

NATIONAL MASTERS NEWS

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

137th Issue

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Greenwood, Raschker Named Best 1989 T & F Athletes; Schlau, Binder Top LDR Picks

Awards Also Go To Harvey, Puckett and Oerter; Walker, Nedelco Top Racewalkers

Jack Greenwood, a 62-year-old banking executive from Aurora, Colorado, was named the outstanding age-40-and-over male track and field athlete of 1989 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Phil (Philippa) Raschker, 42, an Atlanta accountant, was again voted the top female masters performer by the same group at the 11th annual convention of TAC in Washington, D.C. on November 30.

Jim Puckett of Gresham, Oregon, was named outstanding administrator-of-the-year, while the top racewalking awards went to Californians Larry Walker, 46, and Joann Nedelco, 46.

Rex Harvey, 42, of Des Moines, Iowa, was named the best multi-event athlete. The award for the best single performance of the year by an athlete



Jack Greenwood Photo by Gretchen Snyder

over age 40 went to Al Oerter for his 205' 10" discus throw at age 52.

Greenwood, who underwent double bypass heart surgery in 1987, made a remarkable comeback in 1989. He set four world M60-64 records, two indoors (200, 26.37; 60H, 9.36), and two outdoors (400, 57.64; 300H, 43.49) at the World Championships. His 300H performance exceeded 100% on the masters age-graded scale. Runners-up were James King, 40, who set world masters records in the 400 (48.44) and 400H (52.76); and Payton Jordan, 72, who won five gold medals in Eugene.

Raschker won seven gold and two bronze medals in Eugene, setting four world W40 records in the 200 (24.84), long jump (18-1), triple jump (37-3), and pole vault (8-3/4). She won five gold medals in the TAC/USA National Indoor Masters T&F Championships in Columbus, Ohio.

Puckett was the competition director for the hugely successful VIII World Veterans Championships in Eugene.

Walker, a two-time Olympian, won

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TAC Selects 21 Outstanding Age-Group Runners at Washington Convention

Bob Schlau, 41, and Laurie Binder, 42, were named the outstanding age 40-44 U.S. long distance runners of 1989 by the Masters Long Distance Running Committee of The Athletics Congress at its 11th annual convention in Washington, D.C. on November 30.

The LDR Committee's awards are based on five-year age-group categories, rather than on an overall "best masters" runner.

Schlau, a Charleston, S.C. investment broker, began the voting year (Dec. 1, 1988 to Nov. 30, 1989) with a win in the 1988 National Masters Marathon in 2:19:48. He closed the year as the first American over-40 finisher in the 1989 National Marathon in 2:23:11. In between, he was first master in the Pittsburgh Marathon (2:22:14) and Cooper Bridge 10K (32:20), and was first U.S. master in

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Laurie Binder Photo by Sailer, Ltd.

Top Masters Field Set for Naples

Perhaps the finest field of over-age-40 long distance runners ever assembled will race together in the ICI/USA TAC National Masters Grand Championship 8K in Naples, Fla., on January 13.

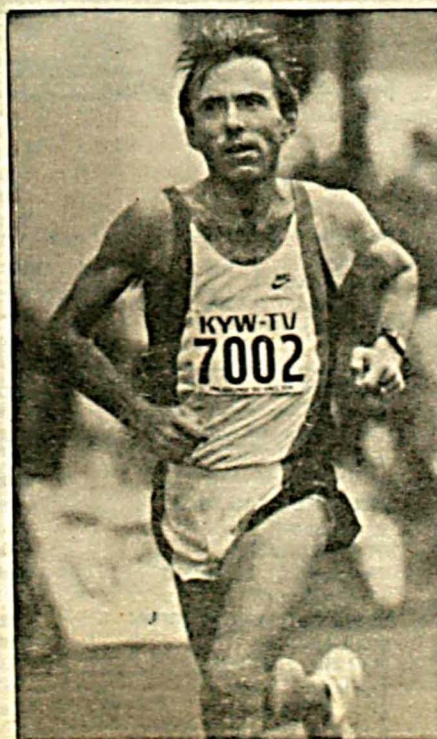
The masters-only race is the culmination of the successful 1989 ICI/USRA Masters Circuit. A total of \$40,000 will be awarded to masters runners — the largest non-marathon masters purse ever. Top point-getters from the 18-race circuit will divide \$25,000, while another \$15,000 will go to top finishers in the Championship 8K.

Among the male masters superstars slated to run are Bill Rodgers, Bob Schlau, John Campbell, Victor Mora, Larry Almborg, Mario Cuevas, Domingo Tibaduiza, Barry Brown, Frank Shorter, Jim Ryun, Wilson Waigwa, Kevin Ryan, Dave Stewart, Jim Pearson, Ralph Zimmerman, Mike Heffer-

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Phil Raschker



Bob Schlau Photo by Sailer, Ltd.

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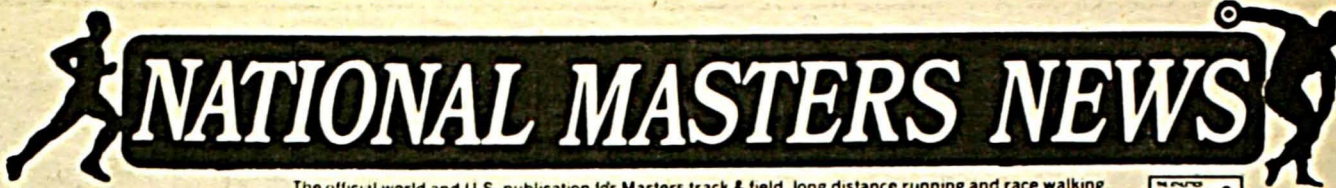
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Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

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

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

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

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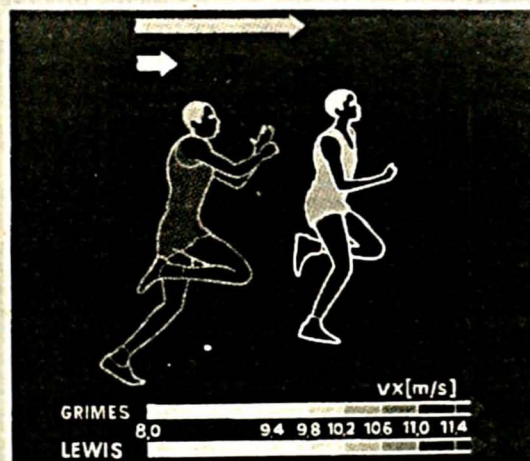
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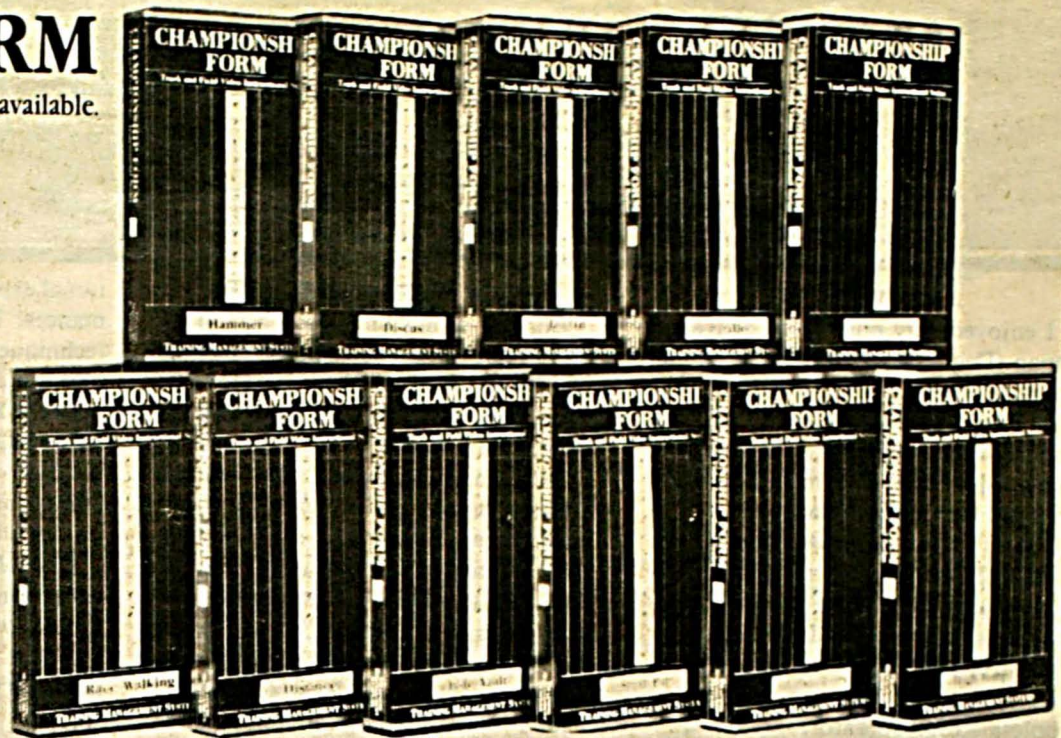
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Ollan C. Cassell

Ollan C. Cassell
Executive Director



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JAPAN IN 1993

I enjoyed very much your article on Japan (Dec. NMN). It was well done, comprehensive, and captured the character and ambiance of the Japanese to a degree that is surprising in one who has had so limited exposure to that fascinating nation.

I say this as a Japanese linguist who lived in Tokyo and travelled extensively throughout 43 of the 47 prefectures on the four main islands of Japan for over three years, later serving there as a tour director for an American wholesale tour operator.

If the WAVA World Veterans Championships take place in Japan, it should be a marvelously enriching experience, especially so for those who can spend time in the hinterland, where much of the Old Japan still remains.

You refer to Shuhei Nishida as the 1936 Olympic pole vault silver medalist, but he was also the Olympic pole vault silver medalist in 1932. I was there. How well I remember the exciting duel between him and Bill Miller, the American who had to set a new Olympic record to beat him out of the gold. I still count it as one of the most memorable thrills of a lifetime as a sports fan.

I was happy to learn that Nishida-san is still alive. If we are both granted the necessary extension to our lives, I will pay my personal respects to him if and when Japan hosts the World Veterans Championships.

Gordon Wallace
Prescott, Arizona

RACE WALKING RULES

Connor Johnston (Dec. NMN) is dismayed over his and others' DQ's in San Diego because of bent knee infractions. Why not chuck the rule and let the running begin?

Does Johnston believe that veteran athletes should get preferential treatment because they are old? Should rules be tossed out so as to not, in Johnston's words, "discourage the elderly from competing?"

The rules should be the same, no matter what age or level of ability. That's what makes athletics unique. The rules are simple, and everyone must abide by them. You don't jump the gun; you run or walk the same distance without cutting the course of skipping barriers; you don't interfere with your fellow competitors; you don't knock the bar off the standards, etc.

Whether you are an Olympian or a 90-year-old great-grandmother, you should be treated and judged the same.

Bob Jordan
Iowa City, Iowa

THE FLYING FINNS

Recent performances of Finnish masters athletes have been attributed by Phil Mulkey (Dec. NMN) to either: 1) genetic superiority; 2) the water in Finland; 3) discovery of methods for physical rejuvenation.

Mulkey also suggests that other masters need to train harder and become more interested in the events.

Overlooked is an obvious and ra-

tional explanation for the Finns performances. They are based on improved technique, not necessarily on improved physical capability.

Erkki Knapp ran 43.28 in the M55 300 hurdles, but only finished fourth in the M55 400 in 57.46. His hurdle time implies an amazing technical capability, not sheer speed or power.

Olavi Niemi's M55 high, long and triple jumps were also very technical events, where technique can compensate for speed and strength. Perhaps plyometric training was a contributing factor.

The javelin is a national tradition in Finland, where technique in execution and control can overcome body stature.

Technique can be achieved by expert coaching and first-rate training facilities. We U.S. masters pursue our training on a very individualistic and independent basis. Generally, no real collective masters coaching or training is applied. Perhaps the Finns have adopted a more closely-knit coaching and training approach that our diversified and geographically-dispersed competitors can't achieve.

We need to develop local expert

coaching, and have more local training access to facilities for masters competitors.

I'm in awe of Jack Greenwood, 62, who broke 60 seconds in the 400, and of the USA 4x400 relay team which set a world M60 record of 3:58.43, a sub-60 average. Maybe the Finns are wondering what we're doing to achieve such performances.

The 1991 Games will be attended by many superb West German multi-eventers, as well as East German and Russian/eastern bloc super athletes from years past. The Turku competition could be the most intense in masters history.

Edward Martin
Anaheim Hills, California

WEIGHT PENTATHLON

I enjoyed the World Veterans Championships in Eugene this summer. It's one of the best meets I ever competed in — well organized, excellent facilities, great officials, and fine community support.

Eighty athletes competed in the weight pentathlon, which was well run and enjoyable for all. Afterwards, many athletes formed an organization for weight throwers.

The group's goals are to lobby for drug testing, and to make the weight pentathlon an official event in the World Games. We encourage all throwers — men and women — in the U.S. and abroad to join. Contact Brian McKenna, 2382 Harrison Ave., Baldwin NY 11510.

Carl Wallin
Lebanon, New Hampshire

Continued on page 12

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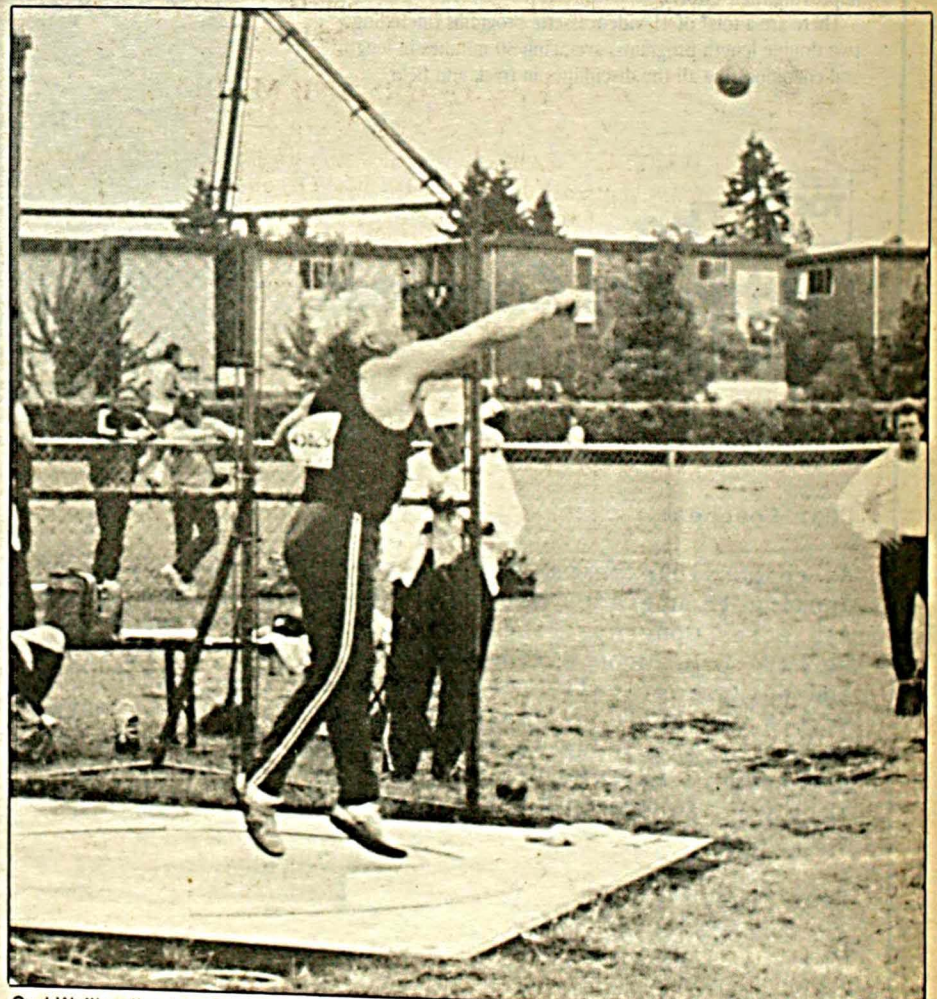
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Carl Wallin, director of this month's Dartmouth Relays in Hanover, N.H., winning the gold medal in the M45 shot at the World Veterans Championships in Eugene. Wallin also won the M45 International Weight Pentathlon title.

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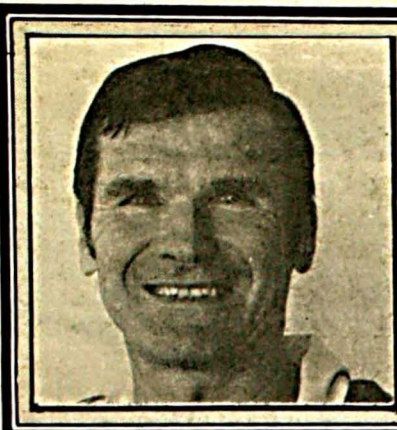
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Third Wind

by Mike Tynn

A Runner, Swimmer, and Cyclist Discuss Aging and Athletic Performance

Are runners, swimmers, and cyclists affected by aging in the same ways? We'd need a much larger sampling than one person from each sport to get any real answers to that question; however, I thought it would be interesting to "roundtable" the subject of aging and athletic performance with a longtime performer in each of the sports. I contacted Hal Higdon, Harry Huffaker, and Dave Sharp and put some questions to them.

Higdon, a 58-year-old resident of Michigan City, Indiana, has been one of the top age-class competitors in the world since entering the master arena in 1971. During his 40s, he set numerous world and national age-group records. Before joining the masters ranks, Higdon, who has been running since 1947, was a standout competitor at everything from the 3,000 meter steeplechase to the marathon.

Huffaker was a three-time All-America swimmer at the University of Michigan (1957-61), competing in the 200 meter freestyle and the individual medley. Recently turned 50, Huffaker

has made a name for himself as a long-distance ocean swimmer in Hawaii, where he has lived since 1967. He has conquered many of the channels between the islands of Hawaii. In 1989, Huffaker had his sights on an unprecedented three-channel swim — from the island of Lanai to Maui (9 miles), Maui to Molokai (8.5 miles) and Molokai back to Lanai (9 miles). After 17 hours in the water and two thirds of the way across the third channel, he was forced to abandon his effort due to darkness and rough seas.

Sharp 48, was a member of the 1960 U.S. Olympic team, finishing fifth in the tandem-bike event, and also on the U.S. team in the 1963 Pan American Games. He has been competing for 31 years with only a few short breaks. A resident of Maui, Hawaii, Sharp won the 1989 Hawaii state championship road event in the 45-54 division.

Generally, How Has Aging Affected You?

Higdon: At the risk of seeming smug, I don't feel that aging has affected me physically or mentally. I've slowed a bit, but not much. I have a few nagging injuries that bother me from time to time, but it's no big deal. Sometimes it seems I can't remember names and faces, but that was true when I was younger.

Huffaker: The thing I've noticed most is that I'm more vulnerable to physical problems, things like shoulder tendonitis and muscle cramps of the legs.

Sharp: With age comes more responsibility jobwise and more stress, so recovery is not as rapid. Also, of course, there is less time for training. My goal has always been to semi-retire and have more time for cycling, but it hasn't happened yet.

Are You In Any Way Able to Measure Your Loss to the Years?

Higdon: My best 10-K time was 31:06 at 24. I've lost about four minutes off that time. In the exercise labs, my max VO₂ has slipped from 72

to around 62. Compared to the supposed one-percent (per year) decline to aging projected for "normal" people, I'm well ahead of the game.

Huffaker: I think I've lost about 10 seconds in the 200 meter freestyle (roughly the equivalent in time to an 800 meter run). But then I'm not training as intensely for that distance as I once did. On the other hand, the design and technology of pools is much different now. You have the overflow gutters and lane markers that prevent waves. Plus, we know a lot more about training — intervals, weights, nutrition. We just weren't that sophisticated 30 years ago. It's pretty hard trying to compare times then and now. I'm swimming a lot more now, just not as intensely. (In preparation for his three-channel swim, Huffaker was averaging 5-6 hours a day of training and as much as 50 miles a week).

Sharp: In most bike races on the road, time doesn't mean too much. It's who crosses the line first. Tactics and weather conditions have a lot to do with it. Road time trials are becoming more popular, so maybe in the future I'll be able to better compare my times.

Was There Any Particular Age at Which You Began to Feel a Significant Decline in Energy or Performance?

Higdon: I haven't noticed any energy decline. The (most noticeable) performance decline began around 52 or 53. But it seems to have leveled off.

Huffaker: No, it's been gradual, I think.

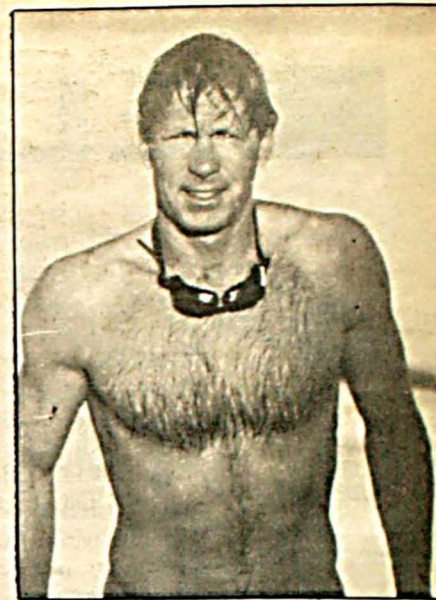
Sharp: Up to about age 45, more and harder training seemed to work. After that I noticed training didn't work as well and I needed longer recovery times.

How Much of Your Loss Do You Feel is Physical and How Much Motivational?

Higdon: It's difficult to separate physical from motivational. I was a late bloomer in the sport, so probably never reached a true peak as a youngster. If I had trained as intelligently in high school and college as I had as a master, I would have been a world-beater. Of course, nobody else back in that era knew how to train right either. I was highly motivated shortly after I turned 40, and I think that's why I came near to equalling my all-time bests then.

Huffaker: I'm not really motivated to compete now. In fact, I shy away from competition. Masters swimming has gotten so intense, it's not fun anymore. At the world masters meet in Australia last year, I saw some of the competitors shaving their fingers. And many of the them are embarrassed if they don't do well. Swimming, to me, is a way to stay healthy. It's therapy. So we're talking different kinds of motivation.

Sharp: Probably most of my loss is physical, although I find now I don't want to hurt as much as I once did so I tend to ease up sooner than I might have before. I am motivated but it



Harry Huffaker

doesn't do any good if I haven't recovered from the last training ride.

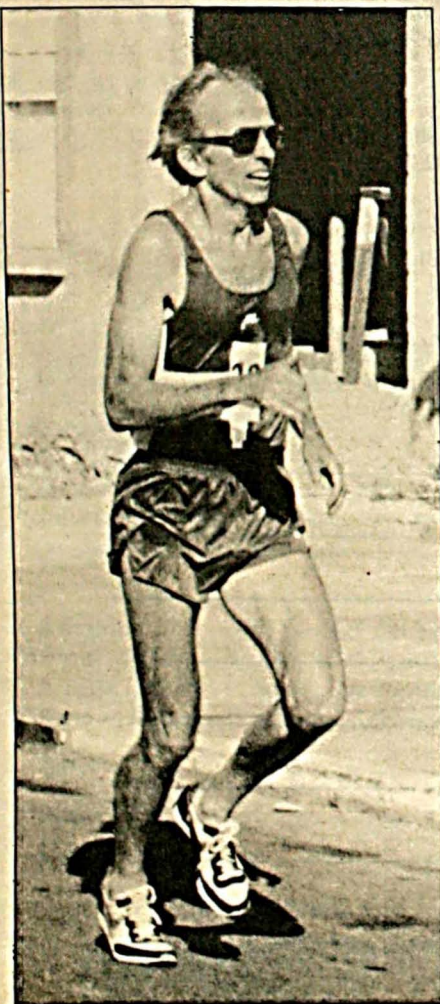
What About Recovery Time? Is That Really a Big Factor?

Higdon: The inability to recover is probably the most noticeable factor in aging. When younger, I used to be able to run hard workouts day after day after day. That's probably where I made a lot of my errors. Now, on occasion, I sometimes can run two hard days in a row, but usually I need at least 40 hours to recover from a killer workout or race, and often more than that.

Huffaker: When you're 16 to 18, you can bounce back pretty fast. There's definitely a longer recovery period as you get older, but it's much more a factor when you're doing intervals and intense training. Masters swimmers are better off if they don't do intervals more than every 48 hours. To do them more often defeats the purpose. I work now on quantity more than quality.

Sharp: In my 20s I could do hard rides day after day still being sore from the last day, but now if I tried that I'd be going very slow.

Continued on page 10



Hal Higdon



Dave Sharp

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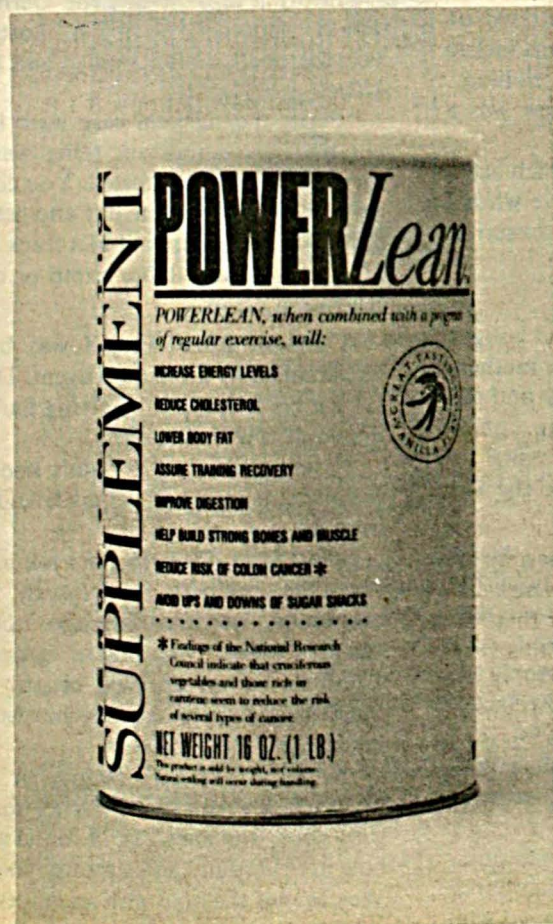
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PROFILE

John Damski — "Righteous Among Nations"

John Damski, 75, of Van Nuys, Calif., is a nationally-ranked masters high jump and triple jump competitor. He won two silver medals in the first World Veterans Championships in Toronto in 1975. He wasn't able to go to Eugene, but his best 1989 efforts of 4-2 and 27-5½ would have won two bronze medals in the M75 division.

Little known to anyone, until recently, is that 45 years ago during World War II, Damski was risking his life to save Jews from the Nazis.

On September 19, 1989, Damski received one of Israel's highest honors: the title of *Righteous Among Nations*, given to Gentiles who rescued Jews from the Holocaust at the risk of their own lives.

In a moving ceremony at the Israeli Consulate in Los Angeles, Damski received a medal and a certificate of honor. A tree has been planted in his name at Yad Vesham, Jerusalem.

Damski was born in 1914 to Polish parents in Duisberg, Germany, one of three boys and two girls in a Catholic family. In 1919, the family moved back to Poland. In the 30s, Damski, at 5-8 and 140 pounds, became a well-known soccer and track and field athlete, with personal bests of 1.80 (5-11) in the high jump, 13.68 (44-10½) in the triple jump, and 6.68 (21-11) in the long jump.

He was doing electrical work for the Polish Seaport Administration when World War II began on September 1, 1939.

"I had been drafted into the National Guard," Damski recalled, "but we never expected Hitler to attack."

Arrested by Gestapo

On September 9, in the town of Sanok, Poland, the German Wehrmacht rounded up hundreds of Polish citizens and turned them over to the Gestapo. Among them was Damski, then 25.

"They threw us all in jail; mostly political prisoners, doctors, lawyers, intellectuals," Damski said. "Conditions were horrible."

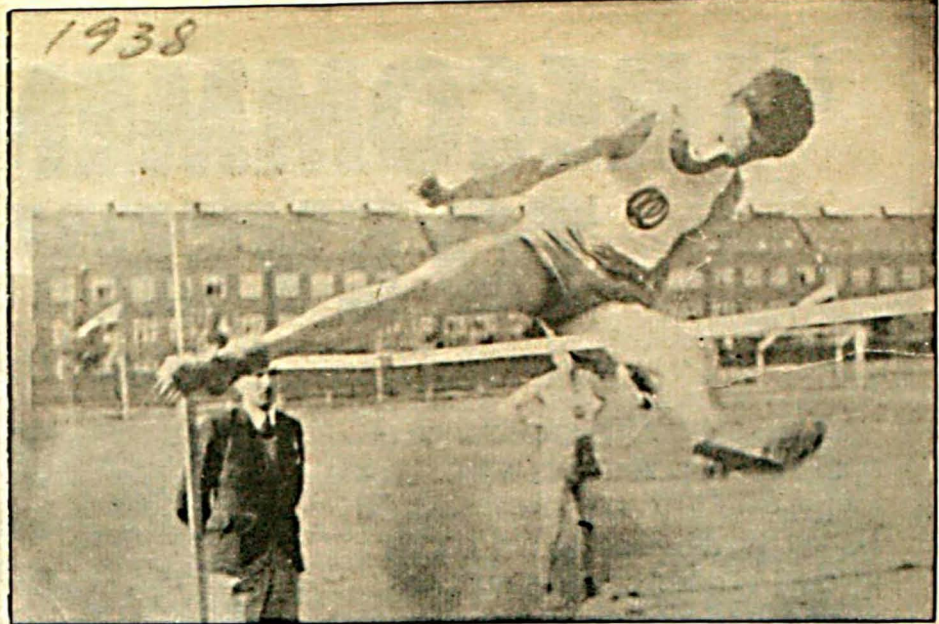
They got worse. On June 13, 1940, the Germans shot 115 of the 345 prisoners. All the rest, except Damski, were sent to Auschwitz.

"I spoke German well," the soft-spoken Damski said. "Maybe that was why they left me in my cell. Of those sent to Auschwitz that day, I know of only one other who survived."

The Germans released him on August 9, 1940. He weighed 97 pounds. He had no money and no job, but was soon hired to help build an airfield in Zamosc.

"At that time, everyone knew the Germans were evacuating Jews from their homes. I made a conscious decision to help Jews. I wasn't a hero. It was simply a matter of right and wrong."

In April, 1941, Damski convinced his German boss to let him go into the



Damski high jumping in a meet in Gdansk, Poland in 1938.

Warsaw ghetto to hire a few electricians.

A Devastating Experience

"Walking through the ghetto was a devastating experience — like being on a different planet. I had to put on a blue Star-of-David arm band to move around. One cannot describe it; you feel like a marked man."

By bribing two German soldiers, Damski was able to bring out over a dozen Jews.

Throughout the war, he never worked with any organized groups. "I just did what I could on my own; it was safer," he said.

The most "horrible thing" Damski ever saw was in the summer of 1942, when the evacuation of Jews began in earnest.

"The Germans were marching hundreds of Jews to the train. About 70 people who didn't walk fast enough were shot. Other Jewish men were forced to throw their bodies into a box car, and then were made to lie down on top of them. Then the Germans locked the car. The train went to Sobibor, which by then, everyone knew was a death camp."

He met a Jewish family, which had a daughter Sarah. "I fell in love when I heard her speak. She had a beautiful voice."

Bought False Papers

Damski went to Warsaw and bought false papers for Sarah and her mother. Nothing was free. It was 1943 and the Warsaw Ghetto uprising was underway. Damski listed Sarah's name as Christina Paderewska and said she was his wife.

The three lived with a farmer, whose house was used as a stopping point for Jews trying to escape. Damski was taking photographs to make a living. At a wedding, a friend told him "people are saying your wife is Jewish." At 5 a.m. the next morning, they left town.

Using the false papers, Sarah arranged for her mother to go to Germany to work in a restaurant.

"It was dangerous, but no one questioned her," Damski recalled. "Sarah and I went to Warsaw and stayed with

a friend in the Polish underground, who was helping Jews and English pilots to escape. I was thrown in jail for trying to help a Jewish acquaintance. A friend bailed me out."

The Socialist Party in London got money to some Jews in hiding, which Damski helped deliver to other Jews.

"You could see the smoke from the crematoriums. I was scared all the time. Everyone was afraid to talk to anyone. Many people just didn't care. I'll never forget one woman — the wife of a top Polish diplomat, religious, a fine woman. She went to church every day, sang in seven languages. She was a writer, an opera singer. She told me: 'The Germans have solved our Jewish problem.' I'll never forget that. I carry it with me to this day."

Terror Constant

The terror was constant, not only against the Jews but, to a different degree, against the Polish people. Quite often in Warsaw, the Germans would shoot 100 Polish hostages because one German soldier had been killed.

"Food and medical care were bad, but the most important thing was to survive and not be arrested. You could be out on the street one day and get arrested, and you were put in a truck and off you went to a labor camp or concentration camp."

A Jewish friend in jail was being blackmailed by a Gestapo agent. Damski got his friend out by giving Sarah's diamond ring to the agent.

"I was frightened. I didn't know if the blackmailer would let my friend go, or arrest me, instead."

In late 1943, Damski got a job in the vegetable business in Warsaw and eventually became manager of a German-owned wholesale grocery. Then the Polish uprising began, and the Germans systematically burned all the houses in Warsaw.

"We lost 200,000 people in one month," Damski said. "The houses were gone, and Sarah and I found a big hole in the ground and squeezed into it. We covered the hole with an empty ce-

Continued on page 10



John Damski, right, receives the "Righteous Among Nations" award from Israeli Consul Ran Ronen at a ceremony in Los Angeles.

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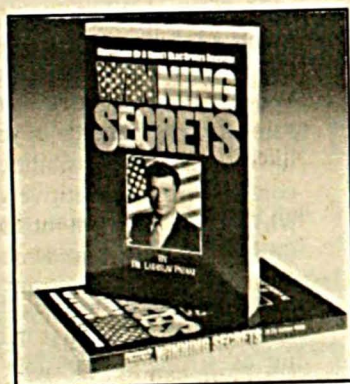
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Profile Continued from page 8

ment bag and we lived there. One evening, I went out; everything was burning. I saw people I knew lined up in front of a wall and shot to death.

Raus, Raus

"One morning I heard a shout: 'Raus, raus (out, out). German soldiers and an SS man with a hand grenade said he'd throw the grenade if we didn't come out. I said to Sarah: 'well, that's it.' I thought they were going to shoot us, because they were shooting people on the spot.

"But the SS man had an accent, and I asked him if he was from the Rhineland. He said 'yes, how did you know?' I told him I was born in the Rhineland, and he didn't shoot me. I learned this SS battalion was composed of criminals sent from Germany to put down the Warsaw uprising. They were the worst cutthroats you can imagine."

The Germans put John and Sarah in the basement of the Warsaw Opera House with a few hundred others. One morning an SS Colonel roused most of the men out.

"As soon as they went outside, we could hear gunfire. Sarah put a fur coat over me and sat on me. A young SS man came by singing 'Time to Go to Heaven.' He knew I was there, but he didn't say anything.

"The next day, an SS major came in and asked me who I was. I told him I was a German businessman caught up in the uprising. Sarah, who had a cool head, had burned our identification papers, so no one could say I was Polish. It seemed to work. He left me alone."

The next day, the Germans took them to a temporary hospital; Sarah worked in the kitchen. An SS man, who was on his way to Germany to deliver packages, thought John and Sarah were Germans and invited them to join him.

"So we got out of Warsaw. We stayed at a church one night, then walked away from the SS men and found a villa, where we got shelter."

Damski set up a fruit and vegetable wholesale store and soon had over 100 employees. Among the workers were several Jews. That's what he was doing in January, 1945, when the Russians came in.

Poland lost 6 Million

"I was surprised how many people survived," Damski reflected. "Poland lost six million people, including 2.2 million Jews. Many Poles were helping Jews to escape. In Poland, 100,000 Jews survived. That means about one million Poles had to be helping them."

Damski said that all 119 people who worked for him "and maybe 1000 more" knew Sarah was Jewish.

"So that proves that all the Polish people weren't bad. Maybe only 5-10 percent were rotten."

The story has a happy ending. John and Sarah were married in Poland in



John Damski, after a workout at Los Angeles Valley College.

1945. Sarah legally changed her name to Christine. "The name Christina helped me survive," she said in her Van Nuys home. "I didn't want to give it up."

In 1945, the Russians confiscated Damski's business. By 1948, the Damskis saw there was no future in Poland, and they moved to Detroit, where Christine's mother's Uncle lived. Damski worked for General Motors for 11 years, then they moved to California in 1959. John worked for Lockheed doing electrical work until 1979 when he retired. Christine worked for the Bank of America. They bore a daughter, Eva, and now have two grandchildren.

For years, few knew about the Damskis' war-time exploits. "We didn't think it was anything to talk about," they said.

It's only been in the last year that Damski's heroics have come to light. He was searched out by the author of *The Altruistic Personality*, a best-selling book about people who've risked their lives to help others.

'60 Minutes' May Do Story

The publicity from the Israeli award resulted in an appearance by the Damskis on a television game show. *60 Minutes* called and may include them in an upcoming segment on altruism. In a Century City black-tie banquet honoring Simon Weisenthal and others who have contributed to the Jewish community, Damski walked arm-in-arm down the aisle with actress Mary Steenburgen (who played rescuer Miep Gies in *The Attic*).

"It was great fun," Damski said, "but I was hoping she'd give me a kiss."

Continued on page 14

Third Wind Continued from page 6

Have You Found it Difficult to Adjust to Slower Times and Lower-Placed Finishes? How Have You Dealt With This?

Higdon: I don't have any problem dealing with slower times. Lower finishes haven't been much of a factor because of age classes. I'm pretty laid back about my racing, and have no qualms about starting a marathon in the back row. I have to admit, however, that it irritated me when, having just crossed the finish line in the World Vets marathon of 1985, a race I ran mainly to enjoy the sights of the city, someone from another country came up to me and said, "This is the first time I've ever beaten you." I corrected him, "You didn't beat me; you simply finished in front of me." After he apologized, I felt silly at having displayed my irritation.

Huffaker: No, as I mentioned, I'm not that interested in competition any more. I've benefited from the competitive side of swimming. It helps you understand and get along in other aspects of life and in business, but I prefer to approach swimming as an enjoyable undertaking. Every three or four years I'll get the urge to compete again and get inspired to do some interval training in the pool. But I make sure I keep it at the recreational level. I like to win my age group, but I don't let it upset me if I lose.

Sharp: I feel good about a race if I did the best I could. Most of the best cyclists today are essentially professionals; all they do is ride and race. I know I can't compete with them.

Dividing Athletic Ability Into Three Components — Power (Strength X Speed), Endurance, and Agility (Flexibility, Coordination, etc.) — Do You Feel That Aging Has Affected One More Than the Others?

Higdon: No question, power is most affected. I've lost a lot of my top-end speed. I've noticed a drop in my training speed more than in my racing times. My endurance, however, remains high. If anything, I find it easier to run marathons today compared to yesterday, although my times might be slower. Agility has deteriorated, if you measure it only as flexibility. I can recall being able to put my palms on the ground in a hang-ten while younger. Now, I'm able to get my fingertips down to about the tops of my socks. But I'm not sure I've lost that much coordination. I can still go over the hurdles with some form, although I can feel the tugging on my hamstrings. I've certainly lost a lot of my spring. I'm not sure why we continued to run the steeplechase for masters past 50. The high and low hurdles get to run over lower hurdles spaced closed together, but steeplechasers have to jump the same

size barriers as Henry Marsh.

Huffaker: As for endurance swimming, I don't know if you lose all that much. In sprinting, I think there definitely is a significant loss. As we've already discussed, it's hard to say how much because the training methods and the pools have changed so much. There are some masters swimmers now who are faster in the sprints than they were in college, but they're training more now.

Sharp: My speed has definitely decreased even though I try to train to keep it up. All the younger riders can out sprint me after they get some experience. I am much better in longer races now, so endurance comes more easily.

Any Other Thoughts on the Subject?

Higdon: I've tried to train more intelligently. I now pay even closer attention to the signals emanating from my body. If I feel sluggish at the start of the race, I simply back way off. I follow the Bowerman hard/easy formula, and sometimes it's hard/easy/easy/easy. I plan my training well in advance, but don't force myself to do specific workout on specific days as I did when young. I do a lot more running on soft surfaces. I no longer count miles and I often pick nondescript courses where I don't know how far I've run. Within the last year, I have begun to take the advantages of massage, once every two weeks. I don't stretch as much as the experts say, which is too much.

Huffaker: When you're 23, there aren't a lot of responsibilities. You can devote yourself to the sport. But when you get older, you have to strive for some kind of balance in your life. You have other responsibilities and they conflict with competitive goals. That's why I prefer to swim mostly for recreation, good health, and relaxation.

Sharp: The important thing for the aging athlete is not to stop but keep going as strong as possible to balance your life and keep the quality up. □

11 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.

Thanks this month go to:

| | |
|--------------------|------------------|
| Leon Shingledecker | |
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When I come up with a product or ingredient that makes sense to me, I make samples and use it personally. If I can feel and see that the product works, I then give it to my sponsored athletes to test. If their reaction is favorable, I offer it to you. This R&D procedure is used before any product is released.

About nine months ago I was telling John, my pharmacologist, that since I am always trying to find ways to increase ATP (energy) production, why don't we just give athletes pure ATP. He said "that wouldn't work because the hydrochloric acid in the stomach would break the ATP down". I said "O.K., let's bypass the stomach altogether."

With that conversation in mind, I designed two pure ATP products that would not be destroyed by the stomach. One is a sublingual formulation which is quickly absorbed. You feel it in 10-20 minutes after dissolving it under the tongue. The other form is a resin bound tablet which passes through the stomach and is absorbed in the intestines. This formulation takes about two hours to be absorbed and is used for training and races lasting two hours or more.

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On the other hand, the record so far with NMN readers who have tried **CAPS ENERZYMES** products shows that almost 90% reorder and continue to use them. These masters athletes report great satisfaction with their improved performance and shortened recovery time.

My biggest problem is getting athletes like you to try my products for the first time. After an athlete takes the initial step and orders a month's supply of CAPS, they realize the effectiveness of the products and integrate them into their training program.

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Send coupon to Hansen & Frank, address at left



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Achilles Tendinitis

Achilles tendinitis is the most common injury in running athletes over age 40. It is usually due to the lack of circulation to the achilles area and to repetitive trauma that places stress on the achilles. This results in inflammation and stiffness.

This trauma is usually the result of training errors such as running up hills, excessive mileage, poor training shoes, over stretching, hard or uneven surfaces, and rapid increase in speed or distance. Add these factors to an overpronated foot and achilles tendinitis may occur.

Obviously, the initial treatment should be rest. Usually 5-10 days in mild cases is more than enough. Regulate the training program and eliminate hill running.

Chose a good training flat with at least 1/2 inch heel lift with a good rigid heel counter. You may want to add a 1/8 additional heel lift to the inside of the shoe. Soak the achilles in hot water

at night for at least 20 minutes.

If you are to continue running, ice the heel after the run for 5-7 minutes then follow up with hot water in the evenings.

Non-steroidal anti inflammatories such as Advil are quite useful if taken within 72 hours of the irritation.

Correct any biomechanical abnormalities, replace stretching with a slow walk prior to running, and then go to your training program. □

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

Write On

Continued from page 4

SHORTEN THE HURDLES

I agree with Dave Douglass (Nov. NMN). As an M55 hurdler, I much prefer the 300 to the 400 due to the fatigue and injury factor which increases with distance in the hurdles.

The change from 300m to 400m in the hurdles will do nothing but decrease participation in the long hurdles race. Let's make track more enjoyable for those of us in our middle-age years.

Bill Pardue
Fort Worth, Texas

I agree with Douglass. I can't understand why WAVA would change the 300H back to 400H. I'd like to compete in more events with less difficulty than fewer events with more difficulty. With the increased difficulty, you have a greater chance for injury.

John Carr
Los Angeles

EK KELLER

The front page item by Mike Davis in your November issue highlighted the performances of several men and women masters in the National 10K Race in Pittsburgh on September 24th. Most of it dealt with the young 40-plus group.

In this same race our 75-year-old, world-class Cincinnati Eek Keller clocked a record time of 42:42 which broke Ed Benham's existing record of 43:24 (it takes a world class runner to break Ed's records).

We Ohio area masters were dumbfounded that Eek's record breaking effort was not even mentioned in the write up. To add insult to injury, Eek's name, age group and time did not even appear in the results shown on page 30.

I would point out that Eek was sidelined for a good part of 1988 with foot stress fracture. It was not easy for him to regain his former speed and stamina but obviously he is back in competition and looking forward to some more record shots in 1990.

Hugh Yeomans
Cincinnati, Ohio

(Our apologies for the omission. Thanks for letting us know. —Ed.)

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

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

| ATHLETE (RESIDENCE) | BIRTHDATE | AGE GROUP |
|-------------------------------------|-----------|-----------|
| MARY BROWN(CA) | 1-15-30 | 60-64 |
| TOSHIKO D'ELIA(RIDGEWOOD, NJ) | 1- 2-30 | 60-64 |
| NANCY MCCORMICK(OMAHA, NB) | 1-17-35 | 55-59 |
| CHRISTEL MILLER(GLENDALE, CA) | 1-20-35 | 55-59 |
| OLIVE PATTERSON(US) | 1-15-15 | 75-79 |
| JENNIFER YOUNG(TUCSON, AZ) | 1-24-45 | 45-49 |
| RUTH BAUM(WG) | 1-24-40 | 50-54 |
| CAROLYN BILLINGTON(GB) | 1-15-45 | 45-49 |
| DOYA BOWDREY(NZ) | 1-12-15 | 75-79 |
| INGE DUERR(WG) | 1-14-35 | 55-59 |
| JANICE FARRY(GB) | 1-28-50 | 40-44 |
| ANNE FORWARD(NZ) | 1-11-40 | 50-54 |
| MAVIS GIBBS(AUS) | 1-27-25 | 65-69 |
| LISBETH KAMMERMEIER(WG) | 1- 2-20 | 70-74 |
| JUDITH KAZDAN(CAN) | 1- 1-20 | 70-74 |
| ROSE LAMECH(IND) | 1-31-25 | 65-69 |
| MAGDA LLANDS(BEL) | 1-16-50 | 40-44 |
| LENORE MARVIN(CAN) | 1-19-20 | 70-74 |
| CLARE MCKERR(AUS) | 1- 1-30 | 60-64 |
| AUDREY REID(RSA) | 1-19-15 | 75-79 |
| PAMELA SPIERS(NZ) | 1-27-25 | 65-69 |
| OLGA VYSKOVSKA(CZE) | 1- 1-30 | 60-64 |
| LARRY BRIDGES(ALBUQUERQUE, NM) | 1-27-40 | 50-54 |
| NORMAN BRIGHT(SEATTLE, WASH) | 1-29-10 | 80-84 |
| PERCY CERUTTY(AUSTRALIA) | 1-10-95 | 95-99 |
| VOITTO ELO(FIN) | 1- 8-15 | 75-79 |
| RAY FITZHUGH(IRVINE, CA) | 1-26-35 | 55-59 |
| ROGER FRENCH(HACIENDA HTS, CA) | 1- 3-30 | 60-64 |
| HUGO HARTENSTEIN(BOULDER, CO) | 1- 4-35 | 55-59 |
| JOSEPH HEAD(MINNEAPOLIS, MINN) | 1-28- 0 | 90-94 |
| WILLIAM HOSS(US) | 1- 9-35 | 55-59 |
| JAN KYSTAD(NOR) | 1-30-25 | 65-69 |
| BOB LAWSON(US) | 1- 5-35 | 55-59 |
| WOLFGANG LINKMANN(WG-BRENTWOOD, CA) | 1- 5-40 | 50-54 |
| CARL MERRITT(SANTA MONICA, CALIF) | 1- 5-20 | 70-74 |
| JAN MIRAZEK(CZE) | 1-27-25 | 65-69 |
| WOLFGANG MUELLER(WG) | 1-30-15 | 75-79 |
| THOMAS OCONNOR(PEBBLE BEACH, CA) | 1- 4-95 | 95-99 |
| LOTHAR PLASSMANN(WG) | 1-29-30 | 60-64 |
| HERBERT SCHMIDT(WG) | 1-11-10 | 80-84 |
| ROY TURNER(RICHARDSON, TX) | 1- 7-40 | 50-54 |
| GIANPAULO URLANDO(ITA) | 1- 7-45 | 45-49 |
| FRANS VANDERSHOEVEN(BELGIUM) | 1-20-30 | 60-64 |
| IVOR WELCH(PACIFICA, CA) | 1-19-95 | 95-99 |

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1989 Masters Prize Money Awards
(thru 6 December 1989)

| | | | |
|----------|-------------------------|----------|---------------------------|
| \$84,700 | John Campbell (NZL) | \$29,080 | Priscilla Welch (CO/GBR) |
| 15,175 | Bob Schlau (SC) | 21,300 | Laurie Binder (CA) |
| 11,000 | Mario Cuevas (MEX) | 15,495 | Ngairé Drake (NZL) |
| 9,626 | Victor Mora (COL) | 13,700 | Gabrielle Andersen (ID) |
| 9,460 | Bill Rodgers (MA) | 10,550 | Jane Hutchison (MD) |
| 7,640 | Ryszard Marczak (POL) | 6,650 | Angela Hearn (NY/GBR) |
| 7,200 | Wilson Waigwa (TX/KEN) | 6,150 | Judy Greer (FL) |
| 5,000 | Goren Hogberg (SWE) | 6,100 | Cesarina Taroni (ITA) |
| 4,900 | Mike Hurd (GBR) | 6,000-N | Evy Palm (SWE) |
| 4,900 | Kevin Ryan (MA/NZL) | 6,000-R | Anne Trigg (FL) |
| -10- | | -10- | |
| 4,350 | Jim Pearson (FL) | 5,540 | Christa Vahlensieck (FRG) |
| 4,225 | Dave Stewart (CAN) | 5,200 | Barbara Filutze (PA) |
| 3,925 | Bruce Mortenson (MN) | 4,950 | Karen Macharg (FL) |
| 3,595 | Graham Tattersall (NZL) | 4,568 | Mary Wood (CO) |
| 3,575 | Earl Owens (GA) | 4,125 | Nancy Oshier (NY) |
| 3,475 | John Custy (CO) | 3,400 | Nancy Mieszcak (NY) |
| 2,600-0 | Roger Robinson (VA/NZL) | 3,200-R | Betty Haleen (MN) |
| 2,550 | Athol Barton (MD/NZL) | 3,100 | Heather Matthews (NZL) |
| 2,500 | Margarito Juarez (IL) | 2,500 | Claudia Ciavarella (FL) |
| 2,400 | Carl Nicholson (AL) | 2,100 | Jane Buch (OH) |
| -20- | | -20- | |
| 2,250 | Sheldon Cowles (GBR) | 2,000 | Janice Kreuz (OH) |
| 2,000 | Hector Chavez (MEX) | 2,000 | Carolyn Mather (NY) |
| 2,000-0 | Gaylon Jorgensen (UT) | 1,750-0 | Wen-Shi Yu (NY) |
| 1,950 | David Dropeza (AZ) | 1,540 | Terry Mahr (OH) |
| 1,850 | Kjell-Erik Stahl (SWE) | 1,500-N | Harolene Walters (CA) |

Compiled by Competitive Road Racer, P.O. Box 42888, Tucson AZ 85733



The Athletics Congress of the USA

APPLICATION FOR 1990 TAC CARD

Send completed form and check for \$12 to:
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DATE OF APPLICATION

DATE OF BIRTH

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CLUB # CLUB NAME

AREA CODE PHONE

TAC MEMBERSHIP NUMBER

LAST NAME FIRST INITIAL

ADDRESS

CITY STATE ZIP CODE

I certify that in accordance with the rules of TAC and the IAAF, I am eligible to compete in the indicated sport(s).

For Office Use Only

ATHLETE'S SIGNATURE

This form is printed here for your convenience; the membership fee may be lower if you register directly with your local Association. If you do not know who to contact in your local Association, feel free to call TAC's Member Services Department at the National Office -- (317) 261-0500.

**ILLINOIS MASTERS
INDOOR TRACK and FIELD
GRAND PRIX SERIES**



MEET DATES: TIME: 11:00 o'clock Field Events
*Saturday, January 20, 1990 12:00 noon Running Events
Sunday, January 28, 1990
Sunday, February 11, 1990
Sunday, February 25, 1990

Meets will be held at WESTWOOD SPORTS CENTER,
W. LeFevre Rd., Sterling, IL

TRACK: New, 200 meter, 6 lane track

FACILITIES: Showers & Lockers available (Bring own towel)
*January 20th meet will be held at Augustana College, Rock Island, IL

AGE DIVISIONS (MALE & FEMALE)
29 & Under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74,
75-79, 80-84, 85-89, 90+

ORDER OF EVENTS

| | |
|------------------|------------------|
| 2 mile race walk | 300 meter dash |
| 55 meter dash | 55 meter hurdles |
| 2 mile run | 400 meter dash |
| 800 meter run | 1 mile race walk |
| | 1 mile run |

FIELD EVENTS

| | |
|-------------|-------------|
| long jump | 25# weight |
| shot put | 35# weight |
| pole vault | 56# weight |
| triple jump | 98# weight |
| high jump | 200# weight |
| | 300# weight |

NOTE: All athletes, regardless of state residence, are eligible to compete. Events will be run oldest-youngest, women then men.

REGISTRATION FOR MEET: January 20, 1990
January 28, 1990
February 11, 1990
February 25, 1990

Send completed and signed entry and check payable to:
DICK GREEN, P.O. BOX 6147, ROCKFORD, IL 61125

Check box for meet or meets entered.

Registration fee: \$10.00 one or more events per meet.

NAME
last m first

ADDRESS

CITY STATE ZIP

TAC # PHONE #

SEX: M F BIRTHDATE DIVISION

EVENTS

AMOUNT ENCLOSED

Athletes release: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and my executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against the Master Athletic Committee, the Westwood Sports Complex, any and all meet officials, volunteers or anyone associated with conducting the Illinois Masters Grand Prix series.

DATE SIGNATURE

AWARDS: 1st 3 places in each division in each event. Over three may be purchased for \$3.00 each.



MASTERS TRACK & FIELD REPORT

by REX HARVEY,
TAC Masters Multi-events Chairman

Multi-Events Report

At TAC's recent convention in Washington, D.C., the masters multi-event budget for 1990 was cut from a proposed \$24,000 to \$6,000 by the Masters T&F Committee, whose budget, in turn, was cut from \$30,000 to \$15,000. The Committee voted that no money was available for "meet support" unless TAC provides additional funds during the year.

In the past, we've been able to help defray expenses for our national meets with \$200 to \$600 subsidies. Now that money is gone, and it will be more difficult to get national meet bids. However, multi-events are dear to our hearts and I'm sure there will be many of us stepping forward to host meets as before.

I was pleased to be named the 1989 TAC Masters Multi-Event Athlete-of-the-Year. In the past, voting for this award has sometimes been haphazard, so I set

about to simplify and define the criteria for the Awards Committee. This year, Boo Morcom and I tied with 19 points each, but, using the tie-breaking criteria, I happened to come out on top. Very close behind were Phil Raschker and Phil Mulkey.

The criteria for nomination for the multi-event award is in the adjacent box. Only age-group records set using WAVA implements are considered. Places are determined by the scoring methods declared by the meet director, which is now, in most cases, the 1989 Age-Graded Tables combined with the 1985 IAAF Scoring Tables. Ties are broken by using age-factoring for head-to-head meetings.

The points are totaled for the period November 1 to October 31 each year. The final determination is made by the TAC Masters T&F Awards Committee at TAC's annual convention. □

Criteria For Nomination for TAC Masters Multi-Event Athlete-Of-The-Year (Points)

| | 1st | 2nd | 3rd |
|--------------------------------|-----|-----|-----|
| National Indoor Pentathlon | 3 | 2 | 1 |
| National Outdoor Pentathlon | 4 | 3 | 2 |
| National Decathlon/Heptathlon | 5 | 4 | 3 |
| North American Dec/Hep or Pent | 6 | 5 | 4 |
| World Championships (Dec/Hep) | 7 | 6 | 5 |
| 1-year American Record | 2 | | |
| 5-year American Record | 4 | | |
| 1-year World Record | 4 | | |
| 5-year World Record | 8 | | |

Profile Continued from page 10

"I'm not a hero," the unassuming Damski said recently during a long jump workout at Los Angeles Valley College. "I got a sense of inner satisfaction that I did the right thing. And I got a big reward — a nice family."

Damski said he never buys any German product.

"I don't go to Germany. I wouldn't go for free. I understand the German language, so I understand the Germans. Many Germans haven't changed. They opened their hearts to me, so I know how they think."

Damski feels reunification of East and West Germany would be "very dangerous to world peace."

He says anyone who says the Holocaust never happened is either "incompetent or a criminal."

"It pains me to see what happened to Poland. But things are now improving. At least the Poles are alive. We were scheduled next. I learned from my German boss (one of the designers of

the Messerschmidt) that the Germans were going after the Italians and the Japanese."

Damski still has nightmares about his experiences. "Sometimes I dream that I'm trapped and can't get out."

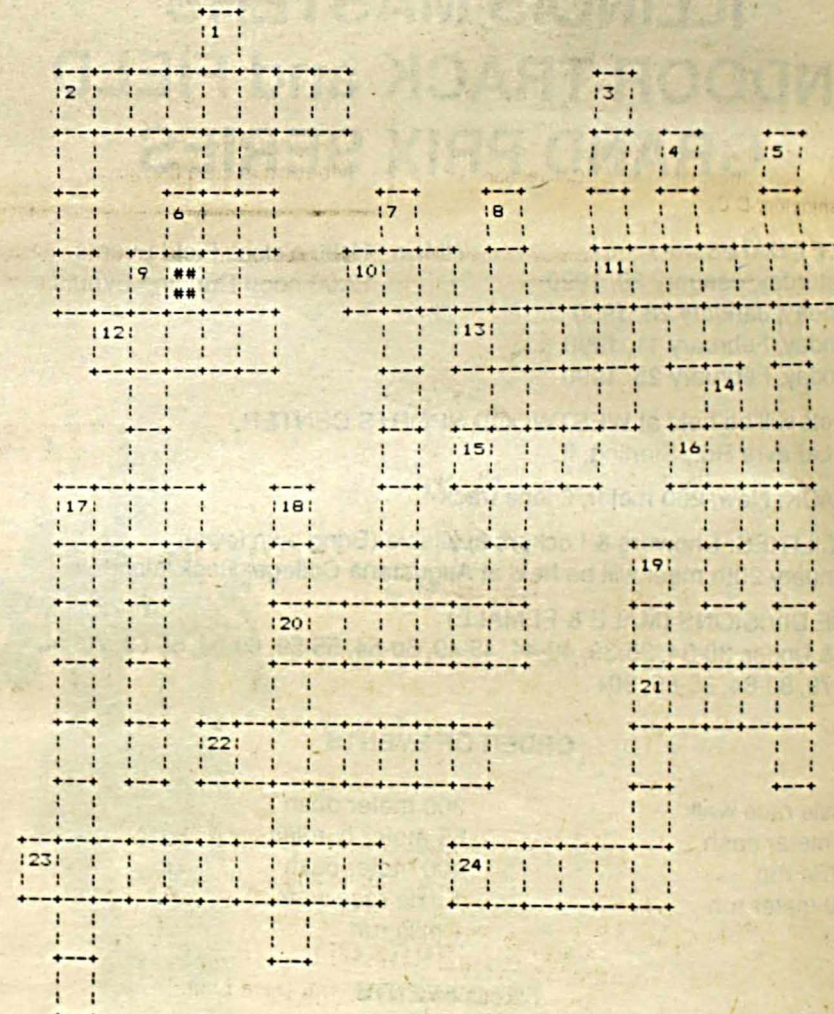
At the award ceremony, Israeli Consul Ran Ronen told Damski: "It's an honor to meet you and present you with this award. The Jewish people owe you a great deal." □

—Al Sheahan

Answers to last month's puzzle

| Across: | Down: |
|----------------|------------|
| 2 Brobston | 1 Damski |
| 5 Walk | 3 Boes |
| 6 Popper | 4 Nelson |
| 9 Hill | 7 Oshier |
| 10 Javelin | 8 Wallace |
| 11 Binder | 9 Hanover |
| 12 Alberg | 13 Faust |
| 15 Laveck | 14 Waigwa |
| 16 Utes | 16 Ulliyot |
| 19 Ratelle | 17 Trent |
| 21 Pagliano | 18 Caseli |
| 22 Triple Jump | 20 Klehm |
| 23 High Jump | |

Masters Crossword Puzzle



ACROSS

- 2) N. Dakota capital
- 6) Yalie
- 10) Buddy
- 11) Top W60 DT '88
- 12) Elevate
- 13) First W40+ '89 Mara. Champs.
- 15) Shea team
- 16) Salad fish
- 17) Tibetan monk
- 20) '90 Indoor Champs. site
- 21) Top M40 HJ '88
- 22) First M50 '89 Mara. Champs.
- 23) Big Tampa Race
- 24) Condiment

DOWN

- 1) SMU city
- 2) Greek letter
- 3) WAVA women's delegate
- 4) Heap
- 5) Site of NY Woman 4 Miler
- 7) Deli item
- 8) First W40+ '89 5K X-C Champs.
- 9) Home of Special World Masters 10K
- 14) Top M65 HH '88
- 17) Pelican State
- 18) First M40+ '89 NYC Mara.
- 19) Busy L.A. freeway

NOW AVAILABLE Masters Age-Records 1989

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

- Men's and Women's World and U.S. Age-Graded Records for all Track & Field Events, as of Oct. 31, 1988.
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Kousky Elected Masters T&F Chairman

Barbara Kousky, 48, of Eugene, Oregon, was elected as chairman of TAC's Masters Track and Field Committee at the 11th annual convention of TAC in Washington, D.C. on November 29.

In the first-ever contested election for the national chairmanship, Kousky defeated David Pain, 67, of San Diego for the two-year term.

Kousky was the co-director of the highly successful World Veterans Championships, held in Eugene in 1989. Pain, often known as the "father of the masters program," directed the U.S. National Masters T&F Cham-

pionships last year in San Diego.

In a lively question-and-answer session, Kousky said she will always make decisions on "what is best for the athletes."

Pain offered his congratulations to Kousky, and said he would continue to contribute to the masters T&F program in any way he could.

Outgoing Chairman Jerry Donley had served three consecutive two-year terms. He was honored by the Committee with a special plaque commemorating his six years of leadership and his vision in helping to bring the World Championships to the United States for the first time. □



Barbara Kousky takes over the podium after being elected Chairman of the Masters Track and Field Committee at TAC's Convention in Washington, D.C.

Five Years Ago

January, 1985

- Ed Burke (44), Parry O'Brien (52), and Irene Obera (50) voted top U.S. 1984 Masters T&F Athletes at TAC Convention in San Diego.
- Barry Brown (40), and Shirley Matson (43) named best American Masters LDR performers.
- Athletes from 21 Nations Run in World Veterans (IGAL) LDR Championships in San Diego.
- WAVA and IAAF Hold First Meeting in San Diego. □

Rankings Report

by JERRY WOJCIK, TAC Masters T&F Rankings Coordinator

The outdoor track & field rankings for 1989 are proceeding more smoothly than they were last year at this time. Partial lists of events will start appearing in the February issue and should finish by the April issue.

As last year, the complete rankings for all events, except the heavy weight, will be compiled in a 1989 rankings book. Outdoor weight marks will be listed with the 1989 indoor marks and published separately in NMN.

Athletes whose best 1989 marks have not appeared in NMN should send them to the following compilers before the end of February. Marks for other events should be sent to NMN Rankings, P.O. Box 2372, Van Nuys, CA 91404. Please submit field event marks in both feet-inches and meters.

100, 200, 400, 4x100, 4x400, hammer: Larry Patz, RFD #1, Box 435, Contoocook, NH 03229.

800: William Benson, 6 Eton St., Valley Stream, NY 11581.

1500: Jerry Feldhausen, 1524 Biemeret St., Green Bay, WI 54303.

5000: Ann Diaz, 725 Richards Rd., Wayne, PA 19087.

HJ, TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.

LJ: Barbara Stewart, 11 West Church St., Fairport, NY 14450.

SP: Kathy Pierce, 7 Dawn Dr., Cortland, NY 13045.

DT: Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043.

JT: Tami Graf, 1024 Cordova St., San Diego, CA 92107.

1500RW, 5000RW: Dr. Glen Peterson, YMCA, 230 So. Minnesota Ave., Sioux Falls, SD 57102-0784.

Indoor Rankings: Anyone interested in doing one or several indoor events for the 1990 season should contact me at NMN.

Final 1988 Corrections: The final corrections for the 1988 rankings appear in the track & field results section of this issue. The 1988 rankings book is still available at a close-out price of \$3.95. Send to NMN, P.O. Box 2372, Van Nuys, CA 91404. □

Ten Years Ago

January, 1980

- Ernie Billups, 42, and Irene Obera, 45, named U.S. Masters T&F Athletes of the Year.
- Herb Lorenz, 40, and Dorothy Stock, 47, voted top U.S. LDR 1979 Performers.
- Wendy Miller (T&F), Ken Bernard (LDR) chosen to head Masters Committees at TAC Convention in Las Vegas.
- At age 64, Clive Davies runs 2:42:44 in Portland Marathon. □



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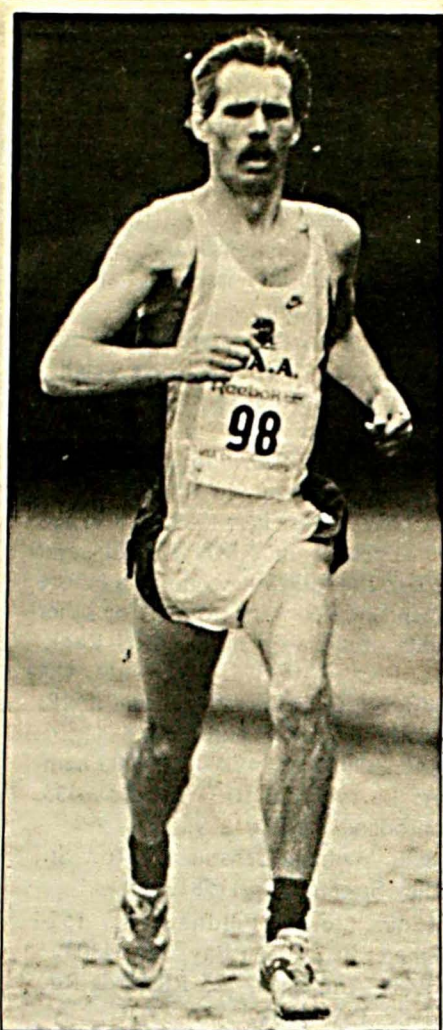
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Jim Press wins TAC's National Masters 10K Cross-country title as the first U.S. citizen across the line in 36:31 in San Francisco on November 25. Photo by Sailer, Ltd.



Boston's Bernie Allen, 40, leads all finishers in 34:59 in TAC's National Masters 10K Cross-Country Championships in San Francisco, November 25. Photo by Sailer, Ltd.

Allen, Flexer, Press Win in National 10K Cross-Country

by CAROLE LANGENBACH

Rain and wind dampened the conditions but not the competition at TAC's National Masters 10K Cross-Country Championships in San Francisco's Golden Gate Park November 25.

Boston's Bernie Allen, 43, led the 124-finisher field from the start, over grass, gravel, and muddy dirt trails to finish in 34:59, almost a minute ahead of New Zealand's Bruce Blair, 42.

James Press, 40, of Menlo Park, CA, first U.S. citizen, won the TAC masters championship title in 36:31. Press led his Excelsior TC teammates to victory in the men's 40-49 team competition in a total time of 3:07:27.

Other scoring members were Steve Ferraz, William Seaver, Michael Duncan, and Robert Darling.

Carol Flexer of Bellevue, WA was the first woman finisher in 42:40. Oakland's Hillary Naylor presented a challenge to Flexer by finishing only nine seconds behind. Snohomish TC, from the Seattle area, took top team honors in the women's 40-49 race with Flexer, Kate O'Neill, and Charlotte Swanson. Total team time was 2:13:30.

The other team division with entries was the men's 50-59, also won by Snohomish TC in 3:32:50, a mere nine seconds better than West Valley Joggers & Striders. □

Wind-Chill Below Zero for National 8K

by HERB CHISHOLM

WASHINGTON, D.C. December 3 — A field of over 1400 runners assembled in West Potomac Park for this year's TAC National Masters 8K Championships, which was held in conjunction with the annual D.C. Mistletoe 8K race.

Instead of the "Indian Summer" conditions which usually prevail in early December, runners had to cope with "30/30" conditions (30°F/30 mph wind), which lowered the wind-chill temperature to below zero. As a result, many of the amenities usually associated with a National Masters event went by the boards (separate start area, age-group colors, awards ceremony, etc.). But at least the race started on time.

In spite of abominable conditions, many outstanding masters performances were turned in. Steve Ruckert, 40, of Westminster, Md., gave the top three open finishers a real battle, placing only three seconds behind the second-place runner in 26:05 to win the 40-44 division.

In the women's race, Mary Ellen Williams, 43, of Darnestown, Md., won the open as well as the 40-44

bracket in the excellent time of 31:01. Christine Tattersall won the W45 division and placed third overall in 31:45.

Four runners who had just been voted TAC Masters age-group runners of the year at the national convention successfully defended their titles: Fay Bradley (DC, M50, 27:44), Nathaniel White (NY, M70, 36:34), Dudley Healy (NJ, M75, 39:20), and Ed Benham (MD, M80, 38:06).

On an age-graded basis, the best performances were achieved by Ed Benham (91.0%) and Fay Bradley (87.9%) among the men, and by Christine Tattersall (84.3%) and Ecris Williams (83.6%) in the women's divisions.

Following the race, most runners quickly gathered up post-race meal items (cider, donuts, cookies, oranges, apples, bananas). Fortunately, a "state-of-the-art" scoring system was used so runners could check the posted listing within 10 minutes after finishing the race before fleeing the scene.

Championship patches and medals, plus Mistletoe prizes, will be sent to masters winners as soon as the wind subsides and these items can be recovered. □



Carol Flexer (145, 42:40) of Bellevue, Wash., overtakes Oakland's Hillary Naylor (607, 42:49) in TAC's National Masters 10K Cross-country Championships in San Francisco, November 25.

Photo by Sailer, Ltd.



Start of the Mistletoe/National Masters 8K Championships on December 3 in Washington, D.C.

Canada Defeats U.S. in Masters 12K Cross Country Challenge

by CAROLE LANGENBACH

Vancouver's Stanley Park was the battleground Nov. 11 for the 13th Annual Masters Cross Country Challenge between the U.S. and Canada. The two-loop, 12K course provided traditional obstacles, from hills and narrow trails to log jumps and flood-stage creeks.

Despite a busload of Pacific Northwest athletes who traveled together from Seattle, the Canadians outnumbered the Americans and ultimately won the right to keep the Fleischmann Trophy for another year.

Vancouver's Jerry Tighe won overall in 42:51. Seattleite Phil Welch was directed off-course by the Canadians, yet finished a close second in 42:57, followed by teammate Jim McGill in 43:16.

Pamela Riley from Victoria was first overall in 47:24, followed by Christina Farrell, 50:05, from Vancouver. The next two women were Seattle's duo of Carol Ann Castell (50:54) and Carol Flexer (50:55).

Each 5-year age division was scored separately, and the Americans were penalized in seven divisions where they had no runners. The women's score was Canada 35, America 82. The men's places tallied up to Canada 153, America 318. The overall slaughter was 188 to 400.

Since the challenge was also the British Columbia championship, some

Americans won individual division awards in addition to overall challenge medals. Carol Ann Castell was first in 40-44. Carol Flexer and Charlotte Swanson took second and third in 45-49. Billie Murphy placed second in the 60-64 division in 63:17.

In the men's race, Welch and McGill took the silver and bronze in the 40-44 division. Gale Pfueller of Bellingham, Wash. won the 45-49 division followed by Tacoma's Dave Williams for the silver. Dave Pitkethly from Bellevue placed third in the 50-54; Derek Mahaffey, also from Bellevue, captured the gold in the 55-59 division, and Ben Grevstad was third in that category. The Snohomish Track Club was awarded bronze medals in the team competition. □



Marj Moore (left) and Shirley Dietderich together at the Northern California Senior Games in Berkeley on September 30. Photo by Donald Dvorak



NATIONAL CHAMPIONSHIP



TAC NATIONAL MASTERS FIVE KILOMETER ROAD CHAMPIONSHIP

SUNDAY FEBRUARY 4, 1990 DELAND, FLORIDA

START & FINISH: Wal Mart Shopping Center - Intersection Routes 17 & 92 - North DeLand
RACE HEADQUARTERS: DeLand Hilton (1/4 mile from start)
TIME: 8 AM MASTERS ONLY. 9 AM OPEN (39 & UNDER) 5K FUN RUN & FITNESS WALK.
COURSE: Loop from shopping center into rural, shaded area with 2 slightly rolling hills - a P.R. helper.
ELIGIBILITY: All Masters competitors must be TAC (The Athletics Congress) members and citizens of the United States. - TAC membership cards will be available for purchase at race registration.
ENTRY FEES: Before January 27, 1990 - \$11**. Payable to Alta Vista. - CFM \$13** after and day of race.
AMENITIES:
 - Special runners rate at DeLand Hilton \$38 (800)826 3233
 - Post race refreshments - Fruits & drinks, etc.
 - Specially designed National Championship Tee Shirt
 - Florida Springtime - check it out
 - Pasta Buffet on Saturday night (not included in entry fee)
 - Post race Brunch at Hilton (special rate)
 - Certified Course
AGE DIVISION AWARDS: TAC Championship Medals to 1st, 2nd, 3rd, 4th, 5th in each age division. Separate divisions for men and women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89. Championship patches to Division Winners.
TEAM AWARDS: 1st, 2nd, 3rd place team awards, team competition - maximum of 8 declared entries for all teams. Teams will consist of runners in the same 10 year age division 40-49, 50-59, 60-69, 70 and up. An older age division runner may compete for a younger age division team. Runners of each team must be members of the running club they represent. The running club must be a TAC sanctioned club.
TEAM SCORING: Men Age Division Teams 40-49, 50-59 - five (5) runners will be scored. Age divisions 60-69, 70 and over three (3) runners will be scored.
AWARDS PRESENTATIONS: DeLand Hilton at approximately 10 AM, day of race
T-SHIRTS: To all registrants who pick up packets. No packets mailed.
NON-MASTERS: At 9 AM there will be an open (39 and under) 5K (Lake Gerlie Shuffle) Fun Run and Fitness Walk starting from the same location.



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DETACH AND MAIL TO: JOHN BOYLE, NATIONAL 5K, P.O. BOX 1824, DELAND, FL 32721-1824
 NOTE: Team competitors should request special team entry from race director before 9PM 1-27-90 (No post team entries).

*FEES: Before 1-27-90 \$11** Individual; \$10** Team (Separate from Ind. Entry)
 After 1-27-90 and day of race \$13** Individual; \$20** Team (Separate from Ind. Entry)

Name _____ TAC # _____
 Address _____ List as you wish to see in result _____ Age _____ Sex _____
 City _____ State _____ Zip _____ Date of Birth _____
 Phone _____ Best 5K _____ (Ever) _____ (Last 2 Months) _____
 Occupation _____ Two best race _____
 Other Athletic Accomplishments: _____ Performances _____

Tee Shirt Size: S [] M [] L [] XL []

RELEASE FORM: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in The 1990 TAC National Masters 5,000 Meter Road Championship Race, including but not limited to falls, contacts with other participants, the effects of weather, including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release The Athletics Congress (TAC), Central Florida Masters and Alta Vista and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Date _____ Signature _____



Jim (55, 1:19:50) and Georgette (52, 1:34:51) Lacey won the M50-59 M & F division at a 20K race in Meadville, Pa., on September 30.

1989 T&F Awards Continued from page 1

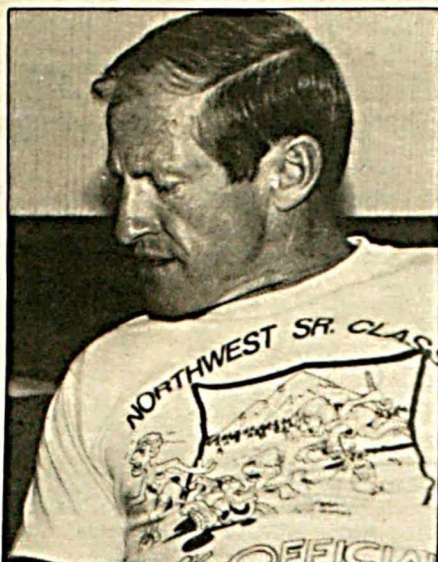
the M40 gold medal in the WAVA 20K Championships in 1:32, almost equal-

ing his all-time PR when he made the U.S. Olympic team in 1976.

Nedelco won the W45 5K walk in

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

- 1978 Pete Mundle
- 1979 Al Sheahen
Kathy Brieger
- 1980 Bob Fine
Ruth Anderson
- 1981 Bruce Springbett
Fred Mannis
- 1982 George Hatzfeld
Jack Kelly
- 1983 Jim Weed
- 1984 Jerry Donley
- 1985 Gary Miller
- 1986 Pete Mundle
- 1987 Frank & Dorothy Anderson
- 1988 David Pain
Chuck Phillips
- 1989 Jim Puckett



Jim Puckett, 1989 Masters T&F Administrator of the Year.

Eugene, and broke five American W45 racewalking records in 1989, including a stunning 25:28 5K.

Harvey and New Hampshire's Boo Morcom virtually tied for the multi-event award, but age-factoring gave the edge to Harvey, whose 7729 points at Eugene is a new world M40 decathlon record.

Oerter's heave of 62.74 (205-10) with the 6K discus at the World Championships established a new world record for men over age 50. He still holds the M40 (227-11) and M45 (216-11) WRs.

The winners were announced at TAC's Awards Luncheon in Washington. The personalized plaques will be presented at TAC's 23rd annual National Masters T&F Championships in Indianapolis on August 3.

The Committee also selected outstanding athletes in each five-year age division for both men and women in both track and field categories (see separate chart).

Bev LaVeck, T&F Awards Coordinator, said "the award winners were selected by a voting panel of approximately 30 members, consisting mainly of athletes who had won awards in 1987 and/or 1988. The core and thought exercised by the voters was remarkable and greatly appreciated.

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the TAC Masters Track and Field Committee.

| Men | Women |
|----------------------|-----------------|
| 1978 John Allen | |
| 1979 Ron Laird | Lori Maynard |
| 1980 None | |
| 1981 Gordon Wallace | Lori Maynard |
| 1982 Bob Mimm | Bonnie Dillon |
| 1983 John Knifton | Beverly La Veck |
| 1984 Larry Walker | Jeanne Bocci |
| 1985 Bob Mimm | Ruth Leff |
| 1986 Guilio de Petra | Beverly La Veck |
| 1987 Max Green | Ruth Eberle |
| 1988 Bob Mimm | Marie Henry |
| 1989 Larry Walker | Joann Nedelco |

This year's winners should be especially proud to know they were selected by a panel of their peers.

Submasters must have participated in a 1989 Masters Championship to be eligible. LaVeck said the 1990 voting panel will consist of those who voted this year plus the 1989 winners. □

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the TAC Masters Track & Field Committee

GWILYM BROWN AWARD

Presented to the outstanding male and female track & field athletes in the masters program.

| Year | Men | Women |
|------|----------------------------|-----------------|
| 1978 | George Ker | |
| 1979 | Ernie Billups | Irene Obera |
| 1980 | Al Oerter | Joann Grissom |
| 1981 | Jim Burnett | Judy Fox |
| 1982 | Al Oerter | Phil Raschker |
| 1983 | Jack Greenwood | Polly Clarke |
| 1984 | Ed Burke/ Parry O'Brien | Irene Obera |
| 1985 | Jim Burnett | Polly Clarke |
| 1986 | Jack Greenwood | Christel Miller |
| 1987 | Tom Patsalis | Phil Raschker |
| 1988 | Garry Miller/Stam Whitley | Phil Raschker |
| 1989 | Jack Greenwood | Phil Raschker |

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

| | | |
|------|--------------------|---------------------|
| 1985 | Brian Oldfield, 40 | Shot put, 70' 3" |
| 1986 | Jack Greenwood, 60 | 100m hurdles, 14.98 |
| 1987 | John Powell, 40 | Discus, 236' 6" |
| 1988 | Larry Stuart, 50 | Javelin, 215' 9" |
| 1989 | Al Oerter, 52 | Discus, 205' 10" |

OUTSTANDING MULTI-EVENTS ATHLETE

| | | | |
|------|-------------|------|-------------|
| 1985 | Boo Morcom | 1986 | Gary Miller |
| 1987 | Gary Miller | 1988 | Gary Miller |
| 1989 | Rex Harvey | | |

1989 AGE-GROUP AWARDS

| Age | Men | | Women | |
|-----|-------------------------------|----------------|----------------------|------------------|
| | Track | Field | Track | Field |
| 30 | Ben James | Billy Williams | Jeanne Lasse-Johnson | Linn Dunton |
| 35 | Bill Collins | Mike Hogan | Carol McLatchie | Janet Wilson |
| 40 | James King | Milan Tiff | Phil Raschker | Phil Raschker |
| 45 | Mike Manley | Lloyd Higgins | Joan Colman | Barbara Stewart |
| 50 | Ken Dennis | Al Oerter | Marilyn Fitzgerald | Becky Sisley |
| 55 | Norm Green | Dave Jackson | Irene Obera | Magdalena Kuehne |
| 60 | Jack Greenwood | Jim Gillcrist | Pat Peterson | Bernice Holland |
| 65 | Bob Hunt | Ed Lukens | Mary Storey | Harriet Boyd |
| 70 | Payton Jordan | Bill Morales | Pat Dixon | Mary Bowermaster |
| 75 | Gil Gonzalez | Ross Carter | Pearl Mehl | Edith Mendyka |
| 80 | Ed Benham | Ken Carmine | Mary Haines | Carmelita Rumble |
| 85 | Konrad Boas | Buell Crane | Mary Ames | |
| 90 | Paul Spangler | | | |
| 95 | Collister Wheeler Tom Lane | | | |



Rex Harvey, 42, TAC Masters Multi-event Athlete of the Year. Photo by Boo Morcom



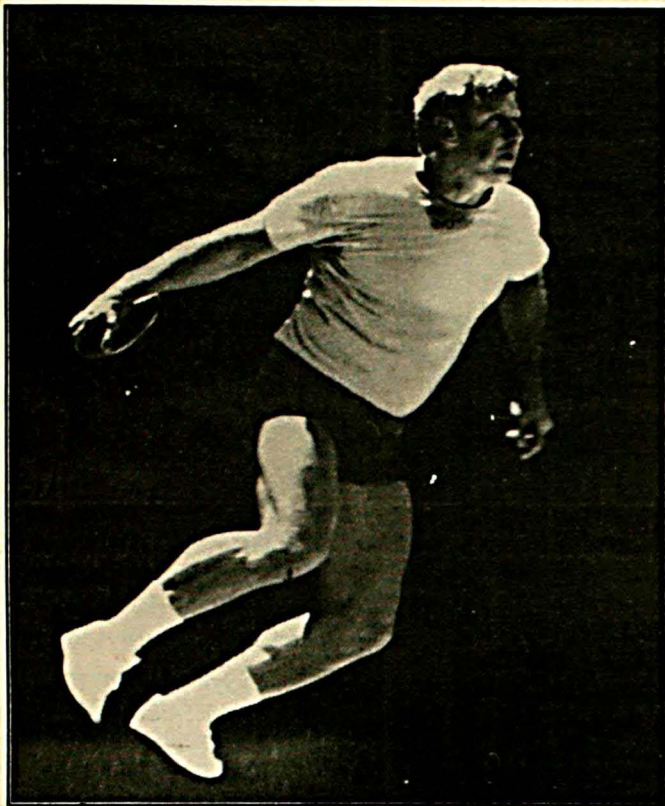
California's Larry Walker, named TAC's Outstanding Male Masters Racewalker of the Year. Photo by Rich Robertson



OUTSTANDING RACE WALKERS — 1989

Selected by the Masters Track & Field Committee of TAC

| Age | Men | Women |
|-------|---------------------|--------------------------|
| 30-34 | Randy Burden (CA) | Kathy Finch (WY) |
| 35-39 | Bob Korn (OR) | Martha Iverson (CO) |
| 40-44 | Gary Null (NY) | Viisha Sedlak (CO) |
| 45-49 | Larry Walker (CA) | Jo Ann Nedelco (CA) |
| 50-54 | Richard Oliver | Jill Latham (CA) |
| 55-59 | Max Green (MI) | Bev LaVeck (WA) |
| 60-64 | Bob Mimm (NJ) | Ruth Eberle (MO) |
| 65-69 | George Heller (NJ) | Collie Green (CA) |
| 70-74 | Cokey Damon (VA) | LaVonne Hottensmith (FL) |
| 75-79 | Giulio DePetra (CA) | Ernestine Yeomans (OH) |
| 80-84 | Tony Perona (CA) | Anne Clarke (IL) |
| | | Marilla Salisbury (CA) |



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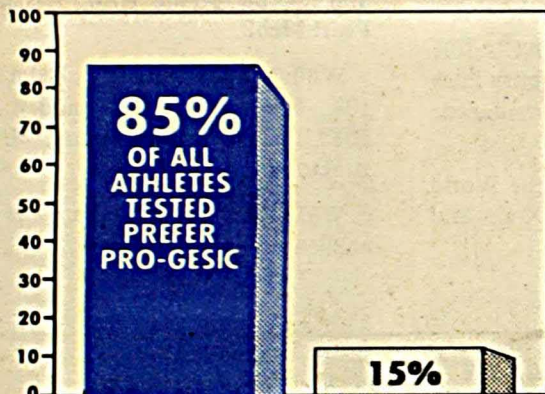
Al Oerter: 4-Time Olympic Gold Medal Champion.

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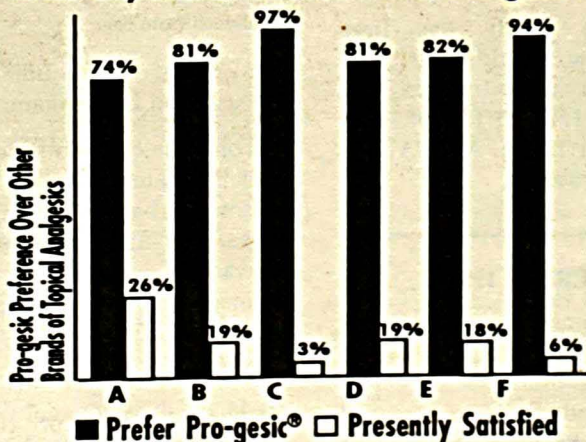
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1989 LDR Awards

Continued from page 1

the Philadelphia half-marathon (1:07:46), Falmouth 7.1 Mile (35:42), Grandma's Marathon (2:24:06), Red Lobster 10K (30:47), Jacksonville River Run 15K (48:25), and Gasparilla 15K (47:14).

A close runner-up was Bill Rodgers, 41, of Sherborn, Mass., who won the award last year. Rodgers defeated Schlau in the Charlotte Observer 10K (30:50), ICI/USRA Masters 8K (24:05), and Myrtle Beach 10K (30:00). He was the first American master in the Los Angeles Marathon (2:22:24), Revco 10K (31:42), Boilermaker 15K (47:32), TAC Masters 10K (30:26), and Delaware 15K (47:00).

Other contenders were Jim Pearson, with 10Ks of 30:47, 31:03, 31:11 and 31:19; Larry Olsen, second American behind Schlau at Gasparilla (47:29); Earl Owens, with 10Ks of 31:37 and 31:40; and Don Kardong, first American in the World Veterans 10K Cross-Country Championships in Eugene and runner-up to Schlau at Falmouth.

Binder, an Oakland, Calif. nurse, set an American female over-40 record in the 15K (52:20), ran two marathons in 2:39 and 2:43, and logged 10Ks of 34:01, 34:16 and 34:29.

Other contenders were Gabriele Andersen, with marathons of 2:49 and 2:51, a 34:24 10K, and 15Ks of 53:09 and 54:29; Jane Hutchinson, with marathons of 2:46 and 2:53 and 10Ks of 35:53 and 35:55; Nancy Oshier (10K, 36:18), 15K (55:12), 20K (77:05); Nancy Mieszczak, Mary Wood and Barbara Filutze.

Awards in the other age-groups were as follows:

M45: Mike Heffernan, winner of national masters titles in the marathon (1988, 2:32:16), 10K (31:09), and 20K (1:09:33), and first American in the World Veterans 10K road (32:08) and 10K cross-country. Runners-up: Don Coffman, Steve Lester, Bruce Mortenson, Ralph Zimmerman, Mike Manley, Sal Vasquez.

M50: Fay Bradley, 1st American M50 in the TAC Marathon Champion-

ships (2:38:58); first in Asbury Park (33:46); first in Myriad Garden 10K (33:45); second in the National 10K (32:31). Also: Dan Conway, Jim O'Neill, Mel Williams, Bill Johnston, Don Sleeman, Bill Olrich, Daryl Beardall, and George Buckner.

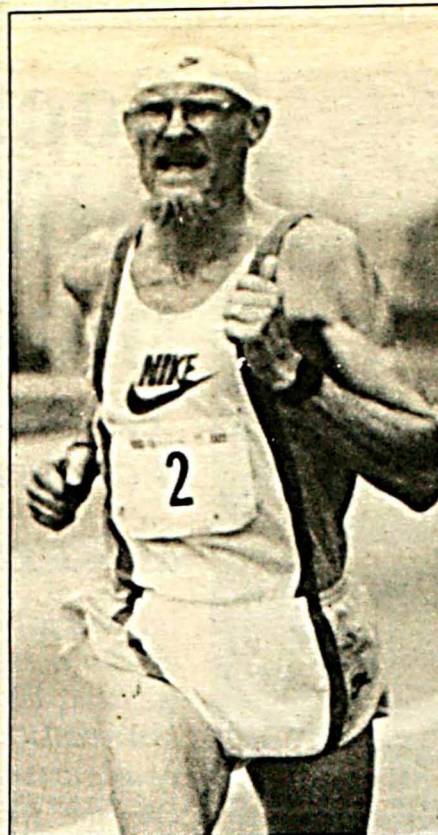
M55: Norm Green, top masters age-graded runner of the year in all age groups, won TAC titles in the half-marathon (1:12:41), 20K (1:08:07), one-mile road (4:49.1), 10K (32:53), and marathon (2:33:12). He was first in the Gasparilla 15K (51:57), Nike Cherry Blossom 10-mile (54:40), Boilermaker 15K (52:05), Asbury Park 10K (33:57), Philadelphia half-marathon (1:13:44), Parkersburg half-marathon (1:14:07), Delaware 15K (51:45), and in the World Veterans 10K Road Championships (33:09.5). Also: Ray Hatton, Fred Kiddy, Ron Poston, Bill Foulk, Ino Cantu.

M60: Ed Stabler was first American in the World Vets 10K (36:06) and Marathon (2:50:23). Others considered: Ross Smith, Patrick Devine, Jim O'Neil, Bill Fortune, Jim Forshee, Orlo Keniston, John Hosner, John Keston, Glenn Reese, Joe Fernandez, and Gaylon Jorgensen.

M65: Alex Ratelle won the TAC marathon (2:59:38) and Minnesota Masters 15K (57:22). Others: Larry Banuelos, John McManus, Jim Smith, Anthony Napoli, Jim McCown, Lloyd Young, Jack Start, Bob Hawkes, and Warren Utes.

M70: Nate White won national titles at 10K (44:18) and 5K X-C; was first American in the World Vets 10K X-C; and won the Boilermaker 15K (1:13:11). Also: Eddie Lewin, Paul Amadio, Charles Ishimaru, Andrew Neidnig, Cokey Daman, Austin Newman, Paul Reese, Vince Carnevale, and Dutch Benedetti.

M75: Dudley Healy was first American in the World Vets 10K (46:24), and won at Asbury Park 10K (47:59), TAC 15K (1:15:44), and Gasparilla 15K (1:13:27). Also: Alfred Funk and Bill Brobston.



Norm Green, voted the top M55 long distance runner of 1989 by The Athletics Congress.

Photo by Bill Meehan

M80: Ed Benham scored wins in the World Vets 10K (45:20), Delaware 15K (1:09:58), ICI/USRA Masters 8K (38:05), Nike Cherry Blossom 10-mile (1:13:23), Rockville 10K (46:46), and won TAC titles in the half-marathon (1:40:30), 20K (1:33:55), one-mile road (6:30.2) and marathon (3:48:35). Also: Mel Shine and John Overton.

M85: Max Popper won TAC's 10K (1:05:14) and handled the Asbury Park 10K (1:05:50). Also considered: Willard Benton.

M90: Paul Spangler won the World Vets 10K (1:17:35), 10K X-C, and Stanford 8K (59:36).

Top Field Set for Naples

Continued from page 1

nan, Norm Green, Bill Fortune, Jim O'Neil, and Ed Benham.

Top female entrants include Priscilla Welch, Laurie Binder, Jane Hutchinson, Barbara Filutze, Christine Tattersall, Nancy Oshier, Claudia Ciavarella, Nancy Mieszczak, Marion Irvine, Gina Faust, Mary Norkauer, and Loretta Shehan.

Most of the cash prizes will go to the 40-44 age divisions, but there are some incentives for the other age-groups, as well. The 40-44 winners of the 18-race Circuit will each receive \$3500, with prizes ten deep. The winners of the other divisions will receive \$750 for 45-49 down to \$250 for 70+. (Points are awarded on a 10-9-8, etc. basis through 10 places in each five-year age division of the 18 races, with a runner's best five places counting in his or her total points).

W45: Joan Colman logged 10Ks of 36:19, 36:29 and 36:49, marathons of 2:58:50 and 3:01:47, and a 15K of 57:45. Also considered: Shirley Matson, Susan Weisbrod, Harolene Walters, Joan Ullyot.

W50: Gina Faust notched 10Ks of 38:38, 38:57 and 39:34, and ran an 18:46 5K, 30:57 8K, and 1:27:36 half-marathon. Others: Mary Ann Wehrum, Vicki Bigelow, Wen-Shi Yu, Sandra Kiddy.

W55: Marion Irvine won the World Vets 10K (40:01) and 10K X-C, and logged a 32:10 8K. Others: Toshiko d'Elia, Gloria Brown, Margarete Deckert.

W60: Whayong Semer ran marathons of 3:26 and 3:37, with a 22:11 5K, 67:08 15K, and 72:55 10-mile. Also: Helen Dick, Mary Storey, Margaret Miller, Ruth Anderson.

W65: Jaclyn Caselli turned in a 49:15 10K, 1:54:00 half-marathon, 39:04 8K, and 1:49:51 20K. Others: Raye Johnson, Anne Trigg, Gerry Davidson, Loretta Shehan, Pepper Davis, and Mary Storey.

W70: Pat Dixon won the World Vets 10K (50:30) and 10K X-C. She raced to a 40:53 8K and 1:46:21AR 20K. Also: Hedy Marque, Algene Williams, Althea Wetherbee, Marcie Trent, Judy Simon, Josephine Hess.

W75: Anne Clarke posted a 60:51 10K, 2:28:21 half-marathon, 50:14 8K, and 1:45:08 10-mile. Also: Bess James, Pearl Mehl.

W80: Mavis Lingren clocked a 64:04 10K, 6:49:33 marathon, and 4:17:53 30K. Also: Edith Enos, Emma Bridgman.

W85: Ruth Rothfarb was unchallenged with a 43:00AR 5K. □

OUTSTANDING LONG DISTANCE RUNNERS — 1989

Selected by the Masters Long Distance Running Committee of TAC

| Age | Men | Women |
|-------|----------------|----------------|
| 40-44 | Bob Schlau | Laurie Binder |
| 45-49 | Mike Heffernan | Shirley Matson |
| 50-54 | Fay Bradley | Gina Faust |
| 55-59 | Norm Green | Marion Irvine |
| 60-64 | Ed Stabler | Wayong Semer |
| 65-69 | Alex Ratelle | Jaclyn Caselli |
| 70-74 | Nate White | Pat Dixon |
| 75-79 | Dudley Healy | Anne Clarke |
| 80-84 | Ed Benham | Mavis Lindgren |
| 85-89 | Max Popper | Ruth Rothfarb |
| 90+ | Paul Spangler | |

Continued on page 28



International Scene

by CESARE BECCALLI,
President of WAVA

Report From the President

In order to accommodate the decisions of the IAAF Veteran's Committee and the programme of co-operation between the IAAF and WAVA, which was submitted and approved by the IAAF Congress (Barcelona, Spain, 6th Sept. 1989) certain changes will have to be made to WAVA procedures and these are listed below in points 1-4:

1. Affiliations

a) The WAVA General Secretary must produce a list of national WAVA affiliates which will indicate whether the WAVA Member is part of the IAAF Member Federation.

b) The above mentioned list will be categorized into the same geographical areas as currently recognized by the IAAF.

c) WAVA affiliation rules will, from now on, be based upon those of the IAAF. Consequently WAVA affiliates will now automatically become a member of their Continental Association without any additional affiliation payment.

d) Veteran organizations that are IAAF Members who are also members of WAVA, or who are about to join WAVA, will not be requested to pay a separate affiliation fee to WAVA. The IAAF will instead be asked to pay, from 1990 onwards, an annual subsidy to WAVA which will reflect the loss of these affiliation fees.

The WAVA Treasurer will calculate the theoretical income which would have arisen from these affiliation fees between now and the WAVA General Assembly in Turku (FIN), 1991. The subscription fee rate applied will be that stated in the amended WAVA rules approved at Eugene. Members of WAVA who are not members of their IAAF Member Federation must, however, continue to pay their affiliation fee to WAVA as at present.

2. Continental Veteran Associations

a) It is envisaged that the structure between WAVA and its Continental Associations should be based upon that of the IAAF. It is also hoped that the IAAF Area Groups will first develop a closer and more regular contact with the WAVA Area Representatives and secondly invite the WAVA Area Representatives to the Area Congress.

b) The re-structured relationship between WAVA and its Continental Associations will be formally stated in a document of affiliation that will be shortly sent out by the WAVA Secretariat.

This affiliation form will officially clarify the status of the Continental Association as belonging to WAVA, will state the obligations of the Continental Association, list the countries that come under its aegis and generally ensure that its constitution and rules do not clash with those of WAVA.

3. National Organization of WAVA Affiliates

The programme for the integration of veteran activity within IAAF Member Federations was confirmed at the IAAF Barcelona Congress and is

one of the key points of the IAAF/WAVA agreement.

Should there arise, in any country, a disagreement between the WAVA affiliate and the IAAF Member, both the IAAF Veterans Committee and WAVA must first be informed and will suggest a solution. Until the next WAVA General Assembly in 1991, the final decision on Membership will belong to the WAVA Council, as stated under point 3(c) of the WAVA constitution. Nevertheless the authority of the IAAF Member Federation shall always be respectfully borne in mind. As its next General Assembly in Turku (FIN) in 1991 a constitutional modification will be submitted for approval which will give the IAAF Council the authority of a final decision on matters of national disagreement within veteran athletics.

In countries where WAVA has no affiliate, from 6th September, 1989, absolute authority will lie with the IAAF Member Federation.

4. WAVA Handbook

A new edition will be produced as soon as possible, in co-operation with the IAAF, and distributed to all IAAF and WAVA Members.

The following additions will be included in the handbook:

- List of all WAVA affiliates with their names and addresses
- List of all Continental Associations with their names & addresses
- An example of the affiliation form for individual countries
- Confirmation that WAVA affiliates which are IAAF Members will be exempt from paying affiliation fees.

5. General Information

IAAF/WAVA Programme of Co-operation.

Both the IAAF and WAVA hope that all WAVA affiliates will be part of their respective IAAF Member Federation by 1991. This implies that the integration of WAVA affiliates, currently independent from their National Federation, will have to take place within the next two years.

Nevertheless, it is feasible that independent WAVA affiliates will continue to exist in countries where the National Federation: a) does not intend to recognize veteran activity, or b) prefers to recognize an independent Veteran's organization.

It is envisaged that WAVA will be the World Organization solely responsible for veteran activity under the aegis of the IAAF. WAVA will still remain an "Association" with its General Assembly, elections, and ability to make decisions regarding veteran rule changes and Championship venues. WAVA will, however, recognize the superior authority of the IAAF and will ensure that its rules will



Austria's Gertrude Schoenauer set a world W50 javelin record in Eugene with a throw of 43.82 meters.



never conflict with those of the IAAF.

In order to consolidate and advance our programme of integration, it is proposed that a Member of the IAAF Council be co-opted onto the WAVA Council. This would give the IAAF a measure of control and co-ordination of WAVA decision/policy making. This proposal is also recommended at Continental level.

I thank you for your attention to the above points and send every good wish to you. The contents of this letter have been agreed with the IAAF General Secretariat. □



Chile's Jorge Alzemora, Secretary of ASUDAVE (the South American Veterans Association) set a new South American M55 decathlon record in Eugene with 4223 points.



Report from Britain

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

Tony Simmons, M40, and Zina Marchant, 39, have lately stolen the running show in Great Britain. But the big news was the cancellation of the National AAA Veterans 10K Road Championships due to fog. The Senior AAA 10K was also cancelled.

Simmons ran a fine 31:10 10K in windy conditions in Brighton, and a fast 24:11 in the Wolverton 5-mile road race, ahead of Alastair Kean's 24:50.

Shel Cowles was first vet in the Jersey Half-Marathon (69:40), while Martin Duff, M45, took veteran honors in the Basingstoke 10K (31:50) and Portsmouth 5K (25:15).

Marchant's personal bests of 58:11 (10-mile), and 34:23 (10K) were followed at Porstmouth by a 27:02 5-mile to top the U.K. W35 rankings. Glynis Penny, W35, clocked 27:33 at the Wolverton 5-miler.

Simmons also won the Home International Veterans 10K Cross-Country Championships, November 7, in 33:45, over a tough Ampthill course. Tony Ross (33:58) was second. First over-50 runner was Les Presland (34:56); first 60+ was Bob Peart (40:50). Simmons led Wales to the team championship.

In the women's 5K race, Penny won in 19:20 with Tricia Calder second (19:29). First over-40 was Anne Roden (20:21).

Ian Thompson, 1974 Commonwealth and European marathon champion, won his first race as a veteran in the Leeds Trimco Marathon, October 22, in 2:26:39.

Olympian Ian Richards (1980) and Brian Adams (1976) were first (1:40:48) and second (1:41:55) in the National AAA Veterans 20K Walk Championships at Perry, October 28. Bob Dobson took M45 (1:42:48). Dave Stevens, former World Veterans cham-

pion, now fully recovered from a stress fracture that put him out of action in Eugene, took the over-50 (1:51:12).

In the Stroud Half-Marathon, October 29, Keen won the 40+ (68:23), and Taff Davies, the 50+ (71:35). World Vets Champion Bronwen Cardy-Wise, W35, was first woman overall. □



Three of the top veteran runners in the world, from left: Derek Turnbull, 62, New Zealand; Jim O'Neil, 64, San Diego; John Gilmour, 70, Australia; at the World Veterans Championships in Eugene.



Glasnost and world records at the VIII World Veterans Championships in Eugene, Oregon. Left to Right: Gold Medalists/Masters World Record Holders Yordanka Blagoeva, Bulgaria (W40 High Jump); Russian Coach Alexander Broffchikov; Barbara Stewart, USA (W45 Pole Vault) and Janis Zirnina, USSR (M40 Javelin).

Photo by Al Neville

Romance Blooms in Eugene

from KAREN MYERS
of the *Eugene Register Guard*

If it weren't for the World Veterans Championships, Dave Curran and Jean Folan wouldn't be saying "I do" in Ireland this month.

Curran, 50, of Eugene, Oregon, met Folan, 38, of Fray, Ireland, in Eugene last summer when Curran organized a rafting trip for athletes from Ireland. The two will be married on December 28, 1989, in Pathdrum, a mountain village in western Ireland. Celebrating with them will be many of the Irish athletes who watched their international romance blossom during the Championships in August.

"It seems like a dream unfolding," Folan said recently in Eugene. A lecturer in anatomy at University College in Dublin, Folan ran the 10K and 10K cross-country races, in which she placed seventh and ninth, respectively, in the W35 age group.

In 1979, she was the first woman to run in Ireland's National Marathon Championships, after Ireland's athletic

Commission granted her special permission to run in the race.

Curran is a history teacher and high school football coach, in Eugene.

"Jean really caught my eye on the raft trip," he said. "She jumped into the front of the raft and took on those rapids with more joy and glee. I told myself I had to get to know her."

"Curran resigned as head football coach, bought an engagement ring and flew to Ireland. Three days later, on the shores of Galway Bay at a special spot where Folan loved to sit on the rocks reading as a child, Curran proposed and Folan accepted.

It will be Curran's second marriage; Folan's first. They'll live in Bray, 13 miles from Dublin, until next June. Then Folan plans to take a year's leave from her job to check out teaching and research positions in the Northwest.

Meanwhile, several other romances are reportedly blooming as a result of the Eugene Championships. Singles, book your 1991 reservations for Turku now. □

WAVA Enters Agreement With IAAF

by ALASTAIR LYNN, Secretary of WAVA

On page 21 is a report by the WAVA President, Cesare Beccalli, covering the meeting of the IAAF Veterans' Committee and other activities during the IAAF Congress held in Barcelona in September '89. You will, of course, wish to read this report in detail; however I thought it would be useful to summarize the main points covering WAVA's developing relationship with the IAAF.

1. The IAAF Congress approved that WAVA continues with the current format, having its own General Assembly and holding its own World Veterans' Championships. This further emphasizes that the IAAF recognizes WAVA as the Organizing Body for Veterans worldwide.

2. Links will be forged at regional level between the WAVA Regional Associations and the IAAF equivalent.

3. A member of the IAAF Council will become a member of WAVA Council. Until the 1991 General Assembly — to be held in Turku, Finland — this person will be an adviser/observer as the WAVA Constitution does not permit him/her to vote. At Turku WAVA will vote on a resolution to make the IAAF representative a voting member on the WAVA Council.

4. Until the 1991 General Assembly, the WAVA Council, in accordance with our Constitution, will make the final decision when more than one organization wishes to be the National WAVA Affiliate in an existing WAVA Affiliated Country. Subject to the WAVA General Assembly's agreement, after the 1991 General Assembly the right to make this final decision will pass to the IAAF Council.

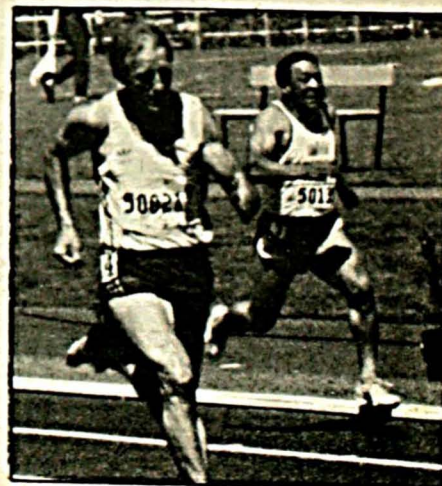
5. WAVA Affiliates who are the National IAAF affiliate will pay the affiliation fee to WAVA. Their fees are covered by a subsidy paid by the IAAF to WAVA. WAVA Affiliates who are not the National IAAF Affiliate will continue to pay their affiliation fee directly to WAVA.

6. WAVA Affiliates who are not the National IAAF Affiliates may continue after Turku, where the National IAAF affiliate does not intend itself to start a Veterans' activity, or where it prefers to recognize an independent Veterans' Organization.

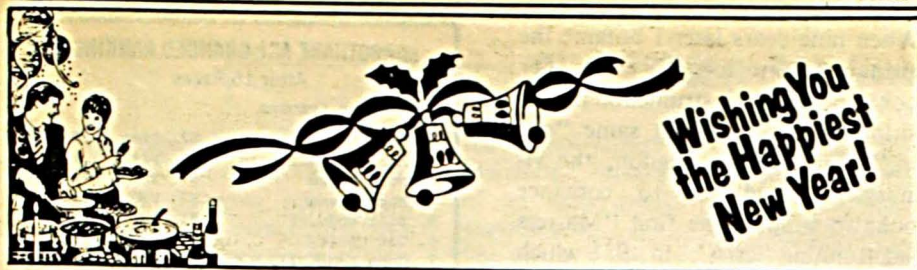
7. The IAAF headquarters staff will supply administrative assistance, details yet to be worked out, to help the WAVA Secretary in the increasing workload of his responsibilities.

It is most important for all WAVA Affiliates to realize that when a WAVA Constitutional change is involved, only the WAVA General Assembly in Turku can authorize it.

We are making good progress. □



Australia's Reg Austin wins the gold medal (22.88) from California's Ken Dennis (23.81) in the M50 200 in Eugene. Photo by Leo Benning



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WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

| Age | Race Distance | Hurdle Height | To 1st Hurdle | Between Hurdles | To Finish |
|------------------|---------------|---------------|-------------------|-------------------|-------------------|
| 35-39 | 100m | .840m 33" | 13.00m 42'8½" | 8.5m 27'10½" | 10.5m 34'5" |
| 40-49 | 80m | .762m 30" | 12.00m 39'4" | 8.0m 26'3" | 12.00m 39'4" |
| 50-59 | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11½" | 19.00m 62'4" |
| 60-69 70 Plus | | | | | |
| 35-39 | 400m | .762m 30" | 45.00m 147'7½" | 35.00m 114'9½" | 40.00m 131'2½" |
| 40-49 | | | | | |
| 50-59 | 300m | .762m 30" | 50.00m 164'0½" | 35.00m 114'9½" | 40.00m 131'2½" |
| 60-69 70 plus | | | | | |

MEN

| | | | | | |
|----------------|------|--------------|-------------------|-------------------|-------------------|
| 30-39 40-49 | 110m | .991m 39" | 13.72m 45' | 9.14m 30' | 14.02m 46' |
| 50-59 | 100m | .914m 36" | 13.00m 42'8" | 8.50m 27'10½" | 10.50m 34.5" |
| 60-69 | 100m | .840m 33" | 13.00m 42'8" | 8.50m 27'10½" | 10.50m 34.5" |
| 70 plus | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11½" | 19.0m 62'4" |
| 40-49 | 400m | .914m 36" | 45.00m 147'7½" | 35.00m 114'9½" | 40.00m 131'2½" |
| 50-59 | 400m | .840m 33" | | | |
| 60 + | 300m | .762m 30" | 50.00m 164'0½" | 35.00m 114'9½" | 40.00m 131'2½" |

IMPLEMENTS

| AGE | SHOT PUT | DISCUS | HAMMER | JAVELIN |
|--------------|-----------------|--------|-----------------|-----------|
| Women | | | | |
| 35-49 | 4.00k | 1.00k | 4.00k | 600gms. |
| 50 plus | 3.00k | 1.00k | 3.00k | 400 gms. |
| Men | | | | |
| 40-49 | 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

GOODWILL GAMES MARATHON 1990

An Invitation to Run



You are invited to lace up against an elite field of the world's best runners in this country's most exciting international **MARATHON** on July 21 & 22, 1990, in Seattle, Washington.

The Goodwill Games is history's largest sports and cultural exchange between the United States and the Soviet Union.

Out of 21 sports the marathon is the only event open for public participation and will be **TBS** live to one billion homes worldwide. There is no limit on the number of entrants and no qualifying times are necessary.

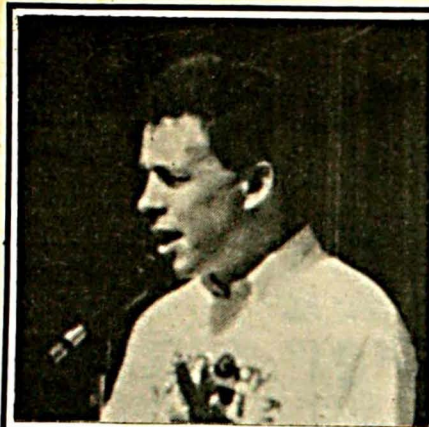
Men's race - Sat., July 21; Women's race - Sun., July 22. Both races start at 7:00 a.m.

For entries send return mailing address and 50¢ (U.S.) postage to: Marathon Office, 101 Elliott Avenue West, Suite 430, Seattle, WA 98119, or call 206/282-5565.

To receive general Goodwill Games information, please call 206/554-1990.

USWEST is the official Seattle Organizing

Committee sponsor of the 1990 Goodwill Games Marathon.



The Director's Corner

by DEAN REINKE

An Exciting New Decade Ahead

There's no better time of the year than Christmas! While I certainly miss my old winter training days in Indiana, with wind-chill temperatures of 20-30 below and enough snow and ice for the Winter Olympics, believe it or not we do, in fact, periodically suffer in Florida. Early December was brutal, bringing back visions of those vintage Hoosier days with the early morning run temperatures dipping painfully below 40 degrees! Having become a certified "weather wimp" since moving to the sunshine state, I quickly picked up a cold and its accompanying laryngitis (terrible job hazard for an announcer!) and have been fighting it the entire month.

While the upcoming Charlotte Observer Marathon and ICI/USRA Masters Circuit Championships have kept us half way busy, a pregnant wife expecting in February and building a

new home has kept the growing Reinke household quite busy. "Little Reinke #3" will give our family a legitimate team of 5 now for the cross country season while our new home will provide a welcome mat for all you snowbirds planning to escape the frozen tundra this winter. The new phone lines should be hooked up by the time you read this, so don't hesitate to give us a call.

As we enter the new decade, its exciting to look back at how great the 80s have been and how much new territory there remains to be conquered as we move toward the year 2000. Certainly for Dean Reinke & Associates, the 80s have brought considerable success and we are truly grateful for the opportunities that have presented themselves. From a personal standpoint, we feel privileged to have worked with the caliber of clients such as Ben-Gay, Hardee's, Nissan, ICI and so many others along with quality events of all sizes too numerous to mention.

Entering my 22nd year as a distance runner and 14th year in the business of running, there are many memories and experiences that have allowed me to continue to contribute to the sport that has meant so much to me. It seems like only yesterday when some 20 years ago I was standing in the starting line of my first road race in LaGrange, Indiana. On the line next to me was this "old man" who I heard was fast and, at the ancient age of "38", was supposed to be one of the country's top "senior" runners. He took off like a shot when the gun went off and I didn't catch him until the last mile, and that was after a hard effort. Later when I was introduced to him, he autographed one of his now classic books, "On the Run From Dogs and People". Little did I know how monumental that first meeting with Hal Higdon was to be. To this day, he's an inspiration for me in my running and business career.

When nine years later I became the national promotion director for Brooks Shoes, also instrumental in that position for me was that same "old man," Hal Higdon. Higdon, the visionary, inspired me to convince Brooks to support the first "Masters Road Running Series" in 1981 which laid the foundation for today's successful USRA Masters Circuit, about to enter its 3rd year.

As we enter our third exciting season with the Masters, another "older" runner, Bill Adams of ICI (a master), has also been instrumental as a guiding light. We have established the only Masters road race circuit of its kind in the world. ICI has been a model sponsor and allowed us to build a strong base from which we enter the new decade. Now solidly on its feet, events on the USRA Masters Circuit paid out over \$250,000 in its first two seasons and in 1990 will account for nearly one-third of all masters prize money awarded on the roads.

Masters Running magazine will move to both a spring and fall edition in the year ahead and, who knows, down the road we may expand to a quarterly and even beyond. We also have plans to expand the circuit into some exciting new regions and internationally in the years ahead. Not a week goes by when we don't receive a call from yet another runner about to enter the ranks of the Masters — with those turning 38 and 39 frustrated at having to wait yet another year to join the Circuit chase.

So just as I've been "on the roads" for the past 22 years as a runner, although admittedly at a wee bit slower pace, I'll still be there plugging away my four or five miles a day every morning at the crack of dawn. But my 4-minute mile will be that new race, series or sponsor that we bring into the sport. We've done that successfully the past decade and a half, and will continue to do so far into the next century — and loving every minute of it! □"

SORBOTHANE AGE-GRADED RANKINGS

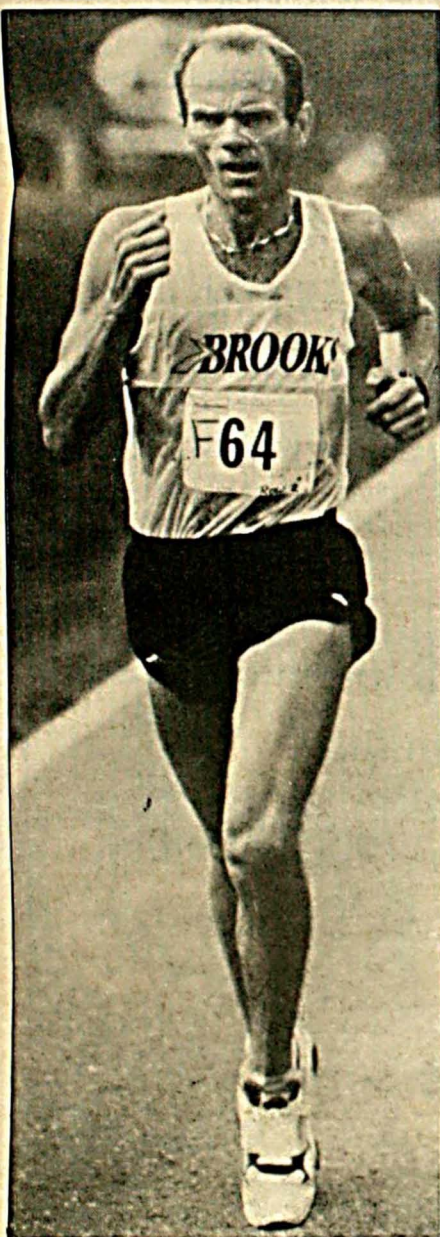
After 16 Races

MALE LEADERS

| | | | |
|----------------------|----|-------|-------|
| 1. Norm Green | 57 | Pitt. | .9880 |
| 2. Michael Heffernan | 49 | Pitt. | .9740 |
| 3. Norm Green | 57 | TOM | .9643 |
| 4. Norm Green | 57 | F30K | .9539 |
| 5. Bill Rodgers | 41 | MBC | .9512 |
| 6. Dan Conway | 50 | Pitt. | .9510 |
| 7. John Campbell | 40 | CTR | .9506 |
| 8. Wilson Waigwa | 40 | Utica | .9487 |
| 9. Fay Bradley | 51 | Pitt. | .9480 |
| 10. Wilson Waigwa | 40 | Sham. | .9453 |

FEMALE LEADERS

| | | | |
|-------------------------|----|--------|-------|
| 1. Priscilla Welch | 44 | Crim | .9807 |
| 2. Laurie Binder | 42 | Pitt. | .9500 |
| 3. Garbiele Andersen | 44 | Pitt. | .9498 |
| 4. Jane Hutchison | 43 | Pitt. | .9394 |
| 5. Angella Hearn | 43 | Pitt. | .9173 |
| 6. Jane Hutchison | 43 | Myriad | .9170 |
| 7. Christine Tattersall | 48 | Pitt. | .9140 |
| 8. Mary Wood | 44 | Pitt. | .9120 |
| 9. Gina Faust | 52 | Crim | .9070 |
| 10. Barbara Filutze | 42 | MBC | .9024 |



Georgia's Wes Wessely, 41, will go after part of the \$40,000 purse being offered to masters runners in Naples, Fla., January 13, in the grand finale of the ICI/USRA Masters Circuit. Photo by Sailer, Ltd.



Bill Rodgers, 41, will try to defend his title in the ICI/USA TAC National Masters Grand Championships in Naples, Fla., January 13.

Photo by Sailer, Ltd.

Nissan Shamrock and Myrtle Beach Classic Open 1990 USRA Masters Circuit

The 1990 USRA Masters Circuit will begin March 17, at the Nissan Shamrock 8K in Virginia Beach, Virginia. Last year's Nissan Shamrock event was also on the Circuit and saw the first ever Masters Circuit performance of Wilson Waigwa, who defeated Bill Rodgers in their first-ever confrontation. Entering its third season, the USRA Masters Circuit plans to expand from its 18-city, 1989 circuit, which ends January 13 at the USRA National Masters Championship in Naples, Florida.

The Circuit will again offer a substantial grand prix prize purse based on accumulated points earned at Circuit events throughout the season. The same rules as have been utilized in the

first two seasons will again apply with competition slated in seven, 5-year age groups for both men and women, from 40-44 thru 70 & over. Runners may accumulate points from their five best circuit performances and run as many races as they wish. Top age-graded performances, sponsored by Sorbothane in '89, will be honored at each circuit race and throughout the season once again.

The second '90 USRA Masters Circuit event will be the March 24, Myrtle Beach Classic in South Carolina. In its third year on the Circuit, last year's winners were Bill Rodgers and Barb Filutze. A separate Masters 10K is held one hour after the open race, which is also the format at Nissan Shamrock. □

ICI/USRA Masters Circuit Happenings

Nissan contemplating expansion of its "Nissan Human Race Series" in 1990-91 with Charlotte Observer and Nissan Shamrock final two events of 5-city circuit.... McDonald's looking at a 7-city "Biathlon Series" from June thru September in '90 in North Carolina.... Former University of Missouri distance ace Charlie McMullen, now 38, leads the Buffalo News grand prix series — he now lives in Rochester.... Linda Lushetti in as new Bay-to-Breakers race director, taking over for retired Teri Robbins.... Kashi and Power Bar both have grass roots incentive programs for athletes wearing their logos.... Grete Waitz, cancelling New York City Marathon due to a pelvic stress fracture, looking to run either Charlotte Observer 10K or Naples 8K in January -scheduled to run Nissan Shamrock 8, where she set world best three years ago....

Nike sponsored Athletics West now officially Nike International. Look for the "just do it" folks to cut back number of sponsored events coming year.... Southeastern-based Sports Unlimited contemplating a 14-city series in '90 in its primary markets.... Make that a new Canadian national masters record for Dave Stewart of 30:19 at an across-the-border 10K.... 36-year-old former Oregon Duck Paul Geis making a comeback of sorts with a 24:03 effort at the Eugene 8K with Henry Rono, now a resident, running 25:42.... After the Commonwealth Games, John Walker will retire and breed racehorses....

Fred Lebow's next venture? Support of

the alleged Moscow International Peace Marathon - actually the second marathon of the same name. A Moscow Peace Marathon has been held for several years but this new one has ambitions for big sponsor dollars. Boston attorney Ed Wittimore, with no background in race promotion, is apparently behind the project.... Valerie Silk has finally sold the Hawaii Ironman for \$3 million to two Tampa businessman - both triathletes. They plan to keep race in Hawaii.... Lee LeBadie, former University of Illinois distance star, now assistant track coach at Ohio State.... Britain's Dave Moorcraft has retired from track but will remain on the roads.... 1993 World University Games will be held in Buffalo.... Former West German Olympian Thomas Wessinghage, now a physician, ran his first marathon in 2:27....

Former Olympian, FBI agent, Purdue women's track coach and author Fred Wilt, recently appointed coordinator of coaches

education for TAC.... Our latest Dave "Anabolic" Jenkins report finds the former British Olympian's 7-year drug prison term reduced to 10 months.... The hard times continue for Zola Budd with the recent death of her father.... Las Vegas International Airport discussing a major run in the fall of '90.... TAC rules Hagerstown, Maryland ace Jeff Scuffins must return \$9000 prize money from controversial positive drug test.... Don't look for Pat Porter's record setting 8K TAC cross-country victory to be broken soon.... Dick Beardsley escaped with his life after a tragic farm accident in Minnesota. Tough times continue for one of America's fastest ever marathoners as he had no insurance....

At a recent 10K in Hawaii, Gary "39" Fanelli and the elusive Gerry Lindgren both turned in decent efforts.... New California Ironman scheduled for August 1990 coordinated by former DMSE alum Russ Pugh and triathlete Harold Robinson. They've

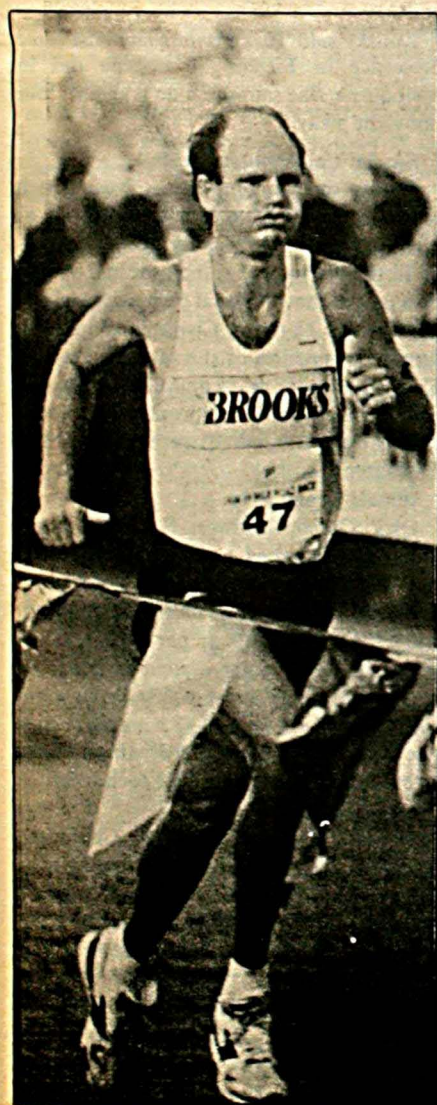
also created a board game entitled "Triopoly".... Japan making serious bid for '93 World Veterans Games as they brought in *National Masters News* publisher Al Sheahan to consult.... Changing of the guard at Exceed with product manager Dave Rock moving to another Ross Laboratories division in Raleigh while Dave Duvarney moves to new product ventures.... City of Nashville looking to host major road race in fall of '90.... Barb Filutze fit and ready to tackle Charlotte Observer 10K and Naples ICI/USRA Masters National Championship after long injury riddled year...□

—Dean Reinke



ICI/USRA MASTERS CIRCUIT POINT STANDINGS (16 Races)

| | | | | | | | |
|-----------------------------|----|--------------------|------|-------------------------------|----|---------------------|------|
| Men's 40-44: | | | | Women's 40-44: | | | |
| Bill Rodgers | 41 | Sherborne, MA | 45/5 | Jane Hutchison | 43 | Webb City, MO | 47/5 |
| Bob Schlauf | 41 | Charleston, SC | 42/5 | Nancy L. Oshier | 40 | Spencerport, NY | 46/5 |
| Wilson Waijwa | 40 | Mission Viejo, CA | 40/4 | Nancy Mieszcak | 40 | Buffalo, NY | 42/5 |
| Kevin Ryan | 41 | Boston, MA | 38/4 | Claudia Ciavarella | 40 | Orlando, FL | 39/5 |
| Dave Stewart | 41 | Ottawan, Canada | 33/4 | Ngairie Drake | 40 | Santa Monica, CA | 30/3 |
| Jim Pearson | 40 | Lakeland, FL | 32/4 | Laurie Binder | 41 | Oakland, CA | 29/3 |
| Wes Wessely | 41 | Lilburn, GA | 31/5 | Mary L. Wood | 44 | Montrose, CO | 19/3 |
| Ken Sparks | 44 | Chagrin Falls, OH | 29/5 | Diane Langston | 41 | Gladstone, MO | 18/3 |
| Earl L. Owens | 40 | Dunwoody, GA | 15/2 | Linda Cash | 40 | Brookfield, CO | 16/2 |
| Laurence Olsen | 42 | Millis, MA | 15/2 | Gabrielle Andersen | 44 | Sun Vallen. ID | 15/2 |
| Men's 45-49: | | | | Women's 45-49: | | | |
| Ralph J. Zimmerman | 47 | Cheektowaga, NY | 50/5 | Christine Tattersall | 47 | Killingworth, CT | 50/5 |
| Don Coffman | 46 | Frankfurt, KY | 27/3 | Susan A. Weisbrod | 45 | Killman, NJ | 46/5 |
| Thomas M. Hare | 45 | Raleigh, NC | 17/2 | Karen Bestul | 47 | Lincoln, NE | 35/4 |
| Michael V. Heffernan | 49 | Portland, OR | 16/2 | Mary H. Shaver | 47 | Rochester, NY | 19/2 |
| William Gould | 45 | Marengo, IL | 12/2 | Joan Ulylot | 49 | San Francisco, CA | 18/2 |
| Steve Lester | 46 | Magna, UT | 10/1 | Linda W. Connors | 47 | New York, NY | 16/2 |
| Charles A. Parmalee | 45 | Albany, NY | 10/2 | Carol Lasseter | 46 | Woodbridge, VA | 15/2 |
| Pat J. Cosgrove | 47 | Elizabeth, NJ | 10/1 | Nancy E. Friscillo | 46 | Utica, NY | 12/2 |
| Robert Stuemky | 45 | Newkirk, OK | 10/1 | Gail Rodd | 46 | San Francisco, CA | 12/2 |
| Bruce Mortenson | 45 | Minnetonka, MN | 10/1 | Sharon Markoski | 45 | East Sparta, OH | 10/1 |
| Men's 50-54: | | | | Women's 50-54: | | | |
| Donald Sleeman | 50 | Ann Arbor, MI | 44/5 | Jo-Wright Whitten | 51 | Rochester, NY | 40/7 |
| Dick Ruzicka | 52 | St. Petersburg, FL | 42/5 | Gina U. Faust | 52 | Woodland Hills, CA | 40/4 |
| Fay Bradley | 51 | Washington, D.C. | 38/4 | Susie Kluttz | 52 | Winston-Salem, NC | 36/4 |
| William A. Johnston | 51 | Salt Lake City, UT | 32/4 | Wen-Shi Yu | 54 | New Gardens, NY | 19/2 |
| Jim Larson | 53 | Gulfport, FL | 29/4 | Mary Anne Wehrum | 51 | Memphis, TN | 18/2 |
| Willie F. Kaye | 50 | New York, NY | 21/3 | Jeanette J. Chambers | 54 | Arnold, MD | 17/3 |
| Roger D. Robinson | 50 | Vienna, VA | 20/2 | Mary Cullen | 50 | Houston, TX | 16/2 |
| Dan Conway | 50 | Chetek, WI | 19/2 | Nancy Parker | 52 | Dunwoody, GA | 10/1 |
| Ben Johns | 53 | Ottawa, ON | 17/2 | Women's 55-59: | | | |
| Men's 55-59: | | | | Gloria Brown | 57 | Grand Island, NY | 30/3 |
| Norman M. Green | 57 | Wayne, PA | 40/4 | Jean M. Evans | 57 | Roxboro, NC | 14/2 |
| John Harwick | 56 | Clymer, PA | 37/5 | Vera McIlwham | 56 | Cogswell, OH | 14/2 |
| Jay Sturdevant | 58 | Ridgefield, CT | 18/2 | Maisie Cromie | 57 | Golden Valley, MN | 13/2 |
| Frank E. Dudley | 56 | Wilkes-Barre, PA | 15/2 | Mary Anne Woodring | 57 | Chenoa, KY | 10/1 |
| Gerald Koch | 55 | Clarksville, TN | 10/1 | Dolores McCabe | | | 10/1 |
| Tom Ray | 55 | APO, NY | 10/1 | Thelma Wilson | 57 | New York, NY | 10/1 |
| Greg Prom | 58 | St. Anthony, MN | 10/1 | Women's 60-64: | | | |
| Stanley J. Witonski | 55 | Honover, MD | 10/2 | Mary E. Morckauer | 62 | Baton Rouge, LA | 49/6 |
| Larry Engle | | | 10/1 | Ruth Anderson | 60 | Oakland, CA | 19/2 |
| Men's 60-64: | | | | Cecile Maples | 62 | Scottsdale, AL | 10/1 |
| Bill Fortune | 61 | Pearl River, NY | 49/5 | Mary Otte | 64 | Kansas City, MO | 10/1 |
| Jim O'Neil | 64 | La Jolla, CA | 44/5 | Women's 65-69: | | | |
| Ed Hamilton | 61 | Greensboro, NC | 25/4 | Loretta Shehan | 66 | West Seneca, NY | 49/5 |
| Jack Gentry | 61 | Rogers, AR | 19/2 | Edith Parias | 65 | Westland, MI | 19/2 |
| Len Olson | | | 19/2 | Marjorie Piscopo | | | 10/1 |
| Herbert Chisholm | 62 | Alexandria, VA | 18/2 | Anna Trigg | 65 | St. Petersburg, FL | 10/1 |
| Dick Benson | | Fitzgerald, GA | 15/2 | Mary Storey | 65 | CA | 10/1 |
| Men's 65-69: | | | | Rosamund Dashwood | 65 | Victoria, BC | 10/1 |
| John B. McManus | 65 | Sunnyside, NY | 49/5 | Women's 70 & Over: | | | |
| John C. Burton | 66 | Wayzata, MN | 47/6 | Louise L. Martin | 72 | Appomattox, VA | 10/1 |
| Dewey McTickle | 65 | Madison, WI | 18/2 | Janice Johnson | | Davenport, IA | 10/1 |
| Bill Tribou | 68 | Granby, CT | 15/2 | Althea Wetherbee | 70 | Huntington Sta., NY | 10/1 |
| Robert S. White | 65 | Hampton, VA | 10/1 | Norma M. Perlmutter | 72 | Pittsburgh, PA | 10/1 |
| Men's 70 & Over: | | | | Mavis Lindgren | 82 | CA | 10/1 |
| Ed W. Benham | 81 | Ocean City, MD | 20/2 | Betty Miller | 72 | Federal Way, WA | 10/1 |
| Mathaniel E. White | 70 | Fayetteville, NY | 19/2 | | | | |
| Claudia Hawkins | 71 | Gadsden, AL | 10/1 | | | | |
| Howard Calkin | 78 | Oregon, MD | 10/1 | | | | |
| Ed Campbell | | | 10/1 | | | | |



Jim Pearson will vie for M40 honors at the ICI/USRA TAC National 8K Championships on January 13 in Naples, Fla.

Photo by Sailer, Ltd.

11TH ANNUAL CONVENTION OF Washington, D.C. —

Minutes of Masters Track & Field Committee Meetings

Wednesday, November 29

Election of Chairman

Barbara Kousky of Eugene, Oregon was selected over David Pain of San Diego, as chairman for a two-year term.

Thursday, November 30 - Morning Session

Retiring Chairman Jerry Donley turned the chair over to Kousky.

Site Selection

Max Goldsmith, Site-selection Chairman, said Indianapolis is ready to host the 1990 Outdoor Championships; the Committee reviewed the proposed schedule and suggested changes. The 1991 National Championships were awarded to TAC's Illinois Association — headed by Dick Green — and will be held in Naperville, Ill., about an hour's drive west of Chicago.

Dixon Farmer, meet director of the 1989 Nationals in San Diego, has taken a job in Minneapolis, which has a good indoor facility. He is interested in hosting a national meet in the future.

Budget Slashed by 40%

Al Sheahan, Treasurer, reported that TAC was projecting a 3% increase in revenues for 1990, but was committed to an increase of 20% in administrative expenses. Thus, something had to be cut. TAC ruled it should be the eight sports committees and allocated each only \$15,000. (In 1989, Masters T&F had been allocated \$25,000 and had requested \$30,000 for 1990).

In the Budget and Audit Committee meeting on Wednesday, Masters T&F proposed an increase to \$25,000 for each sports committee, but was voted down, 8-3, with support only from Masters LDR and Women's LDR.

However, TAC Treasurer Steve Bosley and Controller Barbara Rush had said that additional funds might be available by mid-March, so "minimum" and "maximum" budgets were approved (see charts).

The Committee was also upset that TAC's budget had not been presented to members until a few days before Convention time, in conflict with the B&A's vote two years ago that the budget must be presented to B&A members at least 60 days prior to the Convention.

Discussion was held on possibly charging athletes a \$5 fee at the nationals (a la WAVA) to go into a separate fund to help the program.

The National Masters News will again receive a separate \$5000 stipend from TAC for 1990.

The Committee approved two motions: 1) "In light of the 20% increase in TAC administrative expenses, we request — at the time of TAC's Budget Report at the General Session on Saturday — detailed information on TAC salaries, including the specific salaries of the top executive officers."

2) "We urge the chairman of the Budget & Audit Committee, in the future, to submit the proposed TAC budget 60 days in advance to B&A Committee members."

Law and Legislation

Bob Fine, L&L Chairman, proposed three motions, all of which passed.

1) That we retain jurisdiction of masters racewalking.

2) That our jurisdiction over age-group athletes be the same as WAVA. (WAVA currently has jurisdiction over M40+ and W35+).

3) That we retain official jurisdiction for the national submasters championships.

Multi-events

Rex Harvey, Multi-events Chairman, said our multi-event program reached its pinnacle in Eugene, with the successful first World Veterans Decathlon/Heptathlon. A decathlon/heptathlon will be held at the Turku World Championships in 1991, and possibly a pentathlon, as well.

The number of women multi-eventers is dwindling, and it wasn't too good to start with. The multi-event budget has been cut from \$2400 to \$600, because of the cuts in the Committee's overall budget.

The outdoor pentathlon will continue to be held at the nationals. The decathlon/heptathlon will be a separate event, not part of the nationals.

Racewalking

Bev LaVeck, Racewalking Chairman, said there are no official masters racewalking records; only some official "bests." The nationals will offer 5K and 20K walks, different from WAVA which stages 5K and 10K events.

Rules

Graeme Shirley, Rules Chairman, said the Rules Committee of TAC cannot consider any new rules in odd-numbered years, unless they are IAAF or WAVA changes. TAC will print a "1990 Competition Rules Book" reflecting three changes to bring TAC into line with WAVA:

1) M50 and M55 300H reverts to 400H.

2) M40 to M55 throwers may use either the "old" or "new" 800g javelin.

3) M70+ short hurdles will switch from 8m between hurdles to 7m.

The 600g javelin definition will change on January 1, 1991. Thus, we'll have two legal 600g javelins.

A motion passed to mandate team championships for racewalking, three deep for M40, M50 and M60 on a cumulative time basis.

The Rules Committee was charged with the enforcement of rules at masters national, sectional and association championships.

Only fully automatic times will now be recognized for U.S. five-year age-group records, per existing TAC rules. In the record lists, a hand time will be listed if its equivalent automatic time is superior to the AT best. The recognized variable is $HT + .24 \text{ seconds} = A.T.$

Discussion was held on the use of starting blocks. Shirley suggested language be drafted to clear up the confusion in the current book. The sense of the group was to allow competitors to use virtually any starting stance they desired.

Thursday, November 30 — Afternoon Session

1989 Nationals

David Pain, Executive Director, said the 1989 Nationals showed a small profit due to a \$25,000 grant from the city of San Diego. Foreigners were given a generic medal; not a TAC Championship medal. Over 550 officials volunteered. Pain said it was one of the best national meets; athletes were marshalled onto the field; the Melbourne computer system was used. The free opening reception drew 600; the closing fiesta drew 1,000. There was some grumbling about the \$30 entry fee, but Pain said it was necessary to defray the free transportation, which cost \$7,000.

Outdoor Records

Pete Mundle, Outdoor Records Chairman, confirmed that U.S. records for the 100, 200, 400, and both hurdles must be by automatic timing. Outstanding hand times will remain as "noteworthy performances." If the AT is intrinsically better than the equivalent HT, only the AT will appear on the list.

Indoor Records

Haig Bohigian, Indoor Records Chairman, also confirmed that only automatic times will be considered for records.

Rankings

Jerry Wojcik, Rankings Chairman, thanked the Committee for its \$1500 grant, which enabled a 1988 Rankings Book to be produced, up to 150 deep, by mid-June, 1989. The 1989 book should be available by April, 1990.

Wojcik thanked his volunteers (see Rankings article in this issue), particularly Larry Patz, "who does a great job and should receive an award." More volunteers are

needed. Contact Wojcik, if interested in helping, at 818-785-1895.

The 35# weight will be included under indoor rankings. Puerto Rican athletes will not be included, unless they're permanent U.S. residents.

Meet directors are strongly urged not to list hand times in hundredths-of-a-second.

World Veterans Championships

Barbara Kousky, co-director of the World Championships, showed a moving 20-minute video of the event, which may be available in quantity soon. The print coverage of the Games was outstanding, with features in Runner's World, Running Times and Sports Illustrated. But TV, outside of Eugene, was weak.

The final Championships' budget is not yet complete, but it's estimated that expenses ran close to \$1 million. A profit of \$15,000 to \$18,000 is expected. Kousky said if Eugene hadn't received the \$76,000 from the Masters Sports Association in advance, a lot of things would have been cut out.

"The Games attracted many volunteers, many of whom had never heard of masters athletics. It was a team effort, with back-up at every position, except for Willie, the computer wizard. The Games impacted Eugene like nothing before. It left everyone with a wonderful glow. On December 9, the World Games Organizing Committee received a humanitarian award from the city."

Kousky said Turku didn't have the same presence in Eugene as Eugene did in Melbourne. She said she'd do it again, "but not right away."

Special Competition Events

Should special competition events, such as the Legends Mile (1989 Nationals) or Age-Graded 100 (1989 Nationals) be included in the National Championships? A motion passed that "Special events can only be held at the National Championships with written permission of the Masters Track & Field Chairman, or a committee composed of the Chairman, the appropriate (Outdoor or Indoor) Coordinator and the Treasurer."

Illinois Grand Prix

Dick Green, Midwest Sectional Coordinator, explained how his successful Grand Prix series works. A series of four indoor and four outdoor meets are involved. An athlete pays \$10 to participate in the series. A 3-2-1 point system is used. At season's end, the most points in an event wins a medal. If an athlete wins more than one event, he gets an award with all events listed. About 125-150 attend each meet.

Membership

Sanford Kalb, Membership Chairman, reported Associations must have at least 200 members and five clubs. The minimums may be raised to 500 members and eight clubs. Four associations are currently under the limit.

Kalb encouraged all masters athletes to join TAC. The insurance coverage is valuable to athletes and meet directors. Currently there are 23,775 over-age-40 athletes registered with TAC (T&F, LDR and RW), a total of 92,247; (Youth 36,988, Open 31,484, Masters 23,775). T&F has

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The Masters Track and Field Committee in action at TAC's convention in Washington, D.C.

THE ATHLETICS CONGRESS

November 27 - December 2, 1989

Continued from page 26

52,991; LDR 56,697, RW 5,107 (totals higher since some athletes check more than one discipline).

Site-Selection

Goldsmith said the New England TAC may bid for the 1991 Indoor Nationals at MIT in Cambridge, Mass. It's a 200m mondo track; 8 lanes for 60m dashes. Public transport is plentiful. Rooms would be \$50-\$55. Steve Vitonis and Neil Steinberg would direct.

Friday, December 1 — Morning Session Masters Sports Association

Bob Fine, Chairman of the MSA, said two trust funds are available; one was used to channel funds to the World Championships in Eugene. Discussion as to whether voluntary contributions should be requested on the entry form for the nationals.

Disabled Athletes

Fine reported disabled athletes want to be included as a TAC sports committee.

Senior Games

Kousky appointed a committee of Fine, Phil Mulkey, and Jim Puckett to establish relations with Senior Games throughout the country.

Officials

Sandy Pashkin, Officials Chairman, said all associations have an officials' training film. "Any meet director who needs certified officials should call the Officials Association, and they'll find officials who will travel, at their own expense, to your meet."

Rules

Shirley said TAC's Rules Committee, when it wrote the exemption for masters to the 4-point starting block rule, meant that masters could use a standing start, a 3-point stance, or whatever. But, to clear it up, language will be proposed at the 1990 Convention for the 1991 Rule Book.

Bohigian proposed changing the word "may" to "shall" in Rule 75.3. Shirley said the Rules Committee will consider it.

National Clubs

Donley said National Clubs do not currently apply to masters. They're used to promote the sponsor's name. Members do

not compete in association championships. Gary Miller and Phil Mulkey suggested exploring any advantages in national clubs for masters.

Relay Teams at Nationals

See article by Shirley. Athletes should immediately protest to the meet director if the relay rule is violated.

56 lb. Weight Throw

Chuck Klehm, Weight Coordinator, proposed (through Donley) that a National 56-lb. Weight Throw Championship be held on the second Sunday in September.

Hall of Fame

Gary Miller proposed a Masters Hall of Fame. Kousky will appoint a committee to explore it and report at the 1990 convention.

All-American Awards

Sheahen showed the new AA patch and tag designed by Alex Pappas, being offered to athletes who better the AA standards. Suggestions to drop the word "Award" and add "TAC/USA" to the patches.

Age-Graded Tables

Sheahen said the concept of age-grading is catching on, and several meets have used the age-graded tables book. The U.S. and World Decathlon successfully used the age factors for scoring. The committee requested tables for the decathlon/heptathlon and pentathlon. Meet directors are asked to include the actual mark, age factor, age-graded mark, and points when printing multi-event results.

Sports Medicine

Joan Stratton, Sports Medicine Chairman, said several sports medicine books are now available.

1990 Indoor Nationals

Donley said the Madison, Wisconsin organizers have obtained a sponsor, and that the entry form would appear in the January *National Masters News*.

Accutrack Timing

In a technical but fascinating explanation, Andy Boyajian reminded meet directors that the accutrack unit should be placed on the finish line, not in front of it.

Budget

It was moved and passed that the Com-

mittee drop its plan to raise the issue of the budget on the floor, if it gets enough information in advance.

Frank Greenberg, TAC President, then explained to the group that the unexpected withdrawal of the Ekiden sponsorship caused cuts in the Sports Committees' 1990 budgets. He said TAC's administrative expenses, such as legal expenses involving the South African bans, cost-of-living increases and other commitments forced a 20% increase in the 1990 administrative expense budget. He said salaries of top TAC officers are not public information, and suggested we write to TAC Treasurer Stan Wright and Budget and Audit Chairman Steve Bosley, stating our case.

The Committee agreed it was satisfied with the information and agreed to drop its planned inquiry at the General Meeting.

Appointments

Kousky appointed the following Committee officers: Outdoor Coordinator: Bruch Springbett; Indoor Coordinator: Scott Thornsley; Multi-events Coordinator: Rex Harvey; Secretary-Treasurer: Al

LDR Minutes

Minutes of the Masters Long Distance Running Committee were not available at press time. They will be published next month. □

Sheahen; Outdoor Records: Pete Mundle; Indoor Records: Haig Bohigian; Rankings Coordinator: Jerry Wojcik; Site-selection Coordinator: Max Goldsmith; Racewalking Coordinator: Bev LaVeck; Rules Coordinator: Graeme Shirley. Sectional coordinators appointed were: East: Haig Bohigian; Midwest: Dick Green; Southwest: Danny Thiel; West: Gary Miller; Northwest: Al Phillips.

Donley, Harvey and Goldsmith were appointed as At-Large Delegates, with two additional delegates to be appointed by the Chair. Donley was named to TAC's Board of Directors.

Continued on page 28



Al Sheahen, right, presents plaque from Masters Track & Field Committee to outgoing Chairman Jerry Donley.

TAC MASTERS TRACK & FIELD COMMITTEE BUDGET

| | 1989 Expense | 1990 Minimum Budget | 1990 Maximum Budget |
|--------------------------------|-----------------|---------------------|---------------------|
| 1. Chairman | \$5410 | \$4400 | \$5600 |
| 2. Outdoor Coordinator | 2294 | 1200 | 4000 |
| 3. Indoor Coordinator | 1840 | 500 | 2200 |
| 4. Multi-events Coordinator | 2386 | 600 | 2400 |
| 5a. Eastern Sectional Chairman | 250 | 200 | 1000 |
| b. Southeast | 500 | 200 | 1000 |
| c. Midwest | 700 | 200 | 1000 |
| d. Mid-America | 350 | 200 | 1000 |
| e. Southwest | 700 | 200 | 1000 |
| f. Western | 500 | 200 | 1000 |
| g. Northwest | 350 | 200 | 1000 |
| 6. Board of Directors Meeting | 475 | 500 | 500 |
| 7. Outdoor Records Chairman | 3400 | 2400 | 3400 |
| 8. Indoor Records Chairman | 300 | 300 | 400 |
| 9. Women's Coordinator | 300 | 300 | 400 |
| 10. Secretary/Treasurer | 797 | 800 | 800 |
| 11. Racewalking Coordinator | 0 | 300 | 400 |
| 12. Awards Coordinator | 546 | 500 | 600 |
| 13. Team Managers | 1000 | 0 | 0 |
| 14. Rankings Coordinator | 1500 | 1500 | 1800 |
| 15. Mailing to TAC Members | 1402 | 0 | 0 |
| 16. Miscellaneous | 0 | 300 | 500 |
| Totals | \$25,000 | \$15,000 | \$30,000 |

Clearing Up the Relay Rules

by GRAEME SHIRLEY, TAC Masters T&F Rules Chairman

There has been confusion regarding the composition of relay teams at masters championship meets. I hope the following background and examples explain the eligibility requirements.

TAC/USA publishes two volumes annually:

(1) *Competition Rules for Athletics* answers the on-field questions: e.g. what championships are held, what events are in those championships, what a shot put weighs, or how many attempts a high jumper gets.

(2) *The Directory* includes the Bylaws and Operating Regulations and answers the off-field questions: e.g. who can belong to TAC, what meetings are held, who controls budgets, who sits on committees, or how one can change clubs.

Masters Track and Field has its own section in the Competition Rules. Rules 250 through 253 apply to the Association, Sec-

tional and National Masters Championships. The technical rules of the Open Track and Field apply to masters meets, unless otherwise provided in Rules 250 through 253.

At the Association and Sectional Championship levels, Rule 121.17 applies: "... all members of each relay team must be duly accredited representatives of a single club, school, college, or athletic organization."

At the National Masters T&F Championships, Rule 252 allows members of either a single club or association to form a team.

In the Operating Regulations, Regulation 7 states:

(1) To represent a club of other organization, the organization must be a member of the Congress.

(2) To establish membership in an organization, the athlete must have been a bona-fide resident for at least 90 days of (a)

Continued on page 31

Top Field Set for Naples Continued from page 20

The 8K race will highlight the ICI/Naples Running & Fitness Weekend, which includes an open 8K run, 5K family healthwalk, pre-race clinic and expo. The first 500 registrants will receive a free spaghetti dinner with Rodgers and the other

world-class masters. Anyone over-age-40 may enter, and registrations will be taken on race day.

Circuit awards will be presented at a Saturday night banquet. Dean Reinke, USRA Director, will emcee the weekend's festivities.

Bill Adams, General Manager of Public Affairs for ICI, the major sponsor of the Circuit the past two years, said "we're looking forward to a very exciting weekend. This surely must be the finest field of masters runners ever to compete in one race." □

PUBLICATIONS ORDER FORM

| Quantity | | Total (US\$) |
|----------|---|--------------|
| _____ | Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$2.00. | \$ _____ |
| _____ | Masters Track & Field Rankings Men's and women's 1988 U.S. outdoor track & field, 5-year age-group rankings. 44 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight, relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.95 3.95 | \$ _____ |
| _____ | Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95. | \$ _____ |
| _____ | Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50. | \$ _____ |
| _____ | Competition Rules for Athletics (1989-1990) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95. | \$ _____ |
| _____ | TAC/USA Directory (1989) Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. \$9.95. | \$ _____ |
| _____ | IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95. | \$ _____ |
| _____ | Guide to Prize Money Races and Elite Athletes (1989). Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$32.00. | \$ _____ |
| _____ | TAC/USA Patches. Embroidered, 4" x 3". \$2.50 | \$ _____ |
| _____ | U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50 | \$ _____ |
| _____ | U.S. Track and Field Team Lapel Pins. Cloisstone enamel, 1 1/2" x 5/8", bar pin with safety catch. \$5.00. | \$ _____ |
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ICI Cuts Back Masters Promotional Budget

ICI Americas, Inc., which sponsored the ICI/USRA Masters Circuit in 1988 and 1989, will not be as heavily involved with the 1990 USRA Circuit.

Bill Adams, General Manager of Public Affairs for ICI, said "some of ICI's promotional activities are being scaled back, and we no longer have the budget available to underwrite such a circuit. I think the concept is still valid, and I'm sure Dean Reinke can continue to make it work with other sponsors. He had the drive and enthusiasm to get the Circuit started, and we wish him well."

Adams said ICI, which sponsored the Awards Luncheon at TAC's annual convention last month in Washington, D.C. "still believes strongly in the masters program, and hopes to continue to be involved." □

Minutes of Masters Track & Field Committee

Continued from page 27

Special Presentation

The Committee presented a plaque to outgoing Chairman Donley for his six years of devoted leadership, and for his vision in helping to bring the World Veterans Championships to the United States for the first time. Donley thanked the group and said he would continue to be active, albeit to a somewhat lesser degree.

The Committee officially adjourned at 12:20 p.m.

Friday, December 1 — Afternoon Session with Masters LDR

The traditional joint session of the Masters T&F and Masters LDR Committees was held with Kousky and Charles DesJardins, Chairman of MLDR, jointly presiding.

Budgets

The group agreed the TAC budget process is flawed, and hoped it could be improved.

National Masters News

DesJardins said some distance runners perceived NMN as too oriented towards track & field. Editor Sheahen said NMN tries to be as balanced as possible, but is concerned about the perception. Race directors were encouraged to send results. Readers were encouraged to submit more LDR material.

The nature of the two sports are different. The first three places in each event in a track meet can take a whole page in NMN, while the same results of a race can be put into half-a-column. (A track meet is basically 11 or more events, while a race is only one.) Perhaps deeper LDR results is the answer. Most LDR delegates in the room seemed to feel the paper was fine, as is.

WAVA LDR Championships

Norm Green reported the LDR Committee had unanimously approved a motion to ask WAVA to stage 10K, 25K and perhaps X-C championships in even-numbered years, leaving the 10,000 track and marathon championships to odd-numbered years. □

—Al Sheahen, Secretary

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

March 24-25. U.S. TAC National Indoor Masters Championships, Madison, Wisc. Peter Tegen, 1702 Lynndale, Madison, WI 53711.

July 14-15. U.S. TAC National Masters Decathlon/Heptathlon, Tacoma, Wash. Mark Salzman, 8615 47th St. West, Tacoma WA 98466. 206/565-7840.

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

EAST

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

Each Wednesday, Montgomery High, Rockville, Md., 7 p.m. Interval workouts. January 5-7. 21st Dartmouth Relays, Hanover, N.H. Carl Wallin, Dartmouth College, Hanover, NH 03755. 603/656-2848.

January 7, 14, 20. Development meets, Philadelphia. Peter Taylor, 3120 Schoolhouse Lane, Philadelphia PA 19144. 215/842-3807.

January 13. Hartshorne Masters Mile Invitational, Cornell U., Ithaca, N.Y., Rick Hoebeke, 607/387-6431.

January 14. Brown University Indoor Invitational Meet, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

January 21. Indoor all-comers meet, Barton Hall, Cornell U., Ithaca, N.Y. 1 p.m. Diane Sherrer, 607/387-6281.

February 4, 24. Development meets, Philadelphia. Carl Grossman, 1009 Arboretum Rd., Wyncote, PA 19095. 215/887-3560.

February 18. Indoor all-comers meet, Barton Hall, Cornell U., Ithaca, N.Y. 1 p.m. Diane Sherrer, 607/387-6281.

February 25. New Jersey TAC Indoor Championships, Fairleigh Dickinson U., Hackensack, N.J. North Jersey Masters, P.O. Box 56, Ridgewood NJ 07450.

March 4. Development meet, St. Joseph's U., Philadelphia. Chip Thomas, 705 Beechwood Rd., Media, PA 19063. 215/566-7967 (h); 215/485-8148 (o).

March 10. Philadelphia Indoor Championships, Haverford College. 4:30 p.m. Chip Thomas, 705 Beechwood Rd., Media, PA 19063. 215/566-7967 (h); 215/485-8148 (o).

March 17-18. TAC Eastern Sectional Championships, Fairleigh Dickinson U., Hackensack, N.J. Ron Salvio, Merrill Lynch Realty, Highway 33, Box 116A, Englishtown, NJ 07726.

March 18. Indoor all-comers meet, Barton Hall, Cornell U., Ithaca, N.Y. 1 p.m. Diane Sherrer, 607/387-6281.

June 3. New Jersey Masters Championships, Monmouth College, Long Branch, N.J. Sanford Kalb, 22 Addison Road, Howell, NJ 07731. 201/363-5426.

SOUTHEAST

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

December 30. 12th Annual Holiday Weight Pentathlon and Discorama, Delray Beach, Fla. Phil Partridge, 337 S.W. 14th Ave., Boynton Beach, FL 33445. 407/734-5499.

January 20. All-comers meet, DeLand, Fla. John Boyle, 904/736-0002.

February 18. All-comers meet, DeLand, Fla. John Boyle, 904/736-0002.

March 18. All-comers meet, DeLand, Fla. John Boyle, 904/736-0002.

April 21. Florida Athletic Club Championships, John Leonard H.S., Lake Worth, Fla. Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach FL 33445.

May 4-6. 20th Annual Southeastern Masters Meet, N.C. State U., Raleigh, N.C. Dale Smith, 2401 Wade Ave., Raleigh NC 27607. 919/755-6641.

May 19. Florida TAC Masters Championships, Jones H.S., Orlando. Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach FL 33445.

MIDWEST

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

January 6. Lake Erie Indoor Championships, Maple Heights, Ohio. Charlie Hall, 18616 Restor Ave., Cleveland OH 44122. 216/561-5092.

January 20. Athlete's Foot Indoor Masters Grand Prix Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave.,

E. Moline, IL 61244. 309/255-2655.

January 28. Illinois Masters Indoor Grand Prix Meet, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

February 11. Illinois Masters Indoor Grand Prix Meet, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

February 25. Illinois Masters Indoor Grand Prix Meet. (See February 11.)

March 7. TAC Midwest Indoor Sectional Masters Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

May 27. Wolfpack Pentathlon, Upper Arlington H.S., Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547 (h).

June 2-3. 7th Annual Athlete's Foot Masters Meet and Pentathlon, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 23. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

MID-AMERICA

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

June 2-6. St. Louis Senior Olympics, Wendy Ludwig, 2 Millstone Campus Dr., St. Louis MO 63146. 314/432-5700; ext. 118.

WEST

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

January 6. All-comers meet, Santa Monica City College, Calif., 9 a.m.

January 21. 5th Annual Patriots Relays, Birmingham High, Los Angeles. Open, university, masters. Marvin Thompson, 2301 Hyperion Ave. #P, Los Angeles, CA 213/666-7341.

February 10. CSUB/Bakersfield California Meet, U. of California, Bakersfield. Charles Craig, 805/664-2347.

February 17. Fabulous 50s Indoor Meet, Reno Fairgrounds, Reno, Nevada. College, H.S., Open, Masters. Dept of Athletics, c/o Track Office, U. of Nevada, Lawlor Annex, Reno NV 89557. Mickey Cutler, 702/784-4385 or Tom Hays, 702/784-6870.

February 17-25. Arizona Senior Olympics, Phoenix. Irene Stillwell, 1202 N. 3rd St., Phoenix AZ 85004. 602/495-5490.

February 24-25. Palm Springs Senior Olympics. 50+. Ben Green, 555 N. Palm Canyon, Palm Springs CA 92262. 615/323-5689.

March 11. Sport-Arcade V, Cal-State Northridge, Los Angeles. Marvin Thompson, 2301 Hyperion Ave. #P, Los Angeles, CA 90027. 213/666-7341.

April 29. Mt. Sac Relays (Masters division), Walnut, Calif. Hal Smith, 818/342-1174.

May 13. 5th Annual California State Team Championships, Fresno State U., Fresno, Calif. Open and masters. Marvin Thompson, 2301 Hyperion Ave. #P, Los Angeles, CA 90027. 213/666-7341.

May 26. Anteaters Masters Classic, U. of California, Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

June 3. Striders Relays, U. of California, Long Beach, Calif.

June 16. SCA/TAC Masters Championships, Occidental College, Los Angeles. Woody Studenmund, 1256 Clubhouse Drive, Pasadena, CA 91105. 818/799-5981 before 9 p.m.

NORTHWEST

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

February 3. Eugene Indoor Meet (Masters Division), Eugene, Oregon. Al Phillips, 503/485-6271.

June 23. Federal Way Summer Meet, Federal Way, Wash. Barbara Tight, 33554 36th Ave. S.W., Federal Way WA 98023. 206/874-3226.

INTERNATIONAL

April 13-16. Australian Veterans Championships, Olympic Park, Melbourne.

August 23-26. WAVA North American Championships, Trinidad and Tobago.

LONG DISTANCE RUNNING NATIONAL

January 13. ICI/USA TAC National Masters Grand Championships (8K), Naples, Fla. ICI/Naples Running & Fitness Weekend, P.O. Box 8638, Naples, FL 33941. 407/647-2918.

February 4. TAC/USA National Masters 5K Championships, Deland Fla., John Boyle, P.O. Box 1824, Deland, FL 32721. 904/736-0002.

March 8-11. RRCA National Convention, Miami Beach, Fla. Miami Runners Club, 7920 S.W. 40th St., Miami, FL 33155. 305/227-1500.

May 26. TAC/USA National Masters 10K Championships, Salt Lake City, Utah. Patti Hansen, 1965 West 500 South, Salt Lake City, UT 84104. 801/972-7835.

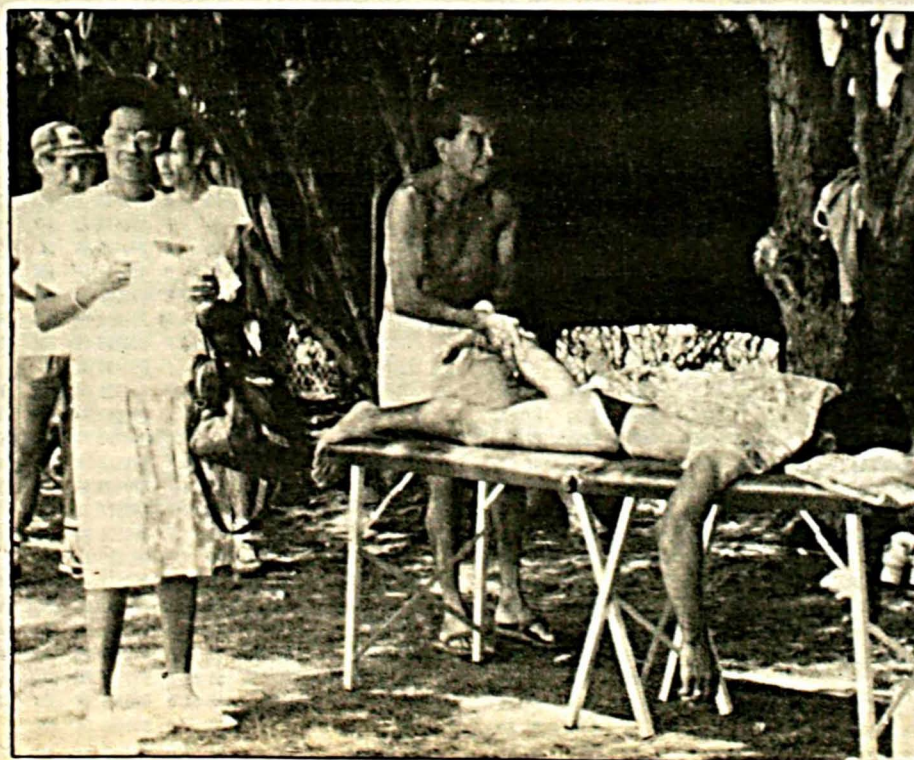
September 23. TAC/USA National Masters 15K Championships, Edina, Minn. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. 612/920-0558.

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

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

October 28. TAC/USA National Masters 10K Cross-Country Championships, Pasco, Wash. Daron Sandberg, 10209 Maple Dr., Pasco, WA 99301. 509/376-1916.

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



Ray Gil's fingers work their magic at the massage tables at the Nationals. Photo by Gretchen Snyder

Continued from page 30

EAST

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

March 3. Last Train to Boston Marathon, Edgewood Area, Aberdeen Proving Ground, Md. Brand Roberts, 8 Class Ct., Baltimore, MD 21234. 301/661-6099.

March 18. New Bedford/Bank of Boston Half-Marathon, New Bedford, Mass. Paul or Susan Foster, 69 Forest St., New Bedford, MA 02740. 508/999-2699.



Jim O'Toole, 57, of Sarasota, Fla., brandishes medal at the NCNB Gulf Coast Senior Olympics, Bradenton, Fla., November 18.

Photo by Jerry Wojcik

SOUTHEAST

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

January 6. Charlotte Observer Marathon, Charlotte, N.C. \$4000 masters money. Box 33581, Charlotte, NC 28233.

January 27. 8th Annual Running Pentathlon, Clearwater, Fla. Masters & Open. 3000, 800, 200, 400, 1500. Dick Lacey, 1207 Duncan Ave. S., Clearwater, FL 34616. 813/447-7161.

February 3. Myrtle Beach Classic 10K, Myrtle Beach, S.C. Dean Reinke, 400 N. New York Ave., Winter Park, FL 32789. 407/647-0433.

February 17. Edison Festival of Light 5K Classic, Fort Myers, Fla. Fort Myers Track Club, P.O. Box 06131, Ft. Myers, FL 33906. 813/278-4786.

February 17. Gasparilla Distance Classic, Tampa, Fla. P.O. Box 1881, Tampa, FL 33601.

February 24. Blue Angel Marathon/5K, Pensacola, Fla. Morale Welfare Recr. Dept., Naval Air Station, Bldg. 632, Radford Blvd., Pensacola, FL 32508-5000.

March 3. Red Lobster 10K Classic, Orlando, Fla. Track Shack, 1322 N. Mills Avenue, Orlando, FL 32803. 407/898-1313 or 800/252-7510.

March 10. Jacksonville River Run 15K,

Jacksonville, Fla. River Run 15K, 3853 Raymeadows Rd., Jacksonville, FL 32127. 904/739-1917.

March 17. Nissan Shamrock Marathon/Masters 8K, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Va. Beach, VA 23451. 804/481-5090.

March 31. 13th Annual Azalea Trail 10K Run, Mobile, Ala. Port City Pacers, P.O. Box 16907, Mobile, AL 36616.

SOUTHWEST

Louisiana, Mississippi, Texas.

January 14. Houston-Tenneco Marathon, Houston. \$7500 masters money. Houston-Tenneco Marathon, P.O. Box 56682, Houston, TX 77027. 713/757-2700.

February 24. Cowtown Marathon/10K, Fort Worth. P.O. Box 567, Fort Worth TX 76101.

March 9. Carnival Miami 8K, Miami Beach, Fla. RRCA National Championship. Miami Runners Club, 7920 S.W. 40th St., Miami, FL 33155. 305/227-1500.

WEST

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

January 20. Paramount 10K World Masters Division, Paramount, Calif. Oscar Rosales 714/841-5417, 213/634-3927. Rated as one of the top 10 races in the country. Masters money. Must meet qualifying standards: M40: 34:00; M45: 36:00; M50: 38:00; M55: 40:00; M60: 43:00; M65: 47:00; M70: 52:00; M75: 65:00; M80: 90:00; M85: 100:00; M90: 110.

W40: 40:00; W45: 42:00; W50: 44:00; W55: 47:00; W60: 52:00; W65: 60:00; W70: 75:00; W75: 90:00; W80: 100:00.

January 28. 12th Super Bowl Sunday 10K, Redondo Beach, Calif. Chamber of Commerce, 1215 N. Catalina Ave., Redondo Beach, CA 90277. 213/376-6913.

February 3. 24th Las Vegas Marathon. Fast, downhill course. Prize money for 5-year age groups through M65, W60. Al Boka, P.O. Box 81262, Las Vegas, NV. 89180. Johnny Clark, 702/878-8414.

February 5 (Monday). Runners Den 10K, Phoenix. Rob Wallach, Runners Den, 6302 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

March 3. Palm Springs Senior Olympics 10K. 50+. Ben Green, 550 N. Palm Canyon, Palm Springs, CA 92262. 619/323-5689.

March 4. Los Angeles Marathon V. 11110 West Ohio Avenue, Suite 100, Los Angeles, CA 90025. 213/444-5544.

March 11. Tucson Sun Run 15K, Dave La Compte, SARC, P.O. Box 40728, Tucson, AZ 85717-0728. 602/744-6256.

March 18. 11th Tom Sullivan St. Patrick's Day 10K, Torrance, Calif. Vistas, P.O. Box

ON TAP FOR JANUARY

TRACK AND FIELD

Indoor meets include the Lake Erie Championships in Cleveland on the 6th; the Dartmouth Relays in Hanover, N.H. on the 6th and 7th; a Philadelphia Masters meet on the 7th, featuring the Tom Robinson Memorial Mile; the Brown University meet in Providence, R.I. on the 14th; and the first 1989 Illinois Grand Prix meet in Sterling, Ill. on the 28th.

LONG DISTANCE RUNNING

The 17th ICI/USRA Masters Circuit event is part of the Charlotte, S.C. Observer 10K/Marathon on the 6th. On the 13th, the Circuit culminates with the ICI/USA TAC National Masters Grand Championship in Naples, Fla. Perhaps the finest masters field ever assembled will vie for \$40,000 on the 8K course.

The Houston-Tenneco Marathon on the 14th offers \$7500 in masters prize money.

On the 20th, the Paramount Special Masters 10K in Paramount, Calif., offers prize money several-runners deep in five-year age divisions through M90 and W80.

More than 20,000 runners are expected for the annual Super Bowl Sunday 10K in Redondo Beach, Calif., on the 28th. □

7000-251, Redondo Beach, CA 90277. 714/548-4897.

March 25. Stanford 50+ Runners Association 7th Annual 8K, Stanford, Calif. Don Anhorn, 415/493-7838, or Maria Marsh, 415/723-9790.

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Clearing Up the Relay Rules Continued from page 27

the association in which the organization is located, or (b) a neighboring association, by agreement of the two associations.

(3) An athlete may maintain membership in an association, once established, after moving to another association, to retain membership in a club.

Regulation 8 limits national clubs to competition at the senior (open) level.

To give some examples:

(1) Al, Bob, Cal, and Don, members of the Leadfoot Track Club, all live in the Florida Association, where the club is registered. They may compete at any level: Association, Sectional, and National Championships.

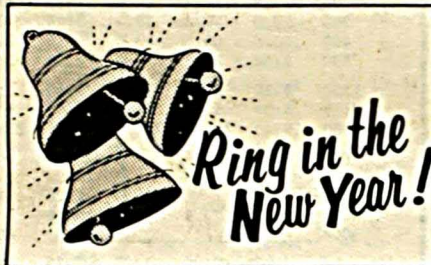
(2) Don moves to Nebraska, but continues registering in Florida and maintains his Leadfoot membership. Al, Bob, Cal, and Don may still compete at any level for the Leadfeet.

(3) Al, Bob, Cal, and Ed represent the

Leadfeet at the Sectionals. Don decides to quit the Leadfeet, but finds no club in Nebraska which will send a team to the Nationals. However, a team in South Dakota will, so, with the permission of the two Associations (and after a waiting period), he joins the Prairie Dog Track Club. He may compete with them at any level.

(4) Meanwhile, Bob gets hurt, so for the Nationals, the three remaining Leadfeet join forces with Fred, a member of the rival Florida Deadheads. Al, Cal, Ed, and Fred may run at the Nationals as a Florida Association team, but may not compete for the Association or Sectional Championships.

(5) The Preparation H national club puts together a team to challenge the Prairie Dogs and Florida teams. They may not represent their club, but if they all reside in one association, they may only compete at the Nationals as an association team. □



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April 1, 1990



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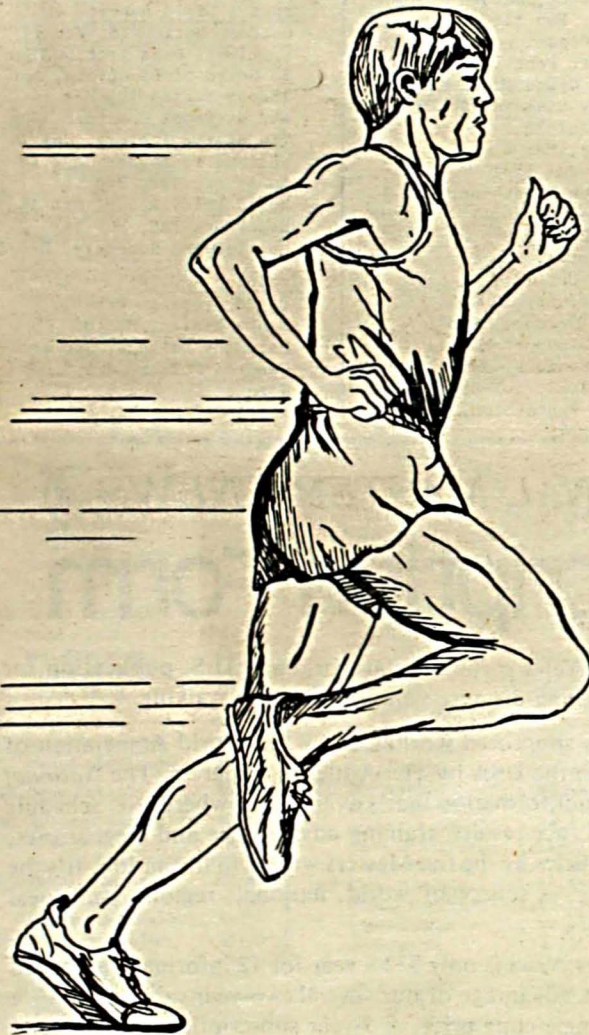
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1990 TAC National Masters Indoor Track and Field Championships

Saturday & Sunday
March 24-25

Camp Randall Memorial Sports Center
University of Wisconsin, Madison



MEET SITE AND FACILITY: Camp Randall Memorial Sports Center, 1430 Monroe Street. The track is a 220 yard, 6 lane (8 for sprint straight) mondo surface (with markings for metric) with mondo runways. High Jump area is smooth urethane and the throwing circle is wood, 1/8" spikes are recommended for mondo and up to 3/8" for HJ. Lockers and showers are available.

ELIGIBILITY: The competition is open to all men and women (no qualifying or standards) age 30 and over. Competition will be in five-year age groups from 30-34 to 95plus. All Competitors must be registered with the Athletics Congress (TAC) for 1990.

RULES AND STANDARDS: As set forth by WAVA and adopted by TAC Masters. Automatic timing will be used.

ENTRY DEADLINE: Early registration must be postmarked by March 1, 1990. Regular registration must be postmarked by March 14. No entries will be accepted that are postmarked March 15 or later. There will be no refunds or changing of events.

ENTRY FEE: Postmarked by March 1 \$ 9.00 First Event \$ 6.00 Each Additional Event \$24.00 Per Relay Team Postmarked March 2-March 14 \$10.00 First Event \$ 7.00 Each Additional Event \$28.00 Per Relay Team

Make checks payable to Wisconsin United Athletic Club and send with entry form to: 1990 Indoor National, 2762 Ledgemont Street, Madison, WI 53711. For additional entry forms use photocopies or write to the above address.

CHECK-IN AND PACKET PICK UP: At the meet headquarters, Best Western The Inn Towner, Friday 4:00 p.m.-10:00 p.m. Saturday and Sunday at the track after 7:00 a.m.

EVENT CHECK-IN: Running event athletes must check in one event prior to their own with the Clerk of Course. Field event athletes must check in prior to the start of their event with the Head Judge at the event site.

WARM-UP AND TRAINING AREA: No warming up will be allowed on the track. The warm-up area will be in the indoor football facility. The track will be available for warm-up on Friday from 5:00 p.m.-11:00 p.m. Athletic trainers will be available at the track on Saturday and Sunday.

FIELD EVENTS: Implements will be inspected at the track beginning at 7:00 a.m. on Saturday. High jump and pole vault heights will be set based upon heights submitted on the entry forms.

TRACK EVENTS: Trials will be run in age groups starting with oldest women to youngest men. Age groups in the 55M Dash and 55M Hurdles having eight or less reporting for the trials will run at the scheduled final times, 200M Dash (six or less). The 400M Dash and longer will be timed finals run in sections starting with oldest women to youngest men.

RELAYS: All relay team members must be members of the same club. Runners may move down from their age division. The following events will be held: 4x440: M&W30-39, W40+, M40-49, M50-59, M60+ 4x880: M&W30-39, W40+, M40-49, M50-59, M60+

MEET SCHEDULING: Meet schedule is subject to change. Updated schedules will be posted at the track and at the meet headquarters on Friday, March 23. Age groups may be combined to fill open lanes.

AWARDS: National championship medals to top three in each division in each event including all relay team members. National champion patches will be awarded to first place winners.

MEET SOCIAL: An informal social will be held Saturday evening beginning at 8:00 p.m. at the Best Western, The Inn Towner.

LODGING ACCOMMODATIONS: The following hotels have rooms reserved until February 23. Indicate that you are with the National Masters Meet. Additional information from the Madison Convention Bureau, 121 W. Doty, Madison, WI 53703. (608) 255-0701.

Best Western, The Inn Towner (Meet Headquarters) - \$50 S.D. Pool, 1 mile from track, 2424 University Avenue, (608) 233-8778.

Sheraton Inn - \$56 S, \$64 D, Pool, 3 miles from track, 706 John Nolen Drive, (608) 251-2300.

University Inn - \$41 S, \$49 D, 1.5 miles from track, 441 N. Frances, (608) 257-4881.

Howard Johnson - \$52 S, \$59 D, Pool, 1 mile from track, 525 W. Johnson Street, (608) 251-5511.

Madison Inn - \$40 S.D, 1.5 miles from track, 601 Langdon Street, (608) 257-4391.

Ivy Inn - \$38 S, \$44 D, 1 mile from track, 2355 University Avenue, (608) 233-9717.

SATURDAY FIELD EVENTS

| Time | Event | Division | Round |
|------------|--------------|-----------|---------------|
| 8:00 a.m. | Weight Throw | 30-49 M,W | Trial & Final |
| | Long Jump | 50+ W | T & F |
| 9:00 a.m. | Long Jump | 30-49 W | T & F |
| 10:00 a.m. | Weight Throw | 50+ M, W | T & F |
| | Pole Vault | 40-49 M | F |
| | High Jump | 35-39 M | F |
| 10:30 a.m. | Long Jump | 70+ M | T & F |
| | Shot Put | 30-34 M | T & F |
| 11:30 a.m. | Long Jump | 60-69 M | T & F |
| 12:00 noon | High Jump | 40-44 M | F |
| 12:30 p.m. | Long Jump | 30-34 M | T & F |
| | Shot Put | 30-49 W | T & F |
| 1:00 p.m. | Pole Vault | 50+ M | F |
| 2:00 p.m. | High Jump | 45-49 M | F |
| 2:00 p.m. | Shot Put | 55-59 M | T & F |
| 2:30 p.m. | Long Jump | 35-39 M | T & F |
| 3:30 p.m. | Pole Vault | 30-34 M | F |
| | Shot Put | 35-39 M | T & F |
| 4:00 p.m. | High Jump | 60+ M | F |
| 4:30 p.m. | Long Jump | 40-44 M | T & F |
| 6:00 p.m. | Pole Vault | 35-39 M | F |
| | Shot Put | 60-64 M | T & F |
| 6:30 p.m. | Long Jump | 45-49 M | T & F |
| 7:00 p.m. | Shot Put | 65+ M | T & F |
| 8:30 p.m. | Long Jump | 50-59 M | T & F |
| 9:30 p.m. | Triple Jump | 30+ W | T & F |

SATURDAY TRACK EVENTS

| Time | Event | Division | Round |
|------------|------------------|----------|-------|
| 10:00 a.m. | 55M Dash | All M, W | Trial |
| 11:30 a.m. | 1500M Run | All M, W | Final |
| 1:30 p.m. | 55M Dash | All M, W | Final |
| 4:00 p.m. | 400M Dash | All M, W | Final |
| 5:30 p.m. | 3000M Walk | All M, W | Final |
| 7:00 p.m. | 4x880 Yard Relay | All M, W | Final |

SUNDAY FIELD EVENTS

| Time | Event | Division | Round |
|-----------|-------------|----------|-------|
| 8:00 a.m. | Triple Jump | 70+ M | T & F |

SUNDAY FIELD EVENTS CONTINUED

| | | | |
|------------|-------------|---------|-------|
| 8:00 a.m. | High Jump | 30+ W | F |
| | Shot Put | 40-44 M | T & F |
| 9:00 a.m. | Triple Jump | 35-39 M | T & F |
| 10:00 a.m. | High Jump | 50-54 M | F |
| | Shot Put | 50+ W | T & F |
| 10:30 a.m. | Triple Jump | 30-34 M | T & F |
| 11:00 a.m. | Shot Put | 45-49 M | T & F |
| 11:30 a.m. | High Jump | 55-59 M | F |
| 12:00 noon | Triple Jump | 40-44 M | T & F |
| 1:00 p.m. | Shot Put | 50-54 M | T & F |
| | High Jump | 30-34 M | F |
| 1:30 p.m. | Triple Jump | 45-49 M | T & F |
| 3:00 p.m. | Triple Jump | 50-59 M | T & F |
| 4:00 p.m. | Triple Jump | 60-69 M | T & F |

SUNDAY TRACK EVENTS

| | | | |
|------------|------------------|----------|-------|
| 8:00 a.m. | 55 M Hurdles | All M, W | Trial |
| 9:00 a.m. | 200M Dash | All M, W | Trial |
| 9:30 a.m. | 800M Run | All M, W | Final |
| 11:00 a.m. | 55M Hurdles | All M, W | Final |
| 12:00 noon | 3000M Run | All M, W | Final |
| 2:00 p.m. | 200M Dash | All M, W | Final |
| 3:30 p.m. | 4x440 Yard Relay | All M, W | Final |

ENTRY FORM 1990 INDOOR MASTERS MARCH 24-25

NAME _____ BIRTHDATE _____ AGE ON 3/24 _____ M F

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE () _____ 1990 TAC # _____ (required) YOUR CLUB _____

EVENTS ENTERED _____

BEST MARK 88-89 _____

OTHER RELAY TEAM MEMBERS _____
(Send one entry only per team)

T-SHIRTS AT \$9 MEN'S SIZE S M L XL INDIVIDUAL FEES \$ _____ RELAY FEES \$ _____ T-SHIRT \$ _____

Make checks payable to Wisconsin United Athletic Club - entry postmarked by 3/14 send to 2762 Ledgemont St. Madison, WI 53711.

TOTAL AMOUNT ENCLOSED _____

ATHLETE AND PUBLICITY RELEASE: 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 the Athletics Congress, Wisconsin United Athletic Club, The University of Wisconsin, Wisconsin Physicians Service, all other meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed. I hereby grant my permission to the use of films, videotape and photographs for news coverage and meet publicity in which I may appear.

DRUG TESTING NOTICE: Athletes who participate in the competition will be subject to testing in acceptance with TAC rules and IAAF Rule 144. Athletes found positive to banned substances, or who refuse to be tested will be disqualified from the event and will lose eligibility for future competition. Some prescription and over-the-counter medications contained banned substances. Information regarding drug and drug testing can be obtained by calling USOC Hotline at 1-800-233-0393.

ATHLETE'S SIGNATURE _____ DATE _____

HOSTED BY:



SPONSORED BY:

