

## 700 Participants Set 37 World Indoor Records at USA Masters T&F Championships in Reno

### Athletes Come from 42 States and Canada

by JERRY WOJCIK

The 1995 USATF National Masters Indoor Track & Field Championships were hosted this year by the city of Reno, Nev., its neighboring city of Sparks, and the University of Nevada-Reno on Feb. 24-26.

Reno, which bills itself as the "Biggest Little City in the World" may want to add "Home of the Best Little Track in the World" after 700 athletes set 37 world and 24 U.S. pending

records on the Bill Cosby indoor track set up at the Reno Livestock Events Center, located within walking distance of downtown Reno and the university.

The portable track, donated to the university by actor Bill Cosby, fits perfectly within the Events Center oval, which has seating encircling the track below, so that there wasn't a bad spectator seat in the house.

The track itself is composed of, not the usual portable plywood, but sections of 2x6 boards, which one athlete said looked better than the parquet floors in his house, to form the 200m, six-lane, banked track, with six lanes for the 60m races in the center.

The 700 men and women athletes, age 30-and-over, came from almost every state, including Hawaii and Alaska, with a preponderance of Californians. The usual small but powerful Canadian contingent showed up, as did one Australian.

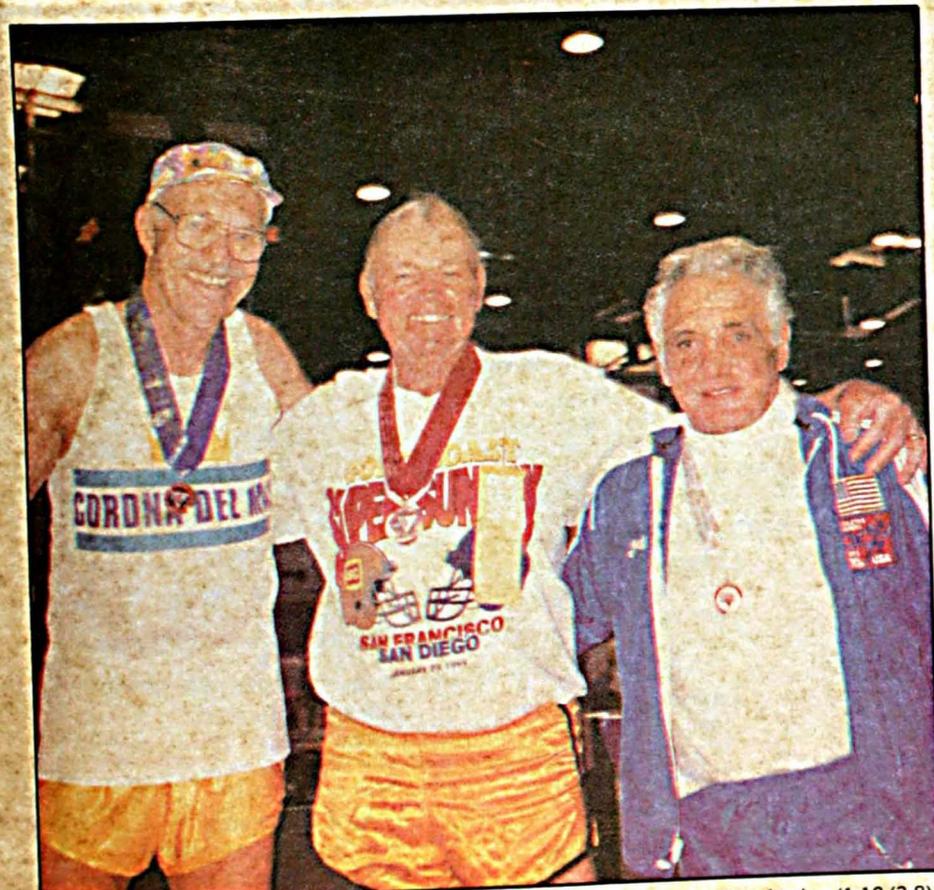
The outstanding performer was Phil  
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Carolyn Cappetta, #423, Massachusetts, was pushed to a world W55 record 30.30 by Diane Palmason, (#219, 30.33, Canada) and Kathy Bergen (30.33, California) to win the W55 200, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik

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Californian Burl Gist took the M75 high jump gold medal, but Silver Staters Lew Luehrs (1.12/3-8) and Armando Ricciardi (0.97/3-2½) went home with silver and bronze, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Suzy Hess

### Rain Doesn't Stop L.A. Marathon

An estimated 16,500 runners sloshed through the streets of Los Angeles on March 5 for the 10th running of the annual L.A. Marathon.

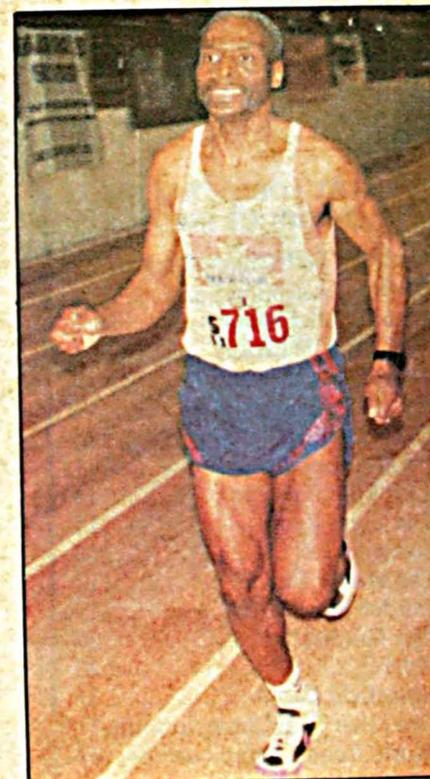
The constant drizzle-to-heavy-rain that fell throughout the day cut back on the traditional crowds of sidewalk fans, but the race nevertheless brought good cheer to the city as the runners wound through many of the city's ethnic neighborhoods.

Ecuador's Rolando Vera, 29, was the overall winner in 2:11:39, with New Mexico's John Bednarski claiming age 40+ honors in 2:36:40 as the 35th male overall.

New Caledonia's Nadia Prasad, 27, topped all female finishers in 2:29:48, with L.A. resident Alfreda Iglehart the first W40+ runner in 3:13:29 as the 20th woman overall.

The rain contributed to several spills among the 10,000 bicyclists who traversed the course prior to the runners. It was the first time bikers had

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Sid Howard, New Jersey, winning the M55 800 (2:15.23), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik

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# NATIONAL MASTERS NEWS

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

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

Some masters events are sponsored by 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 (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or

317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired. **Subscriptions:** A one-year subscription (12 issues) is \$24.00 (mailed 2nd class). Add \$15 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.

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# 1995 USA Track & Field National Masters

Michigan State University  
Ralph Young Track

## Outdoor Championships

East Lansing, Michigan  
July 5 - 9, 1995

### GENERAL INFORMATION

**Eligibility:** Competition is open to all men and women 30 years of age and older. Age on July 5, 1995 will determine a competitor's age group. Individual competitions will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10 year increments. Proof of registration with USA Track & Field will be required from all U.S. citizens. Registration will be available on-site, at \$15.00. We strongly urge you to obtain your USATF card in advance through your local Association. Competitors must present their USATF cards when picking up their packet. Foreigners may compete as guests with no USATF registration required.

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

**Awards:** USATF Championship medals will be awarded to the top three (3) U.S. citizens in each age division of each championship final. Foreign guest competitors finishing in the top three will receive a non-championship medal. All competitors will receive a Certificate of Participation.

**Entry Fees and Procedures:** Entry fee is \$25.00 for the first event, \$15.00 for the second event, \$15.00 for the third event, and \$10.00 for all subsequent events. Pentathlon entry is \$25.00 and cannot be counted as your first event. Relays are \$40.00 per team, payable one hour before the start of the race. Make check payable to the "Flint International Track Club."

Each competitor will receive a commemorative USA National Masters T-Shirt as part of the entry fee. Each additional T-Shirt(s) may be purchased for \$10.00 in advance or \$13.00 on-site.

All entries must be received by June 16, 1995. Confirmation of entry will be sent to all competitors who have registered by June 10, 1995. (If your form is received after June 10, no confirmation will be sent.) Late entries received after June 16th will be assessed a \$25.00 penalty. Absolutely no entries will be accepted after June 25, 1995.

No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

**Relays:** Relays must be comprised of duly accredited athletes from a single club or Region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40.00 per team. If any relay team members have not also entered an open event they will be required to provide proof of date of birth and USATF card.

**Packet Pick-Up:** Competitors may pick up their packets at the Meet Headquarters in the Kellogg Center Hotel on Tuesday evening from 6:00 p.m. to 10:00 p.m.; or at the "Ralph Young Track and Field Facility" beginning Wednesday morning. Hours:  
Wednesday - Friday, July 5 - 7; 8 a.m. - 6 p.m.  
Saturday - Sunday, July 8 - 9; 9 a.m. - Noon

**Declarations:** Declarations must be made at least one hour before the scheduled start of the event. Events starting before 10:00 a.m. may be declared on the evening prior. Declaration sign-up area will be located at "Ralph Young Track."

**Air Travel:** The Championship Organizing Committee has been able to obtain air discounts on NORTHWEST AIRLINES through SPARTAN TRAVEL of five (5) percent on any available discounted fares and ten (10) percent on any unrestricted ticket. Spartan Travel will accommodate you by routing you to East Lansing, then to Buffalo and back to your original destination, if desired. Spartan Travel will also provide buses (Blue Lakes Charter) to Buffalo on July 10, 1995 at a very low cost of \$40.00. Buses to Buffalo are one-way.

Spartan Travel has a contract with Hertz to supply discounts of their car rentals to the Master Nationals. We suggest that you make reservations early.

You may call 1-800-968-2238 or 1-517-351-1080 for Spartan Travel and Hertz, Monday through Friday, 6:30 a.m. to 7:00 p.m. and Saturday, 10:00 a.m. to 1:00 p.m., E.S.T. When calling ask for the "1995 Masters National Outdoor Championship."

**Accommodations - Hotel/Motel:** The Championships Organizing Committee has blocked rooms in the East Lansing area. For information on Hotel/Motel housing or the availability of Michigan State University dormitory, contact the GREATER LANSING CONVENTION & VISITOR'S BUREAU at 1-800-648-6630 or 1-517-487-6800, Fax - 1-517-487-5151. Many of the hotels/motels are near "Ralph Young Track" and the dormitory housing is directly across from the track. Mail the housing information to U.S.A. Track & Field Housing Bureau, P.O. Box 15066, Lansing, Michigan 48901.

The price per day for double occupancy dormitory housing includes three meals per day, \$36.75 or two meals, \$30.75. Single occupancy: three meals per day, \$42.50 or two meals, \$36.50.

To guarantee your dormitory housing, please return the attached form with full payment by check or money order, made out to "Michigan State University." If cancellation notice is received by July 1, 1995, you will receive a full refund less a \$20.00 administrative fee.

**Shuttle:** Free shuttles for athletes and accompanying persons will be available from the airport to the major hotels and the dorms on Tuesday, July 4th; Wednesday, July 5th; Thursday, July 6th. Free return shuttle to the airport will be available on Sunday, July 9th, and on Monday, July 10th, (before noon), from the dormitories.

Most hotels will provide free shuttles to and from the airport. Ask the "Greater Lansing Convention and Visitor's Bureau" for further information.

**Spectator Admission:** Admission on each day of the competition will be \$3.00 (children 10 and under admitted free). You may also purchase a five (5) day package plan for \$10.00. Athletes will receive free admission to all sessions upon presentation of their competition number and athletes badges.

**Equipment:** Maximum spike length is 1/4" for all surfaces. Meet management will have field event implements and starting blocks available for use by all competitors.

At the 1994 USATF Convention the rule was changed to allow privately owned throwing implements to be exempt from the loss of identity rule. In other words, implements that belong to individuals may be used (provided they comply with required specifications). But implements that belong to individuals do not have to be shared with the other athletes during the competition.

**Championship Dinner/Dance:** a post-meet dinner/dance will be open to all athletes and accompanying persons. This dinner/dance will be held at the "Kellogg Center" on campus at the end of the competition on Friday, July 7th. The cost is \$12.50 per person. To ensure your space at the dinner/dance, pre-purchase of tickets with your entry form is highly encouraged.

### Tentative Schedule of Events

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

<b>Wednesday, July 5th</b>	<b>P.M.</b>	100 Meters - Trials (W) (M) 400 Meters - Finals (W) (M) Steeplechase (M) (W) Hammer (W) High Jump (M 50+) Pole Vault (M 30 & 35)	<b>Sunday, July 9th</b>
A.M.			A.M.
5000 Meters (W) (M) Pentathlon (W) (M)			10K Road Walk (W) 20K Road Walk (M) 1500 Meters - Finals (W) (M) 200 Meters - Finals (W) (M) Shot Put (M 30-59) Triple Jump (W) (M) Discus (W)
<b>Thursday, July 6th</b>			<b>P.M.</b>
A.M.			Age-Graded 100M (W)* (M)* 4 x 800M Relay (W) (M) 4 x 100M Relay (W) (M) 4 x 400M Relay (W) (M)
5000 Meters Track Walk (W) (M) 800 Meters - Trials (W) (M) Long Jump (W) Javelin (W) Pole Vault (M 50-65) High Jump (M 30-49) Short Hurdles - Trials (W) (M) 400 Meters - Trials (W) (M) Hammer (M) Long Jump (M 50+)	<b>Saturday, July 8th</b>		
	A.M.	10,000 Meters (W) (M) Long Hurdles - Finals (W) (M) Shot Put (W) Javelin (M 60+) Long Jump (M 30-49)	
	<b>P.M.</b>	100 Meters - Finals (W) (M) 800 Meters - Finals (W) (M) 200 Meters - Trials (W) (M) 4 x 100 Regional Relays (W)* (M)* Javelin (M 30-59) Pole Vault (W) (M 70+) Shot Put (M 60+)	
<b>Friday, July 7th</b>			
A.M.			
Short Hurdles - Finals (W) (M) 1500 Meters - Trials (W) (M) Long Hurdles - Trials (M) (W) Pole Vault (M 40 & 45) Discus (M) High Jump (W)			

(\* Non-Championship Events • Short Hurdles: 80/100/110 Meters • Long Hurdles: 300/400 Meters

### HOTEL/DORMITORY RESERVATION

- All spaces must be filled out completely - type or print clearly.
- All acknowledgements will be sent to the individual whose name and address appears below.
- Hotels require a credit card guarantee.
- Confirmation will be sent directly by your assigned hotel. Do not send room hotel deposits to the Housing Bureau.
- Reservation requests must be received no later than June 2, 1995. Rates are not guaranteed after this date.

PLEASE MAIL FORM DIRECTLY TO: U.S.A. Track & Field Housing Bureau, P.O. Box 15066, Lansing, MI 48901-5066  
OR CALL: 1-800-648-6630, 517/487-6800, FAX: 517/487-5151

Hotel should confirm this reservation to:

Name \_\_\_\_\_ Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Arrival Date \_\_\_\_\_ Departure Date \_\_\_\_\_  
Hotel Selection 1- \_\_\_\_\_ 2- \_\_\_\_\_ 3- \_\_\_\_\_  
Type of Room: 1-Bed = 2-persons \_\_\_\_\_ 2-Beds = 2-4 Persons \_\_\_\_\_  
Dormitory Only:  
Male \_\_\_\_\_ Female \_\_\_\_\_ Couple \_\_\_\_\_ 3-Meal Plan \_\_\_\_\_ or 2-Meal Plan \_\_\_\_\_  
To guarantee your dormitory housing, please return this form with full payment by check or money order made out to "Michigan State University."

Guaranteed Hotel Reservations:

### 1995 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS East Lansing, Michigan COMPETITION ENTRY FORM ALL ENTRIES MUST BE RECEIVED BY JUNE 25, 1995. (Please print clearly)

Family Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address \_\_\_\_\_ Telephone (daytime) \_\_\_\_\_  
City \_\_\_\_\_ Telephone (evening) \_\_\_\_\_  
State \_\_\_\_\_ Postal Code \_\_\_\_\_ Country \_\_\_\_\_  
1995 USATF # \_\_\_\_\_ Team \_\_\_\_\_  
U.S. Citizen (Y/N) \_\_\_\_\_ Male/Female (M/F) \_\_\_\_\_ Date of Birth: Mo. \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Age \_\_\_\_\_  
as of July 5, 1995

### ENTRY FEES

Pentathlon Entry Fee \$25.00 \_\_\_\_\_  
1st Event Fee - \$25.00 \_\_\_\_\_  
2nd Event Fee - \$15.00 \_\_\_\_\_  
3rd Event Fee - \$15.00 \_\_\_\_\_  
4+ Event Fee @ \$10.00 \_\_\_\_\_  
Surcharge for Entries Received after June 16th (\$25.00) \_\_\_\_\_  
Championship Supporter (optional - \$25.00)\* \_\_\_\_\_  
Free Athlete T-Shirt (circle size: S - M - L - XL - XXL) \_\_\_\_\_ N/C \_\_\_\_\_  
Additional T-Shirt(s) @ \$10.00 (S - M - L - XL - XXL) \_\_\_\_\_  
1995 National Masters Dinner/Dance @ \$12.50 per person \_\_\_\_\_  
Official 1995 National Masters Meet Program @ \$3.00 \_\_\_\_\_  
Official 1995 National Masters Meet Pin @ \$4.00 \_\_\_\_\_  
Total Amount Enclosed \_\_\_\_\_

Note: The pentathlon entry fee is separate from all other event fees. If you compete in more than the pentathlon, the first additional event is considered your "first event".



Please send this entry form to:  
USATF NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS / USA TRACK & FIELD HOUSING BUREAU,  
P.O. BOX 15066, EAST LANSING, MICHIGAN 48901-5066  
For technical information about the competition, call Meet Directors, Randolph Williams or Jacqueline Williams at (313) 834-0378.

**WAIVER**  
I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve the "Flint International Track Club," USATF - Michigan Association, USA Track & Field, the corporate sponsors, and Michigan State University of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1995 USATF National Masters Outdoor Championships. I also verify that I am registered for (or will be registered in East Lansing, MI) the 1995 year with USA Track & Field.  
Signature \_\_\_\_\_ Date \_\_\_\_\_



Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

### INDOOR NATIONALS

We wish to thank Bill Bowser and his many volunteers for all the hard work involved in hosting the National Masters Indoor Track & Field meet held in Reno. They were all so friendly and helpful.

It was a great meet and a beautiful complex.

Thanks everyone.

Louise Adams, Pearl Mehl,  
Nancy Smalley  
Boulder, Colorado

Two words can describe the National Indoor Masters Championships in Reno, February 24-26: "Class Act."

From the facilities, to the timers, judges and especially the gentleman who assigned lanes and wished each runner luck. This meet will be a hard act to follow in future years.

My congratulations to all for a job well done.

Lou Pannarale, Dennis Duffy  
Wayne Morris  
Fresno, California

At the Indoor Nationals in Reno, my mother passed out in the women's restroom and had to be transported to the Washoe County Hospital. I would like to thank all the athletes, officials, and medics who helped her at that time.

It happened at the start of my 400 race, and I was not aware of the severity of her condition. She remained in the hospital until Sunday afternoon

and is now resting at her home high in the eastern Sierras.

My family and I are all very grateful and thankful to have had such a great group of people around when my mother needed help.

Dee Dee Grafius  
Modesto, California

On behalf of the University of Nevada and the City of Reno, I would like to thank you for the opportunity to host the 1995 USA Track & Field National Masters Championships in Reno, Feb. 24-26. To serve as the Meet Director for such a prestigious event was an honor and a privilege.

I would like to thank the 45 USATF officials from throughout the United States who volunteered their time to officiate the meet. You did an outstanding job and helped make the meet a tremendous success.

A special thanks to the University of Nevada Track Officials Association, who carried the brunt of the officiating for three grueling days. Without your help, it would have been much more difficult.

Thanks to Jerry Wojcik and Suzy Hess, who covered the meet for *National Masters News*.

Barbara Kousky, you have a great bunch of USATF folks, and it was great working with you.

Scott Thornsley, you were a great boss!

And last, but certainly not least, a special thanks to the hundreds of masters athletes who participated in

the 1995 Indoor Championships. Without you, it would not have been possible.

Bill Bowser, Meet Director  
Reno, Nevada

### RACEWALK JUDGING

At a recent race, I was first informed that I had been DQed at the time the 70+ age awards were being presented.

When I asked the reason for the DQ — nobody knew.

When I asked to talk to the judges — I was told they were gone.

When I asked to see the warning sheets — they could not be found.

Two days later, I was able to contact the chief judge and was told "a mistake had been made."

A lot of confusion and embarrassment could be avoided if: 1. DQed persons were notified as soon as possible; 2. Judges stayed until awards were given; 3. DQ sheets were made available.

Dr. Jerome Kauffman  
Palm Beach, Florida

"Tsk, tsk!" racewalking judges. Look at the photo on page 10 of NMN, March, 1995. You are so busy looking at knees, you forget to check the heel-toe rule; that is, one foot must be in contact with the ground at all times.

Rose Kash  
Manhattan Beach, California

### X-C COURSE REHAB

A group of us has obtained a substantial federal/state grant of money for rehabilitation of the historic cross-country course in Van Cortlandt Park in New York City. While the work will be done under city government direction, we are in a position to influence the design and decision-making at every step of the way.

If any reader has experience, or knows anyone who does, that may be relevant to the design and rehabilitation of a hilly two-mile trail exposed to the harsh northeastern winters, I would

appreciate their contacting me.

We are determined to restore this famed course to the pre-eminence it once enjoyed.

Eric A. Seiff  
Scoppetta & Seiff  
645 Madison Avenue  
New York, NY 10022

### 1968? NO, 1964

In your coverage of the senior mile races at the Greater Boston Track Club Invitational, you mentioned that Oscar Moore ran the 5000 meter race for the 1968 U.S. Olympic Team. Unless my memory has degenerated even more than my leg speed, I believe the U.S. 5000-meter team in Mexico City consisted of Bob Day, Jack Batcheler, and Lou Scott. In the even hazier recesses of my memory, I seem to recall that Oscar Moore ran the 5000 at the Tokyo Olympics in 1964.

Richard Englehart  
Newburyport, Massachusetts

### RELAY TEAM DQs ITSELF

As USATF Masters T&F Southeast Regional Coordinator, I just learned that my region's M65 4x400 relay team that won the national indoor gold medal in Reno, Feb. 26, ran with an ineligible member, to wit: Chuck Wimberly of the Southwest region.

None of my region's members was trying to gain an illegal advantage. You could check it off to old age, or to the fact that mixing regions is regularly done in small meets just to get some friendly competition.

In either case, you'd be wrong. The real culprit is I, the ever-alert coordinator. Not only did I condone this squad with my blessings, reminding them that "Guys, I really believe we have a team that can beat those smart-alecs from the coast," but also sat cheering and watching poor Marion Sanchez leave most of his ill-chosen lunch on the track as he made a desperate and noble effort to anchor his West Coast team to a hoped-for victory in a race that had already been "fixed."

To try to salvage what is left of our sleazy reputation, we are forthwith disqualifying our Southeast regional team and sending the medals back to the central office to be distributed to those deserving — along with our abject apologies.

Phil Mulkey  
Marietta, Georgia

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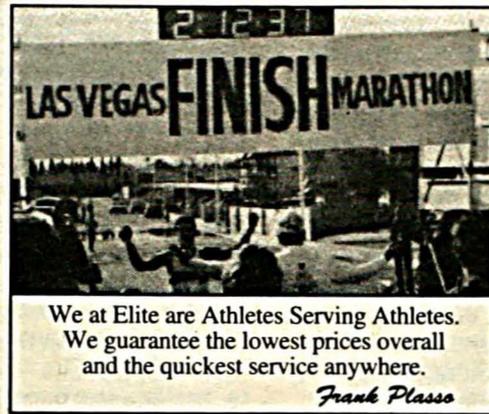
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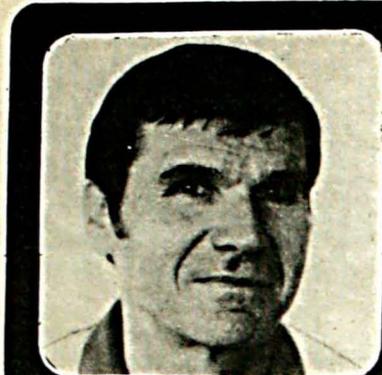


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## Third Wind

by MIKE TYMN

### Abduction of a Runner!!!

**A** strange thing happened to me on the second Sunday of January, although I didn't fully realize it until three weeks later. I was abducted by aliens while running.

As I have now pieced it together, I got out of bed on Monday and could hardly walk due to a very sore and painful right foot. Since I had experienced similar symptoms several times over the past eight years, I immediately assumed that I had suffered another foot strain from running. But all my prior foot problems could be linked to speed training in racing flats the day before, while my Sunday run had been at a very relaxed 7½-minute-mile pace for six miles over the Kawanui Swamp trail near my home in Kailua, Hawaii.

However, something very unusual had taken place during that Sunday workout. About a mile into my run, I seemed to lose track of time. One moment I was headed in one direction on the trail and the next I was in the same spot headed in the opposite direction. It was a little after 5 p.m. at one mile, then suddenly it was 5:35 p.m. and I was on the return trip at about the five-mile point. I was puzzled, but I quickly dismissed it as a lapse resulting from deep thought about a project at work. Gina, my wife, tells me that I have such lapses around the house frequently, especially when it comes to little home-improvement projects she dreams up for me.

Three weeks later, the foot continued to bother me and I was unable to run at all. In fact, there were times I could barely walk. Gina had recently purchased a light and sound player with some self-hypnosis tapes to help her quit smoking (for the umpteenth time). Along with the quit-smoking tape was one on self-healing through self-hypnosis. I doubted that I would get anything out of it, but I had been curious about the pulsating lights in the

eye piece of the set and decided to give it a try.

About five minutes into the tape, I drifted off into an altered state of consciousness.

"Now that you are fully relaxed and at ease, you will go back in time to feel the onset of your illness and you will understand how this illness manifested itself in your body," the voice on the tape said as lights flashed every which way in my eyes. "You're going back now to that very moment. Go back... Go back... Go back....."

Suddenly, I felt what seemed like an electrical shock in my right foot and a picture formed in my mind. I saw myself on what appeared to be an operating table in a disk-shaped room with all kinds of instrument panels around me. Two unusual-looking beings were standing over me. At the risk of losing credibility here, I have to admit that they looked just like those little green men with bald heads and large slanted eyes you sometimes see on the front of supermarket tabloids.

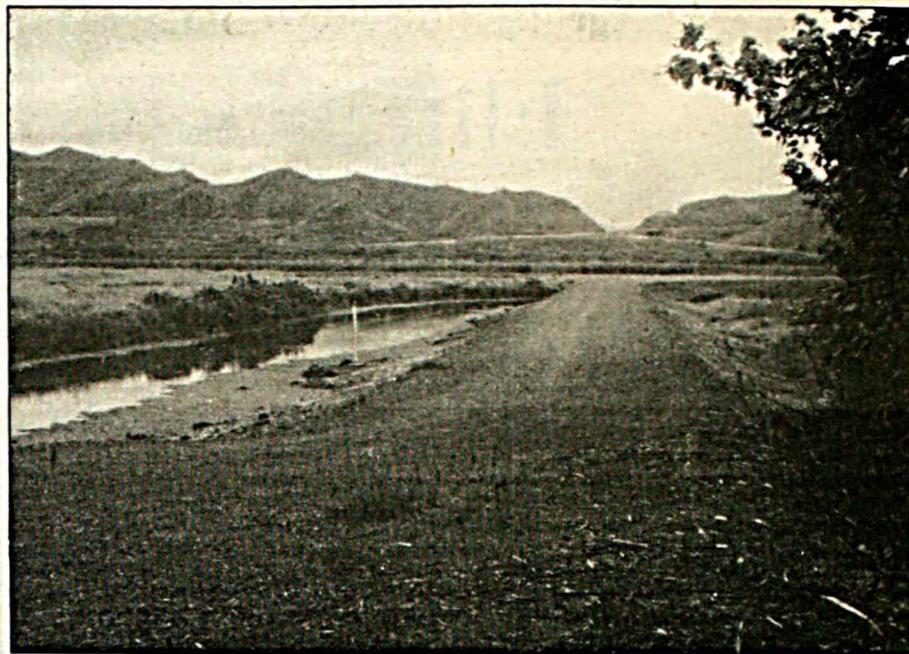
"What's going on?" I asked, somewhat in shock. "Where am I?" One of the little green men responded that I should not be afraid, that no harm would come to me. Although I saw no movement in his small mouth, I understood him. It was as if I could read his mind or his thoughts were being transmitted to me through mental telepathy.

"I know you do not remember me, Llccvvm," the little green man transmitted to me. Don't ask me how to pronounce that name or how I know the spelling of it, but somehow it came through very clear to me at the moment and it is now indelibly imprinted upon my mind. It was explained to me that Llccvvm is my eternal name in the spirit world.

"I am Plvvrrm," he continued. "We are longtime friends."

My "friend" went on to explain to me that I am one of 3,333 "advanced souls" (his words or thoughts, not mine) who had volunteered for an assignment to go back in time in an attempt to "rehabilitate" the planet. He said that I had made the journey back from the year 2252.

The alien was very cordial and continued to explain my situation. He said that I had died in the Earth year 2211 and that he and I were friends in that



Site of the Alien Abduction — Kawanui Swamp, Kailua, Hawaii.

incarnation as well as many prior incarnations, most of them on Earth but two of them on planets in distant galaxies, one of them called Iplar, 5,914 light years from our sun, and the other known as Oolf, 6,412 light years away. He went on to say that in two of our incarnations we were of different genders and married to each other, and in a number of others we were related in one way or another. He said that he is now incarnate back on Iplar, where the technology is much more advanced than on Earth. He explained that he was called upon by one of my "guiding spirits" to assist them.

Plvvrrm further explained that I was between incarnations and living in an ethereal "dimension" in 2252 when I volunteered to reincarnate in the past. He said that there is no such thing as time or distance in that dimension and that, along with the other 3,332 souls, I was selected by a "Higher Power" to make the journey back in Earth years in an effort to "turn things around" and save the planet from self-destruction. We didn't all come back at the same time, though. He said a number of souls had already completed their missions or are much farther along than I am.

I asked if I know any of the others and he replied that I know all of them. He named several acquaintances of mine among the 3,332 and also mentioned several famous names, including Harry Truman and Jackie Robinson, two of my boyhood heroes. I had always wondered what it was about those two men that drew me toward them in my pre-teen years, especially when so many people I knew disliked them at the time. It now makes sense.

I asked if I am failing in my mission, since I don't recall having done anything of real consequence. Plvvrrm answered that I am still preparing for my mission and that it will begin to unfold for me in late 1997. He added that it would take 15 Earth years for me to complete my mission.

Plvvrrm went on to say that only a few of the 3,333 would be well known for their efforts, that most of us would contribute in a small way but that there

would be a multiplier effect and it would create enough of a shift in direction to get back on the right path.

My "old friend" apologized for the position I found myself in and for what he had just done to me. He said that it had become necessary to inflict a foot injury upon me to save me from a bad auto accident. It could be seen, he continued, that I would be hit by a car and fatally injured while running in the very near future. Therefore, the injury is intended to spare me from that happening and save me for my true mission in this life.

"You are now returning to the present," the voice on the tape said, and the scene I had just pictured like a movie disappeared from my mind. After the tape ended, I continued sitting for about an hour while trying to comprehend what had just taken place.

The foot problem has since been diagnosed as a "Jones" fracture and the doctor tells me I shouldn't even attempt to run for several months.

It just goes to show you that there is rhyme and reason to everything in this life, even the bad.

\*\*\*

Epilogue: I had many reservations about going public with this story. Further doubts were created when unusual things began happening to my computer as I wrote it. It jammed on me twice, something that had never happened before, and then as I completed it and attempted to store it in the computer's memory it completely erased. I had to think long and hard before sitting down again and retyping the entire story.

But the strangest happening of all occurred after I completed the story the second time. As I got up from my desk chair, my left foot — not the right one that had been bothering me — felt the pain that had been in my right foot, while my right foot felt normal again. This lasted for only a few minutes, after which the pain left my left foot and returned to my right foot.

All that makes me wonder if I am doing the right thing in making this story public. I ask Plvvrrm to intervene and stop this from reaching NMN if it shouldn't be printed. □

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## At Age 48, Raschker Competes in Open Nationals

by MARILYN MITCHELL

At age 48, Phil Raschker was the oldest competitor in the 1994 Mobil Indoor National Track and Field Championships (open) in her home town of

Atlanta.

She and Pam Reynolds, 30, both competed in the women's pole vault, the first time the event was contested for women at the open indoor meet.

Raschker cleared 10-2 (3.10) for seventh overall of 13 entrants, while Reynolds vaulted 9-2 (2.80) to place 11th.

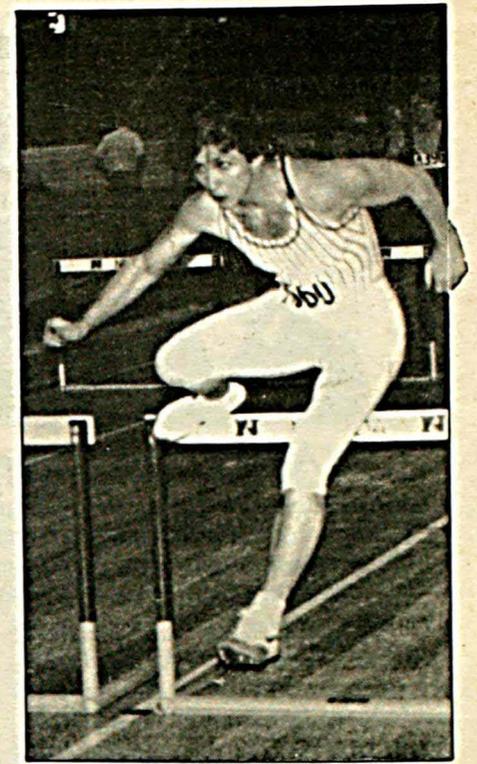
A week earlier, both vaulters had competed in the USATF National Masters Indoor T&F Championships in Reno, where Raschker cleared 10-7 (3.23).

"I feel like I just wasn't in the meet today," she said. "You know, you get days like that. For me, this year, the worlds (WAVA Championships in Buffalo) is the big meet, so the heptathlon will take priority over the pole vault. Next year, I'll concentrate on the pole vault and hope to do better."

Raschker was not the oldest competitor to ever compete in the national open meet. In 1993, Don DeNoon, 54, competed in the racewalk.

Melissa Price, at 15 the youngest participant in the Atlanta meet, won the vault at 12-2 (3.71). The current women's WR is 13-7/4 (4.15) posted Feb. 15 by Sun Caiyun of China. Raschker cleared 11-1 (3.38) last year at age 47.

Phil Johnson, national coordinator for the USATF Women's Pole Vault Development Committee, will hold a pole vault clinic, June 23-24, in Sacramento, Calif., in conjunction with the USATF outdoor nationals. The clinic is open to any women, including masters. Contact Johnson at



Phil Raschker, of Georgia, breaking the 60mH world record with a 9.18, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik

## Mulkey, Larsen Break Records in National Indoor Pentathlon

by J.P. WATRY

Thirty-four competitors entered the USATF National Masters Indoor Pentathlon Championships, held at Proviso West H.S., outside of Chicago on Feb. 11. Fifteen states were represented in the meet.

Meet age-group records were broken by Phil Mulkey, M60, Marietta, Ga.,

who totaled 4313, and Mel Larsen, M70, Springfield, Ill., who finished with 4193. The events in the indoor pentathlon are 60H, long jump, shot put, high jump, and 1000, in that order, for men, and 60H, high jump, shot put, long jump, and 800 for women.

In all, ten individual meet records were set: seven by men and three by women. Larsen bettered the indoor age-group world M70 long jump record with a 15-11 3/4.

A special thanks to the Midwest Masters T&F Club and Hycor Corporation for their assistance in staging this meet and providing able officials and workers. Thanks to Hinckley & Schmitt, "the Pure Water People," and PowerBar for the donations of their products, which the athletes gladly used.

And most of all, thanks to all of the athletes for the fine competition; it made my day a very enjoyable one. □

### FIFTEEN YEARS AGO April, 1980

- John Brennan (1:26:45) and Sandra Kiddy (1:43:38) Win National Masters 25K
- 16 Meet Records Set in Eastern Indoor Masters Meet at Lehigh U. in Bethlehem, Pa.

2915 Minnehana Curve, Wayzata MN 55391.

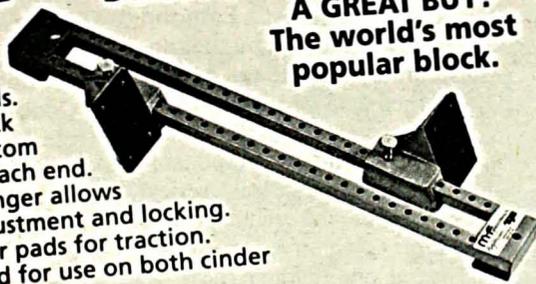
Steve Vaitones of the New England Association also plans a pole vault clinic in the east, probably in August. □

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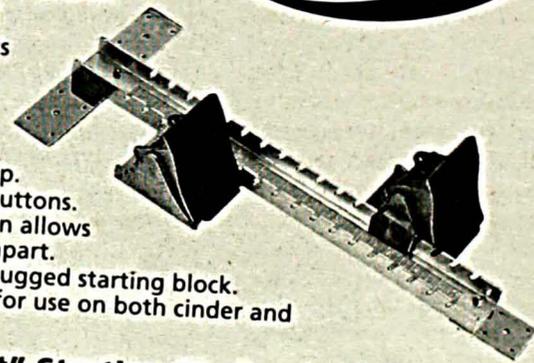
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## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Aging and Athletic Performance

**A**s veteran runners, we tend to focus on the aging process and its effects on our athletic performance and ability. Obviously, we are not as fast and strong as we used to be. Aside from this, the one aspect of the sport we tend to overlook is the effect of age as an etiological factor in sports injuries.

Dr. Douglas Jackson and I isolated 3000 long distance runners and sampled them according to age. To simplify the study, age groups were divided into those under 40 (younger runners) and those over 40 (older runners).

The study looked at the incidence of injuries in six categories: foot, ankle, lower leg, knee, upper leg and hip, and hip and lower back.

#### Age

Diagnostic categories showed older runners to exhibit a disproportionately high number of foot and hip-lower back injuries relative to the expected number. Further, the younger runners had a disproportionately high number of lower leg and knee injuries.

So, it appears that as we age we need to protect ourselves from those factors that cause lower back and foot problems. Obviously, we are not as flexible as the younger runners and this could account for the lower back pathology.

Lower back exercises, such as the Williams series, should probably be performed three times a week for the active older runner. This will ensure some degree of lower back flexibility and reduce the chance of lower back injury.

#### Gender

A problematic aspect of the study was that of gender. In our survey, we had proportionally fewer older female runners compared to the male con-

tingent. This disproportionate grouping caused some difficulty in obtaining meaningful numbers for certain injuries. In fact, some injury classifications were only feasible in the male-only category.

Another factor was that younger runners ran more miles per week relative to older runners. Younger runners also reported a greater tendency to use combined interval-distance training while older runners ran long, slow distances.

Despite these shortcomings, however, the study revealed many more similarities than differences between older and younger runners. The variable differences were quite small in most categories, except lower back and foot injuries.

Dr. Jackson and I were encouraged by the findings that many more similarities than differences exist between young and older runners. It also appears that variables other than age are the major determinants of injury category.

Finally, it appears that, while running places a high degree of stress on the lower extremities, this is associated with a low incidence of disabling injuries. □

*(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a*

*Continued on page 9*

## Moeser Wins Masters Mile in Virginia; Rodgers and Shorter Star

by BOB WEINER and JAY JACOB WIND

Bill Rodgers, four-time winner of the Boston and New York marathons, and Frank Shorter, 1972 Olympic Marathon Champion, were the stars of the Sprint Masters Mile at the Mobil Invitational Track and Field Meet at George Mason University, Fairfax, Va., Feb. 25, but Chuck Moeser of Herndon, Va., was the come-from-behind winner in 4:35.53.

Rodgers of Sherbourne, Massachusetts, was fourth in 4:43.22. Shorter, of Boulder, Colorado, finished 14th in

4:59.67. They ran against the DC metro area's best masters, who fought for the right to compete at Mobil through a rigorous three-meet qualifying series.

The Mobil Invitational, America's top-ranked indoor meet, featured hundreds of national and international stars, but none as widely-beloved and admired as Rodgers and Shorter. Win or lose, the two wowed the sold-out gathering of 6000 athletes and spec-

Continued on page 12

### Saving the Masters Mile

by BOB WEINER and JAY JACOB WIND

As the organizers of the Sprint Masters Mile at the Mobil meet on Feb. 25, we were delighted by its success. Both the crowd reaction and the media coverage confirmed the importance of the race.

But the event nearly didn't happen.

In 1988, meet director and George Mason U. track coach John Cook asked us to help build local interest in the meet by putting together a local field in the masters mile to compete against international stars.

We worked with Amby Burfoot, associate editor of *Runner's World* and with top Mobil officials to create an event with seven world masters stars and seven locals.

Over the years, *Runner's World* brought in such top masters as Larry Almborg, Byron Dyce, Wilson Waigwa, Kip Keino and Jim Ryun. In 1994, seven locals ran against Eamonn Coghlan in his assault on the sub-four-minute mile. He ran 4:03 at GMU, then 3:58 two weeks later.

Late last year, however, *Runner's World* ended its sponsorship of the masters mile series. They told us the glamour was gone after Coghlan eclipsed 4:00, and not at one of their races, as they had hoped. Of course, we were distressed. Had they forgotten that their voluminous subscription base was mostly non-elite runners, many over 40?

After an emergency meeting in October with Coach Cook to save the masters mile, we raised \$500 of seed money. Cook agreed to match that \$500 and to continue the race with whatever national field we could arrange, plus the best local field.

Then we discovered another problem: the USATF National Masters Indoor Championships, which would draw the best national field, was scheduled in Reno, Nevada, the same day as

Mobil.

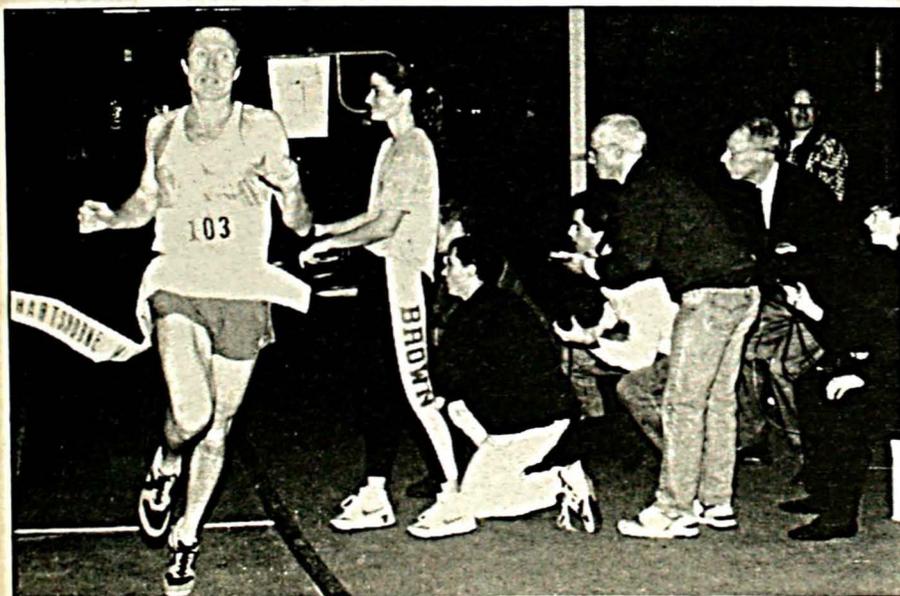
So we proposed to invite Bill Rodgers. While Rodgers had not run a mile since college, we knew the crowd would love seeing him run indoors. Cook agreed. Rodgers said he'd do it, and also suggested we invite Frank Shorter. We reached Frank in Boulder; without hesitation, he said he'd be delighted to come.

Rodgers' and Shorter's hotel, travel expenses and appearance fees made our \$1000 budget look pretty weak. In thinking of sponsors, we called fellow runner Steve Bell, who works for Sprint. He suggested we call top Sprint officials. We explained to Sprint that Mobil offers national exposure, local business development opportunities, finish line seats, visibility presenting the awards, and receptions with the world's best athletes. Sprint Government Systems enthusiastically agreed to be the prime sponsor of the Masters Mile.

Midway through the process, Cook asked us to also organize the high school boys' and girls' miles. Sprint was delighted to support those, as well.

Sprint provided \$5000, but the expenses on our three events totalled \$10,000. To raise the rest, the dedicated members of Capitol Hill Runners made dozens of phone calls and sent out hundreds of fundraising letters. Forty organizations and individuals, from running clubs to trade organizations to older Americans' groups who understand the message of masters running for lifetime fitness, donated \$25 to \$500 each.

However, we're still about \$1000 short. For anyone so inclined, your tax-deductible check will help cover expenses for both this year and next. Please send donations to Capitol Hill Runners, 1104 Sanford Lane, Accokeek MD 20607. □



Tim McMullen, 42, Churchville, N.Y., winning the elite race of the 28th Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y., in 4:26.92, Jan. 21. Photo by Doug Hicks



## National 100K Held in Sacramento

Two Californians set age-group records at the Ultimax USATF National 100K Championships in Sacramento, Calif., run as part of the historic Helen Klein 100K, Feb. 18.

Alfred Bogenhuber, 55, knocked 25 minutes off the U.S. M55 record with his 8:56.3 time. Barbara Miller, 50, set a W50 mark in 10:25.5.

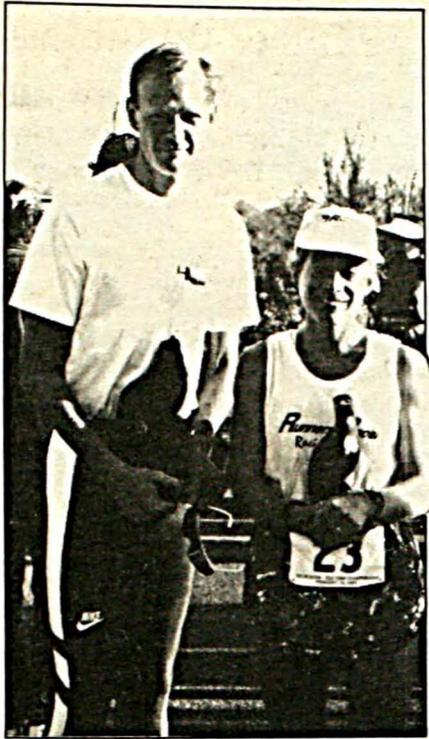
Race winner, Valmir Nunes, 31, of Brazil, ran the fourth-fastest 100K in history with a time of 6:22:12.

Kevin Setnes, 41, of Wisconsin, defended his masters title with a fourth-American time of 7:00:19, and earned a place on the 1995 USATF 100K team to compete in the IAU 100K World Challenge in Holland. Setnes holds the 24-hour road record of 160.4 miles set in 1993.

Second 40+ male was Robert Perez, 46, of Texas, in 7:25:46. Rae Clark, 43, of Calif., ran 7:28:46 for third master and led his Buffalo Chips team to a win in the masters team competition. Supporting Clark's efforts were Calif. teammates Herb Tanzer (42, 7:31:38) and Eric Ianacone (47, 8:41:21).

Suzi Lister (30, 8:32:57) took the women's race. The women's masters 100K was won by Theresa Daus-Weber (40, CO, 8:47:10), fourth woman overall.

National 24- and 48-hour record



Masters winners Kevin Setnes (41, 7:00:19) and Theresa Daus-Weber (40, 8:47:10), USATF National Masters 100K Championships, Sacramento, Calif., Feb. 18.

Photo by Scott Weber

holder, Sue Ellen Trapp, 48, of Fla., placed second W40+ in 9:04:52. Debbie Peebles (43, TX, 9:19:25) was third.

The race was run along the American River bike path on two 50K out-and-back loops. □

## Malathion Marathon Held in California

VISALIA, Calif., April 1 — Forced out of Los Angeles because of homeowner protests, the Malathion Marathon was switched to this largely agricultural community in central California for its second annual edition.

Due to continual infestation of the dread medfly on California's billion-dollar agricultural industry and rising citizen complaints against the nightly spraying of the pesticide malathion by helicopters to try to rectify the problem, the California Growers Association again sponsored this race to "prove the safety of malathion."

The idea was for two helicopters to spray the runners with malathion during the entire race. Tests would then be performed at the finish line to determine the safety, or lack thereof, of the spraying.

"Everyone knows runners breathe hard during a marathon," said Robert Benjamin, spokesman for the group, before the race. "This test should prove, once and for all, the complete safety of malathion spraying."

The race surprisingly drew more than 1000 runners, most lured by the more than \$100,000 in prize money offered by the race sponsors to open and age-group runners.

"It's despicable, luring runners with big bucks and risking their health," said Jane Bledsoe, Chairwoman of

GASP (Grandmothers Against the Spraying of Poisons).

More than 50 picketers at the starting line protested the event. One sign read: "Medflies are Safer than Malathion."

One picketer stood in front of the lead helicopter in silent protest until the draft from the rotor blades blew him aside as the runners and helicopters took off simultaneously.

The spraying began immediately and the runners were soon enveloped in a soft, white, sticky mist. More than 100 runners dropped out of the race by the one-mile point; 200 more were coughing at three miles; 100 others developed a skin rash by the halfway mark; and paramedics treated another 300 for assorted respiratory problems. But 27 runners finished the entire marathon.

"I feel great," said masters winner Dave Alcott (3:48:12) as he accepted a check for \$5000.

Officials said results of the test were inconclusive, and that nightly spraying would continue. □

## The Footbeat

Continued from page 8

foot, ankle or Achilles question, write to Dr. John Pagliano, *The Foot Beat*, NMN, Box 2372, Van Nuys, CA 91404.)



Join 6,000 runners for "The Most Beautiful Urban Marathon in America." It's 26.2 miles of stunning foliage, blue lakes, winding park paths, the majestic Mississippi, over 200,000 colorful fans and 4,000 volunteers. Besides being a can't miss marathon, it's a weekend of events, including a two-day expo, 5K championship race, and Kids Half-Mile Fun Run. It's also the site of the USA Track & Field Masters Championships — on one of the nation's fastest courses.

For more information, contact: TCM, 708 N. 1st Street, Minneapolis, MN 55401 (612) 673-0778.

## TWIN CITIES MARATHON

Minneapolis-St. Paul

SUNDAY, OCT. 8, 1995 8:00 A.M.





# Masters Racewalking

by ELAINE WARD

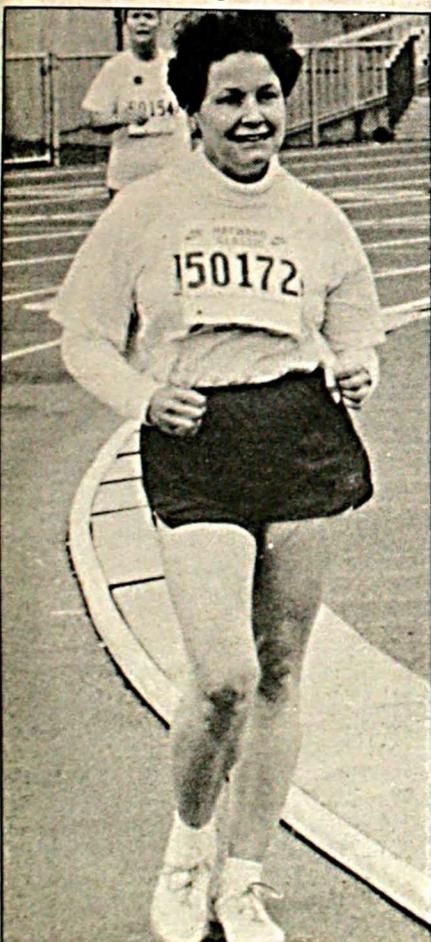
## Training with Sally Richards — Part II

*Sally Richards (Kerr) is a multi-distance masters champion from Colorado. She is presently training to qualify for the Olympic Trials; however, her heart belongs to masters racewalking. If you have missed her at recent competitions, she became ill and her new coach, Bohdan Bulakowski, told her "no racewalking" until she completely recovers. --EW*

**EW:** How do you train with four children to raise?

**SR:** My training is always unique. I am the only person on the national team with four children, not to mention being 42-years-old. I have to plan carefully and it's a real challenge. As I don't have many hours to spare, my training has to be very specific. My natural tendency is toward long distance. I can go out on the roads for hours here because it is so beautiful. It is a pure joy. What I have to do is discipline myself to do speed work on the track.

I plan a year in advance. My situation as a racewalker is weird. The last two years, I have been competing in both the open and masters circuits. The open circuit starts the end of March and goes very hard into June and July with the National and Olympic Festival. This year the competition schedule is amazing. The US Outdoor



Anne Whitaker, W55 first (33:35.07), 5000 racewalk, Hayward Classic, Eugene, Ore.  
Photo by Jerry Wojcik

Championships are mid-June, followed by the Masters Outdoor Championships the first weekend in July, the World Veterans Games mid-July, and the Olympic Festival the last weekend in July.

In preparation for the US 10K World Cup Trials in late January, I started training in October with an excellent running coach in Texas. He gave me a very balanced workout schedule. Initially, I did more cross-training. For example: Monday, out for a run. Tuesday, track for 15x400 meters at a pace faster than my 5K race pace with a 90 second rest. Wednesday, cross-country skiing for two hours. Thursday, a moderate-paced two-hour walk. Friday, running or a 7 to 8 mile walk at about 75%. Saturday, 2x5K walking. Sunday, fartleks. Generally, the schedule consists of three hard walks, two quality runs, and two recovery skiing or biking days.

### Balanced Workouts

I particularly like the fartlek workout my Texas coach gave me. It is very balanced. After warming up for 15 minutes, I do a hard 4 or 5 minutes at a 10K race pace. I'll do 4 or 5 of these taking a 3-minute rest in between. Then I bring it down to 3 minutes at a 5K pace with a 90 second rest; again doing 4 or 5. The fartleks are followed by a 3-mile tempo walk at 80% and a warm-down.

**EW:** That's a long workout.

**SR:** It's long. It may sound horrible, but it's great. It is very nicely balanced and is probably one of the best I've done. You get a good rest between the intervals; you build up to the shorter and faster fartleks; and by the end, you feel good about the last 3 miles.

**EW:** How about your cross-training?

**SR:** I have done better since balancing racewalking with running and skiing. Racewalking is wonderful because you use so many muscles, but if I just racewalk, I feel an imbalance. My hamstrings get very strong and I lose my quads. The running keeps the quads strong.

**EW:** Did you start adding more walks to your training as the 10K trials got closer?

**SR:** I started adding more walks the first of December, or eight weeks before the 10K trials. I dropped one

run for walking and finally shifted to 5 days of walking, one day of jogging and one day of skiing for total recovery. The last two weeks before the race, I did easy walking with a little speed stuff, and then rested as race day approached.

### Speed Workouts

**EW:** What type of speed workouts have you been doing on the track?

**SR:** When I do speed workouts, I have specific time goals for different phases of training. For example: If I'm training for a 10K at 49:00, my speed intervals are related to achieving this time. Initially, as I prepared for the 10K trials, I did two speed workouts a week. One was a 5K workout on a track at race pace, or sometimes a 10K at race pace. I would also have one workout doing 6 to 10 times 1000 meters at a specific pace. This gave me two quality workouts a week and one quality long distance walk with running and skiing on the other days. As the race approached and I added more walks, I added more short, faster stuff.

The only problem I have had came from the running I was doing. When I got back on the track doing speed work, I really had to concentrate on not lifting. When you are running up hill all the time, you strengthen those muscles that jump you up in the air. I had to pay close attention to maintaining contact. At the same time, as I got back on the ground, I felt much more balanced muscularly.

### Racing Commitments

It was very difficult training for the trials. Ordinarily, I take the winter pretty easy. My basic thinking now is that what I've been doing this winter will really pay off next summer.

**EW:** Are you planning to do all the major June and July championships?

**SR:** I made a commitment to two major goals. One is to qualify for the Olympic Trials and to see how close I can get to making the team at the USA Mobil Outdoor Championships in Sacramento, June 13-17. The other is the World Veterans Games in Buffalo mid-July. I also will race at the National Masters Outdoor Championships in Lansing, MI the first weekend

## Herazo Sets World W35 Best

by MARILYN J. MITCHELL

Victoria Herazo established a world W35 best in the women's 3000 walk at the USATF National Masters T&F Championships in Reno, NV, of 13:25.68 and came back a week later on March 4 to break her own record with a time of 13:11.76 in Atlanta at the Mobil Meet (USATF National Open Championships).

Herazo, who competes for the California Walkers Club, placed second in Atlanta to Michelle Rohl, 29, who set a stadium record of 13:04.99, which made Rohl the 7th fastest U.S. female performer of all time.

Herazo will be competing for the United States in April in Beijing in the World Cup, which is the equivalent of the world championships of walking. □



Ed Kousky, M50 gold medal (25:21.96), 5000 racewalk, Hayward Classic, Eugene, Ore.  
Photo by Jerry Wojcik

of July and the Olympic Festival in Atlanta the last weekend in July. It is very specific when I need to peak, so in that sense the clustering is good.

Logically, I shouldn't be trying to do the masters, but I enjoy it so much. To me, it is sport as it should be. I enjoy the support and the encouragement. I like the whole atmosphere and don't want to give it up. (See next month for conclusion.) □



Georgia Cutler, W50 winner (30:08.72), 5000 racewalk, Hayward Classic Meet, Eugene, Ore.  
Photo by Jerry Wojcik

## Bell, Fetherston Set Records in National Half-Marathon

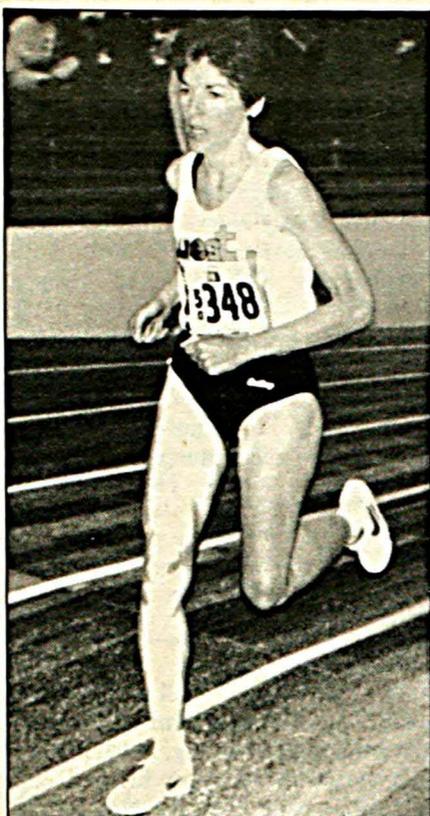
by JERRY WOJCIK

Doug Bell, 44, and Honor Fetherston, 40, finished first in the USATF National Masters Half-Marathon Championships in Las Vegas, Nev., on Feb. 4, to win \$1000 each with record performances.

Bell, of Colorado, ran a 1:05:44, well below Barry Brown's U.S. M40-44 record 1:06:25, for an age-graded 95.8% performance. John Campbell, New Zealand, owns the non-U.S. citizen (all-comers) best at 1:02:28.

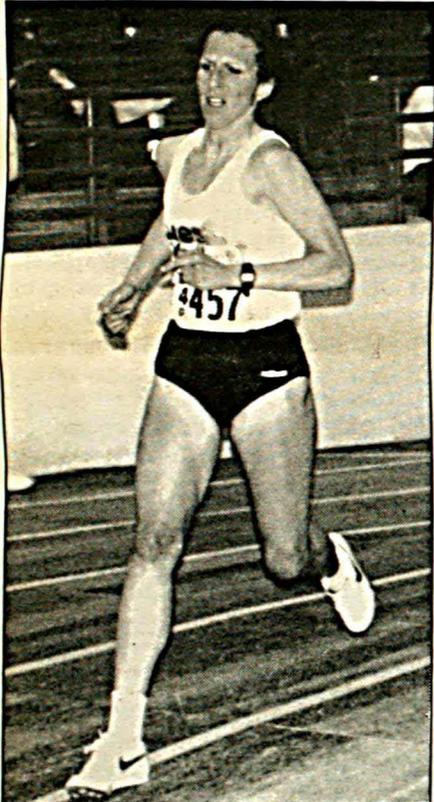
Masters cash prizes totaled \$8500, shared equally by men and women in three categories: Masters (40-49), Veterans (50-59), and Seniors (60+).

Jan Frisby, M50, took the \$400 top prize in the Veterans category for his win in 1:10:44. Norman Green, Jr., won the \$300 Senior category first award with an M60 win in 1:18:18.



Joan Ottaway, Sausalito, Calif., broke the W50 world record for the 3000 with a 10:56.96, and the U.S. record for the 1500 with a 5:12.43, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. On Feb. 12, in the British Veterans Indoor Championships, Ottaway ran the 3000 in 10:43.9.

Photo by Jerry Wojcik



Honor Fetherston, California, better known as a road racer, won the W40 1500 (4:55.73) in the USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26.

Photo by Jerry Wojcik

California's Fetherston finished in 1:13:54, fourth woman overall, three seconds better than Laurie Binder's U.S. W40-44 record of 1:13:57. Fetherston's time equals an age-graded 92.2%. Priscilla Welch, Great Britain, holds the non-U.S. citizen best of 1:13:07.

S. Rae Baymiller, W50 winner by ten minutes in 1:21:33, won the Veterans first prize of \$400. Gloria Brown, W60 winner by a huge margin with a 1:38:51, took home \$300 for her Seniors category first place.

Over 6000 runners registered for the half-marathon and marathon for a record attendance (32% over 1994). Registrants came from all 50 states and 33 countries.

Temperatures varied between 40° and 72° (an all-time high for the date), with humidity at 20%, and no wind.

Al Boka was race director for the 29th annual event. □

## L.A. Marathon

Continued from page 1

been invited, and they were led by L.A. Mayor Richard Riordan.

Despite the unrelenting showers, the temperature was in the mid-50s, much preferred to the dehydrating heat of some previous marathons.

Vera and Prasad each won \$15,000 and a new Mercedes-Benz. The automaker completed its sponsorship contract with this marathon; next year Honda will step in as the race's main benefactor.

Paul Pilkington, last year's "rabbit," who won the race when no one went with him, was also this year's

designated "rabbit." But he stepped in a pothole around mile three, twisted his ankle and had to withdraw.

Because of his new celebrity from the 1994 event, Pilkington's rabbit fee was a reported \$10,000.

"We're going to pay him anyway," said race director Bill Burke. "He's a great guy and he did his best."

Although a record 19,300 registered for the race, officials estimated that the rain kept away about 20% of the field, and about 80% of the spectators.

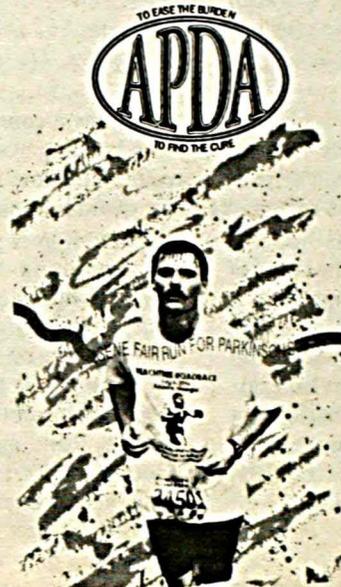
"In L.A., we think we'll melt in the rain," said Lauren Schlauf of the Chamber of Commerce. □

The American Parkinson Disease Association, Inc.

# Breaking The Barriers

By taking part in one of 18 races around the country, you are helping Gene Fair and approximately one million Americans who have Parkinson's disease to "Ease the Burden and Find the Cure." Parkinson's is a debilitating disease of the central nervous system which causes slowness of movement, tremors, muscle rigidity and poor balance. The American Parkinson Disease Association is a non-profit organization working to cure Parkinson's. The good news... the proceeds for entering this race will be used strictly for research.

This race is held in honor of Gene Fair, who was diagnosed with Parkinson's disease at age 30. Defying the odds, Gene has broken a barrier of his own by leaving his wheelchair behind him and becoming a top-



notch runner. This monumental achievement has gained Gene national recognition. He has criss-crossed the United States educating people about the disease by sharing his own story. So, please join Gene and his friends and help "Break the Barriers."

### - Prizes .... 5k Race -

- \$1,000** - 1st place top male & female
- \$500** - 2nd place top male & female
- \$250** - 3rd place top male & female
- \$500** - Masters (40+) top male & female\*

- Awards will be given to the top three finishers in each age category for the 5K Run
- The overall top 10 male and female finishers in the 5K will receive prizes but are exempt from winning in their age categories in the 5K Run
- FREE T-shirts available to all registrants

\* (Master takes precedent over all, except 1st and 2nd.)

Please Note: Registration fees for this event are not tax deductible. Donations and pledges are tax deductible to the extent allowed by the law.

#### Age Categories, 5K Race

0-14	15-19	20-24	25-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64	65-70	70 & over	

### GENE FAIR 5K RUNS

CITIES	PHONE NO.	DATE
Nashville, TN	615-662-2203	April 8
Chattanooga, TN	615-266-1125	April 29
Boston, MA	800-343-3383	June 24
Richmond, VA	804-262-1703	June 3
Tulsa, OK	918-747-3747	June 30
Portland, OR	503-494-7243	August 13
Seattle, WA	206-935-5971	August 20
Atlanta, GA	404-248-5120	September 9
Kansas City, KS	913-341-8828	September 30
Honolulu, HA	808-528-0935	October 29
Phoenix, AZ (Run for Moh Udall)	602-285-6652	November 4
Tucson, AZ (Run for Moh Udall)	602-326-5400	November 19
Los Angeles, CA	818-906-7108	December 31
Baltimore, MD	800-223-2732	open
Las Vegas, NV	800-223-2732	open
Oklahoma City, OK	800-223-2732	open
San Antonio, TX	800-223-2732	open

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## Training Advice

by GLENN STEPHENS

### How I'm Training ... This Year

(We thank runner Glenn Stephens, 37, for his training tips which may help our readers formulate their own workout strategies. Self-coached since junior high school except for college, Stephens was distance coach at Jesuit High School, Tampa, Fla., in 1981, and has coached collegiate runners. He teaches political science at UCLA.)

Over time, my training schedule has undergone a continual evolution. However, in the last decade I've developed a training system (medium volume, medium speed) that has helped me avoid a dilemma faced by many masters runners — how to train hard for competition without running afoul of injuries.

In my early thirties, I was hobbled with injuries, preventing the use of either of the two training methods I had previously used: Lydiard-type high mileage or Coe-type high quality. Instead, I now use the medium mileage, medium speed method, the basic principle of which is simple — make every step count. This system is particularly useful for older runners seeking to be both fit and healthy.

- **Moderate Volume:** In 20+ years of running, I've averaged about 45 miles a week. In the system I use now, I do the time equivalent of that each day (40-45 mins.).

- **Hard, Easy:** On my hard days, I do 40-60 mins. of running on land (actual time running). On my easy days, I do 40-60 mins. of water running and/or swimming.

- **Soft Surfaces:** I do all runs on grass or dirt (never on pavement or concrete).

- **Multi-Tiered Training:** Although there is progressivity in my training, I try to keep all of my "gears" developed all year round. In each training micro-cycle, I do some running at my 800, 1500, 3000, 5000 and 10K heart rates or paces.

- **Pulse:** In most of my intervals and all of my tempo runs, I run at a pulse goal, e.g., 3x5 min. at my 5K pulse-rate (95% maximum heart rate), not 3x1

mile at 5K goal pace. The pulse method of measuring workout intensity has three advantages:

1. It adjusts for conditions. The charted correlation between pulse and running rate is for ideal conditions (no wind, light clothes and shoes, a good track). Running intervals in layers of clothes and training shoes, in windy rain, across muddy surfaces, one might hit one's target pulse well below target pace. So I only aim for the target pulse.

2. The pulse method reduces the risk of injury. Although I might safely run 4x800 at my 3K goal pace in ideal conditions, trying to run these times in a chilling downpour, on a muddy track is dangerous.

3. It removes the performance pressure haunting the workouts of older runners. I no longer try to match the times I ran when I was twenty.

- **Progressivity-Callousing:** Following Oregon-esque principles, I have a goal pace in each season (3000 in the fall, 1500 indoors, 800 outdoors). I begin each season doing 1/10 of the race distance at the goal pace (e.g., 10x300 at 3K pace). I gradually increase the length of these goal pace intervals by 50-100 meters a week until I run 2/3 of the race distance at goal pace (e.g., 2K at 3K pace). These workouts simulate Dellinger's race drills, gradually callousing me to the

demands of racing.

#### Sample Schedule

**Sunday:** Warm-up, seasonal goal intervals. 2x600-400-200 or 8x300 cut-downs at other race pulses.

**Monday:** Water run, swim. Weights.  
**Tuesday:** Long run, 40-60 mins., work hills. Try to run relaxed, running same course ever faster.

**Wednesday:** Water run, swim. Weights.

**Thursday:** Warm-up, 2x10 min. at 5K-10K pulse (93-95% MHR).

**Friday:** Long swim (1500-2000 meters pulling, i.e., arms only — continuously, for arm endurance).

**Saturday:** Water run, swim. Weights. □

### Masters Mile

Continued from page 8

tators, still heroes after all these years. Jackie Joyner-Kersey and Michael Johnson notwithstanding, much of the national media attention focused on the Masters Mile, with the New York Times, Washington Post, and USA Today all doing features.

Meet officials wanted to start the mile 15 minutes early, but Rodgers and Shorter were nowhere in sight — they were off the track warming up. We noted that they were the stars of the race, and it cost us thousands of dollars to bring them here . . . Finally, Official Starter Tom McMillan, Co-Chair of the President's Council on Physical Fitness and Sports, agreed simply not to fire the gun until they arrived . . . We also laughed about delaying the mile again



Bill Rodgers (589) and Frank Shorter (590) in the Sprint Masters Mile at the Mobil Meet, Fairfax, Va., Feb. 25. Photo by Jeff Lee

to find a shirt for one of the runners. He had expected to run topless at the country's top indoor track meet in front of hundreds of national media. He finally agreed, and Larry Washington gave him his extra singlet . . . Paul Ryan ran the race of his life for the first half, leading the pack by four seconds through the fourth lap. "I never ran in front of 6000 people before," laughed Ryan after the race . . . Using last year's U.S. age-group rankings, all seven 40-44-year-old participants would be in the top 25 nationally, and all seven 45-49-year-olds would be in the top 12 nationally. □



Marie Boles, W65 first place (30:39), and Martin Sherman, M70 second (28:15), Windward 5K, Kailua, Hawaii. Photo by Tesh Teshima

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## 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

### J. Walker Pierson

J. Walker Pierson, 71, whose participation in masters track sprints and hurdles continued despite a four-year battle with cancer, died of the disease on Feb. 14 at his Cherry Hill, N.J., home. As recently as last year, Pierson was sprinting for the Philadelphia Masters T&F Association, with whom he started running competitively in 1977.

He won more than 400 medals in track and seven All-American Awards. At age 60, he won a national championship in the sprints, and again when he was 65.

When his cancer was diagnosed four years ago, his doctors said running was a thing of the past for him, recalled Oscar Harris, a fellow masters competitor. "He beat me twice in sprints after becoming ill," Harris said. "Doctors told him he wouldn't live to 70, and he said he would still be sprinting at 70, and he was."

Pierson remained active in the insurance agency he founded in the mid-1950s until his death. A World War II Navy veteran, Pierson was a heavy-equipment operator with the Seabees of the 52nd Division, for which he was the Seabees athletic director. He also served at Guam and Pearl Harbor.

He is survived by his wife, his mother, two sons, two daughters, several grandchildren, and two brothers.

The family requests that memorial donations be made to the Samaritan Hospice, 214 W. Second St., Moorestown, N.J., 08057-2372.

—Joseph Hagemeyer  
Philadelphia Inquirer

### Haydn Parks

Haydn L. Parks, 70, of Monument, Colo., passed away March 8. Parks had been a masters sprinter since the seventies, competing most frequently in Southern California until moving to Colorado to retire. He was a singer, a tenor, and he and his wife, Paula, who survives him, gave performances at local senior citizens activities. A retired educator, he was also an airplane pilot and swimmer.

—Jerry Donley

#### FIVE YEARS AGO April 1990

- Dominic Tibaduiza (40, 30:33) and Gabriele Andersen (44, 34:48) Win in Red Lobster 10K
- John Campbell (41, 2:20:15) and Graziela Striuli (40, 2:36:48) Are Top Masters in L.A. Marathon
- Hal Higdon's Masters Running Guide Published

## PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	<b>Masters Age Records</b> 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 of Oct. 31, 1993. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F records Chairman. <del>\$4.00</del> \$2.00	\$ _____
_____	<b>Masters Track &amp; Field Rankings</b> Men's and women's 1994 U.S. outdoor track & field 5-year age group rankings. 60 pages. Over 100-deep in some events. All T&F events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.	\$ _____
_____	<b>Masters Age-Graded Tables</b> 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.	\$ _____
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_____	<b>Masters 5-Year Indoor Age-Group Records</b> Same as above, except indoor records (M40+, W35+) as of December 31, 1994. 3 pages. \$1.00.	\$ _____
_____	<b>Competition Rules for Athletics (1995 Edition Available Soon)</b> U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$12.00.	\$ _____
_____	<b>IAAF Scoring Tables</b> Official world scoring tables for men's and women's combined-event competitions. \$12.00.	\$ _____
_____	<b>WAVA Handbook (1994-95)</b> Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages. \$5.00.	\$ _____
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# The Weight Room

by JERRY WOJCIK

## No Beefs at the Reno Livestock Center, or One-Armed Bandits Win in Reno

The Reno Livestock Events Center, the site of the Indoor Nationals, got rave reviews from the throwers because, for the first time in recent memory, all three throws were contested at center-stage on real dirt, which meant that outdoor implements were used, and the throwing sector was enclosed by a protective cage.

In the shot, things went smoothly. Ross Carter, M80, broke the indoor WR with a 37-6¾. The amazing Phil Mulkey, a David among behemoths, again defeated (46-8) an excellent M60 field, which included big guys like Len Olson, Tom Wesselowski, and Stew Thomson. Harry Hawke, M65,

made a rare indoor appearance to take the championship (41-½). The M55 division was, to coin a phrase, hotly contested, and easily one of the most exciting spectator events of the meet, with Joe Keshmiri, on his home turf, Olympian Russ Hodge, Dick Hotchkiss, and Glen Johnson, not only trading leads but doing so with WRs. Keshmiri prevailed with a WR 51-7¾.

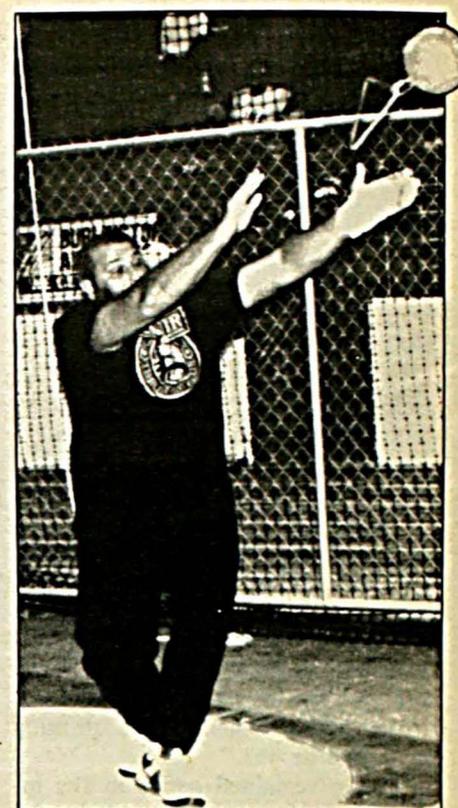
As they did last year at the Nationals in Columbia, MO, things got bizarre in the M60 weight. You may recall that, at Columbia, this was the group that decided to throw the 56-lb. weight rather than the lighter, legal (at that time) 35-lb.

What transpired in the M60 weight throw needs some explanation. The one-armed or Scottish Games technique of throwing the hammer and weights was declared illegal at the 1994 USATF Convention in St. Louis to comply with WAVA rules, which went into effect immediately after approval. However, the 1995 Indoor Championships application stated that 1994 rules would apply. So, three one-armeders showed up thinking that they would be allowed to throw under the old rule. Not so. Would you believe that all three were in my division, the M60,

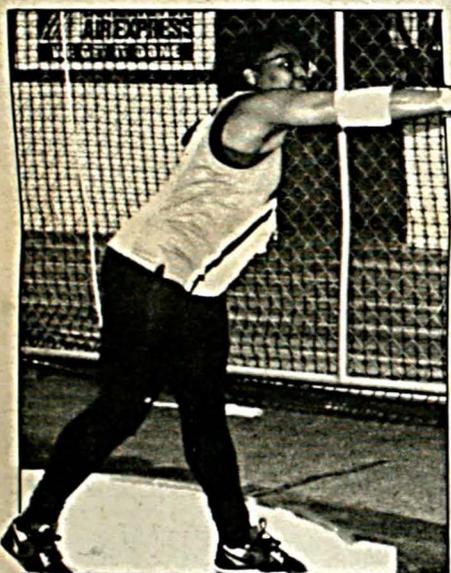
which I shouldn't have been in anyway but for my 65th birthday falling on the 25th, the second day of the meet?

Here comes the juicy bit. It was decided that the one-armeders, well-armed with the quote from the application, would be allowed to throw using one-arm; however, each throw would be treated as a foul *but measured anyway*.

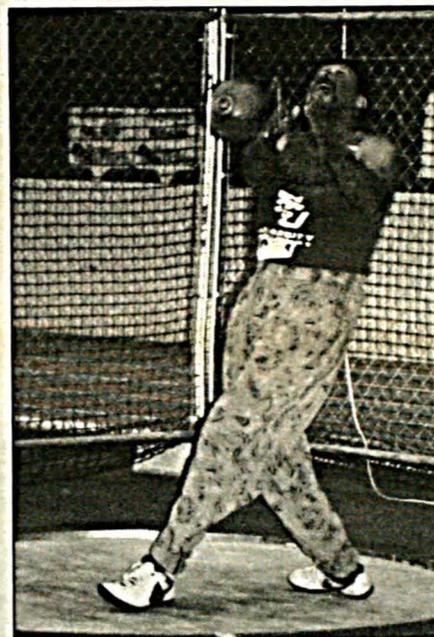
Is the "Ripley Believe It or Not Museum" still in business? For added zest, one of the throwers, Gary Dawson, who is recovering from a heart attack which paralyzed one side of his body, was allowed to throw one-armed legally because of his disability. Thus, we had two-armeders, illegal one-armeders, and a legal one-armeder, who received a much-warranted applause on the victory stand for his resoluteness in competing. Somehow, it all worked out, and the best throwers, two-armed and one-armed, prevailed. But, I think we had better take precautions to prevent this "slight bending" of the rules from recurring.



Dave Vandergriff, M35, South Carolina, second in the 56-lb. superweight (29-6½), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Suzy Hess



Lorraine Tucker, Massachusetts, runner-up in the W45 shot put with a 9.13/29-11½, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik



Richard Hotchkiss, M55 winner in the 56# superweight (9.14/30-0), USATF National Masters Indoor Championships, Reno, Nev., Feb. 26. Photo by Suzy Hess

I was so out of it that I couldn't have been competitive if I had thrown with three arms.

The superweight competition proved a crowd pleaser. Throwers were happy to be competing indoors before an audience since the adoption of the superweight as a championship event.

An outstanding meet was marred by a field event schedule that employed the "women first, oldest to youngest, followed by the men, oldest to youngest" structure, which meant that field eventers hung around a lot (sometimes for three or four hours) waiting to compete, rather than taking advantage of that time to hit the tables and the one-armed bandits. □

## 58 Records Broken in N.J. Meet

by JIM MANNO

Over 200 New Jerseyans and out-of-staters participated at Fairleigh Dickinson's Rothman Center, Hackensack, N.J., in the 19th annual USATF-NJ Submasters & Masters Indoor T&F Championships on Feb. 12.

The event was highlighted by 58 new meet records, and a pending world 90-94 record of 4.84 meters in the weight throw by 92-year-old Everett Hosack, Chagrin Falls, Ohio.

Sisters Michael Marie Hill and Johnnie Hill-Hudgins led the records assault with seven between them. Madeline Bost and Cheryl Alston each added three more in their respective age categories.

North Jersey Masters TC won its seventh consecutive indoor championship with 192 points. Garden State A/C and Shore A/C finished 2nd and 3rd with 170 and 149 points, respectively. Relative newcomer, Achievements Unlimited Int'l., won the Submasters title with 92½ points. □

## Watanabe Meet Set for UCLA

Bill Adler, meet director of the Bob Watanabe Memorial T&F meet to be held at UCLA's Drake Stadium, April 15, reports the Mexican Masters are sending a team to compete, so the meet should have a strong international flavor.

Adler has had a long relationship with the Mexican Masters since 1977 when he put on the first Masters Pan American Games in the USA. Adler took U.S. masters groups to Mexico in the 1970s and 1980s, and again in June, 1994.

Adler says entries are coming in from all over the USA. UCLA is one of the finest track and field stadiums in the country; the track is very fast.

The entry form was published last month in NMN. Otherwise, write Adler at PO Box 832, 1000 Palms, CA 92276. □

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# Book Review

by DALE HARDER

## Strength & Speed Ratings

**S**trength & Speed Ratings, 1994 edition, is a 178-page compilation of statistics and information divided into four chapters: Track & Field, Weightlifting, Powerlifting, and Miscellaneous Sports & Feats. Each chapter is divided into smaller divisions; for instance, the t&f chapter includes all events, plus the marathon and walks.

Every division starts with event origins and a chronology of development and records, followed by numerous lists and charts, such as single-age records, and information about the event and athletes. For example, the pole vault chapter mentions canal pole vaulting in 20th century Holland, and the fact that Alfred Gilbert, Olympic champion in 1908, later became famous as inventor of the erector set and started his own company, Gilbert Toys.

Whenever feasible, the author has included a factoid on an unlikely performer who did well in the event (Big Man in the sprints: Russ Hodge, 6-3, 225, 20.8, 200; Small Man in the shot: Jacek Wszola, 6-3, 171, a 7-8 Olympic high jumper, threw the shot 50-10).

Although most of the book is devoted to lifting, masters athletes, many of whom do lift weights, especially throwers, may find the lifting sections as interesting and informative as the t&f chapter.

The final chapter, "Miscellaneous Sports & Feats," is engrossing with sections on the "Car Lift," "Man vs. Beast," and the sport of "Coin Breaking."

The book contains a broad selection of photos, many of which I had not seen before, and cartoons, plus an "Age Comparison of Events" page,

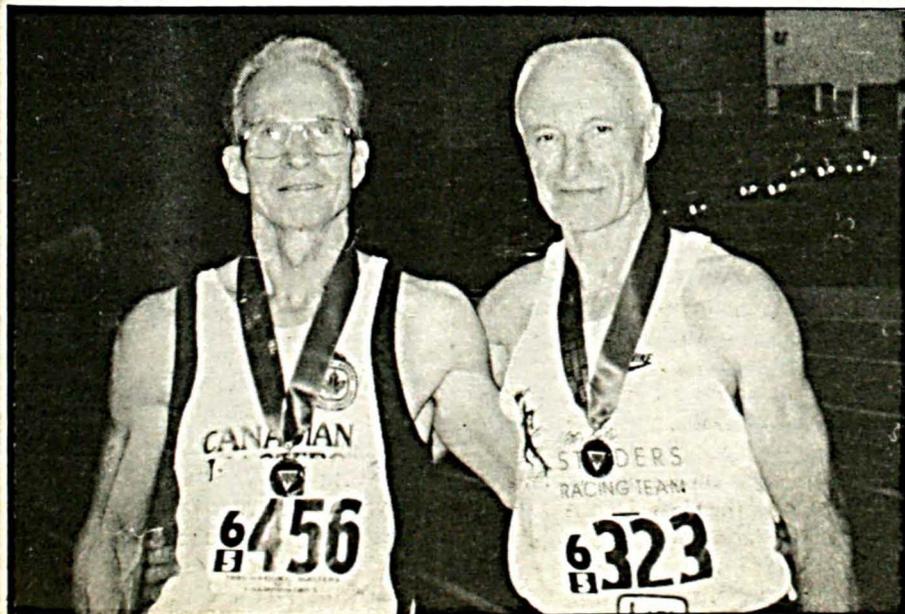
and a four-page bibliography.

The book has to be seen to really appreciate the amount of information in it. A bargain at \$14.92, plus \$2 for s/h and \$1.70 tax from Californians, it is available from Education Plus, Dept. M, 18584 Carlwyn Dr., Castro Valley, CA 94546. □



Juliana Von Evig, Colorado, winner of the W30 60m and 200, checks her time with an official after the 60m, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26.

Photo by Jerry Wojcik



Earl Fee, #456, Canada, broke the M65 world record for the 400 with a 59.53; Chuck Sochor, Michigan, won the M65 400 national championship (62.93), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26.

Photo by Mel Larsen



## MASTERS the LEGENDS



From Left To Right- Bill Rodgers, Ron Hill, John Campbell, Henry Romo

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# PROFILE

## His Bubble Did Not Burst

by MARILYN J. MITCHELL

**D**id you know that that steeplechaser running next to you was the man who invented the tennis bubble? Sixty-eight year old masters track and field athlete Desmond Margetson is not only a successful athlete in both tennis and running but, unknown to most of us, he is also a well-established engineer who has only recently started getting public acknowledgement for some of his long-standing inventions, not least among them, the tennis bubble.

In a roundabout way, Margetson started work on developing the tennis bubble in 1956, in order to provide year-round training and playing facilities in the cold, snowy northeast corridor. When full implementation of

his development was not possible due to building code problems, he left that job and went on with his life as an engineer. In 1965 Margetson heard there was a tennis bubble in Queens, New York at the Tennis Club and it was *his* invention, but he was not getting credit for it.

Other people generally credited with the bubble's success did not deliberately cheat Margetson out of his fame — he had just somehow been overlooked because he had disappeared from the tennis scene. Current success can be attributed to persistent, sometimes-pesky Mel Feldman, a researcher for the New York Sports Museum Hall of Fame, who pursued a number of writers for months to chronicle the story and to give Margetson his credit. As a result of Feldman's media campaign, Desmond Margetson was publicly



Desmond Margetson



Left to right: Bill Davis, Assistant Commissioner, New York City Parks Department; Owen Williams, Tournament Director, Bronx '94 Pro Tennis Classic; Desmond Margetson; Mel Feldman, NYC Sports Museum & Hall of Fame.

recognized in a New York ceremony in August 1994, was the subject of a recent *New York Times* newspaper article, and is the subject of an upcoming *Sports Illustrated* article.

An outstanding tennis player in the 1940s and 1950s, Margetson was New York University's top player and went as far as round 16 of the National Indoor Championships four times between 1950 and 1954. Currently working a four-day week as an engineer, he pursues photography as an avocation, and track and tennis as hobbies. His photographic interest is extremely serious and he insisted that we differentiate between "avocation" and "hobby." In addition to the tennis bubble, he has several registered patents in the aerospace and defense industries.

Married to his wife of 44 years, he has two married sons and a grandchild and has still managed to find the time to train enough to win the national high jump in 1983 and the 2000 meter steeplechase in 1986. In March 1992, at the world cross-country championships in Boston, Margetson became so in-

spired by the Kenyan team and their coach, Dan Samoita, who gave him a 45-minute training session that, in Margetson's own words, "I thought that I had wings." He went on to win his age group and a national title.

Margetson, motivated and impressed that the Kenyans and their coach had the graciousness and willingness to take time to help a masters athlete, took it upon himself to start a project to donate new shoes to Kenyan runners, paying for the first dozen pairs himself and shipping them with the aid of the Kenyan Embassy in Washington, D.C. He continues to have interest in this project and would welcome any inquiries or donations of cash or new running shoes and/or equipment. Says Margetson, "If anyone thinks he can just go out and run, he's crazy... the Kenyans are proud to be representing their country and their families and they have great serenity and a great sense of belonging."

Somehow that feeling rubbed off on Margetson and he feels it contributes to his continuing success. "I'm really surprised that things have worked out in track and field. I'm really a tennis player, but now I only play (tennis) socially." He retired from tennis at age 27 in order to pursue cross-country and, while he is again finding fame in the tennis world, running seems to have overtaken tennis in his priorities. A very strong advocate of the club running system, Margetson is probably more proud of his role in getting the track across the street from New York's Yankee Stadium named after the Pioneer Club's late coach, Joe Yancey, than he is of his development of the tennis bubble. He is a real "team player" and wants everyone to know that he was proud and happy to be a Pioneer Club member.

Margetson will undoubtedly be the subject of a number of upcoming magazine and television journal articles, but he will continue to be the warm, friendly and kind person he has always been. He welcomes contact with all the athletes and officials — his success has not gone to his head. Look for him at association and regional meets and at the Buffalo WAVA Games in July. □



Desmond Margetson, 68, training on the track



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11:15 a.m.	1500 meter run	2:10 p.m.	800 meter run
11:45 a.m.	80/100/110 meter hurdles	2:40 p.m.	200 meter sprint
12:10 p.m.	2K/3K steeplechase	3:00 p.m.	3000 meter run
12:30 p.m.	100 meter sprint	3:40 p.m.	300/400 meter hurdles
	Lunch Break	4:00 p.m.	sprint medley relay (400,200,200,800)
<b>Field events</b>			
11:00 a.m.	hammer throw and pole vault	1:30 p.m.	shot put and long jump
12:00 p.m.	discus throw and high jump	3:10 p.m.	javelin throw and triple jump

Entry form (please print)

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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 California State University at Long Beach, the Southern California Striders Track and Field Club, USA-T&F, the meet director and all sponsors of the track & field meet, 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 Of Champions" held May 14, 1995, at the California State University at Long Beach. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_





# Speaker's Corner

by DAVE CONNOLLY

## Through The Eyes of A Sprinter ... 400 Meters

It's all O'Brien's fault and it all started about five years ago in January. At the time, being new to masters track and field, I was still feeling my way at the first few meets and, using the smorgasbord approach, trying to select the events that I could concentrate on and develop specific skills in order to compete with a degree of dignity and without embarrassment.

Naturally, I was drawn to the shorter distance, having been a sprinter in high school. Besides, even at my advanced age according to my son, Chris, I did have some natural speed left and, what the heck, how winded could you really get running a 100? That's when O'Brien came into my life and thus began my downfall.

I dutifully did my training through a summer and fall season, building the base and working on technique.

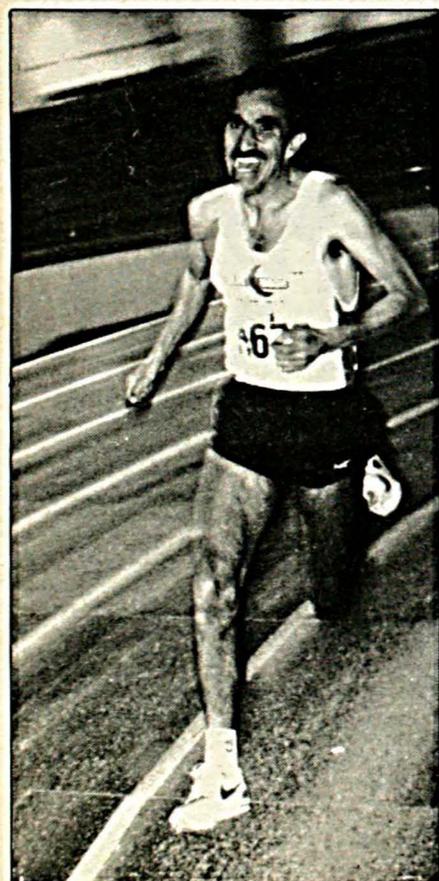
After a few meets in the indoor season I was feeling pretty good and doing better than I thought I would. Bob O'Brien and I struck up a friendship and usually spoke on the phone one or two days a week between meets. Then the fateful call came in mid-February... "Hey, Dave", the familiar, but unannounced voice on

the other end of the line said, "What about running with the club team in the Penn Relays at the end of April?" In classic knee-jerk fashion, I responded affirmatively, in that "Running at Penn" was an unfulfilled but long abandoned dream of mine, along with being an astronaut or a fireman.

O'Brien then went on to say that he and a number of others from the club had been impressed with my development over the indoor season, particularly my start, and felt that I was "the one" to run leadoff, no less, in the upcoming carnival. We hung up after my enthusiastic "Count me in!" and I let out a whoop that shook the curlers from my secretary's head.

The next week, when we talked again, OB started to fill me in on the details... Friday, April 28, a 4x100 at 11:30 AND the 4x400 at 5:30. "400!!" I gasped "I've never run a 400!!" "No Sweat" he laconically said. "It's ONLY one lap around the track and you have plenty of time to train for it." "But..., but I'm a Sprinter!" I added, with my Jersey City accent showing through my shock. "Just run the 300 and hang on," was his insightful advice on how to run a 400. Bob is a year older than me, and my mother always taught me to respect my elders, so I listened to him.

The fateful day arrived and I was as enthusiastic as a high school girl on prom night. Our performance in the 4x100, although we missed a medal, was better than I expected and gave me the confidence for doing well in the upcoming "Sunset Classic" 4x400. The gun went off and, at the lane break at 100, I was right in there. At 200, I was starting to feel a bit of strain but knew I was more than halfway home. As we approached the 300 point, a strange sensation began to come over me... Oh, No!... Lactic Acid. By 350, I discovered, in almost out-of-body fashion, what everyone meant when they talked about the mental component of running a 400... It sure wasn't physical anymore! In fact, my arms and legs had just about quit on me. Talk about "Running Out of Gas"... my tank was, unquestionably, on empty. By sheer strength of Irish will and



Domingo Tibaduiza, M45 winner in the 3000 with a U.S. record 8:59.14, USATF National Masters Indoor Championships, held in his hometown, Reno, Nev., Feb. 24-26.

Photo by Suzy Hess



Kathleen Northrop, 44, Durham, N.H., first woman, USATF National Masters 10K Championships, St. Louis, Mo. Photo by Hank Kiesel

stubbornness, I made it to the finish line with a modicum of dignity, as in "Death With Dignity" and our team, thanks to Bob's anchor, placed respectably.

The following year at Penn for me was pretty much a reacquaintance with the Nasty Bear who lives at the 300 mark. Boy, can that O'Brien sell!

Now, each year, right after the State Championships in late February, I make it a point to have my secretary intercept all my calls since I know that crazy guy from Hoboken will be calling to convince me, once again, to run "Just One Lap" at Penn. □



Top three M60 finishers in the National Masters 10K Championships, St. Louis. From left: Jim Hilton (3rd, WA, 40:19), Dick Wilson (2nd, KS, 39:17), Norm Green (1st, PA, 37:01). On an age-graded basis, Green placed first overall in 29:08.4; Wilson was 5th (30:55); Hilton was 10th (32:24). Photo by Joan Wilson

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## Track & Field Report

by BARBARA KOUSKY  
Masters T&F Chairman

### Reno Marks Watershed

The recently concluded Indoor Championships in Reno, Nev., marked a watershed in the masters movement. Over 700 athletes competed during the three days of competition, making it the largest Masters Indoor Championships held in the U.S. No one worked harder than Meet Director Bill Bowser, who devoted months of his life to the event, and deserves the thanks of every participant.

As a movement, masters track & field is growing, and with growth come growing pains. We have reached a point where both athletes and meet management have a right to expect certain essentials from each other. In the spirit of advancing the sport, here is what I consider to be the respective bills of rights for athletes and management at championship masters events.

#### Athletes Bill of Rights

1. All implements and equipment required under the rules of competition will be available.
2. Meet management and officials will follow the rules of competition, without exceptions.
3. Approximate event starting times will be posted or distributed well before the event.
4. Adequate medical staff and/or ambulance will be on site.
5. Adequate written information about advancement procedures will be available.
6. The competition schedule will take into account logical event "doubles."
7. Adequate officials and volunteers will be present during all days of competition.
8. An informed announcer will be at every championships.
9. Field event athletes will compete in the main venue, whenever practicable.
10. An adequate area for warm-up will be available.
11. A free or low-cost shuttle system will be available when distance between housing and venue warrants.
12. Participants may expect to be treated as the serious athletes they are.

#### Meet Management Bill of Rights

1. Meet management may expect athletes to carefully read printed materials related to the conduct of the championships.
2. Meet management is responsible for carrying out the rules as written; they are not responsible for the content of the rules themselves.
3. Tight airline schedules are not the responsibility of meet management.
4. Meet management may expect cooperation and flexibility on the part of athletes when glitches occur.

5. Meet management will create a schedule which makes sense for the most people; athletes competing in more than two events must expect some conflicts.

6. Competitors will report on time according to the written schedule.

7. Awards ceremonies will be conducted with the cooperation and understanding of the competitors.

8. Athletes will be familiar with the rules of competition for their events.

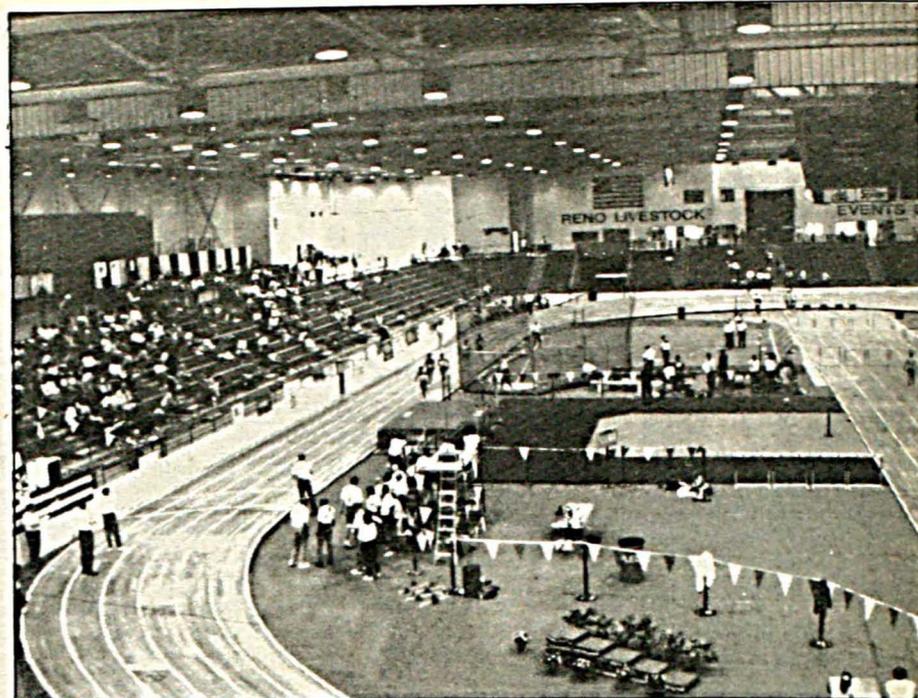
9. Decisions of the Games Committee will be respected. Athletes will not attempt to compete in sections or age groups they are told not to.

10. Meet management, officials, and volunteers have the right to expect courteous treatment from all competitors at all times.

For both athletes and meet management, the ultimate goal is the same: safe, well-run competitive championships that are fair to everyone. With everyone's cooperation and understanding, we'll reach that goal. □



Russell Randall, Colorado, running solo, won the M85 200 (42.24), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik



The Bill Cosby Indoor Track inside the Reno Livestock Events Center, site of the 1995 USATF National Masters Indoor Championships, Feb. 24-26. Photo by Jerry Wojcik

### Indoor Nationals

Continued from page 1

Raschker, 48, Marietta, Ga., who used the fine facility and the large cadre of experienced officials to her advantage in breaking four W45-49 world records and one U.S. record — *all her own* — in the 200 (26.18), 60mH (9.18), high jump (1.58), pole vault (3.23), and the U.S. 60m (8.02). The pole vault mark (10 feet, 7 inches) is astonishing, considering that she would be classified by most Americans as middle-aged.

Other athletes had multiple records, but a few are more noteworthy than others. Jim Mathis, of Tennessee, broke two M60 sprint world records held by outstanding performers. In the 200, he reduced Jack Greenwood's 26.37 to 25.70, and in the 400, he lowered Earl Fee's 59.82 to 58.86. Fee, of Canada, meanwhile lowered James Law's 60.67 for the M65 400 to 59.53.

Diane Palmason of Canada broke the world W55 800 record of 2:49.8 with a 2:40.39. She lowered Carolyn Cappetta's W55 400WR of 67.9 to 67.38, and helped push Cappetta, of Mass., to a WR 30.30 in the tightest 200 finish of the meet.

Californian Joan Ottaway lowered the official W50 3000 WR to 10:56.96. She has a 10:43.9 pending, which she ran in England, Feb. 12. She also set a U.S. W50 1500 mark of 5:12.43 which erased Linda Upton's 5:23.05.

Denise Foreman's three W35 U.S. records in the sprints and hurdles were impressive.

Long-time masters competitor Domingo Tibaduiza, who lives in Reno, was able to set a U.S. record while his family and fans watched, with an 8:59.14 in the M45 3000.

In the field events, Canadian Debbie Brill's W40 high jump record of 1.72/5-7 $\frac{3}{4}$  will probably stand for awhile, as will Milan Tiff's 14.82/48-7 $\frac{1}{2}$  in the M45 triple jump. Joe Keshmiri's 15.74/51-7 $\frac{3}{4}$  record in the M55 shot, and Jerry Cash's

4.61/15-1 $\frac{1}{2}$  improvement on his own M45 4.44/14-6 $\frac{3}{4}$  record are imposing. Boo Morcom's past dominance in the pole vault is apparent when the world record list for this meet shows that he lost two world records in that event, one in the M50-54 division and the other in the M65-69 division.

Five 60m records were broken, all by women. Some athletes justifiably criticized the men's heat seedings. In the M40 60m, four of the six finalists came from one of the four heats, while another heat produced the other two. In the M45 60m, three finalists came from one of the four heats, three from

Continued on page 19



Bill Won, California, finishing the M60 1500 (6:09.82), USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Jerry Wojcik

# Indoor Nationals

Continued from page 18

another, while the other two heats produced no finalists. In the four M50 heats, five finalists came from one heat, which included two of the best M50 sprinters in the world, Stephen Robbins, of Washington, and Harold Morioka, of Canada, so, for all intents and purposes, their heat was the final, in a sense. Robbins did win the final (7.42); Morioka was second (7.57).

The whole procedure was a clear violation of USATF rules, which mandate that the winner of any heat must advance to the next round.

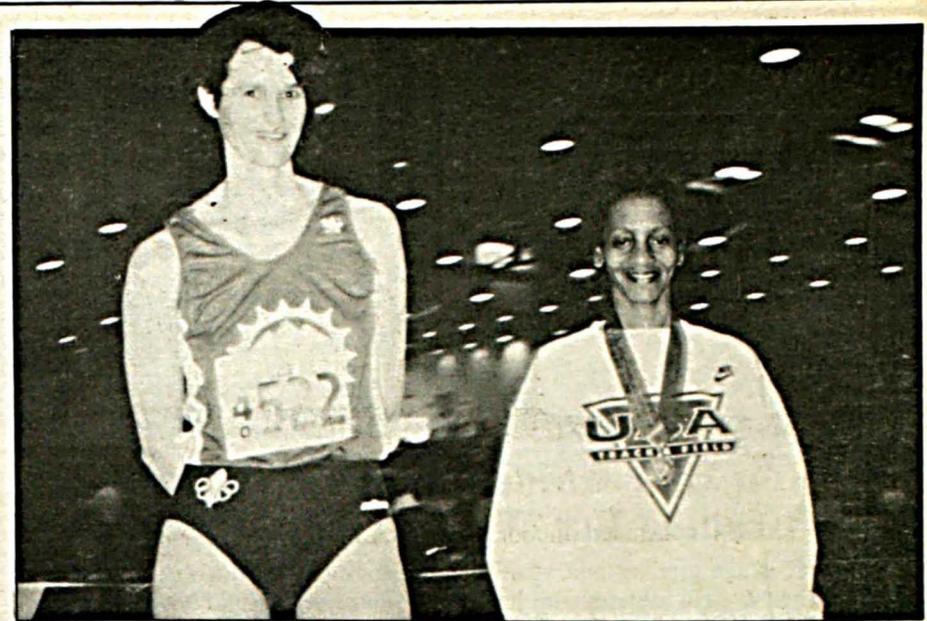
There were complaints by the athletes regarding the field event schedule, but most thought the facility was the best indoor they had ever competed on. Officials were plentiful; ten

were counted at one time working the weight throw competition.

Off-track activities included a western barbecue on Friday night and an informal athletes' meeting, presided over by USATF Masters T&F Chairperson Barbara Kousky, on Saturday evening at the meet headquarters Holiday Inn. Some athletes engaged in activities not related to the meet, such as skiing at nearby ski resorts, sightseeing at Carson City and Lake Tahoe, and playing golf at one of Reno's many courses. Others even gambled.

Bill Bowser was the primary meet director.

Next year's championships will take place in Greensboro, N.C., March 29-31. □



High jumper, Debbie Brill, Canada, on the victory stand with Linda Lowery, Georgia, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26, where Brill broke the W40 world record with a 1.72/5-7 3/4. Photo by Suzy Hess

## AGE GROUP RECORDS SET AT THE USATF

### NATIONAL MASTERS INDOOR CHAMPIONSHIPS, RENO, NEV., FEB. 24-26; 1995

#### WORLD RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
60m	W60	9.05	Irene Obera	9.4	Joan Ogden
60m	W80	14.39	Pearl Mehl	---	---
200m	M40	22.19	Bill Collins	22.6	Hanno Rheineck
200m	M60	25.70	Jim Mathis	26.37	Jack Greenwood
200m	M75	30.12	John Alexander	31.85	Jay Sponseller
200m	W45	26.18	Phil Raschker	26.31	Phil Raschker
200m	W55	30.30	Carolyn Cappetta	30.55	Jean Hulls
200m	W80	62.73	Pearl Mehl	---	---
400m	M50	52.72	Harold Morioka	52.95	Harold Morioka
400m	M60	58.86	Jim Mathis	59.82	Earl Fee
400m	M65	59.53	Earl Fee	60.67	James Law
400m	M75	71.84	John Alexander	73.80	Jay Sponseller
400m	W40	60.97	Mary Libal	61.9	Anne McDonald
400m	W55	67.38	Diane Palmason	67.9	Carolyn Cappetta
400m	W80	2:25.03	Pearl Mehl	---	---
800m	M80	3:33.63	Bill Dyer	---	---
800m	W55	2:40.39	Diane Palmason	2:49.8	Molly Turner
800m	W80	6:26.49	Pearl Mehl	---	---
1500m	W80	12:37.13	Pearl Mehl	---	---
3000m	W50	10:56.96	Joan Ottaway	11:06.2	Johana Jay
3000m	W80	27:27.81	Pearl Mehl	---	---
60mH	M45	8.54	Stan Druckrey	8.67	Stan Druckrey
60mH	M55	8.91	Emil Pawlik	9.15	Dale Lance
60mH	M70	10.40	Mel Larson	10.75	Ed Lukens
60mH	W45	9.18	Phil Raschker	9.30	Phil Raschker
HJ	W40	1.72	Debbie Brill	1.54	Phil Raschker
HJ	W45	1.58	Phil Raschker	1.57	Phil Raschker
PV	M45	4.61	Jerry Cash	4.44	Jerry Cash
PV	M50	4.14	Joe Johnston	4.11	Boo Morcom
PV	M65	3.42	Jerry Donley	3.39	Boo Morcom
PV	W45	3.23	Phil Raschker	2.90	Phil Raschker
PV	W55	2.07	Becky Sisley	1.56	Lucy Ann Brobst
LJ	M70	5.05	Mel Larsen	4.73	John Alexander
TJ	M45	14.82	Milan Tiff	13.75	Stig Backlund
SP	M55	15.74	Joe Keshmiri	14.64	Raino Leino
SP	M80	11.45	Ross Carter	9.27	Leon Joslin
SP	W80	6.53	Ivy Brown	6.36	Magareta Sarvana

#### U.S. RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
60m	W35	8.10	Denise Foreman	8.19	Irene Thompson
60m	W45	8.02	Phil Raschker	8.12	Phil Raschker
60m	W55	8.98	Kathy Bergen	9.36	Christel Miller
200m	W35	26.91	Denise Foreman	27.65	Jo Ann Angotti
400m	W45	63.91	DeeDee Grafius	63.98	Pamela Calvert
400m	W55	67.39	Carolyn Cappetta	69.03	Carolyn Cappetta
400m	W70	1:35.62	Louise Adams	1:44.86	Carol Peebles
800m	W45	2:26.45	DeeDee Grafius	2:31.3	Barbara Pike
1500m	W50	5:12.43	Joan Ottaway	5:23.05	Linda Upton
3000m	M45	8:59.14	Domingo Tibaduiza	9:12.69	Salih Talib
3000m	M80	15:13.54	Dudley Healy	15:12y	Paul Spangler
3000m	W65	15:40.89	Nancy Smalley	16:18.04	Queenie Thompson
60mH	W35	9.57	Denise Foreman	10.08	Sherice Duchamp
PV	W50	2.17	Barbara Stewart	2.13	Barbara Stewart
LJ	M75	4.03	John Alexander	3.86	Russell Meyers
LJ	M80	3.36	Clarence Trahan	3.23	Claude Hills
WT	M55	13.44	Richard Hotchkiss	12.70	Cliff Blair
WT	M75	11.37	Manuel White	8.64	James York
WT	W50	14.08	Vanessa Hilliard	12.35	Joanne Grissom
WT	W55	10.25	Joanne Grissom	9.17	Ann Cirulnick
WT	W80	4.19	Ivy Brown	---	---
3000mRW	M55	15:24.04	John Elwarner	---	---
3000mRW	W70	22:32.08	Imogene Watkins	---	---
3000mRW	W85	28:47.11	Dorothy Roberts	---	---

### THE TENTH ANNUAL RANDOLPH TOWNSHIP & GARDEN STATE ATHLETIC CLUB INTERNATIONAL TRACK & FIELD MEET SUNDAY, JUNE 4, 1995

EVENTS SCHEDULE FOR SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age Groups

RUNNING EVENTS		FIELD EVENTS			
		30-39 MEN	40-49 MEN	MEN 50-59	MEN 60+ / WOMEN
5000 METERS	10:00 AM	1500 METER RACE WALK	1:30 PM		
110 METER HH	11:00 AM	400 METER DASH	2:15 PM		
MILE RUN	12:00 PM	800 METERS	2:30 PM		
100 METER	1:00 PM	200 METER DASH	3:00 PM		
		4x400 RELAY	3:45 PM		
POLE VAULT	10:00 AM	10:00 AM	10:00 AM	10:00 AM	
SHOT PUT	10:00 AM	10:45 AM	11:30 AM	11:30 AM	
WEIGHT THROW	1:30 PM	2:45 PM	2:15 PM	1:00 PM	
HIGH JUMP	10:30 AM	10:30 AM	10:30 AM	10:30 AM	
LONG JUMP	10:00 AM	11:00 AM	12:00 PM	1:00 PM	
JAVELIN	11:15 AM	12:15 PM	1:30 PM	10:00 AM	
DISCUS	12:30 PM	1:30 PM	10:00 AM	11:15 AM	
TRIPLE JUMP	2:00 PM	2:00 PM	3:00 PM	3:00 PM	



USATF-NJ SANCTIONED

EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL, & OPEN RUNNING EVENTS	
MILE RUN	AGES 9-10, 11-12, 13-14, 15-29 11:30 AM MALE & FEMALE
100 METERS	AGES 9-10, 11-12, 13-14, 15-29 12:30 PM MALE & FEMALE
400 METERS	AGES 9-10, 11-12, 13-14, 15-29 2:00 PM MALE & FEMALE
4x400 METER RELAY	AGES 9-10, 11-12, 13-14, 15-29 3:30 PM MALE & FEMALE

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If athlete misses calls or fails to check in, event fee is forfeited. FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Listen for the announcements.

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE. ALL RACES WILL BE RUN AS FINALS. IF NECESSARY, SECTIONS WILL BE RUN FOR SPRINTS.

**RULES**  
SPIKES ALLOWED - 1/4" or less  
HURDLE HEIGHTS & IMPLEMENTS - USATF (TAC) Masters Rules.  
ELIGIBILITY: USATF (TAC) MEMBERSHIP REQUIRED FOR ALL ATHLETES, NO EXCEPTIONS. AVAILABLE AT MEET.  
FALSE START - One false start rule will apply.

**FEES** - Free to Randolph residents.  
Pre-registered - (Received on or before May 26.) \$5 per event.  
Received after May 26 - \$5 late fee added to first event.  
Relay Teams - \$16 per team, for Open and Masters, \$12 per team for youths.

**ADDITIONAL INFORMATION**  
Meet Directors: Morton Hahn days 201-625-1764 evenings 201-361-3282  
Ken Brinker days 201-540-3860 evenings 201-366-8367

**AWARDS** - Medals for first, second, and third place in each age group.  
**CONCESSION STAND AND SHOWER FACILITIES AVAILABLE**  
**SITE** - Randolph High School, Millbrook Road, Randolph, New Jersey

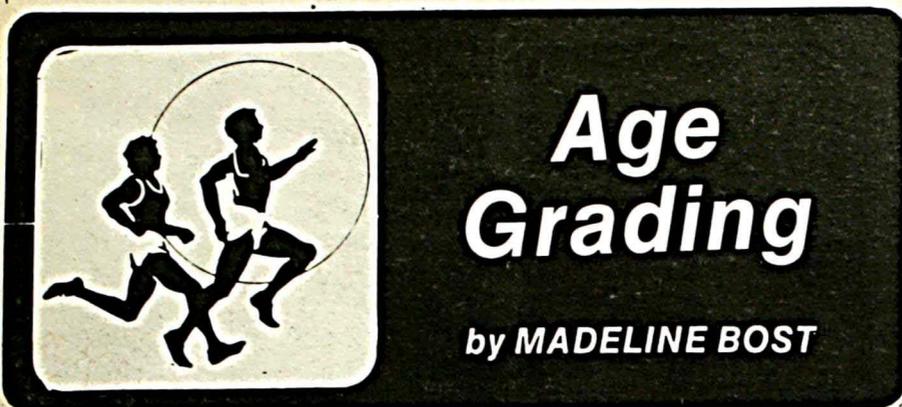
**DIRECTIONS** - From George Washington Bridge, take Route 80 West to Route 287 South. Take Route 10 West, about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left on Millbrook Ave by making a right on the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School.

**FILL OUT AND RETURN TO:**  
GARDEN STATE ATHLETIC CLUB, C/O MORT HAHN, 19 BEDMINSTER ROAD, RANDOLPH, NJ 07869  
(PLEASE PRINT)

NAME \_\_\_\_\_ MALE  FEMALE  AGE AS OF 6/4 \_\_\_\_\_  
(first name) (last name)  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
CLUB \_\_\_\_\_ USATF NO. \_\_\_\_\_  
EVENTS ENTERED \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB (GSAC)  
I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept. Randolph Township, The Randolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my participation in this meet.  
I understand that the activity will be supervised and that the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

SIGNATURE \_\_\_\_\_  
Parent/Guardian signature (if competitor is under 18) \_\_\_\_\_  
 Check here if you would like to be put on mailing list for next year's meet.  
 Check here if you would like to be put on mailing list for membership in GSAC.



## All You Ever Needed to Know About Age Grading But Were Afraid to Ask

**W**hat is age grading and what is it doing for me? Masters runners and track & field athletes who have been subscribers to the *National Masters News*, don't need to ask that question. They've been reading about age grading for several years now.

New Jersey road racers are asking the question, because when they get their race results card from Dave Siconolfi of CompuScore, they are given a tasty tidbit of information referred to as their age adjusted time. It's always a faster time than what they truly ran.

Subscribers of the newspapers served by the *Runners News Service* see race results with the top overall finishers and then, often, the age adjusted masters top performers.

"What's going on here? How'd I get so fast?" they ask.

### History

When road racing blossomed into a national pastime about twenty years ago, the concept of special age divisions for older runners was developed. Because it is a biological fact of nature that men (and women) slow down and lose strength with age, separating the

older, or masters, runner to be judged separately from the open runners made sense.

Sometimes a race would have ten-year age-divisions and more progressive races further divided those divisions into five-year groups. This made things much fairer for the older competitors — they only had to compete against those about their own age.

But could there be a way to evaluate all of the older competitors' performances by developing a sliding scale that would even things up and place all of them into one category? Wouldn't this make things more equitable when purse money was being paid to the masters runners?

When purse money is paid to masters we are, in effect, recognizing the age slow down, but then invalidating the concept by giving the purse to the younger masters athletes

who are naturally going to run faster than the sixty-year-old.

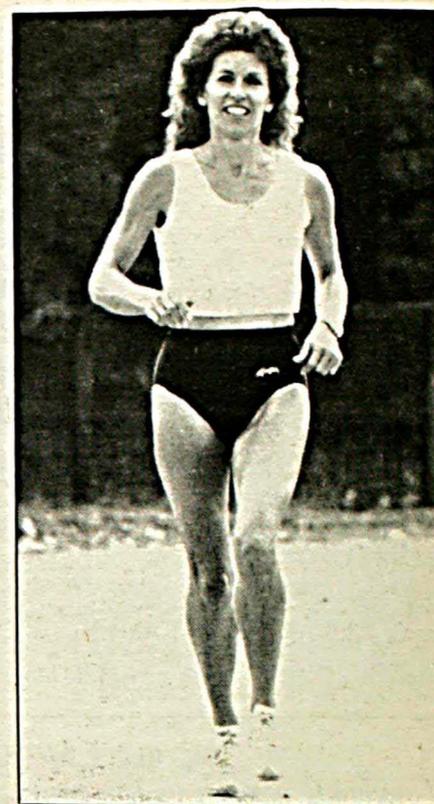
With an age grading system, the 60-year-old would then have as even a shot at the purse as the 40-year-old.

With the advancement of computers such a concept could be implemented. All that was needed was an accurate method to appraise the performances by the top athletes in each one-year age division to be factored against the top open athlete's performances.

Through many hours of work, researching and compiling data, the first age-graded tables were developed by the World Association of Veteran Athletes, the world governing body for masters track and field, long distance running and racewalking. Those first tables were published in 1989. By 1994, the tables were updated with new data, and they will continue to be updated, probably on a five-year basis.

### Table Talk

Let's look at how this works and why it is relevant for masters athletes. The tables can be used in two ways — one by using an age-graded standard to determine an athlete's "performance-



Madeline Bost

level percentage," and one to readjust an athlete's race time to that of an open athlete by using an age factor.

It's the latter that runners have been seeing on their race results postcard from CompuScore. Let's say you're a 53-year-old woman runner who has finished a 10K in 45:18. The 10K factor for you is .8545. By multiplying 45.18 (or 2718 seconds) by .8545 we reach 38:43 as your age-graded time.

To determine your "performance-level percentage" you would take your standard which is 35:01 and divide 35:01 (2101 seconds) by 45:18 to get your PLP of 77.3%.

Most road racers prefer to see their age adjustment stated in terms of age-graded time as in the first example. However, the Performance-Level Percentage is more relevant in track & field performances which encompass a wide range of events.

Some road racers have begun to use age-adjusted scoring for determining their masters purse money winners. The National USATF Masters LDR Committee is in full support of age adjustment and is working hard to encourage its adoption throughout the country. □



Willie Rios, 77, M75+ winner (27:55), Macabiah 5K, Plainview, N.Y.

Photo by Mike Polansky

## Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

□

- Includes single-age factors and standards for each age from 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 track & field meet, road race or racewalk.

□

- 60 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes.

□

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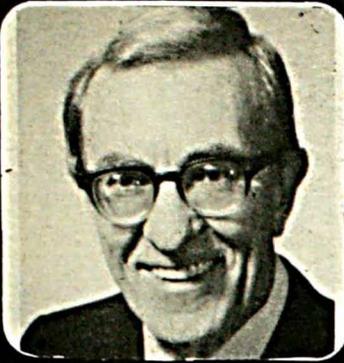
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## From The Editor

by AL SHEAHEN

### Happy 200th Birthday

It's hard to believe, but this is the 200th issue of the *National Masters News*. To celebrate, we've added some more color. And, as we did with issue No. 100, here are some of the highlights of the past 100 months:

**No. 101, January, 1987.** Jack Greenwood, Christel Miller, Web Loudat and Barbara Filutze named top 1986 masters athletes by The Athletics Congress. NMN subscription price is \$18.75. Subscribers at 4300.

**No. 103, March, 1987.** Tracy Smith wins first Millrose Masters Mile in 4:20. Norm Green, 54, and Charlotte Swanson, 44, win national marathon titles in Georgia.

**No. 109, September, 1987.** 20th National T&F Championships Draw 976 to Springfield, Ore., as Eugene's refurbished Hayward Field not quite ready.

**No. 111, November, 1987.** NMN's largest issue ever — 64 pages. Preview of VII World Veterans Games in Australia. Twin Cities Marathon awards record \$41,000 to masters runners. Kjell-Erik Stahl and Laurie Binder each win \$8000.

**No. 113, January, 1988.** 4817 athletes from 51 nations set 92 world records in VII WAVA Championships in Melbourne.

**No. 114, February, 1988.** Bill Rodgers and Frank Shorter turn 40; Rodgers wins first match-up, 30:49 to 31:10, in Charlotte Observer 10K.

**No. 116, April, 1988.** Bob Schlau, 40, begins masters career by upsetting Bill Rodgers in 2:19:27 in Los Angeles Marathon. Dean Reinke forms 12-city masters running circuit.

**No. 118, June, 1988.** ICI signs on to sponsor 15-race masters road circuit. MAAD (Masters Against Age Discrimination) formed to encourage recognition of older runners.

**No. 121, September, 1988.** 21st Nationals Draw 920 to Orlando, Fla. Britain's Ron Bell wins masters mile in 4:12.58 as five runners break world 40+ record.

**No. 123, November, 1988.** Bill Rodgers, 40, runs 29:47 10K in Iowa's Heartland Hustle — the fastest 10K ever by a USA masters road runner.

**No. 125, January, 1989.** Charles DesJardins elected chair of TAC Masters LDR Committee.

**No. 126, February, 1989.** Masters age-graded tables compiled.

**No. 129, May, 1989.** 658 athletes from 47 states compete in Indoor Nationals in Columbus, Ohio. John Campbell begins masters career with marathon wins in Los Angeles (2:17:51) and Boston (2:14:19). NMN subscriptions reach 5000; annual price

increases to \$22.

**No. 130, June, 1989.** Wilson Waigwa lowers world masters mile record to 4:05.71 in Modesto. Norm Green (56, 1:08:07) tops all 40+ runners in National Masters 20K in Medford, Ore.

**No. 133, September, 1989.** A big 60 page issue as 4951 from 58 nations set 124 WRs in VIII WAVA Championships in Eugene. Nationals draw record 1450 to San Diego.

**No. 137, January, 1990.** Barbara Kousky elected Masters T&F Chairman at TAC convention in Washington, D.C.

**No. 138, February, 1990.** ICI gives \$40,000 to masters as Mario Cuevas and Priscilla Welch win ICI/USA TAC National Masters 8K in Naples, Fla.

**No. 141, May, 1990.** A 52-pager. John Campbell betters Jack Foster's world 40+ marathon mark with a 2:11:04 in Boston. Indoor Nationals draw 565 to Madison, Wisc. Elaine Ward begins monthly Racewalking column.

**No. 145, September, 1990.** 1090 compete in 23rd Nationals in Indianapolis.

**No. 148, December, 1990.** John Campbell sweeps masters triple crown (Los Angeles, Boston and New York marathons) for second straight year.

**No. 156, August, 1991.** 800 compete in Nationals in Naperville, Ill.

**No. 157, September, 1991.** 4817 athletes from 53 nations take part in IX WAVA Championships in Turku, Finland.

**No. 158, October, 1991.** Gary Romesser, 40, ends John Campbell's 46-race masters winning streak in Philadelphia Half-Marathon.

**No. 159, November, 1991.** Laurie Binder, 44, sets U.S. W40+ marathon (2:35:08) and 10-mile (56:05) marks. Both records still stand.

**No. 161, January, 1992.** Jack Greenwood, Betty Vosburgh, Laurie Binder and Shirley Matson named top 1991 masters athletes at New Orleans convention. TAC changes name to USATF. NMN subscription price goes to \$24.

**No. 165, May, 1992.** 640 set 28 world indoor records at Nationals in Columbus.

**No. 169, September, 1992.** Nationals draw 1075 to Spokane, Wash., in 103° heat.

**No. 176, April, 1993.** Eamonn Coghlan sets world indoor masters mile record of 4:01.39 in New York.

**No. 179, July, 1993.** Doug Kurtis, 41, runs world record 70th sub-2:20 marathon.

**No. 180, August, 1993.** National Senior Sports Classic draws 7500 to Baton Rouge. Dave Moorcroft, 40, runs mile in outdoor WR 4:02.53 in Belfast.

**No. 181, September, 1993.** Nationals lure 997 to Provo.

**No. 184, December, 1993.** 12,178 athletes from 78 nations compete in 10th WAVA World Championships in Miyazaki, Japan.

**No. 187, March 1994.** Eamonn Coghlan, 41, runs WR 3:58.15 mile at Harvard.

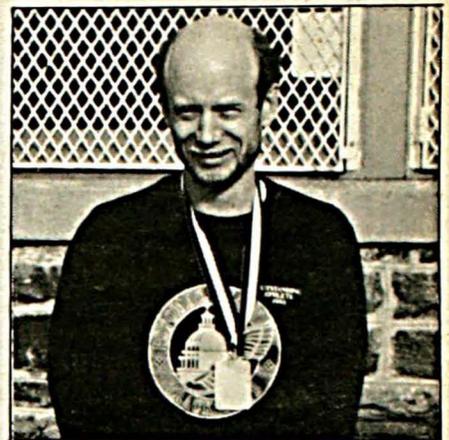
**No. 189, May, 1994.** 600 set 31 world indoor marks in Nationals in Columbia, Mo. Masters legend Paul Spangler dies at age 95.

**No. 191, July, 1994.** At age 47, Phil Raschker places second in USA women's open pole vault; clears 11-1 earlier — a 99.1% age-graded effort.

**No. 193, September, 1994.** Nationals draw 1418 from 50 states and 12 countries to Eugene. WAVA age-graded tables revised.

**No. 197, January, 1995.** NMN subscriptions reach 6000.

**No. 198, February, 1995.** NMN moves offices to Eugene. *Runner's World* now handling advertising, circulation, and finance.



James Moreland, 42, Rockville, Md., masters first with a fifth overall 2:44:11, Northern Central Trail Marathon, Sparks, Md.

Photo by George Banker

**No. 200, April, 1995.** Mike Tymn's string of consecutive monthly columns hits world record 177. Dr. John Pagliano's *Foot Beat* streak reaches 126. Elaine Ward writes 59th straight Racewalking column. Hal Higdon's *On the Run* appears for 34th time. Jerry Wojcik pens 13th *Weight Room*.

Is there more to come? You bet. There should be lots of highlights this year, with the Senior Sports Classic in May in San Antonio, the Nationals in Michigan in July, and the XI World Championships in Buffalo in July.

We're taking aim at 300 issues, which will come, can you believe it, in August, 2003. I hope we're all still around, fit and healthy, when the time comes. □

## Mansfield University Masters Track & Field Camp July 7-9, 1995

Directed by Jim Taylor  
Head Track & Field/Cross-Country Coach

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## On The Run

by HAL HIGDON

### Knee Pain Should Be Diagnosed Properly

I probably should hang a sign — like Lucy in Peanuts — on the handle of my lawnmower: "The Doctor is in." I was mowing my lawn one afternoon when a motorist pulled into my driveway.

Someone I didn't know. Dressed in a business suit. Looked like he needed directions. Turns out he did.

Knee pain.

The motorist was a runner. Lately, he had started to hurt. He pointed to his knees. "I guess sooner or later all runners suffer knee pain because of the pounding," he said.

Not necessarily.

It's a myth that runners suffer from knee pain more than other athletes. Talk to any skier, or racquetball player, or cyclist about their knees. Maybe runners just whine more.

However, if your knees hurt when you practice your sport, you're not interested in statistics about how much, or how little you should hurt. You just want to stop hurting.

Which is why the motorist pulled into my driveway. He spotted me mowing my lawn on a sunny afternoon and stopped to ask about his sore knees.

The motorist already had sought advice from a real doctor. "He told me to run less," said my patient.

I asked the identity of the doctor. He had talked to a pediatrician. Well, I suppose if you're seeking advice in the area of sports medicine, that's one notch higher than a running columnist mowing his lawn. But running less is not an acceptable option for most of us who have tasted the pleasures of physical fitness. We want to run more, not less. When injuries interfere with our ability to do this, we become irritated.

Okay, the doctor is in. I asked him what kind of shoes he wore. If you're going to pretend you're a physician

and diagnose ailments, you need to know the right questions to ask. That's the first law of diagnosis.

I've been involved in running long enough to know that most running ailments — particularly in the area of the knee — can be traced to the foot. It's not so much the foot pounding the pavement, but rather what happens *after* the foot pounds the pavement. If the foot hits the ground unevenly, off center because of some imbalance or a worn pair of shoes, the knee attempts to stabilize the body above by twisting to align it with the foot below. If the knee twists too much, or too often, or too much too often, it's going to hurt.

Three or four months before, the motorist had purchased a \$120 pair of shoes advertised in running magazines as being well-cushioned, lightweight, and very fast looking.

I have a pair of those same \$120 shoes. I like them, because they're comfortable. Also, they match a purple polo shirt I own. But I would never run in the shoes. They're too soft. They lack stability.

If you're a little off-center, your knee is going to twist. Result: sore knees.

I asked the motorist how long his knees had been hurting.

"Three or four months," he said.

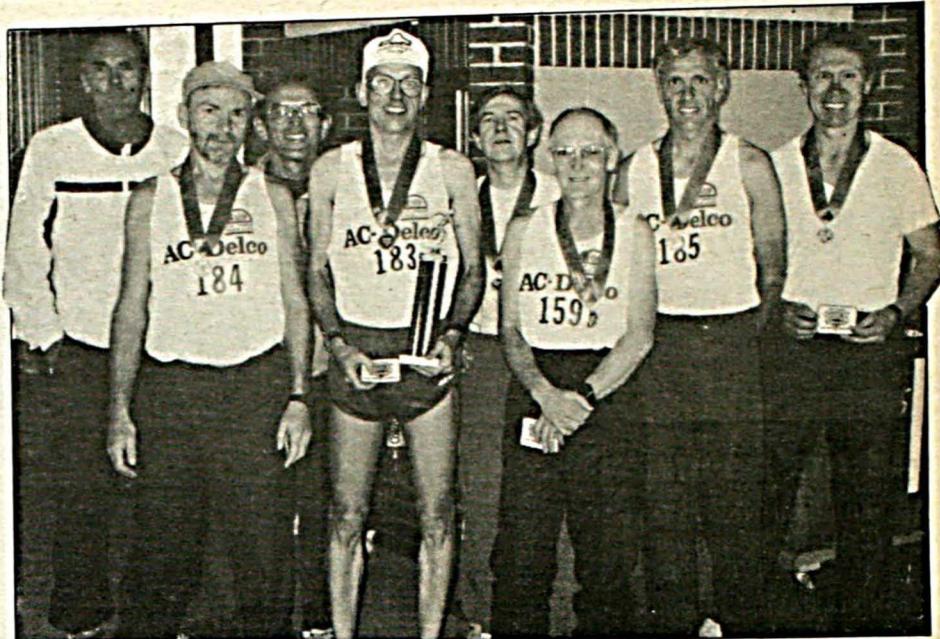
Diagnosis complete. I offered the motorist two options:

1. Buy a new pair of shoes; ones that offer more stability than the \$120 shoes that match my purple polo shirt. I had no specific recommendations, although several times a year *Runner's World* publishes a shoe survey offering guidance.

2. Go to a podiatrist (not pediatrician) with experience treating runners, and ask him or her to do a biomechanical assessment and suggest an appropriate pair of running shoes.

My advice reminded me of the TV commercial several years ago for an oil filter. An oil-smudged mechanic snarls: "You can see me now — or see me later!"

If I had a sign like Lucy's hanging on the handle of my lawnmower, I could have flipped it over: "The Doctor is out!" The next time you want advice on your running injuries, drive past my house to see if I'm mowing the lawn. (My wife claims that won't happen too often). □



Members of the winning M50-59 team championships, USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, from left: Jim Forshee (pictured but not a member of the team), John Ragucki, Don Sleeman, Carroll Deweese, Doug Goodhue, Jim Fitch, Richard Ferguson, and Wally Herrala. Picture from Don Sleeman

### Clinton to Race Gingrich at White House

WASHINGTON, D.C. April 1 — In an effort to break the logjam on the various welfare reform bills now in Congress, Speaker of the House Newt Gingrich has accepted President Bill Clinton's challenge to a one mile race around the oval track at the White House.

Both men have agreed that the winner of the race will determine which bill is passed by Congress.

If Gingrich wins, the Republican-sponsored bill will prevail. It eliminates the federal programs for food stamps, school lunches, AFDC, and WIC (women, infants and children).

If Clinton wins, the Democrat-sponsored measure will become law. It increases welfare benefits, expands the food stamp program, and raises the minimum wage.

"We knew getting our welfare reform bill through Congress would be tough," Gingrich admitted. "And even if we did, Clinton threatened to veto it. This way, we've got a shot. If I can't beat that paunchy, pale-legged, pizza-loving liberal, I'll quit and go back to Georgia."

The president said Gingrich was in for a surprise. "I didn't want to use the veto," Clinton said, "because Congress might override me, and it would be a bad political move, in any case. But I'm in better shape than that gray-haired, Limbaugh-loving, conservative blowhard thinks. The only exercise he gets is bashing pregnant teenagers and little children."

Senator and presidential candidate Richard Lugar (R-In), an avid runner, himself, said: "I think it's ridiculous to make policy this way. I know this welfare debate will take time, but it's just something we have to do."

The majority of Congress, however, seemed to support the unusual but innovative contest.

"This will save a lot of time," said David Spellman (D-Oh). "People are tired of gridlock in Congress. They want action, one way or another. Well,

they're going to get it."

If Gingrich wins the race, welfare mothers will be kicked off the welfare rolls after three months. If they can't find a job and wind up homeless, their children will be taken from them and placed in orphanages.

"I know it's tough, but the American people want a return to good, old-fashioned values," said Robert Perry (D-Ut), a Gingrich supporter. "People want work, not a handout."

"It's draconian; it'll be like Dickens' England," said Janet Mitchell of the Children's Defense Fund. "Has everyone forgotten that people were actually starving in Mississippi back in the 60s before the federal government stepped in?"

Gingrich ally John Costello (R-Pa) said the Republican plan would discourage women from having illegitimate babies. "If we don't give 'em welfare, they can always turn to the oldest profession," he winked.

If Clinton wins, all citizens will receive a guaranteed annual income with no forced work requirements. Backers of the Clinton plan said America hasn't seen full employment for years; that there aren't enough jobs to go around; and that training people for jobs that don't exist is a waste of taxpayers' money. Moreover, they cite, welfare costs are less than three percent of the U.S. budget.

"It would be cheaper to replace the ragbag of welfare programs with a single, comprehensive program of income supplements in cash — a negative income tax," said economist Milton Friedman. "It would provide an assured minimum to all persons in need, regardless of the reasons for their need."

Honorary timekeepers for the race will be Bob Dole, Al Gore and Ross Perot.

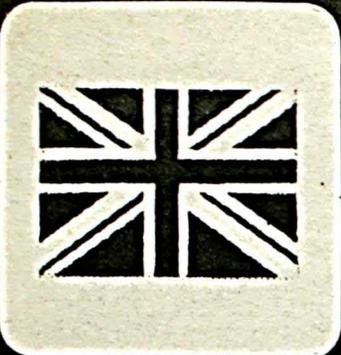
Both Clinton and Gingrich admitted the pressure would be on them, but each seemed confident of victory. □

### Price Increase

NMN has not had a subscription price increase since January, 1992.

But in the past six months, paper costs throughout the world have increased up to 70 percent, mainly due to increased demand in Asia.

Our printing costs have been raised twice since Sept. 1994. Thus, we are forced to raise the annual subscription price to \$26 starting next month.



# Report from Britain

from MARTIN DUFF

## Gordon Cleared of Drug-Taking

Peter Gordon, 43, the U.K. M40 discus record holder (58.42) has been cleared of drug-taking by the British Board. Gordon had been unable to produce a "sample" after a meeting in 1993. Blaming the failure on a medical condition — he has a mild form of

cancer — Gordon was cleared but only after a protracted legal battle.

Highlights of the BVAF Championships in Birmingham, Feb. 12, were a British M45 400 best by former world champion Peter Browne (52.1), and a 27.1 W40 record by Helen Godsall. However, the best performance came from Joan Ottaway of the U.S., who set a W50 world record of 10:43.9 in the 3000, defeating Elaine Statham, whose 11:03.4 was a British record.

Una Gore set a new 60m world unofficial hand-timed best for W55 with an 8.9. W55 Jean Hulls set world unofficial bests in the 200 with a 29.8 and 60mH with a 10.9.

In the field, Colin Shafto, M55, HJ 1.57, and Jean Wills, W45, LJ 4.53, both set British records.

On the road, Julian Goater, 41, was



Neil MacDonald, Australia, was first M50 in the 800 (2:07.96), duplicating his performance in the 1994 indoor championships in Columbia, Mo., USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26.

Photo by Jerry Wojcik

outstanding in the Hillingdon 5 Miles, Feb. 26, where the former national senior cross-country champion clocked 24:12 behind Commonwealth title holder Rob Denmark's staggering 22:41 record. □

### 3<sup>RD</sup> WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



BRUGGE BELGIUM 29/30 JUNE 1996

Road : 10 -25 Km  
Walk : 20 Km Women  
30 Km Men

Entry forms, information and accommodation :

Jacques Serruys  
Korte Zilverstraat 5  
8000 Brugge - Belgium  
Tel. 00 32 50 341 781  
Fax : 00 32 50 334 325

### TEN YEARS AGO April, 1985

- Ian Hume Sets Four World M70 Records
- Christel Miller Sets Three W50 World Records
- Derek Vaughn, 40, Runs Mile in 4:13.8
- Barry Brown, 40, Runs 2:20:22 in Orange Bowl Marathon

# 1995 CANADIAN MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

June 24-25

McMaster University  
Hamilton, Ontario

Sanctioned by:  
Canadian Masters Athletic Association



Hosted by:  
Hamilton Olympic Club

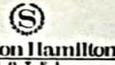


HAMILTON, ONTARIO

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**FACILITY:**  
Chevron surface on 8 lane 400 metre track and all field event approaches. Throwing circles are concrete. The facilities will be available for training Friday, 23 June from 4:00 p.m. to 7:30 p.m.

**ELIGIBILITY:**  
Competitors must be members of the Canadian Masters Athletic Association (CMAA) or a World Athletic Veteran Association (WAVA) affiliate. Non-members may compete by paying a \$5.00 meet fee on top of the entry fee.

**AGE GROUPS:**  
Women beginning at 30 years and up (5 year groupings). Men beginning at 35 years and up (5 year groupings). Entries in the W30-34 & M35-39 age groups are considered "Submasters" and "Non-championship" but will be eligible for medals.

**AWARDS:**  
CMAA Championship Medals will be awarded to the first 3 in each event/age group, with the Canadian performance standards.

**ENTRY FEES:**  
All entry fees are payable to the Hamilton Olympic Club.  
First Event - \$15 Additional Events - \$8/event  
Late Entry First Event - \$25 Additional Events - \$15/event  
Non CMAA/WAVA Affiliate Meet Fee - \$5  
Relay teams can enter the day of the meet - \$25/team

**ENTRY DEADLINES:**  
Entries and entry fees must be received on or before Friday, June 9, 1995. All entries received after the above deadline will be treated as late entries and will be subjected to late entry fee charges. Late entries will be accepted up until Friday, June 16, 1995. Any entries received after this date will be accepted at the discretion of the Entries Co-ordinator (i.e. only if there is a spare lane). A detail breakdown of the entry fee structure can be found at the bottom of the Entry Form. For additional information about the competition please contact, Marlene or Alan Sarjeant at (905) 664-3852.

**COMPETITOR'S PACKAGES/NUMBERS:**  
Competitors can pick up their packages/numbers at the track during the Friday, June 23 training session, and throughout the meet at the registration table.

**T-SHIRTS:**  
1995 CMAA Championship T-shirts can be ordered in advance for \$15 each. Simply complete the T-Shirt order form at the bottom of the Entry Form. A limited number of T-Shirts will be available at the meet for \$20 each.

**ACCOMMODATIONS:**  
A limited number of rooms have been reserved through the Sheraton Hotel and McMaster University under "1995 Canadian Masters Outdoor Track & Field Championships". Please make your reservations directly with the location of your choice by the required deadline. The following rates have been arranged:

	McMaster University	Sheraton Hotel
Telephone Number	(905) 525-9140	(905) 529-5515
Reservation Deadline	Friday, June 9	Wednesday, May 24
Single Occupancy	\$33.55/person/night	\$69.00/room/night
Double Occupancy	\$27.45/person/night	\$69.00/room/night
Extra Person	not available	\$10.00/room/night

All room rates are quoted in Canadian funds and are subject to Provincial Sales Tax and Federal Government Sales Tax.

#### EVENTS SCHEDULE:

Saturday		Field	
9:00 am	10,000 M (M & W) (Slower Sections First)	9:00 am	Long Jump (Women & M70+) Weight Throw (Men 35-59)
11:00 am	80 M Hurdles (W40+, M70+) 100 M Hurdles (W30-39, M60-69) 110 M Hurdles (M50-59) 110 M Hurdles (M35-49)	10:30 am	Weight Throw (Men 60+) Long Jump (Men 35-69)
		11:15 am	Weight Throw (Women)
		Lunch Break	
12:45 am	100 M Heats or Finals (Women First)	12:45 pm	Pole Vault (Women & Men) -Continuous Javelin Throw (Women & M60+) (M35-59)
2:00 pm	1500 M Timed Sections (Women First)	2:30 pm	Discus Throw (Women & M60+) (M50-59) (M35-49)
3:00 pm	100 M Finals (Women/Men)		
3:30 pm	400 M Timed Sections (Women & Older Men First)		
		Sunday	
9:00 am	5000 M (Women First)	9:00 am	Triple Jump (Women & M70+)
10:00 am	200 M Timed Sections (Women & Older Men First)	10:00 am	Triple Jump (M35-69) Hammer Throw (Women & M70+)
11:00 am	800 M Timed Sections (Women & Older Men First)	11:00 am	Hammer Throw (M35-69)
		Lunch Break	
12:30 pm	300 M Hurdles (W50+ & M50+)	12:30 pm	High Jump (Women & Men) -Continuous
1:00 pm	400 M Hurdles (W30-49 & M35-49)	1:00 pm	Shot Put (Women & M70+)
1:45 pm	5000 M Walk (M & W)		
2:45 pm	2000 M Steeplechase (Women & M60+)	2:00 pm	Shot Put (M35-49)
3:10 pm	3000 M Steeplechase (M35-59)	3:00 pm	Shot Put (M50-59)
3:30 pm	Relays - 4 x 100 M (Club, Mixed) - 4 x 400 M (Club, Mixed)	3:45 pm	Shot Put (M60-69)

#### ENTRY FORM: 1995 CANADIAN MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

ATHLETE INFORMATION (Please print):

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address \_\_\_\_\_ Telephone (evening) \_\_\_\_\_  
 City \_\_\_\_\_ Telephone (daytime) \_\_\_\_\_  
 Province/State \_\_\_\_\_ Citizenship \_\_\_\_\_  
 Postal/Zip Code \_\_\_\_\_ Club/Team \_\_\_\_\_  
 Sex (Male/Female) \_\_\_\_\_ CMAA/USATF# \_\_\_\_\_  
 Date of Birth: Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Masters Age Group \_\_\_\_\_

#### PLEASE ENTER BEST PERFORMANCE OR CHECK EVENTS ENTERED

100 Metres _____	5000m Walk _____	Pole Vault _____
200 Metres _____	Sprint Hurdles _____	Javelin Throw _____
400 Metres _____	300m/400m Hurdles _____	Discus Throw _____
800 Metres _____	Steeplechase _____	Shot Put _____
1500 Metres _____	Long Jump _____	Hammer Throw _____
5000 Metres _____	Triple Jump _____	Weight Throw _____
10000 Metres _____	High Jump _____	

\*\* Relay entries will be accepted on race day \*\*

#### FEES FOR ENTRIES RECEIVED BY JUNE 9 ENTRY FEES FOR LATE ENTRIES

\$15 First Event - \$	\$25 First Event - \$
Events @ \$8 - \$	Events @ \$15 - \$
\$5 Meet Fee - \$	\$5 Meet Fee - \$
T-Shirt @ \$15 - \$	T-Shirt @ \$15 - \$
Total - \$	Total - \$

MAKE ALL CHEQUES PAYABLE TO THE HAMILTON OLYMPIC CLUB AND COMPLETE WAIVER BELOW BEFORE MAKING FORM TO THE ADDRESS LISTED BELOW. NO REFUNDS, SUBSTITUTIONS OR TELEPHONE ENTRIES. MAIL ALL ENTRIES TO: Marlene Sarjeant, Entries Co-ordinator, 1995 CANADIAN MASTERS CHAMPIONSHIPS, 130 Memorial Avenue, Stoney Creek, Ontario, L6G 4C7

#### SANCTIONED and REQUIRED BY: THE CANADIAN MASTERS ATHLETIC ASSOCIATION

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

1995 CANADIAN MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY, RELEASE, WAIVE AND FOREVER DISCHARGE

CANADIAN MASTERS ATHLETIC ASSOCIATION  
HAMILTON OLYMPIC CLUB  
REGIONAL MUNICIPALITY OF HAMILTON-WENTWORTH  
THE CITY OF HAMILTON, McMASTER UNIVERSITY  
VALAN SARJEANT, WILLIAM URIE, ANDREA PINNOCK

and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED TO the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Date \_\_\_\_\_ Print Name \_\_\_\_\_ Signature \_\_\_\_\_



## Olympic Spirit to Shine in Buffalo

One of the special allures of the WAVA World Veterans Athletics Championships is the opportunity for masters athletes of varying skills and experience to share the track with Olympic legends.

Evelyn Ashford, Al Oerter and Frank Shorter are among the Olympic gold medalists who have appeared in past WAVA Championships around the globe.

In their continued spirit of cooperation, the local organizing committee in Buffalo and the World Association of Veteran Athletes are working together on a program to recruit former track & field Olympians to the XI WAVA World Veterans Championships to be held in Buffalo, N.Y., USA, this year from July 13-23.

"How many baseball fans would love to face a Sandy Koufuz curveball, and how many basketball fans would love to post up against Kareem Abdul-Jabbar?" asks Vito Borrello, executive director of the Championships. "You could say the Championships will be a 'fantasy camp' for avid fans of track and field."

### Ten Former Champions

The legends will participate in athletic competitions and attend a number of official functions during the Championships. Organizers in Buffalo are recruiting ten former Olympic champions, at least five of whom will be from the USA.

While no firm commitments have yet been made, Borrello says the initial response from Olympians has been positive.

"The World Veterans Athletics Championships are the world's premier masters track and field competition," Borrello said. "These Olympic legends are looking forward to competing with the world-class masters athletes coming to Buffalo."

Further information on Olympians coming to Buffalo will appear in this column in coming months.

### 5000 Athletes

The biennial event is expected to attract more than 5000 athletes (men age 40+, women age 35+) from more than 70 nations. There are no qualifying standards, except to be at least the minimum age.

Stovroff & Taylor Travel, the official travel agency of the event, is offering special discount packages on rental cars and trucks with advance reservations.

They also are offering discounted air fares on Continental Airlines, the official Games' airline, and will provide the lowest possible airfares on any other airline, as well.

Stovroff & Taylor can also make arrangements for accommodations.

To contact Stovroff & Taylor from anywhere in the USA or Canada, phone 800-543-8616 between 8 a.m. and 6 p.m. (EST), Monday through Saturday. For 24-hour, 7-day service from anywhere in the world, phone



Marydel Gaiser-Bochnowich, Director of Housing, XI World Veterans Athletics Championships

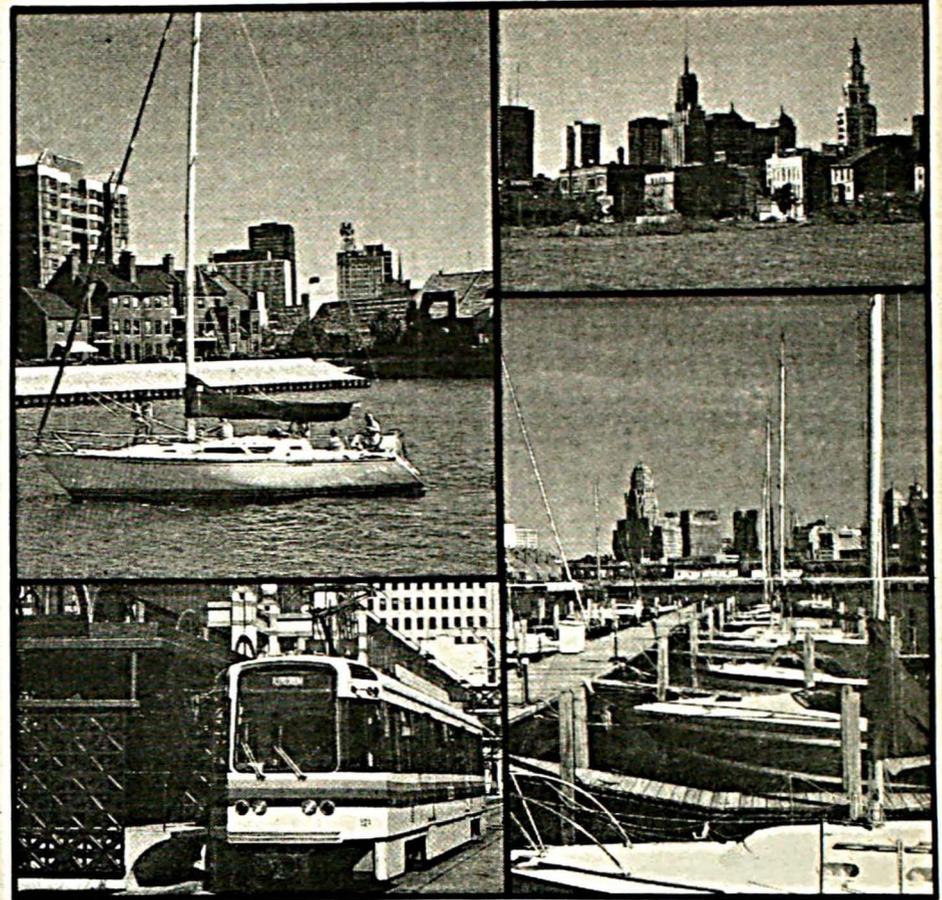
## Five Cities Bid for 1999 WAVA Championships

A record five cities have submitted applications to host the XIII WAVA World Veterans Athletics Championships in 1999, according to Bob Fine, Executive Vice-President of the World Association of Veteran Athletes.

They are:

- 1) Dublin, Ireland
- 2) Gateshead, England
- 3) Kuala Lumpur, Malaysia
- 4) St. Petersburg, Russia
- 5) Victoria, Canada

Fine will inspect the facilities in Kuala Lumpur and Victoria this month. The other sites will be visited



Buffalo, N.Y.

800-345-8463 and ask for ID# PY5X. Masters athletes and spectators may use either of these two toll-free numbers to make travel, housing and car rental arrangements all at once.

Housing for the Championships is being snapped up fast, and arrangements for accommodations should be made as soon as possible, either through Stovroff & Taylor or

through the local organizing committee.

The entry and accommodation forms were printed in the February issue of NMN. The competition schedule is printed in this issue. The entry deadline is May 15. Entry and accommodation forms are also available from the WVC, 120 Church St., Buffalo NY 14202. Phone: 716-849-0704. □ — Bob Chase.

## Drug Testing in Buffalo

by JOAN STRATTON, Chair, USATF Masters Substance Abuse Committee

Drug testing will be held in Buffalo — plan on it. The testing will follow IAAF procedures and testing guidelines. Note that the entry booklet for Buffalo suggests that if you are taking a banned substance, you should get a certificate signed by two medical doctors. Please be aware that this offers no assurance that you will be exempt from penalties. Your safest option is to

switch to permissible medications.

The list of banned substance is extensive and very few have legitimate medical uses. Some examples of banned substances include all anabolic steroids, testosterone, all blocking drugs (such as probenecid and diuretics) and all stimulants.

Most drugs used for asthma are legal with the exception of many over-the-counter inhalers (such as Primatine Mist). All antibiotics are legal as are all non-steroidal anti-inflammatories. Corticosteroids, such as prednisone, are banned unless used on the skin or injected into a joint.

Be careful with antidiarrheal medications. Some brands (i.e., Imodium) are okay, others aren't.

The biggest offenders are cold medications! All decongestants are banned (i.e., Sudafed), but antihistamines, such as Benadryl, are okay. The USOC has a hotline (1-800-233-0393) which can provide information. There are a few differences between IAAF and USOC lists so, if in doubt, contact me.

by WAVA-appointed representatives, who will report their findings to WAVA.

Those cities with acceptable facilities will be invited to sign contracts and make presentations to the WAVA General Assembly at its biennial meeting on July 20, in Buffalo, N.Y., USA, site of the XI World Championships.

The XII WAVA Championships, to be held in 1997, were awarded in 1993 to Durban, South Africa. The Assembly generally tries to select sites four years in advance. □

The testing procedures will be reviewed in a future article. Questions can be addressed to Joan Stratton, P.O. Box 2361, Carmichael, CA 95609. □

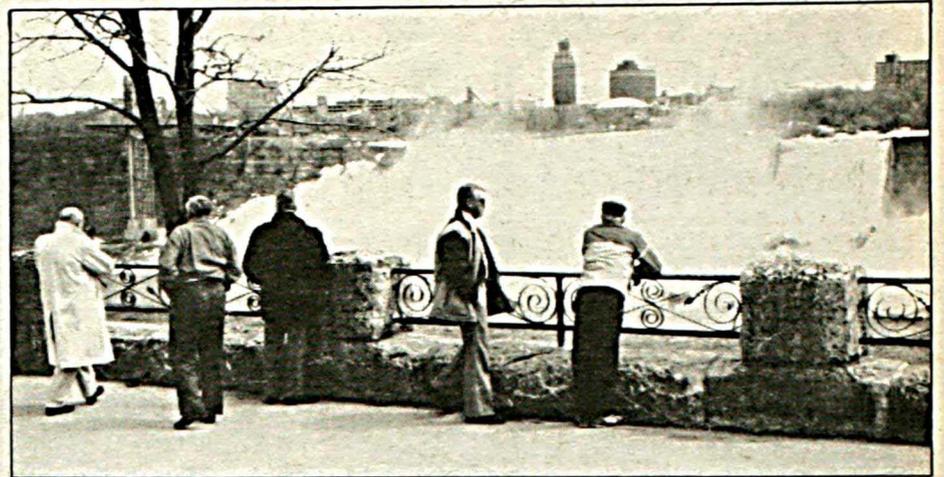




**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APRIL 1995**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WALTER BOEHM (ARLINGTON, VA)	4-18-30	65-69
ALOIS BRHLUK (CZE)	4- 6-10	85-89
TYRONE CARLIS (US)	4- 9-45	50-54
GEORGE ETHERINGTON (SALINA, KS)	4-10-20	75-79
FRANK EVANS (NZ)	4- 7-25	70-74
FRANK FINGER (CHARLOTTESVILLE, VA)	4-16-15	80-84
BERND HEINRICH (WALNUT CREEK, CA)	4-19-40	55-59
AXEL JOHNSON (SWEDEN)	4- 4-25	70-74
HANS LAGERQVIST (SWE)	4-28-40	55-59
RON MORRIS (LOS ANGELES, CA)	4-27-35	60-64
AXEL RYDSTROM (SWEDEN)	4-22-25	70-74
WALTER SLOVANSKI (LEWISTON, ID)	4-13-20	75-79
WILLIAM SORLINGAS (YONKERS, NY)	4- 7-20	75-79
STAE SPAEPEN (BEL)	4-24-40	55-59
GEORGE VERNOSKY (BETHESDA, MD)	4-26-30	65-69
LOUIS VINK (HOL)	4- 5-35	60-64
MAYNE B'DERA (NEW YORK, NY)	4-10-15	80-84
JANICE BAUM (LOS ANGELES)	4- 0-30	65-69
SHIELA EVANS (INDY, IN)	4-24-15	80-84
SUE KLEHM (ARLINGTON HTS, IL)	4- 8-45	50-54
HELEN LACHMAN (PORTLAND, OR)	4- 8-25	70-74
LUCILLE MONROE (WEBSTER GROVE, MO)	4-21-15	80-84
BETTY PAPPAS (EL DORADO, KS)	4-15-35	60-64
SUE SKERKE (WOODSTOCK, IL)	4- 8-45	50-54
DIANE STOCKLIN (SAN DIEGO, CA)	4-15-40	55-59
ANN MARIA THOMAS (BROOKLYN, NY)	4-13-45	50-54
PATRICIA THOMAS (SEATTLE, WA)	4-12-40	55-59
PATTY VAN WOLVELAERE (CA)	4-13-50	45-49
SKAIDRITE BAIKOVA (URS)	4-26-50	45-49
ANNY BINDER (WG)	4-13-15	80-84
SHIELA EVANS (INDIANAPOLIS, IN)	4-24-15	80-84
HILDEGARD GROTH (WG)	4-15-20	75-79
ODDBJORG HAAKENSVEEN (NOR)	4-29-45	50-54
COLLEEN HILL (NZ)	4-21-30	65-69
RUTH HUNKEL (WG)	4-29-30	65-69
MARET KALVISTE (URS)	4-19-55	40-44
SIGRIN KOFINK (WG)	4-23-35	60-64
AINO KORKEILA (FIN)	4- 9-15	80-84
LYNN LARSEN (AUS)	4-10-45	50-54
INGRID LORENZ (WG)	4- 8-25	70-74
NINA NAUMENKO (URS)	4-15-25	70-74
AINA PULINA (URS)	4-15-30	65-69
TOINI RAUNISTO (FIN)	4- 1-15	80-84
LOUISE REED (CAN)	4-24-35	60-64
GUDELIEVE ROGGEMAN (BEL)	4-30-40	55-59
HEATHER MAREE STEER (NZL)	4-10-50	45-49

Compiled by Peter Mundle, World and USA Masters Track and Field Records Chairman



WAVA Council members inspecting the marathon course last year for the XI World Veterans Championships in Buffalo, July 23, 1995. The course crosses the Niagara River from the USA into Canada, giving runners a spectacular view of Niagara Falls.

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**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 42'8½"	8.5m 27'10½"	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 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	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 27'10½"	10.50m 34'5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN		
Women						
30-49	4.00k	1.00k	4.00k	600gms.		
50 plus	3.00k	1.00k	3.00k	400 gms.		
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.		
50-59	6.00k	1.50k	6.00k	800 gms.		
60-69	5.00k	1.00k	5.00k	600 gms.		
70 plus	4.00k	1.00k	4.00k	600 gms.		

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.

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# Masters Scene

## NATIONAL

• Hammer throwers are invited to participate in a special clinic, conducted by Yuriy Syedikh, the current WR-holder in the hammer, in conjunction with the K.T. Woodman Track Classic, Wichita State U., KS, April 14-15. The throwing clinic is scheduled for April 12-13 for coaches and athletes to throw, film, and visit with Syedikh on topics related to throwing. On Saturday, April 15, athletes are invited to throw in the competition along with Syedikh. The cost for the two-day clinic is \$75 per athlete. Contacts for the clinic are Jack Kornelson, Head T&F Coach, Wichita State U., 316/689-3257, fax 316/689-3336; and Ken Jansson, MD, Medical Director, St. Joseph Sports Medicine, 316/262-7598.

• Nine blind and partially sighted runners from across the U.S. will race in the Boston Marathon, April 17, to compete in the Visually Impaired Division and to raise money for the Massachusetts Association for the Blind (MAB). The runners, who are part of the Nike-MAB Team, will be joined by 28 sighted guides and independent runners who will also be competing and raising money for MAB. The nine runners include three masters: Rick George, 41, East Lake, OH; Don Mott, 43, Chicago, IL; and Richard Hargis, 48, Riverside, CA. All three have had extensive experience in previous marathons and in international competition.

• Running Through Life, a book by the late Paul Spangler, who passed away at age 95 in March, 1994 has been published by the Fifty Plus Fitness Association, P.O. Box D, Stanford, CA 94309. The price of \$12.00 includes shipping and handling.

## EAST

• In the excitement of Ken Sparks' and Sid Howard's performance in the Greater Boston Invitational article last month by Hugh Sweeny, the All-American times by Jo Marchetti, W50, in the 800 (2:44.1) and mile (5:44.1) got lost in the hoopla. These two efforts, in her first indoor ever, came on the fourth week after a 3:06:18 W50 win in the Houston Marathon on Jan. 15. A week after the GBI, Marchetti ran a 5:19.2 1500 and 2:42.4 800 in the USATF Maine Championships at Bowdoin College.

• Nicholas Caswell (45, 16:57), seventh overall, and Kathy Gribbon (41, 19:03), third female overall, were the masters darlings with 40+ wins in the NYRR Valentine's Day 5K, Central Park, NYC, Feb. 11. Maury Dean (52, 17:23) was second 40+. Bill Fortune (66, 19:43) with an age-graded 85.4%, and Sylvie Kimche (48, 19:59) with an AG 81.0% were the best masters performers. Tom Grace (42, 18:50), Richard Basuk (43, 18:51), and Tom Bernhard (41, 18:54) staged the best age division finish.

• Harry Nolan, 48, Navesink, NJ, finished fourth in a field of college runners at an open meet at Seton Hall U., Feb. 26 and smashed the U.S. M45 3000 record of 9:12.69 held by Salih Talib, with a 9:01.3.

• In a field of 1688, Robert Anastasio (42, 20:41) and Kathy Gribbon (41, 25:33) took masters titles at the NYRR Snowflake 4-Miler, Central Park, Dec. 19.

• Leading the masters at the NYRR Bagel Run 10K in Central Park, Feb. 26, were Sean Doyle, 33:15, and Joan Baldassarri, 41:35. Nailing the W60 division was Lisa Praskins, 47:16, an age-graded 79.1%.

• Competitors in the 18th annual Empire State Building Run Up, Feb. 16, in NYC, ran up 1576 steps from the 34th St. lobby to the 86th floor observatory. The first M40+ was Uilly Kanarek (41, PA, 13:24). Barbara Anderson (43, NY, 15:05) topped the W40+ climbers.

Kurt Konig (38, GER, 10:39) was first overall. Of the 123 finishers, 99 were men and 24 women. Chico Scimone, 83, of Sicily was the oldest finisher (26:50). Oldest female was Christine Kellstrom (60, NJ, 19:24). Awards were given to the top three overall male and female winners with one award per 10-year age group from 40+. Next year's race, organized by the NYRR, will be held Thu., Feb. 15.

## SOUTHEAST

• Martin Mondragon, M40, of Mexico, and Irina Bondarchouk, W40, of Russia, blazed to masters victories in the warm and humid Gasparilla Distance Classic 15K, Tampa, Feb. 18. Mondragon won by eight minutes with a 44:30. Bondarchouk won by two minutes in 54:46. Division winners included W50 S. Rae Baymiller, NY, 58:43; W60 Wen-Shi Yu, NY, 70:25; and M60 Norman Green, Jr., PA, 56:00. Over 12,500 runners participated.

• The Birmingham TC Classic has moved its meet from the usual late May date to June 24 to avoid conflict with the Senior Games in San Antonio. The BTC meet has a number of special events, including the top eight age-graded 100m times competing for \$100, and the mini-decathlon (participants select five of the ten decathlon events).



Ellen Humphrey, W65 first (2:10:26), Windward Half-Marathon, Kailua, Hawaii.  
Photo by Tesh Teshima

**What looks like a cold,  
sounds like a cold and feels like a cold,  
but isn't a cold?**

Asthma. But asthma can be much more serious. So if your child has a cough that won't go away, is often short of breath, or wheezes a lot, especially at night or after running, don't treat it yourself. Go to your doctor or clinic.

**Breathe easier. Ask your doctor if it's asthma.**

National Asthma Education and Prevention Program  
National Heart, Lung, and Blood Institute;  
National Institutes of Health; Public Health Service;  
U.S. Department of Health and Human Services.

## MIDWEST

• Two 46-year-old women took first and second place overall among the women at the Columbus Roadrunners 15-Miler, Pickerington, OH, Feb. 12. June Schlabach, 1:47:54, was just a step ahead of Jeannie Rue, 1:48:10, at the finish.

## MID AMERICA

• Dan Conway broke John Connor's U.S. M55 record of 4:53.3 for the indoor mile with a 4:53.14 in the USATF Minnesota Championships, U. of Minnesota, Feb. 25.

## SOUTH WEST

• Margaret White, 100, Turpin, OK, got local television coverage as she broke the W100+ indoor SP record with a 3.35/11-0 at the Sooner State Games, Oklahoma City, Jan. 29. Two weeks later, she was a featured guest on NBC's Tonight show hosted by Jay Leno, where she surpassed in one attempt her previous mark on a makeshift throwing area on stage before live and national audiences.

## WEST

• Sal Salmi (40, 2:36:58) was tenth in the San Diego Marathon, Carlsbad, CA, Jan. 22. Gale Hunt (49, 3:16:20) took the W40+ race. Mary Ryzner (41, 1:26:08) placed second in the half-marathon. Bruce Minard (40, 16:28) was third in the 5K, while Joann Behm (40, 20:45) was sixth female. Runners in all three races totaled 3100.

• The USC Trojan Masters Meet is off for the season but will be on the schedule in 1996.

• David Pain, 72, of San Diego, often called the "father of the masters T&F movement," retired from running several years ago with bad knees. But he was chosen for the 1994 Masters All-American Cycling Team by the U.S. Cycling



Bennett Beach, 45, third overall (1:59:45), DCRRC Old Town 20 Mile, Alexandria, Va.  
Photo by George Banker

Federation. Pain was national 20K age-group champion, breaking the U.S. record by over a minute.

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**RUNNER'S  
WORLD**

# Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

## TRACK & FIELD NATIONAL

**May 17-24.** U.S. National Senior Sports Classic V, San Antonio, Texas. USNOSO, 14323 South Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

**June 17-18.** USATF National Masters Decathlon/Heptathlon Championships, Eugene, Ore. SASE to Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

**July 5-9.** 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

**August 19.** USATF National Masters Weight & Superweight Championships, Seattle. Followed by Ultra Weight Classic. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206/932-3923. Fax 206/932-3917.

**August 26.** USATF National Masters Weight Pentathlon Championships, Nevada Union HS, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 916/273-3660.

### EAST

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

**April 27-29.** Penn Relays, Philadelphia. 27th: age-graded PV (40+); 28th: 4x100 (M40+, M50+, and other)/100 (M40, M50, M60), 4x400 (M50+ and other); 29th: 4x400 (M40+), 100 (M75+). Peter Taylor, 4014 Hallman St., Fairfax, VA. 22030. 703/385-4392.

**May 21.** New York Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023.

**May 21.** Philadelphia Masters Developmental Meet, Germantown Academy, Ft. Washington, Pa. Site pending. Bill Krieger, 215/656-7617 (x245).

**June 4.** 10th Annual Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

**June 24.** USATF East Regional Masters Championships, Central Dauphin HS, Harrisburg, Pa. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385.

**August 13.** Philadelphia Masters Summer Games. Swarthmore College. Peter Taylor, 4014 Hallman St., Fairfax, VA 22030. 703/385-4392.

### SOUTHEAST

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

**April 8.** Fifth Annual Naples-on-the-Gulf Masters Meet, Naples, Fla. Rudy Vlaardingerbroek, 813/597-6870.

**April 8.** Pee Dee Meet, Darlington, S.C. Includes the Darlington County Senior Games & Bill Slade Memorial 5K Racewalk. Darlington Area Rec. Dept., PO Box 94, Darlington, SC 29532. 803/398-4700.

**April 9.** Tar Heel Masters & Senior Invitational T&F Meet, UNC-Chapel Hill. Dennis Craddock, PO Box 2126, Chapel Hill, NC 27515. Coach Kendra Mackey 919/962-5195.

**May 5-7.** USATF Southeast Regional Masters Championships, North Carolina State U., Raleigh. Regional Team Championships/Regional Masters and Southern Regional Open 20K Racewalk Championships. 25th Anniversary Meet. Paul Hronjak, 104 Copperstone Ln., Cary, NC 27511-8906. 919/387-7160.

**May 18.** Nashville TC Meet. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

**May 20.** 8th Tennessee Masters Championships, U. of Tennessee Tom Black Track, Knoxville. Dean Waters, meet director, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(eve).

**June 9.** Tennessee Sportsfest, Vanderbilt U. Nashville TC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

**June 10.** Atlanta TC Masters Meet, Marist HS., SASE to ATC Masters Meet, 3097 E. Shadowlane Ave., Atlanta, GA 30305. 404/231-9064, X8.

**June 17.** Nashville TC Open & Masters Meet, Tennessee Prep School. See June 9.

**June 23-24.** Tennessee Sportsfest Finals, U. of Tennessee-Knoxville. See June 9.

**June 24.** Southeastern Masters Track Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

**June 24.** Birmingham TC Classic, Vestavia Hills HS. Jeff Tesnow, 2424 Meadow Ridge Rd., Birmingham, AL 35235. 205/980-5152. Entry form in May NMN.

**July 13, 20.** Nashville TC Meets. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-3733(h); 741-5251(w).

### MIDWEST

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

**June 3.** 12th Annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

### MID-AMERICA

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

**May 12-13.** Western Slope Senior Games. 55+. Open to out-of-state. Norwest Bank Montrose, PO Box 730, Montrose, CO 81402. Evelyn Lawson 303/249-2000 or 1-800-873-0244.

**May 16.** Lincoln TC Runners Pentathlon, Nebraska Wesleyan U. 6 pm. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

**June 10-11.** Lincoln TC Decathlon/Heptathlon, Nebraska Wesleyan U. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

**June 17.** Leading Edge/Lincoln TC Open & Masters Meet, Nebraska Wesleyan U. See above.

**July 1.** USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo, Colorado Springs, CO 80907. 719/635-1264.

**September 2-3.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919. Nancy Manson, 303/341-7992.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**April 8.** El Paso Senior Games. 50+. Ray Cox, 1800 Byron, El Paso, TX 79930. 915/652-4268.

**May 6.** Waterloo Relays, Austin, Texas. Jeff Browser, 512/458-6010.

**May 13.** Sun Relays, Laredo, Texas. E. Mendiola, 210/727-7593.

**June 3.** USATF Southwest Association Meet, Dallas. John Pritchett, P.O. Box 210496, Dallas, TX 75211. (800) 30 GO RUN.

**June 10.** Texas Masters Championships, U. of Texas-Arlington. Ray Burrus, 2307 Woodsong, Arlington, TX 76016. 817/446-5700.

**June 17.** Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915/347-5620.

**June 24.** USATF Southwest Regional Masters Championships, San Antonio, Texas. John Head, 21024 Cedar Branch, Garden Ridge, TX 78266. 210/651-5414.

### WEST

Arizona, California, Hawaii, Nevada

**April 8.** USATF/SCA Meet, Occidental College, Los Angeles. 818/843-2139. Entry Form in March issue.

**April 15.** 2nd Annual Bob Watanabe Memorial Meet, UCLA. Bill Adler, Box 832, 1000 Palms, CA 90076. 619/343-0773.

**April 22.** KELfield Throws Series #38, Santa Cruz, Calif. Includes superweight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**April 23.** Crown Valley Senior Games, Occidental College, Los Angeles. 50+. Cynthia Vaughn, 818/397-4064.

**April 23.** Steve Scott Open Invitational & Masters Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942 (eve).

**April 28-30.** West Bay Senior Games, San Francisco. 55+. Mike Miller, 1718 Noe, San Francisco, CA 94131. 415/821-1478.

**April 29.** Ken Carnine Classic, Sacramento St. U. Michael Ackley, director, 4649 Oakbough Way, Carmichael, CA 95608. 916/967-9003.

**May 4-7.** Solano County Senior Games. 55+. Gaylord Whitlock, 1641 Rockville Rd., Susuin City, CA 94585. 707/864-0484.

**May 6.** Arizona Masters Invitational Meet, McClintock HS, Tempe. USATF Arizona, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602/949-1991.

**May 14.** Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 619/436-7696.

**May 20.** Visalia Classic Masters T&F Meet. 30+. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

**May 27.** USATF/Pacific Masters & Submasters Weight Pentathlon Championships, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**May 27.** Bruce Jenner Classic, San Jose, Calif. 400, 1500 (M40+); 200 (M50+); 100 (M60+, M70+, Women). Bruce Springbett, PO Box 2002, Los Gatos, CA 95031. 408/354-2005.

**May 28.** Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942(eve).

## ON TAP FOR APRIL

### TRACK AND FIELD

Athletes gearing up for a busy summer can start early on the 8th with the USATF SCA Championships in Los Angeles. The Naples Meet, Fla., and the Tar Heel Meet, Chapel Hill, N.C., are on the 9th. The 2nd annual Bob Watanabe Memorial Meet takes place at UCLA on the 15th. On the 23rd, Southern Californians can choose between the Crown Valley Senior Games, Occidental College, Los Angeles, or the Steve Scott Meet at UC-Irvine. The Penn Relays, offering limited but top-notch masters competition, opens on the 27th for three days. The Ken Carnine Classic closes competition for the month in Sacramento on the 29th.

### LONG DISTANCE RUNNING

The YMCA Masters 8K, Omaha, Nebr., doesn't fool around, with its April 1st start. The USATF Masters 5K Championships will be run over a fast course at Carlsbad, Calif., on the 2nd, also the date for the Stanford 50+ 8K. The Pear Blossom 10 Mile comes to fruition on the 8th in Medford, Ore., as does the Cherry Blossom 10 Mile in D.C. on the 9th. The Boston Marathon on the 17th is the race of the month. The Longest Day Marathon includes other races and a walk, on the 22nd, in Brookings, S.D.; New Orleans offers the Crescent City 10K on the same date. The 30th carries coast-to-coast action with the Sallie Mae 10K in D.C. and the Pacific Northwest 15K Championships in Seattle.

### RACEWALKING

Seattle hosts the Northwest Regional 10K Championships on the 30th.

**June 10.** Los Gatos Open & USATF Pacific Association Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

**June 24.** USATF West Regional Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

**July 1, 8, 15, 22, 29.** USATF SCA Summer All-Comers. 1, 15, 29 at Long Beach St. U.; 8, 22 at Los Angeles CC. Marv Thompson, LACC, 213/953-4261; Andy Sythe, LB St., 310/985-4666.

### NORTHWEST

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

**April 13-14.** Oregon Invitational Decathlon/Heptathlon, Masters Division. Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 503/342-3113.

**May 27.** Helena Spring Throws & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

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**May 27.** Senior Olympics, Silverton HS, Ore. 40+. Amy Castle, Box 783, Silverton, OR 97381. 503/873-8577; 873-2818.

**June 17-18.** British Columbia Masters Championships, Langley, B.C. (suburban Vancouver). All masters welcome. John Woodcock, 604/939-1324; Grant Lamothe, 604/856-7381.

**June 24-25.** Hayward Masters Classic, Eugene, Ore. SASE to Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

**June 30-July 1.** USATF Northwest Regional Masters Championships, Mt. Hood Community College, Portland area. Jim Puckett, director.

**August 5.** Helena Summer Throws Meet & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

**CANADA**

**May 28.** Harry Jerome Meet Masters 400 & Mile. Be part of Western Canada's largest track meet. Grant Lamothe, 604/856-7381.

**June 24-25.** Canadian National Masters Championships, McMaster U., Hamilton, Ont. M40+, W35+ (non-championships: M35, W30). Valan Sarjeant, 130 Memorial St., Hamilton, Ontario, L8G 4C7. 905/664-3852.

**INTERNATIONAL**

**April 21-22.** South Africa Masters Championships, Bellville, Capetown. Basil Carnie, FAX: 021-925924.

**July 13-23.** XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone: (716) 849-0704; Fax: (716) 849-0737.

**October 5-14.** 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.

**LONG DISTANCE RUNNING NATIONAL**

**April 2.** USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121.

**September 16.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

**October 8.** USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

**October 15.** USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

**November 11.** USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd. #309, Cincinnati, OH 45246. 513/860-2253.

**November 18.** USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

**EAST**

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

**April 1.** Alexandria Run Vs. Row 10K/Walk, SASE to RVR, 611 S. Fairfax St., Alexandria, VA 22314. 703/549-2480(h).

**April 9.** Northern Telecom Cherry Blossom 10 Mile, Washington, D.C. 5600 limit.

Cherry Blossom 10 Mile, PO Box 884, Middletown, MD 21769. 301/371-5583.

**April 12.** Advil Mini Marathon Masters Clinic, for women over 40, New York Hilton Hotel, Room: Sutton Parlor South. Registration: 6:30 p.m. Clinic: 7:00-9:00 p.m. NYRRC, 212/860-4455.

**April 17.** B.A.A. Boston Marathon. Qualifying times. SASE to Boston Athletic Association, PO Box 1996, Hopkinton, MA 01748. 617/236-1652.

**April 30.** Sally Mae 10K, Washington, D.C. Improved masters prizes. Scott Maker, Sally Mae 10K, 1050 Thomas Jefferson St. NW, Washington, DC 20007. 202/298-2838.

**May 7.** Long Island Marathon. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516/572-0251.

**May 7.** Pittsburgh Marathon/10K. Leonard Duncan, 1001 Law & Finance Bldg., Fourth Ave., Pittsburgh, PA 15219. 412/765-3773.

**May 20.** Armed Forces Day 10K, Willow Grove, Pa. 10K Run, MWR Dept., Bldg. 2, ITT Office, Naval Air Station, Willow Grove PA 19090-5010. 215/443-6082/6094.

**May 20.** Robert Peary 5K, Rockville, Md. Human Opportunities Through Phys. Ed., PO Box 784, Olney, MD 20830-0784. Bill Pizzano, 301/774-1197.

**May 29.** 20th Annual Ridgewood Run 5K/10K/Elite Mile/Masters Mile. SASE to North Jersey Masters, PO Box 56, Ridgewood, NJ 07450. 201/447-9750.

**SOUTHEAST**

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

**April 1.** Cooper River Bridge 10K. Julian Smith, c/o MUSC Wellness Ctr., 45 Courtenay Dr., Charleston, SC 29401. 803/792-2533.

**May 6.** Apple Blossom 10K, Winchester, Va. Tom Scully, Jr., race director, 135 North Cameron St., Winchester, VA 22601-4727. 703/662-3863.

**May 6.** Elizabeth River 10K, Norfolk, Va. ERR, 1349 Pamico Blvd., Chesapeake, VA 23322. 804/482-6552.

**MIDWEST**

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

**April 23.** Glass City Marathon. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419/385-1072.

**April 30.** 15th Annual Lake County Races, Zion, Ill. Marathon/half-marathon/10K/marathon relays/walk. Train transportation to starting line. For application or to volunteer, call 708/266-RACE or SASE to Lake County Races, 454 Central Ave., #201, Highland Park, IL 60035.

**May 13.** Old Kent River Run 25K. Doug Grant, PO Box 2194, Grand Rapids, MI 49501. 616/771-5004.

**May 14.** Revco Cleveland Marathon & 10K, Cleveland, Ohio. Revco 10K, PO Box 550, 1925 Enterprise Pkwy., Twinsburg, OH 44087. 216/487-1402; 800/467-3726.

**MID-AMERICA**

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

**April 1.** YMCA Midwest Masters Classic XIII annual (35+) 8K Run (certified) and 2 Mile Walk. 9 a.m. N.P. Dodge Park, Omaha, NE. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.

**April 22.** 26th annual Longest Day Marathon, Half Marathon, 10K, 5K, and 5K Racewalk, Brookings, S.D. Charles Roberts, 1345 First St., Brookings, SD 57006. 605/692-2334. Bob Bartling, 605/692-2414.

**April 23.** Trolley Run 4 Mile. Judy Miller, c/o Trolley Run, 400 W. 57th St., Kansas City, MO 64113.

**April 29.** Get In Gear 10K. Jeff Winter, Box 19009, Minneapolis, MN 55419. 612/922-3439.

**April 30.** Cherry Creek Sneak 5 Mile. CCS, Bank of Cherry Creek, 3033 E. First Ave., Denver, CO 80206. 303/394-5170.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**April 8.** Whirlwind 5K & 5K Racewalk, Tishomingo, Okla. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405/371-2371, x207.

**April 22.** Crescent City Classic 10K. Mac DeVaughn, 8022 Hampson St., Ste. 217, New Orleans, LA 70118. 504/861-8686.

**April 29.** New Orleans TC 32nd Anniversary 3 Mile/1 Mile, City Park. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

**May 13.** Gum Tree 10K. Johnny Dye, 1007 Chester, Tupelo, MS 38801. 601/842-2039.

**May 26.** Greek Festival 5K/1 Mile. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

**WEST**

Arizona, California, Hawaii, Nevada

**April 1.** L.A. Philharmonic 5K/10K Runs & 5K Walk, Griffith Park. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

**April 2.** Fifty Plus 8K, Stanford, Calif. USATF Pacific Assoc. Championships. Don Carpenter, 2485 Bryant, Palo Alto, CA 94301. 415/327-8043.

**April 2.** Carlsbad 5000, Carlsbad, Calif. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121. 619/450-6510.

**April 30.** Big Sur International Marathon, Calif. Masters money. Big Sur Marathon, PO Box 222620, Carmel, CA 93922-2620. 408/625-6226.

**May 7.** Cinco de Mayo 10K, Tucson. So. Ariz. Runners, 602/326-9383.

**May 7.** Avenue Of The Giants, Weott, Calif. G. Gilchrist, Six Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524. 707/443-1226.

**May 27.** 29th Annual Mt. Wilson Trail Race (8.6 miles). Michelle Keith, 232 West Sierra Madre Blvd., Sierra Madre, CA 91024. 818/355-2355.

**NORTHWEST**

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

**April 8.** Pear Blossom 10 Mile, Medford, Ore. Feb. 28 deadline. Legal size SASE to Pear Blossom, PO Box 146, Medford, OR 97501. Jerry & Zella Swartsley, 503/535-1205( eve).

**April 15.** Race To Robie Creek 10 Mile. Marilyn McCarthy, PO Box 205, Boise, ID 83701. 208/334-1630.

**April 29.** Goat Mountain Gallop Half-Marathon. Molalla High Boosters Club, 12685 S. Wilderness Way, Molalla, OR 97038. 503/829-6244.

**April 29.** Alaska Heart Run 5K. American Heart Assoc., 2330 E. 42nd St., Anchorage, AK 99508. 907/563-3111.

**April 30.** Pacific Northwest 15K Championships, Seattle. Carole Langenbach, 206/433-8868.

**May 7.** Lilac Bloomsday 12K. Lilac Bloomsday Assoc., PO Box 1511, Spokane, WA 99210. 509/838-1579.

**May 28.** Wyoming Marathon & Rocky Mountain 50 Mile Run. Cheyenne Track Club, 3204 Reed Av., Cheyenne, WY. 82001. 307/635-3316.

**July 14-15.** Mt. Rainier To The Pacific Relay. 180 miles, 12 person running teams/102 miles, 7 person walking teams. Mt. Rainier National Park to Ocean Shores, Wash. PO Box 17086, Seattle, WA 98107. 206/782-6547.

**INTERNATIONAL**

**June 25.** 22nd Veterans Grand Prix 10K & 25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 00 32 50 33 43 25.

**July 13-23.** XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone (716) 849-0704; Fax: (716) 849-0737.

**RICE WALKING**

**April 29.** 5th Annual Art Keay Memorial 10K Racewalk, Toronto, Canada. Medals and trophies awarded to top three male and female age-graded placers. Rose Porco, 905/470-7009.

**April 30.** Northwest Regional 10K Championships, Seattle. Bev LaVeck, 206/524-4721.

**May 21.** USATF Masters Western Regional Championships, Palo Alto, Calif. Men 20K; Women 10K. Jo Ann Nedelco, 415/627-4279.

**May 21.** USATF Men's 25K/Women's 20K National Masters Championships, Albany, N.Y. Marian Mudar, 312 Georgetown Ct., Albany, NY 12203. 518/869-6415 (h); 518/457-3833. (w).

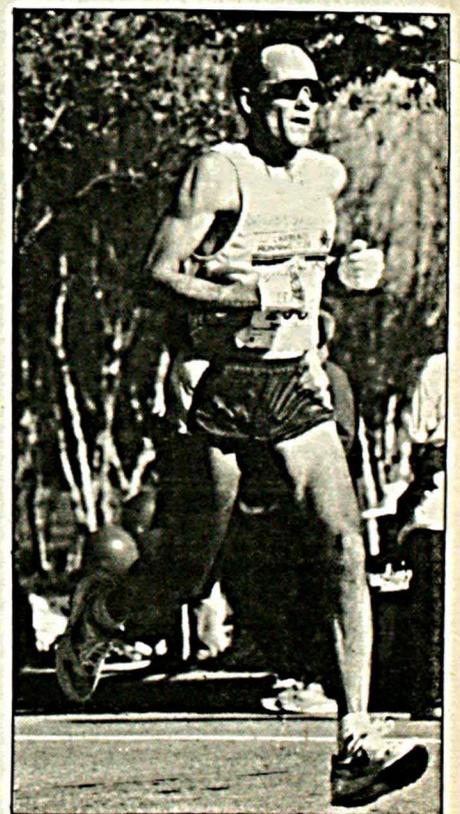
**May 28.** USATF Men's 10K National Masters Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361 (h); 716/694-7683. (w)

**July 6.** USATF 5000 National Masters Championship, East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238. 313/834-0378.

**July 9.** USATF Men's 20K/Women's 10K National Masters Championships, East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238. 313/834-0378.

**July 16.** WAVA Men's 20K/Women's 10K Championships, Niagara Falls, N.Y. Buffalo Organizing Committee, P.O. Box 150, Niagara Square Sta., Buffalo, NY 14201-0150.

**July 21-22.** WAVA 5000 Championships, Buffalo, N.Y. Buffalo Organizing Committee, P.O. Box 150, Niagara Square Sta., Buffalo, NY 14201-0150.



Chuck Coger, 44, Houston, Texas, finished the Houston-Tenneco Marathon, Jan. 15, in 2:43:32. Photo by J. Smith

# MASTERS CLUBS

Below is a list of masters & field, long distance running, and race-walking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

## EAST

**The Achilles Heel**  
(for disabled)  
9 East 89th St.  
New York, NY 10128  
(212)398-0348

**Boston AA**  
131 Clarendon St.  
Boston, MA 02116  
617/236-1652

**Boston RC**  
79 Manet Rd.  
Chestnut Hill, MA 02167  
617/964-7802

**Buffalo Belles and Brawn**  
Charles La Chiusa  
59 Mona Dr.  
Buffalo, NY 14226

**Central Park TC**  
7 W. 96th St., #8A  
New York, NY 10025  
212/864-4217

**Finger Lakes RC**  
P.O. Box 321  
Newfield, NY 14867  
607/564-9516

**Garden State AC**  
19 Bedminster Rd.  
Randolph, NJ 07869  
201/625-1764

**Greater Rochester TC**  
P.O. Box 92608  
Rochester, NY 14692  
716/872-6652 Race Info.

**Harrisburg Masters TC**  
60 Lindsay Lane  
Carlisle, PA 17013

**Hudson Mohawk Road Runners**  
P.O. Box 12304  
Albany, NY 12212  
518/273-3108 (race hotline)

**Liberty AC**  
20 Riverview Dr.  
Newbury, MA 01951-1807  
508/462-9552

**Maryland Masters TC**  
107 Rosewood Ave.  
Baltimore, MD 21228-4939  
410/744-2652

**Nadia TC**  
1500 Sylvan Terrace  
Pittsburgh, PA 15221  
412/244-9812

**National Capital TC (GNATS)**  
38 Tindal Springs Ct.  
Gaitersburg, MD 20879  
301/948-6905

**New England Walkers**  
83 Riverside Ave.  
Concord, MA 01742  
508/369-7912

**New Jersey Striders TC**  
P.O. Box 742  
Madison, NJ 07940  
201/822-8085

**New York AC**  
180 Central Park South  
New York, NY 10019  
212/247-5100

**New York Masters Sports Club**  
5831 Bell Blvd.  
Bayside, NY 11364  
718/224-3927

**NYRR**  
9 E. 89th St.  
New York, NY 10128  
212/860-4455

**New York TC**  
Joyce Halls  
80 Van Cortlandt Pk. So., #C32  
Bronx, NY 10463  
718/796-5128

**North Jersey Masters**  
P.O. Box 56  
Ridgewood, NJ 07450

**Park Racewalkers, USA**  
320 E. 83rd St., Box 18  
New York, NY 10028  
212/628-1317



**Philadelphia Masters**  
Karl Castor  
44 N. Penn St.  
Hatboro, PA 19040  
215/441-8545

**Plainview Old Bethpage RRC**  
62 Sylvia Lane  
Plainview, NY 11803  
516/433-0919

**Potomac Valley TC**  
c/o John Norton  
3706 Howsen Ave.  
Fairfax, VA 22030  
703/352-3057

**Run to Win Ladies - Maine**  
Coach Brian Gillespie  
36 Colonial Rd.  
Portland, ME 04102  
207/772-2753

**Shore AC**  
22 Addison Road  
Howell, NJ 07731-1302  
908/363-5426

**Sugarloaf Mt. AC**  
Box 659  
Amherst, MA 01004  
413/586-7411

**Syracuse Chargers TC**  
118 Foxcroft Lane  
Fayetteville, NY 13066  
315/637-6211

**Tri-State TC**  
Wayne Vaughn  
18619 Preston Rd.  
Hagerstown, MD 21742

**West Pennsylvania TC**  
RD2, 14400 Winchester Rd.  
Trafford, PA 15085  
412/372-1986

## SOUTHEAST

**All American TC**  
20184 Hwy 17  
Hampstead, NC 28443

**Atlanta TC**  
3097 E. Shadowlawn Ave. NE  
Atlanta, GA 30305

**Florida AC**  
3250 Lakeview Blvd.  
Delray Beach, FL 33445  
407/499-3370

**Greenville TC**  
P.O. Box 16262  
Greenville, SC 29607  
808/268-6321

**Huntsville TC**  
c/o Harold Tinsley  
8811 Edgehill Dr.  
Huntsville, AL 35802  
205/881-9077

**Miami RC**  
Tropical Park  
7920 S.W. 40th St.  
Miami, FL 33155  
1-800/940-4RUN

**Nashville TC**  
2709 Linmar Ave., #5  
Nashville, TN 37215-1170  
615/383-6733

**North Carolina RRC**  
P.O. Box 26761  
Raleigh, NC 27611  
919/231-0714

**Pony Express TC**  
P.O. Box 503  
Norfolk, VA 23501  
Attn: Edward Anthony  
804/397-0292

**Port City Pacers**  
P.O. Box 16907  
Mobile, AL 36616

**Richmond T&F Club**  
P.O. Box 6701  
Richmond, VA 23230  
804/272-3544

**Spartanburg RC**  
820 Patch Dr.  
Spartanburg, SC 29302  
803/582-7128

**World Elite Track Team**  
P.O. Box 71022  
Marietta, GA 30007-1022

## MIDWEST

**Ann Arbor TC**  
P.O. Box 7551  
Ann Arbor, MI 48107  
313/663-9740 (Hot Line)

**Columbus Roadrunners**  
P.O. Box 15584  
Columbus, OH 43215-0584  
614/890-1309

**Dayton Masters TC**  
P.O. Box 17706  
Dayton, OH 45417-0706  
Bob Jones, Pres.

**Midwest Masters T&F Club**  
633 Sunset Dr.  
Janesville, WI 53545  
608/756-5260

**Motor City Striders**  
10144 Lincoln  
Huntington Woods, MI 48070  
313/544-9099

**Over the Hill TC**  
4173 Wilmington Rd.  
South Euclid, OH 44121

**River to River RC**  
P.O. Box 1224  
Marion, IL 62959

**Bob Schul Racing Team**  
27 E. Dixon Ave.  
Dayton, OH 45419  
513/293-0123

**Victory AC**  
P.O. Box 6667  
Louisville, KY 40206  
502/893-6057

**Wolfpack TC**  
4865 Arthur Pl.  
Columbus, OH 43220  
614/459-2547

## MID AMERICA

**American Racewalk Ass'n**  
P.O. Box 18323  
Boulder, CO 80308-1323  
303/447-0156

**Lawrence TC**  
P.O. Box 3743, Jayhawk Sta.  
Lawrence, KS 66046

**Lincoln TC**  
2900 John Ave.  
Lincoln NE 68502

**Prairie Striders**  
Box 267  
Brookings, SD 57006

**St. Louis TC**  
2385 Hampton Ave., #101  
St. Louis, MO 63139  
314/781-3926  
314/782-3726 (raceline)

**Santa Fe Striders**  
P.O. Box 1818  
Santa Fe, NM 87504  
505/983-2144

## SOUTH WEST

**Dallas Masters T&F Club**  
1130 E. Parker Rd.  
Plano, TX 75074  
Ray Burrus  
817/446-5700

**East Texas T&F Club**  
3334 S. SW Loop 323, #128  
Tyler, TX 75701  
903/561-9511

**Houston Harriers**  
P.O. Box 740728  
Houston, TX 77274  
713/777-6840

**Houston Masters Sports Assoc.**  
4021 Montrose Blvd.  
Houston, TX 77006-4956  
713/523-5679

**King of the Hill TC**  
48 Chateau Haut Brion  
Kenner, LA 70065  
504/467-1197

**Louisiana Lightning TC**  
1459 Verna St.  
New Orleans, LA 70119  
504/486-8066

**Lufkin T&F Club**  
P.O. Box 1001  
Lufkin, TX 75902-1001  
409/632-2431

**New Orleans TC**  
P.O. Box 52003  
New Orleans, LA 70152-2003  
504/482-6682

**Oklahoma City RC**  
2408 N.W. 112th Terrace  
Oklahoma City, OK 73120  
405/752-9097

**San Antonio TC**  
21024 Cedar Br.  
Garden Ridge, TX 78266  
512/651-5414

**South Louisiana Masters TC**  
P.O. Box 3125  
Lafayette, LA 70502-3125  
318/984-4934

**Tulsa RC**  
P.O. Box 3304  
Tulsa, OK 74101-3304  
918/581-8306

**Waterloo T&F Club**  
4112 Burnet Rd.  
Austin, TX 78756  
512/458-6010

## WEST

**All-American TC**  
8307 Joan Lane  
West Hills, CA 91304  
818/716-7280

**Club West**  
P.O. Box 1079  
Goleta, CA 93116-1079  
805/964-3005

**Corona del Mar TC**  
19103 S. Andmark Ave.  
Carson, CA 90746  
310/638-7125

**Easy Striders Walking Club**  
2611 Voorhees, Apt. E.  
Redondo Beach, CA 90278  
310/542-5048

**Elite Health TC**  
10738 Jefferson Blvd.  
Culver City, CA 90230  
310/559-9739

**Excelsior TC**  
970 Cordilleras Ave.  
San Carlos, CA 94070  
415/592-8353

**Golden Bay Runners**  
P.O. Box 2144  
Castro Valley, CA 94546  
510/881-0330

**Golden Gate Racewalkers**  
3956 Nelson Ct.  
Palo Alto, CA 94306  
415/493-2652

**Great Strides Honolulu**  
1521 Punahou St., #1002  
Honolulu, HI 96822  
808/942-9567

**Hawaii Masters TC**  
P.O. Box 15763  
Honolulu, HI 96830-5763

**Island Empire Racewalkers**  
9847 Cedar Ave., #18  
Bloomington, CA 92316  
714/877-3548, 824-2336

**L.A. Valley AC**  
15355 Mulholland Dr.  
Los Angeles, CA 90077  
818/784-0496

**Los Gatos AA**  
P.O. Box 1334  
Los Gatos, CA 95031  
408/354-7333

**Marin Race Walkers**  
Jack Bray  
P.O. Box 21  
Kentfield, CA 94904-0021  
415/461-6843

**Monsoon TC**  
#3 Hickok Lane  
Carson, CA 90745  
310/522-0219

**No. Calif. Senior TC**  
3887 18th St.  
San Francisco, CA 94114  
415/626-8601

**Pacific Racewalkers**  
Box 513  
Carmichael, CA 95609  
916/483-2917

**River City TC**  
P.O. Box 255131  
Sacramento, CA 95865  
916/489-7881

**San Diego TC**  
P.O. Box 7853  
San Diego, CA 92167  
619/270-SDTC

**Santa Cruz TC**  
P.O. Box 1803  
Capitola, CA  
408/425-8286

**Seniors TC**  
P.O. Box 3398  
Crestline, CA 92325  
909/338-5532

**Sierra Racewalkers**  
P.O. Box 513  
Carmichael, CA 95609  
916/483-2917

**So. Calif. Corporate AA**  
346 Palos Verdes Blvd., #8  
Redondo Beach, CA 90277  
310/616-1313

**Southern Calif. Striders**  
3180 Camino Arroyo  
Carlsbad, CA 92009  
619/436-7698

**Team Patriots**  
2301 Hyperion Ave., Suite P  
Los Angeles, CA 90027-4711  
213/662-1062

**Trojan Masters TC**  
1125 Stimson  
La Puente, CA 91744  
818/917-6289

**Walkers Club of L.A.**  
610 Woodward Blvd.  
Pasadena, CA 91107  
818/985-9854

**West Valley Joggers & Striders**  
1124 Kennington Ave.  
Sunnyvale, CA 94087  
408/246-2651

**West Valley TC**  
P.O. Box 459  
San Carlos, CA 94070  
510/635-9508

## NORTHWEST

**Anchorage RC**  
P.O. Box 211923  
Anchorage, AK 99521-1923  
907/337-8606

**Barron Park Striders**  
3225 Scotch Meadows Ct., S.E.  
Olympia, WA 98501  
206/438-0051

**Bigfoot Masters**  
Spokane Community College  
N. 1810 Greene St., MS-2059  
Spokane, WA 99207-5399

**Oregon TC Masters**  
P.O. Box 11364  
Eugene, OR 97440

**Pacific Pacers (Racewalk)**  
6633 N.E. Windemere Rd.  
Seattle, WA 98115  
206/524-4721

**Phidippides RC**  
P.O. Box 2315  
Salem, OR 97308  
503/399-7057

**Racewalkers Northwest**  
P.O. Box 1723  
Lake Oswego, OR 97035  
503/697-2787

**RE-TREADS**  
16016 9th Ave., S.W.  
Burien, WA 98166  
206/246-0516

**Seattle Masters AC**  
4103 Hillcrest Ave., S.W.  
Seattle, WA 98116  
206/938-3895

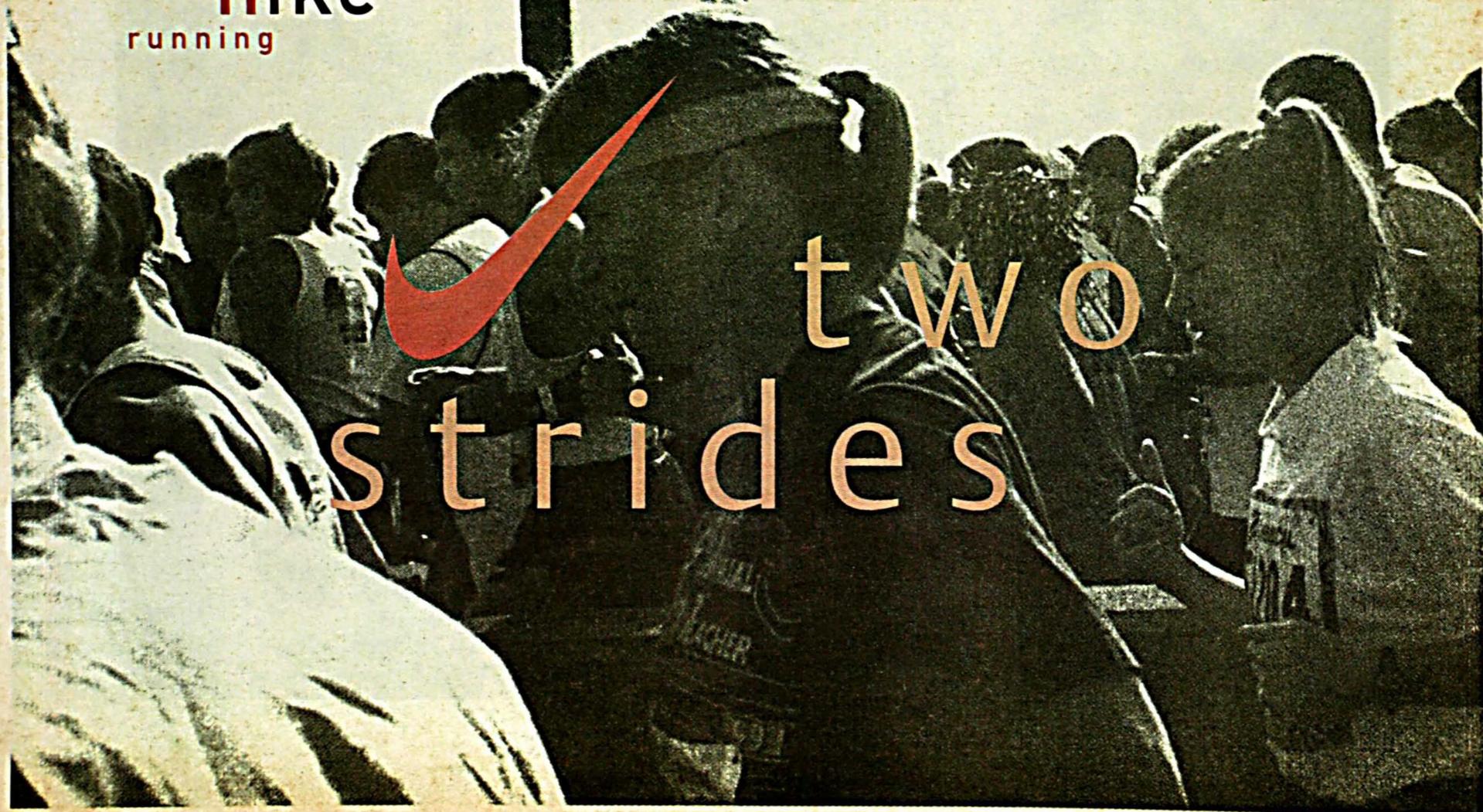
**Snohomish TC**  
4261 S. 184th  
SeaTac, WA 98188  
206/433-8868

**Southern Oregon Sizzlers**  
P.O. Box 665  
Medford, OR 97501

Where  
your  
world  
becomes  
the  
next

**nike**  
running

  
two  
strides



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

<b>M30-34</b>				
Patrick R. Wagner	1500M	4:10.68	8-14-94	
	3000M SC	9:58.37	8-14-94	

<b>M50-54</b>				
William M. Wood	Triple Jump	34-6½	1-28-95	
Allen P. McDaniel	800M	2:16.01	3-27-94	

<b>M65-69</b>				
Bill Brazelton	Javelin	142-7	9-26-94	
Dennis Sullivan	Triple Jump	27-5½	5-28-94	

<b>M75-79</b>				
Sidney Zecher	5000M	25:46.8	8-06-94	
	1500M	7:02.2	8-06-94	

<b>M35-39</b>				
R.A. Blackwell	400M	50.4	6-11-94	
Timothy Geraghty	1500M	4:13.46	8-14-94	
Ted Lewis	High Jump	6-6	1-14-95	
Warren S. Taylor	Discus	158-5	8-07-94	
	Shot Put	50-9	6-26-94	
Stan Vegar	Pentathlon	3043 Pts.	8-11-94	

<b>M55-59</b>				
Bernie Finch	1 Mile RW	8:02	1-14-95	
Charlie Richard	Long Jump	17-9	7-16-94	
Thom Weddle	Mile	5:14.7	2-08-95	
Stephen W. Wordell	Javelin	132-2	2-11-95	
Neil E. Saling	Shot Put	39-0½	7-24-94	
	Discus	138-5	8-16-94	

<b>M70-74</b>				
Larry Banuelos	5000M	20:28.31	8-11-94	
Charles Covino	25# Weight	10.95	2-26-95	
	56# Weight	6.68	2-26-95	
	Shot Put	11.3	2-12-95	
Lloyd L. Young	800M	2:24.26	2-13-94	
	1500M	5:40.66	7-25-93	

<b>W40-44</b>				
Tracy W. Cox	5000M	21:10.26	8-14-94	

<b>W50-54</b>				
Kathy Hoffman	10K	48:28.62	2-25-95	
Jo Marchetti	Mile	5:44.2	2-12-95	
	1500M	5:19.69	2-25-95	

<b>W65-69</b>				
Nancy Auster	5K	27:46	10-02-94	

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3¼	5-9¼	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

- notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 7) Javelin: 30-59: 800g; 60+: 600g.  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-11	5-11	4-11	3-11	3-7½	3-3½	2-11	2-7½	2-3½
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

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

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MEET \_\_\_\_\_ DATE OF MEET \_\_\_\_\_

MEET SITE \_\_\_\_\_

EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_

HURDLE HEIGHT \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

- CERTIFICATE  PATCH  PATCH TAG
- If you have equaled or bettered the standard of excellence, please fill out this application, completely.
  - A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
  - Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
  - Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
  - A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

	1.5K	mile	3k	5k	8k	10k	15k	20k	25K	30k	40k	50k
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
F35	7:22	8:03	16:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26			



# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## USATF Masters Indoor Pentathlon Championships Proviso West HS, Chicago, IL; Feb. 11

Name	Points	60LH	LJUMP	SP	HJUMP	1000R
<b>30-34</b>						
1 Scott Thoms	9.11	5.13m	9.76m	1.57m	3:38.88	
Crest Hill, IL		16'10.00	32'00.25	5'01.75		
Age graded mark:		9.25	5.13m	9.76m	1.59m	3:38.88
Age graded percent:		78.92%	57.32%	43.96%	65.15%	60.20%
Age: 31	2361	(692)	(407)	(471)	(457)	(334)
<b>35-39</b>						
1 Jeff Watry	9.30	5.68m	11.54m	1.87m	2:56.87	
Paddock Lake, WI		18'07.75	37'10.50	6'01.50		
Age graded mark:		9.06	5.98m	11.54m	2.00m	2:52.49
Age graded percent:		80.65%	66.82%	51.98%	81.66%	76.40%
Age: 39	3437	(733)	(582)	(579)	(803)	(740)
2 Stephen Winkel	10.41	5.51m	9.29m	1.57m	2:51.26	
Memphis, TN		18'01.00	30'05.75	5'01.75		
Age graded mark:		10.14	5.80m	9.28m	1.68m	2:47.02
Age graded percent:		72.05%	64.82%	41.85%	68.56%	78.90%
Age: 36	2827	(515)	(544)	(443)	(528)	(797)
3 Andy Miller	10.37	6.01m	11.20m	1.66m	3:25.66	
Phoenix, AZ		19'08.75	36'09.00	5'05.25		
Age graded mark:		10.10	6.32m	11.20m	1.77m	3:20.56
Age graded percent:		72.32%	70.71%	50.45%	72.49%	65.70%
Age: 37	2816	(522)	(657)	(558)	(602)	(477)
<b>40-44</b>						
1 Robert Zahn	8.81	5.40m	10.37m	1.69m	3:18.27	
Mequon, WI		17'08.75	34'00.25	5'06.50		
Age graded mark:		8.22	6.08m	10.99m	1.90m	3:06.76
Age graded percent:		88.88%	68.01%	49.52%	77.88%	70.56%
Age: 40	3390	(927)	(604)	(545)	(714)	(600)
2 Alan Russell	10.54	5.13m	10.60m	1.60m	2:54.05	
Ames, IA		16'10.00	34'09.50	5'03.00		
Age graded mark:		9.83	5.77m	11.23m	1.80m	2:43.94
Age graded percent:		74.29%	64.61%	50.62%	73.73%	80.38%
Age: 44	3128	(574)	(537)	(560)	(627)	(830)
3 Mark Gershon	10.40	5.77m	7.64m	1.57m	3:18.40	
Merion, PA		18'11.25	25'00.75	5'01.75		
Age graded mark:		9.70	6.49m	8.09m	1.77m	3:06.88
Age graded percent:		75.29%	72.67%	36.49%	72.35%	70.51%
Age: 40	2866	(599)	(695)	(372)	(602)	(598)
4 Jim Reilly	11.06	4.55m	10.33m	1.69m	3:34.62	
Bloomington, IN		14'11.25	33'10.75	5'06.50		
Age graded mark:		10.32	5.12m	10.94m	1.90m	3:22.16
Age graded percent:		70.80%	57.30%	49.33%	77.88%	65.18%
Age: 44	2607	(482)	(405)	(542)	(714)	(464)
5 Richard Watson	11.17	4.59m	9.91m	1.48m	3:19.36	
Yuma, AZ		15'00.75	32'06.25	4'10.25		
Age graded mark:		10.42	5.17m	10.50m	1.67m	3:07.78
Age graded percent:		70.10%	57.81%	47.33%	68.20%	70.17%
Age: 41	2505	(464)	(415)	(516)	(520)	(590)
6 Rich Weinhandl	11.91	4.00m	7.84m	1.33m	3:12.98	
Marengo, IL		13'01.50	25'08.75	4'04.25		
Age graded mark:		11.11	4.50m	8.31m	1.50m	3:01.77
Age graded percent:		65.74%	50.38%	37.44%	61.29%	72.49%
Age: 42	2062	(351)	(290)	(385)	(389)	(647)
<b>45-49</b>						
1 Rex Harvey	9.73	5.12m	10.74m	1.54m	3:39.33	
Mayfield Heights, OH		16'09.75	35'03.00	5'00.50		
Age graded mark:		8.67	6.16m	12.68m	1.83m	3:19.20
Age graded percent:		84.17%	68.91%	57.13%	74.76%	66.15%
Age: 48	3230	(820)	(621)	(648)	(653)	(488)
2 Mike Davis	10.80	5.12m	9.76m	1.54m	3:21.06	
New Lenox, IL		16'09.75	32'00.25	5'00.50		
Age graded mark:		9.63	6.16m	11.52m	1.83m	3:02.61
Age graded percent:		75.83%	68.91%	51.91%	74.76%	72.16%
Age: 45	3103	(613)	(621)	(577)	(653)	(639)
3 Gordon Reiter	11.65	5.02m	7.87m	1.48m	3:11.16	
Ellisville, MO		16'05.75	25'10.00	4'10.25		
Age graded mark:		10.39	6.04m	9.29m	1.76m	2:53.62
Age graded percent:		70.30%	67.56%	41.86%	71.84%	75.90%
Age: 48	2829	(470)	(595)	(443)	(593)	(728)
<b>50-54</b>						
1 Bill Angus	9.73	5.02m	10.53m	1.54m	3:15.15	
Salem, OH		16'05.75	34'06.75	5'00.50		
Age graded mark:		8.55	6.46m	12.59m	1.93m	2:50.53
Age graded percent:		85.41%	72.33%	56.73%	78.97%	77.27%
Age: 52	3678	(848)	(688)	(642)	(740)	(760)
2 Tom Thorne	10.05	4.69m	10.42m	1.57m	3:46.44	
Neosho, MO		15'04.75	34'02.25	5'01.75		
Age graded mark:		8.83	6.04m	12.46m	1.97m	3:17.87
Age graded percent:		82.69%	67.58%	56.14%	80.51%	66.60%
Age: 51	3289	(784)	(595)	(634)	(776)	(500)
3 Terry Rowan	11.15	5.25m	8.15m	1.45m	3:51.42	
San Diego, CA		17'02.75	26'09.00	4'09.00		
Age graded mark:		9.80	6.76m	9.74m	1.82m	3:22.22
Age graded percent:		74.53%	75.65%	43.91%	74.36%	65.16%
Age: 54	2913	(579)	(757)	(470)	(644)	(463)
4 Henry Clapper	11.80	4.20m	9.31m	1.54m	3:58.83	
Monett, MO		13'09.50	30'06.50	5'00.50		
Age graded mark:		10.37	5.41m	11.13m	1.93m	3:28.69
Age graded percent:		70.42%	60.52%	50.16%	78.97%	63.14%
Age: 51	2641	(473)	(463)	(554)	(740)	(411)
<b>55-59</b>						
1 Dale Lance	9.36	5.51m	10.52m	1.48m	3:51.60	
Tulsa, OK		18'01.00	34'06.25	4'10.25		
Age graded mark:		7.81	7.59m	14.02m	1.95m	3:14.16
Age graded percent:		93.59%	84.90%	63.18%	80.00%	67.87%
Age: 57	4007	(1030)	(957)	(730)	(758)	(532)
2 Bruce Mills	11.21	4.06m	8.11m	1.42m	3:54.19	
Lake Bluff, IL		13'04.00	26'07.25	4'07.75		
Age graded mark:		9.35	5.59m	10.81m	1.87m	3:16.33
Age graded percent:		78.14%	62.56%	48.71%	76.76%	67.12%
Age: 55	2905	(671)	(500)	(534)	(687)	(513)

3 Norm Cyprus	12.13	4.19m	11.28m	1.39m	5:05.82	
Fishkill, NY		13'09.00	37'00.25	4'06.75		
Age graded mark:		10.12	5.77m	15.03m	1.83m	4:16.37
Age graded percent:		72.22%	64.56%	67.75%	75.14%	51.40%
Age: 56	2618	(519)	(537)	(792)	(653)	(117)
<b>60-64</b>						
1 Phil Mulkey	9.80	5.12m	13.33m	1.51m	4:03.17	
Marietta, GA		16'09.75	43'09.00	4'11.50		
Age graded mark:		8.06	7.54m	18.07m	2.10m	3:14.83
Age graded percent:		90.61%	84.35%	81.43%	85.80%	67.64%
Age: 62	4313	(967)	(945)	(979)	(896)	(526)
2 Clarence Trinkner	9.56	4.52m	9.41m	1.42m	3:57.77	
Janesville, WI		14'10.00	30'10.50	4'07.75		
Age graded mark:		7.87	6.66m	12.75m	1.98m	3:10.51
Age graded percent:		92.89%	74.46%	57.48%	80.68%	69.17%
Age: 63	3751	(1015)	(734)	(652)	(785)	(565)
3 Jim Peterson	10.68	4.30m	10.49m	1.33m	4:36.42	
Aitkin, MN		14'01.25	34'05.00	4'04.25		
Age graded mark:		8.79	6.34m	14.22m	1.85m	3:41.47
Age graded percent:		83.15%	70.84%	64.08%	75.57%	59.50%
Age: 60	3182	(793)	(661)	(742)	(670)	(316)
4 Frank Brown	12.06	4.00m	7.94m	1.21m	3:31.71	
Des Moines, IA		13'01.50	26'00.75	3'11.50		
Age graded mark:		9.92	5.89m	10.76m	1.68m	2:49.63
Age graded percent:		73.63%	65.90%	48.50%	68.75%	77.69%
Age: 60	2947	(556)	(563)	(531)	(528)	(769)
<b>65-69</b>						
1 Gordon Seifert	11.63	4.09m	9.65m	1.51m	3:35.26	
Birmingham, AL		13'05.00	31'08.00	4'11.50		
Age graded mark:		8.97	6.45m	14.57m	2.22m	2:44.01
Age graded percent:		81.43%	72.13%	65.65%	90.42%	80.34%
Age: 66	4042	(752)	(686)	(763)	(1012)	(829)
<b>70-74</b>						
1 Mel Larsen	10.50	4.87m	10.49m	1.21m	4:28.93	
Springfield, IL		15'11.75	34'05.00	3'11.50		
Age graded mark:		7.87	8.21m	15.79m	1.87m	3:13.55
Age graded percent:		92.86%	91.89%	71.12%	76.58%	68.08%
Age: 70	4193	(1015)	(1115)	(838)	(687)	(538)
2 Frederic Hirsimaki	11.26	4.23m	10.57m	1.27m	4:27.83	
Findlay, OH		13'10.50	34'08.25	4'02.00		
Age graded mark:		8.44	7.13m	15.91m	1.96m	3:12.76
Age graded percent:		86.59%	79.81%	71.66%	80.38%	68.36%
Age: 70	3877	(874)	(845)	(846)	(767)	(545)
3 Mel Buschman	13.46	3.43m	9.91m	1.24m	5:37.78	
East Lansing, MI		11'03.00	32'06.25	4'00.75		
Age graded mark:		10.09	5.78m	14.91m	1.92m	4:03.11
Age graded percent:		72.44%	64.72%	67.19%	78.48%	54.20%
Age: 73	2761	(524)	(540)	(784)	(731)	(182)

## USATF National Masters Indoor Championships Reno, NV; Feb. 24-26

Name	Points	60LH	HJUMP	SP	LJUMP	800R
<b>30-34</b>						
1 Boguslawa Langner	11.81	1.36m	7.67m	4.06m	3:22.19	
Prospect Heights, IL		4'05.50	25'02.00	13'04.00		
Age graded mark:		11.81	1.37m	7.67m	4.05m	3:22.19
Age graded percent:		65.11%	66.02%	35.76%	53.99%	55.83%
Age: 34	1776	(411)	(481)	(378)	(319)	(187)
2 Deborah Yurth	11.57	1.24m	7.25m	3.40m	2:54.06	
Lynchburg, OH		4'00.75	23'09.50	11'02.00		
Age graded mark:		11.57	1.25m	7.25m	3.40m	2:54.06
Age graded percent:		66.46%	60.19%	33.80%	45.21%	64.85%
Age: 31	1759	(447)	(359)	(351)	(180)	(422)
<b>45-49</b>						
1 Phil Raschker	9.63	1.51m	8.43m	5.13m	2:47.46	
Marietta, GA		4'11.50	27'08.00	16'10.00		
Age graded mark:		8.51	1.84m	10.33m	6.36m	2:29.14
Age graded percent:		90.45%	88.30%	48.17%	84.65%	75.69%
Age: 47	4261	(1015)	(1029)	(551)	(962)	(704)
<b>50-54</b>						
3 Tom Dixson	CAN	7.43				
4 T J Lester	TX	7.52				
5 Bob Hahn	TX	7.95				
6 Fred Murrell	MO	8.07				
<b>55-59</b>						
1 Tom Rewolinski	WI	7.74				
2 Fred James	NV	7.92				
3 Steve Gardiner	WY	8.29				
4 John Townsend	CA	8.64				
<b>60-64</b>						
1 Stacey Price	NM	7.80				
2 Jim Dolezel	OK	7.90				
3 Greg Belancio	NV	8.18				
4 Bruce Gynn	CA	8.36				
5 Charles Missouri	CA	8.92				
<b>65-69</b>						
1 Randy Williams	CA	7.04				
2 Rick Thomas	TX	7.36				
3 Tom Thompson	TX	7.45				
4 Willard Thompson	TX	7.56				
5 Neal Combs	KS	7.76				
6 Richard Watson	AZ	9.21				
<b>70-74</b>						
1 Randy Williams	CA	7.01				
2 Rick Thomas	TX	7.31				
3 Hubert Evans	CA	7.33				

Continued from previous page

M45 Heat 1: 1 Bob Mitchell TX 24.38 2 Ron Johnson NY 24.81 3 Fred Collins NM 24.81 4 Glenn Johnson CA 25.48 5 Roger Assink NM 25.71 Heat 2: 1 Stan Druckery WI 24.10 2 Phil Felton NJ 24.36 3 Riley McHugh NV 24.50 4 Mike Augeri CT 26.72 Heats 3: 1 Ray Yeck CA 25.82 2 Ray Pokorny OR 26.09 3 Don Roberts CA 26.09 Final: 1 Stan Druckery WI 23.57 2 Phil Felton NJ 24.12 3 Bob Mitchell TX 24.21 4 Fred Collins NM 24.37 5 Ron Johnson NY 24.69 6 Riley McHugh NV 24.71 M50 Heat 1: 1 Harold Morioka CAN 24.60 2 Stephen Robbins WA 24.63 3 Dan Durante CA 26.39 Heat 2: 1 Alan Olson GA 25.99 2 Dave Walter WA 26.33 3 Randall Clevon MN 27.31 4 Sam Taylor NM 27.70 5 Paul Simmons TX 28.00 Heat 3: 1 Rob Hagin NJ 26.27 2 Avital Schurr KY 26.88 3 Paul Young TX 27.62 4 Glenn Theriot NM 28.64 Heat 4: 1 Roger Phillips IL 24.94 2 Jim Swayze AZ 27.17 3 Frank Bonham MI 27.79 4 Dennis Glasgow OR 28.17 5 Paul Gilbert CA 29.26 6 Richard Webb DE 29.31 Final: 1 Stephen Robbins WA 23.86 2 Harold Morioka CAN 23.94 3 Roger Phillips IL 25.04 4 Alan Olson CA 26.00 5 Rob Hagin NJ 26.28 M55 Heat 1: 1 Wayne Bennett TX 26.17 2 Bill Knocke CA 26.58 3 Ed Oleata CA 26.75 4 Norb Wedepohl AZ 27.15 Heat 2: 1 Emil Pawlik MS 26.96 2 Howard Weisser NE 27.21 3 John Head TX 29.23 4 Bruce Mills IL 29.36 5 Paul Stepan OR 30.00 Final: 1 Bill Knocke CA 25.88 2 Wayne Bennett TX 26.31 3 Emil Pawlik MS 26.40 4 Ed Oleata CA 26.43 5 Howard Weisser NE 27.10 M60 Heat 1: 1 Jim Mathis TN 26.00 2 Joe Hemler MD 26.14 3 Marion Sanchez CA 27.91 4 Woody Grover CA 28.99 5 Jim Schlewitz OR 29.14 Heat 2: 1 Bruce Springbett CA 26.60 2 Cliff Pauling NY 27.25 3 Ray Graves AZ 27.39 4 Ian Goldfoot TX 28.45 Heat 3: 1 Dick Glasgow CA 28.03 2 Lowell Bonifield AR 28.40 3 Will Robinson CA 29.58 4 Jim Ware IN 29.78 5 Walt Sanders MA 35.07 Final: 1 Jim Mathis TN WR25.70 2 Joe Hemler MD 26.38 3 Bruce Springbett CA 26.62 4 Cliff Pauling NY 26.94 5 Lowell Bonifield AR 28.95 M65 Heat 1: 1 Harry Brown IL 27.04 2 Jim Stookey MD 27.34 3 Chuck Sochor MI 28.04 4 Bernard Stevens CA 28.34 5 Fred Gunther CA 28.64 Heat 2: 1 Jack Greenwald OH 28.09 2 Gordon Seifert AL 28.54 3 Bob Alexander TN 28.88 4 Mel Melgosa CA 29.99 5 Bill Daprano GA 30.31 Heat 3: 1 Vern Regier CA 29.37 2 Rodney Brown UT 29.80 3 Grant Twitchell UT 30.05 4 Frank Perales CA 34.56 Final: 1 Harry Brown IL 27.17 2 Jim Stookey MD 27.64 3 Chuck Sochor MI 27.79 4 Jack Greenwald OH 28.27 5 Gordon Seifert AL 29.42 M70 1 Mel Larson IL 28.34 2 Tim Murphy TX 30.84 3 Oscar Harris PA 31.38 4 Walter Dahlin CA 35.30

M75 1 John Alexander TX WR30.12 2 Alfred Guidet CA 33.77 3 Clarence Killion CA 36.23 M80 1 Fred White TX 36.80 2 Milo Lightfoot PA 37.60 3 Virgil McIntyre AZ 41.22 4 Ed Andrysiak MI 52.88 M85 1 Russ Randall CO 42.24 W30 1 Juliana VonEwig CO 25.71 2 Joy UpshawMargerum HI 26.83 3 Belinda McCoy OH 28.28 4 Angela Nealy IN 29.10 5 Ruvina Kelly NJ 29.53 W35 1 Denise Foreman WA AR26.91 2 Denise McField MO 28.27 3 Cheryl Alston NJ 28.57 4 Valerie Scott CA 30.02 5 Lynn Davis DC 31.65 W40 1 Mary Libal OR 27.16 2 Jacqueline BoardMO 28.68 3 Marne McMillanCAN 28.90 4 Alison PruittShelling CA 29.48 5 Judy Ace CA 31.03 6 Leah Rewolinski WA 32.85 W45 1 Phil Raschker GA 26.18 2 DeeDee Grafius CA 28.80 3 Lorraine Tucker MA 30.13 4 Martie Behrens CA 30.41 5 Betsy Penney AR 35.34 W50 1 Marilyn MitchellNY 32.24 2 Rose Schlewitz OR 38.28 W55 1 Carolyn CappettaMAWR30.30 2 Diane Palmason CAN 30.33 3 Kathy Bergen CA 30.33 3 Rita Kerr CA 34.29 W60 1 Pat Peterson NY 37.95 W70 1 Diane Friedman OH 42.26 W80 1 Pearl Mehl CO WR62.73 400m M30 1 Eric Bonaparte GA 55.76 2 Miles Smith OR 56.48 3 Sarrell Tobias CA 56.53 4 Steve Gallero MI 57.16 M35 1 J Smith CA 51.29 2 Peter Grimes CA 51.29 3 Mike Houston OK 51.80 4 Jay Mathis TN 52.99 5 Anthony Krainik AZ 53.81 6 Jim Bonilla CA 54.40 7 Karry Cameron OK 54.70 8 Lance Giles WA 55.20 9 Frank Makozy PA 58.15 M40 1 Clifton McKenzieAZ 50.59 2 Ed Gonera NY 51.44 3 Tom Thompson TX 52.52 4 Floyd Malone CA 54.81 5 Jim Reppert TX 56.06 6 Alex ConstantinoNY 56.43 7 Jeff Gallero CA 58.67 8 Jim Dolezel OK 58.72 M45 1 Phil Felton NJ 53.62 2 Fred Collins NM 54.54 3 Riley McHugh NV 54.82 4 Searcy Barnett CA 57.10 5 Jeff Schaller WA 57.26 6 Rob Russell -- 58.20 7 Luis Pannarale CA 58.41 8 Ray Pokorny OR 59.51 M50 1 Harold MoriokaCAN WR52.72 2 Alan Olson CA 56.26 3 Mel Brooks CA 56.36 3 Dennis Duffy CA 57.76 4 Rob Hagin NJ 58.02 5 Dan Durante CA 59.09 6 Dave Walter WA 59.83 7 Richard Webb DE 61.72 M55 1 Bill McIlwaine CAN 58.14 1 Bill Knocke CA 58.37 2 Howard Weisser NE 59.17 3 Wayne Bennett TX 62.42 4 Roger Dean WA 64.06 5 Paul Stephan OR 67.44 6 Ken Ogden OR 67.56 M60 1 Jim Mathis TN WR58.86 2 Cliff Pauling NY 61.59 3 Don Kane OR 64.52 4 Bruce Susong NV 64.86 5 Jim Schlewitz OR 70.26 6 Jim Ware IN 70.78 7 Walt Sanders -- 81.03 M65 1 Earl Fee CAN WR59.53 1 Chuck Sochor MI 62.93 2 Harry Brown IL 63.61 3 Fred Gunther CA 64.80 4 Jack Greenwald OH 66.22 5 Rod Brown UT 67.22 6 Bob Alexander TN 68.56 7 Ben Castro -- 70.27 M75 1 John Alexander TX WR71.84

M80 1 Milo Lightfoot IN 1:33.36 2 Fred White TX 1:35.59 3 Virgil McIntyreAZ 1:56.31 M85 1 Milo Lightfoot IN 1:33.36 2 Fred White TX 1:35.59 3 Virgil McIntyreAZ 1:56.31 W30 1 Juliana VonEwigCO 1:00.51 2 Belinda McCoy OH 1:06.45 3 Angela Nealy IN 1:11.04 W35 1 Theresa Hayes WA 1:01.73 2 Denise McField MO 1:05.61 3 Cheryl Alston NY 1:06.98 4 Lynn Davis DC 1:09.55 W40 1 Mary Libal OR WR1:00.97 2 Jacquelin BoardMO 1:03.91 3 Marne McMillanCAN 1:04.82 3 Judy Ace CA 1:09.26 W45 1 DeeDee GrafiusCAAR1:03.91 2 Martie Behrens CA 1:11.19 W50 none W55 1 DianePalmasonCANWR1:07.38 1 C Cappetta MA AR1:07.39 2 Rita Kerr CA 1:17.68 3 Jane Dods OR 1:23.93 W60 1 Irene Obera CA 1:23.26 W65 1 Nancy Smalley CO 1:35.27 2 Pat Peterson NY 1:36.86 W70 1 Louise Adams CO AR1:35.62 2 Diane Friedman OH 1:54.08 W75 none W80 1 Pearl Mehl CO AR2:25.03 800m M30 1 Larry Beatty OR 2:00.11 2 Fin Martin CA 2:00.63 3 Kris Violette WA 2:08.35 M35 1 Rick Smith MA 1:59.68 2 Peter Grimes CA 2:01.53 3 Dick Kennedy IL 2:04.70 4 Mark Cleary CA 2:08.97 5 Stan Vegar CA 2:10.61 6 Nikos Mourtos CA 2:11.98 7 C Crenshaw AZ 2:12.64 M40 1 Steve Wulf -- 2:01.61 2 S Robertson CAN 2:02.25 2 Stan Clark KY 2:02.31 3 Rick Blasley TX 2:03.60 4 Bruce Frey PA 2:04.22 5 Robert Walker WA 2:05.27 6 Neil Hawk AZ 2:07.00 7 Wayne Morris CA 2:07.80 8 Dan Winzenried WI 2:13.34 9 Jim Bardonni CA 2:13.57 10 John DuCray AK 2:20.81 11 Frederic WilsonAK 2:25.23 M45 1 Rich Schornstein CO 2:02.45 2 Dan Peterson CO 2:02.80 3 Searcy Barnett CA 2:10.81 4 Luis Pannarale CA 2:15.66 5 Derek McIver ID 2:16.78 6 Kurt GravenhorsCA 2:22.72 7 Robert Bennett -- 2:36.65 M50 1 Neil MacDonald AUS2:07.96 1 Paul Perry IL 2:09.49 2 Dennis Duffy CA 2:11.88 3 Jim Gibbons CA 2:12.34 4 Richard Webb DE 2:18.82 5 Tyrone Nelson CA 2:18.92 6 Nicholas Papas MI 2:21.50 7 Allen McDaniel GA 2:23.06 8 Steve Cottle MO 2:36.79 M55 1 Sid Howard NY 2:15.23 2 Bill McIlwaineCAN 2:21.12 2 Wally Brawner KS 2:23.82 3 Walt Schafer CA 2:24.97 4 Jim Clark FL 2:26.14 5 Howard Weisser NE 2:26.56 6 Ken Ogden OR 2:37.99 M60 1 John Connor NY 2:24.61 2 Bruce Susong NV 2:34.70 3 Chris Noble TX 2:35.40 4 Don Kane OR 2:43.63 M65 1 Earl Fee CAN 2:17.62 1 Gordon Seifert LA 2:35.41 2 Jim Selby CA 2:37.63 3 Fred Gunther CA 2:40.56 4 Rodney Brown UT 2:40.64 5 Richard Hayes CO 2:49.74 6 Efrin Sanchez CA 2:51.49 7 Fred Gunther CA nta 8 Gunnar Linde CA 3:05.56 M70 1 ArchieMessengerNH 2:48.38 2 Avery Bryant CA 2:52.55 M75 none M80 1 Bill Dyer KS WR3:33.63 2 Dudley Healey NJ 3:33.66 W30 1 Gabriel JohnsonCA 2:41.24 W35 1 Joan Sterrett NY 2:31.18 2 Franie Henson CA 2:40.72 3 Maria Andrews NJ 2:42.68

W40 1 P DicksonTaylorNJ 2:34.90 W45 1 DeeDee GrafiusCAAR2:26.45 1 Judy Warick CAN 2:29.09 2 Kathy HolmstromOR 2:47.13 W50 1 MarilynMoreheadMI 3:13.65 W55 1 Diane PalmasonCANWR2:40.39 1 Merion Knight MI 3:13.87 2 Rita Kerr CA 3:14.07 3 Kathy McIntyre AZ 3:33.02 W60 1 Grace Butcher OH 2:59.91 W65 1 Nancy Smalley CO 3:42.24 W70 1 Louise Adams CO 3:41.60 W75 none W80 1 Pearl Mehl CO WR6:26.49 1500m M30 1 Patrick Wagner CA 4:16.59 2 Rick Browning -- 4:50.22 M35 1 Tom Aspel AR 4:18.02 2 Joel Hope CA 4:21.36 3 Greg Miller CA 4:23.06 4 Mark Dickey -- 4:25.35 5 David Lucas -- 4:28.45 6 Mark Cleary CA 4:31.95 M40 1 Stanley Clark KY 4:09.11 2 S Robertson CAN 4:14.41 2 GeorgeHernandezNV 4:15.46 3 Bruce Frey PA 4:20.20 4 Dan Wizenreid WI 4:38.22 5 Wayne Morris CA 4:40.11 6 Ray Sibley NV 4:52.52 7 Pat Buzbee CA 4:56.71 8 Fred Wilson AK 5:06.00 9 Dan Hirst CA 5:17.44 10 James Brown CA 5:17.46 M45 1 Domingo Tibaduiza NV 4:11.98 2 R Schornstein CO 4:26.19 3 Jim Gorman CA 4:29.53 4 Randy Taylor AR 4:42.44 5 Don Chadez CA 4:47.51 6 Rob Russell CA 4:52.72 7 Chas McCarthy CA 5:44.00 8 Teddy Walton CA 5:56.12 M50 1 Jan Frisby CO 4:25.33 2 Paul Perry IL 4:29.97 3 Juan Cabeza CA 4:37.96 4 Richard Webb DE 4:46.08 5 Nicholas Papas MI 4:59.56 6 Carroll DeWeeseMI 5:01.27 7 Ken Adams NV 5:04.19 M55 1 Sid Howard NY 4:57.07 2 Wally Brawner KS 5:08.80 3 Jim Clark FL 5:14.39 4 Bobby Fischer CO 5:19.81 5 Ken Ogden OR 5:22.14 M60 1 John Connor NY 5:02.71 2 Chas Wimberly LA 5:09.17 3 Robert Culling CA 5:24.89 4 Chris Noble TX 5:31.76 5 Bill Won CA 6:09.82 M65 1 Bill Carey OH 5:40.95 2 Boyce Jacques NV 5:43.75 3 Pat Devine CA 5:54.96 4 Efrin Sanchez CA 5:55.23 5 Richard Hayes CO 5:56.26 6 Gunnar Linde CA 6:00.02 M70 1 Avery Bryant CA 5:56.03 2 ArchieMessengerNH 6:08.28 3 Don Cotner CA 7:55.57 M75 none M80 1 Dudley Healy NJ 7:36.45 2 Bill Dyer KS 7:36.98 W35 1 Joan Sterrett NY 5:22.58 2 Mary Russell OR 5:37.86 3 M AndrewsTurnerNJ 5:42.46 W40 1 HonorFetherstonCA 4:55.73 2 P DicksonTaylorNJ 5:39.48 3 Gail Jones CA 5:39.99 4 Laura Clark KY 5:54.11 W45 1 Judy Warick CAN 5:18.70 1 Joan Shirley CA 5:18.97 2 BeckyQuartaroloCA 6:13.57 W50 1 Joan Ottaway CA AR5:12.43 W55 1 Kathy McIntyre AZ 6:39.04 2 Marion Knight MI 6:47.89 W65 1 Nancy Smalley CO 7:21.22 W75 none W80 1 Pearl Mehl CO WR12:37.13 3000m M30 1 Patrick WagnerCO 9:30.03 M35 1 MiguelTibaduizaNV 8:50.47 2 JoeWinegardnerCO 9:07.22 3 Tom Aspel AR 9:23.72 4 Greg Miller CA 9:27.03 5 Joel Hope CA 9:45.88

6 David Lucas CA 10:12.69 7 Doug Allen NV 10:21.35 M40 1 FrancesJohn Gailson CA 8:59.80 2 Stanley Clark KY 9:16.12 3 Geo Hernandez NV 9:33.12 4 Dale Magnin NV 9:52.67 5 Roland Ruse TN 9:52.77 6 Randy SturgeonCA 10:05.62 7 Jim Price CA 10:10.74 8 Patrick BuzbeeCA 10:23.58 9 Steve Ottaway CA 10:25.59 M45 1 Domingo Tibaduiza NV AR8:59.14 2 Bill Knapp NV 10:00.12 3 Ewar Gordillo NV 10:07.82 4 Randy Taylor CA 10:29.60 5 Don Chadez CA 10:32.13 6 Doug Sturm WA 11:41.00 7 Teddy Walton CA 14:24.53 M50 1 Jan Frisby CO 9:24.89 2 Jack Miller CAN 9:51.76 3 Juan Cabeza CA 10:04.36 3 Richard Webb DE 10:17.51 4 Skip Houk NV 10:19.79 5 CarrollDeWeese MI 10:44.72 6 Frank Kreps CA 11:07.79 M55 1 Dave Morris WA 11:01.00 2 Ken Ogden OR 11:39.26 M60 1 Chas Wimberly LA 11:20.50 2 Robert CullingCA 11:33.70 3 Ernie Black CO 12:14.49 4 G McLenathan CA 12:22.02 M65 1 Pat Devine CA 12:13.83 2 Boyce Jacques NV 12:21.01 3 Gunnar Linde CA 12:22.11 4 Bill Carey OH 12:24.84 5 Richard Hayes CO 13:10.67 6 Efrin SanchezCA 13:12.06 M70 1 Avery Bryant CA 13:30.96 M75 1 Richard Stark NM 18:07.48 M80 1 Dudley HealyNJ AR15:13.54 W35 1 Mary Russell OR 12:08.13 W40 1 HonorFetherstnGA 10:37.12 2 Gail Jones CA 12:07.89 3 Laura Clark KY 12:20.44 W45 none W50 1 Joan Ottaway CAWR10:56.96 2 Rusty Barnett CA 13:19.67 3 Mary De MattiaMI 15:20.90 W55 1 Kathy McIntyreAZ 14:07.10 2 Jane Dods OR 14:26.45 W60 none W65 1 Nancy SmalleyCOAR15:40.89 W70 1 Louise Adams CO 15:29.51 2 QueenieThompsonNY18:19.24 W80 1 Pearl Mehl CO WR27:27.81 60m Hurdles M30 1 Reggie Snowden CA 8.51 2 Darren Hoyle CA 8.83 3 Larry Beatty OR 8.85 M35 1 Peter Grimes CA 8.24 2 Calvin Johnson MI 8.30 3 Ken Ellis OK 8.70 4 Jeff Bildrbeck OJ 9.85 5 Alan Shultz SC 10.67 6 Charles Barnard MO 11.31 M40 Heat 1: 1 Robert Zahn WI 8.82 2 Russ Jacquet-AceaWA 8.95 3 Bob Hahn TX 10.04 4 Andy Hecker CA 10.92 Heat 2: 1 Neal Combs KS 8.89 2 Stacey Price NM 9.84 3 Ed Baskauskas CA 9.94 4 Richard Watson AZ 11.68 Final: 1 Neal Combs KS 8.70 2 Robert Zahn WI 8.70 3 Russ Jacquet-AceaWA 9.05 4 Stacey Price NM 9.50 5 Bob Hahn TX 9.76 6 Ed Baskauskas CA 10.21 M45 Heat 1: 1 Stan Druckery WI 8.60 2 Sheridan Groves CA 9.64 3 K H Troy WA 9.75 4 Dave Johnston CA 9.79 Heat 2: 1 Jack Craig -- 9.06 2 Don Roberts CA 9.88 3 Rex Harvey OH 10.40 4 Mike Augeri CT 10.77 Final: 1 Stan Druckery WI WR8.54 2 Jack Craig -- 9.01 3 Don Roberts CA 9.47 4 Sheridan Groves CA 9.51 5 K H Troy WA 10.06 6 Rex Harvey OH 10.06 M50 1 Theo Viltz CA 9.01 2 Jim Hollister CA 9.05

3 Larry Salinger CA 9.78 4 Tom Thorne MO 10.30 5 Rob Hagin NJ 10.46 6 Henry Clapper MO 12.72 M55 Heat 1: 1 Emil Pawlik MS 8.98 2 Charley Miller TX 9.15 3 Dale Lance OK 9.33 4 Ed Oleata CA 9.62 Heat 2: 1 Dee DeWitt CA 10.64 2 John Head TX 10.71 3 Bruce Mills -- 11.26 4 Roger Dean -- 12.76 Final: 1 Emil Pawlik MS WR8.91 2 Charley Miller TX 8.98 3 Dale Lance OK 9.14 4 Ed Oleata CA 10.06 5 John Head TX 10.95 6 Dee DeWitt CA 12.15 M60 Heat 1: 1 Lowell Bonifield AR 10.50 2 Phil Mulkey GA 10.60 3 Jack Lance NJ 12.65 Heat 2: 1 Marion Sanchez CA 10.38 2 Jim Peterson MN 10.56 3 Don Gray OR 11.23 4 Will Robinson CA 11.53 Final: 1 Phil Mulkey GA 9.40 2 Marion Sanchez CA 10.07 3 Lowell Bonifield AR 10.20 4 Jim Peterson MN 10.53 5 Don Gray OR 11.17 6 Will Robinson CA 11.95 M65 1 Jim Stookey MD 10.95 2 Bob Higginbotham CA 11.12 3 Vern Regier CA 11.28 4 Chuck Sochor MI 11.88 5 Alan Maxwell OR 11.90 6 Ray Propst OR 12.82 M70 1 Mel Larson IL WR10.40 2 Ray Spencer CA 11.24 3 Charles Obye AZ 11.59 4 Walt Dahlin CA 11.87 5 Ray Womack TX 12.37 M75 1 Armando RicciardiNV 13.45 W30 1 Joy UpshawMargerumHI 9.47 W35 1 Denise Foreman WA AR9.57 2 Martha MendenhallWA 10.84 W40 none W45 1 Phil Raschker GA WR9.18 2 Liz McBlain CAN 11.25 2 Deanna Lickey WA 12.12 W50 1 Barbara Stewart GA 13.79 W55 1 Becky Sisley OR 13.66 4x400m Relay M30-39 1 Grimes/Tobias/Finn/Lagula (CA) 3:40.95 2 Houston/Mitchell/Lester/Thomas (TX) 3:37.27 M40-49 1 Constantinou/Greene/Gonera/Felton (NY)3:38.59 2 Dolezel/Easley/Reppert/Thompson (TX) 3:41.87 3 Nelson/Stergeon/Katcher/Barnett (CA) 4:04.51 M50-59 1 Thorne/Clapper/Cottle/Mills (MO) 4:31.64 2 Ogden/Stephan/Kane/Schlewitz (OR) 4:51.56 M60-69 1 Seifert/Mathis/Wimberly/Daprano 4:25.91 2 Springbett/Stevens/Gunther/Sanchez (CA) 4:28.52 3 Larson/Brown/Gunwald/Sochor (IL) 4:33.71 4 Castro/Linde/Selby/Beadle (CA) 4:40.81 5 Willis/Atchison/Bryant/Devine 5:18.55 W30-39 1 UpshawMargerum/Trumbly/ReganDyer/Johnson (CA) 4:25.52 2 Kelly/Atchison/Taylor/Sterrett (NY) 4:25.94 4x800m Relay M30-39 1 Cal Coast (Cleary/Lucas/Hope/Wagner) 8:33.56 2 SS Striders (Boucher/ Cook/Minor/Herbrchtneir)8:33.57 M40-49 1 SS Striders (Martinez/Magnin/Hernandez/Tibaduiza) 8:55.22 2 WUTC (Barnett/Ottaway/Pannarale/Morris) 9:00.31 M50-59 1 WUTC (Ramsey/Gibbons/Franklin/Nelson) 9:10.4 2 SS Striders (Condon/Morrill/Hawkes/Pisasski)10:30.0 3 MC Striders (DeWeese/Pappas/Elwarner/Sochor) 10:56.3 Continued on next page

Continued from previous page

4 DecaMidwest (Thorne/Clapper/Ottle/Rowan)	11:27.4
M60-69	
1 Culling/Sanchez/Linde/Beadle (CA)	11:19.07
2 Susong/Jacques/Ogilvie/Ball (NV)	11:36.48
3 Willis/Bryant/Atchison/Sastro (CA)	12:31.51
W30-39	
1 Alston/Taylor-Dickson/Turner/Sterrett (NY-NJ)	11:39.86
W50-59	
1 Bocci/DeMattia/DeMattia/Knight (MI)	14:29.23
High Jump	
M30	
1 Jeff Helton	KY 1.90
2 Steve Daniel	CA 1.70
3 Derek Brown	CA 1.65
M35	
1 Jim Barrineau	KS 1.95
2 Bill Abbott	CA 1.95
3 Bird Nelson	CA 1.95
4 Stan Vegar	CA 1.75
M40	
1 Ed Baskauskas	CA 1.67
2 John Townsend	CA 1.47
3 Richard Watson	AZ 1.42
4 Jim Dolezal	OK 1.37
M45	
1 Charlie Rader	CA 1.77
2 Jerry Cash	OR 1.72
3 Tom Light	AK 1.57
M50	
1 Tom Thorne	MO 1.57
2 Henry Clapper	MO 1.52
3 Don Dvorak	CA 1.47
4 Bill Wood	CA 1.47
5 Terry Rowan	CA 1.37
6 Frank Condon	CA 1.32
M55	
1 Phil Fehlen	CA 1.67
2 Emil Pawlik	MS 1.62
3 Dean Dopp	ID 1.52
4 Dwaine Horton	UT 1.52
5 Dee DeWitt	CA 1.42
6 John Head	TX 1.42
M60	
1 Milton Newton	CA 1.57
2 Jerry Sullivan	NV 1.52
3 Phil Mulkey	GA 1.42
4 Marion Sanchez	CA 1.42
5 Dick Richardson	IL 1.37
6 Jim Ware	IN 1.37
M65	
1 Jim Gillcrist	FL 1.57
2 Gordon Seifert	AL 1.47
3 Jim Stookey	MO 1.37
4 Vince Sempronio	OR 1.32
5 Ray Propst	OR 1.32
6 Ed Holmes	TN 1.22
M70	
1 Charles Obye	AZ 1.27
2 Richard Warren	CA 1.22
3 Walt Dahlin	CA 1.22
4 John Cleveland	OR 1.22
5 Gilbert Young	OR 1.17
6 Jerry Silsdorf	CA 1.17
M75	
1 Burl Gist	CA 1.22
2 Lew Luehrs	NV 1.12
3 Armando Ricciardi	NV 0.97
M80	
1 Milo Lightfoot	IN 1.02
1 Leon Joslin	WA 1.02
1 Virgil McIntyre	AZ 1.02
2 Claude Hills	PA 0.97
W35	
1 Martha Mendenhall	WA 1.57
2 Lynn Davis	DC 1.17
W40	
- Debbie Brill	CAN WR1.72
1 Linda Lowery	GA 1.22
W45	
1 Phil Raschker	GA WR1.58
2 Deanne Lickey	WA 1.42
- Liz McBlain	CAN 1.37
3 Barbara Stratton	CA 1.02
W50	
1 Barbara Stewart	GA 1.02
W55	
1 Becky Sisley	OR 1.12
2 Ginny Baker	OR 1.07
W60	
1 Marjorie Moore	CA 1.02
2 Fei-Mei Chow	CA 1.02
3 Pat Peterson	NY 0.97
Pole Vault	
M30	
1 Paul Sinatra	CA 4.90
M35	
1 Bill Halverson	CA 4.75
2 Jeff Gutteridge	CA 4.60
3 Ken Ellis	OK 4.25
4 Wilson Sotcho	TX 3.95
5 Charles Barnard	MO 3.65
6 Jeff Bilderbeck	CO 3.50
M40	
1 Mike Hogan	CA 4.40
2 Bernard Juarez	CA 4.25
3 John Winters	WA 4.10
4 Russ Jacquet-Acea	WA 3.05
M45	
1 Jerry Cash	OR WR4.61
2 Greg Miguel	CA 4.27
3 Matti Kilpelainen	MI 3.95
4 Bert Serrano	NV 3.80
5 Larry McIntyre	TX 3.65
6 Dave Johnson	CA 3.65

M50	
1 Joe Johnston	FL WR4.14
2 Bruce Hotaling	CA 3.95
3 Mike Morris	CA 3.95
4 Larry Holmes	OR 3.65
5 Mardon Connelly	CA 3.50
M55	
1 Dale Lance	OK 3.81
2 Ed Oleata	CA 3.51
3 John Diggs	MT 3.05
4 Dee DeWitt	CA 2.90
5 Gary Isham	AZ 2.59
6 John Steinman	NV 2.14
M60	
1 Phil Mulkey	GA 3.36
2 Don Gray	OR 3.20
3 Bob Kemp	IL 2.29
M65	
1 Jerry Donley	CO WR3.42
2 Harvey Lewellen	OR 2.90
3 Al Brenda	CA 2.59
4 Don Grosh	OR 2.44
5 Tom Harney	CA 2.29
M70	
1 John Cleveland	OR 2.75
2 Tom DeVaughn	AZ 2.29
M75	
1 Jim Vernon	CA 2.29
2 Armando Ricciardi	NV 2.14
3 Lew Luehrs	-- 1.53
M80	
1 Carol Johnston	CA 2.14
2 Milo Lightfoot	IN 1.68
3 Claude Hills	PA 1.53
W30	
1 Pam Reynolds	OR 2.70
W45	
1 Phil Raschker	GA WR3.23
W50	
1 Barbara Stewart	GA AR2.17
W55	
1 Becky Sisley	OR WR2.07
2 Sue Tunnicliff	OK 1.87
W65	
1 Shirley Kinsey	CA 1.67
Long Jump	
M30	
1 Gerald Edwards	WA 6.84
2 Mike Ryan	WA 6.57
3 Derek Brown	CA 6.35
4 Alan Sims	TX 6.00
5 Reggie Snowden	CA 5.66
6 Steve Daniel	CA 4.92
M35	
1 Barry Wise	NC 6.40
2 Vince Martin	WA 6.32
3 Andrew Miller	AZ 5.68
M40	
1 Rick Thomas	TX 6.70
2 Larry Vollmer	TX 6.19
3 Fred James	NV 5.70
4 Scott Thornsley	PA 5.53
5 Fred Murrell	MD 5.51
6 Neal Combs	KS 5.47
7 Steve Gardiner	WY 5.23
8 Andy Hecker	CA 5.21
M45	
1 Angel Cachinero	NV 5.96
2 Del Eckels	CA 5.70
3 Roger Parnell	CA 5.65
4 Dana Harrell	MA 5.45
5 Jim Manor	CA 5.44
6 Bert Serrano	NV 5.21
7 Rex Harvey	OH 5.19
M50	
1 Ken Medley	NM 5.74
2 Kirt Vener	MD 5.59
3 Jim Hollister	CA 5.49
4 Jim Swayze	AZ 5.08
5 Don Dvorak	CA 5.01
6 Avital Schurr	KY 4.87
7 John Bateman	NJ 4.82
8 Terry Rowan	CA 4.72
M55	
1 Emil Pawlik	MS 5.48
2 Alvin Henry	CA 5.25
3 Dean Dopp	ID 4.81
4 Dee DeWitt	CA 4.70
5 Steve Richmond	CA 4.58
6 Head	TX 4.53
M60	
1 Dick Richards	CA 5.07
2 Dave Jackson	CA 4.87
3 Lowell Bonifield	AR 4.76
4 Jim Peterson	MN 4.47
5 Ray Graves	AZ 4.45
6 Jack Lance	NJ 4.02
M65	
1 Jim Stookey	MD 4.95
2 Ray Propst	OR 4.30
3 Bob Higginbotham	CA 4.21
4 Harvey Lewellen	OR 4.17
5 Al Brenda	CA 4.15
6 Grant Twitchell	UT 4.14
7 Bill Daprano	GA 3.73
M70	
1 Mel Larson	IL WR5.05
2 Oscar Harris	PA 3.88
3 Max Goldsmith	TX 3.48
M75	
1 John Alexander	TX AR4.03
2 Armando Ricciardi	NV 3.29
3 Lew Luehrs	NV 2.12
M80	
1 Clarence Trahan	CA AR3.36
2 Virgil McIntyre	AZ 2.71
3 Claude Hills	PA 2.54
M85	
1 Russ Randall	CO 2.50
W30	
1 Joy UpshawMargerum	HI 5.10
2 Pam Reynolds	OR 4.68
3 Ruvina Kelly	NJ 4.25

W35	
1 Martha Mendenhall	WA 4.74
2 Denise McField	MO 3.92
W40	
1 Linda Lowery	GA 4.79
2 Irene Thompson	NY 4.73
3 Jacqueline Board	MO 4.22
W45	
1 Phil Raschker	GA 5.15
- Liz McBlain	CAN 3.86
2 Barbara Stratton	CA 3.56
W50	
1 Barbara Stewart	GA 3.24
W55	
1 Joann Grissom	IN 3.62
2 Becky Sisley	OR 3.45
3 Jane Dods	OR 3.39
4 Ginny Baker	OR 3.18
5 Sue Tunnicliff	OK 2.99
W60	
1 Fei-Mei Chow	CA 2.87
2 Marjorie Moore	CA 2.84
Triple Jump	
M30	
1 Jeff Helton	KY 13.14
M35	
1 Mike Lariza	OR 13.57
2 Vince Martin	WA 13.19
3 Frank Makozny	PA 11.14
M40	
1 Scott Thornsley	PA 11.61
2 Andy Hecker	CA 10.89
3 Jeff Gallero	CA 9.60
4 Richard Watson	AZ 9.13
M45	
1 Milan Tiff	CA WR14.82
2 Angel Cachinero	NV 11.84
3 Ray Shaw	CA 11.43
4 Ken Troy	WA 10.96
5 Dana Harrell	MA 9.95
M50	
1 Don Dvorak	CA 11.19
2 Jim Hollister	CA 11.14
3 Ken Medley	NM 10.82
4 Kirt Vener	MD 10.81
5 Bill Wood	CA 10.21
6 John Bateman	NJ 10.19
7 Dennis Stempel	CA 9.78
8 Johnny Edwards	WA 8.81
M55	
1 Alvin Henry	CA 10.87
2 Mel Ramey	CA 10.65
3 Dee DeWitt	CA 9.13
4 Roger Dean	CA 8.39
5 John Head	TX 8.32
M60	
1 Dave Jackson	CA 10.93
2 Phil Mulkey	GA 10.25
3 Jim Peterson	MN 8.97
4 Jack Lance	NJ 8.45
M65	
1 Jim Stookey	MD 10.31
2 Al Brenda	CA 8.96
3 Ray Propst	OR 8.64
4 Bill Daprano	GA 7.76
M70	
1 Ray Spencer	CA 8.59
2 Charles Obye	AZ 8.56
3 Max Goldsmith	TX 7.43
M75	
1 Charles Mercurio	CA 7.71
2 Armando Ricciardi	IN 6.48
M80	
1 Clarence Trahan	CA 6.81
W30	
1 Joy UpshawMargerum	HI 9.81
W35 none	
W40	
1 Linda Lowery	GA 9.26
W45	
1 Phil Raschker	GA 9.54
- Liz McBlain	CAN 7.91
2 Barbara Stratton	CA 7.41
W50	
1 Barbara Stewart	GA 7.33
W55	
1 Becky Sisley	OR 7.90
2 Joann Grissom	IN 7.60
3 Ginny Baker	OR 6.18
Shot Put	
M30	
1 Dennis DeSoto	-- 16.81
2 John Garvey	CA 12.29
M35	
1 Eric Hodgdon	CA 14.08
2 Scott West	CA 12.75
3 Stan Vegar	CA 12.20
4 Charles Black	CA 11.21
5 Andrew Miller	AZ 10.58
6 Jeff Crothers	AZ 10.21
M40	
1 Roger Kamla	LA 14.54
2 Jan DeSoto	CA 14.40
3 Richard Gorbet	NV 14.21
4 Bob Gunn	NC 13.56
5 Pat Burns	WI 11.92
6 John Townsend	CA 10.89
7 Richard Watson	AZ 10.73
8 Gary Kelmenson	CA 10.56
M45	
1 Fred Stowell	MT 13.09
2 Gary Bills	ID 12.18
3 Rex Harvey	OH 11.62
4 Bob Sager	MT 11.27
5 Henry Bussey	TX 11.23
6 Tim Edwards	CO 9.53
M50	
1 Tom Gage	MT 14.81
2 Larry Pratt	DE 13.87
3 Roger Foster	CA 13.19
4 George Mathews	WA 12.81
5 Michael Parker	CA 12.36

M55	
1 Joe Keshmiri	NV WR15.74
2 Russ Hodge	WA 15.34
3 Dick Hotchkiss	CA 14.63
4 Glen Johnson	TN 13.23
M60	
1 Phil Mulkey	GA 14.22
2 Leonard Olson	FL 13.59
3 Tom Wesselowski	KS 12.85
4 Walt Badorek	OR 12.76
5 Stewart Thomson	CA 12.14
6 Bob Kemp	IL 11.78
7 Ted Wassam	CA 10.74
8 Dick Richardson	IL 10.58
M65	
1 Harry Hawke	CA 12.51
2 Phil Brusca	MO 12.09
3 Jim Gillcrist	FL 11.42
4 Vince Sempronio	OR 11.02
5 Harvey Lewellen	OR 10.49
6 Grant Twitchell	UT 10.29
7 Ed Holmes	TN 9.76
8 Ray Propst	OR 9.23
M70	
1 Bill Bangert	CA 11.75
2 Don Cumley	NV 11.50
3 Charles Covino	NJ 11.35
4 Jacob Stein	KY 8.89
- Walter Jenkins	CAN 8.89
5 Jerry Silsdorf	CA 8.85
M75	
1 Hal Cronkhitte	CA 9.74
2 Armando Ricciardi	IN 8.93
3 Angelo Oliver	RI 8.00
4 Lew Luehrs	NV 7.50
M80	
1 Ross Carter	OR WR11.45
2 Leon Joslin	WA 8.32
3 Milo Lightfoot	IN 7.29
W35	
1 Deborah Ecklund	NY 6.57
W40	
1 Joan Stratton	CA 10.23
W45	
- Liz McBlain	CAN 9.95
1 Pauline Thomas	WA 9.56
2 Lorraine Tucker	MA 9.13
3 Dianne Lickey	WA 6.59
W50	
1 Vanessa Hilliard	FL 10.95
W55	
1 Joann Grissom	IN 11.16
2 Cherrie Sherrard	CA 9.58
W60	
1 Christel Miller	CA 7.94
2 Mary Hirst	CA 7.84
3 Judy Fetherston	NM 7.13
W65	
1 Sally Polk	NM 7.63
- Estelle Jenkins	CAN 5.95
W70	
1 Diane Friedman	OH 5.25
W75 none	
W80	
1 Ivy Browne	CA WR6.53
Weight Throw	
M35	
1 Ken Jansson	KS 19.44
2 David Vandergriff	SC 14.92
3 Eric Hodgdon	CA 12.91
4 Charles Black	CA 12.57
5 Jeff Crothers	AZ 8.87
M40	
1 Peter Farmer	NC 16.64
2 Gary Kelmenson	CA 12.58
3 Forest Brouillard	OR 11.53
4 Patrick Burns	WI 11.29
5 Richard Watson	AZ 7.24
M45	
1 Bob Sager	MT 12.25
2 Tim Edwards	CO 9.87
M50	
1 Tom Gage	MT 16.85

Continued from previous page

Table of race results for various events including 400m, 800m, 1500m, and 5000m. Lists names and times for participants like William Overby, Mike Augeri, Ken Kienzle, etc.

MAC "Chemical Bank Open" Fairleigh Dickinson U., NJ Jan. 29

Table of race results for MAC "Chemical Bank Open" including 55m, 100m, 200m, 400m, 800m, 1500m, and 5000m events.

Table of race results for 1500m, 3000m, 5000m, and 10000m events. Lists names and times for participants like M60 Irwin Bernstein, W30 Ruvina Kelly, etc.

USATF-NJ 1995 Indoor Championships FDU Rothman Center Hackensack, NJ; Feb. 12

Table of race results for USATF-NJ 1995 Indoor Championships including 55m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, and 10000m events.

55m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m

Table of race results for 55m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, and 10000m events.

Table of race results for 1500m, 3000m, 5000m, and 10000m events. Lists names and times for participants like M35 JIM EASTER, DON MCNEIL, etc.

200 NON-NJ, 400 NJ, 800 NJ, 1500 NJ

Table of race results for 200m, 400m, 800m, 1500m, 3000m, 5000m, and 10000m events.

Table of race results for 1500m, 3000m, 5000m, and 10000m events. Lists names and times for participants like M60 IRWIN BERNSTEIN, HANS HUNZIKER, etc.

1500 NJ, 3000 NJ, 5000 NJ, 10000 NJ

Table of race results for 1500m, 3000m, 5000m, and 10000m events.

Table of race results for 1500m, 3000m, 5000m, and 10000m events. Lists names and times for participants like DOUG BROWN, ANDREW COYLE, etc.

3000 NON-NJ, 5000 NON-NJ, 10000 NON-NJ

Table of race results for 3000m, 5000m, and 10000m events.

Table of race results for 1500m, 3000m, 5000m, and 10000m events. Lists names and times for participants like M80 CLAUDE HILLS, W30 LAURIE BLACK, etc.

3000 NON-NJ, 5000 NON-NJ, 10000 NON-NJ

Table of race results for 3000m, 5000m, and 10000m events.

Continued on next page

Continued from previous page

Table of race results for Manasota TC Winter Meet, Sarasota, FL, Dec. 17. Includes 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12.5m, 15m, 20m, 25m, 30m, 35m, 40m, 45m, 50m, 55m, 60m, 65m, 70m, 75m, 80m, 85m, 90m, 95m, 100m, 105m, 110m, 115m, 120m, 125m, 130m, 135m, 140m, 145m, 150m, 155m, 160m, 165m, 170m, 175m, 180m, 185m, 190m, 195m, 200m, 205m, 210m, 215m, 220m, 225m, 230m, 235m, 240m, 245m, 250m, 255m, 260m, 265m, 270m, 275m, 280m, 285m, 290m, 295m, 300m, 305m, 310m, 315m, 320m, 325m, 330m, 335m, 340m, 345m, 350m, 355m, 360m, 365m, 370m, 375m, 380m, 385m, 390m, 395m, 400m, 405m, 410m, 415m, 420m, 425m, 430m, 435m, 440m, 445m, 450m, 455m, 460m, 465m, 470m, 475m, 480m, 485m, 490m, 495m, 500m, 505m, 510m, 515m, 520m, 525m, 530m, 535m, 540m, 545m, 550m, 555m, 560m, 565m, 570m, 575m, 580m, 585m, 590m, 595m, 600m, 605m, 610m, 615m, 620m, 625m, 630m, 635m, 640m, 645m, 650m, 655m, 660m, 665m, 670m, 675m, 680m, 685m, 690m, 695m, 700m, 705m, 710m, 715m, 720m, 725m, 730m, 735m, 740m, 745m, 750m, 755m, 760m, 765m, 770m, 775m, 780m, 785m, 790m, 795m, 800m, 805m, 810m, 815m, 820m, 825m, 830m, 835m, 840m, 845m, 850m, 855m, 860m, 865m, 870m, 875m, 880m, 885m, 890m, 895m, 900m, 905m, 910m, 915m, 920m, 925m, 930m, 935m, 940m, 945m, 950m, 955m, 960m, 965m, 970m, 975m, 980m, 985m, 990m, 995m, 1000m.

SOUTHEAST Manasota TC Winter Meet Sarasota, FL; Dec. 17. Includes 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12.5m, 15m, 20m, 25m, 30m, 35m, 40m, 45m, 50m, 55m, 60m, 65m, 70m, 75m, 80m, 85m, 90m, 95m, 100m, 105m, 110m, 115m, 120m, 125m, 130m, 135m, 140m, 145m, 150m, 155m, 160m, 165m, 170m, 175m, 180m, 185m, 190m, 195m, 200m, 205m, 210m, 215m, 220m, 225m, 230m, 235m, 240m, 245m, 250m, 255m, 260m, 265m, 270m, 275m, 280m, 285m, 290m, 295m, 300m, 305m, 310m, 315m, 320m, 325m, 330m, 335m, 340m, 345m, 350m, 355m, 360m, 365m, 370m, 375m, 380m, 385m, 390m, 395m, 400m, 405m, 410m, 415m, 420m, 425m, 430m, 435m, 440m, 445m, 450m, 455m, 460m, 465m, 470m, 475m, 480m, 485m, 490m, 495m, 500m, 505m, 510m, 515m, 520m, 525m, 530m, 535m, 540m, 545m, 550m, 555m, 560m, 565m, 570m, 575m, 580m, 585m, 590m, 595m, 600m, 605m, 610m, 615m, 620m, 625m, 630m, 635m, 640m, 645m, 650m, 655m, 660m, 665m, 670m, 675m, 680m, 685m, 690m, 695m, 700m, 705m, 710m, 715m, 720m, 725m, 730m, 735m, 740m, 745m, 750m, 755m, 760m, 765m, 770m, 775m, 780m, 785m, 790m, 795m, 800m, 805m, 810m, 815m, 820m, 825m, 830m, 835m, 840m, 845m, 850m, 855m, 860m, 865m, 870m, 875m, 880m, 885m, 890m, 895m, 900m, 905m, 910m, 915m, 920m, 925m, 930m, 935m, 940m, 945m, 950m, 955m, 960m, 965m, 970m, 975m, 980m, 985m, 990m, 995m, 1000m.

Manasota TC Meet Sarasota, FL; Jan. 21. Includes 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12.5m, 15m, 20m, 25m, 30m, 35m, 40m, 45m, 50m, 55m, 60m, 65m, 70m, 75m, 80m, 85m, 90m, 95m, 100m, 105m, 110m, 115m, 120m, 125m, 130m, 135m, 140m, 145m, 150m, 155m, 160m, 165m, 170m, 175m, 180m, 185m, 190m, 195m, 200m, 205m, 210m, 215m, 220m, 225m, 230m, 235m, 240m, 245m, 250m, 255m, 260m, 265m, 270m, 275m, 280m, 285m, 290m, 295m, 300m, 305m, 310m, 315m, 320m, 325m, 330m, 335m, 340m, 345m, 350m, 355m, 360m, 365m, 370m, 375m, 380m, 385m, 390m, 395m, 400m, 405m, 410m, 415m, 420m, 425m, 430m, 435m, 440m, 445m, 450m, 455m, 460m, 465m, 470m, 475m, 480m, 485m, 490m, 495m, 500m, 505m, 510m, 515m, 520m, 525m, 530m, 535m, 540m, 545m, 550m, 555m, 560m, 565m, 570m, 575m, 580m, 585m, 590m, 595m, 600m, 605m, 610m, 615m, 620m, 625m, 630m, 635m, 640m, 645m, 650m, 655m, 660m, 665m, 670m, 675m, 680m, 685m, 690m, 695m, 700m, 705m, 710m, 715m, 720m, 725m, 730m, 735m, 740m, 745m, 750m, 755m, 760m, 765m, 770m, 775m, 780m, 785m, 790m, 795m, 800m, 805m, 810m, 815m, 820m, 825m, 830m, 835m, 840m, 845m, 850m, 855m, 860m, 865m, 870m, 875m, 880m, 885m, 890m, 895m, 900m, 905m, 910m, 915m, 920m, 925m, 930m, 935m, 940m, 945m, 950m, 955m, 960m, 965m, 970m, 975m, 980m, 985m, 990m, 995m, 1000m.

Manasota TC Meet Sarasota, FL; Feb. 25. Includes 440y, 800y, 1000y, 1500y, 2000y, 3000y, 4000y, 5000y, 6000y, 8000y, 10000y, 12.5m, 15m, 20m, 25m, 30m, 35m, 40m, 45m, 50m, 55m, 60m, 65m, 70m, 75m, 80m, 85m, 90m, 95m, 100m, 105m, 110m, 115m, 120m, 125m, 130m, 135m, 140m, 145m, 150m, 155m, 160m, 165m, 170m, 175m, 180m, 185m, 190m, 195m, 200m, 205m, 210m, 215m, 220m, 225m, 230m, 235m, 240m, 245m, 250m, 255m, 260m, 265m, 270m, 275m, 280m, 285m, 290m, 295m, 300m, 305m, 310m, 315m, 320m, 325m, 330m, 335m, 340m, 345m, 350m, 355m, 360m, 365m, 370m, 375m, 380m, 385m, 390m, 395m, 400m, 405m, 410m, 415m, 420m, 425m, 430m, 435m, 440m, 445m, 450m, 455m, 460m, 465m, 470m, 475m, 480m, 485m, 490m, 495m, 500m, 505m, 510m, 515m, 520m, 525m, 530m, 535m, 540m, 545m, 550m, 555m, 560m, 565m, 570m, 575m, 580m, 585m, 590m, 595m, 600m, 605m, 610m, 615m, 620m, 625m, 630m, 635m, 640m, 645m, 650m, 655m, 660m, 665m, 670m, 675m, 680m, 685m, 690m, 695m, 700m, 705m, 710m, 715m, 720m, 725m, 730m, 735m, 740m, 745m, 750m, 755m, 760m, 765m, 770m, 775m, 780m, 785m, 790m, 795m, 800m, 805m, 810m, 815m, 820m, 825m, 830m, 835m, 840m, 845m, 850m, 855m, 860m, 865m, 870m, 875m, 880m, 885m, 890m, 895m, 900m, 905m, 910m, 915m, 920m, 925m, 930m, 935m, 940m, 945m, 950m, 955m, 960m, 965m, 970m, 975m, 980m, 985m, 990m, 995m, 1000m.

MID AMERICA Early Morning "R" Meet Twin Cities, MN; Feb. 5. Includes 55m, 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12.5m, 15m, 20m, 25m, 30m, 35m, 40m, 45m, 50m, 55m, 60m, 65m, 70m, 75m, 80m, 85m, 90m, 95m, 100m, 105m, 110m, 115m, 120m, 125m, 130m, 135m, 140m, 145m, 150m, 155m, 160m, 165m, 170m, 175m, 180m, 185m, 190m, 195m, 200m, 205m, 210m, 215m, 220m, 225m, 230m, 235m, 240m, 245m, 250m, 255m, 260m, 265m, 270m, 275m, 280m, 285m, 290m, 295m, 300m, 305m, 310m, 315m, 320m, 325m, 330m, 335m, 340m, 345m, 350m, 355m, 360m, 365m, 370m, 375m, 380m, 385m, 390m, 395m, 400m, 405m, 410m, 415m, 420m, 425m, 430m, 435m, 440m, 445m, 450m, 455m, 460m, 465m, 470m, 475m, 480m, 485m, 490m, 495m, 500m, 505m, 510m, 515m, 520m, 525m, 530m, 535m, 540m, 545m, 550m, 555m, 560m, 565m, 570m, 575m, 580m, 585m, 590m, 595m, 600m, 605m, 610m, 615m, 620m, 625m, 630m, 635m, 640m, 645m, 650m, 655m, 660m, 665m, 670m, 675m, 680m, 685m, 690m, 695m, 700m, 705m, 710m, 715m, 720m, 725m, 730m, 735m, 740m, 745m, 750m, 755m, 760m, 765m, 770m, 775m, 780m, 785m, 790m, 795m, 800m, 805m, 810m, 815m, 820m, 825m, 830m, 835m, 840m, 845m, 850m, 855m, 860m, 865m, 870m, 875m, 880m, 885m, 890m, 895m, 900m, 905m, 910m, 915m, 920m, 925m, 930m, 935m, 940m, 945m, 950m, 955m, 960m, 965m, 970m, 975m, 980m, 985m, 990m, 995m, 1000m.

55m, M40 Jim Dolezel 6.88, Donald Tarasewicz 6.89, Randy Bensen 7.33, M45 Michael Sharratt 7.08, Dan LaBelle 8.00, M50 Jim Lee 7.00, M55 James Wagner 7.58, Fred Biederman 7.77, M60 Lloyd Kempf 8.00, M65 Harvey DeVries 8.70, M75 Ben Bjergo 36.19, WOPEN Assumpta Bennaars 9.55, W30 Rhonda Dean 8.17, W55 Audrey Kempf 12.17, W60 Rachel Lyga 9.27, Backward 55m, M40 Randy Bensen 9.61, M45 Dan LaBelle 13.34, M55 Fred Biederman 12.77, George LaBelle 13.56, James Wagner 13.97, WOPEN Zina Garrison 14.87, Assumpta Bennaars 15.05, W60 Rachel Lyga 15.10, 800m, M45 George Rux 2:40.72, M60 George Rux 6:00.06, 1000m, M40 Jim Dolezel 26.09, M50 Jim Lee 27.34, M55 Fred Biederman 30.2, James Wagner 30.4, M60 Lloyd Kempf 32.0, W60 Rachel Lyga 39.56, 400 Eastwalk, M55 George LaBelle 2:21.00, WOPEN Assumpta Bennaars 2:37.50, 400m, M40 Randy Bensen 56.09, Donald Tarasewicz 56.91, M45 George Rux 1:07.66, W30 Rhonda Lee Dean 1:27.09, W60 Rachel Lyga 1:54.16, Pole Vault, M40 Jim Dolezel 10-0, M45 Michael Sharratt 11-0, M55 Jim Noonan 9-0, M60 Jim Peterson 6-1, W60 Rachel Lyga 5-11, High Jump, M45 Dan LaBelle 4-10, M55 Tom Langenfeld 5-0, George LaBelle 4-1, M60 Lloyd Kempf 4-5, M60 Jim Peterson 4-5, M65 Ed Failor 3-9, W60 Rachel Lyga 3-8, Triple Jump, M40 Jim Dolezel 33-7, M55 George LaBelle 26-10, M60 Jim Peterson 30-2, M65 Ed Failor 25-7, M40 Deb Vestal 18-8, W60 Rachel Lyga 24-7, Long Jump, M40 Jim Dolezel 17-6, M45 Michael Sharratt 15-10, M55 James Wagner 14-1, M60 Jim Peterson 15-1, Lloyd Kempf 13-0, M65 Ed Failor 12-3, W40 Deb Vestal 9-1, W60 Rachel Lyga 11-9, W60 Barb Thorgrimson 6-9, Shot Put, M40 Jim Fuehrer 30-0, M45 Dan LaBelle 34-11, M55 George LaBelle 31-3, M60 Jim Peterson 34-1, M65 Harvey DeVries 32-1, Ed Failor 25-8, M75 Ben Bjergo 15-11, W55 Audrey Kempf 22-7, Mavis Vitums 14-1, W60 Barb Thorgrimson 24-9, Rachel Lyga 23-0, Weight Toss, M45 Dan LaBelle (35#) 23-4, M55 George LaBelle (35#) 22-19, M65 Harvey DeVries (25#) 28-1, M75 Ben Bjergo (16#) 12-3, O Assumpta Bennaars (20#) 12-4, W55 Audrey Kempf (16#) 21-1, W55 Mavis Vitums (16#) 13-11, W60 Rachel Lyga (16#) 19-1, Barb Thorgrimson (16#) 13-4, USATF Minnesota Indoor Championships U. of Minnesota; Feb. 25, 55 Meter Dash, M40 Donald J Tarasewicz 7.12, David Ricks 7.52, Douglas Holmberg 7.74, M45 Russell W Anteronen 7.91, David Rodewald 9.10, M50 Thomas O'Shaughnessy 11.56, M55 Fred L Biederman 8.10, M65 Harv D DeVries 9.18, 200 Meter Dash, M40 Donald J Tarasewicz 24.57, David Ricks 26.87, Douglas Holmberg 27.34, Tom Rugh 29.39, M45 Russell W Anteronen 29.10, David Rodewald 33.67, M50 Thomas O'Shaughnessy 49.31, M55 Fred L Biederman 30.17, M75 Emil G Balz 42.23, M45 Mary Hiatt 36.45, 400 Meter Dash, M40 David Ricks 57.19, Douglas Holmberg 62.18, M45 Russell W Anteronen 70.44, David Rodewald 79.23, M50 T O'Shaughnessy 1:55.83, M75 Emil G Balz 90.98, 800 Meter Run, M40 Thomas Surprenant 2:15.18, Rick Recker 2:28.33, M45 David Rodewald 3:14.97, M75 Emil G Balz 3:22.87, W45 Mary Hiatt 2:50.64, Mile Run, M40 Dan J Morse 4:39.81, Michael E Seaman 4:45.69, Jason C Lee 4:46.64, Tom Rugh 5:42.66, M45 David Rodewald 6:40.41, M50 Arthur D Maillet 6:05.29, T O'Shaughnessy 9:25.50, M55 Dan J Conway 4:53.14, M60 Gary L DeFrance 5:42.88, M65 Rogers H Anderson 6:13.11, W45 Mary Hiatt 6:04.63, 3200M Run, M40 Dan J Morse 10:26.30, John M Cramer 13:05.30, 5000M Run, M40 Jason C Lee 16:25.1, Jim Breitenbucher 16:26.9, Mark W LeDuc 17:26.4, Randy L Hall 18:29.9, John M Cramer 19:01.8, M45 Virgil A Koski 17:30.9, David Rodewald 23:58.8, Long Jump, M40 Douglas Holmberg 16-1, W40 Deb A Vestal 8-4 1/4, Triple Jump, W40 Deb A Vestal 17-7 1/2, Shot Put, M40 Douglas Holmberg 31-10 1/2, Timothy Fuehrer 28-10 1/2, M65 Harv D DeVries 32-5, High Jump, M40 Patrick Boulay 5-3, Douglas Holmberg 4-9, Timothy V Fuehrer 4-1, M55 Tom Langenfeld 5-1, Pole Vault, M55 Jim G Noonan 10-0, Mile Race Walk, M40 Kenneth Wendling 9:57.0, M50 DeWayne H Walker 8:28.4, USATF Colorado Indoor Championships U.S. Air Force Academy; Mar. 4, 55m, M30 David Barner 6.64, M45 Len Zigment 7.56, John Stiehl 7.72, M55 Larry Carter 7.91, Ritch White 8.77, M60 K C Keffer 8.27, M65 Norman Katzman 8.55, M75 John Davison 8.44, W30 Julianna Von Evig 7.34, W55 Gayle Keffer 9.85, W60 Joyce Franks 11.90, 200m, M30 Ken Lindsey 25.67, M35 Steve Winston 23.15, M40 Trip Reynolds 24.68, M45 Len Zigment 27.53, M50 Dick Croteau 30.27, M55 Larry Carter 28.87, M60 Ken Luff 29.67, M65 Norman Katzman 31.11, M75 John Davison 32.60, W30 Julianna Von Evig 26.67, Kati Kinney 31.97, W60 Joyce Franks 45.56, 400m, M35 Jonathon Skripko 1:06.18, M40 Trip Reynolds 54.84, M45 Burke Grandjean 55.59, M60 Ray Franks 1:16.25, W30 Julianna Von Evig 1:01.86, W60 Joyce Franks 1:46.03, 800m, M35 Jonathon Skripko 2:27.40, M40 Stephen Heidenreich 2:20.77, M45 Steve Kaeuper 2:23.54, Allan Johnson 2:24.05, George Eidinger 2:28.27, M60 Ken Luff 2:28.63, W30 Kati Kinney 2:29.33, 1500m, M30 Rick Ames 4:19.8, Daniel Haney 4:21.0, M35 Kyle Hubbard 4:35.1, Jonathan Skripko 4:59.1, Mark Lucas 4:58.1, M45 Stan Bailey 5:47.8, M50 Dick Croteau 5:05.0, M60 Ray Franks 6:06.1, High Jump, M45 Len Zigment 4-8, Tim Edwards 4-2, M55 Larry Carter 4-8, Ritch White 3-8, M60 K C Keffer 4-6, Pole Vault, M60 K C Keffer 9, M65 Jerry Donley 11, Long Jump, M45 Len Zigment 4.71, Tim Edwards 3.48, Larry Myers 3.24, M55 Ritch White 3.22, M60 K C Keffer 4.37, M75 John Davison 3.44, W55 Gayle Keffer 3.44, Triple Jump, M40 Keith Johnson 11.13, M55 Larry Carter 8.73, Ritch White 6.36, Shot Put, M40 Michael Campmen 11.70, Richard Ruffalo 10.20, M45 Jim Mastro 10.91, Tim Edwards 9.58, Len Zigment 8.60, Larry Myers 7.71, Sooner State Games Oklahoma City; Jan. 29, 55m, M30 Phil Koons 7.1, James Farris 7.4, M35 Jay Mathis 7.1, Fred Mills 7.1, David Hunt 7.8, Cecil Nobel 7.8, M40 Tom Thompson 7.0, Neal Combs 7.1, Thomas Acree 7.1, Andrew Mason 7.1, M45 Mike Steinmetz 7.5, Kirby Hodge 7.6, Fred Johnston 7.6, M50 Ben Lane 8.1, M55 Jimmy Weaver 7.5, Wayne Bennett 7.5, Dale Lance 7.5, M60 Jim Barnhart nt, High Jump, M35 Ken Ellis 1.77m, M40 Jim Dolezel 1.52, Tom Acree 1.47, M45 Keith Culver 1.32, Bob Everoski 1.27, Norm Frable 1.27, M50 Sam Pfenning 1.32, M55 Larry Carter 1.42, Dale Lance 1.42, Wayne Skartwed 1.21, M60 Bill Pardue 1.27, M65 James Stookey 1.42, M70 Tim Murphy 1.17, Pole Vault, M35 David Swezy 4.72, Ken Ellis 4.26, Long Jump, M35 Allen Blaylock 5.45, David Hunt 4.75, M40 Neal Combs 5.66, Tom Acree 5.32, Jim Dolezel 5.09, M50 Ben Lane 4.26, M55 Sue Tunnicliff 2.98, W60 R Jean Cobb 3.03, Triple Jump, M35 David Hunt 8.76, M40 Jim Dolezel 10.34, Sergio Angulo 9.73, M45 Bob Everoski 8.42, M50 Sam Pfenning 7.48, M55 Larry Carter 8.54, M60 Charlie Richard 10.59, M65 James Stookey 10.02, M70 Doc Bennett 6.20, Shot Put, M30 Tom Arrington 14.08, M35 Ken Ellis 11.67, Cecil Noble 11.52, M45 Ken Hogan 11.44, Keith Culver 8.79, M50 Ron Rainey 11.74, M55 Sue Tunnicliff 6.48, W60 R Jean Cobb 6.38, W100 Margaret White WR3.35, 1500m Racewalk, M35 Mike Chapman 8:21.5, M45 Norm Frable 7:07.1, Bill Penner 7:10.7, M55 Jim McFadden 7:45.2, Roy Kelly Sr 9:35.4, M75 Don McCune 9:50.5, Southern California Striders Desert Classic Palm Desert, CA; Jan. 28, (grass track), 60m, M30 Kent Wilson 7.30, M40 Johnny Williams 7.36, Robert Bowen 7.54, M45 Sheridan Groves 7.65, Leroy Clipp 8.12, M50 Terry Rowen 8.33, M60 Nick Newton 8.03, Sam Flory 8.34, M75 Al Guidet 9.51, M80 Gary Wible 11.52, W35 April Thomas 8.95, W50 Penny Gudel 11.96, 200m, M40 Robert Bowen 24.22, Johnny Williams 24.69, M45 Sheridan Groves 25.76, M50 Nathan Asberry 27.44, M55 Jesse Carrington 30.02, M60 Nick Newton 26.67, Sam Flory 29.09, M65 Louis Beadle 29.65, Ben Castro 31.56, M75 Al Guidet 34.85, M80 Jerry Wible 39.75, W50 Penny Gudel 42.52, 600m, M30 Carlos Cota 1:40.26, Alan Rasmussen 1:42.27, M35 Kim Kelly 1:47.03, M45 Phil Gnesin 1:49.01, Continued on next page

55m, M40 Jim Dolezel 6.88, Donald Tarasewicz 6.89, Randy Bensen 7.33, M45 Michael Sharratt 7.08, Dan LaBelle 8.00, M50 Jim Lee 7.00, M55 James Wagner 7.58, Fred Biederman 7.77, M60 Lloyd Kempf 8.00, M65 Harvey DeVries 8.70, M75 Ben Bjergo 36.19, WOPEN Assumpta Bennaars 9.55, W30 Rhonda Dean 8.17, W55 Audrey Kempf 12.17, W60 Rachel Lyga 9.27, Backward 55m, M40 Randy Bensen 9.61, M45 Dan LaBelle 13.34, M55 Fred Biederman 12.77, George LaBelle 13.56, James Wagner 13.97, WOPEN Zina Garrison 14.87, Assumpta Bennaars 15.05, W60 Rachel Lyga 15.10, 800m, M45 George Rux 2:40.72, M60 George Rux 6:00.06, 1000m, M40 Jim Dolezel 26.09, M50 Jim Lee 27.34, M55 Fred Biederman 30.2, James Wagner 30.4, M60 Lloyd Kempf 32.0, W60 Rachel Lyga 39.56, 400 Eastwalk, M55 George LaBelle 2:21.00, WOPEN Assumpta Bennaars 2:37.50, 400m, M40 Randy Bensen 56.09, Donald Tarasewicz 56.91, M45 George Rux 1:07.66, W30 Rhonda Lee Dean 1:27.09, W60 Rachel Lyga 1:54.16, Pole Vault, M40 Jim Dolezel 10-0, M45 Michael Sharratt 11-0, M55 Jim Noonan 9-0, M60 Jim Peterson 6-1, W60 Rachel Lyga 5-11, High Jump, M45 Dan LaBelle 4-10, M55 Tom Langenfeld 5-0, George LaBelle 4-1, M60 Lloyd Kempf 4-5, M60 Jim Peterson 4-5, M65 Ed Failor 3-9, W60 Rachel Lyga 3-8, Triple Jump, M40 Jim Dolezel 33-7, M55 George LaBelle 26-10, M60 Jim Peterson 30-2, M65 Ed Failor 25-7, M40 Deb Vestal 18-8, W60 Rachel Lyga 24-7, Long Jump, M40 Jim Dolezel 17-6, M45 Michael Sharratt 15-10, M55 James Wagner 14-1, M60 Jim Peterson 15-1, Lloyd Kempf 13-0, M65 Ed Failor 12-3, W40 Deb Vestal 9-1, W60 Rachel Lyga 11-9, W60 Barb Thorgrimson 6-9, Shot Put, M40 Jim Fuehrer 30-0, M45 Dan LaBelle 34-11, M55 George LaBelle 31-3, M60 Jim Peterson 34-1, M65 Harvey DeVries 32-1, Ed Failor 25-8, M75 Ben Bjergo 15-11, W55 Audrey Kempf 22-7, Mavis Vitums 14-1, W60 Barb Thorgrimson 24-9, Rachel Lyga 23-0, Weight Toss, M45 Dan LaBelle (35#) 23-4, M55 George LaBelle (35#) 22-19, M65 Harvey DeVries (25#) 28-1, M75 Ben Bjergo (16#) 12-3, O Assumpta Bennaars (20#) 12-4, W55 Audrey Kempf (16#) 21-1, W55 Mavis Vitums (16#) 13-11, W60 Rachel Lyga (16#) 19-1, Barb Thorgrimson (16#) 13-4, USATF Colorado Indoor Championships U.S. Air Force Academy; Mar. 4, 55m, M30 David Barner 6.64, M45 Len Zigment 7.56, John Stiehl 7.72, M55 Larry Carter 7.91, Ritch White 8.77, M60 K C Keffer 8.27, M65 Norman Katzman 8.55, M75 John Davison 8.44, W30 Julianna Von Evig 7.34, W55 Gayle Keffer 9.85, W60 Joyce Franks 11.90, 200m, M30 Ken Lindsey 25.67, M35 Steve Winston 23.15, M40 Trip Reynolds 24.68, M45 Len Zigment 27.53, M50 Dick Croteau 30.27, M55 Larry Carter 28.87, M60 Ken Luff 29.67, M65 Norman Katzman 31.11, M75 John Davison 32.60, W30 Julianna Von Evig 26.67, Kati Kinney 31.97, W60 Joyce Franks 45.56, 400m, M35 Jonathon Skripko 1:06.18, M40 Trip Reynolds 54.84, M45 Burke Grandjean 55.59, M60 Ray

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M55 Chuck Kirkby 1:52.11, M40 Robert Bowen 39.21, M45 Phil Gnesin 45.66, etc.

Table with 2 columns: Name and Time. Includes entries like M30 Carlos Cota 5:10.81, M35 Kim Kelly 5:43.76, M45 John Davis 5:24.11, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Richard Watson 4-8, M45 Charlie Rader 5-8, M50 Terry Rouga 4-4, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Richard Watson 15-1, M45 Leroy Clippis 15-10, M50 Terry Rowan 14-11, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Richard Watson 33-0, M50 Dave Nuttall 30-6, M55 Wayne Cassity 32-7, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Russ Reabold 121-9, M50 Dave Nuttall 111-3, M55 Wayne Cassity 75-11, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Richard West 121-1, M40 Richard West 95-9, M50 Dave Nuttall 87-7, etc.

Table with 2 columns: Name and Time. Includes entries like M40 R Watson 126-9, M50 Dave Nuttall 123-7, M65 Del Pickarts 148-7, etc.

Table with 2 columns: Name and Time. Includes entries like M55 Bill Knocke 12.58, Stan King 13.41, Gerald Schmeling 16.23, etc.

Table with 2 columns: Name and Time. Includes entries like M70 Thomas Miller 15.16, Ted Parrish 16.88, Ray Crawford 17.14, etc.

Table with 2 columns: Name and Time. Includes entries like M80 Clarence Trahan 16.63, Bert Morrow 18.01, Jerry Wible 18.60, etc.

Table with 2 columns: Name and Time. Includes entries like M55 Bill Knocke 24.88, Stan King 27.00, Gerald Schmeling 33.25, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Dick Glasgow 27.16, Bill Anderson 28.46, Charles Rice 29.67, etc.

Table with 2 columns: Name and Time. Includes entries like M55 Bill Knocke 1:00.08, Mike Dunn 1:09.39, Jon McIntosh 1:20.82, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Bill Anderson 1:05.77, Charles Rice 1:09.03, Marcel Cote 1:09.14, etc.

Table with 2 columns: Name and Time. Includes entries like M55 Wayne Cassity 2:47.18, Glenn Jones 2:47.18, Fred Hartman, Jr 2:49.29, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Bill Anderson 2:44.86, Morton Ward 2:46.22, Ray Archibald 3:08.83, etc.

Table with 2 columns: Name and Time. Includes entries like M65 Jim Selby 2:37.33, Louis Beadle 2:42.18, Efrin Sanchez 2:44.69, etc.

Table with 2 columns: Name and Time. Includes entries like M70 Avery Bryant 2:56.78, Harold Bach 3:24.50, Eugene Beimer 3:28.12, etc.

Table with 2 columns: Name and Time. Includes entries like M75 Donald Dilworth 3:25.99, John Roderiquez 3:48.94, Mary J McMaster 4:27.18, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Milton Newton 5-2, Jerry Sullivan 5-1, Ray Archibald 4-2, etc.

Table with 2 columns: Name and Time. Includes entries like M55 O Legend 12-11, Fred Newman 12-08, Larry Tiffin 10-11, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Dale Buysse 37-02, John Rfo 33-05, Howard Dewell 28-06, etc.

Table with 2 columns: Name and Time. Includes entries like M65 Lee Brown 107-07.50, Gordon Beck 99-01.50, J Durrenberger 94-08.50, etc.

Table with 2 columns: Name and Time. Includes entries like M65 Harry Hawke 150-06.50, Arnie Gaynor 140-07, Robert Hewitt 128, etc.

Table with 2 columns: Name and Time. Includes entries like M50 D McCraven 115-01.50, Wayne Cassity 78-06, O Legend 68, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Lee Brown 107-07.50, Gordon Beck 99-01.50, J Durrenberger 94-08.50, etc.

Table with 2 columns: Name and Time. Includes entries like M65 Harry Hawke 150-06.50, Arnie Gaynor 140-07, Robert Hewitt 128, etc.

Table with 2 columns: Name and Time. Includes entries like M70 Dale Buysse 120-08, John Rafo 101-03, Howard Dewell 92-09, etc.

Table with 2 columns: Name and Time. Includes entries like M75 John Becotte 96-07, Charles Odell 82-01, Ross Carter 118.02, etc.

Table with 2 columns: Name and Time. Includes entries like Penny Gudel 41.26, W55 Janice Zinniker 35.31, Cricket Worthington 36.03, etc.

Table with 2 columns: Name and Time. Includes entries like M55 Dennis Lockhard 43.40, Glenn Jones 45.01, Bill Kent 45.15, etc.

KELfield Throws Series #36 Santa Cruz, CA; Feb. 18

Table with 2 columns: Name and Time. Includes entries like M35 Eric Hodgdon 46-6, M40 Gary Kelmenson 35-8, M44 Bob Pryor 35-5, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Gary Kelmenson 115-8, M45 Bob Pryor 113-5, M60 Don Hughes 73-9, etc.

Table with 2 columns: Name and Time. Includes entries like M35 Eric Hodgdon 139-5, Mike Venning 127-3, M40 Gary Kelmenson 135-8, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Don Hughes 39-1/2, M35 Eric Hodgdon 45-7, Mike Venning 40-9, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Gary Kelmenson 41-6, M45 Bob Pryor 40-11, M60 Don Hughes 30-4, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Gary Kelmenson 28-4, M45 Bob Pryor 25-7/8, M60 Don Hughes 17-6 1/2, etc.

NORTHWEST Eugene Indoor Meet Eugene, OR; Feb. 5

Table with 2 columns: Name and Time. Includes entries like M35 Jim Wellen 7.5, M40 R Jaquet Acea 6.5, M45 Jeff Schaller-Pullman 6.5, etc.

Table with 2 columns: Name and Time. Includes entries like M30 Miles Smith 42.2, M40 R Jaquet Acea 40.2, M45 Wayne Gripp 40.8, etc.

Table with 2 columns: Name and Time. Includes entries like M30 Paul Bliss 4.34.5, M55 Tom McGuire 6.23.6, M60 Donn Kirk 6.38.4, etc.

Table with 2 columns: Name and Time. Includes entries like M30 Paul Bliss 9.44.4, M35 Rod Cooper 10.31.5, M45 Alan Beck 9.30.2, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Don Gray 9.3, M65 Alan Maxwell 9.8, W35 Martha Mendenhall 9.1, etc.

Table with 2 columns: Name and Time. Includes entries like M30 Dan Umenhofer 14-6, M35 Dan West 14-0, M40 Steve Smith 15-6, etc.

Table with 2 columns: Name and Time. Includes entries like M30 Miles Smith 15-04.50, M35 Jim Wellen 15-00.50

LONG DISTANCE RESULTS Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old.

NATIONAL USATF National Masters Half-Marathon Championships Las Vegas, NV; Feb. 4

Table with 2 columns: Name and Time. Includes entries like Eddy Hellebuycck 34 1:00:49, Claudia Metzner 28 1:08:12, M40 Doug Bell 1:05:44, etc.

Table with 2 columns: Name and Time. Includes entries like M45 Laurence Olsen 1:08:54, Jack Fultz 1:10:22, Roger Price 1:12:33, etc.

Table with 2 columns: Name and Time. Includes entries like M50 Jan Frisby 1:10:44, Larry Ingram 1:11:34, Michael Mahler 1:13:03, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Norman Green Jr 1:18:18, Jim Hilton 1:26:06, Perry Silverman 1:30:15, etc.

Table with 2 columns: Name and Time. Includes entries like M65 Ruben Vigil 1:28:25, Pat Devine 1:28:34, Jim O'Neil 1:30:02, etc.

Table with 2 columns: Name and Time. Includes entries like M70 none, M75 George Boulden 1:53:59, Denman Stanfield 2:35:35, etc.

Table with 2 columns: Name and Time. Includes entries like M80 Dudley Healy 2:11:32, W40 Honor Fetherston 1:13:54, Sherri Hall-Ourl 1:21:06, etc.

Table with 2 columns: Name and Time. Includes entries like M40 John Townsend 16-00.25, M45 Geoff Hughes 15-01.75, M55 Jerry Newcomb 12-11.50, etc.

Table with 2 columns: Name and Time. Includes entries like M65 Harvey Lewellen 12-10.75, W35 M Mendenhall 15-09, W55 Becky Sisley 11-05.75, etc.

Table with 2 columns: Name and Time. Includes entries like M40 John Townsend 32-07, M45 Allen Hufstutter 30-02, M50 Ken Perkins 36-01.50, etc.

Table with 2 columns: Name and Time. Includes entries like M60 Walter Badorek 41-05, M65 Vince Semprano 38-01.50, M70 C Hutcheson 29-06, etc.

Table with 2 columns: Name and Time. Includes entries like M50 Ed Kousky 6.49, M70 Joseph Mallon 9.35, W35 Sandy Marr 9.07, etc.

EAST U.S. Healthcare Icicle 10 Miler Wilmington, DE; Jan. 22

Table with 2 columns: Name and Time. Includes entries like Overall Kevin Kelly 54:35, Sandra Reedy 29 64:00, M40 Stu Madres 45 60:18, etc.

Table with 2 columns: Name and Time. Includes entries like M50 Richard Webb 50 60:39, M60 Bob Nelson 65 75:49, W40 Ginny Hitz 40 74:48, etc.

Table with 2 columns: Name and Time. Includes entries like M50 C Bigambatista52 81:27, W70+Becky Yencharis 752:19.0, Finishers: 420, Weather: 40°/sunny, from Race Results Weekly

NYRRC Valentine's 5K Central Park, NYC; Feb. 11

Table with 2 columns: Name and Time. Includes entries like Overall Carlos Martins 25 15:23, Gordon Bakoulis 33 17:34, M30 Hank Berkowitz 32 16:16, etc.

Table with 2 columns: Name and Time. Includes entries like M40 Thomas Grace 18:50, Richard Basuk 18:51, Tom Bernhard 18:54, M45 Nicholas Caswell 16:57, Jack Porzio 17:28, etc.

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Table with 2 columns: Name and Time. Includes entries like W45 Sylvie Kimche 19:59, W50 Susanna Beltrandi 23:31, W55 Joan Bondell 24:08.

Snowflake 4 Miler Central Park, NYC; Feb. 19

Table with 2 columns: Name and Time. Includes entries like Overall Houssine Siba 25 19:09, M30 Iran Colon 33 19:45, M40 Robert Anastasio 20:41.

NYRRC Bagel Run 10K Central Park, NYC; Feb. 25

Table with 2 columns: Name and Time. Includes entries like Overall Julian Giraldo 32 31:36, M40 Sean Doyle 33:15, M45 Nicholas Caswell 34:36.

Table with 2 columns: Name and Time. Includes entries like Mary Rosado 42:49, W50 Patty Parmalee 48:53, W55 Zofia Turosz 44:34.

SOUTHEAST

Strawberry Plains Half-Marathon Strawberry Plains, TN; Jan. 28

Table with 2 columns: Name and Time. Includes entries like Overall John Young 32 1:11:00, M40 Butch Will 43 1:25:39, M50 Gary Alexander 501:30:18.

Gasparilla Distance Classic 15K Tampa, FL; Feb. 18

Table with 2 columns: Name and Time. Includes entries like Overall Josphat Machuka 19 42:37, M40 Martin Mondragon 44:30, M45 Robert Culbertson 55:11.

MIDWEST

Columbus Roadrunners Winter Run 15M/3M Pickerington, OH; Feb. 12

Table with 2 columns: Name and Time. Includes entries like Overall John Caie 28 1:22:12, M40 Michael Barr 1:37:38, M45 Nick Hostetler 1:39:13.

W55 Peggy Drauglis 2:34:50

Table with 2 columns: Name and Time. Includes entries like Overall Andrew Holton 27 16:21, Audra Marie Taylor 26 19:52, M40 Chuck Shephard 19:15.

MID AMERICA

Denver TC Outdoor Mile Denver, CO; Feb. 18

Table with 2 columns: Name and Time. Includes entries like M30 Steve Kastrel 6:08, M35 Bill Harvey 5:13, Dan Spade 5:21.

SOUTHWEST

Jackson Five-O 50M/50K Dallas, TX; Jan. 21

Table with 2 columns: Name and Time. Includes entries like Overall Charl Mattheus 29 5:02:47, Frances Van Blerk 39 6:48:46, M40 Steve Webster 5:45:46.

50K Overall Malcolm Gillis 61 3:35:51, Lori Tracy 33 4:18:23, M40 Dennis Fugate 4:16:06.

Table with 2 columns: Name and Time. Includes entries like M45 Jack Weiser 3:43:23, J Scott Kissick 3:46:40, Phil Cutrara 3:56:23.

WEST

San Diego Marathon/Half-Marathon/5K San Diego, CA; Jan. 22

--Marathon-- Overall Jose Rosas 34 2:19:54, Kimberly Campo 39 2:55:21.

Table with 2 columns: Name and Time. Includes entries like M40 Sal Salmi 40 2:36:58, Sam Haij 44 2:45:51, M50 Zeke Zucker 50 3:01:51.

--Half-Marathon-- Overall Manuel Valencia 27 1:08:29, M40 Mark Woods 42 1:21:36.

Table with 2 columns: Name and Time. Includes entries like M50 Graham Harris 54 1:27:28, M60 David Farkas 61 1:27:03, M70+Walt Kuetzing 82 5:51:10.

--5K-- Overall Sven Haug 26 15:11, Susan Gregg-Hanson 34 17:35.

Table with 2 columns: Name and Time. Includes entries like M40 Bruce Minard 40 16:28, M50 Dick Jones 53 20:06, M60 Walter Atcheson 68 22:53.

Senior Games Festival Tucson, AZ; Jan. 22

Table with 2 columns: Name and Time. Includes entries like --5K-- Dennis Winsten 56 21:01, Tom Matthews 54 21:28, Frank Patania 62 21:54.

Redondo Beach Super Bowl 10K Redondo Beach, CA; Jan. 29

Table with 2 columns: Name and Time. Includes entries like Overall Chris Cushing-Murray 2729:30, Linda Somers 33 33:10, M40 Nicolas Hernandez 32:53.

Long Beach Marathon/Half-Marathon Long Beach, CA; Feb. 5

Table with 2 columns: Name and Time. Includes entries like Overall Nivaldo Filho 28 2:18:59, Maria Trujillo 35 2:43:23, M40 Sato Yukio 2:44:43.

Table with 2 columns: Name and Time. Includes entries like M70 Jim Dicolias 3:42:10, Raymond Penkert 3:47:02, Fred Nagelschmidt 3:57:54.

Los Alamitos 10K Los Alamitos, CA; Feb. 25

Table with 2 columns: Name and Time. Includes entries like Overall Carey Nelson 31 29:09, Carol Montgomery 29 33:40, M40 Perry Linn 33:29.

Half-Marathon Overall Lory Kim 1:08:32, Jill Newman 1:22:44.

Table with 2 columns: Name and Time. Includes entries like M40 Duane Darling 1:22:49, Michael Viotto 1:24:05, Karl Sohltz 1:26:17.

M50 Rex Peters 1:30:09, Ray Eastwood 1:36:06, Richard Lewis 1:36:15.

Table with 2 columns: Name and Time. Includes entries like M60 Ben Bernal 1:35:25, William Smith 1:40:35, Rafael Guerrero 1:48:58.

M70 Manuel Lara 1:52:19, Stanley Neufeld 2:05:11, Daniel Lujan 2:06:05.

Table with 2 columns: Name and Time. Includes entries like M40 Alfredo Iglehart 1:29:57, Cecilia Ramos 1:32:44, Joann Boehm 1:33:13.

M45 Glynis Greening 1:36:32, Yoko Eichel 1:36:37, Beaky Parker 1:41:15.

Table with 2 columns: Name and Time. Includes entries like M50 Margaret Nevill 1:34:40, Julia Hart 1:49:33, Susan Alton 2:00:06.

Table with 2 columns: Name and Time. Includes entries like M55 Suzanne Murphy 2:05:38, L Seldmeyer 2:06:16, Dee Ann Palmer 2:13:03.

San Dieguito Half-Marathon San Diego, CA; Feb. 19

Table with 2 columns: Name and Time. Includes entries like M35 Robert Kiebowicz 70:20, Ralph Evans 73:06, Jim Butts 77:37.

Los Alamitos 5K Los Alamitos, CA; Feb. 25

Table with 2 columns: Name and Time. Includes entries like Overall Cruz Gallegos 20 15:03, Sue Davis 32 18:36, M40 Jeff Kinzel 17:00.

Long Beach Marathon/Half-Marathon Long Beach, CA; Feb. 5

Table with 2 columns: Name and Time. Includes entries like Overall Nivaldo Filho 28 2:18:59, Maria Trujillo 35 2:43:23, M40 Sato Yukio 2:44:43.

Table with 2 columns: Name and Time. Includes entries like W50 Ellen Butler 24:35, Sandy Parkle 24:46, Connie Ward 25:39.

Los Alamitos 10K Los Alamitos, CA; Feb. 25

Table with 2 columns: Name and Time. Includes entries like Overall Carey Nelson 31 29:09, Carol Montgomery 29 33:40, M40 Perry Linn 33:29.

Half-Marathon Overall Lory Kim 1:08:32, Jill Newman 1:22:44.

Table with 2 columns: Name and Time. Includes entries like M40 Duane Darling 1:22:49, Michael Viotto 1:24:05, Karl Sohltz 1:26:17.

M50 Rex Peters 1:30:09, Ray Eastwood 1:36:06, Richard Lewis 1:36:15.

Table with 2 columns: Name and Time. Includes entries like M60 Ben Bernal 1:35:25, William Smith 1:40:35, Rafael Guerrero 1:48:58.

M70 Manuel Lara 1:52:19, Stanley Neufeld 2:05:11, Daniel Lujan 2:06:05.

Table with 2 columns: Name and Time. Includes entries like M40 Alfredo Iglehart 1:29:57, Cecilia Ramos 1:32:44, Joann Boehm 1:33:13.

M45 Glynis Greening 1:36:32, Yoko Eichel 1:36:37, Beaky Parker 1:41:15.

Table with 2 columns: Name and Time. Includes entries like M50 Margaret Nevill 1:34:40, Julia Hart 1:49:33, Susan Alton 2:00:06.

Table with 2 columns: Name and Time. Includes entries like M55 Suzanne Murphy 2:05:38, L Seldmeyer 2:06:16, Dee Ann Palmer 2:13:03.

Los Angeles Marathon Mar. 5

Table with 2 columns: Name and Time. Includes entries like Overall Rolando Vera ECU 2:11:39, Nadia Prasad FRA 2:29:48, M40 Ron Coleman CA 2:41:18.

INTERNATIONAL

Hillingdon 5 Mile N.W. London, GB; Feb. 26

Table with 2 columns: Name and Time. Includes entries like Overall Rob Denmark 22:41, Debbie Van Rensburg 27:29, M40 Julian Goater 41 24:12.

Connecticut Racewalkers 5th Annual Connecticut Post Mail 3K Championship Milford, CT; Feb. 26

Table with 2 columns: Name and Time. Includes entries like 2 Joe Light M40 14:49, 5 Gerry Patrick M50 17:04, 6 Larry Titus M50 17:27.

# Burn Fat Faster!



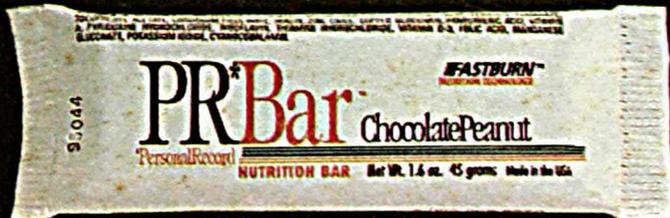
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