

NATIONAL MASTERS NEWS

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

166th Issue

June, 1992

\$2.50

Keston Best Age-Graded

Heffernan Wins Fifty Plus 8K

by JIM TURNER

The ninth annual Fifty Plus 8K run, held March 22 in Stanford, Calif., was highlighted by the first head-to-head competition between nationally top-ranked 50+ runners Mike Heffernan and Sal Vasquez. Heffernan, 51, of Portland, Ore., defeated Vasquez, 52, and the rest of the field in 26:18, with Vasquez second in 26:42.

The lead exchanged hands through the first two miles. At that point Heffernan established a 30-meter lead, which he held through the next two miles and extended over the last mile for a 24-second final margin.

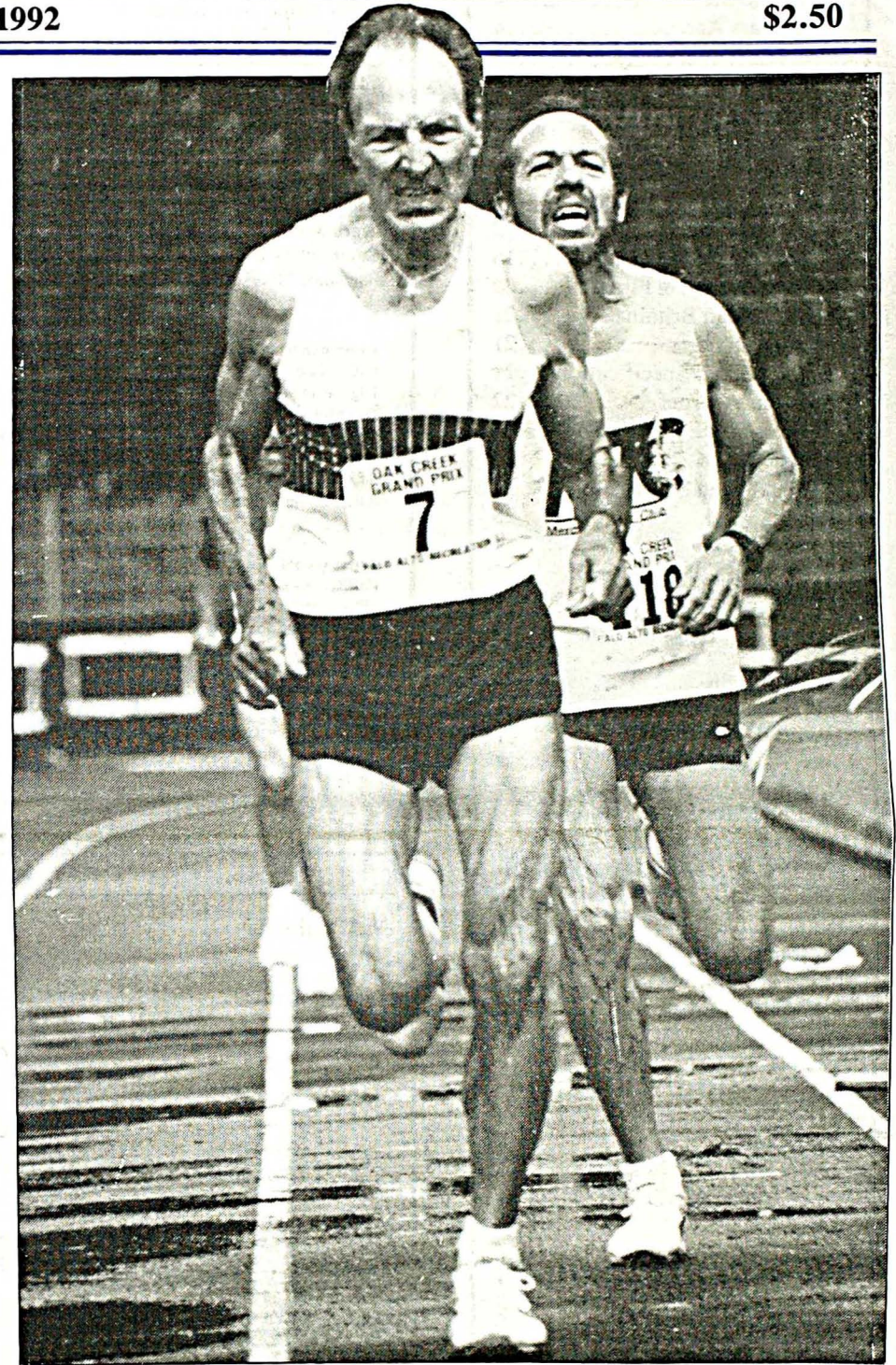
Shirley Matson, 51, of Moraga, Calif., won the women's division in 29:45. Her time broke the single-age U.S. 8K record of 31:14 set in 1988 by Gina Faust. Barbara Miller, 52, of Modesto, Calif., was second in 32:34 and Eve Pell, 54, was third in 33:03.

The top age-graded score was turned in by John Keston, 67, of McMinnville,

Ore. He ran 30:07, which translates to an outstanding 94.9%. Heffernan, Matson, and Vasquez followed in order with 91%+ age-graded scores. The strength of the field is reflected in the fact that an additional 33 runners turned in national class age-graded scores over 80%.

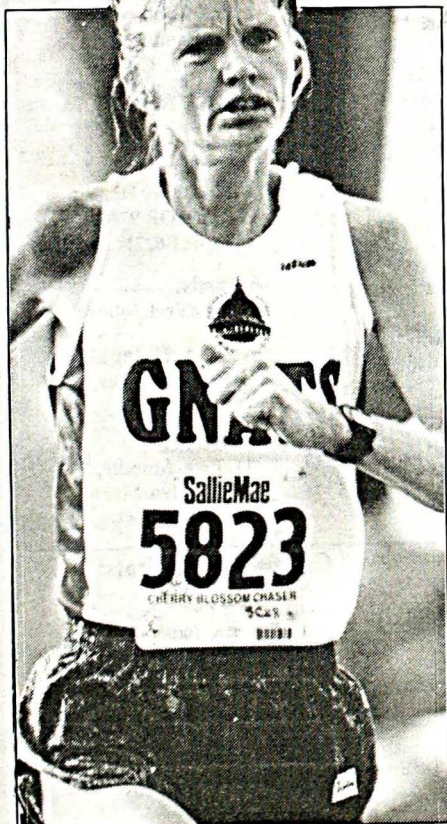
For the first time, this year the race also served as a Pacific Association TAC championship race for Senior (50+) and Supersenior (60+) men and women. The three-man team championship was won by a strong

Continued on page 5



John Keston, 67, finishing the Fifty-Plus Fitness Association 8K, Stanford, Calif., March 22, where he ran a top age-graded (94.9%) 30:07. Kenneth Schwisow follows. Photo by Jim Turner.

Levisse, Welch Top Masters in Sallie Mae 10K



Cindy Dalrymple speeds to a 39:40 finish to top all W50s in the Sallie Mae 10K, Washington, D.C., April 12. Victor Sailer/Agence Shot

by NANCY SIEBERT MURPHY

Pierre Levisse, 40, of France and Priscilla Welch, 47, of Great Britain set new masters course records in the ninth annual Sallie Mae 10K, held in Washington, D.C., on April 12. Levisse, who won the International Veterans 8K Cross-Country Championships in Boston earlier this spring, turned in a speedy 29:33, shaving 39 seconds off the old course record set by Ken Hamilton of Ontario, Canada, in 1990. Levisse's performance netted him \$1000 in prize money, and a seventh-place overall finish.

Welch's time of 34:38 eclipsed the previous course mark of 35:39, set by Nancy Grayson of Columbia, S.C., in 1991. Finishing in eighth place among all women entrants, Welch took home \$850 as a reward for her stellar effort. Grayson, who came in second female master, also bettered her own course record with a 34:56, good enough for \$400.

Other prize money winners included Switzerland's Kurt Hurst (40, 30:27, \$400); Domingo Tibaduiza of Colombia (42, 30:28, \$300); and Barbara Filutze of Erie, Pa., (45, 35:57, \$300).

Continued on page 5

Spokane To Host Nationals

More than 800 athletes from throughout the USA are expected to compete in the 25th annual TAC/USA National Masters Track and Field Championships on August 13-16 in Spokane, Wash.

The meet will be held at Spokane Falls Community College. The meet returns to the Northwest region for the first time since 1987, when over 900 athletes competed in Oregon. The eastern Washington area is one of the most scenic in the nation, and many participants will use the meet as a good

excuse to take the family on an adventurous vacation trip.

Competition is open to all men and women 30 years of age and older. The complete entry form is published on the back cover of this issue. Low-cost accommodations have been arranged by the Spokane organizers.

Once again, the meet will stage two special events on closing day. First, the popular age-graded 100 will be held, with the winners of each 5-year 100-meter final invited to compete,

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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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TAC WESTERN REGIONAL MASTERS TRACK AND FIELD MEET

DATE: 25 AND 26 JULY 1992
PLACE: CHABOT COLLEGE, 25555 HESPERIAN BLVD, HAYWARD, CA. TAKE "A" STREET EXIT WEST OFF INTERSTATE 880 TO HESPERIAN BLVD SOUTH TO CHABOT COLLEGE TRACK.
FACILITIES: 400M POLYURATHANE TRACK AND RUNWAYS (GRASS FOR JAVELIN) 1 1/4 " SPIKES ON TRACK AND RUNWAYS
COMPETITION: OPEN, SUB-MASTERS & MASTERS (MASTERS AND SUB IN 5 YR. GROUPS.). MEET DIRECTOR DISCRETION MAY CONSOLIDATE GROUPS. ALL EVENTS ARE FINALS.
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ELIGIBILITY: ONLY TAC MEMBERS. MUST SHOW A 1992 TAC CARD TO COMPETE. CARDS CAN BE PURCHASED AT THE MEET
AWARDS: MEDALS FOR FIRST 3 PLACES (SUB-MASTERS AND MASTERS ONLY).
DEADLINE: PREREGISTRATION MUST BE POST MARKED BY 17 JULY 1992. NO LATE REGISTRATION!
ENTRY FEES: \$10 FOR FIRST EVENT (\$8 FOR FOR NCSTC MEMBERS) AND \$6 FOR EACH ADDITIONAL EVENT. \$20.00 FOR RELAY TEAMS (MUST BE PAID FOR BY CLUB). MAKE CHECKS PAYABLE TO NOR CAL SENIORS T.C. AND SEND TO JIM JOHNSON, 1026 MURCHISON DRIVE, MILBRAE, CA. 94030 PHONE: (415) 697-1889

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SCHEDULE: THE FOLLOWING IS A TENTATIVE SCHEDULE.

SATURDAY FIELD EVENTS:

9:00	HAMMER THROW ALL	LONG JUMP OPEN	HIGH JUMP MEN 50 & UP	POLE VAULT 50' & UP & WOMEN
11:00	DISCUS 50 & UP	LONG JUMP 30 TO 49	HIGH JUMP MEN 30 - 49	POLE VAULT 30 TO 49
LUNCH				
1:15	DISCUS 30-49	LONG JUMP 50 & UP		
2:45	DISCUS OPEN		HIGH JUMP MEN OPEN	POLE VAULT OPEN

SATURDAY TRACK EVENTS:

9:00	5000M	MEN OPEN - 59	9:40	5000M	MEN 60 & UP, WOMEN
10:30	80M HURDLES	MEN 70 & UP, WOMEN	10:50	100M HURDLES	MEN 60 TO 69
11:10	110M HURDLES	MEN OPEN, 30-59	11:30	4 X 100M RELAY	ALL TEAMS
LUNCH					
1:30	100M	MEN	2:00	100M	WOMEN
2:00	400M	MEN	2:30	400M	WOMEN
3:00	1500M	MEN OPEN, 30-49	3:30	1500M	WOMEN, MEN 50 & UP
4:00	300/400 HURDLES	MEN WOMEN	4:45	5000M WALK	ALL

SUNDAY FIELD EVENTS:

10:00	JAVELIN 50 & UP	SHOT 30-49	TRIPLE JUMP OPEN	HIGH JUMP WOMEN	30 & UP WOMEN
LUNCH					
1:15	JAVELIN 30-49	SHOT OPEN	TRIPLEJUMP 50 & UP	HIGH JUMP WOMEN	OPEN
2:45	JAVELIN OPEN	SHOT 50 & UP	TRIPLE JUMP 30-49		

SUNDAY RUNNING EVENTS:

9:00	10,000M	ALL	10:00	2000M STEEPLECHASE	ALL
10:30	3000M STEEPLECHASE	ALL	11:20	800M	MEN
LUNCH					
1:20	800M	WOMEN	1:50	200M	MEN
2:20	200M	WOMEN	2:50	4 X 400M RELAY	ALL
3:15	3200M RELAY	ALL	3:30	10,000M WALK	ALL

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



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

A NEW LOOK

In response to your "New Look," I commend you for trying to improve the image of NMN. I like the new whiteness of the publication; it adds sharpness. I also like the idea of changing the color each month.

The small type on page 8 of the March issue is too small. Why make the paper more difficult to read? Keep the present type size.

You have a unique publication. No other publication covers our sport like NMN. I like the present title, although you might consider "Masters Track & Field News." We have a good thing going. Let's not upset the apple cart.

Leon Joslin
Seattle, Washington

How does "National Masters Running News" sound? Lousy. Do you recall the phrase "field event?"

Your publication serves a very important function for all of us who compete in age-group track & field. So why

not simply call it like it is: "U.S. Veterans Track & Field News?"

Gordon Bobell
Arlington, Virginia

In regard to your new look:

- 1) I like the white pages;
- 2) I have no feeling on color;
- 3) I thing "National Masters Running News" tells the story.
- 4) The small type is a bit of a strain.

Andy Neidnig
Sag Harbor, New York

I love the whiter paper; keep it. As for the smaller type, my 50-year-old eyes have trouble reading it. Keep the larger type. No opinion on the name, but it's a great publication.

J. Kirchoffer
Milwaukee, Wisconsin

(Readers were nearly unanimous in praise of the white paper on the cover, so we'll keep it. No one preferred the smaller type, so we'll forget it. Opinion was mixed on the name, so we'll give it

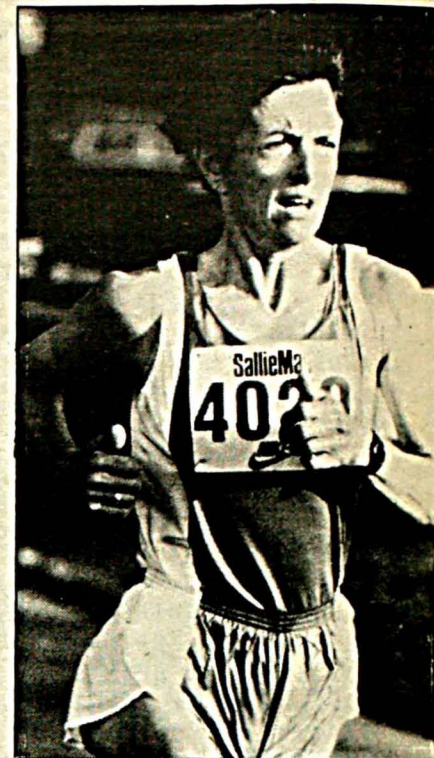
more thought. A narrow majority preferred the blue color, saying "it's your image," so we'll stay with it. Thanks for your comments. — Ed.)

INDOOR NATIONALS

Just returned from the National Indoor Championships in Columbus, Ohio. A great facility at OSU, and the people that put on the meet were top of the line. What impressed me was that everything seemed to go off on time. At least the throws did. It appeared from a spectator point of view that the races were also on time.

Once again it was time to meet new friends and renew old friendships from years past. Isn't it great to go to a meet like the Nationals and to find that even though you may have gotten a year older that you don't look or feel any older? The speed you once had, the endurance for long distance running, the strength for throwing out of sight may not be as fine tuned as in years past, but on a comparative basis, you are just as good as you used to be. And when you win, place or show, the feelings of euphoria are still there.

We'll next get together at the outdoor Nationals in Spokane in August. In the meantime, there are lots of good track and field meets in your area, wherever you may be. If you can travel, check the schedule in NMN for



Priscilla Welch, 47, of Great Britain topped all masters women (34:38), Sallie Mae 10K, Washington, D.C., April 12.

Victor Sailer/Agence Shot

upcoming meets in the Northwest. We would love to have you come and visit. It is a great place to retire.

Richard Lee
Eugene, Oregon

THE TURN MACHINE

When I wrote about the turn machine (May 1992), I anticipated perhaps ten inquiries, so I prepared a dozen mailings to play it safe. The first day I received 11, all dated from California on April 29. By the time my copy of NMN made it to me here on the East Coast, I had received 143 letters and I rather fear that that is just the beginning. I can see four or five hundred before the dust settles. Can you imagine licking that many stamps? Yuck!

Everyone will be answered in good time, so please be patient. I operate a mobile dog and cat grooming service and this is the start of my busiest time of the year so it will slow me down a lot. Each reply is numbered and will be answered in order received.

In the meantime, anyone in the area is welcome to drop in, check it out and try a little workout.

Cliff Blair
Holbrook, Massachusetts

Five Years Ago

- Web Loudat Wins Bud Light Legends Mile in 4:20.89
- Priscilla Welch, 42, Sets Masters Women's World Record of 2:26:51 in London Marathon
- England's Dave Clark (43, 2:21:37) and Sweden's Evy Palm (45, 2:36:24) Take Top Masters Prizes in Boston Marathon
- Paul Bruvik (44, 1:24:21) and Judy Kewley (42, 1:36:00) Score Masters Triumphs in Las Vegas Half-Marathon

Five Join NMN Sustainers

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

Special thanks this month go to:

Doug Smith
Robert K. Stone
Sally Strazdins
Cliff Pauling
Donald G. Ross

Laguna Hills, CA
Kensington, CA
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Bronx, NY
Marblehead, MA

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Levisse, Welch Top Masters in Sallie Mae Continued from page 1

Cindy Dalrymple led the 50+ women in 39:40.

The race offered a total of \$19,000 in



Frenchman Pierre Levisse, 40, was first master in 29:33, Sallie Mae 10K, Washington, D.C., April 12. Victor Sailer/Agence Shot

prize money, with \$500 for masters firsts and a \$250 bonus for course records. Featuring a field of more than 3000 runners representing 14 countries, proceeds of the contest go to the National Capital Chapter of the American Red Cross. □

Heffernan Wins Fifty Plus 8K

Continued from page 1

team from West Valley Joggers & Striders with Vasquez, 2nd, Bill Meinhardt, 4th in 28:09, and Tim Rostege, 5th in 28:24.

A total of 392 runners completed the race with 307 men and 85 women finishers. The M50-54 division alone had 113 finishers. The contest was held on the Stanford University campus, starting outside the football stadium, following a fast flat course through the campus and returning to the stadium to finish with a lap on the track. Ten single-age 50+ 8K American records have been set in the nine years this race has been held, more than any other single 8K/5-mile race in the country. The event is also accompanied by a 5K fitness walk. The Fifty Plus Fitness Association can be contacted at P.O. Box D, Stanford, CA 94309. □



Shirley Matson, first woman (29:45), and Mike Heffernan, first overall (26:18), receiving awards, Fifty Plus Fitness Association 8K, Stanford, Calif., March 22. At the microphone is Ray Stewart, president of the Fifty Plus Club, who finished fourth in the M65-69 race. Photo from Jim Turner

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Quantity or Quality?

Every now and then a novice runner asks me for training advice. The assumption is that with nearly 40 years of running experience I must have some answers.

Frankly, I had more answers when I had only 30 years of experience, even more with 20 years of running behind me. When I had only 10 years of experience and was coaching as well as racing, I thought I had *all* the answers.

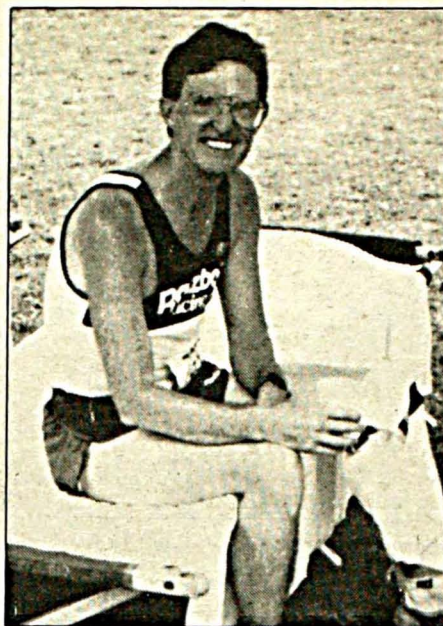
Consider, for example, the most basic issue in long-distance training, that of quality (speed) vs. quantity (distance). I don't think I'm any closer to knowing the proper blend of these two elements than I've ever been.

If you'd have asked me 30-35 years ago which is more important, I would have answered quality training. During the 1950s and '60s, I trained like most distance runners — *hammer, hammer, hammer*. I'd do 220 or 440 intervals every other day and an all-out four-mile time trial on the days between. I

didn't keep count back then, but I'm sure I never ran more than 25-30 miles a week.

LSD Training

During the late '60s, a new concept began to unfold. It came to be called long, slow distance training (LSD). The object was to do less hammering and more cruising, while going longer. Initially, I rejected the idea. It just didn't make any sense to me that training at seven-minute mile pace would help me when trying to run a race at close to five-minute pace. However, I



Gerry Lindgren

began noticing that a friend who had taken to LSD training, and who was always behind me in short races, was always ahead of me in the longer ones. In my first two marathon attempts, I wasn't even close to him.

In 1975, I decided to give LSD a try. I began running 90-100 miles per week at about seven-minute pace. Even though I was then approaching the age of 40, my marathon times began improving significantly. I became a real believer in LSD. At first, I thought it was beneficial only for marathon running. After a few years, I came to realize that LSD was also paying off in short-distance racing. Thereafter, I began running at least 80 miles a week year-round. Not all of it was LSD, though, as I'd mix in two interval sessions per week or one interval session and one race.

More Is Better

For a number of years after that, there was no doubt in my mind that more was better, as long as about 10 percent of it was quality training. I would have done more than 100 miles per week if my family and job responsibilities would have permitted it.

Looking back, though, I now suspect that it wasn't so much the increase in mileage that was allowing me to run faster as it was the dramatic reduction in body weight (12-15 pounds) that accompanied the high mileage.

On the other hand, I look at the tremendous lowering of competitive swimming records over the past 25 years — apparently due for the most part to mega-training mileage — and have to wonder. Light weight does not benefit swimmers; in fact, it is more of a hindrance.

Certainly, there is a tradeoff between quality and quantity. Too much of one limits the other. How you mix them is the problem that continues to perplex many runners.

Quality vs. Quantity Tradeoff

"It's a double-edge sword," said Dr. Al Morris, an exercise physiologist and coach, when I discussed the subject with him last year. "It depends to some extent on the distance of the race, but if we're talking about the marathon, it's the athlete who can do the most

mileage and yet do the most quality — and that may be an antithesis — who is going to be the best prepared."

During his prime, 1976 Olympian Duncan Macdonald, who ran 13:19 for 5,000 meters and 2:12 in the marathon, seemed at his best on a modest regimen of 60 miles a week. That was considered very low for a world-class runner at that time. Macdonald told me then that he'd break down when he would try to go much higher than 60 miles.

Like Macdonald, New Zealander Jack Foster, who ran a 2:11 marathon at age 41, averaged just about 60 miles a week during his best years. I used to wonder what Macdonald and Foster might do if they'd only awoken to the benefits of much higher mileage.

High-Mileage Pioneer

At the other extreme, 1964 Olympian and schoolboy phenom Gerry Lindgren was one of the pioneers in real high-mileage training. "I never really kept count," Lindgren told me recently, "but my coach figured out that I was running anywhere from 175 to 250 miles a week. I was running five times a day. It was ridiculous. I'd get up in the middle of the night and run 10 miles. Maybe that's why I have so many injuries now."

Although Lindgren said that some of his training was pretty slow, it would not have been classified as LSD, a term popularized by runner-writer Joe Henderson in his 1969 book entitled *Long Slow Distance*. Lindgren's training more resembled the approach of New Zealander Arthur Lydiard, who during the early '60s began advocating high-mileage training at something close to anaerobic threshold (i.e., fairly fast).

While both LSD and high-mileage training seem to have gained popularity during the late '60s, the ideas were not entirely new. In his book, *Marathon*, first published in 1937, seven-time Boston Marathon winner Clarence DeMar wrote about his training around 1910: "I ran at the leisurely speed of seven or eight miles per hour, to and from work, usually carrying a dry undershirt." The one-way distance to work for DeMar was seven miles.

Concerning his preparation for the 1911 Boston Marathon, DeMar wrote: "I had worked hard in practice covering nearly a hundred miles per week for a couple of months with several twenty-mile jaunts, besides my regular runs to and from work."

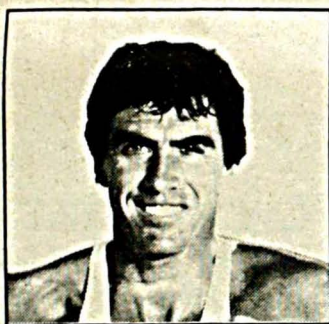
Emphasis On Speed Work

Some of the real old elite road runners followed regimens similar to DeMar; however, the success of interval-trained track runners of the '50s and '60s and the cross-over of those track athletes to road racing apparently placed more emphasis on speed work.

"When you and I were youngsters, the pendulum was certainly on the short, fast interval side," Henderson said in a recent phone interview. "Then it swung over to the super-distance side. It's definitely swinging back now toward quality rather than

Continued on page 13

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



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

Sincerely,

Barry J. Brown

Barry J. Brown



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Track & Field Rankings Report

by JERRY WOJCIK
Masters T&F Rankings Coordinator

This issue contains the 10K and 20K racewalk rankings for 1991, compiled by Dr. Glen Peterson of South Dakota, and the 1992 indoor season 200, 1500, and 55m hurdles. The July issue rankings will include the indoor mile and shot put.

The names and addresses of the 1992 outdoor track & field rankers will be published in August; please do not send marks to me or NMN before then.

Corrections to the 1992 indoor rankings will be published in the December issue. Corrections to the 1991 outdoor rankings book will be published periodically in the NMN and in total in the 1992 rankings book. □

Jordan, Butler Set World Marks

In what he says will be his last year of masters track and field competition, the great Payton Jordan, 75, of Los Altos, Calif., began his season impressively with two world M75-79 sprint records.

In the Ken Carnine Classic in Sacramento, April 25, Jordan broke Joe Packard's M75 world 100-meter record of 14.3 with a hand-timed 13.5.

On May 3 in a masters tri-club meet in Los Gatos, Calif., Jordan shattered Packard's M75 200 WR of 29.5 with a hand-timed 28.3.

At the Carnine meet, Walt Butler, 51, broke his own M50 world mark of 13.57 in the 100-meter hurdles with a 13.5 hand-time. Butler also raced to 11.5 in the 100, not far off the M50 WR of 11.2.

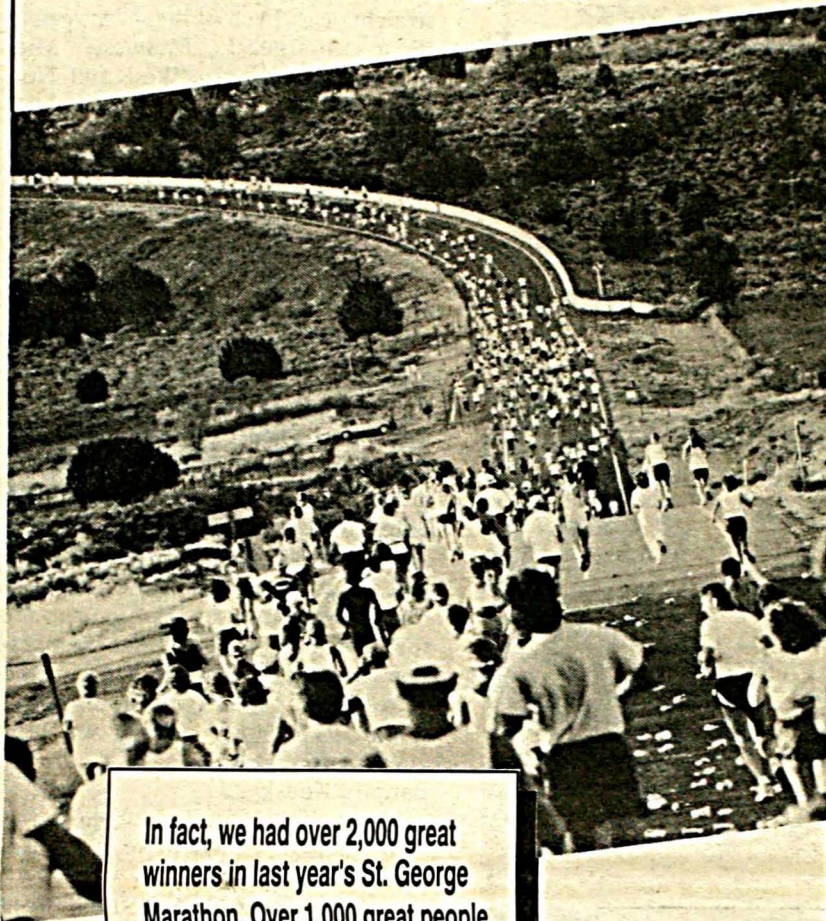
Paradoxically, hand-times are allowable for world age-group records but are not recognized as U.S. marks. □



The Southern California Striders 4x800 relay team lowered the M60-69 national indoor championship record from 11:32.57 to 10:58.77, TAC National Masters Indoor Championships, Columbus, Ohio, April 3-5. Standing: #318 Bob Culling (2:39.1) and Harold Willis (2:53.6). Kneeling: #836 Gunnar Linde (2:39.57) and Jerry Withers (2:46.5). Sitting is Al Escobosa, who, with Avery Bryant, Willis and Withers held the old record.

Photo from Jerry Withers.

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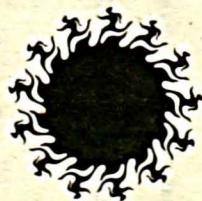
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MEN		WOMEN	
1	12 & Under	16	14 & Under
2	13-14	17	15-18
3	15-18	18	19-24
4	19-24	19	25-29
5	25-29	20	30-34
6	30-34	21	35-39
7	35-39	22	40-44
8	40-44	23	45-49
31	Weight Div.-Under 40	32	Weight Div.-Under 40
33	Weight Div.-Over 40	34	Weight Div.-Over 40

Name (last name, first name) _____

Age on Oct. 3 Sex Male Female Birth Date _____

Mailing Address (include Apt. and/or c/o) _____

Area Code _____ Telephone _____

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TAC Number _____ Estimated Weight on Oct. 3 (if entering weight division) _____

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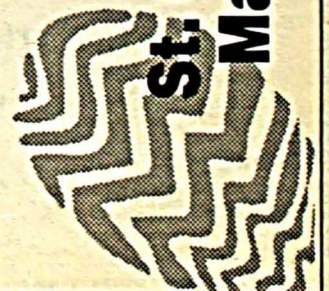
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MASTERS ATHLETE OF THE MONTH

Payton Jordan

The Sorbothane Masters Athlete-of-the-Month feature resumes this month and will continue every other month in NMN.

An outstanding masters athlete is chosen, based on performances during the past 60 days in track, field, road running and racewalking, and announced in NMN. The winner receives \$100 from Sorbothane.

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This month's award goes to one of the true legends in masters track & field — Payton Jordan of Los Altos, Calif. At age 75, Jordan has set dozens of world and U.S. sprint records over the past 20 years and says he intends this year to be his last in masters competition.

"Each year it gets harder and harder to stay in competitive shape," he said. "It takes a lot more work for the same results than it did when I was a youngster."

On April 25, at the Ken Carnine Relays in Sacramento, Jordan smashed the world M75-79 record of 14.3 with a time of 13.5 — a 97.9% on the masters age-graded scale. On May 3 in Los Gatos, Calif., Jordan ran a 200 in 28.3 (98.9%) to break Joe Packard's 13-year-old mark of 29.5.

Jordan has long been one of the most popular masters competitors on world, national and local levels. He was the U.S. team coach at the 1968 Mexico City Olympics, and has long been an outstanding emissary for the



Payton Jordan, 75, Los Altos, Calif., on his way to an M75-79 100m world record of 13.5, Los Gatos, Calif., May 3.

Photo by Shirley Dietderich

masters athletics program.

Congratulations to Payton Jordan — the Sorbothane Masters Athlete-of-the-Month. □

Spokane To Host Nationals

Continued from page 1

head to head, with the older runners getting a head start, based on the WAVA age-graded tables. There will be two races: one for women and one for men.

Second, the national all-star regional 4x100 relay will be held for the second straight year. Each of the seven regions (East, Southeast, Midwest, Mid-America, Southwest, West and Nor-

thwest) will be permitted four teams: two men's and two women's:

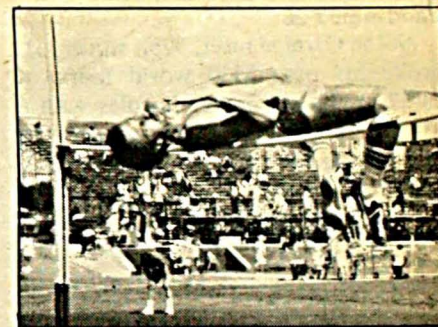
1) A junior squad of age-groups 30, 35, 40 and 45 (a minimum of 150 age-group years), and 2) a senior foursome of age-groups 50, 55, 60 and 65+ (a minimum of 230 age-group years).

All participants will receive a championship T-shirt of a color chosen by their regional coordinator. The event will be scored by points (10, 7, 5, 4, 3, 2, 1) for each of the four races. The region whose teams compile the most points will receive a cash award from Holiday Inn, the sponsor of the race.

Individual awards will be given to the top three team finishers in each race. The winning regional team members will each receive a patch. A traveling trophy-plaque with the winner's name engraved will be presented to that region to be held until next year.

Phil Mulkey, regional relay coordinator, says: "It is hoped all the regional all-star team members will be chosen on the basis of their performances in the 100-meter-dash in their respective regional championships. The winners of each age-division would be the logical qualifiers. If they couldn't be in Spokane, the runner-up would then be eligible, then third, etc."

For more information on the all-star regional relays, contact Mulkey at 404-973-3825. □



Scott Evans finished fourth M30 in the high jump (1.89), 1991 TAC/USA National Masters T&F Championships. This year's championships will be held in Spokane, Wash., August 13-16. See entry form on last page.

Photo by Jerry Wojcik

Bozeman To Host 1993 Indoor Championships

TAC's Masters Track and Field Committee officially selected Montana State University in Bozeman as the site for the 1993 National Masters Indoor Track and Field Championships. The Bozeman organizers, represented by masters athlete Bob Sager, and Rob Stark, MSU Track Coach, announced that blocks could be used for the 200 and 400 meter events. The Committee had deferred their decision on the site for the Championships until the question regarding the use of blocks could be resolved. "Their quick and positive response to our concerns was very much appreciated," said Chairman Barbara Kousky.

Montana State University, guided by their Weight Coach Mike Carignan, has hosted masters meets for 14 years. "We're really excited about hosting the National Championships; we have a high commitment to track and field, and anything we can do to accommodate the athletes — that's what we're here for," said Stark, who will serve as Meet Director for the '93 Championships and will be assisted by Cathy Close, MSU Events Coordinator for Track and Field.

Bozeman, located just north of Yellowstone National Park, is served by five airlines, including Continental, Northwest, Delta, Alaska/ Horizon, and SkyWest. The Montana Masters group is arranging for special travel packages to the Championships. □

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A Flotilla of 5Ks Amid Snowflakes and Sleet

by MAURY DEAN

Long Island's sodden, soggy spring, awash with deep puddles, ushered in our March-April festival of 5Ks. As usual, our speedy masters contingent is braving the groaning gales and hustling for hardware in a 40° weather warp that's been rolling over New York's "tropic isle" since November, Yearning for balmy May, let me present this bouquet of 5K gullywashers.

Jenny's Jog in Stony Brook, April 18, was the fastest, a flat, mid-isle romp of windless wonder. So who won? Wynne. Joe Wynne. Speedy Wynne, 40, shucked 30 pounds to blast a supersonic 16:21 on suburban cement, while the W40+ distaff gold was glommed by equally fleet-footed Sue Curtis (19:28). The M50s contest was a photo finish, with birthday-celebrant (50) Mike Service (18:38) losing to Jose Mendez (18:36); wife Daisy Mendez won the W50s (31:59). Phil Roth (17:20) served notice to the 45-49 crew that his October 45th birthday should bedeck the Roth mantel with a trophy or ten.

Long Island masters triumphed in the Suffolk Bar Association 5K. A cold April 25th drizzle and an annoying boreal blast at about 15 mph tromped tremendous times, but superfast Dennis Nee (17:03) proved a serious "nee problem" for 100 other harriers on the

rolling hills and befuddled straightaways, with a second overall. Maury Dean, 49, finished third (17:17), and swift Estella Clasen, W40, keyed her comeback with a fine third woman (21:31).

At the Hicksville 5K, April 5, Wynne cruised to a pair of \$100 Adidas trainers, while second-place Jay Hildebrand (17:27) got the same, due to 36-40, 41-45, 46-50 age-groups. Age-group winners win expensive shoes, while most second-placers had to settle for socks (anyhow, top-of-the-line socks). Quirkily, ironman Joe Cordero (53, 18:07.7) won shoes over birthday-lad Roger Pflugfelder (50, 18:07.1), who won the nifty socks. Nancy Grever busted the 20-minute barrier (19:58), while incredible times were run by 51-55 leaders Marion Stanjones (20:30) and Annette Frisch (21:42). NY Road Runners Club 65-69 champ John McManus (68, 20:53) outdueled L.I. champ Bert Jablon (22:14) in this very generous Lions Club annual race on a fine, flat, and fast course in Billy Joel's Hicksville (zapped today by a swift zephyr of wind).

Last but not least was the Parkway Foundation "5K" around the Flushing Meadow Lake by the Brooklyn-Queens border, March 29. Buoyed by a fine organization, a generous awards program, and an accurate and speedy



The Over The Hill TC quartet that won the M30-39 4x400 relay (3:38.07), TAC National Masters Indoor Championships, April 3-5, Columbus, Ohio. From left: Bob Thomas, Frank Makozy, Lawrence Finley, Dave Kirk. Photo from Bob Thomas

results package, the race was rendered absurd by an inaccurate course measurement. When your first mile split is 50 seconds slow, you lose gumption. Keith Sullivan (40, 18:29) outlasted Luis Guichichulca (44, 18:34) and a grumpy third-place master (18:35). Gloria Neuman (42, 23:45) outdistanced the W40+ field. The wind might have accounted for 15-25 seconds, but hey, it was probably a 3.3-mile race, and 300 runners slogged

to PWs (Personal Worst). The second-place man, who had won a true 5K on a hilly course in 15:59 the week before, finished in 17:11. The one thing a race director must ascertain is the course's accuracy (of course, fewer crusty curmudgeons grumble if the course is a tad short).

New York's runners look forward to May and 55° breezeless, flat, lilac-scented splendor. □



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MASTERS RACEWALKING

by ELAINE WARD

Tips on Training Alone

The following is an interview with Paul Johnson, a racewalker for 3½ years. This year, Paul has competed and won his age division (M50) in three indoor meets — Brown Invitational, RI, 1-mile 7:58; Augustana College, IL, 3000m 15:33, and 1500m 7:35 — TAC Indoor Nationals, OH, 3000m 14:58.4. In April, he was an age group winner at the Mt. SAC Relays, CA, 10K (54:41).

How many racewalkers are there in Arkansas?

Probably about two or three.

How did you get started?

I had a friend in Ft. Worth, Texas, who kept talking to me about racewalking, but I really didn't have any interest because I was a runner. During the 1988 Honolulu Marathon, I was struggling through the last five miles when a racewalker passed. Here I was dying, and he went by so smooth and easy. That got my interest up. I wrote an article about my experience for our state running newsletter with the headline: "It Is Time For This Runner To Take A Walk."

After Honolulu, my friend and I began training for the racewalk in the New York Marathon. I got very taken in by the sport, and entered the 20K walk at the World Veterans Games in Eugene. It was my first judged race and I did a 1:56. That inspired me more. I began overtraining and ended up by having to lay off for nearly four months.

I realize now that the injury was probably caused by faulty technique, but I had nobody to show me. There may have been other causes, too. I wasn't doing any stretching or strengthening, and the fact that I had been running for 12 years probably



Paul Johnson (l) and John El Warner at the World Veterans Games in Turku, Finland. El Warner was first American M50 in the 5K and 20K racewalk (23:53.9, 1:48:51) and Johnson was second American in 25:48.7 and 1:56:59.
Photo from Elaine Ward

worked against me. I was so strong and had so much aerobic power, the muscles and tendons used in racewalking weren't ready for the new work. I probably overstressed them trying to get too much speed.

Because you have to train by yourself, what kind of system do you follow now?

I alternate hard days and easy days, six days a week, and average about 35 miles. The difference is I train with a heart monitor now. Back in November, I took a lactate blood test using a treadmill and a heart monitor. In this test, the technician notes the speed you are going and your matching heart rate, and from the blood samples he takes, he records your lactate acid accumulation. From this information, he makes a chart to show your training ranges.

I was given three training ranges: aerobic, extensive anaerobic, and intensive anaerobic. My aerobic training range is 120-140, the range I keep on my easy days. I am not to train under 120 or over 140. The 140 to 150 range is a dead zone in which I get no training effect.

The 150-160 range is my extensive anaerobic zone. For example, yester-

Continued on page 12

Racewalking Pros and Cons

(It is the policy of NMN to encourage an exchange of ideas among masters racewalkers to promote a strong program.)

FORESIGHT PAYS OFF

I have just returned from this year's TAC National Indoor Masters Track & Field Championships at Ohio State University. You may recall at last year's meet that Gary Null was forced to do an extra lap because there was only one lap-counter for everyone in his race. The error denied him an American record.

This year's meet was considerably different. The official provided lap counters for each walker, and the men were divided into two sections. Those under 55 were in one group and those 55 and over were in another. However, there was a new problem.

At the finish of my race, I thought that I had won my age division until I was informed at the awards table that I had finished second. I went to the judges table to question the results. The official there showed me the lap sheets. The finish time my lap counter had recorded was .5 of a second behind the alleged winner.

Since they were using Accutrac timing, I asked for the photo of the finish, but was told they only took the photo of the overall winner, Ray Funkhouser. Remembering Gary Null, I had set up my video camera prior to the race and had it focused on the finish line. When I returned to my hotel and reviewed the tape, it clearly showed I had won the race.

I returned to the track and told my lap counter. He took me to the judges table, and again the lap sheets were reviewed. Because there was a different official helping, he went back through

Continued on page 11

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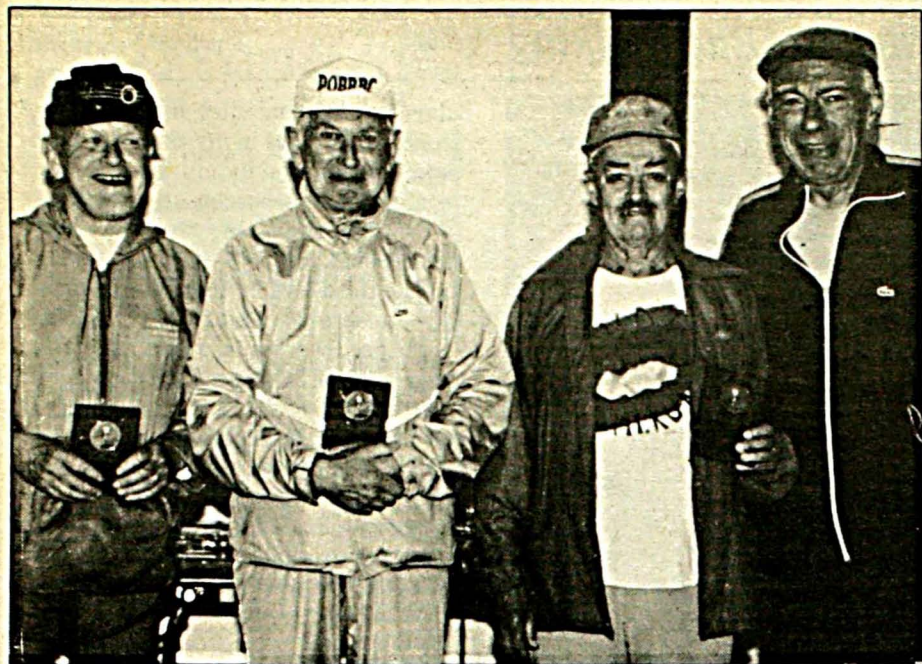
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For further information please contact:

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Ten Years Ago

- Herb Anderson, 75, Wins 10 Gold Medals and Phil Raschker, W35, Captures 7 Golds in National Masters Indoor T&F Championships
- Southern California Striders — Bill Knocke, Ralph Lee, Mel Elliot, and George Cohen — Smash M40-49 Medley Relay Record in 11:03.7
- Cindy Dalrymple (W40, 55:25) and Mike Tymn (M45, 49:43) are Top Masters in Hawaii's Norman K. Tamanaha 15K
- Herb Lorenz (43, 31:39.6) Wins National Masters 10K



Plainview 10K M70+ leaders are all smiles as they accept their awards, Plainview, L.I., N.Y., April 11. From left: Walter Moritz, Bill Benson, Willie Rios (at 75 the oldest runner in the race), and Leo Karmin. Photo by Mike Polansky

Masters Highlight Plainview 10K

by MIKE POLANSKY

Every way you look at it, the 15th annual edition of the Plainview 10K "Run for ASPIRE," April 11, on Long Island, was a great event for masters runners.

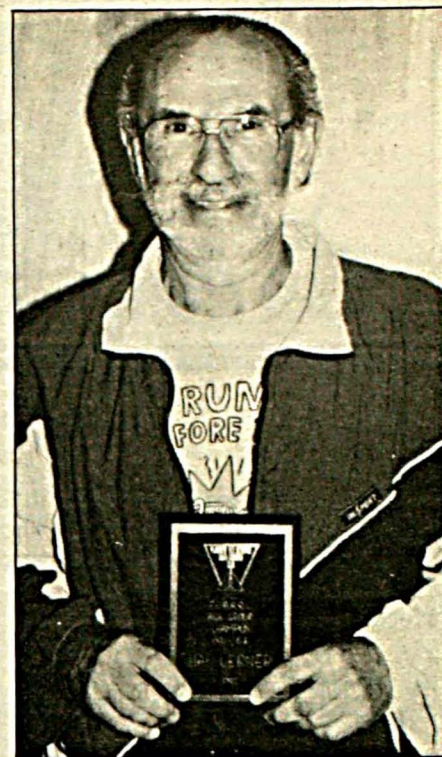
The top masters finisher was 49-year-old Ted Haiman of Rego Park, Queens, N.Y. Haiman crossed the finish line in 34:35, beating his nearest competitor, John Eiseman of Seaford, by 23 seconds, and taking 7th place overall.

Among the masters women, Cheryl Ralya of New York City's Atalanta Racing Team led the way in 38:33, with Sue Curtis of the Northport RC next in 41:13.

Perhaps the most impressive performance of the morning was that of 71-year-old "Grandpa Leo" Karmin, who turned in a strong 47:19 to take top honors in the 70+ age group.

A total of 707 runners and walkers — up from 674 last year — traversed the course through the roads of Plainview and Old Bethpage before crossing the finish line at the Mattlin Middle School. The run raised more than \$5000 for ASPIRE, the special program that provides prosthetic devices, intensive physical therapy and rehabilitation for young amputees, most of whom have endured the amputation of a leg to save their lives from bone cancer.

The run was sponsored by the town of Oyster Bay, and Nationwide In-



Hal Lerner, 60, honoree as Plainview-Old Bethpage RRC M60-64 top runner for 1991-92 at the club's annual awards night, April 21.

Photo by Mike Polansky

urance, and conducted under the direction of the Plainview-Old Bethpage RRC. Two Oyster Bay Town Board members — Len Symons of Plainview and Dough Hynes of Farmingdale — competed in the run, as did Irv Jackofsky, WCBS-TV Weatherman "Mr. G." □

Race Walking Pros and Cons Continued from page 10

the Accutrac photos and came up with a photo of my finish which showed I was a stride length ahead. The results were changed and I received the reward.

Overall, I think the officials at this meet tried their very best to put on a good meet. Providing individual lap counters for each walker was great. Allowing them to use their individual stop watches to determine finish times caused the error. The possibility of this type of error occurring should be addressed in the proposed Race Walk Management Manual for meet directors and officials.

Paul Johnson
Arkansas

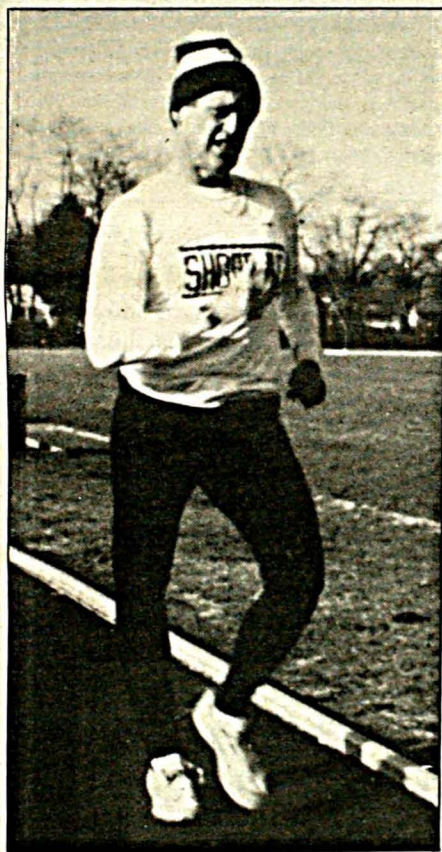
ANOTHER VOICE FROM NEW JERSEY

(Though the Racewalking Section of the April NMN was to conclude the discussion of racewalks vs. another type of competitive walk, the following provides the resounding finale of cymbals. — EW.)

My good friend Mr. Avram Shapiro's letter, published in the Masters R/Wing column of May 1992, was carried under the subhead, "New Jersey Perspective." Let me say right now that it was most definitely NOT the perspective of the New Jersey TAC race walking chairman. THIS is that perspective.

There can be no sport without rules and when rules are not adhered to, we no longer have a sport. There can be no degrees of RW judging. Either you are — walking by the rule book — or you're not.

You don't rewrite the rule book when it's a good one. You don't say you're "almost" racewalking. You don't ask the judges to "liberalize," because when you do, you're asking for racewalking to be "liberated" from



Ray Funkhouser, 41, president of New Jersey's Shore AC, plans to enter the Olympic RW trials this month. Photo by Elliott Denman

track and field, our parent sport. Nothing could crush all of us — who've spent long years to establish racewalking's current degree of acceptance in the track and field community — more.


Rules must be followed. Racewalkers must not "lift" and must not "creep." It's that simple.

Elliott Denman,
NJTAC RW Chairman
and Member of IAAF RW panel

Send your letters to: Elaine Ward,
North American Racewalking Founda-
tion, P.O. Box 50312, Pasadena, CA
91115-0312.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE, 1992

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
SUSAN BUCHANAN (PHOENIXVILLE, PA)	6-13-37	55-59
MARY LOU CARLSON (MINNEAPOLIS, MN)	6-15-27	65-69
DAPHA COTTON (EUCLID, OH)	6-14-37	55-59
BETTY KEATING (OVERLAND PARK, KS)	6-7-47	45-49
CAROLE LEAF (VALLEY STREAM, NY)	6-5-42	50-54
VALERIE LUCAS (US)	6-1-47	45-49
ISABEL MCCONNELL (WHARTON, NJ)	6-19-32	60-64
BETTY OLSON (LINCOLN, NB)	6-19-32	60-64
PATRICIA OSMON (JUNCTION CITY, OR)	6-17-27	65-69
CONNIE RODEWALD (VENTURA, CA)	6-23-42	50-54
MARY RUFFIN (CA)	6-18-32	60-64
PATRICIA SHER (JACKSONVILLE, FL)	6-22-47	45-49
HELEN TENDLER (US)	6-21-22	70-74
JOAN ALLISON (GB)	6-10-47	45-49
JUDY COX (AUS)	6-5-32	60-64
LUISE HAUSHOFER (WG)	6-17-27	65-69
PAM KENNY (NZ)	6-26-42	50-54
JOAN OGDEN (GB)	6-18-27	65-69
ERMANN ORSONI (ITA)	6-25-27	65-69
MARGARETHE PICHLER (AUT)	6-2-47	45-49
YEKATERINA PODKOPAYEVA (URS)	6-11-52	40-44
GLORIA RICHARDS (AUS)	6-30-37	55-59
WANDA SAKATA (BRA)	6-1-32	60-64
GLORIA SEYMON (AUS)	6-30-37	55-59
KARLA WACHTER (SUI)	6-22-52	40-44
ELISE WALE (NOR)	6-2-42	50-54
LIANE WINTER (WG)	6-24-42	50-54
CLYDE ALLING (CULVER CITY, CA)	6-2-17	75-79
KARSTEN BRODERSEN (CHL)	6-24-7	85-89
MAX CARR (NZL)	6-14-22	70-74
THOMAS CRONAN (CHARLESTON, SC)	6-3-42	50-54
RON DAWS (MINNEAPOLIS, MN)	6-21-37	55-59
TED ENSSLIN (PORTERVILLE, CA)	6-24-27	65-69
HARRY GATHERCOLE (AUS)	6-7-7	85-89
ANTONIO GOTAY (PUR)	6-1-12	80-84
NORMAN GREEN (WAYNE, PA)	6-27-32	60-64
JOHAN HESSELBERG (NOR)	6-3-32	60-64
CLAUDE HILLS (FLOURTOWN, PA)	6-21-12	80-84
ALEX HOSSACK (US)	6-2-22	70-74
THEDE JENSEN (SWEDEN)	6-7-7	85-89
GILBERT LATORRE (SAN JOSE, CA)	6-23-37	55-59
VLADIMIR LYAKHOV (URS)	6-17-37	55-59
PIETRO MENEA (ITA)	6-28-52	40-44
LAURIE OHARA (GB)	6-18-32	60-64
STIG OLDEN (SWE)	6-8-22	70-74
JOHN POWELL (CUPERTINO, CA)	6-25-47	45-49
DAVID PRATT (DAVIS, CA)	6-7-32	60-64
EDMUND SCHULER (ST. PETERSBURG, FLA)	6-20-27	65-69
ELMER SHAW (SYRACUSE, NY)	6-4-17	75-79
ALLAN SHEAHEN (VAN NUYS, CA)	6-28-32	60-64
MALCOLM SHURTLEFF (URBANA, IL)	6-24-22	70-74
VILMOS VARJU (HUN)	6-10-37	55-59
TED WASSAM (CA)	6-24-32	60-64
JACK WOOD (CHARLOTTE, NC)	6-15-12	80-84
CHUCK YOUNG (US)	6-0-37	55-59



Pagliano's Pediatric Pointers

THE FOOT BEAT

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

Flat Feet

Q. I'm a 56-year-old runner with flat feet. My condition has never bothered me very much until recently when I decided to increase my training efforts. After a hard workout, the muscles in my lower leg and foot become very sore and swollen. Will flat feet cause this problem? What can I do to eliminate the soreness?

A. The pros and cons of flat feet have been debated in athletic circles for years. Some flat feet range in severity from a very mild forefoot deformity to a foot that becomes unstable during normal walking. The forefoot deformity, which allows the foot to over-pronate or turn and twist excessively, can cause painful leg fatigue by making the muscles and tendons of the foot contract prematurely. This condition can also put stress on the lower leg and cause muscles to over-compensate. Since you are only experiencing discomfort as a result of an increased training schedule, it would seem that cutting back your workout routines should help alleviate the problem. Also, switching to proper-fitting shoes is a good idea. If the condition remains the same or worsens after you reduce your running, it would be advisable to have a thorough biomechanical examination by a foot specialist. □

Masters Racewalking

Continued from page 10



Racewalking coach and judge Frank Alongi (l) and Jack Bray, M55 racewalker, at a racewalking clinic, sponsored by the North American Racewalking Foundation and Elaine Ward, Los Angeles, April 11-13. Photo by Chris Rael

day I did 30 minutes in my aerobic zone, 30 minutes in my extensive zone, and 30 minutes in my aerobic zone again. The purpose is to extend my workout time in the extensive anaerobic zone.

The third level is 160-170, the intensive anaerobic zone. This coincides with speed workouts, and is equivalent to my 3K or 5K pace. I vary my speed intervals between 200 and 800 meters. I also change the interval rest time from 30 seconds to two minutes. For example, I will work out for 40 or 45 minutes doing 800 meters at a 4-minute pace, rest two minutes, and do another 800 at a 4-minute pace.

What kind of improvements are you experiencing?

I have been using the heart monitor seriously for about four months, and my training seems to be much easier. What I find is that my speed is increasing within the three ranges. Last year I was doing too many miles too fast, and I was training between 140-150 because I felt I wasn't working hard enough at a slower pace. But in truth I was working too hard and my body wasn't getting enough rest. Now I am doing more slow miles, but the miles I do fast are quality. I am also doing less miles than last year, but I am making PRs. □

TRACK SHOE SPECIALS

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

CONVERSE

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

NIKE

- Zoom Ultra 11 (distance spike) sizes 8, 8.5,9.5,11.5.....\$51.00
- Shot & Discus sizes 8,3/9,5/9.5.....\$39.00
- Zoom Sprint sizes 2/6,7,7.5,9,9.5, 11.5,12.....\$49.00
- Zoom Light (sprint spike) sizes 2/8, 9,9.5,2/10,12.5.....\$39.00

CURRENT NIKE MODELS


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

NEW MODELS


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

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

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



*Nashville Track Club
Open & Masters Meet
Vanderbilt University, Nashville Tennessee
Saturday July 11, 1992*



Schedule of Events

Morning Events:	
7:30	Pentathlon
Afternoon Events:	
5:00	80/100/110 Hurdles, Pole Vault**, High Jump, Javelin
5:20	1500M Run, Shot Put, Long Jump followed by Triple Jump
5:30	100M Dash
5:50	800M Run, Discus
6:00	4 X 100M Relay
6:10	300M Dash
6:20	200M Dash
6:40	300/400 Hurdles, Weight Throw (25, 35, 56 lbs.)
6:50	1 Mile Run
7:05	400M Dash
7:15	3000M Run
7:40	4 x 400M Relay

Times may vary depending on number of participants.

****Note: Pole vault will be held at a nearby track.**

Age Divisions: Open-20 to 29 Men & Women; Masters-5 yr age groups Men & Women

Awards: TAC medals to top 3 finishers if >6 in age group, to top 2 if 3-5 in age group, and to top place if 1-2 in age group. A \$50.00 gift certificate from East Bay Athletic Equipment to best age-graded masters performance of meet.

Facility: The track is an 8-lane, polyurethane surface (2 yrs. old). 1/4" spike maximum. Javelin approach is grass. Participants must provide own implements other than starting blocks.

Nearby Hotels: Vanderbilt Holiday Inn, Days Inn (West End Ave.), Hampton Inn (West End Ave.), Vanderbilt Plaza.

Rules: TAC/WAVA.

Fees: First Event-\$5.00; Additional Events-\$4.00; Relay-\$12.00; Pentathlon-\$8.00

Entry Deadline: Thursday July 9, 1992. NO MEET DAY REGISTRATION

(Detach here)

Entry Blank

Name: _____ Age: _____

Address: _____ City: _____

State & Zip: _____ Male or Female (circle)

Events: (1) _____ (2) _____ (3) _____

(4) _____ (5) _____ (6) _____

Amount Enclosed: _____

Waiver: In consideration of your acceptance of my entry I do hereby for myself, my heirs, and executors waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue against Nashville Track Club, Vanderbilt University, TAC and all volunteers associated with the meet.

Signature: _____ Date: _____

Mail Entry & Fees To: NTC, 2709 Linmar Ave. No. 5, Nashville, TN 37215 (615-383-6733)

CLASSIFIEDS

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

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

MESA RUNNING CAMP — 2-week trip to Masters TAC Championships in August, four other sessions. Send for brochure. Jay Birmingham, 1404 Second St., Alamosa, CO 81101.

JULY 5 MINNESOTA MASTERS - SENIORS — Early Morning "r" Track & Field. See entry form, May issue page 9.

Third Wind

Continued from page 6

quantity. What I see the problem being is that the pendulum swings always go to the extreme, and either extreme is unhealthy, whether it's running 40 fast quarters on the track or 150 miles at the slowest possible pace. What I'd like to see happen is the pendulum settling down in the middle, where there'd be a balance."

Middle Ground

But where is that middle ground, that balance? Dr. David Costill, another exercise physiologist, conducted a study and found that marathon runners showed a 16-percent increase in running efficiency by going from 25 miles to 50 miles a week. From 50 miles to 75 miles there was an additional three-percent gain. But when the training mileage was increased to 100 miles a week, there were no additional gains. In fact, there may have been some losses at 100 miles.

Still, it may be an individual thing. Had Costill divided up the test subjects by body type, I think he would have found some differences, perhaps some benefit beyond 90 miles a week for heavy runners. Those like Macdonald and Foster, seemingly thin enough to fit between jailhouse bars and feather-like in their running, may very well maximize their training at around 60-70 miles a week. But heavier, stronger runners such as Rob de Castella and Rod Dixon may need much more than that.

"I fully agree," offered Henderson. "Lydiard pointed out that Peter Snell did so well because the high mileage kept his weight down. The little whip-pets like Sebastian Coe can speak out against it, but they don't have the weight factor to overcome."

It's probably best that we don't know the answer to the quality vs. quantity problem. When you have all the answers there's not much challenge or fun in the pursuit. It's exploring the unknown that makes it interesting. □

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, 1991. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00	\$ _____
_____	Masters Track & Field Rankings Men's and women's 1991 U.S. outdoor track & field. 5-year age-group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00	\$ _____
_____	Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran \$5.95.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field event, age 35 and up, as of April 15, 1992. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Competition Rules for Athletics (1992) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
_____	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
_____	Time Master Calculator. Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stopwatch and calculator. \$45.00.	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1992 Published by Road Race Management the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$46.00.	\$ _____
_____	TAC/USA Patches. Embroidered, 4" x 3". \$2.50	\$ _____
_____	U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50	\$ _____
_____	U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1½" x 5/8" bar pin with safety catch. \$5.00.	\$ _____
_____	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthsman. \$9.95.	\$ _____
_____	Run Fast by Hal Higdon How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.	\$ _____
_____	Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.	\$ _____
_____	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. \$16.00 per year.	\$ _____
_____	Back Issues of National Masters News Issues: _____, _____, _____ \$2.25.	\$ _____
	Postage and handling	\$ <u>1.25</u>
	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 _____



TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS



FOR

**MASTERS MEN & WOMEN ★ SUBMASTERS MEN & WOMEN
NON-CHAMPIONSHIP EVENTS FOR OPEN MEN & WOMEN**

SATURDAY JUNE 13, 1992

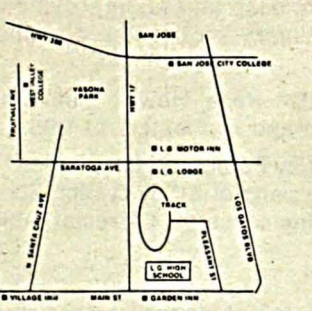
Los Gatos High School & West Valley College
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, JUNE 10, 1992

- Eligibility:** All men and women registered in TAC/Pacific Association. 1992 TAC Registration required. Registration available at meet \$12.00.
- Entries:** Pre-entry required before Wednesday, June 10. Phone entry O.K. (408) 354-5660.
- Fees:** \$7 per event, \$20 for relays. \$10 late entry if space available.
- Note:** Hammer will be contested at West Valley College (See map on back).
- Heats:** Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
- Timing:** Fully automatic timing by Accutrack and Wind Gauge.
- Facilities:** All weather track surface 1/4" spikes only. Concrete throwing rings, grass javelin runway.
- Age Groups:** 30 and above in 5 year age groups. Age on June 13, 1992 determines age group.
- Awards:** TAC/Pacific championship medals to first three places in all events and in all 5 year age groups.
- T-Shirts:** For sale at meet - \$12.

<p>AT LOS GATOS HIGH TRACK EVENTS</p> <p>7:00 10,000 RACE WALK (OLYMPIC QUALIFIERS ONLY)</p> <p>8:00 5000 RACE WALK</p> <p>9:00 80 M HURDLES WOMEN 40+</p> <p>9:03 100 M HURDLES WOMEN 30-34, 35-39</p> <p>9:05 100 M HURDLES OPEN WOMEN</p> <p>9:07 100 M HURDLES MEN 60+</p> <p>9:10 110 M HURDLES MEN 50-59</p> <p>9:13 110 M HURDLES MEN 40-49</p> <p>9:16 110 M HURDLES MEN 30-39</p> <p>9:20 110 M HURDLES OPEN MEN</p> <p>9:35 100 M WOMEN 60+, 50-59</p> <p>9:38 100 M WOMEN 40-49</p> <p>9:41 100 M WOMEN 30-39</p> <p>9:44 100 M OPEN MEN HEATS</p> <p>9:54 100 M MEN 75-79, 80-84, etc</p> <p>9:57 100 M MEN 70-74</p> <p>10:00 100 M MEN 65-69</p> <p>10:03 100 M MEN 60-64</p> <p>10:06 100 M MEN 55-59</p> <p>10:09 100 M MEN 50-54</p> <p>10:12 100 M MEN 45-49</p> <p>10:15 100 M MEN 40-44</p> <p>10:18 100 M MEN 35-39</p> <p>10:21 100 M MEN 30-34</p> <p>10:24 100 M OPEN WOMEN</p> <p>10:27 100 M OPEN MEN</p> <p>10:30 800 M WOMEN 50+</p> <p>10:35 800 M WOMEN 30-49</p> <p>10:40 800 M MEN 75+</p> <p>10:45 800 M MEN 70-74</p> <p>10:50 800 M MEN 65-69</p> <p>10:55 800 M MEN 60-64</p> <p>11:00 800 M MEN 55-59</p> <p>11:05 800 M MEN 50-54</p> <p>11:10 800 M MEN 45-49</p> <p>11:15 800 M MEN 40-44</p> <p>11:20 800 M MEN 35-39</p> <p>11:25 800 M MEN 30-34</p> <p>11:30 800 M OPEN WOMEN</p> <p>11:35 800 M OPEN MEN</p> <p>11:40 200 M WOMEN 50+</p> <p>11:43 200 M WOMEN 30-49</p> <p>11:46 200 M HEATS OPEN MEN</p> <p>11:55 200 M MEN 75+</p> <p>11:58 200 M MEN 70-74</p> <p>12:01 200 M MEN 65-69</p> <p>12:04 200 M MEN 60-64</p> <p>12:07 200 M MEN 55-59</p> <p>12:10 200 M MEN 50-54</p> <p>12:13 200 M MEN 45-49</p> <p>12:16 200 M MEN 40-44</p> <p>12:19 200 M MEN 35-39</p> <p>12:22 200 M MEN 30-34</p> <p>12:25 200 M OPEN WOMEN</p> <p>12:30 200 M OPEN MEN</p> <p>12:35 1500 M WOMEN MASTERS & SUBMASTERS</p>	<p>12:43 1500 M MEN 70+</p> <p>12:51 1500 M MEN 60+</p> <p>12:59 1500 M MEN 50+</p> <p>1:07 1500 M MEN 40+</p> <p>1:15 1500 M MEN 30+</p> <p>1:23 1500 M OPEN WOMEN</p> <p>1:30 1500 M OPEN MEN</p> <p>1:35 400 IH MEN 60-59</p> <p>1:40 400 IH MEN 40-49</p> <p>1:45 400 IH MEN 30-39</p> <p>1:50 400 IH OPEN MEN</p> <p>1:55 400 IH OPEN WOMEN</p> <p>2:00 300 IH MEN 60+</p> <p>2:05 300 IH WOMEN 30+</p> <p>2:10 ALL DIVISIONS 4 X 100 M RELAY</p> <p>2:15 5000 M WOMEN & MEN 60+</p> <p>2:50 5000 M MEN 40-59</p> <p>3:30 5000 M MEN 30-39</p> <p>4:00 400 M WOMEN MASTERS</p> <p>4:03 400 M MEN 70+</p> <p>4:06 400 M MEN 65-69</p> <p>4:09 400 M MEN 60-64</p> <p>4:12 400 M MEN 55-59</p> <p>4:15 400 M MEN 50-54</p> <p>4:18 400 M MEN 45-49</p> <p>4:21 400 M MEN 40-44</p> <p>4:24 400 M MEN 35-39</p> <p>4:27 400 M MEN 30-34</p> <p>4:30 400 M OPEN WOMEN</p> <p>4:33 400 M OPEN MEN</p> <p>4:45 5000 M OPEN WOMEN</p> <p>5:20 5000 M OPEN MEN</p> <p>5:50 4x400 RELAY</p>	<p>1:30 MEN SUBMASTERS</p> <p>2:30 OPEN WOMEN</p> <p>3:30 OPEN MEN</p> <p>DISCUS</p> <p>11:30 ALL WOMEN MASTERS & SUBMASTERS</p> <p>12:00 MEN 60-64, 65-69, 70-74, 75-79, 80+</p> <p>1:00 MEN 40-44, 45-49, 50-54, 55-59</p> <p>2:00 MEN SUBMASTERS</p> <p>3:00 OPEN WOMEN</p> <p>4:00 OPEN MEN</p> <p>TRIPLE JUMP</p> <p>1:00 ALL WOMEN MASTERS & SUBMASTERS</p> <p>1:30 MEN 60-64, 65-69, 70-74, 75-79, 80+</p> <p>2:00 MEN 40-44, 45-49, 50-54, 55-59</p> <p>2:30 MEN SUBMASTERS</p> <p>3:30 OPEN MEN & WOMEN</p> <p>JAVELIN</p> <p>12:30 ALL WOMEN MASTERS & SUBMASTERS</p> <p>1:00 MEN SUBMASTERS</p> <p>2:00 MEN 60-64, 65-69, 70-74, 75-79, 80+</p> <p>2:30 MEN 40-44, 45-49, 50-54, 55-59</p> <p>3:30 OPEN MEN & WOMEN</p>
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HOUSING
Los Gatos Lodge, 354-3300, Los Gatos Garden Inn, 354-6448
Los Gatos Motor Inn, 356-9191, Village Inn, 354-8102
Toll House Hotel, 395-7070



Popejoy Edges Waigwa to Win Masters Mile in Penn Relays

by MARC BLOOM and PETER TAYLOR

Ken Popejoy, 41, waited for Wilson Waigwa, 43, to launch his kick in the last 200 of the *Runner's World* Masters Mile, then jumped Waigwa off the last turn and sprinted ahead for the victory in 4:16.11. The contest, which was held at Philadelphia's historic Franklin Field on April 24-25, was one of the highlights of the 98th Annual Penn Relays.

Waigwa led through the quarter (65), half (2:10) and three-quarter (3:15) marks, finishing in 4:17.62. Popejoy bided his time in second, followed closely by newcomer Swag Hartel, 40, of Louisville, Ky., then made his move in the last 200. Popejoy's last quarter was about 60 seconds flat, and completed an outstanding double victory for him on the weekend. The day before, he took the masters 800 at the Drake Relays, running a 1:57 under cold and windy conditions.

Hartel finished in 4:18.38 for an excellent debut performance, followed by Albin Swenson (4:20.60) and Byron Dyce (4:21.94).

In the 4 x 100 relay (M40+) on Friday the Houston Masters Elite Team of Russell Austin, Bill Collins, Bob Mitchell, and John Hartfield roared to a 43.26 finish, narrowly missing the U.S. and world record by .16 seconds. Collins got a big response from the crowd as he blistered the second leg.

On Saturday, in the 4 x 400, Houston (running in a different order) appeared to be the winner in 3:31.12, only to be disqualified for running out of their lane on the first leg, a tough call in a crowded field of 14 teams. The Washington, D.C. Police squad of Jasper Royal, David Goodridge, Ralph Penn, and Fred Sowerby was placed first with a time of 3:33.10.

In the first masters event of the meet, the 4 x 100 for men 50+ (or women 40+), the Caribbean Connection team of Melvin Wongshing, Norm Tate, Kent Bernard, and Edwin Ro-

berts won in 47.02; Potomac Valley Seniors followed in 47.98.

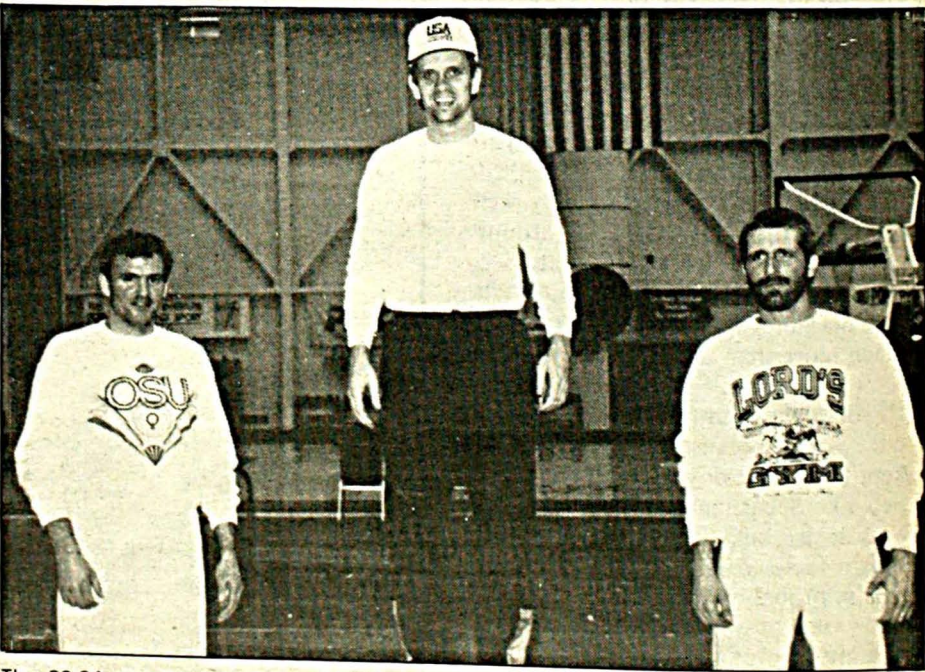
In the day's final event, the 4 x 400 relay, a very wet Potomac Valley Seniors team of Alby Williams, Ralph Romain, Ken Baker, and Larry Colbert set a U.S. M50-59 club record of 3:45.10. Amazingly, all but Williams are 55 or over, with Romain looking forward to his 60th birthday in July! A game and talented NY Pioneers four-some of Richard Rizzo, Glen Shane, Ed Small, and William Burrell finished second in 3:46.75.

On Saturday, Garfield "Gar" Schoener had his day in the sun as he narrowly edged Robert "Sparks" Sorlien in the 75+ 100 meters, 16.23 to 16.30. Claude Hills was next in 16.88, followed by Jeremiah Gaines in 17.43. The happy Schoener, from nearby Lansdowne, Pa., revealed to the *Philadelphia Inquirer* that he had had triple-bypass heart surgery in May 1991. According to the *Inquirer* account, Schoener, now 76, didn't start sprinting until age 74.

Early Saturday morning, Ray Funkhouser walked a brilliant 21:14 (6:50 per mile) to take the Men's Masters 5000. Gary Null was second in 23:06. Sixty-five-year-old Ed Gawinski toured the 12 1/2 laps in an excellent 28:23.

Linda Stein took the Women's Masters 5000, racewalking 27:10, followed by Lois Dicker in 28:53.

Unfortunately, one of the most "memorable" aspects of the meet for some competitors was undoubtedly the decision to change the masters 4 x 400 40+ race, originally scheduled for Saturday at 2:25 p.m., to 4:25 p.m. The runners were notified of the change just a few minutes before race time, with many of them already in the paddock. Apparently, the masters 4 x 400 was not deemed to be sufficiently deserving of national TV exposure, which was from 2:00 p.m. to 3:30 p.m. □



The 30-34 age-group winners, TAC National Masters Indoor Pentathlon Championships, Indianapolis, February 15 (l to r): Stephen Mills, 32, Ohio, second; David Caldwell, 34, Missouri, first; Keith Kinnaird, 32, Indiana, third. Photo by Gary Black

TAC/PACIFIC MASTERS & SUBMASTERS TRACK & FIELD CHAMPIONSHIPS 1992

Joy Upshaw-Margerum and Willie Harmatz
Meet Directors
PO Box 1334, Los Gatos, California 95031
(408) 354-5660
SEE REVERSE SIDE FOR REQUIRED SIGNATURE

Name _____ Last _____ First _____ Address _____ Number and Street _____
Phone _____ City _____ State _____ Zip _____
Date of Birth _____ Male Female
Age as of June 13, 1992 _____
Events entered & best recent time or mark _____
Club affiliation _____
Amount enclosed _____ Your 1992 TAC Number _____
Make checks payable to Los Gatos Athletic Association Inc. NO REFUNDS FOR DEFAULT

WAIVER

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, Explorer Post #812, 813, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the TAC Pacific Masters and Open Track & Field Championships held June 13, 1992 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.

Date _____ Signature _____

MEN'S INDOOR NATIONAL CHAMPIONSHIP MEET RECORDS THRU 1992

PREPARED BY HAIG BOHIGIAN

60 METER MEN'S HURDLES
AGE YEAR MARK NAME
30-34 1992 8.07 PETER GRIMES
35-39 1990 8.23 MATE ROBINSON

60 METER MEN'S DASH
AGE YEAR MARK NAME
30-34 1990 7.11 ARTEGO JAUNES
35-39 1989 6.91 BILL COLLINS

200 METER MEN'S DASH
AGE YEAR MARK NAME
30-34 1989 22.81 MICHAEL MC DOWELL
35-39 1989 22.21 BILL COLLINS

400 METER MEN'S RUN
AGE YEAR MARK NAME
30-34 1990 49.74 MICHAEL MC DOWELL
35-39 1992 50.55 MICHAEL MC DOWELL

800 METER MEN'S RUN
AGE YEAR MARK NAME
30-34 1990 1:56.71 MICHAEL MC DOWELL
35-39 1992 2:02.30 RICK EASLEY

1500 METER MEN'S RUN
AGE YEAR MARK NAME
30-34 1989 4:04.7 JEAN-GELAN RULEAU
35-39 1990 4:05.11 TIM ANDERSON

3000 METER MEN'S RUN
AGE YEAR MARK NAME
30-34 1992 8:45.19 RICH HANION
35-39 1992 8:45.45 MARK FURKIS

3000 METER MEN'S RACE WALK
AGE YEAR MARK NAME
30-34 1990 16:28.06 TIM SAITER
35-39 1990 14:27.52 ROBERT KORN

MEN'S HIGH JUMP
AGE YEAR MARK NAME
30-34 1988 7-0 2.13 GREG HANIE
35-39 1992 6-9.88 2.08 JAMES BARRINEAU

MEN'S POLE VAULT
AGE YEAR MARK NAME
30-34 1989 16-6 5.03 GARY HUNTER
35-39 1992 16-8 5.08 GARY HUNTER

MEN'S LONG JUMP
AGE YEAR MARK NAME
30-34 1987 24-9.5 7.555 LEOTHA STANLEY
35-39 1984 22-1.5 6.74 RUFUS MORRIS

MEN'S TRIPLE JUMP
AGE YEAR MARK NAME
30-34 1987 47-10.75 14.60 LEOTHA STANLEY
35-39 1992 46-7 14.2 MIKE JACOBS

MEN'S SHOT PUT
AGE YEAR MARK NAME
30-34 1988 52-6 16.00 GARY ENGLAND
35-39 1987 54-0.5 16.47 GEORGE TYMS

MEN'S WEIGHT THROW
AGE YEAR MARK NAME
30-34 1992 53-4.25 16.26 MARK HECKEL
35-39 1991 50-2.5 15.30 LARRY WATHE

MEN'S ONE MILE RELAY (4 X 440)
AGE YEAR MARK NAMES CLUB
30-39 1980 3:24.40 OVERBY,DYCE,JACKSON,LEWIS N.Y.PIONEERS

MEN'S TWO MILE RELAY (4 X 880)
AGE YEAR MARK NAMES CLUB
30-39 1985 8:15.56 HARRISON,CARR,REITER,IRWIN TEAM KANGAROOS

MEN'S 4 X 400 METER RELAY
AGE YEAR MARK NAMES CLUB
30-39 1991 3:37.45 BONILLO,MATHIS,BOJKO,JOHNSON CLUB SO CA COMB

MEN'S 4 X 800 METER RELAY
AGE YEAR MARK NAMES CLUB
30-39 1992 8:21.02 KIRK,THOMAS,MUNTSINGER,WALLIS OVER THE HILL

60 METER WOMEN'S HURDLES
AGE YEAR MARK NAME
30-34 1992 11.64 CATHY MCKEEVER
35-39 1990 10.08 SHERICE CU CHAMP

60 METER WOMEN'S DASH
AGE YEAR MARK NAME
30-34 1989 8.06 DONNA POPE-GREEN
35-39 1992 8.19 IRENE THOMPSON

200 METER WOMEN'S DASH
AGE YEAR MARK NAME
30-34 1989 27.0 DONNA POPE-GREEN
35-39 1992 27.11 MARCIA MULSE

400 METER WOMEN'S DASH
AGE YEAR MARK NAME
30-34 1992 1:02.07 LOUISE CLARK
35-39 1991 1:03.26 IRENE THOMPSON

1500 METER WOMEN'S RUN
AGE YEAR MARK NAME
30-34 1989 4:44.2 JANET TAKANASHI
35-39 1991 4:36.12 CINDY BREMSER

MEN'S 4 X 400 METER RELAY (continued)
AGE YEAR MARK NAMES CLUB
40-49 1991 3:39.38 RUSSELL,REITER,MITCHELL,MARVEY DECATHLON MDUT

MEN'S 4 X 800 METER RELAY (continued)
AGE YEAR MARK NAMES CLUB
30-39 1992 8:21.02 KIRK,THOMAS,MUNTSINGER,WALLIS OVER THE HILL

MEN'S 4 X 400 METER RELAY (continued)
AGE YEAR MARK NAMES CLUB
40-49 1992 8:46.39 GREENE,KEYES,GAINES,KEYES MAC ASSOCIATION

3000 METER WOMEN'S RUN
AGE YEAR MARK NAME
30-34 1989 10:18.5 JAMET TAKANASHI
35-39 1989 10:52.4 JANELLE SWANBER

3000 METER WOMEN'S WALK
AGE YEAR MARK NAME
30-34 1990 14:19.51 VICTORIA HERAZO
35-39 1992 14:23.33 VISHA SEDLAK

WOMEN'S HIGH JUMP
AGE YEAR MARK NAME
30-34 1981 5-1 1.55 PHIL RASCHKER
35-39 1984 5-4 1.625 CASSANDRA CLARK

WOMEN'S POLE VAULT
AGE YEAR MARK NAME
35-39 1984 8-0 2.44 PHIL RASCHKER
40-44 1991 8-1 2.46 PHIL RASCHKER

300 METER WOMEN'S RUN
AGE YEAR MARK NAME
30-34 1991 2:21.43 JOAN STERRETT
35-39 1991 2:24.54 DEBBIE ANDERSON

WOMEN'S 4 X 400 METER RELAY
AGE YEAR MARK NAMES CLUB
30-39 1992 4:18.44 CLARK,MULSE,CLAIR-SEARCY,J STERRETT MAC ASSOC

WOMEN'S 4 X 800 METER RELAY
AGE YEAR MARK NAMES CLUB
30-39 1990 9:50.17 O'BRIEN,BREMSER,ROBERTSON,THOMSON WISCON UN

WOMEN'S INDOOR NATIONAL CHAMPIONSHIP MEET RECORDS THRU 1992

PREPARED BY HAIG BOHIGIAN

t = TIME MADE IN A TRIAL HEAT

60 METER WOMEN'S HURDLES (continued)
AGE YEAR MARK NAME
40-44 1990 9.65 PHIL RASCHKER
45-49 1992 10.20 PHIL RASCHKER

60 METER WOMEN'S DASH (continued)
AGE YEAR MARK NAME
40-44 1991 8.10 PHIL RASCHKER
45-49 1992 8.35 PHIL RASCHKER

200 METER WOMEN'S DASH (continued)
AGE YEAR MARK NAME
40-44 1991 27.08 PHIL RASCHKER
45-49 1992 27.73 PHIL RASCHKER

400 METER WOMEN'S DASH (continued)
AGE YEAR MARK NAME
40-44 1991 1:02.11 PHIL RASCHKER
45-49 1991 1:03.56 ERNA KOZNAK (CAN)

300 METER WOMEN'S RUN (continued)
AGE YEAR MARK NAME
40-44 1991 2:24.89 JUDY MARVIC (CAN)
45-49 1991 2:25.08 ERNA KOZNAK (CAN)

1500 METER WOMEN'S RUN (continued)
AGE YEAR MARK NAME
40-44 1989 4:53.3 MARIE BURLESON
45-49 1990 5:16.47 ROBIN VILLA

3000 METER WOMEN'S RUN (continued)
AGE YEAR MARK NAME
40-44 1989 10:22.1 MARY WOOD
45-49 1992 11:06.77 JONI SHIRLEY

3000 METER WOMEN'S WALK (continued)
AGE YEAR MARK NAME
40-44 1990 15:11.15 JULIE RATNES
45-49 1992 16:29.54 JEANNE BOCCI

WOMEN'S HIGH JUMP (continued)
AGE YEAR MARK NAME
40-44 1989 5-0.25 1.53 PHIL RASCHKER
45-49 1992 4-10.25 1.48 PHIL RASCHKER

WOMEN'S POLE VAULT (continued)
AGE YEAR MARK NAME
45-49 1992 9-0.25 2.75 PHIL RASCHKER
50-54 1992 5-10.87 1.80 ANNE ROSENITSCHE

300 METER WOMEN'S RUN (continued)
AGE YEAR MARK NAME
50-54 1991 2:51.80 MAVA MOSBRUCKER
60-64 1992 3:18.31 BETTY VOSBURGH

WOMEN'S 4 X 400 METER RELAY (continued)
AGE YEAR MARK NAMES CLUB
40-49 1991 11:17.44 DAY,NASLUND,KLITZKE,NIATT CLUB SOTA

WOMEN'S 4 X 800 METER RELAY (continued)
AGE YEAR MARK NAMES CLUB
40-49 1991 11:17.44 DAY,NASLUND,KLITZKE,NIATT CLUB SOTA

WOMEN'S LONG JUMP
AGE YEAR MARK NAME
30-34 1987 19-1 5.815 DONNA POPE-GREEN
35-39 1984 18-7.5 5.675 PHIL RASCHKER

WOMEN'S TRIPLE JUMP
AGE YEAR MARK NAME
30-34 1982 27-0 8.23 J. ENGLISH
35-39 1984 33-0 10.06 PHIL RASCHKER

WOMEN'S SHOT PUT
AGE YEAR MARK NAME
30-34 1982 42-3.5 12.89 B. FRIEDRICK
35-39 1988 43-5 13.23 DENISE WOOD

WOMEN'S WEIGHT THROW
AGE YEAR MARK NAME
30-34 1992 29-10.25 9.10 VIRGINIA BOGHI
35-39 1989 40-6.25 12.35 JOANN STRATTON

WOMEN'S ONE MILE RELAY (4 X 440)
AGE YEAR MARK NAMES CLUB
30-39 1987 4:10.02 7,7,7,7 WISCONSIN UNITED AC

WOMEN'S TWO MILE RELAY (4 X 880)
AGE YEAR MARK NAMES CLUB
40-49 1980 12:22.20 SPAETH,BLAKELY,DEBOER,BOOKER FINGER LAKES

7,7,7,7 NEXT TO RELAY MARKS MEANS THAT THEY ARE NOT OFFICIAL UNTIL THE NAMES AND RUNNING ORDER ARE CERTIFIED

MARKS ESTABLISHED IN THE SHOT AND WEIGHT THROW ARE SUBJECT TO REVIEW OF PROPER IMPLEMENT WEIGHTS



Continued from previous page

Table with 2 columns: Name and Time. Includes entries like MoU-64, 1-11, Jim Sutton, etc.

Table with 2 columns: Name and Time. Includes entries like M65-69, Joe King, Jim Forshee, etc.

Table with 2 columns: Name and Time. Includes entries like M75-79, Dudley Healy, Bob Matteson, etc.

Table with 2 columns: Name and Time. Includes entries like W35-39, Regina Cahill, Jean Roder, etc.

Table with 2 columns: Name and Time. Includes entries like W45-49, Anne Schmitt, Mary Hiatt, etc.

Table with 2 columns: Name and Time. Includes entries like W60-64, MaryAnne Cavicchi, W65-69, etc.

1991 10K Racewalk Rankings Compiled by Glen Peterson

Table with 2 columns: Name and Time. M 30-34, 1 Gary Morgan, 2 Bob Briggs, etc.

Table with 2 columns: Name and Time. M 35-39, 1 Jonathan Mathews, 2 Bruce Harland, etc.

Table with 2 columns: Name and Time. M 40-44, 1 Nick Bdera, 2 Ray Funkhouser, etc.

Table with 2 columns: Name and Time. M 45-49, 11 Brian Savilonis, 12 Art Grant, etc.

Table with 2 columns: Name and Time. M 50-54, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. M 55-59, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. M 60-64, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. M 65-69, 21 Lewis Jones, 22 Peter Armstrong, etc.

Table with 2 columns: Name and Time. M 70-74, 31 John Pantaleo, 32 Stuart Ray, etc.

Table with 2 columns: Name and Time. M 75-79, 11 Mike Michel, 12 Joe Weston, etc.

Table with 2 columns: Name and Time. M 80-84, 11 Brian Savilonis, 12 Art Grant, etc.

Table with 2 columns: Name and Time. M 85-89, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. M 90-94, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. M 95-99, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. M 100-104, 21 Lewis Jones, 22 Peter Armstrong, etc.

Table with 2 columns: Name and Time. M 105-109, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. M 110-114, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. M 115-119, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. M 120-124, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. M 125-129, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. M 130-134, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. M 135-139, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. M 140-144, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. M 145-149, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. M 150-154, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. M 155-159, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. M 160-164, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. W 35-39, 28 Doris McGuire, 29 Mary Bridgman, etc.

Table with 2 columns: Name and Time. W 40-44, 1 Nick Bdera, 2 Mike DeWitt, etc.

Table with 2 columns: Name and Time. W 45-49, 11 Jonathan Mathews, 12 Bruce Harland, etc.

Table with 2 columns: Name and Time. W 50-54, 1 Jaye Hanley, 2 Bev LaVeck, etc.

Table with 2 columns: Name and Time. W 55-59, 11 Brian Savilonis, 12 Art Grant, etc.

Table with 2 columns: Name and Time. W 60-64, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. W 65-69, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. W 70-74, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. W 75-79, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. W 80-84, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. W 85-89, 11 Jonathan Mathews, 12 Bruce Harland, etc.

Table with 2 columns: Name and Time. W 90-94, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. W 95-99, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. W 100-104, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. W 105-109, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. W 110-114, 31 Mitch Segal, 32 Mike Rapp, etc.

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Table with 2 columns: Name and Time. W 150-154, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. W 155-159, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. W 160-164, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. W 165-169, 21 Douglas Barty, 22 Phil McGaw, etc.

Table with 2 columns: Name and Time. W 170-174, 31 Mitch Segal, 32 Mike Rapp, etc.

Table with 2 columns: Name and Time. W 175-179, 11 Don Mowles, 12 Robert Campbell, etc.

Table with 2 columns: Name and Time. W 180-184, 21 Douglas Barty, 22 Phil McGaw, etc.

1991 20K Racewalk Rankings Compiled by Glen Peterson

Table with 2 columns: Name and Time. M 30-34, 1 Gary Morgan, 2 Don Lawrence, etc.

Table with 2 columns: Name and Time. M 35-39, 1 Jonathan Mathews, 2 Steve Pecinovsky, etc.

Table with 2 columns: Name and Time. M 40-44, 1 Nick Bdera, 2 Mike DeWitt, etc.

Table with 2 columns: Name and Time. M 45-49, 11 Jonathan Mathews, 12 Bruce Harland, etc.

Table with 2 columns: Name and Time. M 50-54, 1 Eliza Wallbridgel, 2 Donna Cetrulo, etc.

Table with 2 columns: Name and Time. M 55-59, 1 Sheila Smith, 2 Joyce Decker, etc.





Water Training

by BARBARA MARQUAND

Lap lanes in the swimming pools across the country are being taken over by a new breed of fitness buff — and some of them don't even know how to swim. They are water walkers, people who have gotten hooked on walking and running in the swimming pool.

Water walking has become a fitness sensation, attracting men and women of all ages and fitness levels — from top athletes to couch potatoes. Runners also are taking their workouts to the water to reap the benefits of cross-training or to keep fit while nursing painful injuries.

The activity has become so popular, water-walking classes and water-running competitions have sprung up all over the country, and many community pools and fitness centers have

set aside pool lanes for walking.

"My prediction is by 1993 there will be more water walkers in the pool than lap swimmers," says John Spannuth, executive director of the U.S. Water

Fitness Association in Boynton Beach, Fla.

How does it work? Walking in water provides a good workout because water adds 12-14 percent more resistance to your movements than when you are on dry land. The more vigorously you move under water, the more resistance you encounter and the more calories you burn. Fitness experts estimate you burn about 450 to 550 calories per hour during an energetic water walking workout and even more per hour when you run in water.

Anyone Can Water Walk

"Anyone can learn to water walk," says Pamela Wright, hydro research and development coordinator for the Cleveland County Family YMCA, whose water fitness program is rated one of the tops in the country. "You do not have to be a swimmer. You don't have to worry about coordination or timing or anything."

Wright has worked closely with the Norman, Okla., medical community to design water fitness programs for athletes as well as victims of arthritis and strokes. Because of the water's buoyancy, water walking is easy on the joints. Wright says runners who have shin splints or knee injuries use water walking to keep fit while they heal.

Fitness experts advise that before starting a water walking program, to check with your doctor first, just as you would before beginning any other fitness activity. To do the exercise, simply walk in water that is waist — to chest-deep. Keep your hands under water, your back straight, your stomach tucked in and your bottom tucked under. Don't bend over while you walk. And don't walk behind someone. The person in front of you will cut a path through the water and decrease the resistance, thereby decreasing the effectiveness of the workout.

Wright suggests for every lap you walk forward, to walk one lap backward. That way, you work all the muscles in your feet. When you walk forward, reach with your heel, walk all the way through your foot, and push off with your toe.

For an upper body workout, you can do such toning exercises as bicep and tricep curls, punching the water in front of you or swinging your arms naturally. Some runners, in fact, are going to the pool instead of the weight room now to tone muscles. They combine water walking with a routine using dumbbells in the water.

Deep Water Workout

You don't have to stay in the shallow end of the pool. You also can train by running in deep water, using flotation devices to keep your body erect and your head above the water. Flotation devices designed especially for water running are available in some sporting goods stores. The devices are similar to the belts worn by water skiers.

Running in deep water is especially beneficial to injured runners. In deep water, the body becomes weightless, so no stress is placed on any part. Wright has worked with runners who have had such severe shin splints they were

unable to walk on dry land but were able to run without pain in deep water.

The exercise provides a high-intensity workout, Wright says, because it makes the heart rate rise more quickly and stay up longer than running on land. Because of its intensity, Wright suspects that water running provides a more-efficient workout than regular running.

As with any other aerobic exercise, a good water walking or water running workout includes a warm up and a cool down. During your warm up, do a variety of stretches in or out of the water; then begin walking slowly. Gradually increase your pace to a level with which you feel comfortable. During your cool-down, walk slowly until your heart beat slows and you can breathe normally. Finish with gentle stretches.

Starting A Training Program

When you start a water walking program, limit the main set of your workout to only as long as you feel comfortable; then gradually increase the time you spend in the water. Don't expect to spend as much time running in water as you do running on the track. Remember, the water resistance will make your heart rate rise more quickly than when you are on dry land.

Keep track of how much time you spend in the water, so you can monitor your workout, Spannuth says. Because the water soothes muscles, you might not notice how hard you're working. Track your progress by how much time you spend in the pool and how many laps you complete with each workout.

Beware of dehydration. You won't notice yourself sweating in the pool, but you will lose water. Keep a water bottle on the edge of the pool so you can take sips between laps.

For safety, Wright suggests using a flotation device, such as a water skiing belt — even in shallow water — and making sure a lifeguard is on duty while you are in the pool.

How often you work out in the water is up to you. If you're injured, a water workout could replace your running routine. But again, get your doctor's approval first. If you have no injuries, but simply want a change in your running routine, try adding a water workout once a week.

To find where you can water walk, call you local community swimming pool, fitness center or YMCA facility and ask if they have water walking programs. Also, you can get free information about water walking by sending a self-addressed stamped envelope to the U.S. Water Fitness Association, P.O. Box 3279, Boynton Beach, FL 33424. □

Barbara Marquand is a free-lance writer who lives in Grass Valley, Calif.

Jacqueline Hansen's Typical Water Workout

Warm-up — 10-15 minute easy "jog"

This can either be running in place, touching the pool bottom, or back and forth across the pool's width. It can also be done in the deep end, wearing a flotation device and optional tether.

Workout — Minute runs

Simply increase the effort of a continuous run for one minute hard, followed by 30 seconds easy — and repeat. Depending on your fitness level and your goal (endurance or speed), you determine how many and what intensity. Start with 10 x 1 min. and build up to 20 or more. 10 will give you a 15-minute workout; 15 will take 22½ minutes; and 20 will take 30 minutes. Add warm-up and cool-down time to judge your overall workout time.

Cool-down — 10-15 minute easy run

Stretching — Hamstring, Quad, Ab- and Adductor stretches

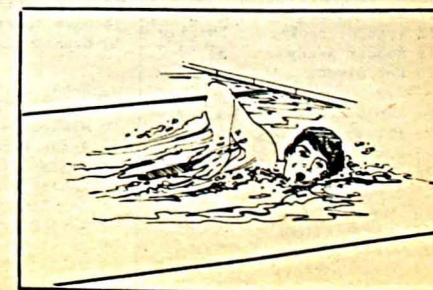
Additional Workout Ideas

- Re-create your usual track workouts in the pool by converting distances into time segments. Run with appropriate effort for time instead of distance.
- For strength work, run in a "bounding" fashion (a la Lydiard) across the pool, back and forth. This should be done in the shallow end of the pool, waist-to-chest deep.
- Alternate running and walking in deep water. Use straight legs, and alternate your arm swing with your leg stride. For a real challenge, try this without a flotation device. Only your effort will propel you forward and keep you from sinking. This will make your heart rate soar, so make sure you're warmed up first.
- Use your pulse rate as a guide to your workload. To determine your "target" rate, subtract your age from 220 and multiple by 70-80%. A good rule-of-thumb is to aim for 20 minutes out of an hour's workout in your target zone.

Equipment

Equipment can range from the sophisticated to the simple. Pool shoes can be the specially-designed, rubber-soled, mesh-topped water socks, or you can use an old pair of lightweight racing flats. Flotation devices can be any of the following: 1) a simple ski belt, 2) an "aqua jogger" for more back support, 3) a "wet belt", or 4) a "wet vest" which offers complete buoyancy and freedom of motion. You can also add weights or "resistance" items like boots that act as leg weights; hand weights that use the water itself for resistance work; or rubber tethers that offer both resistance and stabilization.

Jacqueline Hansen won the W35 1500 and 5000 at the World Veterans Championships in Melbourne in 1987, and placed fourth in the W40 1500 in Turku last year. She teaches group water-workout classes in Topanga, Calif., and teaches private classes of any size. □



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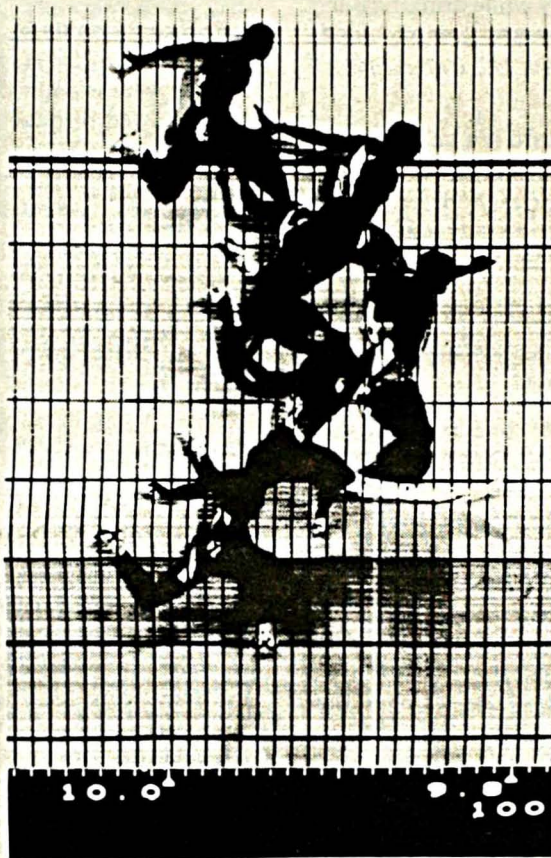
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An Australian study matched runners in their 50s to runners in their 20s. They ran for two hours at 70° Fahrenheit and 50% relative humidity while drinking during the run. Both groups had about the same skin temperature, loss in blood plasma volume, and percentage weight loss. (Karen Wooley, Ph.D., University of Queensland, Australia.)

A British study found low-back-pain patients treated by chiropractors improved more than those who visited hospital clinics.

Chiropractors tended to treat patients for longer periods — to 30 weeks — while hospital therapists usually completed treatment within 12 weeks.

(British Medical Journal, Vo. 300, No. 6737, pp. 1431-1437)

Running backward is a good supplement to normal running, because it develops leg muscles and helps the knees, according to a study led by Paul Devita, Ph.D., at Southern Illinois U. in Carbondale.

(Above items reported in Running & FitNews, an ARFA publication.)

A Brown U. study shows that a majority of cases of one type of skin

cancer originate on the ear. The study recommends wearing sunscreen or a hat with a brim.

(Reported in Johns Hopkins Medical Letter: Health After 50.)

Men who consume 300 to 400 milligrams of vitamin C daily live about six years longer than men who don't, and the vitamin may extend women's lives by about a year, a study suggests.

James Enstrom, a UCLA epidemiologist who authored the study, said it's better to consume vitamin C by eating five daily servings of fresh fruits and vegetable than by taking vitamin pills. Foods rich in vitamin C include oranges, strawberries, cantaloupes, watermelons, cabbage and broccoli.

The study analyzed a U.S. government survey of 11,348 adults ages 25 to 74 who were examined during 1971-74 and followed through 1984. Men who took 300 to 400 mg daily had 42% lower overall death rates than those who got less than 50 mg a day.

The study was the largest and most detailed ever to look at the effects of vitamin C on death rates, Enstrom said. The study was published in the May 8 issue of the journal *Epidemiology*.



Paul Schmitt, 67, Florissant, Mo., 800 winner (2:45.1), St. Louis Senior Olympics.

Photo by Hank Kiesel



1992 Southern California Association Masters Track and Field District Championships and Pentathlon

Occidental College
1600 Campus Road, Los Angeles, CA - Patterson Field
June 20, 1992

Divisions: 5 year divs. for men and women, age 30 and above.
Entry Fee: \$10.00 per event, Pent. \$20.00 - Sorry, No Refunds.
Entry Deadlines: All entries must be postmarked by June 13, 1992. Late entry is \$15.00 for first event on space available basis only. Please enter early!
Miscellaneous: Competition order - oldest to youngest, women first, (except HJ & PV which start at lowest height).

TAC Registration Required.
SCATAC District Championship Medals to top 3 residents, there will also be medals for non-residents who finish in the top three places.
Surface: Identical to L.A. Coliseum - 9 mm elements required for track, LJ, TJ, PV, HJ. 12 mm required for JT.

Send check and entry form to:
Christel Miller, 1740 Grandview, Glendale, CA 91201
Telephone: (818) 843-2139 (until 9 p.m.)
Please make check payable to: Christel Miller
Co-Sponsor: Corona del Mar Track Club

Schedule of Events

Tentative Pentathlon Schedule:

11:30 am LJ
12:30 pm JT
1:20 pm 200m
2:00 pm DT
3:00 pm 1500m

Field:

1:00 pm HT, PV, JT
1:30 pm LJ
2:00 pm SP
2:30 pm HJ, TJ
3:00 pm DT

Track:

1:00 pm HH
1:30 pm 5 K walk
2:30 pm 300/400m IH
3:15 pm 100m
4:15 pm 800m
4:45 pm 200m
5:25 pm 1500m
5:50 pm 400m
6:20 pm 5 K run

Southern California Association Masters Track and Field Championships

Name: _____ Birthdate: _____
Address: _____ Male _____ Female _____ Age: _____
Phone: _____ TAC # _____

EVENTS	BEST '91/'92 MARK	ENTRY FEE	Club Affiliation:
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	Total Fee: _____

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

Signed: _____ Date: _____

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Report from Britain

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

There were two big events in the UK during April — the British Veterans 5K Championships and the London Marathon. In the 5K contest, Dave Hill managed to retain his M40 title in 15:03, despite some close competition. Top M45 was Brian O'Neill in 15:28, with John Deas taking the M50 division in 16:07.

On the distaff side, Celia Duncan captured the W35 title, while Pat Gallagher led the W45s with an exceptional 17:36.

John Whewy, 40, led all masters in the London Marathon with a 2:18:47 and took home \$3000 in prize money.

Joseph Nzau, M40, of Kenya finished second (2:22:20, \$2000), with Norwegian Vidar Kalnes coming in third vet (2:24:20, \$1000). Barry Watson won the M45 division (2:28:39), followed by top M50 Peter Andrews (2:35:53) and M55 leader Mike Lonnen (2:43:31). New Zealand's Derek Turnbull set an M65 world best in 2:41:57.

In the women's contest, Mary O'Connor (NZ, 2:51:44) was top W35. Sue Coxshall bested the W40s in 2:37:36, with Val Lemmis taking the W45s in 2:58:04 and Christine Huf of Germany winning the W50 division in 3:00:47. □



U.S. W60-69 4x100 relay team members: (l to r) Pat Peterson, Leonore McDaniels, Josephine Sullivan, and Betty Vosburgh, WAVA World Championships, Turku, Finland.

Photo from Leonore McDaniels

Two WRs Set in Ontario Championships

by JERRY WOJCIK

The 1992 Ontario Masters Indoor Championships drew 224 entries to York University in Toronto, Canada, on March 7. They left with two world, 19 Canadian, and four Canadian open records.

Aleks Ernesaks broke the M80 world record of 86.79 for the 400 with a 79.6, and Dorly Brechbeuhl ran a 6:53.0 to break the W65 1500 world record of 6:55.7.

Elga Meri, W70, led the attack on the Canadian records with four. The Canadian open records went to U.S. citizens Dortha Swanson, W55, and Pat Peterson, W65.

Meet Director Brian Keaveney, employing the labor and talents of a dedicated group of students and staff from East York Collegiate school, won kudos for a superb meet.

The 1992 Ontario outdoor championships will be held in Hamilton in June. □

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HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m	13.00m	8.5m	10.5m
		33"	42'8½"	27'10½"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
		30"	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
		30"	39'4"	22'11½"	62'4"
60-69	70 Plus	.762m	12.00m	7.0m	19.00m
		30"	39'4"	22'11½"	62'4"
30-39	400m	.762m	45.00m	35.00m	40.00m
		30"	147'7¾"	114'9½"	131'2½"
50-59	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"

MEN

30-39	110m	.991m	13.72m	9.14m	14.02m
40-49		39"	45'	30'	46'
50-59	100m	.914m	13.00m	8.50m	10.50m
		36"	42'8"	27'10½"	34'5"
60-69	100m	.840m	13.00m	8.50m	10.50m
		33"	42'8"	27'10½"	34'5"
70 plus	80m	.762m	12.00m	7.0m	19.0m
		30"	39'4"	22'11½"	62'4"
30-49	400m	.914m	45.00m	35.00m	40.00m
		36"	147'7½"	114'9½"	131'2½"
50-59	400m	.840m	45.00m	35.00m	40.00m
		33"	147'7½"	114'9½"	131'2½"
60 +	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
50-59	6.00k	1.50k	6.00k	800 gms.*
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

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

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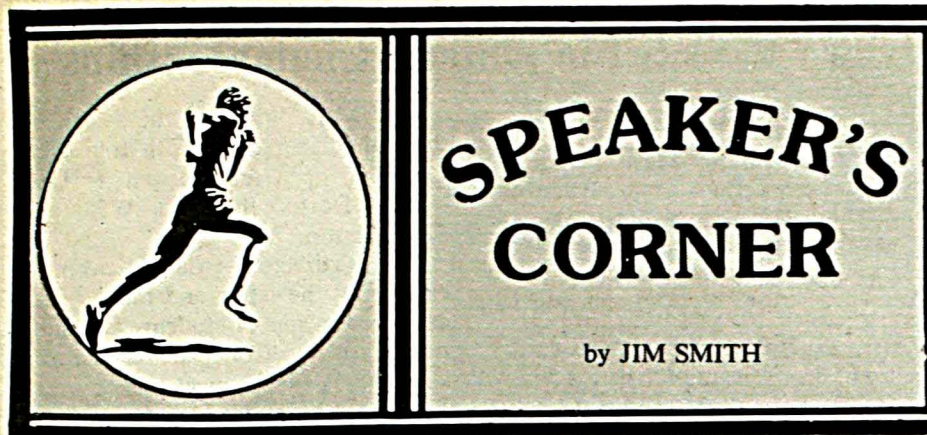
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SPEAKER'S CORNER

by JIM SMITH

Attention: Race Directors

This is being written as a formal protest against some Race Directors' procedure of awarding prize money in the masters category. For age 40 and over, your method of giving money to the first runners who cross the finish line based on time only is grossly unfair.

THE SEVENTH ANNUAL GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP T&F CHAMPIONSHIPS (SANCTIONED BY NJ TAC) SUNDAY, JULY 5, 1992

EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age Groups

RUNNING EVENTS		FIELD EVENTS	
5000 METERS	10:00 AM	1500 METER RACE WALK	1:30 PM
110 METER HHI	11:00 AM	400 METER DASH	2:15 PM
MILE RUN	12:00 PM	800 METERS	2:30 PM
100 METER	1:00 PM	200 METER DASH	3:00 PM
		4X400 RELAY	3:45 PM
30-39 MEN		MEN 50-59	
POLE VAULT	10:00 AM	10:00 AM	10:00 AM
SHOT PUT	10:00 AM	10:45 AM	11:30 AM
WEIGHT THROW	1:30 PM	2:45 PM	2:15 PM
HIGH JUMP	10:30 AM	10:30 AM	10:30 AM
LONG JUMP	10:00 AM	11:00 AM	12:00 PM
JAVELIN	11:15 AM	12:15 PM	1:30 PM
DISCUS	12:30 PM	1:30 PM	10:00 AM
TRIPLE JUMP	2:00 PM	2:00 PM	11:15 AM
		3:00 PM	3:00 PM
MEN 60+/WOMEN			

EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL, & OPEN RUNNING EVENTS

MILE RUN	AGES 9-10, 11-12, 13-14, 15-29	11:30 AM	MALE & FEMALE
100 METERS	AGES 9-10, 11-12, 13-14, 15-29	12:30 PM	MALE & FEMALE
400 METERS	AGES 9-10, 11-12, 13-14, 15-29	2:00 PM	MALE & FEMALE
4x400 METER RELAY		3:30 PM	MALE & FEMALE

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If athlete misses calls or fails to check in, event fee is forfeited.

FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Listen for the announcements.

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE.
All races will be run as finals. If necessary, sections will be run for sprints.

RULES

SPIKES ALLOWED - 1/4" or less

HURDLE HEIGHTS & IMPLEMENTS - TAC Masters Rules.

ELIGIBILITY - TAC membership required. Available at meet.

FEES - Free to Randolph residents.

Pre-registered - (Received on or before June 30.) \$5 per event.

Received after June 30 - \$5 late fee added to first event.

Relay Teams - \$15 per team.

FALSE START - One false start rule will apply.

ADDITIONAL INFORMATION

Meet Directors: Morton Hahn days 201-625-1764 evenings 201-361-3282

Ken Brinker days 201-540-3860 evenings 201-584-3678

AWARDS - Medals for first, second, and third place in each age group.

TRAVEL ARRANGEMENTS - Call "TRAVEL MASTERS" (201)361-3220 for hotels and travel arrangements.

CONCESSION STAND AND SHOWER FACILITIES AVAILABLE

SITE-Randolph High School, Millbrook Road, Randolph, New Jersey

DIRECTIONS - From George Washington Bridge, take Route 80 West to Route 287 South. Take Route 10 West, about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left on Millbrook Ave by making a right on the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School.

FILL OUT AND RETURN TO: GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN,
19 BEDMINSTER ROAD, RANDOLPH, NJ 07869

LAST NAME _____ FIRST NAME _____ M OR F _____ AGE AS OF 7/5 _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CLUB _____ TAC NO. _____

EVENTS ENTERED _____

MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB

I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept., Randolph Township, The Randolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my participation in this meet.

I understand that the activity will be supervised and that the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

SIGNATURE _____

Parent/Guardian signature (if competitor is under 18)

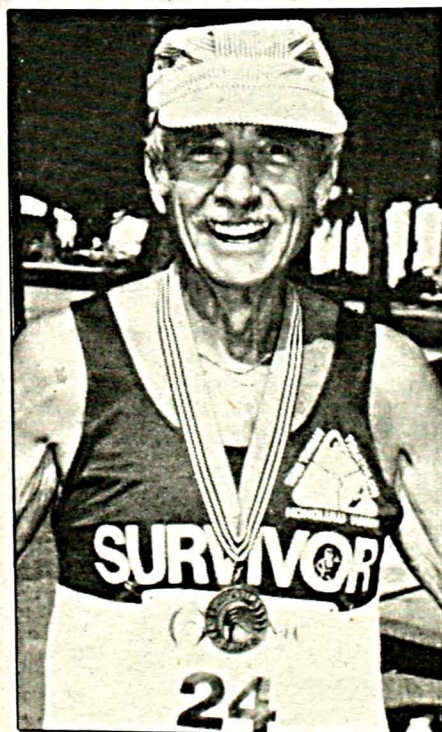
High school and college-age runners are not normally eligible to receive money, so they are not considered in the prize picture; however, they may be awarded ribbons, medals or trophies. The Open category may include a runner of any age, but it is generally made up of runners between ages 20-24. We've long known that runners in the Open compete favorably with each other. In other words, there is no apparent physiological slowing up. So, in the Open, it is fair to award prize money based on the actual order of finish.

Starting from around the age of 35, runners gradually slow down. Their slowing phenomenon increases its rate with age until runners in their 60s, 70s and 80s can not run abreast of those in their 40s. Most all runners understand and accept this. But, most masters do not consider it fair to award masters prize money based on race time alone. Such a procedure completely ignores the natural aging process.

Many Race Directors have established age groups for both sexes from the very young to the over-70. This is good because it provides a reasonably fair way to give awards. However, when giving masters prize money, they often lump everyone over 40 into *one*, huge age group. Is this not a double standard?

The age groups and the Open awards should always be based on time only. Time *and* age must *both* be considered in determining the best performances for masters prize money. In the same manner, you must consider time, age and weight in the Clydesdales. Would it be fair for a 70-year-old, 230-lb. runner to compete with a 180-lb., 25-year-old runner? This principle also applies to team scoring where there is a big gap in the ages of team members.

Here is an example of what actually happened in a race. The prize money in this particular race was five deep and the first five masters to cross the finish were in their 40s. These five runners posted very average times. In this same



Martin Sherman happy to be third (52:09), M70+ division, Aloha State 10K, Honolulu.

Photo by Tesh Teshima

race, a 66-year-old man turned in an outstanding performance that was only 12 seconds slower than the 5th place finisher. This runner finished 6th in the masters based on actual time. Can you be serious when you tell us that these five average runners deserved the prize money and the record performance deserved none? Are you serious when you say a 40-year-old should run heads-up with an 80-year-old?

Are you aware that the average age of runners goes up each year and in a few more years it will be near 50? It took several years of protests and even petitions to get the older groups installed. Why should we have to do the same for prize money?

The World Association of Veteran Athletes did not come up with a gimmick or throw something together over-night in developing their age-graded scoring system. It was a time-consuming and very thorough study by a large group of experts on the subject, who also happen to be older athletes. It is accepted world-wide. It sorts out the best performance of all the masters and is the *only* way to award prize money equitably. It can be done on race day with a calculator and only requires a few minutes.

The proceeds from your events all go to excellent causes. We very much want to be a part of these. Yet, you are saying to us: we want you to come and pay to enter, but we cannot consider you for prize money even though you may set a state, national or world record.

We think it is high-time you came out of the dark ages. You should take a lesson from the Tulsa Run, Redbud Classic, Night Tracks, Bristow Wildflower Run and other races that use the WAVA age-graded system to award masters prize money. □

Bell, McLatchie Win in Tyler Azalea 10K

by JERRY WOJCIK

Doug Bell, 41, of Greeley, Colo., and Carol McLatchie, 40., of Houston, won \$500 each for top masters finishes in the Azalea Trail 10K, Tyler, Texas, on April 11. Bell ended with a tenth-place 31:13, while McLatchie was seventh woman in 36:43.

Both were also top age-graded masters with Bell at 92.0% and McLatchie at 86.8%.

Masters second places, worth \$250 apiece, went to Ed Swiatocha (41, 32:09) of Dallas, and Ginger Streeter (41, 39:13) of Bossier City, La.

Omar Rodriguez, 52, ran 37:45 to win the M50-54 race. Tyler's Susie Hughes, who turned 85 last month, received a rousing ovation at the awards for her 83:03 finish.

Humidity and hills took their toll, with most runners slower than their predicted times by a minute or more.

About 3800 participants competed in the 10K and 1 two-mile fun run, with proceeds benefiting the Regional Texas Food Bank. Sponsors included American Eagle/American Airlines, Brookshire's, and Nabisco Brands, Inc. □

MASTERS SCENE

NATIONAL

• The seventh World Congress of Association of International Marathons and Road Races (AIMS) held in Bangkok, Thailand, unanimously conferred the title of President Emeritus to Fred Lebow, race director of the NY Marathon. AIMS General Secretary Andy Galloway, New Zealand, remarked, "Fred has long been regarded as the father of the modern marathon, with mass participation, fast times, and top road runners competing for considerable awards, and hence it is only appropriate that this incredible man's achievement should be recognized in this way." The title is the highest honor for road running administrators and has only once been awarded, and that was to Will Cloney of the Boston Marathon.



Joanne Johnson, 51, Murraysville, Pa., first woman (36:15), Vintage Run 5 Mile for age 50-and-over runners, Pittsburgh, Pa., April 25.

Photo by Eddie Jones

EAST

• Rick Pieschel, 40, hastened to the 40+ win, with a third-place 21:09 of 499m in the NYRRC Run For The Parks 4 Mile, Central Park, April 12. George Thompson, 66, sped to an M65 victory in 27:10. Mary Ryan, 45, was second woman of 346 finishers with a quick 25:06.

• Chris Webber (40, 52:59), Sayville, NY, and Rose Malloy (43, 61:53), Annapolis, MD, tripped through the Cherry Blossom 10 Mile, Washington, DC, April 5, for masters firsts. Cindy Dalrymple, 50, Arlington, VA, was third W40+ in 65:13.

• William Backe (42, 35:52), and Ann Davies (45, 40:34) gamboled through the NYRRC The Rites Of Spring 10K to 40+ wins in Central Park, March 22. Toshiko d'Elia, 62, bounced to an easy W60-69 win in 46:06.

• Ted Haiman (49, 35:03) and Mary Ryan (45, 40:46) charged to 40+ victories in the NYRRC Roosevelt Island Spring 10K, NYC, April 5. Edith Jones (52, 45:11) captured an impressive division victory.

• First overall in the 12th annual Vintage 5 Mile (for runners age 50-and-over), Pittsburgh, PA, April 25, were Dick Amato (53, 28:58), Pittsburgh, and Joanne Johnson (51, 36:15), Murraysville, PA. Dr. Paul Spangler, 93, San Luis

Obispo, CA, the keynote speaker at the awards luncheon, finished in 83:16.

• Michigan's Doug Kurtis, 40, won \$9000 as first master (5th overall) with a 2:19:31 in the Giant Eagle City of Pittsburgh Marathon, May 3. France's J. Michael Charbonnel, 40, was 2nd 40+ (9th overall) in 2:20:04 (\$1500), third master was Mexico's Artemio Navarro (42, 2:22:08). California's Sharlet Gilbert, 40, topped all masters women in 2:47:18, notching \$6000 as fifth female overall.

SOUTHEAST

• Nick Rose, 40, England, won the M40+ title, with an eighth-place 29:52, worth \$1200, Cooper River Bridge 10K, Charleston, SC, April 4, but conceded, "I just didn't have the speed of 20 years ago — not to catch those guys (Kenyans, who took the first three places)." Nancy Grayson, 41, won \$1000, with a ninth-place 35:51 to please her hometown fans.

• Bill Adams, M50, acknowledges that his time was slow and the usual competition wasn't there, but he still relishes his probable-first masters win (18:18) in the Hospice 5K, Fort Lauderdale, April 24. Guess what? No masters division awards.

MID AMERICA

• Barney Klecker, M40, Minnetonka, MN, whose wife, Janis, placed first in the 1992 women's Olympic marathon trials, won the Longest Day Marathon, Brookings, SD, in 2:41:53. Tim Zbikowski, M40, Osseo, MN, was first overall in an adjunct 5K in 17:45. Mike Wiggins, M40, Hawarden, IA, took the 5K RW in 24:32.

• Doug Bell, 41, Greeley, CO, was tenth (24:56), Cherry Creek Sneak 8K, Denver, April 26. The closest masters were also Coloradans: Pablo Vigil (40, 25:28); Chuck Smead (40, 25:57); and Benji Durden (40, 26:17).

SOUTH WEST

• Jim Pearson (43, 33:17) Lakeland, FL, and Alice Spoons (44, 42:17), Austin, TX, turned in masters firsts in the Austin American-Statesman Capitol 10,000, April 5. Susie Hughes, 85, Tyler, TX, toured the course in 85:00.

• Thirteenth-place Wilson Waigwa (42, 31:34) and seventh-woman Priscilla Welch (47, 35:17) collected \$1000 each for 40+ wins in a steamy (80°, humidity 100%) Crescent City 10K, New Orleans, April 18. Carol McLatchie (40, 35:55) finished eighth, worth \$500.

• Two-time Olympian (1980 & '84) Dan O'Connor, 40, Bellmore, NY, strode to a pending U.S. masters record 4:13:53 (old record 4:20:26, Eugene Kitts, April '90) in the U.S. 50K RW Olympic Trials, April 26, New Orleans, in his first race since turning 40 on March 29. He finished sixth overall.

• Jim Smith, 70, was top age-graded masters, with a state M70+ record 21:31 (AG 15:29), Cross Roads 5K, Norman, OK, April 25. Frances Searcey, 62, won W40+ age-graded honors with a 27:05 (AG 20:45).

• Wendell Palmer, Pampa, TX, turned 60 on April 22 and broke the M60-64 discus WR two days later with a 189-1 in an open meet. The old record of 187-2 was held by Kauko Jouppila of Finland.

WEST

• Top age-graded performers in the Big Sur Marathon, Carmel, CA, April 26, were Ray Piva, 65, San Francisco, 3:10:00 (AG 84.7%) and Nelly Wright, 46, Pacific Grove, CA, 3:05:51 (AG 81.5%).

• Laurie Binder (44, 17:16) and Carol McLatchie (40, 17:23) were top masters in the All-Iowa Festival of Races Women's 5K in Cedar

Rapids, May 2

• Paul Spangler, 93, was profiled in the Los Angeles Times, May 6. Titled "On the Run to 100," the upbeat article told of Spangler's serious training at his San Luis Obispo, CA home — a 7-mile run, three days a week, at 4:30 a.m., then a half-mile swim or a 45-minute Nautilus workout. His goal is to collect \$100,000 as the first person over 100 to run the New York Marathon.

• Stan Whitley, 46, won a special masters age-graded 100-meter race at the annual Mt. SAC Relays in Walnut, Calif., April 18. Whitley, with an 8.3-meter handicap, finished first in 10.23. Walt Butler, 51, with a 10.6-meter handicap, was second in 10.65. The 3-day meet drew 12,000 spectators, the most in several years.

NORTHWEST

• Philip Welch (43, 51:08), Seattle, and Judy Groombridge (52, 65:34), Seattle, were top finishers in the Northwest Masters 15K, Seattle, April 11.

• Four 40+ course records fell in the Pear Blossom 10 Mile, Medford, OR, April 11, including the M65-69, by John Keston, McMinnville, OR, with a 63:08. Former NMN-staffer Jane Dods, 56, Springfield, OR, won the W55 (83:35). First masters were Gary Wilborn (43, 54:32), Beaverton, OR, and Susan Bradley (50, 71:47), Coos Bay, OR.

INTERNATIONAL

• Derek Turnbull's two M65 WRs (1500, 4:39.9; 5000, 16:38.8) overshadowed other fine performances in the New Zealand Championships, Auckland, March 13-15. Bruce McPhail broke national M55 records in the 100 (12.1), 200 (24.7), and LJ (5.42), won the 400 (57.3), and had the highest score (3350) of all pentathletes. Ron Robertson, who has pending WRs in the M50 SC and 10,000, won the SC (9:44), 5000 (15:26.2), and 10,000 (32:06.8),



Jim Lacey, 58, first M55, (31:26) Vintage Run 5 Mile for age 50-and-over runners, Pittsburgh Pa., April 25. Photo by Eddie Jones

all NZ records.

• Several NMN readers have contacted Venezuela for entry forms to the South American T&F Championships, October 9-12. The forms are not yet ready but will be mailed as soon as they are. □

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schedule

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



TRACK & FIELD NATIONAL

June 19-28. U.S. Olympic Track & Field Trials, New Orleans. 504/484-1992.
July 25-26. TAC/USA National Masters Decathlon/Heptathlon Championships, Drake U., Des Moines, Iowa. Rex Harvey, 2661 Euclid Heights Blvd., OH 44106. 216/932-9368.
August 13-16. 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/533-3644; Fax: 509/533-4128.
September 5. TAC/USA National Masters Weight Pentathlon Championships, Seattle, Wash. Seattle Masters AC, Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-4219(d); 938-3895(e).
October 3. TAC/USA National Open and Masters 56# Weight Throw Championship, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

EAST

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

June 5-6. Connecticut Senior Olympics, Fairfield H.S., Bridgeport. 55+. Will Berger, U. of Bridgeport, Wheeler Recr. Center, Bridgeport, CO 06601. 203/576-4242.
June 7. MAC Outdoor Championships, Downing Stadium, Randalls Island, New York. SASE to Roslyn Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.
June 12-14. New Jersey Senior Games, Lawrenceville. 55+. NJ Governor's Council on Fitness & Sports, Trenton, NJ 08625. 609/633-7400.
June 13-14. Empire State Games qualifiers, Columbia U. Wien Stadium. (Masters can qualify at any TAC-sanctioned meet, but there will be a masters section. N.Y. residents only.) Ed Joyce, 45-11 Auburndale Lane, Flushing, NY 11358. 718/358-7559.
June 26-27. Massachusetts Senior Games, 55+. Senior Games, Bank of Boston, 1350 Main St., Springfield, MA 01103. John Neumann, 413/787-3153; Marjorie Vallone, 413/787-6124.
June 27. Phila. Masters Meet, St. Joseph's U. Flat track events, LJ, TJ. Triathlon (100m, LJ, 200m). Peter Taylor, 3120 Schoolhouse Ln., JA-9, Philadelphia, PA 19144. 215/842-3807.
June 28. Rhode Island Senior Olympics, Brown U., Providence. 40+. Dolores Casey Bergeron, Coordinator, 160 Pine St., Providence, RI 02903. 401/277-2819.
June 28. Three Rivers TAC Championships, Carnegie-Mellon U., Pittsburgh. Andrew McNeill, 412/322-9392. Masters & Open.

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

July 11-12. Garden State Games, Site TBA. N.J. residents only. James Siedliski, P.O. Box 6909, Piscataway, NJ 08855-6909. 908/463-8444.

July 12. Boston Masters NEAC Championships, Northeastern U. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

July 24-25. Empire State Games Masters Section (N.Y. residents only), Albany. No post entry. Qualifying deadline, July 1. Ed Joyce, 45-11 Auburndale Lane, Flushing, NY 11358. 718/358-7559.

July 25. Phila. Masters Meet, LaSalle U. Peter Taylor, 3120 Schoolhouse Ln., JA-9, Philadelphia, PA 19144. 215/842-3807.

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

August 30. Don Harris Memorial Meet, Ardmore, Pa. Pete Taylor, 3120 Schoolhouse Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

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

SOUTHEAST

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

June 6. TAC Southeast Regional Masters Championships, Atlanta, Ga. Entries by May 29. Atlanta TC, 3097 E. Shadowlawn Ave. N.E., Atlanta, GA 30305. 404/231-9065.

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

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

June 28. Commonwealth Games of Virginia, Salem H.S., Roanoke. James Bradley, meet director, 703/644-0726; 323-3196. Residents only.

July 11. Florida Circuit Meet, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full slate. Five-year age-group awards. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

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

September 12. Florida Track Circuit Meet. DeLand. 5-yr. age groups from 19 to 80+. SASE to: John Boyle, POB 1824, DeLand, FL 32721. 904/736-0002.

September 26. Florida Circuit Meet, Tampa. 5-yr. age groups from 19 to 80+. SASE to: Larry Siegel, 8714 Highland Ave., Tampa, FL 33604. 813/931-8997.

October 10. Nashville TC Open & Masters Meet, Vanderbilt U., Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.



Jim Pearce, meet director, TAC/USA National Masters Indoor Championships, Columbus, Ohio, April 3-5, addressing the meeting at the Holiday Inn, April 4.

Photo by Jerry Wojcik

MIDWEST

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

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

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

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

June 20. TAC Midwest Masters Meet, Byron, Ill. Byron Park District, Tower Rd., Byron, IL 61010. 815/234-8435 or Harry Brown, 708/526-7686.

July 11. Illinois Masters Meet, Libertyville HS, Libertyville, Ill. SASE to Dr. Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048.

July 17-18. White River Park State Games, Indianapolis. State residents only. Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. Central Indiana: 317/237-5030. Statewide: 800/HI-FIVES. Fax: 317/237-5041.

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

August 1. TAC Midwest Regional Masters Championships, Wauconda, Ill. Harry Brown, 610 Hillside Ave., Wauconda, IL 60084. 708/526-7686.

MID-AMERICA

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

June 6-7. Duke City Masters, Submasters, & Open Meet. Neil Silver, 728 Loma Vista Dr., NE, Albuquerque, NM 87106. 505/265-8234.

June 7. Blue River Valley Meet, Jay Haggard, Recr. Director 209 N. Eighth, Marysville, KS 66508. 913/562-5331.

June 28. TAC Mid-America Regional Masters Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

ON TAP FOR JUNE TRACK AND FIELD

On the 6th, Atlanta hosts the TAC/Southeast Regional Championships, and Dallas, the TAC/Southwest Regionals, with other meets taking place in Illinois, New Mexico, and Oregon. The MAC Championships are held at NYC on the 7th.

The slate for the 13th shows the Northwest Classic, Miami, Fla.; TAC/Pacific Championships, Los Gatos, Calif.; and Ontario Championships, Hamilton, Canada.

The schedule for the 20th lists the Hayward Classic, Eugene; SCATAC Championships, Los Angeles; and meets in Illinois, Ohio, and Texas.

The Southeastern Classic, Greenville, S.C., is set for the 27th, followed by the TAC/Mid-America Regional Championships, Lincoln, Nebr., on the 28th. The U.S. Olympic Trials will be held in New Orleans, 19th-28th.

Senior games (55+) run throughout the month. The European Veterans Championships open on the 26th in Norway.

LONG DISTANCE RUNNING

The East, on the 5th, offers Freihofer's Run For Women, Albany, N.Y., and the New England TAC 10K, Winthrop, Mass.

Races of interest on the 13th are the Shelter Island 10K, Long Island; Dam To Dam 10K, Des Moines; and Vestal XX, Vestal N.Y.

The 20th brings Grandma's Marathon to Duluth, while the Fujitsu 8K shoots off in San Jose, Calif., and the Steamboat 4 Mile plays in Peoria.

The Western States 100 Mile plods forward on the 27th in California, and the Cascade Run Off 15K thunders through Portland, Ore., on the 28th.

RACEWALKING

Events include the TAC/Maine 5K and MAC One-Hour Championships) and the LDR events the the MAC Women's 5K on the 14th. Many of the t&f meets (such as the SCATAC Championships) and the LDR events (the Shelter Island races) include racewalks. □

July 5. Minnesota Masters-Seniors EM'R' T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63½ Way NE, Fridley, MN 55423. 612/574-9661.

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

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

Continued on next page

Continued from previous page

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

June 13. Oil Capital Masters Track Meet, Mustang Bowl, Andrews, Texas. Andrews County Chamber of Commerce, 700 W. Broadway, Andrews, TX 79714. 915/523-2695.

June 20. Hill Country Classic. Lee Graham, Rucker Rt., Box 31C, Mason, TX 76856. 915/347-5921.

July 10-11. TAC Southern Association Masters Track and Field Championships including weight pentathlon. East Ascension H.S., Gonzales, La. S.A.S.E. to Jeff Baty, 321 E. Josephine St., Gonzales LA 70737. 504/644-6930.

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

WEST

Arizona, California, Hawaii, Nevada

June/July. Los Angeles area summer All-Comer Meets. Contact SCATAC office:

213/869-4575.

June 6. San Diego Senior Sports Festival, Balboa Stadium. 50+. Sam Cohen, 4867 A Collwood Blvd., San Diego, CA 92115. 619/286-3588; 583-3300.

June 13. TAC/Pacific Masters Championships, Los Gatos H.S., Los Gatos, Calif. Joy Margeram or Willie Harmatz, P.O. Box 1334, Los Gatos, CA 95031. 408/354-5660.

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

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

July 18. Foothill College Throw Series #7, Los Altos, Calif. Foothill College, c/o Gary Kelmenson, 2501 Friesland Court, Santa Cruz, CA 95062. 415/479-0202(h).

July 18. River City Summer Relays, Sacramento State, Sacramento, Calif. Masters & open. P.O. Box 255131, Sacramento, CA 95865. 916/489-7881.

July 19. SCA/TAC Officiating Clinic, Mt. SAC College, 9 a.m. to 4 p.m. Anyone who wants to learn how to officiate and help out at masters meets is welcome. Christel Miller, 818/843-2139.

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

August 1. River City Summer Relays,

Sacramento State, Sacramento, Calif. Masters & open. P.O. Box 255131, Sacramento, CA 95865. 916/489-7881.

August 8. Foothill College Throws Series #8, Los Altos, Calif. Foothill College, c/o Gary Kelmenson, 2501 Friesland Court, Santa Cruz, CA 95062. 408/479-0202(h).

September 13. Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

September 20. Sri Chinmoy Masters Meet, CSU-Long Beach, Calif. 45+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/838-4746.

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

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

NORTHWEST

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

June 4, 18, 25. Alaska TAC All-Comers, Bartlett H.S., Anchorage. Team Alaska TC, 338-7388.

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

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

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

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

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

Masters Championships.

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

June 28. Peace Arch Games, Bellingham Parks & Rec., 210 Lottie St., Bellingham, WA 98225. 206/676-6985. Events include 1500 and 5000 RWs.

July 9, 16, 23, 30. Alaska TAC All-Comers, Bartlett H.S., Anchorage. Team Alaska TC, 338-7388.

July 11. Helena Masters & Senior Championships, Vigilante Stadium, Helena, Mont. Deadline July 4. Manuel White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

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

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

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

August 1-2. Alaska TAC Association Triathlon, Heptathlon, Decathlon, Bartlett H.S., Anchorage. Team Alaska TC, 338-7388.

August 8. Alaska TAC Association Championships, Bartlett H.S., Anchorage. Team Alaska TC, 338-7388.

CANADA

June 13-14. Ontario Masters Championships, Hamilton. Doug Smith, 58 Newmarket Ave., Toronto, Ont., Canada. M4C 1V9. 416/699-5818.

July 18-20. Canadian Masters Athletic Association Championships (in conjunction with Canadian Masters Summer Sport Festival), M&W35+ (non-champ. events

Continued on next page

Symposium: The Biology of Aging Interventional Strategies

"Youthful Aging, Maximum Longevity, Peak Performance"

July 10, 1992

Condell Medical Center, Libertyville, Ill.

Moderator: Craig Dean M.D.

"The purpose of education is to enable a person to come into all his power." — J. Dewey
9:00 - 10:00 a.m.

10:00-11:00 a.m.
11:15 - 12:15 p.m.

11:15 - 12:15 p.m.
12:30 - 1:30
1:30 - 2:30 p.m.

2:30 - 4:00 p.m.

Faculty:

Nutritional Considerations for Altering the
Biology of Aging
Optimism, Health and Successful Aging
Race Walking Clinic

or
Biomarkers of Aging/Performance
Lunch
Achieving Excellence in Health and
Athletics after the age of 60! (Panel
Discussion with American Record Holders
Algene Williams, Anne Clarke, Harry
Brown)

Current Research and Practical Implica-
tions for Altering Life Span
Richard Weindruch Ph.D., Director of
Biomedical Research, Institute of Aging,
Univ. of Wisc.

Craig Dean M.D., Researcher in the
Biology of Aging Studying Human Perfor-
mance/Health Elite Masters Runners,
Condell Medical Center.

Peg Cronin M.P.H. C.H.E.S., Behavioral
Health Educator.
Mike DeWitt, Assistant National Coach,
National Race Walking Team, Univ. of
Wisc.

Cost:
Dinner Reception:

5:30 p.m.
6:30 p.m.
7:30 p.m.

Cost:
Hotline 708-367-6387

\$25.00 includes lunch.
July 10, 1992
Condell Medical Center, Libertyville, Ill.
Welcome
Dinner
Keynote Address
Motivation for "Dynamic Aging"
Coach Joe Newton
Coach 1988 U.S. Olympic Track Team.
\$15.00 per person



Saturday, July 11, 1992

9:00 a.m.

Libertyville High School Track
Park Avenue, Libertyville, IL

MEET SITE: Libertyville High School, Libertyville, IL
All Weather Track

HOST CLUBS: Liberty Road and Track Club, Abbott Rabbits,
Lake Forest - Lake Bluff Running Club.

DIVISIONS: Masters: 5 year age groups 30 - 90

RULES: As set forth by TAC. No false starts.

AWARDS: Specially designed, COMMEMORATIVE MUG will be provided to the
first three in each age Group. Limit ONE MUG per athlete, medals
will be awarded for additional 1st, 2nd, and 3rd place finishes.

CASH AWARDS: \$2000.00 (Sex and age graded)

MEET DIRECTOR: Craig Dean M.D.

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

Continued from previous page
 M&W30). Regina, Saskatchewan. CMSFF,
 Suite #206, 1911 Park St., Regina, Saskat-
 chewan, S4N 2G5. Masters hotline:
 1-800-661-1992.

INTERNATIONAL

June 6-7. British Veterans Southern Area Championships, W. Thomas, 97A Water-
 side, Kings Langley, Hertfordshire.
 June 26-July 4. WAVA European Champ-
 ionships, Kristiansand, Norway. Europeans
 only.
 July 11-12. Russian National Champion-
 ships, Moscow. M/W 30+. Vadim Mar-
 shev, Fax: 095-572-6952. Or Sports Travel
 International, Phone: 619/225-9555; Fax:
 619/225-9562.
 July 17-19. Mexican National Masters
 Championships, Monterey Nuevo Leon.
 Marcelino Contreras; Phone: 5-92-06-68;
 Fax: 5-41-41-10.
 July 18-19. British Veterans Athletic
 Federation Championships, Hendon, Lon-
 don, Barbara Dunsford, 71 Hillside Cres-
 cent, South Harrow HA20QU.
 July 25-August 9. XXV Olympics,
 Barcelona, Spain.
 August 19-23. WAVA North American
 Regional Championships, Jalapa, Vera
 Cruz, Mexico. Entry form in April issue.
 Sports Travel, 619/225-9555; Northwest
 Mgmt., 503/687-1989; Diana Schneider,
 212/391-5616.
 September 11-13. 13th All-Japan Masters
 Championships, Tottori Prefecture. July 10
 deadline. Kinki Nippon Tourist, Tottori
 Branch, 706 Sakaemachi, Tottori City 680
 Japan. Tel. 0857-23-1161.
 October 9-12. VI WAVA South American
 Regional Championships, Caracas,
 Venezuela. Jorge Alzamora, P.O. Box 685,
 Santiago, Chile. 621-1417. Fax: 0 11 56 2
 696 5006.
 October 24-25. Hong Kong Veterans Inter-
 national Meet. M&W35+. AVOHK, Inter-
 national Meet, G.P.O. Box 10368, Central
 Hong Kong.
 November 30-December 6. VI WAVA
 Regional Oceania Championships, Norfolk
 Island, Ian Anderson, PO Box 158, Nor-
 folk Island. M40+, W35+. Fax: 011-
 64-672-3-3106. Phone: 011-64-672-3-2115.

**LONG DISTANCE
 RUNNING
 NATIONAL**

August 22. TAC/USA National Masters 10
 Mile Championships, Flint, Mich. Lois
 Craig, P.O. Box 981, Flint, MI 48501.
 313/235-3396.
 September 7. TAC/USA National Masters
 20K Championships, New Haven, Conn.
 John Bysiewicz, P.O. Box 1893, New
 Haven, CT 06508. 203/397-0214.
 October 4. TAC/USA National Masters
 Marathon Championships, Minneapolis,
 Minn. Bruce Mortensen, 15301 Highland
 Pl., Minnetonka, MN 55345.
 November 8. TAC/USA National Masters
 5K Cross-Country Championships, Colum-
 bus, Ohio. John White, 4865 Arthur Place,
 Columbus, OH 43220. 614/459-2547.
 November 14. TAC/USA National 25K
 Championships, San Diego, Calif. Joni
 Shirley, 8565 LK Murray Blvd., No. 223,
 San Diego, CA 92119. 619/465-1049.
 November 21. TAC/USA National Masters
 8K Cross-Country Championships, Boston,
 Mass. Fred Treseler, 79 Manet Rd.,
 Chestnut Hill, MA 02167. 617/964-7802.
 November 29. TAC/USA National Masters
 15K Cross-Country Championships,
 Bronx, N.Y. Kurt Steiner, 1660 E. 21st St.,
 Brooklyn, NY 11210. 718/336-3025.
 December 6. TAC/USA National Masters
 10K Cross-Country Championships, Louis-
 ville, Ky. Bob Ullrich, 1879 Douglass Blvd.,
 Louisville, KY 40205. 502/459-6820.

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

June 6. Friehofer's Run For Women,
 Albany, N.Y. 1st-\$1000/ 2nd \$500/3rd-
 \$300/4th & 5th-100 each. Friehofer's RFW,
 233 Fourth St., Troy, NY 12180. George
 Regan, 518:273-0267.
 June 6. Mike Eruzione Winthrop Hospital
 10K. Masters money. Larry Keller, 40 Lin-
 coln St., Winthrop, MA 02152.
 617/539-0046.
 June 6. New England Athletics Congress
 10K Championships & 5K. Over \$2200
 masters individual & team money. Win-
 throp Hosp., Public Relations Dept., 40
 Lincoln St., Winthrop, MA 02152.
 Deadline 6/5. 617/539-0046.
 June 6. Yellow Brick Road 8K, Chitten-
 mango, N.Y. 315/687-3471.
 June 7. Clarkstown Spring Sprint 10K,
 West Nyack, N.Y. 914/634-3437.
 June 7. Bel Air Town 5K. Alan Dean, 1352
 Southwell Lane, Bel Air, MD 21014.
 301/879-6410.
 June 13. Shelter Island 10K. Cristine
 Clarke, P.O. Box 266, Shelter Island, NY
 11964. 516/749-7867.
 June 14. Litchfield Hills 7+ Mile. Rick
 Evangelisti, Box 1428, Litchfield, CT
 06759. 203/567-8470.
 June 14. Orange Classic 10K. Masters
 money. Ruth Mitchell, Times Herald-
 Record, 40 Mulberry St., Middletown, NY
 10940. 914/343-2181, X220.
 June 20. Vestal XX (20K), Vestal, N.Y.
 607/797-9215.
 June 20. Mt. Washington 7.6 Miles,
 Gorham, N.H. Masters money based on
 WAVA age-adjusted performance. Robert
 Teschek, POB 990, New Port, NH 03773.
 603/663-2537.
 June 25 (Thur). President's Cup Night 5K,
 Millburn, N.J. 201/376-0231.
 July 4. Cranford Jaycees Firecracker
 4-Miler, Nomahegan Park, Cranford, N.J.
 John Bashaw, 501 Orange Ave., Cranford,
 NJ 07016. 908/276-4818.
 July 5. Long Island Women's 5K, Jericho.
 Masters money. Mike Polansky, 62 Sylvia
 Ln. Plainview, NY 11803. 516/433-0920(e).
 July 5. Firecracker 5K, Massapequa, N.Y.
 516/799-0144.
 July 9 (Thur). Sag Harbor Whale Run 3
 Mile, Sag Harbor, N.Y. 516/696-4355.
 July 12. NYRRRC Prefontaine 5K "Go Pre"
 Classic, Van Cortlandt Park, Bronx,
 NYRRRC, 9 E. 89th St., NY, NY 10128.
 212/860-4455.
 July 12. Utica Boilermaker 15K. Earle
 Reed, P.O. Box 4729, Utica, NY 13504.
 315/797-1310.

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

July 4. Peachtree 10K. SASE to: Peachtree
 RR, Atlanta TC, 3097 E. Shadowlawn
 Ave., Atlanta, GA 30305.
 July 4. Yorktown Freedom 5K, Yorktown,
 Va. Masters money. Rick Platt, 113 An-
 thony Wayne Rd., Williamsburg, VA
 23185. 804/229-7375.
 July 9. Miami RC 3 Mile Cross-Country,
 Thompson Memorial Park. 7 p.m. Miami
 RC, Tropical Park, 7920 S.W. 40 St.,
 Miami, FL 33155. 1-800/940-4RUN.

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

June 7. Run For The Zoo 10K, Chicago.
 Helene Lerner, Associated Race Manage-
 ment, 2211 Forest View Rd., Evanston, IL
 60201. 708/328-3678.
 June 11. (Thurs). Detroit Grand Prix 5K,
 Detroit, Mich. Ed Koxloff, Motor City
 Striders, 10144 Lincoln, Huntington
 Woods, MI 48070. 313/544-9099.



Mark Winitz, 41, Los Altos, Calif., TAC/Pacific Association LDR Chairperson and editor of RUNCAL magazine, after running a 49:15, Houlihan's to Houlihan's 12K, March 29. Photo by Flory Rodd

June 20. Steamboat 4 mile/15K. Joy
 Kessler, Steamboat 4 Mile, 101 N.E.
 Roanoke, Peoria, IL 309/688-7313.
 July 12. Chicago Distance 20K/5K. Lorna
 Brett, 1440 W. Washington Blvd., Chicago,
 IL 60607. 312/786-1900.

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

June 7. Steamboat Marathon/10K. Steam-
 boat Springs Chamber-RT, P.O. Box
 77408, Steamboat Springs, CO 80477.
 303/879-0880.
 June 13. Dam To Dam 20K, Des Moines,
 Iowa. \$900 to masters. Dam To Dam, 1603
 22nd St., Suite 107, W. Des Moines, IA
 50265. Bill Wallace, Race Director,
 515/243-3208(3); 279-6072(n).
 June 14. Garden Of The Gods 15K. Masters
 money. Triple Crown of Running, P.O.
 Box 38235, Colorado Springs, CO 80937.
 719/473-2625.
 June 20. Grandma's Marathon, 6000 limit.
 SASE to: Grandma's Marathon, P.O. Box
 16234, Duluth, MN 55816-0234.
 218/727-0947.

SOUTHWEST
 Arkansas, Louisiana, Mississippi,
 Oklahoma, Texas

July 11. Midnight Madness Masters 10K.
 Roman Lynch, 1326 Lincoln Way, Ames,
 LA 50010. 515/232-6718.

WEST
 Arizona, California, Hawaii, Nevada

June 6. Fontana Days Half-Marathon/5K
 Run & RW. Fontana Community Services
 Dept., 9460 Sierra Ave., Fontana, CA
 92335. 714/350-7635.
 June 13. Palos Verdes Marathon. George
 Owens, P.O. Box 153, Palos Verdes, CA
 90274, 213/377-3419.
 June 20. Fujitsu 8K, David Grenier, Fujitsu
 Microelectronics Inc., 3545 N. First St.,
 San Jose, CA 95134. 408/922-9115.
 June 21. City of San Francisco Marathon.
 Rich Nichols, 650 5th St., Ste. 514, San
 Francisco, CA 94107. 415/896-0587.
 June 27. Western States 100 Mile, Squaw
 Valley, Calif. 916/638-1161.
 June 28. Gardena 5000. Dan Ashi-
 mine/Gardena Valley Runners, 16820
 Western Ave., Gardena, CA 90247.
 213/324-7085.
 June 28. West Covina Downhill Mile
 Championships. Tri Events Inc., 3222
 Virginia Ave., West Covina, CA 91791.
 818/331-0169.
 August 2-7. Redwoods Running Camp,
 UC-Santa Cruz, Calif. Roy Benson, 56
 Roswell Rd., #355 North, Atlanta, GA
 30342. 404/255-6234.

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

June 28. Cascade Run Off 15K. Cascade
 Run Off, Box 40228, Portland, OR 96240.
 503/226-0717.
 July 26-31. Spokane River Running Camp,
 Whitworth College, Spokane, Wash. Roy
 Benson, 56 Roswell Rd., #355 North,
 Atlanta, GA 30342. 404/255-6234.

INTERNATIONAL

June 6. Festival De Primavera 5K, 10K, 10
 Mile, Rosarito Beach, Baja California,
 Mexico. SASE to: Finish Line Interna-
 tional, 7846 Connie Dr., Huntington
 Beach, CA 92648. 714/841-5417.
 June 14. Mizuno Masters 10K, Battersea
 Park, London. Large SASE to: Mizuno
 10K, Alexandra Gate Lodge, Hyde Park,
 London SW7 1QH.
 June 14-21. Run Ireland Tour, includes
 stays and runs in Dublin, Galway,
 Limerick. Hal Higdon, 2815 Lake Shore
 Dr., Michigan City, IN 46360.
 219/879-0133.
 July 26. Paarvo Nurmi Marathon, Turku,
 Finland. Pirkko Martin, phone 358-21-503
 526, fax 358-21-503 106.
 August 2. BVAF 10 Mile Championships,
 Oswestry, N. Wales Borders. Doug Morris,
 27 Whittington Rd., Oswestry, Shropshire,
 SY 11, IJD. 0 691-653338.
 August 29-30. 1st WAVA Road Running
 Championships, Birmingham, England.
 M40+, W35+. 10K/25K. Barbara
 Dunsford, 71 Hillside Crescent, South Har-
 row, Middlesex, HAZ OQU England,
 Phone: 011-44-81-422-7157.

RACE WALKING

June 7. MAC 1-Hour Championships,
 NYC. ~~CANCELLED~~. 20th St.,
 3rd Fl. NYC 10011, or Stella Cashman,
 212/628-1317.
 June 7. TAC 5K Championships, Brewer.
 Maine Walkers, c/o Myerowitz Chiroprac-
 tic Center, 1570 Broadway, Bangor, ME
 04401-2497. 207/947-3333.
 June 13. Shelter Island 5K, Shelter Island,
 N.Y. 5 pm. Gary Westerfield, 350 Old
 Willets Path, Smithtown, NY 11787, or
 Stella Cashman, 212/628-1317.
 June 14. MAC 10K Championships &
 Women's 5K, Central Park. Park Walkers
 Club, c/o Stella Cashman, 320 E. 83rd St.,
 Box 18, NYC 10028. 212/628-1317.
 June 21. Empire State Games 5K Qualifier,
 Central Park. NYWC, c/o Howard Jacob-
 son, Box 210, Commack, NY 11725, or
 Stella Cashman, 212/628-1317.
 July 4. Independence Day 5K, Bethpage,
 N.Y. Plainview/Old Bethpage RC, c/o
 Michael Polansky, 62 Sylvia Ln., Plain-
 view, NY 11803, or Stella Cashman,
 212/628-1317.
 July 11. TAC/USA National Masters
 Men's 10K Championships, Niagara Falls,
 N.Y. Dave Lawrence, 94 Harding Ave.,
 Kenmore, NY 14217. 706/875-6361.
 August 13-16. TAC/USA National Masters
 Championships, Spokane, Wash. 5K track.
 20K & 10K road. See T&F National.
 August 19-23. Dave McGovern's Racewalk
 Camp, Healing Springs Ranch, Tioga,
 Texas. Dave McGovern, P.O. Box 6601,
 New York, NY 10128. 212/744-5515.
 September 6. North American Masters 15K
 Racewalk & Territorial 5K, Albuquerque.
 15K-M40+, W35+. 5K-all ages. Gene Dix,
 2301 El Nido Ct. NW, Albuquerque, NM
 87104. 505/242-3713.
 September 13. TAC/USA National Masters
 40K Championships, Ft. Monmouth, N.J.
 Elliott Denman, 28 N. Locust Ave., West
 Long Branch, NJ 07764. 201/222-9213.
 October 18. TAC/USA National Masters
 1-Hour & 2-Hour Championships, Cam-
 bridge, Mass. Philip McGaw, 156 Blue Hill
 Ave., Milton, MA 02174. 617/698-1806.

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

NYRRC Rites Of Spring 10K Central Park, March 22

Table with columns for runner name, age, and time. Includes runners like Doug Ihmols, Marie Wickham, M40 William Backe, etc.

Parkway Foundation 5K Flushing Meadow, NY, March 29

Table with columns for runner name, age, and time. Includes runners like Robert Morrison, Candace Strabach, M40 Keith Sullivan, etc.

Cherry Blossom 10 Mile Washington, DC, April 5

Table with columns for runner name, age, and time. Includes runners like Richard Chelimo, Albina Galliamova, M40 Chris Webber, etc.

NYRRC Roosevelt Island Spring 10K NYC, April 5

Table with columns for runner name, age, and time. Includes runners like Nat Larson, Julie Foster, M40 Luis Guachichulca, etc.

Hicksville Lions 5K Hicksville, L.I., NY, April 5

Table with columns for runner name, age, and time. Includes runners like Kevin Corliss, Lee DiPietro, M36-40, etc.

Plainview 10K Run For ASPIRE Plainview, L.I., NY, April 11

Table with columns for runner name, age, and time. Includes runners like M40 John Eiseman, Tom Hall, Craig Stewart, etc.

Table with columns for runner name, age, and time. Includes runners like John Boyle, Tom Moylett, M60 Robert Nelson, etc.

Run For The Parks 4 Mile Central Park, NYC, April 12

Table with columns for runner name, age, and time. Includes runners like Sean Doyle, Chris Scobey, M40 Rick Pieschel, etc.

Sallie Mae 10K Washington, DC April 12

Table with columns for runner name, age, and time. Includes runners like Pierre Levisse, Kurt Hurst, D. Tibaduiza, etc.

Jenny's Jog 5K Stony Brook, L.I., NY April 18

Table with columns for runner name, age, and time. Includes runners like Rick Jackofsky, Ellen Giambalvo, M40 Joe Wynne, etc.

Vintage Run 5 Mile (ages 50+) Pittsburgh, PA, April 25

Table with columns for runner name, age, and time. Includes runners like Dick Amato, Joanne Johnson, M50 Robert Whitesides, etc.

Suffolk Bar Association 5K Hauppauge, NY, April 25

Table with columns for runner name, age, and time. Includes runners like Don MacKay, Maria Garcia, M40 Dennis Nee, etc.

SOUTHEAST

Shamrock Marathon Virginia Beach, VA, March 21

Table with columns for runner name, age, and time. Includes runners like Dave Berardi, Tammy Slusser, Masters, etc.

Hospice 5K Fort Lauderdale, FL, April 24

Table with columns for runner name, age, and time. Includes runners like Matt Novack, Kay Jones, M40 Bill Winter, etc.

Runway Runaway 5K Tamiami Airport, Miami April 25

Table with columns for runner name, age, and time. Includes runners like Roberto Castillo, Sharon Chiong, M40 Rolando Cabrera, etc.

Longest Day Marathon/10K/5K/5K RW Brookings, SD, April 18

Table with columns for runner name, age, and time. Includes runners like Harry Tellman, Kurt Makowski, Lloyd Cox, etc.

Scholarship Saturday 5K Miami, May 2

Table with columns for runner name, age, and time. Includes runners like Raymond Pusey, Patty Cohen, M40 Pedro Enriquez, etc.

Table with columns for runner name, age, and time. Includes runners like M45 Albert Bezilla, Mike Edison, Ralf Lindberg, etc.

Table with columns for runner name, age, and time. Includes runners like M40 Bill Suit, M50 Bruce Folkerth, M60+Eric Johansson, etc.

MIDWEST

Glass City Marathon Toledo, April 12

Table with columns for runner name, age, and time. Includes runners like Tom Wilhelm, Penny Grandstaff, Masters Overall, etc.

West Bloomfield Half-Marathon West Bloomfield, MI, April 26

Table with columns for runner name, age, and time. Includes runners like Dale Hart, Laura Murphy, M40 P. Deladurandaye, etc.

West Bloomfield Half-Marathon West Bloomfield, MI, April 26

Table with columns for runner name, age, and time. Includes runners like Dale Hart, Laura Murphy, M40 P. Deladurandaye, etc.

MID AMERICA

Longest Day Marathon/10K/5K/5K RW Brookings, SD, April 18

Table with columns for runner name, age, and time. Includes runners like Harry Tellman, Kurt Makowski, Lloyd Cox, etc.

Table with columns for runner name, age, and time. Includes runners like W40 Carol Wake, W45 Carol Klitzke, --5K RW--

SOUTHWEST

Austin American Statesman Capitol 10,000 Austin, TX, April 5

Table with columns for runner name, age, and time. Includes runners like M40 Jim Pearson, Pete Vandermyer, Carlos El Toro, etc.

Tishomingo Whirlwind 5K Tishomingo, OK, April 11

Table with columns for runner name, age, and time. Includes runners like Randy Weaver, Rita Flagler, M40 Bob Thomas, etc.

Tyler Azalea Trail 10K Tyler, TX, April 11

Table with columns for runner name, age, and time. Includes runners like Terry Thornton, Kristy Johnston, M40 Doug Bell, etc.

Continued on next page

Continued from previous page

Table with 3 columns: Name, Age, Time. Includes W55 MaryAnn Cotten, W60 Fita Knudsen, W70 Kathy Chambers, W85 Susie Hughes.

Cross Roads 5K Norman, OK; April 25

Table with 3 columns: Name, Age, Time. Includes Overall Brian Hamrick, M40 Greg Owings, M45 Butch Eichholz, M50 Glenn Lumry, M55 Gene Groff, M60 Ken Peterson, M65 Ralph Ratcliff, M70+Jim Smith, W40 Linda Besett, W45 Evelyn Rowland, W50 Patricia Lee, W55 Kay Morrison, W60 Frances Searcey.

WEST

Fifty Plus 8K Stanford, CA; March 22

Table with 3 columns: Name, Time, Graded%. Includes M50-54 Mike Heffernan, M60 Paul Saucedo, M65+LARRY BANUELOS, M70-74 Floyd Carley, M75-79 Bill Nice, M80-84 Chick Dahlsten, M90-94 Paul Spangler.

Cross Roads 5K Age-Graded Times Norman, OK; April 25

Table with 4 columns: Name, Age, Race Time, Age Graded. MASTERS Age-Graded Times (Men). Includes Jim Smith, Greg Owings, Butch Eichholz, Ken Peterson, Mike Allen, Jim Denham, Steve Webb, Curt Ransom, Glenn Lumry, Rich Alford.

Table with 4 columns: Name, Age, Race Time, Age Graded. Age-Graded Times (Women). Includes Frances Searcey, Linda Besett, Kay Morrison, Gloria Stearns, Patricia Lee, Evelyn Rowland.

Ontario 5000 (TAC Western Regional Championships) Ontario, CA; April 12

Table with 3 columns: Name, Age, Time. Includes Overall Salah Hissou, M40 Bill Sumner, M45 Mike Figueroa, M50 Jon Hart, M55 Sonny Monioz, M60 Paul Saucedo, M65+LARRY BANUELOS, W40 Sandy Robbins, W45 Jennifer Short, W50 JoEllen Sanders, W55 Gina Faust, W60 Pat Pruitt, W65+Mary Storey.

Jacobs City YMCA 10K Tucson, AZ; April 12

Table with 3 columns: Name, Age, Time. Includes 1 Leslie Woods, 11 Hayden Smith, 14 Bill Diaz, 22 Earl Evans, 26 Don Branaman, 65 Frank Patania, 67 Wm Chapelain, 160 Stew Lancaster, 163 Bob Martin, 1 Kathleen Delgado, 8 Valeria Koch, 12 Holly Keppel, 19 Dinny Shryock, 21 Sue Fletcher, 78 MariaElenz Lucero.

Big Sur Marathon; Carmel, CA; April 26

Table with 5 columns: Name, State, Age, Time, Age Graded. Masters Age-Graded Scores. Includes 1 Ray Piva, 2 Denis O'Halloran, 3 Byrle Smallen, 4 Bob Barber, 5 Mike Dove, 6 Charlie Freeman, 7 Douglas Colton, 8 Marc Lieberman, 9 Tony Nonan, 10 Carl Murdoch, 1 Nelly Wright, 2 Janet Glassman, 3 Marcia Winger, 4 Myra Rhodes, 5 Jane Serues, 6 Mary Campbell, 7 Susan Gimbel, 8 Jo Sullivan.

Lake Powell Marathon & 10K Page, AZ; April 25

Table with 3 columns: Name, Age, Time. Includes --Marathon-- Overall Cameron Mitchell, M40 Ray Lobato, M45 Bob Wilson, M50 Steve Utley, M55 Melvin Miles, W40 Linda Whiting, W55 Gaby McQuitty.

Table with 3 columns: Name, Age, Time. Includes --10K-- Overall Jim Klein, Beth Ellickson, M40 Eddie Tsinigine, M45 Larry Hobbs, M50 Chuck Morrow, M60 Solomon Lobato, W40 Lynn Cramer, W50 Jeanette Rusk.

Run Through Redlands Half-Marathon & 10K Redlands, CA; April 26

Table with 3 columns: Name, Age, Time. Includes --Half-Marathon-- Overall Jeff Ambos, Alice Bernard, M40 Duke Bartoo, M45 Rusty Vaughan, M50 Richard Northrup, M60 Bernard Scherrer, M70+Art DeLeon, W40 Sue Lien, M55 Everet Riggle, M60 Bernard Scherrer, M70+Alvin Grah, W40 Marilyn Nippold, W45 Elaine Deisman, W50 Susan Bradley, W50 Jean Johnson.

Table with 3 columns: Name, Age, Time. Includes --10K-- Overall Matt Underwood, Carol Carrigan, M40 John Allen, M50 Bob McGeough, M60 Sam Deluca, M70+Walt Kalinski, W40 Kathy Gebauer, W50 Clarice Flower, W60 Anna Hollenberg, W70+Esther Coffman, Iris Wise.

NORTHWEST

Northwest Masters 15K/10K RW Seattle, WA; April 11

Table with 3 columns: Name, Age, Time. Includes 1 Philip Welch, 2 David Williams, 3 Will Comeback, 5 David Pitkethly, 23 Judy Groombridge, 31 Larry Doering, 34 Sue Dodd, 37 Norman Hansen, 39 Nancy Peterson.

Table with 3 columns: Name, Age, Time. Includes --10K RW-- 1 Stan Chraminski, 5 Lewis Jones, 6 Bev LaVack, 10 Martin Graham, 11 Gail Jones, 13 Jerry Magorty, 14 Norm Folling.

Pearblossom 10 Mile Medford, OR; April 11

Table with 3 columns: Name, Age, Time. Includes Overall Roger Dix, Deanna Scheidler, M40 Gary Wilborn, M45 Rusty Vaughan, M50 Richard Northrup, M60 Bernard Scherrer, M70+Art DeLeon, W40 Sue Lien, M55 Everet Riggle, M60 Bernard Scherrer, M70+Alvin Grah, W40 Marilyn Nippold, W45 Elaine Deisman, W50 Susan Bradley, W50 Jean Johnson.

Table with 3 columns: Name, Age, Time. Includes W55 Jane Dods, S A McMahon, Jo Ann Dornlas, W60 Daisy Roberts, Brita Hazell, Phyllis Stevens, W65 Dawn Russell, Betty Gillette, W70 Carol Klocke.

Lilac Bloomsday Run Spokane, WA; May 3

Table with 3 columns: Name, Age, Time. Includes Men D. Tibaduiza, Doug Bell, Herm Atkins, Larry Almborg, Benji Durden, Women Priscilla Welch, Mary Wood, Janet Jordan, Linda Cash, Patti Donley.

CANADA

Ontario Masters 8K Championships Brooks Spring Run Off High Park, Toronto; April 11

Table with 3 columns: Name, Age, Time. Includes M35 1 Karel Jircik, 2 Mike Vidito, 3 Damien Cooper, M40 1 Charlie McMullin, 2 Henry Bickford, 3 Ted McKeigan, M45 1 Neil Dunford, 2 Pat Monahan, 3 Bob Watson, M50 1 Tom Tushingham, 2 Robert Moore, 3 Robert Glazier, M55 1 Norm Abbott, 2 Dave Wallace, 3 Ron Crichton, M60 1 Jim McIlwham, 2 Graham Downer, 3 Hank Hanger, M65 1 Richard Maxwell, 2 Richard Troy, 3 Nels Pascoe, M75 1 Whitey Sheridan, 2 Sid Pritchard, W35 1 Ann Forbes, 2 Maureen Griffith, 3 Suzanne Henry, W40 1 Laura Lynn, 2 Anne Emmett, 3 Kathleen Walker, W45 1 Georgie Gillis, 2 Margaret Sinclair, 3 Carol Mitchell, W50 1 Ilse Hardinge, 2 Judy Willmott, 3 Margaret Harrison, W55 1 Molly Turner, 2 A. Van Der Vleuten, W65 1 Dorly Brechbuehl.

University of Wisconsin-Parkside AC 10K RW April 22

Table with 3 columns: Name, Age, Time. Includes Overall Dave Doherty, Michelle Kohl, M40 D Easterlund, Steve Frey, M45 Don Mowles, M50 Al Fisher, Art Kerbs, M55 Ed Jiskra, M75 W Barnett, R Truemmer, M85 Martin Bartels, W40 Nancy Wnuk, W45 D Graham Henry, Peggy Jacobs, W50 R Weatherford, W55 Joyce Decker, Fran Forsy, W65 Ruth Luff, Chief Judge: Larry Larson.

INTERNATIONAL

British Veterans Athletic Federation 5K Championships Dunsfold; April 5

Table with 3 columns: Name, Age, Time. Includes M40 D Hill, M Hagar, D Throop, M Fisher, K Penny, P Duhig.

Table with 3 columns: Name, Age, Time. Includes I Emery, A Rich, M45 B O'Neil, G Jones, E Cooke, J Treadwell, M Duff, D Rogers, J Dear, P Lancaster, J O'Brien, A Garrett, D Haughney, G Harold, M55 R Davidson, C Crump, T Everitt, J Portsmore, M60 J Chandler, L Forster, J Taylor, M65 H Tempan, R Dare, A Hughes, M70 D Evers, J Horner, M75 A Rawlinson, P Freaan, W35 C Duncan, A Turrington, S Ogilvie, A Cartwright, W40 D Hepplewhite, J Gardner, S Barker, P Gallagher, J Norris, P Rich, J Smith, J Halls, I Hornsey, W55 H James, B Smith, W60 B Forster.

Teams

Table with 3 columns: Team, Age, Time. Includes M40-49 Aldershot, Croydon H, M50-59 Cardiff AAC, Cambridge H, M60+ Barnet AC, Belgrave H, W35-49 Arena 80 AC, Fleet-Crookham AC99, W50+ Bromley Veterans, Shaftesbury.

RACE WALKING

University of Wisconsin-Parkside AC 10K RW April 22

Table with 3 columns: Name, Age, Time. Includes Overall Dave Doherty, Michelle Kohl, M40 D Easterlund, Steve Frey, M45 Don Mowles, M50 Al Fisher, Art Kerbs, M55 Ed Jiskra, M75 W Barnett, R Truemmer, M85 Martin Bartels, W40 Nancy Wnuk, W45 D Graham Henry, Peggy Jacobs, W50 R Weatherford, W55 Joyce Decker, Fran Forsy, W65 Ruth Luff, Chief Judge: Larry Larson.



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



TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

Spokane, Washington • Spokane Falls Community College • August 13-16, 1992

GENERAL INFORMATION

Meet Directors:

Vernie Foxley (509-533-3644)
Maury Ray (509-533-3631)
FAX - (509-533-4128)

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 13, 1992 will determine the competitor's age group. Individual competition will be held in age groups of five year increments starting at age 30. Relays will be held in age groups of 10-year increments. **Proof of registration with The Athletics Congress will be required from all U.S. nationals at on-site registration.** Foreign competitors are allowed to compete, but need to provide similar proof of registration from their country's governing body. Proof of date of birth will be required from all competitors at on-site registration. A driver's license, passport or birth certificate will be acceptable documentation.

AWARDS: TAC Championship medals will be awarded to the top three U.S. nationals in each age division of each event final. Duplicate awards will be given to foreign athletes who place. Competitors will receive a certificate of participation.

ENTRY FEES AND PROCEDURES: Entry fee is \$20 for first event, \$15 for second event and \$10 for each subsequent event; pentathlon \$20; and relay \$40 per team (must be pre-entered). The entry fee includes a t-shirt to be received at on-site registration. All entries must be received by July 13th, 1992. Confirmation of entry will be sent within seven days or no later than July 20, 1992. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason. Changes after July 31 will be made only if lanes are available in existing heats.

LATE ENTRIES: The absolute final date for entries will be July 31, 1992, with \$20 late fee charged and no confirmation.

ON-SITE REGISTRATION & PACKET PICK-UP: Packets consisting of number, t-shirt and updated schedule and information will be available at track site beginning Wednesday, August 12 from 9 a.m. to 6 p.m. Other meet information will be mailed with entry confirmation.

ACCOMMODATIONS: We have negotiated special housing and meal packages which are lower than normal rates. All packages include taxes. Accommodations range from economy, moderate and superior, starting at \$186 for three nights double occupancy. Meal packages include continental breakfast for four days for \$10, and lunch and dinner package for four days for \$40. Meals, provided by Marriott, will be "all-you-can eat," with vegetarian entrees always available, as well as seasonal, fresh fruit. Separate meal prices are higher. We can accommodate special dietary needs upon request. Also, airline tickets are available at discounted prices. *Time To Travel* (509-533-8898, FAX 509-533-8836) can give you quotes on all air, accommodation and meal packages. Please feel free to deal with your own travel agent, however, our prices will be much lower. Special discounts will be 10 percent off land packages with purchase of air transportation prior to May 1; 5 percent off land packages only when purchased prior to May 1; and 5 percent off land packages with purchase of air transportation prior to June 1. Call to have more information sent to you.

OFFICIALS: Most officials and all head officials will be nationally or master-ranked TAC certified officials from across the United States.

ADMISSION (For Non-Competitors): \$2.00 per day, \$5 for three-day pass, \$6 for four-day pass.

VENUE: Newly remodeled, full-depth polyurethane, 400-meter track with eight 48-inch lanes. Fully automatic timing will be used. Only 1/4 inch spikes may be used.

Tentative Schedule of Events

Final schedule will be included in each athlete packet upon check-in in Spokane. Age groups may be merged into one race when the entries are not adequate for a full field

THURSDAY AUGUST 13

PENTATHLON (WOMEN)
8:00 Hurdles
High Jump
Shot Put
Long Jump
800M

PENTATHLON (MEN)
8:00 Long Jump
Javelin
200M
Discus
1500M

5000M RUN (ALL FINALS)
7:30 W/50/55/60/65/70/75
8:15 W/30/35/40/45
9:00 M/60/65/70/75/80
9:45 M/50/55
10:30 M/40/45
11:00 M/30/35

800M (TRIALS)
1:00 M/55
1:10 M/50
1:20 M/45
1:30 M/40
1:40 M/35
*12 or less per age group will advance to finals.

400M (TRIALS)
1:50 W/40
1:55 M/60
2:00 M/55
2:05 M/50
2:10 M/45
2:15 M/40
2:20 M/35
2:25 M/30
*8 or less per age group will advance to finals.

HAMMER THROW (PRELIMS & FINALS)
9:00 W/50/55/60/65/70/75
10:00 W/30/35/40/45
11:00 M/65/70/75/80
Noon M/55/60
1:00 M/45/50
2:00 M/30/35

FRIDAY AUGUST 14

5000M RACEWALK (ALL FINALS)
7:00 W/50/55/60/65/70/75
8:00 W/30/35/40/45
9:00 M/50/55/60/65/70/75
10:00 M/30/35/40/45

110M HURDLES (TRIALS)
11:00 M/40
11:10 M/35

100M HURDLES (TRIALS)
11:20 M/50

110M HURDLES (FINALS)
11:30 M/45
M/40
M/35
M/30

100M HURDLES (FINALS)
11:50 W/30/35
M/65
M/60
M/55
M/50

80M HURDLES (FINALS)
12:15 W/50/55/60/65/70
W/40/45
M/75/80
M/70

400M (ALL FINALS)
12:40 W/60/65/70/75
12:45 W/50/55
12:50 W/45
12:55 W/40
1:00 W/35
1:05 W/30
1:10 M/70/75/80
1:15 M/65
1:20 M/60
1:25 M/55
1:30 M/50
1:35 M/45
1:40 M/40
1:45 M/35
1:50 M/30

1500M (TRIALS)
2:00 M/45
M/40

100M (TRIALS)
2:30 W/30
2:35 M/60
M/55
M/50
M/45
M/40
M/35
M/30

100M (FINALS)
3:30 W/70/75
W/60/65
W/50/55
W/45
W/40
W/35
W/30

400M HURDLES (ALL FINALS)
3:50 M/75/80/85
M/70
M/65
M/60
M/55
M/50
M/45
M/40
M/35
M/30

2000M STEEPLECHASE (ALL FINALS)
4:30 W/all ages
M/60/65/70/75/80

3000M STEEPLECHASE (ALL FINALS)
5:00 M/50/55
M/40/45
M/30/35

POLE VAULT (FINALS)
8:00 M/65/70/75/80/85
10:00 M/50/55/60
Noon M/40/45
2:00 M/30/35
4:00 W/all ages

SHOT PUT (PRELIMS & FINALS)
8:00 W/60/65/70/75/80
9:00 W/50/55
10:00 W/30/35/40/45
11:30 M/70/75/80
12:30 M/60/65
1:30 M/50/55
3:30 M/40/45
4:30 M/30/35

TRIPLE JUMP (PRELIMS & FINALS)
8:00 W/50/55/60/65
9:00 W/40/45
10:00 W/30/35
Noon M/60/65/70/75/80/85
1:00 M/50/55
2:30 M/45
3:15 M/40
4:30 M/30/35

HIGH JUMP (FINALS)
9:00 W/50/55/60/65
10:30 W/30/35/40/45
Noon M/70/75/80
1:00 M/60/65
2:00 M/50/55
3:30 M/40/45
4:30 M/30/35

SATURDAY AUGUST 15

10,000M RUN (ALL FINALS)
7:00 W/all ages
8:30 M/50/55/60/65/70/75
10:00 M/30/35/40/45

400M HURDLES (ALL FINALS)
Noon W/30/35/40/45
12:05 M/55
12:10 M/50
12:15 M/45
12:20 M/40
12:25 M/35
12:35 M/30

300M HURDLES (ALL FINALS)
12:45 W/50/60/65
12:50 M/70/75
12:55 M/65
1:00 M/60

800M (ALL FINALS)
1:05 W/60/65/70/75
1:10 W/50/55
1:15 W/40/45
1:20 W/35
1:25 W/30
1:30 M/70/75/80
1:35 M/65
1:40 M/60
1:45 M/55
1:50 M/50
1:55 M/45
2:00 M/40
2:05 M/35
2:10 M/30

200M (TRIALS)
2:20 W/40
2:30 M/60
M/55
M/50
M/45
M/40
M/35
M/30

200M (FINALS)
3:45 W/65/70/75
W/60
W/55
W/50
W/45
W/40
W/35
W/30
4:25 M/75/80
M/70
M/65
M/60
M/55
M/50
M/45
M/40
M/35
M/30

DISCUS (PRELIMS & FINALS)
8:00 W/50/55/60/65/70/75
9:30 W/30/35/40/45
11:00 M/60/65/70/75/80
1:00 M/50/55
2:30 M/40/45
4:00 M/30/35

LONG JUMP (PRELIMS & FINALS)
8:30 W/50/55/60/65/70/75
9:30 W/30/35/40/45
11:00 M/60/65/70/75/80
1:00 M/50/55
2:30 M/40/45
4:00 M/30/35

SUNDAY AUGUST 16

10,000M ROADWALK (FINAL)
7:30 W/all ages

20,000M ROADWALK (FINAL)
7:30 W/all ages

1500M (ALL FINALS)
9:30 W/60/65/70/75/80
W/50/55
W/40/45
W/30/35
10:10 M/70/75/80/85
M/65
M/60
M/55
M/50
M/45
M/40
M/35
M/30

4X100 RELAYS (ALL FINALS)
11:15 W/60-69/70-79/80+
W/50-59
W/40-49
W/30-39
11:35 M/60-69/70-79/80+
M/50-59
M/40-49
M/30-39

4X400M RELAYS (ALL FINALS)
Noon W/60-69/70-79/80+
W/50-59
W/40-49
W/30-39
M/60-69/70-79/80+
M/50-59
M/40-49
M/30-39

4X800M RELAYS (ALL FINALS)
12:40 W/60-69/70-79/80+
W/50-59
W/40-49
W/30-39
M/60-69/70-79/80+
M/50-59
M/40-49
M/30-39

4X100M REGIONAL RELAY (FINALS)
1:10 M&W

100M AGE-GRADED FINAL
1:30 W/all ages

JAVELIN (PRELIMS & FINALS)
8:00 W/50/55/60/65/70/75
8:45 W/30/35/40/45
9:30 M/60/65/70/75/80/85
10:30 M/50/55
11:45 M/40/45
1:00 M/30/35



1992 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

(Please Print Clearly) Last Name _____ First Name _____
Affiliation/Club _____ M/F _____ Division _____ Age (On 8/13/92) _____
Address _____ City/State _____ Zip _____
Event #1 & Best Mark _____ x \$20 US _____
Event #2 & Best Mark _____ x \$15 US _____
Event #3 & Best Mark _____ x \$10 US _____
Event #4 & Best Mark _____ x \$10 US _____
Pentathlon & Best Mark _____ x \$20 US _____
Relay - Team Name _____ x \$40 US _____
Individual Relay Names: _____
T-Shirt ___ S ___ M ___ L ___ XL ___ XXL (add \$2 for each XXL) Extra Shirts x \$7 US each _____
TAC Registration Number _____ TOTAL AMOUNT ENCLOSED \$ _____



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Signature _____ Date _____

For publicity purposes, please forward your past accomplishments (Olympics, national masters, etc.), or enclose resume, photos or newspaper clippings.