



# NATIONAL MASTERS NEWS



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

222nd Issue

March 1997

\$2.50

## 800 to Compete in Indoor Nationals

More than 800 athletes from throughout the nation will compete in the 1997 USATF National Masters Indoor Track and Field Championships on March 21-23 in Boston, Mass.

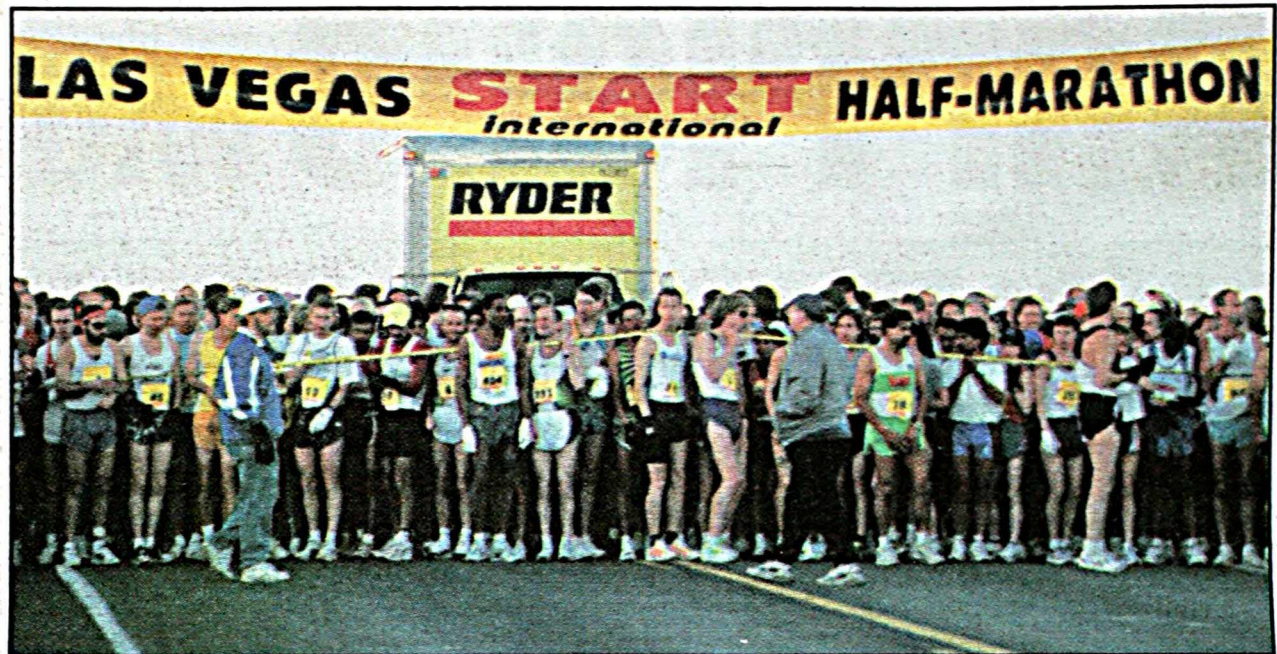
The annual event will be at the Reggie Lewis Track & Athletic Center in Roxbury, Mass., a Boston suburb. The track is a mildly-banked, 200-meter oval with six lanes and a separate 8-lane sprint straightaway.

National championship medals will be awarded to the first three places in each event for each five-year age group for both men and women from age 30-34 to 95+.

There are no qualifying standards for the meet, except to be at least age 30.

Individual entries must be received by March 1 or, with a late fee of \$10 per event, after March 1. No entries will be accepted after March 14. Relay

Continued on page 15



Start of the Las Vegas Half-Marathon, Feb. 9.

Photo by James Baker

### INSIDE:

- World and USA Indoor T&F Records – pages 17-20

## Young, Thurau, Keston Score in National Half-Marathon

by JANNA WALKUP and JERRY WOJCIK

The 1997 USATF National Masters Half-Marathon Championships were held on Feb. 9 in Las Vegas as part of the annual Las Vegas International Half-

Marathon and Marathon. The half-marathon also kicked off the 1997 Indy Life Circuit series of masters races.

The race drew an impressive field of elite masters from across the nation, and the competition did not disappoint. The first 63 men and 23 women turned in age-graded performances at 80% or better, while the top 16 men and 3 women were age-graded at 90% or more.

"It was a true championships," said Charles DesJardins, Indy Life Circuit series coordinator and USATF Masters

Wilson, one of the top masters in Kansas, ran a 1:24:15 to take the M65 title.

The top masters performance was turned in by John Keston, 72, McMinnville, Ore., who clocked a speedy 1:25:24, age-graded at 95.9%.

In women's masters competition, Alice Thurau, 41, Fisher, Pa., topped the field in 1:15:48. She also took home the best age-graded performance of 90.6% among the masters women. Honor Fetherston, 42, Mill Valley, Calif., was second in 1:16:59. Christine Kennedy, 42, Sunnyvale, Calif., outkicked Anne Audain, 41, Boise, Idaho, for third, 1:17:03 to 1:17:12. The official placings in the W40 division have been put on

Continued on page 5



Long Distance Running Treasurer, "with probably the best field ever assembled for a masters road championships. The air was filled with an excitement and electricity that I don't usually see at championships."

Craig Young, 40, Colorado Springs, Colo., was the first men's master, finishing in 1:04:39. Canada's Ted Jaleta, 42, was next in 1:05:54, followed closely by Doug Kurtis, 44, Northville, Mich., in 1:06:00 and Miguel Tibaduiza, 40, Reno, Nev., in 1:06:19.

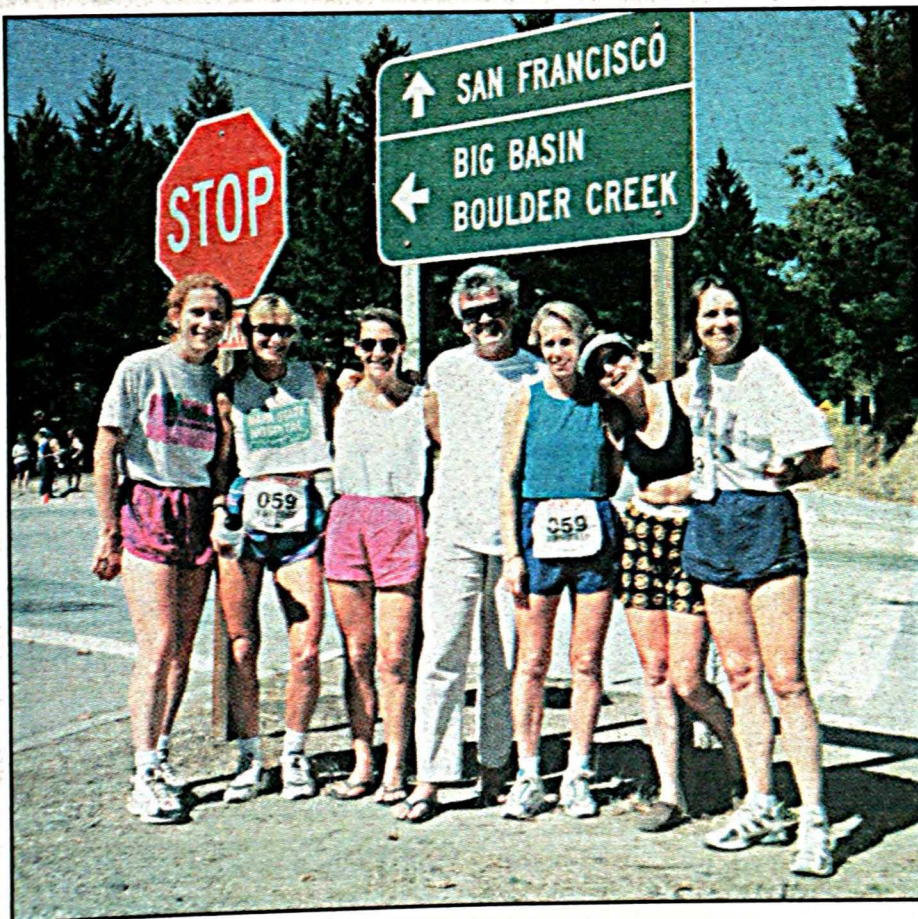
Doug Bell, of Colorado, won the M45 race from Indiana's Gary Romesser in 1:08:11. World-record-holder for the M45 1500, Ken Sparks, of Ohio, showed versatility with the M50 win in 1:11:19. Tom Curry, of Nevada, took the M55 contest with a 1:14:13. Sonny Monioz, of California, won the M60 division race in 1:19:27. Dick

## 1996 T&F Rankings

by JERRY WOJCIK

The U.S. Masters Track & Field Rankings Book for 1996 is in the layout and printing stages and should be ready for distribution by the first of April. The book ranks men and women athletes age 30-and-up who have competed in an outdoor masters meet, the results of which were printed in the *National Masters News*. The ranked events start with the 100m and include the mile, 10,000 (track), relays, field events, plus the superweight, the multi-events, and the 5K, 10K, and 20K race-

Continued on page 15



Members of the Fast In The Past masters women's team, which placed second in the Open Women's Division, 1996 Napa to Santa Cruz 194 Mile Relay with a 26:44:50, from left: Debbie Dill, Janet Martin, Ki Bowman, Ken Girouard (van driver), Lynne Denley, Annie Conneau, and Amy Haberman.

Photo from Ki Bowman

From **RUNNER'S** Magazine  
WORLD

# Break your performance barriers with

**The BREAKTHROUGH STRETCHING Video**  
Featured in RUNNER'S WORLD, Dateline NBC, and USA Today

**Available for the first time!**

Now you can learn the secrets of "active-isolated" stretching previously only available to world class athletes and professional trainers. Jim and Phil Wharton, "the stretching experts" are your personal trainers in this 45 minute videocassette and will teach you these amazing stretches that serve as a warm-up and a workout, priming all of your muscle groups for maximum performance at breakthrough levels.

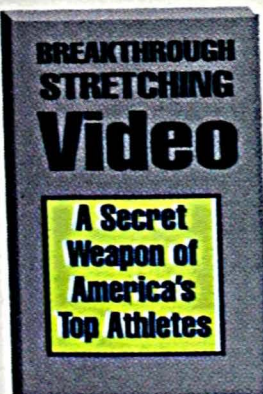
**INCREASE SPEED**

**CONQUER MUSCLE TENSION**

**REACH NEW LEVELS OF FLEXIBILITY**

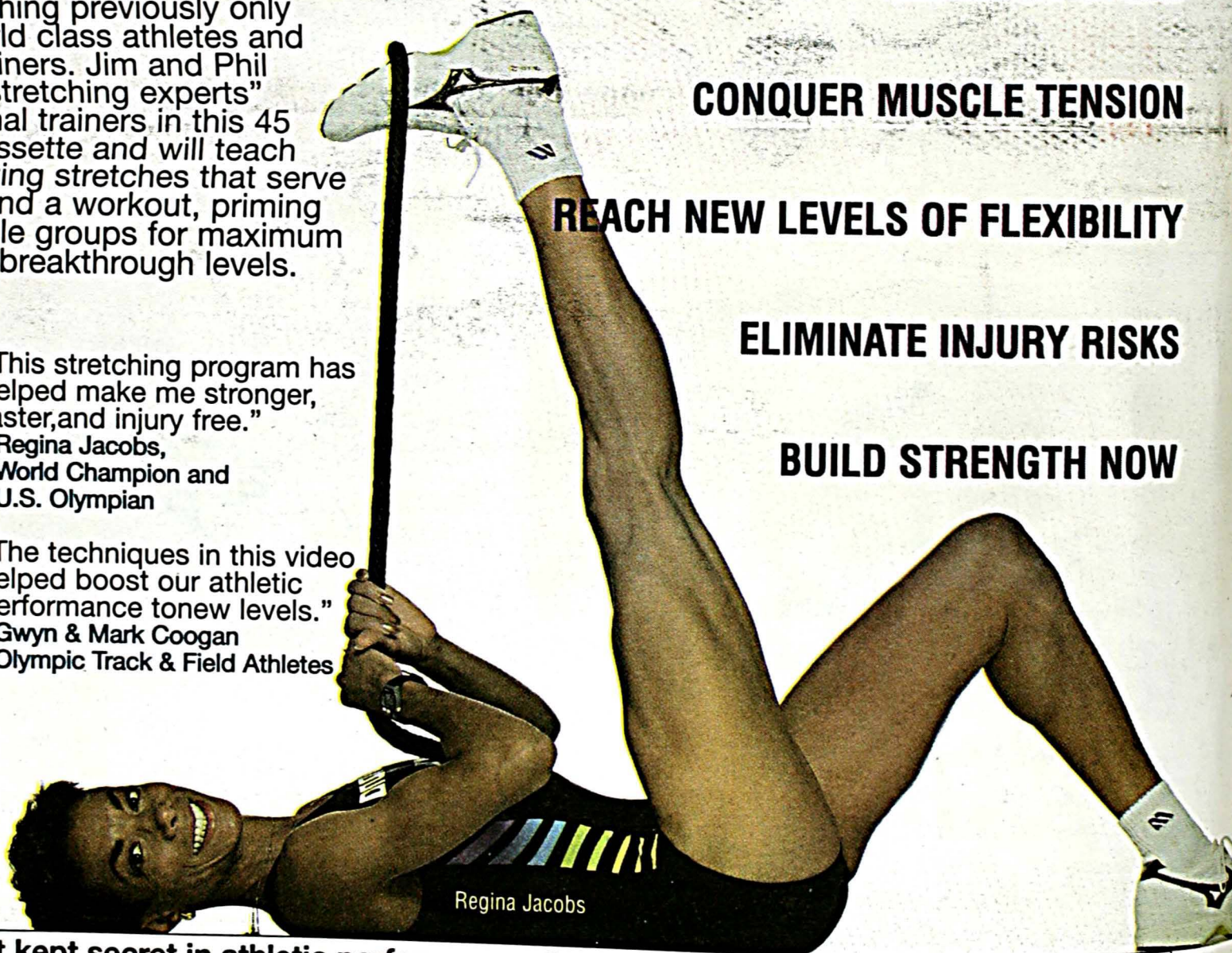
**ELIMINATE INJURY RISKS**

**BUILD STRENGTH NOW**



"This stretching program has helped make me stronger, faster, and injury free."  
Regina Jacobs,  
World Champion and  
U.S. Olympian

"The techniques in this video helped boost our athletic performance to new levels."  
Gwyn & Mark Coogan  
Olympic Track & Field Athletes



Regina Jacobs

**FREE ROPE**  
\$10 Value

Learn the best kept secret in athletic performance. Get **BREAKTHROUGH STRETCHING** for only \$21.95 plus \$2.95 shipping and handling by calling

**1-800-914-9358**

code #14602(US)

code #14603(CAN)

Credit card orders only. Please have your VISA or MasterCard number and card expiration date ready. Canadian orders \$28.59 plus \$2.95 shipping and handling. LIMITED QUANTITY. GET PEAK PERFORMANCE NOW!

**CONTENTS**

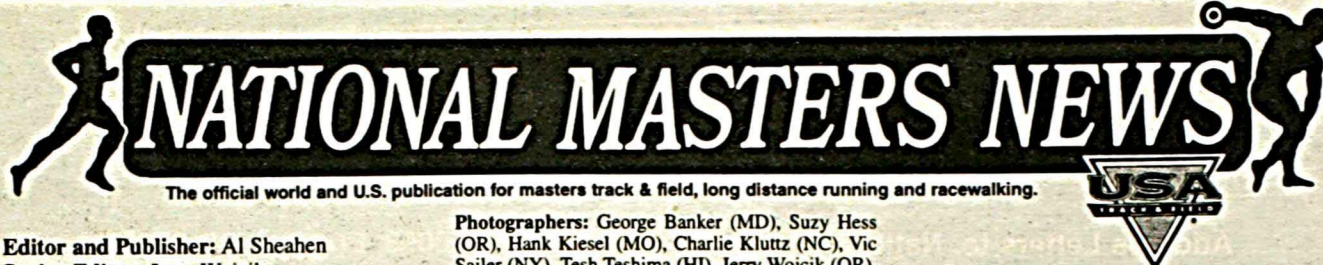
USATF Officers ..... 3  
 Letters to the Editor ..... 4  
 NMN Sustainers ..... 4  
 Third Wind ..... 6  
 Fifteen Years Ago ..... 8  
 The Foot Beat ..... 8  
 Racewalking ..... 10  
 Ten Years Ago ..... 11  
 NMN Contacts ..... 11  
 On the Run ..... 12  
 Five Years Ago ..... 13  
 The Weight Room ..... 14  
 T&F Report ..... 15  
 Training Advice ..... 16  
 New Age Division Athletes ..... 16  
 Profile - Mary Libal ..... 22  
 International Scene ..... 23  
 WAVA Officers ..... 23  
 WAVA/USATF Specs ..... 23  
 Countdown to Durban ..... 24  
 Report from Britain ..... 25  
 Masters Scene ..... 26  
 Schedule ..... 27  
 All American Standards ..... 30  
 Results ..... 31

**FEATURES**

Indoor Preview ..... 1  
 Las Vegas Marathon ..... 1  
 T&F Rankings ..... 1  
 Indy Life Circuit Schedule ..... 5  
 Paramount 10K ..... 6  
 Millrose Mile ..... 6  
 Raschker Goes to College ..... 7  
 Hartshorne Mile ..... 8  
 Wolfpack Invitational ..... 9  
 Dartmouth Relays ..... 9  
 LDR Ladder Rankings ..... 10  
 National Honor Roll ..... 11  
 Masters Coaching ..... 14  
 Masters Age Group Records ..... 17  
 Jane Welzel ..... 21  
 WAVA Event Schedule ..... 25

**ENTRY FORMS, ETC.**

Stretching Video ..... 2  
 NMN Subscription Form ..... 4  
 National 10K Entry Form ..... 5  
 Crown Valley Senior Olympics ..... 7  
 Southeastern Meet ..... 9  
 The Master Board ..... 11  
 Publications Order Form ..... 13  
 On Track ..... 15  
 Age Group Record Application ..... 17  
 Sportech ..... 21  
 Sports Travel ..... 24  
 Northwest Event Management ..... 25  
 All American Application ..... 30  
 Age Graded Tables ..... 34  
 Etonic ..... 35  
 WAVA Championships ..... 36



The official world and U.S. publication for masters track & field, long distance running and racewalking.

**Editor and Publisher:** Al Sheahan  
**Senior Editor:** Jerry Wojcik  
**Office Manager:** Suzy Hess 541-343-7716  
 Fax: 541-345-2436

**Associate Editor:** Angela Egremont  
**Assistant Editors:** Jane Dods, Janna Walkup  
**Circulation Manager:** Stark Services  
**Advertising Manager:** Sue Hartman  
 610/967-8316

**Sales Representatives:**  
 Karen Jennings 610-967-8758  
 Lisa Fronti 610-967-8896

**Production:** Carol Covey, Kim McGill  
**Printing:** American/Foothill Publishing Co.  
**Track & Field Records:** Pete Mundle  
**Long Distance Records:** Road Running  
 Information Center

**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik  
**Contributing Editors:** Hal Higdon, Dr. John  
 Pagliano, Mike Tymn, Elaine Ward

**Correspondents:** Ruth Anderson (CA), George  
 Banker (MD), John Boyle (FL), Maury Dean (NY),  
 Bob Fine (FL), Courtland Gray (TX), Carol  
 Langenbach (WA), Marilyn Mitchell (NY), Phil  
 Mulkey (GA), Paul Murray (NY), Jim Oaks (AL),  
 Mike Polansky (NY), Phil Raschker (GA), Pete  
 Taylor (PA), Mike Tymn (HI), John White (OH).

**International Correspondents:** Jorge Alzamora  
 (CHI), Cesare Beccalli (ITA), Leo Benning (RSA),  
 Hari Chandra (SIN), Bridget Cushen (GBR), Martin  
 Duff (GBR), Don Farquharson (CAN), Jim Tobin  
 (NZL), Jacques Serruys (BEL).

**Photographers:** George Banker (MD), Suzy Hess  
 (OR), Hank Kiesel (MO), Charlie Klutz (NC), Vic  
 Sailer (NY), Tesh Teshima (HI), Jerry Wojcik (OR).

**Creative Art:** Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-0744216) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Mailing address: P.O. Box 50098 Eugene, OR 97405. Periodicals postage paid at Van Nuys, CA 91409.

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.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President; Ollan C. Cassell, Executive Director.

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 32 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 age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 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 contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-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.

**Subscriptions:** A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

**Address change:** At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

**Disclaimer:** All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

**Advertising information and rates:** Please call 610/967-8316 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

**Mailing:** The issue is mailed the last week of the month prior to the cover date.

**Postmaster:** Send address changes to: *National Masters News*, P.O. Box 16597, No. Hollywood, CA 91615.

*National Masters News*, P.O. Box 50098, Eugene OR 97405. Phone: 541-343-7716; Fax: 541-345-2436.

**NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD**

Chairman:		Outdoor and Indoor Meets:		Weight Events:		Southeast:		Northwest:	
Ken Weinbel	4103 Hillcrest Ave., S.W. Seattle, WA 98116 (206) 932-3923 (206) 932-3917 (fax)	Scott Thornsley	512 Spradley Dr. Troy, AL 36079-2937 (334) 807-0371 (H) (334) 670-3755 (W) (334) 670-3753 (Fax)	Dick Hotchkiss	14005 Meadow Dr. Grass Valley, CA 95945 (916) 273-3660	Bob Fine	3250 Lakeview Blvd. Delray Beach, FL 33445 (407) 499-3370	Becky Sisley	310 East 48th Eugene, OR 97405 (541) 342-3113 (H) (541) 346-3383 (W) (541) 346-3583 (F)
<b>Vice-Chairman:</b>	Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (619) 292-6132	<b>Multi-Events:</b>	Rex Harvey 160 Chatham Way Mayfield Heights OH 44124 (216) 446-0559 (H) (216) 531-3000 X3366 (216) 531-0038 (Fax)	<b>Racewalking:</b>	Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721	<b>Midwest:</b>	Mel Larsen 2316 Willemore Springfield, IL 62704 (217) 546-2909	<b>Awards:</b>	Don Austin 3703 Electra Drive San Antonio, TX 78218 (210) 826-7538
<b>Secretary:</b>	Suzy Hess 1430 Willamette St. #404 Eugene, OR 97401 (541) 342-8050 (H) (541) 343-7716 (W) (541) 345-2436 (Fax)	<b>Records:</b>	Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291	<b>Team Manager:</b>	Sandy Pashkin 301 Cathedral Pkwy. No. 6U New York, NY 10026 (212) 666-8603	<b>Mid-America:</b>	Tom Thorne 525 Oak Ridge Dr. Neosho, MO 64850 (417) 451-7417	<b>Law Chairman:</b>	Tom Light P.O. Box 1550 Chugiak, AK 99567 (907) 694-4623 (H) (907) 786-7431 (W) (907) 786-7401 (Fax)
<b>Treasurer:</b>	Madeline Bost P.O. Box 458 Ironia, NJ 07845 (201) 584-0679	<b>Rankings:</b>	Jerry Wojcik P.O. Box 50098 Eugene, OR 97405	<b>Rules Coordinator:</b>	Graeme Shirley (address above)	<b>Southwest:</b>	John Head 21024 Cedar Branch Garden Ridge, TX 78266	<b>WAVA Delegates:</b>	Ken Weinbel Barbara Kousky Scott Thornsley Alternates: 1) Joan Stratton 2) Bob Fine 3) Madeline Bost 3) Marilyn Mitchell
				<b>Regional Coordinators:</b>	<b>East:</b>	<b>West:</b>			
					Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547				

**LONG DISTANCE RUNNING**

<b>Chairman:</b>	Jerry Crockett 1124 W. Eskridge Stillwater, OK 74074 (405) 372-4010	<b>Secretary:</b>	Norm Green 405 Curtis Ct. Wayne, PA 19087 (610) 644-4053	<b>Championships:</b>	Mick Midkiff 4808 Palmetto St. Bellaire, TX 77401 (713) 667-2902 Fax: (713) 667-2718	<b>Awards:</b>	Ruth Anderson - Women (address above) John Boyle - Men (address above)
<b>Vice Chairman Men:</b>	John Boyle P.O. Box 1824 DeLand, FL 32721 (904) 736-0002	<b>Treasurer:</b>	Charles DesJardins P.O. Box 2281 Carson City, NV 89702-2281 (702) 884-9448	<b>Law and Legislation:</b>	Mick Midkiff (address above)	<b>Rules Coordinator:</b>	George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553
<b>Vice Chairman Women:</b>	Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)	<b>Road Records &amp; Rankings:</b>	Basil & Linda Honikman Road Running Information Center 5522 Camino Cerralvo Santa Barbara, CA 93111 (805) 683-5868	<b>Championship Stats:</b>	Norm Green (address above)	<b>WAVA Delegates:</b>	Ruth Anderson, Norm Green Alternate: Charles DesJardins
				<b>Indy Life Circuit:</b>	Charles DesJardins	<b>IAAF Veterans Committee:</b>	Charles DesJardins (address above)



Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

### T&F AWARDS

I wish to thank Charles Wimberley (NMN, Feb.) for his incisive perception on the faulty scoring system in the multi-event program which is intended to arrive at the "Most Outstanding Performer of the Year." I didn't think anyone else cared.

First of all, the entire premise is wrong. Purportedly it is trying to find the MVP of the whole program, and yet, trying to arrive there by scoring points within an age-group level.

If only a single participant entered an age-group and won the event by virtual default, they could be considered "in the running" for MVP.

Couldn't happen, you say? But it did only a few years back, and not surprisingly that individual's total point performance was among the very lowest of all the age groups. Yet, the "system" awarded him equally as many "points"

as the best of all the age-groups. Does this sound reasonable to even a person not intimately involved in multi-events? It didn't to miler Charles Wimberley of Louisiana.

Hypothetically, someone could foreseeably win the National MVP of multi-events by simply showing up when no one else did and managing to get through the events with score performances equal to that of Little Richard and/or Stevie Wonder, providing they decided to accept the challenge.

Lest you believe such occurrences to be exceptional, I would remind you that only a single exception is required to invalidate any premise. So, the system has been in force for 11 years. Does that mean it should be borne for another 11?

Since all the athletes are already age-graded, wouldn't it make obvious

sense to score in toto against everyone?

1996 has shown the incredible weaknesses in this 11-year-old anachronism. It is long past due for a change in a system that should have never been in place.

Phil Mulkey  
Marietta, Georgia

I am in full agreement with Wimberley (Feb. NMN) regarding the obvious error in choosing the most outstanding T&F athletes. The explanation given does not admit an error but merely describes a point system that only a committee could invent.

Giving participation enough weight to outweigh performances is the same as evaluating restaurants on the quantity of food served. Does the obviously better athlete have to prove himself/herself over and over again? Apparently three times was not enough for Pawlik.

Those of us who take our sport seriously, follow the results in NMN and are aware of who is best in our event. When a committee makes an obvious error it loses credibility, embarrasses (or should) the awardee, hurts the real top athlete, and reflects unfavorably on the USATF and its administration.

In the case of racewalking it would be very simple, perhaps too simple for a committee, to check the "ladders" results in the *U.S. Racewalking Journal*. If in doubt, check the results of distances not covered in "ladders." If this had been done, Miriam Gordon would not have been overlooked.

I appreciate all of the work done by volunteers in T&F but anyone volunteering has the responsibility of doing their job properly and it is management's job to evaluate committee work and make changes if necessary.

Herb Appell  
Russell, Pennsylvania

(The current multi-event selection criteria are published on this page. - Ed.)

### OBSOLETE RULE

The current WAVA rule, which mandates that one's age group is determined by one's age on the first day of



The L.A. Valley Athletic Club held its annual presentation of the Doctor Robert Watanabe Award at the famous Friars Club in Beverly Hills, CA. The "Athlete of the Year 1996" trophy went to the great hurdling champion and family man, Theo Viltz of the L.A. Valley Athletic Club. Viltz's Athletic honors date back all through high school and college, including Pac 8 and NCAA champion in the 110 meter high hurdles. His masters accomplishments include several national championships, in addition to being a WAVA champion.

the meet, is unnecessary and always unfair to some good athletes.

For example, this year the World Championships are slated for Durban, South Africa, from July 17-27. Ralph Romain, the great world champion sprinter from Trinidad, turns 65 on July 20. The 200 heats begin on July 22, the 400 heats on July 24. Romain will be 65 for all those races, yet the rule says he must compete with younger runners in the M60-64 age group. Clearly not fair.

Why not determine a person's age by the first day of his or her competition, not the first day of the meet?

The argument has always been "the computer can't handle it." That may have been true 10 years ago, but not anymore with today's sophisticated programs.

The rule makes no sense and should be changed. It becomes even more ludicrous because Romain can claim an M65 world record - while running in the M60 competition. That situation happened twice in Buffalo. Try explaining that one to the media.

Max Jones  
Leeds, England

(Your suggestion has merit but is too late to be implemented in Durban since the entry form has been published, etc. But the WAVA Council will look into changing the rule at its meetings in Durban. - Ed.)

### USATF Masters Multi-Event Athletes of the Year Selection Criteria

Championship Meet:	1st	2nd	3rd	Records:	(points)
USATF Indoor Pentathlon	3	2	1	1 Year American Record	2
USATF Indoor Heptathlon	3	2	1	5 Year American Record	4
USATF Outdoor Pentathlon	4	3	2	1 Year World Record	4
USATF Decathlon/Heptathlon	5	4	3	5 Year World Record	8
USATF Weight Pentathlon	5	4	3		
NCCWAVA Outdoor Pentathlon	6	5	4		
NCCWAVA Weight Pentathlon	6	5	4		
WAVA Decathlon/Heptathlon	7	6	5		
WAVA Weight Pentathlon	7	6	5		

- There will be separate and equal awards for men and women.
- The winners are the people with the highest point totals in the preceding year.
- Preceding year is from the end of the previous USATF National Convention to the beginning of the current.
- Records can only be scored once in a year even if they are broken more than once.
- Anyone setting a World Record of any type does not also get scored for an American Record and vice-versa.
- Anyone changing age groups during the year cannot receive record points more than once in the same event but only the higher scoring record will be used.
- Ties are broken by head to head competition on an age graded basis.

## NATIONAL MASTERS NEWS

# Subscription Form

### Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

#### 2nd Class rates:

(USA, Canada, Mexico)  
 6 months \$15  
 1 Year \$26  
 2 Years \$48  
 3 Years \$70

#### 1st Class rates:

(USA, Canada, Mexico)  
 1 Year \$42  
 2 Years \$80  
 3 Years \$115

#### Foreign rates:

(Air mail)  
 1 Year \$45  
 2 Years \$85  
 3 Years \$125

Payment enclosed  
 Bill me later  
 \$\_\_\_\_\_ as a contribution to your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send to: National Masters News  
 Subscription Dept.  
 P.O. Box 16597  
 North Hollywood, CA 91615-6597

Or Call:  
 818/760-8983

## Six Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

John Burton  
 John Cramer  
 Edith Leiby  
 Bob Stone  
 Dick Ward  
 Tom Weddle

Wayzata, Minnesota  
 Florence, Alabama  
 Honolulu, Hawaii  
 Kensington, California  
 Brandon, Mississippi  
 Burnsville, Minnesota



Miguel Tibaduiza, 40, seen here at the National Masters Cross-Country Championships in Stanford, was fourth master (1:06:19) in the National Masters Half-Marathon in Las Vegas, Feb. 9. Photo by Ed Lock

# INDY LIFE CIRCUIT



## Vegas Half-Marathon

Continued from page 1

Fetherston, 42, Mill Valley, Calif., was second in 1:16:59. Christine Kennedy, 42, Sunnyvale, Calif., outkicked Anne Audain, 41, Boise, Idaho, for third, 1:17:03 to 1:17:12. The official placings in the W40 division have been put on hold until a protest has been resolved.

Other division winners were Terry Mahr, of Ohio, W45, 1:20:41; Joan Ottaway, of California, W50, 1:25:09; and Yvette Lavigne, of California, W55, 1:32:24.

Winners in the 60+ brackets were Wen-Shi Yu, of New York, W60, 1:40:58; June Machala, of Washington, W65, 1:41:03; and Janine Maltas, of New Jersey, W70, 2:08:47. Machala, 66, of Spokane, garnered notice last year at the National Masters Track & Field Championships in her home town, with a world record in the 10,000 (45:43) and a U.S. record in the 5000 (22:16).

Cash awards were by 10-year age groups and three deep for men and women. First places in the 40-49 groups were awarded \$1000; the 50-59 winners received \$600; and the 60+ victors pocketed \$300. Prize winners will have to clear post-race drug testing, to collect. The Indy Life Circuit series also

awards cash prizes for best age-graded performances; however, the entry blanks for the Las Vegas Half-Marathon were circulated before the Circuit series was finalized.

The half-marathon drew nearly 3000 runners, with more than 2700 completing the event. Overall winner Benoit Zwierzchiewski, a 20-year-old half-marathon newcomer from Belgium, ran 59:53, to become only the third person to run a half marathon in under an hour.

Weather at the start of the race was clear with the temperature at 35 degrees, warming to 50 degrees by mid-morning.

The course is USATF-certified but of non-record course standard because of an excessive drop of 12 meters per kilometer - 12 times the allowance for a record standard course. Meet Director Al Boka hopes to change the location of the start of the event to meet the record standard for next year's race.

In the Indy Life Circuit, eligible masters athletes earn Grand Prix points

based on their overall finishing place (top ten) and/or time in each event. Athletes can accumulate points in both categories (finish and age-graded). The top overall Grand Prix finishers in the Circuit will share \$50,000 in prize money (\$21,000 for the top three male and female masters and \$29,000 for the top five male and female age-graded performers).

After the Gate River Run 15K on March 8, the Indy Life Circuit standings will be available. The age-graded scoring system also will be officially announced.

Indianapolis Life Insurance Company, the Circuit sponsor, offers a unique policy called Runner's Edge™ which features significant premium discounts for serious runners. Its 10-year term insurance policy is available nationwide to individuals who complete a qualifying race within a specified time. Call (888) 786-3343 for details. □

## 1997 Masters Indy Life Circuit Schedule

February 9	Las Vegas Half-Marathon	Las Vegas, NV
March 8	Gate River Run 15K	Jacksonville, FL
March 22	Azalea Trail 10K	Mobile, AL
May 2	*Indianapolis Life 500 Half-Marathon	Indianapolis, IN
May 31	Freihofer's Run for Women 5K	Albany, NY
July 12	Bastille Celebration 8K	Newport Beach, CA
July 20	Chicago Distance Festival 5K (men)	Chicago, IL
October 5	*Twin Cities Marathon	Minneapolis/St. Paul, MN
October 25	Tulsa Run 15K	Tulsa, OK

\* The points - overall and age-graded - earned at the Twin Cities Marathon and Indianapolis Life 500 Half-Marathon will be multiplied by 1.5 and 3.0, respectively.

The Plainview Old Bethpage Road Runners Club in conjunction with THE TOWN OF OYSTER BAY Presents the 20th Annual

# NATIONWIDE INSURANCE 10 KILOMETER RUN FOR A.S.P.I.R.E.

**USATF NATIONAL 10K MASTERS CHAMPIONSHIP**  
SATURDAY, APRIL 12, 1997  
Mattlin Middle School, Plainview, N.Y.  
FUN RUN 8:10 AM • 10K RUN 9:00 AM • 10K RACEWALK 9:05 AM  
1/2 - Mile Fun Run (Ages 12 and Under)



All proceeds to be donated to "ASPIRE", the special program established in conjunction with Memorial Sloan Kettering and The Hospital for Special Surgery to provide prostheses, physical therapy and rehabilitation for young amputees (victims of sarcoma and traumatic amputations).

- Special awards for the top three male and female teams in the following divisions. (Five runners on male teams, three runners on female teams): Open, 40-49, 50-59, 60 and over
  - Special trophies to the top three male and female wheelchair athletes, top three male and female open racewalkers and top three male and female masters racewalkers. (Racewalk judged by USATF rules).
  - "Clydesdale" Division: Top three finishers, Men 185 to 199 lbs. and 200 lbs. and over; Women 140 to 159 lbs. and 160 lbs. and over.
  - Special medals to all finishers in the Fun Run.
- For Further Information phone Mike Polansky at (516) 433-0919

### 1997 USATF 10K MASTERS CHAMPIONSHIP

The Nationwide Insurance 10K Run for ASPIRE has been selected by USATF as the 1997 National 10 Kilometer Masters Championship.

We will be welcoming elite Masters runners, ages 40-100 years, from all over the country to test their skills against the rolling country roads of Plainview and Old Bethpage. It is your opportunity to see how you can do against the best the nation has to offer.

Our out-of-town guests are cordially invited to join the members of the Plainview Old Bethpage Road Runners Club at their weekly Sunday morning fun run, 8:00 AM at Syosset High School, Syosset, NY.

### MAC GRAND PRIX CHAMPIONSHIP SERIES

The Nationwide Insurance 10k Run for Aspire is proud to be a 1997 METROPOLITAN ATHLETICS CONGRESS GRAND PRIX SERIES CHAMPIONSHIP - double points for all award winners!

The MAC Grand Prix Series consists of a number of races in the MAC area (New York City, Long Island and Westchester). Runners earn points from their position in their individual age groups at each MAC race (age groups span 10 years - e.g. 20-29, 30-39, etc.). Runners accumulate points to compete for cash prizes totaling \$18,500. All points earned in this race are doubled due to its championship status.

MAC releases cumulative Grand Prix results throughout the year. The series runs one full year (Jan 97-Dec 97). Winners are notified early the following year.

To qualify for cash prizes an individual runner must compete in a minimum of three race distances and be a member of MAC/USATF.

All entry fees are tax deductible

MAKE CHECKS PAYABLE TO ASPIRE  
Mail application to: POBRR, 62 Sylvia Lane, Plainview, N.Y. 11803

10K Run? \_\_\_ Fun Run? \_\_\_ Clydesdale Runner? \_\_\_ Amputee? \_\_\_ POBRR member? \_\_\_ Sex? \_\_\_  
Wheelchair Athlete? \_\_\_ Racewalker? \_\_\_ Need a Babysitter? \_\_\_ Age as of 4/12/97 \_\_\_ Birthdate \_\_\_  
Grand Prix Series? \_\_\_ USATF #? \_\_\_ (Grand Prix/USATF Championship eligibility)  
Name \_\_\_ I wish to make an additional contribution of \$ \_\_\_ Phone \_\_\_  
Address \_\_\_ Town \_\_\_ State \_\_\_ Zip \_\_\_

In consideration of your accepting this entry, I the undersigned intending to be legally bound, for myself and my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against NASSAU COUNTY, THE PLAINVIEW OLD BETHPAGE ROAD RUNNERS CLUB, THE TOWN OF OYSTER BAY, RGE INC., VYTRA HEALTHCARE, NATIONWIDE INSURANCE, THE PLAINVIEW OLD BETHPAGE CENTRAL SCHOOL DISTRICT, MAC, USATF and FINISH LINE ROAD RACE TECHNICIANS, THEIR REPRESENTATIVES, SUCCESSORS AND ASSIGNS for any and all injuries suffered by me in said event. I attest and verify that I am physically fit, and have sufficiently trained for the completion of this run, and my physical condition has been verified by a licensed medical doctor.

If signed by a parent, the parent agrees to release and hold the above-named organizations and persons, harmless of any claims and/or rights which may be asserted on behalf of the entrant.

Signature \_\_\_\_\_  
Parent's signature (if under 18 years old) \_\_\_\_\_  
Team Name (if team entry) \_\_\_\_\_

### COURSE RECORDS

Men - 30:27, Pat Peterson, 1988  
Women - 34:55, Angela Hearn, 1989

### LOCATION

H.B. Mattlin Middle School  
Washington Avenue, Plainview

### COURSE

- 10K (6.2 miles) through suburban streets and rolling countryside
- USATF certified and sanctioned
- Splits every mile

### DIRECTIONS

From I-49: Exit 46 (Sunnyside Blvd) south to Manetto Hill Road, left on Manetto Hill Road, about one mile to the left (just past Mid Island Y) onto Washington Avenue. Mattlin is about 1/4 mile on the right.

From Southern State Parkway: Seaford Oyster Bay Expressway (Rte. 135) north to Plainview Road. Proceed on Plainview Road about one mile, across Old Country Road where it becomes Manetto Hill Road. Take the first right after crossing Old Country Road onto Washington Avenue. Mattlin is about 1/4 mile up on the right.

Park in the "T" parking lot across Washington Avenue from Mattlin M.S.

### LOGGING

The official host hotel for the Plainview 10k run for ASPIRE will be the Plainview Plaza. Special Group discount rate of \$79 per room per night (single or double occupancy) 4/11 and/or 4/12. You MUST reserve by 3/21/97 to assure this rate! Call (516) 349-9100 and ask for reservations for ASPIRE 10K Run.

PLAINVIEW PLAZA - HOTEL

### ENTRY FEES

10K Run	1/2-Mile Fun Run
\$13.00 Pre-entry	\$7.00 Pre-entry
\$11.00 Pre-entry POBRR Member	\$7.00 Day of Race
\$16.00 Day of Race	\$8.00 Day of Race

### NUMBER PICK-UP

Friday, April 11: 10:00 AM - 3:00 PM at The Runners Edge, 294 Main Street, Farmingdale; 6:00 PM - 9:00 PM at Mulcahy's Pub, Railroad Avenue/Wantagh Avenue, Wantagh.

T-shirts provided by SOUTH SHORE OUTDOOR

### AWARDS (10K)

- The "ASPIRE CUP" to the top male and female finishers overall, and to the top male and female Masters Finishers.
- Top 3 males and females in the following age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
- Special awards for the oldest male finisher and the oldest female finisher.

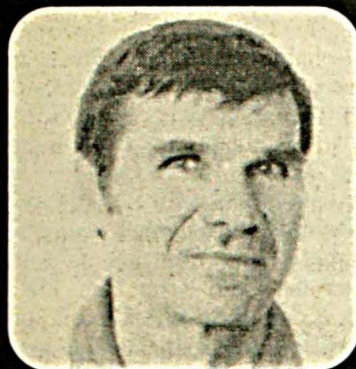
For the safety of all participants and for insurance purposes, no skates, rollerblades, baby strollers, baby joggers or animals are allowed in this event.

### PASTA PARTY

Friday, April 11, 6:00 PM to 9:00 PM, Mulcahy's Pub, Railroad Avenue/Wantagh Avenue, Wantagh. FREE Buffet and complimentary beverage for all entrants!!!! DJ, dancing, and the works!

### AMENITIES

- Top quality classic "Run for ASPIRE" long-sleeve T-shirt to all 10K and Fun Run entrants. Special commemorative gift to all 10K and Fun Run entrants.
- Post-race refreshments
- Free Baby-sitting service
- Post-race drawing for dozens of great prizes! (You must be present at the drawing to win.)
- Grand Prize in post race drawing Color television set donated by Nationwide Insurance.
- Nassau County Police traffic control.
- Technical Direction by David Katz, Finish Line Road Race Technicians.
- Metropolitan Athletics Congress Grand Prix Series
- Metropolitan Athletics Congress 1997 10K Championship Run



## Third Wind

by MIKE TYMN

### No More Juggling Act For Me

As I encounter old running friends and acquaintances while covering events for *The Honolulu Advertiser*, I'm often asked if I miss racing. Most of those asking are dedicated competitors and seem to assume that I'm just taking some time off and will eventually lace on my racing shoes again. However, when I reply that I don't really miss it and have no intention of racing again, they usually look a bit perplexed.

It's been three years since my last race, but nearly 10 years since I really trained seriously. Recurring low back and foot problems, along with a sleep disorder that seemed to be associated with heavy-duty training, prompted me to hang up the racing flats after more than 35 years of competition.

I didn't go out easily, though. After a disabling foot problem developed following my 50th birthday, I made a half dozen attempts over the next few years to mount the charge again. But either the foot or the back would derail me and frustrate my efforts. I finally concluded that I'd have to be a casual competitor or not compete at all. I did run a few races off of modest training efforts and decided that I didn't really enjoy that. I guess I'm an all-out-or-nothing type person.

My running now consists of four miles every other day with some stationary biking and weight training on the other days.

#### Gain vs. Losses

Whenever I begin to think about getting back into competitive condition, I stop to weigh the gains and losses. I first think of what I miss most about racing.

The free-flowing drive and rhythm associated with the well-conditioned body is the thing I miss most. My stride now feels short and choppy as I struggle to maintain some kind of rhythm while carrying 30 pounds more than in my most competitive years. One of the problems I have is that I cannot run comfortably at anything slower than 7:30 mile pace and four miles seems to be my limit at that pace. If I don't maintain that pace, I end up aborting the run and then walking.

To some degree, I can recapture a little of the rhythm of old while doing fartlek workouts at 7-10 miles per hour on the treadmill.

Whenever I begin to think about returning to the racing arena, I remind myself that aging has placed some limitations on me. There is no way I could completely recapture that fluidity and rhythm of old even if I were able to get back into it.

Being something of a goal-orientated person, I used to look forward to big

competitions, including a couple on the Mainland each year.

And there was a certain amount of ego gratification that came with winning, although that began to diminish during my mid-40s when I went from winning local races to being simply an age-class competitor. As I continued to age and saw all those younger runners I used to beat suddenly ahead of me, the ego gradually deflated, even though I could rationalize things by telling myself that those younger guys still weren't running as fast as I had.

#### Losses vs. Gains

The fluid fitness, the goals, the running trips, and the ego gratification are all missed in varying degrees, but I always weigh the losses against the gains.

By far the biggest gain has been the freedom to do other things while avoiding conflicts. When I was racing seriously, my whole day was planned around my training. I would work-out twice a day most days, once during the



Ray Parrella, 61, second M60 (32:04), USATF National Masters 8K Cross-Country Championships, Louisville, Ky.

Photo by Carroll DeWeese



Burke Koncelik, 42, overall women's winner (18:47), Oyster Festival 5K, Oyster Bay, N.Y., Photo by Mike Polansky

noon hour at work and then a longer session during the evening. Now, all of my training is done during my lunch break and I am free after work to do other things, to go grocery shopping or to a restaurant with my wife, to read, to relax and watch the news and *Wheel of Fortune*, to surf the Net, whatever. That evening workout was a constant source

of conflict in my marriage, as my wife was never able to plan on dinner at a regular time or to schedule in other things that husbands and wives often do together. Even the vacations were planned around running events. In retrospect, I can see that I was a very selfish person during those heavy-duty racing years.

All that is not to say that a person can't lead a well balanced and sharing life while competing successfully. I'm sure there are many out there who can, especially those who have retired and no longer face putting in the better part of the day in some office or plant. At the same time, I think it's possible for a single person to work full-time and still fit adequate training time into the daily regimen. But juggling a 9-to-5 job with family responsibilities and 100 miles a week of training, not to mention time out for stretching, weights, and proper rest, has got to be a real challenge for most. More power to those who can pull it off.

#### All in the Past!

I'm sure I benefited in many ways from all those years of racing. Whether I could have benefited more in other ways, I'll never know. But that's all behind me. I'm happy and content being a 7 1/2-minute mile plodder, and have no intention of ever putting myself through heavy-duty training again.

Then again, with retirement just a few years away, maybe... just maybe... (Please don't tell my wife I just had that thought.) □

### Bell Wins Paramount 10K

by JERRY WOJCIK

Doug Bell, 45, finished first overall in the Paramount 10K, in Paramount, Calif., a suburb of Los Angeles, on Jan. 11, with an age-graded 89.4% 32:19.

Running in the Special Masters Division group, for which masters had to meet qualifying times, Bell took the lead pack through the first mile in 5:05.

At three miles, Bell had a 20-yard lead on 26-year-old Vince Saltarelli, who then caught Bell near the six-mile mark. At six miles, Bell pulled away and held on for a four-second victory.

Only 12 masters, ten men and two

women, ran in the Special Division group. Although small by past numbers, the entry included several name runners, such as Sonny Monioz, M60, 37:27; Pat Devine, M65, 43:55; Chick Dahlston, M85, 61:55; and Mary Storey, W70, 55:36. The other woman in the group, Yukie Mochida, W65, was first in 53:50.

Masters firsts in the open division race were Dave Hunter, M40, 35:13, and Becky Parker, W45, 41:51. About 300 runners finished in sunny, clear weather, with temperatures in the mid-60s. □

### Slaney Wins Millrose Mile with U.S. Record

by JERRY WOJCIK

Mary Slaney made a triumphant return to Madison Square Garden, 23 years after winning her first Millrose Games title as a 15-year-old in the 1000 yard race there in 1974.

On Feb. 7 in the women's mile, Slaney, 38, of Eugene, Ore., burst into the lead after the first half-mile and was not challenged, winning her sixth Millrose title and fifth in the mile by about 20 yards, with a 4:26.67 before a sellout crowd of 18,266. Her victory came at the expense of a younger, two-time Olympian, Suzy Hamilton, who finished in 4:29.65.

Lost in the glare of the media spotlight was the fact that Slaney's time breaks the U.S. women's 35-39 indoor mile record by 33 seconds and is better than a pending mark by about 12 sec-

onds. Carol McLatchie owns the present record at 4:59.27, set in 1987. Ruth Wysocki has the pending mark (4:38.20).

Slaney's stunning win follows two straight road victories, in the 5K championships, Palm Desert, Calif., Dec. 15, and the one-mile championships, Santee, Calif., Jan. 12.

In two years, Slaney will be eligible to join the USA masters ranks. Whether she decides to remain primarily an open runner who happens to be 40, as some do, or to become the latest expectation-laden, new-kid-on-the-block, full-blown master (a position presently being filled admirably by Steve Scott), Slaney will be, to the U.S. public, probably the most readily identifiable runner ever to compete as a master. □

## At Age 50, Raschker Goes to College

by PHIL MULKEY

Life College, Atlanta, Ga., recently acquired a freshman recruit for its women's track and field team that finished fifth in the 1996 NAIA Championships (held on their own campus) who should help advance their cause in endeavoring to win the championship title.

With the NAIA becoming the first collegiate organization to bring the pole vault for women into their national championships, freshman Philippa Raschker comes to them already loaded with experience. Having tied for first place in the vault in the 1994 USATF National Open Championships, placing third the following year and being selected to travel to Europe with the national team, Raschker will bring more than ten years of quality national and international level vaulting to the foam-rubber pit.

Few, if any, of the lady vaulters in the inaugural event will be able to match those credentials, thereby making Raschker a heavy pre-meet favorite to win a championship title.

Good news, you say, for Coach Mike Spino, but what's so great? Somebody has to win.

Yes, but for a freshman, that would have to be pretty good. And if that freshman were to be over 50 years of age...

That is exactly the age of Philippa Raschker, perhaps the most extraordinary female athlete over the age of 40 in the entire world, a statement which is supported by a list of remarkable

credentials.

Since 1983, she has won 44 world championship titles in an incredible array of events: 100, 200, 400, high hurdles, high jump, pole vault, long jump, triple jump, plus 4x100 and 4x400 relays, and, of course, the heptathlon. During these years, at one time or another, the world or U.S. record for these events has belonged to her. In the three most recent World Masters (over 40) Championships, she has won eight, nine, and ten gold medals, respectively. USA Track & Field has seen fit to

award her its "Most Outstanding Female Athlete Award" at eight of its last ten national conventions.

Because of her tremendous versatility, the athletic scholarship given her will be repaid beyond her vaulting talent (11-1). The 12.42 100m she ran in taking fourth in the USATF Georgia Association Championships last season will put her on Life's 4x100 relay. Her world heptathlon record for masters would place her in that event nationally. And the 67.71 U.S. masters record in the 400 hurdles would have gotten her into the finals.

This spring when the best of

America's small college athletes gather again at Life College for their national championship meet to determine just who really is the best, a 50-year-old freshman may cause some amount of wonder among her much younger competitors.

Surely more than once we may hear the retort: "Good golly, that woman is older than my mother!" "Yeah, a lot older!"

*Postscript:* The next day following the NAIA Championships, Raschker will fly to Tucson, Ariz., to enter the National Senior Olympics for which she qualified in ten events. □



Phil Raschker

Photo by Suzy Hess



## Crown Valley Senior Olympics Track & Field - Sunday, May 4, 1997

Occidental College

1600 Campus Road, Los Angeles, CA - Patterson Field

Meet Director: Christel Miller

Track & Field Coordinator: Pete Clentzos

Race Walk & Assistant Director: Jim Hanley

A Qualifier for the 1998 California State Senior Games Championships, Pasadena



### Schedule of Events

#### Track

11 a.m.	400M Walk
11:15 a.m.	50M Dash
11:50 a.m.	1,500M Run
12:20 p.m.	400M Dash
12:45 p.m.	100M Dash
1:25 p.m.	1,500M Race Walk
1:45 p.m.	800M Run
2:10 p.m.	200M Dash
2:45 p.m.	5,000M Run
3:25 p.m.	5,000M Race Walk

#### Field

10 a.m.	Pole Vault
10 a.m.	Javelin
10 a.m.	Long Jump
11:30 a.m.	Shot Put
1 p.m.	Discus
1:15 p.m.	High Jump
Concl. of discus	Softball Throw

#### Entry Fees:

\$15.00 Registration Fee and \$5.00 per event

#### Divisions:

5 year age divisions, for men and women, age 50 and above

**Entry deadline is April 15, 1997**

#### Miscellaneous:

Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements **not** provided, except SP; must bring own vaulting pole; PV for **experienced vaulters only**.

#### Surface:

All-weather track. 9mm elements for Track, LJ, PV, HJ; 12mm for JT

For more information, please call:

Cynthia Vaughan

Crown Valley Senior Olympics - Pasadena Senior Center  
85 East Holly Street, Pasadena, CA. 91103 (818) 397-4062

### Entry Form (please print)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ Age as of 5/4/97 \_\_\_\_\_ DOB \_\_\_\_\_ T-Shirt: M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_  
 Events: 50M \_\_\_ 100M \_\_\_ 200M \_\_\_ 400M \_\_\_ 800M \_\_\_ 1,500M \_\_\_ 5,000M \_\_\_ PV \_\_\_ JT \_\_\_ LJ \_\_\_ SP \_\_\_  
 HJ \_\_\_ DT \_\_\_ ST \_\_\_ 400M Walk \_\_\_ 1,500M RW \_\_\_ 5,000M RW \_\_\_

Make checks payable & mail to:

**Pasadena Senior Center, 85 E. Holly St., Pasadena, CA. 91103**

**WAIVER:** In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, Occidental College, the Meet Directors and all sponsors of Crown Valley Senior Olympics, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held May 4, 1997 at Occidental College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

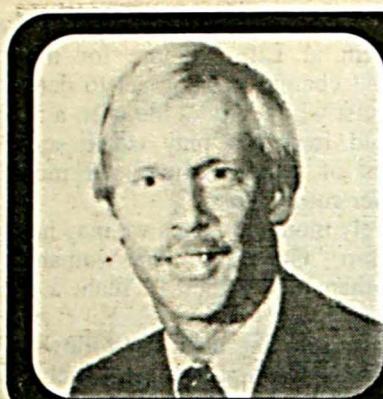
Signature \_\_\_\_\_

Date \_\_\_\_\_

### Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.25 postage and handling for each order.

Send to: *National Masters News*  
P.O. Box 50098 Eugene, OR  
97405



## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Corns

**Q** I'm a 52-year-old runner with corns on my small toes. I've had them for several years and they are very painful when I wear shoes. To relieve some of the pain, I usually just trim them down, but lately even this doesn't seem to help. Is there anything else I can do?

**A** A corn is a thickening of the stratum corneum of the skin, and is usually caused by increased pressure to the area. They often form on non-weight-bearing sections of the foot such as the small toes. Often, they have a small core that can be quite painful when pressure is applied. These are called hard corns.

Soft corns, on the other hand, are found between the toes and are often flat, white, and macerated due to perspiration and heat in that area.

Most medical research indicates that corns are congenital. Other factors, such as high arches, pronated rearfoot and hammertoes often exacerbate the problem.

Obviously, ill-fitting or tight shoes aggravate corns and cause them to become painful. There should be at least 1/4" between the longest toe and the end of the shoe. Soft padding may be placed around the corn to reduce pressure over the corn itself. Soft corns should be padded so the toes will not press together.

Soaking the feet and using a pumice stone to remove some of the hardened skin may be helpful. For the persistent corns that you describe, I'd recommend seeing a foot specialist and having the corns x-rayed to determine if they are caused by underlying bony spurs.

If they are, a minor surgical procedure done under local anesthesia may solve your problem. □

*(Dr. John Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)*

### FIFTEEN YEARS AGO March, 1982

- Boo Morcom, 61, Vaults 12-3/4 in Philadelphia
- Susan Redfield Sets W45 3000 AR (10:56)
- Margaret Miller Establishes New W55 10K AR of 39:58
- 50 Masters Compete in South Africa



Steve Gallagher, 41, Winter Park, Fla., winning the Men's Elite Mile (4:22.06), Hartshorne Masters Mile, Ithaca, N.Y., Jan. 18.  
Photo by Frank Dimeo

## Gallagher and Ford Win Hartshorne Masters Mile in Ithaca, New York

by DIANE SHERRER

When Steve Gallagher left the balmy temperatures of his Winter Park, Fla., home recently to enter the arctic blast engulfing New York state, he was hoping for a very quick trip in more ways than one.

The 41-year-old reigning national masters indoor mile champion executed an explosive, precisely-paced performance on Jan. 18 in Cornell University's Barton Hall, Ithaca, N.Y., to win the men's elite invitational race of the prestigious 30th anniversary Hartshorne Memorial Masters Mile in 4:22.06.

Defending Hartshorne Mile champion and three-time national masters cross-country champion Charlie McMullen, 45, Rochester, N.Y., placed second in 4:32.04, while Canadian Dave Reed, 42, the British Columbia masters champion in the 1500 and 3000, captured third in 4:32.95.

With the help of designated "rabbit" John Towse, Auburn, N.Y., Gallagher had his eyes on the ultimate prize — breaking the meet record of 4:17.84, set in 1993 by Australian John Birmingham. But negotiating tight turns, coupled with fatigue over the final 400, stole precious seconds from the clock.

"John took it out on schedule with a 62 quarter and a 2:07 half. Even when I started to fade, he waited for me to come back to him," said Gallagher, who is currently ranked No. 1 master in the nation in the indoor 1500, 3000, and mile.

"I like the mile because it's a combination of strength and speed, and that fits my abilities," added Gallagher, also the 1996 winner of the Mobil 1 Invitational Masters Mile.

Defending champion McMullen forged to the front of a pack of milers, trailing by 10 seconds, which consisted of Reed, McMullen's brother Tim, 44, Churchville, N.Y., who finished

fourth in 4:35.29, and Guy Gadomski, 40, Girtland, Ohio, fifth in 4:36.34.

"I was running for second today," said McMullen, who holds the second-fastest Hartshorne mile time (4:21) ever recorded here. "I knew Gallagher was the real deal. I felt the pace slow down, and, being 45, I don't wait for the kick. I wanted everyone to have to work."

The Hartshorne Masters Mile's men's combined Section I and II race was won by Ron Hulslander, 40, Cortland, N.Y., in 4:49.46. Rick Cleary, 40, Burlington, Vt., placed second in 5:02.62.

Senior ace Bob Milner, 61, Bouckville, N.Y., won the M60-64 title in 5:19.17, bettering Archie Messenger's world record of 5:19.9 set in 1984.

Patti Ford, 41, Lafayette, N.Y., posted a 5:19.38 to lead the largest women's masters/submasters field in Hartshorne Mile history. Ithaca's Bob Bellows, 42, thundered into second place with a 5:27.34, while Joe Marchetti, 53, Newington, Conn., claimed third among masters women in 6:01.46.

Clipping off a "conservative" 800 split of 2:35 without the aid of a rabbit-pacer, defending champion Ford set sights on breaking Nancy Oshier's 1991 meet record 5:15.7 and setting a new U.S. masters mark of 5:12 or better. A shot at the records unraveled over the final 200.

"I was right on pace until the last quarter. I picked it up and gave it all I had, but I had only about 200 meters left in me. The last 200 I just felt like I was holding on and stumbling. I gave it a good run, but I didn't have it," Ford said.

Initially seeded third, runner-up Bellows got crunched out of the inside lane at the crowded start and picked her way up from sixth to second in the fast-paced field. It was too late to nar-

row the gap Ford had created in her record attempt, but Bellows did achieve a personal best.

"I knew I wasn't going to catch her, but I wanted to keep my eye on her as my goal," observed Bellows, best known for her marathoning and ultra-running talents. "Before long, I was able to pass the other women, focus on my concentration, and hang on for dear life."

"I'm pretty much a person who runs against the clock, so I didn't think if I had someone in front of me, I could have gone any faster," added Ford. "With a few more quarter-mile workouts under my belt, I think I still have a shot at the U.S. record."

But Ford believes there are more important issues involved than breaking records. "A masters mile for women is really important," she said. "We have to send a message to other women: track is not just for collegiate athletes and a mile is not just a fun run. It's a race!"

Karen Stopyra, 35, Syracuse, N.Y., won the W30-39 race in 5:35.77. Leatha Damron, 33, Syracuse, clocked 5:42.40 for second. Ithaca's Sandy Gregorich, 34, grabbed third in 5:42.69.

Asked about the men's and women's field this year, Rick Hoebeke, 47, race director for the last 10 years, commented: "On paper, this was one of my best fields, both men and women, to compete in the Hartshorne Mile. I was hoping that Ford might have broken the record, but it didn't happen. It is always great to see such a dedicated group of masters come to Ithaca in January to run our mile. I think the event has a great future."

The Hartshorne Mile was sponsored once again by Zeserson & Associates and presented by the Finger Lakes Runners Club and the High Noon Athletic Club. □



## Stratton, Riegel Break Records at Dartmouth

by JERRY WOJCIK

Joan Stratton broke two W45-49 U.S. indoor throw records in the 28th annual Dartmouth Relays held at Leverone Field House in Hanover, N.H., Jan. 10-12. Jutta Riegel, of Canada, upped the W55-59 world record in the pole vault by almost 10 inches.

Competing on Friday in the masters events, Stratton, Yuma, Ariz., put the 4kg shot a pending record 35-1/2/10.68, bettering Vanessa Hilliard's 32-11-1/4/10.05 in 1991. On Sunday, in the Open & College Division, Stratton hurled the 20-lb. weight a pending 39-5/12.01, placing her 16th of 26 throwers and surpassing another record by Hilliard of 38-4-1/4/11.70, also in 1991.

Riegel, of Quebec, vaulted to a pending 8-0/2.44. Becky Sisley holds the current record at 7-2-1/4/2.19 set in Greensboro, N.C., in last year's masters championships.

After winning the M35-39 weight throw (35-lb.) with a 57-6-1/4/17.53 on Friday, Ken Jansson, 38, placed sec-

ond of 14 throwers in the Open & College event, with a 60-10/18.54. First place went not to a younger college thrower, but to Yuriy Syedikh, 41, of the Ukraine, now residing in the U.S., who threw 68-4-1/4/20.83, an age-graded 95.1%. Syedikh is a two-time Olympic gold medalist and holds the world record for the hammer at 284-7/86.74 set in 1986.

Besides athletes from surrounding states and Canada, the event drew entrants from the Midwest and Southeast, including Jim Stookey, 66, of Maryland, the 1996 USATF Male Masters T&F Athlete of the Year. He was second in the 55m (7.88) to Ross Mitchell (7.84) but won his specialties, the 55mH (9.62), high jump (4-7), long jump (16-3-1/4), and triple jump (33-7-1/4).

Director of the three-day meet, which also included high schoolers on Saturday, was Carl Wallin, Dartmouth track & field coach, who saved enough energy to win the M55 shot put contest with a 47-7-1/4. □



Steve Winkel, #696, outsprints Anthony Krainik for the M35 bronze in the 400, 1996 Masters Indoor Championships. This year's championships are scheduled for Boston on March 21-23.

Photo by Suzy Hess

## Foreman Erases Indoor Records

Denise Foreman, 40, of Seattle, smashed the W40 400 world indoor record by more than three seconds with a pending 57.67 in the Wolfpack Invitational, Reno, Nev., Jan. 25. Mary Libal, Corvallis, OR holds the record of 60.97, set in the 1995 Masters Championships in Reno on the same track. Foreman also ran the 55m in 7.37. The fastest W40 55m reported in 1996 was 7.61 by Irene Thompson. On Feb. 8 in the Bill Cosby

Invitational Indoor Meet in Reno, Foreman ran the 200 in 25.67, eclipsing the world record of 26.91 held by Riny Hagenars, of Holland, set in 1993. Foreman's time is better than her U.S. W35 record of 26.91 set in 1995.

Foreman is a volunteer assistant coach at Seattle Pacific University (where she was an All-American) and a flight attendant for Northwest Airlines. She holds the W35-39 record for the 400 hurdles at 67.10 set in 1995. □

The Southeastern U.S. Masters, Inc.

N.C. USATF Sanction  
136152

Proudly Presents  
Our 27th Annual  
Masters Track and Field Meet  
May 2, 3 & 4, 1997



Featuring  
A Throws Clinic with Coach Jeff Gorski  
and a Jumps Clinic  
Both on Friday Evening  
20K Race Walking Championship  
NORTH CAROLINA STATE UNIVERSITY  
(State of the Art - 400 Meter Martin 2000 Track)  
RALEIGH, NORTH CAROLINA



The officials and sponsors of the Southeastern Masters, invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring pentathlons, weight pentathlon, 5K & 20K walks, team relays and all regular track and field events at the NCSU Campus. A "Jumps" clinic and a "Throws" clinic will be held on Friday at 6:45 pm and at 7 pm respectively on the NCSU Track. In case of inclement weather the clinics will move indoors to the Brownstone Hotel at 7 pm.

**OPERATED BY:** Southeastern United States Masters, Inc., Box 590, Raleigh, N.C. 27602. Contact Ray Fulghum or Dale Smith (919) 831-6640 Monday-Friday 9:00 am-5:00 pm, Eastern Time.  
**AGE DIVISIONS:** Based upon age on the first day of competition; all events will have a 20 to 29 age group and 5 year age groups for 30 and older individual athletes.  
**ENTRY FEE:** \$11.00 includes first event in track, field or road event, and final results booklet. \$6.00 for each additional event. Relay entries are \$16.00 per team. (Enter on captain's form only). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern Masters. In addition, NO REFUNDS AFTER APRIL 26th. 1997 entries received without ENTRY FEE will be returned.  
**SANCTION & USATF REGISTRATION:** This meet is sanctioned by NC USA T&F and certified by RRIC of USATF, and USATF membership is required for all events (except participants in the Team Relays, foreign athletes and active military). All other participants must have USATF cards which will be available at the meet for \$12 to N.C. residents and \$15 if you are an out-of-state resident.  
**AWARDS:** Distinctive, large medallions to first 3 places in each event for each age division. Several special individual awards will be made.  
**LATE ENTRIES:** Additional \$3.00 late fee required for each event if postmarked after April 18, or if received after April 25, 1997. Events may be dropped at any time (no refund). No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Tuesday, April 29, 1997. Entries in Saturday's Team Relays and in Sunday's 20K walk close one half hour before race time.  
**RUNNING SURFACE:** Nine lane 400 meter Martin 2000 track for track events, and asphalt for 20 K race walk.  
**PACKET PICKUP:** All participants must pick up their packets prior to reporting to the first event.  
FRIDAY 11:30 am to 8:30 pm at track  
SATURDAY 6:15 am to 4:00 pm at track  
SUNDAY 6:00 am to 6:30 am at starting line  
5:30 pm to 6:30 pm at Brownstone Hotel  
Numbers must be worn on front (and on back in all events 3,000 m or longer).  
**EVENTS FOR WOMEN:** All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.

### SCHEDULE OF EVENTS (Refer to Packet for Final Time Schedule)

FRIDAY, MAY 2: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)					
Event #	Event (Notes 1 & 2)	Start Times			
01	WOMEN'S PENTATHLON (100 HH, HJ, Shot, LJ, 800 m) (note e)	12:30 pm			
02	MEN'S PENTATHLON (LJ, Javelin, 200 m, Discus & 1500 m) (note e)	12:30 pm			
03	3000 m (Sections will start at 30 minute intervals)	4:00 pm			
04	ALEX ALMASY 5K WALK (Disqualification discussion: 30 min. following completion of final section)	6:00 pm			
	"JUMPS" CLINIC — at track	6:45 pm			
	"THROWS" CLINIC — at track	7:00 pm			
SATURDAY, MAY 3: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)					
Event #	Track Events (Notes 1 & 2)	Approx. Time	Event #	Field Events (Notes 1 & 2)	Approx. Time
05	5000 M RUN	8:00 am	15	THROWS	
06	STRAIGHT HURDLES (Note 3)	9:30 am	16	WT PENTATHLON (Note 4 & e)	7:00 am
07	1500 m RUN	10:30 am	17	SHOTPUT	7:00 am
08	CURVED HURDLES	11:30 am	18	HAMMER (Note 5)	8:15 am
09	TEAM RELAYS (Note d)	11:50 am	19	DISCUS	9:15 am
	A. 4x100 OPEN		20	JAVELIN (Note 6)	10:15 am
	B. 4x400 OPEN		21	WEIGHT TOSK	11:15 am
	C. 4x400 (Min. total age 160)		22	HEAVYWEIGHT (Note 7)	2:00 pm
10	100 m DASH (Note 3)	1:00 pm	23	JUMPS	
11	400 m RUN	2:10 pm	24	POLE VAULT (Note 8)	8:00 am
12	STEEPLECHASE	3:10 pm	25	LONG JUMP	9:30 am
13	800 m RUN	3:40 pm		HIGH JUMP (Note 9)	10:30 am
14	200 m DASH	4:10 pm		TRIPLE JUMP	2:00 pm

SUNDAY, MAY 4: RALEIGH CITY STREETS (See Map in Packet)					
Event #	Event (Note 2)	Start Times			
26	ALEX ALMASY 20K Race Walk (Note 10)	7:00 am			

DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 590, RALEIGH, NORTH CAROLINA 27602 (Photo Copy if Needed)

Name: Last \_\_\_\_\_ First \_\_\_\_\_ Init. \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Mo. \_\_\_\_\_ Day \_\_\_\_\_ Yr. \_\_\_\_\_  
 Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 1997 USATF No. \_\_\_\_\_ Daytime Telephone \_\_\_\_\_  
 Area Code \_\_\_\_\_

Enter relay teams on captain's entry only. (Event # means MEET Event # from list on page 2)

Meet Event #	Event Title	Meet Event #	Event Title	Meet Event #	Event Title

Number of dinner tickets (# \$16.50 each)  Total Amount Enclosed \_\_\_\_\_  
 (include payment with Total)  
 Number of T-shirts @ \$8.00  Make check or M.O. for US dollars payable to: Southeastern Masters, Inc.  
 Mens sizes: S, M, L, XL List sizes ordered: \_\_\_\_\_ Where did you hear about our meet? \_\_\_\_\_  
 Where did you get your entry form? \_\_\_\_\_

**ATHLETIC RELEASE**  
 In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 2, 3 & 4, 1997, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

Date \_\_\_\_\_ Athlete's Signature \_\_\_\_\_



# Masters Racewalking

by ELAINE WARD

## Racing Strategy

(The following is Part II of an interview with Lani LeBlanc, W50, and Shirley Dockstader, W60, after the Outdoor National Championships in Spokane, August 1996.)

**EW:** Lani, as you started the 5K race, you said you felt confident. You had done the necessary training and felt you had a good race in the bank. As you were racing, how did it go?

**LL:** I felt really good. I pooped out earlier than I should have. I don't know what accounts for that. I don't feel that I started off too fast. Whether the 2000-foot altitude had anything to do

with it or not, I don't know. You can look for excuses until you are blue in the face. I just ran out of steam today. I was disappointed in my time in that I wanted to break 30:00. However, my time (30:17.7) was acceptable, so I'm not down on myself.

**EW:** How did you feel about your race, Shirley?

**SD:** My goal for today was not to

get a single warning. I was disqualified in the 5K at the World Games in Buffalo last year. I was very disappointed because I had trained very hard. This year I could not train as hard as I did last year, so I didn't expect to make a great time. In fact, I can't even tell you my time now (31:35.8 - ew) as that wasn't my focus. I am happy because I fulfilled my goal and did not receive a single warning. My body feels harmonious with the technique for the first time in a while. I feel I can start training for the 1997 World Games in Durban with confidence.

**EW:** Maybe you weren't focused on speed during the race, but you certainly weren't slow. You got a bronze medal.

**SD:** There is the most wonderful group of women in the 60-year age division. It is a talented group of ladies. Bev LaVeck, June Marie Provost, Joann Parks, to name three.

### Go With the Flow

**EW:** Can you be specific about how you plan to train for South Africa?

**SD:** The training I do involves working with a heart rate monitor and I follow a specific program. My coach, Jack Bray, has helped me with it. I will continue training using 8Ks at three different paces. Sometimes one 8K workout will be devoted to interval training. Also, I will continue doing at least one 10K or longer workout a week.

I started serious, consistent training too late this year, as I had a lot of other things going on in my life. But you know there are years like that. I think this is the thing we have to realize as competitive athletes. There are going to be years when we can give it everything we have, and years when there are a lot of other things going on and it is necessary to back off. It is necessary to flow with that; it's life.

**EW:** How about you, Lani?

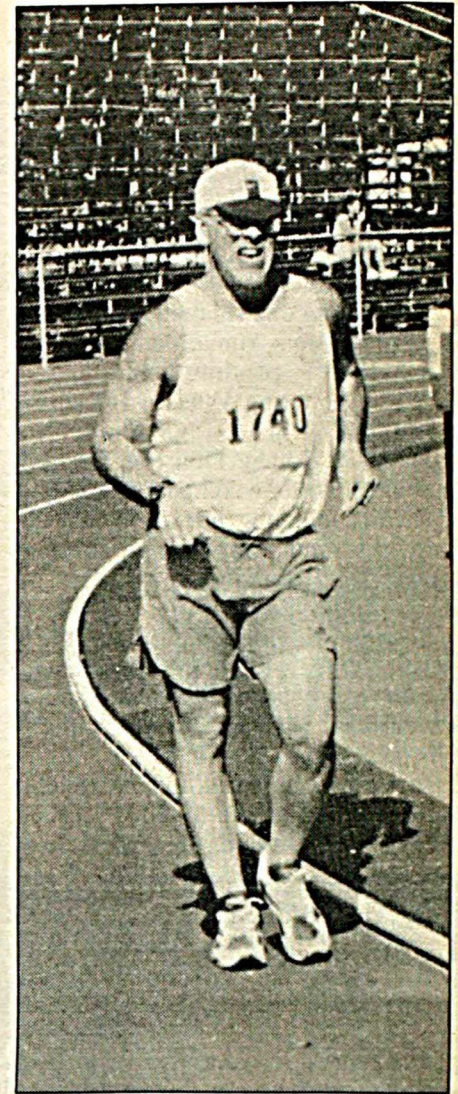
**LL:** This year I had a commitment to train hard. My training included doing yoga regularly because I am awful about stretching. I felt yoga would be good for the stretching as well as for the breathing.

As for racewalking workouts, I really have had no set program. I have been working out six days a week. I almost always run the first mile to warm up. I enjoy running. Some days I run the entire four miles. It depends on how much time I have before work. Some days I just racewalk. I always do at least eight miles once a week for my 10K training. But other than that, I emphasize speed work.

The last month preceding Spokane, I was doing speed work twice a week at the track. I do 1K repeats: 800s, 400s, 200s, 100s. I do speed workouts, mostly with Jack's guidance. If I go out to the track, I don't know what to do by myself. He is very good because he paces me. I can't tell you how much this helps. I think speed work is very, very important.

### No Burnout

**EW:** If you were to summarize your feelings about racewalking for other women, what would you say?



Jamie Cohen, M40, finished the 5000 racewalk in 26:34, Hayward Masters Meet, Eugene, Ore. Photo by Jerry Wojcik

**LL:** I would tell them how rewarding racewalking has been for me. It's probably true of any sport you get involved with. There is an element of discipline involved that gets you out to do the training. This year, the difference has been that I really wanted to go out. I looked forward to my workouts every morning.

I am not the least bit burned out from my training this year. I was afraid that I might be because, several years ago, I was feeling burned out one month before my major race. I was aware of it and I was afraid I had peaked too soon.

This year I went away for weekends. I would go out and train wherever I happened to be, whether I was in the mountains or down near Santa Cruz. I would do an 8-miler or whatever I needed to do, but it was always pleasurable as there was variety. It wasn't work and it wasn't training with a big "T". I was out because I wanted to be.

**EW:** What do you plan to do now?

**LL:** I want to maintain, at the very least. There are a couple of local races this fall that I will do. I also want to try cross-country running in the fall. It would be a nice break. And I will keep up the yoga.

**SD:** I agree with Lani that yoga is important to keep up. I think you need a combination of deep stretching and Chinese yoga, where you move energy

Continued on page 11

## 1996 NATIONAL/REGIONAL 5KM 10KM & 20KM LADDER RANKINGS

For the last four years, the North American Racewalking Foundation has sponsored a USATF National/Regional Postal Competition to allow masters to compete with each other all over the country in the 5km, 10km and 20km distances. Competitors are ranked nationally by age group and by the region in which they live. For simplicity, the North, South, East and West Regions of the open athletes are used instead of the seven Masters Regions. Canada is included as a separate region. Competitors compete both nationally and as residents of one of the Regions. The final men's results showed the North had the most age-group winners: North 10, East 9, West 5, South 4. The women's results showed the West had the most age-group winners: West 12, East 5, South 4, North 2.

### MEN 5KM REGIONAL WINNERS IN ORDER OF FINISH:

N= North, S= South, E= East, W= West, C= Canada  
**M40:** N: Jonathan Matthews, W: Warrick Yeager, E: Curt Sheller, S: Juan Yanes  
**M45:** S: Bohdan Bulakowski, W: Enrique Camarena, E: Ray Funkhouser, N: Mike Wiggins, C: Mike Stones  
**M50:** E: Jim Carmines, N: Don Denoon, W: Larry Walker, S: Norm Frable, C: Andy Jones  
**M55:** W: Ed Kousky, S: Paul Johnson, N: John Elwarner, E: Tom Masterson, C: Runo Appolonio  
**M60:** W: Jack Bray, N: Max Green, C: Stuart Summerhayes, E: Bob Barrett, S: Tom White  
**M65:** E: John Starr, S: Robert Fine, N: Vance Genzlinger, W: Bob Eisner  
**M70:** E: William Flick, S: Sumner Shafmaster, C: Peter Fellowes, W: Klaus Timmerhaus, N: Arthur Clevinger  
**M75:** S: Cokey Daman, W: Joe Perrin, N: Paul Geyer, E: Lewis Mulliken  
**M80:** S: Bill Tallmadge, E: Edward Seeger, W: Ernie Lucken

### MEN 10KM REGIONAL WINNERS

**M40:** N: J Matthews, E: Steve Pecinovsky, W: Warrick Yeager, C: Paul Guimond, S: Robin Murray  
**M45:** N: Mike DeWitt, W: Stan Chraminski, E: Brian Savilonis, S: Bruce Booth  
**M50:** N: Don Denoon, E: James Carmines, S: Norm Frable, W: David Crabb  
**M55:** N: John Elwarner, E: Thomas Knatt, S: Don Cave, W: Richard Oliver  
**M60:** N: Max Green, W: Jack Bray, C: Stuart Summerhayes, S: Tom White, E: Greg Wittig  
**M65:** E: Jack Starr, S: Robert Fine, W: Bob Eisner, N: Chuck Deuser  
**M70:** E: William Flick, N: Hugh Acton, C: Peter Fellowes, S: Sumner Shafmaster, W: Masashi Noritake  
**M75:** E: Tim Dyas, N: Jerry Jerome, S: Orlie Parker, W: Troy Grove  
**M80:** S: Bill Tallmadge, W: Ernie Lucken, E: Harry Drazin

### MEN 20KM REGIONAL WINNERS

**M40:** N: Matthews, W: Yeager, E: Pecinovsky  
**M45:** W: Camarena, E: Alan Price, S: John Fredericks,

N: Max Walker

**M50:** E: Carmines, S: Frable, W: Crabb, N: Bickel  
**M55:** N: John Elwarner, S: Sterling Kerr, E: Wilk, W: Calvin Brown

**M60:** N: Max Green, W: Jack Bray, C: Stuart Summerhayes, E: Bob Barrett, S: Lee Duffner  
**M65:** E: John Starr, N: Chuck Deuser, W: Fred Dunn, S: Mike Michel

**M70:** E: Flick, W: Mel Lees, S: Shafmaster  
**M75:** N: Paul Geyer, **M80:** W: E. Lucken  
**M85:** W: Tony Petrona

### WOMEN 5KM REGIONAL WINNERS

**W40:** W: Sally Richards, S: Becky Comeaux, E: Phyllis Hansen, N: Lynn Tracy, C: Lilly Whalen  
**W45:** S: Linda Stein, N: Jeannette Smith, W: Marianne Martino, E: Patricia Weir, C: Cathy Collins  
**W50:** W: JoAnn Nedelco, S: Judy Altman, N: Diane Graham-Henry, E: Ruby Tolbert, C: Shelagh O'Connor  
**W55:** E: Elton Richardson, N: Walda Tichy, S: Sue Green, W: Brie Reybina  
**W60:** W: Bev LaVeck, N: Joanne Parks, S: Janet Mason, C: June-Marie Provost, E: Rhoda Green  
**W65:** N: Ruth Eberle, W: Jackie Williams, E: Patricia Nesley, S: Doris Flynn,  
**W70:** S: Miriam Gordon, E: Joan Rowland, W: Joyce Gust, N: Virginia Lawrence  
**W75:** W: Jane Dana, S: Fran Benno, S: Trudy Byer  
**W85:** W: Dorothy Roberts

### WOMEN 10KM REGIONAL WINNERS

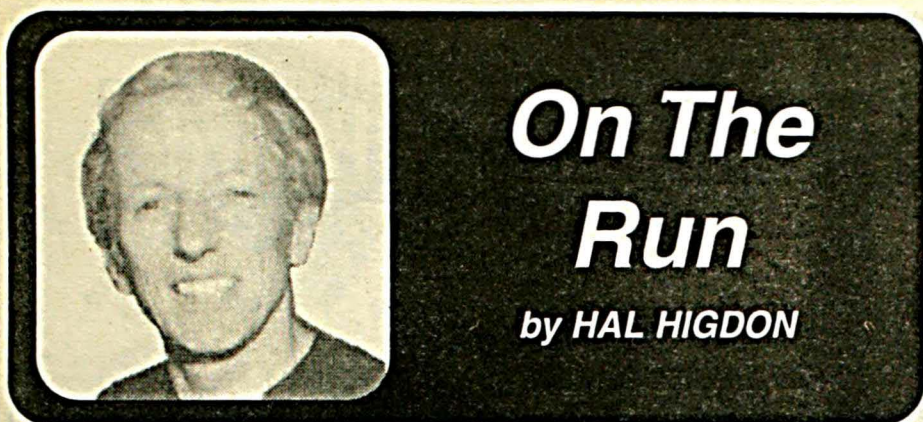
**W40:** W: Sally Richards, S: Becky Comeaux, C: Nancy Sweazey, E: Phyllis Hansen, N: Lynn Tracy  
**W45:** W: Marianne Martino, S: Linda Stein, N: Jeannette Smith, E: Patricia Weir  
**W50:** W: Jolene Steigerwalt, S: Vivien Sterghos, C: Marilyn Chute, N: Valerie Stowe, E: Olga Figueroa  
**W55:** E: Elton Richardson, N: Pat Darling, W: Roberta Hatfield, S: Barbara Grand  
**W60:** W: Bev LaVeck, N: Joanne Parks, C: June-Marie Provost, E: Jeanne Shepardson, S: June Ranofsky  
**W65:** N: Ruth Eberle, S: Ruth Perraud, W: Charlotte Walkers, N: Jo Presser  
**W70:** W: Ruth Van Sandt, C: Jeanie Binning, E: Joan Rowland  
**W75:** W: Jane Dana

### WOMEN 20KM REGIONAL WINNERS

**W40:** S: Roswitha Sidelko, C: Lilly Whalen, W: Susan Mears, N: Debbie McLaughlin E: Maureen Robinson  
**W45:** E: Meg Savilonis, S: Carol Virga, W: Gwen Drenick  
**W50:** W: Jolene Steigerwalt  
**W55:** E: Elton Richardson, W: Nancy Drinkley  
**W60:** C: June-Marie Provost, E: Rhoda Green, W: Shirley Capps, S: Marcia Shafmaster  
**W65:** E: Pat Nesley  
**W70:** S: Miriam Gordon

The Indiana Racewalkers won the North American Racewalking Foundation's \$100 club participation award again this year.





## On The Run

by HAL HIGDON

### Ask the Experts: From Tegla to Thunder-Thighs

**M**y *Ask The Experts* column on American Online continues to be popular with runners. I get between ten to twenty questions a day, as many as a hundred or more a week. With the high-school cross-country season winding down, I'm getting fewer questions from young runners related to their training. Now they're worried about staying in shape between cross-country and outdoor track.

Adult runners also have begun to ask about what (and how) to run this winter. Runners continue to be troubled by knee, ankle and plantar fasciitis injuries. Beginners have problems with shin splints. They want to know how to eat and how to lose weight.

If you don't have access to AOL, here are some recent questions and my answers:

#### Soccer Moms

**Q.** I'm wondering if African runners are training much differently from their American and European competitors. I have heard that African runners tend to train at higher intensities. How do they accomplish this without over-training? It seems like we could all learn a great deal about training distance runners by finding out what the Africans are doing differently.

**A.** Most of the experts agree that it is not *how* the Africans train, but what they did before starting to train that makes the difference. There are no "soccer moms" in Africa; nobody to drive young children to school, to soccer practice, to music lessons, the whole suburban lifestyle, which is prevalent in America. As a result, children run to and from school at a young age. Or, like Tegla Laroupe, they herd sheep beginning at the age of six. They get tough.

The toughest and fastest soon make their presence known and are sent to training camps (usually before the world cross-country championships) where they run intense workouts two to three times a day. Those who survive usually are able to dominate the rest of the world. There aren't very many ways for a Kenyan to make \$100,000 for a day's work (as Moses Tannui did at Boston this year), so the motivation is very strong to succeed.

I've frequently said, when asked the same question at clinics, that if we wanted to stop African dominance, all we need to do is have General Motors ship 500 yellow school buses to Kenya. It gets a laugh, but it probably would work – as long as we then send all our kids running to and from school.

#### La Bella Figura

**Q.** I started running about eight months ago and have seen a change in

my body. My legs have gotten bulky. I was told to run faster, for longer periods, then was told to cut my running time. Its disheartening, because I see other female runners with slim frames and mine is extremely muscular. I need advice with this. I've been struggling with it for almost two months.

**A.** It's probably easy for me to say, but cool it. Quit worrying about those bulky muscles. It's a matter of genetics. Not all of us have lean, slim bodies that will get us on the cover of *Vogue*. Not all of us can run 2:09 for the marathon and come across the line with not one hair out of place as Giacamo Leone did in the New York City Marathon.

Changing your training pattern will have little effect on how your muscles develop. It's simply nature. When you train, you burn fat and build muscle. Running is a sport that develops the muscles of the legs, usually for the better.

My advice would be for you to simply relax and let nature take its course. In the long run, you'll feel better and look better too, whether or not you make the cover of *Vogue* and/or win the New York City Marathon.

#### Clydesdale

**Q.** When I try to run for any distance, within the first quarter mile my upper side cramps badly. I have studied martial arts and learned of breathing enhancements, but nothing stops the cramping. They happen only at speeds above 4.8 miles per hour. I can stay on a treadmill or stairstep for nearly an hour and never cramp as long as I don't run. I'm 32 and 5'9" and 180 pounds and have always had the cramping problem.

**A.** From your build (and past athletic experience), it sounds as though you're all muscle. It's possible that your muscle development is at least partially responsible for the cramps. Not knowing enough about martial arts, I might also be rash enough to suggest the possibility of some muscle damage leading to the cramps. You're right: changing the way you breathe – faster or slower – sometimes can relieve a cramp. Obviously, that doesn't work with you.



Birgit Horn, 52, third woman (33:54) and first W50-54, races Ken Combes, fourth M60-64, to the finish, USATF National Masters 8K Cross-Country Championships, Louisville, Ky.

Photo by Carroll DeWeese

Since the cramps only appear after 400 meters of running, try this. Start to run at a very slow pace, then at about 350 meters (when you sense the approach of the cramps), shift to a walk – the same cramp-proof pace you use on a treadmill. Walk for 30-60 seconds until your muscles relax. Start to run again. Repeat the exercise. Maybe over a period of time, you can gradually accommodate your muscles to the running motion.

Another possibility: shoes. Are you sure your shoes are giving you enough support and cushioning, considering your Clydesdale status? Just a guess, but Big Guys need different footwear than us Little Guys.

#### Inconsistent Results

**Q.** I am very inconsistent when it comes to my races. One race, I'll run 19:30 for 5,000 meters, and the next week I'm in the low 20s, and it is not the courses that are causing the problem. It happens throughout the whole track and cross-country season, and it's very frustrating. I have tried to prepare mentally the same for each race, but I'm still inconsistent. The team needs me in all the races, not just every other week.

**A.** As a high school coach, I always felt that if I could get three peak races out of each runner in a season, I was ahead of the game. The secret was to get the team to peak at the same time, when it counted most.

What you need to do is not look at your times, but look at the training before each of those races when you ran "slow" times. Perhaps that was the week that the coach trained everybody extra hard (or you ran extra hard). Quite frankly, as a coach, I didn't want my runners preparing the same for each meet. It's impossible – or at least very difficult – to run at peak race after race after race. With the number of races high schools run each season (two to

three times a week sometimes), if you tried to run each one at 100 percent, you'd never get through the season.

I would simply relax and realize that being inconsistent can be consistent.

#### Thunder Thighs

**Q.** As a runner, what is the best way to melt away unwanted fat that accumulates at the top of the thighs? Of course, I eat right and run three miles a day, but this is a problem area for me and is especially perplexing because I am male.

**A.** Despite the cover lines on magazines such as *Men's Health* and *Self*, there is no way to selectively reduce parts of your body, except through surgery – which I don't recommend. The only way to melt fat off your thighs is to lose weight all over your body and, eventually, some will melt from your thighs. But everybody has different body types and different areas where the fat accumulates, much to their consternation.

If you do have an excess of body fat, gradually lose it and the thighs may shrink – some. But we are all victims of our genetic makeup. You may have to live with those Thunder Thighs. You were born with them and may have to die with them, cruel as it seems.

**Note:** Because of the huge volume of questions sent to my *Ask The Experts* column (as well as for contractual reasons), I unfortunately cannot respond to questions sent to my regular email box. If you have a question and don't have an AOL account, perhaps you can have a friend who is an AOL subscriber submit it to me through *Runner's World Online*. □

(Hal Higdon is a Senior Writer for *Runner's World*, and a columnist for *Runner's World on America Online*. He is also author of "Boston: A Century of Running," and other books, available from him at [higdon@adsnet.com](mailto:higdon@adsnet.com).)



Members of the winning W60-69 Victory Athletic Club team, from left: Bernice Martin, 62, Rose Taylor, 60, and Lucy Gleason, 61, USATF National Masters 8K Cross-Country Championships, Louisville, Ky.  
Photo by Carroll DeWeese

**FIVE YEARS AGO  
March, 1992**

- Dan Conway, 53, Sets World Indoor M50 Mile Record of 4:41.31 in Los Angeles
- Nick Rose, 40, Sets World Masters 8K Mark of 23:31 at USRA Masters Championships in Orlando
- Wilson Waigwa, 42, Wins Runner's World Masters Mile in 4:16.57 in NYC Millrose Games

**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 50098, Eugene OR 97405*

**PUBLICATIONS ORDER FORM**

Quantity \_\_\_\_\_

Total (US\$) \_\_\_\_\_

**Masters Age Records**

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1995. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.

\$ \_\_\_\_\_

**Masters Track & Field Rankings**

Men's and women's 1995 U.S. outdoor track & field 5-year age group rankings. 60+ pages. 150-deep in some events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. \$4.00

\$ \_\_\_\_\_

**Masters Track & Field Indoor Rankings (1996)**

Same as above, except indoor rankings for 1996. 4 pages. \$1.50.

\$ \_\_\_\_\_

**Masters Age-Graded Tables**

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

\$ \_\_\_\_\_

**Masters 5-Year Age-Group Records**

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 1, 1996; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

\$ \_\_\_\_\_

**Masters 5-Year Indoor Age-Group Records**

Same as above, except indoor records (M40+, W35+) as of August 1996 (world) and January 31, 1997 (USA). 4 pages. \$1.00.

\$ \_\_\_\_\_

**Competition Rules for Athletics (1996 Edition)**

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

\$ \_\_\_\_\_

**USATF Directory (1996)**

U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. \$12.00.

\$ \_\_\_\_\_

**IAAF Scoring Tables**

Official world scoring tables for men's and women's combined-event competitions. \$12.00.

\$ \_\_\_\_\_

**IAAF Handbook**

1996/1997 rules and regulations handbook. \$15.00.

\$ \_\_\_\_\_

**Masters Racewalking**

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

\$ \_\_\_\_\_

**USATF Logo Patch** 3 color embroidered 4" x 3". \$4.50.

\$ \_\_\_\_\_

**USATF Race Walking Patch.** 3-color embroidered 4" x 3" with gold trim. \$5.50.

\$ \_\_\_\_\_

**USATF Cross Country Patch.** 3-color embroidered 4" x 3" with gold trim. \$5.50.

\$ \_\_\_\_\_

**USATF Lapel Pin.** 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

\$ \_\_\_\_\_

**USATF Decal.** 3-color. 3" x 2-1/2". \$2.00.

\$ \_\_\_\_\_

**Guide to Prize Money Races and Elite Athletes 1997**

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$58.00.

\$ \_\_\_\_\_

**Running Research News**

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

\$ \_\_\_\_\_

**Back Issues of National Masters News**

Issues: \_\_\_\_\_ \$2.50 each.

\$ \_\_\_\_\_

Postage and Handling

\$ 1.50

Overseas Air Mail (add \$5.00 per book)

\$ \_\_\_\_\_

TOTAL

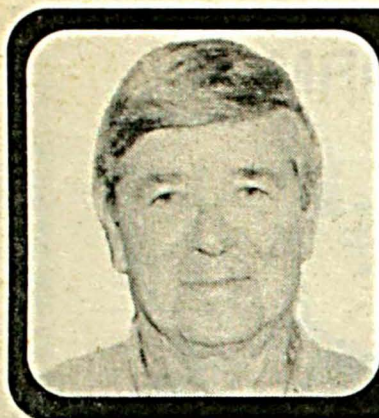
\$ \_\_\_\_\_

Send to: **National Masters News Order Dept.  
P.O. Box 50098  
Eugene OR 97405**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



## The Weight Room

by JERRY WOJCIK

### Making a Good Impression

Any thrower, particularly of the hammer and weight, who doesn't know of Lance Deal, especially after the 1996 Olympics, has been either comatose for several years or spent too much time exploring the jungles of New Guinea.

Deal, as you will recall, was plucked from the depths of anonymity and despair when, after tying for eighth place in Atlanta, he was included with the finalists. Then, on his last throw, he moved into silver medal contention, ending up just four inches shorter than the gold medal throw. If you don't remember his throw, you should at least remember his yell.

Later, in Italy, he broke the U.S. record with a 270-9/82.52 and was selected the top hammer thrower in the world by *Track & Field News* for 1996.

Deal lives and trains in Eugene, Ore., where he is a member of the executive board of the Oregon Track Club, which honored Deal's accomplishments with an award. Rather than the usual plaque or trophy, it was decided to do it with a sculpture.

#### Enter Hotchkiss

Dick Lee, president of the club and a thrower himself, recalled that Dick Hotchkiss, an M55-59 thrower, is a teacher and sculptor of some repute in Grass Valley, Calif., where he staged the 1995 Masters Weight Pentathlon Championships. He was contacted and given free artistic rein in determining the form of the sculpture.

To those of us who know Hotchkiss as an upright citizen, it would be a stretch to call him an outright eccentric artist; on the other hand, "middle-class" doesn't fit easily either. When asked what he had in mind, Hotchkiss said not to worry and that he would think of something unique and appropriate.

After some concern about whether the finished product would get to Eugene in time to present it to Deal at the annual Oregon TC meeting, the work arrived at the airport, where it was picked up by Suzy Hess, then secretary of the club. She took it to the office of the *National Masters News*, where she is office manager, and waited for Lee before opening the box.

#### The Unveiling

To maintain the element of surprise, Lee and Hess were the only ones to see the sculpture before its public unveiling. When Deal lifted the cloth at the presentation, revealing Hotchkiss' idea, there was a moment of stunned silence. Instead of an abstract wire



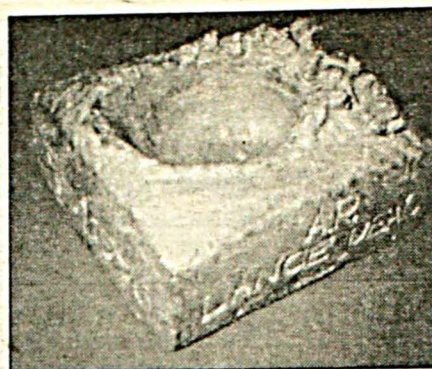
Rosalie Carman won the W50-54 shot put (20-7/4), Eugene Indoor Meet, Eugene, Ore., Feb. 2. Photo by Suzy Hess

sculpture or a composition of used car parts resembling a thrower, Hotchkiss had produced a replica of a hammer hole, commemorating Deal's U.S. record, with the sides showing Deal's name, the date, place, and distance.

Hotchkiss, I guess, had thrown a 16-lb. hammer a couple of times, made a cast of a good-looking hole, and went on from there to the finished object. It took a while for the audience, mostly runners and t&f officials, to understand the relevance of the idea. I think that they were, as I was, expecting a ho-hum figure of a thrower, and I'm not too sure that they really got the concept completely. A few facetiously said to a bemused Deal that it had potential as a dog food dish, a door stop, or a good place for paper clips.

But, as Deal, who was delighted with the sculpture, said to me afterwards, only a hammer thrower could really appreciate its significance. Hammer holes leave deep impressions in more ways than one, especially when they are made by record or winning or personal best throws.

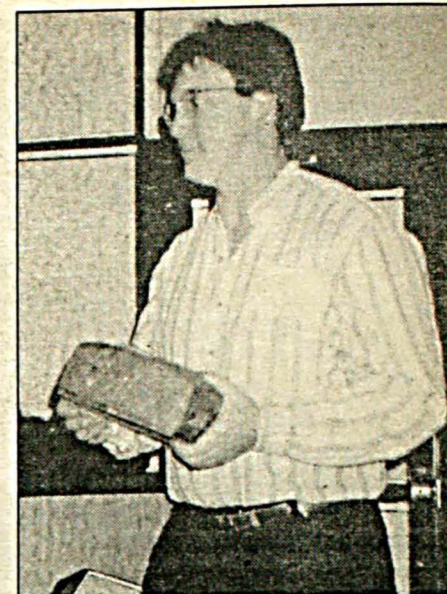
I don't think Hotchkiss will be



The hammer hole sculpture, commissioned by the Oregon Track Club and made by Dick Hotchkiss for presentation to Lance Deal.

Photo by Suzy Hess

duplicating the inspired piece he produced for Deal. It is one of a kind, pretty much like its creator and its recipient. However, Hotchkiss might have something else in mind if you're interested, but you'll have to supply your own hammer hole. □



Lance Deal, 1996 Olympic silver medalist in the hammer and U.S. record holder, accepts the award from the Oregon Track Club, honoring his accomplishments. Photo by Suzy Hess

### Masters Coaches - Where Are They?

Virtually all masters athletes are trying to improve their training methods. Some work out alone. Some work out with friends. Others work out with groups under the direction of a professional or volunteer coach.

But where are these groups? How does one find out about them?

In an effort to track down all such coaching groups in the country which cater to, or at least include, masters athletes, NMN would like readers from throughout the USA to let us know what's going on in your area. If you know of a group that's training together, informally or formally, send your info to NMN, PO Box 50098, Eugene, OR 97405.

To kick off this campaign, John Cosgrove, Masters T&F President in USATF's Southern California Association, compiled a list of such groups currently operating in his area.

"Sites and individuals listed below offer a variety of different programs," Cosgrove reports. "Some are free, others require a membership or a training fee. Some are informal gatherings in a supportive group without a profession-

al coach. Often, an individual offers to serve as a leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic-level athletes to their credit."

Most programs focus on specific or selected events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone number.

The following abbreviations are used:

- C - Coach, group is led by individual with coaching experience
- F - Field events
- H - Hurdles
- L - Led by experienced athlete or volunteer of an informal group
- LD - Long distance 5K - marathon
- MD - Middle distance 800 - 5K
- PV - Pole vault
- RW - Racewalking
- S - Sprints 100 - 400m
- S/C - Steeplechase
- S/F - Strength & fitness training
- TH - Throws, includes some or all: SP, discus, javelin, hammer and/or weight throws. □

Name Organization	Location/Site	Events	Contact
Leo Davis	West LA College, Culver City	S, H	C - Leo (909)595-9674
Ross Dunton, SCS	Placentia	S, F, MD	C - Ross (714)524-9966, CoachR@pacbell.net
Fred Husted, Riverside TC	Riverside	S, PV, F	C - Fred (909)369-0761
LAVAC/SCStriders	UCLA - Sun 8:30 AM	S, H, MD	L - George Simon (818)784-0496 or Jackson Stellis
Mac McCormick	UC Irvine	S, H, F, PV, TH	L - Mac (714)586-9942
George Mehale	CSU- Long Beach	S, MD, S F	C - George, (310)498-8405
Dave Rodda	CSU- Long Beach	S, F, MD, TH	C - Dave, (310)866-9771x2400 (work)
Laszlo Tabori SFV TC	Mo, W, Sa - Culver City Tu, Th - Burbank	MD, LD	C - Laszlo, (818)556-1563 (work)
Wilbur "Moose" Thompson	Long Beach	TH	C - Moose (310)596-0360
Elaine Ward	Pasadena	RW	C - (818)577-2264
Stan Whitley	Mt SAC, Walnut	S	L - (909)945-9800 (home)
Janet Wilson	Orange County	TH	C - (310)598-9063
Pat Connelly	Birmingham H.S. - Tue Santa Monica HS - Wed	MD, LD	C - (818) 994-0682 (home)



## Track & Field Report

by **MADELINE BOST,**  
Treasurer

### Bloody Saturday

January 11, 1997 might become known as Bloody Saturday in the annals of USA Track & Field. That is the day that the Budget & Finance Committee reconvened to re-work the 1997 budget. If Fred Newhouse, the Committee Chair, had handed each committee member a machete at the start of the meeting it would have been entirely appropriate.

The committee had been called together in Newark, New Jersey, to hack, slice and gouge \$2.2 million from the budget that had been prepared in October. At the meeting in October, the Budget & Finance Committee had been reluctant to accept that revenues for 1997 would be at \$7.6 million and had approved a budget of \$9.8 million with the expectation that revenues in negotiation would be successfully finalized.

At the December Budget & Finance Committee meeting, held during the USATF convention, the committee again declined the request of the Executive Committee to revise the budget downward, citing a lack of the necessary time to do that volume of work. They agreed to reconvene in January if the expected revenues were not secured.

Thus the somber meeting in the Newark hotel, called for the last time by Committee Chair Fred Newhouse, who is being replaced by Larry James of New Jersey. It was an odd meeting, since several were lame duck members who would not be reappointed to the committee and whose term had officially expired at the conclusion of the December convention. Since it was a reconvening of a 1996 meeting, it was deemed appropriate that the same people serve at this extraordinary meeting.

Although the amount needed to be

cut from the budget was 22%, the process wasn't as easy as that. Some amounts could not be changed and other accounts were hit much, much harder.

Both the Masters Long Distance Running and Track & Field Committees were dropped to \$22,700, down by \$13,300 from the original \$36,000 tentatively granted in October — a 37% cut. All of the sports committees were hit hard, as were the programs. Some programs were cut completely from the budget and will be suspended for 1997.

The cuts were as painful as they were deep. Members of the committee were weary and glum by the time the massacre was over and they handed the mythical bloodied machetes back to Newhouse.

For Master Long Distance Running the budget shortfall couldn't have come at a worse time as they launch the Indy Life Masters road race circuit in 1997. For Masters Track & Field, with 1997 a WAVA World Championship year, just finding money in the reduced budget for the essential Team Manager to go to South Africa is going to be difficult. Some programs will have to be suspended entirely. The Indoor and Outdoor Games committees will have to be made up of the Executive Committee members who will be in attendance at the national meets. □

### Rankings Book

Continued from page 1  
walks.

Some of the age-division lists are over 100 deep. The 1996 rankings book will be between 52 and 60 pages in length. It will be available for \$6, the same price as last year's, plus \$1.50 for postage/handling, from the NMN, P.O. Box 50098, Eugene, OR 97405.

#### Indoor Rankings

The 1997 indoor event compilers are listed below. If your best indoor marks have not appeared in the results section by the May issue, forward them with documentation to the compilers no later than May 16. The 1997 indoor rankings will be published in the July issue.

- 55m/60m/200/400: Larry Patz, 544 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
- HT/TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250
- LJ: Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132
- SP: Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744
- 55mH/60mH/PV: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905
- 1500/mile/3000 RW/WT: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. □

### Indoor Nationals

Continued from page 1

teams may be entered at the track.

The entry form was published in the December, January and February issues of the *National Masters News*. Athletes may call Mike Pieroni for a form at 617-332-3919.

Last year's meet drew 727 participants to Greensboro, N.C.

Meet organizers have lined up special room rates at the meet headquarters Sheraton Boston Hotel (617-236-2000). For other special masters hotel rates and airfares, contact Marathon Tours (800-444-4097). For tourist info, call the Boston Convention & Visitors Bureau (800-888-5515).

Rules require that each USA participant be a member of USA Track & Field. Memberships will be sold at the meet for \$15. Foreigners are welcome to enter without paying the fee.

Free shuttle service from the Sheraton to the track will be available every half hour. From other hotels, public transportation is reportedly excellent; the subway runs close to the track.

Opening ceremonies will commence on Friday evening. The masters general meeting will begin Saturday evening at a time and location to be announced. Ken Weinbel, National

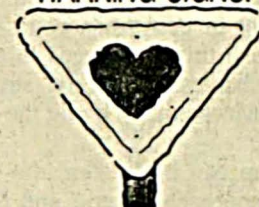
Masters T&F Chair, will lead a discussion on a number of items important to the masters program. Everyone is invited to attend.

Complete information on the meet will be mailed to all registrants after the close of registration.

The new 1996 Masters T&F Rankings Book and other books and items will be available at the meet at the *National Masters News*' booth. Senior Editor Jerry Wojcik and Office Manager Suzy Hess will be on hand.

Complete results of the meet, with story and photos, will appear in the May issue of NMN. □

OBSERVE THE  
WARNING SIGNS.

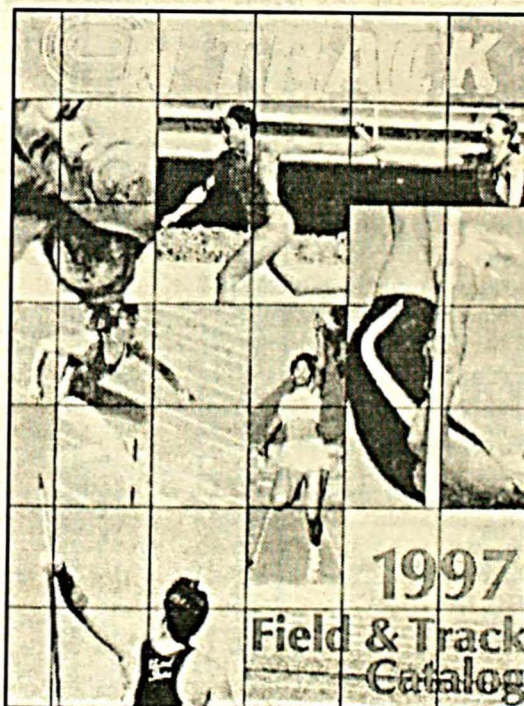


If you have chest pain lasting two minutes or more, see a doctor.

**American Heart  
Association**

© 1992, American Heart Association

## "Great Equipment Keeps You On Track"



OVER 70 YEARS COMBINED  
FIELD & TRACK  
EXPERIENCE WENT INTO  
THIS COLLECTION...  
YOUR BEST PERFORMANCES  
WILL COME OUT!

**ON TRACK**

Complete line of  
Field & Track  
Equipment

- Vaulting Poles
- Shots
- Discus
- Javelins
- Hammers
- Starting Blocks  
and much, much more!

Write, call or e-mail for our 1997 Catalog:

P.O. Box 1674 • Burbank, California 91507

(800) 697-2999

ontrack@internetconnect.net



## Training Advice

by ROSS DUNTON

### The 'Flop' High Jump

Many of today's masters high jumpers jumped in high school using either the scissors or western roll technique. It is probably safe to assume that many of them are still using one of these styles today. Hopefully, after reading this, some will want to give the "flop" technique a try - even those who have never jumped before.

Use of proper form in employing the flop technique can result in significant improvement in performance. In order to accomplish this, one needs to apply proper mechanics, flexibility, strength and speed. Mechanics is by far the most important.

The jump can be broken into three segments: approach, takeoff and flight.

Of equal importance, each deserves separate review.

#### Approach

Establishment of the proper arc for the curve which the jumper must run is a critical ingredient. The radius of the arc should be between 15 and 16½ feet. An easy way to determine this is to start at the takeoff end standard. This would

be at the right end for a left-footed jumper. From this standard, go straight out in line with the bar 15 heel-to-toe steps. Mark the end point with some object, such as a shoe or tape. From that point, walk 19 strides perpendicular to the bar and mark that point.

The last point becomes the approximate starting point. Any adjustment in the starting point should be made either toward or away from the marked shoe or tape point. The straight ahead marked alignment point should not be adjusted.

The approach should be ten strides long, with the first five in a straight line. Once at the starting point, look straight ahead to an extension of the bar. Look at the opposite end standard, the mid-point of the bar and the takeoff point. Do not look at the near end standard. The first stride is taken with the leg opposite to the takeoff leg. To develop a hard drive out, you should rock back with the toe pulled up and the ankle locked (dorsiflexed) on the takeoff leg. Strides two and three should have maximum acceleration.

Start to anticipate the curve on stride four. Flick the eyes back and forth from the straight ahead target at the bar. When you reach the start of the curve, you should be at maximum *controlled* velocity. The curve should start the same distance out from the bar as the straight ahead target is sideways from the standard, or from 15 to 16½ feet. Make sure that you run a curve and not a post pattern. You should be leaning in toward the center of the arc. You should be running on the sides of your feet. A good way to simulate the feel of this lean is to have someone hold your hand while you lean from the ankles with the body in a straight line.

There should be tangential force developed by running the curve hard. On the eighth stride, the outside arm should be kept in front. Don't drive it back. Before the penultimate stride foot comes forward, both arms should be in front. Drive both arms backward before the foot makes contact. To overcome the centrifugal force caused by running the curve, the body should be leaning inward, and should not be bent. There should be a straight line down from the head and through the COM (center of mass).

Do not allow the heel to come high on the penultimate stride. On landing, the ankle should be fixed and under the COM. The tibia should be vertical on landing. The hands should be facing backward with the thumbs down. The shoulders should be square with the body. The last two strides should be



Ruth Heidrich, 61, captured four gold medals in the Las Vegas Senior Olympics, and was second W60-64 (3:41:22) in the Honolulu 30K.

Photo by Tesh Teshima

quicken. The last stride should be more of a sweeping motion which will help in the slight lowering of the COM.

#### Takeoff

It is the lowering of the COM that allows you to propel the body upward. Maximum upward force cannot be generated without lowering the COM. At takeoff, the body should exhibit a slight backward (away from the plane of the bar) and inward (toward the center of the circular arc) lean. On the last stride, the toe of the takeoff foot should be pointed toward the far standard.

A most common mistake for beginners is jumping into the bar or the pit. The jump is vertical. When you leave the ground, the centrifugal force will carry the body over the bar.

To develop the proper takeoff force, the free leg and both arms should be swung forward and upward as powerfully as possible. The takeoff foot should not lose contact with the ground until the body becomes perpendicular to the ground.

#### Flight

Once the body leaves the ground, the flight path of the COM has been determined. Nothing can be done to change that flight path. However, there are movements that can be negotiated while in flight which will enhance the jumper's opportunity to clear the bar.

When the takeoff foot leaves the ground, the arm motion should stop (block) and the head should be dropped back as if you were laying your head on the bar. This encourages the backward rotation of the body. After the butt has cleared the bar, the chin should be brought down to the chest and the arms should come to the jumper's side. The ankles should be close together and the knees rotated outward. This will shorten the long axis of the body and accelerate the rotation of the body over the bar.

A major mistake made by many jumpers is jumping too much. Most top jumpers do not jump every day or even every other day. Many only jump once or twice a week. However, in almost every training session, they do work on the approach to the bar.

Remember that mechanics, flexibility, strength and speed are the requirements for a good jump. □

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MARCH 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
WILLIAM BELL (US)	3-19-22	75	75-79
ERNEST BILLUPS (CHICAGO, IL)	3-29-37	60	60-64
BOB BOAL (WAKE FOREST, NC)	3-24-12	85	85-89
TED CAIN (NOVATO, CA)	3-25-42	55	55-59
EMERY CURTICE (CALISTOGA, CA)	3-21-7	90	90-94
DOUGLAS DITTMAR (SOLVANG, CA)	3-8-32	65	65-69
JIM DIXON (GB)	3-15-32	65	65-69
PETER HALLOP (ANN ARBOR, MI)	3-22-47	50	50-54
LARRY JESSEE (EL PASO, TX)	3-31-52	45	45-49
PAYTON JORDAN (LOS ALTOS, CA)	3-19-17	80	80-84
LEON JOSLIN (SEATTLE, WA)	3-27-12	85	85-89
BERNARD KAISER (NZ)	3-20-12	85	85-89
RICHARD KATUS (POL-LOS ANGELES, CA)	3-29-47	50	50-54
VERNON KENNEDY (MENDON, MO)	3-20-7	90	90-94
ADOLF KOCH (WG)	3-27-17	80	80-84
DAVID LEECH (NZ)	3-9-27	70	70-74
DAVID MATHER (AUS)	3-27-32	65	65-69
JIM MCCOWN (SAN DIEGO, CA)	3-5-22	75	75-79
RUDOLF MIKELSONS (CAN)	3-6-22	75	75-79
HUBERT MORGAN (PA)	3-20-22	75	75-79
HAROLD NOLAN (NAVESINK, NJ)	3-21-47	50	50-54
ED PHILLIPS (LOS ALTOS, CA)	3-1-32	65	65-69
MERTON PORTER (MARION, OH)	3-13-12	85	85-89
VLADIMIR POSKOCIL (CZE)	3-14-32	65	65-69
ED PRESTON (SAN FRANCISCO, CA)	3-6-17	80	80-84
RAY SEARS (SHELBYVILLE, IND)	3-11-7	90	90-94
DAVE SEGAL (HERMOSA BEACH, CA)	3-20-37	60	60-64
GEORGE SIMPSON (AUS)	3-25-7	90	90-94
MANFRED STOLLE (EG)	3-5-37	60	60-64
TADASHI TAU (JPN)	3-27-12	85	85-89
NIGEL TOY (NZL)	3-29-42	55	55-59
URS VON WARTBURG (SWI)	3-1-37	60	60-64
HANS WARWAS (CAN)	3-9-17	80	80-84
JIM WEED (AURORA, CO)	3-27-37	60	60-64
RICHARD WIDENER (IRVING, TX)	3-2-27	70	70-74
LESTER WRIGHT (US)	3-22-42	55	55-59
LOLITIA BACHE (SAN DIEGO, CA)	3-19-42	55	55-59
ELVYN BLAIR (BERKELEY, CA)	3-18-37	60	60-64
BRENDA BLOOMFIELD (GREER, SC)	3-22-42	55	55-59
BARBARA CARLSON (ORINDA, CA)	3-18-32	65	65-69
AMY CASTLE (SILVERTON, OR)	3-20-17	80	80-84
CINDY DALRYMPLE (HONOLULU, HI)	3-5-42	55	55-59
ANNE DRAPER (TALLAHASSEE, FL)	3-29-42	55	55-59
LATANYA GLASS (LOS ANGELES, CA)	3-5-47	50	50-54
EVETTE HACKMAN (SEATTLE, WA)	3-16-42	55	55-59
FAYE HELDOORN (SAN DIEGO, CA)	3-22-37	60	60-64
SUSIE HUGHES (TYLER, TX)	3-30-7	90	90-94
JEAN IRWIN (EUGENE, OR)	3-20-32	65	65-69
BECKY SIMMIE-KESECKER (SANTA ROSA, CA)	3-21-52	45	45-49
HAZEL KLINE (US)	3-13-22	75	75-79
ARLENE NOVIELLO (EUGENE, OR)	3-16-27	70	70-74
NADINE O'CONNOR (TIBURON, CA)	3-5-42	55	55-59
JEANNETTE POWELL (SACRAMENTO, CA)	3-5-32	65	65-69
TRUDY RAPP (ALEXANDRIA, VA)	3-4-37	60	60-64
JOANITA REED (SAN ANTONIO, TX)	3-23-27	70	70-74
MARY ROBINSON (GAHANNA, OH)	3-22-42	55	55-59
RUTH WYSOCKI (LOS ANGELES, CA)	3-8-57	40	40-44
BEATRIX BLANK (GER)	3-9-47	50	50-54
HELGA BRAATZ (WG)	3-25-32	65	65-69
CHRISTINA CAHILL (GBR)	3-25-57	40	40-44
ANITA DE VILLIERS (RSA)	3-31-52	45	45-49
ANNE FORD (GB)	3-30-52	45	45-49
EGLE T. FUCCIPELLA (BUL)	3-18-37	60	60-64
PAULA FUDGE (GB)	3-30-52	45	45-49
LORNA IRVING (GB)	3-13-47	50	50-54
ZOYA IVANOVA (URS)	3-14-52	45	45-49
WALTRAUD KRETSCHMER (WG)	3-5-12	85	85-89
MARLIS MAGLI (SUI)	3-31-52	45	45-49
KARIN MATTES (WG)	3-16-47	50	50-54
AIDA MENEZES (BRA)	3-1-37	60	60-64
MATSUE NISHIYAMA (JPN)	3-7-7	90	90-94
K. ROPER (WG)	3-23-42	55	55-59
RACHEL E. ROSSOUW (RSA)	3-16-42	55	55-59
BIRGIT SANDER (GER)	3-9-52	45	45-49
MAXINE SANTICH (AUS)	3-13-52	45	45-49
ANNELI VIRKKALA (FIN)	3-13-47	50	50-54

### Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Richard Magana, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.





# NATIONAL MASTERS NEWS



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

Records Section

March 1997

page 17



## Masters Age Records

### New Indoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of August, 1996 by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of January 31, 1997 by the Masters Track and Field Records Sub-committee of USA Track & Field (USATF). Both committees are headed by Pete Mundle.



At the end of each section are a few marks which are waiting for final approval by the respective Records Committees.

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is

printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-USA athletes should use the WAVA record form, which is published in the WAVA Handbook and the May 1996 issue of NMN. It will again be printed in the May 1997 NMN along with the new list of outdoor records.

Both the world and USA Records Committees are working to prepare one uniform record form to be used in the future. □

THIS FORM SHALL BE USED FOR AMERICAN AND WORLD RECORDS. IT MAY BE USED FOR COLLEGIATE OR OTHER JURISDICTIONAL PERFORMANCES.

### APPLICATION FOR RECORD

Send to:  
Pete Mundle, Chairman, USATF and WAVA Records Committee,  
4017 Via Marina, #C-301, Venice CA 90291, USA.

#### To THE RECORD COMMITTEE:

Gentlemen: Application is hereby made for a record in support of which the following information is submitted:

Description of Record: World \_\_\_\_\_ American \_\_\_\_\_ Association \_\_\_\_\_ Championship \_\_\_\_\_ Collegiate \_\_\_\_\_

Junior \_\_\_\_\_ Age Group \_\_\_\_\_ Masters \_\_\_\_\_  
(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age)

1. Event \_\_\_\_\_ 2. Date and Time of Day \_\_\_\_\_ (include year) Men/Women  
3. Record claimed (state time, distance, height or points achieved) \_\_\_\_\_ Indoor/Outdoor

4. Where held (Arena, Town and Country) \_\_\_\_\_

5. Force of following wind \_\_\_\_\_ Anemometer \_\_\_\_\_ Attendant's Signature \_\_\_\_\_

6. Name of Competitor, Club and Country \_\_\_\_\_  
SURNAME GIVEN NAMES

(In relay events, the full names of the competitors should be printed in their running order)

#### AUTOMATIC TIMING

If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo)

7. A fully automatic timing device, made by \_\_\_\_\_, was used.  
The time recorded was \_\_\_\_\_, and this was the official time.

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

#### TIMEKEEPER'S CERTIFICATES

8. I, the undersigned official timekeeper of the event above-mentioned, do hereby certify that the time set opposite my signature was the exact time recorded by my watch, and that the watch used by me has been certified and approved by my National Association. (Refer to Rule).

Time \_\_\_\_\_ (Signature of Timekeeper) \_\_\_\_\_ (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) \_\_\_\_\_ (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) \_\_\_\_\_ (Address or USATF Official's Registration Number)

I confirm that the above Timekeepers exhibited their watches to me and that the times as stated are correct.

(Signature of Referee or Chief Timekeeper)

#### STARTER'S CERTIFICATE

9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

(Signature of Starter)

(Address or USATF Official's Registration Number)

A newspaper clipping and marked program should be attached and made part of the application

#### 10. Measurers' Certificate for Track and Field Events (a or b)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

##### (a) Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:

\_\_\_\_\_ metres \_\_\_\_\_ centimetres, or \_\_\_\_\_ miles \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,

the length of one lap was \_\_\_\_\_ metres \_\_\_\_\_ centimeters or \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,

that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

##### (b) Field Events

The above certify that the lateral inclination of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

#### THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

(Checker of Implements)

(Address or USATF Official's Registration Number)

#### JUDGES' CERTIFICATE (FIELD EVENT)

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape. (Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

#### CERTIFICATION OF FORM (Shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Event Chief Judge)

(Address or USATF Official's Registration Number)

#### GUARANTEE BY REFEREE

14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.

(Signature of Referee)

(Address or USATF Official's Registration Number)





Continued from previous page

Triple Jump

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists triple jump records for various age groups and divisions.

Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists shot put records for various age groups and divisions.

Weight Throw (35-59: 35#; 60+: 25#)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists weight throw records for various age groups and divisions.

3000 Racewalk

Table with columns: M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84. Lists 3000m racewalk records.

Women's American Indoor Records

60 Meters

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists women's 60m indoor records.

200 Meters

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists women's 200m indoor records.

400 Meters

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists women's 400m indoor records.



800 Meters

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 800m records for various age groups and divisions.

1500 Meters

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 1500m records for various age groups and divisions.

One Mile

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists one mile records for various age groups and divisions.

3000 Meters

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 3000m records for various age groups and divisions.

60 Meter Hurdles

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 60m hurdle records for various age groups and divisions.

High Jump

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists high jump records for various age groups and divisions.

Pole Vault

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists pole vault records for various age groups and divisions.

Long Jump

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists long jump records for various age groups and divisions.

Triple Jump

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists triple jump records for various age groups and divisions.

Shot Put (35-49: 4Kg; 50+: 3Kg)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists shot put records for various age groups and divisions.

Weight Throw (35-49: 20#; 50+: 16#)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists weight throw records for various age groups and divisions.

3000 Racewalk

Table with columns: F35-39, F40-44, F45-49, F50-54, F55-59, F60-65, F65-69, F70-74, F75-79, F85-89. Lists 3000m racewalk records for various age groups and divisions.

RECORDS RECOMMENDED FOR APPROVAL

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records recommended for approval for various events.

FAX-A-SUB

A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 541-345-2436. We'll start your subscription immediately.

Please start my one-year subscription to the National Masters News. Bill me later for the \$26 subscription price.

Form with fields for Name, Address, City, State, and Zip.

## Welzel Runs 2:44 Marathon

by JIM OAKS

COLUMBIA, S.C. – No masters prize money was offered for the USATF Women's Marathon Championships, held on Feb. 8 on the streets of Columbia and nearby Ft. Jackson army base. That did not deter 41-year-old Ft. Collins, Colo, resident Jane Welzel from running, and she proved she can still contend with the top open women. Her fourth place finish in 2:44:55 rewarded her effort with \$5000 from the open purse of \$50,000.

While many top masters were traveling to Las Vegas for the half-marathon that kicked off the Indy Life LDR Circuit, Welzel returned to South Carolina's capitol city for another try at the tough course that had determined the U.S. female Olympic qualifiers last year.

"Jon Sinclair (another Ft. Collins resident) asked me why I was going to Columbia when the masters circuit was starting in Las Vegas on the same weekend," Welzel said at the press conference on Friday. "I told him he presented me with a good argument, but my heart was in Columbia. It doesn't make any kind of logical sense, but I'm the kind of person that goes with my passion and my heart and they're here."

Welzel had been injured when she ran here last February as one of the 13

masters who had met Olympic qualifying standards. She was back to prove she was better than her dismal 2:53 from last year.

Actually no proof was needed. Welzel's performances after last spring, highlighted by her 1:29:47 overall win of the Old Kent 25K in May, vaulted her to the top of *Runner's World* masters ranking for 1996. In the same month she had run a lifetime-best of 16:28 for 5K at Freihofer's in Albany, N.Y., indicating speed and endurance at both ends of the distance spectrum.

In an interview with Bob Cooper for the September issue of *Runner's World*, Welzel attributed her success to her younger training partners in Ft. Collins, Libbie Johnson and Lynn Nelson. "It wasn't easy keeping up with them on hill repetitions and tempo runs," Welzel told Cooper, "so I cultivated more speed than I ever knew I had."

She went into this marathon with a good winter base, but made no predictions on her expected finish time the day before the race.

The field of elite women runners was much smaller this year. There were 16 who had completed a marathon in less than 2:50 in the last year. The 1996 race had 150 runners with similar qualifications. Welzel was the only master entered in this year's Championship.

On race day, the streets were wet from an all-night rain, which mercifully ended about 15 minutes before the 9 a.m. race start time. There was a light wind, and overcast skies kept the temperatures in the low 40s for most of the day.

Welzel opened the race with a 6-minute mile, about 25 seconds slower than early leader Jeanne Peterson. This placed her about 15th in the race. By the seventh mile she had moved up to 6th place and steadily ran down all the younger competitors except the top three.

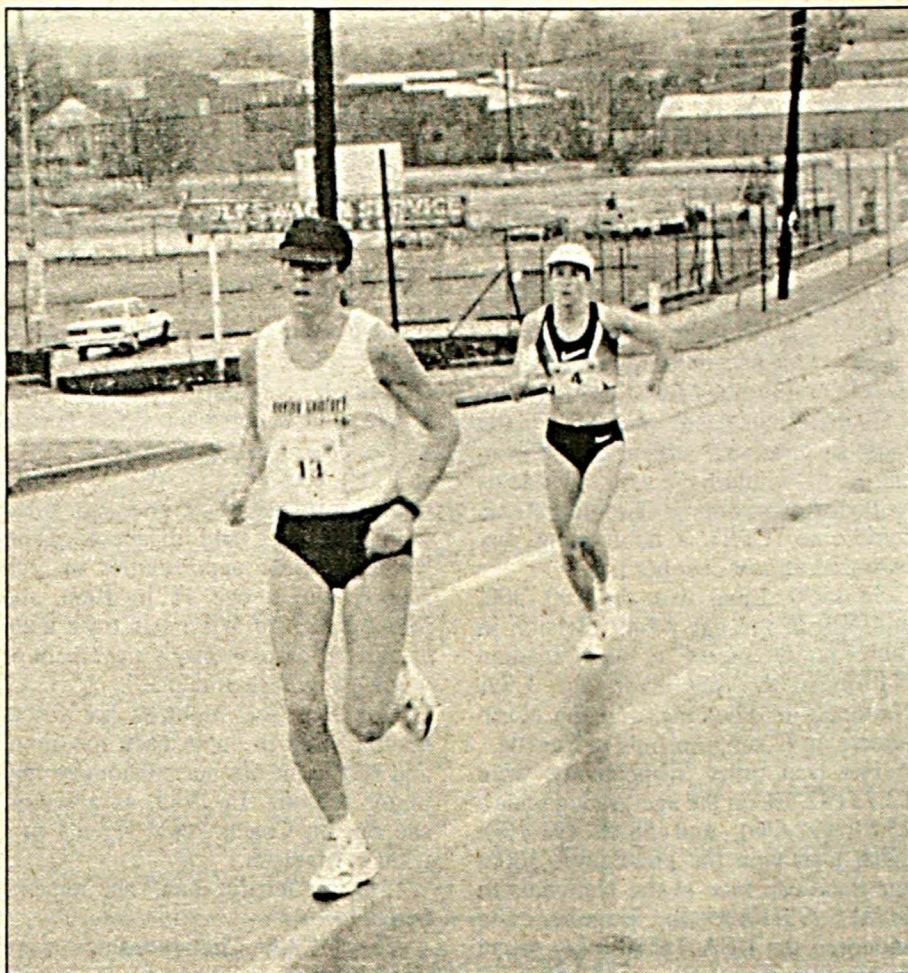
Julia Kirtland of Harpswell, Maine, won in 2:37:46, followed by Cheryl Collins of Pittsburgh in 2:39:18.

"It was windy on a couple of stretches," Welzel said after the run. "I was pretty much by myself the whole race, so I didn't have anyone to block (the wind) for me. I would catch people as they were slowing, but I was slowing too. I was trying to run 6 to 6:10 pace and I was slower than that. Before the race started I had no clue if I was in shape to run that pace. I thought two-forty-something was reasonable, so I just went how I felt."

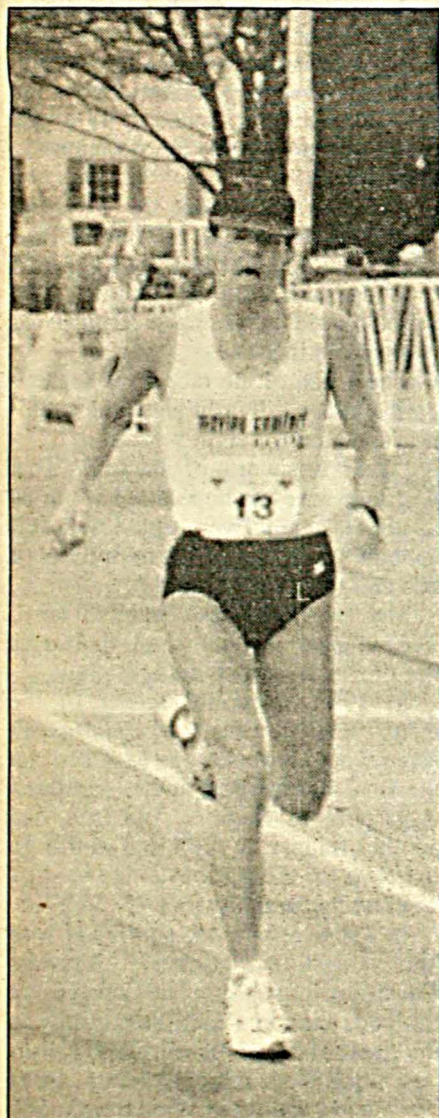
"I'm happy, because I had just been doing base training. I was looking at this as a really long, hard run. It didn't beat me up, I finished strong, so I was happy with it."

Welzel could certainly head back to Colorado this year with a sense of satisfaction. Her performance was a testimony that 40 is only a number and fitness is the key.

"I guess I just want to be an exam-



Jane Welzel (13) started easily and gained position at the USA Women's Marathon Championship in Columbia, S.C. Here, near mile 7, she passed 35-year-old Joy Smith of Sugar Land, Texas, to move into seventh place. Photo by Jim Oaks



Jane Welzel, Ft. Collins, Colo., finished fourth overall and first (and only) master in 2:44:55 at the USA Women's Marathon Championship in Columbia, S.C., on Feb. 8. Photo by Jim Oaks

ple," she said regarding her position as top U.S. master for 1996. "If you really want to do something, whatever it is – it

doesn't have to be running – then just do it. Age should really not be a factor. If it's your passion, just go for it." □

# "A GREAT TREADMILL"

RUNNER'S WORLD DEC. '94

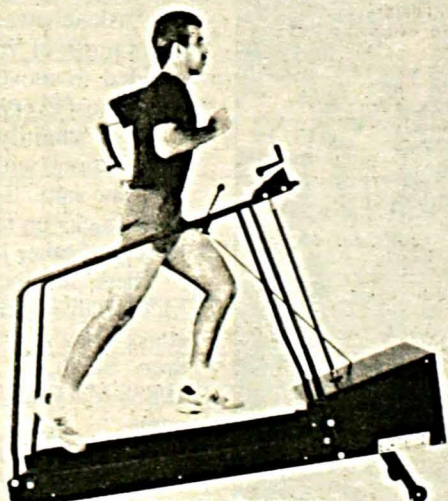
MADE IN THE USA SINCE 1981



"The AEROBIC TRAINER is the best treadmill I have ever used. I have done tempo runs, fartleks, 2 hour long runs, and hills. The non-motorized action gives you the sense of truly running over the ground, not having the ground move under you like a motorized treadmill would."  
Paul A. Gompers



"I've had my treadmill since 1984 and can get a great workout without the pounding of down hills. I've used it in place of hard track and fartlek workouts with positive results. It's nice to do a workout while avoiding cars, inclement weather and crowded tracks."  
John Tuttle





"I have had my AEROBIC TRAINER for 12 years and I still recommend it to people who are looking to run or walk indoors and want the economy and reliability of a non-motorized treadmill."  
Craig Virgin



"In the past 10 years, since I received my AEROBIC TRAINER, I have found it to be beneficial in my training when the weather has prevented me from running outside."  
Mark Curp

The Aerobic Trainer is:

- Non-Motorized (Not Free-Spinning)
- Speed Controlled
- Variable Resistance • Variable Incline
- Speed to a Sub 4 Pace

CALL TOLL FREE 1-800-221-1258



or write: SPORTECH INC.,  
710 Sugar Lane  
Elyria, Ohio 44035

# PROFILE

## Mary Libal

**A**t age 46, Mary Libal was named the outstanding age-40-and-over female track and field athlete of 1996 by USA Track & Field, the national governing body for athletics in the United States.

If there had been an award for the most inspirational athlete of the year, she likely would have won that one as well, for overcoming Chronic Fatigue Syndrome (CFS), a debilitating disease that almost cost her life.

In 1996, Libal won the 100, 200, and 400 in the age 45-49 division in three major meets – the Canadian Nationals in Vancouver, the USA Nationals in Spokane, and the North American Championships in Eugene.

Her best times, respectively, were 12.73 (92.3% on the age-graded scale), 25.81 (92.6%), and 58.68 (91.4%). Libal also won the prestigious 100m age-handicap race at the Nationals in 11.81 (91.1%). In Eugene, she anchored the USA 4x400 relay squad to a new world W40 record of 3:58.7 with a blazing 56.9 leg.

That race was awarded “special recognition” by the committee as one of the most outstanding and exciting performances of the year.

In 1995, Libal was awarded a plaque for the outstanding single performance by a female masters athlete – her sensational 56.82 in winning the W45 400 gold medal at the WAVA World Veterans Championships in Buffalo.

The co-owner of a temporary employment agency in Corvallis, Ore., Libal virtually has come out of



Mary Libal, W45, took the baton from Jacqueline Board, W40, and ran an unofficial 56.9 anchor leg to break the W40-49 WR in the 4X400 (3:58.70). Photo by Suzy Hess

nowhere to become the finest female masters performer in the nation.

### Early Career

Her early athletic career was filled with bad luck and disappointment. There were no opportunities in high school, but at age 18 in 1968, she joined the U. of Wisconsin track team as part of the pioneering movement of women's college athletics.

However, she ruptured her fascia tendon, tried to come back too soon, and had to sit out her sophomore and junior seasons. In 1972, as a senior, she ran on Coach Peter Tigen's first team at Madison.

“He was terrific man,” she remembered.

The NCAA Championships were her chance to make a name for herself and perhaps even win a championship. She had times of 57.6 (440y), 25+ (220y), and 11.0 (100y).

Not only did she not win, she didn't even run. She had one credit too many to be eligible for the national meet. The fine print in the rules said 124 credits or less. She had 125.

“I wish I hadn't taken that last class,” she said. “I had no idea. I was shocked.”

### Left Track Behind

She never ran another step for 17 years. She went to work and there was no time to train or places to compete.

“It's so sad, all those missed years,” she reflected.

During her college summers, Libal had worked as a cook and baker at a fish camp in Reindeer Lake, an isolated Saskatchewan village about 800 miles north of Winnipeg. In 1974, she decided to move there, leaving track and almost everything else behind.

“It's mainly a Cree Indian Reservation, with less than 500 people,” she said. “I hauled freight, lifting it off trucks on to the docks, and did a variety of other jobs.”

There she met and married Kevin McClellan, who ran a Hudson Bay store. They married and had two children, Sarah, in 1980, and Daniel, in 1983. Mary always kept her maiden name.

“It never occurred to me to do otherwise,” she said.

In 1987, the family moved to Oregon, where Kevin had relatives.

“There were no good schools for the children in Reindeer Lake,” Libal explained.

“It was fun in Canada,” she recalls. “And very peaceful. Most of our travel was by dog sled. We'd go cross-country skiing for an hour or two each day. Maybe I'll go back there some day.”

### Health Deteriorates

Not long after moving to Corvallis, her health began to deteriorate. It started with upper respiratory discomfort that Libal wrote off as a side effect of Corvallis' well-known hay fever season. But her health kept sliding, into a bottomless pit.

CFS is an all-body disease that is not widely understood, and difficult to diagnose.

“There's no beginning and no ending,” Libal said. “You think you have the flu or something and it goes on and on.”

Libal's virus was centered in her brain and affected her entire nervous system. She had a headache night and day for three months. She lost vision in her right eye and had numbness down her right side.

She lost vocabulary, including ordinary words like ‘table’ and ‘chair.’ she had trouble walking and navigating doorways.

She had a liver infection that spread to a heart valve.

Eventually, she was too sick to sit up. She spent 20 hours a day in bed, sleeping or shaking from freezing cold under an electric blanket turned up to its highest setting.

All the while, she felt alone. She didn't know anybody in town except her family, and they didn't know how to help her.

“You're hoping after a while that it's thyroid disease or liver disease or anything that you can give a name to,” Libal said. “Because you're so frightened and you're so sick and there's no diagnosis a lot of times.”

### Doctors Couldn't Help

“You can't get help from your family and friends, because they don't know if they believe it. Doctors don't help you. For a long time it was such an unknown thing, they were writing it off to be ‘all in your head.’”

CFS has only recently been recognized by the Center for Disease Control. The CDC now has established a set of guidelines for diagnosis.

The doctors Libal saw did little more than recommend aspirin and rest.

At one point, Libal thought maybe she had multiple sclerosis.

For almost eight months she couldn't sit up long enough to eat a meal, existing in a near-coma state while her entire body failed her.

“I reached such a point of despair I thought, I'm never going to be well again,” Libal said. “I think I'm dying and nobody's listening.”

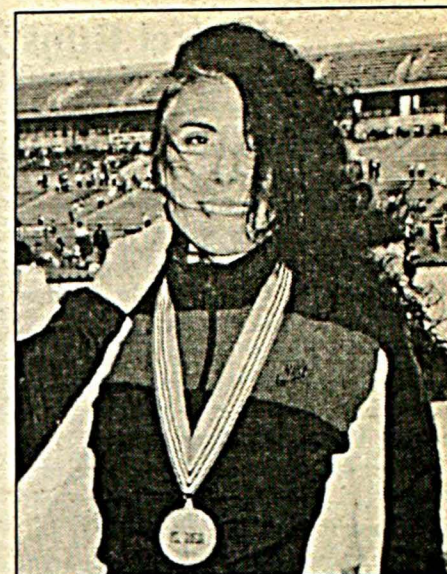
“I knew that this wasn't all in my head. I knew there was something devastating going on in my body, something frightening that was destroying me,” she said.

She turned to alternative medicine in an effort to relieve the pain. She went to an acupuncturist. “I can't help you,” he said. “There's too much wrong with you.”

### Fight or Give Up

Libal came to a crossroads: she had to decide to fight the disease head-on. Or give up.

She thought of her two children, and



Mary Libal

decided to fight. And try to live.

She found a doctor in Eugene, a naturopath who was the first health professional to confirm that she did have major problems.

She began walking her dog, going a few steps farther each time.

“I couldn't walk around the block once without sitting on the curb,” she recalled. “When I was strong enough to do it once I set a goal to walk to one more telephone pole, then one more the next day. I worked up to a mile, then I started riding my bike the same way, increment by increment.”

But she tried too much too soon, with relapses that put her back under the thumb of CFS for weeks at a time.

### First Race in 18 years

She persisted, however, and in the summer of 1991, planned to try to run a 400 at the Oregon State Games in Portland.

She felt sick before the race and took a nap in her car, but ran and finished – her first race in 18 years – in 64 seconds, amazing spectators who weren't used to seeing a 41-year-old woman run that fast.

The strain of the race gave her tendonitis in her still unfit legs. She couldn't run again for eight months.

“But it was worth it,” she said. “That first race gave me hope that I could be an athlete again. Every time I was well enough, when I could get myself out of bed and on my bike, I did.”

She increased her exercise level. The relapses gradually got shorter as her fitness level and strength grew.

In 1993, a careful reader of the results section in the *National Masters News* would have seen one M. Libal run the W40 400 in 63.72 at the Northwest Regionals in Eugene. But she had another relapse of CFS and didn't go to Provo for the Nationals that year.

### First Nationals

In 1994, at age 44, she made it to her first National Masters Championships. She had arrived. In the 100, she ran 12.95, losing only to the great Deby Swezey while finishing ahead of national stars Irene Thompson and Anna Wlodarczyk. She won the 200 (26.64) over Swezey and Thompson, and took the 400 gold in 59.62, going under 60 seconds for the



# International Scene

by JACQUES SERRUYS

## Durban General Assembly

In the history of WAVA, not since Toronto in 1975 and Gothenburg in 1977, have the prospects of the General Assembly been of such importance as at the upcoming meeting in Durban, South Africa, on Thursday, July 24. At that time a new WAVA president, secretary and treasurer will be elected.

The Congress of the IAAF allows re-election to the same post for an indefinite number of terms, so long as that officer is considered effective in his or her particular post. WAVA's constitution, on the other hand, stipulates that one cannot hold the same office for a period exceeding 10 years. Thus, following this election, WAVA may lose individuals who have accomplished valuable work during their tenure.

To give the newly-elected president, secretary and treasurer the chance to realize their visions and objectives, a proposition has been put forward to change WAVA Constitution item 4(e) as follows: "Propose to change the election of the WAVA Council for a period of four years with the limit of three periods." If the elected candidate is considered unsatisfactory, the General Assembly may, after four years, elect another candidate, which is completely in line with the democratic

objectives pursued by WAVA.

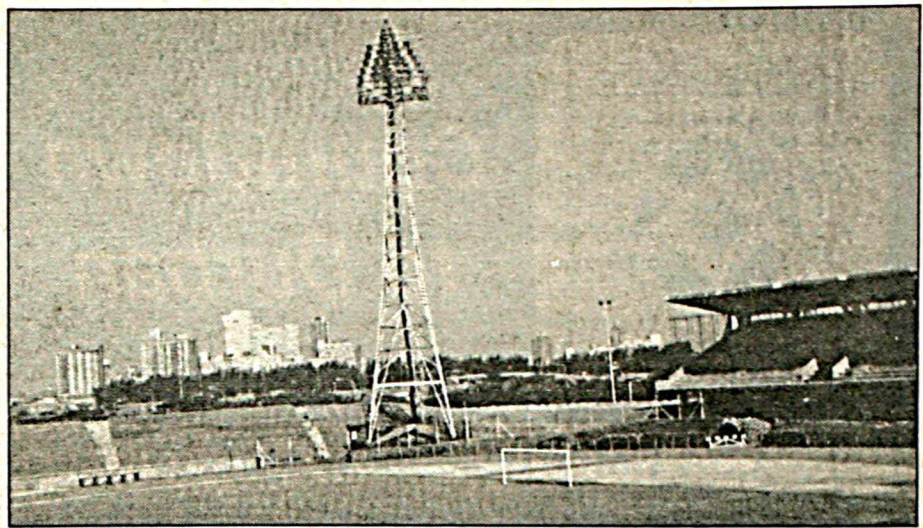
An initial opinion poll resulted in an almost unanimous vote in favor of this proposition. With the General Assembly convening every two years, it is possible to focus on problems within a reasonable period of time.

Additionally, a proposal will be presented at the Durban General Assembly to amend statute 4(b) as follows: "A



**WORLD VETERANS' ATHLETICS CHAMPIONSHIPS**

17 - 27  
JULY 1997  
**DURBAN**  
KWA-ZULU NATAL  
SOUTH AFRICA




View of the Golden Mile hotel area from Stadium 1 in Durban.

nation shall receive an extra delegate for every 100 competitors in the last three non-stadia championships, though retaining the five vote maximum." The intent of this proposal is to provide smaller countries - which have no opportunity to organize a track and field championship, but are able to organize a non-stadia championship (10K, half-marathon, walk) - the occa-

sion to acquire an additional vote. This represents the democratic recognition of the non-stadia world championships. For larger countries who already have the maximum five votes, nothing will change, but countries currently with one vote will be able to acquire a second vote. □

(Serruys is Non-Stadia Vice-President of WAVA.)

WAVA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
					WAVA	USATF
Women						
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#
Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb. WAVA weights are used for USATF weight pentathlons.						



**PRESIDENT:**  
Cesare Beccalli  
P.O. Box 76  
37010 Assenza di Brenzone  
(Vr) Italy  
Fax: 39-45-742-0661

**EXECUTIVE VICE PRESIDENT:**  
Tom Jordan  
P.O. Box 10825  
Eugene OR 97440 USA  
Phone: 1-541-687-1989  
Fax: 1-541-687-1016

**VICE-PRESIDENT:**  
(Stadia)  
Jim Blair  
43 Emslie Road  
Pinchaven, Upper Hutt  
New Zealand  
Fax: 64-4-528-2992

**VICE-PRESIDENT:**  
(Non-Stadia)  
Jacques Serruys  
Korte Zilverstraat, 5  
B-8000 Brugge, Belgium  
Fax: 32-50-334-325

**SECRETARY:**  
Torsten Carlus  
Smalandsgatan 25  
S-25276 Helsingborg, Sweden  
Fax: 46-42-128-956

**TREASURER:**  
Al Sheahan  
P.O. Box 2372  
Van Nuys, CA 91404 USA  
Phone: 1-818-981-1996  
Fax: 1-818-981-1997

**WOMEN'S DELEGATE:**  
Hannelore Guschmann  
Sint Andriesdreef, 9  
B - 8200 Brugge - St. Michiels  
Phone: 32-50-387612  
Fax: 32-50-393032

**IAAF DELEGATE:**  
Cesar Moreno Bravo  
Camino a la Piedra del  
Comal No. 24 Col. Tepepan  
16020 Xochimilco, D.F.  
Mexico  
Fax: 52-5-653-3159

**DELEGATE OF: NORTH AMERICA**  
Rex Harvey  
160 Chatham Way  
Mayfield Heights, OH 44124  
USA  
Home Phone: 1-216-446-0559  
Business: 1-216-531-3000 x3366  
Fax: 1-216-531-0038

**SOUTH AMERICA**  
Jorge Alzamora  
P.O. Box 685  
Santiago, Chile  
Phone: 56-2-621-1417  
Fax: 56-2-696-5006

**ASIA**  
Hari Chandra  
15 C Jalan Haji Salam  
Singapore 1646  
Phone: 65-2424967  
Fax: 65-241-3116

**EUROPE**  
Wilhelm Koster  
Haydnstrasse 28  
D-64347  
Griesheim, Germany  
Fax: 49-6151-880934

**OCEANIA**  
Stan Perkins  
106 Silkwood St.  
Alger, Queensland  
Australia  
Fax: 61-7-5581-6766

**AFRICA**  
Hannes Booysen  
P.O. Box 5180  
1403 Delmenville  
South Africa  
Fax: 27-11-827-7590

4 Months to Go



## Countdown to Durban

### USA Entry Deadline is April 10

Only four months remain before the start of the 12th WAVA World Veterans Athletics Championships in Durban, South Africa, July 17-27. Meet organizers predict more than 5000 athletes (men age 40+, women age 35+) from more than 75 nations will participate in the biennial event. There are no qualifying standards, except to be at least the minimum age.

The entry and accommodation forms were printed in the January issue of NMN. The official entry deadline is April 30, but USA athletes must send their entry to USA Track & Field for approval no later than April 10. Entry and accommodation forms are also available directly from Durban (see Schedule for details), from any of the masters travel agents hosting low-cost tours (see ads in this section), or from Ken Weinbel, USA Masters T&F Chairman (address on page 3).

#### Festive Atmosphere

Two stadiums in King's Park, about a mile from the Golden Mile hotel area will be the primary sites for the competition.

There will be continuous free bus service running the loop between the housing and competition areas on about a 15-to-30-minute cycle. The distance can also easily be walked in 20-30 minutes.

The overall set-up in the park will include on-site refreshment areas, vendor booths, and other attractions. It will be a very festive atmosphere with a strong feeling of camaraderie comparable to the World Championships in Miyazaki, Eugene and Melbourne.

#### Stadium 1

Stadium 1 has nine lanes with a 10-lane home straight. It has dual, side-by-side, bi-directional long and triple jump runways outside the track direct-



Members of the WAVA Council and the Durban Organizing Committee inspect the facilities at Stadium 1 in Durban.

ly in front of the main stands and a bi-directional pole vault runway outside the back stretch. Its throwing cages are inside the track at both ends of the back straight with several shot put areas also inside the track itself. There are three javelin runways, two at one end and one at the other end. There's plenty of room for two or more high jumps at both ends.

Under the main stadium are plenty of rooms and covered open areas that will be used for registration, declaration, reporting, information, results, etc. There's a tunnel under the track from the reporting area into the infield which will reduce congestion.

The stadium is well equipped with locker, training, medical, press, computer and other specialized rooms. A large glassed-in VIP area at the top of the stadium will be used for an athletes' restaurant and gathering area, all with a full view of the track activity. The stadium seats continue completely around the track so one can get very close to whatever event they wish. A special effort is being made by the organizers to schedule as many finals as possible in Stadium 1.

#### Stadium 2

Stadium 2 is only 300 meters from Stadium 1. It has a covered stadium along the final straightaway only. Its track has been completely resurfaced.

In addition, a four-lane 80-meter warm-up strip is adjacent to the track with a long/triple jump pit and pole vault boxes. There is a lot of shade with trees and grass adjacent to the track. There are two long/triple jump runways. There are two throwing cages and two javelin runways.

Both stadiums are well lighted.

#### Distance Races

The cross-country races will be held the very first day of the championships to allow rest time for other races. They will be held on a municipal golf course just a half-mile or so from the main stadium area. The course will be rolling hills along a river next to a bird sanctuary.

"It's a better course than even the IAAF World X-C Championships course used last year in Cape Town," raved Linda Barron, Chief Executive Officer of the Championships.

The 5K and 10K on the track and the 5K track walks will be held primarily on

the newly refinished track in Stadium 2 in groups of 24 maximum. The road walks will be held on a flat, smooth loop along the beachfront roads (closed to traffic).

The marathon will be held Sunday morning, the last day of the Championships. It will be a very fast two-loop course starting outside Stadium 1, going along the entire length of the city beachfront, then looping through the city itself along a portion of the world famous Comrades ultra-marathon course. The marathon finish is planned to be within the main stadium.

#### One Day/One Event

The longtime WAVA goal of conducting one event in one day has been scheduled as much as possible except, of course, for those events with preliminary rounds. This will greatly reduce possible conflicts between events. Women before men and oldest to youngest will be followed whenever possible.

Throwing events will be conducted per IAAF rules. Preliminaries of three throws (which do not count in the competition) will be held with groups up to 16. The top 12 will then proceed to the finals where they will receive three more throws. Then the top eight will advance for three more throws.

#### Officials

About 600 officials will be involved. They will work in shifts to eliminate the long hours that have been seen in previous championships. The organizers are recruiting officials from throughout South Africa and from all over the world. They plan to provide at least lodging, meals, and local transportation for all officials. Any interested official is invited to contact Barron in Durban at 011-27-239-821 (phone) or 011-27-31-239-874 (fax).

Tom Jordan, Executive Vice-President of WAVA, is flying to Durban this month to check out the OC's progress, particularly in the non-competition areas such as housing, banquet, signage, interpreting, etc. As the Games approach, Jim Blair, Stadia Vice-President of WAVA, will visit Durban to provide counsel, advice and supervision on competition matters.

#### Beach Party

A big beach party is planned for Wednesday evening before the day-off

Continued on page 25

## WAVA COMPETITORS DURBAN '97

Sports Travel International, Ltd  
Your Best Choice for Travel  
to South Africa

Intra-Africa flights are already  
at, or close to, capacity!

If you plan to attend WAVA '97,  
make your reservations now!

Call: Sports Travel  
(619) 225-9555 or  
(800) 466-6004





# Report from Britain

by BRIDGET CUSHEN

## A Seven-Foot High Jump?

Among the 1310 competitors entered in the 1st European Veterans Indoor Championships in Birmingham, Feb. 28 to March 2, is the 1976 Olympic high jump champion, Jacek Wszoka. (He also won the silver in the 1980 Olympics after setting a world record 2.35m (7-8½) earlier that year.)

He must be considered a threat to be the first over-40 athlete ever to high jump seven feet (2.13m). The USA's James Barrineau holds the M40 mark with a 2.11 (6-11) leap at the WAVA World Championships in Buffalo in 1995.

Poland is sending 11 high-caliber athletes, including Janusz Rybczynski, a 7730-point decathlete.

Several current world championship medalists are entered, including Wolfram Walther, M40 triple jump and long jump runner-up; J. Calda from the Czech Republic; Maganas from Greece in the shot; Peter Browne, M45, and Reg Phipps, M50, on home ground in the 400/800.

Another eagerly awaited clash comes in the M50 high jump where Buffalo champion, Jaroslav Hanus, faces Vivod from Slovenia (4th in Buffalo). Beres of Hungary (11th) and Jim Fanning, Ireland, just moved up. Rex Harvey and Phil Mulkey are coming from the USA.

Triple world gold medalist, Jocelyn Harwood leads a very strong W35 British field. Overseas entries include Lidija Lapajnu in the HJ, Christine Uller, Switzerland, in the hurdles, and Petra Herrmann in the jumps.

Mary Libal, W45, Pat Gallagher, W50, Phil Raschker, W50, and Brunhilde Hoffmann, W55, are some of the many world record-holders entered.

British athletes escaping from the severe winter back home were greeted with temperatures well in the 60s and high humidity as they lined up for the start of what proved to be a testing 10K course, on Jan. 18, in the 1st International Veterans Track & Field Meeting and 10K in Malta, Jan. 18-19.

Peter Johnson, 42, shot into the lead, spreading the 130-strong field along a coastal road down through the pretty fishing village of Marsascala, from where it was a steady climb for the next 4K, before the field circled around an old ruins and then back down into the village with a sharp uphill to the head-land finish.

Despite winning by a minute and a half in 33:58, Johnson did not collect the overall prize of a free London/Malta/London air ticket. On an age-graded performance, the ticket went to the first M55, Anthony Pritchard, with an age-

graded 84.2% 37:11. The following day, Johnson lapped the entire field in the 5000 track race, winning untroubled in 16:24.

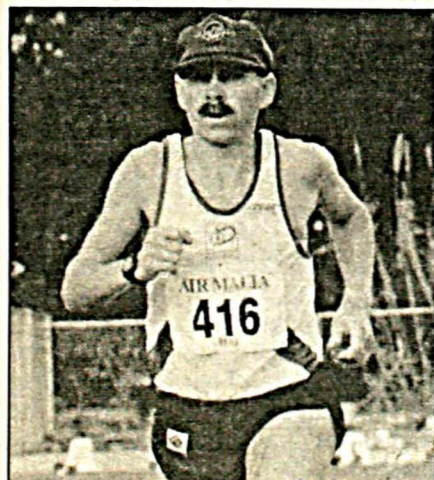
The most exciting track race was the 3000 steeplechase, the first ever to be held on Malta. It was an open race, won by 29-year-old German-born Andre Camilleri, but not without a spirited fight from British police officer, Alan Newman; handing his opponent a 14-year-advantage, he closed to within 28 seconds at the finish.

Tony Chircop, instigator and powerhouse behind the burgeoning veteran scene on the island, was delighted with the overseas support and is planning to expand invitations.

Clova Court, W35, scored a notable victory over Olympic heptathlon bronze medalist, Denise Lewis, when she won the 60mH in 8.22, at the World Indoor Trials on Feb. 8. Judy Oakes, W35, won a record 38th national title on Jan. 26, when she took the indoor national shot put title with 17.71. She has a best this year of 18.12 achieved at the South of England championships.

Just joining the veteran ranks is Noel Carmody; he took the bronze medal in the national senior indoor 3000 walk in 13:02.64 on Jan. 25.

Top M40 road runner, Martin Rees, won the Gwent cross-country league race, ahead of all the senior men on Feb. 1 at Bristol. □



Great Britain's Peter Johnson, 42, won the 10K road race, Jan. 18, and the 5000 on the track, Jan. 19, at the 1st International Veterans Meet, Marsascala, Malta. Photo from Bridget Cushen

## Countdown to Durban

Continued from page 24

for the WAVA General Assembly. The opening ceremony is planned for Saturday evening at the Stadium and should be relatively short in duration, emphasizing the visiting athletes and the local culture. A final ceremony will be held Sunday following the marathon and the relays.

### Weather

The Championships will be held in the middle of the South African winter when the weather in Durban is at its best of the year. The average high and low are 74°F (23°C) and 61°F (15°C), respectively. The humidity in July is at its lowest of the year, the winds are relatively calm, it's sunny, and rain is rare.

### Cost

Masters travel agents (see ads in this issue) have attempted to provide low-cost air fares to Durban. Once in Durban, the cost of living is less than in the USA. The South African rand has improved in recent days, but is still a bargain at about 4.5 to the U.S. dollar.

Anyone, including athletes and guests, traveling on South Africa Airways (SAA), the official airline, may

leave a copy of their ticket at the Registration Center. There will be a drawing at the banquet Wednesday night (you need not be present to win) for a round-trip ticket from any SAA location in the world to any SAA location in South Africa.

### Entry Procedure

A completed entry form, together with a copy of birth certificate or passport and copy of 1997 USATF membership card, and the appropriate entry fees (no personal checks accepted) must be sent to: Sandy Pashkin, USATF Team Manager, 301 Cathedral Parkway, #6U, New York NY 10026.

The entry will then receive the official USATF stamp and be forwarded to the organizers in Durban. Confirmation of entry will be sent directly to each athlete from Durban.

The Games are continually updating their website: <http://www.wava.org.za/>.

The Durban organizers have implemented many changes from the Buffalo Games in order to put on an event not to be forgotten.

It could well turn out to be one of the friendliest, best-organized, and most inspirational World Veterans Championships ever. □

- Al Sheahan and Rex Harvey

COMPETITION SCHEDULE: 12TH WORLD VETERANS ATHLETIC CHAMPIONSHIPS							
	JULY 1997	NON-STADIA	STADIUM 2	STADIUM 1		JUMPS	THROWS
DAY 1	Thursday 17	10 km Cross-Country		Decathlon	Heptathlon		
DAY 2	Friday 18			Decathlon	Heptathlon	Long Hurdles Prelim. (if necessary)	
DAY 3	Saturday 19		W 10,000m/ M 10,000m (M65+)	100m Prelim.	800m Prelim.	Long Hurdles Semis	Long Jump Hammer Throw
DAY 4	Sunday 20	W 10 km/ M20 km Road Walk	M10,000m (M40-60)	100m Semis & Final	800m Semis	Long Hurdles Final	Shot-put
DAY 5	Monday 21	WOMEN'S ASSEMBLY REGIONAL & W.A.V.A. COMMITTEE MEETINGS					
DAY 6	Tuesday 22		W5000m	200m Semis	800m Final	Short Hurdles Semis	Pole Vault Discus Throw
DAY 7	Wednesday 23		M5000m	200m Semis	200m Final	Short Hurdles Final	Triple Jump Javelin Throw
DAY 8	Thursday 24	W.A.V.A. GENERAL ASSEMBLY					
DAY 9	Friday 25			W5000m Race Walk	1500m Semis	400m Semis	Men's Weight Pentath.
DAY 10	Saturday 26			M5000m Race Walk	1500m Final	400m Final	High Jump Women's Weight Pentath.
DAY 11	Sunday 27	Marathon		Steeplechase	4 x 100 Relay	4 x 400 Relay	
OPENING CEREMONY • SATURDAY 19 JULY      BANQUET • WEDNESDAY 23 JULY      CLOSING CEREMONY • SUNDAY 27 JULY							

## Don't Miss Out - You Still Have Time !

TRAVEL WITH NORTHWEST EVENT MANAGEMENT, INC.

to the

WAVA '97 CHAMPIONSHIPS, DURBAN, SOUTH AFRICA

Basic package, per person, double occupancy \$2645.00

Includes Roundtrip Airfare New York to Durban

15 Nights Beachfront Hotel Accommodations

Breakfast, Hospitality Room, Experienced Leaders

For More Information Contact:

Barbara Kousky, Northwest Event Management, Inc.

Post Office Box 10825, Eugene, OR 97440

Telephone 541-687-1989 or 1-800-392-1369

# Masters Scene

## EAST

• Gary Fanelli, 46, was 14th with an age-graded 88.2% 33:00, Brian's Run 10K, West Chester, PA, Dec. 8. Ann Gaffney, 42, was first W40+ in 44:31. Joy Hampton, 50, finished just six seconds back in 44:37. Richard Myers, 51, ran a sturdy 36:09 to win the M50-54 race.

• Despite 100% humidity, nearly 1200 runners crossed the line in the NYRR Fred Lebow Classic 8K, Central Park, NYC, Jan. 5. Masters winners were Sean Doyle (42, 27:21) and Wendy Silverstein (42, 34:21). Starring in their age-groups were Anna Thornhill ((56, 32:43) - 87.3% AG, and Toshiko D'Elia (67, 39:31) - 82% AG.

• Living up to its name, the NYRR Frostbite 10-Miler, Central Park, NYC, Jan. 11, kicked off in 29-degree weather. Heading home for the fire first were masters winners Jack Porzlo (48, 1:02:55) and Betty Conover (48, 1:10:39). Jack Fairbrother (60, 1:09:41) wasted no time getting home either in outclassing his division.

• Steve Scott, 40, ran a 4:14.27 mile at the Mobil meet in Fairfax, VA, Feb. 21, less than four seconds off Bill Stewart's 4:11.0 U.S. masters indoor mile record, set in 1983.

## SOUTHEAST

• Diane Vandebroek (55, 3:30:35) outran all other masters women to claim victory in the Charlotte Observer Marathon, Charlotte, NC, Jan. 4. Outstanding performances prevailed on the men's side as well with Tim Dunlap (40, 2:29:52) capturing first place (2nd overall) and Pete Kaplan (40, 2:34:58) grabbing the second spot (4th overall).

## MID-AMERICA

• Steve Plasencia, who recently joined the masters ranks, broke the U.S. record for the M40 indoor 3000 with a pending 8:24.16 in a meet at the U. of Minnesota, Jan. 18. Steve Gallagher set the present record of 8:43.71 last year. On Dec. 15, in Palm Springs, CA, Plasencia bettered the U.S. 5K road record of 14:36 with a 14:25.

• At the Groundhog 10K Cave Run, Kansas City, MO, Feb. 2, a team of masters runners won the age-graded corporate team competition: Bobby Kincaid (59, 37:43), Dick Wilson (65, 39:23), and Paul Heltzman (65, 40:51). Wilson's time was an 87.4% AG effort.

## SOUTHWEST

• It was no great surprise when Larry McIntyre suffered a massive heart attack on the July 4 weekend in 1992. His dietary habits were atrocious, and he was almost 50 pounds overweight. His physical activity consisted of a little water-skiing and some tennis. The irony of it all was that McIntyre, who lives in Poteet, TX, was a 20-year pharmaceutical salesman with DuPont and had spent most of his career calling on cardiologists and talking about heart attacks. By 1996, four years later, he was the USATF M45-49 indoor (Greensboro) and outdoor (Spokane) pole vault champion. In between, McIntyre, 48, had dropped his cholesterol level by more than 200 points and lost 45 pounds. He began an exercise program the first day out of the hospital, and started vaulting again, some 20 years after his college days (PR 16-0, 1971), after learning about the masters program in February 1993, culminating with a masters PR of 14-5 1/2 at Spokane.

• Two outstanding visiting athletes took top masters honors at the Houston Marathon, Houston, TX, Jan. 12. Yury Mikhailov, 43, Russia, crossed the line in 2:24:48. Tatiana Pozdnyakova, 40, Ukraine, annihilated her

competitors with a winning time of 2:39:57 (3rd overall) - 81.1% AG. In the accompanying 5K, the masters winners were David Washburn 40, 16:19) and Billie Kay Melanson (43, 22:14).

## WEST

• The Sly Old Dogs 12-man squad, captained by Tom Moore, from Scotts Valley, CA, won the Masters Men's Division race in the Napa To Santa Cruz 194-Mile Relay last September with a 24:35:03. Each member ran three legs in the race, which began in historic Calistoga in the Napa Valley wine country. The Submasters Mixed Division contest went to Seattle's Puget Sound Xpress (actually a mixed masters team), captained by Judy Groombridge, which finished in 23:36:12. Masters women's teams, Fast In The Past (26:44:50), KI Bowman, captain, and Chips N'Dale (27:24:07), Dale Phillips, captain, were 2-3 in the Open Women's Race. Over 40% of the participants were between the ages of 40 and 72. The 1997 race is scheduled for Sept. 19-20.

• It used to be you had to beg to find volunteers to serve as Masters Chairman of a USATF Association. Not any more. At least not in Southern California, where incumbent Masters T&F Chair John Cosgrove was challenged by former chair Christel Miller, who wanted the job back. Miller prevailed, and quickly appointed Cosgrove her vice-chairman. Cosgrove is organizing what should be one of the year's most exciting masters races - an age-handicapped women's 100m at the Mt. Sac Relays, April 20 in Walnut, Calif., just east of L.A. The field will include Mary Libal, Phil Raschker, Deby Swezey, Kathy Bergen, Sumi Onodera-Leonard, Denise Foreman, Joy Upshaw-Margerum, and Irene Obera. More details next month. The SCA covers the area north of San Clemente, south of Paso Robles, and west of the Arizona border. Miller can be reached before 9 p.m. at 818-843-2139.

## OPEN

• The RRCA has begun fundraising for its 1997 Roads Scholar Program. Four grants of \$4000 each were awarded in 1996 to assist post-collegiate distance runners. More runners are expected to be helped in 1997. Donations may be made to RRCA, c/o Jeff Darman, 2300 Ninth St. South, #300B, Arlington VA 22204.



Larry McIntyre, Poteet, Texas, M45-49 indoor and outdoor pole vault champion in 1996.

## Profile

Continued from page 22

first time since her college days.

When she turned 45 in 1995, she got even better. She ran a couple of 57+ 400s and 25+ 200s in early season meets in Oregon. She skipped the Nationals in Michigan to focus on the World Championships in Buffalo. She entered only the 400, worried that her strength would run out if she tried all three sprints.

She spent the day before the race holed up in her hotel room, convincing herself that the "Dreams Do Come True" poster she had stared at every night before going to bed included her.

The weather was perfect for the 400 final on the meet's final Saturday. The very tough field included Phil Raschker, the W45 defending world champion who had already won eight events in the meet, and four other national champions from around the world. Jan Hynes' world W45 record of 57.8 was in jeopardy.

### Best Race of the Year

Libal had to be perfect. Raschker broke Hynes' mark with a 57.60, but Libal ran an even faster 56.82. It was one of the meet's great races as the first five women all broke 60 seconds.

When she saw her time, it was like Michael Johnson's reaction when he saw the clock after shattering the 200 record at the Olympics.

"I was shocked," she said.

Only four years from her nadir, Libal had achieved one of her lifetime highs.

"That race, and the one in Eugene in 1996 where we broke the relay record, were the highlights of my career," she said.

How fast could she have gone in her unrealized prime?

"I never came anywhere near my potential," Libal reasons. "I think I've lost five or six seconds to the aging process. I had two college teammates run at the Olympics. I had the same talent, worked just as hard. This is proving that I should have been there."

"She's a remarkable athlete," said local coach Joe Fulton. "She represents all of us over 40 who have dreams and hopes."

Libal's training schedule (see "Training Advice" in a future issue) is astonishing, combining intervals with swimming and extensive weight training.

"I don't think she's reached her peak as a runner," said Pat O'Shea, her weight training coach for the past four years. "We're moving into heavier workouts. She squats 240-pound reps. That's a lot. She's very focused. There's no talking, no socializing."

The all-black attire she wears for the 400 has earned her nicknames like "The Lady in Black" or "The Terminator" by other women at the meets.

### Plans for 1997

Libal is spending the 1996-97 winter nursing her achilles tendinitis, but plans to compete in the 1997 Nationals

in San Jose and perhaps defend her world W45 championships this summer in Durban, South Africa.

She feels she can go faster. Her new goal is 55 seconds in the 400. She hopes to find sponsorships beyond minor deals she has had with Powerbar to help defray costs.

Now separated from her husband but still working with him in their business, Libal is studying women's occupational health with an eye to a possible career change down the line.

Her hobbies include working in her garden, walking the dog, going for coffee, and knitting small dolls which she gives to children. She is close to and devoted to her own two children.

### Still Wary of CFS

But she hasn't completely beaten CFS. She knows it can take over at any time, and she is wary of it.

"I still believe I have a lot of damaged organs," she said. "The vigorous exercise is what keeps me healthy. I never lose sight that I'm alive and was given a second chance. Never in my wildest dreams did I think I could fix my athletic career."

She wants to do everything to the best of her ability.

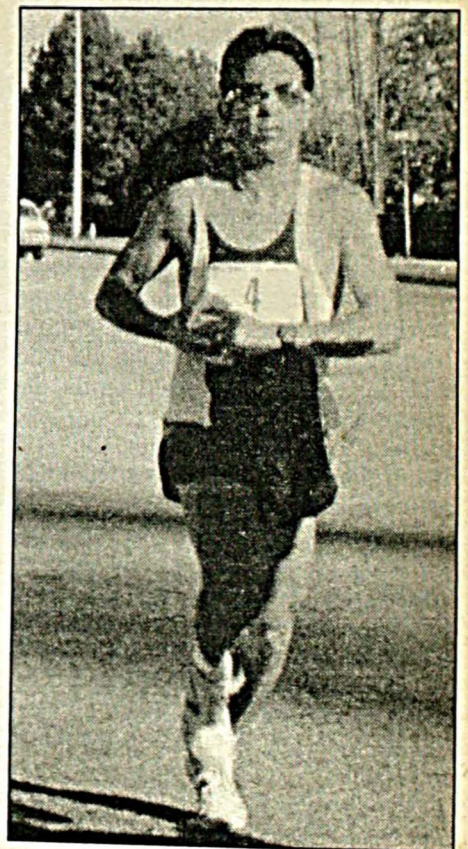
"I don't want to do anything halfheartedly. In a world where women struggle for recognition, I feel a great sense of achievement."

Libal says the secret of her success is tenacity.

"Don't give up," she says. "Most people can't stick with something if it's really tough. People should join a fitness center and ask a lot of questions until they know they're doing it right."

"I wouldn't be alive today if I didn't have the knowledge from my athletic training. It saved my life." □

- Al Sheahen and Doug Binder



Robert Yara, M40, won the masters title at the 1995 WZYP Rocket City Marathon. Seen here at mile 11, he was third in '96.

Photo by Jim Oaks

# Schedule

USA track and field events feature competition for men and women over age 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. International T&F meets are generally limited to men over 40 and women over 35. 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 50098, Eugene OR 97405.

## TRACK & FIELD

### NATIONAL

**March 1.** USATF National Masters Indoor Pentathlon Championships, Chapel Hill, N.C. Non-Championships heptathlon will be held in conjunction with the pentathlon. Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124. 216-446-0559(h), 216-531-3000; x3306 (w).

**March 21-23.** USATF National Masters Indoor Championships, Boston. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. Fax: 617-964-8356. Entry form in December, January and February issues.

**April 5-6.** USATF National Masters Indoor Men's & Women's Heptathlon Championships, Proviso West HS, Hillside/Chicago. USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 630-953-2053.

**May 21-28.** U.S. National Senior Sports Classic VI, Tucson, Ariz. TLOC 4 East Congress, 2nd floor, Bank One Annex Bldg., Tucson, AZ 85701. 520-791-5555.

**August 7-10.** 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Haas, meet director. 408-288-2935.

**August 16.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. George Mathews, 5701 6th Ave. South, Seattle, WA 98108. 206-764-7000(w).

**September 20-21.** USATF National Masters Decathlon & Heptathlon Championships, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

**August 6-9, 1998.** 31st annual National Masters Championships, Orono, Maine.

### EAST

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

**March 9.** USATF East Regional Masters Indoor Championships, 168th St. Armory, NYC. Haig Bohigian, 225 Hunter Ave., North Tarrytown, NY 10591. 914-631-1547; fax: same.

**April 25-26.** Penn Relays, Philadelphia. 25th: 4x100m (M40+; M50+ & W40+ run in same race), 100m (W40+, M40+, M50+, M60+), 4x400 (M50+ & W40+ run in same race). 26th: 4x400 (M40+), 100 (M75+). April 1 deadline. Karl Castor, 44 N. Penn St., Hatboro, PA 19040; 215-441-8584, or Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030; 703-385-4392.

**June 13-15.** Massachusetts Senior Games, Springfield College. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457.

**July 12.** USATF East Regional Masters Championships, U. of Maine, Orono. Site of 1998 Championships. Rolland Ranson, 5747 Memorial Gym, U. of Maine, Orono, ME 04469. 207-581-1058.

### SOUTHEAST

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

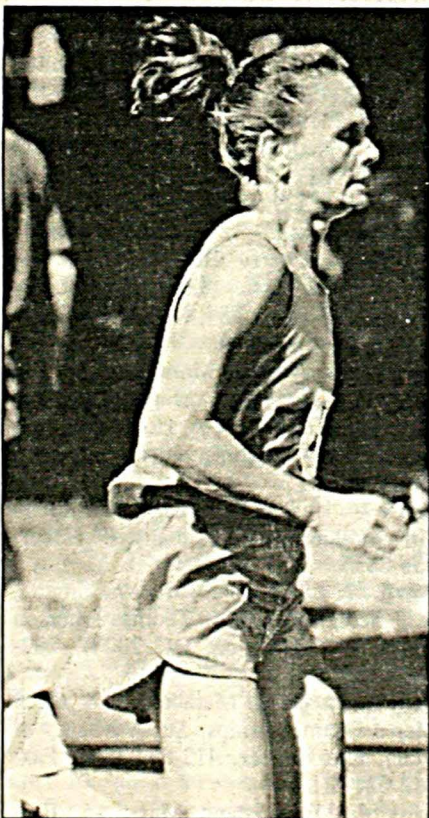
**April 5.** Naples On The Gulf Meet, Naples HS, Fla. Field events: 4:30 pm; track 6:00 pm. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 34109. 941-597-6870.

**April 5.** Naples On The Gulf Throwathlon, Barron Collier HS, Naples, Fla. All throws, plus WT & SW. 9 am. See April 5 above.

**April 5-12.** Sunrise Senior Classic, West Broward County, Fla. 55+. 954-746-3670.

**April 26.** Florida Masters Weight Pentathlon, Plantation HS, John von Rohr, 10541 NW 18 Dr., Plantation, FL 33322. 954-452-9248.

**May 2-4.** Southeastern T&F Meet, No. Carolina State U., Raleigh, N.C. (+ Throws Clinic and 20K RW.) Southeastern United States Masters, Inc.,



First master, Patty Zerbesky, 40, heads for the finish line at the Long Island Women's Run 5K. Photo from Old Bethpage RRC

Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith 919-831-6640 (M-F, 9-5 EST).

**June 1.** North American Invitational Weight Pentathlon, Showalter Field, Orlando, Fla. John von Rohr, 10541 NW 18 Dr., Plantation, FL 33322. 954-452-9248.

**June 7.** Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031. GSEIF@aol.com. Entry form in April NMN.

### MIDWEST

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

**March 1.** USATF Midwest Regional Masters Indoor Championships, Macomb County Community College, Warren, Mich. Ed Stanton, 14500 E. 12 Mile Rd., Warren, MI 48093. 810-445-7476; fax: 801-445-7491.

**March 8.** USATF Illinois Championships, Lewis U., Romeoville. USATF Illinois, 630-953-2052.

**April 5-6.** Masters Indoor Invitational Meet, Proviso West HS, Hillside/Chicago. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

**June 7.** Athlete's Foot Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, PO Box 465, East Moline, IL 61244. 309-792-1015.

### MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

**May 15.** Denver TC Meet, All-City Stadium. 6 pm. DTC, POB 9723, Denver, CO 80209.

**May 16-17.** Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-240-1058 or 800-873-0244.

**June 1.** Jolly Jogathon Meet, Marysville, Kansas. No entry fee. Cleve Walstrom, Marysville, KS 66508. 913-562-3050(h); 562-3021(w).

**June 19.** Denver TC Meet, All-City Stadium, 6 pm. DTC, POB 9723, Denver, CO 80209.

**August 5-10.** Rocky Mountain Senior Games, Greeley, Colo. Cole Kathman, 970-350-9433.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**April 6.** Greater New Orleans Regional Senior Games, New Orleans. 50+. Jack Dunn, 4029 Metairie Ct., Metairie, LA 70002. 504-833-6876.

### WEST

Arizona, California, Hawaii, Nevada

**March 1.** KELfield Throws Meet #48, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before meet.

**March 29.** KELfield Throws Meet #59, Santa Cruz. See March 1.

**April 19.** Orange Spring Games, Rancho Santiago College, Santa Ana, Calif. 25+. Al Siddons, 714-564-6936.

**May 3.** Visalia Classic Masters Meet,

## ON TAP FOR MARCH

### TRACK AND FIELD

The USATF Masters Indoor Championships in Boston on the 21st-23rd capture the spotlight. Three weeks earlier, the National Masters Indoor Pentathlon Championships should draw multi-eventers to Chapel Hill, N.C., on the 1st, also the date of the Midwest Regional Championships, Warren Mich., north of Detroit. The East Regional Championships, NYC, are set for the 9th.

### LONG DISTANCE RUNNING

Chicago hosts the USATF National Masters 8K Championships on the 23rd. That's preceded by two Indy Life Circuit Races: the Gate River Run 15K, Jacksonville, Fla., on the 8th, and the Azalea Trail 10K, Mobile, Ala., on the 22nd. Other major races include the L.A. Marathon on the 2nd; Mercury News 10K, San Jose, Calif., the 9th; Shamrock Masters 8K, Virginia Beach, Va., the 15th; and the Crescent City Classic 10K, New Orleans, the 29th.

### RACEWALKING

The USATF 3000 Indoor Racewalk Championships will be decided in Boston on the 23rd. Both regional championships also offer racewalks.

Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

**May 3.** USATF Arizona Masters Invitational, McClintock HS, Tempe. Evening meet, starting at 5 pm. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257; 602-949-1991. Clifton McKenzie, meet director, 602-777-8503.

**May 4.** Crown Valley Senior Games & Racewalk, Occidental College, Los Angeles. 50+. Cynthia Vaughan, Crown Valley Senior Games, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062. Christel Miller, t&f director; Jim Hanley, rw director.

**May 10.** Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

**May 18.** Bruce Jenner Classic Meet, San Jose CC. M40+ 100/400/1500; M50+ 200; M60+ 100; W40+ 100. Bruce Springbett, 408-354-7333.

**May 24.** KELfield Weight Pentathlon, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. 4 throws per event/BBQ & beverages for all. No fees. Contact Kelmenson before meet.

**May 25.** Dan Aldrich Memorial Meet, UC Irvine, Irvine, Calif. Mac McCormick, 714-586-9942.

Continued on next page



Continued from previous page

Marathon, Louisville. 1-800-928-FEST.  
**May 4.** Revco-Cleveland Marathon & 10K. 1-800-GO-RESCO.  
**May 10.** Race For The Cure 5K, Peoria, Ill. RFTC, Box 9695, Peoria, IL 61612. 309-691-6906.

**MID-AMERICA**

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

**April 5.** YMCA Midwest Masters Classic 8K & 2 Mile Walk, Dodge Park, Omaha, Nebr. M&W35+. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402-554-8645.  
**April 19.** Longest Day Marathon & Relays, 5K, 10K, Half-Marathon, 5K RW, Brookings, South Dakota. Dr. Charles Roberts, 1345 First St., Brookings, SD 57006. 605-692-2334 or 697-5252.  
**April 26.** Get In Gear 10K, Minneapolis. Jeff Winter, PO Box 19009, Minneapolis, MN 55419. 612-722-9004.  
**April 27.** Cherry Creek Sneak 5 Mile, Denver. CCS, Bank of Cherry Creek, 3033 E. First Ave., Denver, CO 80206. 303-394-5170.  
**April 27.** Trolley Run 4 Mile, Kansas City, Mo. Judy Miller, c/o Trolley Run, 400 W. 57th St., Kansas City, MO 64113. 816-361-5749.  
**May 4.** Lincoln Marathon. Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402-423-4519.  
**May 25.** Med-City Relays & Marathon, Rochester, Minn. SASE to Relays & Marathon, 1417 14th Ave. NE, Rochester, MN 55906. 507-282-1411.  
**May 26.** Bolder Boulder 10K, Boulder, Colo. Bill Reef, PO Box 9125, Boulder, CO 80301. 303-444-RACE.  
**June 8.** KRDO Garden Of The Gods 10 Miler/RRCA National Championships, Colorado Springs. Fred Mais, 809 N.



David Samuel, Southern Director of the RRCA, is all smiles at mile 5 of the 1996 WZYP Rocket City Marathon. Photo by Jim Oaks

Cascade Ave., Suite F, Colorado Springs, CO 80903. 719-473-2625.  
**June 21.** Grandma's Marathon, Duluth, Minn. Grandma's Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0947.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**March 1.** Alamo Independence Day 5K Run/Walk, Alamo, Texas. 7:30 am. A.C. Jaime, 210-686-2337.  
**March 16.** Express-News 10K, San Antonio, Texas. \$1400 masters. E-N 10K, PO Box 500324, San Antonio, TX 78280. 210-543-0444.  
**March 22.** West End 5 Mile, Dallas. Tom Short, 6333 E. Mockingbird, #147-112, Dallas, TX 75214. 214-821-0909.  
**March 29.** Crescent City Classic 10K, New Orleans. Mac DeVaughn, 8200 Hampson St., #217, New Orleans, LA 70118. 504-861-8686.  
**April 6.** Austin American Statesman-Capitol 10K. Capitol 10K, PO Box 2936, Austin, TX 78768. 512-445-3596.  
**April 26.** Whirlwind 5K/Racewalk, Tishomingo, Okla. Masters money (age-graded). Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405-371-2371; fax 405-371-9844.  
**April 26.** MSC Masters Mile, Tishomingo, Okla. Masters money (age-graded), 40+. See above.

**WEST**

Arizona, California, Hawaii, Nevada

**March 1.** Trail's End Marathon, Seaside, Ore. Gordon Lovie, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503-646-7867.  
**March 2.** City of Los Angeles Marathon & 5K. LA Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 310-444-5544; fax: 473-8105.  
**March 2.** Sutter Home Napa Valley Marathon, PO Box 4307, Napa, CA 94558-0430. 707-255-2609.  
**March 9.** Mercury News 10K, San Jose. Mercury News 10K, 750 Ridder Park Dr., San Jose, CA 95190. 408-920-5755.  
**March 15.** Big Basin Redwoods Marathon. Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.  
**March 16.** St. Patrick's Day 10K, Torrance, Calif. Elite Racing, 19671 Beach Blvd., Suite 204, Huntington Beach, CA 92648. 714-374-3200.  
**March 22.** Azalea Festival 5K, 10K run, 5K walk. South Gate, Calif. SASE to The Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.  
**March 29.** Women Running Wild 5K Run/Walk, Palm Springs, Calif. 619-320-1341.  
**April 6.** Fifty-Plus Fitness Association 8K Run & 5K Racewalk, Stanford U., Calif. 50+. 50+ Fitness, PO Box D, Stanford, CA 94309. 415-323-6160; fax 323-6119.  
**April 13.** Laura Stegman Memorial Women's 5K Run/Walk, Lompoc, Calif. Women only. SASE to: Bill Graham, 1309 East Palmetto St., Lompoc, CA 93436. 805-736-4696.  
**April 20.** Jimmy Stewart Relay Marathon, Griffith Park, Los Angeles. Relay, 1328 22nd St., Santa Monica, CA 90404. 310-829-8968.  
**April 27.** Big Sur Marathon, Carmel, Calif.

Marathon, Box 222620, Carmel, CA 93922. 408-625-6226.  
**April 27.** Laguna Beach 5K & 10K, Laguna Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 619-434-1601; fax 434-7706.  
**May 4.** Avenue of the Giants Marathon & 10K, SASE: R.G., 281 Hidden Valley Rd., Bayside, CA 95524.  
**May 10.** Revlon 5K Run/Walk For Women, Century City (Los Angeles), Calif. Judy Davis, Davis & Associates, 11132 Ventura Blvd., Ste. 414, Studio City, CA 91604. 818-752-4233.  
**May 10.** Hillsea Race, Huntington Beach, Calif. Scenic 7.57 mile. Staggered start, based on sex & age. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.  
**May 11.** Great Trans Koolau Trek 10 Mile, Hawaii. Meet officials expect 100,000. \$3 non-refundable fee for commemorative race entry booklet to Race Headquarters, 50 S. Beretania St., Suite C-211A, Honolulu, HI 96813. 808-521-4351.  
**May 18.** Examiner Bay To Breakers 12K, San Francisco. SASE to BTB, PO Box 429200, San Francisco, CA 94142. 415-808-5000, x2222.  
**May 31.** Fontana Days Half-Marathon & 5K. Fontana Days Run, Don Day Community Center, 14501 Live Oak Ave., Fontana, CA 92335. 909-350-6678.  
**September 19-20.** The Relay - Napa To Santa Cruz, Calif. 194 miles/12-member teams. Starts in Calistoga. The Relay, 570 El Camino Real, Suite 150, Redwood City, CA 94063. 415-508-9700; fax 508-9703.

**NORTHWEST**

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

**March 15.** "Dutch" Triebwasser Memorial 10K & 5K, Mt. Hood Community College, Gresham, Ore. Portland Masters TC or MHCC, 26000 SE Stark, Gresham, OR 97030. Paul Stepan, 503-666-8950.  
**April 12.** Pear Blossom Run 10 Mile & 5K, Medford, Ore. Jerry or Zella Swartsley, PO Box 146, Medford, OR 97501. 541-535-1205.  
**May 4.** Lilac Bloomsday 12K. SASE April 15 to Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579.  
**July 26-August 1.** Eugene Running Camp, Eugene, Ore. Coaches & speakers Bill Dellinger, Tom Heinonen, Mike Manley, & Joe Henderson. Limited to 40 adults, all levels. 800-622-8444.  
**August 22-24.** Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. New categories: 50+ men's, women's and mixed teams. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax 292-4113.

**INTERNATIONAL**

**July 4-13.** Road race series near Galway, Dublin and Cork, Ireland. Roadrunner Tours, PO Box 1034, Michigan City, IN 46360-1034. 219-879-0133. Internet: http://www.halhigdon.com.  
**July 17-27.** XII WAVA World Veterans Athletics Championships, Durban, South



Alan Beck, M50, Portland, Ore., clocked a 4:41.3, Eugene Indoor Meet, Eugene, Ore., Feb. 2. Photo by Jerry Wojcik

Africa. P.O. Box 1044, Durban 4000, South Africa. 27-31-239-821. Fax: 27-31-239-874.

**RACEWALKING**

**March 21.** USATF National Masters Indoor Championships 3000m Racewalk. See National T&F.  
**May 18 (tent.)** USATF National Masters 15K Racewalk Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 773-327-4493; 935-6865.  
**June 22.** USATF National Masters Women 20K & Masters Men 25K Racewalk Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Ln., Schenectady, NY 12303. 518-473-9117.  
**July 12.** USATF National Masters Men 10K Racewalk Championships, Niagara Falls. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217.  
**July 17-27.** XII WAVA Championships, Durban, South Africa. W10K roadwalk; M20K roadwalk; 5000m track. See T&F International Schedule.  
**August 7-10.** USATF National Masters T&F Championships, San Jose, Calif. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National schedule.  
**September 7.** USATF National Masters 40K Racewalk Championships, Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080. Ray Funkhouser, 908-341-7386.  
**September 13.** USATF National Masters 5K Racewalk Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.  
**October 12.** USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905. 617-821-3000; 731-9062.





Continued from previous page
M70 Mac Millan 33.11
M80 Sparks Sorlien 41.38
W30 Sherri Garbowski 29.80

W30 Jennifer Frost 12:48.76
5000m
M30 Dave Dunham 15:06.46
Chip Langmaid 17:25.96
Jack Burk 18:36.43

M65 Ray Feick 12.21
M70 George Horner 8.21
M75 Angelo Oliver 8.02
Robert Sparks 7.28
Vern Mattson 4.52

9 Jo Marchetti 53 6:01.46
10 Shirley Woodford 41 6:01.77
11 Katie Stettler 31 6:09.49
12 Sharon Ames 40 6:11.67

3000m Racewalk
M45 Joe Light 14:44.00
Stan Sosnowski 16:38.01
Bill Harriman 16:38.06

Open Two Mile (M&W)
1 Jeff Loomis 26 10:16
3 Ted Poulos 35 10:26
6 David Webster 44 10:41

SOUTHEAST

Florida AC Weight Pentathlon
Delray Beach, FL; Jan. 12

(HT/SP/DT/JT/WT-actual marks)
Len Olsen 65 4667
(41.02/12.77/44.56/34.58/15.52)
Pay Carstensen 64 3584

MID-AMERICA

Lincoln TC Indoor
Championships
Lincoln, NE; Jan. 11

60m
M40 M Maryott 7.2
M45 J Dolezal 7.0
M50 T Bassett 6.9
M55 T Sheldon 7.5

DCRRC Indoor Miles
Arlington, VA; Feb. 9

Elite Men's Mile
1----- 4:33
2 Steve Littleton 41 4:34
5 Jim Ehrenhaft 31 4:43

Greater Boston TC Indoor Meet
Harvard U.; Jan. 19

55m
M45 Pershing Reid 7.39
M50 Dennis Newton 7.36
Roger Pierce 7.38

Hartshorne Masters Mile
Cornell U., Ithaca, NY
Jan. 18

Men
1 Steve Gallagher 41 4:22.06
2 Chas McMullen 45 4:32.04
3 Dave Reed 42 4:32.95

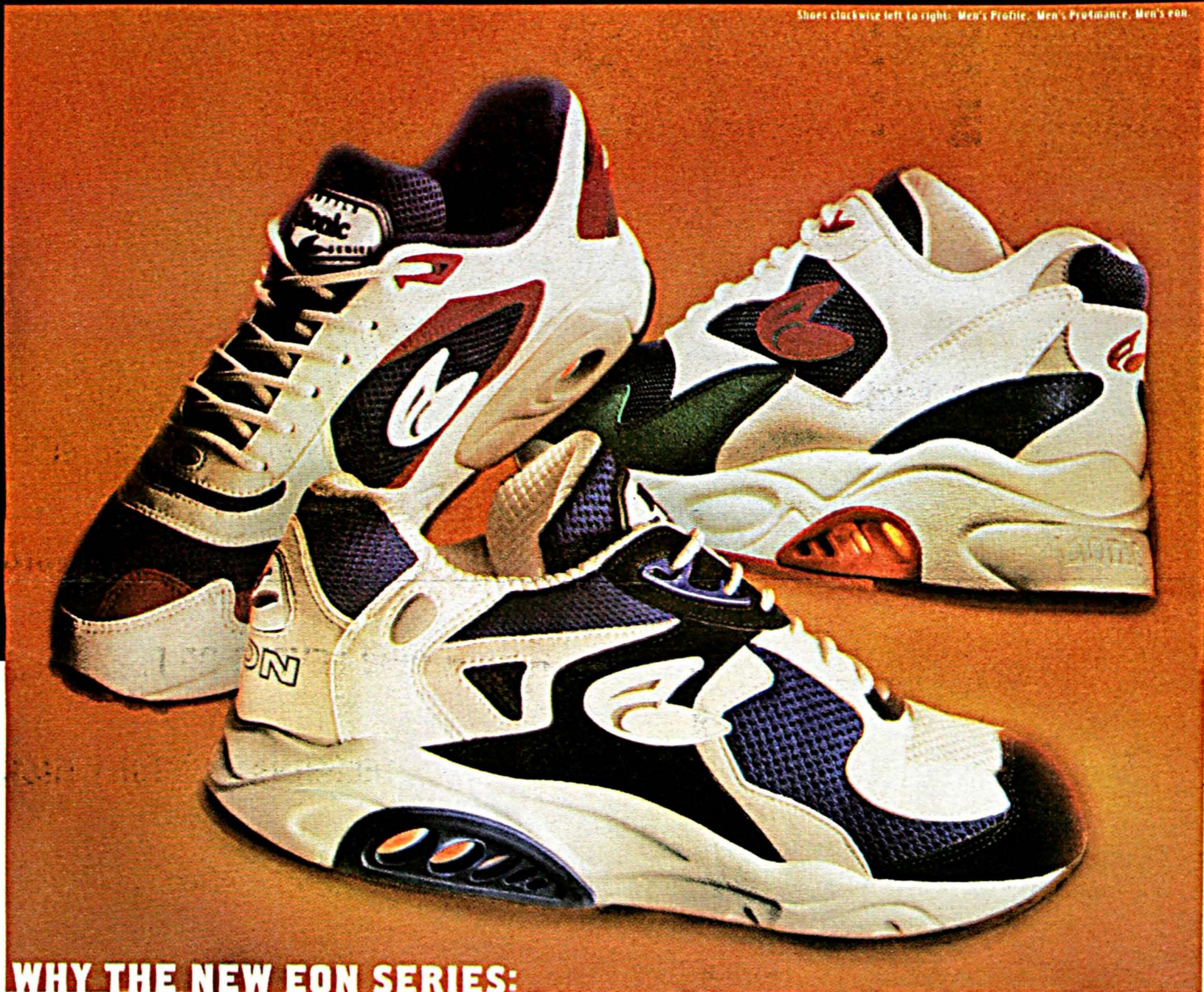








Shoes clockwise left to right: Men's Profile, Men's Pro4mance, Men's eon.



**WHY THE NEW EON SERIES:  
EVEN THOUGH YOU'RE ALWAYS RUNNING STRAIGHT AHEAD  
THERE'S A GOOD CHANCE YOUR FEET AREN'T.**

**INTRODUCING THE EON SERIES™. THE MOST TECHNICALLY STABLE SHOES ON THE ROAD.** Serious runners need shoes with serious stability. The new eon Series is specifically designed to give runners more stability and better cushioning than any other shoes. The eon™ is our top-of-the-line shoe which uses the new eon Stability Technology to give dedicated runners maximum support and cushioning. The Pro4mance takes motion control to a new level by including the eon Stability Technology to give neutral to mild pronators the extra stability they need. And the versatile Profile includes the eon Stability Technology in the heel, and is designed for heel strikers who need rearfoot cushioning and forefoot flexibility. Translation? The eon Series helps serious runners give the road a serious butt-kicking. **AVAILABLE IN WIDTHS.**



**are you bold enough,  
are you old enough?**

**FOR  
THE 12TH  
WORLD VETERANS'  
ATHLETICS CHAMPIONSHIPS**

**DURBAN  
SOUTH AFRICA  
17 - 27 JULY 1997**

**SIYANIMEMA**

*(We invite you...)*

We invite you to join us for track and field, cross country, race walk and marathon events for women over 35 and men over 40. All veteran athletes are invited to join us and there is no need to qualify.

So if you think you've got it. If you're bold enough, fit enough, old enough...join us for the athletics event of a lifetime.



For further information contact your local masters organisation or the South African Local Organising Office  
Tel: +27 (31) 304 4934 Fax: +27 (31) 304 6196 e-mail: funinsun@iafrika.com Website: <http://www.wava.org.za>