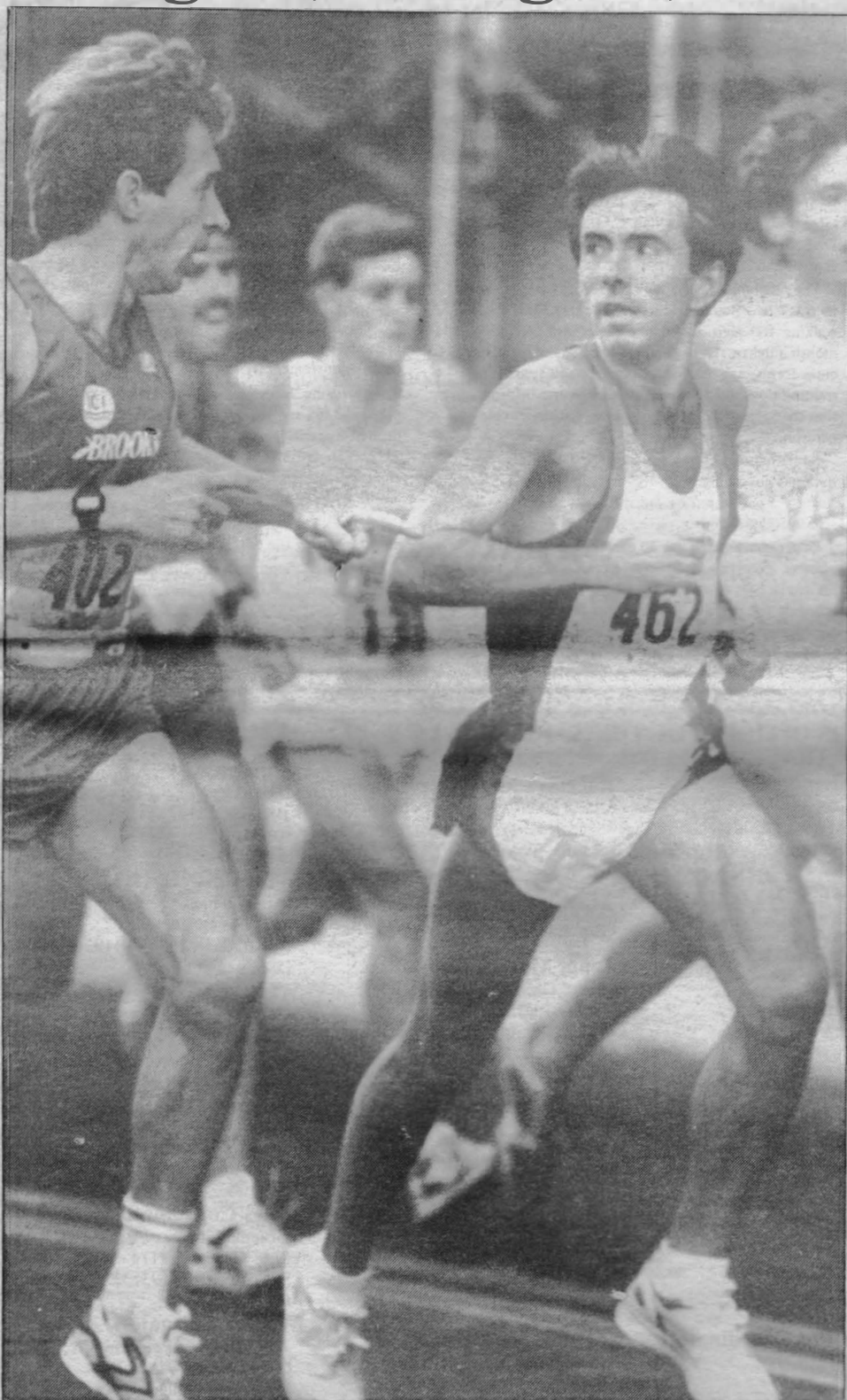


Waigwa, Rodgers, Binder Win in National 10K



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

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



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.

Hart, Irvine Set World Records In Berkeley

by RICHARD KELLAM of *The Berkeley Voice*

World-record performances by Edie 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-

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NATIONAL MASTERS NEWS

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



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

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

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

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

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

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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 Zirnig (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

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/Hepthathlon 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

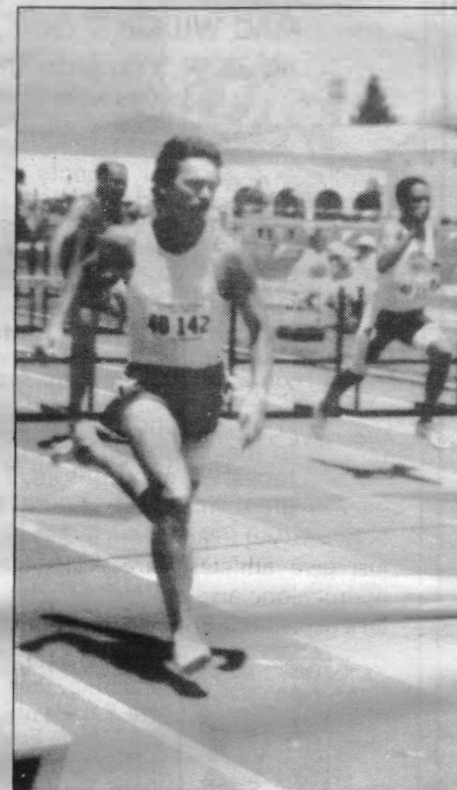
7 Join NMN Sustainers

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 in-depth schedule section, and more.

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

Thanks also to:

Ed Fern	Ardienette Tucker
Ernest Dieckmann	Richard Reitmann
Bob Stone	Sid Truckenbrod



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

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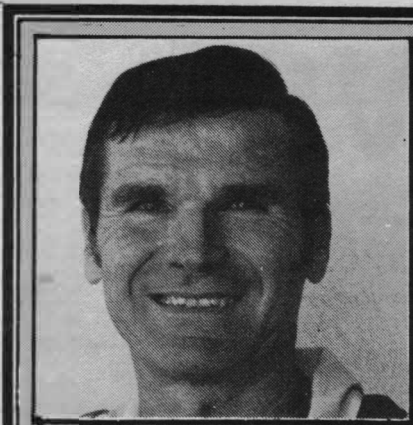
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Third Wind

by Mike Tymn

Gordon Wallace: A Life of Adventure

The 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.

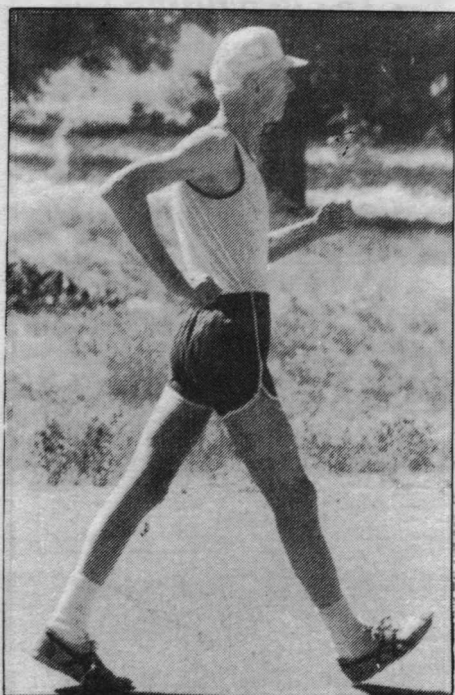
Consider his latest chapter: Six months ago, Wallace received his doctorate in American Studies from the University of Texas at Austin. That's right, a Ph.D. at the age of 79!

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, hard-rock 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 anecdotes 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.

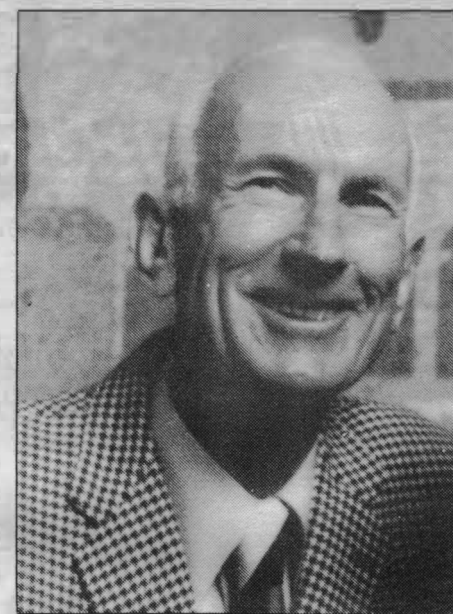
"In the beginning, there was a period of a few weeks when I was able to cover the ground faster at a conventional speedy walk than I could with the legal technique required in competition," Wallace writes in his book.

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." □

[Wallace's book, "The Valiant Heart" is available by direct mail from Lamp-lighter 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 (so-named 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 masters mile.

Oshier (5:10.07) fought off Nancy Noonan-Oliver (5:12.04) and Kathy McIntyre (5:12.06), which is no mean feat considering the mile is not Oshier's specialty. In fact, in a few weeks Oshier will be fighting a much longer race in the Foundation 30K, 18.6 miles!

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-

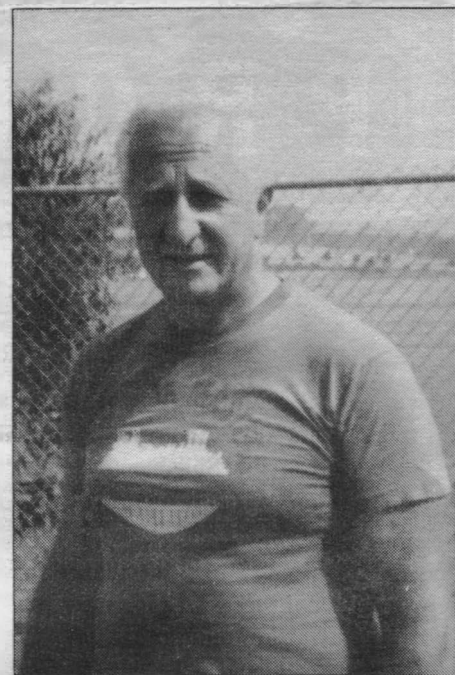
ning. Blanchette-Cupp paid for Almberg's plane ticket out of her own pocket and considered herself well-rewarded by the smile on his face after his amazing win over high winds and tough competition. □

— From Jim Hampton and Teri Ingram

Ten Years Ago

November, 1979

- America's Ruth Anderson is First Woman to Enter London-to-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 Catocin Mountain 10K.



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



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

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RACE CARD #

X

(Signature of athlete (Signature of Parent or Guardian if Athlete is under 18 years of age))

NAME

LAST

FIRST

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ADDRESS

CITY

STATE

M

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ZIP

HOME TELEPHONE

MONTH DAY YEAR

GENDER

S

M

L

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AGE

Best 10K time

BIRTHDATE

SHIRT SIZE

WRR30

PROFILE

Marilla Salisbury

by KAREN KAY

It'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

their Sports Hall of Fame on October 15, 1988.

"This far surpassed my every expectation," Marilla said. "It was the most thrilling event of my mature years."

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.

Marilla, a 5'5", 116-lb. retired 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 arthritis 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 she had better start exercising.

One evening Marilla was driving around with her husband, Earl, and they noticed a new Family Fitness Center opening up. They went in. The next day she went back and joined.

"It took nearly two years for me to just loosen up so I could run," she said.

"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."

Marilla said that she feels healthy and young and that Parkinson's disease has not kept her from competing.

"At times it is difficult to kick up my heels in running," she said. "Bradykinesia 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 her ahead of the disease.

"I want no pity — only understanding and recognition."

Not only is Marilla known for her

athletic ability, but she is also known for being a loving, caring person — 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 home and walks a 92-year-old blind/crippled woman up and down the hall many times.

"There 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.

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-year-old 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 one-time 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.

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 never-ending 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. □



Marilla Salisbury

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 age-group 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 age-groups 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. □

Green, Benham, Rodgers Star in Delaware 15K

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%.

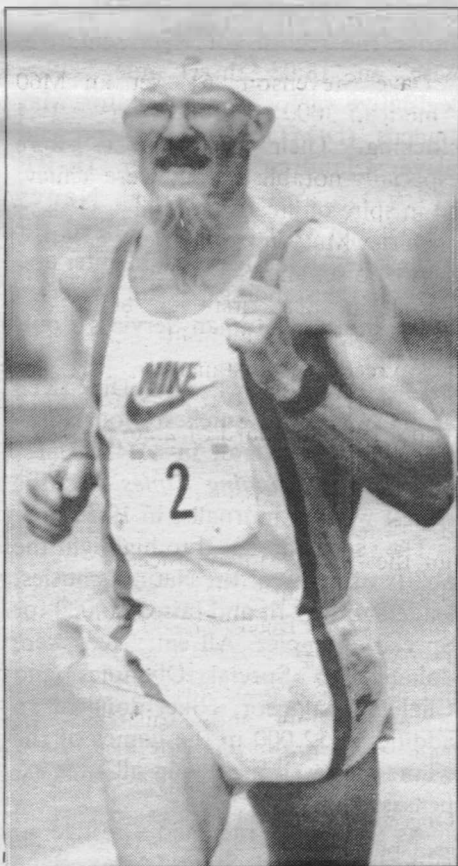
The second best age-graded effort was run by Ed Benham (82, 69:58, 96.0%), a new age-82 mark.

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. □

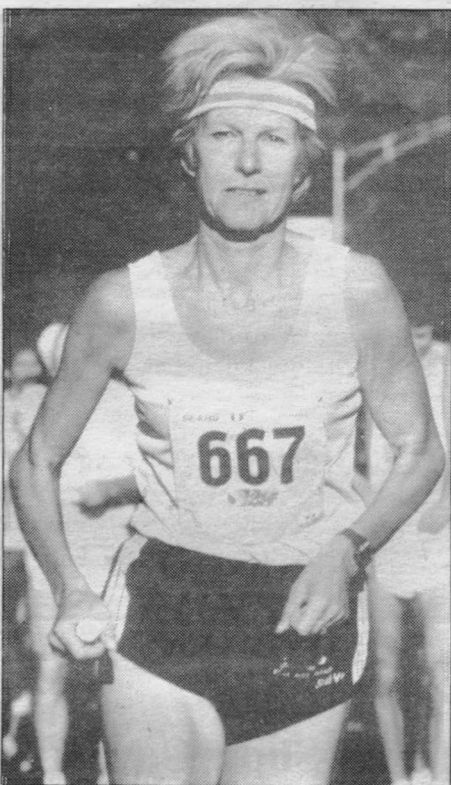


Norm Green, 57, on the way to a 51:45 finish at the Delaware Distance Classic in Wilmington, October 1. Photo from Joel Schiller

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.

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."



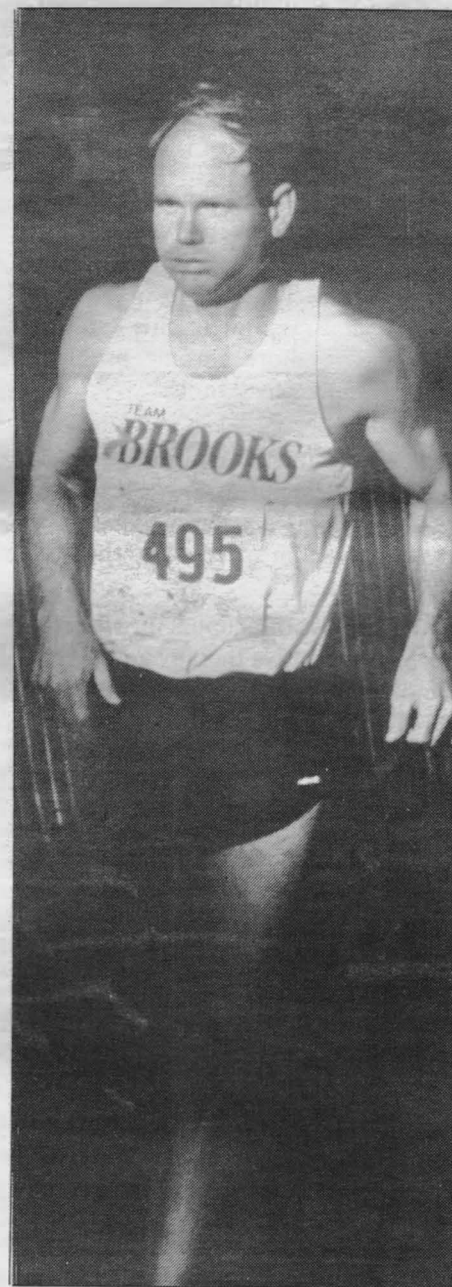
Michael Heffernan, first M45 in 31:09 at the National Masters 10K Championships in Pittsburgh, Pa., September 24. Photo by Sailer Ltd.

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.

Write On!

Continued from page 4

excitement and the enthusiasm 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 will 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.



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Masters Health and Fitness

by CARL V. FLOWERS II, O.M.D., L.Ac.

When Can I Use Acupuncture?

As a practicing masters athlete 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 sprain or muscle strain to overuse injuries such as plantar fasciitis 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 practitioners, including myself, has formed The National Association of Sportsmedicine Acupuncturists to study and develop

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.)



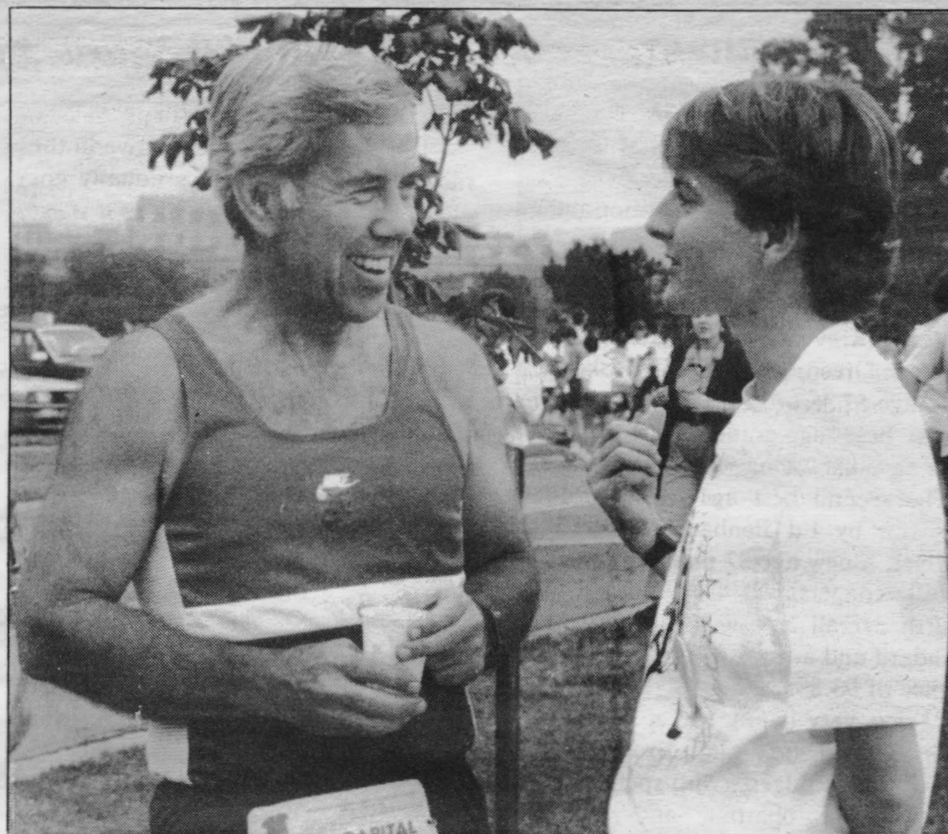
Carol Lasseter, 48, of *Running Times* was first woman journalist in 19:51 at the Nike Capital Challenge in Washington, D.C., September 14.

Photo from Jeff Darman

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.



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. □

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 camaraderie, and the warm, sunny day.

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

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.

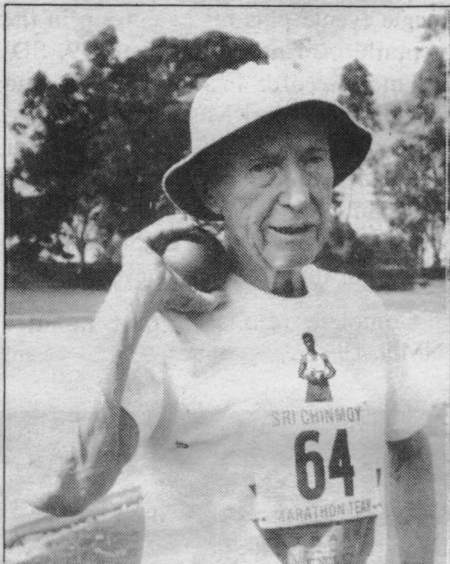
"I knew I could do it. . . I had been training very hard in the heat of the Texas sun," said an exhausted but happy Alexander.

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

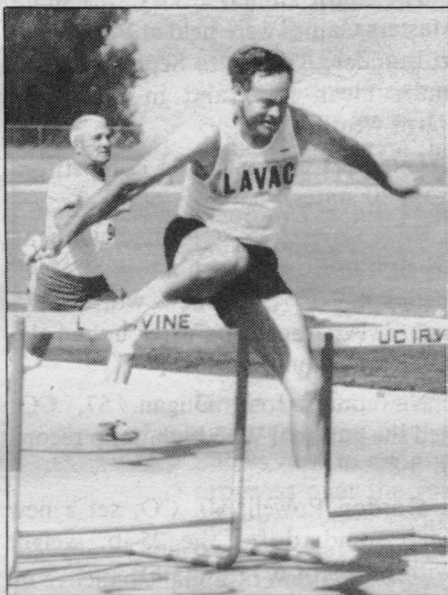
meters, not bad considering Lane is blind. He also participated in the shot and javelin.

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

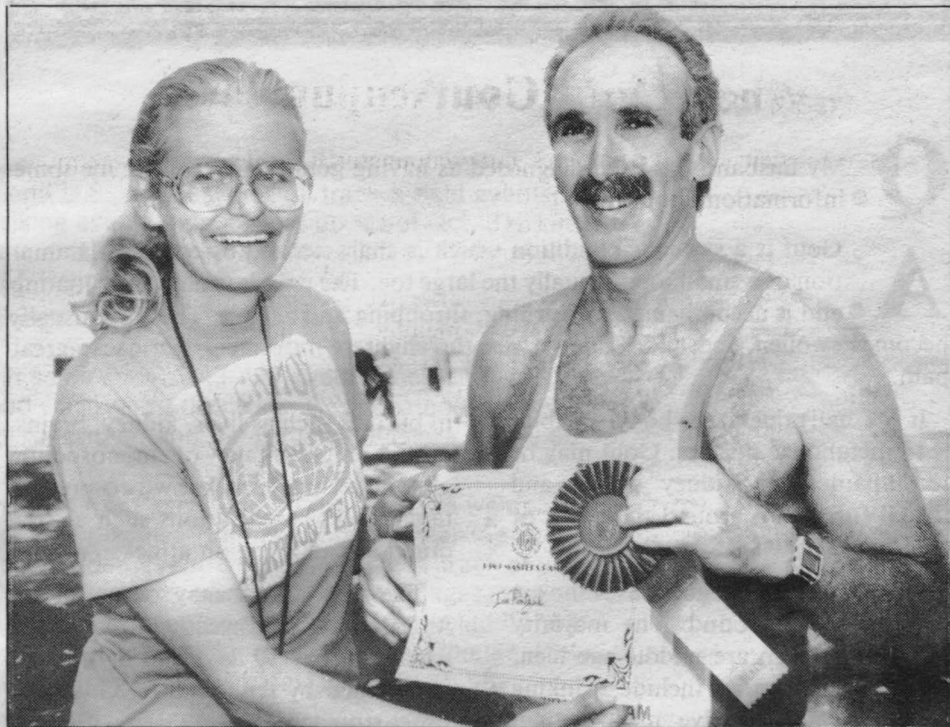
Mary Thompson from the Los Angeles Patriots Organizing Committee. . . We enjoy this event as much as the participants. We get a lot of joy and inspiration from all the athletes. According to the ideals of our organization, we try to sponsor an event which embodies the highest ideals of the Olympics — serious but friendly competition with high levels of sportsmanship." □



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.

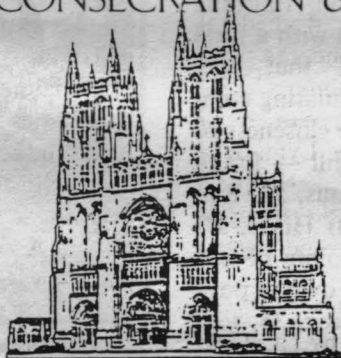


Jerry Stanners heading for first place in the hurdles event of the Sri Chinmoy 50-and-Over Meet, Sept. 24, Irvine, Calif.



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

THE YEAR OF CONSECRATION & DEDICATION



WASHINGTON CATHEDRAL

BILL BANGERT challenges Crystal Cathedral followers to raise money for choir trip expenses to sing at the Washington National Cathedral, commemorating final dedication after 100 years of construction. Bangert, who won the '89 TAC National Masters Outdoor Championships in the shot and discus, sings in the Hour of Power choir. To raise the 100 thousand dollars for the 125 voice choir's trips, Bangert has challenged members and friends to give their .05c worth for every yard he picks up a 16 foot tall pole weighing 70 pounds, holds it erect while running and tosses it end over end for as long as the pole lands end for end. Bangert was the first American to toss the Cabor before the Queen. He did this in 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.

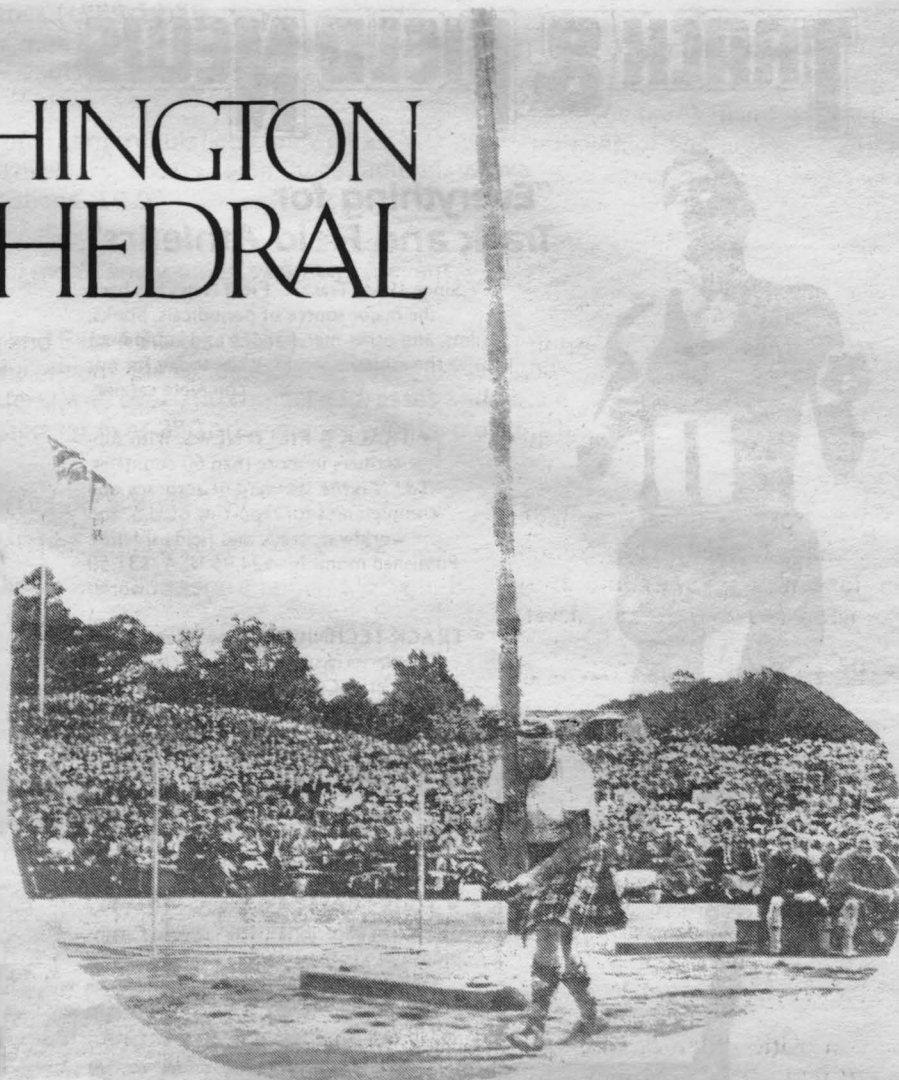
I, _____ pledge to the Crystal Cathedral Hour of Power Choir's trip expenses in performing at the Washington National Cathedral in March 1990, .05c for each and every yard Bill Bangert picks up a 70 lb., 16 foot long solid pole, runs with it and tosses end over end. If a throw does not go end over end,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

(street address)

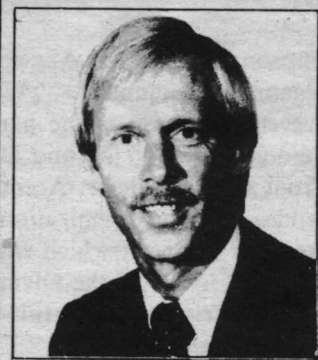
(City, State & zip code)

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

Advertisement



Bill Bangert: The Longest Yard



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Gout

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

A Gout is a systemic condition which is characterized by acute inflammation of a small joint, usually the large toe. The pain is usually excruciating 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 uric suric medications. Prevention, however, is the best treatment.

Avoid the sedentary 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 (40-10¼), a new world M75 record. At Boulder, Carter upped the ante to 12.65m (41-5¼).

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).

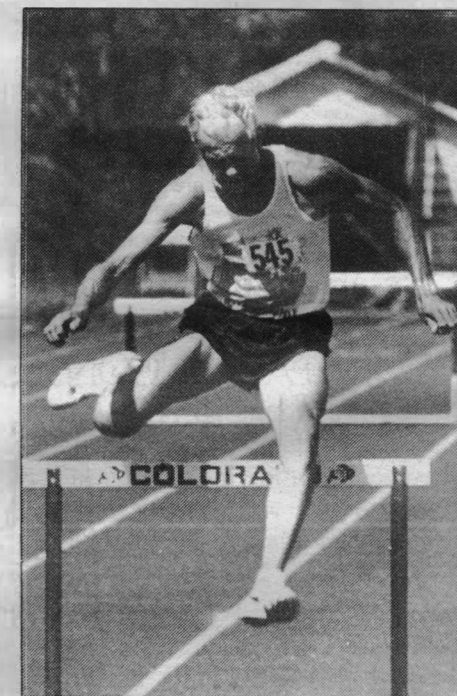
Jack Greenwood, 63, CO, raced to a fast 65.14 in the 400H (33"), a distance and height not normally run by the M60+ divisions.

Mike Hill, 38, CO, handily won the Herb Anderson Pentathlon, finishing the five-event competition with a total of 3664 points. Proof that age-factoring 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

TRACK & FIELD NEWS

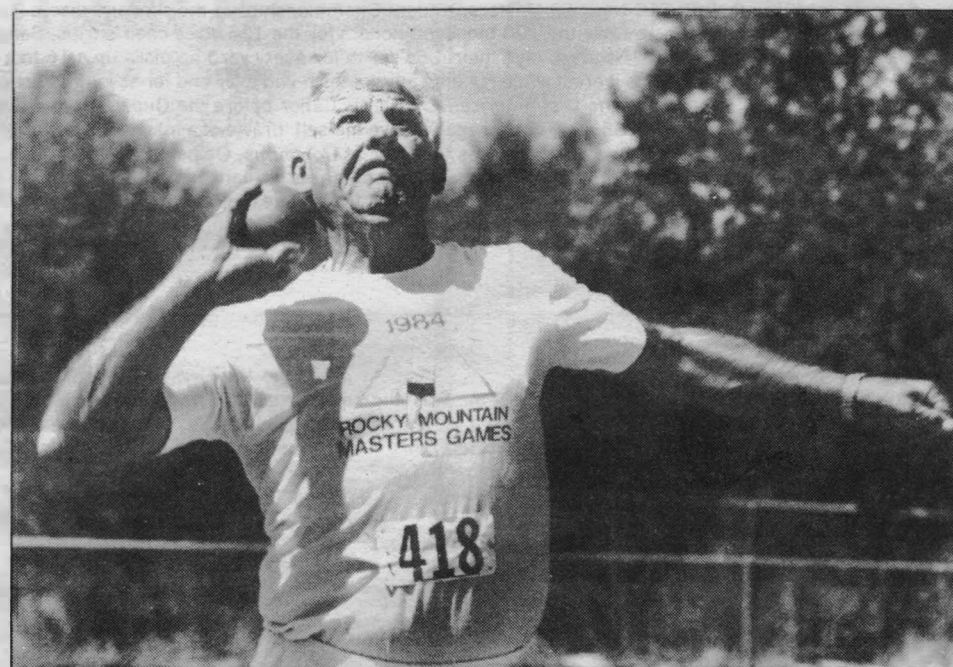


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Ross Carter, 75, gets ready to break his own World Record in the 4K shot put with a toss of 12.65 meters (41-5¼) at the Rocky Mountain Games, Boulder, Sept. 2 & 3.

Photo by Laura Page



Pat Devine (60013) and Jim O'Neil duel in the M50 5000 in San Diego. O'Neil, who was competing in his 22nd consecutive U.S. National Masters T&F Championships, placed 3rd (18:05.09); Devine was 4th (18:08.38).
Photo by Gretchen Snyder

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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).

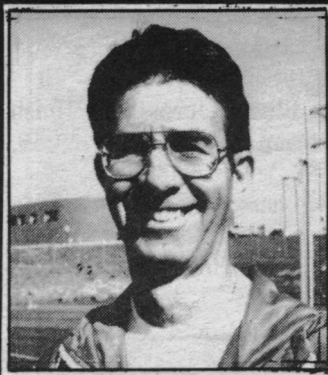
Following Binder across the finish line were Susan Weisbrod, 1:23:56, and Judith Bugyi, 1:26:14.
Overall winners were El Mostafa Nechchadi, 62:01, and Ana Doak-Davies 71:24. □

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_____	Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
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MASTERS TRACK & FIELD REPORT

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

Chairman's Report to TAC/USA

1989 became the most active year for Masters athletics since becoming a TAC/USA Committee.

- 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.

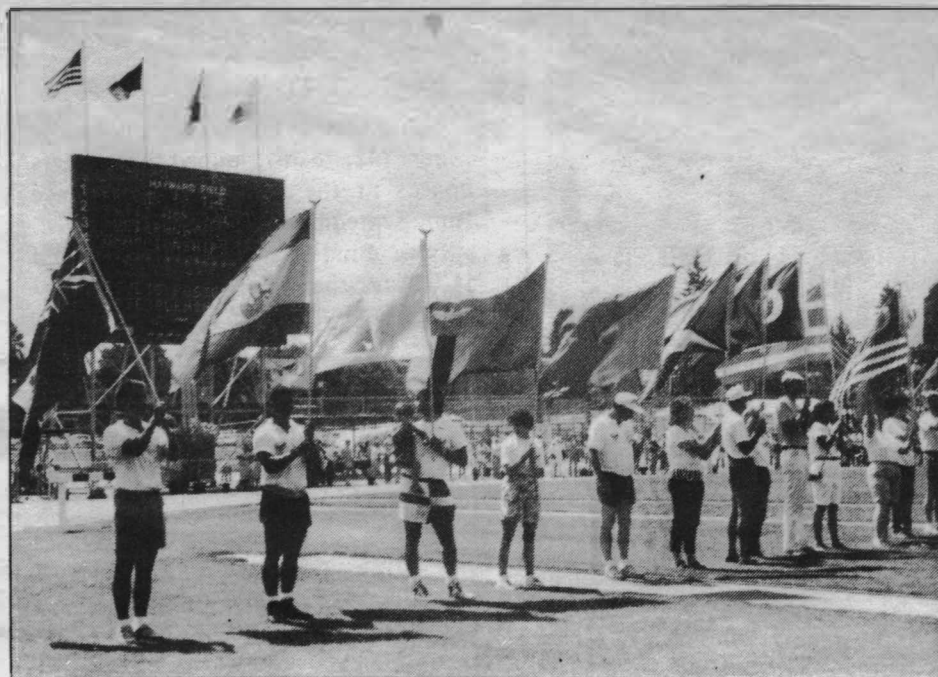
In addition to the usual track and field events at the World Championships, the Organizing Committee agreed to host the very first multi-event World Championship in the Decathlon and Heptathlon. Close to 180 competitors were involved in the two-day schedule. In what must have been one of the finest logistical 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 Championships to a proper conclusion.

While all the figures are not in, the



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. □

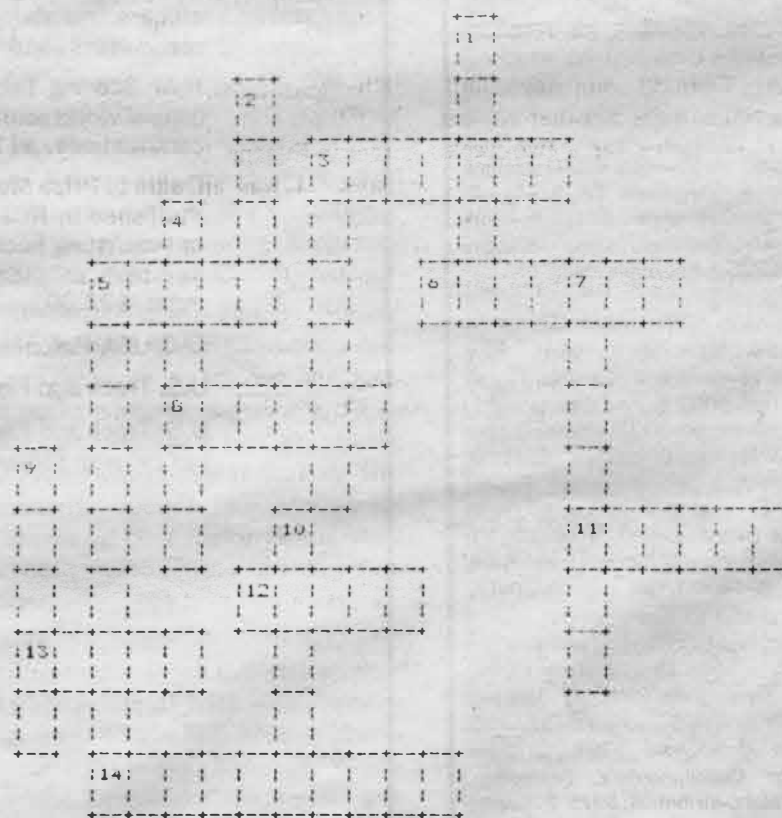
Answers to last month's puzzle

Across	Down
1 St Louis	2 Orlando
4 Tables	3 Veterans
7 Mimm	5 Steeplechase
8 Leff	6 Holland
9 Turnbull	7 Melbourne
10 Javelinist	9 Taylor
13 Mundle	11 TAC
15 Morcom	12 TACstats
17 Heptathlete	14 Eugene
18 Hayward	16 WAVA
19 Stepanova	

FINANCIAL STATEMENTS — MASTERS TRACK AND FIELD MEETS — 1989

	Outdoor Nationals San Diego	Indoor Nationals Columbus	Sectional Atlanta	Running Pentathlon Albuquerque
REVENUES:				
Entry fees	\$59195	\$13460	\$2772	\$ 423
Sponsors	6413	1250		
TAC	3350	1500	500	200
T-shirts/souvenirs	7166	3912	130	
Interest	864	143		
Social Function	8535			
Miscellaneous	520			
TOTAL REVENUES	\$ 86043	\$20265	\$3402	\$ 623
EXPENSES:				
Advertising	10736	790		151
Automatic timing	2826		175	
Computer	957		300	
Communications	1217			
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	645	34
Office Supplies	3521	613		
Office Rent	1800	904		
Salaries/labor	1513			
Postage	4414		98	37
Printing	5559	945	242	
Signs	847			
Telephone	2727			
Sanction fees	390	120	75	
T-shirts	10873	2983	1260	149
Track facility	5060	3242	500	
Transportation	6963			
Social function	9166	200		
Miscellaneous	1306	36		30
Medical/trainer		350		
Security		800		
TOTAL EXPENSES	88584	18624	4180	836
NET PROFIT (LOSS)	(\$2541)	\$1641	(\$778)	(\$213)

Masters Crossword Puzzle



ACROSS

- 3) Druckrey's event
- 5) M55 walker Max
- 6) M55 standout
- 8) Site of ICI/USRA finale
- 11) Throwing event term
- 12) Site of 1991 WV Games
- 13) Home of Boilermaker 15
- 14) Tiff's event

DOWN

- 1) Top W40+ LDR money winner
- 2) Third Wind columnist
- 3) Multi-event coordinator
- 4) ICI/USRA Circuit honcho
- 5) W60 HJ WR-holder
- 7) 1990 Indoor Championships locale
- 9) M65 SC WR-holder
- 10) 1984 Olympian at age 44

The International Scene

Reflections on Eugene

by JOE HENDERSON

My 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 Zealand-accented 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

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 half-miler.

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 sub-four-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.

Higdon, 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

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.

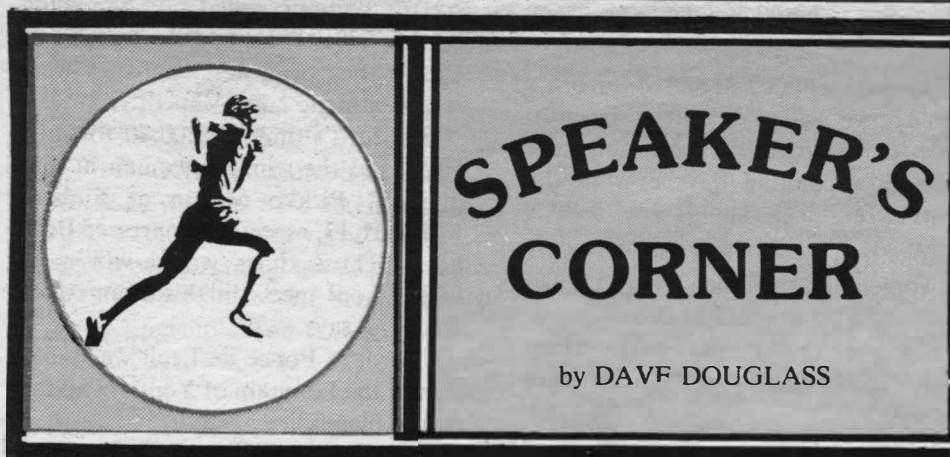
These first looks at them and talks with them moved me more than I thought possible. They filled me with pride in Eugene for bringing this event home, and with runner-pride in knowing that the sport means so many of the same things to so many people in so many different languages.

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



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-

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 going 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

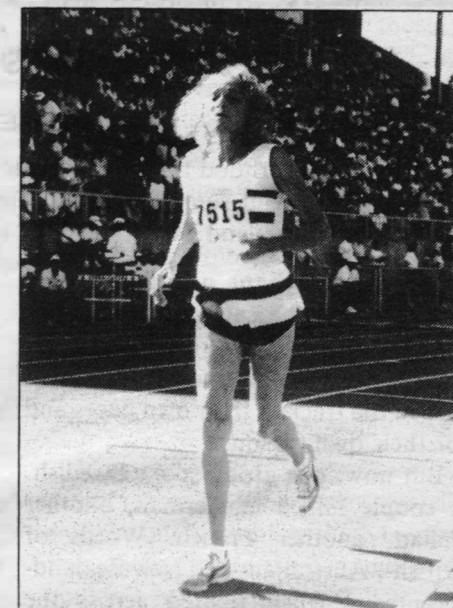
hurdles are: Rome 58, Melbourne 62, and Eugene 53. The reduction from 400 to 300m in the 50-59 group doubled the entries from Melbourne (400m). Entries decreased in the 40-49 group from Melbourne to Eugene (both venues 400m). These numbers should tell us something! Recently in a Southern California meet 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)

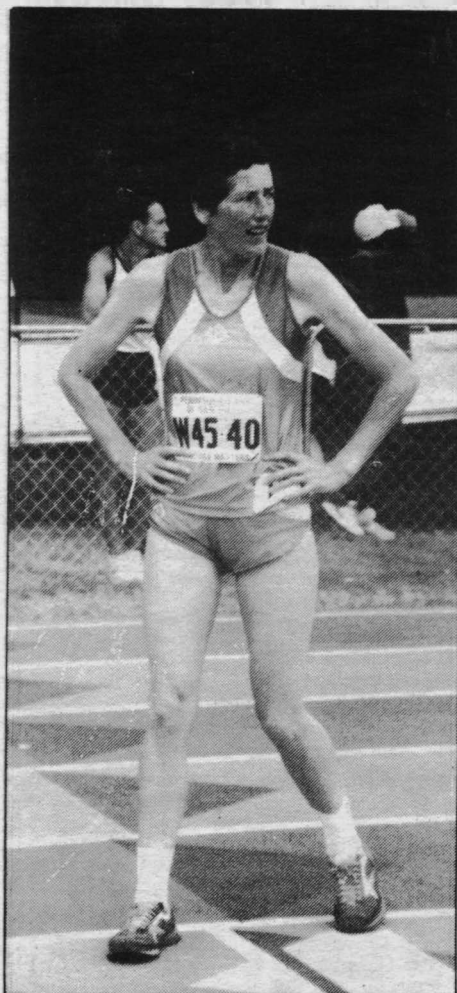
The argument of whether to have a decathlon or pentathlon at the World Games was discussed extensively at Eugene. One proposal, which didn't get much attention, but which in my opinion makes a lot of sense, was to have the women's heptathlon for the over-60 gang. I have thought much about this and strongly 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 Menzies (USA) runs 8:00.42 to gain a silver medal in the W75 1500 at the World Championships.

Photo by Gretchen Snyder



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

WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
35-39	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59					
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
70 plus					

MEN

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

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
35-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
40-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
50-59	6.00k	1.50k	6.00k	800 gms.*
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

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

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 Olym-

pic 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. □



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."

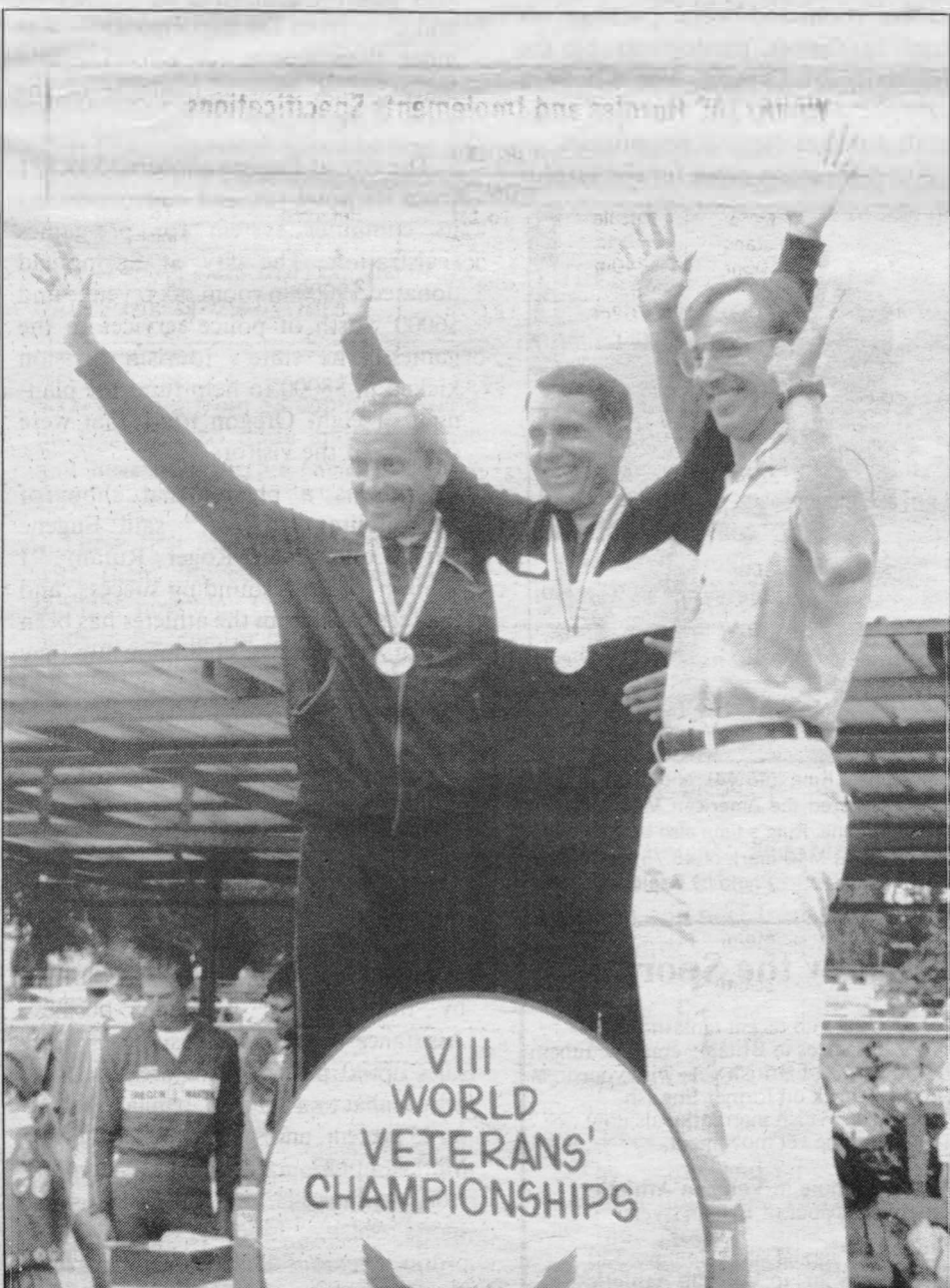
Subsequently, the WAVA Council approved an amendment to the WAVA By-Laws, to wit:

"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 BVA Council meeting was held at Stone to consider how the BVA 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. □

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

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-shirts 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. "I think it was a resounding success, and the feedback from the athletes has been that it was the best championship they ever participated in . . . I'm delighted by the way the community rose to the occasion." □

(Reprinted from the Eugene Register-Guard.)

Late Flash: The financial "trickle-down" 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. □



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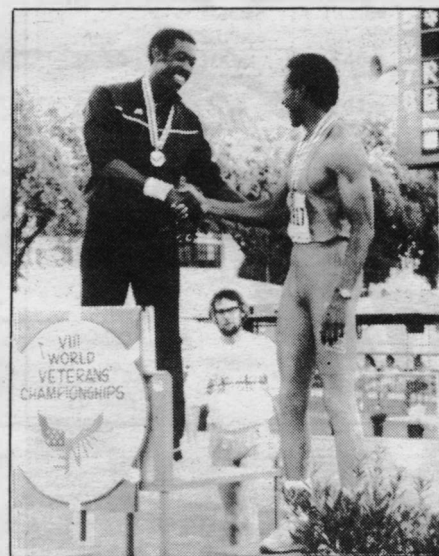
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Both James King (48.44) and Stan Whitley (48.87) bettered the American M40 record of 49.2 in Eugene. King's time also broke Hagues Roger's world M40 mark of 48.75.

Photo by Gretchen Snyder

Follow the Sport!

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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 Hurricane 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 Multi-events.

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 preceded 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 occurred 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. □



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 6½ weeks after the birth of her second child. □.



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

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH NOV. 1989

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)	11-24-24	65-69
MARJORIE LAWSON (SACRAMENTO)	11- 6-24	65-69
MARGARET LEE (HONOLULU, HI)	11-22-19	70-74
HIDEKO PIRIE (FAIRFAX, VA)	11-22-44	45-49
SALLY POLK (SANDIA PARK, NM)	11-22-29	60-64
LINDA SIPPRELLE (BETHLEHEM, PA)	11- 3-34	55-59
JOSEPHINE SULLIVAN (GREER, SC)	11- 2-24	65-69
CONSTANCE WILSON (PORTLAND, OR)	11- 2-34	55-59
MAVIS HUTCHISON (RSA)	11-25-24	65-69
EILEEN MANDER (GB)	11-21-44	45-49
MARIA DE ORLANDO (ITA)	11- 2-34	55-59
RHONDA PHILPOTT (AUS)	11-14-44	45-49
G. RICKARD (GB)	11-13-44	45-49
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- 1-44	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
LES MILLS (NZ)	11- 1-34	55-59
WILHELM OLIVIER (S.AFR)	11-13-34	55-59
GEORGE SHAFTO (GB)	11-21-34	55-59
MIKE DE STEFANO (US)	11-20-39	50-54
JAMES VANTATENHOVE (LA HABRA, CALIF)	11-12-29	60-64
LOUIS VELEZ (PUR)	11- 3-29	60-64
TOM WASSELOWSKI (KS)	11-17-34	55-59
JOHN WHITTEMORE (SANTA BARBARA, CALIF)	11-20-99	90-94



The Director's Corner

by DEAN REINKE

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 non-marathon 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

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 Waigwa — Through Twin Cities, Waigwa had 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 over-race, 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! □

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

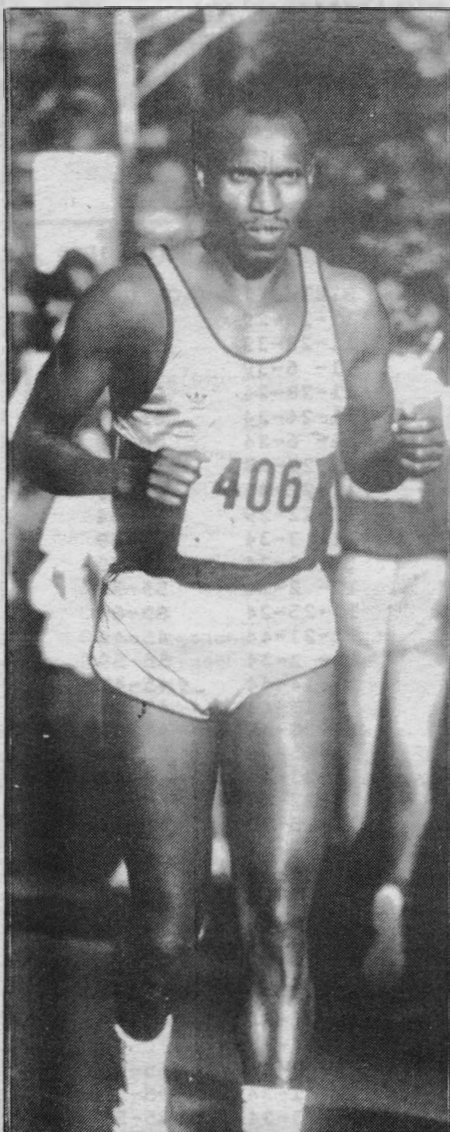
1st - \$2500	5th - \$400
2nd - \$1500	6th - \$300
3rd - \$1000	7th - \$200
4th - \$500	8th - \$150

\$100 to 1st place in each masters age group

\$100 to top male and female age graded performance

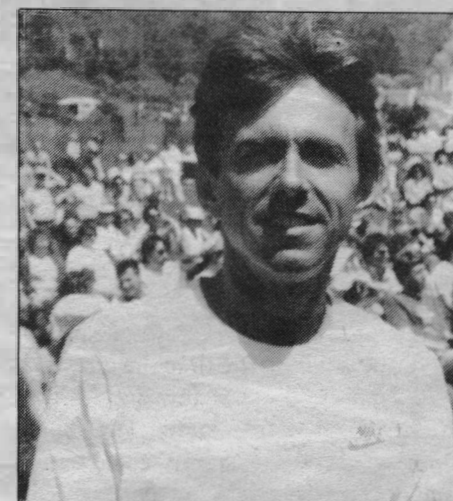
Budweiser and 10-K Thirst Quencher have joined the event as official sponsors while Naples stations WEVU-TV and Class 103 FM radio will serve as official media sponsors and provide event coverage. The 8K ICI Championship is part of the Naples Running & Fitness Weekend which will begin with a Health &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



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.

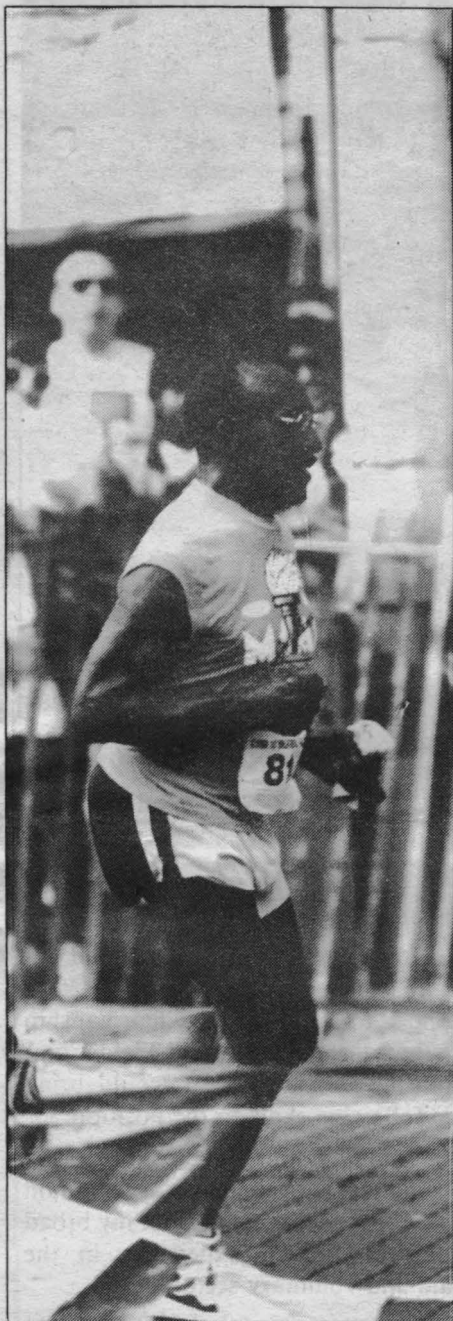
Photo by Sailer, Ltd.



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. . . Hurricane 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 Ngaire 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 co-organizer 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

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 course record. . . □

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.

New Zealand's Ngaire Drake was the

first female master.

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).

Complete results in next month's NMN. □

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, Pittsburgh 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.)

M40-44		M60-64		M45-49	
Bill Rodgers	43	Bill Fortune	29	C Tattersall	40
Wilson Waigwa	40	Jim O'Neill	28	Susan Weisbrod	37
Bob Schlau	32	Jack Gentry	19	Karen Bestul	28
Jim Pearson	32	Len Olson	19	Mary Shaver	19
Ken Sparks	29	Herbert Chisholm	18	Lina Connors	16
Kevin Ryan	29	Ed Hamilton	16	Carol Lasseter	15
Wes Wessely	26	Charles Evans	11	Nancy Friscillo	12
Dave Stewart	25	John Hosner	10	Sharon Markoski	10
Earl Owens	17	Laurin Blasier	10	Judy Tolliver	10
Laurence Olsen	15	James Forshee	10		
Wally Herrala	14			M50-54	
David Tresohlavy	12			Jo-Wright Whitten	40
Thom Suddeth	11			Gina Faust	29
Graham Tattersall	10			Susie Kluttz	27
		M65-69		Mary Anne Wehrum	17
		John Bart	39	Mary Cullen	16
		John Burton	29	Nancy Parker	10
		Dewey McMickle	18	Barbara Gehringer	10
M45-49		Bill Tribou	15	Jeanette Chambers	10
Ralph Zimmerman	50	Robert White	10	Marjorie Peterson	10
Don Coffman	19	Isoids Hernandez	10	Zofia Turos	10
Steve Lester	10	Jim Smith	10	Helen Wilson	10
Charles Parmalee	10	Lou Lodovico	10		
Pat Cosgrove	10			M55-59	
Robert Stuemky	10			Gloria Brown	30
Michael Heffernan	10			Jean Evans	14
		M70+		Vera McIlwham	14
		Nathaniel White	19	Mary Anne Woodring	10
		Ed Benham	10	Dolores McCabe	10
M50-54		Claudis Hawkins	10	Thelma Wilson	10
Donald Sleeman	34	Howard Calkin	10	Kayma Dixon	10
William Johnston	32	Ed Campbell	10	Sally Strazdins	10
Jim Larson	29	Vernon Schaefer	10	Anita Foss	10
Fay Bradley	29	Austin Newman	10		
Dick Ruzicka	24	Joe Thornburg	10	M60-64	
Willie Kaye	21	Eugene Keller	10	Mary Norckauer	47
Dan Conway	19			Cecile Maples	10
Ben Johns	17			Mary Otte	10
David Whitten	13			Flabby Jackson	10
Roger Robinson	10			Dolores Quinn	10
Marco Pina	10	M40-44		Cassie Bazar	10
Jim O'Neil	10	Jane Hutchison	46	Charlotte Williams	10
		Nancy Oshier	43	Margrett Lutz	10
		Claudia Ciavarell	37		
M55-59		Laurie Binder	29	M65-69	
Norm Green	30	Nancy Mieszcak	27	Loretta Shehan	49
John Harwick	28	Ngaire Drake	20	Edith Farias	19
Jay Sturdevant	18	Angella Hearn	17	Marjorie Piscopo	10
Frank Dudley	15	Diane Langston	14		
Gerald Koch	10	Susan Compton	13	M70+	
Tom Ray	10	Mary Wood	12	Louise Martin	10
Greg Prom	10	Judy Greer	11	Janice Johnson	10
Stanley Witomski	10	Christine Grenning	11	Althea Wetherbee	10
Larry Engle	10	Barbara Filutze	10	Norma Perlmutter	10
Edward Hardy	10	Ginger Semple	10		
Arturo Melendez	10	Priscilla Welch	10		

Pain, Kousky to Vie For Masters Track & Field Chairmanship

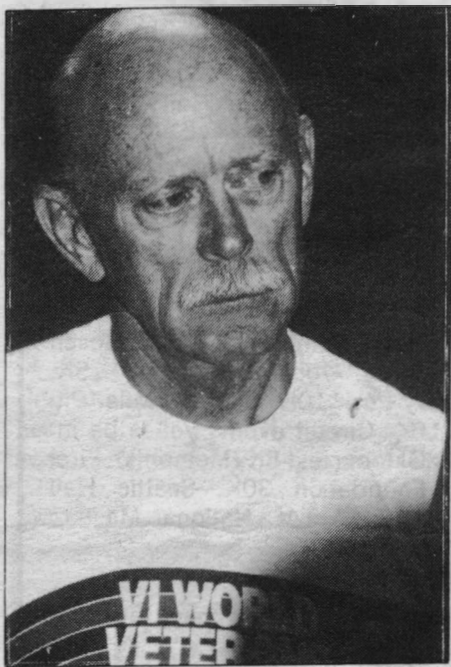
Delegates to TAC's Masters Track and Field Committee Meetings this month in Washington, D.C. will choose a new Chairman for a two-year term.

Current chairman Jerry Donley is stepping down after serving three two-year 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 Gottenburg, 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.

- 1986-current. Special-event planner 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. □

NOW AVAILABLE

1988 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1988 U.S. 5-year track & field age-group rankings.
- 44 pages. over 100 data in some events.
- All T&F events, including 2000, 10,000, weight, relays, 500 walk, 5000 walk.
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NATIONAL MASTERS NEWS

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MASTERS SCENE

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

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.

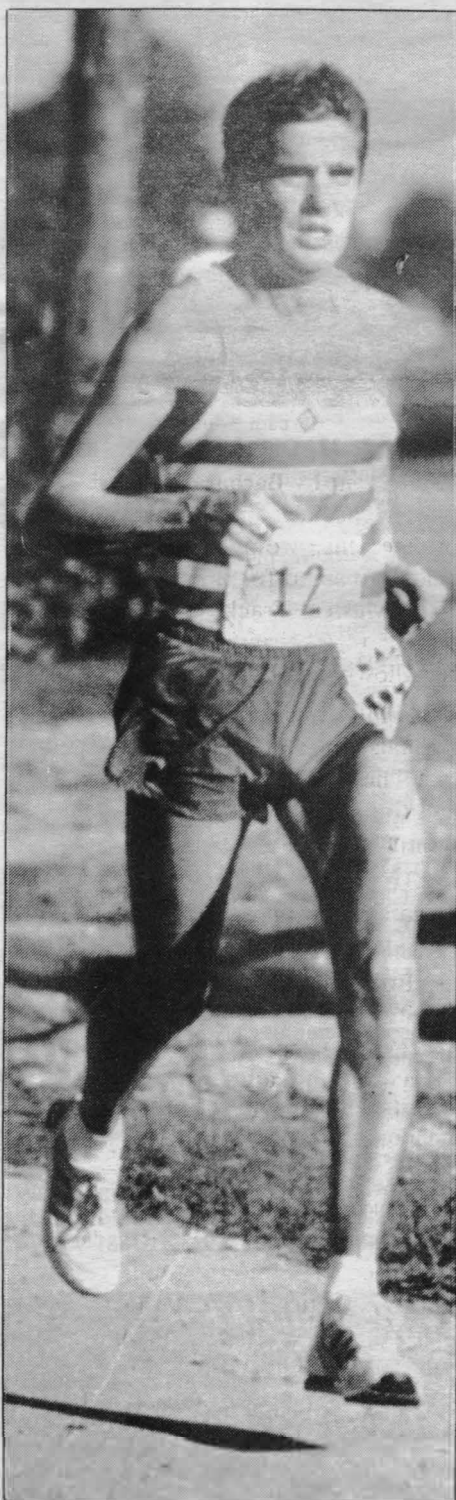
• **Jan Kreuz**, 41, set yet another ultradistance record and stunned the ultrarunning community when she turned in an amazing time of 6:19:05 at the Wolfpack 50-Miler, Columbus, April 9. This smashes **Sandra Kiddy's** record of 6:24:19, set in 1981. Kreuz came out of nowhere to take the lead at the 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.



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

Photo by Sailer, Ltd.

• **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 age-graded 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).

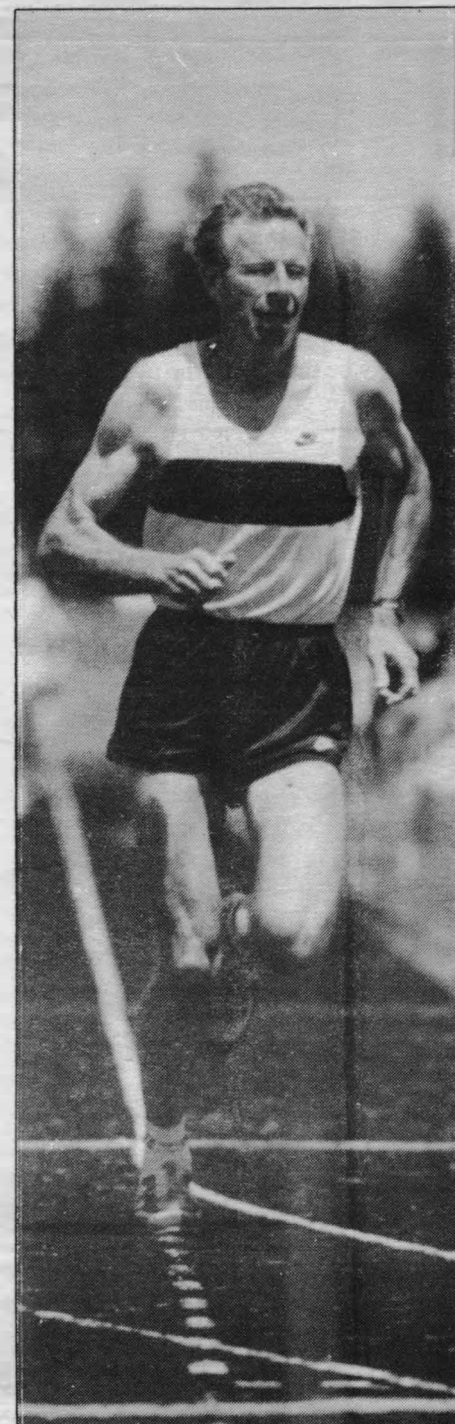
• **Bill Fairbank**, longtime masters t&f competitor, suffered a heart attack and died Sept. 30 while jogging near the Stanford University campus in Palo Alto, Calif. He was 72. Fairbank's work in low-temperature superconductivity laid the foundation for hundreds of scientific experiments around the 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

• Sweden's **Evy Palm**, 47, was first woman overall in a Stockholm 10K, August 27, in 33:54 — a 99.0% age-graded performance."

• 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 suspended



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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schedule

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



TRACK & FIELD NATIONAL

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

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

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

EAST

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

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.

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 63 1/2 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 Station, New York, NY 10150-0881. 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., Columbus, OH 43229. 614/433-0395.

Continued on page 29

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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 Half-marathon 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.

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 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.,



Bill Steiner, 78, featured in last month's *Third Wind* column. Steiner was inducted into the Road Runners Club of America Hall of Fame in 1979. Photo from Mike Tymn

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.

NORTHWEST

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

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.

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.



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1988 U.S. MASTERS LONG DISTANCE RANKINGS

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

8 Kilometers

M35-39			
1	Juri Porotov	URS	24:01
2	Doug Bell	CO	24:04a
3	Gary Romesser	IN	24:08
4	Charles McMullen	NY	24:13
5	Robert Wallace	TX	24:28
6	Zack Barie	TAN	24:44
7	Ron Gee	CA	24:44
8	Mike Seaman	MN	24:52a
9	Doug Suker	MN	24:53a
10	Len Beard	MN	25:04a

M40-44			
1	Bill Rodgers	MA	23:50.5
2	Allan Rushmer	GBR	24:03
3	Web Loudat	NM	24:20
4	Larry Olsen	CA	24:42
5	Bob Schlauf	SC	25:06a
6	Barry Brown	FL	25:07.5
7	Pat Murphy	IRL	25:32
8	Thomas Bernard	VA	25:38
9	Bruce Mortenson	MN	25:38a
10	James Bohn	MN	25:55a

M45-49			
1	Dave Griffith	MN	24:44
2	Don Coffman	KY	25:08a
3	Mike Heffernan	OR	25:31
4	Theodore Haiman	NY	26:18
5	Tom McBride	MD	26:22
6	Jim Ferris	NY	26:41
7	Bud Godfrey	CA	26:43
8	Ralph Zimmermann	NY	26:57
9	Jared Mondry	MN	27:06a
10	Leon Lentz	MN	27:07a

M50-54			
1	Ardel Boes	CO	27:29
2	George Savanick	MN	28:04a
3	Ernie Billups	IL	28:09
4	David Mellady	AZ	28:10
5	Brian Fernee	CA	28:12
6	John Bannigan	CA	28:13a
7	Witold Bialokur	NY	28:15
8	Fritz Mueller	FRG	28:28
9	Hanz Fenz	CAN	28:29
10	Arlen Sunn	MN	28:31a

M55-59			
1	Ray Hatton	OR	27:42
2	G Jorgensen	UT	29:18
3	Dick Wilson	IN	29:19
4	Konrad Bald	IL	29:44
5	Ralph Miller	CA	29:55
6	Kenneth Jones	NY	29:58
7	Larry Engel	WI	29:59
8	Charles Rose	NC	30:02
9	Bill Fortune	NY	30:21
10	Robert Culling	CA	30:22

M60-64			
1	Alex Ratelle	MN	29:20a
2	Jack Gentry	AR	29:54
3	John Keston	MN	30:14a
4	John McCoy	FL	30:26.6
5	Bill McCaffrey	NH	30:48
6	Lloyd Young	WI	30:52a
7	Bill Fortune	NY	31:11
8	Don Dixon	NY	31:14
9	Boyce Jacques	NY	31:26
10	George Thompson	CA	31:34

M65-69			
1	Warren Utes	IL	30:39
2	Jim Smith	OK	32:02
3	Anthony Napoli	NY	32:46
4	Lewis Winters	CA	33:38
5	William Coyne	NY	33:49
6	Bill Tribou	CT	33:58
7	John Burton	MN	34:09
8	Felix Huerta	IL	34:16
9	John McHugh	NY	34:18
10	Ed Knight	FL	34:32

M70-74			
1	Max Quackenbos	FL	35:40
2	Vince Carnevale	NJ	36:04
3	Bill Lauderback	OR	37:00
4	Dudley Healy	NJ	37:22
5	Wilfredo Rios	NY	37:39
6	Alvin Grah	OR	37:46
7	George Boulden	FL	37:51
8	Fesmore Fleetwo	FL	37:56
9	Leopold Harding	MN	38:38
10	Bill Brobston	NY	38:44

M75-79			
1	Earl Wert	AL	39:32.9
2	Mel Shine	CA	42:13
3	Peter Bolos	MI	45:17
4	Gene Hess	CA	53:03
5	Norman Bright	WA	55:04
6	Ralph Osborn	TX	56:29
7	Alvin Shough	NJ	57:13.1

M80-84			
1	John Overton	AZ	40:30
2	Max Popper	NY	50:45
3	Jim Ramsey	MI	51:24

M35-39			
1	J Gareau	CAN	26:48
2	Karen Macharg	FL	28:56
3	Jane Asimus	CA	29:00
4	Linda Fox	NC	29:05a
5	Agnes Ruane	CT	29:06
6	Martha O'Rourke	OK	29:26
7	Michele Tiff	CA	29:32
8	Francine Pahl	MN	29:49a
9	Marilyn Davey	GA	30:05
10	Aineee Lynam	CA	30:17

M40-44			
1	Mary McGowan	FL	27:05.1
2	Erna Kozak	CAN	28:28
3	Laurie Binder	CA	28:31
4	Barbara Filutze	PA	28:48
5	Angella Hearn	GBR	28:54
6	Mary Williams	MD	29:26
7	Jane Millsaugh	PA	29:54.3
8	Diane Stoneking	MN	30:07a
9	Chris Grenning	GBR	30:21
10	Pat Herbulock	CA	30:25a

M45-49			
1	Maureen Bixby	OK	30:34
2	Harolene Walters	CA	30:49
3	Sophie Turos	CT	30:58
4	Carol Lasseter	VA	31:20
5	Judy Watson	OR	31:51
6	Jessie Hayes	NY	32:28
7	Carol Johnston	NY	32:28
8	Dorothy McMartin	NJ	33:07
9	Diane Horan	IL	33:16
10	Judith Cronen	MN	33:25a

M50-54			
1	Gina Faust	CA	31:14
2	Jill Martin	NY	32:46
3	Christine Curtis	WA	32:50
4	Helene Bedrock	NJ	33:14
5	Nancy Hellyer	WA	34:25
6	Imme Dyson	CA	34:33
7	Mae Horns	MN	34:35
8	Grace Rome	AZ	34:45
9	Mary Marsolals	CA	35:01
10	Gloria Jenkins	NJ	35:15

M55-59			
1	B Bellinghausen	NY	34:29
2	Toshiko D'Elia	NJ	34:30
3	Gloria Brown	NY	34:37
4	Margaret Deckert	NY	35:40
5	June Machala	CA	36:07
6	Barbara Meadows	AZ	36:25
7	Peggy Ainslie	CA	36:25
8	Dorothy Spencer	CA	36:28a
9	Harriet Locke	CA	36:42.8
10	Mickey Armstrong	CA	36:42a

M60-64			
1	Billie Murphy	WA	38:08
2	Bertie Cronin	NY	38:41
3	Mary Carlson	MN	38:57a
4	Barb Andersen	MN	39:35a
5	Jean Dawson	IN	39:40.7
6	Sumiye Onodera	IL	41:57
7	Mabel Volge	IL	42:40
8	Aslaug Tomas	NY	43:16
9	Faye Eisenacher	AL	43:32.1
10	Betty Stryse	NJ	43:40.9

M65-69			
1	Lois Edin	CA	42:42
2	Betty Haleen	MN	42:50a
3	Louise Adams	PA	44:36
4	Ellen McCoy	MN	45:23
5	Margaret Wright	SC	45:43
6	Alyce Lindberg	CA	46:32
7	Pauline Tursic	OH	47:56
8	Juanita Goldman	NJ	49:07
9	Evelyn Smith	SC	49:47
10	Lois Clarke	MN	50:42

M70-74			
1	Algene Williams	IL	42:53
2	Pearl Mehl	CO	52:21
3	Althea Jureidini	NY	54:11
4	Edith Greene	NY	54:20
5	Mayme Bdera	NY	54:27
6	Emily Pecoraro	FL	54:47.8
7	Evelyn Havens	NY	55:03
8	Lucile Adney	CA	60:23
9	Ruth Usatorres	FL	63:32.2
10	Phyllis Clark	CA	66:28

M75-79			
1	Anne Clarke	IL	49:41
2	Alice Bagley	CA	64:44

M80-84			
1	Mary Ames	CA	68:20

M85-89			
1	Ruth Rothfarb	MA	80:51

12 Kilometers

M35-39			
1	Rod Dixon	NZL	36:13a
2	James Hatcher	MT	38:07
3	Gary Nixon	CA	38:19
4	Don Kardong	WA	39:12
5	Pete Metzmaker	CA	39:20
6	Mawrice Ragsdale	CA	39:52a
7	Clayton Small	CA	40:09
8	Fred Schaffstein	CA	40:18a
9	Steven Dean	CA	40:34
10	Paul Johnson	CA	40:46

M40-44			
1	Mike Hurd	GBR	38:00
2	Allan Rushmer	GBR	38:10
3	Ken French	CAN	38:16
4	Peter Moore	CAN	38:27
5	Pat Murphy	IRE	38:42
6	Jeff Corkill	CA	39:02
7	Jerry Tighe	CAN	39:37
8	Damien Koch	CO	40:30
9	Kenneth Rowe	MI	40:35
10	Chuck Koeppe	IN	40:56

M45-49			
1	Steve Lester	UT	38:47
2	William Leahy	CA	40:37
3	Joe Machala	WA	40:49
4	Kenneth Hinds	CA	41:19
5	Roger Pratt	CAN	41:35
6	Gerry Carner	SC	41:57.6
7	William Kaye	NY	43:09
8	Bob Sieller	CA	44:08
9	Peter Madden	CA	44:27
10	Dan Vasicek	OK	45:38

M50-54			
1	Derrick Mahaffey	CA	43:04
2	Ernest Billups	IL	43:41
3	Ed Hernandez	IL	43:53
4	Gerald Glass	MO	44:24
5	Otto Schaefer	CA	44:37
6	Fred Hurd	NC	45:37
7	Russ Bennett	OK	46:37
8	Frederick Mattos	CA	46:46a
9	John Finch	CA	46:53a
10	Peter Todd	CA	47:17a

M55-59			
1	Leon Fennell	MO	45:54a
2	A Melendez	OK	46:54
3	John Harwick	SC	48:55
4	Don Hildebrand	CA	50:13
5	Jack Wellman	IN	50:33a
6	Bob Farrington	CA	51:07a
7	Jess Chavez	CA	51:46a
8	Ivan Reynolds	IN	52:20a
9	Thomas Marshall	CA	52:57a
10	John Lemke	CA	52:57a

M60-64			
1	Ray Piva	CA	48:20a
2	Roy Stewart	NY	50:21a
3	Jack Treworthy	CT	51:51
4	Charles Flitman	CA	55:31
5	Dick Ballard	CA	56:06
6	Jim Elmore	OK	56:11
7	Don Lucero	CA	56:14a
8	Chuck Hinde	IL	56:15
9	Harold McDonald	OK	57:10

M65-69			
1	Warren Utes	IL	46:46
2	Jim Smith	OK	49:18
3	Ray Rayl	IN	52:42a
4	Olien Rhodes	SC	59:17.1
5	Harold Carey	IN	61:05a
6	Jay Burnes	KY	61:09a
7	Beverley Walker	NY	64:29

M70-74			
1	Ed Vuolo	CT	57:04
2	Ron Halliwell	CA	71:49a

M75-79			
1	Mel Shine	CA	63:58a

M35-39			
1	Peggy Smyth	CA	44:03a
2	Pat English	CA	44:56a
3	Sharon Swann	CA	46:19a
4	Joanne Davis	CA	47:45
5	Carol Lampe	MO	48:27a
6	Ann Bell	CA	48:58
7	Susan Sale	CA	49:03
8	Susan Hales	WA	49:25
9	Marcia Stromsoe	CAN	49:33
10	Barbara Mathewson	CA	49:36

6	Sharon Cooper	OK	55:08
7	Geraldine Palonen		55:21
8	Josette Bonewitz		55:46a
9	Linda Brown	OK	56:32
10	Judy Savitt	CT	59:03
W50-54			
1	Wilma Parker	WA	51:25
2	Heidi Skaden	CA	51:58a
3	Alice Rose	CA	53:05a
4	Kay Willoughby	CA	53:29a
5	Marion Kowalski	IL	55:36

Continued from previous page

W50-54

1 Gina Faust	65:44
2 Diane Palmason	66:04
3 Armande Pieschke	68:17
4 Julie Hoffmann	68:42
5 Susie Kluttz	71:11
6 Gloria Jenkins	71:58a
7 Laurette Rindlaub	72:18
8 Martha Klopfer	72:21
9 Imme Dyson	73:09
10 Arlene Mayer	73:56

W55-59

1 Toshiko D'Elia	70:43
2 Margarete Decker	71:23
3 Eileen Dwyer	75:18
4 Gloria Brown	76:13
5 Margaret Norris	79:26
6 Matilee Christman	79:44
7 Berna Finley	80:18
8 Helen Zimmer	80:25a
9 Christa Curtis	81:53
10 Bunny Franco	82:29a

W60-64

1 C Williams	84:21
2 Pamalee Avery	87:46
3 Daisy Klein	94:03
4 Renee Ready	95:28
5 Georgina Dillon	96:43
6 Ann Goff	97:33a
7 Helen Somerville	98:11
8 P Gudbrandsen	99:12
9 Phyllis Solberg	99:42
10 Marlie Betts	1:40:10

W65-69

1 Becky Yencharis	97:29
2 Stella Klebba	99:58
3 Wanda Groves	1:41:09
4 Imy Ernst	1:46:17
5 Juanita Goldman	1:51:40

W70-74

1 Algene Williams	89:43
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W75-79

1 Anne Clarke	1:42:01
2 Lois Schieffelin	2:15:47



20 Kilometers

M35-39

1 D Tibaduiza	61:25
2 Zak Barie	64:36
3 Tom Carter	65:33
4 Mike Seaman	65:46
5 Joe Nzau	66:54
6 Raul Deanda	67:09.8a
7 Rob Whetham	67:25
8 Charles Thompson	67:29
9 Rich Langford	67:36
10 Gary Wolfram	68:09

M40-44

1 Mike Hurd	67:06
2 Gregory Brock	68:01
3 Peter Hallop	68:30
4 Bruce Mortenson	68:39
5 Carl Nicholson	68:59
6 Frank Shorter	69:23
7 Burt Long	70:10
8 Frank Ruona	70:16
9 Terry Lillibridge	70:23
10 Jim Gibbons	71:18

M45-49

1 David Rivera	69:28
2 Troy Durham	70:01
3 Peter Baird	70:49
4 Mario Gonzalez	71:31
5 Michael Carnes	73:29.8
6 Dete Kraus	73:41
7 James Edmonson	74:19
8 Ray Lattanzia	74:34
9 Ramon Ruiz	74:50
10 Vern Ryan	75:45.9

M50-54

1 Daryl Beardall	74:42
2 Andre Tocco	75:20
3 Alan Fairbrother	76:41
4 Myron Anderson	76:44
5 William Koehn	76:59.5a
6 Joe Hancock	77:59
7 Peter Todd	78:06
8 Don Slocumb	78:06.8
9 Dick Seagrave	78:19.3
10 Fred Oyer	78:22.1a

M55-59

1 Ray Hatton	72:19.9
2 John Hepner	76:22.9
3 Bill Foulk	77:10a
4 Jim Smedema	79:08.7a
5 David Schertz	79:18
6 Bill Beckwith	79:32
7 Jack Cagot	80:27.9
8 Ken Oliver	81:30.2
9 Patrick Devine	82:07
10 Greg Prom	82:28

M60-64

1 Orlo Kenniston	77:44
2 Don Dixon	79:55
3 Joe King	80:54.3
4 Manuel Teodoro	85:10
5 Boyce Jacques	85:41.4
6 Len Ramp	86:14.3
7 Ray Stewart	86:50
8 Jordan Biscaglia	87:26.6
9 Bruce Oliver	87:50
10 Harold Hubbard	87:52

M65-69

1 Lloyd Young	88:16
2 Tom Gibbons	93:48
3 Gene Askew	94:18.7
4 Jack Kirkpatrick	98:32
5 Kenneth Stevens	98:40.8
6 Philip Russell	99:27
7 Emil Balz	99:30
8 Paul Robertson	1:40:59
9 Harry Gillis	1:42:32
10 Ralph Bogan	1:44:00

M70-74

1 Paul Reese	1:26:46.1
2 Vince Carnevale	1:38:24
3 Alvin Grahn	1:41:49.6
4 Donald Schultz	2:30:56.4
5 Mel Shine	1:52:13

M85-89

1 Paul Spangler	2:48:06
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W35-39

1 Peggy Smythe	73:53
2 Georgette Green	75:40
3 Jane Asimus	77:18.5a
4 Debbie Magilke	78:47a
5 Marie Burleson	80:07
6 Adrian Lilbum	81:05
7 Mary Kates	81:15
8 Claudice Scott	84:10.4a
9 Ellen Goldenberg	83:30
10 Barbara Zimmer	84:09

W40-44

1 Hilary Naylor	78:52
2 Joan Colman	79:22
3 Joyce Rankin	79:35
4 Shirley Lindsay	83:46
5 Cindy Kendrick	85:36.5
6 Jeannie McDaniel	85:48
7 Roberta Brill	88:03
8 Jo May	88:51.9

W45-49

1 Margie Timberlake	83:20
2 Joan Ulyot	86:55
3 F Desmouliere	90:31
4 Judith Cronen	91:49
5 Sharon Cooper	97:10
6 Jean Gifford	97:24.2a
7 Joyce Sally	98:28a
8 Bernie Weeks	1:43:50
9 Elaine Dalrymple	1:44:24.2
10 Celeste Fondaco	1:45:20

W50-54

1 Gina Faust	82:35
2 Hejdi Skaden	84:19
3 Alice Rose	88:08
4 Nora Smiriga	96:28
5 Jan Gillum	97:09.8
6 Alison Antoun	99:59
7 Neomi Garcia	1:40:25
8 S Wilkinson	1:40:27
9 Diane Pepin	1:40:43
10 Georgette Lacey	1:41:04.9

W55-59

1 Peggy Houston	97:55
2 Jisae Reichel	1:46:48
3 Jo Gonse	2:03:33a
4 Dulcina Wiloughby	2:11:12
5 Betty Gay	2:26:21

W60-64

1 Mary Lou Carlson	1:50:06
2 Aslaug Tomas	1:59:24
3 Kit Pickles	2:01:44
4 Bernice Carter	2:04:34
5 Betty Dooley	2:10:39
6 Leise Rapozo	2:12:07
7 Georgina Dillon	2:12:56
8 Queenie Thompson	2:20:06
9 Luise Nottage	2:22:06
10 Marcella Tobias	2:37:24

W65-69

1 Jaclyn Caselli	1:42:50
2 Juanita Goldman	2:22:27



Half-Marathon

M35-39

1 Zak Barie	65:07
2 Robert Wallace	65:10.8
3 Manuel Vera	65:22
4 Ken Hunter	66:25a
5 Joseph Russell	66:57
6 Steve Benson	67:15
7 Ron Gee	67:42
8 Ric Banning	67:55
9 Doug Kurtis	67:55a
10 D Tibaduiza	68:22a

M40-44

1 Josie Chalmers	84:16a
2 C Tattersall	86:26
3 Erlene Michener	88:14
4 Carrie Parsi	89:15
5 Harolene Walters	90:12a
6 Mary Bart	90:58
7 Kathy Loper	91:33a
8 Carole Telli	92:23
9 Yvette Lavigne	92:27
10 Mary Jo Feeney	93:01a

M45-49

1 Don Coffman	69:12.4a
2 Mario Gonzalez	71:08
3 Greg King	74:34
4 Larry Seethaler	74:38
5 Robert Nelson	74:46
6 Edward Doheny	76:03
7 E Robinson	76:05a
8 Bobby Dannelley	76:10
9 David Johnson	76:15
10 Michael Mahler	76:21

M50-54

1 Ken Combs	70:22.8a
2 Bill Olrich	74:12.3a
3 Fritz Mueller	75:46
4 Donald Ardell	75:59
5 Clyde Davidson	76:09
6 Wally Evertz	76:20a
7 Ray Parrella	77:01.2a
8 Lowell Gaither	77:10.1
9 Joe Burgasser	77:19
10 Rex Reed	77:43

M55-59

1 Norm Green	72:15
2 Gaylon Jorgensen	75:26
3 Jay Sturdevant	80:28
4 Michael Sullivan	80:58
5 Joseph Fernandez	81:17
6 Jim Blount	82:14
7 Patrick Devine	82:23
8 Tracy Brown	82:40a
9 G Studzinski	83:13
10 David Schertz	83:18

M60-64

1 Lester Trujillo	80:05a
2 Alex Ratelle	83:03
3 Jim Forshoe	84:58a
4 Rich Elizarras	86:52a
5 Myron Meyer	87:26
6 Fred Pipkin	87:49a
7 Emmett Parker	88:02
8 Ruben Vigil	88:36
9 Jim O'Neil	88:43
10 John Keston	88:51

M65-69

1 Leo Miller	88:18.4a
2 Michael Bertolini	90:45
3 Jack Start	90:49
4 Robert Hawkes	91:45
5 Warren Johnson	94:21
6 Ronald Harrison	94:39a
7 George Billingsly	95:09
8 Carlton Mendell	95:19
9 Jack Fredette	95:22
10 Hugh Short	96:14

M70-74

1 Wayne Zook	98:45.8a
2 Eddie Lewin	98:55
3 Fred Ely	1:40:13
4 D Benedetti	1:43:48
5 Wilfredo Rios	1:45:12
6 Charles Lewis	1:45:23a
7 Dudley Healy	1:45:53
8 Bill Van Fleet	1:46:41a
9 Leopold Hardung	1:48:28
10 Edgar Morgan	1:48:30.3a

M75-79

1 Bill Brobston	1:49:52
2 Don Marsters	1:53:59
3 Don Iwashashi	2:09:27a
4 Thomas Cullen	2:22:18a

M80-84

1 Ed Benham	1:40:30
2 Johnny Kelley	1:53:16
3 James Ramsey	2:28:14a

W35-39

1 Carol McLatchie	76:39
2 Agnes Ruane	79:16
3 Mindy Ireland	79:17
4 Carol Virga	81:07
5 Nancy Mieszczyk	81:23.1
6 Aine Lynam	82:50
7 Judy Weisel	82:51
8 Sharon Greenwood	83:17
9 Suzanne Ray	84:08
10 Caroline Lunger	84:42

W40-44

1 Laurie Binder	76:34
2 Angella Hearn	76:52
3 Priscilla Welch	77:54a
4 Jane Hutchison	81:48
5 Judy Greer	82:23
6 Barbara Filutze	82:26
7 Susan Weisbrod	83:50
8 Leslie McDowell	84:01
9 Jane Millsbaugh	84:15
10 Charlene Catalina	84:30a

W45-49

1 Josie Chalmers	84:16a
2 C Tattersall	86:26
3 Erlene Michener	88:14
4 Carrie Parsi	89:15
5 Harolene Walters	90:12a
6 Mary Bart	90:58
7 Kathy Loper	91:33a
8 Carole Telli	92:23
9 Yvette Lavigne	92:27
10 Mary Jo Feeney	93:01a

W50-54

1 Gina Faust	89:00
2 Helene Bedrock	90:46
3 Wen-Shi Yu	92:42
4 Zofia Turos	92:54
5 Lisa Praskins	94:45
6 Caroline Murray	95:47a
7 Jeanne Hoagland	96:52
8 Alice Rose	97:13a
9 Renate Rhein	97:24
10 Imme Dyson	97:54

W55-59

1 Toshiko D'Elia	95:02
2 Janet Glassman	99:22
3 Esther Milich	1:40:08a
4 Marie Lueders	1:44:04
5 Lee Goering	1:45:12
6 Matilee Christman	1:45:16
7 Mary Van Camp	1:46:30a
8 Liz Szawlowski	1:48:47
9 Alma Kunes	1:48:56
10 Kenny Goering	1:49:30a

W60-64

1 Helen Dick	1:44:31
2 Mary Storey	1:49:03a
3 Evelyn Jennings	1:50:15
4 Helen Palmer	1:51:40a
5 Pepper Davis	1:52:15
6 Lila Steinberg	1:52:44.6
7 Aslaug Tomas	1:53:21
8 Adeline Kearney	1:54:28
9 Muriel Merl	1:54:57
10 Araxi Prevot	1:55:32

W65-69

1 Jaclyn Caselli	1:54:00a
2 Rita Tomassini	1:54:53a
3 Althea Wetherbee	1:59:18
4 Ellen McCoy	1:59:56
5 Becky Yencharis	2:08:28
6 Marybelle Russel	2:10:50a
7 Imy Ernst	2:21:06a
8 Lucy Killea	2:24:02
9 Louise Rossetti	2:24:42
10 Betty Haleen	2:25:19

W70-74

1 Algene Williams	1:57:31
2 Marcie Trent	1:58:27
3 Mayme Bdera	2:38:38

W75-79

1 Anne Clarke	2:15:36
2 Bess James	2:22:21a
3 Lucile Andey	2:57:42

25 Kilometers

M35-39

1 Carlos Roa	1:20:14
2 Donnie Andersen	1:22:58
3 Terry Furst	1:23:11
4 Roy Kulikowski	1:23:47a
5 Rob Whetham	1:23:49
6 Duane Spitz	1:24:12
7 P Cruz-Martin	1:24:50
8 Mike Seaman	1:24:57
9 Barney Klecker	1:25:59
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:

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

M30-34

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	110mH	16.24	08/19/89

M40-44

Michael Milove	110mH	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	110mH	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#	26-9½	06/24/89
Frank Costello	High Jump	6-2	08/05/89

M50-54

Jerome Wills	Long Jump	18-10½	08/13/89
Larry Price	Shot Put	43-4½	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
Neil Saling	Discus	42.24	08/03/89
Mel Yoder	1500m	4:44.58	08/04/89
David Lard	800m	2:16.60	07/23/89
George Mirka	Shot Put	13.41	07/20/89
	Discus	46.68	07/20/89

M55-59

Bob Santine	100m	12.63	05/28/89
Ralph Daehler	200m	26.97	07/27/89
	Long Jump	16-9	07/27/89
Robert Meador	5K Walk	27:36	08/04/89
	20K Walk	1:58:36	07/30/89

M60-64

Lloyd Young	800m	2:36.41	07/02/88
Jock Jocoy	Pentathlon	3088	07/20/89

M70-74

Jim Sullenger	Discus	32.62	08/03/89
Francisco Colon	High Jump	4-3	06/24/89

M75-79

Hans Weickardt	400m	1:14.29	07/27/89
	800m	2:52.66	07/27/89
	800m	6:16.67	07/27/89
H. Narcessian	Hammer	86-9	08/13/89
Charles Espy	2K SC	11:30	06/22/85
	1500m	6:59.07	06/22/85

W45-49

B Bloomfield	Weight 20#	29-9	06/24/89
	Hammer 4K	98-1	07/27/89
Roslyn Katz	Discus	78-11	07/01/89

W50-54

Betty Dameron	5000m	21:45	07/29/89
	10000m	44:18	07/29/89
Rachel Lyga	High Jump	4-½	07/08/89
	Long Jump	11-10	07/08/89

W55-59

Eleanor Wallace	5000m	24:16	08/13/89
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W65-69

Jean Cotner	5K Walk	39:28	03/11/89
	1500m	5:34.7	10/03/87

W70-74

Irene Crane	800m	3:51.91	08/01/89
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W75-79

Adaline Crocker	10K Walk	1:23:34	07/30/89
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U.S. MASTERS STANDARDS OF EXCELLENCE
FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7½	28-3	26-8	25-0½	23-5½	22-8	20-5½	18-10	16-5	13-11½	13-1½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	22.0	20.0	18.0	16.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-39: 33"; 40+: 30"
3) Shot put: 30-49: 4k; 40+: 3k.
4) Javelin: 30-49: 600gm; 50+: 400gm.
5) Hammer: 30-49: 4k; 40+: 3k.
6) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS 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	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:35
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4								
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3¼	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.60	48.00	43.00	38.50	38.50	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	141-1	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4500	4000	3000	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
7) Javelin: 30-59: 800g; 60+: 600g.
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Dec/Pentathlon: 30-59: IAAF points; 60+: Ian Hume points (old WAVA).

APPLICATION FOR AN
ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F _____

CITY _____ STATE _____ ZIP _____

MEET _____ DATE OF MEET _____

MEET SITE _____

EVENT: _____ MARK: _____

HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____

☐ CERTIFICATE☐ PATCH☐ PATCH TAG

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an 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, 8½" by 11" certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

NATIONAL

U.S. TAC National Masters Championships Relay result San Diego, July 23

4x100	
M30 Stars & Stripes	43.36
Westchester Puma	45.10
San Francisco TC	47.09
Ebony TC	47.91
Hurricane TC	NT
M40 Los Viejos	46.22
Mid America Master	46.68
Australia	46.79
West Valley TC	47.59
France	48.17
S. Calif. Striders	48.20
San Diego TC	50.68
M50 West Valley TC	48.71
Arizona Masters TC	50.11
M60 West Valley TC	51.64
L.A. Valley AC	56.46
San Diego TC	60.78
W30 East Coaster TAC	53.52
W40 Australia	54.34
4x400	
M30 Stars & Stripes	3:29.60
Dallas Masters	3:31.64
San Francisco TC	3:46.50
Pacific Beach B	3:48.76
M40 Austral. Bushmen	3:35.43
West Valley TC	3:49.32
San Diego TC	3:53.40
Anaheim Screamer	3:53.81
M50 West Valley TC	3:50.98
Potomac Valley	3:58.49
Arizona Masters	4:04.02
M60 L.A. Valley AC	4:34.11
S. Calif. Stride	4:47.70
San Diego TC	5:00.18
4x800	
M30 Pacific B	8:10.79
San Diego TC	8:13.80
Denver TC	8:31.58
M40 West Valley TC	8:19.46
Australia	8:30.11
San Diego TC	8:35.80
K 2-7	8:53.60
M50 Seattle Retreads	9:31.62
S. Calif. Stride	9:49.77
San Diego TC	10:41.59
Horney Toads	11:02.12
M60 San Fran B.A.	10:09.10
New Zealand	10:10.75
S. Calif. Stride	10:17.12
San Diego TC	12:12.25
W40 San Diego TC	10:18.40
W50 San Diego TC	12:57.76



EAST

Buffalo Belles & Brawn Masters Meet Tonawanda, NY July 29-30

100m	
M30 Frank Makozy	11.4
Anthony Brown	12.4
Ray Panek	13.0
John Brady	14.5
M40 Calvin Robinson	12.8
Curtis Thompson	13.1
Mike Wadsworth	13.7
Larry Dominie	13.9
M50 George Hole	12.0
Grover Coats	12.6
Tom Pondy	12.8
George Swanson	14.3
M60 Dick Edmonds	14.2
Howard McMillian	14.3
M70 Robert Vaccaro	15.7
W30 Joann Harrall	14.7
Darby McCubbin	14.9
Arline Naboulsi	16.1
Donna Sayers	16.1
W40 Josephine Cross	15.1
200m	
M30 Frank Makozy	23.6
Barry Brown	26.0
M40 Armond La Framboise	25.3
Curtis Thompson	26.2
Larry Callahan	27.6
Mike Wadsworth	29.0
M50 Grover Coats	25.1
Tom Pondy	26.0
M60 Howard McMillian	29.3
Dick Edmonds	30.1

M70 Robert Vaccaro	33.7
W30 Darbie McCubbin	30.7
Arline Naboulsi	34.8
Patricia Brown	38.2
Deborah Eckhardt	41.8
400m	
M30 Rodney Goodman	53.4
Bobby Hicks	56.5
M40 Calvin Robinson	57.3
Don Smith	59.5
Larry Callahan	60.5
M50 Grover Coats	59.1
Tom Pondy	59.8
Ronald Peoples	62.9
Ernie Woodson	67.5
M60 Dick Edmonds	71.3
Howard McMillian	76.6
M70 Robert Vaccaro	87.8
W30 Arlene Naboulsi	

800m	
M40 Calvin Robinson	2:17.4
Jeff Gersen	2:22.1
Don Smith	2:29.2
Larry Callahan	2:34.5
W30 Darbie McCubbin	2:48.3

1500m	
M30 Leo Finucane	4:07.9
Gil Cyr	4:33.2
Barry Brown	4:45.5
M40 Jeff Gersen	4:49.4
Calvin Robinson	5:06.2
A La Framboise	5:28.4
M50 Jack Meegan	4:51.2
W30 Beverly Brody	6:34.7

Short Hurdles	
W30 Joann Harrell	20.6
High Jump	
M30 Dave Rudichuk	5-4
Michael Sayers	5-0
M40 Imrich Kiraly	5-2
Rick Westwood	5-0
Willie Lightfoot	4-10
Allen Ray	4-10
M50 David Morris	4-10
Roger Burke	4-10
Grover Coats	4-8
W30 Patricia Brown	3-10
Debbie Eckhardt	3-4

Pole Vault	
M30 Dave Rudichuk	11-8
Mike Sayers	10-4
M40 Arnie Harting	8-6

Long Jump	
M30 Frank Makozy	17-3 1/4
Mike Sayers	17-2 1/4
M40 A La Framboise	16-7 3/4
Imrich Kiraly	15-8 3/4
Peter Simpson	14-4 1/4
M50 Grover Coats	16-5 3/4
Harvey Boles	14-8
M60 Dick Edmonds	13-7
W30 Patricia Brown	11-5 1/4
Donna Sayers	10-7 1/4
Barb Barlow	9-0 3/4
W40 Josephine Cross	13-7 1/4

Triple Jump	
M30 Frank Makozy	37-9
Michael Sayers	36-0
M40 Bob Labarbara	35-2
Peter Simpson	31-4
Larry Dominie	28-1
M50 Grover Coats	32-1 1/4
W30 Patricia Brown	20-1 3/4
Debbie Eckhardt	17-11 3/4

Shot Put	
M30 Steve Suto	36-7
Steve Barlow	35-9 3/4
Frank Makozy	29-6
Mike Sayers	29-0
M40 Gary Tocke	40-6 1/4
Gordon Aimes	35-5
Arline Schwan	34-4
Allen Ray	34-1 1/4
M50 Alf Sundin	35-9
Grover Coats	24-3 1/4
M60 Bob Chotoff	29-6 3/4
M70 Bill MacMurray	32-4 1/4

Discus	
M30 Michael Sayers	105-6
Steve Suto	103-2
Steve Barlow	83-0
M40 Gary Tocke	118-5
Rick Westwood	112-0
Imrich Kiraly	106-3
M50 David Morris	127-7
Alf Sundin	107-3
Henry Sevilleian	97-3
Harvey Boles	94-0
M60 Bob Chotoff	105-4
M70 Bill MacMurray	95-11
W30 Debbie Eckhardt	73-8
Joann Harrall	69-2
Loretta Foose	66-6
W40 Judy Sielski	58-8

Javelin	
M30 Mike Sayers	161-2
Steve Suto	145-10
Dan Odette	114-7
Steve Barlow	97-2
M40 Allen Ray	129-8
Imrich Kiraly	128-6
Terry Mioso	126-5
Gordon Aimes	126-0
M50 Alf Sundin	129-10
David Morris	119-1
Harvey Boles	100-9
Henry Sevilleian	72-1
M70 Bill MacMurray	81-1
W30 Joann Harrall	87-6
Debbie Eckhardt	66-4
Patricia Brown	59-0
Donna Sayers	58-8
W40 Judy Sielski	62-6

Potomac Valley Games (PVAC Masters Championships) Alexandria, VA September 3

100m	
M30 Jerry McCorkle	11.4
Bruce McBarnette	11.7
Frank Makozy	11.9
Wayne Dubose	12.3
M40 Melvin Fields	11.6
Al Silverman	12.3
Woody Disharoon	12.4
Robert Arberg	12.7
M45 Alby Williams	12.2
Carl Grant	12.2
Urban Bass	13.2
George Brophy	13.8
M50 Larry Colbert	12.2
Ervin Mitchell	12.7
M55 Clifford Pauling	13.6
Thomas Beard	13.8
Joel Holman	14.1
Roger Parker Sr.	14.4
M60 Donald McCarten	13.9
Dick Edmonds	14.1
John Martin	15.6
M70 Earl Wentz	15.8
M80+Donald Ernst	18.8
Clayton Bailey	20.5
W30 Gloria Savage-Early	14.2
Gale McCarty	16.6
Patricia Brown	17.9
W40 Marilyn Mitchell	13.7
Kathy Pierce	14.5
W50 Charlotte Edwards	17.3
Patricia Willis	19.7
W70+Vivian Nelson	23.9

200m	
M30 Ralph Penn	23.8
Frank Makozy	24.3
Ken Castro	25.5
Guy Williams	25.6
M40 Melvin Fields	23.9
Jordan Simmons	24.5
Robert Brown	24.8
Carl Grant	25.1
M50 Larry Colbert	25.1
Clifford Pauling	26.0
Jim Demma	26.7
Joel Holman	28.7
M60 Donald McCarten	29.0
Dick Edmonds	30.0
John McCarthy	41.0
M70 Earl Wentz	32.3
M80+Donald Ernst	41.7

400m	
M30 Tony Belcher	50.5
Ralph Penn	51.2
Doc Savage	55.7
Bruce McBarnette	57.7
M40 Jordan Simmons	55.3
John Haubert	60.1
D.J. Bertagnoli	60.3
M50 Larry Colbert	54.0
Ralph Romain	54.5
Clifford Pauling	58.4
Roger Parker	71.2
M60 Dick Edmonds	72.7
Newlie Hewson	79.5
Roy Englert	88.9
W30 Gale McCarty	83.5
W50 Lucy Anne Brobst	93.1
Patricia Willis	1:48.5

800m	
M30 Tony Belcher	2:06.7
Doc Savage	2:07.5
Miller Allen	2:12.9
J.J. Wind	2:16.5

M40 Jordan Simmons	2:07.1
Paul Zink	2:07.2
Robert Weiner	2:10.7
D.J. Bertagnoli	2:30.7
M50 Jim Demma	2:12.1
Clifford Pauling	2:14.3
Bill Brobst	3:05.9
M60 Newlie Hewson	2:56.1
John Martin	2:57.6
John McCarthy	3:11.6
Roy Englert	3:37.2
M70+Richard Lukes	3:50.9
W40 Kathy Pierce	2:45.2
W50 Lucy Anne Brobst	3:23.3
Patricia Willis	4:09.5

1500m	
M30 Duane Green	4:22.7
Edward Harte	4:50.1
M40 Paul Zink	4:27.4
Robert Weiner	4:31.4
M50 Bill Brobst	6:13.2
M60 Newlie Hewson	6:28.8
Roy Englert	7:34.5
M70+Richard Lukes	7:56.2
W50 Lucy Anne Brobst	7:03.9

5000m	
M30 J.J. Wind	15:36.4
Mike Lapinski	16:53.9
Edward Harte	17:33.4
M40 Tom Waites	17:34.3
John Haubert	17:45.2
M50 Larry Dickerson	17:55.8

Short Hurdles	
M30 Mark Williamson	15.9
M50 Mark Richards	24.5

Long Hurdles	
M30 Frank Makozy	60.3
M50 Jim Bradley	47.0

4x100 Relay	
Ed Waters Track Club	43.8
Glenarden	47.7

4x400 Relay	
Glenarden	3:40.5
Ed Waters Track Club	3:43.3
New York Masters	3:58.2

High Jump	
M30 Mark Williamson	6-11
Bruce McBarnette	6-8
M40 Woody Disharoon	5-0
Mike Valle	4-8
M50 Mark Richards	4-4
W60 B Kleinschmidt	2-10
W70+Vivian Nelson	2-10

Long Jump	
M30 Jerry McCorkle	21-11 1/4
M St. Clair	18-10
Frank Makozy	17-8
M40 Woody Disharoon	17-4
Mike Valle	15-4
Urban Bass	14-3 1/4
M50 Edward Kent	15-4
Pay Carstensen	13-11 1/4
M60 Dick Edmonds	15-1 1/4
W30 Patricia Brown	11-6 1/4
W70+Vivian Nelson	3-11

Triple Jump	
M30 Billy Hogans	39-8
M St. Clair	38-0
Frank Makozy	35-11
M40 Jim Quirk	28-9 1/4
M50 Edward Kent	29-8 1/4
Pay Carstensen	29-5 1/4

Shot Put	
M30 Jose Vilella	43-1
Peter Collins	39-3
Billy Hogans	37-2
Wayne Dubose	35-0
M40 Richard Smith	34-5
Mike Valle	34-4
Jim Quirk	32-3 1/4
Woody Disharoon	31-5
George Brophy	31-4
M50 Phil Scudieri	37-10 1/4
Ed Bradway	36-0
Pay Carstensen	33-9
M60 Herb Cantor	37-10 1/4
Ned Curran	34-9
William Waugh	29-5
M80+William Garthune	26-2
W30 Patricia Brown	20-3 1/4
W60 B Kleinschmidt	18-9

Discus	
M30 Billy Hogans	145-10
Jose Vilella	113-8
Wayne Dubose	104-10
Peter Collins	94-3
M40 Tim Williams	154-5
Roger Jensen	102-0
Woody Disharoon	99-5
M45 Mike Valle	108-7
George Reynolds	93-9
Jim Quirk	92-5 1/4
Ed Bradway	122-5
Phil Scudieri	111-9
Pay Carstensen	90-0
M60 Herb Cantor	121-3
William Waugh	93-3 1/4
Ned Curran	90-11
W30 Patricia Brown	50-3 1/4
W40 Kathy Pierce	94-9
W50 Sharon Good	43-9
W60 Kate DeAngelis	51-2
B Kleinschmidt	50-8 1/4
Jean Udell	41-8

Javelin	
M30 Clayton Hulbert	182-2
Richard Scott	164-8
Billy Hogans	113-6

M40	Russ White	181-4
	George Reynolds	170-8
	George Brophy	115-2
	Mike Valle	114-8
	Roger Jensen	107-2
M50	Phil Scudieri	107-11
	Mark Richards	94-3
M60	Ned Curran	82-11
	John McCarthy	77-10
W30	Patricia Brown	59-11
W50	Caroline Richards	39-9
	Patricia Willis	34-5
	Sharon Good	33-5
W60	B Kleinschmidt	43-6
	Hammer	

Continued from previous page

Discus		
M30 Jim Scileny	21.56	
M40 Alan Feia	27.54	
M45 Jack Karbens	31.14	
M50 Rich Hotchkiss	45.46	
Jim Hart	43.30	
Karl Mayer	41.90	
M55 Dave Douglass	30.38	
Gary Dawson	27.74	
M60 Mike Orlich	37.66	
M65 Bob Stone	32.16	
Roy Atherton	27.04	
Alden Bryant	25.18	
M70 Hy Booth	37.18	
Hal Cronkhite	24.56	
Dick Mack	21.60	
M75 Ross Carter	35.66	
M80 A.J. Puglizevich	16.60	
W45 Alita Rosenfeld	18.20	
W55 Barbara Racine	18.86	
W60 Shirley Dietderich	18.76	
Javelin		
M30 Jim Scileny	34.36	
M40 Drew Stevick	53.04	
Alan Feia	33.86	
M50 Karl Mayer	43.76	
M65 Alden Bryant	31.02	
Bob Stone	28.78	
Roy Atherton	37.04	
M70 Rick Hustace	25.92	
Dick Mack	22.54	
M80 Emery Curtice	24.30	
Ken Carnine	24.02	
A.J. Puglizevich	17.02	
W45 Alita Rosenfeld	23.94	
W60 Shirley Dietderich	21.32	
Hammer		
M50 Rich Hotchkiss	41.58	
Joe Orsini	37.96	
M55 Dave Douglass	33.58	
Gary Dawson	30.82	
M65 Bob Stone	30.00	
M70 Rich Hustace	24.46	
M75 Jim York	27.94	

Sri Chinmoy 50+ Masters
Meet - Irvine, CA
September 24

100m		
M50 Walter Turner	13.26	
John Carr	13.47	
Edward Martin	13.70	
M60 Robert Watanabe	13.16	
Barney Phillips	13.20	
Solomon Jamerson	14.18	
M70+Herbert Miller	14.98	
Henry Yu	27.72	
200m		
M50 Dan Lieberman	26.42	
Tony Nasralla	26.62	
Mel Sacks	27.16	
Edward Martin	28.44	
Walter Turner	28.56	
M60 Robert Watanabe	27.03	
Barney Phillips	29.39	
Solomon Jamerson	29.49	
James Bierman	36.25	
Orville Bingley	39.00	
M70+Herbert Miller	35.62	
400m		
M50 Jesse Carrington	58.99	
Tony Nasralla	59.34	
Mel Sacks	60.31	
Dan Lieberman	61.79	
John Cosgrove	62.27	
M60 Robert Watanabe	63.73	
Al Escobosa	64.22	
Solomon Jamerson	71.89	
Orville Bingley	83.56	
M70+John Alexander	62.21	
W50 Tami Graf	85.02	
800m		
M50 Jesse Carrington	2:21	
Ira Pintzuk	2:37	
Lloyd McGuire	2:38	
Ben Castro	2:39	
John Carr	3:04	
M60 Bob Holmes	2:33	
Louis Beadle	2:35	
Bill Fitzgerald	2:44	
1500m		
M50 Don Longanecker	5:17	
Ira Pintzuk	5:33	
M60 Solomon Jamerson	5:30	
Louis Beadle	6:04	
Orville Bingley	6:18	
W50 Tami Graf	6:07	
W60 Gerry Davidson	7:00	
3000m		
M50 John Cosgrove	11:58	
Don Longanecker	12:02	
M60 Boyce Jacques	10:59	
Avery Bryant	12:34	
Orville Bingley	14:22	
Short Hurdles		
M50 Jerry Stanners	17.28	
Bill Adler	18.67	
John Carr	19.15	
Dave Douglass	19.23	
M70+Herbert Miller	18.02	
Long Hurdles		
M50 John Carr	52.27	
Dave Douglass	55.50	
M70+Herbert Miller	70.87	
W50 Tami Graf	74.77	
High Jump		
M50 Jerry Stanners	4-1	
Dave Douglass	4-6	
John White	4-2	

Discus		
M50 Ed Oleata	38.80	
Dennis Rietz	36.92	
Edward Martin	32.84	
John White	31.42	
Dave Douglass	31.26	
M60 Harry Hawke	50.75	
Arnold Gaynor	41.79	
Michael Orlich	40.84	
Bob Straub	30.68	
M70+Jim Sullenger	32.93	
Jerry Siefert	28.29	
Robert MacConaghy	19.69	
Tom Lane	11.05	
Javelin		
M50 Edward Martin	40.26	
John White	29.31	
M60 Richard Straub	35.99	
Tony Lombardi	32.70	
Mike Orlich	24.39	
M70+Jerry Siefert	31.15	
Robert MacConaghy	20.95	
Tom Lane	10.55	
Hammer		
M50 John White	35.49	
Dave Douglass	35.25	
M60 Michael Orlich	22.79	
5K Racewalk		
M50 Robert Meador	27:17	
John Kelly	29:23	
M60 Richard O'Hara	30:35	
Bob Davidson	35:10	
Arnold Unger	39:25	
M70+Nat Pisciotta	46:35	
W50 Sheila Smith	30:00	

M60 Chuck McFate			4-0
Arnold Unger			3-6
M70+Herbert Miller			3-1
W50 Tami Graf			3-1
Pole Vault			
M50 Jerry Stanners	10-10		
M60 Ralph Biesemeyer	9-0		
John Cleveland	8-8		
Ron DeVoe	6-6		
M70+Jim Vernon	9-6		
Carol Johnston	8-0		
Long Jump			
M50 Jerry Stanners	15-6		
Edward Martin	14-6		
M60 Michael Orlich	13-5		
M70+Herbert Miller	12-10		
Triple Jump			
M50 Dave Jackson	37-9		
M60 Charles Mercurio	29-5		
M70+Herbert Miller	29-9		
Shot Put			
M50 Dennis Rietz	12.10		
Ed Oleata	12.09		
John White	11.45		
Dave Douglass	9.36		
Jerry Stanners	9.34		
M60 Harry Hawke	13.41		
Mike Orlich	12.89		
Arnold Gaylor	12.44		
Tony Lombardi	8.56		
M70+Jerry Siefert	10.47		
Robert MacConaghy	7.95		
Tom Lane	4.42		

87.LARRY LALLI A			38:57
88.BOB GRACIE J			38:58
89.BOB SLOSACIK A			39:13
90.JAMES WEIR			39:20
91.LARRY SIEFERS L			39:25
92.RICARDO OCHOA			39:28
93.ALFRED MARKS L			39:29
94.WILLIAM MINNICK K			39:30
95.DAVID HAENDLER C			39:31
96.RICHARD CONNELLY W			39:34
97.DANIEL MORIARTY S			39:37
98.MICHAEL BIELAK J			39:38
99.MICHAEL MAHON			39:41
100.EDWARD FABBRINI S			39:52

M45		
1.MICHAEL HEFFERMAN V	31:09	
2.DON COFFMAN F	32:20	
3.JIM FOX	33:04	
4.KIRK RANDALL	33:34	
5.CHARLES PARMALIEE A	34:11	
6.JOSEPH ABERNETHY D	34:17	
7.EDWARD IMBURGIA M	34:33	
8.VICTOR MATTHEWS J	34:47	
9.PAUL MARRACCINI R	34:55	
10.RICHARD WITHROW C	35:07	
11.JOSEPH THOMAS I	35:18	
12.DOUGLAS GRISET	35:55	
13.JOHN ALLISON B	36:34	
14.ROBERT WHITESIDES B	37:18	
15.LARRY MAY E	37:19	
16.DAVID HAYDEN L	37:31	
17.ED STRONG	37:38	
18.ROY KOEHN	37:40	
19.FRANK DAVIS JR B	37:48	
20.RICK BROWN R	38:04	
21.STUART ZAREMBO J	38:12	
22.ROBERT BROOKES	38:25	
23.JOSEPH SCHUTTE E	38:58	
24.JOHN ADAM D	39:23	
25.MICHAEL LAXTON J	39:25	
26.WILLIAM BEREZNICKI	39:27	
27.STAN BOONE	39:36	
28.STEPHEN NOVAK J	39:36	
29.JAMES CAREY JR S	39:46	
30.JOHN ISHERWOOD S	39:48	
31.ROBERT FINK F	40:10	
32.SHERMAN WEISBROD	40:24	
33.STEVE ROBINSON A	40:27	
34.WALTER BUSS E	40:28	
35.KENNETH KOROSSEC D	40:28	
36.DAVID HORNER L	40:35	
37.BILL MARKS	40:42	
38.THOMAS MURPHY J	40:54	
39.ROGER DESY	40:55	
40.RICHARD HOUGH D	41:06	
41.DICK MONHEIM A	41:12	
42.JOHN HAMMOND J	41:14	
43.NICK LEONE R	41:25	
44.SAMUEL NANIA J	41:26	
45.JAMES FIORINI M	41:39	
46.RAYMOND BUDD T	41:52	
47.FRANK WHITE T	41:55	
48.HARRY SMITH JR M	41:58	
49.ROBERT JONES O	42:07	
50.GENE BEHAGE P	42:09	
51.ALAN SMITH F	42:15	
52.VICTOR VRABEL A	42:17	
53.ROBERT MADDEN E	42:21	
54.HARVEY WOODS T	42:23	
55.LAURENCE RATKUS T	42:28	
56.LOU PETRONE J	42:34	
57.JOEL BROWN F	42:37	
58.ALLEN NEVILLE L	42:41	
59.WILLIAM SPERL F	42:51	
60.JERRY PALMER	43:00	
61.JEFF FISCHER H	43:08	
62.RICHARD HOWETT A	43:13	
63.JESSE FORQUER J	43:20	
64.WALTER GASDEK F	43:29	
65.SAMUEL HARKNESS D	43:29	
66.JAMES SZYSLOWSKI J	43:31	
67.ERIC REIF P	43:34	
68.JOSEPH EPSTEIN L	43:35	
69.LOUIS DEMORE A	43:36	
70.RICHARD ADAMS T	43:39	
71.EARL CASEBEER W	43:50	
72.GEORGE CASS L	43:51	
73.STERLING MILLER P	44:03	
74.PAUL SCHEIB E	44:19	
75.GARY DEILY C	44:26	
76.ROBERT STOLICK G	44:31	
77.HARRY NEIL E	44:34	
78.ALFRED LIEB M	44:43	
79.ERVIN ROSZNER S	44:46	
80.GERALD CASKEY N	44:47	
81.WILLIAM DAVIES L	44:47	
82.PAUL WHITTAKER	44:54	
83.ROGER MUNDALL L	45:00	
84.EDWARD PARIS S	45:03	
85.HAROLD KOTCHIG G	45:05	
86.DENNIS HOLLERN P	45:06	
87.DENNIS BLUNT C	45:09	
88.DAVID ZINSNER L	45:09	
89.RAYMOND MEYERS K	45:10	
90.ROBERT WALKER	45:11	
91.KRUMP WOLFGANG	45:13	
92.ROBERT BRIGHT P	45:14	
93.DONALD BOHACH	45:16	
94.ALAN HINEY	45:20	
95.MICHAEL WEIR	45:24	
96.THOMAS HARBERT P	45:28	
97.ROBERT DOUDS D	45:38	
98.SAMUEL HARPER L	45:43	
99.JAMES EASLEY M	45:47	
100.IRVIN CLAAR L	45:50	

M50		
1.DAN CONWAY J	32:08	
2.FAY BRADLEY	32:31	
3.DONALD SLEEMAN D	32:52	
4.WILLIE KAYE	33:36	
5.BOB SCHUL K	34:00	
6.ALAN FAIKBROTHER	34:26	
7.JOHN PELTON C	35:10	
8.JIM LARSON O	35:31	
9.LLOYD LAUBACH L	35:37	
10.LEE WILCOX	35:45	
11.BOB WARD L	35:46	
12.JIM FILLIS J	36:14	
13.RALPH ROSS L	36:40	
14.RICHARD GREENI F	36:53	
15.PETER HETTRICH L	36:55	
16.RALPH SWAIN T	36:58	
17.ALBERT KUHNER L	37:40	
18.DICK AMATO	37:41	
19.RICHARD KONKLE	37:46	
20.THOM WEDDLE	37:55	
21.ANTHONY SCOTT L	37:58	
22.JAMES TIERNEY M	38:14	
23.JOHN BRIGHT F	38:16	
24.JOHN GARLEPP E	38:22	
25.WALTER STARUSZIEWICZ	39:17	
26.JOHN BLANCHFLOWER	39:33	
27.JAMES MACKERT F	40:00	
28.JHN TUCKER R	40:02	
29.RICK KATTERSON	40:28	
30.ANTHONY COMFORTI	40:42	
31.HERB LAYMAN D	41:02	
32.RON GREEN K	41:11	
33.RUSS MAXWELL H	41:23	
34.MICHAEL FRANKFURT	42:20	
35.FRED RUBEN L	43:00	
36.JOHN PAULE J	43:04	
37.CARL MILLER THE RE	43:16	
38.ROBERT SMID J	43:41	
39.CLEO HAMRICK C	43:46	
40.JOSEPH BATTAGLIA A	43:48	
41.BOB ROCK D	43:58	
42.TOM JEFFRIES W	44:06	
43.BRUCE DESFOR D	44:06	
44.RONALD PROSSER A	44:10	
45.JOHN EICHNER C	44:29	
46.FRANKLIN MCAFEE	44:31	
47.THOMAS BERCHIN	44:35	
48.WILLIAM NELSON I	44:41	
49.JERRY SCHOENBERGER	44:43	
50.ALAN COULTER J	44:45	

M55		
1.NORMAN GREEN JR M	32:53	
2.JACK CAGOT C	36:05	
3.CARL TRIMBER E	36:46	
4.JAMES LACEY J	37:14	
5.ROBERT GAUVREAU M	37:20	
6.JOHN HARWICK	39:10	
7.ROBERT FRIEL P	39:48	
8.JOHN THOMAS E	40:58	
9.WALTER BLAIR B	41:37	
10.CHARLES SABATINE	41:52	
11.EDWARD KRIMMER C	42:53	
12.JOHN HALL E	43:57	
13.WALTER TENLEY B	44:21	
14.DON SHERWOOD	44:28	
15.DAVID DEGRANGE W	44:44	
16.JOSEPH SILVAGGIO F	45:01	
17.JOHN MITCHELL O	45:12	
18.TOM OKEEFE A	45:15	
19.WILLIE THOMAS	45:23	
20.RICHARD BROOKS W	45:56	
21.RICHARD PATULA J	45:58	
22.GIB DURFEE	46:46	
23.RONALD DEGRANGE A	46:49	
24.SAL TATE J	47:16	
25.JAME GLASGOW D	48:27	

M60

Continued from previous page

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 Loyv	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

*Pending W40 age-group record

EAST

Phelps Sauerkraut 20K
Shortsville, NY
August 5

Overall:	
John Ratcliffe	69:06
Nancy Oshier	1:17:05
M40 Derik Frechette	1:14:24
Ric Perry	1:14:57
Jim May	1:15:24
Tony Teddy	1:16:32
Charlie Richards	1:21:43
M45 Ray Kneer	1:12:56
Richard Withrow	1:18:39
Bob Dattola	1:20:40
Donald Solarek	1:24:18
Herm Kreiley	1:27:14
M50 Sam Graceffo	1:21:06
Fred Brazda	1:27:59
Thomas Meagher	1:28:22
Rodney Shaw	1:34:21
Chuck Van Duzee	1:34:37
M60+John Burke	1:34:43
Wally Fortier	1:41:14
Bill Blaisdell	1:53:48
Raymond Fels	1:57:20
Bob Wood	2:08:21
W40 Nancy Oshier	1:17:05
Carolyn Mather	1:25:01
Mary Shaver	1:28:59
Jean Steinberg	1:49:12
Ann Burnisky	1:49:38
W50+Eleanor McIntyre	2:39:39

Mercedes Masters Mile
New York, NY
September 23

Larry Almborg	WA	4:10.16
Dave Stewart	CAN	4:11.94
Wilson Waigwa	CA	4:12.97
Dan Frye	MA	4:14.55
Ken Sparks	OH	4:17.99
John Serrao	PA	4:19.29
Steve Ferraz	CA	4:19.47
Al Swenson	CT	4:23.88
Byron Dyce	FL	4:24.30
Harold Nolan	NJ	4:28.37
Nancy Oshier	NY	5:10.70
Nancy Oliver	OH	5:12.40
Susan Houlton	GA	5:14.60
Kathy McIntyre	NY	5:14.80
Mary Ryan	NY	5:28.80
Sylvie Kimche	NY	5:31.40
Marilyn Greeley	NY	5:39.90
Robin Villa	NY	5:43.80
Gayle Wilson	NY	5:50.10
Johanna Carter	NY	6:00.20

Delaware Distance Classic 15K
Wilmington, DE
October 1

Overall:	
John Doub	46:06
Betsy Carpenter	56:29
M35 Anthony Grier	50:22
Gary Stefanisko	51:39
Tom Eckel	52:47
M40 Bill Rodgers	47:00
Tom Buller	51:53
Roger Price	52:44
M45 Keith Gaunt	53:59
Robert Taggart	56:02
Pete King	56:35
M50 Louis Grahamer	59:37
John Noble	60:38
Tom Fort	61:11
M55 Norm Green	51:45
Patrick Nutt	61:45
Donald Monagle	63:37
M60 Jim McFadden	65:24
Earl Smith	67:10
Oliver Williams	67:41
M70+Ed Benham	69:58
Wilson Vible	81:35
W35 Joan Potterfield	62:50
Kathy Rodriguez	66:13
Marta Hernandez	71:17
W40 Beverly Shooshan	59:51
Betty Williams	63:50
Ginni Elliott	63:50
W45 Erlene Michener	61:00
Ellen Harlan	90:35
W50 Suzanne Patton	68:53
Alma Kunes	73:41
Kitty Cubbison	77:59
W60+Becky Yencharis	91:49
Shirley Simmers	96:21

SOUTHEAST

Full Moon Frolic 8-Mile
Deland, FL
August 26

Overall:	
Doug Butler	42:28
Leanne Larison	50:33
M40 Ignacio Mella	53:27
Bob Seidl	53:35
Rolando De Aguiar	54:05
M45 Phil Little	52:08
Herb Motsenbocker	56:05
Mike Sheffey	57:26
M50 Don Ardell	49:51
Tom Heyward	60:57
Ron Weinert	61:28
M60 Jim Blount	49:53
M70 Harold Tucker	78:47
W35 Linda Mason	56:35
Linda Musante	58:01
Cindy McGovern	62:12
W40 Carol Hafner	64:29
Beverly Mitchell	71:50
Lynne O'Rourke	73:30
M45 Libby Burke	75:25
Jean Clarke	76:41
Mary Cantrell	80:39
M50 Pat Dixon	65:01
Marjorie Byron	73:41
Betty Petersen	80:27

MID-AMERICA

Minnesota Masters 15K
St. Paul, MN
September 23

M40 J.C. Hoffman	53:00
John Emmons	53:57
Charles Black	53:59
M45 Bruce Mortenson	50:04
Dave Griffith	54:03
Rick Kleyman	55:40
M50 Duane Fjelstad	54:18
George Savanick	57:15
Myron Anderson	58:24
M55 Arlen Sunn	57:52
Greg Prom	59:44
Gary DeFrance	61:23
M60 Bill Galbrecht	63:02
Harold Hubbard	63:42
Bob Brown	64:48
M65 Alex Ratelle	57:22
Lloyd Young	61:57
John Burton	70:33
M70 Emil Balz	72:53
Harold Carlson	79:28
W35 Gwen Kobbervig	60:41
Linda Gentling	61:56
Donna Clem	73:36
W40 Francine LePage	59:18
Jo Vos	63:30
Kat Campbell	64:49
W45 Judie Kleyman	72:35
Joan Niemiec	73:12
Diane Andersen	76:14
W50 Patricia Larson	68:44
Alison Antoun	72:00
Patricia Faunce	85:47
W55 Barbara Burhans	89:34
Jan Lloyd	95:08
W60 Mary Lou Carlson	79:44
W65 Betty Haleen	79:29
W70 Helen Reiter	1:46:30

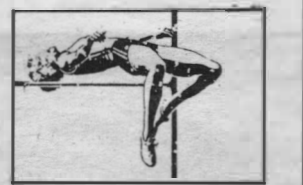
Bud Light Stadium Run
St. Louis, MO
September 27

Leon Fennell	57	28:37
Gary Gribble	50	29:04
Rich Friedlander	45	29:17
Gene Abbey	36	29:24
Bobby Williams	36	29:52
Ken Feigenbutz	41	30:02
Larry Patterson	74	30:20
Jon Eber	48	30:23
Pat Gallagher	64	30:29
Dave Daum	36	30:38

Myriad Gardens 10K
Oklahoma City, OK
September 30

M40 Kevin Ryan	30:37
Earl Owens	31:40
John Bednarski	31:45
M45 Robert Stuemky	35:04
Lewis Chandler	38:05
Charlie Baker	38:18
M50 Fay Bradley	33:45
Jim McPadden	36:15
Dick Ruzicka	36:29
M55 Arturo Melendez	39:39
Tom Briggs	40:45
Robert Campbell	40:54
M60+Jack Gentry	40:33
Oakland Demoss	42:17
Jim Smith	42:54
W40 Ngarie Drake	35:19
Jane Hutchison	35:31
Linda Cash	36:29
W45 Karen Bestul	41:08
Lydia Borges	43:07
Sheryl Drevo	43:08

W50 Jo-Wright Whitten	46:40
Neena Haddad	48:39
Kathy Moffitt	50:22
W55 Anita Foss	64:05
Barbara Vernon	66:08
Margarette Malone	66:54
W60+Mary Norckauer	52:45
Dolores Demoss	70:22



NORTHWEST

Prefontaine 10K
Coos Bay, OR
September 16

Overall:	
Ed Spinney	32:36
Kristy Johnston	35:45
M40 Gene Solomon	32:37
Ed Granchalek	34:29
John Payne	35:37
Thomas Brown	36:01
Tom Bedell	36:26
Chuck Wall	37:34
Buck Bowling	37:57
Howard Kubli	38:07
John Seggie	39:14
Phillip Hall	39:19
M45 Doug Pierce	36:53
Edgar Kousky	37:22
Tom Balcom	38:47
Michael Lovell	38:52
Arlo Pade	40:06
Dan Baird	41:04
Ladd Zastoupil	41:28
Woodrow Brown	42:55
Roy Mollier	43:21
David Young	43:38
M50 Reed Miller	36:13
Emery Phillips	39:48
Morgan Davis	41:16
Gil Wirfs	42:26
Ben Pace	43:30
Kim Shaen	45:26
Wade Leander	45:36
Dale Hess	46:23
John Dutcher	46:45
Pete Dawson	46:56
M55 Ken Oliver	41:24
Ray Egedahl	49:08
Claire Bennett	50:47
Tom Stamper	53:30
Robert Chambers	53:30
Jim Steinmetz	55:16
M60 Alfred Acord	45:46
Ronald Calhoun	48:24
John Wheelan	56:44
Tom Martin	58:35
Ed Powell	58:51
M65 Jack Kirkpatrick	45:55
Kenneth Stevens	47:17
Harvey Speck	47:21
M80+Ed McKean-Smith	65:27

W35 Kate Sharples	43:16
Colleen Evers	47:12
Mary Barron	47:31
Christy Vollstedt	49:20
Diane Glass	50:49
Carmen Dake	50:50
Susan Koreiva	52:03
Judith Brown	52:09
Marilyn Bolen	52:39
Kathy Fugate	53:08
W40 Elaine Nickerson	39:25
Anne Morrow	51:12
Beckie Wisby	52:04
Ketti Walker	52:19
Liz Ingraham	53:00
Donna Fisher	56:47
Cheryl Bach	56:50
Susan Crockett	58:45
Dana Furgerson	60:28
Norma Bowden	63:15
W45 Donna Brown	48:11
Isabelle Moser	49:58
Patti Young	50:52
Sandra Young	51:35
Ida Baird	53:46
Kathy Wolf	53:54
Cherie Buckingham	64:00
Louise Weaver	65:06
W50 Joann Dornlas	54:56
Annette Skello	56:56
Rosalie Johnson	65:54
Joan Stamper	71:12
Marilyn Hess	75:06
Dawn Altree	76:26
W55 Lorraine Sharman	59:29
Fran Robinson	66:09
Phyllis Stevens	71:24
W60 Joan Arsenault	50:52
Meg Tims	55:10
Jackie Leach	56:47
W65 Jeanette Benson	80:16
W70 Marie Stafford	58:43
Roberta Burles	1:42:33

INTERNATIONAL

British National Veterans
5K Championships
Aldershot, England
September 24

M40 B O'Neill	15:22
E Cunningham	15:31
M Woods	15:57
M45 C Presland	15:40
M Duff	15:44
S Binkin	15:54
M50 T Davies	15:25
S James	16:12
A Bliffitts	16:29
M55 M Barratt	17:13
D Wood	17:44
D Peltett	17:51
M60 R Franklin	18:50
M65 J Brent-Jones	19:58
B Neilsen	20:06
M70 G Scutts	22:27
W35 A Ford	17:10
J Webb	18:30
P Fudge	20:04
W40 C Hyde	20:42
J Crump	21:41
W45 C Oxtou	18:58



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			10"	3 1/4"
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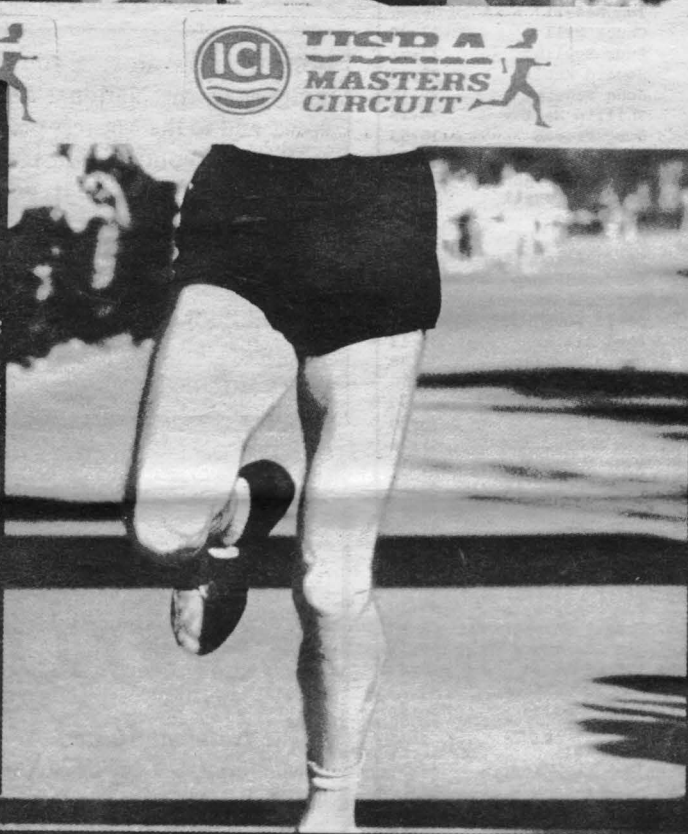
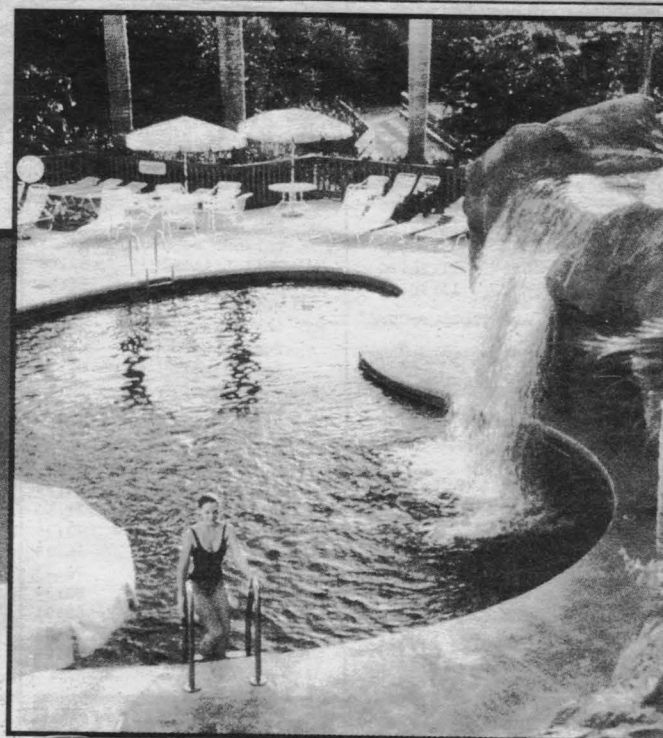
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January 13, 1990, the world's top masters' runners will return to Naples, Florida to compete in the 2nd edition of the *ICI/USA TAC National Masters' Grand Championship*—the culmination of the *1989 ICI/USRA Masters' Circuit*. Bill Rodgers, Frank Shorter, 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 *ICINAPLES 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

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(407) 647-2918

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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 behalf, 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.

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☐ Naples Open 8K
☐ 5K Family Healthwalk

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