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

NATIONAL MASTERS NEWS

173rd Issue

January, 1993

Funkhouser, Richardson Top Racewalkers

Whitley, Matson, Raschker Named Best 1992 **T&F** Athletes; Utes, Kurtis Top LDR Picks

Best Performance Award Goes to Jordan; Honors Also Go To Harvey and Morcom

Stan Whitley, 46, of Altadena, Calif., was named the outstanding age-40-and-over male track and field athlete of 1992 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Shirley Matson, 51, of Moraga, Calif., and Philippa (Phil) Raschker, 45, of Marietta, Ga., were voted the top female masters performers by the same group at the 14th annual convention of TAC in Louisville, Ky., on December 3.

Rex Harvey, 45, of Cleveland Heights, Ohio, was named the outstanding administrator of the year, while the top racewalking awards went to Ray Funkhouser, 42, of Tom's River, N.J., and Elton Richardson, 53, of New York City.

Raschker and Boo Morcom, 71, of Wilmot Flat, N.H., were named the best multi-event athletes. The awards for the best single performances of the year by athletes over age 40 went to Payton Jordan, 75, of Los Altos, Calif., for his 13.4 100-meters on April

25 in Sacramento, and to Matson, for her 37:39 10,000 at the Nationals on August 14 in Spokane.

It was the second athlete-of-the-year award for Whitley, who shared the honor with Gary Miller in 1988. It was Matson's first T&F award; she also was voted best 1992 LDR runner in the W50-54 division. For Raschker, it was her sixth award as top female athlete of the year. She also won in 1982, 1987, 1988, 1989, and 1990.

Whitley won four national titles in Continued on page 3

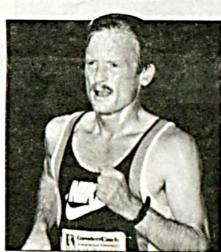
Matson, Benham, Filutze, Irvine Among 22 **Runners Honored by TAC at Convention**

Warren Utes, 72, and Doug Kurtis, 40, were among 22 runners honored by the Masters Long Distance Running Committee of The Athletics Congress at its 14th annual convention in Louisville, Ky., on December 3.

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

Utes, of Park Forest, Ill., dominated his M70 division in every event from the 5K to the marathon. He clocked an amazing 18:20 (100.6% age-graded) for 5K on June 6. He won at 25K on September 20 in 1:40:49 (100.7%), at 10K on June 28 in 39:16 (97.2%), and at a half-marathon on April 26 in 1:25:55 (97.0%). He won TAC's marathon title at Twin Cities in 3:09:10.

Kurtis of Detroit was voted the top



\$2.50

Doug Kurtis

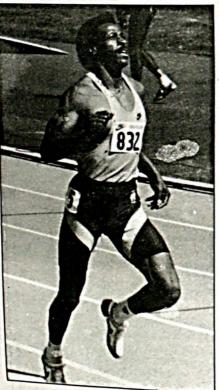
U.S. M40-44 runner, beating out Doug Bell, Charles McMullen, Bill Rodgers, Gary Romesser, and Domingo Tibaduiza. Like Utes, Kurtis won at distances from 5K to the marathon. He ran four sub-2:20 marathons, including a 2:17:03 (94.9%) at Boston. He won more prize money in 1992 Continued on page 7

Barry Brown Dies

Barry Brown, a top masters distance runner for more than eight years, apparently committed suicide December 14 at his home in Gainesville, Fla. He was 48

A financial consultant in the insurance industry, Brown left a note that he had been depressed about financial matters, according to Gainesville police. His body was discovered in the garage of his home by his wife, Bobby, at 3:30 p.m.

Continued on page 6



Stan Whitley



Phil Raschker



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VATIONAL MASTERS NE

The National Masters News is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.

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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 USATF, 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 USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributio 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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Whitley, Matson, Raschker Named Best 1992

Continued from page 1

the 100, 200, 400, and long jump. During the year, he set world M45 records in the 200 (22.30) and 400 (50.24).

Matson set four U.S. W50 records at the National Masters T&F Championships in Spokane, winning the 800 (2:25.29), 1500 (4:57.44), 5000 (18:02) and 10,000 (37:29). Her age-graded performances were 91.8%, 91.9%, 92.6%, and 92.6%, respectively.

Raschker won an amazing 17 national W45 titles during the year eight at the outdoor nationals, seven at the indoor nationals, and also won the heptathlon and pentathlon. She set a W45 world pole vault mark of 2.61 meters (8-6¹/₂). She set U.S. W45 marks in the HJ (1.46/4-9), LJ (5.08/16-8), and TJ (9.79/32-1¹/₂).

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES Selected by the TAC Masters Track & Field Committee

GWILYM BROWN AWARD

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

Year	Men	Women
1978	George Ker	
1979	Ernie Billups	Irene Obera
1980	Al Oerter	Joann Grissom
1981	Jim Burnett	Judy Fox
1982	Al Oerter	Phil Raschker
1983	Jack Greenwood	Polly Clarke
1984	Ed Burke/ Parry O'Brien	Irene Obera
1985	Jim Burnett	Polly Clarke
1986	Jack Greenwood	Christel Miller
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almberg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phil Raschker
		the second se

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR 1985 Brian Oldfield, 40 Shot put, 70' 3''

1985	Brian Oldfield, 40	Shot put, 70' 3"
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236' 6"
1988	Larry Stuart, 50	Javelin, 215' 9"
1989	Al Oerter, 52	Discus, 205' 10''
1990	Larry Almberg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100, 12.91
	Jack Greenwood, 46	300H, 45.20
	Philippa Raschker, 44	PV, 9'10''
1992	Payton Jordan, 75	100, 13.4
a grates	Shirley Matson, 51	10,000, 37:39

1985

1987

1989

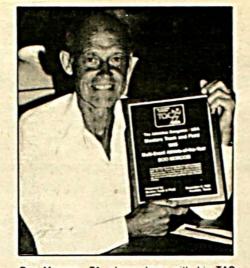
1991

OUTSTANDING MULTI-EVENTS ATHLETE

Boo Morcom	1986 Gary Miller
Gary Miller	1988 Gary Miller
Rex Harvey	1990 Christel Miller
Rex Harvey/Betty Vosburgh	1992 Boo Morcom/Phil Raschker

1992 AGE-GROUP AWARDS Men Women

the second se					
Track	Field	Track	Field		
Nathaniel Williams	Jeff Helton	Renee Sterett	Julie Wiedis		
	Gary Hunter	Marcia Hulse	Janet Wilson		
	Charles Rader	Donna Settles	Joan Stratton		
	Tom Gage	Phil Raschker	Phil Raschker		
and the second s	Lloyd Higgins	Shirley Matson	Vanessa Hilliard		
and the second se	Bill Duckworth	Carolyn Cappetta			
and the state of the second state of the secon	Jim Gilcrist	Betty Vosburgh	Leonore McDaniels		
	Bud Held				
Jim Law		Pat Peterson	Pat Peterson		
and the second se		Diane Friedman	Ruth Talley		
sin zytjen	The second se	Carol Peebles	THE FALLS		
Payton Jordan		Pearl Mehl	Betty Jarvis		
		Polly Clarke	Marilla Salisbury		
			Arleen Weitzel		
		Contract These of	and the public of		
B i nenet	Tom Lane		Margaret White		
		Nathaniel WilliamsJeff HeltonMartin KrulleGary HunterBill CollinsCharles RaderStan WhitleyTom GageMike HeffernanLloyd HigginsJim MathisBill DuckworthMarion SanchezJim GilcristJim LawPhil BruscaJim LytjenBoo MorcomPayton JordanManuel WhiteVirgil McIntyreLeon JoslinRussell RandallEarl SalisburyArling PitcherArling Pitcher	Nathaniel WilliamsJeffHeltonRenee SterettMartin KrulleGary HunterMarcia HulseBill CollinsCharles RaderDonna SettlesStan WhitleyTom GagePhil RaschkerMike HeffernanLloyd HigginsShirley MatsonJim MathisBill DuckworthCarolyn CappettaMarion SanchezJim GilcristBetty VosburghJim LawPhil BruscaPat PetersonJim LytjenBoo MorcomDiane FriedmanTom PatsalisCarol PeeblesPayton JordanManuel WhitePearl MehlVirgil McIntyreLeon JoslinPolly ClarkeRussell RandallEarl SalisburySusan Hughes		



Boo Morcom, 71, shown here with his TAC 1985 Multi-Event Athlete-of-the-Year Award, was again named Multi-Event Athlete-of-the-Year for 1992 at TAC's convention in Louisville, Ky., on December 3. Photo by Getchen Snyder

Harvey was honored for his outstanding work as national multi-events coordinator, and for leading the effort to revise the WAVA multi-event scoring system and age-graded tables.

Funkhouser placed fourth in the Olympic 20K racewalk Trials in 1:31:56. He set a U.S. 40 + record of 1:29:36 for 20K, and placed sixth in the open 5K in 22:01. He won national masters titles in the indoor 3K (12:42), outdoor 5000 (22:26) and 20K (1:33:24).

Richardson was first U.S. woman overall in a Ft. Monmouth, N.J., 40K (4:17:46). She set a U.S. W50 30K walk record and won the national masters 3000 indoors, and 5000 and 10K outdoors.

The winners were announced at TAC's Awards Luncheon at the Galt House Hotel in Louisville. Personalized plaques will be presented to each winner at the 26th annual National Masters T&F Championships in Provo, Utah, on August 14.

The Committee also selected outstanding T&F athletes in each five-year



Payton Jordan, 75, received TAC's best single performance by a master award for his 13.4 100 on April 25 in Sacramento. Photo from Scott Randle

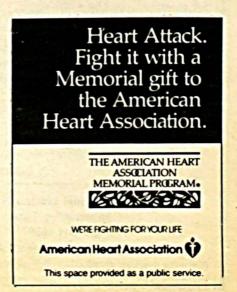
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ADMINISTRATOR	
OF THE YEAR	
978 Pete Mundle	
979 Al Sheahen	
Kathy Brieger	
980 Bob Fine	
Ruth Anderson	
981 Bruce Springbett	
Fred Mannis	
982 George Hatzfeld	H
Jack Kelly	
983 Jim Weed	
984 Jerry Donley	1
985 Gary Miller	3
986 Pete Mundle	
987 Frank & Dorothy Anderson	
988 David Pain	
Chuck Phillips	2
1989 Jim Puckett	
1990 Barbara Kousky	
1991 Jerry Wojcik	
Nate & Evelyn White 1992 Rex Harvey	
1992 Rex Halvey	
	18

MASTERS TRACK & FIELD



Rex Harvey, 46, was the Outstanding Administrator of the Year for 1992.

age division for both men and women in both track and field categories. Outstanding racewalkers were chosen by event. (See separate charts on page 10). \Box





AFFLICTIONS AFTER 40

I certainly appreciate Mike Tymn's exhaustive research on the subject of aging athletes, and although I'm sure his recent column, "Afflictions After 40," will add much to the scientific community's continuing research on the subject, he did omit one affliction that I have found to be at least as pervasive in aging runners as "Varsity-Letter Syndrome" or "Born-Again Anaerobia."

It falls somewhere between my continuing research of "Memory Interval Lapse" and "Jockternal Omission." Let's just call it "Retrospective Jock Glitch." Simply stated: The older (and slower) a runner gets, the faster (and farther and higher) his times (and jumps) were in high school.

By the way, did you catch that Frank Shorter quote after losing to Bill Rodgers yet again in the recent Alamo Alumni 8K run in San Francisco? He said he figured he'd catch Bill when he's 75. Boy, talk about "Methuselahosis!" Anyhow, keep up the fine writing and research, and perhaps we'll compare notes next time I'm in Hawaii. Jim Gibbons Willits, California

WAVA SPECIFICATIONS

Burt DeGroot's letter (December NMN) regarding WAVA specifications was very timely. As we age, there is a marked decrease in mobility, flexibility, and speed. We are also more prone to dislocations and fractures.

Besides using the 3 kg shot and hammer for men over 80, I would also recommend adopting the 400 g javelin. All three of these implements are now used by women over 50.

I have reviewed world records for masters men and women, and have found a differential of 25 to 30 years in favor of the men. I'd also like to suggest switching to a 2 kg shot and hammer for women over 70 due to the increase of osteoporisis at that age. Manuel White

Helena, Montana

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ALL-AMERICAN STANDARDS

The standard of 11 meters for the M60 25# weight throw is too low. There are many throwers who exceed that distance on a regular basis. The standard should be raised to at least 12 meters.

The M55 35# weight throw standard of 9 meters is also too low and should be upped to at least 12 meters. I'm 62 and I can throw the 35# weight over 10 meters.

Finally, the M50 35# weight throw standard of 10 meters should be increased to a minimum of 11 meters.

> Lloyd G. Smith Lawrenceburg, Indiana

SIMPLIFY REGISTRATION

Why not simplify registration and paperwork for our meets? Instead of pre-entries, just let everyone pay at the gate and receive name stickers for the events they enter.

Competitors then give the stickers to the event director or clerk of the course as they show up for each event. The stickers are put on sheets by lane or by jump/throw order to form the same type of sheets that meet directors slave over when receiving entries prior to meets. This system already works great at California State U. at Long Beach all-comer meets.

Fred Niedermeyer Los Angeles, California

LACK OF OFFICIALS

In my home state of Florida, there is a serious shortage of track officials. When I asked my officiating colleagues why this was the case, I got a very sobering response. Many officials have grown tired of the poor treatment they receive from masters competitors.

Each official must pay all of his expenses related to attending the meet, and they rarely even get T-shirts as a reward for their efforts. They are dedicated to track, and deserve to be respected, not challenged and argued with at every turn.

Let's accept that we are not perfect on the field of competition — no matter how long we have been competing — and take it easy on our officiating friends. They are what we need to make our track meets even better.

> Jeff Helton Land O'Lakes, Florida

RACEWALK RECORDS

Other commitments have made it necessary for me, reluctantly, to give up being the record keeper for men's and women's masters recewalking.

I'd like to congratulate all the racewalkers who have set masters age



Wendell Palmer, Pampa, Texas, M60-64 discus world-record holder and 1992 National champion, challenged his mother, Margaret White, 98, of Turpin, Okla., to try for the W95 world shot put record, which she set (11-1½) using a 4kg instead of the 3kg in a meet in Pampa, September 7. Palmer said that she accepted the challenge and performed with dignity and enjoyed every throw. Patricia Young, 26, and Brennan Young, 9, also threw.

Photo from Wendell Palmer

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group records and who have been so cooperative in submitting the appropriate documentation.

My thanks also to the meet directors and officials who have been attentive to the details necessary for the verification of those performances and to the Road Running Technical Committee for their course certification activities.

My special thanks to Linda and Basil Honikman and Sally and Wayne Nicoll who supported me in this endeavor.

Beverly LaVeck, who has long been active in many aspects of racewalking, will be the new masters racewalking record keeper and I'm sure all will give her the full support that they've given me.

It's been a pleasure.

Don Henry Brick, New Jersey

HAROLD CHAPSON MISSED

I will miss Harold Chapson. I ran against him in San Diego in one of my first competitions in 1976. I was 49 and ran the 400 with the older men. I wrote in my diary that I "was way behind a 70-year-old man from Hawaii."

That man was Harold, and he ran the race in the low 70s — and I've yet to break 80.

> Shirley Dietderich Berkeley, California

CORRECTION

In double-checking my age-graded results of the Nationals (November NMN), I discovered an error which I attribute to the age of the tabulator. Herm Wyatt, 60, of Calif., won his division in the HJ with a 1.60 (5-3), which age-grades to 2.21 (7-3) for a 91.3%. This gives him the silver medal for finishing second among all high jumpers. Congratulations, Herm. *Phil Mulkey*

Atlanta, Georgia

TAC Changes Name to USAT&F

TAC is dead. Long live USATF.

The Athletics Congress (TAC), the governing body for track & field, long distance running, and race walking in the USA, has changed its name to "USA Track & Field."

The historic change was unanimously approved by the Congress at its 14th annual convention in Louisville, Ky., December 5.

The group also changed its logo and elected a new President.

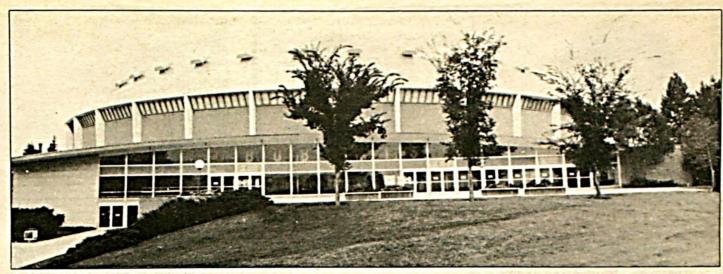
The name was changed mainly to help market the sport better in the USA. The word "athletics" was confusing. It is used in the Olympics and in other countries to mean track, LDR and racewalking. But in the USA, "athletics" is an umbrella word covering all sports. TAC's national office receives bizarre calls for information on dozens of sports.

The new name more closely identifies what the sport is all about. A few long distance runners seemed unhappy that the term "LDR" was left out of the title, but there was no dissension to the name change on the floor of the Assembly.

"The sport of track and field in the USA is making great new strides with the name change and addition of a new and consistent logo," said incoming President Larry Ellis. "Our sport is

5/13 61

Committee



Montana State U. Fieldhouse, Bozeman, site of the 1993 USATF National Masters Indoor Championships, March 19-20. It features a 200m track, with eight straightaways (42"), five curved lanes (36"), and a Urethane Track. Cone spikes are permitted; no needle spikes are allowed.

very healthy and that is exemplified by the performance of our athletes at the Barcelona Olympic Games."

The new logo is an inverted triangle. Attendance at U.S. meets is much lower than in Europe. State and local budget cuts have eliminated all-comers meets and school track & field programs throughout the nation.

'The sport is really dying, and this will put it back in the right direction," said sprinter Calvin Smith, former 100-meter world record holder.

Former decathlete David Morey issued an 84-page report with 44 recommendations on how to improve

Harold Chapson Dead at 90

Harold Chapson, who made sports and geriatric history during his 70s and 80s, died on November 19 at Queen Medical Center in Honolulu, where he had been hospitalized for several weeks. He was 90.

Chapson set more than 40 singleyear age records between 1973, when he entered the masters arena, and 1989, when failing health forced his retirement. At 71, in his first year of masters competition, he become the first runner in history, 70 years or older, to officially run a mile under six minutes. Chapson's time was 5:54. In 1975, he lowered the 70 + record to 5:51.7.

In 1982, at age 80 Chapson raced 800 meters in 2:53.5, breaking Paul Spangler's M80 WR in that event by 11 seconds. The record still stands.

The record Chapson seemed most proud of was a 67.2 quarter at age 72, making him the first person on record to have run 400 meters in a time under his own age.

At 81, he ran 400 in 75.6 and 200 in 33.4.

During the mid-1920s, Chapson ran for Colorado A&M and was one of the leading competitors in the Rocky Mountain Conference with a 4:30 mile and a 10-minute 2-mile to his credit. "Those times don't sound like much now," Chapson chuckled in 1981, "but they were pretty respectable back then. We didn't know how to train in those days. I just went out and ran a hard mile or two every day and that

was about it. Somewhere along the line, I was told that I should run ten miles once a week and I did that for awhile."

A bout with polio when he was 5 left Chapson with limited use of his left arm. Although he was able to adjust his running form to his handicap, one had to wonder how much faster Chapson could have been had he been able to make full use of his arm.

Chapson moved to Hawaii in 1929 to teach agriculture and shop at a junior high school. He quit teaching in 1944 to begin a materials and equipment business with his brother. He retired in 1962

Before he began running for fitness in 1968, he made hikes of 100 miles or more in Peru and the Himalayas after turning 70 and before becoming a competitor again.

Chapson is survived by Mabel, his wife of 65 years, two daughters, five grandchildren and four great-grandchildren.

Following his 1982 world records, Chapson was surrounded by a group of women known as "Harold's Harem." They draped him with leis and showered him with congratulatory kisses.

"It seems sort of ridiculous, an old guy like me going off to run races," he said at the time, "but I rationalize it by telling myself the next one could be the last. Heck, why not?"

- Mike Tymn et cm n

the sport. Among the suggestions are: 1) begin aggressive strategic communications; 2) tackle drug issues head on; 3) promote the sport with five superstars.

Other newly-elected officers include Pat Rico, Herman Frazier, and Darlene Hickman, as vice-presidents; Bill Roe as secretary; and Steve Bosley as treasurer.

Among resolutions passed:

 Opposition to any attempt by the IAAF to further suspend 400-meter

Indoor Rankings — 1993 Season

The rankers by events for the 1993 indoor season are listed below. Anybody interested in compiling the indoor 1500 should contact Jerry Wojcik, Masters T&F Rankings Coordinator, at the address below. 55m/60y dash, 200, 400:

Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229

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

3000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

HJ, TJ: Charles Mercurio, 4927 W. 123 Place,

runner Butch Reynolds for his legal actions against the IAAF.

 Asked that the IAAF abandon the "contamination rule." Under that rule, any athlete who competes against an IAAF-suspended athlete - such as was the case with Reynolds at the Olympic Trials last summer - would also be suspended.

 Asked that a procedural method be developed that allows an athlete's fingerprint to be affixed to the sample bottles during drug testing.

Hawthorne, CA 90250 PV:

Tomlinson Rauscher, 85 Sunset Blvd., Pittsford, NY 14534 LJ:

Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

Mile, 55m/60yH, weight, mile racewalk, and 3000 racewalk:

Jerry Wojcik, 774 Blueridge Dr., Santa Maria, CA 93455 SP:

Sally Polk, P.O. Box 71, Sandia Park, NM 87047

5K Road Walk (send before 1/18/93) Bev LaVeck, 6633 N.E. Windemere, Seattle, WA 98115.

1991 U.S. Masters Outdoor T&F Rankings Book

•Men's and womens 1991 U.S. 5-year track & field age-group rankings.

56 pages, over 100-deep in some events.

•All T&F events, including 3000, 10,000, weight,

relays; racewalks (1500, mile, 3000, 5000).

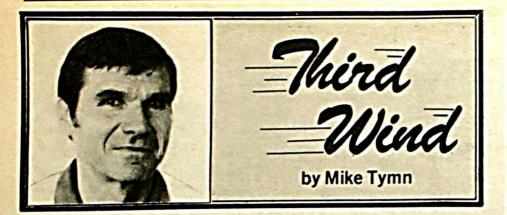
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Sonny Monioz: No More Nightlife

E light years ago, Sonny Monioz was livin' it up and having a ball. "I had this terrific night life," he says. "I mean I was out every night. That was my lifestyle. I had been a dance instructor and I really liked to dance."

But that's all in the past. Today, Monioz, a 56-year-old resident of El Segundo, Calif., gets his kicks in a different way. No longer Sonny the dancer, he's now Sonny the runner.

In fact, Monioz is a standout ageclass runner in the Southern California arena. He recently won the national TAC 25K M55 title in San Diego with a 1:41:14. Moreover, the recent TAC rankings for 1992 have him 5th in the nation based upon a 16:51 5K in the Fontana Days event during June. He also had a 36:31 10K to his credit during 1992.

"A week before that race I was feeling as strong or stronger than at any time in my life," said Monioz, referring to the national 25K championship. "But then I got sick a few days before the race. A friend of mine told me that as long as I was recovered at the time of the race I should be okay. I felt good the whole race. I never really got tired, but I just couldn't go any faster."

A native of Honolulu, Monioz, who works as an entertainment agent for hotels in Southern California, does not recall any of the schools he attended in Hawaii having any kind of crosscountry program. "It was football, basketball, or baseball, and I was too small to play any of them," said Monioz, who now carries 128 pounds on a 5-7 frame.

His real athletic competition came as a member of the Coast Guard. He became a skilled boxer and went on to compete in the 1960 Olympic Tryouts. "I was a real hard hitter and had a string of 12-straight knockouts while I was in the service," Monioz remembered.

Following his military service, Monioz was content to get his exercise from dancing, bowling, and golf. "I didn't know there was anything like running," said Monioz, who was attracted to the sport by a contest for torch-carrying honors in connection with the 1984 Olympics in Los Angeles. "It sounded like it would be fun, but I didn't realize then how much work it was. I thought I could just go out and train for a month or so and do well enough to win one of the spots in the torch runoff.

"I didn't do very well, but It was very exciting for me and I really pursued it after that."

It took Monioz several years of adaptation before he would become a real age-class competitor. At 53, he set a single-year U.S. record at 5000 meters and turned in his 10K PR of 36:19. He also recorded a 5:03 mile that year.

"I really came to life after I joined the Gardena Reebok club and came under the wing of Dan Ashimini," Monioz offered. "He showed me what it was all about. Dan told me I had a lot of potential but didn't have any base. Before I hooked up with Dan, I was doing three to five miles a day and I considered five miles a real long run."

Now, a typical week of training for

Sonny Monioz

Monioz means 70-80 miles a week, including a long run of 21 miles. He does no track work or interval training. "I've come to realize that the most important part of my training is that long run of 21 miles on Sundays," Monioz continued. "It seems to have made the difference for me between fast times and just good times. Unless I'm training for a 5K or something really short, I don't do what you'd call speed work. For the longer races, I thing it's strength that you need and I get that from the long runs."

"I'm a firm believer now that no matter how talented you may be, you need somebody to guide you. It can't be done by yourself. A lot of people go on their own and it works for a while, but eventually you end up back where you started from. You need someone to look at you objectively and tell you what you're doing wrong."

Monioz will now focus on the Las Vegas Marathon in February. He has run just two marathons, his best being just 10 seconds over 3 hours in the 1990 Las Vegas event.

"This will be the first one I've really trained for," Monioz said. "I'm looking at something under 2:45."

The nightlife days are definitely behind him. "That was fun while it lasted," Monioz ended, "but I'm having a different kind of fun now. I feel real fortunate that I found running. It's been a read addition to my life. If I didn't have this, I'd probably be smokin' and drinkin' my life away right now."



Barry Brown

Barry Brown Dies

Continued from page 1

Brown left his car engine running inside his garage and apparently died of carbon monoxide poisoning.

Brown was one of the first top-class runners who continued running competitively through his 30s. When he turned 40 in August, 1984, he began to rewrite the masters record book, setting U.S. M40-44 marks which still stand at 10K (29:57), 10 miles (49:46), half-marathon (1:06:25), and marathon (2:15:15). His 15:18 for 5K in 1990 is still the U.S. M45-49 standard.

Brown was named TAC's long distance runner-of-the-year for his age group in 1984, 1985 and 1990. In March, 1991, he was featured on the cover of *Runner's World* magazine.

Brown never seemed to "burn out" on running as he aged.

"He just kept running, year after year," friend James Simpson told Aaron Hoover of the Gainesville Sun. "Even to this day, he has been running well over 100 miles per week."

In his youth, Brown was one of the top steeplechase runners in the nation. He moved from Glens Falls, N.Y. to Gainesville and actively promoted running there. He was responsible for Gainesville becoming a mecca for serious distance runners.

"He was the father of the whole

Gainesville mystique," Marty Liquori told Hoover. "Everything was always going great for Barry."

Ray Hanlon, who coached Brown at Providence College, told the Sun's Mike Bianchi: "If I had to list 100 people who would reach the stage of depression where they would want to commit suicide, Barry Brown most certainly would not be on that list."

Simpson said Brown was "loved, and there was more respect for Barry than any other runner in Gainesville."

So why was Brown so depressed? He was handsome, confident, had a family, and was respected throughout the community.

Brown had reportedly started trying to borrow large sums of money in order to settle some debts.

"Maybe that's part of it," Bianchi said. "When you're at the top, it hurts so much more when you hit bottom. Especially for a proud man like Barry Brown. Amateur psychologists might theorize that Brown could not stand the thought of failing in a community that held him so dear. Anybody will tell you there was nothing Brown hated worse than failure."

Brown trained harder and longer than anyone, running between 100-140 miles a week. But Bianchi reported that a few months ago, he was bending over

Continued on page 7

LDR Awards

Continued from page 1

(\$20,700 as of October 31) than any 40 + runner except France's Pierre Levisse and Kenya's Joseph Nzau. He captured the 8K TAC title in 24:28 (92.3%).

The complete awards by five-year age groups are listed on this page. The awards were coordinated by Kirk Randall (men) and Ruth Anderson (women). Final choices were made by the Committee at the convention and were announced at TAC's Awards Luncheon.

A special "ultra" award went to Helen Klein, 65, for running 354.9 miles in a six-day race in Australia nearly 60 miles per day.

Five Years Ago

- Melbourne Australia. Hosts 4817 Athletes who Set 92 WRs in VII World Veterans Games
- Tom Patsalis, 65, and Philippa Raschker, 40, Named Top T&F Athletes of the Year by TAC
- Larry Olsen, 42, and Barbara Filutze, 42, Chosen Outstanding Long Distance Runners of 1987
- Norm Green, Jr., 55, Battles Harsh Weather to Win TAC National Masters Half-Marathon Championships in 1:15:35.

Barry Brown Dies

Continued from page 6

to pick up a paper clip when his back gave out on him.

"Maybe all those miles of pounding, pounding the pavement had finally taken their toll," said Bianchi, who contradicted Simpson's statement that Brown was still running 100 miles a week.

"Barry was unable to run with his old training buddies (after the back injury) and dropped out of sight."

So perhaps a combination of financial pressures and the inability to run 100 miles a week anymore were too much to overcome.

One cannot help but see the parallel between Brown and George Bailey, the beleagured Jimmy Stewart character in the film, "It's a Wonderful Life." Bailey, facing financial ruin, decides to commit suicide. But the "angel" Clarence saves him, and shows him how valuable his life has been and how much he is loved by his friends.

Unfortunately, there was no Clarence around to save Barry Brown.

Brown was the father of two collegeage daughters by his first marriage and a son, in grade school, by his second marriage. Funeral services were held in Glens Falls on December 19.

National Masters News

	rected by the masters 2	ong Distance	e Running Committee of T	
Age	Men		Women	
40-44	Doug Kurtis	MI	Carol McLatchie	TX
45-49	Larry Olsen	MA	Barbara Filutze	PA
50-54	Jim O'Neill	OH	Shirley Matson	CA
55-59	Bill Olrich	кү	Sandra Kiddy	" CA
60-64	Joe Fernandez	MA	Marion Irvine	CA
65-69	John Keston	OR	Barbara Anderson	MN
70-74	Warren Utes	IL .	Heidi Marque	
75-79	Max Quackenbos	FL	Algene Williams	IL
80-84	Ed Benham	MD	Anne Clarke	IL
85-89	Willard Benton	CA	Suzie Hughes	
90-94	Paul Spangler	CA	Ruth Rothfarb	FL



The City of Paramount and the Paramount Rotary Club, in addition to the 14th Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION. This division will be for those Master men and women runners that can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. The race will be sun with the Paramount 10K. If you can meet these standards, then come to Paramount and RUN WITH THE MASTERS. Last year The Paramount Rotary Club donated \$8500.00 to our High School Scholarship Fund.

MASTER STANDARDS: Men 40-44, 34:00; 45-49, 36:00; 50-54, 38:00; 55-59, 40:00; 60-64, 43:00; 65-69, 47:00; 70-74, 52:00; 75-79, 65:00; 80-84, 90:00; 85-89, 100:00; 90+, 100:00 MASTER STANDARDS: Women 40-44, 40:00; 45-49, 42:00; 50-54, 44:00; 55-59, 47:00; 60-64, 52:00; 65-69, 60:00; 70-74, 75:00; 75-79, 90:00; 80-84, 100:00; 85-89, 100:00; 90+, 100:00

All times are "or faster"

Race Date: January 16, 1993

Race Time: 8:00 A.M. Sharp

Accommodations: Comfort Inn

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Ask reservationist to specify,

"10K race participant."

by TAC

Course: Flat, fast, certified and sanctioned

Preregistration Only: Return Entry by 1/9/93.

Race Location: 15550 Downey Ave., Paramount, CA. Thomas Bros. Map, Pg 66, A3.

Seeded Start: You will be on the front line. I.D. Ribbons. Slower runners move to East side of starting line into the "Safe Zone," for your protection, please.

Awards: 10 deep each division, men and women.

Shirt: Long sleeve, 3 color

Race fee: \$16.00.

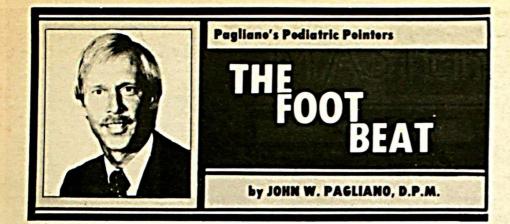
PACKET PICK-UP: At race site. Look for SPECIAL World Master table, from 6:00 A.M., inside Recreation Building

Information: Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648 • (714) 841-5417. NOTE: All applicants <u>must submit times</u> of last 3 races, <u>certified</u> courses. This is our eleventh year with the Masters. It is a CLASSIC.

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SPECIAL WO	ORLD MASTER	RS DIVISION
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• 40-44 • 45-49 • 50-54 • 55-59	• 60-64 • 65-69 • 70-74	• 75-79 • 80-84 • 85-89 • 90+
Submit "times" last 3 races, certified con	urses, in order to quality, with th	is form. RACE FEE: \$16.00
Official Entry Form W	/ill Be Sent Upon Receipt Of T	This Form. Send SASE.
	TERS 10K RUN, 7846 Connie Dr Times Of Last 3 Races, Certified	r., Huntington Beach, CA 92640 d Courses
and the second		

National Masters News



Update on Plantar Fascitis

I am a 63-year-old runner who has been bothered throughout my career with bouts of plantar fascitis. I've heard there have been some new ways of treating this injury, and would like to know what they are.

A Plantar Fascitis is one of the most common running ailments, occurring in more than 12% of all running injuries. The plantar fascia can best be described as a gristly, white, fibrous band that runs along the bottom of the foot. It extends from the toes to the inner border of the heel.

The plantar fascia can be easily damaged, and there is growing medical evidence which suggests that the major cause of the injury is an over-pronated foot, which causes excessive internal rotation of the heel bone, placing a great deal of stress on the area where the plantar fascia is attached. The pain associated with this rotation is often referred to as a bone bruise in the heel.

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or call 201-347-0192

John Noftle, Londonderry, N.H., M65 winner (1:45:19), Applefest Half-Marathon, Hollis, N.H., October 10, receives congratulations from race co-director Jerry DiGrezio. Photo from Bill Gray

Usually, the best treatment is prevention. Running in good, wellcushioned shoes and avoiding hard concrete surfaces helps. Stretching well before interval work is also recommended, and using a foot orthoses to afford some protection to the rear foot area is also a good idea. Once the condition has set in, treatment should begin immediately. Stop running for at least 10 days to determine the severity of the injury. Selftreatment includes the use of hot water soaks with epsom salts twice a day for 20 minutes each. Taping the foot every Continued on page 9

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The Footbeat

Continued from page 8

day helps reduce stress on the heel, and using an over-the-counter liniment such as Mineral Ice often brings relief.

In severe cases, I now advocate the injection of a steroidal agent along with novocaine. This seems to bring down the swelling and speed up the healing process. It will also prevent the formation of scar tissue.

If the condition persists, you should seek help from your sports medicine specialist. In most cases, it is advisable to x-ray the foot to rule out the possibility of bone spurs which often form at the plantar fascial attachment.

Once the pain has diminished, you may return to running on an asymptomatic basis. The key to treatment is related to morning pain. Once that pain is eliminated, the condition is most likely cured.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25. \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.



Claudia Ciavarella, 43, Arlington, Va., first W40 + (36:47), Sentara Bay Days 10K, Hampton, Va., September 12.

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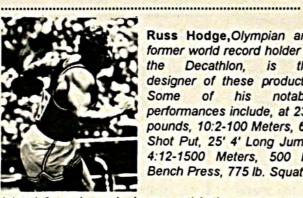
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I had found, early in my athletic career, that nutritional supplementation was an integral



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-Payton Jordan

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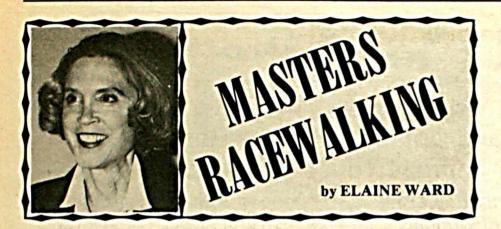
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Deep Water Training: Interview with Richard Charles

Richard Charles, Service Committee representative for the National Racewalk Committee and Racewalk Chair of the Southern Texas Association is a certified exercise instructor for those who are "chronologically superior." He lives in Austin, Texas, where he promotes deep water walking as a definitive method of cross-training for masters racewalkers. Because Ray Funkhouser and other highly successful athletes are using deep water walking in their training programs, its merits are worth exploring.

What benefits can walkers expect from deep water training?

From the racewalking point of view, deep water walking develops the front and back muscles of the legs and arms, works the hip flexors, and improves range of motion at the same time. It does this at a lower heart rate than on land. Specifically, your workout heart rate is about 10-15 beats slower in water than on land. The reason for this is that the water pressure assists the blood's return to the heart. It is aided by the near zero gravity environment.

Another valuable aspect of a water workout is that by your own energy and effort you can develop anywhere from five to 40 times more resistance than in air. A hard 30-minute workout in the water equates with a 45-minute workout on land, and you can gain this intensity without pain.

Would you explain the simple howto's of deep water walking?

When you are doing deep water walking, you use a flotation device. I recommend a wet vest. It floats you just below your chin in a spinal neutral position. In this neutral position, your vertebrae are relaxed and there is no pressure on the disc. Because you are not concerned about trying to keep afoat, you can really concentrate on the movements of driving your legs forward and moving your arms.

Of course, you have to have access to a pool with a deep end. I work out at a local "Y" in a regulation pool with lanes. The diving end has a 20-foot segment that tapers down. Using a lane, I work as hard as I can in one direction, then turn and go in the other direction. The point is that when you do walking or running in water, forward movement is not important. The important element is time. The pool at the "Y" has competition clocks at both ends so I can keep tabs on whether I have done 30 seconds or 60 seconds of effort if I am doing an interval workout.

Do you do workouts similar to those you do on land?

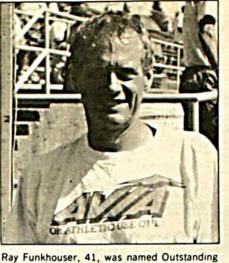
You do workouts similar to those at



Elton Richardson, 53, was chosen Outstanding Female Racewalker for 1992, TAC Convention, Louisville, Ky., December 3.

Photo by Jerry Wojcik

a track. For instance, if you are doing an interval walking workout in the water, you will go all out for 30 seconds, then walk slowly in the water to recover, then go another 30 seconds all out. If you look at a video taken underwater, it appears that you are walking (or running) on an invisible glass surface because all the movement, the forward lean from the ankle,



Male Racewalker for 1992 by the TAC Masters T&F Committee at their convention in Louisville, Ky., December 3. Photo by Jerry Wojcik

everything is involved. When you do a ladder workout, you start out at a reduced effort and gradually increase the intensity.

How do you grade your effort? By breathing? By fatigue?

People use heart monitors, but after you have been deep water walking or running a while, you can judge. There is a lot written about target heart rates, pulse taking, etc. In the water, I don't stop and take my pulse because I have found that pulse taking is not that accurate. It is easy to lose a heart beat or two, and if you are in good condition, you recover very quickly.

What seems to be most accurate is generally referred to as a modified Borg scale of Perceived Exertion, or more simply, how you feel as you are working out. If I ask a person, "How are you doing?" and I can barely make out his answer through his panting, I tell him to ease off.

OUTSTANDING	
RACE WA	LKERS
Presented to th	e outstanding
male and female m	
Selected by the	
Track and Field C	ommittee.
Men	Women
1978 John Allen	1
1978 John Allen 1979 Ron Laird	Lori Maynard
1980 None	Lon Maynard
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly La Veck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Guilio de Petra	Beverly La Veck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	Joann Nedelco
1990 Eugene Kitts	Viisha Sedlak
1991 Max Green	Viisha Sedlak
1992 Ray Funkhouser	Elton Richardson

workout in the morning and then go out and racewalk in the afternoon. Your legs will feel like lead. The reverse is fine. After you have had a good land workout, getting into a pool and easing along in the water will relax and stretch your muscles.

I notice when I teach masters to racewalk that stiffness and tightness are often problems. It sounds to me as though water workouts would be of great benefit in facilitating racewalking.

Deep water walking two or three times a week for three months will bring noticeable improvements in flexibility. I do not confine workouts in the water just to walking. I will run in the water, even pretend I am doing hurdles. I'll visualize myself going over hurdles — reaching out with the lead foot, bringing the other leg up with the opposite arm reaching out almost Continued on page 12

You should never do a water

Stitter	d by the Masters Track & Fie	
Event	Men	Women
3000	Larry Walker, 49	Viisha Sedlak, 43
5000	Ray Funkhouser, 42	Viisha Sedlak, 43
8K-10K	Don DeNoon, 49	Viisha Sedlak, 43
15K-20K	Ray Funkhouser, 42	Jaye Hanley, 51
30K-50K	Dan O'Connor, 40	Elton Richardson, 5

Outstanding Female Racewalker: Elton Richardson

Increase in Masters RWing. A quick scan of past issues of *National Masters News* provides ample evidence of the growth of Masters RWing in the past 10 years, largely attributable to the huge increase in women's competition.

1992 NATC Mstr T&F	F, Wichita	1987 NTAC Mstr	T&F, Eugene	1992 NTAC Mstr T&F, Spokan		
Total entrants:	450		976		1075	
5K RW	5F	5K RW	27F	5K RW	65F	
5K RW	14M	5KRW	54M	5K RW	53M	
% entrants in RW	4%		8%		11%	
20K RW	2 F	20K RW	16F	10K RW	49F	
20K RW	11M	20K RW	40M	20K RW	39M	

In addition, the 1992 Masters Men's Championship 10K in Niagara (and regional Women's Championship) drew 100 masters (approx. 40 F, 60M), and the 40K Championship in F. Monmouth, NJ, drew at least 40 masters men and 10 masters women. In fact, masters outnumbered open racewalkers in the 40K by a three to one ratio.

From Bev LaVeck, Masters RW Coordinator

U.S. Masters Racewalk Records

D	Name	Sex	age	time	site	date	calified_
TRACK							
3000	Vilsha Sedlak	F	40	14:24	Columbus, OH	4/4/92	1992
	Jeanne Bocci	F	45		Columbus, OH	4/4/92	1992
	Beverly LaVeck	F	50		Seattle, WA	6/6/87	1992
	Joyce Decker	F	55				
					Kenosha, WI	9/29/91	1991
	Joan Rowland	F	60		Blaine, MN	3/23/91	1992
	Ruth Leff	F	65		Lisle, IL	6/28/92	1992
3000	Margaret Crews	F	75	22:181	Madison, WI	3/24/90	1992
3000	Louise Swanson	F	80	24:12	Seattle, WA	6/2/90	1992
							and enters 1
TRACK							· · · · · · · ·
5000	Vilsha Sedlak	F	40	24:38	Indianapolis	8/2/90	1990
5000	JoAnn Nedelco	F	45	25:10	Indianapolis	8/2/90	1991
5000	Beverly LaVeck	F	50	26:42	Richmond, CAN	7/31/87	1991
5000	Ruth Eberle	F	55	28:25	Richmond, CAN	7/31/87	1991
5000	Ruth Eberle	-				and the second second second	
			60	29:35	Spokane	8/14/92	1992
5000	Ruth Leff	F	65	31:42	Kenosha	6/16/92	1992
5000	Velma Jacobs	F	70	35:07	Orlando	8/5/88	1991
5000	Margaret Crews	F	75	38:21	Indianapolis	8/2/90	1990
5000	Polly Clarke	F	80	37:57	Spokane	8/14/92	1992
					And instant for		· States
TRACK	17 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -				and the second		
10,000	Vilsha Sedlak	F	40	49:15	Norwalk, CA	6/16/90	yes
	JoAnn Nedelco	F	45	52:53	San Francisco	4/28/90	yes
and the second s	Beverly LaVeck	F	50	58:58	Seattle	4/24/86	1990
	Joyce Decker	F	55	1:01:27		6/6/92	
	and the second state of th				Kenosha, WI		1992
A	Marie Henry	F	60	1:09:00	New Brunswick, NJ	and the second	1990
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Ruth Leff	F	65	1:04:45	Kenosha, WI	6/6/92	1992
10,000	Ruth Van Sandt	F	70	1:10:02	San Francisco, CA	5/2/92	1992
					and the second	Contraction of the	
ROAD	Et					the second of the	and the set
5K	Viisha Sedlak	F	40	25:03	Tampa	3/31/90	yes
5K	JoAnn Nedelco	F	45	25:28	Dearborn, MI	9/24/89	yes
5K	Beverly LaVeck	F	50	28:06	Seattle, WA	9/13/86	yes
5K	Beverly LaVeck	F	55	28:23	Dearborn, MI	9/28/91	1991
5K	Ruth Leff	F	60	31:38	Liverpool, NY	7/1/91	1991
5K	Miriam Gordon	F	65	31:30	Liverpool, NY	7/1/91	1991
5K	Luise Nottage	F	70	34:36	Liverpool, NY	7/1/91	1991
5K	Helen Sulter	F	75	36:26	Tampa, FL	3/31/90	yes
5K	Polly Clarke	F	80	37:41	Liverpool, NY	7/1/91	1991
5K	Anna Ward	F	85	46:57	Liverpool, NY	7/1/91	1991
	A State of the state of the						the second
ROAD					and and the		a la ser
IOK	Gayle Johnson	F	40	51:17	Dearborn	9/28/91	1991
10K	Vilsha Sedlak	F	40	49:22	Palo Alto	5/31 /92	P
10K	JoAnn Nedelco	F	45	52:36	San Diego	9/8/90	1991
IOK	Beverly LaVeck	F	50	57:12	Seattle	9/13/86	1991
IOK	Beverly LaVeck	F	55	58:26	Portland	5/12/91	1991
		F	60	1:05:20	Niagara Falls	7/7/90	1990
10K	Joan Rowland		00	1.05.20	mayar a rans		
			1				
10K	Ruth Eberle	F	60	59:43	Spokane	8/16/92	P
10K	Sage Cowles	F	65	1:09:54	Niagara Falls	7/7/90	1990
IOK	Ruth Leff	F	65	1:05:46	Kenosha, WI	4/12/92	P
IOK	Rose Kash	F	70	1:17:01	Spokane, WA	8/16/92	P
IOK	Adaline Crocker	F	75	1:22:56	Eugene	8/16/87	1990
IOK	a set of the set of th	F	80	1:58:30	Indianapolis	8/5/90	1990
IUK	Marilla Salisbury	Contraction of the second	00	1.50.50	maranoporta		
DOLD							
ROAD		100	2.		Dealland CD	5/10/01	1001
15K	Vilsha Sedlak	F	40	1:21:46		5/12/91	1991
15K	JoAnn Nedelco	F	45	1:23:23		4/30/89	1992
15K	Beverly LaVeck	F	50	1:26:42		8/16/87	yes
15K	Beverly LaVeck	F	55	1:28:03	Portland, OR	5/12/91	1991
15K	Collie Greene	F	60	1:44:07	Long Beach, CA	4/30/89	1992
15K	Marle Henry	F	65	1:50:31		10/16/88	yes
15K	Rose Kash	- F	70	1:59:21		5/24/92	P
15K	Adaline Crocker	F	75	2:05:24	States in the second	8/16/87	yes
IUK		20		2.00.24	gene, or		
ROAL	a service and						•
20K	Jeanne Bocci	F	40	1:53:05	Eugene	8/16/87	1990
20K		F	40	1:53:05		4/15/84	1991
	Beverly LaVeck					11/17/91	
20K	JoAnn Nedelco	F	45	1:53:50			
20K	Beverly LaVeck	F		1:56:18		8/16/87	1990
20K		F		2:01:39		8/16/87	1990
OOK		F		2:19:54		7/23/89	P
20K		F	the second se	2:28:0			
20K	Adeline Crocker	F	75	2:49:11	B Eugene	8/16/87	1990
	risenne er ocher						· · · · · · · · · · · · · · · · · · ·
20K	risenne er ocker						
20K							1. 1. 1
20K 20K	D		= 40	2:57:0	8 Lincroft, NJ	9/9/90	yes
20K 20K ROA	Donna Cetrulo		= 40 = 45			9/9/90 9/9/90	yes yes
20K 20K ROA 25K	D Donna Cetrulo Emily Hewitt			2:52:4	5 Lincroft, NJ		

DH	lame		99	time .	alle	date	ratified
10.19		ava.		stille		Y NO FEE	Lanning
ROAD	R - Charles in			4 7 M 24			
30K	Jeanne Bocci	F	40	3:00:29	East Meadow, NY	10/23/87	yes
30K	Stella Cashman	F	45	3:08:49	East Meadow, NY	10/16/88	yes
30K	Elton Richardson	F	50	3:10:03	FL. Monmouth, NJ	9/13/92	1992
30K 30K	Elizabeth Pettersen	F	55	3:59:21	Atlanta, GA	3/5/89	yes
ROAD	Joan Rowland		60	3:46:10	East fleadow, NY	10/6/90	yes
40K	Jeanne Bocci	F.	40	4:07:36	Ft. Monmouth, NJ	9/20/87	1992
40K	Jeanne Bocci	F	45	4:26:42	FL. Monmouth, NJ	9/16/91	1992
40K	Elton Richardson	F	50	4:17:46	FL. Monmouth, NJ	9/13/92	1992
40K	Elizabeth Pettersen	F	55	5:23:44	Atlanta, GA	3/5/89	yes
40K	Marie Henry	F	60	5:07:09	Ft. Monmouth, NJ	9/20/87	1992
ROAD							
50K	Jeanne Bocci	F	40	5:30:35	Durham, NC	2/21/88	yes
50K	Beverly LaVeck	F	45	5:27:20	Monterey, CA	5/22/83	yes
50K	Jill Latham	F	50	5:43:26	Atlanta, GA	4/8/90	yes
50K	Elizabeth Pettersen	F	55	6:50:15	Atlanta, GA	3/5/89	yes
БОК	Marie Henry	F	60	7:27:49	Durham, NC	2/21/88	yes
TRACK							
3000	Don DeNoon	м	45	13:001	Hillside, IL	3/7/92	1992
3000	John Elwarner	M	50	14:431	Madison, WI	3/24/90	1992
3000	Max Green	M	60	14:451	Columbus, OH	4/4/92	1992
TRACK	Deuterit						
5000	Ray Funkhouser	M	40	22:01	New York	2/28/92	1992
5000	Larry Walker	M	45	21:27	Los Angeles	6/18/88	1991
5000	John Elwarner	M	50	24:12	Indianapolis	8/2/90	1991
5000	Max Green	м	55	24:53	Melbourne AUS	12/7/87	yes
5000 5000	Max Green Robert Mimm	M	60	25:49	Spokane, WA	8/14/89	1992
5000	Cokey Daman	м	65 70	27:29 29:20	Indianapolis Eugene	8/2/90 8/5/89	1991
5000	Giulio DePetra	M	75	31:14	Eugene	8/14/87	1991
5000	Byron Fike	M	80	34:44	Indianapolis	8/2/90	1991
5000	Paul Spangler	M	85	39:15	Melbourne AUS	12/4/87	1991
5000	Paul Spangler	м	90	43:51	Eugene	8/5/89	1991
TRACK			4		and a second second second		a all a for
20.000	Ray McKinnis	м	50	1:54:53	Durham, NC	2/25/90	yes
	the state					0.17.01	
) Stan Chraminski	M	40 50	2:45:54 2:53:29	Bellevue, WA Durham, NC	9/7/91 2/25/90	1992 yes
30,000	D Ray McKinnis		50	2.55.23	Dur maint, the		
40.000	0 Ray McKinnis	м	50	3:56:27	Durham, NC	2/25/90	yes
		0.35			and the second second		
RUAD	Brian Savilonis	м	40	25:21	Hamden, CT	10/4/92	P
5K 5K	Robert Keating	M	45	22:25	Hamden, CT	10/4/92	P
5K	Sal Corrallo	м	50	24:53	Raleigh, NC	5/8/83	yes
5K	Max Green	M	55	25:38	Columbus, OH	4/8/90	yes
5K	Bob Fine	M	60	27:00	Liverpool, NY	7/1/91	1991
5K	Robert Mimm	M	65	27:53	Hamden, CT	10/4/92	P
5K	Cokey Daman	м	70	29:56	Liverpool, NY	7/1/91	1991
5K	Edward Seeger	М	75	32:16	Liverpool, NY	7/1/91	1991
5K	Kurt Strauss	M	80	35:30	Liverpool, NY	7/1/91	1992
5K	Waldo McBurnie	М	85	43:59	Liverpool, NY	7/1/91	yes
5K	Sam Gadless	м	85	36:48	Lake Worth, FL	3/92/92	P
ROAD					Washington DC	3/29/92	1992
IOK	Ray Funkhouser	M	40	44:18	Washington, DC Walnut	4/22/90	1992
10K	Larry Walker	M	45 50	45:00 49:06	Niagara Falls	7/7/90	1990
10K	John Elwarner	м	50	50:00	Dearborn	9/27/87	1990
10K	Max Green	M	55 60	50:00	Niegara Falls, NY	7/11/92	1992
10K 10K	Max Green Robert Mimm	м	65	58:19	Raleigh	5/6/90	1991
10K	Cokey Daman	м	70	1:00:42	Niagara Falls	7/7/90	1990
10K	William Tallmadge	M	75	1:06:48	and the second second second second	7/13/91	1992
IOK	George Conway	M	85	1:22:44		7/7/90	1990
····			100	AL PARTY	a service and		1.
ROAD	and the second						
15K	Gary Null	м	40	1:14:26		4/30/89	P
15K	Larry Walker	м	45	1:10:57		4/30/89	1992
15K	John Elwarner	м	50	1:17:37		4/8/90	yes
15K	Max Green	M	55	1:17:29		4/8/90	yes
15K	Robert Mimm	M	60	1:25:29			
15K	Robert Mimm	M	65	1:35:58		9/9/90	yes
15K	Cokey Daman	н	70	1:36:45		9/9/90 8/16/87	yes
15K	Giulio dePetra	M	75 80	1:40:45		5/27/90	yes yes
15K	Tony Perona		00	1.52.22	HUI WAIK, CA	5121190	
ROAD	and the second				1	28-15-19-19-19	
20K	Ray Funkhouser	м	40			3/29 /92	
20K	Larry Walker	м	45	1:33:09	Norwalk	6/16/90	1991
					in the second second	Continued on	next name
						on and a difference of the	Prove bolle

U.S. Masters Racewalk Records

D	Name	Sex	age	time	site	date	ratified
20K	John Elwarner	м	50	1:44:34	Columbus	4/8/90	1990
20K	Max Green	M	55	1:43:41	Columbus	4/8/90	1990
20K	Max Green	м	60	1:48:44	Columbus, OH	4/12/92	1992
20K	Robert Mimm	M	65	1:56:00	Raleigh	5/6/90	1990
20K	Cokey Daman	M	70	2:07:52	Raleigh	5/6/90	1990
20K	Giulio DePetra	M	75	2:14:01	Eugene	8/16/87	1990
20K	Tony Perona	м	80	2:32:26	San Diego	7/23/89	1991
ROAD	and the second se		00	2.02.20	San Diego	1120101	
25K	Eugene Kitts	м	40	2:11:40	Atlanta, GA	4/8/90	yes
25K	Ray McKinnis	н	45	2:28:41	Atlanta, GA	3/5/89	yes
25K	Max Green	м	50	2:17:01	Overland Park, KS	4/6/86	yes
25K	Howard Jacobson	H	55	2:41:05	Overland Park, KS		yes
25K	Robert Mimm	M	60	2:28:51	Overland Park, KS		yes
25K	Robert Mimm	M	65	2:42:01	Lincroft, NJ	9/9/90	yes
25K	Cokey Daman	M	70	2:47:31	Lincroft, NJ	9/9/90	yes
25K	Harry Drazin	M	75	3:10:56	Atlanta, GA	3/5/89	yes
	AND AND ADD ADD ADD ADD ADD ADD ADD ADD	- AC	12.210		Care contra de		
ROAD		-	-		D	0/01/00	
30K	Eugene Kitts	м	40	2:35:51	Durham, NC	2/21/88	yes
30K	Tom Gustafson	м	45	2:44:54	East Meadow, NY	10/16/88	yes
30K	Robert Ruquist	м	50	2:48:29	East Meadow, NY	10/16/88	
30K	Sal Corrallo	M	55	2:54:06	East Meadow, NY	10/24/87	Contraction of the local distance of the loc
30K	Robert Mimm	M	60	2:55:48	East Meadow, NY	10/24/87	the second second
30K	Robert Mimm	M	65	3:09:02	East Meadow, NY	10/6/90	yes
30K	Cokey Daman	М	70	3:26:30	Lincroft, NJ	9/9/90	yes
30K	Harry Drazin	M	75	3:46:22	East Meadow, NY	10/16/88	yes
ROAD							
40K	Eugene Kitts	м	40	3:26:55	Durham, NC	2/21/88	yes
40K	Robert Keating	M	45	3:51:36	Ft. Monmouth, NJ	9/13/92	1992
40K	Ray McKinnis	M	50	3:54:24	Lincroft, NJ	9/9/90	yes
40K	Max Green	M	55	3:55:55	Durham, NC	2/21/88	yes
40K	John Stowers	M	60	4:05:20	Allanta, GA	3/5/89	yes
40K	Robert Mimm	M	65	4:27:50	Atlanta, GA	4/8/90	yes
40K	Cokey Daman	M	70	4:41:36	FL. Monmouth, NJ	9/13/92	1992
40K	Harry Drazin	M	75	5:27:05	Lincroft, NJ	9/9/90	
	that if or bent			5.27.05	Lincroit, No	9/9/90	yes
ROAD						1 1 102	Ser 20
50K	Eugene Kills Dan O'Connor	M	40	4:20:26	Atlanta, GA	4/8/90	yes
50K	Victor Sipes	M	40	4:13:53	New Orleans, LA	4/26/90	p
50K	John Knifton		45	4:59:54	Durham, NC	2/21/88	yes
50K	Max Green	М	50	5:33:58	Atlanta, GA	4/8/90	P
50K		M	55	5:00:39	Durham, NC	2/21/88	yes
50K	John Stowers	Μ.	60	5:09:20	Allanta, GA	3/5/89	yes
	Robert Mimm	M	65	5:40:51	Atlanta, GA	4/8/90	yes
50K	Cokey Daman	M	70	6:18:14	Atlanta, GA	3/5/89	yes
50K	George Knox	м	75	7:58:15	Columbus, OH	11/2/86	yes
	i=indoor	con	mile	d by Do	n Henry/Bev	I allock	

Masters Racewalking

Continued from page 10

breaking the surface of the water. I will use by body in all sorts of ways to involve new muscle patterns.

Is there any danger of overstretching or overstressing your muscles?

No. You might feel a little tired, but you won't hurt yourself. Besides if you did feel stress, you just ease off a little.

Then it is not like doing calisthenics or a typical stretching warm-up where you can injure yourself if you are not careful?

When you get into the water, you may feel a little stiff, but when you start working your arms and legs, it just feels great.

How about rehabilitation after injuries?

People frequently think of water in terms of rehabilitation. Because of its unique properties and the intense exercise it allows, athletes can build up strength in their injuried part while maintaining their aeorbic conditioning. At the same time, deep water workouts are excellent cross-training for athletes who are in good condition, but who want to improve their overall body mobility and strength.

Working in water will also reveal muscle imbalances. For example, when an athlete starts moving around in the water, I watch to see if he or she tends to favor one side over the other. Many times, when people begin working quite hard, you will see them start turning in the water because one leg or arm is stronger than its opposite. That immediately signals that they need to do things to develop the weak side. It is a very simple test of technique and range of motion. One of the things we have learned to do is read our own bodies.

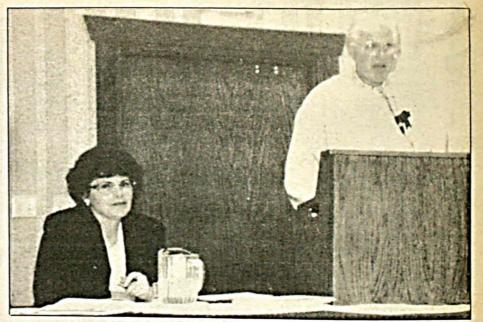
Do you mean developing body awareness?

People learn body awareness by learning to focus. When I have them in the water, I have them concentrate on the leg movements, on driving the hip forward, on how the arms feel moving in the water. Body awareness develops by focusing on specific parts of the body whether on land or in the water.

When I work with masters, I am especially concerned about increasing range of motion and body strength. By walking or running in the water, masters get a total body workout. In contrast, swimming is about 80 percent upper body and running is about 80 percent lower body. However, as far as maintaining or improving bone density, a person has to workout on land for that.

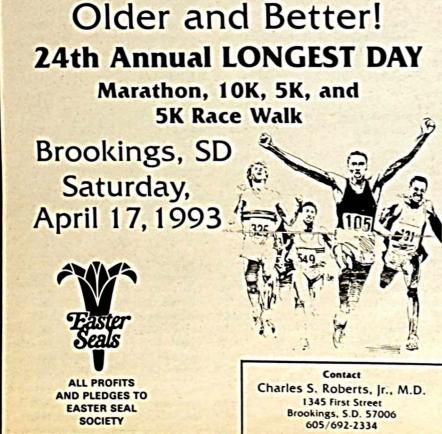
Right now, those over 65 form about 7 percent of the population; in 2000, they will be about 11 percent; and in 2020, about 20 percent. Exercise is proving extremely important to enjoying a qualify life all the way. I am 70-yearsold now. I tell my wife that using the standard of the target heart rate where you lose a beat each year, that I have 130 beats left and that I am not checking out until I run out of beats.

guest

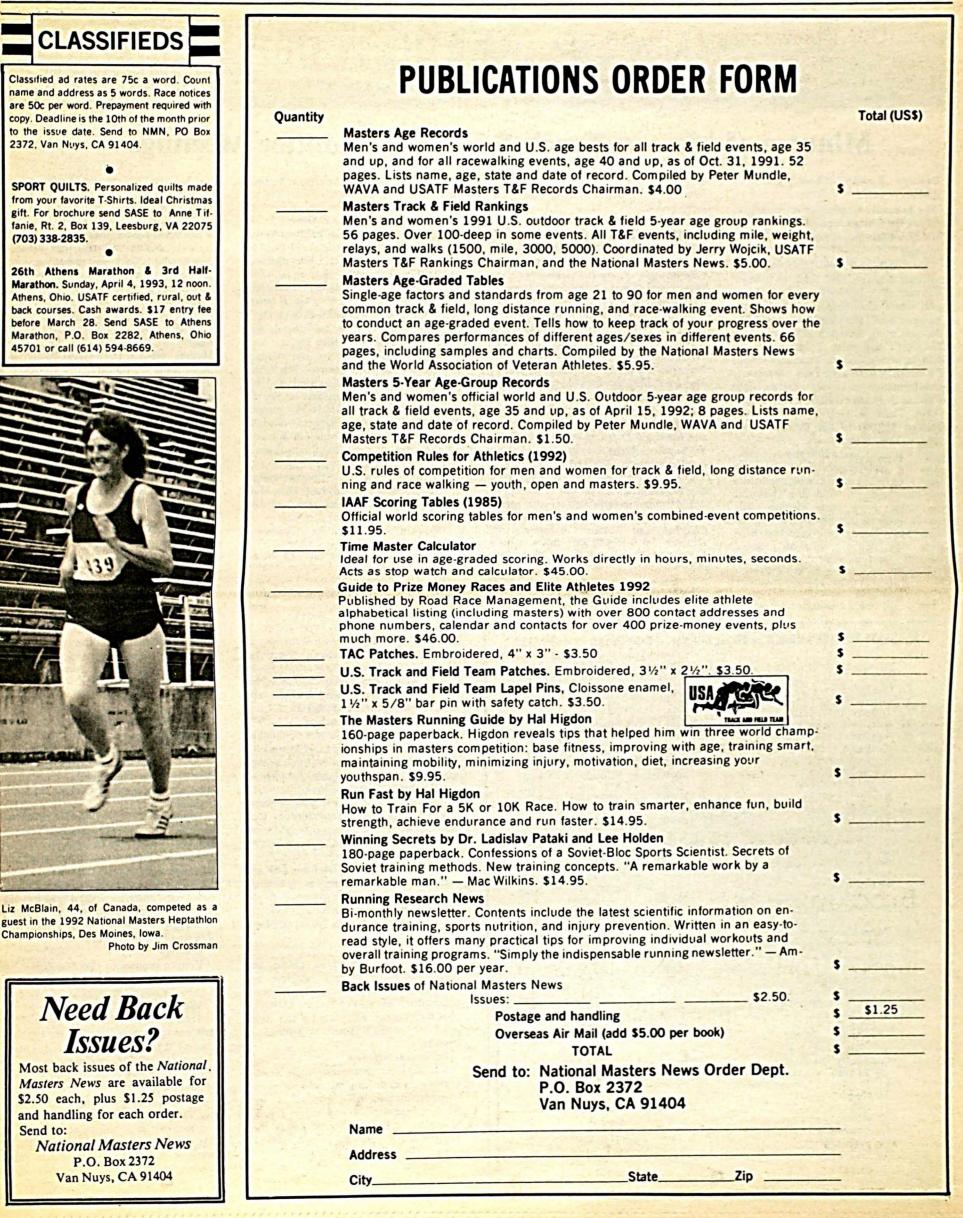


Joe Caruso, an experienced starter from the NYC area, giving his argument against the amendment to the no-false start rule, Masters Committee meeting, TAC Convention, December 3, Lousville, Ky. The amendment would have allowed false starts without disqualification. The amendment was approved on December 2, but, when brought up again on December 3, it failed. Masters Chairperson Barbara Kousky presided over the entire skein of Masters T&F meetings. NMN/Jerry Wojcik





page 13



14th Annual Convention of Louisville, Ky. – Dece

Minutes of Masters Track & Field Committee Meetings

Barbara Kousky, Chair, presiding Awards

The Executive Committee voted, 8-6, to reinstate the five-year age-group awards for 1992. (See chart on page 3).

Budget

The Committee voted unanimously to reallocate available 1992 funds as follows: Chairman \$675; Indoor Coordinator \$200; Multi-events Coordinator \$200; Records Chairman \$200; Rankings Chairman \$200; Treasurer \$400; Secretary \$300. All of the Chairman's additional allocation was for postagle, phone, fax, etc. expenses — much of it resulting from more than 100 requests for information about our program from an article in Modern Maturity magazine.

USA Track & Field (formerly TAC) allocated \$30,000 to our Committee for 1993, a 33% increase over 1992 (when money was tight), and a 20% rise over 1991.

On the convention's final day, the Masters T&F Executive Committee held a three-hour session to listen to a 15-minute presentation from each member who receives funds for his/her area of responsibility. Many members for years have been paying significant amounts of personal funds for convention-travel, postage and phone expenses. A major budget goal is to reduce the need for personal expenditures as much as possible.

Most of the committee members are re-

quired to attend the convention and at least one of the two major national championships.

A major budget item in 1993 will be \$2400 for a team manager at the 10th WAVA World Veterans Championships in Japan. Because the team manager is a fulltime position during the Games, with the requirement that the manager not compete in Miyazaki, it was felt the position had to be fully funded. In addition to meeting the needs of individual U.S. partipants, the manager must attend daily managers' meetings in Miyazaki and has little or no time for vacation and sightseeing. The Masters LDR Committee has been asked to contribute an additional \$500 for the team manager.

The budget of each regional coordinator was increased 37.5% from \$800 to \$1100. While not a lot, the sums are meant to help develop meets in local and regional areas, where attendance has been slipping lately (see Regional Reports on this page).

The Committee approved expenses totalling \$31,710, and gave authority to the Chairman and Treasurer to massage the numbers down to \$30,000. This was done and the final approved figures are on this page.

1993 Indoor Championships The meet is set for Bozeman, Mont.,

TAC/	USATF MASTERS TRACK & FIELD	COMMITTE	E BUDGETS -	1992/1993
		1992	1992	1993
14.		Budget	Expenses	Budget
	Chairman	\$4200	\$5194.51	\$4900
2.	Outdoor Coordinator	1000	893.99	1100
3.	Indoor Coordinator	500	672.43	900
4.	Multi-Events Coordinator	1500	1700.00	1900
5.	Regional Coordinators:			1900
	a. East	800	800.00	1100
	b. Southeast	800	800.00	1100
3420	c. Midwest	800	800.00	1100
	d. Mid-America	800	800.00	1100
	e. Southwest	800	800.00	1100
	f. West	800	800.00	1100
	g. Northwest	800	500.00	1100
0.	Records Chairman:			1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
	a. Track & Field b. Racewalking	2250	2425.00	2100
7	Rankings Coordinator	200	200.00	200
8	Secretary	1620	1795.00	1900
9	Treasurer	1100	1400.00	1400
10.	Women's Representative	540	880.00	1000
11.	Racewalking Coordinator	360	360.00	400
12.	Awards Coodinator	200	219.66	500
13.	Team Manager	400	452.49	500
14.	Board of Directors	100	.00	2400
15.	Miscellaneous	500	500.00	500
16.	Site Selection Coordinator	980	3.68	100
17.	Meet Manual		503.24	450
18.	Reprint Brochures	600	.00	500
19.	Microfilm Records	250	.00	250
20.	Site Selection - WAVA '95	0	.00	400
		_0	.00	900
	Totals	\$22,500	\$22,500.00	\$30,000
	Category Summary:			
	1) Travel & lodging		\$ 8,941.44	
	2) Postage, phone, etc.		4,786.39	
	3) Meet support		4,056.00	
	4) Awards		452.49	
	5) Miscellaneous		3.68	
1	6) Secretarial		190.00	
	7) Records		2,450.00	
	8) Rankings		1,620.00	
	Total	A States of		
-	and the states in	AT STATES	\$22,500.00	
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March 19-21. The entry form is on the back page.

1993 Outdoor Championships

The meet will be held at Brigham Young U. in Provo, Utah, August 11-14. Ben Stowell, meet director, and Finn Hansen, head of Utah officials, were given authority to change the "permanent" field-event schedule, if necessary, to stage a better meet. The women's javelin will be on Day 2 instead of Day 4, while the women's shot will be on Day 4 rather than Day 2.

No smoking, drinking, coffee, or tea is allowed on the BYU campus. No "short shorts" are allowed in the cafeteria. Nonmarried couples of the opposite sex are not permitted to stay in the BYU campus dorms. The Seven Peaks Resort — one mile from the track — will be meet HQ; rooms are about \$48 per night. The Comfort Inn is across from the track.

1993 Indoor Pentathlon Championships The event is set for February 19 in Murfreesboro, Tenn., 30 miles from Nashville, Randall Brady, Director.

1993 Outdoor Pentathlon Championships

To be held in conjunction with the nationals in Provo.

1993 Decathlon/Heptathlon

Set for Columbus, Ohio, July 10-11. John White, director.

1993 56-Pound Weight Throw

Set for Woodstock, Ill., April 17. Chuck Klehm, director. The event will be held on Chuck's farm (no kidding), which has throwing facilities.

1993 Weight Pentathlon Championships Also to be held on Chuck Klehm's farm in Woodstock, Ill., September 25.

1994 Indoor Championships

Awarded to the only bidder, Columbia, Mo., March 25-27, at the U. of Missouri a 2-hour drive from either St. Louis or Kansas City. The track is 8 lanes, 200 meters. 1994 Outdoor Championships

Awarded to the only bidder, Eugene, Ore., August 11-14. Tom Jordan, meet director. About 400 dorm rooms @\$39/day single including all meals. Hall of Fame

A committee of five (two from T&F and two from LDR) will be chaired by Marilyn Mitchell to bring a firm proposal to the Masters T&F Committee for a vote at the Indoor Championships in Bozeman, March 20.

Numbers

John White suggested all middle- and long-distance races with multiple age groups use race numbers which indicate the competitor's age group. Masters LDR supplies these numbers to races for free. Contact White or Ruth Anderson (address on page 2).

Permanent Schedule

Jeff Schaller spent considerable time in drawing up modifications to the permanent schedule, including one proposal to move from a four-day to a five-day outdoor championships. To be discussed during 1993.

Racewalking

Chairman Bev LaVeck noted significant growth in masters racewalking (see chart on page 10). The importance of front, back and hip numbers; plus one lap-counter per each two competitors, who writes elapsed times on slap sheets, has been stressed as vital for a successful walk event.

Bev asked for volunteers for the racewalk rankings and the All-American standards (the standards need to be revised, especially for women). She is also seeking someone to take charge of the masters racewalk awards. Rankings

Jerry Wojcik, Rankings Coordinator, said all 1992 indoor rankings (except weight) were published in the National Masters News. The weight event was published in the annual rankings book with the outdoor events. The same format will be used in 1993. Contacts for sending performance marks are listed on page 5. **Records**

Pete Mundle, Records Coordinator, said marks from the 1992 Sunkist meet were not approved because no record forms were submitted. Millrose Games marks are also pending for the same reason. Several marks from the World Veterans Championships in Turku are also pending for the same reason. The Committee mandated Barbara Kousky, Chair, to inform the WAVA Council of Turku's failure to comply.

Pete will explore hardcopy records backup and retention. The records were accepted as amended. Regional Relays.

The regional relays in Spokane were a reunding success with athletes and spec-

sounding success with athletes and spectators, and the committee approved Phil Mulkey's efforts to explore with Holiday Inn the development of a similar event for the Indoor Championships. Regional Reports:

East

Haig Bohigian said there is decreasing participation in eastern masters meets. There were no complaints over the imposition of a surcharge at the East Regionals. The cost of indoor facilities makes it prohibitively expensive to stage an indoor regional.

Southeast

Phil Raschker said the 1993 outdoor regional is set for Gainesville, Fla., the second or third week in September; it's planned as a tune-up for Miyazaki. Raschker and Mulkey send out a twice-yearly mailing and newsletter. There's a slight decrease in submasters activity. An indoor and outdoor surcharge was instituted with no problems. The first indoor meet drew 120 entries. Midwest

Kousky announced that Mel Larsen will be replacing Dick Green as Midwest Regional Chairman.

Mid-America

Tom Thorne said the region had indoor and outdoor championships in 1992 and sponsored 15 developmental meets. There is decreasing masters participation in this region; no surcharge is imposed.

Southwest

There is decreasing participation, perhaps because of the recession. No regional surcharge will be applied. Tulane has completed its track facility with 1500 seats; it might be available for future masters meets. The U. of Texas/Houston has constructed a new indoor facility.

Continued on page 18

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Minutes of Masters LDR Committee Meetings

Tues. Dec. 1 - Morning

Chairman Chuck DesJardins presiding. Joseph Nzau used one birthdate as a U.S. college athlete and later used a different birthdate to compete in masters events. TAC officially determined his DOB as April 12, 1952, but he has reportedly continued to enter races using the "wrong" age. Chuck and TAC's Thomas McLean will write him regarding this issue.

Dan Brannen said the TAC 50-mile championship slated for Feb. 20 is cancelled. (Note: Later awarded to Columbus, OH, on March 28).

Bob Boal said losing the name "athletics" in TAC's new name: "USA Track & Field" is bad policy. The new name clearly does not reflect the other two sports of long distance running and racewalking.

Tues. Dec. 1 - Evening

Use of heart-rate monitors in competition was approved, 13-6.

Should standards be set for U.S. champions who are unopposed in an age group? No action taken.

A motion passed, 11-7, to accept the new name of "USA Track & Field, Inc." John White suggested each sport could have its own sub-structure and be called, USA/LDR and USA/RW.

Chuck attended seven TAC Executive Committee meetings in 1992. He was on the special panel to evaluate Ollan Cassell, TAC's Executive Director. TAC's EC recommended extending Cassell's contract for two more years.

A new committee of LDR chairmen has been meeting to help promote LDR.

Thurs. Dec. 3 - Morning

Kirk Randall and Ruth Anderson presented, respectively, the male and female nominees for outstanding 1992 runners. After much discussion, 22 runners were chosen (see chart on page 7). The Otto Essig Award for meritorious service to LDR went to Kirk Randall.

Should TAC cards be required for all masters runners in events where our championship is part of a larger event? In some cases, the winner of the masters division has not been TAC's winner. A motion was made that all masters runners in a TAC Championship race must be current TAC members, with power to our Executive Committee to waive this requirement on an individual event basis. The motion was tabled until next year's convention.

Thurs. Dec. 3 - Afternoon

Joint Meeting of Masters T&F and LDR Norm Green reported the first WAVA Road Championships (10K/25K) drew 1400/1000 runners, respectively, to Birmingham, England, in August, 1992. The next championship will likely be held near Toronto on July 30-31, 1994. That would enable athletes to proceed to Edmonton for the WAVA North American T&F Championships on August 4-7, and then on to Eugene for the U.S. Masters T&F Championships on August 11-14.

Green said WAVA's Non-Stadia Committee will recommend to the WAVA General Assembly in Miyazaki that, in addition to the cross-country races held biennially at the WAVA Championships, a WAVA X-C Championship also be held in even-numbered years at the IAAF Cross-Country championships.

Al Sheahen reported WAVA and TAC donate \$3600 and \$5000 per year, respectively, to the National Masters News. Subscriptions account for 64% of total income. It was suggested NMN be incorporated; Al will discuss this with Barbara, Chuck and TAC's Dale Neuburger.

A motion passed to recommend to the organizers of the 1993 T&F Championships in Provo that Al Sheahen be one of the primary meet announcers.

(Note: Please see T&F minutes for more info on Miyazaki, Hall of Fame, 1995 WAVA, and Women's Grants.)

Fri. Dec. 4 - Morning

Jerry Crockett, Nominations Chairman, conducted committee elections. The following were elected by acclamation: Chairman: Chuck DesJardins; Vice-Chair, Women: Ruth Anderson; Treasurer: George Vernosky; Secretary: Carole Langenbach. In a contest between Crockett and Mick Midkiff, Jerry was elected Men's Vice-Chair. Norm Green and Ruth Anderson were elected WAVA delegates. National Championships were awarded (see chart on this page.)

Basil and Linda Honikman of TACSTATS recommended a list of road records which were approved unanimously. Chuck made the following appointments for 1993:

Board of Directors: Bob Boal; At-large Committee members: Bill Nault, Ed Benham, Dudley Healy, Lewis Chandler, Evelyn White; Associations: Jack Moran; Budget & Finance: George Vernosky: Communications and Cultural Exchange: John Boyle; Law & Legislation: Norm Brand; Member Services: Bob Langenbach; Officials: John White; Equipment subcommittee: Jim Grey; Records: Basil Honikman; Rules: George Kleeman; Coaching Education: Pat Vigil; Medical Services: Teddy Foy; Sports Sciences: Teddy Foy; RRTC: Norm Green; Athletes Advisory: Ruth Anderson, Rae Clark, Carol McLatchie, Pat Vigil; Ultra-Running: Rae Clark and Ruth Anderson; Men's LDR Rep: Jerry Crockett; Championships Coordinator: Mick Midkiff; Athlete-of-the-Year Coordinator: John Boyle.

Sat. Dec. 5 - Morning

Treasurer George Vernosky presented a report of TAC's 1993 budget and of the Masters LDR budget. We requested \$40,000 for 1993 and were awarded \$30,000 (compared to \$22,500 in 1992). In addition to the chairman and secretary, two other committee members will get their airfare paid to next year's convention (or the money can be divided in other ways). The breakdown of our original \$40,000 request was: Administration: \$5000; Awards: \$1000; Support for National Championships: \$7000; NGB Meetings: \$10,000; WAVA Meetings: \$6000; RRCA Convention: \$1000; IAAF Coordination: \$4000; Championship Statistics: \$1000; Association Workshops: \$2000; Committee to Develop Award Guidelines: \$3000. Chuck and George will work on trimming this budget to \$30,000.

The Committee is working on getting a 24-hour run in 1993.

John Boyle said when the new USATF/Nike logo is used, it will cause problems if other sponsors are also shoe companies. Hopefully, USATF will provide guidelines soon.

John White announced when deaf athletes compete in a race, a flag will be lowered at the same time the gun is fired.

A motion passed that when Championship bids are awarded, losing bids be voted as acceptable or not, so that if the original bid falls through, our coordinator can contact the second choice.

The method of scoring cross-country races was discussed. Arguments for changing to "place" scoring instead of "time" scoring: the 6th, 7th, and 8th runners can "help" the team by displacing; big gaps in time would affect the outcome more; if the timing of the race got fouled up, scoring could still take place; it's easier to add up the numbers.

Arguments against changing to place scoring: just add up the scoring members' times without juggling places and having to figure out who displaces, etc. (easy to make a mistake this way); teams with more than five runners would have an advantage; there would be no advantage to running a good "time" rather than just being in the race. No motion was made, so the Executive Committee will discuss it further. In 1993, those conducting X-C races should do a secondary scoring based on place and report to the EC after the race.

Since many of our road championships have teams that do not show up, it is difficult for the race director to order the proper number of team awards, and usually, the awards are not used anyway. A motion was passed that in masters road championships, the race director may eliminate team awards (this must be stated clearly in the entry in-Continued on page 18

RACE	DATE	SITE
5K Road	April 24	Anchorage, AK
5K X-C	February 6	Sandy, OR
8K Road	March 20	Virginia Beach, VA
8K X-C	November 20	Boston, MA
10K Road	September 25	Oklahoma City, OK
10K X-C	October 31	Louisville, KY
15K Road	November 7	Schenectady, NY
Half-marathon	June 27	Fairfield, CT
25K Road	November 20	San Diego, CA
Marathon	October 3	Minneapolis, MN
50 Mile	March 28	Columbus, OH
100K Road	February 27	Long Island City, NY

1993 USATE NATIONAL MASTERS LDR CHAMPIONSHIPS

1994 USATE NATIONAL MASTERS LDR CHAMPIONSHIPS

5K X-C	November 6	Columbus, OH
8K X-C	November 19	Boston, MA
Marathon	October 2	Minneapolis, MN

1992 TAC MASTERS CHAMPIONS BY PERFORMANCE %

NAME FN	AME	1	AG	SA	G	RACEDT	ST	DIST	HR	MI	SE	T	RUNNER ST, CITY	PERF
************												•	*******	
ODGERS BI	u		40	44	H	920907	CT	20K	1	3	7	0	MA SHERBORNE	96.
IBADUIZA DO	MINGO		40	42	H	920822	MI	10M	0	50	16	0	NV RENO	95
ENHAM ED			80	84	H	920321	VA	8K	0	37	55	0	MD GLEN BURNIE	94
ILUTZE BA	RBARA		45	46		920907	CT	204	1	14	13	0	PA ERIE	93
ILUTZE BA	RBARA		45	46	F	920822	MI	104	0	59	15	0	PA ERIE	92
REEN JR NO	RMAN	H	55	59	H	920112	FL	HMAR	1	18	55	0	PA WAYNE	92
GREEN JR NO	RMAN	H	60	60	H	920907	CT	ZOK	1	15	15	0	PA WAYNE	92
BENHAM ED			80	84	M	920112	FL	HMAR	1	47	33	0	MD GLEN BURNIE	92
GREEN JR NO	RMAN	H	55	59	H	911208	LA	10K	0	35	48	0	PA WAYNE	92
UTES W	RREN		70	72	H	921004	MN	HAR	3	9	10	0	IL PARK FOREST	92
KURTIS DO	UG		40	40	H	920321	VA	8K	0	24	28	0	MI NORTHVILLE	92
KESTON JO	OHN		65	66		911117	CA	25K	1	42	19	0	OR MCMINNVILLE	92
OLRICH BI	ill		55	56	H	920822	MI	10H	0	57	49	0	KY LEXINGTON	92
FORSHEE J	MES		65	66	M	920822	MI	104	1	4	41	0	MI ANN ARBOR	91
BRADLEY F	AY .		50	54	M	920517	MO	10K	0	34	42	0	DC WASHINGTON	91
HCLATCHIE C	AROL		40	41	F	920907	CT	20K	1	13	46	0	TX HOUSTON	90
GREEN JR N	ORMAN		55	59	M	920517	MO	10K	0	36	36	0	PA WAYNE	90
HILL L	EONARD		40	40	N	921004	MN	MAR	2	23	41	0	OR KLAMATH FALLS	90
GILBERT S	HARLETT		40	41		921004	MN	MAR	2	40	19	0	CA RICHHOND	9

National Masters News



Entry Booklets Now Available

ntry booklets are now available for the 10th WAVA World Veterans Athletics Championships. The biennial event will be held in Miyazaki, Japan, from October 7-17, 1993, with more than 6000 athletes from over 60 nations participating.

U.S. residents may get a booklet by sending \$2.50 (to cover postage) to Barbara Kousky or Marilyn Mitchell, Chairman and Secretary, respectively, of the Masters T&F Committee (addresses on page 2), or to any of the U.S. masters travel agents listed in this section.

At present, the Miyazaki Organizing Committee (OC) is contacting the 84 WAVA affiliated countries as to how many copies of the entry booklet they require. As of December 7, the OC had received requests for 4474 booklets from 24 countries. (Each affiliate should contact the OC as soon as possible with their orders for booklets.)

The event is open to men age 40 + and women age 35 + . Competition will be held in five-year age groups in all track & field events, as well as in a marathon, 10K cross-country run, a 5K racewalk and a 10K/20K racewalk. An unofficial weight pentathlon will also be held. There are no qualifying standards needed to enter.

Secondary Track

The construction of a new 400m track got underway at the Miyazaki Sports Park, on the site of the former rugby field, after the end of the Japan High School Sports Meet in August, 1992. The track will be used as the second running track.

"All is going as planned," said Hidenori Kawasaki, Executive Director of the Championships. "The track is due for completion in July, 1993."

The OC has received bookings for about 3000 beds so far, mainly from European and American-affiliated travel agents.

Promotion

To promote the event, the OC visited several veterans Championships last year, including the Asian Regionals in Singapore, the European Regionals in Norway, the North American Regionals in Mexico, the U.S. Nationals in Spokane, and all major veterans events in Japan.

On October 6, one year before the Championships will begin, a press conference was held in Tokyo before 80 reporters from throughout Japan. WAVA President Cesare Beccalli was there. On the same day in Miyazaki, a clock displaying how many days are left to the Championships was switched on in the street outside the Prefectural (State) office.

Volunteers

The OC is aiming to provide 500 volunteer interpreters during the Championships. About 400 people have already signed up. Study meetings began last month.

The OC also hopes to provide 750 additional volunteers for the various events. About 400 have registered so far. If necessary, people from the general public will be recruited and trained.

Lighting of the Flame

On October 8, 1993, the night before the Opening Ceremony, the Veterans' Flame will be lit in Heiwadal Park in Miyazaki City. Traditional Japanese spectacles such as NOH plays and Yogagura (a sacred dance performed in Miyazaki) will be held. A torch relay will be held the next day.

"We hope to entertain the athletes while exposing them to Japanese culture," Kawasaki said.

NMN will update the preparation for the Championships each month in this column.





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TOUR INCLUDES:

- Round-trip airfare on United Airlines from the cities listed under "TOUR COST" at right. These are *through* flights, requiring no overnight stays. (Additional departure cities may be common-rated.)
- 13 nights lodging in Western-style A, B, or C category hotels, breakfast included.
- Transportation from our hotels back to Miyazaki Airport (the meet organizers are providing shuttles only from the Airport to the hotels).
- Tour accessories, including unique "Miyazaki '93" t-shirt.
 Entry processing, to ensure smooth entry into the Championships.
- Day-long tours and some post-tours available for those who wish to see more of Japan.
- The experience and support of Northwest Event Management, specialists in tours for Masters track & field athletes.

WHAT OUR TOUR MEMBERS TO TURKU HAD TO SAY ABOUT NORTHWEST EVENT MGT., INC.:

"Our first trip out of the country. We were very impressed with the organization of the tour and the time and effort that were put into our travel arrangements."

"Thank you for a life memory – 20 days of fun and adventure, learning and friendship."

"We had a delightful time! The trip was a great success. Thank you for making it possible. Also — thank you for always being kind and patient!"

"All the people on the tour were very friendly. We had a great time and so glad we had the chance to participate." "Thanks for your part in making this one of my best vacations ever."

REASONS TO GO WITH NEM, INC .:

- Our carrier will be United Airlines, with the convenience of its huge network of domestic U.S. routes, and its Americanbased crews. As important as the convenience, you will be able to earn Mileage Plus points for this trip. Imagine – 11,000 miles earned per person from LAX; 13,500 from JFK/New York!
- NEM, Inc. specializes in tours for Masters track & field athletes. We know your special needs and we'll do everything we can to make your trip as effortless as possible — you can save your energy for the competitions.
- You will be traveling with a great group of people who are also serious about their performances. An amazing 68% of our Turku tour members who competed won medals!

nn



OCTOBER 4 - 18, 1993

The tenth edition of the World Veterans' Championships will be held in Japan's "Sun Coast" southern city of Miyazaki. Long a prime vacation spot for the Japanese from the north, Miyazaki has been in recent years building a reputation as an international sports center.

From our firsthand observation, we can tell you that the facilities in the city's sprawling Sports Park are about the best we've seen for a Veterans' Championships. Two splendid tracks are within walking distance of each other. The Park itself is a short bus ride from the hotel area in downtown Miyazaki.

Housing is at a premium, with no real dormitory or motel-type accommodations available. So we have booked into the best available first-class and tourist-class hotels, all of which have Western-style beds, bathrooms and meal menus.

You will be able to experience the vastly different culture of southern Japan without having to deal with the problems of getting around in a foreign land. You will be able to concentrate on your competition — and leave the worries to us!

TOUR COST

Due to fluctuations in the value of the dollar against the yen, it is not possible to guarantee a tour price far in advance. The following are our best estimates of the cost, with the promise that we will do all we can to keep to these prices (all prices are per person):

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NOTES: There *is* a difference in quality between the A and B category hotels, and the B hotels are likely to be fairly far away from the central shuttlebus pickup point. The C category hotel we recommend only if the cost is *the* primary consideration for you. C hotels, while not that much cheaper than A or B categories, have rooms more similar to those in dormitories than those in a first-class hotel.

DEPOSITS

To reserve your spot on the Miyazaki tour, send \$100 per person along with the form below. This deposit is fully refundable until March 1, 1993.

If you would like to receive more information about the tour before joining, send in the form only. But don't delay — space will be limited to 150 persons.

.....

SEND YOUR DEPOSIT(S) TO NORTHWEST EVENT MANAGEMENT, INC., BOX 10825, EUGENE, OR 97440. TELEPHONE: 503-687-1989 OR 1-800-392-1369 FAX: 503-687-1016

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ASA	MY CHECK IS ENCLOSED. (IF YOU PR	EFER TO USE A MAJOR C	REDIT CARD PLEASE C	ONTACT US DIRECT.
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and the second	City, State, Zip		· · · · · · · · · · · · · · · · · · ·	
	Home Phone	Work Ph	none	
	FAX no. (if available)			

LDR Meetings

Continued from page 15

formation).

Discussion continued on the problem of masters without TAC cards getting awards in our championships which are part of larger events. This is especially frustrating when the non-championship masters division gives cash, and foreign athletes win the money. It was suggested that any masters runner who places in a race fitting this situation must have a TAC card to get an award. We would not apply this rule to any race we have previously awarded a championship (e.g. Twin Cities). No motion was voted on.

> Respectfully submitted Carole Langenbach, Secretary



Randall Brady, Nashville, Tenn., presents his bid for the 1993 Masters Indoor Pentathion Championships, which was accepted by the Masters T&F Committee at the TAC Convention. The event will be held on February 19, Middle Tennessee State U., Murfreesboro.

NMN/Jerry Wojcik

Track & Field

Continued from page 14

West Hugh Cobb said participation is decreasing slightly. The 1992 regionals were a twoday affair instead of one day, and it didn't hurt attendance. No surcharge was applied, but may be in '93. The 1993 Regional will be at Cerritos College outside Los Angeles. It's San Diego's turn, but volunteers have not stepped forward. Cobb wants to actively promote the sport more in the region.

Northwest

About 10 meets were held in 1992. Aggressive recruiting has increased participants in the Portland area.

Comment on Decreasing Regional Activity Jerry Donley, past T&F chairman, said "we need a second wind; the guys who started the program 25 years ago are in their 70s and tired." New blood is needed in all areas to revitalize the program.

Rules

 The open women's committee rejected a proposal to add the pole vault to women's open competition.

• TAC's rules were clarified so that masters records can be made in mixed age and/or mixed sex competitions.

· A motion to give meet directors the options of staging a 1500 instead of a mile was rejected, 6-20; to run the 1500 in oddnumbered years and the mile in evennumbered years was rejected, 8-15.

• A proposal to reduce the long hurdles distance to 300m for M50-59, and 200m for M70+, was unanimously rejected.

• A motion that, at the nationals, relay team members must be members of 'the same club or region passed, 22-2.

• A similar motion that, at regional championships, relay team members must be members of the same club or association passed by voice vote.

(Note: a TAC legislative change which was approved by the 1991 convention escaped the notice of our committee. The previous "grandfather clause," wherein an athlete could move beyond a neighboring association and, under certain conditions, maintain his club membership to score for his club relay team, was rescinded. Such an athlete may continue to maintain his club membership, but may no longer score for his club's relay team.)

• A rule to disqualify steeplechase competitors for "climbing" the barriers, and to DQ hurdlers not having both feet off the ground at each hurdle was passed, 15-5. (This was simply to conform to the exact

language already in the WAVA rule book, but omitted from the TAC rule book.)

 Item 150 to disallow flat javelin throws was carried by voice vote. The regulation was amended, 15-11, that the new 800g javelin must leave a mark. That amendment was rejected by TAC's Rules Committee, on grounds that the masters rule differed from the open rule, which does not require a mark.

· A proposal to eliminate the "no-falsestart" rule was originally approved, 14-10. But since that was not a clear enough mandate for change, the vote was reconsidered. The next day, after much discussion and lobbying, the proposal was rejected, 1-29. Thus, the no-false-start rule remains in effect.

• A motion to provide for a minimum of five Americans (or resident aliens) being advanced to the finals in national championships was overwhelmingly rejected.

• A motion to change the height and spacing of the short hurdles for M50-59 in multi-events was defeated.

• A motion to define racewalking as distinct from speedwalking was rejected.

· A motion to allow a 5K road walk national championship at a separate site and date was approved. The 5000 track walk will continue to be part of the national championships.

 At indoor national championships, two separate weight throw events will be offered: M30-59: 351b/561b; M60+: 25lb/35lb; W30-49: 20lb/35lb; W50+: 16lb/25lb. The same two weight events will be offered at a separate outdoor national weight throw championship.

Team Uniforms

USATF will form an organization similar to the NFL Properties and will sell uniforms and other apparel. Nike, the supplier of U.S. team uniforms, will supply a masters uniform via the USATF entity. Final details to be worked out.

Miyazaki Update

Bob Fine announced WAVA will conduct random drug testing at the World Championships in Miyazaki, Japan, October 7-17, 1993. Veterans who test positive for banned substances may be exonerated with a doctor's certificate. Check medication with the U.S. Drug Hotline (1-800-233-0393). When calling the hotline, note the time, date and name of person giving advice.

Entry forms are available by sending \$2.50 for postage to Marilyn Mitchell, if you're east of the Mississippi River, or to Barbara Kousky, if you're west of the Mississipi, or any U.S. Masters travel agency

If necessary, portable lights will be installed on the main track.

There are no non-smoking rooms in



her age group.

vet in 34:26.

Mike McLeod, 40, continues to dominate veteran races in the UK. The North Easterner set a new British 10K best of 29:13 at Heaton on November 8, then went on to defeat world 25K champ Dave Hill in the British 10K Championships at Barnsley a week later.

The course, which is not known for fast times, saw few runners break 31 minutes. Zina Marchant, 42, took the W40 division in 35:54, with Linda Watson winning the W45 (38:02) and

hotels. Japanese inns/hotels may be a bit spartan for American tastes. Dorms may have as many as 20 per room. U.S. travelers might want to choose Category A or B hotels.

A new WAVA Women's Representative will be chosen as the incumbent, Bridget Cushen, has served the maximum term.

WAVA 1995 Championships

Last May, Singapore withdrew its bid. No other countries have stepped forward. Puerto Rico may be interested for 1995, with Chile and South Africa expressing interest for 1997.

Several U.S. cities, including Lincoln, NE, San Jose, CA; Spokane, WA; Albany, NY; and New Orleans have expressed interest in 1995. The Committee agreed the Chair should appoint a site-selection committee to coordinate a 1995 U.S. bid.

Weight Pentathlon

The committee voted to instruct our WAVA delegates to recommend that the weight pentathlon be an official WAVA event from 1995 on. (It's an "unofficial" event in 1993.)

WAVA Delegates

Elections were held for two U.S. delegates to Miyazaki. (Kousky, as chair, is an automatic delegate, while Masters LDR chooses two.) Jerry Donley and Marilyn Mitchell were elected, with alternates, in order: 1) Sandy Pashkin; 2) Christel Miller; 3) Pete Mundle; 4) Gloria Fine/Phil Mulkey (tie); 6) Bruce Springbett; 7) Marti Thielman; 8) Phil Raschker.

WAVA Women's Delegates

Elections were held for three delegates to the Women's Meeting in Miyazaki. Joan Stratton, Christel Miller, and Sandy Pashkin were chosen. Alternates, in order, are: 1) Marti Thielman; 2) Phil Raschker; 3) Gloria Fine. Women's Report

Christel Miller said overall women's participation is increasing, and gave credit to Phil Mulkey for helping develop women's pole vault participation. Women must be actively recruited to the program, since they have problems about where to work out and who will coach them. Miller gave two throwing clinics at local Senior Games. Women's Sports Foundation

The Women's Sports Foundation has travel and training grants up to \$1500 per individual and \$3000 per team. Deadline for the next grant period is March 15, 1993. Applications are available from WSF, 342 Madison Ave. #728, New York NY 10173.

Respectfully submitted by Marilyn Mitchell, Secretary

Note: Detailed copies of the minutes will be mailed to anyone attending the convention who signed his/her address. Available to all others upon request.

Pat Brooks taking the W50 laurels in 41:40. Despite the hilly terrain, Mollie

Smith, 55, ran a very fast 41:10 to win

Les Presland, 52, missed the race

this year, but ran a very good 32:27

10K over an undulating course at Bas-

ingstoke in the AAA's Senior Cham-

pionships. He followed just behind

Aldershot clubmate Brian O'Neill (46,

32:01). Paula Fudge was first woman

X WORLD VETERANS CHAMPIONSHIPS MIYAZAKI, JAPAN - OCTOBER 7-17, 1993 **TRAVEL TOGETHER AND SAVE!!!**

Complete package includes: round-trip airfare, selected accommodations, transfers, personal escort by Paul Geyer, masters racewalker (1991 Turku trip). Optional local tours and other destinations.

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Masters Health and Fitness

by ALLEN K. HUFFSTUTTER

In Praise Of Ice

I was Wednesday evening August 5, 1992, my last hard workout before the Nationals. Concentrating on my approach speed, I started down the javelin runway. Suddenly, POP — and I nearly collapsed. There was a sharp pain in my left calf, and it instantly felt like a block of cement.

As I limped home, my plans to compete in the pentathlon at the Nationals nearly vanished. A year's worth of training with no reward. I had known all year that my marks weren't good enough to be really competitive, but this was going to be my first Nationals, and I was looking forward to the experience anyway.

As soon as I got home, I began icing my calf, two or three times that first night.

Thursday, August 6, 1992

Ice again first thing the next morning. And I could still barely walk. I limped to work unable to put any pressure on the ball of my left foot.

That morning I decided not to throw in the towel until it was time to leave for Spokane. Instead, I'd work at healing the way I had worked at improving my times and distances. I began walking — limping — as much as I could.

At noon that first day I stretched, walked about two miles, and iced my calf. That afternoon I started to lose the limp.

I began massaging my calf as frequently as possible without looking like a deviant. The block of cement in my calf began to loosen up just a little. . . except for a baseball-sized knot.

Friday, August 7, 1992

I continued ice, massage, and stretching as frequently as possible and, by Friday, I was able to walk without a limp. At noon, I streched and then alternated walking and jogging, about a hundred meters each, for a total of about a mile and a half. Then more stretching and ice.

That evening I applied my first ever dose of DMSO.

Saturday, August 8, 1992

I applied the DMSO again on Saturday and couldn't tell if it was helping or not. I could tell, however, that the fish breath and body odor that come with DMSO were alienating my wife, who had been supportive up to that point.

Wanting to save my marriage, I nixed the DMSO. With no magic cure, I was back to ice, stretching, and massage.

Saturday I went down to the track and jogged a warm-up mile. Feeling O.K., I began to lengthen my stride. Everything was all right except for the knot in my calf. After stretching, I decided to try a couple of dynamic stretches, butt kicks, and high knees. That was a disaster. There was no "dynamic" to my effort. I coudn't get up on my toes and something was still horribly wrong with my calf.

I couldn't decide whether to sit down and cry or just walk off the track and hang it up for the year. I decided to jog another mile because I could still do that.

Sunday, August 9, 1992

More ice, stretching, and massage. Back to the track, to attempt a few dynamic stretches again. My legs were still lifeless, and my exercises were far from dynamic, but there was improvement . . . a small flicker of hope for recovery.

Monday, August 10, 1992

Monday at noon I ran three miles. More ice, stretching, and massage.



Herm Atkins, M40, leads the field at the TAC/USA National 10K Cross-Country, Louisville, Ky., December 6. Atkins finished with a 32:38 to top all masters.

Photo from Gary Conklin



Tom Jordan and Frances Phillips of Eugene, Ore., show their feelings with a smile and a candy treat after Eugene's bid to put on the 1994 Masters Outdoor T&F Championships was accepted by the Masters T&F Committee at the TAC convention.

Monday evening I warmed up, then did some dynamic stretching with a little bounce in my step. I took a few standing discus throws and a couple of three-step javelin throws. Then more ice and massage.

Tuesday, August 11, 1992

Tuesday was my last day at work. I walked about two miles at noon and continued with the ice and massage. I was hoping for a clear sign: leg feels great, go for it; leg feels lousy, stay home and look forward to next year.

No such luck. The knot in my calf was down to the size of a walnut but was still definitely there. And I hadn't tested my leg yet with any explosive type of movements.

Having prepaid my motel room and being incredibly tight-fisted, I decided to give it a go.

Wednesday, August 12, 1992

When I got up on Wednesday morning, my leg felt pretty good. Another ice treatment and I was on the road.

But I was really worried about swelling during the eight-hour drive from Eugene to Spokane. Instead of just dumping ice in the day cooler with my soda and fruit, I packed the ice in four plastic bags. Every two hours or so I would strap one of the bags on my calf NMN/Jerry Wojcik

with an Ace bandage and drive that way for the next 15-20 miles.

That seemed to work pretty well; my calf was in good shape when I arrived in Spokane. Unfortunately, after checking in at the motel, I discovered that my room wasn't ready. So after an eight-hour drive, I had to spend another hour or so sitting outside in nearly 100 degree sunshine. That's when my leg began to swell.

So more ice. Some dinner. More ice. A little TV. More ice. Then bed.

Thursday, August 13, 1992

The pentathlon was scheduled to start at 9:00 a.m. I hit the ice at 6:00 a.m. and again after a light breakfast. Then it was time to head to the track.

The first event of the pentathlon is the long jump, and my bad calf was on my take-off leg. I figured if I made it through the long jump, I would be O.K. until the 200 meters.

I warmed up slowly, mixing jogging with stretching. It felt pretty good. After setting my check marks, I took my first run through on the long jump approach. It was the first time I had been on my toes in the week since I blew my calf, and I made it without disaster.

Continued on page 20

Atkins Wins National 10K Cross-Country

by CAROLE LANGENBACH

Snohomish Track Club from Washington State, led by overall winner Herman Atkins, ran away with TAC's National 10K Cross Country men's 40-49 team title in Louisville on December 6.

Atkins led the two loop race from the start and doubled his half-way lead over Swag Hartel to finish in 32:38, 350 meters ahead of the defending champion.

The M45 division was won by Peter Hallop in 34:16, and Chuck Keating won the M50 race after last year's winner, Kirk Randall, dropped out with a leg injury.

Carol McLatchie lived up to her Masters LDR Outdstanding Athlete of the Year award by blowing away the other eleven women with a 36:51 victory.

page 19



Good Running in Bad Weather

The voice rattled over the loudspeaker, "Good job today!" I was seated in my van near the finish line for the road races sponsored by Borgess Medical Center in Kalamazoo.

The announcer's voice grated, like nails scraped across a blackboard. He was too loud, too aggravating. As 5K finishers steamed across the line, he kept repeating: "Good job today!" Earlier, he had been singing a song you only hear on light-radio stations: "Feeeeelings!..."

Where did the organizers find this guy? Under some subaqueous rock?

Probably at a light-radio station. I shouldn't be too harsh. He was out

in the cold, and I was sitting in a warm van waiting for my race to begin.

Weather! Specifically, bad weather. Cold: 37 degrees on a clock I passed driving into town. Wet: slick streets and bad feelings. Gloom: no trace of sun to lift spirits.

Bad weather grates at those spirits. A month earlier on an equally cold day at the Shamrock Shuttle in Chicago, I had become irritated because the loudspeaker had so little volume you couldn't hear announcements. If anyone chanted "Good job today!" or sang "Feelings," I couldn't tell.

In bad weather you have to blame somebody. The light-radio announcer offered a likely target for my ire.

Standing in line for my number, I overheard a runner comment that his wife had rolled over that morning, looked out the window and told him: "You're on your own today."

Smart girl!

Actually, I don't mind running in bad weather. You simply dress for it: tights, long-sleeved top, gloves. No problem.

What I do mind is that bad weather spoils what goes on *around* a race, spoils it for people not running. It's sad for the organizers, who probably spent six months organizing. It's no fun for volunteers, who might not return next year. It's bad for that guy's wife, who, if she hadn't run herself, might have been glad to hang around with the kids on a warm and sunny day.

Probably if it were warm and sunny, I'd be complaining because it was too hot for fast times.

I might have stayed home from the Kalamazoo race if I didn't have \$10 invested in my participation. Also, with the long drive, I had started in the dark listening to "Good job today!" And at not anticipating how cold and wet and grey it might be by the time of my arrival.

So I tried to warm up, not succeeding. Then I huddled in the van, the last minute, I got out and jogged to the starting line for the 15K, one of several distances being run (and walked) that day.

A month earlier at the Shamrock Shuffle, the race got going 15 minutes late, irritating everybody shivering on the line: Borgess started its 15K precisely on time, much to everybody's relief.

Once the gun sounded, the weather seemed tolerable. Not that it had improved; my attitude had improved now that I was running. My split at the mile suggested a slow final time, but I could blame it on the weather. One good thing about bad weather, it offers you an alibi when you perform poorly.

I found an easy rhythm that would carry me to the finish line with dignity. Near three miles, I sprinted past a water stop, not taking any of the cups thrust at me by volunteers who certainly feel less loved on cold days than on hot days.

"This is the end of April?" said a runner striding beside me at around four miles. Near five, someone pointed out the faint outline of a sun above the clouds, but it soon vanished and the drizzle began again. At six, I fell in behind a pair who were talking too much. I pushed the pace to leave them. Near seven, I caught a friend, Ron Breischaft, who had stopped to stretch. We ran together for several miles, not talking.

Approaching the finish line, I could again hear the light-radio announcer. Using a computer printout, he was attempting to congratulate by name every runner crossing the line. At last, my moment of glory. "Here comes - " began the an-

"Here comes - " began the announcer. Pause. "Late entry! No number listed!"

Sic transit gloria. Exiting the chute, I congratulated the runners fore and aft. Ron headed toward the food tent; I headed toward my van. "See you next year," I said in parting.

Good weather or bad.

Hal Higdon is Senior Writer for Runner's World and author of "Run Fast."

Mahr, Kurtis, First Masters In St. Louis Diet Pepsi Marathon

by HANK KIESEL

Terry Mahr of Oregon, Ohio, seems to enjoy running in St. Louis, Mo. Mahr, 44, was the first masters woman and sixth overall at 2:53:17 in the St. Louis Diet Pepsi Marathon, November 22.

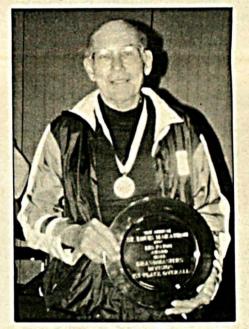
On September 2, Mahr was the first woman finisher in the Stadium Run at St. Louis. Mahr received \$1000 as the marathon woman masters winner.

Doug Kurtis, 40, Northville, Mich., achieved his goal to close in on the world record for sub-2:20 marathons. Kurtis' time of 2:19:52 placed him two behind the world record holder, Kjell-Erik Stahl of Sweden. Kurtis has run 132 marathons and has finished 67 under 2:20. Kurtis earned \$750 for finishing fourth overall and \$1000 as the masters winner.

Patrick Gallagher, 67, St. Louis, Mo., was the grandmasters winner with a 3:40:14.

Overall winners were Joe Leuchtmann (28, 2:19:06) and Jan Gautier (25, 2:45:42). Each received \$4000 for their first place efforts.

There were 979 finishers (844 men, 135 women) contending for the \$20,000 in prize money. □



Pat Gallagher, 67, St. Louis, Mo., first grandmaster (3:40:14), St. Louis Diet Pepsi Marathon, November 22. Photo by Hank Kiesel

Ten Years Ago

- Al Oerter, 45, and Philippa Raschker, 35, Named Top T&F Athletes of the Year
- Mike Manley, 40, and Cindy Dalrymple, 40, Chosen Best LDR Athletes of 1982
- Ed Benham Becomes First Person Over 75 to Break Two Hours (1:56:18) in National 25K
- Kirk Randall (41, 33:29) and Shirley Matson (41, 39:49) Take National 10K Cross-Country Titles



Terry Mahr, 44, of Oregon, Ohio, first woman master (2:53:17), St. Louis Diet Pepsi Marathon, November 22. Photo by Mark Kiesel

Health and Fitness

Continued from page 19

I took a couple more run throughs, each a little faster and e ch without disaster. I even braved one semi-popup.

Then the competition began, and I was the fourth jumper in the rotation. My first jump was short; I took off at least a foot and a half behind the board; but I was ecstatic. My calf had held together.

I went on to P.R. in the long jump, javelin, and 1500 and tied my P.R. in the 200. I choked in the discus . . . the one event in which I had been performing consistently and wasn't worried about my calf!

My initial interest in masters track grew out of seeing the level of fitness and performance that masters athletes could achieve. Now I have learned how quickly even an old body can heal.

There are certainly season-and career-ending injuries lurking around every curve. But I've discovered that stretching, massage, and large doses of ice will keep most of us masters on the roads and on the tracks until our minds, not our bodies, decide it's time to hang up the old track shoes.

(Huffstutter, 44, finished 11th of 13 M40-44s, with a respectable 2150 points.)

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

National Masters News

finishers.



NATIONAL

• Jeanette Parke, who recently stepped down as Gasparilla Distance Classic Director (Tampa, FL), was named 1992 Road Race Management Race Director of the Year at the RRMRD's Meeting and Trade Show, Washington, DC, November 14.

• In response to questions about the events in the Masters Indoor Pentathlon Championships scheduled for February 19, Murfreesboro, TN, the men's events are, in order, 60mH, LJ, SP, HJ, 1000m; for the women, 60mH, HJ, SP, LJ, 800m. See National T&F schedule for details.

• San Antonio has been named site of the biennial 1995 U.S. National Senior Sports Classic V (The Senior Olympics) in May 1995, with more than 7000 athletes age 55 + competing in 18 sports. The 1993 edition is set for Baton Rouge, La., June 12-18.

EAST

• The Potomac Valley Walkers winter racewalking clinic will be held at 8 a.m. on eight consecutive Saturdays from January 9 to February 27 indoors at Tyson's Corner Mall. SASE to: PVW, Valerie Meyer, 2305 S. Buchanan St., Arlington, VA 22206. 703/671-3655.

SOUTHEAST

• in Florida, Don Ardell, 54, Orlando, was top master with a 37:13 in the Run For The Future 10K, Daytona Beach, October 17. Theresa Coomes, 46, St. Augustine, took the W40 + win in 45:38. On November 21 in the Deltona 10K, Ardell again defeated younger masters with a 37:17, which was also the best 40 + agegraded time (31:45). Nina Ehmer, 42, Deltona, was also the fastest masters woman (46:51) and top age-graded (38:59). At the Florida State TAC/RRCA 10 Mile Championships in DeLand, in 80's heat, November 26, Jim Blount, 63, Winter Park, scorched the course with a 65:33 for an overall best AG 51:03, while Margaret Deckert, 59, Tallahassee, was top AG female with an 80:48 (57:44). First masters were Dale Parfitt, 43, Lantana, 60:00 (AG 55:29), and Patti Kadis, 42, West Palm Beach, 71:07 (AG 59:12).

MIDWEST

• John Bennett (44, 34:36), Farmington Hills, MI, and Joan Murphy-Walker (45, 43:05), Windsor, Ontario, featherfooted to 40 + firsts in the Thanksgiving Parade Turkey Trot 10K, Detroit. Alexey Prodkoglad (50, 36:01), Ann Arbor, MI, was eighth master, and Mary Varani, 74, Sterling Heights, MI, beat a flock of younger masters with a 62:04. The event had 4000 finishers, many in costume as pilgrims, turkeys, clowns, and Santas.

SOUTH WEST

• Fred Sowerby of Las Vegas, NV, who turned 44 on December 11, ran a 400 in 49.29 indoors in an open meet at the U. of Oklahoma, December 5. He was the top-ranked M40-44 on the 1992 indoor list at 50.16.

WEST

 Princeton's winning M40-49 quintet posted the best 40 + team time in the four years of the Alamo Alumni Series, at the San Francisco Alamo 5 Mile, October 4. Bill Good (41, 27:01), Bill Pape (44, 27:11), Hugh Sweeney (48, 27:22), Tom Allison (47, 27:26), and Jim Isenberg (41, 28:32) combined for a 2:17:32.
 Ron Gee (40, 33:30) and Terri Gooreau (42, 41:04) were first overall in the Starscene

ATHLETES WHO ENTER A NEW DIVISION	THIS MONTH, J	AN., 1993
ATHLETES WHO ENTER A NEW DIVISION ATHLETE (RESIDENCE) WILLIAM ADLER (WOODLAND HILLS, CA) HEINRICH ARIANS(WG) GARY BANE (ANAHEIM, CA) BOB BILLINGS (EL CENTRO, CA) JOHN BOWLES (AUS) FAY BRADLEY (WASH., DC) WILLIAM BROBSTON (SAUGERTIES, NY) PAUL CARMICHAEL (SAN FRANCISCO, CA) BILL CLARK (SICKERVILLE, NJ) SYDNEY CLARKE (GB) DON CLAXTON (GB) RON FRANKLIN (GB) GEORGE GLUPPE (CAN) GEORGE KER (GRANADA HILLS, CA) CLARENCE KILLION (DINUBA, CA) HENRY KUPCZYK (CAN, NASHVILLE, TN) JOHN LAFFERTY (SAN DIEGO, CA) FRANZ MEIER (SWI) PHIL MULKEY (ATLANTA, GA) MASON O'NEIL (NEW YOKK CITY, NY) LOUIS PERESENYI (MONTEREY, CA) WILLIAM PHILLIPS (SAN DIEGO) DONALD PICKETT (TIBURON, CA) LARRY SALLINGER (ORANGE, CA) HAROLD SMITH (GB) BILL STEWART (ANN ARBOR, MI) BOB WARREN (OTTUMWA, IA) FRED WHITE (DUNCANVILLE, TEX) WILLIAM WOLF (MINNETONKA, MN) ALASTAIR WOOD (GB) DON JCALLAN (HI FENYA CROWN (BEVERLY HILLS, CA) FLORENCE FAWLEY (WESTERVILLE, OH) FURANC (SIG) DON SANGERS (ST. LOUIS, MO) MILRED ROSS (US) FLORENCE FAWLEY (WESTERVILLE, OH) FILSE ROGERS (ST. LOUIS, MO) ANNE VANDERHOFF (BOTHELL, WA) MARTHEL VON DER BERGE (WG) LORE FIFLER (WG) GEAN MEANS (LAKE OSWEGO, ORE) MARTHEL VON DER BERGE (WG) LORE FIFLER (WG) MARTHEL VON DER BERGE (WG) LORE FIFLER (WG) MARTHEL VON DER BERGE (WG) LORE FIFLER (WG) MARTHEL VON DER BERGE (WG) MARTHEL VON DER BERGE (WG) LORE FIFLER (WG) HANNA GELBRICH (WG) MANDA GELARGER (CAN) PENNY HUNT (NZ) PENNY HUNT (NZ) MANDA RAJAPAKSE (SRL) HELENA RANTAKARI (FIN) WANDA RAJAPAKSE (SRL) HELENA RANTAKARI (FIN) WARBARA TURBOTT (NZL)	BIRTHDATE	AGE GROUP
WILLIAM ADLER (WOODLAND HILLS, CA)	1- 2-33	60-64
CARY BANE (ANALET CA)	1-26-28	65-69
BOB BILLINGS (EL CENTRO, CA)	1-21-33	60-64
JOHN BOWLES (AUS)	1-13-13	80-84
FAY BRADLEY (WASH., DC)	1-13-38	55-59
WILLIAM BROBSTON (SAUGERTIES, NY)	1-13-13	80-84
BILL CLARK (SICKERVILLE NI)	1- 8-11	60-64
SYDNEY CLARKE (GB)	1- 5-33	60-64
DON CLAXTON (GB)	1-19-38	55-59
RON FRANKLIN (GB)	1-7-28	65-69
GEORGE KER (GRANADA HILLS, CA)	1-15-23	70-74
CLARENCE KILLION (DINUBA, CA)	1-26-18	75-79
HENRY KUPCZYK (CAN, NASHVILLE, TN)	1- 2-33	60-64
JOHN LAFFERTY (SAN DIEGO, CA)	1-14-18	75-79
PHIL MULKEY ATLANTA CAL	1-7-13	60-64
MASON O'NEIL (NEW YORK CITY, NY)	1- 2-38	55-59
LOUIS PERESENYI (MONTEREY, CA)	1-16- 8	85-89
WILLIAM PHILLIPS (SAN DIEGO)	1-22-28	65-69
LAPPY SALLINGEP (OPANCE CA)	1-11-28	50-54
HAROLD SMITH(GB)	1- 5-18	75-79
BILL STEWART (ANN ARBOR, MI)	1- 6-43	50-54
BOB WARREN (OTTUMWA, IA)	1- 6-38	55-59
FRED WHITE (DUNCANVILLE, TEX)	1- 3-13	80-84
ALASTAIR WOOD (GB)	1-11-11	60-64
DOT CALLAN (HI)	1- 4-18	75-79
FENYA CROWN (BEVERLY HILLS, CA)	1-25-13	80-84
PRISCILLA LIBBY (LOS ANGELES CA)	1-29-23	75-79
SUSAN MEANS (LAKE OSWEGO, ORE)	1- 7-33	60-64
MARYLIN PAUL (PORTLAND, OR)	1-20-38	55-59
DENISE ROGERS (ST. LOUIS, MO)	1-11-23	70-74
FLORENCE RUTLEDGE (ST. LOUIS, MO)	1-21-23	70-74
ANNE VANDERHOFF (BOTHELL, WA)	1- 2-38	55-59
MARTHEL VON DER BERGE (WG)	1- 6-28	65-69
INCE ENFLER (WG)	1-28-23	70-74
HANNA GELBRICH (WG)	1-19-13	80-84
GEAN HEMMING (CAN)	1-18-43	50-54
PENNY HUNT (NZ)	1-18-48	45-49
ANNA MANGLER (WC)	1- 6-43	50-54
LIZ MCBLAIN(CAN)	1-30-48	45-49
NANDA RAJAPAKSE(SRL)	1-31-43	50-54
HELENA RANTAKARI (FIN)	1-15-53	40-44
BARBARA TURBOTT (N2L)	1- 7-28	65-69
	1-10-38	33-33

Academy 10K, North Hollywood, CA, November 1. First masters in a companion 5K were Mike Tipping (40, 17:48) and second female Loi Coker (41, 19:36). A week later in the Marina Breakers 5K, Coker was third (19:10) of 375 females, while 56-year-old Jeanne Hoagland was fourth (21:57). Top M40 + was Bob Olson (49, 19:11), with M50-54 steeplechase champion John Cosgrove (54, 19:26) second. Jacob Bishin, 91, with a 48:02 was 289th of 897

• Janet Wilson, W35 discus AR holder, will conduct a six-week workshop on Saturdays at 10 a.m., starting January 30 at Foothill HS, Tustin, CA. Contact Wilson at P.O. Box 2993, Orange, CA 92669. 714/646-3176.

 Frenchman Pierre Levisse, 40, topped all masters in the California International Marathon, held December 6 in Sacramento. Levisse turned in a 2:15:35 to pocket \$3000 in prize money.

CANADA

• Bryan Stride, 41, Fergus, Ontario, placed first (27:58) in the Canadian Masters X-C (8K) Championships, Etobicoke, Ont., November 21. Clifford Hall, 66, North York, Ont., won the M65 contest in a hasty 36:30. Janet Takahashi, W35, London, Ont., was top woman (32:59). Ruth Carrier, Toronto, Ont., was W60 winner with a guick 45:47.

INTERNATIONAL

On November 16, England's **Priscilla Welch**, 47, underwent an 8½ hour operation to remove a malignant tumor from her breast. Welch will undergo six months of chemotherapy, but undaunted, was seen dancing on Thanksgiving. "We're going to get on with it," she said with typical Welch spirit.

• The "Third International World Masters Games" will be held in Brisbane, Australia, Sept. 26 to Oct. 8, 1994. The first Games were held in Toronto in 1985; the second in Denmark in 1989. The third was originally awarded for



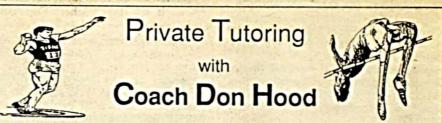
Christel Miller, W55, visits with sprinter Doug Smith, M50, after she broke the U.S. W55-59 record for the javelin with a 102-2, Club West Meet, Santa Barbara, October 3.

NMN/Jerry Wojcik

1993 to Minneapolis, which later withdrew. Competition will be held in five-year age groups in more than 20 sports for athletes age 30 +.

• Kalie Van Zyl of Natal broke the M70-74 80mH WR (14.50, Al Guidet, '89) with a steaming 13.20 in the S.W.D. Championships, Oudtshoorn, South Africa, October 10. Van Zyl turned 70 on August 13.

On December 3, a federal judge in Columbus OH awarded Butch Reynolds \$27.3 million in his lawsuit against the IAAF — \$6.8 million in lost potential earnings and \$20.5 million in punitive damages. The IAAF did not contest the suit, claiming the U.S. Court has no jurisdiction. The next day, the IAAF reiterated it would not comply with the court order, and said it is comtemplating a countersuit against Reynolds for libel and an extension of his suspension, which currently runs through December 31.



Come spend a few days with Coach Don Hood in Abilene, Texas. Stay with Don and his wife, Betty Ann, in their spacious Texas ranch home and receive coaching and instruction from one of America's most successful coaches.

Talk with Don Mather of Chicago. Don and his wife stayed three days in 1991, and he improved over 30 feet in both the javelin and discus. Don won the 60-65 division javelin throw at the Master's Meet the next summer.

Bring your spouse and make this a vacation! The cost is only \$100 per day, which includes your room, food, coaching and instruction. Only \$25 for spouse or each parent. Video analysis, video study, drills, workout schedules, etc., will be used. Available training facilities are swimming pool, lighted tennis court, fishing, hunting, hiking, throw areas and rings, jumping pits, ropes, bars, trampoline, rings, weights, and plyometrics. An indoor area for winter months is available.

Coach Don Hood's Abilene Christian University teams won 10 National Titles in the last decade. He has seen 7 of his ACU athletes compete in the 1988 Seoul Olympics and 4 in the 1992 Olympics in Barcelona - more that any other U.S. coach. He has coached more vaulters over 18 feet than any other U.S. coach and is the only coach in the U.S. to have 2 vaulters over 19 feet (Billy Olson and Tim Bright). He coached Bill Schmidt at North Texas State who was the last American to win a javelin medal. He has coached numerous National Champions in all events at all levels in his 37 years of coaching experience. He has conducted clinics and camps all over the world. He has produced training videos for vaulters, throwers, and jumpers. He can help you!

Coaches who reside close to Abilene may send or bring athletes for an afternoon single session at only \$25 per athlete.

For information or reservations call or write COACH DON HOOD (915) 677-9677 4073 Caldwell Rd. Abilene TX 79601



National Masters News



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



NATIONAL February 19. USATF National Masters Indoor Pentathlon Championships, Middle

Tennessee St. U., Murfreesboro. SASE to: Randall Brady, Nashville TC, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733.

March 19-21. USATF National Masters Indoor Championships, Bozeman, Mont. Bob Sager, 545 Coulee Dr., Bozeman, MT 59715. 406/587-1141.

April 17. USATF National Masters 56-lb. Weight Throw Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 312/551-3720. July 10-11. USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

August 11-14. USATF National Masters Championships, Provo Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062. September 25. USATF National Masters

Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 312/ 551-3720.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia Pennsylvania, Rhode Island, Vermont

January 2. MAC Indoor Meet, USMA, West Point. 9:30 a.m. Post-entry only. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (7-10:30 p.m. EST).

January 3. Philadelphia Masters Meet, Kutztown U., Kutztown, Pa. 10:00 a.m. Awards in 55/200/400/800/Tom Robinson mile/4x200/HJ/LJ/SP. Other events for competition only. Peter Taylor, 3120 School House Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

January 8. Dartmouth Relays Masters Meet, Hanover, N.H. Carl Wallin, Athletic Dept., Dartmouth, Hanover, NH 03755. 603/747-2840.

January 10. MAC Indoor Meet, Fordham U., Bronx, 9 am. Post-entry only. See Jan.

January 10, 24, 31. DCRRC Indoor Track Series, Jefferson Community Center, Arlington. 8:30 a.m. Masters miles on 10th & 24th are qualifying for Mobil 1 Grand Prix Masters Mile, George Mason U., February 7. DCRRC, P.O. Box 1352, Arlington, VA 22210. Meet Director, J.J. Wind, 703/920-5193

January 15. MAC Indoor Meet, Manhattan College, Bronx, 5 p.m. Post-entry only. See Jan. 2.

January 16. Brown U. Indoor Invitational

T&F Meet. SASE Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/ 728-2869 (e).

January 17. Philadelphia Masters Meet, Swarthmore College, Swarthmore, Pa. 10:00 a.m. See January 3.

January 17. Greater Rochester TC Indoor Meet, U. of Rochester, N.Y. 3 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116h/359-5257w.

January 24. Buffalo Belles & Brawn Indoor Meet, Buffalo St. College, N.Y. 9 a.m. Chuck LaChiusa, 59 Mona Dr., Buffalo, NY 14226, 716/833-9071,

January 24. Western Penn TC Indoor Championships, Slippery Rock, Pa. Ray Sanchas, 428 Center Ave., Carnegie, PA 15106. 412/429-1410.

January 24. MAC Indoor Meet, SUNY Stony Brook, L.I. 2 pm. Post-entry only. See Jan. 2.

January 30. Hartshorne Masters Mile, Cornell U., Ithaca, N.Y. A featured event of the Cornell Invitational Indoor Meet. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607/387-6431(h).

January 31. Boston TC Invitational, Selected masters events. Jim O'Brien, 36 Granville St., Dorchester, MA 02124. 617/282-5537.

January 31. MAC Indoor Meet, SUNY Stony Brook, L.I. 2 pm. Post-entry only. See Jan. 2.

February 13. Philadelphia Masters Meet, St. Joseph's U., Philadelphia, Pa. 9:30 a.m. See Jan. 3.

February 28. New Jersey USATF Championships, Fairleigh Dickinson U., Hackensack. M&W30+. SASE to: James Manno, 792 Schaefer Ave., Oradell, NY 07649.

March 7. Philadelphia Masters Indoor Games, Lehigh U., Bethlehem, Pa. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807. Pre-entry preferred.

April 22-24. Penn Relays, Philadelphia. Pole vault (age-graded, elite only), Runner's World Masters Mile (M40+, elite), 4x100, 4x400, 100m for M75 + . Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807.

June 6. New Jersey USATF Championships, Monmouth College, West Long Branch. M&W30+. SASE to: Sandy Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 27. Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, GSAC, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.



January 10. U. of Florida Indoor Meet. John Webb, P.O. Box 14485, Gainesville, FL 32604, 904/375-4683.

January 16. Manasota TC Meet, Sarasota, Fla. J.C. Shenk, 1718 Jefferson Ave. S., Sarasota, FL 34239. 813/365-0005.

February 7. Tri-State TC Indoor Classic, Hagerstown JC, Md. 12:30 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076. February 13. Manasota TC Meet, Sarasota,

Fla. J. C. Shenk, 1718 Jefferson Ave. S., Sarasota, FL 34239. 813/365-0005.

February 20. 2nd Annual USATF Southeast Regional Masters Indoor Cham-pionships, Middle Tennessee St. U., Murireesboro. SASE to: Randall Brady, see Feb. 19.

March 27 (tentative). Florida AC Meet, Ft. Lauderdale. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

April 17. Florida AC Meet, Naples, Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870. April 24 (tentative). Florida AC Meet, Palm Beach Gardens. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

April 30, May 1-2. Southeastern Masters International Championships, North Carolina St. U. Pentathlon/wt pentathlon/5K and 20K walks. Raleigh Parks & Recr., P.O. Box 590, Raleigh, NC 27602. Ray Fulghum/Dale Smith, 919/831-6640. M thru F, 9 to 5, EST.

May 8. Jacksonville Meet. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 22 (tentative). Florida USATF Masters Championships, Showalter Field, Orlando. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370. June 12. Miami Northwest Express Meet. Jesse Holt, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

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

January 9. Midwest Masters T&F Meet, Westwood Sports Complex, Sterling, Ill. Field events 11 a.m., track events 11:30 a.m. Harry Brown, 610 Hillside Ave., Wauconda, IL 60084. 708/526-7686.

January 10. Lake Erie USATF Indoor Championships, Baldwin Wallace College near Cleveland. Lawrence and Patricia Finley, 20610 E. Sunset Dr., Warrensville,

OH 44122-6342. 216/751-7187. January 16. Illinois USATF Indoor Meet, Proviso West HS, Hillside. Paul Masse, 312/539-1644; Mon. & Wed. 6-8 p.m. Do not call high school.

January 24. Athlete's Foot Indoor Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

February 14. Illinois Indoor Championships, Proviso West HS, Hillside/Chicago. SASE to: Illinois USATF, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303; 833-5162.

February 20. USATF Midwest Regional Masters Indoor Championships, Glen-brook South HS, Glenview, Ill. Harry Brown, 708/526-7686.

June 19. Cleveland Track Classic, site TBA. Jeff Gerson, 4173 Wilmington, South Euclid, OH 44121. 216/382-2656.

MID-AMERICA Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska,

S. Dakota

January 9. SmithKline Beecham USATF Mid-America Regional Masters Indoor Championships, Lincoln, Nebr. SASE to: Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

January 17. Minnesota Masters-Senior Olympic EM "R" T&F Meet. 1 p.m. SASE Rachel Lyga, 122 631/2 NE, Minneapolis, Minn. 55432 612/574-9661.

June 12-13. Lincoln TC Decathlon/Heptathlon, Ed Weir Track. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521, 402/435-7061,

June 26. USATF Mid-America Regional Masters Championships. See June 12-13.

SOUTHWEST Louisiana, Mississippi, Texas. Arkansas, Oklanoma

March 6, 4th annual Lubbock Christian U. Masters Indoor Meet. Submasters/masters.

ON TAP FOR JANUARY

TRACK AND FIELD

The 1993 indoor season opens with the Philadelphia Masters Meet on the 3rd, followed by the Dartmouth Relays on the 8th, the Mid-America Regionals, Lincoln, Nebr., and Midwest Masters on the 9th. The Lake Erie Meet and - a rarity - an indoor meet in Florida at Gainesville happen on the 10th.

On the 16th, Providence, R.I., hosts the Brown University Invitational, with meets the next day in Minneapolis and Philadelphia.

The slate on the 24th includes the West Penn TC Championships at Slippery Rock, and the Athlete's Foot Meet in Illinois.

The feature event on the last weekend is the Hartshorne Mile, one of the oldest masters races in the U.S., at the Cornell Invitational on the 30th.

LONG DISTANCE RUNNING

Another oldie, the Jackson Day 9K, in its 86th year, goes off on the 3rd in New Orleans.

The Charlotte Observer Marathon, a masters favorite, is scheduled for the 9th.

The Paramount 10K, with its Special World Masters Division, in Southern California offers a challenge on the 16th, also the date of the Mardi Gras Marathon in New Orleans. The Metro-Dade Miami Marathon is set for the 17th.

The Houston-Tenneco Marathon is listed for the 24th.

walking & running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/792-6430.

March 28. Savings of America Senior Olympics. Butler Stadium, Houston. 55 +. 5K/10K runs on March 29. Terri Riha, Coordinator, Jewish Community Cntr, 5601 S. Braeswood, Houston, TX 77096. 713/551-7250.

WEST Arizona, California, Hawaii, Nevada

January 2-February 27. Los Gatos Winter Meets. Every Saturday, 12 p.m. Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95030, 408/354-7333.

January 16. Throws Series #11, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 13. Throws Series #12, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 13-14. California Senior Olympics, Palm Springs, 55+. Qualifying Games. Ben Green, 480 S. Sunrise, Palm Springs, CA 92262. 619/523-5689.

February 20. Arizona Senior Olympics, Phoenix. 55+. Qualifying Games. Irene Stillwell, 1202 N. 3rd St., Phoenix, AZ 85004. 602/495-5490.



Multi-eventer Buck Bradberry, 65, of Georgia, second M65-69 (7163 points), National Masters Decathlon Championships, Des Moines, Iowa. Photo by Jim Crossman

Continued from previous page

February 20. 17th Annual John Ward Masters Meet, Santa Ana, Calif., 25+. Al Siddons, Rancho Santiago College, 17th at Bristol, Santa Ana, CA 92706. 714/564-6936.

February 28. Arizona Indoor Classic, Flagstaff. Youth thru Masters. 602/949-1991.

March 13. LACC All-comers meet, Los Angeles. 10 a.m., \$3 all events. ("Indoor" distances will be run outdoors). L.A. Patriots, 213/662-1062.

June 12. USATF/Pacific Masters Championships, Los Gatos HS. (Open events). Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95031. 408/354-7333

June 19. SCA/USATF District Pentathlon Championships, Occidental College, Los Angeles. Men's & women's pentathlons & weight pentathlon. SASE to: Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

NORTHWEST Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

June 12. Volcano Classic. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 26. Inland Empire Masters Classic. Stan Johnson, City of Richland, 650 George Washington Way, Richland, WA 99352, 509/943-2689.

July 10. Helena Masters & Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 17-18. USATF Northwest Regional Masters Championships (Hayward Classic), Eugene, Ore. Timothy Shelley, 2748 Agate, Eugene, OR 97403. 503/896-3210.

CANADA

March 6. Ontario Masters Indoor Championships, York U., Toronto. M&W35 +. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416/252-7047.

INTERNATIONAL

March 12-14. New Zealand Masters Championships, Auckland. Rosalie Green, 92 Kiwi Esplanade, Mangere Bridge, Auckland, N.Z.

April 9-12. Australian Veterans Athletic

Championships, Adelaide. February 22 deadline. Dot Browne (Hon. Sec. AAVAC), Victory St., Mitcham 3132 Victoria.

April 1993. Australian Masters Games, Perth, Western Australia. February 28 deadline. Christine Stanton, P.O. Box 1993, Wembley, Western Australia 6014. 619/383-7557; 446-8825.

May 28-30. All Japan Masters Athletic Championships, Kobe. Kobe Branch, Kintetsu International, 6F Kobe Kotsu Center Bldg., 10-1 1-chrome, Sannomiyacho, Chuo-ku, Kobe-shi, 650 Japan. 078/391-4891; FAX 078/391-4559.

LONG DISTANCE RUNNING NATIONAL

February 6, USATE National Masters 5K Cross-Country Championships, Sandy, Ore. (with U.S. Open X-C trials). Oregon USATF, Harry Simonis, 10514 NE Halsey St., Portland, OR 97220. 503/253-2639.

February 27. USATF National Masters 100K Championships, Central Park, NYC. 4-mile certified loop, rolling hills. Rich Innamorato, P.O. Box 1239, Long Island City, NY 11101. 718/361-7970.

March 20. USATF National Masters 8K Championships, Virginia Beach. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 28. USATF National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

April 24. USATF National Masters 5K Championships, Anchorage, Alas. Roy Reisinger, 2630 Forest Park Dr., An-chorage, AK 99517. 907/277-7279. June 27. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Mick Midkiff, 32 Summit Rd., Riverside, CT 06878. 203/324-9822.



April 19. 97th Boston Marathon. Must meet qualifying times. Deadline March 8. SASE to Boston Athletic Assn., P.O. Box 1993, Hopkinton, MA 01748. 508/ 435-6905.



January 9. Charlotte Observer Marathon/10K. \$8500 for M&W40+ Marathon, Box 30294, Charlotte, NC 28230. 704/358-KICK.

January 17. Metro-Dade Miami Marathon. Miami RC, Tropical Park Stadium, 7920 SW 40 St., Miami, FL 33155. 305/227-1500.

February 7. Pomoco Group/Hampton Coliseum Road Race/Half-Marathon, Hampton, Va. Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669. 804/ 727-6140.

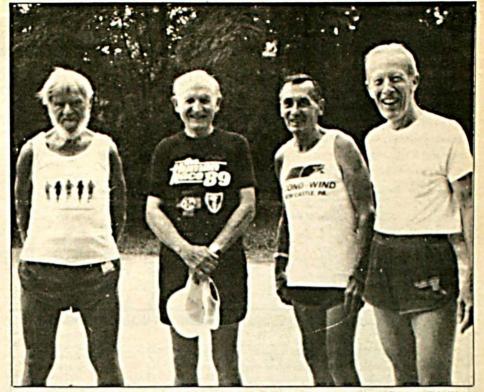
February 27. Gasparilla 15K/5K. Susan Harmeling, Director, Gasparilla Classic, P.O. Box 1881, Tampa, FL 33601. 813/ 229-7866.

February 27. Blue Angel Marathon/5K. Marathon, Bldg.632, NAS, Pensacola, FL 32508-5000. 904/452-2159.

February 28. Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, Colonial Half-Marathon, P.O. Box 399, Williamsburg, VA 23187. 804/ 221-3362.



January 17. Clifton TC Montgomery 7



Members of the Vintage Seventy-Plus relay team (I to r): John Petroff, 83, John Chaffee, 78, Walt Ziegler, 73, and Fran Albaugh, 70. The all-Pennsylvania group finished the Eriesistble Marathon in 4:22:57, Erie, Pa., September 20. Photo by Karen Greenawalt

Mile. SASE to Don Wahle, 7760 Campus Ln., Cincinnati, OH 45242. 513/791-6366. February 14. Columbus Roadrunners Winter 15 Mile/3 Mile. Milton Puckett, 155 W. Main St., Suite 200, Columbus, OH 43215. 614/224-2795.



January 3. 86th Jackson Day 9K. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC; 468-1488. January 16. 28th Mardi Gras Marathon/5K. See January 3. January 24. Houston-Tenneco Marathon

#10 SASE to Marathon, P.O. Box 2511, Houston, TX 77252-2511, 713/727-2700.



January 9. San Diego AC Fiesta Five Mile. SDAC, 701 "B" St., #50, San Diego, CA 92101. 619/239-3622.

January 16. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648, 714/841-5417.

January 16. Paramount 10K World Masters Division, Pre-registration only, by Jan. 9. 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/

Jan. 16 above.

January 30. The Great Race of Agoura (2K/5K/10K). Great Race, 5699 Kanan Rd., Agoura Hills, CA 91301. 818/889-1664.

February 6. Las Vegas International Marathon/5-Person Relay/Half-Marathon. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. 702/876-3870.

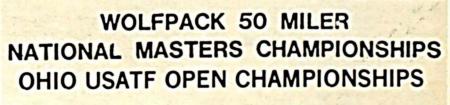
February 7. Long Beach Marathon. Marathon, 1825 Redondo Ave., Long Beach, CA 90804. 310/494-2664.

February 20. Great American Adventure 2.8 & 4.8 Mile Cross-Country. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417. March 7. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., #100, Los Angeles, CA 90025-3329. 310/444-5544.

RACE WALKING

February 13-14. Racewalk & Training Clinic, Portland, Oregon. John Hanan, 503/692-2787 or ARWA, 303/447-0156. March 5. Racewalk Technique & Training Clinic, Honolulu, Hawaii. ARWA, 303/447-0156.







Columbus, Ohio March 28, 1993

> Send SASE: John White 4865 Arthur Place Columbus, OH 43220





W70 75:00/W75 90:00/M80 100:00. See

National Masters News

January, 1993

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

	and the production of	АСП	EVINU	J U.S. 31	ANDA	KD2 U	FEAC	ELLENCE	Contractor Ma		
M30-34		SERVER CON-	and the second	James Hart	Shot Put	44-54	8-12-92	Bill Bowers	100M	13.52	7-25-92
Greg Charles Joe Schwifterman	Pole Vault	4.42	11-7-92 6-20-92		Discus 351 Wt.	147-10 34-5	6-13-92 9-4-92	12-12-1-1-1-3	200M 400M	27.48 69.53	9-26-9
M35-39			0-20-92	N60-64	llammer	129-10	10-3-92	M70-74			10-3-31
Miles Vaughn	800M	2:02.52	6-6-92	Dave Douglass	llammer	118-10	4-25-92	Mel Buschman	Pentathion	2976 pts. 17.77	2-15-92
James Fountain	One Mile Fole Vault	4:32.67 14-6	9-26-92 8-1-92		High Jump 30011	4-8 53.68	2-22-92 6-6-92		High Jump Long Jump	4-4	8-1-9
<u>H10-11</u>			and the first		100H Decathlon	18.41	7-21-92	and the second	Shot Fut	10.63	8-1-9
A. Laframboise Mike Wiggins	Fentahlon SK RW	2838 pts. 24:04	7-24-92 9-20-92	Palace C. I.I.	Fentathlon	5480 pts. 3264 pts.	7-25-92 2-15-92	45.2.4.1	201 WT 251 WT	31-9 26-9	8-1-9
Gene Bard	Fole Vault	14-0	4-2-92	Robert Spillman William Conrad	1500RW 10,000	7:36 38:07	6-13-92 11-18-89	S. I. S. Market	Javelin 35/ WT	27.62	8-1-9
N50-54			7 16 07		5000 One Mile	18:30 5:29.4	9-23-89	Milton Silvers		13.91 28.69	1-1-9
Bob Brewer M55-59	One Mile RW	7:55.2	7-16-92	M65-69	one mile	3:29.4	3-11-89		50M	7.40	1-1-9 2-1-9
Ken Luff	800	2:27	9-4-92	Chuck Sochor	50M	7.11	10-23-92	in the second	100M 200M	14.10 30.0	2-1-9 2-1-9
Ben Clark	1500 Shot Fut	4:59	9-4-92 2-15-92		100M 200M	13.16 26.9	8-19-92 9-6-92		100M 200M	14.21 29.89	2-15-9 2-15-9
Charles Richard Don North	Long Jump Javelin	16-44 127-8	5-23-91 10-24-92		400M 800M	60.72 2:31.6	8-21-92 8-13-92	1.2.3 1.5 15 15	100M	14.12	6-1-9
Gordon Bobell	llammer	144-6	9-6-92		10011	15.73 85.31	9-27-92 9-6-92	the Step .		Continue	d on page 2
ILS MASTERS AL	AMERICAN STA	NDARDS OF FIC	FILENCE FOR	MASTERS RACE WALKE		US	MASTER	RS STANDAR	DS OF FYC	FLIENCE	Distant Log
U.J. MASIENS AL	L AMERICAN SIA	MEN	ELLENCE FOR	MASIENS RALE MALKE	K3	0.5.	MASTE	FOR WO		ELLENCE	
				4 75-79 80-84 85-89 90							191925
Mile 7:12 7:	24 7:36 7:49	8:04 8:21 8:4	41 9:18 9:4	4 9:49 11:00 11:45 1 2 10:30 11:48 12:36 1	4:03	Event 30-34 100 13.8	<u>35-39</u> <u>40-44</u> 14.2 14.0		<u>59 60-64 65-69</u> 5.2 16.9 17.8	<u>70-74</u> <u>75-79</u> 18.8 20.0	21.2
				20:30 23:00 24:36 2 7 22:06 24:48 26:30 2		200 28.0	29.2 30.3	3 31.4 32.5 34	.0 35.7 37.5	40.0 43.5	47.0
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and the second se				70:09 78:36 84:06 9		1500 5:10			20 6:48 7:23	8:04 8:52	9:48
20K 1:38 1:4	40 1:43 1:47	1:52 1:57 2:0	02 2:09 2:1	1:47 1:58 2:10 2:27 2:40 2:55				22:16 23:12 24		30:08 32:21	
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		WOMEN	The Sector	1		80H	15.		7.6 18.7 20.2	22.2 25.0	28.0
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				42:06 45:09 50:18 5		4-8	4-5% 4-2		-62 3-42 3-22	3-01 2-11	2-9
				87:54 94:12 1:42		LJ 5.00 16-5	4.60 4.2		.20 2.85 2.60 0-6 9-44 8-64	2.35 2.10 7-85 6-11	2.00
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A minimum of two limited to racewa			competition r	lust be	- FF 25 1-	33-95	30-6% 27-3	25-34 26-1 23-	75 21-4 19-0%	17-3 15-5	
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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	3) Sho	t put: 3	0-49: 4k; 50+: 3k.		and the same	Array -
1500 4:11 4:15 Mile 4:31 4:35	4:22 4:32 4:42 4:53		5:24 5:47 5:49 6:14	6:22 7:03 7:59 6:51 7:38 8:42	9:15	5) Ham	mer: 3	0-49: 600gm; 50+: 0-49: 4k; 50+: 3k.	and the second second		12072
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	dles: 30-49: 39"	50-59: 36"; 6	0-69: 13": 70	reton for hand time				D PATC		PATCI	HTAG
	les: 30-49: 36"		04: 30". 6k; 60-69: 5		Long to the second s	or SIS for both a	a certificate an	d of excellence, pleased a patch. (A patch ta	an showing avont -	ad waar is as	
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4) Shot pat: 5) Discus th 6) Hammer: 7) Javelin:	30-49: 2kg 30-49: 7.20 30-59: 800	k (160); 50-59: ; 60+: 600g.	6k: 60-69: 5			close copy of resi	ults, or note in	which issue they and	P.O. Box 2372. V	an Nuys, CA 914	404. (En-
4) Shot pat: 5) Discus th 6) Hammer: 7) Javelin: 8) Metric he	30-49: 2kg 30-49: 7.20 30-59: 800 tights and distant	5k (160); 50-59: 1; 60+: 600g. res are the stand	6k: 60-69: 5	k; 70+: 4k. Inches listed for conver toring (new WAVA	tence.	close copy of resi	ults, or note in ing — and/or	which issue they app a 3-color, 3" x 4" pa	P.O. Box 2372. V	an Nuys, CA 914	404. (En-

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TRACK & FIELD RESULTS Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue da W70 Evelyn Sanders W75 Gemima Warren 20-91 17-7 1 SOUTHWEST Discus M55 Dewayne Bolton M60 Jack Floyd M65 Harold Kroeker 109-10 128-3 Arkansas Senior Olympics Russellville; October 20-21 126-0 M70 Rod Parker 99-7 <u>100m</u> M55 Bob Santine M60 Bob Alexander M75 Orrie Rew M80 Pete Young W55 Carmen Webb 85-6 57-3 13.84 62-0 38-2 13.75 15.94 16.63 17.56 18.31 24.50 17.88 20.04 M65 Lyle Stafford M70 Bob Anthony W60 Wanda Jack W65 Toni Davidson W70 Velma Morris W75 Sylvia Simons W80 Ora Hamilton 45-3 42-4 32-10 M75 Rudy Loeffler M80 Luman Parrott M85 John Glawe W55 Helen Prenzel W60 Susan Schlemmer 21-0 Javelin M55 Dewa M55 Dewayne Bolton M60 Bill Brazelton M65 Harold Kroeker M70 Bob Warwick 91-0 129-4 83-5 W65 Toni Davidson 19.36 W70 Elizabeth Gann W75 Era Swetnam 23.68 72-0 W80 OllieMay Kendrick 30.44 92-9 47-0 50-7 M75 Orrie Rew 200m M55 Henry Hawk M60 Bob Alexander M80 Carl Wafford W55 Carmen Webb 25.06 24.69 29.03 W60 Wanda Jack 39-8 M65 Lyle Stafford W65 Toni Davidson 47-8 M70 Rod Parker M75 Rudy Loeffler M80 Luman Parrott 27.88 W70 Kathy McDonald 35-11 32.50 W75 Sylvia Simons 31-11 35.18 44.12 32.83 51.84 5K Road Race M55 Henry Hawk M60 Jack Gentry M85 John Glawe 17:12 W55 Helen Prenzel 18:19 21:08 32:04 W60 Ann Howard W65 Jan Muetzel W70 Helene Keen W75 Era Swetnam M65 James Mullins M70 S W Jackson 42.35 M75 Rich McKinnon 45:06 57.57 W55 Jean Schooler W65 Betty Whitaker W70 Elizabeth Gann 26:50 27:05 W80 OllieMay Kendrick 62.14 400m M55 Henry Hawk 34:49 62.34 1500m RacewalkM55 Paul Johnson7:31.81M60 Ethan Busby.8:45.78M65 Bob Schnurbusch9:13.97M70 Tom Kirley8:48.71M75 Orlie Parker10:57W55 Jean Schooler10:41.50W65 Shirley Goff10:48.15W70 Evelyn Sanders10:28.44W75 Sister Ann Heim 13:30W80 OllieMay Kendrick14:55 69.82 88.00 75.79 91.00 94.67 87.75 M60 Jack Gentry M65 Clint Cusick M70 Rod Parker M70 Rod Parker M75 Everett Bolton M80 Luman Parrott W55 Jean Schooler W65 Betty Whitaker W70 Helene Keen W75 Era Swetnam 800m 3:10.97 89.12 1:53.03 2:41.96 800m M55 Henry Hawk M60 Jack Gentry M65 Clint Cusick 2:19.59 2:35.50 3:47.83 W80 OllieMay Kendrick14:55 5000m Racewalk M55 Paul Johnson M60 Ethan Busby M65 Nash Abrams M70 Harley Holladay 3:57.56 M75 Everett Bolton 3:52.00 M80 Luman Parrott 4:16.69 W55 Jean Schooler 3:50.43 29:12 29:55 31:57 M70 Tom Kirley M75 Orlie Parker W55 Jean Schooler W60 Ann Wilson 30:30 36:30 36:38 36:08 37:45 47:40 W65 Betty Whittaker 3:52.47 W70 Helene Keen 4:48.25 W75 Era Swetnam 6:22.78 W75 Era Swetnam <u>1500m</u> M55 Henry Hawk M60 Jack Gentry M65 Nash Abrams M70 Julius Moore M70 Julius Moore M75 Everett Bolton M80 Luman Parrott W55 Jean Schooler W65 Betry Whitaker W65 Evelyn Underwood 4:50.00 5:12.00 7:21.00 W70 Evelyn Sanders 35:02 WEST 8:25.00 8:19.00 8:49.00 7:26.91 Long Beach Senior Olympics Long Beach, CA; W65 Betty Whitaker 7:35.70 W70 Elizabeth Gann 8:18.00 November 12 High Jump M55 Tom Godwin M60 Bill Boyce M65 Bill Willey M70 Doc Bennett M75 Orlie Parker M80 Carl Wafford

4-2	50 Meter Run	
4-1	M-55 Dick Glasgow	0:07.20
3-11	Cleve Ford	0:07.50
3-7	Harold Love	0:07.60
3-4	Henry Ross	0:07.70
3-0 3-2	Gerald Brooks	0:07.90
3-2	James Soboleski	0:08.10
7-0	Ronald Engen	0:08.60
7-0	Alexander Clifton	0:09.00
7-0	Harold Baker	0:14.10
9-0	M-60 Pete Furibondo	0:07.50
5-6	Tony Nasralla	0:07.70
4-0	Claude Long	0:07.90
	Gerald Doucet	0:08.00
13-3	Curtis Pilz	0:08.10
11-10 ¹ / ₂ 12-2	Gene Connor	0:08.50
10-10	Don Sibigtroth	0:08.50
10-10	Dennis Crow	0:08.90
8-21	M-65 Dewey Vroom	0:07.80
9-51	Robert Boles	0:08.20
8-1	Thomas Pico	0:08.30
9-41	Thomas Mackie	0:08.60
5-101	Mike Logan	0:09.50
2-41	Johnny Carney Martin Mondrus	0:09.70
1. 50 -	Martin Mondrus M-70 Clarence Killion	0:18.80
35-11	Baruch Elias	0:08.40
36-11	Jimmie Okura	0:08.70
32-3	David Hurford	0:09.00
27-1 1 30- 1	John Roderiquez	0:09.01
22-2 3/4	John Keach	
15-7 3/4	Edward Schalow	0:09.40
21-2	M-75 Clarence Trahan	0:24.00
part and a star	Tom Terada	0:09.00
18-2		0:10.30
18-1	Alfredo Lopez	0:13.50

M80 Carl Wafford

W55 Helen Prenzel Pole Vault M55 Tom Godwin

M60 Bill Boyce M65 Cecil Clark M70 William Bell M75 Everett Bolton

M80 Carl Wafford

M60 Mearl Henry M65 Cecil Clark M70 Bob Anthony M75 Chris Christy

M80 Carl Wafford

W55 Helen Prenzel W60 Susan Schlemmer W65 Toni Davidson

W70 Kathy McDonald W75 Faustina Ford

Shot Put M55 Dewayne Bolton M60 Engel Grow M65 Homer Cooper M70 Leonard Wray M75 Orrie Rew M80 Carl Wafford M85 Lobm Glaue

M85 John Glawe W55 Carmen Webb

W60 Ann Howard W65 Mary Cooper

Long Jump M55 Tom Godwin

late.	Protoco	
M-85	Clyde Wilburn	0:14.50
	Paul Bernd	0:14.60
	Ellen Brannigan Joan Doucet	0:09.80 0:08.90
E 70	Melba Autry	0:11.30
F-70 F-75	Helen Robinson Lucile Adney	0:12.70 0:17.80
100.14	3.0.5 A.	ina di
M-55	eter Run Dick Glasgow	0:12.30
	William Wecker	0:13.40
	Harold Love Gerald Brooks	0:13.50 0:13.80
	James Soboleski	0:14.90
M-60	Bill Dailey Tony Nasralla	0:15.20 0:13.30
	Pete Furibondo	0:13.40
	Claude Long Don Evens	0:13.40
	Richard Harrison	0:14.20 0:14.30
	Gerald Doucet	0:14.40
M-65	Gene Connor Robert Boles	0:15.80 0:14.70
	Thomas Pico	0:15.10
1 and	Thomas Mackie Mike Logan	0:15.50 0:16.70
	Johnny Carney	0:16.90
-	Bert Rose	0:20.50
M-70	Clarence Killion John Roderiquez	0:14.70 0:15.20
1 -	John Keach	0:13.20
M-75	David Hurford	0:17.30
M-12	Andy Collins Clarence Trahan	0:16.00 0:16.50
	Alfredo Lopez	0:18.40
M-85	Tom Terada Paul Bernd	0:18.40 0:25.50
100	Clyde Wilburn	0:25.90
F-55	Patricia Willis Mary Jacob	0:20.70 0:20.90
F-60	Joan Doucet	0:16.10
F-65 F-70	Joan Gunn Helen Robinson	0:23.70 0:25.20
F-75	Lucile Adney	0:33.90
200 M	eter Run	
M-55	Dick Glasgow	0:28.00
	Sid Joseph Gerald Brooks	0:28.30 0:29.80
M-60	Ray Archibald	0:34.60
M1-00	Tony Nasralla Robert McGowan	0:28.30 0:28.60
	Claude Long	0:29.30
1.5	Al Sheahen Grant Cotter	0:30.00 0:45.50
M-65	Milo Sather	0:32.00
	Robert Boles Thomas Pico	0:32.20 0:34.00
M-70	Clarence Killion	0:32.30
M-75	John Roderiquez Clarence Trahan	0:37.00
Marij	Andy Collins	0:36.50 0:38.30
M-85	Paul Bernd	1:02.20
F-60 F-65	Joan Doucet Joan Gunn	0:34.30 0:59.00
F-75	Lucile Adney	1:17.20
400 M	leter Run	A Lot I
M-55	Sid Joseph	01:03.30
× .	William Wecker Gerald Brooks	01:05.20 01:08.00
M-60	Tony Nasralla	01:02.90
Ser. Ca	Robert McGowar Al Sheahen	01:03.00
	Grant Cotter	01:19.70
M-65	Milo Sather Lloyd Benz	01:10.20 01:40.20
M-70	John Roderiquez	01:28.10
M-75 M-85		01:38.10 02:17.80
F-55	Patricia Willis	01:52.20
F-60	Rey Hoxster Joan Doucet	01:59.80
F-65	Joan Gunn	01:16.50 02:32.50
800 1	Anter Rum	and and
M-55		03:08.00
M-60	Lloyd McGuire	02:41.90
	Bob Holmes Otto Hefner	02:42.50 02:46.40
	James Harvey	03:09.70
M-65	Milo Sather Louis Beadle	02:46.60 02:53.90
	Irving Saratoff	03:39.10

1.1.1.1	the starts	
M-70	Donald Dilworth	03:19.20
1. 1. 1. 1.	Ed Homung	03:40.60
LEG	John Roderiquez	04:00.00
3-AKA	Anthony Hill	04:03.00
Part of	David Hurford	05:37.00
M-75	James Vines	04:13.90
M-85	Paul Bernd	05:23.80
F-55	Audrey Hauth	03:25.20
F-65	Antoinette Hill	03:44.00
	· · · · · · · · · · · · · · · · · · ·	
1500	Meter Race Walk	
M-55	Wayman Nelson	09:58.00
	Walter de Rothn'e	
M-60		08:52.00
1200	Don Sibigtroth	09:31.00
12.	Milton Creange Grant Cotter	10:12.00
199	Bill Vaughan	10:29.00
M-65	Jewett Pattee	10:55.00
	Thomas Young	10:34.00
And the P	Mike Logan	12:23.00
to reach	Jesse Al-Uqdah	14:04.00
M-70	Jorge Newberry	10:07.00
M-75	Harley Priddy	13:48.00
M-80	Alfred Fanti	12:23.00
1.12.20	Moses Park	15:57.00
F-55	Patricia Willis	10:44.00
2. 2. 4	Ellen Brannigan	11:33.00
Mar Star	Mary Herse	11:47.00
F-60	Melha Autry	11:57.00
18 aller	Barbara Clark	13:03.00
P. 23	Margreta Klassen	13:32.00
19. 24	Connie Lehman	13:51.00
F-65	Joann Beers	10:11.00
F-75	Bonnie Veening	12:05.00
- all	ALC: NOT	
1500	Meter Run	
M-55	Gerald Brooks	06:43.00
1.6.8	Ray Archibald	06:46.00
M-60	Ono Heiner	05:50.00
No Ve	Melvin Schultz	06:02.00
1.125	James Harvey	06:04.00
M-65	Louis Beadle	06:10.00
n tra	Irving Saratoff	07:05.00
M-70		07:09.00
Sec.	Anthony Hill	08:26.00
11.00	John Roderiquez	08:48.00
M-85 F-55		10:50.00
P-55	Audrey Hauth	06:54.00
F-65	Mary Herse Antoinette Hill	11:12.00
1-05	Antoinette Hill	07:25.00
5000	Meter Run	
	Thomas Cripps	27:39.00
M-60	Outo Hefner	
M-55 M-60	Otto Hefner Melvin Schultz	20:51.10
M-55 M-60	Ouo Hefner Melvin Schultz	20:51.10 21:02.90
M-55 M-60	Ouo Hefner	20:51.10 21:02.90 22:41.00
M-55 M-60	Ouo Hefner Melvin Schultz James Harvey	20:51.10 21:02.90
M-60 M-65	Otto Hefner Melvin Schultz Janes Harvey Richard Bowen Jerome Lienhard Irving Saratoff	20:51.10 21:02.90 22:41.00 24:59.00
M-60	Otto Hefner Melvin Schultz Janes Harvey Richard Bowen Jerome Lienhard Irving Saratoff Donald Dilworth	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00
M-60 M-65	Otto Hefner Melvin Schultz James Harvey Richard Bowen Jerome Lienhard Jiving Saratoff Donald Dilworth Ed Hornung	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 24:18.20 25:24.20
M-60 M-65 M-70	Otto Hefner Melvin Schultz Janes Harvey Richard Bowen Jerome Lienhard Jiving Saratoff Donald Dilworth Ed Hornung Anthony Hill	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 24:18.20 25:24.20 29:57.00
M-60 M-65 M-70 M-75	Otto Hefner Melvin Schultz James Harvey Richard Bowen Jerome Lienhard Irving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guernsey	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 24:18.20 25:24.20 29:57.00 32:43.00
M-60 M-65 M-70	Otto Hefner Melvin Schultz James Harvey Richard Bowen Jerome Lienhard Irving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guernsey Audrey Hlauth	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 24:18.20 25:24.20 29:57.00 32:43.00 24:58.00
M-60 M-65 M-70 M-75 F-55	Otto Hefner Melvin Schultz Janes Harvey Richard Bowen Jerome Lienhard Irving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guemsey Audrey Hauth Mary Herse	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 24:18.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00
M-60 M-65 M-70 M-75 F-55 F-65	Otto Hefner Melvin Schultz Janes Harvey Richard Bowen Jerome Lienhard Jiving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinete Hill	20:51.10 21:02.90 22:41.00 24:59.00 25:14.00 24:18.20 25:24.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 26:30.00
M-60 M-65 M-75 F-55 F-65 F-70	Otto Hefner Melvin Schultz Janes Harvey Richard Bowen Jerome Lienhard Irving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guemsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 24:18.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00
M-60 M-65 M-70 M-75 F-55 F-55 F-65 F-70 High	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Homung Andhony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison	20:51.10 21:02.90 22:41.00 24:59.00 25:14.00 24:18.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 26:30.00 43:19.00
M-60 M-65 M-70 M-75 F-55 F-55 F-65 F-70 High	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan	20:51.10 21:02.90 22:41.00 25:43.00 25:14.00 25:14.00 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5 ⁻
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High	Otto Hefner Melvin Schultz James Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 25:14.00 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 43:19.00 43:19.00
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High	Otto Hefner Melvin Schultz James Harvey Richard Bowen Jerome Lienhard Irving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 24:18.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 26:30.00 43:19.00 410.5 ⁻ 4'10.5 ⁻ 4'0.5 ⁻ 4'0.5 ⁻
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Andhony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber	20:51.10 21:02.90 22:41.00 25:43.00 25:14.00 24:18.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5' 4'05.5' 4'00.5'
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo	20:51.10 21:02.90 22:41.00 25:43.00 25:43.00 25:14.00 25:24.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 3'10.0 ⁻
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Anudrey Hauth Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furbodo Tony Nasralla	20:51.10 21:02.90 22:41.00 25:43.00 25:14.00 25:14.00 25:24.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 26:30.00 43:19.00 410.5 ⁻ 410.5 ⁻ 410.5 ⁻ 410.5 ⁻ 410.5 ⁻ 410.5 ⁻ 310.0 ⁻
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High	Otto Hefner Melvin Schultz James Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 25:24.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 43:19.00 410.5 ⁻ 410.5 ⁻ 410.5 ⁻ 410.5 ⁻ 410.5 ⁻ 310.0 ⁻ 310.0 ⁻
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High	Otto Hefner Melvin Schultz James Harvey Richard Bowen Jerome Lienhard Irving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guemsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan	20:51.10 21:02.90 22:41.00 24:59.00 25:14.00 25:14.00 25:24.20 29:57.00 32:43.00 24:58.00 32:43.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 3'10.0 ⁻ 3'08.0 ⁻
M-60 M-65 M-75 F-55 F-65 F-70 High M-53 M-60	Otto Hefner Melvin Schultz James Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth	20:51.10 21:02.90 22:41.00 22:45.900 25:43.00 25:14.00 25:24.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5 ⁻ 4'03.5 ⁻ 4'03.5 ⁻ 4'03.5 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'08.0 ⁻
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High M-55 M-60	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guemsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Funbondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms	20:51.10 21:02.90 22:41.00 24:59.00 25:14.00 25:14.00 25:24.20 29:57.00 32:43.00 24:58.00 32:43.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 3'10.0 ⁻ 3'08.0 ⁻
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High M-55 M-60	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms	20:51.10 21:02.90 22:41.00 25:43.00 25:43.00 25:14.00 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5' 4'05.5' 3'06.0' 3'10.0' 3'10.0' 3'06.0' 3'06.0' 3'06.0' 3'06.0' 3'06.5'
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High M-55 M-60	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Homung Andhony Hill Luke Guemsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias	20:51.10 21:02.90 22:41.00 25:43.00 25:14.00 25:14.00 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 26:30.00 43:19.00 410.5 ⁻ 405.5 ⁻ 405.5 ⁻ 405.5 ⁻ 405.5 ⁻ 405.5 ⁻ 310.0 ⁻ 310.0 ⁻ 308.0 ⁻ 308.0 ⁻ 310.0 ⁻
M-60 M-65 M-75 F-55 F-65 F-70 High M-55 M-60 M-60	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford	20:51.10 21:02.90 22:41.00 22:41.00 25:43.00 25:14.00 25:14.00 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5' 4'05.5' 4'05.5' 4'05.5' 4'05.5' 4'05.5' 3'10.0' 3'10.0' 3'08.0' 3'08.0' 3'08.0' 3'08.0' 3'08.0' 3'06.0'
M-60 M-65 M-75 F-55 F-65 F-70 High M-55 M-60 M-60 M-60 M-61 M-70	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 25:14.00 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5" 4'05.5" 3'06.0"
M-60 M-65 M-70 M-75 F-55 F-65 F-70 High M-55 M-60 M-65 M-70 M-75 F-55	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Andorey Hauth Mary Herse Andorey Hauth Mary Herse Antoinette Hill Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furbondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:44.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 43:19.00 4'10.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 4'05.5 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'06.0 ⁻ 3'06.
M-60 M-65 M-75 F-55 F-65 F-70 High M-55 M-60 M-60 M-60 M-61 M-70	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Anudrey Hauth Mary Herse Anudrey Hauth Mary Herse Anudrey Hauth Mary Herse Anudrey Hauth Mary Herse Anudrey Hauth Mary Herse Anudrey Hauth Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furbondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 25:14.00 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5" 4'05.5" 3'06.0"
M-60 M-65 M-75 F-55 F-65 F-70 High M-65 M-60 M-65 M-70 M-75 F-55 F-60 Long	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Andhony Hill Luke Guemsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones Dohn Kesch Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:14.00 25:14.00 25:24.20 29:57.00 32:43.00 24:18.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 39:
M-60 M-65 M-75 F-55 F-65 F-70 High M-65 M-60 M-65 M-70 M-75 F-55 F-60 Long	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Homung Andtony Hill Luke Guemsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Forty Nasralla Don Sibigtroth Bill Vaughan Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet	20:51.10 21:02.90 22:41.00 22:41.00 25:43.00 25:14.00 25:14.00 25:24.20 25:24.20 29:57.00 32:43.00 24:18.20 26:30.00 43:19.00 4'10.5' 4'03.5' 4'03.5' 4'03.5' 4'03.5' 4'03.5' 3'10.0' 3'10.0' 3'10.0' 3'08.0' 3'08.0' 3'08.0' 3'08.0' 3'06.0' 3'07.0' 3'06.0' 3'07.0' 3'06.0' 3'07.0' 3'07.0' 3'06.0' 3'07.0' 3'07.0' 3'07.0' 3'07.0' 3'07.0' 3'07.0' 3'07.0' 3'07.0'
M-60 M-65 M-75 F-55 F-65 F-70 High M-65 M-60 M-65 M-70 M-75 F-55 F-60 Long	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford 5 Bob Boucke Christel Miller Joan Doucet Jump C Cleve Ford Gerald Brooks	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:44.00 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 30:45.7 400.5 ⁻ 30:6.0 ⁻ 30:6.
M-60 M-65 M-75 F-55 F-65 F-70 High M-65 M-60 M-65 M-70 M-75 F-55 F-60 Long	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump Gerakd Brooks Wayman Nelson	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:44.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 30:45.5 ⁻ 4'00.5 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'06.0 ⁻ 3'07.0 ⁻
M-60 M-65 M-75 F-55 F-65 F-70 High M-65 M-60 M-65 M-70 M-75 F-55 F-60 Long	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furbordo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Herber Pete Furbordo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump Cleve Ford Gerald Brooks Wayman Nelson Don Starler	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:43.00 25:44.00 25:44.20 25:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 30:45.57 4'00.57 3'10.07 3'10.07 3'10.07 3'10.07 3'08.07 3'08.07 3'08.07 3'08.07 3'06.07 3'07
M-60 M-65 M-75 F-55 F-65 F-70 High M-65 M-60 M-65 M-70 M-75 F-55 F-60 Long	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump Gerakd Brooks Wayman Nelson	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:44.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 30:45.5 ⁻ 4'00.5 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'06.0 ⁻ 3'07.0 ⁻
M-60 M-65 N-70 M-75 F-55 F-65 F-70 High M-55 M-60 M-65 M-70 M-65 M-70 M-65 M-70 M-75 F-55 F-60 Long M-55	Otto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump Cleve Ford Gerald Brooks Wayman Nelson Don Starler James Soboleski	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:44.00 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 30:40 30:00
M-60 M-65 N-70 M-75 F-55 F-65 F-70 High M-55 M-60 M-65 M-70 M-65 M-70 M-65 M-70 M-75 F-55 F-60 Long M-55	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Andtony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump Cleve Ford Gerald Brooks Wayman Nelson Don Starler James Soboleski	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:44.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 30:45.5 ⁻ 4'00.5 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'08.0 ⁻ 3'06.0 ⁻ 3'07.5 ⁻ 8'07.5 ⁻ 8'07.5 ⁻ 8'07.5 ⁻ 8'07.5 ⁻ 8'07.5 ⁻ 8'07.5 ⁻ 13'09.0 ⁻
M-60 M-65 N-70 M-75 F-55 F-65 F-70 High M-55 M-60 M-65 M-70 M-65 M-70 M-65 M-70 M-75 F-55 F-60 Long M-55	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Andhony Hill Luke Guemsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones Baruch Elias Donk Siegtroth Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump 5 Cleve Ford Gerald Brooks Wayman Nelson Don Starler James Soboleski	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:43.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:38.00 43:19.00 4'10.5 ⁻ 4'03.5 ⁻ 4'03.5 ⁻ 4'03.5 ⁻ 3'08.0 ⁻ 3'08
M-60 M-65 N-70 M-75 F-55 F-65 F-70 High M-55 M-60 M-65 M-70 M-65 M-70 M-65 M-70 M-75 F-55 F-60 Long M-55	Olto Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Homung Anthony Hill Luke Guemsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Forty Sullivan Alexander Clifton Gerald Doucet Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump Ocleve Ford Gerald Brooks Wayman Nelson Don Starler James Soboleski	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:43.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 26:30.00 43:19.00 4'10.5 ⁻ 4'03.5 ⁻ 4'03.5 ⁻ 4'03.5 ⁻ 4'03.5 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'10.0 ⁻ 3'08.0 ⁻ 3'06.0 ⁻ 3'07.5 ⁻ 13'09.0 ⁻ 13'04.5 ⁻ 12'01.5 ⁻
M-60 M-65 N-70 M-75 F-55 F-65 F-70 High M-55 M-60 M-65 M-70 M-65 M-70 M-65 M-70 M-75 F-55 F-60 Long M-55	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump Occese Ford Gerald Brooks Wayman Nelson Don Starler James Soboleski Orony Nasralla Gerald Doucet	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:43.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 306.0° 30
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M-60 M-65 M-75 F-55 F-65 F-70 High M-55 M-60 M-61 M-61 M-61	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jump Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump Cleve Ford Gerald Brooks Wayman Nelson Don Starler James Soboleski On Starler James Soboleski Don Starler Janes Soboleski Don Stigtroth Claude Long S Dewey Vroom Thomas Picoo	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:44.00 24:18.20 25:24.20 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 39:45.00 39:45.00 39:45.00 30:8.0° 30:9.0°
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M-60 M-65 M-75 F-55 F-55 F-65 F-70 High M-55 M-60 M-65 M-70 M-72 F-50 Long M-55 M-60 Long M-55 M-60 Long M-55 M-60 Long M-65 Shot	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Joan Soboleski O Cleve Ford Gerald Brooks Wayman Nelson Don Starler James Soboleski O Clave Ford Gerald Doucet James Soboleski O Clave Ford Gerald Doucet James Soboleski Don Sibigtroth Claude Long 5 Dewey Vroom Thom sa Pico Torn Terada Bob Boucke Joan Doucet Shirley Kinsey Pat	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:43.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 39:45.00 310.0° 310.0° 310.0° 310.0° 310.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 305.0° 305.0° 305.0° 1302.0° 1309.0° 1304.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 307.0° 707.5° 1102.5° 3405.0° 3311.0°
M-60 M-65 M-75 F-55 F-55 F-65 F-70 High M-55 M-60 M-65 M-70 M-72 F-50 Long M-55 M-60 Long M-55 M-60 Long M-55 M-60 Long M-65 Shot	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Jump 5 Cleve Ford Gerald Brooks Wayman Nelson Don Starler James Soboleski O Tony Nasralla Gerald Doucet Pete Furibondo Don Starler James Soboleski O Tony Nasralla Gerald Doucet Pete Furibondo Don Starler James Soboleski Don Starler James Soboleski Don Starler James Soboleski Don Starler James Pooto Don Starler James Soboleski Don Starler James Pooto Don Starler James Soboleski Don Starler James Pooto Sob Boucke Joan Doucet Shirley Kinsey Put S Romald Wade Joe Durrenbergen Robert Eldridge	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:43.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 30:45.7 400.5 ⁻ 400.5 ⁻ 310.0 ⁻ 310.0 ⁻ 310.0 ⁻ 310.0 ⁻ 308.0 ⁻ 308.0 ⁻ 308.0 ⁻ 308.0 ⁻ 308.0 ⁻ 308.0 ⁻ 308.0 ⁻ 308.0 ⁻ 306.0 ⁻ 305.0 ⁻ 305.0 ⁻ 305.0 ⁻ 305.0 ⁻ 305.0 ⁻ 305.0 ⁻ 305.0 ⁻ 305.0 ⁻ 305.0 ⁻ 306.0 ⁻ 306.0 ⁻ 305.0 ⁻ 305.0 ⁻ 305.0 ⁻ 306.0 ⁻ 307.5 ⁻ 1201.0 ⁻ 1107.5 ⁻ 1201.5 ⁻ 1307.0 ⁻ 307.0 ⁻
M-60 M-65 M-75 F-55 F-55 F-65 F-70 High M-55 M-60 M-65 M-70 M-72 F-50 Long M-55 M-60 Long M-55 M-60 Long M-55 M-60 Long M-65 Shot	Outo Hefner Melvin Schultz Jaunes Harvey Richard Bowen Jerome Lienhard Jrving Saratoff Donald Dilworth Ed Hornung Anthony Hill Luke Guernsey Audrey Hauth Mary Herse Antoinette Hill Pell Harrison Jerry Sullivan Alexander Clifton Gerald Doucet Robert Herber Pete Furibondo Tony Nasralla Don Sibigtroth Bill Vaughan Robert Harms Martin Mondrus Victor Jones John Keach Baruch Elias David Hurford Bob Boucke Christel Miller Joan Doucet Joan Soboleski O Cleve Ford Gerald Brooks Wayman Nelson Don Starler James Soboleski O Clave Ford Gerald Doucet James Soboleski O Clave Ford Gerald Doucet James Soboleski Don Sibigtroth Claude Long 5 Dewey Vroom Thom sa Pico Torn Terada Bob Boucke Joan Doucet Shirley Kinsey Pat	20:51.10 21:02.90 22:41.00 24:59.00 25:43.00 25:43.00 25:42.00 29:57.00 32:43.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 24:58.00 39:45.00 39:45.00 310.0° 310.0° 310.0° 310.0° 310.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 308.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 306.0° 305.0° 305.0° 305.0° 1302.0° 1309.0° 1304.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 1201.5° 307.0° 707.5° 1102.5° 3405.0° 3311.0°

	the second second
Don Starler	26'02.0"
Walter de Rothn'e	
M-60 Michael Devlin	38'03.0"
Charlie Sarver Grant Cotter	34'00.0" 31'03.0"
Don Sibigtroth	26'10.5"
M-65 Bill Bangert	33'05.0"
Dewey Vroom	33'05.0"
Thomas Pico	33'00.0"
Brian Power-Waters	24'02.0"
M-70 Rick Hustace	30'08.5"
Donald Keating	30'06.5"
Jimmie Okura	30'01.5"
Victor Jones	30'01.0"
Harry Welch M-75 Bob Boucke	25'10.0" 29'09.0"
M-85 Burt DeGroot	23'02.0"
F-60 Shirley Kinsey	23'08.5"
Discus Throw	and the second
M-55 Ronald Wade	10706.5*
Bill Abbott	10311.5"
Robert Eldridge	89'09.0"
Don Starler	64'08.0"
Walter de Rothn'e	
M-60 Charlie Sarver Michael Devlin	130'08.5"
Pete Furibondo	10011.5"
Don Sibigtroth	7511.5
M-65 Bill Bangert	11402.5
Donald Roser	106'05.5"
Dewey Vroom	105'06.0"
Mike Logan	85'01.0"
Brian Fower-Wate	
M-70 Donald Keating	64'05.0"
Rick Hustace	59 09.5"
M-75 Bob Boucke	66'03.5"
M-80 Firmin Cole	65'11.0"
M-85 Burt DeGroot	78'00.5"
F-55 Christel Miller	77'03.5"
5000 Meter Race Walk	A STATE
M-55 Wayman Nelson	
Walter de Rothn	
M-60 Milton Creange Bill Vaughan	37:59.90 49:42.90
M-65 Jewett Pattee	37:24.60
Johnny Carney	39:56.10
Thomas Young	40:02.40
Mike Logan	49:42.90
M-70 Jorge Newberry	37:21.70
F-60 Barbara Clark	48:20.00
F-65 Joann Beers	37:54.20
Consequences and a second second	Chinese State
Arizona Senior Ol	ympics
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Phoenix, AZ; Nover	mber 14
Phoenix, AZ; Nover	nber 14
100m M50 Dave Doorse	
100m M50 Dave Doerre M55 Norb Wedepohl	13.15
100m M50 Dave Doerre M55 Norb Wedepohl	13.15
100m M50 Dave Doerre M55 Norb Wedepohl	13.15
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100m M50 Dave Doerre M55 Norb Wedepohl	13.15
100m M50 Dave Doerre M55 Norb Wedepohl	13.15
100m M50 Dava Doorso	13.15
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Anderson M55 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W55 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer	13.15
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Auderson M65 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W55 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer 200m	13.15 12.38 13.50 14.51 16.30 19.05 16.41 16.03 19.02 24.13 25.16 22.32
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Auderson M65 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W55 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer 200m	13.15 12.38 13.50 14.51 16.30 19.05 16.41 16.03 19.02 24.13 25.16 22.32
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Auderson M65 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W55 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer 200m	13.15 12.38 13.50 14.51 16.30 19.05 16.41 16.03 19.02 24.13 25.16 22.32
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Auderson M65 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W55 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer 200m	13.15 12.38 13.50 14.51 16.30 19.05 16.41 16.03 19.02 24.13 25.16 22.32
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Auderson M65 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W55 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer 200m	13.15 12.38 13.50 14.51 16.30 19.05 16.41 16.03 19.02 24.13 25.16 22.32
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Auderson M65 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W55 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer 200m	13.15 12.38 13.50 14.51 16.30 19.05 16.41 16.03 19.02 24.13 25.16 22.32
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Auderson M65 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W65 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer 200m M50 Dave Doerre M55 Harold Creson M60 Andy Anderson M65 Ben Knaub M70 Carl Ziemack M75 Everett Penrod W50 Bobbie Peters	13.15 12.38 13.50 14.51 16.30 19.05 16.41 16.03 19.02 24.13 25.16 22.32 26.93 26.43 28.32 29.67 38.75 42.88 36.22 52.90
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Auderson M65 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W65 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer 200m M50 Dave Doerre M55 Harold Creson M60 Andy Anderson M65 Ben Knaub M70 Carl Ziemack M75 Everett Penrod W50 Bobbie Peters	13.15 12.38 13.50 14.51 16.30 19.05 16.41 16.03 19.02 24.13 25.16 22.32 26.93 26.43 28.32 29.67 38.75 42.88 36.22 52.90
100m M50 Dave Doerre M55 Norb Wedepohl M60 Andy Auderson M65 Ben Knaub M70 Dick Bennett M75 Everett Penrod M80 John Mays W50 Bobbie Peters W55 Virginia Parks W65 Norma Elliott W70 Lydia Bollinger W75 Kate Bauer 200m M50 Dave Doerre M55 Harold Creson M60 Andy Anderson M65 Ben Knaub M70 Carl Ziemack M75 Everett Penrod W50 Bobbie Peters	13.15 12.38 13.50 14.51 16.30 19.05 16.41 16.03 19.02 24.13 25.16 22.32 26.93 26.43 28.32 29.67 38.75 42.88 36.22 52.90
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M50 Gary Isham	8-6
M55 Bob Bergfeldt	7-6
M55 BOD Bergreidt	7-0
M60 Novi Milicevic	7-6
M70 Dick Bennett	7-0
M80 Carol Johnston	7-6
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Long Jump	and the second
M50 Keith Powell	15-10
M55 Bob Bergenfeldt	15-2 3/ 14-7 3/
	14 7 3/
M60 Novi Milicevic	14-1 3/
M65 Joseph Sarvis M70 Charles Obye M75 Everett Benrod	13-2 ¹ / ₂ 13-10 ¹ / ₂
M70 Charles Obve	13-101
M76 Duganth Danged	9-4
FITS EVELECC realou	
W50 Myrna Kotcher	7-41
W55 Virginia Parks	8-4
WC balls Mc mish	6-103
W65 Adele McCormick	0-103
Shot Put	
M50 Bufe Morrison	29-4
M55 Ben McGrady	39-6
M60 Ben Clark	46-5 3/
M65 Wes Goodwin	34-1
M70 Stan Sadofsky	36-6 3/
	30-0 3/
M75 Chuck Blumenthal	36-6 3/
M80 John Mays M85 John Eichman	27-10
M85 John Fichman	15.81
MOS DOIL EICHNEUT	15-81 19-7
W65 Adele McConnick	19-7
W70 Marie Calloway	18-3 3/
Martin and A Story I have been the	Statistics in
Discus	
M50 Ray Eccleston	96-0
MEE Bon Macradu	113-10
HUS Ben McGrady	
M55 Ben McGrady M60 Ben Clark	129-7
M65 Wes Goodwin	118-2
M70 Stan Sadofsky	118-1
M75 Charles Roloff	83-4
M80 John Mays	79-5
W60 Barbara Brandt	67-10
W65 Adele McCormick	67-10 55-4
	40.3
W70 Renee Roloff	49-3
Javelin	
M50 Milt Sonsky	156-2 123-0
M55 Ben McGrady	123-0
M60 Arthur Brandt M65 George Butchko	95-1
M65 George Butchko	94-3
M70 Hugh Hackett	101-5
	76 5
M75 Charles Roloff	76-5
M80 Robert Dauphin	64-3
M85 John Eichman	26-8
W60 Barbara Brandt	79-0
W65 Adele McCormick	58-6
W70 Renee Roloff	59-5
1500m Racewalk	
	8:03
M50 Joe Roer	
M55 Wayne Donnay	7:39
M60 Jack Ozment M65 Mike Machnicki	8:27
M65 Mike Machnicki	9:01
M70 Don Cladding	
HIN DON GIADDING	8:40
M/5 Ray Clark	9:54
M80 Phil Lawrence	9:24
MOS Mike Machincki MTO Don Gladding MTS Ray Clark MBO Phil Lawrence WSO Mary O'Brien WSO Fila Vausta	10.13
WCO Fila Vaugha	10:39
HOU EITA VAUGIN	10:39
woo Bethal Baker	10:39
W70 Helen Coyte	11:12
W75 Isabell Lawrence	12:50
W80 Estella Frontha	11:02
W50 Ella Vaughn W65 Bethal Baker W70 Helen Coyte W75 Isabell Lawrence W80 Estelle Frendber	911:03
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1	Throws Series	
2	tanford U.; Decer	mber 5
Sho	t Put	
	John Garvey	41-9
	Mike Selbicky	41-3/4
	G.Kelmenson	33-6
M50	Mike Parker	37-4
M55	Don Hughes	28-2
	Bob Stone	24-4
Dis	cus	
M30	Bob Weir	169-1
	John Garvey	140-4
M40	G Kelmenson	104-9
	Mike Parker	109-0
	Stew Thomson	155-4
Ham		
	Dave Debus	198-10
	G Kelmenson	135-0
	Mike Parker	86-2
	Stew Thomson	159-2
	Gary Dawson	110-3
-	Don Hughes Bob Stone	83-7
	elin	90-6
	Lou Vasu	134-1
	G Kelmenson	109-7
	Mike Parker	92-4
	R Hallanger	43-1
35#	Weight	43-1
M40	G Kelmenson	39-11
	Stew Thomson	48-7
220	(age 59 WR)	
	Don Hughes	28-0
18	Gary Dawson	24-1
M70	Bob Stone	23-11
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LONG Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we DISTANCE generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/21/4" wide) in our RESULTS format receive preference. Deadline is the 10th of the month prior to issue date. F45 1. Charlene Groet NATIONAL F50 1. Ellen Nits 2. Pat Vigil TAC/USA National Masters **10K Cross-Country** Championships Louisville, KY; December 6 755 1. Rose Taylor 2. Mary Handford Herman Atkins MA 32:38 Swag Martel KY 33:40 Ignacio Jimenes TN 34:03 Tom Leach TN 34:03 Tom Leach TN 34:27 Tim Breiner OH 34:46 Janon Lindsay OH 34:52 Jim Hodill WA 35:03 Hichael Allison WA 35:05 Philip Welch WA 35:05 Philip Welch WA 35:05 Philip Welch WA 35:29 Ward Wenstrupp OH 35:29 Buddy Marpool KY 35:40 John Bennett HI 35:52 Don Frame WA 35:59 Richard Goepp HI 36:13 Michael Barr OH 36:36 Michael Barr OH 36:35 Paul McKee OH 37:18 Bull Benton HI 36:35 Paul McKee WI 36:35 Paul McKee IN 36:36 Martin Bunke KY 37:49 Cary Bair IN 39:06 Martin Bunke KY 39:42 Don Gobel OH 40:000 Ken Morste MI 42:30 Rick Recker MN 42:36 Pater Hallop HI 34:16 F60 1. 2. H40 1.5 (A 2.V (H 3.M (H) 4.C (L: H: 5.W((B) 6.V) (R) 8 H50-1.80 (P) R(2.80 (K) 8: 3.V) (F) 4.H) (E) 8

H45 1. Peter Hallop 2. Don Coffman 3. Bob Ullrich H45 1. Peter Hallop HI 34:16 2. Don Coffman KY 34:35 3. Bob Ulirich KY 35:16 4. Pete Hayte OH 35:42 5. F.Deladurantayne HI 36:06 6. Tarry Read KY 36:23 7. Keith Merklerceid KY 36:25 8. Anthony Mifsud HI 36:32 9. Joe LaLonde OH 36:42 10. Ed Berry WV 36:43 11. Ken Hedrick OH 37:05 12. J.Klingenberger OH 37:09 13. Chris Steer WA 37:34 14. David Brooks KY 38:15 15. Carroll Dewesse 39:02 16. Michael Culwell IN 41:52 17. Jim Bronner IL 46:43 N50

 H30

 1. Chuck Keating
 MA 36:54

 2. Hike Persak
 HI 37:01

 3. Ken Prior
 OH 37:28

 4. Jim Siefring
 OH 37:28

 5. Bob Clarke
 MA 38:23

 6. Harold Hatch
 MA 38:23

 7. Gary Walters
 OH 38:36

 8. Ron Rohrer
 OH 38:36

 9. Jim HoLatchie
 TX 38:58

 10. Bill Felph
 KY 39:23

 11. Pete Stawlowski
 MA 39:28

 12. Lloyd Laubach
 OH 39:36

 13. John Boyle
 YL 39:35

 14. Rick Erdman
 39:35

 15. George Clark
 Y4 00:11

 16. Horm Gautreae
 MA 40:19

 17. Steve Goodwin
 60:30

 18. Ollenn Leach
 KY 40:151

 20. Dennis Cross
 OH 41:59

 21. Jimmy Gilbert
 42:18

 23. Stam Briggs
 42:46

 24. Larry Hills
 43:40

 25. Bob Turpin
 43:59

 26. Gary Roedemeier KY 44:10
 43:59

 26. Gary Roedemeier KY 44:47
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 1. Ken Hueler
 MA 37:21

 H50 H55 1. Ken Hueler HA 37:21 2. Ken Combs KY 40:34 3. Frank Robinson KY 41:34 4. Chuck Desjardins VA 48:28 5. Frank Ray 52:29 M60 1. Jim Campbell 2. Bob Hays 3. John Harwick 4. Bob Hager HI 43:11 HI 44:33 TN 45:15 59:51 H65 1. Jim Forshee HI 41:45 M70 1. Nate White NT 51:34 M75 1. Dudley Healy NJ 55:08 N85 1. Ed Benham 2. Jim Ramsay MD 52:29 F401. Carol HoLatchie2. Vickie PutnamHI 44:163. Donna OlsonHI 45:344. Cecilia BrsysHI 51:135. Bernice LopataHI 55:53 F40

| F35 | 1 . A.T. |
|--|---|
| 1. Rose Taylor KY 48:51 | Overal |
| 2. Mary Handford KY 58:40 | Keith
Tawny |
| F60 | M40 Ri |
| 1. Lis Brawlowski HA 51:08
2. Ruth Anderson CA 54:35 | M45 Bc |
| | M50 Do
M55 Do |
| H40-49 Team
1.Snohomish TC 2:53:51 | M60 Ha |
| (Atkins, McGill, Allison, | M65 E |
| Welch, Frame) | M75 R |
| 2.Victory AC 2:54:40
(Hartel, Coffman, Ullrich,
Holsman, Harpool) | W45 Th |
| Holsman, Harpool) | W60 AL |
| | H/0 E |
| (Hallop, Bennett, Goepp,
Deladurantayne, Unger)
4. Cincinnati Al 3:00:13 | 1.500 |
| T. CLUCZINIEL AA SIGUILS | Delt |
| (Lindsay, Wenstrupp, Wayte,
Haas, McKee) | |
| 5.Wolfpack TC 3:01:05 | Overal
Alec F |
| (Breiner, Tucker, Barr,
LaLonde, Hedrick) | Joni M |
| S.Wolfpack TC 3:01:05
(Breiner, Tucker, Barr,
LaLonde, Hedrick)
6.Victory Ath 3:14:01
(Reed, Mabe, Brooks,
Bunke Culwell) | M40 G |
| (Reed, Mabe, Brooks,
Bunke, Culwell) | M45 Jo |
| Contract Contraction of the second | M50 Dc
M55 Tc |
| H50-59 Team | M60 Bi |
| 1. Bob Schul Racing 3:12:19
(Prior, Siefring, Walters, | M65 Sa |
| (Prior, Siefring, Walters,
Rohrer, Laubach)
2.Boston RC 3:13:32 | W40 Nj |
| 2.Boston RC 3:13:32
(Keating, Clarke, Hatch, | W45 Pa
W55 Sa |
| Szawlowski, Gautreae) | W65 Pe |
| 1 Victory 3.33.37 | 10.00 |
| (Felph, Clark, Combs,
Leach, Robinson) | 210 100 |
| (Felph, Clark, Combs,
Leach, Robinson)
4.Hager H 3:29:04 | Flor |
| (Erdman, Goodwin, Gilbert,
Briggs, Hills) | 10 |
| Carlin Prove Market States and States | Del |
| H60-69 Team
1.Motor City 2:09:29 | Overa |
| 1.Motor City 2:09:29
(Forshee, Campbell, Hays) | Kevin
Marie |
| F40-49 Team | M40 D |
| 1.Hotor City 2:15:39 | K |
| (Putnam, Olson, Nitz) | M45 J |
| the same survey of the second second | J.
M50 D. |
| EAST | D |
| LASI | M55 B |
| Yankee Runner 5K Cross- | M60 J |
| Country | M65 F |
| | M70 M |
| Byfield, MA: October 18 | |
| Byfield, MA; October 18 | M75 D |
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W50 D |
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| National | Masters | News |
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| M65 Sam Maxwell
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| W45 Pat Beidelschies
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Atlanta Marathon//
Marathon
November 26
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Phil Bonfiglio
M45 Terry Arthur
Bruce Labudde
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M50 Gary Cohrane
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January, 1993

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| 1 Ruth Carrier | 48:43 | Jerry Tighe | 30:32 |
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M50 Herb Phillips | 32:10
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| M40 Bryan Stride | 27:58 | Ken Inglis | 30:50 |
| Ted McKeigan | 28:45 | Robert Moore | 31:51 |
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| W55 Rose Neumann | 52:27 |
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| M40 Mike McLeod | 31:00 |
| Dave Hill | 31:16 |
| John Clark | 31:29 |
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| M50 Elwyn Davies | 33:59 |
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| Linda Mannion | 38:11 |
| Felicity Garland | 38:28 |
| W45 Linda Watson | 38:02 |
| Dot Fellows | 38:51 |
| Sue Kirkup | 40:01 |
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| Jean Locking | 44:54 |
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| M60 Tom Shilling | 45:14 |
| W40 Paula Fudge | 34:26 |
| W45 Leslie Watson | 39:34 |
| Chris Hyde | 41:59 |
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| | | | HURDLES | | |
|---------|----------|---------------|------------------|---------------------------------|-----------------|
| | | | WOMEN | | |
| | Race | Hurdle | To 1st | Between | To |
| Age | Distance | Height | Hurdle | Hurdles | Finish |
| 30-39 | 100m | .840m | 13.00m | 8.5m | 10.5m |
| 10.10 | | 33" | 42'81/2" | 27'10½" | 34'5" |
| 40-49 | 80m | .762m
30'' | 12.00m
39'4'' | 8.0m | 12.00m |
| 50-59 | 80m | .762m | 12.00m | 26'3''
7.0m | 39'4"
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| | 00m | 30" | 39'4" | 22'111/2" | 62'4" |
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| 70 Plus | | | | | |
| 30-39 | | | | | |
| | 400m | .762m | 45.00m | 35.00m | 40.00m |
| 40-49· | | 30'' | 147'7*4" | 114'9½" | 131'2'/2" |
| 50-59 | | | | | |
| | 300m | .762m | 50.00m | 35.00m | 40.00m |
| 60-69 | 50011 | 30" | 164'0'/2" | 114'9'/2" | 131'2'/2" |
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| 30-39 | | | | | |
| 40-49 | 110m | .991m | 13.72m | 9.14m | 14.02m |
| 1 | | 39" | 45' | 30' | 46' |
| 50-59 | 100m | .914m | 13.00m | 8.50m | 10.50m |
| | | 36" | 42'8'' | 27'10½" | 34.5"
10.50m |
| 60-69 | 100m | .840m | 13.00m
42'8'' | 8.50m
27'10 ¹ /2" | 34'5" |
| 70 plus | 80m | 33"
.762m | 12.00m | 7.0m | 19.0m |
| 70 plus | 8011 | 30" | 39'4" | 22'111/2" | 62'4" |
| 30-49 | 400m | .914m | 45.00m | 35.00m | 40.00m |
| 30-49 | | 36" | 147'71/2" | 114'91/2" | 131'21/2" |
| 50-59 | 400m | .840m | - | | |
| | | 33" | | | |
| 60 + | 300m | .762m | 50.00m | 35.00m | 40.00m |
| | | 30" | 164'0'/2" | 114'9½" | 131'2¼" |
| | | | IMPLEMENTS | | |
| AGE | SHOT | PUT | DISCUS | HAMMER | JAVELIN |
| Women | | | 2 | | |
| 30-49 | | OOk | 1.00k | 4.00k | 600gms. |
| 50 plus | 3.0 | OOk | 1.00k | 3.00k | 400 gms. |
| Men | | | | | |
| 30-49 | 7.26k (| 16 lbs.) | 2.00k | 7.26k (16 lbs.) | 800 gms. |
| 50-59 | | DOk | 1.50k | 6.00k | 800 gms. |
| 60-69 | | OOK | 1.00k | 5.00k | 600 gms. |
| 70 plus | | OOk | 1.00k | 4.00k | 600 gms. |

1993 USATF National Masters Indoor Track and Field Championships

TENTATIVE SCHEDULE



Friday, Saturday and Sunday, March 19-21, 1993 Brick Breeden Fieldhouse, Montana State University, Bozeman, Montana



MEET RULES The meet will be conducted according to the 1992 TAC rulebook with the following changes:

In the LJ, TJ, SP, and weight throw, if there are more than 12 contestants in an age group, preliminary flights will be used.

WAVA implements and hurdle specifications will be used as published in the National Masters News.

Athletes must report to the marshalling area 1/2 hour prior to the scheduled starting time. Pole Vault Athletes should report one hour prior to the scheduled start of the event.

In age groups where there are less than five entrants, participants may be combined with another age group.

THROWS and JUMPS

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Implement weigh-in and measurement will be located in the South Conference room next to the Women's locker room. The 351b. and 56 lb. Weights will be provided and no others may be used.

In the Shot Put, Weight Throw, Long and Triple Jump events, 7 participants will advance to the Finals, provided each has achieved a fair mark in the prelims. TJ - all women and men 65-9 and 70+, HJ - men 70+, and PV - 60-69 will be on Friday evening.

HJ and PV initial heights will be set as requested.

The 90 Second Rule will be strickly enforced (2 minutes will be allowed for the Pole Vault).

1/8th" cone spikes only are allowed on the track and for long jump, triple jump, High jump, and pole vault. Spiked shoes with the rubber waffle bottom are more effective on the tartan surface than the plastic bottom shoes. In shoes which have a recessed spike plate 1/4'' cone spikes will be acceptable.

The Shot Put and Weight Throw will be from a wooden surface. The Weight Throw will be contested in Shroyer Gym which adjoins the Fieldhouse.

The 56 lb. Weight Throw will be conducted outdoors and no formal awards will be given.

TRACK EVENTS 60 Meter Dash and M Hurdles are run in lanes with prelims and finals where there are more than 8 runners in an age group. Starting blocks will be provided.

200 Meter Dash will be run in lanes, top 5 on time go to the finals, as needed. 6th place will be awarded by time.

400 Meter Dash will be run with a two turn stagger, in seeded sections as finals on time.

800 Meter Run will start with a two turn stagger in alleys of 3 per alley, and, where there are over 7 runners in an age group, will be conducted as finals on time in seeded sections.

1500 Meter Run will employ a waterfall start with up to 10 per

3000 Meter Run and 3000 Meter Race Walk will employ a waterfall start with up to 18 per section. The 3000 Race Walk will be contested on Friday evening with oldest age groups first working down to the youngest age groups. In both events participants will be seeded in rows by time.

4x 400 M Relay - First leg will be run in staggered lanes. 5 teams per section, as finals on time.

4x800 M Relay - 5 Teams per section on time, first leg - two turn stagger. Relay events will be in 10 year age groups. 30-39, 40-49, etc. Relay team entries or changes will not be accepted later than three hours prior to the scheduled starting time of the event. See late fee schedule for cost. Relay members must be member of the same club, or be from the same TAC association.

All lanes in the first round will be selected randomly unless otherwise indicated above.

Where the number of competitors permit, age groups may be combined to fill all available lanes.

1/8" cones spikes only are allowed on the track, the rubber bottomed spiked shoe works better on the tartan surface than the plastic bottom. In shoes with the recessed spike plate 1/4"' cones spikes will be acceptable.

AWARDS:

TAC National medals will be awarded to the first three places in each age group. Ribbons will be awarded to the 4th, 5th, and 6th place finishers. National Champion patches (one per athlete) will be awarded to first place winners. No medals or ribbons will be awarded in the 56 lb. weight throw.

AIRPORT TRANSPORTATION: The Bozeman Holiday Inn (1-800-366-5101) is meet headquarters and will run a shuttle bus to the airport for athletes staying there. In addition The Gran Tree Inn (1-800-624-5865) and The Comfort Inn (1-800-424-6423) also provide airport shuttle for their guests. Cab service is also available.

LODGING:

LODGING: If you do not plan to rent a car we strongly suggest you try to stay at the following motels as the Fieldhouse shutle will be running from the Holiday Inn and all these motels are within easy walking distance of meet headquarters. Make sure to get reservations early as this will be the end of ski season and rooms fill quickly. - Holiday Inn - Bozeman (1-800-366-5101) - Best Western GranTree Inn (1-800-624-5865) - Bozeman Inn (1-800-424-6423) - Days Inn (1-800-325-2525) Additional lodging and rental service information is available upon request.

- request.

Friday, March 19 5:30 p.m. TJ - all women PV - M60-69 HJ - M70+ 6:00 p.m. Opening Ceremonies 7:00 p.m. 3000 race walk 7:30 p.m. PV - M70+, all women TJ - M70+ 8:30 p.m. TJ - M65 Saturday, March 20 8:00 a.m. LJ - M35 9:00 a.m. LJ - M40 HJ - M55 SP - M30 60m- All 10:00 a.m. SP - M35 11:00 a.m. LJ - W50+ HJ - M50 PV - M30 SP - M40 WT - M60 (Shroyer gym) 12:00 noon SP - M50 WT - M65 M65 (Shroyer gym) 12:30 p.m. 60m finals (as needed) 1:00 p.m. LJ - M70+ HJ - M45 SP - M55 WT - M30 (Shroyer gym) WI - M30 (Shroyer gym) 1500 - All 2:00 p.m. LJ - W3C 49 PV - M35 SP - M45 WT - Women (Shroyer gym) 3:00 p.m. LJ - M50 HJ - M40 SP - M60 WT - M35 (Shroyer gym) 400 - A13 4:00 p.m. FV - M55 SP - M65 WT - M40 (Shroyer gym) 5:00 p.m. LJ - N45 HJ - M30 WT - M45 (Shroyer gym) 60m hurdles - All 6:30 p.m. LJ - M60 7:30 p.m. 4x800 Relay - All 8:00 p.m. LJ - M65 9:00 p.m. LJ - M30 Sunday, March 21 8:00 a.m. LJ - M55 HJ - All women PV - M50 3000 - All 9:00 a.m. SP - W30-49 WT - M70+ (Shroyer gym) 9:30 a.m. TJ - M45 HJ - M60 10:00 a.m. SP - W50+ WT - M50 (Shrover gym) WT - MDU (Snroyer gym) 11:00 a.m. TJ - M30 TJ - M35 PV - M45 SP - M70+ WT - M55 (Shroyer gym) 56 WT - A11 (MSU Track & Field complex - weather permitting) 11:30 a.m. HJ - M65 200 - A11 12:30 p.m. TJ - M50 1:30 p.m. Closing Ceremonies 2:00 p.m. TJ - M55 PV - M40 HJ - M35 2:15 p.m. 800 - All 2:13 p.m. 800 - All 3:00 p.m. TJ - M60 4:00 p.m. TJ - M40 4:15 p.m. 200 finals - All 5:00 p.m. 4x400 Relay - All Final schedule will be posted at the packet pick-up area in the Brick Breeden Fieldhouse. Age groups may be merged into one race if there are not adequate entries for a full field. Shroyer Gym is north of and adjacent to the Worthington Arena. Only the 35# weight throw event will be held there. Running events will be women to men,

oldest to youngest.



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TEE-SHIRTS: Quality Masters Championship Tee-Shirts are now available for \$10.00 each by ordering on the entry blank. Tee-Shirts will also be available at the meet for \$12.00.each.

MASTERS TRACK MEETING: There will be a general meeting and get together for Masters Athletes at The Holiday Inn on Saturday night at 7:30 pm. Our apologies to those athletes who will still be competing.

CHANGING FACILITIES: Locker rooms will be available at no charge at the Brick Breeden Fieldhouse. However, lockers and towels will not be provided and niether Masters Track or Montana State University will accept responsibility for lost or stolen items.

FIELDHOUSE SHUTTLE SERVICE: Most motels are within a two mile radius of the Fieldhouse. However, there will be a Fieldhouse Shuttle service available at no charge departing from the Holiday Inn. The first bus will leave the Holiday Inn at 6:45 am on Sat. and Sun. morning and the service will continue throughout the meet on a half hour basis. On Friday evening the first shuttle will depart at 4:00 pm and continue on a half hour basis. half hour basis.

PACKET PICK-UP: Meet packets will be available for early pick up on Thursday March 18th at on-site headquarters located in the Brick Breeden Fieldhouse from 3:00 - 6:00 pm and Friday, March 19th from 4:00 -8:00 pm and, Saturday and Sunday, March 20-21 from 6:45 am - 4:00

Date

AIRFARE DISCOUNT: Through arrangements with Continental Airlines, Masters Track Meet participants can receive a discounted airfare. Call The Travel Station (1-800-522-8747) or Montana Travel (1-800-247-3538) for information. Car rentals are also availible.

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Athlete's Signature