Weight Throw Championships, Ohio State U., Columbus. Jim Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/294-4606.

MID-AMERICA

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

August 9-12. Wyoming Senior Games, Cheyenne. 55+. S. Joey Darrah, Hathaway Bldg., Rm. 139, Cheyenne, WY 82002. 307/777-7986.

August 16-19. Rocky Mountain Senior Games, Denver, Colo. 55+. Karen Ruiz,



Nina Ehmer, top W40 (20:14), of Deltona, Fla., Mothers Day 5K, DeLand, Fla., May 13.

Photo by John Boyle

900 Lincoln, Box 300788, Denver, CO. 803/831-2500.

August 17-26. Kansas Senior Olympics, Topeka. 55+. Karen Meyer, City Hall, Rm. 250-295, Topeka, KS 66603. 913/295-3838.

September 1-2. 10th Annual Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980. Nancy Manson, 303/341-7992.

September 30. Lincoln TC Fall Classic, Nebraska Wesleyan U., Lincoln. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061. (h).

October 21. Kansas Big Guys Classic III, Lawrence, Kansas. Gary England, Rm. 43, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

WEST

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

August 11-12. 2nd Annual Hawaiian International Festival, War Memorial Stadium, Wailuku, Maui, Hawaii. Youth, open, masters. Marvin Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027. 213/666-7341.

September 8. Northern California Seniors Classic, UC-Berkeley, Calif. Jim Johnson, 1026 Murchison Dr., Millbrae, CA 94030. 415/697-1889.

September 23. Sri Chinmoy Masters Meet, UC Irvine, Calif. Bigalita Egger, 1921 S. Sherbourne Drive, Los Angeles CA 90034. 213/838-4746.

October 6. 17th annual Club West Masters Meet, Santa Barbara Community College, Santa Barbara, Calif. No entries accepted after September 16. Club West, P.O. Box 1059, Goleta CA 93117. Lloyd Albright, 805/682-9540.

October 24-26. Huntsman Chemical World Senior Games, Dixie College, St. George, Utah. 50+ (See entry form in July and August issues). Ken Christensen, 840 So. 400 E. #4, St. George, UT 84770. 801/628-5201.

November 3-4. Palm Springs Senior Olympics. 50+. Ben Green, 555 N. Palm Canyon, Palm Springs CA 92262. 619/323-5689.

NORTHWEST

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

August 24-25. 12th Montana Masters Meet, Bozeman, Mont. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717.

CANADA

August 11-12. Canadian Masters Championships, Montreal. 35+. Ian Hume, R.R.1, Melbourne, P.Q. JOB 2BO. 819/826-5418.

INTERNATIONAL

August 18-19. San Juan Annual Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters Assn., P.O. Box 31300, 65th Infantry Station, San Juan, PR 00929.

August 23-26. WAVA North American Regional Championships, Port of Spain, Trinidad & Tobago. P.O. Box 7823, San Diego CA 92107. 619/225-9555. Fax: 619/225-9562.

August 25-26. 11th All-Nippon Masters Championships, Yamanashi prefecture, Japan. Nippon Masters Athletic Union, Fuji-kasai Bldg., 1-25-1 Kitanoshinchi, Wakayama City 640, Japan.

November 2-6. 5th WAVA Oceania Games, Auckland, New Zealand. Men 40+, Women 35+. Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0064 9 837-0154.

November 9-11. WAVA Asian Regional

Championships, Kuala Lumpur, Malaysia. Asians only.

November 11. Guyana Masters Games, Georgetown, Guyana. Complete T&F program. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana.

November 24-27. South American Veterans Championships, Montevideo, Uruguay. CAVU, Canelones 982, 11000 Montevideo, Uruguay. South Americans only.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.

LONG DISTANCE RUNNING NATIONAL

September 23. TAC/USA National Masters 15K Championships, Edina, Minn. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. 612/920-0558.

October 6. TAC/USA National Masters Marathon Championships, St. George, Utah. Kent Perkins, 86 S. Main St., St. George, UT 84770. 801/628-3088.

October 7. TAC/USA National Masters 5K Cross-Country Championships, Syracuse, N.Y. Nate White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

October 14. TAC/USA National Masters 50K Championships, Muncie, Ind. \$1650 masters money equally divided (\$150/\$75/\$50) among 40s, 50s, 60s. Jan Gilbert, P.O. Box 1032, Muncie, IN 47305. 317/288-4448.

October 27. TAC/USA National Masters 100K Championships (also 8-person relays, all divisions), Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014.

October 28. TAC/USA National Masters 100K Championships, Minneapolis. William Wenmark, 18665 Rutledge Rd., Minneapolis MN 55391.

November 3. TAC/USA National Masters 10K Cross-Country Championships, Pasco, Wash. Don Sandberg, 10209 Maple Dr., Pasco, WA 99301. 509/545-9242.

December 2. TAC/USA National Masters 8K Championships, Steilacoom, Wash. Gerry Evanson, 506 Main St., Steilacoom, WA 98388. 206/756-8494.

EAST

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

August 5. Blue Cross/Shield of N.J. 10K Road Run, South Orange, N.J., also 3000 meter XC run, and masters 100, 800 and 1 mile. SASE to Summer Track Festival, Essex County Dept. of Parks, Recreation & Cultural Affairs, 115 Clifton Ave., Newark, NJ 07104. 201/338-3893.

August 5-11. Newport Running Camp, Newport, R.I. NRC, Bernadette Squires, 89 Wood Place, Bloomingdale, NJ 07403. 201/838-6443.

August 11. 10th annual Asbury Park Classic 10K, Asbury Park, N.J. P.O. Box 2287, Ocean Township, NJ 07712. 201/922-9479.

August 12-25. Green Mountain Running Camps, New England. John Holland, 2434 Hawthorne Drive, Yorktown Heights NY 10598. 914/962-5238.

August 19. Falmouth 7.1 Mile, Falmouth, Mass. Jon Carroll & Rich Sherman, P.O. Box 732, Falmouth, MA 02541. 508/540-7000.

August 19. Masters Twi-Light Four Mile, Easton, N.J. 40+. Mercer Street Striders, P.O. Box 227, Phillipsburg, NJ 08865.

Continued on page 33

Continued from page 32

Woody 215/252-6033(d); Ray 201/454-8397(e).

August 26. Annapolis Run 10 Mile, Annapolis, Md. Annapolis Run, Box 6815, Annapolis, MD 21401. 301/760-9188.

September 13. 10th Annual Nike Capital Challenge 3 Mile, Washington, D.C. Jeff Darman, 2101 Wilson Blvd., Ste. 437, Arlington, VA 22201. 703/276-0056.

September 16. Erie'stisble Marathon, Erie, Pa. Pete Ogden, P.O. Box 1906, Erie, PA 16507. 814/899-4974.

September 16. Philadelphia Distance Run Half-Marathon, Philadelphia. Mark Stewart, P.O. Box 43111, Philadelphia, PA 19129. 215/636-4975.

September 22. Mercedes Mile On Fifth Ave., NYC. NYRRC, 9 East 89th St., NY, NY 10128. 212/860-4455.

September 23. Spiegel Associates Ocean To Sound 50-Mile Relay, Plainview, N.Y. Cash prizes for master teams. POBRRC Relay, 62 Sylvia Lane, Plainview, NY 11803. Alan End, 516/735-0981.

September 23. Rockland Half-Marathon, Orangeburg, N.Y. Sorbothane/USRA Masters Circuit. 914/359-5425, or Dean Reinke & Associates, 407/647-2918.

September 30. The Great Race 10K, Pittsburgh, Pa. Mike Bradley, Rm. 400, City-County Bldg., Pittsburgh, PA 15219. 412/255-2493.

September 30. Freihofer's Women's 5K, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 21. Richmond Newspapers Marathon, Richmond, Va. SASE to O. DeWayne Davis, Richmond Marathon/13.1, PO Box C-32333, Richmond, VA 23293.

November 4. New York City Marathon, New York, N.Y. Fred Lebow, NYRRC, P.O. Box 881, FDR Station, New York, NY 10128. 212/860-455.

SOUTHEAST

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

August 4. Full Moon Frolic 8 Mile, DeLand, Fla. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

August 11. 16th Annual Dilworth Jubilee 8K, Charlotte, N.C. Carl Johnson, DRRC, 729 Berkeley Ave., Charlotte, NC 28203. 704/377-3679 (e).

August 18. Parkersburg Half-Marathon, Parkersburg, W.Va. Dorsey Chevront, P.O. Box 718, Parkersburg, WV 26102. 304/424-2786.

August 25. Maggie Valley Moonlight 8K, Maggie Valley, N.C. Alice Mostello, Box 416, Waynesville, NC 28786. 704/452-5809.

September 1. Charleston 15 Miler, Charleston, W.Va. Charleston Run Committee, P.O. Box 2749, Charleston, WV 25330. 304/348-6464/8174.

September 3. Brandon Running Associa-

Profile Continued from page 16

merials aimed at the elderly.

This youthful senior already is preparing for the 1991 World Masters Championships in Turku, Finland, "I'll be 74 then. After that, who knows?"

When he isn't running, Weinacht is working "full speed," eight months of the year as a consultant for Maarten Intermodal Expeditors, an international freight brokerage firm. The graduate of Northwestern University has been married for 42 years to wife Violet. They have a daughter, Susan. □

—Mark H. Masse

Reprinted from *Living Sun* Newspapers, Cleveland, Ohio.



Tim Murphy, winning M65 50m (6.89), Dallas Park Senior Games, May 12, Dallas, Texas.
Photo by grandson Mike

Labor Day 5K, Brandon, Fla. Al Ingram, 813/685-9828.

September 29. NCNB Governor's Cup 25K/8K, Columbia, S.C. Masters money. Ed Prytherch, 135 Woodshore Dr., Columbia, SC 29223. 803/788-8941.

MIDWEST

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

August 25. Bobby Crim 10 Mile, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

September 9. Women's Run For Health, Appleton, Wis. LifeSpan, 1506 S. Oneida, Appleton, WI 54915. 414/738-2623.

October 28. Old Style Marathon, Chicago, Ill. Tim Murphy, 223 W. Erie, Chicago, IL 60610. 312/951-0660.

MID-AMERICA

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

August 25. Pikes Peak Ascent (13.4 miles). Nancy Hobbs, Triple Crown, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

August 25. 13th Jim Emmerich 15K, Brookings, S.D. Tom Bezdichek, 605/692-2808.

August 26. Pikes Peak Marathon, Manitou Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

September 3. Soundtrack Challenge 10K, Boulder, Colo. Sorbothane/USRA Masters Circuit. 303/741-3587, or Dean Reinke & Associates, 407/647-2918.

September 16. City of Lakes 25K/RRCA National 25K Championships, Minneapolis, Minn. Mpls Park & Recr Board, 310-4th Ave S, Minneapolis, MN 55415. 612/348-2226.

October 14. Twin Cities Marathon, Minneapolis. Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480. 612/341-8400.

SOUTHWEST

Louisiana, Mississippi, Texas.

August 26. 3rd Annual Louisiana Masters Classic 5K and 1-mile, New Orleans. Masters-only race. 1-year age groups (40-49), 2-yr (50-59), 5-yr (60-64, etc.). Chuck George, P.O. Box 52003, New Orleans LA 70152. 504/482-NOTC.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

August 1, 2, 4, 5, 9, 11, 12, 16, 18, 19, 23, 25, 26, 30. Legg Lake Runs, South El Monte, Calif. Arthur Martinez, 213/949-0394.

August 19. America's Finest City Half-Marathon, San Diego, Calif. Neil Finn, P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

August 26. Santa Monica Marathon, Santa Monica, Calif. Marathon, Recr. Division, 2600 Ocean Park Blvd., Santa Monica, CA 90405. 213/458-8311.

August 26. Silver State Half-Marathon/10K, Washoe Valley, Nev. Fred Holabird, 702/323-4566; 851-0836.

August 30 (Thurs). Sunset In The Park 2.8m/4.8m Cross-Country, Huntington Beach, Calif. 6:00 pm. Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

September 8. Pridemark Realtors 5K/10K, Irvine, Calif. Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

NORTHWEST

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

August 11. Zoo Run/Pacific Northwest Athletic Congress Masters 10K Championships, Tacoma, Wash. John Donovan, 5400 No. Pearl St., Tacoma, WA 98407. 206/591-5368(d); 565-4685(e).

August 19. Big Lake To Sand Mountain Races, Sisters, Oregon. Gary Rust, 13455 SE 97th Ave., Clackamas, OR 97015. 503/652-2225.

September 3. Founders Day Cross-Country 8K Run, Ashland, Oregon. Tom Burnham, So. Oregon Sizzlers, 451 Thornton Way, Ashland, OR 97520. 503/482-4467.

September 15. Prefontaine Memorial 10K, Coos Bay, Oregon. Pre Memorial Run, Box 1380, Coos Bay, OR 97420. 800/762-6278 (Oregon) or 800/824-8486.

September 30. Portland Marathon, Portland, Oregon. Les Smith, P.O. Box D, Beaverton, OR 97075. 503/226-1111.

CANADA

September 2. Montreal International Marathon, Quebec. Marathon International of Montreal, P.O. Box 1570, Succ. B. Montreal, Quebec, Canada H3B 3L2. 514/879-1027.

September 16. Toronto Marathon, Toronto, Canada. Marathon, 1220 Sheppard Ave., E. Willowdale, Ontario, Canada M2K 2X1. 416/495-4311.

INTERNATIONAL

August 11. Moscow International Peace Marathon/10K, Moscow, Soviet Union. Marathon Tours, Inc., 108 Main St., Charlestown District, Boston, MA 02129. 617/242-7845.

September 30. Berlin Marathon, West and East Berlin. Marathon Tours, 108 Main St., Boston, MA 02129. 617/242-7845.

July 18-28, 1991. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106. 612/341-8400.

RACEWALKING

The Newport, R.I., Running Camp runs from the 5th-11th, and the Green Mountain Running Camp runs from the 12th-25th in Vermont. The masters 5K track and 20K road walk championships will be held along with the Nationals in Indianapolis. □

ON TAP FOR AUGUST

TRACK & FIELD

The 23rd U.S. TAC National Masters Championships open on the 2nd with an expected 1000 participants in Indianapolis, while the WAVAs North American Championships begin on the 23rd in Trinidad-Tobago.

On the 11th-12th, two-day meets take place in West Virginia and Hawaii, with the Brown University meet on the 12th in Providence, R.I. The Philadelphia Masters Invitational is set for the 18th. The Montana Masters Meet is scheduled for the 24th-25th in Bozeman.

Internationally-inclined athletes can head for San Juan, Puerto Rico (18th-19th); or the All-Nippon Championships (25th-26th).

LONG DISTANCE RUNNING

The Asbury Park 10K — a USRA Masters Circuit event — in New Jersey, the Dilworth Jubilee 8K in North Carolina, and the Pacific Northwest/TAC 10K masters championships in Tacoma go off on the 11th.

On the 18th, Parkersburg, W.Va., hosts its annual half-marathon, while the Falmouth 7.1 Mile in Massachusetts, the Masters Twi-Light Four Mile in New Jersey, and America's Finest City Half-Marathon follow on the 19th.

Major races on the 25th include the Maggie Valley 8K in North Carolina, the Bobby Crim 10 Mile — another USRA Masters Circuit event — in Michigan, and the Pikes Peak Ascent in Colorado. On the 25th, the Pikes Peak Marathon, the Santa Monica Marathon, and the Louisiana Masters Classic in New Orleans offer a choice of challenges and locales.

RACEWALKING

The Newport, R.I., Running Camp runs from the 5th-11th, and the Green Mountain Running Camp runs from the 12th-25th in Vermont.

The masters 5K track and 20K road walk championships will be held along with the Nationals in Indianapolis. □

September 9. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

October 7. TAC/USA National Masters 30K, Racewalk Championships, East Meadow, N.Y. Gary Null, 200 W. 86th St., #17A, New York, NY 10024, 212/362-0648.

October 14. TAC/USA National Masters One-Hour Racewalk Championships, Cambridge, Mass. Philip McGraw, 158 Blue Hill Ave., Milton MA 02186. 617/898-1806.

Palomar Pentathlon
San Diego, CA
May 12

	YEAR	AGE	TIMES					POINTS					TOTAL POINTS		
			200	400	800	1500	3000	200	400	800	1500	3000	AGE	PERF.	+AGE
1. Shirley, Joni	1990	43F	30.8	66.9	2:35.2	5:13.3	11:19.8	619	796	790	797	750	920	2832	3752
2. Shirley, Graeme	1990	44	26.3	56.3	2:07.6	4:38.7	10:25.5	653	797	829	710	645	984	2650	3634
3. Salazar, David	1990	39	25.9	55.0	2:06.0	4:26.7	9:50.4	617	766	787	732	694	659	2937	3596
4. Wheeler, Steven	1990	37	26.0	55.3	2:09.7	4:16.3	9:34.8	582	724	702	786	722	531	2985	3516
5. Rodriguez, Jorge	1990	20	25.0	53.4	2:01.8	4:04.9	9:06.4	556	663	717	776	736	0	3448	3448
6. FitzGerald, Lee	1990	44	26.1	56.5	2:16.6	4:49.5	11:10.5	662	788	688	637	519	942	2352	3294
7. Michaelian, James	1990	17	25.7	57.2	2:11.5	4:28.7	10:10.4	556	607	657	699	647	449	2717	3166
8. Heck, Tim	1990	18	25.6	55.9	2:11.8	4:34.7	10:12.3	548	633	634	639	622	357	2719	3076
9. Olson, Laurie	1990	43F	31.3	68.5	2:46.0	6:01.6	13:30.6	584	752	675	527	440	848	2130	2978
10. Dornish, Steve	1990	45	30.9	66.2	2:21.8	4:40.1	9:45.6	338	477	627	712	787	970	1971	2941
11. McCarty, David	1990	47	26.1	61.6	2:26.2	5:18.2	11:42.7	710	655	593	504	473	1094	1841	2935
12. Pfeiffer, Wayne	1990	43	26.6	58.2	2:21.7	5:07.2	11:18.1	608	707	602	518	487	847	2075	2922
13. Lutes, Gordon	1990	45	29.8	65.1	2:20.9	4:47.3	10:26.4	401	511	641	664	656	964	1909	2873
14. Doyle, Steve	1990	41	27.6	59.0	2:23.5	4:54.6	11:01.0	507	648	554	569	509	724	2063	2787
15. Donnelly, Colin	1990	8	37.1	81.1	2:59.9	6:05.3	13:11.2	386	484	580	634	700	2484	300	2784
16. Graf, Tami	1990	5.5F	39.0	85.1	3:10.2	6:23.4	13:29.0	323	534	589	568	581	1405	1190	2595
17. Drake, Preston	1990	46	29.9	64.6	2:29.8	5:10.1	11:03.4	408	541	534	536	562	990	1591	2581
18. Handy, Kole	1990	19	26.1	58.0	2:14.9	4:38.6	10:09.8	468	497	519	533	531	0	2548	2548
19. Acosta, Osvaldo	1990	20	24.9	56.0	2:15.5	4:54.3	10:49.4	565	566	511	440	423	0	2505	2505
20. Kocin, Michael	1990	35	26.9	59.8	2:26.3	4:55.8	10:29.6	491	534	451	497	530	374	2129	2503
21. Cicero, David	1990	35	27.2	63.3	2:21.4	4:59.5	10:58.0	468	426	512	475	453	367	1967	2334
22. Bernard, Ken	1990	64	31.9	72.6	3:10.8	6:51.9	14:59.0	548	636	393	335	324	2026	210	2236
23. Pintzuk, Ira	1990	52	31.8	73.0	2:42.7	5:47.5	12:24.1	365	402	466	420	441	1285	809	2094
24. Daniel, Bob	1990	50	32.2	70.9	2:43.8	5:34.9	12:14.7	318	426	426	455	435	1166	894	2060
25. Turnbull, Anthony	1990	45	27.1	60.5	2:57.1	5:45.1	13:48.5	599	659	238	348	194	889	1149	2038
26. Cullison, Tom	1990	43	29.6	66.4	2:39.6	5:27.4	11:37.6	391	390	387	410	440	773	1247	2020
27. Getka, Ed	1990	28	27.4	62.9	2:31.9	5:13.2	12:04.7	346	313	339	250	0	1620	1620	
28. Stansfield, Ian	1990	46	36.6	81.8	2:55.3	5:51.9	12:27.5	51	126	265	327	359	661	467	1128
29. Golden, Darrell	1990	36	33.5	79.1	3:09.5	6:17.3	13:49.6	96	64	55	133	112	301	159	460

Continued from previous page

200m	M30 Lafe Fowler	24.41	400mH	M30 Marty Kruger	65.39	D Douglass	31-0	M60 Bob Watanabe	12-8	3000m	M30 Dave Smith	9:29.8
	Mark Robinson	25.29		M35 John Kirkpatrick	59.45	Ray Fitzhugh	28-7	Gene Harte	13-0		Walter O'Brien	9:43.7
	Frank Ebiner	25.29		M40 Don Roberts	62.70	M60 Mike Orlich	41-4	M65 Tom Patsalis	13-6		M35 Dave Purcell	8:53.7
M35	Earl Bryant	25.18	300mH	M50 Hugh Adams	47.72	Ed Chynoweth	38-1	Clarence Killion	14.3		Phil Marshall	9:45.3
	F Demby	25.23		M55 Will Robinson	50.56	Jerry Silsdorf	28-7	M70 Clarence Trahan	17.6		M40 Nolan Smith	9:13.7
	Rick Thoman	25.76		Dave Douglass	52.24	W75 Ross Carter	41-1 3/4	M75 Bert Morrow	16.2		James Gelsomini	9:18.4
M40	Ray Yock	24.58	4x100m Relay	M30 West Valley TC	45.78	W30 C Morrison	27-10 1/4	W50 Jeanne Carter	14.6		Herman Sanchez	9:45.0
	Russ Rutledge	24.98		San Francisco TC	46.26	W55 Fei-Mei Chou	22-3 3/4	W60 Diana Smith	20.3		Bill Sumner	9:23.8
	Angel Cachinero	25.00		M40 West Valley	46.76	W70 Riki Corvello	18-6	200m	M30 Lee Miller	10:30.4		
	Berner Turner	26.78				M30 Val Olotoa	107-8	M40 Herman Castillo	23.9		Jim Temples	10:31.0
M45	Dennis Duffy	24.17		M50 West Valley	49.27	Jim Scileny	73-6	John Pulley	24.9		Don Garth	11:13.5
	Tony Quintero	26.70	4x400m Relay	M30 SF TC	50.14	M35 Tom Swartzell	131-0	James Johnson	25.4		M55 John Finch	10:25.0
	M50 Gil LaTorre	24.76		W30 SF TC	58.14	M45 Luigi Schiavo	65-5	M45 Martie Behrens	n/a		Ted Oviatt	11:02.1
	M55 B Springbett	25.93				M50 Rich Hotchkiss	163-3	M55 Tony Nasralla	26.9		John Harper	11:45.0
	Bob Feaster	26.31	4x200m Relay	M30 WV TC	1:37.79	John Ross	148-4	Sam Flory	26.9		M60 Pat Devine	11:07.2
	Will Robinson	26.87		West Valley TC	1:42.51	M55 Stewart Thomson	158-5	Hugh Cobb	27.1		M65 Avery Bryant	12:40.9
M60	V Riger	26.61		M40 WV TC	1:38.87	M55 Rich Hotchkiss	94-4	M60 Bob Watanabe	27.2		M65 Tom Matthews	13:02.3
	B Stevens	26.99		W30 SF TC	2:13.40	M60 Mike Orlich	111-1	M65 Gene Harte	27.5		W40 Coty Miller	14:08.4
M70	C Killion	30.29				Rich Hotchkiss	91-4	M70 Clarence Killion	31.0		Cheryl Kincaide	18:23
	A1 Guidet	36.25	4x400m Relay	M40 WV TC	4:00.81	Jim Hart	130-7	M75 Bert Morrow	35.6		Short Hurdles	
	W30 M Demby	28.62		M50 WV TC	4:02.14	M55 Jerry Silsdorf	74-3	W50 Jeanne Carter	30-		M35 D Raikias	16.6
	Norma Lopez	30.83		W30 SF TC	5:04.36	D Douglass	111-1	Pat Willis	43.0		M50 Al Henry	15.3
	Ana Chang	33.28				M55 Jerry Silsdorf	74-3	W60 Diana Smith	49.7		M55 Bill Adler	18.2
	W40 Martie Behrens	29.77	4x800m Relay	M40 WV TC	10:19.16	M60 Mike Orlich	113-2	M60 Gene Harte	27.5		Ray Fitzhugh	19.3
	W55 Fei-Mei Chou	34.42		M50 WV TC	11-0	M55 Jerry Silsdorf	122-3	M70 Clarence Killion	31.0		Dave Douglass	19.4
	Marj Moore	35.80				M75 Ross Carter	70-6	M75 Bert Morrow	35.6		M60 Bob Watanabe	20.7
	W65 Diana Smith	46.56	High Jump	M35 Ed Baskauskas	5-8	W30 Carmen Morrison	61-7	W50 Carmen Morrison	49.7		M70 Burl Gist	14.7
400m	M30 Danny O'Connell	60.25	Pole Vault	M40 Jim Manor	4-8	W55 Janet Wilson	136-4	W60 Shirley Dietderich	57-1		Bob Hunt	15.6
	Joe Steinman											

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National Masters News										
<i>Continued from previous page</i>										
W60 Shirley Dietderich 17.95 W65 Thelma Rubin 18.85 200m M30 N W Levingston 22.90 Lafe Fowler 23.20 Ken Patterson 23.40 Lee Pope 24.00 M35 E Driver 22.80 Lee Larkins 23.55 F Demby 24.80 Earl Bryant 25.45 M40 E Hart 22.95 Glen Johnson 23.68 Ray Yek 24.52 Manuel Pan 25.97 M45 Jim Hollister 23.96 Gary Patterson 24.86 J Karbens 27.50 Herman Waller 27.89 M50 M Adamson 24.57 Bill Knocke 24.83 Gil LaTorre 25.08 Bob Shuch 28.60 M55 M Newton 25.29 Bob Feaster 26.37 Will Robinson 27.92 T Tsukuda 28.57 M60 B Watanabe 26.98 Vern Regier 27.61 Larry Fullington 31.83 M75 B Morrow 34.41 W30 C Morrison 27.79 M Demby 28.63 Norma Lopez 29.96 W35 M Dixon 28.48 D Felix 29.20 Judy Ace 31.12 W40 Linda Jackson 32.46 Irene Herman 33.85 Audrey Moy 35.77 W45 Nadine O'Connor 29.42 Eleanor Dennis 33.14 W50 Rita Kerr 34.60 W55 F Chou 34.24 Mari Moore 36.09 W60 S Dietderich 37.77 400m M30 Dom Marchand 53.80 M35 E Driver 53.50 Daryl Katcher 55.30 Rick Thoman nta Mike Summers 59.50 M40 Joe Seale 54.96 Russ Rutledge 55.71 Ray Yek 56.96 Dean Case 59.40 M45 John Aldridge 53.08 Gary Patterson 57.68 J Karbens 61.20 M50 John Pitman 56.96 Bill McMillen 57.18 B Shuch 63.62 M55 Jerry Dietderich 91.3h W30 C Morrison 64.52 M Demby 69.94 Maria Vazquez 73.32 W35 Nancy Frost 65.81 Marian Terrell 75.09 W40 Martie Behrens 65.04 W45 N O'Connor 66.82 800m M30 Marty Kruger 1:57.5 Glenn Carpenter 1:58.4 Wm Miles 2:00.0 Mark Mohna 2:02.4 M35 Daryl Katcher 2:03.4 G Montoya 2:10.1 Randy Sturgeon 2:11.4 M40 Steve Ferraz 2:04.0 Searcy Barnett 2:04.6 Joe Seale 2:08.7 M45 Andre Dunkell 2:05.5 Tom Laris 2:09.5 M50 Bill McMillen 2:10.7 Bob Shuch 2:19.7 Jim Bevins 2:25.4 M55 Pete Richardson 2:17.9 M60 Larry Fullington 2:55.9 M75 Bill Van Fleet 3:09.9 Joe Goodman 4:03.0 W35 Nancy Frost 2:36.1 W40 Martie Behrens 2:37.5 W45 Madelyn Moon 2:50.2 W50 Rita Kerr 3:01.3 W60 Thelma Rubin 3:35.9 1500m M30 Marty Kruger 4:07.2 Mike German 4:08.1 Mike Lawrence 4:08.3 M35 Bruce Hamilton 4:07.6 Dave Amster 4:07.8 Jim Bordoni 4:18.6 M40 Steve Ferraz 4:14.7 Jim Gorman 4:16.8 Jim Hampton 4:17.1 Tim Shannon 4:19.4 Jim Press 4:27.4 Tom Bennett 4:32.3 M45 Harvey Franklin 4:18.6 Tom Laris 4:28.6 Daryl Zapata 4:35.7 M50 Jim Bevins 4:49.9 Bob Shuch 4:50.8 M55 Pete Richardson 4:47.8 Bob Finch 4:51.9 Jerome Lewis 4:55.4 M65 Walter Eugenio 6:10.7 Rex Dietderich 6:32.7 M75 Bill Van Fleet 6:28.2 W30 Bonnie Zapata 5:14.9	W35 Taylor-Wallach 4:51.6 W40 Margy Amster 6:59.2 W45 Madelyn Moon 6:09.7 5000m M30 Ed Price 18:53.2 M40 Chas Thompson 15:54.2 Rich Katz 16:05.4 Nick Yray 16:40.1 Dennis Tracy 16:49.6 M50 Jim Bevins 19:08.1 Ed Shelton 26:56.1 M55 John Finch 18:21.1 Jerome Lewis 20:58.4 Jerry Dietrich 21:16.2 M60 Don Anhorn 25:38.6 M65 Rex Dietderich 24:59.3 M75 Joe Goodman 34:36.4 W30 Ingrid Smith 18:58.6 Short Hurdles TAC/WAVA specifications M35 E Baskauskas 16.9 R Ulrich 19.6 M40 D Roberts 16.3 D Johnston 16.9 M45 J Hollister 16.7 M55 S Richmond 18.93 M60 B Watanabe 18.82 Al Brenda 19.52 Long Hurdles TAC/WAVA specifications M35 J Kirkpatrick 58.78 M Miles 69.67 M40 D Roberts 61.70 M50 Bill Knocke 63.85 Hugh Adams 74.43 M60 B Watanabe 54.74 4x100m Relay W30 Alameda TC 54.91 W35 SF Law Enforcement 62.86 M30 SF T&F Club 47.96 M40 A Rogers & Co 42.31 West Valley TC 46.56 4x400m Relay M35 SF T&F Club 3:51.8 High Jump M30 Mark Hoenig 1.83 M35 Ed Baskauskas 1.73 Ron Shields 1.73 Rich Ulrich 1.43 M40 Henry Freeman 1.53 M45 Don Dvorak 1.53 M50 R Hotchkiss 1.63 Jim Brown 1.575 M55 Milt Newton 1.63 Don Rose 1.53 Steve Richmond 1.37 M60 Carl Orndoff 1.27 M65 Walt Dahlia 1.375 Jim Johnson 1.175 Jerry Silsford 1.175 M70 Burl Gist 1.375 A U Ricciardi 1.175 Jim Vernon 1.22 M75 Les Holmquist 1.12 Pole Vault M30 Doug Bachmiller 14-6 M35 Steve Hardison 15-0 Jim Williams 15-0 M40 Steve Morris 14-0 Ed Seese 13-6 Bert Serrano 13-0 Joe Miyoshi 12-6 M45 Bruce Hotaling 13-6 Mardon Connally 12-6 Richard Stepp 11-6 Roger Werne 11-0 M50 Bill Eller 8-6 M60 Al Brenda 8-6 M65 Jim Johnson 8-6 M70 Jim Vernon 9-0 A U Ricciardi 7-0 Long Jump M30 Dave Quilantang 6.00 Ken Patterson 5.89 N Livingston 5.75 Dan O'Connell 5.27 M35 Steve Hardison 6.22 Rich Ulrich 5.04 R Quilantang 4.44 M40 Roger Trujillo 6.22 Del Eckels 6.15 Angel Cachinero 6.09 Jim Manor 5.62 M45 Jim Hollister 5.69 Rufus Morris 5.66 Don Dvorak 5.56 M50 O E Legend 4.76 M55 Steve Richmond 4.55 Wm Eller 4.35 M60 Al Brenda 4.63 M65 Jim Johnson 4.10 M70 A U Ricciardi 3.82 Clarence Trahan 3.82 Les Holmquist 3.02 W55 Marj Moore 3.19 Triple Jump M30 Ken Patterson 11.85 Dave Quilantang 11.18 Jim Scilany 6.31 M35 R Quilantang 10.67 Rich Ulrich 9.62 M40 R Trujillo 12.52 Angel Cachinero 12.00 Fred Johnston 11.52 Jim Manor 11.18	4:51.6 5:15.4 6:59.2 6:09.7 7:00.9 18:53.2 15:54.2 16:05.4 16:40.1 16:49.6 19:08.1 26:56.1 18:21.1 20:58.4 21:16.2 25:38.6 24:59.3 34:36.4 18:58.6 22:19.4 25:19.4 17:59.6 22:26.3 18:58.6 TAC/WAVA specifications 16.9 19.6 16.3 16.9 16.7 18.93 18.82 19.52 24.22 40.78 37.38 35.86 29.94 26.86 -- Quintero 49.36 46.14 34.02 33.54 24.84 44.64 34.20 22.50 25.74 24.10 35.34 33.64 25.02 36.58 29.04 17.18 27.40 25.56 20.44 18.84 20.32 13.50 Hammer M30 David Swan 54.70 M40 Gary Kelmenson 44.24 M50 Ed Burke 58.88 R Hotchkiss 41.26 Jim Hart 37.62 M55 Gary Dawson 32.82 M60 Mike Orlich 30.12 M65 Bob Stone 22.28 Jerry Silsford 19.38 M70 A U Ricciardi 32.94 Rick Hustace 21.82 M75 J R York 28.86 Javelin M30 Ralph Howe 56.74 M35 Skip Butler 56.66 M40 Drew Stevick 50.76 Gary Kelmenson 24.00 M45 John Burns 50.66 Mike Parker 28.24 M50 Larry Stuart 60.68 Kary Mayer 45.64 M55 Phil Conley 50.28 Don Rose 43.54 M60 Ron Daniel 29.08 M65 Mel Sacks 62.13 M70 Juanda Honore 30.41 W40 Linda Jackson 32.37 W50 Jeanne Carter 30.69 Long Jump M30 Neal Bojko 2:07.94 B Fitzpatrick 2:13.52 Joe Steinman 2:23.25 Jon Kildroy 2:04:12 S Robinson 2:05.61 R Sturgeon 2:08.56 M40 Stephen Keyes 2:03.75 Conrad Brooks 2:08.40 C Sturtevant 2:13.23 M45 Alan Olson 2:15.40 Tyrone Nelson 2:19.35 M50 J Carrington 2:25.21 Bob Cullings 2:31.17 Lloyd McGuire 2:32.47 M60 Louis Beadle 2:29.85 Charles Rice 67.09 800m M30 Neal Bojko 2:07.94 B Fitzpatrick 2:13.52 Joe Steinman 2:23.25 Jon Kildroy 2:04:12 S Robinson 2:05.61 R Sturgeon 2:08.56 M40 Frank Reilly 2:03.75 Conrad Brooks 2:08.40 C Sturtevant 2:13.23 M45 Alan Olson 2:15.40 Tyrone Nelson 2:19.35 M50 J Carrington 2:25.21 Bob Cullings 2:31.17 Lloyd McGuire 2:32.47 M60 Louis Beadle 2:29.85 Charles Rice 67.09 800m M30 Neal Bojko 2:07.94 B Fitzpatrick 2:13.52 Joe Steinman 2:23.25 Jon Kildroy 2:04:12 S Robinson 2:05.61 R Sturgeon 2:08.56 M40 Frank Reilly 2:03.75 Conrad Brooks 2:08.40 C Sturtevant 2:13.23 M45 Alan Olson 2:15.40 Tyrone Nelson 2:19.35 M50 J Carrington 2:25.21 Bob Cullings 2:31.17 Lloyd McGuire 2:32.47 M60 Louis Beadle 2:29.85 Gunnar Linde 2:31.89 Harold Willis 2:50.09 M65 Avery Bryant 3:08.67 M70 Pete Ganahl 3:11.5h W35 Tina Stephens 2:29.56 W50 Pat Willis 4:09.2h W55 Gretchen Snyder 3:15.0h non-scoring Ben Brown M35 1:52.35 Nolan Smith M40 1:55.17 Peter Mogg M35 1:57.94 Don Parker M45 1:58.10 J Aldridge M45 2:01.74 1500m M30 Paul Hough 4:03.78 n/a M35 M Trilevsky 4:15.51 W30 Kim Wilkinson 24:41.6 Donna Gilliland 30:48.1 Cindy March 31:02.0 W35 Cindy Paffumi 28:16.1 W40 Sandy Womack 28:40.0 Carolyn Nash 36:41.1 John Lawson 10.68 Jack Karpens 9.24 M50 O Legend 9.13 M55 Gary Dawson 8.00 M60 Al Brenda 9.40 Shot Put M30 Jim Scilany 24-3½ M35 Tom Swartzell 44-3 Rich Ulrich 31-2 M40 Gary Kelmenson 37-2½ Fred Johnston 35-6 Mike Parker 33-11 M50 Jim Hart 47-½ Karl Mayer 45-10 R Hotchkiss 44-9 John Ross 39-5 M55 Bob Feaster 38-2½ Hank Dunlap 34-6½ Mike Orlich 42-7½ Cole McFarland 37-9 M65 W Chynoweth 35-6 Jerry Silsford 28-6½ Bob Stone 23-1½ M70 Hal Cronkite 33-7½ A U Ricciardi 33-5 Vic Booth 33-4½ Rich Hustace 31-10 M75 Ross Carter 39-6 Leon Joslin 30-1 M80 A J Puglizovich 24-11 Fei-Mei Chou 20-11 W55 Fei-Mei Chou 20-11 W70 Rickie Corvallo 18-10½ Discus M30 Jim Scilany 24.22 M35 Tom Swartzell 40.78 Jim Harness 37.38 M40 Gary Kelmenson 35.86 M45 Jack Karpens 29.94 M Parker 26.86 -- Quintero M50 R Hotchkiss 49.36 Karl Mayer 46.14 Jim Hart 43.90 John Ross 43.02 M55 Hank Dunlap 33.54 Gary Dawson 24.84 M60 Mike Orlich 44.64 Cole McFarland 34.20 Jack Lasner 22.50 M65 Bob Stone 25.74 Jerry Silsford 24.10 M70 Hy Booth 35.34 A U Ricciardi 33.64 Hal Cronkite 25.02 M75 Ross Carter 36.58 Leon Joslin 29.04 M80 A J Puglizovich 17.18 W30 K C Frogge 27.40 W45 Mandy Joslin 25.56 W50 Lorraine Coppola 20.44 W55 Fei-Mei Chou 18.84 W60 S Dietderich 20.32 W70 Rickie Corvallo 13.50 Hammer M30 David Swan 54.70 M40 Gary Kelmenson 44.24 M50 Ed Burke 58.88 R Hotchkiss 41.26 Jim Hart 37.62 M55 Gary Dawson 32.82 M60 Mike Orlich 30.12 M65 Bob Stone 22.28 Jerry Silsford 19.38 M70 A U Ricciardi 32.94 Rick Hustace 21.82 M75 J R York 28.86 Javelin M30 Ralph Howe 56.74 M35 Skip Butler 56.66 M40 Drew Stevick 50.76 Gary Kelmenson 24.00 M45 John Burns 50.66 Mike Parker 28.24 M50 Larry Stuart 60.68 Kary Mayer 45.64 M55 Phil Conley 50.28 Don Rose 43.54 M60 Ron Daniel 29.08 M65 Mel Sacks 62.13 M70 Juanda Honore 30.41 W40 Linda Jackson 32.37 W50 Jeanne Carter 30.69 Long Jump M30 Mike Merrigan 59.32 Andrew Hecker 64.80 Mr Pao 18.11 W40 Linda Jackson 15.65 W50 Jeanne Carter 14.94 W65 Diana Smith 20.70 non-scoring: Bill Knocke 62.36 M55 Al Sheahan 73.0h M60 Bob Watanabe 50.96 M70 Pete Ganahl 60.79 M75 Bert Morrow 68.30 High Jump M30 Jason Meisler 6-8 Mel Embree 6-4 M40 Charles Rader 6-4 Sam Hill 4-6 M45 Larry Salinger 5-4 George Davies 5-2 M55 Dave Douglass 4-6 M65 Dave Brown 4-0 Tom DeVaughn 3-10 M70 Jim Vernon 3-10 Elmer Siegel 3-4 M75 John Damski 4-0 Carol Johnson 3-9 W60 Shirley Kinsey 3-4 Pole Vault M40 Greg Miguel 14-0 M45 George Davies 12-0 M50 Gary Miller 13-0 M65 Dave Brown 8-0 Tom DeVaughn 7-0 M70 Jim Vernon 9-0 M75 Carol Johnson 7-6 Long Jump M30 Mike Merrigan 5.03 M40 Sam Hill 4.75 Jin Gibson 4.28 M55 Al Henry 5.31 Dave Jackson 5.20 Ed Martin 4.62 M70 Elmer Siegel 2.95 Harry Yu 2.36 M75 Carol Johnson 2.88 Triple Jump M35 Andrew Hecker 10.69 M40 Milan Tiff 14.96 Joel Whitfield 11.73 M75 John Damski 7.69 Art Vesco 4.30 Shot Put M30 Val Olotoa 13.89 Bill Pendleton 15.10 Russ Reabold 12.48 M40 Frank Reilly 14.73 Mike Nash 14.43 Mike Deller 13.60 M45 George Davies 11.92 M50 Allan Brown 11.61 Abe Sheinker 8.83 M55 Mike Devlin 11.40 Dave Douglass 9.10 M60 Hal Wallace 11.45 Jerry Wojcik 7.68 M65 Ed Chynoweth 10.93 M70 Jim Minah 11.23 M75 Mr Pao 10.01 M75 Janet Wilson 10.53 Discus M30 Val Olotoa 35.86 M35 Russ Reabold 38.47 M40 Frank Reilly 49.62 Mike Deller 43.64 Mike Nash 37.54 M45 Jack McCormick 37.00 Juan Bustamante 24.31 Luigi Schiavo 19.35 M50 Allan Brown 42.99 Abe Sheinker 30.70 M55 Ed Martin 34.95 Mike Devlin 32.85 M60 Hal Wallace 45.50 Hammer	4:12.5h 4:15.9h 4:50.6h 4:55.46 4:57.35 5:04.64 5:30.64 5:47.11 6:13.55 7:29.87 5:05.61 5000m M30 John Scott 15:46.9h M45 Luigi Schiavo 23:03.2h M60 Pat Devine 18:56.1h Pete Mundie 23:09.4h Sir O R Bingley 23:22.3h Short Hurdles TAC/WAVA specifications M30 Roosevelt Wells 16.51 Mike Merrigan 16.59 M35 D Robinson 15.76 M45 C McCormick 16.75 Larry Salinger 19.70 M50 Al Henry 15.44 John Carr 20.12 M55 Bill Adler 18.75 M60 Bob Watanabe 18.69 M70 Al Guidet 14.18 Bob Hunt 17.11 M75 Bert Morrow 17.57 Mr Pao 18.98 Long Hurdles TAC/WAVA specifications M35 D Robinson 59.32 Andrew Hecker 64.80 M40 Tim McMulkin 68.02 M50 John Carr 80.8h non-scoring: Bill Knocke 62.36 M55 Al Sheahan 73.0h M60 Bob Watanabe 50.96 M70 Pete Ganahl 60.79 M75 Bert Morrow 68.30 High Jump M35 Jason Meisler 6-8 Mel Embree 6-4 M40 Charles Rader 6-4 Sam Hill 4-6 M45 Larry Salinger 5-4 George Davies 5-2 M55 Dave Douglass 4-6 M65 Dave Brown 4-0 Tom DeVaughn 3-10 M70 Jim Vernon 3-10 Elmer Siegel 3-4 M75 John Damski 4-0 Carol Johnson 3-9 W60 Shirley Kinsey 3-4 Pole Vault M40 Greg Miguel 14-0 M45 George Davies 12-0 M50 Gary Miller 13-0 M65 Dave Brown 8-0 Tom DeVaughn 7-0 M70 Jim Vernon 9-0 M75 Carol Johnson 7-6 Long Jump M30 Mike Merrigan 5.03 M40 Sam Hill 4.75 Jin Gibson 4.28 M55 Al Henry 5.31 Dave Jackson 5.20 Ed Martin 4.62 M70 Elmer Siegel 2.95 Harry Yu 2.36 M75 Carol Johnson 2.88 Triple Jump M35 Andrew Hecker 10.69 M40 Milan Tiff 14.96 Joel Whitfield 11.73 M75 John Damski 7.69 Art Vesco 7.51 M75 Janet Wilson 10.53 Discus M30 Val Olotoa 35.86 M35 Russ Reabold 38.47 M40 Frank Reilly 49.62 Mike Deller 43.64 Mike Nash 37.54 M45 Jack McCormick 37.00 Juan Bustamante 24.31 Luigi Schiavo 19.							

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<u>1500m</u>										
M55 Stan Zak	36-11 ¹	1A Tony Crawford	4:58.93	Hayward Masters Classic	M90 Paul Spangler	20:42.89	M75 Ross Carter	12.19	Javelin	M40 Bob Engelstad
John Nelson	26-2	1B Ron Dimmerman	5:22.55	Eugene, OR	W30 Irene McLoughlin	10:28.36	Leon Joslin	9.06	49.71	
M60 Tom Allison	44-1 ¹	2B Ken Ogden	4:55.28	June 23	Julie Ogborn	10:57.03	Bob Hunter	7.11	Leonard Witt	
Ward Church	31-1 ¹	Jason Blair	4:55.97	100m	W35 Christine Batman	10:37.76	Charlotte Carter	6.80	34.36	
M65 Jim Holland	43-6	3AW Annie Boitano(s)	5:22.69	M35 Dave Hagemeier	11.56	W40 Jules Trigueiro	10:44.96	Sande Maxwell	28.22	
Roy Atherton	28-3 ¹	3000m		M40 Jack Casey	12.12	Carol Jackson	12:15.17	Dennis Tancredi		
Dude Rice	25-3 ¹			Ray Yeck	12.17	W70 Pat Dixon	15:01.41	Al Phillips		
M75 Bob Hunter	23-7	1A Tony Crawford	11:03.65	John Comstock	12.24	Marie Stafford	15:49.42	Ladd Zastoupil		
W55 Sharon Sahnchik	24-5	1B Ron Dimmerman	12:11.60	Fred Pietrzak	13.39	M30 Fred Schumann	16:27.16	Dennis Tancredi		
W60 Pat Osmon	21-6	2A Al Beck	9:39.46	M45 Roy Semmel	12.49	M35 Kevin Reilly	15:29.55	Al Phillips		
<u>Discus</u>		2B Tim Joslin	10:02.21	Emil Torquato	12.63	Larry Katz	16:21.88	Ladd Zastoupil		
M40 Jerry Cash	107-11	Jason Blair	11:27.87	Rich Lamster	13.00	Bernard Rate	16:59.88	Dennis Tancredi		
M45 Jack Kondrasuk	97-5	3AW Annie Boitano(s)	12:01.43	Ned MacWhirter	14.75	M40 Gene Solomon	15:59.46	Atlaw Belligne		
Bob Long	77-2	<u>Short Hurdles</u>		M50 Terry Cannon	12.56	Rod Malone	16:35.15	Samuel Skinner		
M50 Dick Lee	118-1	1B Mark Taft	19.41	Paul Stepan	13.50	Steve Tredway	17:28.94	Michael Wilson		
Lee Clark	109-4	2A Roger Hunt	21.44	M55 Bill Wright	12.81	M45 Dusty Moller	18:44.44	John Haslund		
Don Breckenridge	90-3	<u>High Jump</u>		Ray Graves	13.16	M50 Reed Miller	16:57.49	20:09.30		
M55 Frank Miller	111-7	1A Shawn O'Neill(s)	5-10	Jim Schlezwitz	13.57	John Shirey	19:18.52	John Hanan II		
Stan Zak	111-3	1B Scott McKenzie(s)	5-8	Jack Coy	13.79	Jim Turner	19:19.95	Bob Brewer		
John Nelson	88-11	Josh Love(s)	4-10	M60 Bob Higginbotham	14.54	M55 George Kokis	21:22.97	C D Monismith		
M60 Tom Allison	122-10	1BW S Rothenbacher(s)	4-8	Alan Maxwell	15.11	M60 Bill Winstanley	20:12.96	M60 Marc Hansen		
Hal Buck	104-5	2B Dennis Tancredi	4-8	M65 Stan Whipple	18.87	Harrie Hess	20:56.71	M65 Harvey Williams		
Ward Church	99-6	Dick Rex	4-6	M70 Dick Bennett	16.36	M65 Lowell Russell	29:06.13	Ed Thompson		
M65 Rudy Atherton	88-9	3A Steve McKenzie	5-0	M75 Clarence Trahan	17.06	M70 Norton Jacobs	21:57.98	Joel Estrin		
Dude Rice	79-10	Tony Padilla	4-2	Paul Davis	26.40	W65 Dawn Russell	27:20.84	M40 Marvin Dunn		
W35 Candice Woyak	87-8	3AW T Bjerke-Wojak(s)	4-2	M90 Buell Crane	20.35	Helen Lachman	28:40.92	John Hanan II		
W60 Patricia Osmon	47-8	3BW Erin Taylor(s)	3-10	W35 Sande Maxwell	21.41	10,000m		28:08.27		
<u>Hammer</u>		4A Wm Hill	4-4	W45 Rose Schlezwitz	16.65	M35 Jim Isenberg	35:40.20	Glenda Sparling		
M40 Carl Lavier	114-8	4B Don Grosh	4-2	W50 Nancy Davis	15.16	John Wells	37:44.43	W55 Joyce Walter		
M55 Frank Miller	122-7	<u>Pole Vault</u>		W55 Bette Vosburgh	15.22	M40 Steve Tredway	35:21.98	Dorothy Torney		
M60 Ward Church	91-10	1A Erick Hiebenthal(s)	11-0	Marj Moore	17.18	M45 Ed Kousky	38:22.15	<u>5000m RW</u>		
M65 Dude Rice	82-10	Shawn O'Neill(s)	10-0	M40 Jack Casey	24.72	M70 Joe Norris	48:48.52	M35 Ed Thompson		
Roy Atherton	72-6	2A Joe Pfister	13-0	R Yeck	25.00	W65 Rosamund Dashwood	50:32.24	M40 Joel Estrin		
<u>Javelin</u>		2B Larry Holmes	11-0	J Comstock	25.84	<u>Short Hurdles</u>		M45 Marvin Dunn		
M35 Pat Brame	134-1	Richard Stepp	11-0	Don Williams	29.72	TAC/WAVA specifications		John Hanan II		
M40 Jerry Cash	130-8	Brian Bergemann	10-0	M45 Rich Tucker	25.43	M50 Lew Thorne	15.52	20:07.07		
M50 Don Breckenridge	91-3	4B Don Grosh	7-9	Emil Torquato	26.10	Fred Brandefels	18.83	Bob Brewer		
M60 Tom Allison	100-5	<u>Long Jump</u>		Roy Semmel	26.30	M55 Loren Swanson	19.03	C D Monismith		
Ward Church	85-6	1A Shawn O'Neill(s)	18-4 ¹	R Lamster	27.02	Don Gray	20.92	M60 Marc Hansen		
M65 Bill Sullivan	74-9	1B Man Wing	17-0	M50 Bill McIlwaine	26.40	M70 Dick Bennett	18.01	M65 A A Clevenger		
Roy Atherton	69-7	2A Roger Hunt	17-2	T Cannon	26.44	W50 Becky Sisley	17.34	W35 Claudia Titus		
W40 Lin Cook	56-9	2B Dick Rex	16-9 ¹	P Stepan	28.20	W55 Sharon Sahnchik	18.07	W40 Sandy Womack		
W45 Rose Schlezwitz	43-3	Dennis Tancredi	16-0	B Fletcher	32.35	<u>300mH</u>		31:12.60		
W50 Becky Sisley	91-6	3A Danny Jordan(s)	13-5 ¹	M55 Bill Wright	26.64	M50 Lew Thorne	47.08	Judy Heller		
W55 Sharon Sahnchik	74-2	Tony Padilla	11-8 ¹	Don Kane	27.60	M65 Walt Dahl	51.14	Sandie Shirey		
W60 Pat Osmon	54-4	4A Wm Hill	11-0	J Schlezwitz	28.05	M45 Larry Norris	65.58	W60 Dorothy Torney		
*age-group AR		4B Roy Atherton	10-3 ¹	M65 Walt Dahl	29.60	<u>High Jump</u>		W55 Joyce Walter		
<u>3rd Annual Scholastic Masters Classic</u>		4D Clarence Trahan	11-4 ¹	Gus Aronson	30.48	M40 Allen Huffstutter	1.60	<u>800m</u>		
Gresham, OR		Triple Jump		M90 Buell Crane	45.75	Leonard Witt	1.45	M75 William Brobst		
June 16		2B Dennis Tancredi	30-9	Paul Spangler	61.70	M45 Al Phillips	1.70	Jerry Wible		
<u>Shot Put</u>		400m		M35 Dave Hagemeier	52.24	M50 Rich Hotchkiss	1.60	M60 Mike Orlich		
1A: 18, 30-34; 1B: 17, 35-39		1A Chris Chirgwin(s)	41-1	Steve Brown	55.86	M40 Ray Yeck	1.60	— Milo Lightfoot		
2A: 16, 40-44; 2B: 15, 45-49		2A Chuck Chapin	51-5	F Pietrzak	56.36	M40 Mike Mikos	1.60	<u>Correction to Tennessee State Games, June 23</u>		
3A: 13 & 14, 50-54		2B Norman Lee	41-0	Mike Kelly	68.52	M55 Loren Swanson	1.40	<u>800m</u>		
3B: 11 & 12, 55-59		Bob Long	31-3 ¹	M45 Joe Cavan	61.22	M60 Dan Inveen	1.50	M75 Leon Joslin		
4A: 60-64; 4B: 65-69		Ora Bannister	28-10 ¹	Steve Robinson	64.56	Dick Scott	1.30	<u>800m</u>		
4C: 70-74; 4D: 75-79		Dennis Tancredi	26-6	M50 B McIlwaine	60.97	M65 Walt Dahl	1.40	M60 Bill Hart		
(s)=scholastic; W=Women		3A Richard Lee	40-4 ¹	P Stepan	62.92	M65 Dan Inveen	1.40	Manhattan 5 Miler		
		Robert Roy	38-11 ¹	M90 Paul Spangler	2:15.94	M65 Walt Dahl	1.40	Manhattan, Long Island, NY		
		Neil Saling	38-9	W40 Jude Kelly	76.80	M60 Rich Nordquist	2.75	May 19		
		Larry Lundgren	38-3 ¹	W55 Bette Vosburgh	74.20	<u>Long Jump</u>				
		Tony Padilla	31-2	<u>Pole Vault</u>		M50 Rich Nordquist	2.75	<u>EAST</u>		
		3B Jerry Jenson	39-4	M35 Stan Goodell	2:01.66	M50 Rich Nordquist	2.75	Manhattan 5 Miler		
		Stan Zak	37-8	M40 Rex Hall	2:06.63	M50 Rich Nordquist	2.75	Manhattan, Long Island, NY		
		John Nelson	28-4	Jeff Hollister	2:10.76	M50 Rich Nordquist	2.75	May 19		
		3BW Heather Gambill(s)	34-8 ¹	Les Castle	2:36.41	M50 Rich Nordquist	2.75	<u>Overall</u>		
		4A Ward Church	4k	M45 Richard Tucker	2:01.97	M50 Rich Nordquist	2.75	Itamar DaSilva		
		4B Harvey Williams	4k 40-5 ¹	Larry Norris	2:06.88	M50 Rich Nordquist	2.75	Meeri Bodolidi		
		4C Gerald Cysewski	37-5 ¹	Don McMillan	2:08.88	M50 Rich Nordquist	2.75	M35 John Sadowski		
		4D Ross Carter	38-8	Jerry Hackett	2:11.44	M50 Rich Nordquist	2.75	M40 Bill Hart		
		1A Matt Davis	136-0	M50 Des O'Rourke	2:18.80	M50 Rich Nordquist	2.75	M45 Tom Moore		
		Chris Chirgwin(s)	116-8	Ken Ogden	2:24.58	M50 Rich Nordquist	2.75	M50 Willie Kaye		
		1B Pat Errico(s)	101-0	Don Petting	2:25.17	M50 Rich Nordquist	2.75	M55 Joe Britto		
		1BW Candi Woyak	89-10	Buck MacGillivray	2:30.60	M50 Rich Nordquist	2.75	M60 John Corrigan		
		2A Chuck Chapin	159-4	M55 Don Kane	2:26.35	M50 Rich Nordquist	2.75	M60 Ralph Heining		
		Carl Lavier	113-8	M60 Harrie Hess	2:41.48	M50 Rich Nordquist	2.75	M70 Leo Karmen		
		2B Norman Lee	136-7	M65 Len Tritsch	2:42.76	M50 Rich Nordquist	2.75	M35 Sharon Zuhoski		
		John Bakkens	109-8	Gus Aronson	2:55.64	M50 Rich Nordquist	2.75	W40 Virginia Johnson		
		Bob Long	88-5	M70 Dan Bulkley	2:46.93	M50 Rich Nordquist	2.75	W45 Penny Pinsky		
		Ora Bannister	83-10	M90 Paul Spangler	5:02.64	M50 Rich Nordquist	2.75	W50 Astrid George		
		3A Robert Roy	139-3	W30 Mary Russell	2:30.20	M50 Rich Nordquist	2.75	M55 Marie Chayette		
		Erick Chirgwin(s)	120-4	Leslie Roshaw	2:50.08	M50 Rich Nordquist	2.75	50:26		
		Larry Lundren	105-10	W40 Barbara Ballard	2:32.80	M50 Rich Nordquist	2.75	<u>America's 5K Run</u>		
		Tony Padilla	94-1	Kathy Holmstrom	2:40.39	M50 Rich Nordquist	2.75	Ridge, Long Island, NY		
		3B Neil Saling	130-10	Mile		M50 Rich Nordquist	2.75	May 28		
		Stan Zak	114-7	M30 K C Taylor	4:37.69	M50 Rich Nordquist	2.75	<u>Overall</u>		
		Richard Lee	112-8	Scott Krause	4:49.74	M50 Rich Nordquist	2.75	Bob Giambalvo		
		Jerry Jenson	112-9	M35 David Castle	4:31.18	M50 Rich Nordquist	2.75	Ellen Giambalvo		
		John Nelson	84-8	Mike Derobertis	4:59.11	M50 Rich Nordquist	2.75	M35 Tom MacNiven		
		3BW Heather Gambill(s)	108-4	J R Halbrook	5:11.56	M50 Rich Nordquist	2.75	M40 Roger McCarthy		
		4A Hal Buck	101-0	Jeff Hollister	4:53.20	M50 Rich Nordquist	2.75	M45 Maury Dean		
		Ward Church	97-5	Mike Adkisson	5:16.77	M50 Rich Nordquist	2.75	M50 Joe Cordero		
	</									

Continued from previous page

Pellicano Memorial 5-Mile
Road Race, Warwick, RI
June 7

M40 Edgar Girard 29:55
Michael Brophy 30:20
Harry Nagle 30:40
M45 Patrick Reid 29:15
Michael Bell 31:33
William Bertrand 31:52
M50 Ed Fromm 28:10.9
Charles Bowen 33:59
Terence Keegan 36:20
M55 Bill Horridge 32:27
Brad Leonard 35:43
Henry Keenan 36:27
M60 Harry Elgar 31:31
James Gilbert 36:35
Thomas O'Hara 37:57
M65 Carl Hammens 33:38
Joe Pascale 37:00
(No Women)

Utica Boilermaker 15K
Utica, NY
July 8

Overall
Delmar Dos Santos 24 44:01
Maria Trujillo 30 51:39
M40-49
John Campbell \$2000 45:10
(M40+ world best)
Mario Cuevas \$500 46:09
Domingo Tibaduiza \$300 47:08
Wilson Waigwa \$200 48:46
Dale Keenan \$100 48:50
Atlaw Beligne \$100 49:57
M50+
Robert Nelson \$400 52:54
Fay Bradley \$200 53:26
Bill Fuller \$100 54:03
John Pelton \$100 56:00
W40-49
Nancy Grayson \$1000 55:08
Claudia Ciavarella \$500 56:31
Barbara Filutze \$300 56:53
Adrian Liburn \$200 57:16
Meeri Bodelid \$100 57:27
Eva Isaacs \$100 57:52
W50+
Gina Faust \$400 62:50
Margaret Betz \$100 64:03
Anny Stockman \$100 67:13
Wen-Shi Yu \$100 67:31

SOUTHEAST

Nissan Mayfest Quest 8K
Columbia, SC
June 20

Overall
Jim Eastman III 26:02
Catherine Lempesis 32:20
Overall Masters
Lansing Brewer 27:43
Pat Tavares 34:38
M35 Rusty Doyle 29:24
Phil Mozie 29:49
M40 Russ Pate 27:58
Coby Stevenson 31:03
M45 Dick Clarke 30:56
George King 32:32
M50 George Lake 29:47
Jim Adams 30:09
M60+ Major Summerford 41:04
Rod Zander 43:11
W35 Rebecca Gonzales 35:24
Beverly Hiott 39:29
W40 Dianne Ward 39:56
Bonnie Hipkins 40:44
W50 Nancy Dunbar 45:14
Arlene Hand 50:40

Firecracker 5K
Unionville, NC
July 4

Overall
Robert Murray 17:21
Donna Weill 21:59
M35 Steve Staley 17:47
M40 Georg Wilson 17:35
James Sinclair 18:34
M50-John Ansell 19:41
Alex Coffin 20:15
W30 Jeanne Kirkpatrick 22:30
Irene Szczesniak 23:02
W40 Kay Peay 24:06
Sara Turner 27:10
W50+ Margaret Hagerty 32:46

MIDWEST

Wolfpack Festival of Miles
Columbus, OH
April 1

-5 Mile--
M35 Terry Quigley 27:19
M40 Bill Frasher 32:58
M45 D E Hysell 38:06
M55 James Spitzer 48:40
M60 Jack Shuter 56:07
W40 Karen Letsinger 42:45
W50 Mim Brierley 40:22
W55 Vera Spitzer 72:51

--20 Mile--
M35 Frank Como 2:14:24
M40 Bob Kuebler 2:05:03
M45 Kent McWherter 2:28:41
M50 James Miller 2:52:34
M55 Ray Arthur 3:34:18
M75 George Knox 3:53:08
(completed 15 miles)
W35 Gwyn Goss 2:48:22
W40 Nancy Meeker 3:00:29
W45 Barb Jerman 3:01:13
W50 Lois Knapp 3:07:14
(completed 15 miles)

Art Fest River Run 12K
Henderson, KY—Evansville, IN
May 12

Overall
Ashley Johnson 28 34:50
Lynn Deninno 28 39:39
M40 Fred Schaffstein 40:08
Phil Robertson 42:43
Steve Swinson 43:21
M45 Fred Fulcher 44:25
Dan Daniels 46:59
Allan Adams 48:56
M50 Richard Wooton 44:53
Jim Carney 47:45
Jim Head 49:05
M55 Wayne Smith 49:59
Jim Little 54:11
Ron Mossberger 55:42
M60+Tom Waltrip 52:09
Rich Cochran 56:44
Ed Parsonage 59:05
Harold Carey 67 59:24
W40 Darlene Hoagland 50:10
Patsy Patton 54:09
Aggie Yeakel 57:40
W45 Brenda Farrell 57:14
Jean Lingle 60:51
Johanna Hazen 64:28
W50 Margie McMillan 58:51
Mary Rabe 59:23
Susan Wood 65:46
W55 Juanita Bowman 53:43
Sister M Norris 61:24
Marge Ferris 65:06
W60+Mona Pierce 71:39
P B Huthenburg 70 76:59

Elby's Big Boy 10K
Wheeling, WV
May 26

Overall
Dionicio Ceron 24 1:00:17
Kellie Cathey 28 1:11:19
M35 Wendell Skelley 1:10:43
Tom Fleming 1:13:11
Lance Tarr 1:15:58
M40 John Campbell 1:04:16
Fred Waybright 1:13:12
Bob Fensterer 1:13:38
M45 Gene Ruckman 1:20:56
Aldo Mogorovic 1:25:08
Frank Davis Jr 1:25:43
M50 Bob Ward 1:22:32
Gordon Kamka 1:23:53
Jim Gorney 1:25:31
M55 Jack Cagot 1:22:56
Ralph Swain 1:24:39
Jim Lacey 1:24:47
M60+Lou Lodovico 66 1:29:45
Jordan Bisceglia 1:33:59
Don Robins 1:34:34
W30 Guevara Weinsteini 19:00
Sarah Davis 1:23:42
Cynthia Baird 36 1:25:47
W40 Marie Burleson 1:21:30
Darlene Norman 1:32:45
Mary Minarcik 1:35:45
W50 Georgette Lacey 1:46:47
Elizabeth Mandl 1:50:36
Phyllis Mihalich 1:58:03
W60+Ella Custer 2:09:26
Susan McDavid 2:35:01

LA Joe 8K
Charleston, WVA
May 28

Overall
Carl Hatfield 43 \$150 26:49
Denaris Crawford 31 " 31:40
Masters Men
Fred Waybright 42\$150 27:30
Shawn Chillag 41 \$75 27:39
Rich Davis 44 \$50 27:47
Masters Women
Eliz Ervin 48 \$150 31:41
Diana Morris 40 \$75 34:26
Jane Fleming 43 \$25 36:43
M40 Steve Fox 29:02
Ed Berry 29:22
M45 Glen Jarrell 31:31
John Sheets 31:33
M50 Jerry Herndon 44:00
M55 John Harwick 33:58
Phil Radford 38:11
M60+John Hosner 65 31:29
Herb Chisolm 32:17
W40 Ellen Szego 41:50
W45 Connie Perry 38:21
W50 Fran Lawson 40:19
W55 Anita Doss 46:58
W60+Susan McDavid 55:38

Indiana Senior Games
South Bend
June 14-17

5K Run
M55-64 Phil Eherenman 22:11
Russell Taylor 22:17
Bob Weltry 22:37
W55-64 Ruth Webber 28:20
Peggy Taylor 29:35
M65+ Ernest Wroblewski 29:19
P Randall 31:22

2 Mile Walk

M55-64 Bill Hunt 21:46
Al Djuvik 22:41
Charles Spotts 29:58
M65-74 Ed Martin 23:38
Glen Saha 23:43
R Sandford 23:54
M75+ J Mooney 24:52
W55-64 Jo Presser 22:41
June Smith 33:34
W65-74 Mary Stuhl 30:43
Rita Huber 30:53
Mary Harlan 32:30
W75+ Mabel Barret 33:20
Mary Howarth 34:00

Steamboat Classic 4 Mile/
15K, Peoria, IL
June 16

--4 Mile--
M40 James Tracy \$400 20:00
Ian Cousins \$200 20:04
Pat Kubley 20:15
M45 Allan Rushmer 20:12
Rich Friedlander 21:34
Fred Betz 22:09
M50 Eugene Smitjh 23:53
John Randolph 23:53
Art Harris 24:39
M55 Wayne Winans 25:24
Rich Kowalski 26:13
Ron Achterberg 27:09
M60+Warren Utes 24:47
Jim Drinkwine 27:34
Bill Buster 27:43
W40 Nancy Oshier \$400 22:23
Laurie Binder \$200 22:42
K Trump-Kellogg 25:14
W45 Linda Watson 29:26
Carol Peluso 30:10
Sue Adams 31:20
W50+Sue Nebel 27:19
Barbara Gutler 29:46
Lois Brusko 29:57

--15K--
M40 David Spataru \$500 54:16
Dale Keppy \$50 58:12
Jose Duran 58:15
M45 Chuck VanArdsal \$250 55:12
Bill Gould \$100 56:47
Renzo Dreon 60:51
M50 Jim Carney 64:08
Harold Dix 64:56
Rick Brodine 67:11
M60+John Noon 83:43
Lee Bormann 85:27
John Standridge 89:26
W40 Meredith Knopf \$500 63:44
Les McClintock \$250 64:29
Sandra Trimble \$50 67:28
W45 Linda Horue 79:37
Kathleen Fields 79:45
Ann Hanson 87:03
W50+Sue Fay King 81:13
Jan Balzer 83:50

MID-AMERICA

Lincoln Marathon/Half
Marathon, Lincoln, NE
May 6

--Marathon--

Overall
Gordon Hyde 2:25:02
Gaye Opp 2:56:04
M40 Laddie Shaw 2:36:36
M45 Frank Bozanich 2:44:32
M50 Wesley Geringer 2:55:09
M55 Norm Green Jr 2:37:53
M60 Harold Hultquist 4:02:54
M65 Don McNelly 4:27:43
M70+Clarence Osborn 4:09:30
W40 Shirley Alvaro 3:29:19
W45 Nancy Moore 3:24:02
W50 Carolyn Defonso 4:59:11
W65 Mary Otte 4:51:23

--Half-Marathon--

Overall
Charlie Gray 1:04:36
Kathryn Evans 1:19:05
M40 Robert Kapke 1:17:26
M50 Ronn Baker 1:21:16
M60+A1 Showen 1:36:53
W40 Margie Lindsey 1:30:13
W50 Ann Williams 1:40:37

Grandma's Marathon
Duluth, MN
June 23

M40-44
1 Kjell-Erik Stahl SW2:21:29
2 Robert Schlu SC 2:28:18
3 Harry Cottrell MN 2:33:16
4 Dennis Grantz MI 2:40:29
5 Chas Possin WI 2:41:46
6 Roger Pekuri MN 2:41:47
7 Greg Larson MN 2:45:00
8 Bob Besinger MN 2:48:01
W40-44
1 Susan Havens WA 2:54:45
2 Adrian Hilburn FL 3:00:56
3 Cheryl Ralya NY 3:03:14
4 J Arenz-Pearson MN 3:21:48
5 Jo Vos MN 3:24:30
6 Mary Hiatt MN 3:27:43

WEST

Fastest Masters 10K
San Diego, CA
April 29

M40 Armando Valencia 33:28
M45 Steve Dornish 34:29
M50 Hans Dieben 37:34
M55 Warren Osborn 40:12
M60 Bob Holmes 47:22
M65 Jim McCown 41:56
M70 Don Dilworth 46:23
Wayne Zook 46:53
M75 Robert Rice 83:54
M85 Willard Benton 68:02
W40 Joni Shirley 38:59
W45 Ursula Rains 44:38
W50 Tammy Graf 47:13
W55 Caroline Murray 45:24
W65 Mary Rice 80:52

Avenue of the Giants Marathon
Weott, CA
May 26

Overall
Brian Larson 2:26:25
Susan Post 3:14:14
M40 Mike Holt 2:39:48
Karl Bacon 2:51:18
Timothy Martin 2:52:39
Doug Arndt 2:58:15
James Athearn 2:58:16
David Cook 3:02:35
James Marshall 3:02:40
Jamie Bupp 3:06:01
Terry Zanovich 3:13:22
Richard Thomas 3:21:21
M45 Edward Packel 2:50:41
Gene Weddle 3:00:35
Jim Whalen 3:19:18
William Wetting 3:10:45
Fred McElroy 3:11:47
Francis M. Ryan 3:11:59
William Daniel 3:14:26
Bo Leyden 3:23:20
Stephen Haun 3:24:28
Brent Beer 3:25:26
M50 George Felker 3:03:54
Rick Brodine 3:04:45
Andrew Kotulski 3:06:53
Ellsworth Pence 3:16:42
W40 Ellen Szego 41:50
W45 Connie Perry 38:21
W50 Fran Lawson 40:19
W55 Anita Doss 46:58
W60+Susan McDavid 55:38

Run for Gay & Lesbian
Pride, Los Angeles, CA
June 17

10K

Overall
John Jericaiu 34:27
Debbie Chaddock 39:21
M40 Charlie Hoover 37:05
Richard Nelson 37:50
Orville Stoeber 41:50
Nick Irwin 43:21
Ron Pratt 44:12
Miguel Cruz 48:31
Brian Murphy 49:25
Gary Kaplan 50:18
Jeffrey Weinstein 50:12
George Hilpmann 52:10
M45 Tom Sumner 41:00
Roy Gardner 45:49
Michael 42:50
Marty Freedman 43:06
Noel Shire 46:36
Thomas Graves 47:33
Michael Palko 3:38:57
David Jeans 3:30:59
Michael Sullivan 3:36:45
Mark Richert 3:39:04

So. Calif./TAC 5K
Championships
Gardena; July 8

Overall
William Musyoki 24 14:04
Kathy Kanes 16:11
M40 Stephen Keyes 15:40
Joe Alvared 15:48
Fred Ortega 15:55
M45 Don McCarthy 16:17
Ron Ogilvie 16:48
Dan Ashmine 17:20
M50 Sonny Monioz 17:26
Andre Tocco 17:31
Ed Donoghue 17:35
M55 Ron Poston 17:29
Tom Purkiss 18:15
Bob Rice 19:15
M60 Pat Devine 18:42
John Racely 20:10
Al Nobuto 20:20
M65 Larry Banuelos 20:00
Milt Bassett 22:34
Avery Bryant 22:59
M70+Phil Jones 22:33
Tuck Wherley 24:14
Ed Rumble 26:10
W40 Merle Helmberg 19:08
Sue Reinhardt 19:34
Terri Goodreau 20:11

Continued on next page



Continued from previous page

W45 Linda King	20:29
Roberta Lamping	21:21
Lisa Allen	21:24
W50 Yvette Lavigne	20:40
Jeanne Hoagland	20:59
Cecily Parke	21:02
W55 Heidi Noriyuki	24:44
Atsuko Fujimoto	25:45
Miyoko Fujimori	25:47
W60 Sumiye Leonard	26:14
Miyoko O'Hara	28:16
Catherine Weisser	33:37
W65 Helen Dick	22:44

NORTHWEST

Cascade Run Off 15K
Portland, OR
June 17

Overall	
Dionicio Ceron	24:37
Aurora Cunha	48:15
M40-44	
1 Gary Wilborn	OR 48:56
2 John Jordeth	WA 51:08
3 Matt Henderson	OR 51:48
4 Ken Travis	OR 52:36
5 David McKinney	WA 52:38
6 Hal Jackson	OR 52:39
7 Alan Beck	OR 52:45
8 John Hahn	WA 52:52
9 Bill Lindesmith	WA 52:56
10 Bill Donnelly	OR 53:03
M50-54	
1 Roger Robinson	AUS 50:07
2 Lewis Johnston	OR 54:43
3 Larry Wolf	OR 55:27
4 Val Wiethorn	OR 58:37
5 Bill Scarborough	OR 59:50
6 Jim Lillis	OR 60:01
7 Val Schultz	OR 60:38
8 Ken Ogden	OR 61:26
9 John Pittman	OR 61:29
10 Kurt Grant	OR 61:43

M45-49	
1 Mike Heffernan	OR 49:50
2 James Jolly	NZ 51:16
3 Tom Iredale	WA 52:00
4 Erik Sten	OR 52:01
5 Scott Taylor	OR 52:55
6 Dan Bonogofski	WA 53:27
7 T L Loffelmacher	OR 53:45
8 Dave Judkins	OR 55:11
9 Dave Griffith	OR 56:42
10 Frank Phillips	OR 57:28

M55-59	
1 Keith Fitch	OR 61:02
2 Jim Lopez	OR 61:22
3 Jim Haynes	WA 61:25
4 George Martinez	OR 65:39
5 Jim Moon	OR 65:52
6 Jimmie Floyd	OR 66:22
7 R J Frederickson	WA 67:29
8 Ron Pheister	OR 68:06

M60-64	
1 Gaylon Jorgensen	NV 55:08
2 Maurice Tarrant	CAN 56:46
3 Bob Dolphin	WA 62:38
4 Buz Masters	OR 62:42
5 Max Jones	OR 64:24
6 Tom Mackenzie	OR 65:36

M65+	
1 James McCown	CA 64:32
2 John Cahill	UT 66:16
3 G R Puterbaugh	OR 68:36
4 Don Dilworth	71 CA 68:45
5 Anders Jacobsen	WA 69:42
6 Albert Nakata	70:18
7 Jack Kirkpatrick	70 QD 73:50
8 Virgil Whitsitt	KS 77:02

W45-49	
1 Mary Smith	OR 64:09
2 Catherine Dalziel	OR 64:50
3 Judi Layne	OR 66:23
4 Kimberly Cusack	OR 66:36
5 Marilyn Riley	WA 68:21
6 Karan Goodman	WA 68:21
7 Elisabeth Lyon	OR 68:28
8 Sherry Bourdin	OR 69:04

W50-54	
1 Nancy Hellyer	WA 66:22
2 Shirley Ingram	OR 73:01
3 Kathy Erickson	OR 76:55
4 Jane Collins	OR 79:29
5 Z B Roley	OR 79:40

W55-59	
1 Sue Bastian	OR 67:01
2 Jo Sullivan	CA 72:32
3 Colleen Mershon	OR 74:15
4 Ann Whiting	OR 77:36

W60-64	
1 Billie Murphy	WA 71:39
2 Pat Rouse	OR 86:56
3 Ann Thomas	OR 81:17

W65+	
1 Mary Storey	CA 78:41
2 Helen Lachman	OR 95:55
3 Jane Brown	OR 99:29

CANADA**Canadian National Masters Marathon Championships Ottawa, Ontario May 13**

M40 Jacques Gagnon	2:38:51
Jacques Bouthard	2:44:57
Noel Vanier	2:45:01
Laurent Bouchard	2:45:25
Terry Emmett	2:47:19
M45 Leslie Davidson	2:39:12
Ray Hannaberry	2:48:34
Andre Lepre	2:49:40
Alan Hastings	2:56:37
Bill Williams	2:57:23
M50 Ernst Haefeli	2:51:54
Hans Hartman	2:52:55
Ron Crichton	2:59:18
Jean-Claude Guy	3:01:14
M55 Jean Perreault	3:06:15
John Graham	3:09:40
Roy Millen	3:22:40
M60 Jacques Baulne	3:13:44
Manuel Teodoro	3:17:38
Gerard Tremblay	3:20:28
M65 Carlton Mendell	3:37:38
Vic Kuwabara	3:44:52
Jean P Bourgeault	3:51:14
Peter Meletakos	4:31:13
M70 George Capraru	5:40:21
W35 Eunice Phillips	3:00:00
Adele Emo	3:06:11
Dianne Cassidy	3:07:54
Ginette Bouchard	3:17:20
W40 Carol Labella	3:25:08
Francine Lahaye	3:33:51
Joan Bulgin	3:36:02
W45 Diane Creber	3:51:00
Wendy Duck	3:51:19
W50 Barbara McLeod	3:39:54
Jill Cobb	4:03:10
W55 Mary-Ann Russz	3:49:44
Marlene Murdoch	3:50:59
Lois Bell	3:57:19

WAVA North American Regional Marathon Championships Whitehorse, Yukon, Canada June 23

Overall	
Norman Green	2:46:20
Frances Steinfeld	3:33:14
M40 Ray Leonard	2:51:25
Chester Kelly	2:57:56
Peter Ballard	3:31:36
Bob Hanley	3:42:50
David Hoffman	3:44:26
Rob McWilliams	4:03:07
M45 Selsyn Hughes	3:19:06
M50 Glen Frick	2:51:54
Jerry Herndon	5:19:47
M55 Norman Green	2:46:20
M60 Dan Daniels	3:52:22
M65 Donald Thomson	3:49:08
W40 Ann Hughes	5:19:46

INTERNATIONAL Festival De Primavera 5K/10K /10 Mile Baja California, Mexico June 2

--SK--	
Jose Lopez	14:57
Ruth Viramontes	19:48
M35 Jack Baldwin	17:04
M40 Angelo Gutierrez	16:15
M45 Dave Brandland	17:37
M50 Bob McAlpine	18:48
M55 Jesus Nuno	21:51
M60+ Ted Horner	22:16
W35 Victoria Pajarito	22:39
W40 Eva Cervantes	20:31
W45 Paula Lopez	28:57
W50+Sylvia Crise	23:52
W40	10K
Rodolfo Ruiz	32:54
Leticia Melgoza	40:58
M35 Sam Legget	40:16
M40 Bob Giblin	37:45
M45 Tom Rindt	38:02
M50 Jim Griffiths	48:37
M55 I Valenzuela	53:01
M60+Antonio Tejada	44:57
W35 Nancy Dyer	46:48
W40 Shannon Peet	51:42
W45 Barb Bramwell	51:34
W50+Eloisa Kanter	52:01
W40	10 Mile
John Robinson	57:20
Mary Button	68:19
M35 Mario Molina	72:29
M40 Steve Cornish	64:07
M45 Bob Walther	81:10
M50 Frank Vazquez	74:07
M55 Bob Abbott	94:06
M60+Bob Calhoun	82:14
W40 Hazel Peters	nta
W50+Anita Calhoun	90:20

RACE WALKING**New Mexico 5K State Race Walk Championships Grants, NM May 19**

Overall	

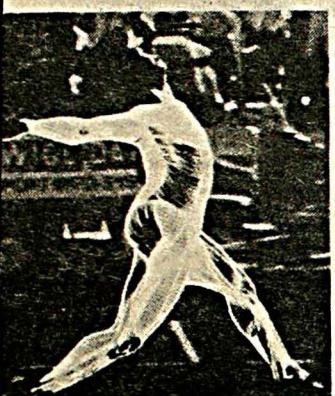
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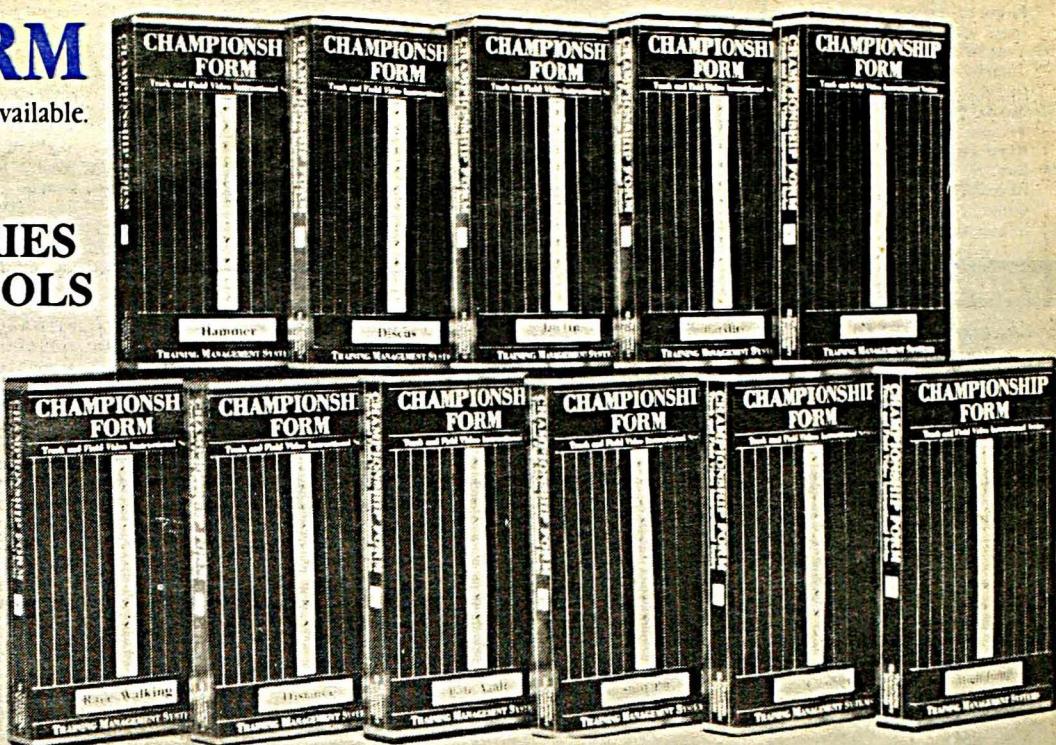
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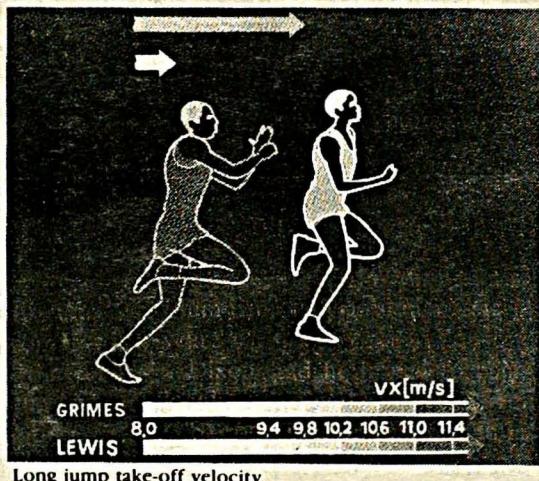
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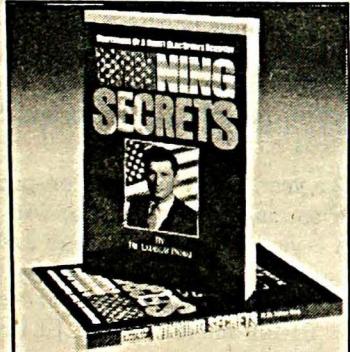


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