



Northern California Seniors Track Club, Inc.

June 1994 p.1

(For Men and Women 30 Years and Older)

THE PRESS-TRIBUNE Tuesday, June 14, 1994

B8

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Berkeley, CA. 94707
510-524-4090

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3554 Springhill Road
Lafayette, CA. 94549
510-284-2240

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Edmund Mahaney of Roseville hit 20 of 25 free throw attempts to take home a bronze medal in the California Seniors Games earlier this month at Cordova High.

The above recent picture and the following article tells us about this friendly and eager competitor. "WHO IS ED MAHANY. Well he is 5'4½" tall, weighs 142 pounds, and is almost 64 years old. He is currently meeting the challenge of recovering from a minor stroke and a severe degenerate arthritis of the hip and knee that has stopped his running.

"Ed has been a member of NCSTC since 1971. Some members will recall Emmett Smith putting Mahany, Bill Fredrickson, Ruben Melgosa and Bruce Grant on a 440 yard relay team that placed third at the U.S. Masters in San Diego. Later, Huel Washington, Mahany, Bob Roemer, and Ed Manougian placed first in the 400 meter relay in the 1976 U.S. Masters; and Mahany, Dick Marlin, Huel Washington and Zumwalt placed second in the 1981 U.S. Masters. The 1981 team had the two 5th best times of 21 teams in 1981.

"Ed has run in over 145 official races outdoors (100, 100, 400, 1500, mile and steeple chase) and 39 jumping events (TJ, HJ, LJ).

"He has represented NCSTC and the City of Roseville in 13 events in race-walking.

"Highlights of his participation include National 3000M steeplechase Champion, second and third in the triple jump and seconds in the long jump. The official rankings of 1981 had placed Ed #8 out of 90 in the 100M, #5 out of 93 in the 200M and #9 out of 50 in the long jump. Ed had been voted the outstanding athlete in the 40 and older division of the Sacramento Parks and Recreation Special T & F meet three times. He has also established 7 local meet and northern California area records and achieved All American in Masters T & F 9 times. He's also been privileged to be in the last 3 World Veterans Athletic Championships.

"Ed has also been involved in adult volleyball and basketball leagues. He's played slow pitch softball for 24 years. His team pitching record is 65W and 56L; batting is .356 regular league and .447 as a senior. His best performance was pitching a six hitter and batting 4 for 4. He has 18 errors in 344 fielding attempts in the outfield and pitcher.

"Professionally, Ed retired in 1992 after 33 years as Director of the Roseville Parks and Recreation Department. The City of Roseville named an 88 acre park after the Mahany family. Ed also guided Roseville to several national awards--the Gold Medal award in 1972 for excellence in Park and Recreation management and Gold Medal finalist in 1967-1970.

"Ed is currently keeping his reflexes in shape by playing baseball (modified big ball) with his eleven month old grandson Keith."

Cont. from p. 1

CLUB ID

TAC #: 109
CA. CORP #: 1275994
CA NON-PROFIT: CT-61086

ACTIVITIES

Martinez to Port Costa
Brick Yard Run

Ken Carnine T&F Classic
Michael Ackley, Director
4649 Oakbough Way
Charmichael, CA. 95608
916-966-8987

Dick Houston Memorial
Woodminitser Run
Gail Wetzork, Director
3452 Capella Lane
Alameda, CA. 94501
510-522-3724

NCSTC T&F Classic
Mark Grubi, Director
P.O. Box 424512
San Francisco, CA. 94142
415-285-3352

Ed Mahany was featured in his local Press Tribune many times for his competition and his work. Ed was born in San Mateo in 1930 and after 2 years Navy duty, he started training in 1950 under San Jose State Coach Bud Winters, hoping to be a physical education coach. In 1951 San Jose State added a recreation major, with which Ed graduated with honors. After work first in County Parks and Recreation Departments of San Mateo, Oakland, Del Norte and for Novato, Ed built up the 152 acres of parks Roseville now has. He started a Halloween "spook house" for kids in Del Norte and brought that idea to Roseville. He was commended for his creativity in clearing, planning, trails, etc., as well as for his own personal physical accomplishments. When 1993 NCSTC President Ed Manougian was asked if he remembered his NCSTC relays with Ed Mahany, he said, "Yeah! He is a good guy!"

* * * * *

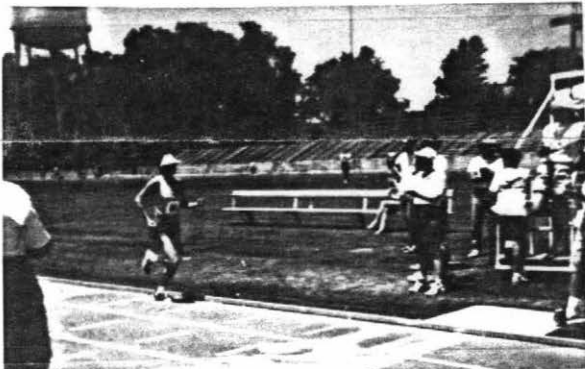
SHARLET GILBERT won an outstanding performance award in her first ever track and field meet, which was at Visalia, on May 21. Her times of 18:07.0 in the 5000M in the morning followed by 2:36.3 in the 800M and 4:56.5 in the 1500M in the afternoon proved her versatility in the W40 age group, from distances of 800M through marathons. Sharlet followed that T&F feat with a Masters Women first place in 2:45 (17th woman over all) at the Grandma Marathon in Duluth, Minnesota; this qualified her for the women's marathon in the Nationals (running under 2:50). "She is a great athlete," comments Coach Grubi. Sharlet also added another Masters women first place of 36:52 on May 30 at the Pacific Sun 10K.

The May 21 Visalia Classic directed by Bob Higginbotham was another exceptionally fine meet provided for Masters again this year. The organization, the treatment of athletes and officials, and the weather were all perfect. The other NCSTC athletes who enjoyed the meet were:

- Paul DeMeester (new member), M30 1500M 5:29 (1st).
- Richard Martin, M55, 100 12.4 (1st); 200 26.3 (1st).
- Frank Toner, M70, 100 15.2 (1st); 200 (not timed) (1st); and Frank added the long jump 12'5" (1st).
- Ray Yeck, M45, 100 11.9 (2nd); 200 25.0 (1st) and 400 56.9 (1st).

The quality of the performances was very good.

Ken Carnine, M85, threw the discus 87' 4" (1st), the javelin 20.66 meters (1st), and the hammer 17.54 meters (1st) at the So. Calif. Striders Meet of Champions in Long Beach on May 14.



Sharlet, 4th at Visalia 1500M field of 7 men and 1 woman.



Frank Toner winning the 100M



Frank Toner



Sharlet, Jonn Glibert and Ray Yeck



Ray Yeck in the 400M

WELCOME, NEW MEMBERS!

Paul F. De Meester (born October 27, 1959) 1563 Solano Ave., No. 249, Berkeley, CA 94707-2116 (phone 510/553-9342), is an attorney, interested in T&F middle distances. He did race walking during 1972-1978. He is recruited by Ray Yeck.

Murlene Grant (born April 15, 1949) 1265-62nd Street, Emeryville, CA 94608, works for the City of Berkeley (phone 510/644-4849. She is interested in jumps, recruited by Shirley Dieterich.

Milt Meux (born Dec. 29, 1930) 1022 Colusa Ave., Berkeley, CA 94707-2526, (phone 510/526-5675, a retired associate professor at the U. of Utah, took fourth place in the pentathlon at the 1992 Nationals, and said he competed in a few local meets in Utah before his move to California in September 1993. He is anxious to return to competition. Recruited by Mark Grubi.

RENEWED MEMBER:

Billy Main

Phone number to be added:

Thomas Moore, home 510/653-9940; work 510/652-0550.

* * * * *

Bill and Betty Morea have reported change of address from Bakersfield, California to 44196 West Sundown Crest Drive, La Quinta, CA 92253.

* * * * *

Further reports from Members

Dan Behrens reports Marty's leg of a sprint relay at the Foothill Corporate Relays qualified her for the Maine Nationals, (30. 200).

At the San Jose Bruce Jenner Meet, May 28, Frank Toner (M70+) was second with 15.17 100M (Payton Jordan won); Judy Ace was third in the W40+ 100M with 14.51; and Marty Behrens ran a fourth with 15.61 in the same race.

Dick Collins ran a 6:45:39 50K (M60 div.) in the Palo Alto Centennial Running Festival, April 17.

Richard Martin, M55, reported that on May 4, at the Sacramento Senior Games he ran the 100M in 12.38 (a meet record) and the 200M in 26.58 (2nd place); and he reported Bobby Thomas, M55) had a first in the 200M with 26.27.

Craig Boyak was third in the open vault (15"6") at Davis on May 21, still enjoying open competition.

Results of competition by Ray Yeck, Jim Johnson, Sharlet Gilbert, Judy Ace, etc. June 11 at the Los Gatos meet will appear in the next newsletter.

Hanna Szoke was a close third in the Fifty Plus 8K, Stanford, March 20, with 43:35 in the W65 group.

John Burns is training good after knee surgery. His son, Brent, placed third in the pole vault Nationals with 18'8".

Ruth Anderson reported a 7:52:39 May 22 at the Ohlone 50K Wilderness trail, Fremont; 1:34:02, May 15, Tilden Tough 10 Mi (LMJS race); 12:51:30, April 17, "Ruth Anderson 100K, Stanford, as part of the Palo Alto Centennial Celebration; 1:07:12 (3rd WO-60-64), March 27, 12K Houlihans to Houlihans. I had lucked out in all the other races to win my division.

"March 12 Cool Canyon Crawl 50K 7:43:02 1st W60. I shudder when I think back on running by the very spot where Barbara Schoener was killed by the cougar Apr. 23rd. What a tragedy. I did not meet Barbara at the Cool Canyon Crawl, which had been her first ultra, but had known her husband from years before as a good ultra runner, race director and fine person. I feel very sorry for him and his two young children."

"I attended two important meetings of the Pacific Association, representing NCSTC and Masters LDR. I'm enclosing partial minutes from the LDR meeting March 27, with the schedule of Grand Prix events proposed for the new seasons of the cross-country and ultras. The LDR events were listed in RUNCAL Jan/Feb issue. Only the 10K race is still pending (Fremont cancelled, Pacific Sun withdrew) a vote at the Futjitsu 8K June 18 meeting of LDR.

"At the Board of Athletics meeting May 18, the resignation of Mark Winitz as editor of RUNCAL was discussed in depth and accepted (sadly by most of us in LDR) and a new publication was "presented" by John Mansoor. The position

Cont. on page 4

Cont. from page 3

of Masters T&F Committee chair is now open; Eddie Seese is moving out of the area. (John Burns may know as to where)"

LDR meeting 3/17/94:

As a solution to the volume of races, and a precaution against over-racing, the committee decided to score individuals and teams based in their top 7 of 10 events.

The concept of selecting an "All-Pacific association" cross country team at the end of the season was discussed...good idea for recognition of our top athletes in all divisions and a model of how association cross country programs might feed into some kind of U.S. Assoc. Championships in the future.

A previously tentative bid submitted last October by the West Valley Track Club to host an 8K Championship (masters 40-49 div. only) was officially resented. The club was able to gather \$1,000 to commit for prize money at the Bayside Technology Park 8K in Fremont on September 11th. In order to accept this bid, it was necessary to designate the upcoming Fujitsu 8K as an open division Championship only. 50-plussers have already had their 8K Championship at Stanford. It was pointed out by Chair Winitz that Fujitsu had preferred all alone that their championship event be contested in open divisions only. After some discussion this bid was accepted, with Tom Lyons and Peter Franks of Tamalpa dissenting.

(All subject to LDR club ratification via this mailing)

1994 PA/USATF Cross Country G.P. Events

(All events contested in all divisions, except for tentative SLO Invitational which would be open division only. Definite point values will be subsequently announced prior to the season.)

Date	Race	Location	Distance. Men/Women	Tentative Point Value
9/10/94	Univ. of S.F. Invitational	S.F./GG Park	5K/5K	1.0
9/17/94	Sierra College X-C	Rocklin	4M/5K	1.0
9/24/94	UC-Aggie Invitational	Davis	8K/5K	1.0
10/1/94	Empire Invitational (\$1,500-\$2,000 prize \$\$)	Santa Rosa	TBA	2.0
10/8/94	Mills College Invitational	Oakland	8K/5K	1.0
10/15/94	Tentative G.P. Event Open Div. Only (NorCal-SoCal Challenge)	San Luis Obispo	TBA	2.0
OR 10/15/95	Golden Gate Park	S.F.	4M/4M	1.0
10/22/94	Crystal Springs Challenge	Belmont	TBA	1.0
10/29/94	Golden Gate Park	S.F.	TBA	1.0
11/5/94	Alum Rock Park X-C	San Jose	TBA	1.0
11/19/94	PA/USATF Championship (Also: USATF Western Regional & Reebok National G.P. Event)	S.F./GG Park	10K/6K	2.5

Note: Humboldt Invitational bid on 9-17 was not accepted in favor of Sierra College.

1994/1995 PA/USATF Ultra G.P. Events

(All events contested in all divisions. Definite difficulty factors to be announced prior to season.)

Date	Race	Location	Tentative Difficulty Factor
8/7/94	Skyline 50K	Castro Valley	20
8/27/94	Pony Express 50-Mile	Cameron Park	20
9/10/94	Run for Sight 12-Hour	Sonoma	28
9/17/94	Napa Valley 50-Mile	Napa	3.0 \$1,750 in prize money
10/15/94	Firetrails 50-Mile	Castro Valley	3.2
11/12/94	Gibson Ranch 24-Hour	Sacramento	5.0
2/18/95	Helen Klein 100K	Sacramento	3.5
4/1/95	American River 50-Mile	Sacramento	2.4
4/15/95	Ruth Anderson 100K	San Francisco	3.5
5/13/95	Quicksilver 50K	San Jose	20
5/??/95	Tentative G.P. Event	Silver State 50K	225
6/24/95	Western State 100-Mile	Squaw Valley	80

Note: The following events from this season did not, or withdrew, bids: Quadruple Dipsea, Cool Canyon Crawl, BAU 12-Hour, Ledson Marsh.

Ultra point scoring for individuals:

Open/Masters/Seniors Divisions: 1st-10 points; 2nd-25; 3rd-20; 4th-18; 5th-16; 6th-14; 7th-12; 8th-11; 9th-10; 10th-9; 11th-8; 12th-7; 13th-6; 14th-5; 15th-4; 16th-3; 17th-2; 18th-1

Super Seniors/Veterans Divisions: 1st-15 points; 2nd-10; 3rd-5; 4th-3; 5th-2; 6th-1

AREA SENIOR GAMES OFFICIAL ENTRY APPLICATION

W A I V E R

Make checks payable to:

BAY AREA SENIOR GAMES
P.O. Box 10385
Oakland, CA 94610

Total Entry Fee \$ _____

Registration Fee \$ 12.00

Senior Games Donation \$ _____

TOTAL ENCLOSED \$ _____

Do you plan to stay overnight one or more nights for the Games?

YES NO

PHOTO AND FILM WAIVER: I hereby grant permission to use pictures or film of me taken during any participation in the California Senior Games.

LIABILITY WAIVER: I, the undersigned participant, hereby agree to indemnify and hold harmless the organizers of the Bay Area Senior Games here and after sometimes referred to as sponsors, their agents, employees and representatives and assigns from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at anytime in the future have of any injury arising out of my participation in the Bay Area Senior Games. I warrant and represent to the organizers that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Bay Area Senior Games. I warrant and represent that I am in good physical health and condition, and I am physically able to compete in the event that I have selected. I know of no physical restriction whatsoever which would prohibit my participation in the events that I have selected. I have been advised by the organizers that it would be in my best interest to consult a physician prior to my preparation in regard to my participation in the Bay Area Senior Games. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing cardiovascular disorder which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me if needed during my participation in the Bay Area Senior Games.

Signature _____

Date _____

Sunday, August 14, 1994, 10:00 a.m.,

Edwards Stadium, Berkeley.

TRACK & FIELD \$3/event

- | | |
|-------------------|---------------------------|
| _____ 2101 100 M | _____ 2107 High Jump |
| _____ 2102 200 M | _____ 2108 Long Jump |
| _____ 2103 400 M | _____ 2109 Discus |
| _____ 2104 800 M | _____ 2110 Shot Put |
| _____ 2105 1500 M | _____ 2111 Javelin |
| _____ 2106 3000 M | _____ 2112 Softball Throw |

Sunday, August 14, 1994, 8:00 a.m.,

RACE WALK \$3/event Edwards Stadium.

- _____ 1301 5K
- _____ 1302 1500 M
- _____ 1303 1500 M Fast Walk

ELIGIBILITY & AGE DIVISIONS

Any person aged 50 years or older as of August 13, 1994 may participate in the Bay Area Senior Games. Proof of age may be required. All events are open to both men and women. There is no residency requirement. Age divisions are in five-year groups for both men and women, except where noted: 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+ and 90+. There is no upper age limit. The right is reserved to cancel or combine age groups in any event due to insufficient entries or other conditions. Full refunds will be given in the case of cancellation.

FEES

There are two types of fees: registration and event fees. A \$12 registration fee for each participant helps to offset organizational costs, awards and a t-shirt. Event fees are for each sport and/or event you enter.

ENTRY DEADLINE

Entries must be postmarked by midnight Monday, August 1, 1994. Late entries will be accepted on a space available basis. Applications are not considered complete until the liability waiver is signed and dated.

STATE GAMES & NATIONAL CHAMPIONSHIPS

The Bay Area Senior Games are a qualifying site for the State Championships in San Diego—September 9-18, 1994. San Diego will be the only California qualifying site for the 1995 National Championships in San Antonio.

You must participate at a local qualifying site in order to enter the state championships with the exception of the following sports which are exempt from pre-qualifying: Javelin, Pole Vault, Shuffleboard, Racquetball, Lawn Bowling, Volleyball, Badminton, 5K and 10K Road Race and all cycling events. Entry applications for the State Championships will be available at the Bay Area Senior Games for all eligible and interested participants.

The Javelin, High Jump, Pole Vault, 10K Road Race and Regular Triathlon are "Open" events at the Nationals and do not require qualifying at a State Championship, but do have other qualifying standards. NOTE: The minimum age for National competition is 55. Call 510-531-9721 for further information.

Call Our-Toll Free Coast Line 1-800-663-1144

*****WHEN BOOKING ROOMS, PLEASE REFER TO PANAM GAMES MASTERS '94. THIS WILL REMIND THEM OF THIS SPECIAL EVENT--ALSO MAKE SURE YOU MENTION THE DATES OF THE MEET.



1994 North and Central American and Caribbean Regional Track and Field Championships August 3 - 7, 1994 Edmonton, Alberta, Canada

COMPETITION ENTRY FORM for TRACK & FIELD ONLY

Please Print in Block Letters

Name: _____ Telephone: _____
 Address: _____ State: _____
 City: _____ Postal/Zip Code: _____
 Country: _____ Language: English French Spanish Other: _____

Circle: Male Female Age as of August 4, 1994: _____ Date of Birth: _____ Mo / _____ Day / _____ Yr.

✓ All events to be entered, followed by best performance in 1993/94: (i.e. 100 metres: 21.4 sec.)

100 metres: _____	80 metre hurdles: _____	High Jump: _____
200 metres: _____	100 metre hurdles: _____	Long Jump: _____
400 metres: _____	110 metre hurdles: _____	Triple Jump: _____
800 metres: _____	300/400 m. hurdles: _____	Pole Vault: _____
1500 metres: _____	Pentathlon: _____	Shot Put: _____
5000 metres: _____	Weight Throw: _____	Javelin: _____
3000 metres walk: _____	Discus: _____	Hammer: _____
2000(F)/3000(M) steeplechase: _____	4 x 100 metre relay: _____	4 x 400 metre relay: _____

If you are in both Track and Field and Off-Track Events, you must send in both forms; but money can be included in one cheque or money order, payable to "Masters Pan-Am Games 94"

Schedule of Fees (all in Canadian dollars):

WAVA FEE	\$8.00	\$ 8.00
FIRST EVENT	\$25.00	25.00
ADDITIONAL EVENTS:	_____ x \$10.00 each =	_____
INSURANCE FEE:	\$1.00	1.00
BANQUET TICKET(S)	_____ x \$25.00 each =	_____
T-SHIRT(S)	_____ x \$12.00 each =	_____
TOTAL FOR THIS ENTRY FORM:	\$ _____	\$ _____

To assist the Games Committee in planning, please enter as early as possible. **Deadline for receipt of entries is June 30, 1994.**

JULY Entries after 6 months, if accepted at all, will pay double the fee! No Fee Entries will be accepted.

Refunds allowed before June 30, 1994. Afterwards, refunds allowed only in cases where medical certificate is received.

The Games Committee will have material available in English, French and Spanish, please indicate which language you would prefer comment: others: _____ If no designation is made on this entry form, English forms will be provided.

Send this entry form along with your payment in the form of a cheque or money order, payable in Canadian Funds, to:

Masters "Pan-Am Games 94"
 c/o Liz McBlain, Meet Director
 10427 - 21 Avenue
 Edmonton, Alberta, Canada
 T6J 5E9

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitors. I absolutely relieve WAVA (World Association of Veteran Athletes); the organizing committee, volunteers and their agents of the 1994 North and Central American and Caribbean Regional Track and Field Championships; the City of Edmonton, and the corporate sponsors of any responsibility for any injury, loss or damage to myself or any property which I may sustain in the course of, or in connection with the 1994 North and Central American and Caribbean Regional Track and Field Championships, also known as the Masters "Pan-Am Games 94".

Signature _____ Date: _____



1994 North and Central American and Caribbean Regional Track and Field Championships August 3 - 7, 1994 Edmonton, Alberta, Canada

COMPETITION ENTRY FORM for OFF-TRACK EVENTS ONLY

Please Print in Block Letters

Name: _____ Telephone: _____
 Address: _____ State: _____
 City: _____ Postal/Zip Code: _____
 Country: _____

Circle: Male Female Age as of August 4, 1994: _____ Date of Birth: _____ Mo / _____ Day / _____ Year

✓ All events to be entered:

10 Kilometre Road Walk	Best performance in 1993/94: _____
15 Kilometre Road Race	Best performance in 1993/94: _____
8 Kilometre Cross Country Race	Best performance in 1993/94: _____

Please Note: Payment Schedule is on the Track and Field Entry Form, so please refer to it. You must complete the Schedule of Fees and Waiver Form on the Track and Field Entry Form.

JULY
DEADLINE FOR RECEIPT OF ENTRIES IS **JUNE 30, 1994**

If you are in both Track and Field and Off-Track Events, you must send in both forms; but money can be included in one cheque or money order, payable to "Masters Pan-Am Games 94". Send entry form(s) along with your payment in a cheque or money order in Canadian Funds to:

Masters "Pan-Am Games 94"
 c/o Liz McBlain, Meet Director
 10427 - 21 Avenue
 Edmonton, Alberta, Canada
 T6J 5E9

USA TRACK AND FIELD MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS

ALASKA, INLAND NW, MONTANA, OREGON, PNW, SNAKE RIVER, UTAH, WYOMING

HOSTED BY PACIFIC NORTHWEST TRACK & FIELD

JULY 23 & 24, 1994

LINCOLN BOWL - TACOMA, WASHINGTON

ENTRY FEES: \$10 1ST EVENT; \$5 EACH ADDITIONAL EVENT
RELAYS, NO FEE FOR MEET PARTICIPANTS

PAYABLE TO: PNWT&F

ENTRY DEADLINE: POSTMARKED JULY 16, NO LATE ENTRIES ACCEPTED
FACILITY: 400 M, MARTIN ISS-1000 POLYURETHANE TRACK -RUNWAYS
(1/4" SPIKES)

DIVISIONS: FIVE YEAR AGE DIVISIONS, M&W, 30 YRS. & OLDER
RELAYS: TEAMS MUST WEAR SAME TOPS; 10 YR AGE GROUPS: MUST BE
FROM SAME CLUB OR ASSOCIATION REGISTERED WITH NORTHWEST
REGION (DECLARE ONE HOUR PRIOR TO EVENT)

AWARDS: USA T&F CHAMPIONSHIP MEDALS FOR 1ST, 2ND, 3RD-
RIBBONS: 4TH, 5TH, 6TH. DUPLICATE AWARDS FOR NON
NW REGIONAL PLACE FINISHERS.

RECEPTION: SATURDAY EVENING

PACKETS: AVAILABLE AT TRACK SITE - 8:00 AM, SAT & SUN

NW REGIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS

TRACK	SATURDAY	FIELD
10:00 M-W 10,000 METERS	10:00 M 30-59 LONG JUMP	
11:15 M-W 5000 METER WALK	M 60+-W POLE VAULT	
12:00 M-W HIGH HURDLES	M 30-59 JAVELIN	
12:30 M-W 100 METERS	12:00 M 60+-W LONG JUMP	
1:30 M-W 400 METERS	M 30-59 POLE VAULT	
2:15 M-W 1500 METERS	M 60+-W JAVELIN	
2:45 RELAY: 1600 METERS	1:00 M 60+-W SHOT PUT	
4:00 M 60+-W 2000 M STEEPLE	2:00 M 30-59 SHOT PUT	
4:20 M 30-59 3000 M STEEPLE	3:00 M-W WEIGHT THROW	

SUNDAY

10:00 M-W 5000 METERS	10:00 M-W HAMMER
11:00 M-W INTER. HURDLES	M 60+-W HIGH JUMP
11:30 M-W 800 METERS	M 30-59 TRIPLE JUMP
12:00 M-W 200 METERS	11:00 M 60+-W DISCUS
1:00 RELAY: 400 METERS	M 30-59 HIGH JUMP
1:30 RELAY: 3200 METERS	M 60+-W TRIPLE JUMP
	12:00 M 30-59 DISCUS
	1:00 M-W SUPER WEIGHT

ORDER OF COMPETITION: MEN - WOMEN; OLDER - YOUNGER

CHECK IN: 60 MIN. PRIOR TO EVENT START

ALL IMPLEMENTS WILL BE WAVA STANDARD AND MUST BE CHECKED
IN 90 MIN. PRIOR TO EVENT START



meet sponsor

Information: Meet Director, Ken Weisbel, (206) 932 3923, 938 3895

-----ENTRY FORM-----

USA T&F MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS
ALL COMPETITORS MUST BE USA T&F MEMBERS

NAME: _____ AGE: (7/23/94) _____ M _____ F _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

PHONE: _____ CLUB: _____ '94 USA T&F # _____

EVENTS BEST '93 MARK

1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

RELAYS: 400M _____ 1600M _____ 3200M _____

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

signed: _____ date: _____

MAIL ENTRY TO: CAROLE J.A. GENBACH, PACIFIC NORTHWEST T&F,
4261 SOUTH 184TH STREET, SEATAC, WA 98188-4569

TRACK & FIELD NATIONAL

July 16-17. USATF National Masters Decathlon/Heptathlon Championships, Missouri Southern St. College, Joplin. Charles Nodler, 1215 Northwest Blvd., Neosho, MO 64850. 417/451-0121(e); 625-9552(d).

August 11-14. 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989.

August 20. USATF National Outdoor Weight & Superweight Throw Championships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

September 3. USATF National Masters Weight Pentathlon Championships, Michigan State U., E. Lansing. Judi Brown, Track Office, MSU, 214 Jenison Fieldhouse, E. Lansing, MI 48824. 517/353-9299.

WEST

Arizona, California, Hawaii, Nevada

July 2-3. USATF West Regional Masters Championships, Univ. of California at Irvine. Bill Adler, director, 435 Tahquitz Canyon Way, Palm Springs, CA 92263. 619/325-6307.

July 9, 23, 30. USATF SCA All-Comer Meets, Los Angeles City College. 5 pm. Marv Thompson, 213/953-4260; LA Patriots USA 213/662-1062.

July 10. Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 1125 Stimson Ave. La Puente, CA 91744. 818/917-6289.

July 16. USATF Pacific Association Championships, Loran HS, Union City, Calif.
LORAN HS 510/487-6846
OPEN AND MAINTENANCE

July 16-17. Patriot Invitational, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027-4711. 213/662-1062.

July 23. USATF/Pacific Masters & Submasters Weight Pentathlon Championships, KEL Field, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

July 30. Santa Cruz Age-Graded Championships, Soquel HS. Ages 18 and up. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460(h).

September 10. Nor. Cal. Seniors Classic, UC-Berkeley. Mark Grubi, director, PO Box 424512, San Francisco, CA 94142-4512.

September 11. Sri Chinmoy Masters Games, CSU-Long Beach. 40+. Bigalita Egger. 310/645-0271.

October 1 (tentative). Club West Masters Meet, Santa Barbara City College. 805/682-9540.

LONG DISTANCE RUNNING NATIONAL

June 26. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Stephen Lobdell, 69 Beverly Ln., Fairfield, CT 06430. 203/374-7759.

September 17-18. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 2. USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Ave., Minnetonka, MN 55345. 612/673-0777

October 2. USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 16. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 170 Maywood Ave., Rochester, NY 14618.

November 6. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 13. USATF National Masters 15K Championships, Schenectady, N.Y. Ed Neiles, 17 Norwood St., Albany, NY 12203. 518/482-9032.

WEST

Arizona, California, Hawaii, Nevada

July 24. Wharf To Wharf 6 Mile, Santa Cruz, Calif. WTW, PO Box 307, Capitola, CA 95010. 408/475-2196.

July 31. San Francisco Marathon. SF Marathon, c/o Pacific Assn., PO Box 77148, San Francisco, CA 94107. 415/391-2123.

August 21. America's Finest City Half-Marathon. Neil Finn, PO Box 3879, San Diego, CA 92163. 619/297-3901.

August 27. Mt. Charleston Run (18 mile/8 mile/4 mile). Mike Naylor, 4727 Beaconsfield St., Las Vegas, NV 89117.

August 27. Las Vegas Forest Challenge. Cool 18K, 8K, 4K runs. Mike Naylor, 702/383-1276.

September 11. Run Through the Hangars II, 5K/10K Run, Marine Corps Air Station, Tustin, Calif. Gunnery Sgt. Mike Gonzales, 714/726-7531.

September 17. Juan In A Million 5K, Las Vegas. Ed Preciado, 700 E. Charleston Blvd., Las Vegas, NV 89104. 702/366-7289.

October 1. 18th annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). 2560 feet descent. St. George Marathon, 86 S. Main St., St. George UT 84770.

INTERNATIONAL

July 30-31. 2nd WAVA World Veterans Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30th/25K & 20K RW, 31st. WAVA RR Championships, 1220 Sheppard Ave. East, Rm 218, Willowdale, Ontario, Canada, M2K 2X1. Phone: 416/495-4059; Fax: 416/495-4310.

July 31. BVAF 10 Mile Championships, Oswestry, Shropshire. Doug Morris, 27 Whittington Rd., Oswestry, Shropshire SY 11 1JO, England

1993 Age Record Book Available

The 1993 World and U.S. Masters Age-Record Book is now available.

The 56-page book features men's and women's world and U.S. age bests for all outdoor track & field events, age 35 and up, as of October 31, 1993.

It also includes U.S. age bests for men and women for all racewalking events, age 40 and up, as of the same date.

The price is \$4.00. The book is available through NMN.



1994 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS

Eugene, Oregon • Hayward Field • August 11-14, 1994

GENERAL INFORMATION

MEET DIRECTORS: Tom Jordan & Barbara Kousky
503/687-1989; FAX: 503/687-1016

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 11, 1994 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. On-site registration will be available; however, we strongly urge you to obtain your USATF card in advance through your local Association.

Foreign competitors may compete as guests with no USATF registration required.

Proof of date of birth will be required from all competitors in advance. A photocopy of driver's license, passport, or birth certificate must be sent with your entry form to ensure eligibility.

AWARDS: USATF Championships medals will be awarded to the top three U.S. citizens in each age division of each Championships final. Foreign guest competitors finishing in the top three will receive a non-Championships medal. All competitors will receive a Certificate of Participation.

ENTRIES: All entries must be RECEIVED BY JULY 20, 1994. Confirmation of entry will be sent to all competitors who have registered by July 14, 1994. (If your form is received after July 14th, no confirmation will be sent.) Late entries received after July 20th will be assessed a \$25 penalty. Absolutely no entries will be accepted after July 31, 1994. No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

RELAYS: Relays must be comprised of duly accredited athletes from a single club or Region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40 per team. If any relay team members have not also entered an open event, they will be required to provide proof of date of birth and USATF registration.

AIR TRAVEL: The Championships Organizing Committee has been able to obtain air discounts on United and United Express through Wilcox Travel (1-800-234-1605) of five percent discount on an excursion fare and ten percent discount on a coach fare. Travel dates are July 24 through August 17. Air can be ticketed into Eugene or Portland. Tickets are subject to all applicable restrictions imposed by the airlines. When calling ask for the "Masters Desk."

ACCOMMODATIONS - HOTEL/MOTEL: The Championships Organizing Committee has blocked rooms at the following hotels/motels. Please identify yourself as a competitor in the USATF National Masters Championships to the Reservation Clerk. All Franklin Blvd. properties are within walking distance of Hayward Field. Free shuttles will be provided from selected outlying hotels to the venue.

- Barron's Motor Inn** 503-342-6383
1859 Franklin Blvd FAX: 503-342-6383
\$53.00 - \$66.00 plus 9.5% room tax
- Best Western New Oregon Motel** 503-683-3669
1669 Franklin Blvd FAX: 503-484-5556
\$68.50 for one or two beds plus 9.5% room tax
\$ 2.00 per each additional person
- Best Western Greenlee Motel** 503-485-2727
1758 Franklin Blvd FAX: 503-686-2094
\$68.50 for one or two beds plus 9.5% room tax
\$ 2.00 per each additional person
- Franklin Inn** 503-342-4804
1857 Franklin Blvd FAX: 503-342-3114
\$35.00 - \$48.00 plus 9.5% room tax
- Red Lion Inn - Springfield** 503-726-8181
3280 Gateway Road FAX: 503-747-1866
\$65.00 for one bed, one person plus 9.5% room tax
\$80.00 for one bed, two persons plus 9.5% room tax
- Red Lion Inn - Eugene** 503-342-5201
205 Coburg Road FAX: 503-485-2314
\$60.00 for single or double plus 9.5% room tax
\$80.00 for two-four persons (2 queen beds)
plus 9.5% room tax
- Roadway Inn** 503-746-8471
3480 Huttan Street FAX: 503-747-1541
\$60.00 per room (2 queen beds) plus 9.5% room tax
- Valley River Inn** 503-687-0123
1000 Valley River Way FAX: 503-683-5121
\$72.00 for single plus 9.5% room tax
\$87.00 for double plus 9.5% room tax

ADDITIONAL HOTEL/MOTEL HOUSING: For additional general hotel/motel housing, contact the Convention and Visitors Association of Lane County, Oregon, Box 10286, Eugene, OR 97440. Telephone 1-800-547-5445; FAX: 503-343-6335.

DORMITORY HOUSING: Dormitory housing is located directly across the street from Hayward Field. The price per day includes three meals: double occupancy, \$34 per day; single occupancy, \$43 per day. If you wish to receive a Dormitory Reservation Form, please check the box on the entry below. For more information about dorm housing, call 503/687-1989. However, absolutely no dorm reservations will be taken over the phone.

SHUTTLE: Free roundtrip shuttles for athletes and accompanying person will be available from the airport to major hotels and dorms. Free shuttles from major hotels to and from Hayward Field will run daily throughout the Championships.

CHAMPIONSHIPS BARBEQUE: A post-meal barbeque open to all athletes and accompanying persons will be held at the end of competition on Saturday, 8/13. Cost is \$12.50 per person. Pre-purchase of tickets with your entry is required.

SCHEDULE OF EVENTS

(Note: Exact event starting times will be determined after all entries have been received and entered into the computer. However, under no circumstances will an event be changed from the day listed below.)

THURSDAY, AUGUST 11

- A.M.**
 - 5000 Meters (W)
 - 5000 Meters (M)
 - Pentathlon (M)
 - Pentathlon (W)
- P.M.**
 - 800 Meters-Trials (W)
 - 800 Meters-Trials (M)
 - 400 Meters-Trials (W)
 - 400 Meters-Trials (M)
 - Shot Put (W)
 - Javelin (W)
- Discus (W)**
- Discus (M)**
- Long Jump (M30-59)**
- High Jump (W)**
- High Jump (M60+)**
- Pole Vault (M50&M55)**

FRIDAY, AUGUST 12

- A.M.**
 - 5000 Meters Track Walk (W)
 - 5000 Meters Track Walk (M)
 - High Hurdles (W)
 - High Hurdles (M)
 - Hammer (W)
 - Hammer (M)
 - Long Jump (W)
 - Long Jump (M60+)
 - High Jump (M30-59)
 - Pole Vault (M&C&M55)
- P.M.**
 - 100 Meters-Trials (W)
 - 100 Meters-Trials (M)
 - 1500 Meters-Trials (W)
 - 1500 Meters-Trials (M)
 - 400 Meters-Finals (W)
 - 400 Meters-Finals (M)
 - Steeplechase (W)
 - Steeplechase (M)
 - Pole Vault (M40)
- 10K Road Walk (W)**
- 20K Road Walk (M)**
- 1500 Meters-Final (W)**
- 1500 Meters-Final (M)**
- 200 Meters-Final (W)**
- 200 Meters-Final (M)**
- Triple Jump (W)**
- Triple Jump (M)**
- Pole Vault (W)**
- Pole Vault (M70+)**
- Javelin (M60+)**
- Shot Put (M30-59)**

SATURDAY, AUGUST 13

- A.M.**
 - 10,000 Meters (W)
 - 10,000 Meters (M)
 - 1H Hurdles (W)
 - 1H Hurdles (M)
- Pole Vault (M30&M35)**
- Javelin (M30-59)**
- Shot Put (M60+)**

*Non-Championships Event

1994 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS ENTRY FORM

Last Name _____ First Name _____
 Address _____ City/State _____ Zip _____
 Telephone _____ Club/Affiliation _____
 MF _____ Date of Birth _____ Age on Aug 11, 1994 _____

Event #1 & Best Mark _____ x \$25 _____
 Event #2 & Best Mark _____ x \$15 _____
 Event #3 & Best Mark _____ x \$15 _____
 Event #4 & Best Mark _____ x \$10 _____
 Pentathlon & Best Mark _____ x \$25 _____
 Championships Barbeque _____ x \$12.50 per person _____

T-Shirt Size (cost included in entry fee) S M L XL XXL*
 *Add for each XXL _____ x \$2 _____

Extra Shirts _____ x \$10 each _____

SEND INFORMATION ON DORMITORY HOUSING

USATF Registration No. _____ TOTAL ENCLOSED \$ _____



Method of Payment—Check or money order in U.S. dollars payable to "Championships Organizing Committee."

Mail to: COC, Box 10825, Eugene, OR 97440. Remember to include your proof of birth date.

WAIVER
I hereby declare that I am in good health and am properly conditioned for the competitors, and that I am of the stated age on this application. I absolutely release Northwest Event Management, Inc., Oregon Track Club, USA Track & Field, USATF Oregon, the corporate sponsors, and the University of Oregon of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1994 USATF National Masters Outdoor Championships. I also verify that I am registered for the 1994 year with USA Track & Field.

Signature _____ Date _____