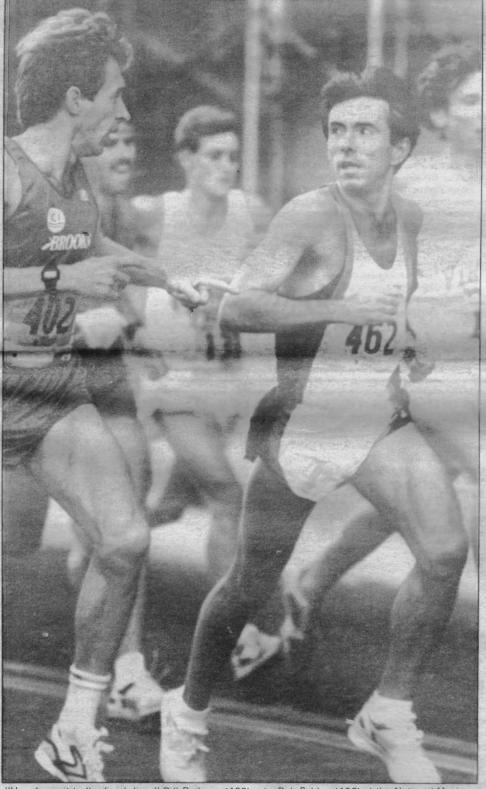


**135th Issue** 

November, 1989

# Waigwa, Rodgers, Binder Win in National 10K



'How far is it to the finish line," Bill Rodgers (402) asks Bob Schlau (462) at the National Masters 10K Championships in Pittsburgh.

# Green, Heffernan Top Age-Graded Runners

# by MIKE DAVIS

PITTSBURGH - There were three masters winners in the September 24 Great Race 10K.

Wilson Waigwa (40, San Diego) set a masters course record with his time of 30:16, earning a \$500 bonus in addition to the \$1,000 first-place prize.

But since the race was the masters 10K championship for The Athletics Congress - and Waigwa is from Kenya and not yet an American citizen runner-up Bill Rodgers (41, Sherborn, Mass.) took the TAC title with his time of 30:26.

Laurie Binder (42, Oakland, Calif.) won both honors with her winning time of 34:01.

Trailing Waigwa and Rodgers was Bob Schlau (41, Charleston, S.C.), in 30:53. Schlau had considered skipping this year's race after Hurricane Hugo swept through his city September 21, but made a last-minute decision to enter after his home escaped major damage. He set the previous masters record of 30:17 here last year.

Waigwa's win pulled him a point closer to Rodgers in ICI/USRA point standings in the 40-44 age division. Binder, who was in fifth place going into the race, moved up a position.

Winning the TAC championship came as a surprise to Rodgers, who said after the race he had been injured and hadn't done any speed work for five months. "If I hadn't started slow and if I had been able to train properly, I would have been competitive with Wilson," he told Shelly Anderson of the Pittsburgh Post-Gazette.

Wilson said he had problems of his own — a left ankle he sprained about a week ago. "The first three miles I was limping until I got used to it," he said., estimating that he passed Rodgers at about the two-mile mark.

Continued on page 9



\$2.25

Laurie Binder, 41, wins the 1989 National Masters women's 10K title in Pittsburgh's Great Race, September 24, in 34:01. Photo by Sailer, Ltd.

# **INSIDE:** International Section - pages 15-19 • ICI/USRA Circuit — pages 20-21

• Long Distance Rankings - Pages 26-27

# Photo by Sailer Ltd

# Hart, Irvine Set World Records In Berkeley

by RICHARD KELLAM of The Berkeley Voice

World-record performances by Eddie Hart in the 100 and Marion Irvine in the 3000 highlighted the rain-soaked seventh annual Northern California Seniors Track and Field Classic at U.C. Berkeley, September 16.

The meet was directed by Jim Johnson and over 150 competitors aged 30-90 braved rain and hail to participate in a full slate of track and field events on a day that was tailor-made for armchair athletes to stay indoors sampling from a vast menu of televised sports.

Hart. 40, running during a break in the rain, glided to the M40 record in 10.6, distancing himself from the rest of the field by 30 feet and drawing oohs and aahs from the sparse, wet crowd.

"Technically, I ran a good race to-Continued on page 8

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

Editor and Publisher: AI Sheahen Senior Editor: Jerry Wojcik Assistant Editor: Steve Lewallen Schedule Editor: Jerry Wojcik Circulation Manager: Linda Webster Advertising Manager: Linda Banning Production: American Publishing Co. Outdoor Track & Field Records: Pete Mundle Indoor Track & Field Records: Haig Bohigian Long Distance Records: TACSTATS Racewalking Records: Bev LaVeck Track & Field Rankings: Jerry Wojcik Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn

Correspondents: Larry Banuelos (CA), Tom Bell (NM), Frank Bowles (CO), John Boyie (FL), John Brennand (CA), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Phil Loomis (M1), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Barbara Pike (MA), Phil Raschker (GA), Dean Reinke (FL), Herb Seegert (MI), Bob Stone (CA), Tom Sturak (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornsley (PA), Mike Tymn (HI), John White (OH), Ken and Jennifer Young (AZ), David Zinman (NY).

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Photographers: Alex Coffin (NC), Gene Cohn (CA), Mike Davis (IN), Teri Ingram (CA), Jim Oaks (AL), Kathy Ruser (DC), Karen Russi (FL), Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen

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

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 (S7 to per year, depending on the region). 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

TO

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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National Masters News

page 3

**A WILLIE BANKS** 

or A YURIY SYEDKH

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## National Masters News



# CUT THE DISTANCE

In the October Speaker's Corner ("Cut the Distance"), Hal Higdon says there are too many opportunities for distance runners in the World Veterans Championships. His proposal to eliminate the 10,000 track race while retaining the 10K road event goes against the purpose of track and field. As veterans, we mirror the Olympics. Higdon's proposal is an incredulous one that does not merit serious consideration.

There are, however, two ways of cutting down on the distance races:

1) Remove the 10K and marathon to separate venues in alternate years - a proposal likely to be made by Jacques Serruys, WAVA's Non-Stadia Vice-President.

2) Limit the number of entries per athlete to, say, five.

Many of Higdon's other suggestions were sensible, and he should be congratulated for opening the debate.

> Martin Duff Surrey, England

### **ONE JAVELIN, PLEASE**

In response to Larry Stuart's comments (Sept. NMN), there is no "old" vs. "new" javelin controversy. There is, and can only be, one legal javelin. It is totally irrational for competitors in a given javelin competition to use dissimilar implements.

Larry states to discontinue the use of the old javelin unfairly affects those in

pursuit of age records, but he goes on to state. . . "for us guys over 40, I doubt whether it makes any difference." Is he crazy? Did he not watch Janis Zirnis (URS) throw in the 40-44 age division (VIII World Veterans Championships)? Janis has been a world class thrower for many years, and holds the M35-39 world age record at 287', set with the "old" javelin. He won his age division in Eugene with a throw of 71.10 meters (approx. 233'). The flight of the javelin was clearly affected by the "new" design, in which the fulcrum of the spear is moved forward, causing the tip of the spear to nose down, eliminating flat throws, impacting all thrower's distances by up to or greater than 20%.

The present javelin should not influence Larry's pursuit of age records. Records should be established by competitors using the official legal implement, at the time. This also means that Larry's existing age records stay on the books (perhaps with an \*) and new age standards should be established with the present javelin, just as was done in the open division. There should be no ambiguity.

A footnote from the editor to Larry's comments stated. . . "In Eugene, the WAVA voted to allow the use of either the "old" or the "new" javelin in the future competitions." If that's true, the masters javelin event

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has become a joke and sadly cannot be taken seriously.

Regrettably, I for one will choose not to compete as a veteran if the various Rules Committees can not come to grips with the issue of standardization of implement specifications. Tom Gregerson

### **RESULTS OF WORLD DECATHLON**

I was disappointed with the result reporting for the World Games Decathlon, which only listed the first eight finishers and provided only final scores with no individual event performances.

In contrast, the U.S. National Decathlon results was detailed for both IAAF and age-factor scoring in each event, with both metric and english units. Now this is very professional and of lasting value to readers.

Is there any source for the World Games complete Decathlon/Heptathlon results?

Edward Martin

Anaheim Hills, California (The results will appear in the official World Championships Results Book, which should be mailed this month to those who paid \$10 in Eugene. - Ed.)

### **DONLEY PRAISED**

To: Jerry Donley, Chairman, U.S. Masters Track & Field Committee Dear Jerry,

Since you stated to me you have decided not to run for re-election as incumbent TAC National Masters Track and Field Chairman, I have given considerable thought to running as your successor.

If elected, you certainly will be a hard act to follow because, in my judgement, and I believe in that of most of our associates in Masters athletics, you have performed extremely well during a period of exceptional growth in our program.

During your administration we have seen a remarkable upsurge of activity in Masters Racewalking which has brought many new devotees into our athletic fold.

From entries of 400-500 in our National Track and Field Championships, we have seen them climb into the 900 level in 1987 and 1988, and to 1500 (including the foreigners) in 1989.

Also, during your administration, you headed up an effort to bring the WAVA World Championships to the USA in 1989, as well as chair the site selection committee which made the determination of which group would

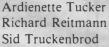
# 7 Join NMN **Sustainers**

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 indepth schedule section, and more.

Special thanks this month go to Melvin Brothman, who generously donated \$100.

Thanks also to:

Ed Fern Ernest Dieckmann Richard Reitmann **Bob** Stone





Richard Katus, M40 winner (15,18) 110mH TAC National Masters T&F Championships, San Diego, July 20-23. Photo by Jerry Wojcik

be the US nominee. As it turned out, Eugene proved an excellent choice. I am confident those who attended this year's world championships felt that Eugene did an excellent job, probably the best we have seen since their inception in 1975.

We also saw the largest entry, nearly 5,000, in Eugene which demonstrates how fast this athletic program has grown in 14 years. In fact, WAVA is now struggling with the problem of coping with the numbers of people wishing to be allowed to enter.

You can take considerable personal satisfaction in having been an integral part of these efforts and as a leader in the program. I, personally, wish to thank you for your even-handed leadership of the TAC Masters during your incumbency.

> David Pain San Diego

**REMEMBERING BILL FAIRBANK** 

The sudden passing of Bill Fairbank, a treasured friend and training partner, is a great loss to all who knew him. The Continued on page 9

Advertisement



# GOOD NEWS!! Now You Can Banish Fatigue

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I am constantly searching for new, safe, and effective metabolites for improving athletic performance. I subscribe to most of the sports medicine journals, read the latest studies and am constantly researching and evaluating new ideas and products. Frankly, most don't work.

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."

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# Gordon Wallace: A Life of Adventure

he 19th century Swiss philosopher Henri Amiel wrote: "To know how to grow old is the master-work of wisdom, and one of the most difficult chapters in the great art of living."

Amiel most certainly would have been in awe of Gordon Wallace of Prescott, Arizona. Here's a guy who will be 80 on November 10.

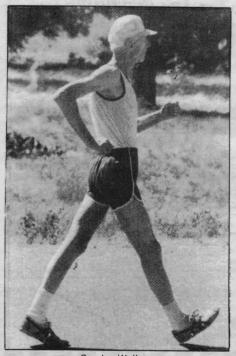
Consider his latest chapter: Six months ago, Wallace received his doctorate in American Studies from the University of Texas at Austin. That's right, a Ph.D. at the age of 79!

In the preceding chapter, Wallace was busy winning numerous national and world age-group championships in race walking, breaking dozens of records along the way.

Back one more chapter, we find Wallace planning and directing the Dominguez-Escalante Bicentennial Expedition of 1976, an adventure that covered 1800 miles through New Mexico, Colorado, Utah, and Arizona on horseback.

Skipping a chapter (which we'll get back to) as we continue in reverse, Wallace, then 65, is trekking over five lateral ranges of the Himalayas to 18,500 feet and the base camp at Mount Everest, just one of many treks he led for the Sierra Club.

Then there's the chapter during his late 50s and early 60s when he earned two masters degrees — from San Francisco State College in English and from Arizona State University in the humanities.



Gordon Wallace

Career in the Army

His career in the Army would take a half-dozen chapters — from the time he saw action in the Battle of the Bulge as an infantry sergeant, through his days as a military intelligence officer during the Japanese, Austrian, and German occupations, and into the Korean War. In one of those chapters, Wallace learned to read, write, and speak Japanese with social fluency. Somewhere in there, he earned his B.A. at the University of Michigan and also studied at Yale, Stanford, and the Universities of Idaho and Maryland.

The early chapters have him working as a shipping clerk, truck driver, hardrock miner, stonemason, lumberjack, road construction foreman, citrus tree surgeon, aircraft medal worker, hotel desk clerk, and a storekeeper. He spent two and half years as a U.S. border patrolman and then six years as park ranger in Sequoia National Park before joining the Army.

Also in there is his marriage to Mary, their three children and seven grandchildren.

All that from someone born and raised on the Kansas prairie. There's enough for a book; in fact, Wallace has authored two books about his experiences — Random Journey: Selections from the Notebook of a Longtime Wanderer and The Valiant Heart. A third book containing more than 100 autobiographical anectodes is close to completion.

Back to that "missing chapter," which begins in 1976 at age 66. It involves an experience of a different kind - a negative one with a positive result. "By the time I reached home, I knew I was in trouble - big, big trouble," Wallace writes in his second book. "I had walked downtown to do a chore or two and, that completed, had started back up the slowly rising slope toward home half-a-mile away. I had gone only a hundred yards and was still on level ground when an unseen hand suddenly clutched my chest and held it in a vise-like grip. There was no sharp pain just an inexplicable tightness."

### **Angina Pectoris**

The diagnosis: angina pectoris. Wallace had a critical blockage in the three main coronary arteries of the heart. "The incontrovertible fact was that I was afflicted with a general condition for which the medical term is 'arteriosclerosis' and the popular term is 'hardening of the arteries'," Wallace explains.

Needless to say, Wallace was stunned. Here's a guy who had led a healthy, active life, had never smoked, had always been underweight, had normal blood pressure readings and whose cholesterol and triglyceride counts were never at a dangerous level. His father had lived into his 90s, although his mother died at age 71 of the same disease. The doctors did not feel that his mother's genetic influence was a significant factor.

The only explanation left was stress and a Type A personality — aggressive, hard-driving, time-conscious, competitive. Wallace and his doctors believe that this risk factor may have been the cause, but could come to no definite conclusions.

Whatever the cause, Wallace elected coronary bypass surgery over life-time medication and a relatively sedentary existence. "To continue, in effect, as a cardiac cripple was not my style," Wallace explains his decision.

### Discovering Race Walking

The positive result: discovering race walking. Wallace had done some jogging, and had even run a half-marathon, prior to the angina attack. Following his surgery, he tried lap swimming for several months and then went back to jogging. But he found both swimming and jogging to be "joyless, tedious, and painful."

Wallace, who stands 6-2 and at that time was a few pounds over his present 142, then tried Dr. Kenneth Cooper's walking-for-points system. A few months later, a friend gave Wallace a copy of a program from the Senior Olympics, which included race walking among the events. Wallace decided to give it a try.

"In the beginning, there was a period of a few weeks when I was able to cover the ground faster at a conventional speedy walk than I could with the legal technique required in competition," Wallace writes in his book.

### **A Little Coaching**

But Wallace then got a little coaching in proper race-walking technique and he was on his way. In only his second year of competition, Wallace finished fourth in the 65-69 race walk at the 1979 World Veterans Games in Hannover, West Germany.

"Although I have won four gold medals in world masters competition, I still think of that fourth-place finish as my proudest moment in sports," says Wallace. "The only three to beat me were all four years younger. A hundred days later I would have been a double gold medalist. As it was, I defeated everyone my age or older, some 26 competitors from numerous nations."

The real high point of Wallace's race



Gordon Wallace, Oct. 1977

walking career came in the 1981 World Games in Christchurch. There he won gold medals in the 5K track walk, the 20K road walk, and a third as a member of the 20K road-walk team. When he mounted the victory stand to accept his second and third medals, Wallace felt some ambivalence. "The quest that had given my life zest and purpose had ended; the pinnacle had been reached and savored, but the taste was bittersweet," he recalls. "A marvelous part of my life had ended in a marvelous manner, but it [was] ended, for that particular quest would never dominate my life again. It was a time to feel fulfilled, and it was a time. to sense a loss.'

### Not As Intense

Wallace has continued to compete, although not with as much intensity. He captured the gold in Rome four years ago. This year he took the silver in the 5K track walk at the Nationals in San Diego and the bronze at Eugene.

"I still have the desire to excel and love to race, but cannot now, at 79, call up the necessary motivation to endure severe training," he says. "In view of only seven weeks training, I was pleasantly surprised at my showing in Eugene."

What chapters are ahead in the continuing saga of Gordon Wallace? "I'm still brainstorming that," Wallace responds. "I have a number of projects I've been holding back on. Number one, I'm going to catch up on my world travels. I've been letting that slide for a few years while pursuing the academic work. After that it will be some more writing.

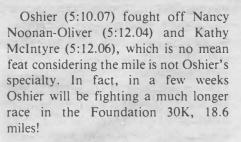
"I go into a new age group on November 10, but don't plan to seriously train or compete before preparing for Turku, Finland in 1991. Of course, I will continue three or four times a week at a moderately fast pace for three miles to keep cardiovascular fit."  $\Box$ 

[Wallace's book, "The Valiant Heart" is available by direct mail from Lamplighter Press, 102 Aztec St., Prescott, AZ 86301 for \$14.70, including shipping.]

# Almberg, Oshier Take Masters Titles in Mercedes Mile-

New York, September 23 - Standing in the middle of Fifth Avenue, a small but significant pack of masters runners were staring into the face of Hugo, one of the most damaging hurricanes in recent years. While Hugo was now little more than a gentle gust compared to his viciousness earlier, to these runners he was 25 miles-an-hour of head-on wind and threatening rain. To Larry Almberg, he was a friend, for Almberg trains in the winds and rain of Seattle. To Almberg, and to women's runner Nancy Oshier, Hugo was little more than a bothersome mosquito buzzing around the ears.

Larry "Woody" Almberg (sonamed by the announcer at the World Veteran's Championships who introduced him as the man "who has literally come out of the woodwork'') crushed not only Dan Frey, last year's masters winner, with his masters course record of 4:10.16, but the awesome Wilson Waigwa, current world record holder (4:07.4) of the



In the newly-added 50-plus division, Willie Kaye barely beat-out Sid Howard, 4:42/4:43.

All runners had to qualify to compete in the Mercedes Mile, which Almberg did easily by coming in second to Waigwa in the 1500 meters of the World Veterans Championships with a 3:58.18.

Not so easy was making his way to New York for the race. It took the help of Gina Blanchette-Cupp, a woman dedicated to advancing Almberg's run-

Entry Fee \$10.00

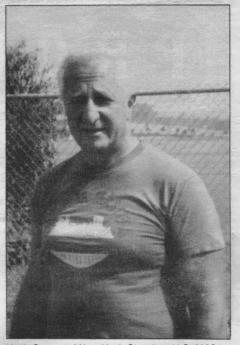
ning. Blanchette-Cupp paid for Almberg's plane ticket out of her own pocket and considered herself wellrewarded by the smile on his face after his amazing win over high winds and tough competition.

- From Jim Hampton and Teri Ingram

# **Ten Years Ago** November, 1979

- America's Ruth Anderson is First Woman to Enter Londonto-Brighton 54-mile Race.
- Britain's Joyce Smith, 41, Wins Avon International Marathon Overall in 2:36:27.
- President Jimmy Carter, 54, Drops Out of Catoctin Mountain 10K.

TAC NATIONAL MASTERS 8K



Herb Cantor of New York City, first U.S. M60 in the hammer (36.62), TAC National Masters T&F Championships, San Diego, July 20-23 Photo by Jerry Wojcik

masters mile.	
A ANA	

Larry Almberg set two American masters records in Eugene, in the 1500 (3:53.18) and 10,000 (30:50.37), and won the Mercedes Masters Mile in 4:10.16. Photo by Gretchen Snyder

CHAMPIONSHIPS/MISTLETOE RUN (Final Event of TAC National Convention)			
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Computerized Finish Line	•T-Shirts/Refreshment		
Masters 5 Yr. Age Groups	Random Awards		

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- hments

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	RACE CARD#
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# Marilla Salisbury

### by KAREN KAY

15, 1988.

their Sports Hall of Fame on October

tation," Marilla said. "It was the most

thrilling event of my mature years."

"This far surpassed my every expec-

She said her five grandchildren,

ranging in age from 10 to 21, are very

proud of their grandma and that they

challenge her on the track and keep her

happy. Her married son and daughter

also encourage her. So does Earl, "the

best husband in the world," she said.

school teacher, took up the sport of

running at age 72 because she was

becoming a "sedentary lump," she

said. She had grown tired of hearing

her friends complain about their aches

and pains while they did nothing to alleviate the pain. Suffering from

Parkinson's disease and arthritis, she was determined not to become just

another "old whiner." She said her ar-

thritis pain in her back had become so

bad that she could not bend over and

tie her shoes! Neither could she turn

her head, which almost prompted her

to give up driving. She then knew that

One evening Marilla was driving

around with her husband, Earl, and

they noticed a new Family Fitness

Center opening up. They went in. The

just loosen up so I could run," she

"It took nearly two years for me to

"Some of the girls at the fitness gym

were going to San Juan Capistrano to

do a 10K run and invited me to go

along. I finished in 93 minutes, leaving

with top honors in the women's

60-and-over division. I not only left

with a gold medal, but also received a

kiss from the mayor, cheers from

Marines and hugs from teachers. From

then on, I was hooked on the sport."

and young and that Parkinson's

disease has not kept her from com-

Marilla said that she feels healthy

"At times it is difficult to kick up my

heels in running," she said. "Brady-

kinesia arrests ongoing movements and

balance, but I don't envision giving up

any activities because of it." She added

that discipline and persistence will keep

"I want no pity - only understan-

Not only is Marilla known for her

her ahead of the disease.

ding and recognition."

next day she went back and joined.

said.

peting.

she had better start exercising.

Marilla, a 5'5", 116-lb. retired

t's not every day one sees an 81-year-old woman running around the track, let alone competing in major world events and winning gold medals, Marilla Salisbury, a.k.a. "Sunbonnet Sue," is quite the exception.

Within the past 10 years, Marilla has become known for her exploits in track and field, running and race walking for senior citizens. Her athletic career has evolved into winning more than 400 national and international medals, carrying the Olympic torch in 1984, receiving a plaque from President Reagan for being an inspiration to others, being featured on numerous television programs (national and abroad) and competing on six continents. She was even profiled recently in *The National Enquirer*.

Marilla said her most exciting experience was being inducted by her alma mater, Pasadena College, into



Salisbury

helping and motivating others whenever and wherever possible. She speaks to grade school, high school, college and university students as well as women's clubs, Parkinson's groups, Kiwanis clubs, church groups, and anywhere she feels she can inspire and motivate others to exercise. Each day, she goes to a retirement

athletic ability, but she is also known

for being a loving, caring person -

home and walks a 92-year-old blind/ crippled woman up and down the hall many times.

"The is no excuse for not exercising," she says.

She is known to many as "Sunbonnet Sue," the nickname her husband, Earl, gave her because of the colorful bonnet she wears while running. "Beauty is in the eyes of the beholder.

"There are a few 'spoil sports' who are envious of me, but they are in their 50s and 60s and have never walked in the moccasins of an 80-year-old," she said. "But I thank the Lord for them... they keep me on my toes."

She likes to show her medals as often as possible, because "they motivate others." She won two gold medals in the race walks in the recent World Veterans Championships in Eugene, competing in the 80-84 age division. She said she will keep walking and running as long as she is able and can motivate and encourage others to exercise.

"Receiving medals," Marilla said, "is an elixir that makes my life a neverending adventure of excitement!"

Marilla explained that there are a few people who have become upset with the fact that she sometimes ends up being the only participant in meets for her age group. She ultimately leaves with the medal(s) because no one is competing against her.

"I feel I deserve the medals for working out everyday and for trying. I can't help it if no one is there competing with me. I don't understand why others sometimes become bitter feeling I don't deserve to win anything. It takes effort to go around the world to participate."

She said there are many women living in her age bracket just sitting in their rocking chair. "Give them a 'carrot' and motivate them to exercise. Medals are carrots to me."

"I wish it were different, but there just aren't many women to compete against as I get older," Marilla said, who, with her bubbly enthusiasm and zest for living, appears to be getting younger everyday.

Hart, Irvine Set World Records in Berkeley Continued from page 1

day," Hart said. "I got a good start, I was able to surge, then relax, and go all the way to the finish."

Hart, a 1972 Olympic gold medalist in the 4x100 relay, broke the 17-yearold world record of Thane Baker by one-tenth of a second.

"The wind reading was exactly zero," said Jim Johnson, meet director.

Later, Hart downplayed the significance of the record, but acknowledged satisfaction in winning the Harry Koppel Award, given to the top male and female performers in the 100.

The late Harry Koppel was a onetime world record holder in the 100 for men 70-74, a performance that Hart paced him to.

The woman's winner of the Harry Koppel Award was 48-year-old Lynda Jackson, who covered the distance in 15.0.

The winners were determined using age-graded standards.

The same standards were applied to determine the best track and field performances of the day.

Top field performer was 76-year-old Ross Carter, who threw the shot 11.96m.

The 3000 provided one world and one American record. Sister Marion Irvine, the 59-year-old nun who qualified for the 1984 Olympic Trials in the marathon, ran a world W55 record of 11:20.2, breaking the old mark of 11:29.0, set by West Germany's Lydia Backes in 1981. Dave Stevenson, 61, set an M60 American 3000 record with a 10:31.4 clocking. Their performances were especially notable as they were achieved in spite of steady rainfall.

Shirley Matson used a break between storms to set an W45 American record 2:26.2 in her first-ever 800. The 48-year-old already holds many agegroup records at distances from 1000m to 30K. Her time broke Susan Redfield's 1982 standard of 2:26.9.

Because there were fewer competitors than expected, several agegroups competed simultaneously to fill out the fields. Matson raced virtually alone as she beat 54-year-old age-group winner Vickie Bigelow, who finished in 2:40.3.

The rain may have shortened the list of participants and moistened the track, but it didn't dampen the spirit of the athletes who competed. They shielded themselves by huddling under the sparse vegetation lining the track while waiting for their events to begin.

Most performances seemed little affected by the rain. Pole vaulter Ed Seese, 31 hours shy of moving into the M40 age-group, said good technique could conquer poor weather conditions.

"It's a mental game you have to play with yourself," the Pittsburgh native said. "The first time I vaulted 12 feet it was snowing."

Paul Spangler, 90, star of the World Veterans Games, added two more world records to the pile with a 2:13.0 400 and a 20:08 3000.  $\Box$ 

**National Masters News** 

Under ideal weather conditions, the seventh annual Delaware Distance Classic 15K, October 1, in Wilmington saw three single-age records and the fastest 15K ever run in Delaware.

Norm Green, whose 51:45 broke the U.S. age-57 record by 1:17, earned the day's best age-graded performance with an outstanding 96.3%.

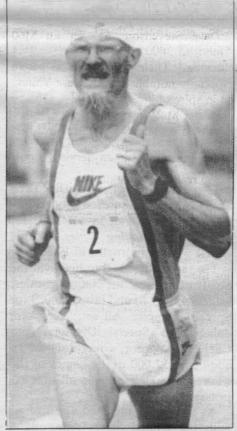
The second best age-graded effort was run by Ed Benham (82, 69:58, 96.0%), a new age-82 mark.

Bill Rodgers was first master and fourth overall in 47:00, a new age-41 standard and a fine age-graded performance of 93.8%.

"I was very happy to get fourth in such a good field and to run that time," said Rodgers, who spent much of his time chatting and signing autographs. "I'd love to come back to this race."

The overall winner was John Doub, 32, with a course record 46:06 (89.6%).

Cool, overcast conditions benefitted the 15K field as well as the 348 runners in the 5K and the 120 who took part in the racewalk. The 1200 finishers made the Classic Delaware's best-attended running event of all time.



Norm Green, 57, on the way to a 51:45 finish at the Delaware Distance Classic in Wilmington, October 1. Photo from Joel Schiller

# Waigwa, Rodgers, Binder Win in National 10K Continued from page 1

"I'm not sure I made a move in the race," he said. "I just gradually got



Gina Faust, first W50 in 38:38 at the National Masters 10K Championships in Pittsburgh, Pa., September 24. Photo by Sailer Ltd.

## Write On! Continued from page 4

excitement and the enthusiam he brought to every endeavor will be the hallmark of his life.

As a professor at Stanford University (emeritus) he was looked upon as a 'giant in the world of physics', and as a masters sprinter he was admired for his competitiveness and courage.

As a very close personal friend, Bill was always interested in the other person's viewpoint and he brought much wisdom and humor to his relationships with others.

Our sport, his family and friends whill miss Bill greatly. I know the track & field fraternity join me in concern and love for his wonderful wife Jane and his family, in hopes that our concern will give them the support they need at this time of great loss.

Payton Jordan Los Altos, California 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. faster; I wanted to break the course record."

For Binder, it was the second weekend straight she raced with success in Pennsylvania. She also was the top female masters runner in the Philadelphia Half-Marathon the week before the race — and by the time she got home to California Sunday night she had flown cross country four times in 10 days.

In the Great Race, Binder sprinted to the lead and had a 31-second margin on Gabrielle Andersen (44, Sun Valley, Idaho) at the finish. Though she developed a stitch in her right side with about a mile to go, she said she hoped to return for another shot at Barb Filutze's record of 33:41.

"This is my kind of course," she said, I'm a good downhill runner because I'm bigger than a lot of runners. I just lean forward and fly."



Michael Heffernan, first M45 in 31:09 at the National Masters 10K Championships in Pittsburgh, Pa., September 24.

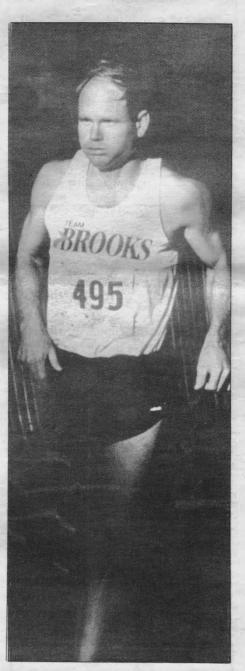
Photo by Sailer Ltd.

Top age-graded showing belonged to 57-year-old Norm Green, whose 32:53 resulted in a 98.8 performance percentage (M57 standard of 32:30 divided by Green's time). Second was Michael Heffernan (49, 31:09), with a 97.4%, followed by Binder's 95.0%.

Other notable age-group winners were Dan Conway (50, 32:08), Gina Faust (52, 38:38), and Max Popper (86, 1:05:14).

Almost 11,000 runners finished the point-to-point course.

Overall winners were Jerry O'Reilly, 27:55, and Elaine Van Blunk, 31:15.



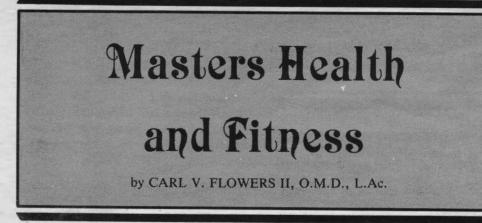
Jim Pearson on his way to a 31:03 finish at the National Masters 10K Championships in Pittsburgh, Pa., September 24. Photo by Sailer Ltd.



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# When Can I Use Acupuncture?

s a practicing masters athletes and Acupuncturist, athletes often ask me if acupuncture would be effective for treating injuries. The answer is usually *yes*. Any painful condition, with the exception of traumatic injuries such as fractures and dislocations, can be a candidate for acupuncture therapy.

Besides providing pain relief, acupuncture can: 1) help reduce inflammation; 2) increase the effectiveness of the immune system; 3) increase the circulation to an area; and 4) create changes in the musculoskeletal system.

These effects make acupuncture a useful tool in the full spectrum of athletic injuries — from a simple prain or muscle strain to overuse injuries such as plantar fascitis and bursitis, and to more chronic problems such as achilles tendonitis.

In addition, even though western medical treatment may be initially needed for fractures and other acute traumatic injuries, acupuncture can be very beneficial in speeding up the healing process.

Another use of acupuncture is in the areas of preventive therapy and performance enhancement. Acupuncture can increase circulation and joint 'range of motion. It can help reduce workout soreness.

Recent studies have shown acupuncture to have positive effects on the strength, speed and flexibility of athletes receiving treatments prior to events. The studies show acupuncture can help to maintain the proper emotional level before, during and after competition.

A group of practioners, including myself, has formed The National Association of Sportsmedicine Acupuncturists to study and develop

# **Five Years Ago**

### November, 1984

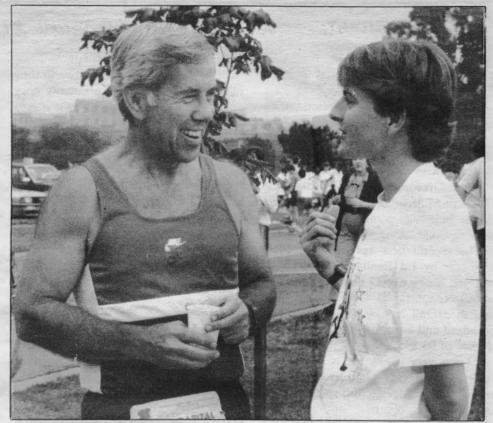
- Barry Brown Sets U.S. Masters Marathon Record of 2:15:14.
- Norm Green Sets U.S. M50 Marathon Mark of 2:26:05.
- Twin Cities Marathon Gives \$20,000 Prize Money to Masters.

effective programs of injury therapy, maintenance and prevention, and performance enhancement for all levels of athletes. In the coming months, we will develop a network of acupuncturists throughout the country who are aware of the particular needs of athletes, and who can give the best possible care in all phases of training and competition.

(Dr. Flowers is a masters long jumper and Acupuncturist practicing in Santa Monica and Irvine, Calif. If you have any questions about musculoskeletal injuries, or suggestions for topics to be addressed in this column, write to Dr. Carl Flowers, NMN, Box 2372, Van Nuys, CA 91404.)



Carol Lasseter, 48, of *Running Times* was first woman journalist in 19:51 at the Nike Capital Challenge in Washington, D.C., September 14. Photo from Jeff Darman



Senator Richard Lugar (R-IN) chats with Lynn Jennings at the Nike Capital Challenge in Washington, D.C., September 14. Lugar, 57, covered the three mile course in 23:33. Beat that, Mr. President! Photo from Jeff Darman

# **Today Show Covers Nike Capital Challenge**

## by JEFF DARMAN

Over 600 runners competed in the ninth annual Nike Capital Challenge in Washington, D.C.'s East Potomac Park on Thursday, September 14.

The field for this unique three mile road race included 13 Senators, 24 Members of Congress, the Secretary of Health and Human Services, scores of presidential appointees, 14 Federal Judges and news correspondents from several networks. The runners were started on their way by American women's 8K record holder Lynn Jennings, who was the official "whistle blower" for 1989. Lynn then hopped in at the back of the pack and jogged along with VIP's.

As in the past, each of the 136 teams entered was captained by a U.S. Senator, Representative, Cabinet Member or Sub-Cabinet presidential appointee, Federal Judge or Washington media person. And the captain's job was not honorary. Each had to cover the three-mile course for his team to count.

The race was the scene of a first in road racing. The Today Show's Willard Scott was on hand to broadcast his weather reports live from the race site. Race Director Jeff Darman was interviewed for several minutes on the Today Show before the start, and the race winner, Scott Celley, was interviewed immediately following his victory with race finishers continuing to cross the line in the background.

Celley won his fifth Nike Capital Challenge in 14:51. He is on the staff of Senator John McCain of Arizona but ran the race on the Lugar's Lost Soles team of Senator Richard Lugar, 57, (R-IN). Fastest female was Donna Elliot (16:53) of the IRS's Taxation Without Hesitation team who defeated '88 champion Patty McGovern by about 30 seconds.

One of the day's stellar performances was turned in by Representative Bart Gordon, 40, (D-TN), who broke the record for Representatives with an 18:08 three mile. Other legislative victors were Senator Max Baucus (D-MT) (20:26), Representative Claudine Schneider (R-RI) (27:07), and Senator Nancy Kassebaum (R-KS), who walked the three miles so her team could enter and count in the standings, as did Secretary of Health and Human Services Louis Sullivan.

The Associated Press's Dick Keil again was the quickest journalist, finishing 4th overall in 15:43. Carol Lasseter of *Running Times* was the fastest woman journalist in 19:51.

The race is designed to highlight the ability of many of the Nation's busiest leaders to stay fit and raised \$6,000 for Special Olympics. All entry fees were donated to Special Olympics and Challenge sponsor, Nike, donated an additional \$2,000 in the names of the winners as well as paying all race expenses.

As always the race had a festive air with the United States Army Band serenading runners at the start and finish. Two race officials dressed as Abe Lincoln and George Washington "worked" the race crowd. Post race the runners sipped Perrier and munched on almond and chocolate croissants and fruit. As usual there was hot competition for the special awards and Best Team Name honors went to the Kinder, Gentler, Soles from the White House, who edged out the Semiautomatic Assault Runners of the Bureau of Alcohol, Tobacco and Firearms.

**National Masters News** 

# Alexander Sets M70 400 Mark At Sri Chinmoy Meet in California—

The second annual Sri Chinmoy Masters Track and Field Meet for participants 50-years-and-older was held on September 24 at UC Irvine, California

While there were fewer than 100 athletes competing, the men and women who joined the friendly competition all seemed to enjoy the games, the cameraderie, and the warm, sunny day.

John Alexander, 70, of McCamey, Texas, set a new world M70 record for



Ninety-five year-old Tom Lane poses with the shot at the Sri Chinmoy 50-and-Over Meet, Sept 24, Irvine, Calif. Lane is blind, but participated in the javelin, discus and shot put

400 meters with a brilliant time of 62.21. The time broke the 12-year-old record of 64.6, set by Joe Packard in 1977. Alexander, who turned 70 on September 6, had run 62.41 to place third in the M65 400 at the World Games in Eugene.

"I knew I could do it. . .I had been training very hard in the heat of the Texas sun," said an exhausted but happy Alexander.

Ninety-five-year-old Tom Lane of San Diego pitched the discus 11.05

Jerry Stanners heading for first place in the

hurdles event of the Sri Chinmoy 50-and-Over

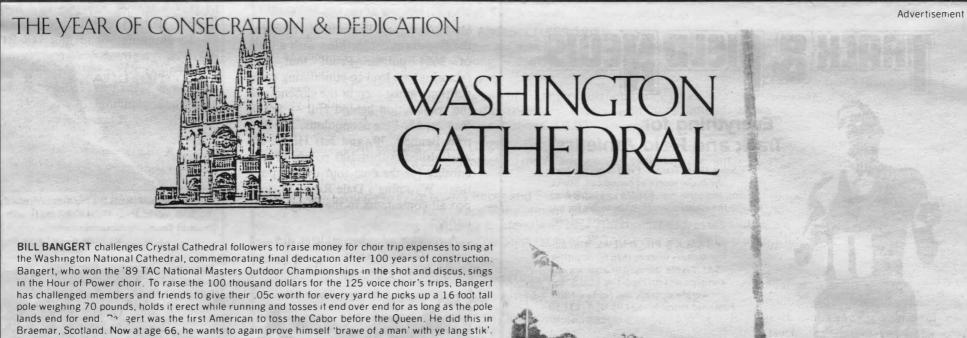
Meet, Sept. 24, Irvine, Calif.

meters, not bad considering Lane is blind. He also participated in the shot and javelin.

Ms. Bigalita Egger, Race Director from the Los Angeles Chapter of the Sri Chinmoy Marathon Team, was very happy with the turn-out. "We couldn't have sponsored this event without the invaluable advice and assistance we again received from Mary Thompson from the Los Angeles Patriots Organizing Committee. . . We enjoy this event as much as the participants. We get a lot of joy and inspiration from all the athletes. According to the ideals of our organization, we try to sponsor an event which embodies the highest ideals of the Olympics — serious but friendly competition with high levels of sportsmanship."  $\Box$ 



Bigalita Egger presents Ira Pintzuks's second place award for the 1500 meters at the Sri Chinmoy 50-and-Over Meet, Sept. 24, Irvine, Calif



Braemar, Scotland. Now at age 66, he wants to again prove himself 'brawe of a man' with ye lang stik'. Bill won the TAC National Indoor Championships this year at Columbus, Ohio. He took second in the shot at the VIII World Games in Eugene, Oregon. His winning performance in San Diego at the National Outdoor Championships was a new American record for his age of 65 to 69. Those who wish to pledge .05c towards Bill's effort for a worthy cause, can fill out the following pledge form and mail to the address shown below.

pledge to the Crystal Cathedral Hour of Power Choir's trip expenses in performing at the Washington National Cathedral in March 1990, .05c for each and every yard Bill Bangert picks up a 70 lb., 16 foot long solid pole, runs with it and tosses end over end. If a throw does not go end over end, his efforts must cease

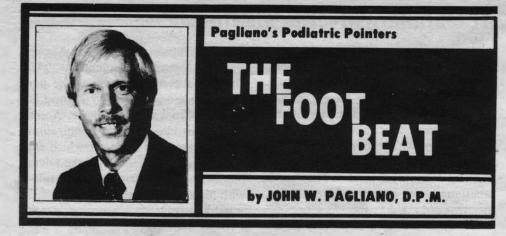
(street address)

(City, State & zip code)

Please mail to Bill Bangert, 15491 Pasadena Ave., Tustin, California 92680

Bill Bangert: The Longest Yard

page 11



# Gout

My husband has been diagnosed as having gout. Can you give me some • information about it?

Gout is a systemic condition which is characterized by acute inflammation of a small joint, usually the large toe. The pain is usually excrutiating • and is accompanied by burning, throbbing and aching. The joint usually becomes swollen, red and tender. Even the slightest movement can cause great pain.

It is usually due to the body's inability to metabolize purines. Gout may be accompanied by kidney stones and crystal formation around the edges of the joints.

Fifty percent of all gout cases show a hereditary background. The majority of those stricken are middle-age men. Predisposing factors include drinking heavy wines, excessive meat eating, and excessive eating of such foods high in purines such as liver, kidney, brains, etc. A high intake of monosodium glutamate has been known to precipitate attacks. Medications such as oral diuretics can bring on attacks.

The first attack may occur late at night during cold weather. The attack usually lasts 2-10 days and may be accompanied by temperature, chills and upset stomach.

A blood test may reveal a high uric



acid count, about 6.0 MG/ML or higher. The urine may turn dark and show a high specific gravity. The complete diagnosis may be made by removal of synovial fluid from the joint and examined for crystals.

The acute attacks can be treated through the use of anti-inflammatory and urico suric medications. Prevention, however, is the best treatment. Avoid the sedentay life style. Avoid those foods and drinks that may precipitate an attack. Your internist may wish to prescribe a 'gout' diet to lessen the chances of a severe attack. (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.)

# **Three Records Set in Rocky Mountain Games**

### by FRANK BOWLES

The ninth annual Rocky Mountain Masters Games were held at Potts Field in Boulder, Colorado, September 2-3, under clear skies and in pleasantly warm weather.

The meet attracted 144 competitors from 20 states.

Ross Carter, 75, OR, had won the 4K shot in Eugene with a toss of 12.45 meters (40-10<sup>1</sup>/<sub>4</sub>), a new world M75 record. At Boulder, Carter upped the ante to 12.65m (41-5<sup>3</sup>/<sub>4</sub>).

Newcomer Joan Dugan, 57, CO, tied the national W55 high jump record of 3-8.

Gordon Powell, 80, CO, set a new M80 standard for the 25-lb. weight with a toss of 6.53m (21-5).

Jack Greenwood, 63, CO, raced to a fast 65.14 in the 400H (33''), a distance and height not normally run by the M60+ divisions.

Mike Hill, 38, CO, handily won the Herb Anderson Pentathlon, finishing the five-event competition with a total of 3664 points. Proof that agefactoring can lead to stimulating competition can be seen in the closeness of the competition behind Hill — Frank Bowles, 68, Pete Stopoulous, 53, Emmett Bennett, 79, and Jeff Hines, 37, all finished within 100 points of one another for the next four overall positions. Wyoming's Dale Reed, 35, topped all contestants in the Weight Pentathlon.

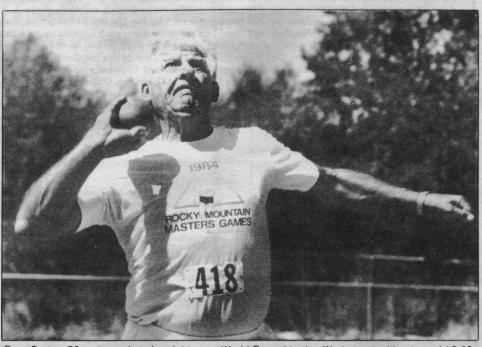
A number of other athletes did well

in many events. Indefatigable Hector Cisneros, 55, TX, won four of his eight single events plus his age group in the pentathlon. Emmett Bennett, 79, SD, set meet records in the 400, 800, and long jump. Pearl Mehl, 75, CO, had six running victories including four new meet marks. Fred Hersimaki, 65, OH, and Jim and Laurie Rothrock, TX, also showed both ability and versatility in their numerous events.

Complete results in next month's NMN.



Jack Greenwood skims the hurdles to break the unofficial world M60 400H (33'') mark with a 65.14 at the Rocky Mountain Games. Photo by Laura Page



Ross Carter, 75, gets ready to break his own World Record in the 4K shot put with a toss of 12.65 meters (41-5¾) at the Rocky Mountain Games, Boulder, Sept. 2 & 3. Photo by Laura Page

## November, 1989

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# Cuevas, Schlau, Binder Take Titles in Philadelphia

by STEVE LEWALLEN

Mario Cuevas (40, 65:28) and Laurie Binder (42, 78:18) claimed top masters honors at the Philadelphia Distance Run, September 17.

Both Binder and Cuevas received \$1,000 for their wins.

The race also served as the National Masters Half-Marathon Championships. Since both Cuevas and second master Kevin Ryan (41, 67:19) are not U.S. citizens, the men's title went to Bob Schlau (41, 67:45). Following Binder across the finish line were Susan Weisbrod, 1:23:56, and Judith Bugyi, 1:26:14.

Overall winners were El Mostafa Nechchadi, 62:01, and Ana Dovk-Davies 71:24. □

# **PUBLICATIONS ORDER FORM**

	Quantity		Total (US\$)
3		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. \$4.00.	\$
		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. <del>\$5.95</del> . 3.95	\$
duel in the to was com- S. National blaced 3rd		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	\$
38). hen \$nyder		world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95. Masters 5-Year Age-Group Records	s
ership		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.	
al Masters .6. 2. Date of Issue:		<b>Competition Rules for Athletics (1989-1990)</b> U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$
lished An- ion Price: Address: 91404. 5.	1-2-5-1	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.	\$
6320 Van Nuys, CA		IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$
Hazeltine 91401 7. . 8. Bond- Security		Guide to Prize Money Races and Elite Athletes (1989). Published by Road Race Management, the Guide includes elite athlete alpha- betical 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.	\$
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lo. Copies	and the state	U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50	\$
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Pat Devine (60013) and Jim O'Neil duel in the M50 5000 in San Diego. O'Neil, who was com peting in his 22nd consecutive U.S. Nationa Masters T&F Championships, placed 3rd (18:05.09); Devine was 4th (18:08.38). Photo by Gretchen Snyder

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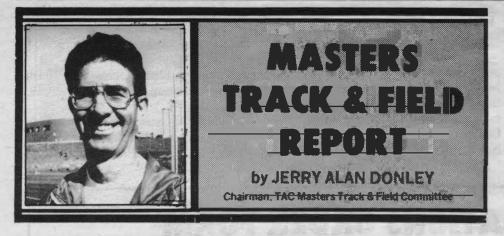
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National Masters News

November, 1989



# Chairman's Report to TAC/USA

989 became the most active year for Masters athletics since becoming a TAC/ USA Committe.

1) Columbus, Ohio hosted a highly successful Indoor Championship.

2) The Outdoor Championship was held in San Diego with an international flavor. A record number of U.S. athletes competed in this meet.

3) The World Championships in Eugene-Springfield also hosted a record number of participants. Eugene-Springfield, its businesses, organizations, and citizens were marvelous hosts. All competitors, families, and friends left wishing they had more time to spend in the area.

EINANCIAL CTATEMENTS MACTERS TRACK AND FIELD MEETS 1990

In addition to the usual track and field events at the World Championships, the Organizing Committee agreed to host the very first multi-event World Championship in the Decathlon and Heptathlon. Close to 180 competitors were involved in the two-day schedule. In what must have been one of the finest logistical efforts of any athletics competition anywhere, the Organizing Committee and officials completed the events only twenty minutes off schedule, as the final 1500-meter run was concluded as 10,000 spectators filed in to enjoy the opening ceremonies. A fitting conclusion to a tremendous competition.

The many officials and volunteers did a magnificent job, running the meet with the competitors in mind. They were courteous, efficient, timely, and seemingly tireless.

The final banquet was attended by close to 2500 people who enjoyed a wonderful evening of food, drink, fellowship, and music, bringing the Champonships to a proper conclusion. While all the figures are not in, the

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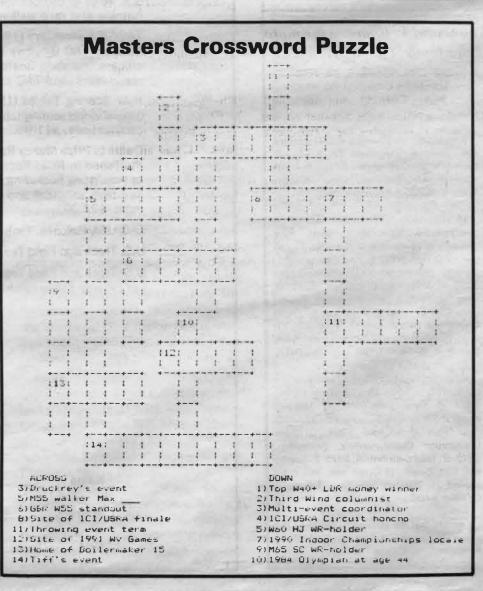
Flags of all participating nations are displayed at the closing ceremonies in Eugene. Photo by Gretchen Snyder

cost for hosting a meet of this sort is in excess of \$900,000. Eugene-Springfield committed many of its resources for this meet, which included a very successful bus and shuttle service that made it easy and convenient for everyone to get to and from the track, the downtown area, and the airport.

What might have been a handicap for the communities — air transportation in and out — was handled very comfortably. The new airport was a great bonus and the moving of people in and out of the airport was very smooth — another great effort by the communities involved. 1989 greatly boosted the image for masters athletics and should be a springboard to a dynamic future.  $\Box$ 

Answers to las	st month's puzzle
1 St Louis 4 Tables 7 Mimm 8 Leff 9 Turnbull 10 Javelinist 13 Mundle 15 Morcom 17 Heptathlete	2 Orlando 3 Veterans 5 Steeplechase 6 Holland 7 Melbourne 9 Taylor 11 TAC 12 TACstats

FINANCIAL STATEME	NTS - MASI	IERS TRACK	AND FIELD	MEETS - 1989	- 1
	Outdoor	Indoor		Running	
		Nationals	Sectional	Pentathlon	
	San Diego	Columbus	Atlanta	Albuquerque	21
REVENUES :					21
Entry fees	\$59195	\$13460	\$2772	\$ 423	_ 1
Sponsors	6413	1250	1.4		
TAC	3350	1500	500	200	- 1
T-shirts/souvenir	s 7166	3912	130		- 1
Interest	864	143		and a survey of a state	
Social Function	8535				22
Miscellaneous	520				
TOTAL REVENUES	\$86043	\$20265	\$3402	\$ 623	
EXPENSES:					
Advertising	10736	790		151	
Automatic timing	2826		175		
Computer	957		300		10
Communications	1217				8
Bank charges	1469	178			
Bad checks	509	132			
Equipment	3000	412	235		
Medals/awards	9622	3130	650	404	
Numbers/pins	1116			31	
Officials	2993	3789	64 5	34	
Office Supplies	3521	613			
Office Rent	1800	904			
Salaries/labor	1513				
Postage	4414		98	37	
Printing	5559	945	242		
Signs	847				
Telephone	2727		and share and		
Sanction fees	390	120	75	ATT S ACKERN SOURCES	
T-shirts	10873	2983	1260	149	
Track facility	5060	3242	500		
Transportation	6963				
Social function	9166	200		and the state of the	
Miscellaneous	1306	36		30	
Medical/trainer		350			
Security		800			
TOTAL EXPENSES	88584	18624	4180	836	
NET PROFIT (LOSS)	(\$2541)	\$1641	(\$778)	(\$213)	





# **Reflections on Eugene**

# by JOE HENDERSON

y neighborhood track happens to be the most famous one in the country. Anyone can run at Hayward Field on the University of Oregon campus in Eugene, and I often drop by to see who's here.

This July day, the noontime crowd looked much the same as always but sounded different than ever before. As usual, runners of diverse ages and skills lapped the track at their own paces and for their own reasons.

But now, one group spoke Swedish. A couple talked in German, another Italian, another French. Words of British-, Australian- and New Zealandaccented English floated across the track.

Three Finns finished their workout and joined me for lunch. We talked about the things that runners everywhere always discuss.

The world had come to visit Eugene. I'd known for almost two years that the Vets Championships would be here this summer. But it's one thing to read that

The World Vets moved me more than I thought possible.

5000 athletes from 58 countries would be coming, and quite another to see and hear them arrive for a two-week stay.

These first looks at them and talks with them moved me more than I thought possible. They filled me with pride in Eugene for bringing this event home, and with runner-pride in knowing that the sport means so many of the same things to so many people in so many different languages.

These runners weren't typical tourists. "Even I was surprised at how many were here not just to take part and for a vacation, but to compete," says meet director Tom Jordan.

The competitors weren't here to consume. They were looking for convenience.

Business was slower than expected at the city's finer restaurants. Same with the hotels and motels.

Dr. George Sheehan could have dined and slept there. Instead, he chose a dorm room (without phone, TV or private bath) and took his meals in a dining hall (self-serve, self-cleanup). Thousands of visitors made the same choice with Hayward Field conveniently nearby.

Dr. Sheehan spoke during the Games on why we run. "It provides us with a setting for contemplation, conversation and competition," he said.

George could have added another value that these visitors demonstrated: concentration on what they came here to do.

Sheehan has come full circle, back to the track in the same event he first ran more than 50 years ago. As a high schooler in Brooklyn, he was a halfmiler.

Sheehan graduated to the mile at Manhattan College. He returned to that event in his second running life and became the first man over 50 to break five minutes. Then road racing beckoned and he "lost any desire to run on a track."

His old desire resurfaced at age 70. This summer, George came back to his original event — the 800. He placed seventh in 2:48 at the World Veterans Championships.

"I tore my hamstring during that race in Eugene, but it was worth it," he says. "I was an adolescent living an adolescent's dream."

The 800 usually falls below my border of coverage, and for good reason. Among world-class youth, this has stopped being the shortest distance race and become the longest sprint.

Not so at masters level. Here, this race is again what it was in high school: the perfect blend of speed and endurance.

Grace Butcher and Matti Hannus never left the event. Butcher, a college professor and poet from Ohio, may be the country's longest-term woman competitor. She has raced for 40 years.

Nothing she has done tops her second-place finish at Eugene for women 55 to 59. 'I was thrilled out of my mind with my silver in the 800,'' says Grace.

"The semi and the final were without a doubt the two best races I ever ran. Not the times, of course, compared to years ago, but none of my national titles or records in the past ever felt like this. Had it been the Olympics, I could not have been any happier."

Hannus, a Finn and one of Europe's best-known running writers, has run 800s for 25 years. He had one of the most disappointing days ever in the heats here.

Together, we watched for two hours as women and then men worked down in age and up in speed at this distance. When the racing was over. Matti said, "Now I know why I'll never leave the 800."

Another writer, Hal Higdon, covered the meet for *Runner's World*. He calls the 800 "the ideal race for these age-groups. It's long enough to be tactical but short enough so no one gets lapped."

It is for the masters what the mile is to the young stars. The two-minute 800 is to a man of 50 what the four-minute mile is at half that age.

In Eugene, 50-year-old Australian Alan Bradford missed by less than a half-second becoming the Roger Bannister of his generation. That fact excited Alan Bonney more than he thought possible.

Bonney, a college and club coach from Seattle, isn't easily moved by events on the track. He writes in *Northwest Runner* of coaching subfour-minute milers, an American record-holder, and an Olympian.

"I've been a spectator at four Olympic Trials, the first World Championships in Helsinki and at the Los Angeles Olympics," says Bonney. "But none of these experiences measured up to what I witnessed at the World Veterans Championships."

His excitement peaked during the 800s, "where race after race brought tears to my eyes and joy to my heart.

As the sections rolled on, one thing became clear: The athletes weren't as fast as they once were, but they were still as athletic and competitive."

Bradford's time of 2:00.40 for men 50-54 and the winning woman in that division, Pirkko Martin of Finland with 2:31.13, especially impressed Bonney. "Those times would win most high school meets in this country today," he says.

"Perhaps Ponce de Leon was looking for the Fountain of Youth in all the wrong places."

As the competitors marched in the opening ceremonies, my companion called them "the elite of the planet." They aren't necessarily the physical elite that young Olympians are.

These vets aren't elite because they run, but are runners because they're elite. They have worked hard enough, stayed healthy enough, become prosperous enough and been lucky enough to come this far in both age and distance.

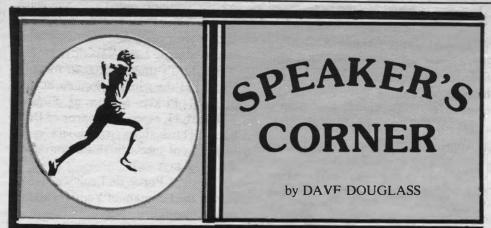
Hidgon, now 58 and a racer since his teens, competed in Eugene. He wrote later in the magazine *Finish Line*, "I concluded that what I was witnessing was not eternal youth but rather the art of survival.

"Those of us who continue to excel as masters do not necessarily demonstrate more skill or determination than others. We've simply learned better to avoid the twin problems of injury and indifference that cause so many others to drop early from competition."

The most exciting prospect for the 1990s? Growing numbers of us learning how to beat those twin demons. Reprinted from Running Commentary; published monthly (\$18/year) at 441 Brookside Drive, Eugene, OR 97405.

Pole vault competition for women was officially held for the first time. Atlanta's Phil Raschker, 42, vaulted more than eight feet to win one of her seven gold medals in the World Games in Eugene. Photo by Gretchen Snyder

**National Masters News** 



# Timing, Hurdles and Decathlon

There are three items that I feel should be brought to the attention of NMN readers: hand vs. electronic timing, 300 vs. 400 hurdles, and decathlon vs. heptathlon (over 60). The last two deserve input, and I request that all athletes involved in these controversies write, stating their interests.

### Timing

Most meet directors report hand times obtained with modern chronometers to the nearest hundredth of a second. There is a strong implication that these are electronic times, and often they are compared for rating purposes with electronic times. They are not the same! TAC rules clearly state that hand times must be rounded up to the nearest tenth, e.g., 11.91 should be reported as 12.0. For comparison purposes, 0.24 should be added to hand times to obtain an equivalent electronic time. This is the procedure and number used by Track and Field News which gives good reliable results year after year. So, a sprinter who has a hand time of 11.91 in the 100 is really running a 12.24 which is considerably in-



London's Bridget Cushen after finishing the W45 5000 in 25:37.50 at the U.S. National Masters Track & Field Championships in San Diego, July 20-23. Photo by Gretchen Snyder

ferior to electronic times between 11.91 and 12.23. In other words, without the correction, the hand-timed runner would rate ahead of a sprinter who had a 12.15 electronic time; hardly a fair comparison.

I have spoken to Pete Mundle, world T&F Records Chairman, about the inequity of certain records. Eddie Hart gets screwed again. He has run several electronic times below 10.94 which is what the 40-44 world record should be if the 10.7 hand time had been corrected. In order for him to get the world record, he must actually run nearly 0.3 faster than the listed record. Once again, not too fair.

### 300/400 Hurdles (50-59)

The recent change back to 400 for the long hurdles (men 50-59) voted in at Eugene is a big mistake. First, the vote involved many athletes who are not in the age bracket and are not hurdlers. Why should their input count for an age group and event in which they don't compete? The only argument in favor of the change was that the sprinters were dominating the 300 hurdles. When has hurdling not been a sprinting event? Glenn Davis, Olympic Champion in the 400 hurdles, broke the 400 record on the flat; Andre Philips, 1988 Olympic Champion, has cruised several 400s in the middle 44s; and Greg Foster was an NCAA champion in the 200. Hurdling is a sprinting event!

The same guys who win in the 300 hurdles will still win in the 400 hurdles. Who is gong to beat Guido Mueller? He won the 400 and the 300 hurdles at Eugene. The big difference is for guys like me (and numerous others) who are not Guido Muellers. The difference between 300 and 400 in the hurdles is monumental. The "monkeys" jump on your back at about 250-300m, rigor mortis sets in, and hurdling form goes to hell. The possibility for injury increases exponentially. The fun of the race is lacking. Look at the numbers. There were 61 entries in the 400 hurdles (50-59) in Rome, 50 in Australia, but 102 in Eugene (300m). The corresponding numbers for 40-49 men 400

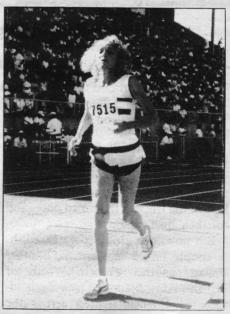
hurdles are: Rome 58, Melbourne 62, and Eugene 53. The reduction from 400 to 300m in the 50-59 group doubled the entries from Melbourne (400m). Entries decreased in the 40-49 group from Melbourne to Eugene (both venues 400m). These numbers should tell us something! Recently in a Southern California meet there were 5 entries in the 55-59 hurdles, a number that exceeded entries in the nationals in the 400 hurdles just a few years ago.

There are a few superjocks who can handle the longer distance. But, the rest of us can not. The 300 race was enjoyable, safer, and solicited far greater participation. Why change a good thing? I, for one, will not run any more long hurdles until I turn 60 in two years. I don't like or need the 400 hurdles — it's too demanding, tiring, and dangerous.

### Decathlon/Heptathlon (over 60)

The argument of whether to have a decathlon or pentathlon at the World Games was discussed extensively at Eugene. One proposal, which didn't get much attention, but which in my opinion makes a lot of sense, was to have the women's heptathlon for the over-60 gang. I have thought much about this and strongly like the idea. The decathlon is an incredibly demanding thing and is hard on the body. Injuries become more common with in-

creasing age and take longer to heal. A compromise would be to have the heptathlon (100 hurdles, shot, high jump, 200, long jump, javelin, and 800). I know a lot of guys will say it's more macho to do the decathlon, but my body says otherwise. Let's forget the macho aspect and be more realistic; let's cut down on the injuries; let's aid the recovery process; in other words, let's do the heptathlon when we hit 60!



The stands in Eugene are full as Pearl Meni (USA) runs 8:00.42 to gain a silver medal in the W75 1500 at the World Championships Photo by Gretchen Snycer

			HURDLES		
-		-	WOMEN		
	Race	Hurdle	To 1st	Between	То
Age	Distance	Height	Hurdle	Hurdles	Finish
35-39	100m	.840m	13.00m	8.5m	10.5m
	1	33"	42'81/2"	27'10½"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
Contraction of the		30''	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
60-69		30''	39'4"	22'11'/2"	62'4"
70 Plus	1. S. L.				1.22
35-39			-		CHE DE L
	400m	.762m	45.00m	35.00m	40.00m
40-49		30''	147'7¾"	114'9½"	131'21/2'
50-59		CEDITOR:		A STATISTICS	1
	300m	.762m	50.00m	35.00m	40.00m
60-69		30''	164'01/2"	114'91/2"	131'21/2'
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			MEN		
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	and the second	39"	45'	30'	46'
50-59	100m	.914m	13.00m	8.50m	10.50m
	100	36"	42'8''	27'10½" 8.50m	34.5" 10.50m
60-69	100m	.840m 33''	13.00m 42'8''	27'10'/2"	34'5"
70 plus	80m	.762m	12.00m	7.0m	19.0m
70 plus	Joon	30"	39'4"	22'111/2"	62'4"
40-49	400m	.914m	45.00m	35.00m	40.00m
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60 +	300m	.762m	50.00m	35.00m	40.00m
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50-59	6.0		1.50k	6.00k	800 gms.
60-69		Ok	1.00k	5.00k	600 gms.
70 plus	4.0		1.00k	4.00k	600 gms.

# **Denmark Masters Games Lose \$3 Million**

The "Second World Masters Games," held in Denmark from July 23-August 5, 1989, drew 5500 masters participants in 18 different sports, but still lost between three and four million dollars, according to Ed Magidson, chief staffer for the "Third World Masters Games" to be held in Minneapolis (USA) in 1993.

Taxpayers from the Danish cities of Arhus, Aalborg and Herning picked up the tab.

Event organizers had projected attendance of 15,000.

"They could have done a better job of marketing," admitted Magidson.

It was the second consecutive financial debacle for the event, which has no relation to the WAVA World Veterans Athletics Championships. The "First World Masters Games" were held in Toronto in 1985 and went into the financial tank for over \$1 million, leaving creditors strewn over the North American landscape.

Artistically, the Denmark Games got mixed reviews.

"Some of the events went well, others were chaos," Magidson said. "The hockey finals between Russia and the U.S. were great, with some of the same players from the 1980 Olympic team. We think if the Games are properly organized, they can be both an artistic and financial success."

The host country Denmark topped the entry list with 2000. Next in order were: USA 484, Canada 476, West Germany 440, Sweden 1987, Brazil 154, Hungary 151, Japan 146, Australia 144, Great Britain 102, and USSR 102. Sixty-five came from Israel.

Swimming drew over 1000 participants; track and field drew between 300-400.

Magidson said the 1993 Games are tentatively slated for July 25 to August 8 in Minneapolis.

"We plan to work closely with the national governing bodies of each sport," he said, "something the Denmark organizers didn't do."

Magidson said he'd be interested in exploring the possibility of the 1993 U.S. TAC National Masters Track and Field Championships being staged as part of the Games, and perhaps include a TAC National Masters Road Race Championship, as well.

Japan is expected to bid for the 10th World Veterans Athletic Championships in 1993, and is likely to pick a date not in conflict with the Minneapolis event.  $\Box$ 



Participants socializing at the Weyerhaeuser Banquet at the World Championships. Photo by Gretchen Snyder

# WAVA Amends Rules For Medal Standards

At the meeting of the WAVA General Assembly in Eugene, delegates voted, 60-35, "not to eliminate medal standards from future World Veterans Championships."

Subsequently, the WAVA Council approved an amendment to the WAVA By-Laws, to wit:

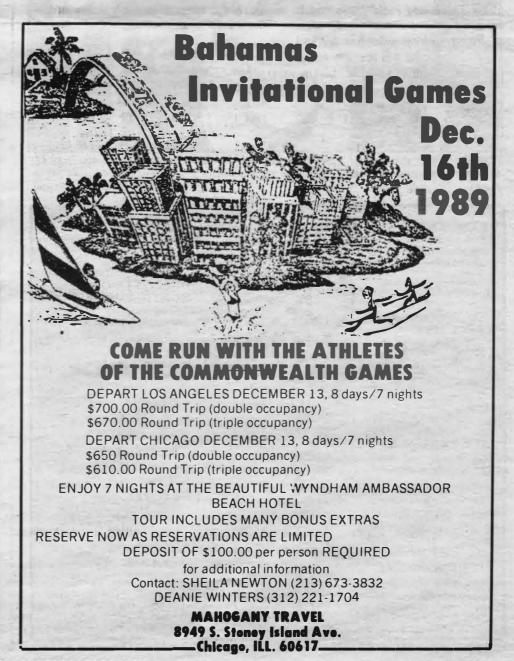
"If there are only three competitors in an event the third-place competitor must achieve or better the published medal standard before being awarded the third place medal. If only two competitors, the second must achieve or better the published medal standard before being awarded the second place medal. If only one competitor, he must achieve or better the published medal standard before being awarded the first place medal.

"No medal standards will be prepared for all the 90 + events or for the four new women's events (steeplechase, hammer, pole vault, triple jump) until the Stadia Committee considers it has sufficient data on which to base such medal standards."

Revised medal standards (thru age 89) will be prepared by the Stadia Committee, chaired by England's Bill Taylor, and published well before the 1991 World Championships in Finland.



Acknowledging the applause of the fans were the M50 decathlon winners: from left, Ed Oleata (USA, 3rd); Gary Miller (USA, 1st), Tom Blodgett (USA, 2nd). Photo by Gretchen Snyder



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**Report from Britain** 

Fresh from his triumph at Eugene, where he won the M40 800 in 1:55.20, Peter Browne set a new world M40 800 record of 1:53.3 at Perivale on August 19. His time shaved 0.2 off the record set by England's Ron Bell in 1987.

Bob Care, who was unable to get to the World Championships, won the British 10K track walk championship in Solihul, August 20, in 49:07.7. Mary Worth, 5K World gold medalist, took female honors in the 5K in 29:39.3.

The 11th annual British Veterans Marathon Championships at Stone, October 1, was won for the first time by a M45 runner, Allan Adams, in a fast 2:29:32. Sue Neal, W35, was the women's winner in 2:57:20.

A BVAF Council meeting was held at Stone to consider how the BVAF should proceed with discussions with the British AAA (the IAAF national governing body) regarding the position of veterans in the new BAF. A subcommittee was formed to negotiate with the AAA, consisting of Bill Taylor, Bridget Cushen, Keith Whitaker and Ted Butcher.  $\Box$ 



After a three-year absence from competition, Polly Clarke returned to win the W75 400 (1:38.48) over fellow Coloradan Pearl Mehl (right, 1:40.72) and Canada's Isabel Saumier (left, 1:44.34), in Eugene. Photo by Gretchen Snyder

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EXECUTIVE VICE PRESIDENT: Bob Fine 4223 Palm Forest Drive Delray Beach, FL 33445 USA

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TREASURER: Al Sheahen P.O. Box 2372 Van Nuys, CA 91404 USA

PAST-PRESIDENT: Don Farquharson 269 Ridgewood Road West Hill, Ontario MIC 2x3 Canada WOMEN'S DELEGATE: Bridget Cushen 156 Mitcham Road West Croydon, Surrey, England DELEGATE OF: NORTH AMERICA

David Pain 5643 Campanile Way San Diego, CA 92115 USA

### SOUTH AMERICA Jose Figueras

Juncal 1395 Floor 2 of 15 Montevideo Uruguay ASIA:

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

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

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

AFRICA: Contact President

# Success of Eugene Championships Measured

by JANELLE HARTMAN

Community leaders of Eugene-Springfield, Oregon generally agree the VIII World Veterans Championships were a success.

The event proved that Lane County is truly a hospitable community whose residents will eagerly go out of their way to make out-of-towners feel welcome. But it didn't necessarily prove that big events will be gold mines for business.

Although some merchants and restaurants reported strong sales during the Championships, others said they were mistakenly led to believe that the Games would be "Christmas in July."

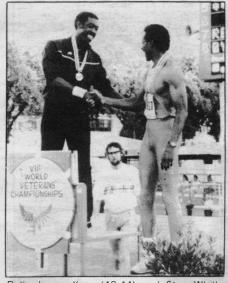
"The veterans didn't come in and neither did our regular customers because they thought we'd be swamped," said Don Scarpelli, who owns Guido's restaurant near the U. of Oregon campus.

Mazzi's restaurant provided a shuttle for the visiting athletes, but virtually no one used it, Manager Mary Blaquiere said.

"It really fooled us because we expected to be busy," she said.

Empty restaurant booths and more vacancies than expected in area hotels and motels were attributed to the inexpensive room-and-board package offered to Games participants by the University of Oregon. For \$25.50 a night, 2152 visitors got a bed and three meals a day at campus dormitories.

Another reason given for the surplus



Both James King (48.44) and Stan Whitley (48.87) bettered the American M40 record of 49.2 in Eugene. King's time also broke Hagues Roger's world M40 mark of 48.75. Photo by Gretchen Snyder

# Follow the Sport!

Catch up with recent fantastic O35 performances in Britain; compare times and marks of British vets with your own; check on former English. Scottish, Welsh internationals now entering the vet movement.

All and more in Veteran Athletics, the newspaper of Britain's vets.

Send for annual subscription AS20 (AS30 by air) to Veteran Athletics, 67 Goswell Road, London EC1. of rooms was that many athletes entered only one or two events and left Eugene when they finished. "The organizers kind of hyped people up way beyond what happened," said Charlene Thompson, owner of the Wind-Up Collective in the Fifth Street Public Market. "But that's their job. **'** I'm not bitter. I was happy for anything we got."

Games organizers Tom Jordan and Barbara Kousky said the most successful merchants during the event marketed themselves to the particular wants and needs of the foreign visitors.

Jordan believes the predicted \$10 million infusion into the local economy was accurate. However, he said, the money was "spread over the community in a wider way than we expected."

The University bookstore sales were brisk. The most popular items were official games T-shirits and souvenirs, and UO Duck paraphernalia.

Most merchants, even those were disappointed by the athletes' spending, said the international visitors brought a friendly feeling to the community that couldn't be measured in dollars.

"From a business point of view, the good will that was projected — and the very positive comments we heard over and over from the participants — was more than worth our efforts," said Sally Swing, general manager of the Fifth Street Public Market.

The city of Eugene allocated \$39,881 from its hotel tax and lent organizers its computer system for pre-games registration. The city of Springfield donated \$9000 in room tax revenue and \$6000 worth of police services to the games. The state's tourism division kicked in \$8000 to help fund the planning of eight Oregon tours that were offered to the visitors.

"It was a phenomenal show of metropolitan support," said Eugene City Councilman Roger Rutan. "1 think it was a resounding success, and the feedback from the athletes has been that it was the best championship they ever participated in  $\ldots$  I'm delighted by the way the community rose to the occasion."

(Reprinted from the Eugene Register-Guard.)

Late Flash: The financial "trickledown" from the WAVA World Veterans Championships is apparently better than first reported. A survey of 67 businesses by the City of Eugene's business Assistance Team showed sports apparel sales up 40 percent (compared to usual sales at that time of year), regular clothing up 25 percent, and sales at the Fifth Street Market up 22 percent in July. Reports from restaurants varied, while some sports-related businesses enjoyed huge profits. *Feet Plus* doubled its normal sales and *The Nike Store* saw its sales increase five-fold.

# **Multi-Events Come of Age In Eugene**

by REX HARVEY, U.S. TAC National Masters Track & Field Multi-Event Coordinator

The 1989 Multi-event season has been a good one.

The National Masters Decathlon/ Heptathlon Championships in Thomasville, N.C. in September missed Hurrican Hugo by just one day although it would have been fun to see what kind of 100-meter times would be posted with a 70mph tailwind.

Many of the projects I've been working towards became a reality this year. One of the biggest goals, on which many of us had worked hard for years, was the coming of age of the WAVA World Veterans Championships Multievents.

As masters (veterans), we finally have a full slate of Olympic events with the introduction in Eugene of the Decathlon/Heptathlon, instead of the Pentathlon (the Olympics preceeded us by some 60 years by dropping the pentathlon in the 1920s in deference to the decathlon).

The Dec/Hep is specified for all age groups. However, the results of the Eugene and Turku WAVA Games will be studied to see if the "older" age groups should be doing a lesser number of events; say, an octathlon (8 events) or heptathlon (7 events) or pentathlon (5 events). It will be no easy matter to decide how many events should be contested and at what age level the change should occur.

It is the contestants, themselves, who should do the deciding, not the WAVA General Assembly or WAVA Administration. For example, the normal multi-eventer knows little or nothing about racewalking and, therefore, should not be voting policy changes for racewalking. The converse is true of the multi-events.

The first WAVA Decathlon/Heptathlon went great. With no experience with that many entrants (238) and doomsayers on every side, the event went well and was a good lead-in to the rest of the best ever World Championships.

The success of the Dec/Hep wasn't automatic. It occured because of much forethought, planning and preparation by the Eugene organizers. Jim Puckett's whole crew and especially Mark Stream (Multievent director) and Willy Sundqvist (Computer scoring and results) deserve a big thanks from all of us who got to participate in the special atmosphere of Eugene.

The multievent community picked up some converts in Eugene, as onlookers caught the lure of the challenge of the ultimate contest.  $\Box$ 



1972 Olympic 4 x 100 gold medalist Eddie Hart of Oakland, Calif. (40288) made his World Championships debut a success by winning the 100 (10.87) and 200 (21.74). Offering congratulations are 200 finalists Bob Mitchell (40492, 3rd, 22.34) and Mac Azuogu (40031, 6th, 22.98). Photo by Gretchen Snyder

# O'Neill, Davies Shine in British 5K

by MARTIN DUFF (of Athletics Weekly)

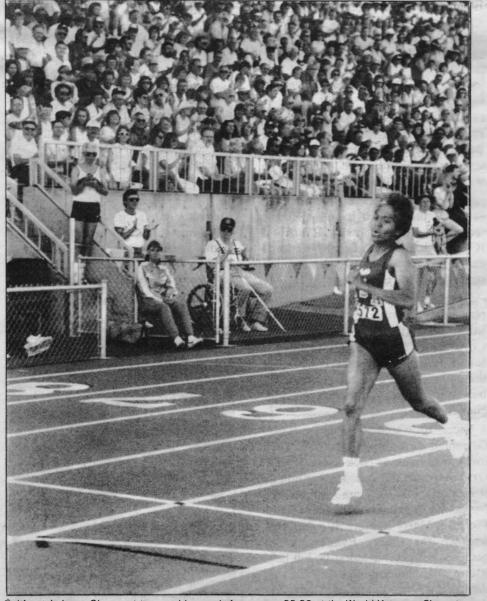
The British National Veterans 5K Road Race Championships at Aldershot on September 24 resulted in the first-time win in 15:22 for Brian O'Neill, 43, runner-up in the European 10K Veterans Championships in Brugge, Belgium this year.

Tecwyn (Taff) Davies, 51, was just three seconds behind to easily win the

M50 title and claim the best age-graded performance of 96.5%.

Ernie Cunningham, 42, a long-time Northern Ireland international, wound up third (15:31), ahead of Eugene medalist Les Presland (45, 15:40) and Martin Duff (45, 15:46).

Anne Ford, second in last year's London Marathon, won the women's section with twin sister Paula Fudge fourth, just  $6\frac{1}{2}$  weeks after the birth of her second child.  $\Box$ .



California's Irene Obera set two world records for women 55-59 at the World Veterans Championships in Eugene, in the 200 (28.48) and here in the 400 (66.99). She also won the 100 to repeat her triple-victories from Rome and Melbourne. Photo by Gretchen Snyder

ATHLETE (RESIDENCE)       BIRTHDATE       AGE GROUP         MIYOKO AKUBU (MONTEREY, CA)       11-13-29       60-64         JEANNE CARTER (SANTA ANA, CA)       11-23-39       50-54         JUDY GROOMBRIDGE (SEATTLE, WA)       11-6-39       50-54         ELIZABETH HAMILTON (CORONADO, CA)       11-28-24       65-69         BARBARA HUMMEL (CANTON, OH)       11-22-24       45-69         MARJORIE LAWSON (SACRAMENTO)       11-6-24       65-69         MARGARET LEE ((HONOLULU, HI)       11-22-29       60-64         LINDA SIPPRELLE (BETHLEHEM, PA)       11-3-34       55-59         JOSEPHINE SULLIVAN (GREER, SC)       11-2-24       45-69         CONSTANCE WILSON (PORTLAND, OR)       11-2-34       55-59         MAVIS HUTCHISON (RSA)       11-25-24       65-69         ELLEEM MANDER (GB)       11-21-44       45-49         MARIA DE ORLANDO (ITA)       11-2-34       55-59         RONDA PHILPOTT (AUS)       11-14-44       45-49         G. RICKARD(GB)       11-5-39       50-54         JUNA WHITE (AUS)       11-22-44       45-49         S. SCHUMACHER (WG)       11-23-44       45-49         S. SCHUMACHER (WG)       11-23-44       45-49         S. SCHUMACHER (WG)       11-	ATHLETES WHO ENTER A NEW DIVISION	THIS MONTI	H NOV. 1989
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S. SCHUMACHER(WG)       11-28-44       45-49         INGA STENBRINK(SWE)       11-5-39       50-54         CHARLOTTE TESKE(WG)       11-23-49       40-44         PRISCILLA WELCH(GB)       11-22-44       45-49         SYLVIA WHITE (AUS)       11-5-29       60-64         LAMBERTO CICCONI (ITA)       11-7-4       85-89         LEW FAXON (HAMPTON, VA)       11-4-39       50-54         JOHN FRASER (AUSTRALIA)       11-25-14       75-79         EDWIN FRY (INDIANA, PA)       11-18-39       50-54         JOHN HARTFIELD (HOUSTON, TX)       11-18-44       45-49         JAMES HOLLISTER (TURLOCK, CA)       11-18-44       45-49         RUDOLF LEINEN (WG)       11-7-9       80-84         FREEMAN MARR (MEMPHIS, TENN)       11-15-24       65-69         FRANK MCCAFFREY (AUSTRALIA)       11-       4-19       70-74         LOTHAR MILDE (EG)       11-8-34       55-59       55         LES MILLS (NZ)       11-13-34       55-59         WILHELM OLIVIER (S.AFR)       11-13-34       55-59         MIKE DE STEFANO (US)       11-20-39       50-54         JAMES VANTATENHOVE (LA HABRA, CALIF)       11-22-9       60-64         LOUIS VELEZ (PUR)       11-			
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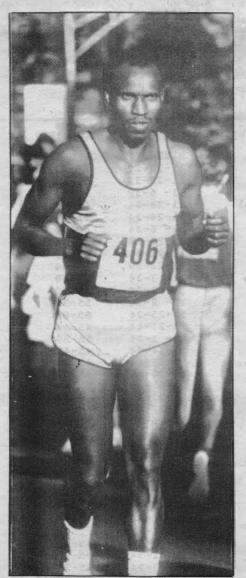


# Naples Finale Field Shaping Up

Someone asked me the other day "who was running Naples" and rather than describing who was running the 2nd annual "ICI/USA TAC National Masters Grand Championship," I mentioned who "wasn't running Naples." With just under three months left until the culmination of the '89 ICI/USRA Masters Circuit Championship, we couldn't be more pleased about the type of field that is shaping up to compete for \$15,000 in prize money — the largest ever nonmarathon masters prize purse on the roads.

With the season nearly three-fourths over, competition is becoming increasingly intense among the 14 five-year age groups vying for the \$25,000 in ICI/USRA Masters Circuit Grand Prix prize money. It appears several of the titles will be determined in Naples January 13 in head-to-head competition. As a preview to Naples, here's an overview of the men's race.

Bill Rodgers — Injuries have plagued the "master" throughout the



San Diego's Wilson Waigwa, 40, clocks 30:15 as first over-age-40 runner in the U.S. TAC National Masters 10K Road Championships in Pittsburgh on September 24.

summer but a runnerup finish only 10 seconds back to Wilson Waigwa in Pittsburgh was a vital sign that he will have to be reckoned with come Naples. Reports he is "focusing on Naples" , with no marathon plans to get in his way of his attempt to repeat as national champion.

Wilson W a — Through Twin Cities, Waigwa nad a perfect score of 40, so despite being second behind Rodgers, he will be tough to beat for the 3500 first place prize.

Frank Shorter — A surprising fifth a year ago, the Boulder, Colorado resident will certainly be a sentimental favorite among the crowd. His heavy cycling training for the Biathlon and altitude training will serve him well in Naples.

Mario Cuevas — The former Boston Marathon runnerup to Rodgers in '75 (2:16) has just turned 40 in a big way. His world-best half marathon at the Philadelphia Distance Run (1:05:28) followed by his convincing 2:18:35 performance at Twin Cities proved the Mexican's for real.

Victor Mora — Impressive early season wins at Red Lobster, Jacksonville and Gasparilla were cooled a bit by his 8th place, 2:29 showing at Twin Cities. He'll need his legs in Naples to contend with the leaders.

Kevin Ryan — His runnerup finish at Minneapolis and victory at Myriad Gardens have surged him into 4th place on the Circuit. His tendency to overrace, however, may affect his Naples performance if he isn't careful.

Bob Schlau — Last year's ICI/USRA Masters Circuit champion has not raced as often in '89, preferring to emphasize the marathon — which paid off as he finished as the top American at Twin Cities. A smart racer, he could finish in the top three.

Dave Stewart — The Canadian surprised a year ago in Naples with his runnerup finish to Rodgers. His recent victory at Crim was a confidence



Gabriele Andersen, second female master in 34:34 at the National Masters 10K Championships in Pittsburgh, Pa., September 24. Photo by Sailer Ltd.



builder that will serve him well as Naples approaches.

Jim Pearson — Has had some injury problems but was healthy enough to set an American record for 5K this past spring. The Florida resident reports he will be ready on his own turf.

Jim Ryun — Another sentimental favorite, the picture is still a classic from a year ago showing Ryun and ICI/USRA Masters Circuit national champion Priscilla Welch running stride-for-stride in Naples.

Tony Simmons — The British Olympian made a strong showing at Utica Boilermaker this past summer on the Circuit and a few other U.S. races. Unfortunately, doesn't race enough on the circuit to be a factor points wise, but could make it into the top 5 in Naples.

Faces to watch — Puerto Rican Olympian and former Western Kentucky teammate of Nick Rose, Hector Ortiz, turns 40 this fall. Joining him in the masters ranks are still active Nevadan Domingo Tibadueza and Florida's Marty Liquori. It's doubtful whether the latter, Ryun's former nemesis, will go at it seriously, but he's still a great name joining the ranks of the masters! Next month, we'll preview the woman's field at Naples - so stay tuned!  $\Box$ 

# Naples Prize Purse Announced

The ICI/USA TAC National Masters Grand Championship \$15,000 prize purse has been set for the January 13, 1990 event and is as follows:

Masters Men &	Women
1st - \$2500	5th - \$400
2nd - \$1500	6th - \$300
3rd - \$1000	7th - \$200
4th - \$ 500	8th - \$150
\$100 to 1st place in	each masters

age group \$100 to top male and female age graded performance

Budweiser and 10-K Thirst Quencher have joined the event as official sponsors while Naples stations WEVU-TV and Class 103 FM radio will serve as official media sponsors and provide event coverage. The 8K ICI Championship is part of the Naples Running & Fitness Weekend which will begin with a Health & Fitness Expo and Packet Pickup Friday, January 12 from 2-8 p.m. at the headquarters Registry Resort. A prerace spaghetti dinner will be held at 6 p.m. for the 1st 500 race registrants.

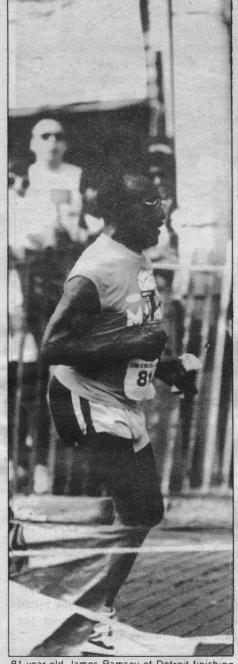
Masters stars and former Olympians Bill Rodgers, Frank Shorter, Jim Ryun and Priscilla Welch will be featured at a prerace clinic at 7:00 p.m. following dinner. The Naples Open 8K and 5K Family Healthwalk at 8:00 a.m. will precede the National Masters Championship to be held at 9:00 a.m. Invited runners contact for the race is Dean Reinke & Associates' Kevin Amigh at (919) 847-3109. Further information and entry forms may be obtained from series producer Dean Reinke & Associates, 400 N. New York Ave., Suite 102, Winter Park, FL 32789, (407) 647-2918/ FAX (407) 647-0433.



Defending champion Bob Schlau, 41, is currently in third place with 32 points in the ICI/USRA standings, behind Bill Rodgers (43) and Wilson Waigwa (40). Photo by Ed Cloos

# **ICI/USRA Masters Circuit Happenings**

Not much has been heard from New Zealand's John Campbell who made a big splash in the spring but went home for much of the summer. He was pointing for New York for the second half of the LA-NY Marathon double which carried with it a \$50,000 Hancock bonus. Was rumored to be moving to USA but status still uncertain for future on ICI/USRA Masters Circuit



81-year-old James Ramsey of Detroit finishing his 9th Crim 10-Mile Run, in 1:48:53. Photo by Victor Sailer

'90 scene. . .Big Apple, by the way, offering \$3000-2000-1000 for top three masters men and women. . . Twin Cities Marathon saw Mario Cuevas and Ngaire Drake on the awards stand as Victor Mora and Kjell-Erik Stahl both disappointed. . . Rod Dixon, less than a year away from the Masters ranks, may be the spokesperson for a new line of running shoes from New Zealand called Lydico, set for introduction in the spring of '90. Former Saucony shoe whiz Bob Drapeau is working with the project with former Beta Shoe executive Dennis Black... Bill Rodgers making Wilson Waigwa nervous only 11 seconds back at Pittsburgh Great Race, running 30:26. Laurie Binder captured her 2nd ICI Circuit victory, winning over Idaho's Gabriele Andersen. . .

Great start for the Mid-Atlantic region 5-event Nissan Human Race Series which offers a \$10,000 cash/merchandise purse in 20 five-year age divisions. Nissan Georgetown 10K attracted over 4000, 1st Federal/Nissan Capital Trail Run had 2500, Nissan Maryland Marathon/10K nearly 2500 runners . . . November 12 Cape Cod Marathon offering \$600 to top male and female masters. \$100 to winning grand master and \$100 to top 60 & over finisher. . . Hurrican Hugo was rough but not too rough to cancel February 3 Myrtle Beach Classic. Promoters also working hard to ensure continuance of key running events in nearby Charleston. . . Buffalo's Ralph Zimmerman first age grouper (45-49) to reach 50 points on Circuit. Makes him awful tough to beat. .

Crescent City Fall Classic offering \$150-100 to top 2 masters. Same organizers as spring CCC. . . Bill Rodgers will appear in Fort Worth February 24 at Cowtown pre-race clinic. He'll be in Austin, Texas at the resurrection of the Austin Marathon two months before. . . Mexican Mario Cuevas had an impressive debut at the



# Ryan, Drake Win in Myriad Gardens 10K

### by MIKE DAVIS

OKLAHOMA CITY, Okla. — Sunshine and speed were in stock September 30 at the Myriad Gardens Run through downtown Oklahoma City.

An early morning fog was displaced by sunny skies by the time the crowd of 5,200 got to the starting line — and Kevin Ryan and Ngarie Drake responded with the state's fastest 10K times ever recorded by masters runners.

Ryan, a 41-year-old from Wellesley, Mass., posted a 30:37. He was more than a minute ahead of runner-up Earl Owens.

The 40-year-old Drake, who was born in New Zealand but now lives in Santa Monica, Calif., was timed at 35:19, just 12 seconds in front of Jane Hutchison (43, Webb City, Mo.).

Former Olympians Frank Shorter and Jim Ryun also competed; Shorter was the fifth fastest 10K masters runner (33:00) and Ryun led a separate 2 mile race in 9:48.

Entries in the race, which joined the ICI/USRA circuit this year, were double what they were in 1988. "It's now a nationally recognized event," said coorganizer Barbara Spencer.

Philadelphia Half Marathon in 1:05:28 besting Kevin Ryan while California's Laurie Binder captured the women's crown in 1:18:18... Skip Seebeck (916) 775-1318 of the Foundation 30K in Sacramento, the 15th city on the ICI/USRA Masters Circuit, reports a strong contingent with Norm Green, Nancy Oshier and Bob Schlau leading the way...\$1000 to the first master male and female at Raleigh's Old Reliable...\$500 on tap for top masters at November 18 1st Victoria 10K in Texas... \$500 also to top masters on same day at the Pepsi Vulcan Run in Birmingham...

Dave Ranney (206) 363-6070 of Seattle

Cuevas, Drake Take Twin Cities Titles

Mexico's Mario Cuevas (40, 2:18:35) was the first masters finisher in the Twin Cities Marathon in Minneapolis, October 8. The race doubled as the National Masters Marathon Championships. first female master.

course record. . . 🗆

Following Cuevas across the line were Kevin Ryan (41, 2:22:17), Bob Schlau (42, 2:23:11), and Kjell-Erik Stahl (43, 2:24:51).

Half-Marathon, 16th event on the ICI

Masters Circuit, reports entries at an all

time record pace for the November 25

event. . . \$250 to top masters at December

3 Brian's Run in Delaware. . . Same

amount to be awarded on same day at Cal

International Marathon in Sacramento.... Huge success of Hardee's Oktoberfest in

Memphis has Hardee's appetite whetted for

more events in '90. . . Major race director's

conference set for Chicago second weekend

in December. . . Rocket City Marathon in Huntsville awarding \$1000 to top masters at

its December 9 event with \$500 going for

Complete results in next month's NMN.

New Zealand's Ngaire Drake was the

### ICI/USRA Masters Circuit Point Standings (11 Races)

(Standings include the following events: Nissan Shamrock 8K, Myrtle Beach Classic 10K, Hospital Hill Run Half Marathon, Utica Boilermaker 15K, Chicago Distance Classic 20K, Bix 7, Asbury Park 10K, Crim 10 Mile, Pittsburg Great Race and Myriad Gardens 10K. Circuit events yet to be included are Twin Cities Marathon, Hardee's Oktoberfest 8K (Memphis), First Federal/Nissan Capital Trail 10 Mile, Foundation 30K, Seattle Half Marathon, Charlotte Observer 10K and ICI/USA TAC National Masters Grand Championship 8K.)

> M60-64 Bill Fortune

Jim O'Neili

140-14 Bill Rodgers 43 Wilson Waigwa 40 Bob Schlau 32 Jim Pearson 32 29 Ken Sparks Kevin Ryan 29 Wes Wessely 26 Dave Stewart 25 Earl Owens 17 Laurence Olsen 15 Wally Herrala 14 David Tresohlavy 12 Thom Suddeth Graham Tattersall 10 M45-49 Ralph Zimmerman Don Coffman 19 10 Steve Lester Charles Parmalee Pat Cosgrove 10 Robert Stuemky 10 Michael Heffernan 10 M50-54 Donald Sleeman William Johnston 32 Jim Larson 29 29 Fay Bradley Dick Ruzicka 24 Willie Kaye 21 19 Dan Conway Ben Johns 17 13 David Whitten Roger Robinson 10 Marco Pina 10 Jim O'Neil 10 M55-59 Norm Green 30

John Harwick

Frank Dudley

Gerald Koch

Edward Hardy

Tom Ray

Greg Prom

Jay Sturdevant

Stanley Witomski Larry Engle

Arturo Melendez

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Jack Gentry	j
Len Olsor.	٢
Herbert Chisholm	1
Ed Hamilton	1
Charles Evans	]
John Hosner	]
Laurin Blasier	1
James Forshee	1
M65-69	
John Bart	
John Burton	2
John Burton Dewey McMickle	]
Bill Tribou	1
Robert White	1
Isoids Hernandez	1
Jim Smith	1
Lou Lodovico	1
M70+	
Nathaniel White	1
Ed Benham	]
Claudis Hawkins	]
Howard Calkin	-1
Ed Campbell	]
Vernon Schaefer	1
Austin Newman	]
Joe Thornburg	1
Eugene Keller	1
Eugene Kerrer	-
W40-44	
Jane Hutchison	4
Nancy Oshier	4
Claudia Ciavarell	3
Laurie Binder	2
Nancy Mieszcak	2
Ngaire Drake	2
Angella Hearn	]
Diane Langston	1
Susan Compton	1
Mary Wood	1
Judy Greer	3
Christine Grenning	1
Barbara Filutze	1
Cipgor Comple	1

Ginger Semple Priscilla Welch

10

10

W45-49	
C Tattersall	40
Susan Weisbrod	37
Susan Weisbrod Karen Bestul	28
Mary Shaver	19
Lina Connors	16
Carol Taccotor	15
Carol Lasseter Nancy Friscillo	12
Sharor Markoski	10
Judy Tolliver	
Judy TOILIVER	10
W5G-54	
Jo-Wright Whitten	40
Gina Faust	29
Susie Kluttz	27
Mary Anne Wehrum	17
Mary Cullen	16
Nancy Parker	10
Barbara Gehringer	10
Jeanette Chambers	10
Marjorie Peterson	10
Zofia Turosz	
	10
Helen Wilson	10
W55-59	
Gloria Brown	30
Jean Evans	14
Vera McIlwham	14
Mary Anne Woodring	10
Dolores McCabe	10
Thelma Wilson	10
Kayma Dixon	10
Sally Strazdins	10
Anita Foss	10
W60-64	
Mary Norckauer	47
Cecile Maples	10
Mary Otte	10
Flabby Jackson	10
Dolores Quinn	10
Cassie Bazar	10
Charlotte Williams	10
	10
Margrett Lutz	10
W65-69	
Loretta Shehan	49
Edith Farias	19
Marjorie Piscopo	10
W70+	
Louise Martin	10
Janice Johnson	10
Althea Wetherbee	10
Norma Perlmutter	10

# -Pain, Kousky to Vie For Masters Track & Field Chairmanship—

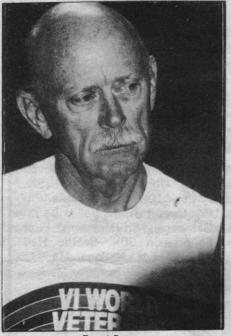
Delegates to TAC's Masters Track and Field Committee Meetings this month in Washington, D.C. will choose a new Chairman for a two-year term.

Current chairman Jerry Donley is stepping down after serving three twoyear terms. At press time, two candidates had declared their candidacy: David Pain and Barbara Kousky.

Below is a summary of each candidate's qualifications, submitted by the candidates, themselves, at the request of the *National Masters News*.

### **DAVID PAIN:**

**Professional Accreditation:** Member of California State Bar Association, licensed to practice before all state and



David Pain

federal courts, practiced general civil law in San Diego, California 1949 -1987. Currently retired from active practice of law. Age 67.

### **Involvement Masters Athletics:**

• 1967 joined San Diego Track Club and initiated masters age group track and field program.

• Meet director US masters T&F Championships 1968-1972.

• Personally arranged bids for AAU Masters Championships 1973-1975 Gresham, Oregon, and White Plains, NY.

• Conceived, negotiated, and arranged for first World Masters Track and Field Championships 1975 in Toronto, Canada, including initial fund raising.

• Arranged for adoption and sanction of Masters T&F program by AAU.

• 1971-1973 organized US Masters International Track Team and arranged competition tours of Great Britain, Scandinavia and Germany as well as Oceania. These tours helped stimulate the fledgling masters programs in these areas.

• Arranged for bid by Gotenburg, Sweden for second World Masters Track and Field Championships. • Wrote, edited, and published US Masters International Track Team Newsletter 1968-1975.

• Made extensive travels abroad, Canada, and US to encourage and promote interest in masters athletics.

• Attendance at AAU and TAC Conventions. Actively involved in TAC Masters T&F Committee 1984 to present.

• Instrumental in organizing US bid for 1989 WAVA World Championships.

• Acted as Executive Secretary of Site Selection Committee. Developed criteria for bidding. This criteria now foundation for all bids for WAVA World Championships.

• 1988 elected TAC/USA Masters Track & Field Outstanding Administrator.

• General Chairman TAC/USA National Masters Track and Field Championships held July, 1989.

• Marshalled and consolidated on computer a list of all TAC Masters entrants names and addresses for 1987, 1988 and 1989. The permanent mailing list to be made available to 1990 TAC masters T&F meet director which is to be updated annually thereafter and passed on to subsequent National Championships Meet Directors.

• Coordinated program to adapt and modify "Capers" computer software utilized for 1989 National Championships which will be made available for subsequent National Championships.

• 1986 to present, WAVA North American Regional Representative on WAVA Council. Assisted in coordination of the TAC National, WAVA Regional, and WAVA World Championships.

## Statement by David Pain:

Being retired from active practice, I'm now able to devote considerable time and energy to the masters athletic program which I have been instrumental in developing, and to which I have dedicated much time and effort during the past 20 years. I hope that those in attendance at TAC's Convention on November 29 in Washington, D.C. will view my candidacy favorably and cast their vote accordingly.

# BARBARA KOUSKY:

**Masters Activities:** 

• 1988-89. Co-Director, VIII World Veterans' Championships.

• 1989. Current Masters Chairman of Oregon TAC.

• 1985-current. TAC certified official (long and triple jump); U. of Oregon meets; TAC Championships (open and masters), competitor in local and regional masters meets in shot put, long jump, racewalk and running.

• Past-President, Oregon Track Club Masters.

• 1984. Steering Committee for National Masters T&F Championships.

• 1987. Associate Meet Director, National Masters T&F Championships.

• 1988. Race Director, The Race 8K and the Eugene Symphony Run.

• 1983-1987. Steering Committee, Hayward Masters Classic.

• 1986-current. Board of Directors, Oregon Track Club.

• 1986. Steering Committee, USA/TAC T&F Championships.

• 1989. Steering Committee, Prefontaine Classic.

### Other:

• 1967-1975. Partner in Oregon Photocopy company; employer of 47 people.

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• 1986-current. Special-event plan-

ner and convention-services business.
Local involvement in Rotary, MADD, Oregon Track Club Masters. Age. 48.



Barbara Kousky

### Statement by Barbara Kousky:

After careful consideration and encouragement from others, I have decided to stand for the Chairmanship of the Masters Track and Field Committee. As Chairman, I would bring the following skills to the position:

• Ability to work as a team with individuals to accomplish a common goal. These skills come from my broad Board-of-Director experience in the paid and voluntary sectors.

• To assess peoples' skills and to delegate; allowing others to do their job.

• Proven and varied sponsorship recruitment.

• Experience in developing and supervising fiscally successful track and field competitions at all levels (local, national and international).

• Experienced communicator with the ability to listen, present issues, and reach resolution.

I have a strong commitment to masters athletics. I am familiar with the TAC organization and support its goals.

As your representative and advocate, I would always keep in mind "is the decision in the best interest of the athletes?"

I look forward to meeting with you at the Convention. Please feel free to write or call me with any questions, concerns or suggestions.  $\Box$ 

**National Masters News** 

page 23

MASTERS SCEINE

### NATIONAL

• Nike's earnings jumped a whopping 33% from 1988 in the quarter ending August 31, from \$57 million to \$76 million. Revenues rose 18%, from \$511 million to \$603 million.

• L.A. Gear's profits leaped 153% in its third quarter, from \$8.7 million to \$22 million. Sales were up 182%, from \$76 million to \$215 million.

• Agents — A Manual for Athletes is a 16-page pamphlet published by TAC's Athletics Business Standards Committee. For a copy,

COMING NEXT MONTH: •New Long Distance 5-year Age-

Group Road Records



Allan Rushmer, first M45 in 32:29 at the Manufacturers Hanover Lilac 10K in Rochester, N Y.

send \$5 to TAC, PO Box 120, Indianapolis IN 46206.

• Spending by over-50 Americans is impressive for many consumer products: 46% of total decaf coffee sales; 40% of total health-care product sales; 37% of total over-the-counter drug sales; 43% of total automobile sales, says a survey by Golden Years and Yankelovich. As the size of the market increases from one in four Americans today to one in three by the year 2000, share of sales for these products will be even higher.

· Women Running Smart, a series of tips for women's running safety, has been issued as an updated safety flyer by the Road Runners Club of America. For a copy, send a SASE to RRCA, 629 S. Washington St., Alexandria VA 22314. • Jan Kreuz, 41, set yet another ultradistance record and stunned the ultrarunning community when she turned in an amazing time of 6:19:05 at the Wolfpack 50-Miler. Columbus. April 9. This smashes Sandra Kiddy's record of 6:24:19, set in 1981. Kreuz came out of nowhere to take the lead at the 40 mile mark, and then turned on the afterburners to complete the rest of the race. John Ryder, 40, was the men's masters winner with a time of 7:38:34.

### EAST

• Leo Benning, 57, won a running pentathlon (100, 400, 800, 1500, 3000) overall, based on age-graded scoring, in Wilmington, DE in August.



Jan Kreuz, W40, finishes first overall in 6:19:05 at the National Masters 50 Mile Championships, Columbus, Ohio, April 9.

• Nancy Oshier, 41, finished first woman overall in 1:17:05 at the Phelps Sauerkraut 20K in Shortsville, NY, August 5. Derck Frechette was top master on the men's side in 1:14:24.

• The day after he won the Mercedes Masters Mile (4:10.16), in New York, Sept. 23, Larry Almberg took home another first-place trophy from New York with a 31:37 10K. "It's not my best 10K, but not too shabby after only an hour of sleep the night before," he said.

### SOUTHEAST

• Three marks by New York's **Pat Peterson**, W60, were omitted from the results of the Southeast Sectional Masters T&F Championships in Atlanta on June 10: 100 (16.26), 200 (34.08), and 80H (20.0).

### MID AMERICA

• Bruce Mortenson (M45, 50:04) placed first at the Minnesota Masters 15K in St. Paul, September 23. Mortenson was also top agegraded runner with a 90.4 performance percentage. Francine LePage (W40, 59:18) was first female master, finishing over four minutes ahead of second place Jo Vos (W40, 63:30).

• Leon Fennell, a 57-year-old Bridgeton, Mo. resident, finished first in the 11th Annual Bud Light Stadium Run in St. Louis, Mo., August 24, with a 28:37. The run was held prior to the St. Louis Cardinals baseball game against the Philadelphia Phillies.

Finishing second was 50-year-old Gary Gribble (29:04), followed by Rich Friedlander, 45, in 29:17.

More than 3,300 runners competed in the handicapped race, which gave runners a head start based on their age and sex.

### WEST

• San Diego's Chuck McMahon, a long-time masters thrower, has reluctantly retired from competition because of a 1987 injury resulting in imbalance, dizziness and loss of energy. So he is generously donating all his track equipment to the San Diego Track Club. "Knowing I won't have a physical capability to win championships or set records again, I reconciled myself to donating my equipment to others," he said.

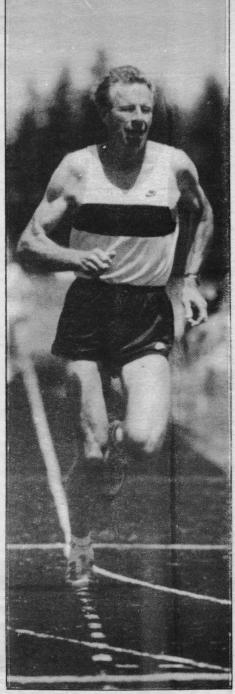
• Gene Solomon, 40, sped to a masters win in 32:37 at the Prefontaine 10K in Coos Bay, OR, September 16. Solomon finished second overall, with Solomon and open winner Ed Spinney (32:36) trading elbows toward the finish. First female master was Elaine Nickerson (W40, 39:25).

• Bill Fairbank, longtime masters t&f competitor, suffered a heart attack and died Sept. 30 while jogging near the Stanford University campus in Palo Alto, Calif. He was 72. Fairbank's work in low-temperature superconductivity laid the foundation for hundreds of scientific experiments around the world. A professor emeritus of physics at Stanford, he helped develop the superconducting accelerator. He was working in his lab the night before he died.

• On September 19, John Damski, 75, of Van Nuys, Calif., masters high jump and triple jump competitor, was tapped by Israel for its **Righteous Among Nations** award, given to Gentiles who rescued Jews from the Holocaust at the risk of their own lives. Damski will be featured in an NMN profile next month.

### INTERNATIONAL

• Apparently undaunted by the possibility of being banned, another group of American athletes will compete this month in a series of five track and field meets in South Africa. In October, 1988, 17 athletes and coaches competed in four meets in South Africa; all were suspend-



Ray Hatton, 57 on his way to a 4:48.1 1500 in Scholastic/Masters Meet, Oregon City, Oregon. Photo by Mike Monahan

ed by TAC. This year's group - called Athletes for Peace - is led by Dick Tomlinson, who stressed the humanitarian aspects of the trip. "All meets will be fully integrated and the tour will include clinics in black homelands and in rural areas." he said. The meets are Nov. 7 in Germiston, Nov. 10 in Bloemfontein, Nov. 14 in Stellenbosch Nov 18 in Potchefstroom and Nov. 21 in Pretoria. The meets are being advertised in South Africa as the first international series since 1966. Meanwhile, the Supreme Council for Sport in Africa will meet this month and is expected to discuss calling for a boycott of the Commonwealth Games in Auckland, New Zealand, in response to the tour of South Africa by a New Zealand rugby team.

# CLASSIFIEDS

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN. PO Box 2372, Van Nuys, CA 91404

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**National Masters News** 



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 Championships, Tacoma, Wash. Mark Salzman, 8615 47th 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.

December 7. Philadelphia Masters Development Meet, Haverford, Penn. Peter Taylor, 3120 Schoolhouse Lane (J-A9), Philadelphia, PA 19144. 215/842-3807.

January 5-7. 21st Dartmouth Relays, Hanover, N.H. Carl Wallin, Dartmouth College, Hanover, NH 03755. 603/646-2848.

January 7. Tom Robinson Memorial Mile and Philadelphia Masters Development Meet, Haverford, Penn. Peter Taylor, 3120 Schoolhouse Lane (J-A9), Philadelphia, PA 19144. 215/842-3807.

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

# **VIDEOTAPE REPLAYS! 1989 NATIONAL MASTERS TRACK CHAMPIONSHIP - SAN DIEGO, CALIFORNIA** JULY 20-23, 1989

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

December 3. Minnesota Masters Indoor Meet. SASE to Mrs. Rachel Lyga, 122 631/2 Way N.E., Fridley, MN 55432.

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

January 14. Fifth Annual Patriots Relays. Birmingham High School, Van Nuys, Calif. Marvin Thompson, 213/666-7341.

# INTERNATIONAL

November 11-12. Uruguay Veterans Championships, Montevideo. (M35+, W30+. Hector Acosta, Calle Canelones 982. Montevideo 11.000, Uruguay. August 23-26. WAVA North American Championships, Trinidad and Tobago.

# LONG DISTANCE RUNNING NATIONAL

November 5. U.S. TAC National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011. November 12. U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712; 916/775-1318. November 26. U.S. TAC National Masters 15K Cross-Country Championships, NYC. Joe Kleineram, 9 E. 89th St., New York, NY 10128, 212/860-4455

November 25. U.S. TAC National Masters 10K Cross-Country Championships, San Francisco. John Mansoor, 800 Bonita Dr., Folsom, CA 95630. 916/933-4913. December 3. U.S. TAC National Masters 8K Championships, Washington, D.C. Herb Chisholm, c/o Mistletoe Run, P.O. Box 554, Springfield, VA 22150. (703) 644-4322.

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

November 5. New York City Marathon, NYC. NYRRC, P.O. Box 881, FDR Sta-New York, NY 10150-0881. tion, 212/860-4455.

November 5. Marine Corps Marathon, Washington, D.C. MCM, P.O. Box 188, Quantico, VA 22134. 703/640-2225.

November 12. Atlantic City Marathon, N.J. Boardwalk Runners, P.O. Box 7336, Atlantic City, NJ 08404. 609/344-0809. November 12. Cape Cod Marathon,

Falmouth, Mass. Courtney Bird, P.O. Box 699, W. Falmouth, MA 02574. 508/548-0348.

November 19. Boston Peace Marathon, Boston. BPM, P.O. Box 60, Boston, MA 02130. 617/524-5454.

November 23. Turkey Trot 5 Mile, Prospect Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

November 26. Half Hollow Hills 5 Mile, Dix Hills, N.Y. M&W 40 + \$300/200/100. Bob Wiener, 10 Parkwood La., Dix Hills, NY 11746. 516/499-6207.

December 3. Brian's Run 10K, West Chester, Pa. Masters \$\$. Larry Brandon, 206 Brook Dr., W. Chester, PA 19380. 215/692-5643.

December 17. Holiday 4-Miler/MAC 30K Championships, Central Park, NYC. 9 E. 89th St., NY, NY 10128. 212/860-4455.





57-year-old Leon Fennell finishes first in the age-handicapped Bud Light Stadium Run in St. Louis, Mo., August 24

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

November 12. Old Reliable 10K, Raleigh, N.C. Masters money. Butch Robertson, P.O. Box 1229, NC 27602. 919/829-4843. November 23. Jacksonville Distance Classic Half-Marathon, Jacksonville, Fla. M&W 40 + \$300/200. Doug Alred, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917

November 23. Atlanta Marathon, Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave. NE, Atlanta, GA 30305. 404/231-9064.

November 23. Thanksgiving 10-Miler, DeLand, Fla. RRCA, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

December 3. Baby Boomer 10K (Miami event), Miami, Fla. Masters money (m/w \$500/\$350/\$200/\$125/\$75). Miami Runners Club, 7920 SW 40th St., Miami, FL 33155. 305/227-1500.

December. 3. First Tennessee Bank Memphis Marathon, Memphis. Masters money. First Tennessee Bank, Suite 1001, 165 Madison, Memphis, TN 38103. December 9. U.S. Air Force-Tampa Bay Marathon, MacDill AF Base, Tampa, Fla.

Brandon Running Assn., P.O. Box 1564, Brandon, FL 34299-1564. Jim Moohan, 813/685-8635

December 9. Rocket City Marathon, Huntsville, Ala. Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

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

November 11. Ohio TAC Cross-Country Championships, Lancaster HS, Lancaster. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

November 12. Columbus Marathon, Columbus, Ohio. Mike Collins, 6290 Busch Blvd., Co 614/433-0395. Columbus, OH 43229. Continued on page 29

# ON TAP FOR NOVEMBER

The 11th annual convention of The Athletics Congress will be held in Washington, D.C. on November 27 to December 2. Everyone is welcome.

### TRACK AND FIELD

Track and field is quiet this month, with the exception of the Uruguay Veterans Championships on the 11th and 12th.

### LONG DISTANCE RUNNING

Four TAC/USA national championships are scheduled: the 5K Cross-Country in Columbus on the 5th; the 30K in Clarksburg, Calif. on the 12th; the 15K Cross-Country in New York on the 19th; and the 10K Cross-Country in San Francisco on the 25th.

The 5th is a busy day, with the New York Marathon, the Marine Corps Marathon in Washington, D.C., and the Baby Boomers 10K in Phoenix, which offers \$2500 masters money.

On the 12th, head down to Raleigh, N.C. for the Old Reliable 10K. The 16th of 18 ICI/USRA Masters Circuit races will take place at the Seattle Halfmarathon on the 25th.

Continued from page 28

### MID-AMERICA Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

November 5. Omaha Riverfront Marathon, Omaha. John Thomas, 502 N. 40th St., Omaha, NE 68131. 402/558-9076. November 19. St. Louis Marathon, St. Louis, Mo. SASE to St. Louis TC, 6611 Clayton Rd., St. Louis, MO 63117. 314/682-SLTC.

### SOUTHWEST Louisiana, Mississippi, Texas.

**November 4.** Dallas White Rock Half-Marathon, Dallas. SASE to Cross Country Club of Dallas, 6834 Dalhart Ln., Dallas, TX 75214.

November 18. Tulsa Marathon, Tulsa, Okla. John Castillo, .P.O. Box 700814, Tulsa, OK 74170. 918/742-4127.

**November 18.** First Victoria 10K, Victoria, Texas. M&W40+. \$500/300/200. Tom Curtis, P.O. Box 1338, Victoria, TX 77902. 512/573-6321.

December 2. Jingle Bell Run 5K, Tulsa, Okla. Masters \$\$. Mary Ann Massey, 1902 E. 71st St., Tulsa, OK 74136. 918/493-7000.

December 3. Dallas White Rock Marathon, Dallas, Texas. DWR Marathon, P.O. Box 743335, Dallas, TX 75374-3335. 214/526-5318.

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

# National Masters News

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

November 5. Baby Boomer 10K, Phoenix. Masters money (m/w \$500/ \$350/ \$200/\$125/\$75). Arizona Road Racers, P.O. Box 37876, Phoenix, AZ 85069. 602/933-2425.

November 12. Fresno Marathon, Fresno, Calif. Fresno Joggers, P.O. Box 17097, Fresno, CA 93744-7097.

November 19. New Times Phoenix 10K, Phoenix, Ariz. Harvey Beller, P.O. Box 2510, NTP 10K, Phoenix, AZ 602/229-1060.

November 19. 23rd Mission Bay 25K, San Diego. Joni Pendleton, 619/287-8694.

November 26. Run To The Far Side 10K, San Francisco. Dave Rhody, Calif. Academy of Science, Golden Gate Park, San Francisco, CA 94118. 415/750-7144. December 3. Western Hemisphere Marathon, Culver City, Calif. Jack

Narathon, Culver City, Call. Jack Nakanishi, 4117 Overland Ave., Culver City, CA 90230. 213/202-5689. December 3. California International

Marathon, Sacramento. CI Marathon, P.O. Box 161149, Sacramento, CA 95816. 916/447-2786.

**December 10.** Rialto Rotary Polio-Plus 5K, Rialto, Calif. Masters m & w: \$100, \$50. Vern Craig, P.O. Box 397, Rialto, CA 92377. 714/875-6040.

December 10. Fiesta Bowl 10K, Phoenix, Ariz. Rob Wallach, 6102 N. 16th St., Phoenix, AZ 85016. 602/277-4333. December 10. San Diego International Marathon, San Diego, Calif. In Motion, Inc., 2204 Garnet Ave., Ste. 303, San Diego, CA 92109. 619/483-9501.

December 10. Honolulu Marathon, Honolulu, Hawaii. Honolulu Mara. Assn., 3435 Waialaw Ave., No. 208, Honolulu, HI 96816. 808/734-7200. FAX 808/732-7057.

**January 20.** Paramount 10K World Masters Division, Paramount, Calif. Oscar Rosales, 714/841-5417, 213/634-3027. 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: 110:00.

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.



November 25. Seattle Marathon, Seattle. David Ranney, 3709 N.E. 180th, Seattle, WA 98155. 206/363-6070.

## CANADA

November 11. Canada vs. USA Masters Cross-Country Challenge, Vancouver, B.C. Stanley Park. Jake Madderom, 604/433-3371.

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Name \_\_\_\_\_ Address \_\_ **INTERNATIONAL** 

November 19. Romacapitale Marathon, Rome, Italy. Organizing Committee, Via Paulucci De Calboli 60-00195, Rome, Italy. Tele: 06/318462.

November 19. BVAF 10K Road Race Championships, Barnsley, Yorkshire. Max Snally, 29 Havercroft Rise, South Heindly, Barnsley, Yorkshire.

December 2. Barbados International Marathon. 617/242-7845.

# RACE WALKING INTERNATIONAL

December 6-10. American Racewalk Association's Racewalkers Training Camp, Mazatlan, Mexico. \$350. ARA, PO Box 18323, Boulder CO 80308. 800/326-2929.



\_\_\_\_\_Zip \_\_\_\_

Mail to: National Masters News, PO Box 2372, Van Nuys, CA 91404



Road Runners Club of America Hall of Fame in

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Photo from Mike Tymn

National Masters News

November, 1989

# **1988 U.S. MASTERS LONG DISTANCE RANKINGS**

(Compiled by TACSTATS/USA, The National Center for Long Distance Running & Race Walking Records and Research)

( compa	Contraction of the local division of the loc	January Contraction of the second s	No. of Concession, Name of Street, or other		
8 Kilometers	<u>W35-39</u> 1 J Gareau CAN 26:48	M40-44 1 Mike Hurd GBR 38:00	<u>W55-59</u>	w35-39	<u>M45-49</u>
<u>M35-39</u>	2 Karen Macharg FL 28:56	2 Allan Rushmer GBR 38:10	1 Marion Irvine CA 52:03a 2 Jo Sullivan CA 59:27a	1 Barbara Clark 56:37.42	l Herb Lorenz 52:23a 2 Roger Robinson 53:41
1 Juri Porotov URS 24:01	3 Jane Asimus 29:00	3 Ken French CAN 38:16	3 Jil Plummer CA 64:39a	2 Catherine Lempes 58:09 3 C Ciavarella 58:18	3 Ed Brinkley 55:24
2 Doug Bell CO 24:04a	4 Linda Fox NC 29:05a	4 Peter Moore CAN 38:27	4 Barbara Neyens CA 71:47a	4 Janet Jordan 58:38.75	4 Thomas Hare 55:45
3 Gary Romesser IN 24:08 4 Charles McMullenNY 24:13	5 Agnes Ruane CT 29:06	5 Pat Murphy IRE 38:42	<u>M60-64</u>	5 Shirley Durtschi 58:39.31	5 Vic Heckler 57:00
S Robert Wallace TX 24:28	6 Martha O'Rourke OK 29:26 7 Michele Tiff 29:32	6 Jeff Corkill 39:02	1 Adeline Kearney CT 65:27	6 Dianne Sullivan 59:29.40	6 Richard Stotlar 57:00
6 Zack Barie TAN 24:44	7 Michele Tiff 29:32 8 Francine Pahl MN 29:49a	7 Jerry Tighe CAN 39:37 8 Damien Koch CO 40:30	2 Kit Pickles CA 66:39a	7 Robbyn Runyon 59:34.62	7 David Johnson 57:43
7 Ron Gee CA 24:44	9 Marilyn Davey GA 30:05	9 Kenneth Rowe MI 40:35	M65-69 1 Jaclyn Caselli' CA 63:15a	8 Caroline Lunger 59:57 9 Dianne Rappaport 60:09	8 Mike Hayney 57:55a 9 Tom Gallagher 57:57a
8 Mike Seaman MN 24:52a	10 Ainee Lynam 30:17	10 Chuck Koeppen IN 40:56	2 Margaret Wright SC 69:26.2	10 Elizabeth Mastin 60:32	10 Dick Cocarah 57:59
9 Doug Suker MN 24:53a 10 Len Beard MN 25:04a	W40-44	<u>M45-49</u>	3 Phyllis Ruthenburg 80:17a	W40-44	M50-54
M40-44	1 Mary McGowan FL 27:05.1 2 Erna Kozak CAN 28:28	l Steve Lester UT 38:47 2 William Leahy 40:37	4 Judy Golding CA 82:06a	1 Laurie Binder 52:40	l Jim O'Neil 55:03
1 Bill Rodgers MA 23:50.5	3 Laurie Binder CA 28:31	3 Joe Machala WA 40:37		2 Gabriele Andersen54:25	2 Bill Olrich 55:30
2 Allan Rushmer GBR 24:03	4 Barbara Filutze PA 28:48	4 Kenneth Hinds 41:19	15 Kilometers	3 Jane Hutchison 54:41 4 Nancy McLaren 55:08.49	3 Bill Johnston 57:10 4 Bob Paklaian 58:04
3 Web Loudat NM 24:20	5 Angella Hearn GBR 28:54	5 Roger Pratt CAN 41:35	<u>M35-39</u>	5 Barbara Filutze 55:16	5 Jim Larson 58:15
4 Larry Olsen 24:42 5 Bob Schlau SC 25:06a	6 Mary Williams MD 29:26	6 Gerry Carner SC 41:57.6	1 Zak Barie 44:28	6 Angella Hearn 55:18.01	6 Rex Reed 58:35
6 Barry Brown FL 25:07.5	7 Jane Millspaugh PA 29:54.3 8 Diane Stoneking MN 30:07a	7 William Kaye NY 43:09 8 Bob Sieller 44:08	2 Wilson Waigwa 44:52 3 Robert Wallace 45:49	7 Mary Williams 56:55a	7 Fay Bradley 58:59
7 Pat Murphy IRL 25:32	9 Chris Grenning GBR 30:21	9 Peter Madden 44:00	4 Ernest McKee 46:51	8 Betsy Harshbarger57:15	8 Lawrence I'Anson 59:10 9.John Dugdale 59:22
8 Thomas Bernard VA 25:38	10 Pat Herbulock 30:25a	10 Dan Vasicek OK 45:38	5 Tom Carter 47:31	9 Mary Wood 57:55.92 10 Francine Pahl 58:24	10 Scott Polizotto 59:23
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	om Gibbons	93:48	2 Mario Gonzalez
	ene Askew ack Kirkpatrick	94:18.7	3 Greg King 4 Larry Seethaler
	enneth Stevens		5 Robert Nelson
	hilip Russell	99:27	6 Edward Doheny
	mil Balz	99:30	7 E Robinson
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	arry Gillis	1:42:32	9 David Johnson
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	eggy Smythe	73:53	10 Rex Reed
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	ina Faust	82:35	8 Ruben Vigil
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	lice Rose	88:08	10 John Keston
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3 K	it Pickles	2:01:44	7 Dudley Healy
	emice Carter	2:04:34	8 Bill Van Fleet
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5 Rob Whethem       1:23:49       5 Carl Jenkins         6 Duane Spitz       1:24:12       75-79         7 P Cruz-Martin       1:24:57       9 Barney Klecker       1:25:59         10 Jim Hackenberg       1:26:16       1 James Ramsey         1 Bruce Mortenson       1:23:41       1 James Ramsey         2 Art Hall       1:26:15       3 Peter Hallop       1:26:49         4 Wally Herrala       1:27:02       5 Dick Ruhland       1:27:35         6 John Emmons       1:29:51       7 Lansing Brewer       1:30:10a         8 John Hunt       1:30:324       I S0:344a			
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8 Mike Seaman       1:24:57         9 Barney Klecker       1:25:59         10 Jim Hackenberg       1:26:16         M40-44       1         1 Bruce Mortenson       1:23:41         2 Art Hall       1:26:15         3 Peter Hallop       1:26:49         4 Wally Herrala       1:27:02         5 Dick Ruhland       1:27:35         6 John Emmons       1:29:51         7 Lansing Brewer       1:30:322         9 Russ Pate       1:30:44a			M75-79
9 Barney Klecker       1:25:59         10 Jim Hackenberg       1:26:16         M40-44       1 James Ramsey         1 Bruce Mortenson       1:23:41         2 Art Hall       1:26:15         3 Peter Hallop       1:26:49         4 Wally Herrala       1:27:02         5 Dick Ruhland       1:27:35         6 John Emmons       1:29:51         7 Lansing Brewer       1:30:10a         8 John Hunt       1:30:344a			the second se
10 Jim Hackenberg 1:26:16 M40-44 1 Bruce Mortenson 1:23:41 2 Art Hall 1:26:15 3 Peter Hallop 1:26:49 4 Wally Herrala 1:27:02 5 Dick Ruhland 1:27:35 6 John Emmons 1:29:51 7 Lansing Brewer 1:30:10a 8 John Hunt 1:30:32 9 Russ Pate 1:30:44a			
M40-44         1 Bruce Mortenson       1:23:41         2 Art Hall       1:26:15         3 Peter Hallop       1:26:49         4 Wally Herrala       1:27:02         5 Dick Ruhland       1:27:35         6 John Emmons       1:29:51         7 Lansing Brewer       1:30:10a         8 John Hunt       1:30:32         9 Russ Pate       1:30:44a			1 James Ramsey
1       Bruce Mortenson       1:23:41         2       Art Hall       1:26:15         3       Peter Hallop       1:26:49         4       Wally Herrala       1:27:02         5       Dick Ruhland       1:27:35         6       John Emmons       1:29:51         7       Lansing Brewer       1:30:10a         8       John Hunt       1:30:32         9       Russ Pate       1:30:44a			
2 Art Hall 1:26:15 3 Peter Hallop 1:26:49 4 Wally Herrala 1:27:02 5 Dick Ruhland 1:27:35 6 John Emmons 1:29:51 7 Lansing Brewer 1:30:10a 8 John Hunt 1:30:32 9 Russ Pate 1:30:44a	-	1:23:41	Contraction of the second
3 Peter Hallop       1:26:49         4 Wally Herrala       1:27:02         5 Dick Ruhland       1:27:35         6 John Emmons       1:29:51         7 Lansing Brewer       1:30:10a         8 John Hunt       1:30:32         9 Russ Pate       1:30:44a			The second second
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5 Dick Ruhland         1:27:35           6 John Emmons         1:29:51           7 Lansing Brewer         1:30:10a           8 John Hunt         1:30:32           9 Russ Pate         1:30:44a			and the second second
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8 John Hunt 1:30:32 9 Russ Pate 1:30:44a			
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### **J.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS**

	Mile	ЗК	2-mile	516	10K	20K		Hile	316	2-m11e	5K	10K	2016
M4	0 7:29.8	14:30	15:40	24:30	51:00	1:45	¥40	8:55.4	17:20	18:40	29:00	1:00	2:04
H4	5 7:42.8	15:10	16:20	26:00	54:00	1:52	W45	9:12.4	17:53	19:17	31:00	1:04	2:12
M5	0 8:25.1	16:20	17:37	27:30	57:00	1:58	W50 1	0:30.2	20:24	21:59	33:00	1:08	2:20
M5	5 8:43.1	16:55	18:15	29:00	60:00	2:04	W55 1	0:55.4	21:13	22:51	35:00	1:12	2:28
	0 9:19.9	18:07	19:32	30:30	63:00	2:10	W60 1	1:45.0	22:49	24:35	38:00	1:18	2:40
M6	5 9:44.7	18:54	20:23	32:00	66:00	2:16	W65 1	2:20.2	23:59	25:50	41:00	1:24	2:52
87	0 10:25.4	20:15	21:49	34:00	70:00	2:24	¥70 1	3:28.5	26:10	28:12	44:00	1:30	3:04
M7	5 10:59.9	21:20	23:00	36:00	74:00	2:32	W75 1	4:19.5	27:49	29:58	47:00	1:36	3:16
8M	0 11:40.7	22:40	24:25	38:00	78:00	2:40	W80 1	5:20.7	29:48	32:08	50:00	1:42	3:28
MB	5 12:29.3	24:15	26:08	40:00	82:00	2:48	W85 1	6:35.7	32:13	34:44	53:00	1:48	3:40

1		
1 07 10	W35-39	1:33:59a
1:27:19 1:29:45	1 Nancy Grayson	1:35:594
1:29:45	2 Pamela Key	1:36:15
1:30:54	3 Karen Hubbard 4 Debbie Wagner	1:38:23
1:30:54	5 Donna Roark	1:42:03.1
1:32:45.8	6 Francine Pahl	1:43:13
1:32:49	7 Benita Schlau	1:43:35a
1:33:10	8 Kari Chandler	1:45:47
1:33:20a	9 Christine Rice	1:45:59
1:34:41	10 Pamela Stevens	1:46:08
1:33:58	W40-44	
1:34:12	l Linda Findley	1:38:55
1:34:20	2 Mary Ellen Willia	
1:35:03	3 Charlene Catalina	
1:36:21	4 Diane Stoneking	1:42:46
1:38:24	5 Mary Savage	1:42:50
1:39:03	6 Nina Bovio	1:43:53
1:40:25	7 Carol Klitzke	1:48:14
1:40:26	8 Renee Marnian	1:48:48 1:49:05
1:41:23	9 Linda Owens	1:49:38
1 22 62	10 Mary Hiatt	1:45:50
1:37:57 1:41:35	W45-49	
1:41:35		1:43:50
1:42:21 1:42:28	2 Carol Bender	1:53:21
1:42:20	3 Marilyn Morehead	1:54:46
1:43:22a	4 Mary Namey	1:54:50
1:44:18	5 Beverly Grienke	1:57:30
1:44:57	6 Judith Cronen	1:57:51
1:45:28	7 Kathy Peterson	2:00:06
1:46:51.3	8 Diana Stafford	2:00:39a
No. of Contraction	9 Laurie Baker	2:01:30
The states	10 Ellen Nitz	2:02:09
1:38:46		
1:43:50	W50-54	
1:48:09	1 Caroline Murray	1:49:43
1:48:51	2 Armande Pieschke	1:53:25
1:51:15	3 Phyllis Kahn	2:06:20
1:53:30	4 Alison Antoun	2:06:24
1:56:39	5 Liz Lancaster	2:09:24
1:57:08	6 Ruth Fredenthal	2:11:16
1:57:41	7 Rosa Nales	2:11:19
1:58:34	8 Neomi Garcia 9 Sandra Studebaker	2:11:50.5
1:57:00	10 Dolores Cross	2:12:27
1:58:28a	10 DOTOTES CLOSS	2:14:02
1:58:55	W55-59	
2:00:37	1 Thelma Wilson	2:10:41
2:03:42.8	2 Mary Bazar	2:21:57
2:10:23	3 Stephanie Harrison	
2:14:55a	4 Curry Snoek	2:27:41
2:16:50	5 Beth Wood	2:27:49
2:18:21	6 Mary Bonstrom	2:28:06
2:19:14a	7 Sandra Wax	2:30:37
and the second	8 Barbara Burhans	2:33:10
2:00:58	9 Beryl Griffiths	
2:04:13	10 Masie Cremie	2:39:46
2:17:26	the second s	and the second
2:25:54 2:36:54a	W60-64	
2:30:544	l Aslaug Tomas	2:17:08
2:50:01	2 Mary Lou Carlson	2:17:14
2:50:01	3 Mabel Velge	2:20:16
2:52:27	4 Georgina Dillon	
	5 Barbara Beck	2:48:10
	6 Sandy Norris	2:57:31
	W65-69	
1000	1 Althea Wetherbee	2:26:07
-	2 Betty Haleen	
-	w70-74	
Stand H	1 Mayme Bdera	3:06:51
and the second		

2 Althea Jureidini 3:09:41

a = point-to-point course



photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

## **National Masters News**

06/24/89

07/27/89

07/01/89

07/29/89

07/29/89

07/08/89

07/08/89

24:16 08/13/89

39:28 03/11/89

5:34.7 10/03/87

3:51.91 08/01/89

1:23:34 07/30/89

5

Weight 20# 29-9

Hammer 4K

Discus

5000m

10000m

High Jump

Long Jump

98-1

78-11

21:45

44:18

11-10

4-3

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

100m

200m

800m

Discus

4000 800m 800m

Hammer

2K SC 1500m

High Jump

Long Jump

5K Walk

20K Walk

12.63

26.97

16-9

Pentathlon 3088 07/20/89

05/28/89

07/27/89

07/27/89

27:36 08/04/89

1:58:36 07/30/89

2:36.41 07/02/88

M55-59 Bob Santine

M60-64

Ralph Daehler

Robert Meador

Lloyd Young

Jock Jocoy

M70-74 Jim Sullenger

Francisco Colon

M75-79 Hans Weickardt

H. Narcessian

Charles Espy

<u>M30-34</u>			
James Fountain	Pole Vault	14-6	06/24/89
Derek Shelton	Long Jump	6.73	07/20/89
	Triple Jump	14.66	07/20/89
M35-39			
Donnis Drumgole	100m	12.86	07/27/89
John Williams	llOmH	16.24	08/19/89
M40-44			
Michael Milove	llOmH	17.4	06/17/89
Jim Lockard	400mH	61.66	08/01/89
James Porter	800m	2:03	03/31/89
Larry Norris	800m	2:04.8	07/20/89
	3000m SC	10:53.8	07/08/89
Wayne Gripp	800m	2:01.53	04/22/89
Ross Jensen	llOmH	17.3	06/03/89
Michael Lamm	1500m	4:20.07	07/20/89
Peter O'Neil	800m	2:05.65	07/29/89
Samuel Howell	100m	11.41	06/17/89
	200m	23.22	06/17/89
	400m	52.69	06/17/89
M45-49			
Warren Hardy	Discus	145-1	06/24/89
R Bloomfield	Weight 35#	40-0	06/17/89
	Weight 56#	26-95	06/24/89
Frank Costello	High Jump	6-2	08/05/89
M50-54			
Jerome Wills	Long Jump	18-105	08/13/89
Larry Price	Shot Put	43-44	06/24/89
Jim Clark	800m	2:17.78	07/29/89
Larry Price	Discus	141-4	05/20/89
Ed Schmidt	Shot Put	12.64	07/08/89
Stan King	100m	12.45	07/07/89
	200m	25.35	07/07/89
	400m	56.85	07/19/89
		42.24	08/03/89
Neil Saling	Discus	42.24	00/05/05
Neil Saling Mel Yoder	Discus 1500m		08/04/89
		4:44.58	
Mel Yoder	1500m	4:44.58	08/04/89

U.S. MASTERS STANDARDS OF EXCELLENCE												
FOR MEN												
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100 200 400 800	11.0 22.4 51.0 2:01	11.33 23.3 52.5 2:04	11.67 24.2 54.0 2:08	12.0 25.1 56.0 2:13	12.5 26.0 58.5 2:19	13.0 27.2 61.5 2:27	13.5 28.5 65.0 2:37	14.0 29.8 70.0 2:49	15.0 32.4 76.5 3:06	16.5 35.8 84.5 3:27	18.0 39.8 94.0 3:54	20.0 44.0 105.0 4:24
1500 Mile 5000 10000	4:31 15:30	4:15 4:35 15:42 32:35	4:22 4:42 16:06 33:30	4:32 4:53 16:44 34:45	4:45 5:07 17:30 36:15		5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:00 61-15	9:15 10:10 30:30 30:30
110H 100H 80H		16.4		18.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
400H 300H	57.6	59.7	62.0	64.4	48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94 6-4 <sup>1</sup> 2	1.85 6-3/4	1.76 5-9%	1.68 5-6	1.59 5-2½	1.50 4-11	1.41 4-7 <sup>1</sup> 2	1.32 4-4	1.23 4-1 <sub>2</sub>	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40 14-5½	4.15 13-7%	3.90 12-9½	3.60 11-9½	3.30 10-10	3.05 10-0	2.80 9-25	2.55 8-4½	2.30 7-6-5	2.05 6-8 <sup>1</sup> 2	1.80 5-11	1.50 4-11
IJ	6.55 21-6	6.20 20-4 <sup>1</sup> 2	5.85 19-25	5.45 17-10 <sup>1</sup> 2	5.10 16-9	4.75 15-7	4.40 14-54	4.00 13-1½	3.65 11-11 <sup>1</sup> 2	3.35 11-0	3.00 9-10	2.65 8-8 <sup>1</sup> z
TJ	13.35 43-95	12.65 41-6	11.90 39-½	11.15 36-7	10.40 34-1½	9.65 31-8	8.90 29-2 <sup>1</sup> 2	8.20 26-11	7.50 24-75	6.80 22-4	6.10 20-2	5.50 18-5
Shôt	15.20 49-10 <sup>1</sup> 2		13.00 42-8	12.00 39-4 <sup>1</sup> 2	12.40 40-8½	11.20 36-9	12.00 39-4½	10.80 35-5노	10.00 33-0	8.80 28-10 <sup>2</sup> 5	7.65 25-15	6.50 21-4
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00 131-3	36.40 119-5	40.00 131-3	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-2 <sup>1</sup> 2	16.20 53-2
Hammer	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Jav	62.00 203-5	57.00 187-0	52.60 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 141-1	35.00 114-10		24.00 78-9	19.00 62-4	15.00 49-2
25#Wt.	15.00	14.00	13.00		10.00	9.00	11.00	10.00	9.00	8.00	7.00	6.00
56#Wt. PEN	9.50 2800	9.00	8.50 2400	8.00	6.00 2000	5.00	4.50	4.00	3.50 3000	3.00	2.50	2.00
DEC	5500	5250	5000	4500	4000	3000	6000		5000	4000	2000	1500
<ul> <li>Dec 3500 3250 5000 4500 4500 4000 5000 5000 5000 4000 2000 1500</li> <li>notes: 1) 100 staudards are for automatic time; use standard conversion for hand time.</li> <li>2) Short hurdles: 30-49; 39"; 50-59: 36"; 60-69: 33"; 70+: 30".</li> <li>3) Long hurdles: 30-49; 7.26k (160); 50-59: 64; 60-69: 5k; 70+: 4k.</li> <li>5) Discus throw: 30-49; 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k.</li> <li>6) Hammer: 30-49; 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k.</li> <li>7) Javelin: 30-59; 800g; 60+: 600g.</li> <li>8) Metric heights and distances are the standard; feet and inches listed for convenience.</li> <li>9) Dec/Pentathlon: 30-59; TAAF points; 60+: Ian Hume points (old WAVA).</li> </ul>												

U.S. MASTEDS STANDADDS OF EVCELLENCE

32.62	08/03/89	100	Eleanor Wallace	5000m	24:16	08
4-3	06/24/89	100	W65-69			
		111	Jean Cotner	5K Walk	39:28	03
1:14.29	07/27/89		A DE LO D	1500m	5:34.7	10
	07/27/89	1	W70-74			
	07/27/89	3 3	Irene Crane	800m	3:51.91	08
	08/13/89					
	06/22/85	0100	<u>W75-79</u>			
6:59.07	06/22/85		Adaline Crocker	10K Walk	1:23:34	07
-	and the second		at a started		-	-
II	S MAST	FRS S'	TANDARDS O	FFYCE	IFNCE	•

W45-49

W50-54 Betty Dameron

W55-59

B Bloomfield

Roslyn Katz

Rachel Lyga

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100 200 400 800	13.8 28.0 63.5 2:32	14.2 29.2 65.5 2:35	14.6 30.3 67.5 2:40	15.0 31.4 69.5 2:46	32.5	16.2 34.0 73.5 3:05	16.9 35.7 78.5 3:19	17.8 37.5 83.7 3:36	18.8 40.0 90.0 3:56	20.0 43.5 96.5 4:09	21.2 47.0 103.3 4:35
1500 Mile 5000 10000	5:10 5:34 19:45 41:00	5:19 5:44 20:30 42:40	5:29 5:\$5 21:20 44:40	5:40 6:07 22:16 47:00	23:12	6:20 6:49 24:16 52:00		7:23 7:46 28:08 60:00	8:04 8:47 30:08 56:00		9:48 10:45 34:26 86:00
100H 80H 400H 300H	17.2 75.5	18.2 79.9	15.0 84.4	15.8 88.8	16.5	17.6 72.0	18.7 79.0	20.2	22.2	25.0	28.0
HJ	1.42 4-8	1.35 4-5½	1.27	1.19 3-11	1.12 3-8	1.07 3-6½	1.02 3-4½	.97 3-2½	.92 3-0 <sup>1</sup> 2	.89 2-11	.84 2-9
IJ	5.00 16-5	4.60 15-1	4.25 13-11 <sup>3</sup>	3.90 12-9 <sup>1</sup> 2	3.55 11-8	3.20	2.85 9-4½	2.60 8-6½	2.35 7-8 <sup>1</sup> /2	2.10 6-11	2.00
TJ	10.00 29-7½	9.20 28-3	8.60 26-8	7.80 25-0½	7.18 23-5 <sup>1</sup> 2	6.40 22-8	5.70 20-5½		4.70 16-5	4.20 13-11½	3.80 13-15
Shot	10.30 33-9 <sup>1</sup> 2	9.30 30-6½	8.40 27-7	7.70 25-3½	7.95 26-1	7.20 23-7½	6.50 21-4	5.80 19-0 <sup>3</sup> 5	5.25 17-3	4.70 15-5	4.25
Jav	39.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6 <sup>1</sup> 2	25.00 82-0	19.00 62-4	18.00 <b>59-</b> 1	16.00 52-6	15.00 49-2		13.50 44-4
)iscus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
lammer	40.0 131-3	35.0 114-10	30.0 98-5	25.0 82-0	2.:.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20 <b>/</b> Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
	<ol> <li>2) Short</li> <li>3) Short</li> <li>4) Jáve</li> <li>5) Hamm</li> </ol>	rt hurdl t put: elin: ber:	les: 30- 30- 30- 30-	-39: 33' -49: 4k; -49: 600 -49: 4k;	'; 40+; ; 40+; )gm; 50 ; 40+;	: 30'' 3k. 0+. 400 3k	use star gm. tandard:				

# **APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**

NAME	AC	AGE-GROUP					
ADDRESS	5	SEX: M F					
CITY	STATE	ZIP					
MEET	DATE OF MEE	т					
MEET SITE	The second second						
EVENT:	MARK:						
HURDLE HEIGHT	WEIGHT OF I	MPLEMENT					
	PATCH	PATCH TAG					
	d of excellence, please send \$10 f						

for patch, extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color,  $8\frac{1}{2}$ " by 11" certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

### **National Masters News**

M40 Jordan Simmons

M40 Russ White

2:07.1

181-4

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4:27.0

### M45 Harvey Franklin M65 Don Wilgus Alden Bryant W55 Barbara Robben George Reynolds George Brophy Mike Valle Paul Zink 2:07.2 170-8 6:25.0 7:02.0 **TRACK & FIELD RESULTS** Robert Weiner 114-8 6:40.0 D.J. Bertagnolt 2:30.7 Jim Demma Clifford Pauling Roger Jensen M50 Phil Scudieri Mark Richards 12. 107-2 W60 Kit Pickles 7:15.0 M50 107-11 Please send masters meet results to NATIONAL MASTERS 14.3 94-3 Bill Brobst 3:05.9 M40 Jim Hampton 9:29.1 NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, Newlie Hewson John Martin 2:56.1 M60 M60 Ned Curran 82-11 Phil Nemir 10:08. John McCarthy 77-10 please type single space with minimum of white space. Malcolm Schotchler10:51.9 W30 Patricia Brown John McCarthy 3:11.6 59-11 M55 Peter Todd James Jacobs 11:12.6 Roy Englert 3:37.2 W50 Caroline Richards 39-9 Patricia Willis Sharon Good W60 B Kleinschmidt M70+Richard Lukes 3:50.9 34-5 Bruce Carradine Don Wilgus Carl Reiterman 11:33.1 W40 Kathy Pierce W50 Lucy Anne Brobst Patricia Willis 2:45.2 M70 Robert Vaccaro W30 Darbie McCubbin Arline Naboulsi 33.7 30.7 <u>Javelin</u> M30 Mike Sayers Steve Suto Dan Odette 465 13:48.2 NATIONAL 3:23.3 4:09.5 161-2 43-6 19:23.7 Hammer M30 Peter Collins 145-10 114-7 M70 Norton Jacobs M60 Dave Stevenson Ray Stewart 34.8 15:07.6 1500m M30 Duane Green U.S. TAC National 140-10 Patricia Brown 38.2 10:31.4 4:22.7 Steve Barlow Allen Ray Imrich Kilary Michael Lauderdale 122-0 Masters Championships Deborah Eckhardt 41.8 97-2 10:59.5 4:50.1 Billy Hogans M40 Mike Valle M40 129-8 Edward Harte 96-1 M90 Paul Spangler W40 Dee Dee Grafius 20:08.3 Relay result 4:27.4 M40 Paul Zink M30 Rodney Goodman 115-0 53.4 128-6 11:05.4 San Diego, July 23 Robert Weiner Bobby Hicks M40 Calvin Robinson Terry Mioso Gordon Aimes M50 Alf Sundin 126-5 Richard Smith 85-9 56.5 W45 Cathie Crawford 15:31.2 4x100 M30 Stars & Stripes 126-0 M50 Bill Brobst 6:13.2 M50 Phil Scudieri 118-4 W50 Vickie Bigelow Kay Willoughby Jeri Rose 11:14.5 57.3 6:28.8 7:34.5 M60 Newlie Hewson Pay Carstensen 43.36 Don Smith Larry Callahan 129-10 99-59.5 45.10 Roy Englert M60 Herb Cantor 107-0 Westchester Puma David Morris 119-1 60.5 13:50.2 San Francisco TC M70+Richard Lukes 7:56.2 Ned Curran Harvey Boles 100-9 69-11 M50 Grover Coats 59.1 W55 Marion Irvine 11:20.2 5K Walk M30 Jim Wass W50 Lucy Anne Brobst 7:03.9 Henry Sevillain M70 Bill MacMurray W30 Joann Harrall Tom Fondy Ronald Peoples Ebony TC 47.91 59.8 72-1 Barbara Robben 13:42.3 Hurricane TC 27:17.4 81-1 87-6 W60 Ruth Anderson 62.9 13:55.5 M40 Alan Price Ned Stone 24:35.0 26:49.8 M40 Los Viejos 46.22 Mid America Master 46.68 Short Hurdles M30 James Ween Ernie Woodson 67.5 M30 J.J. Wind Mike Lapinski 15:36.4 M60 Dick Edmonds Howard McMillan 71.3 Debbie Eckhardt 66-4 15.3 16:53.9 James Weems 46.79 Australia Patricia Brown 59-0 Scott Bentley 30:31.8 76.6 M35 Maurice Valentine 16.6 M50 Jack Ozment Joel Holman West Valley TC Edward Harte 17:33.4 30:18.7 M70 Robert Vaccaro W30 Arlene Naboulis M45 Walt Butler M50 Steve Richmond 87.8 Donna Sayers 16.0 17:34.3 M40 Tom Waites France 48.17 W40 Judy Sielski 62-6 31:08.7 19.1 M60 William Hillman S. Calif. Striders 17:45.2 John Haubert 32:38.9 48.20 M55 Marion Sanchez 18.6 Frank Luff M70+Edward Seeger M50 Larry Dickerson 17:55.8 35:43.9 San Diego TC Dave Douglass 18.9 Potomac Valley Games M50 West Valley TC Arizona Masters TC M60 West Valley TC M40 Calvin Robinson Jeff Gersen Short Hurdles M30 Mark Williamson 32:31.4 48.71 2:17.4 Long Hurdles M55 Marion Sanchez Dave Douglass 15.9 (PVAC Masters Championships) 2:22.1 Richard Lukes 34:03.8 50.9 M50 Mark Richards 24.5 Wayne Dexter 37:37.6 Alexandria, VA 51.64 Don Smith 2:29.2 60.2 Long Hurdles M30 Frank Makozy Larry Callahan W30 Darbie McCubbin L.A. Valley AC San Diego TC 56.46 2:34.5 W30 Janet Webb 40:11.3 September 3 4x400 Relay M30 San Francisco TC 32:47.1 37:59.3 60.3 2:48.3 W40 Beth Alvarez 47.2 100m M30 Jerry McCorkle M50 Jim Bradley 47.0 W50 Patricia Willis W30 East Coaster TAC 53.52 1500m M30 Leo Finucane 11.4 Australia 54.34 4:07.9 4x100 Relay Ed Waters Track Club W60 Pat Nesley 34:00.0 M30 Leo Finucane Gil Cyr Barry Brown M40 Jeff Gersen Calvin Robinson High Jump M35 Ray Brown M40 Drew Stevick M50 Rich Hotchkiss Bruce McBarnette 11.7 43.8 4:33.2 Jean Wood 36:48.6 4×400 Frank Makozy 11.9 Glenarden 47.7 6-6 Stars & Stripes 3:29.60 4:45.5 5-0 5-0 Dallas Masters San Francisco TC 3:31.64 Wayne Dubos 4:49.4 4x400 Rela; M40 Melvin Fields 11. Glenarder 3:40.5 :46.50 WEST 5:06.2 5:28.4 Al Silverman Woody Disharoon 12.3 12.4 12.7 Ed Waters Track Club New York Masters 3:43.3 Steve Richmond 4-8 Pacific Beach B 3:48.76 A La Framboise M55 Marion Sanchez Dave Douglass 5-0 4-4 M40 Austral. Bushmen 3:35.43 West Valley TC 3:49.32 San Diego TC 3:53.40 Anaheim Screamer 3:53.81 M50 Jack Meegan W30 Beverly Brody 4:51.2 Northern California Seniors Robert Arberg 6:34.7 High Jump M30 Mark Williamson M45 Alby Williams Carl Grant 12.2 6-11 Track and Field Classic M60 Bob Roemer 4-2 Short Hurdles W30 Joann Harrell M65 Jerry Silsdorf 8-10 6-8 Bruce McBarnette Berkeley, CA 20.6 M40 Woody Disharoon Mike Valle Richard Bennett M50 West Valley TC 3:50.98 Potomac Valley 3:58.49 Arizona Masters 4:04.02 Urban Bass 13.2 5-0 3-8 High Jump M30 Dave Rudichuk September 16 George Brophy Larry Colbert 4-8 4-4 Roy Atherton M75 Les Homquist Wil Bigelow 13.8 3-8 5-4 M50 3-8 Michal Sayers M50 Mark Richards 100m M30 Noah Livingston 5-0 5-2 W60 B Kleinschmidt W70+Vivian Nelson 3-6 M40 Imrich Kiraly Ervin Mitchell 12. 2-10 11.1 L.A Valley AC 4:34.11 S. Calif. Stride 4:47.70 San Diego TC 5:00.18 M60 Anthony Stevens Ken Cook M55 Clifford Pauling 11.2 13.6 2-10 S. Calif. Str San Diego TC Rick Westwood 5-0 11.8 Willie Lightfood Allen Ray 13.8 Thomas Beard 4-10 Long Jump M30 Jerry McCorkle M St. Clair Joel Holman Roger Parker Sr. 11-2 M35 Earl Bryant 14. 12.1 Ed Seese 4x800 4-10 Frank Demby Ricardo Quilantang 14. 21-115 M40 Steve Morris 11-8 12.3 Pacific B San Diego TC 8:10.79 M50 David Morris 4-10 M St. Clair Frank Makozy Joe Miyoshi Matt Kendall 11-4 18-10 12.5 Roger Burke M60 4-10 Donald McCarten 13.9 Dick Edmonds John Martin M40 Eddie Hart James Hollister Del Eckels 17-8 17-4 11-2 10.6 Denver TC 8:31.58 Grover Coats 4-8 M40 Woody Disharoon Mike Valle 11 9 M45 Bruce Hotaling 12-2 M40 West Valley TC W30 8:19.46 8:30.11 Patricia Brown 3-10 15-4 Roger Werne M50 Tom Woodring 11-2 Australia Debbie Eckhardt Earl Wentz 12.1 3-4 15.8 M80+Donald Ernst 18.8 Clayton Bailey 20.5 W30 Gloria Savage-Early 14.2 14-34 M45 Win Emert Urban Bass 11. 12-0 San Diego TC K Z-7 8:35.80 Pole Vault M30 Dave Rudichuk Walt Butler Juan Bustamonte M50 Edward Kent 15-5 12.1 M55 Dave Douglass 8-6 K Z-7 8:53.60 M50 Seattle Retreads 9:31.62 S. Calif. Stride 9:49.77 Dave Rudich Mike Sayers 11-8 13-11 M65 Rich Bennet 12.2 Pay Carstensen M60 Dick Edmonds 10-4 Gale McCarty Patricia Brown Long Jump M30 Jim Scileny M35 Maurice Valentine M40 Angel Cahinero Del Eckels Jim Hollister M45 Alan Hunken 16.6 15-14 M50 Martyn Adamson 11.7 S. Calif. Str San Diego TC Horney Toads M40 Arnie Harting W30 Patricia Brown W70+Vivian Nelson Phillip Maresca M55 Marion Sanchez 8-6 17. 11-64 2.61 10:41.59 3-11 Long Jump M30 Frank Makozy 12.5 W40 Marilyn Mitchell 13. 11:02.12 Kathy Pierce Charlotte Edwards Triple Jump M30 Billy Hogans M St. Clair 14.5 Bob Feaster 13.0 M60 San Fran B.A. 17-35 6.08 10:09.10 Marvin Smoller James Warren 39-8 Mike Sayers A La Framboise 17.3 13.3 17-25 16-7 3/4 New Zealand 10:10.75 S. Calif. Stridel1:07.12 .68 38-0 Patricia Willis 19.7 16.0 440 5.52 W70+Vivian Nelson Frank Makozy 35-11 Richard Bennett 16.2 23.9 Imrich Kiraly 15-8 3/4 M45 Alan Hunken 4.90 San Diego TC 12:12.25 м40 Jim Quirk 28-94 M75 Les Holmquist 19.2 Peter Simpson M50 Grover Coats 14-45 16-5 3/4 M50 Jack Hill 10:18.40 W40 San Diego TC W50 San Diego TC 4.81 M50 Edward Kent 200m M30 Ralph Penn W35 Donna Borges 14.8 Harold Holder 23.8 4.63 Pay Carstensen 29-55 Lynda Jackson 15.1 Harvey Boles M60 Dick Edmonds 14-8 13-7 Steve Richmond M55 Gary Dawson 4.44 Frank Makozy W40 Irene Herman 15.9 3.61 Ken Castro 25.5 Shot Put M30 Jose Vilella W45 Eleanor Dennis 16.0 25.6 W30 Patricia Brown 11-55 Guy Williams M60 Bob Roemer M65 Jim Warren 3.87 43-1 W55 Marj Moore W65 Molly Monheit 17.0 Donna Sayers Barb Barlow W40 Josephine Cross 3.75 10-75 39-3 37-2 35-0 M40 Melvin Fields Peter Collins 21.6 9-0 3/4 Roy Atherton Jordan Simmons Robert Brown 24.5 Billy Hogans 200m M35 Adrian Rodgers 13-75 24. Alden Bryant 3.39 Wayne Dubose M40 Richard Smith 23 7 M75 Wilfred Bigelow Les Holmquist 3.09 Carl Grant 25.1 34-5 Frank Demby Triple Jump M30 Frank Makozy 25.6 M50 Larry Colbert Clifford Pauling 25.1 Mike Valle 34-1 2.93 37-9 Carl Perez 26.4 W35 Donna Borges EAST 3.62 Michael Sayers M40 Bob Labarbara M40 Eddie Hart Manuel Pan 32-34 Jim Quirk 23.9 36-0 35-2 W55 Morjorie Moore 3.23 Jim Demma 26.7 Woody Disharoon 31-5 26.4 Joel Holman Donald McCarten George Brophy M50 Phil Scudieri 28.7 31-1 Triple Jump M30 D O'Connell Buffalo Belles & Brawn M50 Martyn Adamson Peter Simpson Larry Dominie Grover Coats 31-4 24.6 11.38 M60 37-105 Phillip Maresca Mel Sacks 27.8 28-1 M30 D O'Connell Jim Scileny M35 Maurice Valentine Ricardo Quilantang M40 Angel Cachinero Jim Hollister Masters Meet Ed Bradway Pay Carstensen 32-15 Dick Edmonds 30.0 36-0 M50 Tonawanda, NY John McCarthy M70 Earl Wentz 41.0 33-9 12.02 E Mehmedbasich W30 Patricia Brown 20-1 3/4 29.6 July 29-30 10.29 Debbie Eckhardt 17-11 3/4 M60 Herb Cantor 37-101 Jim Warren 28.7 M65 100m M30 Frank Makozy Brow 41.7 Ned Curran William Waugh M80+William Garthune M80+Donald Ernst 12.00 11.32 34-9 Alden Bryant 35.5 11.4 29-5 Shot Put M30 Steve Suto W35 Lynda Jackson 32.5 James Manor M45 Don Dvorak W30 Gloria Savage-Early 30.7 11.08 12.4 Anthony Brown 36-7 26-2 400m M35 Adrian Rodgers Ray Panek John Brady Gale McCarty Patricia Brown W30 Patricia Brown W60 B Kleinschmidt 20-35 18-9 10.63 13.0 35-9 3/4 36.1 52.3 Steve Barlow 36.9 Alan Hunken Jack Karbens 10.22 14.5 Frank Makozy 29-6 29-0 40-65 Rick Thoman M40 Steve Gillman 55.S 62.5 9.18 9.12 M40 Calvin Robinson Curtis Thompson Mike Wadsworth Discus M30 Billy Hogans 12.8 Marilyn Mitchell 28.0 Mike Sayers Steve Richmond Harold Holder M50 W50 Charlotte Edwards Patricia Willis 13.1 37.8 145-10 M40 Gary Tocke M45 Mel Brooks John Aldridge 52.4 9.08 13. 35-5 34-4 34-14 Jose Vilella 113-8 Gordon Aimes 53.9 M55 Gary Dawson M65 Jim Johnson 8.17 W70+Vivian Nelson Wayne Dubose Peter Collins Tim Williams Andre Dunkell M50 Martyn Adamson Larry Dominie 13.9 Arlie Schwan 55.8 104-10 M50 George Hole Grover Coats 12.0 94-3 154-5 Allen Ray 400r M30 53.7 Tony Belcher Roy Atherton W35 Donna Borges 5.81 50.5 M50 Alf Sundin 35-9 Phillip Maresca 59.1 12.8 Roger Jensen Woody Disharoon M45 Mike Valle Tom Woodring Bob Feaster Tom Fondy 24-35 Ralph Penn 51.2 102-0 Grover Coats 63.6 George Swanson M60 Dick Edmonds Howard McMillian Doc Savage Bruce McBarnette 99-5 108-7 <u>Shot Put</u> M30 Jim Scileny M45 Juan Bust**amon**te 14.3 55. M60 Bob Chotoff 29-6 3/4 61.9 14.2 M65 Carl Reiterman M90 Paul Spangler 7.69 M70 Bill MacMurray 32-45 1.56.1 George Reynolds Jim Quirk 93-9 92-55 14.3 M40 Jordan Simmons 55.3 7.97 2:00.2 M70 Robert Vaccaro W30 Joann Harrall John Haubert D.J. Bertagnoli 15.7 60.1 M50 Rich Hotchkiss 13.96 <u>Discus</u> M30 Michael Sayers W60 Kit Pickles 1:39.1 60.3 Karl Mayer 13.72 14.7 105-6 M50 Ed Bradway 122-5 800m M40 Searcy Barnett Darby McCubbin Arline Naboulsi Steve Suto Steve Barlow Larry Colbert Ralph Romain Clifford Pauling Jim Hart 14.9 103-2 M50 54.0 Phil Scudieri 111-9 13.69 2:05.6 16.1 16.1 83-0 118-5 M55 Bob Feaster Dave Douglas 11.03 9.33 Pay Carstense: 90-0 M45 Mike Ackley Andre Dunkell M40 Gary Tocke Rick Westwood 2:08.5 58.4 Donna Sayers M60 Herb Cantor 121-3 2:15.3 Roger Parker Dick Edmonds William Waugh Ned Curran M60 Mike Orlich W40 Josephine Cross 15.1 112-0 71.2 93-35 13.08 106-3 127-7 M50 Pete Richardson M65 Bob Stone Jerry Silsdorf M70 Hal Cronkhite 9.16 Imrich Kiraly 2:21.3 M60 72.7 90-11 M30 Frank Makozy M55 Gerald Czamanske 79.5 2:32.0 23.6 8.17 M50 David Morris Newlie Hewson W30 Patricia Brown 50-35 M60 Boyce Jacques M65 Don Wilgus 2:29.4 Barry Brown M40 Armond La Framboise Alf Sundin Henry Sevillian W40 Kathy Pierce W50 Sharon Good 26.0 107-3 Roy Englert Gale McCarty 88.9 10.24 94-9 Hy Booth Dick Mack 97-3 83.9 2:58.0 10.02 8.41 W30 43-9 W45 Shirley Matson W50 Vicki Bigelow 2:26.2 2:40.3 W50 Lucy Anne Brobst 93.1 Patricia Willis 1:48.5 Curtis Thompson Larry Callahan Mike Wadsworth Harvey Boles M60 Bob Chotoff M70 Bill MacMurray W60 Kate DeAngelis B Kleinschmidt Jean Udell 26.2 94-0 51-2 105-4 95-11 73-8 M75 Ross Carter 27.6 11.96 50-85 41-8 Jim York M80 A.J. Puglizevich 9.02 W55 Barbara Robben 29.0 3:09.0 2:06. M50 Grover Coats 25.1 W30 Debbie Eckhardt M30 Tony Belcher Javelin M30 Clayton Hulbert Richard Scott 1500m M30 Jim Walker M35 Tom Lando Tom Fondy M60 Howard McMillian Joann Harrall Loretta Foose 69-2 66-6 Doc Savage Miller Allen W45 Alita Rosefeld W55 Barbara Racine 26.0 2:07.5 182-2 4:31.0 7.88 5:00.0 Billy Hogans Continued on next page Dick Edmonds W40 Judy Sielski 58-8 J.J. Wind 2:16.5 113-6 M40 Phil Nemir 4:45.0 30 1

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Continued from previous	Dage
Discus	
M30 Jim Scileny M40 Alan Feia	21.56 27.54
M45 Jack Karbens M50 Rich Hotchkiss	31.14 45.46
Jim Hart	43.30
Karl Mayer M55 Dave Douglass	41.90 30.38
Gary Dawson M60 Mike Orlich	27.74 37.66
M65 Bob Stone	32.16
Roy Atherton Alden Bryant	27.04 25.18
M70 Hy Booth Hal Cronkhite	37.18 24.56
Dick Mack	21.60
M75 Ross Carter M80 A.J. Puglizevich	35.66 16.60
W45 Alita Rosenfeld W55 Barbara Racine	18.20 18.86
W60 Shirley Dietderich	
Javelin M30 Jim Scileny	34.36
M40 Drew Stevick Alan Feia	53.04 33.86
M50 Karl Mayer	43.76
M65 Alden Bryant Bob Stone	31.02 28.78
Roy Atherton M70 Rick Hustace	37.04 25.92
Dick Mack	22.54
M80 Emery Curtice Ken Carnine	24.30 24.02
A.J. Puglizevich W45 Alita Rosenfeld	17.02 23.94
W60 Shirley Dietderich	
Hammer M50 Rich Hotchkiss	41.58
Joe Orsini	37.96
M55 Dave Douglass Gary Dawson	33.58 30.82
M65 Bob Stone M70 Rich Hustace	30.00 24.46
M75 Jim York	27.94
Sri Chinmoy 50 + Ma	sters
Meet · Irvine, CA September 24	10 10
100m M50 Walter Turner	13.26
John Carr Edward Martin	13.47 13.70
M60 Robert Watanabe	13.16
Barney Phillips Solomon Jamerson	13.20 14.18
M70+Herbert Miller Henry Yu	14.98 27.72
200m	
M50 Dan Lieberman Tony Nasralla	26.42 26.62
Mel Sacks Edward Martin	27.16 28.44
Walter Turner	28.56
Barney Phillips	27.03 29.39
Solomon Jameson James Bierman	29.49 36.25
Orville Bingley M70+Herbert Miller	39.00 35.62
400m	
M50 Jesse Carrington Tony Nasralla	58.99 59.34
Mel Sacks Dan Lieverman	60.31 61.79
John Cosgrove	62.27
M60 Robert Watanabe Al Escobosa	63.73 64.22
Solomon Jameson Orville Bingley	71.89 83.56
M70+John Alexander	62.21
W50 Tami Graf 800m	85.02
M50 Jesse Carrington Ira Pintzuk	2:21 2:37
Lloyd McGuire	2:38
Ben Castro John Carr	2:39 3:04
M60 Bob Holmes Louis Beadle	2:33 2:35
Bill Fitzgerald	2:44
1500m M50 Don Longanecker	5:17
Ira Pintzuk M60 Solomon Jameson	5:33 5:30
Louis Beadle Orville Bingley	6:04 6:18
W50 Tami Graf	6:07
W60 Gerry Davidson	7:00
3000m M50 John Cosgrove	11:58
Don Longanecker M60 Boyce Jacques	12:02 10:59
Avery Bryant Orville Bingley	12:34 14:22
Short Hurdles	
M50 Jerry Stanners Bill Adler	17.28 18.67
John Carr Dave Douglass	19.15 19.23
M70+Herbert Miller	18.02
Long Hurdles M50 John Carr	52.27
Dave Douglass M70+Herbert Miller	55.50 70.87
W50 Tami Graf High Jump	74.77
M50 Jerry Stanners	4-1
Dave Douglass John White	4-6 4-2

Discus		M60 Chuck McFate	4-0
M50 Ed Oleata Dennis Rietz	38.80 36.92	Arnold Unger M70+Herbert Miller	3-6 3-1
Edward Martin	32.84	W50 Tami Graf	
John White Dave Douglass	31.42 31.26	Pole Vault M50 Jerry Stanners	10-10
M60 Harry Hawke	50.75	M60 Ralph Biesemeyer	9-0
Arnold Gaynor Michael Orlich		John Cleveland Ron DeVoe	8-8 6-6
Bob Straub M70+Jim Sullenger		M70+Jim Vernon	9-6
Jerry Siefert		Carol Johnston	8-0
Robert MacCona Tom Lane		Long Jump M50 Jerry Stanners	15-6
Javelin	S. 2	Edward Martin M60 Michael Orlich	14-6
M50 Edward Martin John White	40.26 29.31	M70+Herbert Miller	12-10
M60 Richard Straul Tony Lombardi		Triple Jump	
Mike Orlich	24.39	M50 Dave Jackson M60 Charles Mercurio	37-9 29-5
M70+Jerry Siefert Robert MacCona		M70+Herbert Miller	29-9
	10.55	Shot Put M50 Dennis Rietz	12 10
M50 John White		Ed Oleata	12.09
Dave Douglass M60 Michael Orlich		John White Dave Douglass	11.45 9.36
5K Racewalk		Jerry Stanners	9.34
M50 Robert Meador John Kelly		M60 Harry Hawke Mike Orlich	13.41 12.89
M60 Richard O'Hara Bob Davidson		Arnold Gaylor Tony Lombardi	12.44
Arnold Unger	39:25	M70+Jerry Siefert	10.47
M70+Nat Pisciotta W50 Sheila Smith		Robert MacConagy Tom Lane	7.95
	-		
NATIO	NAL	21.HERBERT TOLBERT A	
TAC National N	lasters	22. JOHN SHERLOCK III 23. JACK BICKLEY	33:37
Half-Marathon Cha	mpionships	24.DAVID WYETH F	33:40 33:42
(Philadelphia Dista September		25. JACK CUBBISON T 26. REINHOLD WOTAWA E	33:46 33:50
M40 Mario Cueyas	1:05:28	27.BARRY FIRESTONE	33:51
Kevin Ryan Bob Schlau	1:07:19 1:07:45	28.RICHARD BALDOCK 1 29.STEPHEN KEYES L	33:55 34:01
Thom Suddeth	1:12:20	30. JOHN HOMCE S 31. USHER POSLUSZNY	34:03 34:05
Lucious Anders David Tresohla		32.KENNETH FLIGGER	34:07
William Bragg		33.ROLAND FORD M	34:09
		34. JOHN COSSICK P	34:19
Mario Gonzales Mark Sepkowski	1:13:33	35.RON CALISSIE	34:24
Mario Gonzales	1:13:33 1:13:38	35.RON CALISSIE 36.LOWELL BEE P 37.JAMES LENNOX G	34:24 34:25 34:30
Mario Gonzales Mark Sepkowski D La Mountain M50 Roger Robinson Norm Green	1:13:33 1:13:38 1:10:17 1:13:45	35.RON CALISSIE 36.LOWELL BEE P 37.JAMES LENNOX G 38.RAYMOND VELEZ	34:24 34:25 34:30 34:35
Mario Gonzales Mark Sepkowski D La Mountain M50 Roger Robinsor Norm Green Anthony Cermin Rex Reed	1 1:13:33 1:13:38 1 1:10:17 1:13:45 narol:18:27 1:20:01	35.RON CALISSIE 36.LOWELL BEE P 37.JAMES LENNOX G 38.RAYMOND VELEZ 39.LARRY GAISER D 40.FRANK SICHOK R	34:24 34:25 34:30 34:35 34:37 34:43
Mario Gonzales Mark Sepkowski D La Mountain M50 Roger Robinsor Norm Green Anthony Cermin	1 1:13:33 1:13:38 n 1:10:17 1:13:45 narol:18:27 1:20:01 1:20:11	35.RON CALISSIE 36.LOWELL BEE P 37.JAMES LENNOX G 38.RAYMOND VELEZ 39.LARRY GAISER D	34:24 34:25 34:30 34:35 34:37 34:43 34:55
Mario Gonzales Mark Sepkowski D La Mountain M50 Roger Robinsor Norm Green Anthony Cermir Rex Reed Mike Hayney David Cartwric James Sherman	1 1:13:33 1:13:38 1 1:10:17 1:13:45 harol:18:27 1:20:01 1:20:11 ght 1:20:13 1:21:51	35.RON CALISSIE 36.LOWELL BEE P 37.JAMES LENNOX G 38.RAYMOND VELEZ 39.LARRY GAISER D 40.FRANK SICHOK R 41.GEORGE MYERS H 42.WAYNE JACOBS F 43.JAMES ROHM D	34:24 34:25 34:30 34:35 34:37 34:43 34:55 34:56 35:01
Mario Gonzales Mark Sepkowski D La Mountain M50 Roger Robinsor Norm Green Anthony Cermin Rex Reed Mike Hayney David Cartwrid James Sherman M60+Gaylon Jorgens Al Treichel	1 1:13:33 1:13:38 n 1:10:17 1:13:45 narol:18:27 1:20:01 1:20:11 ght 1:20:13 1:21:51 sen 1:17:04 1:25:28.	35.RON CALISSIE 36.LOWELL BEE P 37.JAMES LENNOX G 38.RAYMOND VELEZ 39.LARRY GAISER D 40.FRANK SICHOK R 41.GEORGE MYERS H 42.WAYNE JACOBS F 43.JAMES ROHM D 44.FRANK MACEFE A	34:24 34:25 34:30 34:35 34:37 34:43 34:55 34:55 34:56
Mario Gonzales Mark Sepkowski D La Mountain M50 Roger Robinsor Norm Green Anthony Cermin Rex Reed Mike Hayney David Cartwrid James Sherman M60+Gaylon Jorgens	1 1:13:33 1:13:38 n 1:10:17 1:13:45 harol:18:27 1:20:01 1:20:11 ght 1:20:13 1:21:51 sen 1:17:04 1:25:28 . 1:28:04	35.RON CALISSIE 36.LOWELL BEE P 37.JAMES LENNOX G 38.RAYMOND VELEZ 39.LARRY GAISER D 40.FRANK SICHOK R 41.GEORGE MYERS H 42.WAYNE JACOBS F 43.JAMES ROHM D 44.FRANK MACEFE A 45.TOOD SCULLY 46.TED MALONEY J	34:24 34:25 34:30 34:35 34:37 34:43 34:55 34:56 35:01 35:09 35:16 35:26
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14. LANA CREAL S 49:27 15. BEVERLY BERNARD 3: 49:47 16. JUDI RONIGER L 49:50 17. LOEY WEISS S 50:52 18. MARYALIC WILLIAMSON 51:46 19. VALERIE STOMES J 52:03 20. JACKIE FAIR C 52:30 21. KAREN ECKLEY A 52:40 22. KATHY EDELMAN A 53:21 23. MARY ANN ARTMAN ± 53:39 24. VAL BONACCI 53:40 25. CATHY EMPTAGE 5 53:49 W50 1. GINA FAUST U 38:38 2. JILL MARTIN V 39:53 3. GEORGETT LACEY 44:39 4. ELIZABET MANDL J 45:10 5. JO-WRIGH WHITTEN 45:18 6. MARJORIE PETERSON 45:25 7. JOLENE ROSS 48:10 8. JEANETTE CHAMBERS 51:04 9. LUCILLE SITZLER 52:10 10. DOROTHY KONKLE L 54:22 W55 1. SALLY STRAZDINS B:46:18 2. ANN TARR : 46:59 3. RUTH BLACK P :50:07 5. NANCY WHITE D :57:43 W60 1. MARGRETT LUTZ R 45:57 2. ADELINE KEARNEY C 47:08 3. MARY ELI NORCKAUER 49:40 W65 1. LORETTA SHEHAN 0:49:53 2. DOROTHY SMITH 1:02:59 3. ELOISE CARNES V 1:04:39 4. ELIZER SDAMINEL L 50:22 US/TAC National Masters 50 Mile Championships COlumbus, OH April 9 *6:19:05
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14. LANA CREAL S       49:27         15. BEVERLY BERNARD 3: 49:47         16. JUDI RONIGER L       49:50         17. LOEY WEISS S       50:52         18. MARYALIC WILLIAMSON 51:46         19. VALERIE STOMES J       52:03         20. JACKIE FAIR C       52:30         21. KAREN ECKLEY A       52:40         22. KATHY EDELMAN A       53:21         23. MARY ANN ARTHAN H       53:39         24. VAL BONACCI       53:40         25. CATHY EMPTAGE '       53:40         25. CATHY EMPTAGE '       53:40         26. VAL BONACCI       53:40         27. VAL BONACCI       53:40         26. CATHY EMPTAGE '       53:40         27. CATHY EMPTAGE '       53:40         28. CATHY EMPTAGE '       53:40         29. W50       1.GINA FAUST U       38:38         2. JILL MARTIN V       39:53         3. GEORGETT LACEY 44:39       4.ELIZABET MANDL J       45:10         5. JO-WRIGH WHITTEN 45:18       6.MARJORIE PETERSON 45:25       7. JOLENE ROSS       48:10         8. JEANETTE CHAMBERS 51:04       9. UCILLE SITZLER 52:10       10.DOROTHY KONKLE L       54:22         W55       1.SALLY STRAZDINS B:46:18       2.ANN TARR       :46:59
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14. LANA CREAL S       49:27         15. BEVERLY BERNARD 3: 49:47         16. JUDI RONIGER L       49:50         17. LOEY WEISS S       50:52         18. MARYALIC WILLIAMSON 51:46         19. VALERIE STOMES J       52:03         20. JACKIE FAIR C       52:30         21. KAREN ECKLEY A       52:40         22. KATHY EDELMAN A       53:21         23. MARY ANN ARIMAN H       53:39         24. VAL BONACCI       53:40         25. CATHY EMPTAGE '       53:49         W50       1. GINA FAUST U       38:38         2. JILL MARTIN V       39:53         3. GEORGETT LACEY       44:39         4. ELIZABET MANDL J       45:10         5. JO-WRIGH WHITTEN       45:18         6. MARJORIE PETERSON 45:25       7. JOLENE ROSS         7. JOLENE ROSS       48:10         8. JANETTE CHAMBERS 51:06       9.LUCILLE SITZLER         9. LUCILLE SITZLER       52:10         10. DOROTHY KONKLE L       54:22         W55       1. SALLY STRAZDINS B: 46:18         2. ANN TARR       : 46:59         3. RUTH HERTZBERG S: 55:43       4. RUTH BLACK P         24. RUTH BLACK P       : 56:07         5. NANCY WHITE D       : 57:43
14. LANA CREAL S 49:27 15. BEVERLY BERNARD 3: 49:47 16. JUDI RONIGER L 49:50 17. LOEY WEISS S 50:52 18. MARYALIC WILLIAMSON 51:46 19. VALERIE STONES J 52:03 20. JACKIE FAIR C 52:30 21. KAREN ECKLEY A 52:40 22. KATHY EDELMAN A 53:21 23. MARY ANN ARIMAN * 53:39 24. VAL BONACCI 53:40 25. CATHY EMPTAGE * 53:49 W50 1. GINA FAUST U 38:38 2. JILL MARTIN V 39:53 3. GEORGETT LACEY 44:39 4. ELIZABET MANDL J 45:10 5. JO-WRIGH WHITTEN 45:18 6. MARJORIE PETERSON 45:25 7. JOLENE ROSS 48:10 8. JEANETIE CHAMBERS 51:06 9. LUCILLE SITZLER 52:10 10. DOROTHY KONKLE L 54:22 W55 1. SALLY STRAZDINS B:46:18 2. ANN TARR : 46:59 3. RUTH HERTZBERG S :55:43 4. RUTH BLACK P :56:07 5. NANCY WHITE D :57:43 W60 1. MARGRETT LUTZ R 45:57 2. ADELINE KEARNEY C 47:08 3. MARY ELI NORCKAUER 49:40 W65 1. LORETTA SHEHAN 0:49:53 2. DOROTHY SMITH 1:02:59 3. ELOISE CARNES V 1:04:39 4. EILEEN WALDIE 1:09:22 US/TAC National Masters 50 Mile Championships Columbus, OH April 9 1 Jan Kreuz *6:19:05 2 Charles Kozlesky 6:31:01 3 Bill Misner 6:32:45 4 Vic Harris 6:52:19 5 Norm Roof 6:58:26 6 Chuck Frame 7:34:04 7 Keith Kussmaul 7:35:10 8 Conn Day 7:37:25 9 Robin Fry 7:38:34 10 Mike Kinzel 7:53:22
14. LANA CREAL S       49:27         15. BEVERLY BERNARD 3: 49:47         16. JUDI RONIGER L       49:50         17. LOEY WEISS S       50:52         18. MARYALIC WILLIAMSON 51:46         19. VALERIE STOMES J       52:03         20. JACKIE FAIR C       52:30         21. KAREN ECKLEY A       52:40         22. KATHY EDELMAN A       53:21         23. MARY ANN ARTHAN H       53:39         24. VAL BONACCI       53:40         25. CATHY EMPTAGE *       53:49         W50       1. GINA FAUST U       38:38         2. JILL MARTIN V       39:53         3. GEORGETT LACEY       44:39         4. ELIZABET MANDL J       45:10         S.JO-WRIGH WHITTEN 45:18       6. MARJORIE PETERSON 45:25         7. JOLENE ROSS       48:10         8. JEANETTE CHAMBERS 51:04       9. LUCILLE SITZLER 52:10         10. DOROTHY KONKLE L       54:22         W55       1. SALLY STRAZDINS B:46:18         2.ANN TARR       :46:59         3. RUTH HERTZBERG S       :55:43         4. RUTH BLACK P       :56:07         5. NANCY WHITE D       :57:43         W60       1. LORETTA SHEHAN       0:49:53         1. LORETTA SHEHAN

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14	Glenn Jividen	8:56:17
15	Delbert Ruckle	9:33:44
16	Rogert Figuli	9:36:03
17	John Kuskowski	9:42:31
18	Charlie Steinmetz	9:55:34
19	Jonathan Lovy	9:56:31
20	Egor Egan	10:26:39
21	Nate Blackburn	10:34:37
22	Larry Rutledge	11:06:30
23	Jack Blackburn	11:06:45
24	Barry Feldman	11:24:17
25	Randy Ritchie	11:26:20
26	Harry Smith	11:30:09
*Pe	nding W40 age-gro	oup record

69:58

81:35

62:50

66:13

71:17

59:51

63:50

63:50

61:00 90:35

68:53

73:41 77:59

91:49

96:21

Charlie Baker

Dick Ruzicka M55 Arturo Melendez

> Tom Briggs Robert Campbell

M60+Jack Gentry Oakland Demoss

Jim Smith Ngarie Drake

Jane Hutchison Linda Cash W45 Karen Bestul

Lydia Borges Sheryl Drevo

W40

M50 Fay Bradley Jim McFadden

Overall

John Ratcliffe

M40 Derik Frechette

M45 Ray Kneer Richard Withrow

Ann Burnisky 1:4 W50+Eleanor McIntyre 2:3

New York, NY September 23 Larry Almberg WA 4:10

M60+John Burke

W40 Nancy Oshier

Dave Stewart

Dan Frye Ken Sparks John Serrao

Wilson Waigwa

Steve Ferraz

Byron Dyce Harold Nolan

Nancy Oshier Nancy Oliver Susan Houlton

Kathy McIntyre

Marilyn Greeley NY Robin Villa NY Gayle Wilson NY

Johanna Carter NY 6:0

**Delaware Distance Classic 1** 

Mary Ryan Sylvie Kimche

Overall: John Doub Betsy Carpenter

M40 Bill Rodgers Tom Buller

Roger Price M45 Keith Gaunt Robert Taggart

Pete King M50 Louis Grahamer

John Noble Tom Fort M55 Norm Green Patrick Nutt Donald Monagle M60 Jim McFadden Earl Smith

Kathy Rodriguez

Marta Hernandez

W35 Joan Potterfield

W40 Beverly Shooshan Betty Williams Ginni Elliott

W45 Erlene Michener Ellen Harlan

W50 Suzanne Patton

W60+Becky Yencharis

Alma Kunes Kitty Cubbison

Shirley Simmers

M70+Ed Benham Wilson Vible

M35 Anthony Grier Gary Stefanisko Tom Eckel

Al Swenson

Herm Kreiley M50 Sam Graceffo

Nancy Oshier

Glenn Jividen	8:56:17	SOUTHEA
Delbert Ruckle		Full Moon Frolic 8-Mi
Rogert Figuli	9:36:03	Deland, FL
John Kuskowsk: Charlie Steinn		August 26
Jonathan Lovy	9:56:31	Overall:
Egor Egan	10:26:39	Doug Butler Leanne Larison
Nate Blackburn Larry Rutledge		M40 Ignacio Mella
Jack Blackburn	11:06:45	Bob Seidl
Barry Feldman Randy Ritchie		Rolando De Aguiar M45 Phil Little
Harry Smith	11:30:09	Herb Motsenbocker
nding W40 age-	-group record	Mike Sheffey
	<u></u>	M50 Don Ardell Tom Heyward
EAS	ST I	Ron Weinert
En It		M60 Jim Blount
Phelps Sauer		M70 Harold Tucker W35 Linda Mason
Shortsvill		Linda Musante
August		Cindy McGovern W40 Carol Hafner
ohn Ratcliffe	69:06	Beverly Mitchell
ancy Oshier	1:17:05	Lynne O'Rourke
Derik Freche	tte 1:14:24 1:14:57	W45 Libby Burke Jean Clarke
Ric Perry Jim May	1:14:57	Mary Cantrell
Tony Teddy	1:16:32	W50 Pat Dixon
Charlie Rich 5 Ray Kneer	ards 1:21:43 1:12:56	Marjorie Byron Betty Petersen
Richard With		
Bob Dattola	1:20:40	MID-AMERI
Donald Solar Herm Kreiley		MID-AMERI
) Sam Graceffo		Minnesota Masters 15
Fred Brazda	1:27:59	St. Paul, MN
Thomas Meagh Rodney Shaw	l:28:22 1:34:21	September 23
Chuck Van Du	zee 1:34:37	M40 J.C. Hoffman
)+John Burke	1:34:43	John Emmons
Wally Fortie Bill Blaisde		Charles Black M45 Bruce Mortenson
Raymond Fels	1:57:20	Dave Griffith
Bob Wood Nancy Oshier	2:08:21 1:17:05	Rick Kleyman M50 Duane Fjelstad
Carolyn Math		George Savanick
Mary Shaver		Myron Anderson
Jean Steinbe	-	M55 Arlen Sunn Greg Prom
Ann Burnisky		
Ann Burnisky )+Eleanor McIn		Gary Defrance
)+Eleanor McIn	tyre 2:39:39	Gary Defrance M60 Bill Galbrecht
Mercedes Mas	tyre 2:39:39	Gary Defrance M60 Bill Galbrecht H/rold Hubbard Bob Brown
Mercedes Mas New York	ters Mile	Gary Defrance M60 Bill Galbrecht H&rold Hubbard Bob Brown M65 Alex Ratelle
Mercedes Mas New York Septembe	tyre 2:39:39 sters Mile a, NY er 23	Gary Defrance M60 Bill Galbrecht H/rold Hubbard Bob Brown
Mercedes Mas New York Septembe rry Almberg ve Stewart	tyre 2:39:39 ters Mile A, NY er 23 WA 4:10.16 CAN 4:11.94	Gary Defrance M60 Bill Galbrecht Hwrold Hubbard Bob Brown M65 Alex Ratelle Lloyd Young John Burton M70 Emil Balz
Mercedes Mas New York Septembe rry Almberg ve Stewart lson Waigwa	tters Mile , NY er 23 WA 4:10.16 CAN 4:11.94 CA 4:12.97	Gary Defrance M60 Bill Galbrecht H.rold Hubbard Bob Brown M65 Alex Ratelle Lloyd Young John Burton M70 Emil Balz Harold Carlson
Mercedes Mas New York Septembe rry Almberg ve Stewart	tyre 2:39:39 ters Mile A, NY er 23 WA 4:10.16 CAN 4:11.94	Gary Defrance M60 Bill Galbrecht H.rold Hubbard Bob Brown M65 Alex Ratelle Lloyd Young John Burton M70 Emil Balz Harold Carlson W35 Gwen Kobbervig Linda Gentling
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**National Masters News** 

**INTERNATIONAL** 

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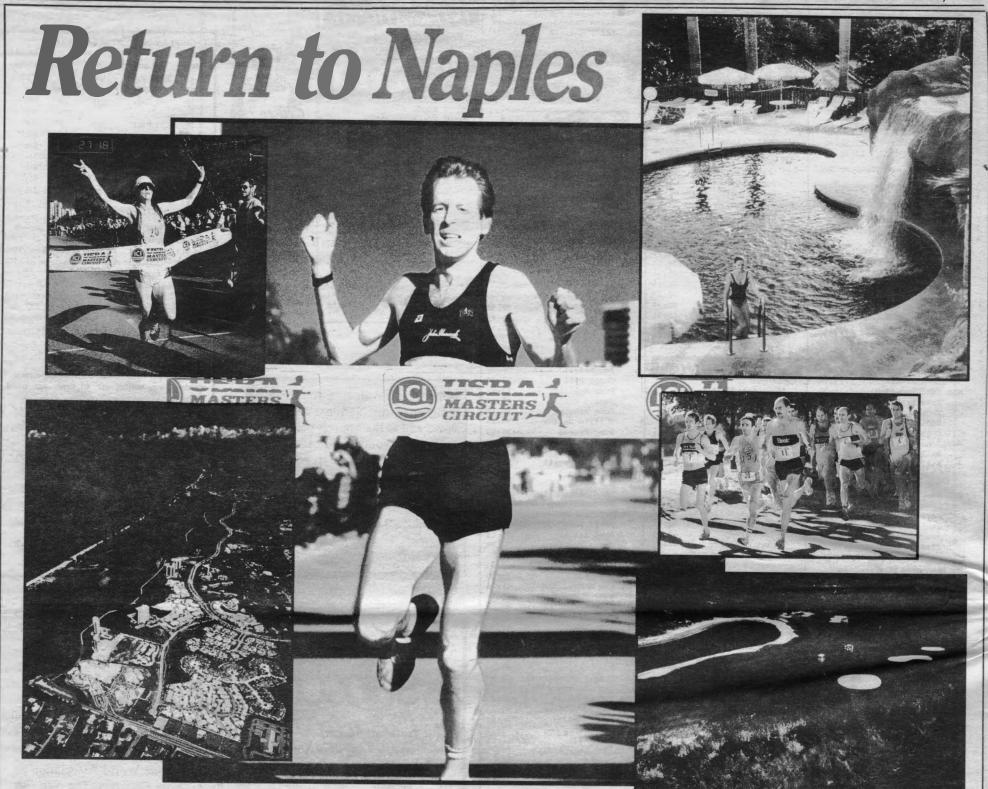
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**National Masters News** 

November, 1989



January 13. 1990, the world's top masters' runners will return to Naples, Florida to compete in the 2nd edition of the *ICI/USA TAC National Masters' Grand Championship*—the culmination of the *1989 ICI/USRA Masters' Circuit*. Bill Rodgers, Frank Shorter, Jim Ryun and Priscilla Welch will be among the competitors in one of the most impressive masters' fields ever assembled. Masters will run the 8K course for a \$15,000 prize purse and the season-ending \$25,000 ICI/USRA Masters' Circuit Grand Prix purse will be distributed.

You don't need to be a World-Class runner to join in on the excitement! The ICI/USA TAC National Masters' Grand Championship is part of the *ICI/NAPLES RUNNING & FITNESS WEEKEND*. The weekend includes an open 8K run, 5K family healthwalk, pre-race clinic and expo. The first 500 registrants will receive a free spaghetti dinner with Bill

# OFFICIAL REGISTRATION FORM

Enclose your \$10 registration fee and a selfaddressed, stamped business size envelope. Make your check or money order payable to **ICI/Naples Running & Fitness Weekend** Entries should be mailed to:

ICI/Naples Running &

Fitness Weekend

P.O. Box 8636, Naples, FL 33941

(407) 647-2918 SIGNATURE (Parent signature for participant under 18 years) No refunds on entry fees. This form can be copied and used for additional registrations.

Rodgers and the other World-Class masters. Race headquarters will once again be the spectacular oceanfront Registry Resort on the Gulf of Mexico. The ICI/Naples Running & Fitness Weekend is produced by Dean Reinke & Associates, 400 N. New York Avenue, Suite 102, Winter Park, FL 32789; (407) 647-2918 / FAX: (407) 647-0433.



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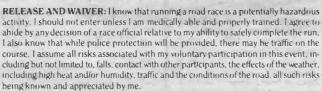


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Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators or anyone else who might claim on my hehalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE United States Running Association, ICI, the City of Naples, the Registry Hotel, Dean Reinke & Associates, race officials, workers or volunteers, their representatives, successors or assigns for ANY AND ALL claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event.

If urbands and the second of the course of my participation in this event. I further grant to the United States Running Association. ICI and/or agents authorized by them, to use any photographs, video tapes, motion pictures, recordings or any other record of the event for any reasonable purpose.

WHICH EVENT ARE YOU EN ICI/USA TAC National Master Naples Open 8K SK Family Healthwalk	
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