



NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)

THANK YOU, JIM JOHNSON!

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photo by Ruth Anderson

Jim Johnson is pictured with NCSTC Classic competitors on his right, Margaret Dixon and Stan Whitley (recipients of the Harry Koppel 100 meter performance awards), Chris Miller (women's jumpers and throwers awardee), and Roger Trujillo (long jump awardee).

Jim Johnson has served as Club Vice President and President, continuing as a member of the Board of Directors, as well as director of the Club's track and field Classic meet at U.C., Berkeley, for the past five years; he was also director of this year's TAC Sectional meet, held July 25-26 at Chabot College, Hayward. His congeniality and friendliness are most valuable in establishing excellent public relations for us. The cooperation of his entire family in these club endeavors with the same attitude and dedication has been a contribution which deserves big, big thanks from the membership. Jim is a recent high school coach retiree. The sport of track and field is his life (as well as golf). He is a fine competitor in a variety of track and field events, and in spite of old age knee injuries he manages to continue his competition. He competed successfully this year through the Spokane Nationals and at the Santa Barbara meet on October 3. Some letters of thanks were (cont. on p. 2)

Martinez to Port Costa Brick Yard Run

Luka Sekulich, Director
1485 Durlene Drive
Concord, CA/94520
510/685-5185

Ken Carnine T&F Classic

Michael Ackley, Director
4649 Oakbough Way
Charmichael, CA/95608
916/967-9003

Dick Houston Memorial Woodminster Run

Gail Wetzork, Director
3452 Capella Lane
Alameda, CA/94501
510/522-3724

NCSTC T&F CLASSIC

Jim Johnson, Director
1026 Murchison Drive
Millbrae, CA/94030
415/697-1889

(Jim Johnson, cont.)

sent to him after the September 13 Classic, including the following:

From Jutta McCormick--

Thanks so much for the check for the women's sprint award at the Sept. 13 meet. I was very surprised and, of course, very pleased, since this was the first time I'd ever raced the 400. I'll certainly add it to my repertoire next track season. While I have the opportunity I want to compliment you and NCSTC on running an excellent meet; it was great to have a printed program (free at that!), to see times posted quickly, and to have the events move along speedily and on time. I'll be there next year. Best regards, and thank you again.

From Christel Miller--

No, I'm not in the air, but very happy with the award money. Funny, I'm actually against prize money in the Masters, because so few can get it, but nevertheless, I splurged at the Broadway sale!!! Thanks again, Hi to Beverly! Your friend down-under (south).

From Marion A. Sanchez--

Thanks for the prize money. Thanks for a meet run excellently.

From Ross Carter--

What a pleasant surprise to win the Age Graded prize again this year. I'm not aware of how the grading is determined but to win over such an array of good throwers who were at your meet this year is greatly appreciated. Thanks very much for the \$50 award. I will put it to good use. Kindest regards.

From Margaret Satti--

Dear Nor Cal Members: Just a note of "Thanks" for your thoughtfulness. Thank you so very much for the plaque. I was very touched. My new address is 15 Playa Ct., San Ramon, CA 94583. Again my thanks.

WELCOME, new associate member, Phoebe Seaton, born July 20, 1978, 1020 Middle Field Road, Berkeley, CA 94708 (501/549-1691), is interested in sprints and jumps. Recruited by Ed Seese.

Renewals:

Emery Curtice

Clyde Sypert. He also reports a new address: 2523 El Portal Dr., San Pablo, CA 94806 (Suite 101-38)

* * * * *

Les Pickles (who describes himself as Kit Pickles' most devoted fan who attends most of her meets--all he can) reminds us the ANNUAL CLUB MEETING, will be January 9, 1993, at the recreation room by the swimming pool, at 555 Pierce Street, Albany. This is on the east side of Highway 80, and on the western side of Albany Hill. From the south on I80 turn off at the Pierce St. exit; from the north turn off at Central and take an immediate right onto Pierce St. If parking is not available on Pierce, or you wish to turn up the hill at 555 Pierce, go to the guard's booth for a parking permit.

The recreation room will be open from 11:00AM to 3:00PM. As a guide to your pot luck contribution, it is suggested you bring:

- A - L last name - a main dish
- M - R " " salad or fruit
- S - Z " " dessert or a bread

OR

Whatever you want. Please contact Kit (510/527-6525) to let her know you are coming so we will know how many people to prepare for. Kit and Les will prepare coffee and have rolls, plates, napkins and plastic forks and spoons. Brunch will be about 12:00 to 1:30.

Volunteers will be needed to help set up tables and chairs before the meeting and volunteers will be needed to clean up after the meeting and to put tables and chairs away. The rental is \$25, but a deposit of \$50 is required, which is refundable if we do our own clean up. Leave a message with Josie Kolda (415/285-3352) if you can volunteer. LET'S HAVE A GOOD TURN OUT!



Ruth and John
Anderson -
at Peel Hill, the
last race on the
Isle of Man

ISLE OF MAN GRAND PRIX AND OTHER BRITISH ADVENTURES - by Ruth Anderson

PART I

I celebrated my birthday by boarding a Delta flight, July 27th, bound for Gatwick Airport south of London. Johnny and I arrived the next day—12 hours flight time and 9 time zones later to be met by the daughter of our good friends, the Riders of Platt/Sevenoaks in Kent. Platt is such a small village that the nearby larger town name is also used. Whipping along at 70+ mph on the wrong side of the road (both legal) is a thrill for half asleep Yanks!

One of the reasons for this early arrival in England was to watch the Olympics on BBC. Only the coverage of the women's marathon was disappointing. A brief view of the start, switched off to the track for heats, back near the end and still broken up until the last hill and the stadium finish, showing only a few finishers. They featured their own athletes as much as our U.S. stations do, but no commercials and mostly good commentating was great. We had nice country roads for our morning training runs, but narrow sections with high hedge rows barely allowed two cars to pass let alone a spot for a runner. There was a large woods with nice wide trails and 2 miles into our runs, but not marked for guidance—just a rather scary warning on ones NOT TO USE. Seems their military can use areas for "manoeuvres" (Brit spelling) and "keep out" meant anti-personal trip bombs had been planted! Back to the roads for the weak hearted, even if it got quite hot (80 degrees F is hot for England) without the nice shade.

Our next stopover, before going over to the Isle of Man, was with friends in North Devon who ran a B & B named "WESTACOTT" in an even smaller village, Chittlehampton. The Billingtons were even more athletic buffs than the Riders, so watching the Olympics with them was an educational treat. Lyn was a world class marathoner when I met her at the NIKE Marathon in Eugene, Oregon 1979. She still took Johnny and me on a nice hilly run with even thicker hedge rows and single tracks (only laybys for passing) in spite of pelvic surgery which had ended her competitive running. In between our Olympic watching we got to see even more of the historic and beauty areas of this part of England. We took her daughter and a friend fishing in the Bristol Channel, catching mostly mackerel. Johnny's hope for fly fishing was dampened (not just by heavy rain) by all the restrictions and cost of even one day on a small section of stream. That situation wasn't really any better on the Isle of Man. He was lucky there, however, to have a tackle shop owner take him out on a reservoir one evening for trout.

PART II

We arrived August 10 on the Isle of Man in the Irish Sea by Manx Air from Birmingham, to which we would return the last weekend of August for the World Veterans Road Racing Championships. Glad we hadn't taken the ferry boat, as those seas can be very rough. Glad also the Grand Prix started on Sunday the 16th, rather than the stormy day before. I opted for the half-marathon, even though the marathoners got 15 bonus

cont. on p. 4

Cont. from p. 3

points. To be in the G.P. you had to enter all 5 events and finish, of course. The weather got warm enough and having struggled some on the long hills, I was glad to be spared a 2nd lap of the 13.1 mile loop. I finished 2nd female overall, in spite of a slow time of 2 hours 2 minutes. The swifter women were all in the full marathon.

More fast runners showed up the next day for the Peel Hill 4 miler. This course started on a beach promenade for $\frac{1}{2}$ mile, then straight up on grass "tracks" mid rocks and brightly colored heather and gorse bushes. In fact, this was a banner year for heather. The hillsides were so purple an artist wouldn't be believed if a painting was depicted this brilliantly. I felt I was flying the return down hill, but so must have Johnny, as he was only 26 seconds behind me at the finish line. My 4th place woman kept me in good point standing. As it turned out there were only 4 of us women doing all 5 G.P. races, and our relative positions were the same in each race, mine being 3rd (the oldest by a good 12 years). We got a days rest before the Ballasalla 10 miler on the Wednesday, but it turned into my most difficult race, struggling in with a time of 87:42. Even though this was the only flat course, it did have too much car traffic, too many turns, and rough potty pavement out to a lighthouse where the wind could get to you. Johnny was smart to have skipped this one (as well as the $\frac{1}{2}$ M), but he joined me in the next two races. The Foxdale 6 Miler was rolling, mostly out of the city on country roads, on a cool still evening. All but the $\frac{1}{2}$ marathon had started around 7 PM. Johnny shot out ahead of me for nearly 3 miles, but the final times were 50:14 for me and 52:03 for him.

The final race was back in the city of Peel. This time the 4 mile course was 2 loops "around the houses". Aside from the $\frac{1}{2}$ mile of promenade, the rest was very hilly, some streets quite steep (almost Hayes St. pitch). Johnny raced me the first loop dead even across the start line. I was able to squeek only a few seconds on the next loop (32:41 to 33:19). The celebration following this event, as also the final of the G.P., was outstanding. Held in a Viking Club Pub, called the LONG HOUSE as it had housed the replica of a real ship, "Odins Raven", which had been sailed from Norway to the Port of Peel in 1989, added real atmosphere. The buffet was most ample, much like a runner's pot luck. A featured item was kippers from the city's large processing plant, one of Great Britain's largest. The Mayor was there to enjoy the feast and present awards. Johnny and I got a special Heraldic plaque of the City of Peel, hand painted on a wooden shield. It featured the Peel Castle, part remaining of an 11th century round tower used by the Viking rulers, and a 13th century cathedral. The whole history of the Isle of Man is fascinating, and the Manx Museum does a marvelous job displaying all aspects, geology, archeology, cultural and physical. We visited many of the sites, including a prehistoric ritual burial "circle of rocks" later used by the Vikings, and the medieval castle Rushen, one of Britain's most complete examples. This imposing structure is right in the center of Castletown, the Island's early capitol until the late 19th century. There were spectacular recreated displays, in particular a feast of the medieval period in contrast to a 17th century one. The nautical history is quite a story in itself. A surprising feature for us was the 18th century armed yacht, "Peggy" built by Manxman George Quayle in 1791 (Great Uncle George for our V.P. Dan).

Part III

We really weren't ready to leave the Isle of Man for Birmingham on the 27th of August, but the dates of the World Veteran's Road Racing Championships were the 29th and 30th. It does help to have more than one day to "organize oneself" before racing. These events were to be the first under WAVA, the international veterans organization's governance. As a member of the "Non-Stadia" Committee of WAVA I attended the executive meeting the morning of the 10K. Fortunately it took only 2 hours to cover the agenda. Next was a parade of athletes and opening ceremonies. Luckily it was a bright sunny day, still cool from early morning showers, even at 3 PM, the starting time for the race. The race walkers were well into their 20K and 30K events, but somehow we missed crossing paths where our course had common sections. With nearly 2,000 runners and a crowded start, I had no idea where my competition was. Wouldn't have made any difference as the first two W60-64 were 3 minutes ahead by the the finish. I felt really lucky to place third with a 50:18 time. I hate to admit third is all I can hope for knowing how many good 60 year old women are out there (a 65 year old Brit beat me in both the 10K and 15K). Just finishing the 25K the next day was a struggle in cold pouring rain and blowing wind. It took me 2 hrs 18 mins, a good 10 minutes behind the same two women, although they reversed their order. Nice to see competition like that. Flying home next day was more of a fatiguing experience than either of us anticipated. Johnny had only run the 10K, but was tired enough to use good sense and not go out the next evening home for the Tues. night gathering in Woodminster Park. I couldn't resist the prospects of an easy jog on those trails I love so much, with such good friends. What an anti-climax taking a header within 200 meters of the meadow on the way back and banging up my knee!

September 19, 1992, Senior Olympic Games,
U.C., Berkeley, for Masters 50+

Northern California Seniors who competed:

Martyn Adamson (54) coming back to his better performances, with three firsts, 100 (12.1), 200 (24.9) and 400 (56.9);

Bill Bigelow (82) three firsts, 100 (17.8), long jump (9'2"), and high jump (3'6");

Phil Conley (58) first in his javelin (159'8");

Shirley Dietderich (65), three firsts, 100 (19.0), Javelin (67'8") and Discus 55'6");

John Gregson (61), seconds in the 100 (17.3) and 800 (2:47.2) and 10:39.2 1500;

Jim Johnson (69) firsts Pole Vault (7'2") and High Jump (3'8") and 11'1" long jump;

John Kilbuck (71) first in the Discus (98'4");

Joan Kilbuck (55) first Javelin (98'2");

Josephine Kolda (74) first 100 (19.4);

Kit Pickles (65) four firsts, 200 (48.4), 400 (1:45.7), 800 (3:39.5) and 1500 (7:23) and second in the 100; after all that Kit ran the Bay Bridge Charity Run the next day!

Barbara Robben (58) was first in the 200 (38.4);

Don Rose (57) second Javelin (128'2") and first high jump (4'8");

Jerry Silsdorf (69) first Discus (74'10") and third high jump (3'10");

Frank Toner (72) firsts in the 100 (15.6) and 200 (32.5);

The above placements were by age groups, but Phil Conley's throw was also the over all best of the meet.

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October 3, 1992, Club West Masters Meet
Santa Barbara, CA--

With Martyn Adamson and Robert Fuller on the other side of the world, this meet was without two of our most inspiring competitors. Some results found in the NMN:

50M M40 Ray Yeck (3rd) 6.72

M80 W. Bigelow (1st) 9.36

W70 J. Kolda (1st) 9.97

100M M30 Dwayne Jones (1st) 11.93

M40 Ray Yeck (1st) 12.22

M80 W. Bigelow (1st) 17.61

W70 J. Kolda (1st) 19.24

200M M30 D. Jones (1st) 24.3

M40 Ray Yeck (3rd) 24.8

(Santa Barbara meet cont.)

High Jump

M70 Jim Johnson (1st) 1.15

Pole Vault

M70 Jim Johnson (1st) 7'0"

M45 Bruce Hotaling 12'6"

Long Jump

M70 Jim Johnson (1st) 10'11"

Shot Put

M70 Bob Stone (3rd) 25'1"

M50 Karl Mayer (2nd) 43'1½"

Discus

M70 Bob Stone (2nd) 88'1"

Hammer

M75 James York (1st) 86'6"

M70 Bob Stone (2nd) 89'6½"

Javelin

M50 John Burns (1st) 169'9"

Sub-master Dwayne Jones, a new member, who had been training for sprints with Coach Grubi only about 3 weeks, performed even better than expected with an 11.92 100 and 24.3 200 meters.

* * * * *

SHARLET GILBERT has accepted honorary membership in our club. We are fortunate to have this outstanding competitor, who joined our club earlier, as an addition to our honorary membership. She has just won the W40-and-over TAC National Masers Marathon Championships with a 2:40:19.

* * * * *

The U.C. Berkeley all-comer meets (for all divisions) will be held at Edwards Field Jan. 9, 16, 23 and 30, and Feb. 6, 13, 20 and 27.

The hammer starts at 10 AM;

the long jump, pole vault, shot put, and javelin start at 11 AM, and are followed by the triple jump, Discus, and high jump.

Running events start at 11 AM, in this order: 400M relay, 1500, HH 55/110, 400M, 55/100M, 800M, IH 300/400, 200M 1500M/2 mile, 1600M relay.

Entry fees are \$2.00 per person, athletes and spectators.

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Anyone interested is invited to attend the next Executive Committee Meeting to be held at 7:30 PM, November 4, at Ed Seese's home.

Chemistry

Bob calls particular attention to the 3rd topic.**

Clue to cigarettes' role in emphysema

Though the link between cigarette smoking and emphysema seems firmly established, researchers are still puzzling over the precise chemical role of tobacco smoke in the destruction of lung tissue. Chemists at Louisiana State University in Baton Rouge have teased out a new clue: a biologically aggressive role for a chemical produced by interactions between relatively nontoxic chemicals in smoke and in the lung.

The body is peppered with proteases, valuable enzymes that foster the breakdown of proteins. Within the lung, however, these enzymes must be held in check to avoid the risk that they will begin a wholesale chopping up of structural tissue — a process that can lead to emphysema. Nature has seeded the lung with antiproteases to inhibit these enzymes. Suppression of the antiproteases is the most widely accepted explanation for how smoking leads to emphysema. The remaining question has been how smoke shuts down antiproteases.

Juan J. Moreno and William A. Pryor now describe evidence indicating that peroxyxynitrite ($O = NOO^-$) is one of the agents responsible. Many biochemists had suspected that the antiproteases' nemesis was a potent, biologically damaging free radical, such as hydroxyl (HO^\cdot) — and that peroxyxynitrite production constituted one step along the path to creation of the radical. But in the May/June *CHEMICAL RESEARCH IN TOXICOLOGY*, Moreno and Pryor show that peroxyxynitrite can by itself inactivate the most abundant lung antiprotease, alpha-1PI.

Peroxyxynitrite forms during reactions between two free radicals: nitric oxide (NO) in smoke and the superoxide (O_2^\cdot) produced in the lung. "Though neither of the parent compounds are powerful oxidants," Pryor notes, "together they form a potent oxidant." Indeed, their offspring appears to inactivate the lung-protecting alpha-1PI by donating an oxygen atom to methionine, one of its amino-acid building blocks.

Radical concerns over drinking water

Animal studies have suggested that chlorine ingestion alters the body's handling of cholesterol and fats. For example, an Environmental Protection Agency study showed that drinking highly chlorinated water "subtly but noticeably shifted" a mouse's transport of cholesterol from high-density lipoproteins (the "good" lipoproteins) in the blood to the "bad" low-density lipoproteins, which foster atherosclerosis (SN: 6/3/89, p.342). J. Peter Bercz, who headed that study, now reports that hypochlorite — a very reactive by-product of standard water chlorination — can also destroy polyunsaturated fatty acids (PUFAs), including those essential to health.

"It's certainly possible," he says, that the new finding might play a role in the altered lipoprotein metabolism seen in animals drinking chlorinated water.

Hypochlorite (OCl^-), a powerful bleaching agent and disinfectant, develops in water treated with pure (free) chlorine. Bercz put each of seven biologically essential PUFAs into hypochlorite-laced water. The ensuing chemical reactions effectively cleaved these PUFAs into fragments of varying lengths. The complex series of processes responsible for the PUFAs' destruction involved both the stripping of electrons (oxidation) and the incorporation, at least temporarily, of chlorine, he reports in the May/June *CHEMICAL RESEARCH IN TOXICOLOGY*. Indeed, he notes, oxidant-spawned free radicals "really destroy these sensitive PUFAs," producing changes similar to those responsible for rancid flavors in aging fatty foods. In animals, such oxidized PUFAs have also been associated with liver and immune-system toxicity and with pre-atherosclerotic changes.

Unsaturated fatty acids contain one or more carbon double bonds, or "valence bonds," capable of accepting an electron. The new data show that the hypochlorite-initiated fragmenta-

tion of PUFAs begins at these double bonds. However — and paradoxically, Bercz admits — the more such double bonds a PUFA possesses, the less susceptible it proves to oxidation.

A 1979 change in the Safe Drinking Water Act has encouraged many municipalities to switch their disinfectant from free chlorine to monochloramine. This increasingly popular oxidant kills bacteria without generating high levels of potentially toxic chlorinated organics. The new study now also shows that these "monochloramines are totally inert," says Bercz.

Chronic ingestion of hypochlorite or foods treated with chlorine bleach — from white flour to butchered meats — "should be viewed not only as a potential cause for decreased bioavailability of essential PUFAs [from foods], but also as a factor in generating reactive . . . toxicants," including those capable of altering DNA, Bercz concludes.

Radical protection for athletes **

Competitive athletes continually push to better their records, but such strenuous pursuits exact a price. The high consumption of oxygen bathes the body in biologically damaging, oxygen-derived free radicals. However, at least five new studies indicate that certain dietary supplements can help limit or repair muscle damage from these oxidants. All were presented last month at the American College of Sports Medicine's annual meeting in Dallas.

For instance, Christopher Baldi and his colleagues at Ithaca (N.Y.) College assayed malondialdehyde (MDA), a characteristic marker of muscle oxidation, in 25 college-age women before and after a vigorous, 30-minute treadmill run. The exercise raised urinary MDA levels by 32 percent in women who did not receive supplements, the researchers found. Surprisingly, postexercise MDA levels fell by 28 percent among the remaining women, all of whom had taken 400 international units of vitamin E daily for three months. This suggests that antioxidants "may actually reverse oxidative stress during exercise," concludes Robert R. Jenkins, who led the study.

Ian Gillam of the Phillip Institute of Technology in Melbourne, Australia, and his colleagues recorded signs of a similar suppression of muscle oxidation in elite, high-endurance athletes after just four weeks of antioxidant supplements. The researchers recruited a total of 12 cross-country skiers, endurance runners and triathletes at the Australian Institute of Sport, an Olympic training center. Half took 1,000 international units of vitamin E and 1,000 milligrams of vitamin C daily; the rest received sugar pills. After four weeks, each group switched to the other's supplements.

After vitamin supplementation, "there was a 25 percent reduction in tissue oxidation," as evidenced by levels of two enzymes assayed in the blood, Gillam says. This suggests not only that the membranes in muscle — and probably the heart — are less damaged by oxidant stress during normal training if supplements are taken, but also that red blood cells sustain less damage, he says. Gillam's team also found signs that vitamins E and C altered concentrations of two hormones in the blood. A reduction in the normal ratio of testosterone to cortisol serves as a marker of "overtraining syndrome," a condition that can provoke a range of symptoms and diminish athletic performance. After supplementation, testosterone-cortisol ratios in these athletes actually increased.

"We don't have hard scientific evidence yet that we can improve [athletic] performance with antioxidant supplementation, but there's lots of evidence . . . that supplementation protects against damage [during training and competition]," concludes antioxidant specialist Lester Packer of the University of California, Berkeley, who organized a meeting session on this topic.

RIVER CITY TRACK CLUB

ALL COMER

DATE: Saturday, DEC 5, 1992
 PLACE: CSUS, Sacramento State U. of HWY 50-visible.W of Howe Av.
 SPONSOR: River City Track Club
 FACILITIES: Chev 400 (1" spikes) all track, jumps & javelin. Concrete rings
 Lockers & showers (your own lock, towels, etc.)
 COMPETITION: MASTER, SUB-MASTER & OPEN.. Master & Sub in 5yr age groups.
 Oldest/youngest - women first. Meet director discretion may
 consolidate groups...all track events are finals.

TAC OPEN T/F rules inforced except:
 Starting block use is optional
 Only 400g & 600g javelins may land flat
 Javelin NEW or OLD rule O.K.

Shots & hammers in IBS.
 Discus - Plastic or wood with metal rim...NO rubber types.
 All throws, long jump & triple get 6 attempts & are finals.
 High jump elevation 2" (5.09 cm)
~~Pole vault elevation 6" (15 cm)~~ NO POLE VAULT

All 3k/5k check in time 8:30..events may be consolidated.

AWARDS: Medals for first 3 places.
 ENTRY FEE: \$7 1st event...\$5 2nd event...\$4 3rd or more. Each RELAY \$16/team
 DEADLINE: PLEASE...Wednesday DEC 2, 1992
 MAIL TO: CHECKS PAYABLE TO -

Michael Holzgang, p.o. Box 255131
 Sacramento, CA., 95865
 916-489-7881 7-9pm

SCHEDULE:

8:15	5K RW	
9:00	3K	Hammer & Weight Throw
9:20	5K	
9:50	4x100	High Jump
9:55	60m Hurdles (W<40/M<70)	
	80m Hurdles (W>40/M>70)	
10:10	4x200	Long Jump
10:20	1500m	Shot Put
10:55	300m	
11:15	75 Yards	
11:30	4x400	Discus
11:40	300m Hurdles	Triple Jump (follows LJ)
11:55	100m	Javelin
12:35	800m	
1:10	200m	
1:40	4x800	

NAME (LAST) _____ (FIRST) _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PHONE # _____ TAC # _____ CLUB _____
 AGE/SEX _____ / _____ M _____ F _____ EVENTS _____

In consideration of my entry, I hereby waive all rights to claims
 of any kind against the meet sponsors, CSUS, City and County of Sacramento
 and the State of California and their agents. I attest that I have trained
 for this competition and am physically fit.

SIGNATURE _____ TOTAL FEES _____

RELAY TEAM CAPTAIN: Send entry for team

DEC 5, 1992