

NATIONAL MASTERS NEWS

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

201st Issue

May, 1995

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Mondragon Wins in Boston

by MARILYN J. MITCHELL

Running in a starting temperature of 47°F, with visibility of 25 miles and a 10-mile-per-hour wind, Martin Mondragon, 41, of Toluca, Mexico took the male masters division in 2:16:29 (17th overall) in the 99th running of the Boston Marathon, April 17.

Irina Bondarchouk, 42, of Russia took the female masters title with a time of 2:43:42 (18th woman overall).

Each took home US\$10,000 for their wins. Overall winners were Cosmos Ndeti (Kenya, 2:09:22) and Uta Pippig (Germany and Boulder, Colo., 2:25:11). Ndeti became only the third

man in Boston history to win three consecutive times (Bill Rodgers was the last man to do so). Pippig won for the second straight year.

Mondragon said through an interpreter: "The crowds were very supportive. I trained very hard for this race. After being fourth last year, I wanted to show I could do better."

Since turning 40 in 1993, Mondragon has won over 50 masters races, with last year's Boston fourth his only masters loss. Last month at the Azalea 10K he posted a world masters best of 28:58 and plans on running the

Continued on page 20

Baymiller Best Runner in USA 5K

by JERRY WOJCIK

S. Rae Baymiller, 51, of New York City, turned in the best age-graded performance of all finishers in the USATF National Masters 5K Championships, held along with the Carlsbad 5000 in Carlsbad, Calif., on April 2.

Baymiller's W50-54 victory in 17:57 equaled an age-graded 92.7% and earned her the top prize of \$500. Joan Ottaway, 50, Sausalito, Calif., second to Baymiller in the W50 race with an 18:08, was also runner-up on the age-graded performance list with a 90.9%, worth \$250.

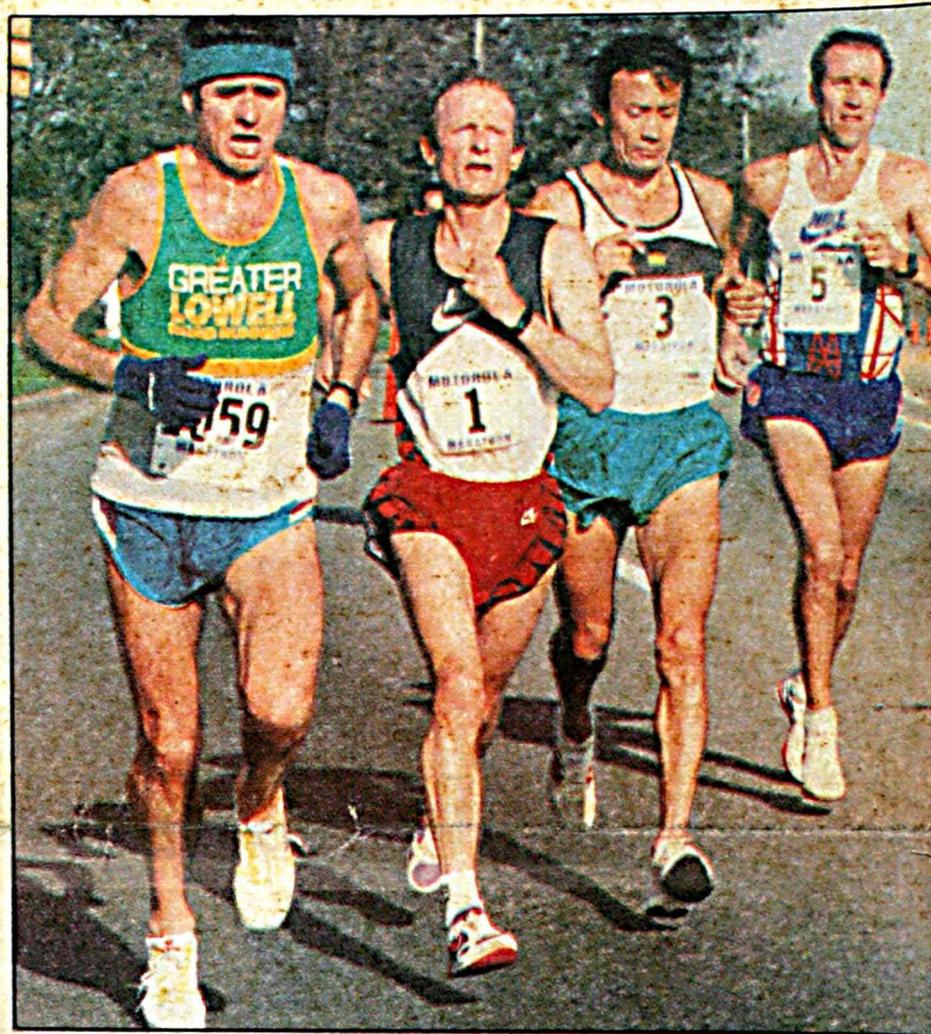
Doug Bell, 44, Greeley, Colo., se-

cond in 15:17 to masters overall winner Francesjon Gailson, 41, Kirkwood, Calif., who ran a 15:00, beat out Gailson (90.5%) in the performance sweepstakes with a 90.8% for the \$150 third prize. Gailson collected \$100.

Honor Fetherston, 40, Mill Valley, Calif., won another women's masters race, with a 17:15. Fetherston's recent wins include the USATF Masters Half-Marathon Championships in Las Vegas, and the 1500 in the 1995 Masters Indoor Championships in Reno.

In addition to the top-notch out-of-

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At the 17-mile point, masters runners Vladimir Krivoy #1059, Doug Kurtis #1, Leonid Moceev #3, and Jeff Wells #5 are almost in the same spots as in the finish, Austin Marathon, Austin, Texas, March 5. Moceev, 42, was first in 2:27:56; Luis Lopez, 45, not pictured, was second with the same time; Krivoy, 44, third in 2:27:59; Kurtis, 42, fourth in 2:29:29; and Wells, fifth in 2:29:45. Story on page 8. Photo by Photo/Chambers



W55 top three (from left): Marie Boles, 3rd, 61:52; Barbara Zamparelli, 1st, 56:59; and Ellen Humphrey, 2nd, 58:04, Straub Women's 10K, Honolulu, March 5. Photo by Tesh Teshima

Three Major Events to Draw 15,000

Three of the biggest events in the history of U.S. masters athletics will be held in the next 90 days.

First, the U.S. National Senior Sports Classic V — the Senior Olympics, will draw upwards of 8000 age 55+ qualifiers to San Antonio, May 17-24 for competition in 18 different

sports. Among them will be more than 1500 track and field competitors.

On July 5-9, as many as 1600 age-30-and-over athletes will descend on East Lansing, Mich., for the 28th annual USA Masters Track and Field Championships.

Continued on page 30

Sprinters Star in East Regionals

by JERRY WOJCIK

The best performances in the USATF East Regional Masters T&F Championships at the University of Delaware, Newark, on March 19, came from the sprinters, with one exception. Edwin Lukens, 73, of the Syracuse Chargers TC, ran the 55m hurdles in 9.87 for an outstanding world-class (90+%) age-graded 98.6%. He was also the top triple jumper with a 91.8%

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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 af-
 fect 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 in-
 fo., photos, letters, articles, and opinions.
 Manuscripts should be typed, doubled-spaced, but
 legibly handwritten material is also acceptable. Results
 should be typed, single-spaced. Please include a
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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.

Wednesday, July 5th	P.M.	100 Meters - Trials (W) (M) 400 Meters - Finals (W) (M) Steeplechase (M) (W) Hammer (W) High Jump (M 50+) Pole Vault (M 30 & 35)	Sunday, July 9th
A.M.		5000 Meters (W) (M) Pentathlon (W) (M)	A.M.
Thursday, July 6th			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)
A.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)	P.M.
P.M.		Short Hurdles - Trials (W) (M) 400 Meters - Trials (W) (M) Hammer (M) Long Jump (M 50+)	Age-Graded 100M (W)* (M)* 4 x 800M Relay (W) (M) 4 x 100M Relay (W) (M) 4 x 400M Relay (W) (M)
Friday, July 7th			
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)	
	P.M.	10,000 Meters (W) (M) Long Hurdles - Finals (W) (M) Shot Put (W) Javelin (M 60+) Long Jump (M 30-49) 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+)	

(* 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	_____
4th 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-Shirts(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 _____

Mark Event Here With an "X"	Name of Event
	1. 100 Meter Dash
	2. 200 Meter Dash
	3. 400 Meter Dash
	4. 800 Meter Dash
	5. 1,500 Meter Dash
	6. 2,000 Meter Steeplechase
	7. 3,000 Meter Steeplechase
	8. 5,000 Meter Run
	9. 10,000 Meter Run
	10. 80 Meter Hurdles
	11. 100 Meter Hurdles
	12. 110 Meter Hurdles
	13. 300 Meter Hurdles
	14. 400 Meter Hurdles
	15. 10 KM Walk (Road)
	16. 20 KM Walk (Road)
	17. 5 KM Walk (Track)
	18. High Jump
	19. Pole Vault
	20. Long Jump
	21. Triple Jump
	22. Shot Put
	23. Discus Throw
	24. Javelin Throw
	25. Hammer Throw
	26. Pentathlon





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

INDOOR NATIONALS

I wish to extend my warmest thanks to everyone who helped make it possible for me to compete at the USATF National Masters Indoor Track and Field Championships in Reno.

The highlight was being singled out on the victory stand for my effort while being disabled. By the way, it was a stroke, not a heart attack as mentioned in the "Weight Room" article.

I would like to name just a few whom I met and appreciate even more: Jerry Wojcik, Suzy Hess, and Jane Dods in the NMN office; Barbara Kousky, Scott Thornsley and Joan Stratton for special consideration; the officials in the weight throws area, especially those who carried the superweight to the circle. It was very much appreciated.

To such outstanding throwers as Joe Keshmiri, Russ Hodge, Tom Gage, Dick Hotchkiss, George Matthews, Ken Weinbel, Stewart Thomson, Leo Olson, and Tom Wesselowski, to name a few. Oh yes, a hearty thanks to Bill Bowser and his staff for a great meet.

Lastly, but not least, the diehards from my Kel Club, Gary Kelmenson, Eric Hodgdon and Don Hughes, all of whom encouraged me most and made it possible for me to compete. Thank you all for help making this "certified disabled" closest to feeling "normal" since my stroke. How lucky I am to be included in such a fine organization with so many outstanding people in it.

Gary L. Dawson
Sunnyvale, California

The 1995 National Indoor Championships Meet Directors are to be complimented. Some glitches were evident, especially the long time schedule delays for the throws; however, overall the meet received accolades from the competitors.

I want to especially commend the throws officials for their efforts and professionalism. The protest throwing by the "one-hand" advocates was handled with minimum disruption. Because of meet management foresight, all potential record throws were re-measured, implements weighed, and marks immediately certified. As a result, we finally have official records for the indoor superweight throw after years of championship competition without.

The number of throws competitors continues to grow. It is important to address the problem of time schedules for future meets. I encourage those with constructive ideas to send them to me so that appropriate recommendations may be made.

Ken Weinbel
Masters Weight Coordinator
Seattle, Washington

I would like to congratulate the winners in the 1995 National Indoor Championships, and I certainly hope that they received their gold medals.

I won a gold medal in the M55 triple jump at the 1994 Championships in Columbia, Mo., but they were out of gold medals, and I still haven't received my award yet. The best of luck to all

1995 gold winners. I hope you received your medals.

Charles Richard
Lafayette, Louisiana

ABDUCTION

I was intrigued by the captivating story in the April issue about the abduction of Mike Tymn. I believe the same thing happened to me a couple of years ago. In fact, that is how I became involved in masters track. I also had difficulty in telling my story. My computer actually vaporized as I was printing the draft. That was really expensive! When I told a friend about this, he moved to California and has not been heard from since.

Now I can go public with my story since Mike has blazed the trail, and he will take all the flak for being a kook. Perhaps our other alien masters athletes will also identify themselves.

I will send you my complete story next year on April 1.

Courtland P. Gray
Dallas, Texas

BRUCE ROBINSON

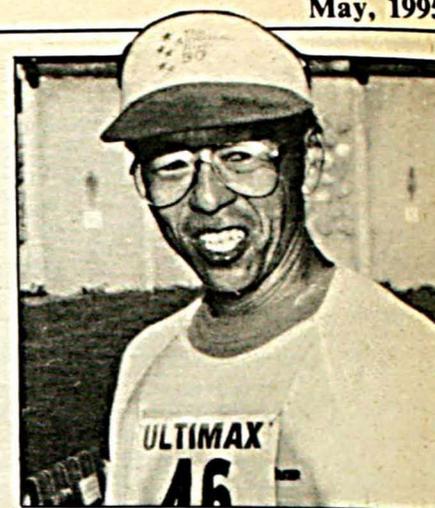
I was shocked to learn of the passing of Bruce Robinson. As Chair for Masters LDR of the Southern California Association, he served all athletes with action, concern and pleasure. He served as race director for numerous national championships over the years.

Bruce had a great deal to give and thus his absence will be very difficult to fill. Our legacy to Bruce is to ever improve upon his past efforts.

Charles DesJardins
Carson City, Nevada

KUDOS

At the 1994 National Championships



David Kim, second M50 (9:39:58), USATF National Masters 100K Championships, Sacramento, Feb. 18. Photo by Jane Byng

in Eugene, Don Saunders, my husband, fell in the M70 100m finals but managed to finish third. Later, he had a heart attack in the Bowerman Building. We are grateful for the wonderful Dr. Chappell and Dr. Phillip Taggart, who were at the event, and the Eugene ambulance service and volunteers, who gave Don immediate attention and got him to the hospital in a short time.

He did spend six days in Sacred Heart Hospital in Eugene and is now doing really well after their fine care.

I want to thank Paul Dungan for the excellent video of the 100m race. We were wondering, since Don will no longer be able to participate in T&F after five wonderful years, if anyone made a video of the M70 long jump, in which Don also took a third. If so, we would appreciate hearing from them.

Even though Don suffered the heart attack, we had a great time in Eugene.

Blanche Saunders
Hayden, Idaho

I just received the first copy of the "new" National Masters News and found more joy in reading it than in the past, due to the new layout, format and photographs.

If we here at the office can be of any assistance, please let me know.

Ollan C. Cassell
Executive Director
USA Track & Field, Indianapolis

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CZZMN

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

Special thanks this month go to:

Richard Bowers
Alvah Healy
Everett Hosack
Dorly Brechbuehl
Edward Failor
Derek Mahaffrey
Susan Means
Charles Overture
Cliff Salmond
Johnnye Valien
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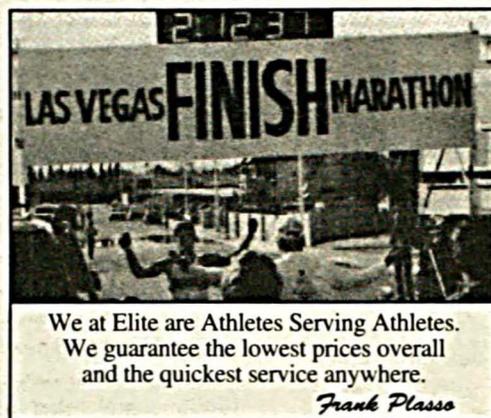
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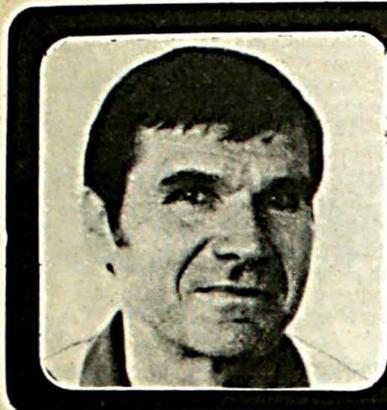
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Third Wind

by MIKE TYMN

The Fudge Factor

(Truth does not consist in minute accuracy of detail, but in conveying a right impression; and there are vague ways of speaking that are truer than strict facts would be. When the Psalmist said, "Rivers of water run down mine eyes, because men keep not thy law," he did not state the fact, but he stated a truth deeper than fact, and truer. — Henry Alford)

While interviewing the winner of a Honolulu race for the morning daily not too long ago, I had the interview process turned around on me by the jubilant victor, a newcomer to the Islands. "I heard you used to win races around here quite a bit," he said. "What kind of times were you running?"

As I usually do when this question is put to me, I hesitated before answering, trying to figure out if I should let my ego get in the way of the truth. But, complicating the situation was the fact that I didn't know the truth. I still don't.

Usually, when another road runner asks about your best times, he wants to know your best effort at 10K, since it seems to be the distance best suited for comparisons.

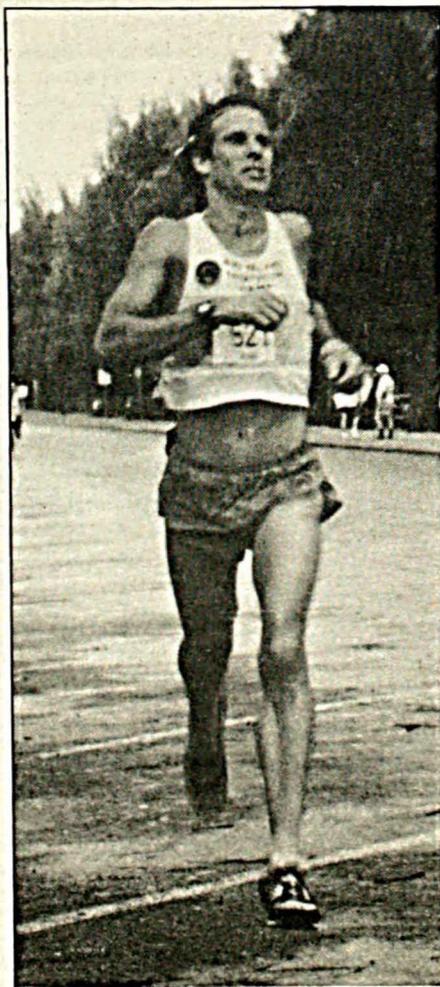
I could have answered the young winner that my best 10K is 29:22, a time I was credited with about 20 years ago for winning a local race advertised as being 10 kilometers. However, I know full well that the course was significantly shorter, probably closer to 5.9 miles than 6.2.

Short Course?

A just slightly more credible time I could have used is 29:58, accomplished in a second-place finish in a race in Oakland, Calif. just after turning 40, some 18 years ago. The winner, who had 2:17 marathon credentials, had finished only 20 seconds or so ahead of me and his time was in line with his marathon performance. Still, even though the weather was much cooler than I had been accustomed to in Hawaii, I concluded that the course had to be short as the time was some two minutes faster than I had been consistently running in Hawaii. No one

ever told me that it was shorter, but I would have felt guilty of distorting the truth if I had used that as my PR.

Many of today's runners don't realize that accurate measurement of road courses didn't become commonplace until the early 1980s. Most major marathons were "certified" beginning in the early '70s, but it took another 8-10 years before race participants began demanding accurately-measured courses at shorter distances. Even the certified courses of the '70s and early '80s now come up short as the methods of measurement have changed over the years. The Honolulu

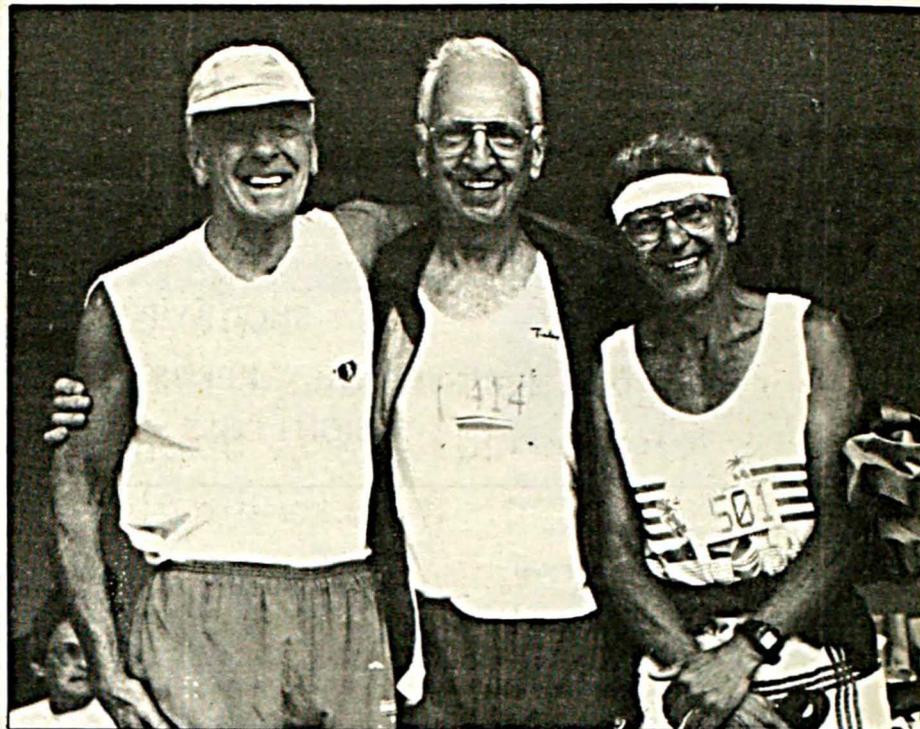


Kelly McFate takes the M40 first (36:13), Faerber's 10K, Honolulu, March 12.

Photo by Tesh Teshima

FIFTEEN YEARS AGO May, 1980

- Dan Conway (48:47) and Sandra Kiddy (59:03) Win National Masters 15K
- 400 Take Part in National Masters Indoor Championships in Syracuse, N.Y.
- Survey: Should WAVA Establish Eligibility Standards for World Games?



Top three in the M65 division, Faerber's 10K, Honolulu, March 13, from left: Russell Allen (45:04), Bob Henninger (53:23), and George Gomez (52:27).
Photo by Tesh Teshima

Marathon course that was "precisely" measured in 1973 was lengthened by around 150 yards a few years back.

Before the running boom hit us between 1968 and 1972, many road courses were measured with car odometers. Generally, odometers are off a couple of tenths over a 6.2-mile course. I once drove over a certified marathon course the day before running it and the odometer registered 27.8 miles, not 26.2.

After the Boom

After the running boom began, there seemed to be a little more concern with accurate measurement of race courses, but there was not the precision that is now required of a major event.

The answer I finally gave to the inquiring winner concerning my best 10K is the one I most often give when asked about my 10K PR — 31:38. That was my time for a second-place finish in a Boston, Mass. race back in 1979, when I was 42. I always state my age when I mention that "PR" and point out that road races in kilometers were not common in my younger years. We usually ran from the city hall to the high school track or from one landmark to another landmark, two loops of the town, or whatever. The place, not the distance and time, was what mattered most. Usually the distance was given in uneven miles. I end up sounding like I'm apologizing for running such a slow time.

I don't even remember the name of that Boston race, as it was just an event I had heard about while in the area on business. All I recall is that it was partially over the Paul Revere route. That time would have been a national 40-44 record at the time, but since it was never recognized as a record I can only conclude that the course was not certified or that the race director didn't submit the proper papers. I was told by the race director after the event that it was an accurately-measured course, but there was no discussion of certification since it wasn't common then. As I had covered 11 miles, 500 and

some odd yards in a one-hour run on the track a few months earlier — a performance that converted to a 31:52 10K on the tables of comparative performance — I felt the Boston time was at least in the right range.

I don't recall when I ran my first race on a "certified" 10K course. I think it must have been a high 32- or low 33-minute time at around age 47 or 48.

Entitled to Fudge

It seems to me that those of us who turned in our best performances before 1980 are entitled to some kind of fudge factor in making comparisons with today's runners. So what if some of the courses were short? The objective used to be to challenge runners with tough, hilly courses, not to offer flat and sterile terrain designed for fast times.

I had the honor of winning the first Norman K. Tamanaha Memorial 15K run, one of Hawaii's premiere races, back in 1978. After 17 annual races, my time for that race shows on the perpetual trophy as the slowest winning time in the event's history. What is not shown is that we started the race at 7:30 a.m. that year and had to battle the heat, whereas the starting time was moved back to 7 a.m. for three years and then to 6 a.m. beginning in 1982 to beat the heat.

When many of today's runners discuss their PRs they'll give you times on one-way, downhill, wind-aided courses in Boston, Pittsburgh, or St. George. If they can use those times as PRs, then why shouldn't we be allowed to "fudge" just a little to put things in proper perspective, especially if the fudging is not really a lie?

I tell myself that it really doesn't matter what my 10K PR is. Nobody really cares. I don't even care any more. Fudging, if that's what I'm doing in using 31:38 as my 10K PR, is nothing but an ego trip.

So what do I tell the next guy who asks about my 10K PR?

I think I'll just tell him that it was insignificant. □

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Hamstring Strain

Q. I'm 55 and run an average of six miles per day. My hamstrings hurt whenever I do fast running or extra-long runs. I do stretches as recommended by a physical therapist, plus some quadricep strengthening, but I still have the problem. What can you recommend?

A. Hamstring strains and stiffness seem to come with age. Most of the 55-year-old runners I know, including myself, suffer from tight hamstrings. We all stretch but it doesn't seem to help.

We are trying to find a new regimen which includes less stretching to lessen irritation, and walking a half-mile prior to the workout or running program.

We have added calcium, potassium and magnesium to the diet, all of which seem to help.

A switch to a high heel shoe with a good midsole is very helpful. Also, hot, moist soaks twice a day will help by bringing blood to the area. □

(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 foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

The review of the book *Strength & Speed Ratings*, 1994 edition, on p. 15 of the April issue was written by Jerry Wojcik, not Dale Harder. Harder is the author of the book.



Birmingham Track Club Classic Track & Field Meet June 24, 1995

ALABAMA
Sports & Fitness

Site: Vestavia Hills High School

Facilities: Six-Lane Chevron Track, Chevron jump runway, grass javelin runway.

Age Divisions: Masters (age 30 and over) men and women will compete in five-year age groups. Open and youth (18 and under) division.

Entry Fees: Entries postmarked by June 15: \$12 first event, \$6 each additional. \$12 each relay race. Late Registration (including day of meet, one hour prior to event) \$15 first event, \$10 each additional.

Lodging: Holiday Inn (with Airport Transportation) I-65 South at exit 256. (205) 942-2041.

Awards: Medals to first three places in each age group.

Special Awards: \$100 Knights of Columbus 100 meter dash (age-graded, distance handicapped) and other awards to be announced.

Directors: Jeff Tesnow (205) 980-5152 and Dr. Rich Rizzuto (205) 956-3369 of *Alabama Sports & Fitness* magazine

SCHEDULE OF EVENTS

Track Events

10 a.m. 50 meters*
11 a.m. 80/100/110 hurdles
12 p.m. 1500 meters
1 p.m. 100 meters
2 p.m. 400 meters
3 p.m. 200 meters
3:30 p.m. Knights of Columbus 100 meters
4 p.m. 800 meters
4:30 p.m. 300/400 hurdles
4:45 p.m. 4x400 Relay
5 p.m. 5000 meters

*New Event

Field Events

10 a.m. First Flight for High Jump (Women & 60+ men), Pole Vault, Long Jump, Standing Long Jump, * Shot Put, Discus.
FLIGHT ASSIGNMENTS BASED ON FIRST COME BASIS (postmarked date).
12 p.m. Second Flight for High Jump (men 30-59), Pole Vault, Long Jump, Standing Long Jump, Shot Put, Discus.
1 p.m. Third Flight for High Jump (males under 30), Pole Vault, Long Jump, Standing Long Jump, Shot Put, Discus.
2 p.m. First Flight for Javelin and Triple Jump
3 p.m. Second Flight for Javelin and Triple Jump

NAME _____

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Moceev Takes Close Race in Austin Bondarchouk Wins Women's Title

by JERRY WOJCIK

We expect the first two or three finishers in the sprints and even in the occasional longer race to be credited with the same times, but how often do the top two in a marathon, after running 26.2 miles, finish with the same clocking?

The race for the masters first in the Austin, Texas, Marathon, March 5, ended with the first two finishing in 2:27:56. The finish was so close that Luis Lopez, 45, of Costa Rica, who threw his arms out to break the tape, was adjudged the winner until a review of the finish showed that Leonid Moceev's chest hit the line before Lopez's did. Meanwhile, Lopez had gone through the finishers' chute before Moceev, which caused officials to think that Lopez was the winner.

Later, Moceev, 42, of Russia, was awarded the \$2000 first-place masters

award and an airline ticket. Lopez collected \$1000, was mistakenly awarded an airline ticket and was on the way home before it could be recovered.

Just three seconds back, Vladimir Krivoy, 44, Halifax, Mass., was third, followed by Doug Kurtis, 42, Northville, Mich., in 2:29:29, and Jeff Wells, 40, Woodlands, Texas, in 2:29:45. Those first five masters placed 10th through 14th.

Last year's overall women's winner, Irina Bondarchouk, 42, of Russia, was second woman and 22nd overall this year with a 2:41:01. Jane Hutchison, 49, was second masters woman in 2:56:28. Women's awards equaled the men's.

The event included two-person and five-person marathon relays. All of the races drew a total of 4186 runners.

Motorola and Run-Tex were the primary sponsors. □



First seniors (50+) Joyce Hodges-Hite (1:47:40), Millen, Ga., and Ben Dyer (1:20:08), Richmond, Va., Pomoco/Hampton Coliseum Half-Marathon, Hampton, Va., Feb. 12.

Photo by Harry Carlip

Lincoln-Way Meet a Small Success

by MIKE DAVIS

Seventy men and women participated in the first masters meet to be held in the new fieldhouse of Lincoln-Way High School's Central Campus, New Lenox, Ill., March 11. Several outstanding performances were achieved in

this jewel of a facility, and many athletes requested that the meet become an annual event on the Midwest Masters T&F Club's indoor schedule, and possibly have a meet this summer at the school's ample outdoor facility.

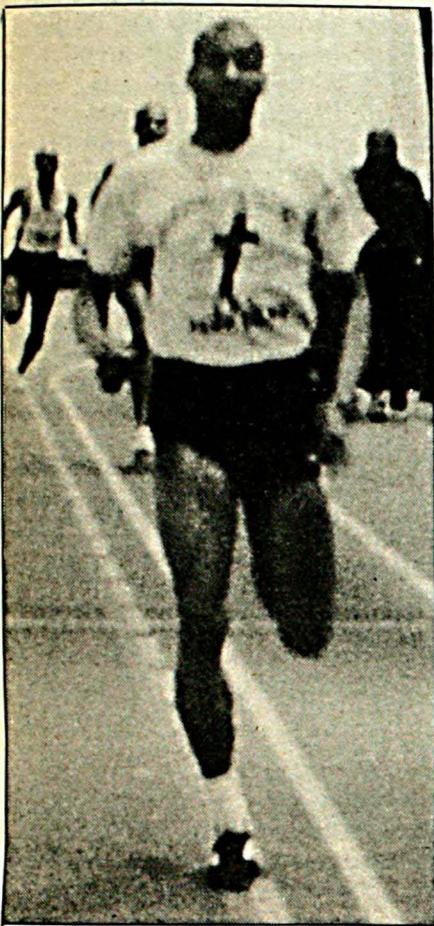
Peggy Whitlow, 48, broke Barbara Pike's W45 U.S. indoor 800 record of 2:31.3 set in 1987, with a 2:28.3. Many age groups were dominated by certain athletes, such as M35 Jeff Watry, M65 Chuck Sochor, and W70 Lorma Bauer, who ran the 55m in 12.0 and put the shot 19-1.

The Midwest Masters TFC and Decathlon Midwest TC co-hosted the meet, with some financial support from McDonald's Express/Amoco, White Hen Pantry, Coldwell Banker Bell, All State Insurance, and Pizza Hut. □

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

East Regionals Draw 200



Mitch Lovett, winning the M30 400 in 51.5, USATF East Regional Masters Championships, U. of Delaware, Newark, March 19.

Photo by D. Lovett

Continued from page 1

30-3½. Leon Trout, 60, Shore AC, ran a 9.35 in the hurdles for an A-G 90.2%.

In the 55m, Thomas Jones, 41, Maryland Masters TC, won the M40 race in a large field, with a 93.8% 6.74. James Stookey, 65, also of the MMTC, won the M65 55m contest from Jim Law, 69, by inches, with a 95.0% 7.84. Law, running for the Philadelphia Masters, ran a 7.85, but had his revenge in the 200, beating Stookey (27.62) with a 94.6% 27.42.

Larry Colbert, 58, M55 400 winner, broke into world-class territory with a 91.8% 57.45.

In the middle distance races, James Pryde, 41, MMTC, with a 2:02.33 800 (89.2%), and Al Swenson, 48, West Chester TC, with a 4:20.10 (89.3%), were the standouts.

Sarah Boslaugh, 38, NY Masters, beat her top-ranked outdoor throw of 1994 (38-¾) with a 39-1½ in the 20-lb. weight, bettering the pending U.S. W35 record held by Joan Stratton at 38.10½.

James Carmines, 51, Potomac Valley, TC, was fastest in the 3000 racewalk, with a 14:21.18.

Fifty-five clubs were represented, including athletes from Nova Scotia and Cleveland's Over The Hill TC. □

Conner Breaks Mile Record in MAC Meet

by JERRY WOJCIK

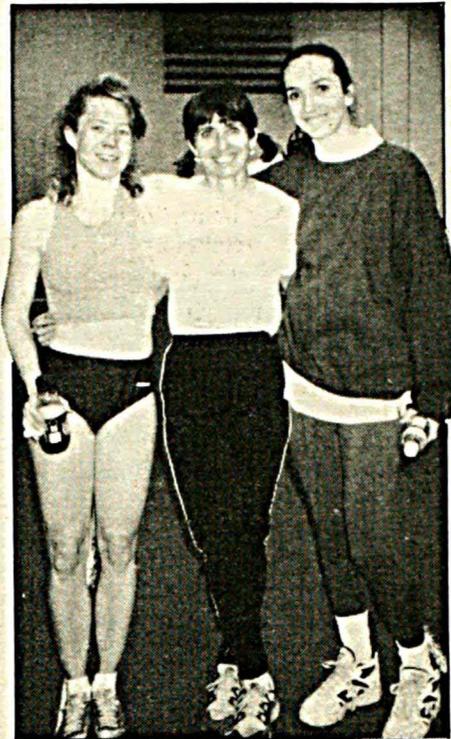
John Conner, 60, East Hampton, Long Island, broke the M60 world indoor record for the mile with a 5:18.85 in the Coors MAC Indoor Championships at the 168th St. Armory in New

York City, March 3. Conner, holder of the M55 world record at 4:53.3, erased Archie Messenger's 5:19.9 set in 1984.

In other running events, standout performers included Oscar Taylor with M60 wins in the 55m (7.76) and 200 (28.75). Jennifer Fisher, W35, had impressive times in the 600y (1:24.58) and 800 (2:17.07). Paul Mascali, M40, posted the fastest time of the meet in the two mile with a 9:27.44.

In the field events, Kevin Cranford, M35, topped all entrants in the long jump with a 6.25 and in the triple jump with a 13.96. Rich Dunphy, M45, hit the 11.73 mark in the shot put. Sarah Boslaugh, W35, finished with the best mark among the weight throwers with a 12.41 with the 20-lb. weight.

Gary Null, M45, racewalked the 1500 in 6:41.42. □



Women competitors in the 1995 Masters Indoor Pentathlon, from left: Debbie Yurth, second W30, Phil Raschker, first W45, and Boguslawa Langner, first W30. Photo by Karen Huff

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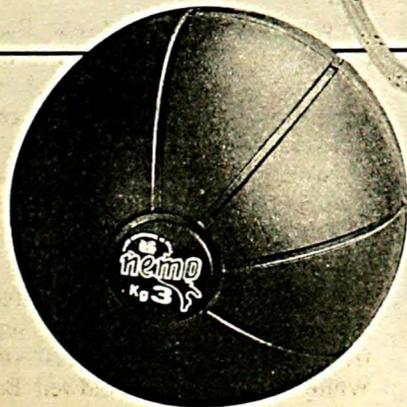
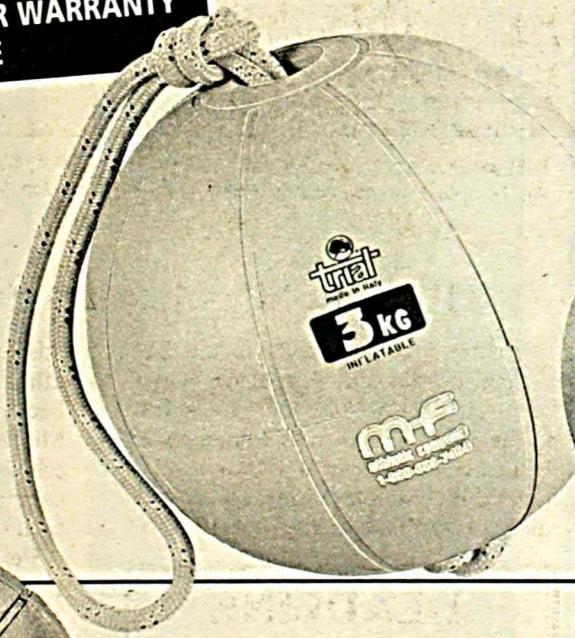
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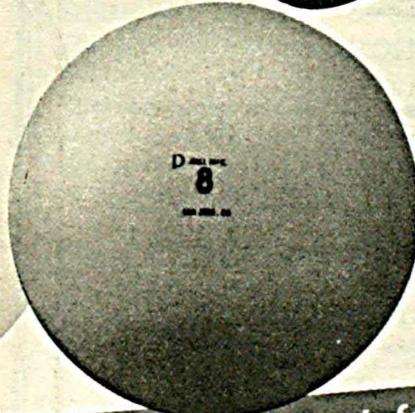
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Masters Racewalking

by ELAINE WARD

Training with Sally Richards

(This is the third in a 3-part interview with W40 champion masters racewalker Sally Richards (Kerr). — EW)

EW: Is there anything you would like to say to masters racewalkers?

SR: As far as racewalking goes, the masters are farther ahead because they have really discovered the legitimacy of the sport. There is a lot of support for masters and it is great to see the numbers out there. As far as USATF racewalking is concerned, I wish masters had more clout.

We racewalkers need to look at ourselves as being involved in a legitimate sport. It seems as though a lot of racewalkers go around apologizing as if they were second-rate. It is really weird. What comes across is that they don't feel racewalking is quite a legitimate sport; and as anyone who has ever tried to racewalk knows, that's not the case. If people like me — all of us — can get out there more and positively promote our sport, it's going to help everyone.

There needs to be larger thinking — more world thinking. What you're trying to do in Southern California is just

great. Well, we need to think like that as an organization. Not competing against each other, but working together.

Bottom Line

As far as financial support, the bottom line is simple. If you don't invest money in the people who are going to be emissaries for your sport, your sport is never going to grow. By the same token, if we invest in our athletes, it's going to come back tenfold.

It starts with just one person. If there is one woman out there setting a role model in racewalking, then people can say, "Hey, she can racewalk; may-

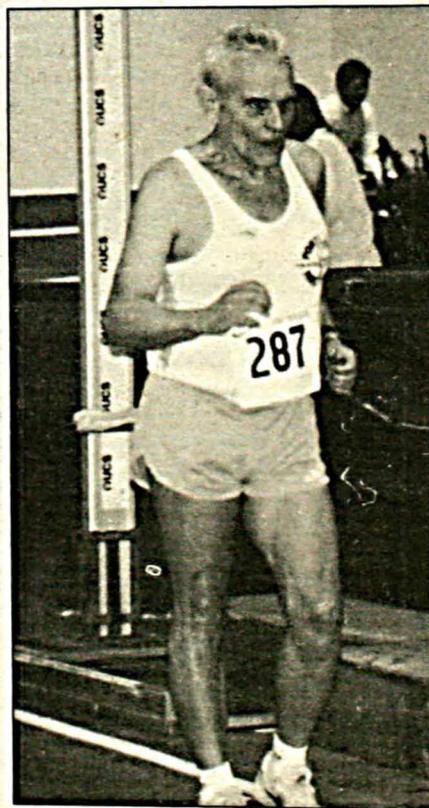


Carolyn Kortge, W50 second (30:15.17), 5000 racewalk, Hayward Classic, Eugene, Ore.

Photo by Jerry Wojcik

be she understands; maybe I can give this sport a try. Maybe I can get my friends to give racewalking a try. Maybe, they can feel better about themselves, too."

One of the biggest things I would like to emphasize is that I feel very fortunate to be where I am, and to have met so many neat people. I think we all need to look at racewalking as a blessing and work together to promote the sport. The masters community is really a role model for what could be in racewalking. The camaraderie, the good will, and the support of the masters for each other, regardless of their race



Joe Mallon, first M70 (9:35), 1500 racewalk, Eugene Indoor Meet, Feb. 5.

Photo by Jerry Wojcik

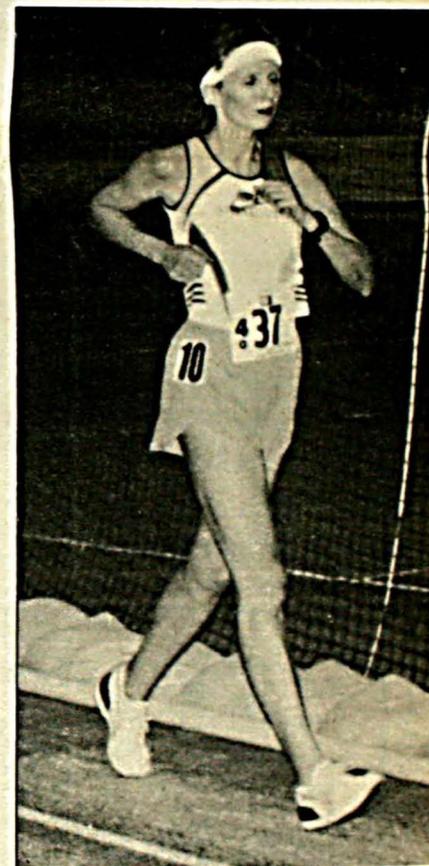
times or ages, is great.

Having been involved in sports where athletes have financial backing, the lack of financial support for racewalking athletes is appalling to me. I am not talking so much about the support racewalkers give each other. I am talking about outside support. It is amazing that I can be at the level I am and not have a cent of support. Last year, the only support I got to pay my way to the races was what I drummed up myself and that was a full-time job. We need to get corporate sponsors more involved as this is a sport that can reach masses of people. But without corporate sponsors, racewalking is not going far.

Where's The Incentive?

Even if I make the national team in this country and am told to race at a national championships, there is not one cent to help me get to the championships. Where is the incentive? It boggles my mind that on the open level, you can be in the top eight overall in our country and not get a dime of support. It is crazy to me. I don't understand it.

When I was ski racing, the skiers were well supported. The club system was fabulous. If you skied in Austria, they made races accessible to everyone. The athletes who excelled in a club ac-



Laurel Williams, W40, Arkansas, in the 3000 racewalk, 1995 USATF National Masters Indoor Championships, Reno. Photo by Jerry Wojcik

cepted an inherent responsibility to help coach or influence those coming up regardless of age or status. By the same token, the club really felt an allegiance to their top athletes to support them financially. So there never was a question of getting to races or having equipment, and skiing is a lot more demanding financially than racewalking. I don't know how to get that going in this country, but we need more corporate support from the shoe companies and health companies. □



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One of two packs at the start of the Spring Masters Mile at George Mason U., Feb. 25.
Photo by Jeff Lee

Rose Wins Fourth Straight Shamrock

by JERRY WOJCIK

Nick Rose, 43, of England, won the 23rd annual Shamrock Masters 8K for the fourth consecutive time with a 24:22 in Virginia Beach, Va., March 18. Rose's time last year was 24:25. Wilson Waigwa, 45, of Kenya, was second in 24:54.

Rose was also the best performer, his time age-grading to a world-class 92.5%, with Waigwa at 91.9%.

David Moorcroft, 41, of England, finished third with a 25:21 in a strong field, which included Doug Bell, 44, Greeley, Colo., fourth (25:38), and David Raung, 40, New London, Conn., fifth (25:39).

Charles Rose, 62, Mooresville, N.C., won the M60-69 race with a 29th overall (29:39).

In the women's race, Maureen De St. Croix, 41, of Canada, was a six-second winner over Honor Fetherston, 40, Mill Valley, Calif., with a 29:21. Pamela Williams, 40, Mandeville, La., was third (29:58).

S. Rae Baymiller, 51, NYC, ran a fourth-place 30:07, a masters women's best age-graded 90.4%. Baymiller was also fourth last year with a 30:30.

Gloria Brown, 63, Grand Island, N.Y., 1994 W60+ division winner in 37:28, repeated with a better 36:32.

Six hundred and sixty runners finished. Jerry Bocris was the race director.



Bob Brewer, second M50 (7:50), 1500 racewalk, Eugene Indoor Meet, Eugene, Ore., Feb. 5.
Photo by Jerry Wojcik

FIVE YEARS AGO May, 1990

- John Campbell, 41, Sets World Masters Marathon Record of 2:11:04
- 565 Compete in Indoor Nationals in Madison, Wis.
- John Kelley, 83, Completes 59th Boston Marathon
- Larry Almborg, 42, Tops Masters in 14:46 in Carlsbad 5000

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Training Advice

by COURTLAND GRAY

Advice to Novice Masters Athletes

(Courtland Gray, 51, began his involvement in masters track and field in 1993 after an absence from racing of 27 years. He shares his findings and experiences with others who may be just starting to enter competition.)

As a reasonably well-conditioned, frequent jogger and occasional tennis player two years ago, I assumed that my natural speed still resided within me. I also assumed my muscles, which had been so faithful when I was running hurdles in the 1960s, would respond immediately to every command my brain instinctively sent. I assumed this because I could often drive the basket in pick-up basketball games, and I could easily run down every sissy drop shot my tennis opponents foolishly attempted.

I was cautioned by experienced runners that I should expect some time lag before every body part responded as expected. I chose to ignore most of those warnings, leaving those painful lessons to be learned through actual experience.

The bottom line of these lessons can be summarized in a few rules that I would pass along to athletes considering the sport, or to those just starting their conditioning:

- 1. Don't expect too much, too soon.** Regardless of your current level of conditioning for jogging, tennis, swimming, basketball, or cycling, this is considerably different from the conditioning required for racing, especially sprinting. I felt personally challenged by such cautions. I was wrong.
- 2. Listen to your body.** The body will often give you warning signals in advance when there is a problem. Be aware of these signals and stay alert for



Division winners, 1995 Masters Indoor Pentathlon Championships, Chicago, from left: Mel Larsen, M70, Gordon Seifert, M65, and Clarence Trinkner, M60. Photo by Karen Huff

them. They are not annoyances, they are friends. When you feel something strange in your hamstring or calf when warming up, there is a reason. It may be better to alter your workout plan or take a walk, rather than be macho and try to run through pain or ignore a signal. One day won't make you, but it might go a long way in breaking you.

3. Don't be overly challenged by workout partners more advanced or younger than you. While having someone to push you a bit and to motivate your competitive instincts is good, it can be painfully tempting to push too hard, trying to show that you can hold your own with stronger runners. You will usually be wrong and will have two or three weeks to contemplate this while your pulled muscle heals. If you can't run with the big dogs, you don't have to stay on the porch. Just run at your own pace.

4. Warm up carefully and stretch properly. Find out the proper way to do this. There are excellent guide books on this subject. You need to do more stretching before running than you have done in almost any other sport. It is also important to cool-down and stretch after the workout. You will notice the positive results of this the following day.

5. Consider working out on alternate days in the beginning. This allows ample recovery time for muscles that have not been utilized aggressively in many years. Use the off-days for stretching, weight training, or easy jogging.

6. Have fun. Don't go competition-crazy the first year, or you will be setting yourself up for injury and disappointment that will affect your long-term progress and enjoyment from this wonderful sport. There will be a lot of opportunity for competition, and you want to be sure that you are healthy enough to be there.

7. Develop your speed carefully when you begin. There is nothing more strenuous on the human body than sprinting. This is even more applicable to the masters athlete. Your speed is there, but it will take some time to regain it. Get into pretty good condi-

tion before attempting maximum speed, and, when you do, accelerate smoothly over a 40-to-50-meter distance. Avoid rapid acceleration and long sustained sprints. Improvement is a combination of recapturing control over your fast twitch muscle fibers, lengthening your stride through increased flexibility, and developing strength and power. This will develop over a period of two or three years. A dedicated new runner will develop increasing maximum foot speed for the first three years of training before the aging process starts to recapture the improvements. That means I can expect to slow down next year after showing improvement in 1994 and 1995. I hope I am wrong.

8. Associate with a masters club or other training group and subscribe to the *National Masters News*. This will give you access to dates of competitions, results, and general information that will make your experience more fun.

I have had a successful return to racing. My first year back was 1993, and, in a complete season, I was able to run only two 100m races and no short hurdle races, due to varied injuries that came and went all season long.

In 1994, I was second in the hurdles in the indoor nationals, undefeated outdoors in both hurdles and sprints, and ranked third in the hurdles and fifth in the 100m.

In 1995, hard-head training injuries destroyed my indoor season, ending with a pull in the final of the 60m at the Indoor Nationals in Reno, and subsequently scratching in the hurdles and 200m.

In my first year, I would have been much more successful if I had followed the above tenets. I am sure that I heard all of the above pieces of advice at one time or another. I was equally sure that they applied to others.

Now, I know they also applied to me more than anyone, because the more competitive you are, the more aggressive you are; the more natural ability that you have, the more you need to adhere to the rules. □



DATE: Saturday, July 29, 1995 **HOST:** West Virginia Assoc. (USATF)

OFFICIALS: USATF masters officials will supervise all events

ELIGIBILITY: 1995 USATF card required

DIVISIONS: Men & women, 25 yrs. to 90+, in 5-year age groups

AWARDS: Plaques awarded to 1st, 2nd, and 3rd places in each event

ENTRIES: Postmark by Wed., July 19 No refunds or changing of events

EQUIPMENT: Accutrack Timing System; wind gauge; field implements will be provided; 400 meter, 8 lane, all-weather track

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- Priscilla Welch, 40, Runs 32:14 in Azalea Trail 10K for World Masters Record
- Joe McGuire, 41, (2:29:34) and Miyo Ishigami, 50, (3:03:47) Top Masters in Boston Marathon

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_____	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$16.00 per year.	\$ _____
_____	Back Issues of National Masters News Issues: _____ \$2.50 each.	\$ _____
	Postage and Handling	\$ 1.25
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____

Send to: **National Masters News Order Dept.**
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Address _____
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SECOND HARVEST
HUNGER'S HOPE





The Weight Room

by JERRY WOJCIK

Ross Carter, Past, Present and Future

Ross Carter, 80, is the M80-84 world record-holder in the shot, U.S. record-holder in the discus, and was named the outstanding masters male t&f athlete of 1994 by the Masters T&F Committee of USATF at the convention in St. Louis. Since he is practically a neighbor of mine and a member of the same health club, which I know he uses more than I do, I thought it might be informative to sit down and talk about his involvement in masters athletics.

Jerry: Tell me about your first competition as a master. When, where, what training you did for it, and your competition.

Ross: My first competition was on July 7, 1979, at the Nationals at Mt. Hood C.C. in Gresham, Ore. I retired in 1973 after approximately 30 years of no physical activity. In my younger days I had been a football player here at the University of Oregon and later in the NFL with the Chicago Cardinals. Upon retirement, I challenged myself to get into improving my physical fitness. I joined a gym, and six years later at age 65, I read in the Portland

Oregonian that the Nationals were coming to Gresham.

This was approximately two months prior to the meet. I bought an 8-lb. shot, which was used at that time, and with the aid of a weight-throwing book, plus watching college throwers, I entered the shot put. I placed second to Jim "Lefty" York of California with a throw of 41-11. York won the event at 44-plus feet. Leon Joslin of Washington placed third, and by coincidence, it was his first masters meet also.

My coordination wasn't the best, so I copied York's throwing style and



George Mathews, M55, Washington, finishing his weight throw with a yell, 1995 USATF National Masters Indoor Championships, Reno. Photo by Suzy Hess



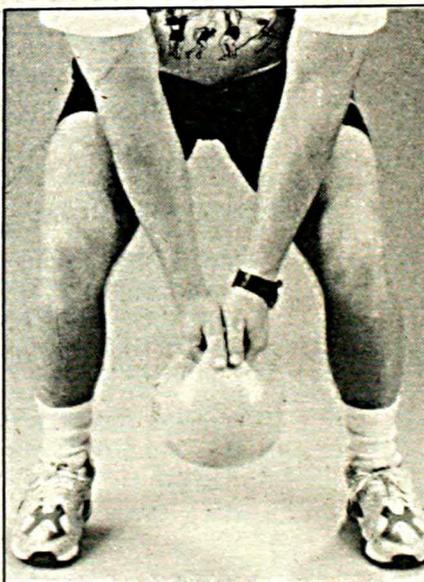
Tom Wesselowski, M60, Wichita, Kans., used the one-arm technique in the weight throw, USATF National Masters Indoor Championships, Reno, Nev., Feb. 24-26. Photo by Suzy Hess

have used it to the present. It is a step-and-throw following an upper-body pivot to give one further impetus.

Jerry: How do you train now compared to when you first started?

Ross: I believe my training schedule now is more intense than when I first started. I spend three days in the gym per week and three days throwing outdoors.

This varies as the season progresses as I have to take some time away from practicing to deal with travel to and from various meets.



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Jerry: What advice would you give to men and women age 55-and-older who are thinking of competing in the shot and discus?

Ross: I feel weight training is vitally important for one who contemplates competing in the throws. Assuming that you are 55 years old or more when you start, it is important to get proper instruction in the fundamentals of throwing from a coach or somebody associated with a masters club. Since I didn't start competition until age 65 with limited coordination, I found the step-and-throw technique more fitting for my capabilities. Others may find the much-used Parry O'Brien style or even the spin more suitable, but balance is so important that, as we grow older, we may have to resort to other throwing techniques to compensate.

Jerry: What's on the schedule for this season?

Ross: My schedule this year will be somewhat lighter than last year when I entered 18 meets. This year is a big one for Americans as the World Games are being held in the U.S. for the second time. I plan to enter the Senior Olympics meet in San Antonio in mid-May. I'll also compete at the Masters Nationals in East Lansing in July, followed by the WAVA meet in Buffalo. In all, I'll probably enter 12 to 14 meets this year.

I'm a firm believer that some form of physical fitness is vitally important to seniors and that they should participate in some activity in which physical fitness is involved. One may not live any longer, although studies seem to show that exercise may prolong life, but I feel it makes one's growing old much more pleasurable.

ATC MASTERS TRACK & FIELD MEET

Saturday, June 10, 1995 • Men & Women Ages 30+

The Marist School • 3790 Ashford Dunwoody Rd. Atlanta, GA

6-lane, 400 meter rekortan track (1/4" spikes max)

Men & Women will compete in 5-year age groups. We will try to begin running events 15 minutes ahead of schedule, so please be ready.

<p>TRACK EVENTS</p> <p>7:30 5000 meter run (2 heats)</p> <p>9:00 800 meter finals</p> <p>9:45 200 meter finals</p> <p>10:15 110 meter hurdles</p> <p>10:45 4x100 meter relay</p> <p>11:30 5000 meter racewalk</p> <p>Lunch Break</p> <p>1:00 400 meter finals</p> <p>1:35 1500 meter finals</p> <p>2:00 Open 1500 meter</p> <p>2:10 100 meter finals</p> <p>2:35 Open 100 meters</p> <p>2:45 400/300 meter hurdles</p> <p>3:15 4x400 relays</p>	<p>FIELD EVENTS</p> <p>8:30 High jump</p> <p>9:00 Long Jump</p> <p>Shot put</p> <p>Triple jump (after Long jump)</p> <p>Javelin (follows High jump)</p> <p>11:00 Pole vault (40+)</p> <p>1:00 Pole vault (age 30-39)</p> <p>2:00 Discus</p>
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FIELD EVENT IMPLEMENT CERTIFICATION

All throwing implements must be certified one hour before competition. Check at registration table for instructions. Height and distance between hurdles and weight of throwing equipment will be in accordance with WAVA/USATF hurdle and implement specifications.

Housing: Holiday Inn Crowne Plaza—Ravinia, 4355 Ashford Dunwoody Rd., Atlanta, GA 30346 (404) 395-7700 \$81.00 flat rate, 1-4 people. Call hotel & ask for Sun Yun to make reservations. Rate guaranteed thru June 5, 1995. Packet pickup at The Marist School beginning 6:30 am.

USATF # _____ (Required. May be purchased at event.)

Phone Number () _____ Club Affiliation _____

Name _____ Age _____ Sex _____ Birthday _____

first middle last M or F mm/dd/yy

Address _____

street apt. # city state zip

T-Shirt size: M L XL (please circle) Additional T-Shirts for sale at meet.

Please refer to above schedule and circle the events you wish to participate in. DUPLICATE THIS FORM TO RETAIN COPY OF SCHEDULE.

\$6 First Event; \$5 each additional event (payable to Atlanta Track Club). Relays free to registered participants. TOTAL ENCLOSED: \$ _____

WAIVER FOR ALL EVENTS • ALL COMPETITORS MUST COMPLETE WAIVER.

In consideration of my entry in the ATC Masters Track & Field Championship, I do hereby for myself and anyone entitled to act in my behalf, waive and release The Atlanta Track Club, The Marist School and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, video or motion pictures, recordings, or any other record of this event for any legitimate reason. I understand that all entries are final with no refunds. The meet director reserves the right in any event of emergency or local or national disaster to cancel the meet or to change the day and/or time to a later day and that in the event of cancellation or change there is no refund of entry fees.

DATE _____ SIGNED _____

All entries must be received by JUNE 5, 1995. NO LATE ENTRIES. Return with check/money order payable to Atlanta Track Club, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. Phone (404) 231-9064 ext 8



Thelma Wilson, W60 winner (49:46), Run For ASPIRE 10K. Photo by Mike Polansky



Nancy Tischler, W50 winner (44:20), Run For ASPIRE 10K. Photo by Mike Polansky

Masters Score High in ASPIRE 10K

from MIKE POLANSKY
The Nationwide Insurance Run For ASPIRE 10K, Plainview, N.Y., on April 1, shattered previous records for turnout with 1075 runners and walkers finishing the event, one of Long Island's most prestigious road races.

Local masters runners turned in strong performances led by 41-year-old Paul Mascali of the NYAC, who ran a 31:56, one of the fastest times ever by a masters runner on Long Island. John McManus, Sunnyside, Queens, won the M70 race by five minutes with a 46:10.

Mary Rosado, NYC, was the first masters woman, winning the M45 race

in 41:43. Thelma Wilson, NYC, easily captured the W60 group with a fine 49:46.

The proceeds from the event were turned over to ASPIRE, the special program that provides prosthetic devices and intensive rehabilitation through athletics to young amputees, and victims of bone cancer and traumatic amputations.

The race was sponsored by Nationwide Insurance and the Long Island real estate management firm of RGE, Inc. The race director was Mike Polansky of the host Plainview-Old Bethpage RRC. □

HAYWARD CLASSIC USA TRACK AND FIELD OREGON MASTERS CHAMPIONSHIPS

Hosted by Oregon Track Club Masters
Sponsored by Excel Sports Science and Sporthill
City of Eugene and City of Springfield



JUNE 24 & 25, 1995

Hayward Field, University of Oregon
Eugene, Oregon

Entry fees: \$12 first event (No T-shirt); \$8 2nd event, \$3 each additional event; 7 event limit; relays free if registered
Entry Deadline: Postmarked by Tuesday, June 8, 1995
Late Entry: \$10 surcharge when space available; register 60 minute before the event starts.
T-shirts: 100% cotton, short sleeve-\$10.00, XXL - \$11.00
Facility: All weather track and runways (max. 1/4" spikes)
Locker Rooms: Available in Bowerman Bldg. Bring towel.
Divisions: Five year age divisions for M and W, age 30 +
Awards: Hayward Classic medals will be awarded for 1st, 2nd & 3rd; ribbons for 4th, 5th & 6th. An USATF Oregon Championship patch will be awarded to the first eligible finisher in each event. To be eligible, you must have a current USATF Oregon registration number on your entry form
Call Harry Simonis at (503) 253-2639 for a USATF number
Relays: Will be held in 10-yr. age group increments. There is no charge for Relays, unless team member(s) is not otherwise entered in the meet. In that case, \$12 will be charged that person(s). To receive Hayward Classic medals team members must be from the same club or organization. To receive Championship patches, all members must also be currently registered with USATF Or.
Meet Headquarters: Phoenix Inn, 850 Franklin Blvd., Eugene. 1-800 344-0131 for reservations by May 20, 1995.
I-5 S. bound, take exit 194B and follow signs to U of O
I-5 N bound, take exit 192, and follow U of O signs
Packets: Available at Phoenix Inn 8-9 pm Friday, June 23, and at Hayward Field after 7:30 am Saturday.
Reception: Sponsored by Phoenix Inn and Oregon Track Club Masters. Saturday, 6-7:30 at Phoenix Inn, 850 Franklin Blvd. Soft drinks will be provided. No cash bar.

Implements: **New Rule:** Personal implements are no longer community property and may only be used with permission from the owner. Some meet implements will be provided

Schedule of Events		
All times listed are tentative and approximate		
Saturday, June 24		
Track	Time	Field
10,000M W&M	9:00 am	Long Jump (2 pits) W pit, M 30-59 E pit, W&M 60+
		Javelin, W&M 60+ Weight Throw All
5K Racewalk	10:15	
Mile Run (Age graded)	11:00	Javelin, M 30-59
2K Steeplechase	11:30	Pole Vault (2 pits)
3K Steeplechase	11:50	
High Hurdles	12:45	Shot Put (2 pits) S ring W&M 65+ W ring M 30-64
100 Meters	1:15	
400 Meters	2:15	
1500 Meters	3:00	
Sunday, June 25		
5000 Meters	8:30	Discus, M 30-59 High Jump, W&M
Intermediate Hurdles	9:30	
800 Meters	10:00	
1 Mile Racewalk	10:30	
200 Meters	10:50	
	11:00	Discus, W&M 60+
3000 Meters	12:30	Hammer, W&M Triple Jump All
4 X 100 Relay	1:00	
4 X 400 Relay	1:20	
4 X 800 Relay	1:45	

ALL EVENTS OPEN TO BOTH MEN AND WOMEN!
In general, women must compete before men, older before younger. Entries must check in at least 60 min before event scheduled to start. All implements must meet WAVA metric standards and must be checked in at least 60 min before the event. The mile racewalk, the mile run and the 3000M are not USATF championship events. Hayward Field medals will be awarded for these three events.

* PLEASE PRINT *

Name _____ Birthdate ____/____/____ M ____ F ____
Address _____ Age (as of 6-24-95) ____
Club Affiliation _____

Phone _____ () USA T&F # _____ (Required for Oregon Association Championships)
EVENTS _____ Best 64/35 mark _____ T-SHIRT(S) \$10.00; XXL Large-\$11.00
1. _____ Check size: Small _____ Med _____ RECEPTION: Plan to attend? Yes _____ No _____ Number _____
2. _____ Large _____ Ex. Large _____ XX Lar. _____ ENTRY FEES:
3. _____ 1 EVENT \$12 4 EVENTS \$24
4. _____ 2 EVENTS \$18 5 EVENTS \$27
5. _____ 3 EVENTS \$21 ETC.
6. _____ ENTRY FEES \$ _____
7. _____ T-Shirt COST \$ _____
TOTAL \$ _____

(Please use metric for distances if possible) ENTRY IS \$ 10.00
Event changes will not be permitted after registration.
I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed _____ Date _____
Send entry with check to Meet Director: Timothy Shelley, 2748 Agate, Eugene Or 97403, (503) 343-4810



Disneyland Attracts 8000 Runners

by JERRY WOJCIK

A gathering of 8000 runners turned out for the first-ever Disneyland Marathon and 5K in Anaheim, Calif., on March 26, as part of the famous theme park's year-long 40th anniversary celebration in 1995.

In the marathon, Leonard Aguilar, 42, La Puente, Calif., took the men's masters title with a 2:46:51. Salvador Arellano finished second in 2:49:03. Sharlet Gilbert, 44, El Sobrante, Calif., 53rd overall with a 2:58:31, was the women's masters first finisher.

Other division winners included Ruben Vigil, 67, Albuquerque, N.M., in 3:27:57, and Wen-Shi Yu, 60, Kew Gardens, NYC, in 3:36:49.

In the 5K, Bill Aragon, 42, Grand Junction, Colo., with a 16:18, and Leslie Lewis, 40, Torrance, Calif., in 19:27, were the first-place masters. Jan Frisby, 50, Grand Junction, Colo., M50-54 division winner in 16:28, posted the best age-40-and-over age-graded performance with a national-class 88.2%.

Runners came from 33 states and 12

countries, and included 350 participants from Japan. □



Jutta Riegel broke the W55 pole vault world record with a 2.10/6-10 1/4 in the Ontario Masters Indoor Championships, Toronto, Canada, March 4. Photo by Doug Smith

Midwest Indoor Regional Draws 118 Athletes

by CLARENCE TRINKNER

A very successful meet, sponsored by the Midwest Masters T&F Club, was held at Glenbrook H.S., Glenview, Ill, March 25. A total of 118 athletes, including 25 women, participated. This was one of the largest turnouts for a USATF Midwest Regional Championships and the best turnout of female athletes.

Eleven states were represented, with the largest contingent (68) from Il-

linois. Athletes came from as far away as Florida and Colorado.

Peggy Whitlow, 48, ran the 800 in 2:29.87, under the U.S. W45 indoor record of 2:31.3, held by Barbara Pike. Notable performances included: Mel Larsen, 70, 9.60, 55mH; John Kruchoski, 36, 54.60, 400; Joann Grissom, 56, 11.40, 16# weight; and Penny Danielson, 50, 3.74, long jump. □

PROFILE

Ralph Paffenbarger

by SHIRLEY DIETDERICH

Trying to figure out how to describe Dr. Ralph Paffenbarger, 72, one of the longtime members of the Northern California Seniors, I realized that a short article would not do him justice. His accomplishments in both science and athletics are legendary. His scientific accomplishments are matched only by his predilection for running absurdly long distances.

He graduated with an M.D. in 1947 from Northwestern University Medical School, then received his M.P.H. (Maternal and Child Health) in 1952, and his D.P.H. (Epidemiology) in 1954 from Johns Hopkins University, School of Hygiene and Public Health.

He worked in the Public Health Service for 21 years, retiring in 1968; he then worked another 10 years in the California Department of Public Health and as Adjunct Professor of Epidemiology at the University of California School of Public Health, Berkeley, retiring in 1977. At present, he spends one day a week in his office at Stanford, where he is a professor emeritus, and another day in his office at UC-Berkeley, where he is a research epidemiologist.

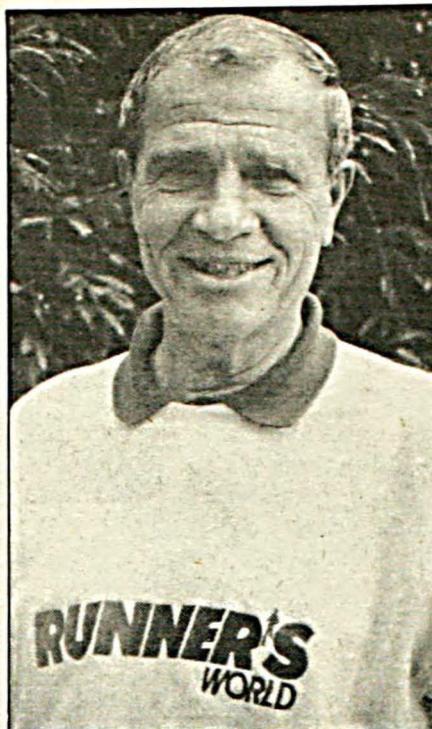
In 1960, he began a study of 52,500 Harvard and Pennsylvania alumni and has followed them to the present day to

see whether a fit life reduces heart disease and extends longevity. He has had 55 of his scientific papers published, which give us new insights into cancer, gall bladder disease, suicide, smoking, and prostate disease, as well as other health areas.

An Example for His Children

At 45, Paff began running because of early findings from this study and to set an example for his children, five sons and one daughter. After six months, he ran the first (5:05) of 22 Boston Marathons, clocking his fastest in 1970 with a 2:52:56. He has run over 151 marathons, including the Pikes Peak, Two Oceans (Indian to Atlantic, Cape Town, South Africa, 56K), and the Comrades 90K, also in South Africa.

His ultra-distance races are too numerous to list. They include five Western States 100 Milers, with four buckles to show for it. His fastest 100



Ralph Paffenbarger
Photo by Shirley Dietderich

miles was in Sacramento in 1972 at age 49, when he did a world-best 16:42:58. About 20 to 30 running feet of trophies are displayed on a plate rail around three walls of his living room.

Some of the many great stories we tell about Paff are myths, I've found. One of my favorites (not a myth) is his experience in 1971 when he worked the bush country of Wa, Ghana, as part of a World Health Organization team that conducted a program for measles control and smallpox eradication. Because of the 90°-plus temperatures and equally high humidity, he ran an hour each day before sun-up. He found a large open clearing (the local running track), which turned out to be where the local soccer team practiced. They would arrive after him and leave before he finished, but they had got to where they would acknowledge him with a smile or wave. One day, after their practice session, one of the young men joined in on one lap. On the next lap, they all ran with him; on the third lap, they began to race and naturally beat

him, but they all had to stop, so they applauded him as he continued running on and on, as they went off to work in the fields.

Another story concerns a Pikes Peak Marathon race. He decided, since he couldn't spend two or three weeks at altitude to acclimatize, that he would fly in and take a taxi to the starting line; then he would fly out the same day. To the chagrin of the runners in his division he won the trophy.

Befriended Many

Whenever he saw young runners having trouble in a race, he would stay with them awhile and encourage them to continue; he has befriended many, who have never forgotten him.

He said that he rarely ran more than six miles a day and never more than 80 miles a week. However, I can remember my husband, Rex, saying that he met Paff out on the trail (Paff had already run up the hill approximately three miles at about 1000 feet altitude). Then they ran six miles together, and Paff still had to run home — if not on another leg! He says he kept a daily log, and I wouldn't be surprised if his mileage was quite high.

In January 1993, Paff had to quit running because of his knees. He switched to walking, and on Dec. 12, 1993, he walked the Honolulu Marathon in 7:13:39. After experiencing seizures, he went into the hospital for tests in January 1994. When he stepped off the treadmill, he collapsed. After further tests, he had a bypass operation. Unfortunately, he had complications and ended up with pneumonia. Five weeks later, his wife, Jo Ann, was able to bring him home.

He is now walking three to four miles a day and anticipating enjoying his grandchildren. He is also co-authoring a book on exercise for health and longevity. The book, for lay and technical readers alike, is due for publication late in 1995; it will probably be titled *Lifefit*.

We have all benefitted from his studies. Thank you, Ralph, you are loved and revered by us all. We hope to see you on the trails for a long time to come. □



MASTERS the LEGENDS



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

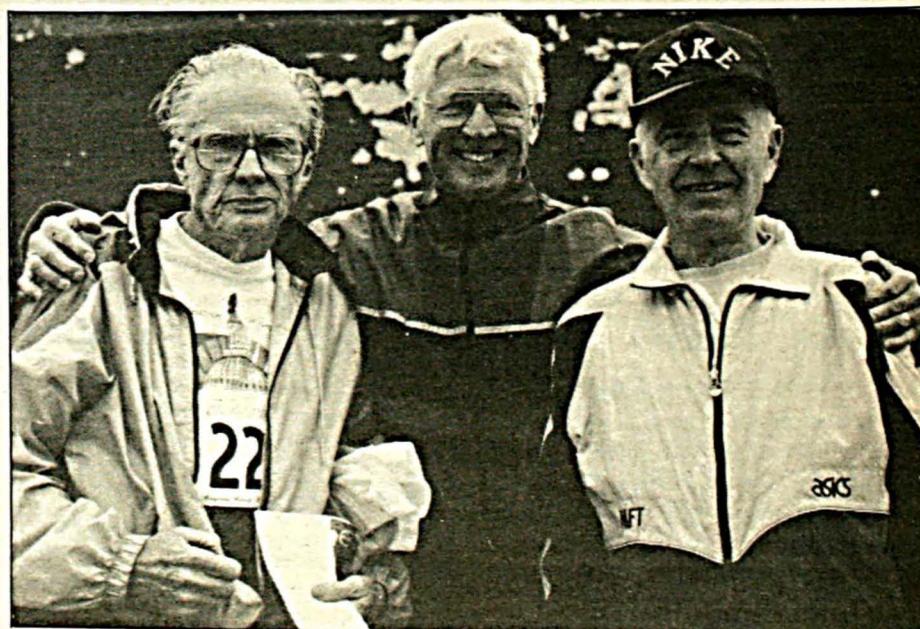
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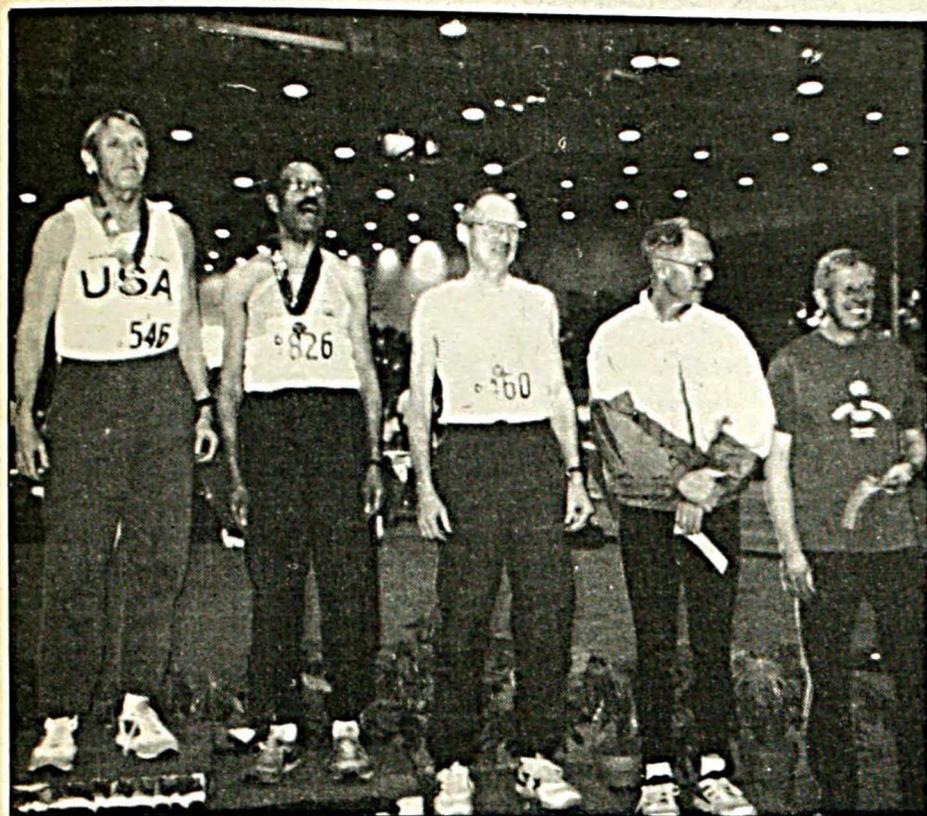
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Top finishers in the Bethesda Chase 20K, Bethesda, Md., March 5, from left: Bill Osburn, 71, first M70 (1:48:06); George Waxter, 64, third M60 (1:42:15); and Bill Morrison, 68, second M60 (1:39:05).

Photo by George Banker



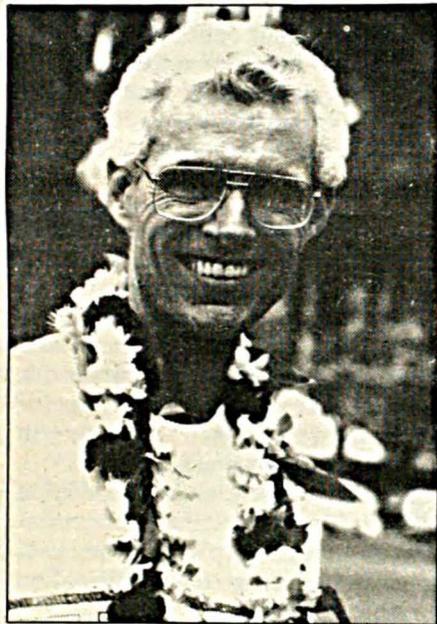
Top finishers in the M60 400, from left: Jim Mathis (WR 58.96), Tennessee, Cliff Pauling, New York, Don Kane, Oregon, Bruce Susong, Nevada, and Jim Schlewitz, Oregon, 1995 USATF National Masters Indoor Championships, Reno. Photo by Suzy Hess

Baymiller Best in National 5K

Continued from page 1

state runners, the race, noted for its fast course, attracted a large number of veteran Southern California runners. Gunnar Linde, 66, Venice, Calif., won the M65 race with a 19:41 over Jim O'Neil (69, 20:02), La Jolla, Calif., holder of the U.S. M60 record of 17:00 set in this race in 1986, and Pat Devine (66, 20:19), Rancho Palos Verde, Calif.

Larry Banuelos, 70, Pico Rivera, Calif., was the M70 winner in 20:45. Peggy Ainslie, Seattle, won the W60 title in a fast 22:32. Mary Storey, 70, Riverside, Calif., took the W70 contest with a 26:51. Gerry Anderson, 74, Fallbrook, Calif., who set the U.S. W70 record of 24:38 in this race in 1991, was third in 27:48. □



Brian Clarke, M50 second (38:54), flashes a smile at Faerber's 10K, Honolulu, March 13. Photo by Tesh Teshima

Romesser, Gosch Win in National 8K

by JERRY WOJCIK

Gary Romesser, 44, Indianapolis, and Anne Gosch, 43, Bloomington, Ill., recorded firsts in the USATF National Masters 8K Championships held along with the Sportmart Shamrock Shuffle in Chicago on March 19.

Each won their race by about a minute. Romesser ran a 25:16, winning \$300. Hal Carlson, 42, Aurora, Ill., took second-place and a \$200 prize with a 26:15. Gosch finished in 30:13. Peggy Pate, 40, DeKalb, Ill., was second in 31:14. Men's and women's cash prizes were equal.

Gary Townsend (43, 26:22), Oak Park, Ill., and Peggy Whitlow (48, 31:33), Elmhurst, Ill., took third prizes of \$100 each. Whitlow was coming off

an impressive indoor season when she broke the W45 U.S. record in the 800 several times.

Cash prizes were also awarded for the best age-graded performances. Warren Utes, 74, Park Forest, Ill., had the top performance with a 93.3% 32:35. Norm Green, Jr., 62, Wayne, Pa., was second-best age-graded performer with a 90.4%. Whitlow's 31:33 equaled an 83.94%, best among the women, followed closely by Gosch's 83.89% for her 30:13.

The meet was directed by David Patt and hosted by the Chicago Area Runners Association. Of the 6500 starters, 5602 finished in perfect weather, with the temperature at 55°, and clear and sunny. □

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		A NEW JERSEY GRAND PRIX SERIES MEET	
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
FIELD EVENTS			
POLE VAULT	30-39 MEN 10:00 AM	40-49 MEN 10:00 AM	MEN 50-59 10:00 AM
SHOT PUT	10:00 AM	10:45 AM	11:30 AM
WEIGHT THROW	1:30 PM	2:45 PM	2:15 PM
HIGH JUMP	10:30 AM	10:30 AM	10:30 AM
LONG JUMP	10:00 AM	11:00 AM	12:00 PM
JAVELIN	11:15 AM	12:15 PM	1:30 PM
DISCUS	12:30 PM	1:30 PM	10:00 AM
TRIPLE JUMP	2:00 PM	2:00 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.

MASTER T-SHIRTS & HATS

T-SHIRTS: "Master Charge," "Master Runners," "Master Ladies," "Master Throwers & Jumpers," "1994 World Series No Nothin'." \$11.00 each, 2 for \$21.00. Colors - white or ash. Ink - blue or green. Fruit of the Loom 100% cotton.

HATS: "Master" purple hats with blue embroidery \$8.00 each, two for \$15.00

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Women's Corner

by JIM HAGBERG, Ph.D.

To Replace or Not to Replace: That is The Question for Postmenopausal Women

Women reaching menopause face an important health decision about whether or not they should start hormone replacement therapy. For the postmenopausal woman athlete, this decision is even more difficult because virtually nothing is known about hormone replacement therapy's effects on performance or on other factors related to the future health of the postmenopausal athlete.

We do know that hormone replacement therapy improves a number of heart disease risk factors in postmenopausal women. One important beneficial effect is a reduction in blood total cholesterol levels. The levels of the "bad," low density lipoprotein or LDL cholesterol also decrease by an average of 5 to 15%. In addition, hormone replacement therapy increases a postmenopausal woman's level of the "good," high density lipoprotein or HDL cholesterol. These increases range from 5 to 10%, which decrease the woman's heart disease risk by 15 to 30%.

Hormone replacement therapy also has direct effects on blood vessels in postmenopausal women, improving their ability to open and allow more bloodflow into the heart and skeletal muscles.

Hormone replacement therapy also is the most effective treatment for prevention of the rapid bone loss that occurs in women immediately after menopause. It also stops or slows the bone loss that continues for the remainder of a woman's life. In fact, long-term hormone replacement therapy may reduce hip fractures in women by 50%. These beneficial effects occur because the hormones stimulate the making of new bone and decrease the rate of bone breakdown.

Of special interest to postmenopausal women athletes, is the possibility that hormone replacement therapy may improve their performance by reducing their body fat and enhancing heart and blood vessel function. However, it is not known if these benefits actually do occur.

Why Aren't All Postmenopausal Women on Hormone Replacement Therapy?

While the above information presents a rosy picture for the benefits of hormone replacement therapy, the majority of postmenopausal women are not currently taking hormones. They generally cite one of three reasons for their decision. The first is, that while many women start hormone replacement therapy, they don't continue because they didn't feel or see

any benefits. However, women must keep in mind that these hormones do not immediately improve their bone density or decrease their chance of having a heart attack. Women will not feel any different the day after they start taking hormones. These benefits take time, in fact years, to accumulate. Women must have the faith and motivation to wait to see the benefits after five or more years, and then only if they have another bone scan or blood test. They need to keep their "eyes on the prize," and the prize in this case may not be a gold or silver medal in the 10K or marathon, but in their chance of avoiding a hip fracture or heart attack 20 years from now.

The second reason many women do not start taking hormones is that their menstrual cycle may start all over again. This does occur in some women, but in most cases the pattern of taking estrogen and progesterone can be changed to eliminate this obviously negative side effect. A woman should consult her physician to have the cycle for taking these hormones altered so she will continue to take them and gain the long-term benefits.

The third factor affecting many women's decisions to start hormone replacement therapy is the risk of developing cancer. The best way to address this very important issue is to take a brief look at the history of hormone replacement therapy.

History of Hormone Replacement Therapy

One hundred years ago the average age of menopause coincided with the average life span of American women. Thus, since the average woman did not live for long after menopause, the consequences of low female hormone levels in postmenopausal women were not obvious. However, the average woman now lives 30 years beyond menopause and the effects of low hormone levels for that length of time have stimulated intense interest in the general public and in medical circles.

The complex effects of estrogen and progesterone throughout the body make hormone replacement a very difficult decision for postmenopausal

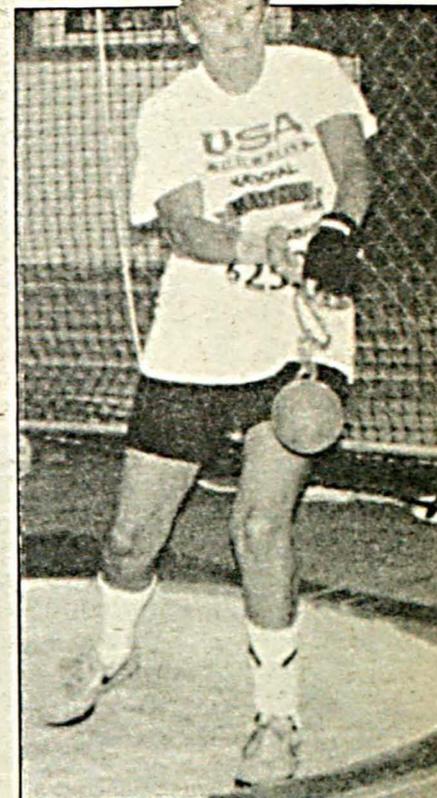
women. As stated above, a critical concern of many women is the increased risk of cancer associated with hormone replacement therapy. However, one way to make the decision about taking hormones is based on the major causes of death in postmenopausal women. All women should be concerned about breast cancer because it will eventually occur in roughly 10% of all women now 50 years old. However, a 50-year-old woman has a greater chance of having a hip fracture in her lifetime than developing breast cancer (15 vs. 10%). And this 50-year-old woman has a 46% chance of developing heart disease in her lifetime. Thus, women must consider the risk of breast cancer, but they must also remember they are at greater risk of fracturing a hip or developing heart disease.

Early hormone replacement therapies consisted of estrogen only (unopposed estrogen). It is now clear that estrogen therapy reduces a 50-year-old woman's lifetime risk of developing heart disease from 46 to 34%, which is a substantial benefit. Estrogen therapy also reduces this woman's lifetime risk of hip fracture from 15 to 13%. However, it became evident in the 1970s and '80s that taking only estrogen increased a woman's risk of developing endometrial cancer. In fact, a 50-year-old woman's lifetime risk of developing endometrial cancer increased from 3 to 20% with estrogen therapy. Her risk of developing breast cancer also increased from 10 to 13% with estrogen. (This is a worst case scenario as some data indicate that breast cancer risk is not increased with estrogen replacement therapy.) Thus, despite the substantial benefits of estrogen therapy on heart disease and hip fractures, the increased cancer risk led to a sharp decrease in the use of unopposed estrogen therapy in postmenopausal women.

Further research led to the addition of progesterone to the replacement therapy program. When the two, estrogen and progesterone, are given together, the results are dramatically more favorable for postmenopausal women. The most important change is that their increased endometrial cancer risk is eliminated — the risk is 3% whether or not they are on estrogen and progesterone. The woman still receives roughly the same beneficial reductions in risk of heart disease (46 to 34%) and hip fracture (15 to 13%). The only bad news associated with combined hormone therapy is that the woman's risk of developing breast cancer is still increased from 10 to 13%. However, when looking at the total picture with combined estrogen/progesterone therapy, a 50-year-old woman's risk of developing heart disease, a hip fracture, and breast and endometrial cancer is reduced from 74% to 63%. Thus over the course of a lifetime, 11 fewer women out of every 100 would develop one of these four medical problems.

Current Hormone Replacement Therapy Recommendations for Postmenopausal Women

In 1992, the American College of



Mary Hirst, W60, California, second (6.61) in the 16-lb. weight, 1995 USATF National Masters Indoor Championships, Reno, Nev.

Photo by Jerry Wojcik

Physicians summarized all the research data concerning the effects of estrogen and estrogen plus progesterone replacement therapies on the health of postmenopausal women. They made the following recommendations for physicians and postmenopausal women to consider with respect to starting these therapies.

Recommendation 1: All postmenopausal women should consider starting hormone replacement therapy to prevent heart disease and hip fractures. This recommendation is based on the information presented above indicating that a healthy 50-year-old woman can reduce her lifetime risk of developing heart disease by over 25% (from 46 to 34%) and her risk of having a hip fracture by nearly 15% (from 15 to 13%) with such a program.

Recommendation 2: Women who have had a hysterectomy will benefit from estrogen therapy without adding progesterone to their hormone replacement program. This recommendation is similar to the first recommendation, but takes into account this woman's non-existent risk of developing endometrial cancer.

Recommendation 3: Women with heart disease will benefit from combined estrogen/progesterone therapy, or unopposed estrogen, if they have had a hysterectomy. This recommendation is based on the fact that the benefits of these therapies are still evident in postmenopausal women who already have heart disease.

Recommendation 4: The risks of hormone replacement therapy may outweigh the benefits in women at increased risk for breast cancer. Women with a family history of breast cancer have nearly twice as high a lifetime risk of developing breast cancer (19 vs. 10%). Hormone replacement therapy increases their risk of breast cancer

Continued on page 19



Speaker's Corner

by CONNOR JOHNSTON

Racewalking Disqualifications

Is there no way of settling the problem of "leg-not-straight" among the more elderly racewalkers which so often leads to disqualification?

It is common knowledge that people, as they grow older, tend to develop arthritis, which leads to an inability to fully straighten their legs.

Being in my 88th year, I am only too well aware of this problem.

Further, operations or accidents to the legs often cause the same problem,

leading to disqualification on the track or road, resulting in many elderly people giving up racewalking altogether.

One need only refer to the results of the 1994 U.S. Nationals in Eugene to see the effect of this in the 5K and 20K racewalks. There was only one "com-

petitor" in each of the M80 and M85 age groups.

As the solitary competitor in the M85 5K racewalk, I was twice warned for "leg-not-straight," but managed to complete the race in the very poor time of 43:52. In the 20K racewalk, however, I was speedily disqualified, possibly due to my being disturbed by the track judges, thus losing my concentration on keeping my technique as correct as I should have been able to.

One can infer that the object of the "leg-not-straight" rule is to prevent a walker gaining an unfair advantage over his companions, and that he must, at all times, maintain contact with the ground. Failure to do this will lead to "creeping" or "lifting," both of which faults should bring a disqualification.

Now I know the chief judge has to interpret the rules, but I do feel that some allowance could be made for the elderly.

I have completed many racewalks in South Africa and never been disqualified, or even warned. It seems that either the South African judges are too lenient, or their American counterparts are too severe.

Three years ago, my left knee joint was replaced with a stainless steel prosthesis which, to my joy, resulted in a marked improvement in the straightness of the leg which had been damaged in a motor accident in 1982. The leg now lacks only two degrees of straightness, but this apparently was sufficient for the judges to disqualify me.

As a racewalker, my chief aim is to complete the course, regardless of my time. Failure to do so, due to being hauled off the track through what I consider to be a technical fault, seems to be grossly unfair.

The straight-leg rule was no doubt laid down by young men at the height of their powers, for young men, the elderly not being considered. There is no way in which I can gain an unfair advantage over others. I have experimented over a 200m distance, first walking, then jogging. It took me longer to jog than to walk.

As a last resort, there is a possible solution, admittedly very drastic and disheartening for the walker: to allow the suspect walker to finish the race and give him his time, but to deny him a medal if he finishes among the first three walkers. This could be called a "technical disqualification," but it would be very unpopular.

Is there no way of crediting him with the positive aspects of style, such as "straight back with head up," (a back bent is conducive to "listing"), "placing the heels squarely on the ground," "using the hips to prevent the head bobbing up and down," and "using the arms energetically?"

With the upcoming World Veterans Championships in Buffalo, I would appreciate some attention being paid to these suggestions, so that more people may be encouraged to take part.

(Connor Johnston lives in South Africa.)

Women's Corner

Continued from page 18

from 19 to 24% and offsets a portion of the reduced heart disease and hip fracture risks associated with these therapies. However, if the evidence that these therapies do not increase breast cancer risk is true, then hormone replacement therapy will be just as beneficial for women at high risk for breast cancer.

Recommendation 5: All postmenopausal women taking hormones should have a yearly clinical breast examination and screening mammography for breast cancer surveillance.

What About Hormone Replacement Therapy for Postmenopausal Women Athletes?

Endurance exercise training, such as distance running and cycling, also has beneficial effects on the heart, blood vessels, heart disease risk factors, and bone. In fact, many of these changes are very similar to those that occur with hormone replacement therapy in postmenopausal women. However, it is not known if physically active older women will gain further heart disease and bone benefits by starting hormone replacement therapy. If the two effects are additive, that is, women gain separate benefits from the hormones and the exercise, postmenopausal women could drastically decrease their heart disease and hip fracture risks. In addition, as discussed above, it is possible that postmenopausal female athletes starting hormone replacement therapy would improve their performance.

To address these unanswered questions, our laboratory at the University of Pittsburgh Medical Center is conducting a study comparing: (1) heart disease risk factors including blood lipids and diabetes, (b) hip and spine bone density, (c) heart structure and function, and (d) body composition in

postmenopausal endurance-trained women both on and off hormone replacement therapy. Women participating in this study will receive a large amount of data about these critical factors that are important to their future health. Much of this information is available only in research studies like ours. All results, with complete explanations, will be sent individually to each participant. Participants in this study will also help postmenopausal women to become better informed about the effects of exercise and hormone replacement therapy. These studies are supported by research grants from the American Heart Association and the American Association of Retired Persons (AARP).

We have some travel funds available and, since Buffalo is only 200 miles from Pittsburgh, our most efficient use of these funds would be to arrange testing for women traveling to the WAVA Championships in Buffalo this summer. In addition, two large races take place in Pittsburgh, a marathon/10K in early May and a 10K in late September. We could arrange for testing in conjunction with these races or at other times if women are traveling to or through the Pittsburgh area. We would like to enroll elite endurance-trained postmenopausal females in this study who are either on or not on hormone replacement therapy. □

(If you are interested in participating in this groundbreaking study concerning the health of postmenopausal women, please write Dr. Jim Hagberg at the University of Pittsburgh Medical Center, Preventive Cardiology, Suite 1212, Kaufmann Bldg., 200 Lothrop St., Pittsburgh, PA 15213 or phone 412/648-6910.)



RUN THE ORIGINAL

Athens, Greece
November 5, 1995

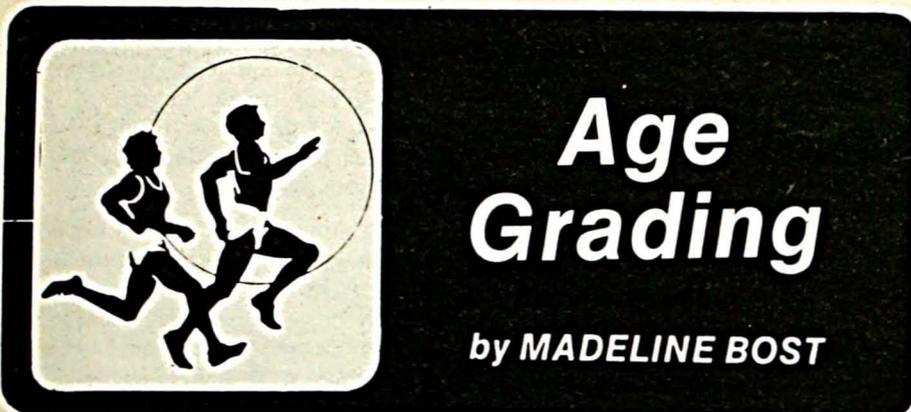
In 490 B.C. Phidippides ran from the battlefield at Marathon to Athens to inform the Athenians of their victory over the Persian invasion. Now you can run this original route! APOSTOLOS GREEK TOURS has organized for the first time, 10-K and Half Marathons in conjunction with the full marathon on November 5th.

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Age Grading

by MADELINE BOST

Using Age Grading in Your Training

As we saw last month, age grading for the masters divisions is proving useful in determining the best performances in a road race. However, the transition to age grading is not taking place without some confusion and protest.

Some masters runners feel they don't know who they are running against until the computer spits out the results. However, this is true in any race unless we recognize and know the ages of all of the other runners. Some national championships require we wear an age number on our backs but that isn't always enforced and is almost never done in New Jersey. In fact, the New Jersey Asbury Park 10K (now the George Sheehan Classic) is the only race where I've seen it done.

It can be discomfiting to find that a runner who finished behind you in a race has moved ahead in the age-graded scoring. The younger masters runners can't be sure they won't be surpassed by a 50- or 60-year-old. However if the older runner's performance was an 85 performance-level percentage, and the youthful master's was but an 81, it makes sense to move the other runner up.

As a competitor who is 15 years older than my youngest masters rival, I immediately saw the fairness of age grading. But it doesn't give me a free ride to the winner's circle. In competitive races where I have had a poor performance and younger women had better, I was rightly relegated below them in the scoring. Age grading is paradoxically quite blind to age — only performance counts.

The standards are very tough. For me, a 55-year-old woman, a one hundred percent performance level in a 5K is a 17:17, 37:36 for a 10K. For a 45-year-old woman, it's 15:45 and 32:32.

A man my age would need to run 15:08 for 5K and 31:18 for a 10K. His ten-years-younger rival would need a 14:31 and a 30:02.

A 65-year-old woman has to run a 19:19 5K, and 39:51 for 10K. Her male counterpart must run 16:38 and 34:25 for 100 percent.

In addition to determining best performances in a race, age adjusting has relevance on a more personal level. Individual masters athletes can use the tables to track their own performances. With age adjusting they can compare their best effort at age 45 to their best at 50 and 55, and so on until they run off into the sunset forever.

While their actual time may be slower, their adjusted time could show that their performance has improved. This has particular significance for athletes who only took up the sport in their later years.

For example, as a 43-year-old novice I ran a 43:15 in a 10K, which age grades to a 40:26 for a 74 performance-level percentage. Ten years later I im-

proved slightly by running a 42:37. With age adjustment, that 42:37 becomes a 36:25 for an 82 PLP, a marked improvement that would not be otherwise apparent.

In order to set my goals in the years to come, I need only check the charts to see what times I need to run to stay at the same level I achieved at 53. This year, to reach 82% I must run a 43:32.

If you would like to be able to chart your own performances, the Age Graded Tables — in reality a 60-page, magazine-size paperback — is available from the *National Masters News* for only \$6.00, plus \$1.25 shipping. Send a check to NMN at P.O. Box 50098, Eugene OR 97405. □



Roger Dean of Washington in the M55 400, USATF 1995 National Masters Indoor Championships, Reno. Photo by Jerry Wojcik

Boston Marathon

Continued from page 1

Bloomsday 12K on May 12. Between age 38 and 40, he competed infrequently, but now races almost every two weeks.

For Boston, his plan was to run with the lead men until the 30K point and then to fall back — which he did.

"I know my strength at the end (of the race) and it was windy, so (after 30K) I slowed down."

Bondarchouk also spoke via an interpreter and said: "Today the race was very hard . . . but I really wanted to win, because the last two years I was only second. I wasn't sure I was the woman (first master), but I was sure Emma (Scaunich) was behind me. When I finished, I wasn't sure I was the champion."

Bondarchouk said she always "thinks good" of her competitors, and so always thinks someone may be up ahead. But Scaunich, last year's female masters winner, dropped out at about 10 miles with a sciatic nerve problem.

"I saw how Emma was suffering, so I could see she was not having the best time," Bondarchouk said. "To be honest, today, my plans were for second place. In the past two years, I've done too many races. But I'm very happy and now I can rest with a free heart. But I promise you I won't run another marathon . . . well, maybe the year after next I might."

Doug Kurtis (43, MI) managed a 2:30:05 for 9th 40+, but still holds the world record of 75 sub-2:20 marathons. Herbert Steffny (41, GER, 2:21:38) said: "I ran with Doug to 20K and heard him breathing quite hard, so I knew he was having some trouble."

This was Steffny's first marathon in three to four years after a period of injuries. He posted a marathon PR of 2:11:17 in 1986 (Chicago, 5th overall) and has run 2:11+ five times. A 13-time German 10K, 25K, marathon, and cross-country champion, he plans to start masters competition. He currently edits a German running magazine for a Finnish shoe company.

Forty-nine-year-old Paul Fetscher (NY) ran his 229th marathon with this race, using it as a tune-up for a race in Shanghai, China the following week. His friend, Kathy Mannkopf (39, NY) was running her 40th marathon and using it as a tune-up for the Rotterdam Marathon the following weekend.

Second-place masters finishers, who each took home \$5000, were Barnabas Katui (40, KEN, 2:19:31) and Mary Hynes-Johansson (40, MA, 2:57:39). Winning \$2500 for thirds were Yuriy Mikhailov (42, RUS, 2:19:37) and Mary Hanlon (40, FL, 2:58:21).

Boston divides divisions into 10-year, rather than the usual five-year, age groups. Thus, the M50-59 winner (no prize money) was Richard Crampon (52, CAN, 2:35:43), while Wendy Burbank (52, MA, 3:29:19) took W50-59 honors.

Malcolm Gillis (61, AL, 2:52:33) and Wen-Shi Yu (60, NY, 3:26:32) took

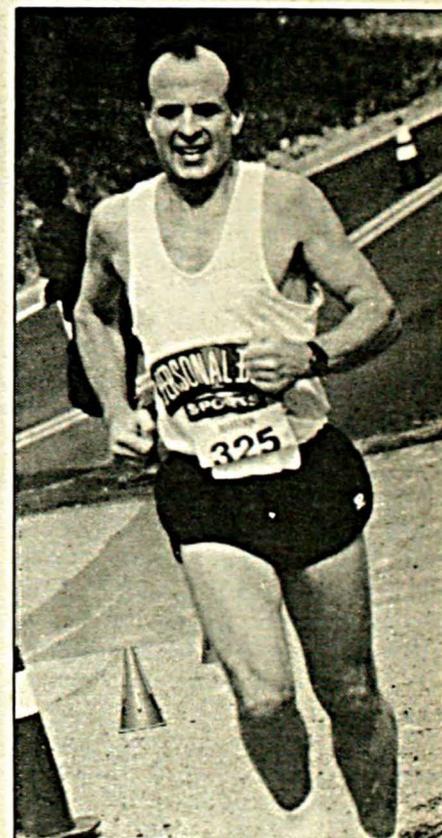


Shirley Church, second W50 (11:57:35), USATF National Masters 100K Championships, Sacramento, Feb. 18. Photo by Jane Byng

60+ laurels.

Steffny, a statistics buff, said he studied 1994 Boston times for the top 13 men and top nine women. "The average improvement on the men's times (PRs) was 3:30 and for the women, 3:00. Last year's cold temperatures and a tailwind . . . for these conditions you wait ten years."

This year's headwind at the finish caused overall slower times in all divisions. The winners of each division (open, masters and wheelchair) jogged with President Bill Clinton on April 19. This is the third year that the U.S. President has invited the winners to join him on his morning jaunt. □



Third master Ed Prytherch, 47, Columbia, S.C., with a 3:06:47, George Washington Memorial Marathon, Greenbelt, Md., Feb. 19.

Photo by George Banker

NATIONAL MASTERS NEWS

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

Records Section

May, 1995

page 21



Master Age Records

New Age-Group Records Compiled

In this issue are new world and U.S. five-year age-group track and field records for men and women. The marks are those compiled and approved, as of March 31, 1995, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track and Field Committee of USA Track & Field (USATF), both headed by Pete Mundle.

Per a decision by WAVA in 1993, no hand times recorded after May 1, 1994 for races of 400 meters or less will be considered for world five-year age group records. However, hand times achieved before May 1, 1994 will continue to be included in the world record lists until broken by a superior time. The same conditions apply to U.S. records set prior to 1991.

The official WAVA/USATF record forms are printed on this page. Meet directors should keep several copies on hand, fill them out if a potential record is set, and mail them to Mundle. Athletes can aid their own cause by carrying a copy to meets for officials' signatures.

All these records have been carefully scrutinized before approval by the Records Committees. Mundle's single-age record book, however, due out

next month, does not apply the same scrutiny, due to time constraints. Thus, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

Racewalking Records

Also included here are world racewalking "bests" and USA official racewalking records, for each five-year age group, compiled by Bev LaVeck, USATF Masters Racewalking Coordinator.

Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November, 1994 issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF. □

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran Age-Group
'Best Performance'/World Veteran Age-Best Performance

TRACK OR ROAD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance, in support of which the following information is submitted:

(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor(s) _____

Date(s) of Birth _____

(For relays, full name of each team member is required, in order of running.)

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

The names of the first three competitors and their times were as follows:

1st _____ Time _____

2nd _____ Time _____

3rd _____ Time _____

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER

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

(Name of Chief Timekeeper or Referee) _____ (Signature) _____

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was _____ and this was the official time.

(Name of Chief Photo-Finish Judge) _____ (Signature) _____

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran
Age-Best Performance

FIELD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Best Performance, in support of which the following information is submitted:
(Please type or use capitals throughout)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor _____ Date of Birth _____

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Sho/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed _____

Name _____ Signature _____

FIELD JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10 (a). We further certify that the circle or runway complied with I.A.A.F. specifications.

_____ metres _____

(Distance or height) (Name of Field Judge) (Signature)

_____ metres _____

(Distance or height) (Name of Field Judge) (Signature)

_____ metres _____

(Distance or height) (Name of Field Judge) (Signature)

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was _____ metres/sec.

Name of Operator _____ Signature _____

RESULT OF COMPETITION

The names of the first three competitors and their performances were as follows:

1st _____ Performance _____

2nd _____ Performance _____

3rd _____ Performance _____

NOTE: A copy of the Results Card must be included with this application.

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of March 31, 1995

Men's World Five Year Age Group Records

100 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 10.28	Alan Wells(GBR)	35	8-1-87
M40 10.3	Edward Jefferis(RSA)	35	11-24-71
M45 10.6	Eddie Hart(USA)	40	9-16-89
M50 11.0	Thane Baker(USA)	48	6-14-80
M55 11.2	Ken Dennis(USA)	50	7-18-87
M55 11.57	Ron Taylor(GBR)	57	8-3-91
M60 11.6	Payton Jordan(USA)	56	6-23-73
M60 11.6	Alfred Guidet(USA)	56	6-22-74
M60 11.8	Payton Jordan(USA)	61	5-27-78
M65 12.5	Bernard Hogan(AUS)	65	11-30-85
M70 12.91	Payton Jordan(USA)	74	6-22-91
M75 13.4	Payton Jordan(USA)	75	4-25-92
M80 15.3	Barry Ivers(USA)	80	9-14-91
M85 16.3	Duncan McClean(SCO)	88	7-6-73
M90 19.9	Duncan McClean(SCO)	90	6-14-75
M95 39.00	Prtiavi Singh Azad(IND)	95	12-5-87
p20.82	Joginder Singh(IND)	99	7-21-91

200 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 20.62	Don Quarrie(JAM)	37	6-18-88
M40 20.68	Pietro Mennea(ITA)	35	9-26-87
M45 21.86	Bill Collins(TX)	41	8-15-92
M45 21.9	Reginald Austin(AUS)	40	8-10-77
M45 22.3	George Rhoden(JAM)	45	7-2-72
M50 22.30	Stan Whitley(USA)	46	6-20-92
M50 22.9	Ken Dennis(USA)	50	7-18-87
M55 23.37	Ron Taylor(GBR)	52	7-31-86
M60 24.9	Payton Jordan(USA)	60	6-19-77
M65 25.6	Bernard Hogan(AUS)	65	12-6-85
M70 26.8	Payton Jordan(USA)	70	6-20-87
M75 28.14	Payton Jordan(USA)	75	6-20-92
M80 32.3	Josiah Packard(USA)	80	2-18-84
M85 35.99	Harry Gathercole(AUS)	86	10-11-93
M90 48.6	Collister Wheeler(USA)	90	7-30-87
p44.77	Murthy Narayana(IND)	90	7-26-91
p45.75	Buell Kirk(USA)	90	6-23-90
p48.42	Joginder Singh(IND)	99	7-26-91

400 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 46.38	James King(USA)	35	5-25-84
M40 48.44	James King(USA)	40	8-5-89
M45 50.20	Fred Sowerby(USA)	45	8-12-94
M50 51.76	Narold Morico(CAN)	50	10-16-93
M55 51.8	Ron Taylor(GBR)	52	9-27-86
p51.60	Guido Mueller(FRG)	50	6-3-89
M60 53.9	Ralph Romain(TRI)	60	5-30-93
M65 58.79	Jim Law(USA)	65	7-5-91
M70 62.2	John Alexander(USA)	70	9-24-89
M75 68.5	Josiah Packard(USA)	75	6-23-79
p68.24	Fritz Assmy(FRG)	75	7-1-90
M80 75.4	Harold Chapson(USA)	80	7-5-87
M85 91.54	Longino Perez(MEX)	85	12-9-83
M90 2:00.2	Paul Spangler(USA)	90	9-16-89
p1:59.76	Murthy Narayana(IND)	90	7-27-91

800 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 1:49.2Y	George Scott(NZL)	35	5-12-72
M40 1:51.25	Peter Browne(GBR)	41	6-11-90
M45 1:56.16	Ronaldo Merceline(HOL)	45	7-7-91
M50 2:00.40	Alan Bradford(AUS)	50	8-1-89
M55 2:05.07	Tom Roberts(AUS)	55	8-1-89
M60 2:12.62	Derek Turnbull(NZL)	62	7-21-89
M65 2:15.23	Earl Fee(CAN)	65	8-13-94
M70 2:30.84	James Lytjen(USA)	70	6-8-91
p2:27.57	James Lytjen(USA)	70	7-23-91
M75 2:40.0	Harold Chapson(USA)	75	5-14-78
M80 2:53.5	Harold Chapson(USA)	80	7-11-82
M85 3:29.42	Longino Perez(MEX)	85	11-29-87
M90 4:39.59	Paul Spangler(USA)	90	6-10-89
M95 p6:02.94	Herb Kirk(USA)	95	7-23-91

1500 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3:33.91	Mike Boit(KEN)	36	8-21-85
M40 3:49.47	Wilson Waigwa(KEN)	40	8-5-89
p3:49.21	Wilson Waigwa(KEN)	41	7-29-90
M45 4:00.53	Ken Sparks(USA)	45	4-24-90
p3:59.24	Ken Sparks(USA)	45	7-29-90
M50 4:05.2	Tom Roberts(AUS)	50	3-22-84
M55 4:17.4	Derek Turnbull(NZL)	55	2-20-82
M60 4:28.66	Derek Turnbull(NZL)	62	8-5-89
M65 4:39.9	Derek Turnbull(NZL)	65	3-14-92
M70 5:09.73	John Gilmour(AUS)	70	8-5-89
M75 5:28.5	Scotty Carter(USA)	75	6-28-92
M80 6:04.28	Ed Benham(USA)	80	12-5-87
M85 7:03.38	Longino Perez(MEX)	85	12-5-87
M90 9:25.2	Paul Spangler(USA)	90	6-10-89
M95 13:53.8	Herb Kirk(USA)	95	7-23-91

ONE MILE

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 3:52.48	John Walker(NZL)	36	7-2-88
M40 4:02.53	David Moorcroft(GBR)	40	6-19-93
M45 4:16.75	David Sirl(NZL)	45	12-6-87
M50 4:30.06	Tom Roberts(AUS)	53	12-6-87
M55 4:40.4	Jack Ryan(AUS)	55	12-15-77
M60 4:54.07	Joop Ruter(HOL)	60	8-1-93
M65 4:56.4	Derek Turnbull(NZL)	65	2-29-92
M70 5:42.2	Monty Montgomery(USA)	70	7-9-77
M75 5:57.2	Scotty Carter(USA)	75	7-12-92
M80 8:07.1	Paul Spangler(USA)	81	6-7-80
M85 8:04.7	Josef Galia(FRG)	87	9-4-85
M90 13:43.6	Herb Kirk(USA)	90	8-18-86
M95 14:48.2	Herb Kirk(USA)	95	10-6-90

3000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 7:47.61	Thomas Wessinghage(FRG)	35	8-16-87
M40 8:17.4	Jack Foster(NZL)	43	1-31-76
M45 8:36.0	Laurie Ohara(GBR)	45	7-8-77
M50 8:53.8	Ray Hatton(USA)	50	6-25-82
M55 9:09.2	Mejdens Adriaan(HOL)	55	4-26-94
M60 9:41.2	John Gilmour(AUS)	61	11-22-80
M65 9:47.4	Derek Turnbull(NZL)	65	2-8-92
M70 10:53.38	Soichi Tamoi(JPN)	70	6-12-93
M75 12:04.0	Scotty Carter(USA)	75	6-28-92
M80 13:52.63	Ed Benham(USA)	82	5-4-90
M85 16:32.0	Paul Spangler(USA)	85	5-4-84
M90 20:08.4	Paul Spangler(USA)	90	9-16-89

5000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 13:16.36	Carlos Lopes(POR)	37	6-28-84
M40 13:45.6	Lucien Rault(FRA)	40	5-21-76
M45 14:23.6	Lucien Rault(FRA)	46	6-19-82
M50 14:55.60	Antonio Villanueva(MEX)	51	7-25-91
M55 15:51.8	Stephen James(GBR)	55	6-5-93
M60 16:33.3	John Gilmour(AUS)	61	8-9-80
M65 16:38.8	Derek Turnbull(NZL)	65	3-13-92
M70 18:43.61h	Warren Utes(USA)	71	7-23-91
M75 20:21.62	Kosaku Kanamori(JPN)	77	5-10-92
M80 21:57.88	Edward Benham(USA)	81	8-6-88
M85 25:50.97	Yoshiharu Ueda(JPN)	85	9-16-94
M90 37:39.38	Paul Spangler(USA)	90	8-1-89
M95 50:23.53	Herb Kirk(USA)	95	7-25-91

10,000 METERS

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 27:17.48	Carlos Lopes(POR)	37	7-2-84
M40 28:33.4	Lucien Rault(FRA)	40	6-9-76
p28:30.88	Martti Vainio(FIN)	40	6-21-91
M45 30:02.56	Antonio Villanueva(MEX)	45	11-29-87
M50 31:01.90	Ron Robertson(NZ)	50	7-23-91
M55 33:00.66	Norman Green(USA)	57	7-29-89
M60 34:14.08	Luciano Acquarone(ITA)	60	7-20-91
M65 34:42.2	Derek Turnbull(NZL)	65	3-15-92
M70 42:03.69	Warren Utes(USA)	71	7-21-91
M75 48:23.4	David Morrison(GBR)	75	9-9-89
M80 44:29.4	Edward Benham(USA)	81	8-4-88
M85 54:23.0	Josef Galia(FRG)	87	8-28-85
M90 71:40.78	Paul Spangler(USA)	90	7-29-89

ONE HOUR RUN

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 12-1599	20.774 Gaston Roelants(BEL)	35	9-20-72
M40 11-1330	18.919 John Van De Wanssem(HOL)	40	10-16-90
M45 11-1268	18.862 Alain Mimoun(FRA)	45	3-20-66
M50 11-954	18.575 Alain Mimoun(FRA)	50	5-16-71
M55 10-1276	17.260 Herman Pekis(HOL)	56	7-10-94
M60 10-831	16.853 John Gilmour(AUS)	61	10-21-79
M65 9-1540	15.872 John Gilmour(AUS)	65	10-7-84
M70 9-1083	15.494 John Gilmour(AUS)	70	6-21-89
M75 8-335	13.181 Lou Gregory(USA)	75	12-17-77
M80 7-946	12.130 Paul Spangler(USA)	81	11-1-80
M85 6-472	10.088 Paul Spangler(USA)	85	11-18-84

STEEPLECHASE (35-59: 3000M; 60+: 2000M)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 8:33.4	Ivan Kabanov(URS)	36	7-27-75
M40 8:41.5	Gaston Roelants(BEL)	40	7-6-77
M45 9:25.28	Ron Robertson(NZ)	46	12-5-87
M50 9:50.96	Nils Undersaker(NOR)	50	8-5-89
p9:38.8	Nils Undersaker(NOR)	50	6-10-89
p9:43.97	Ron Robertson(NZ)	50	7-27-91
M55 10:14.0	Alan Bradford(AUS)	55	2-4-94
M60 7:03.8	Maurice Morrell(GBR)	60	6-8-93
M65 7:53.00	John Eccles(NZL)	65	11-2-90
M70 8:38.17	Dan Bulkeley(USA)	71	8-5-88
M75 9:28.78	Dan Bulkeley(USA)	76	7-17-93
M80 11:51.48	Tadashi Tau(JPN)	81	10-13-93

MURDLES 110m: 35-39,42m; 40-49,39m; 100m: 50-59,36m; 60-69,33m; 80m: 70+,30m

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 13.26	Greg Foster(USA)	36	7-22-94
M40 14.24	Stan Druckrey(USA)	40	7-30-89
M45 14.7y	Valbjorn Thorlaksson(ICE)	45	7-8-79
M50 13.57	Walt Butler(CA)	50	7-5-91
M55 15.28	Bob Hickman(CA)	55	7-30-89
M60 14.98	Jack Greenwood(USA)	60	7-19-86
M65 16.4	Albertos Van Zyl(RSA)	65	8-29-87
p16.22	Jack Greenwood(CO)	65	7-5-92
p16.30	Jack Greenwood(CO)	65	7-21-91
M70 13.2	Albertos Van Zyl(RSA)	70	10-10-92
M75 15.1	Frank Finger(USA)	75	9-1-90
M80 16.98	Mazumi Morita(JPN)	80	10-9-93
M85 20.30	Karl Trei(CAN)	85	5-7-89

LONG MURDLES (400m: 35-49,36m; 50-59,33m; 300m: 60+,30m)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 48.93	Nat Page(USA)	35	7-10-92
M40 52.7	Stan Druckrey(USA)	40	7-8-89
52.76	James King(USA)	40	8-3-89
M45 55.18	Guido Mueller(FRG)	47	8-1-86
M50 58.1	Jack Greenwood(USA)	50	7-3-76
M55 59.85	Jack Greenwood(USA)	57	9-27-83
M60 43.49	Jack Greenwood(USA)	63	8-3-89
M65 47.82	Arne Petterson(SWE)	65	6-25-88
p45.20	Jack Greenwood(USA)	65	7-25-91
M70 50.4	Albertos Van Zyl(RSA)	70	4-17-93
M75 55.33	Dan Bulkeley(USA)	77	10-2-94
M80 71.9	Claude Hills(USA)	80	8-31-92
p68.0	Karl Trei(CAN)	80	6-11-89

HIGH JUMP

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 7-1	2.16 Viktor Bolshov(URS)	35	6-20-74
M40 6-9	2.06 John Hartfield(USA)	40	9-1-85
p6-9 1/2	2.07 Istvan Major(HUN)	41	7-2-90
M45 6-3 1/2	1.92 Charlie Rader(USA)	45	7-31-93
p6-3 1/2	1.92 Mark Gelnov(URS)	47	7-25-91
M50 6-2	1.88 Herm Wyatt(USA)	51	8-21-83
6-2	1.88 Dieter Wille(FRG)	50	10-10-93
M55 5-10 1/2	1.79 Herm Wyatt(USA)	55	5-26-87
M60 5-6 1/4	1.68 Jim Gillchrist(USA)	64	9-19-92
5-6 1/4	1.68 Milton Newton(POR)	60	7-20-94
M65 5-4 1/2	1.64 Jim Gillchrist(USA)	65	9-25-93
M70 4-10 1/4	1.48 Ian Hume(CAN)	70	9-8-84
M75 4-8 3/4	1.44 Esko Kolhonen(FIN)	75	8-4-89
M80 4-0 1/4	1.22 Virgil McIntyre(USA)	80	6-28-91
4-0	1.22 Kamura Kizo(JPN)	82	5-29-94
M85 3-8 1/2	1.13 Buell Crane(USA)	85	7-26-85
M90 3-5	1.04 Buell Crane(USA)	90	7-28-90

POLE VAULT

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35 17-4 3/4	5.30 K. Papanikolaou(GRE)	36	9-9-77
M40 17-6 1/4	5.34 Larry Jessee(USA)	42	10-15-94
M45 15-5 1/2	4.71 Greg Miguel(USA)	46	8-12-93
M50 14-4	4.37 Vic Cook(USA)	50	7-25-82
p14-5 1/4	4.40 Hans Lagerqvist(SWE)	51	7-5-90
M55 13-6 1/4	4.12 Richmond Morcom(USA)	55	8-4-76
M60 12-9 1/2	3.90 Herbert Schmidt(FRG)	61	10-14-71

Continued from previous page

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Hammer Throw (35-49: 16#, 50-59: 6Kg; 60-69: 5Kg; 70+:4Kg).

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Javelin Throw (35-59: 800 GRAMS - NEW RULES; 60+: 600 GRAMS).

DECATHLON(1989 WAVA AGE GRADED SCORING TABLES)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Decathlon (1989 WAVA Age Graded Scoring Tables).

PENTATHLON(1985 IAAF SCORING TABLES)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Pentathlon (1985 IAAF Scoring Tables).

Women's World Five Year Age Group Records

100 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for 100 Meters women's world records.

200 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for 200 Meters women's world records.

400 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for 400 Meters women's world records.

800 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for 800 Meters.

1500 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for 1500 Meters.

ONE MILE

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for One Mile.

3000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for 3000 Meters.

5000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for 5000 Meters.

10,000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for 10,000 Meters.

2000 METER STEEPLECHASE *** BEST PERFORMANCES ***

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for 2000 Meter Steeplechase.

SHORT HURDLES (35-39: 100M,33"; 40+: 80M,30")

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Short Hurdles.

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Long Hurdles.

HIGH JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for High Jump.

POLE VAULT *** BEST PERFORMANCES ***

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Pole Vault.

LONG JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Long Jump.

TRIPLE JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Triple Jump.

SHOT PUT (35-49: 4Kg; 50+: 3Kg)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Shot Put.

DISCUS THROW (1kg)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Discus Throw.

HAMMER THROW (35-49: 4Kg; 50+: 3Kg)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Hammer Throw.

JAVELIN THROW (30-49: 600G; 50+: 400G)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Data for Javelin Throw.

Continued on next page

U.S.A. TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC
Masters T&F Committee through performances verified as of March 31, 1995

Men's U.S.A. Five Year Age Group Records

100 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	10.3	Ruben Whitney(TX)	35	6-14-80
M40	10.87	Eddie Hart(CA)	40	7-30-89
M45	10.6n	Eddie Hart(CA)	40	9-11-89
M45	11.02	Stan Whitley(CA)	48	4-17-94
M50	11.0n	Thane Baker(TX)	48	6-14-80
M50	11.2	Ken Dennis(CA)	50	7-18-87
M55	11.66	Ralph Summerlin(AL)	58	7-14-90
M55	11.6n	Payton Jordan(CA)	56	6-23-73
M55	11.6n	Alfred Guidet(CA)	56	6-22-74
M60	11.8	Payton Jordan(CA)	61	5-27-78
M65	12.6	Payton Jordan(CA)	65	6-12-82
M70	12.91	Payton Jordan(CA)	74	6-22-91
M75	13.72	Payton Jordan(CA)	75	5-30-92
M80	15.4	Josiah Packard(CA)	80	2-25-84
M85	17.98	Russell Randall(CO)	85	8-14-92
M90	20.69	Buell Crane(ID)	90	7-27-90

200 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	20.8	Delano Meriwether(US)	35	6- 9-78
M40	21.86	Bill Collins(TX)	41	8-15-92
M40	p21.35	Bill Collins(TX)	40	7- 5-91
M45	22.30	Stan Whitley(CA)	46	6-20-92
M50	22.9	Ken Dennis(CA)	50	7-18-87
M55	23.6	Alfred Guidet(CA)	55	6-24-73
M60	24.9	Payton Jordan(CA)	60	6-19-77
M65	26.05	James Law(NC)	67	10-10-93
M65	p25.87	Jack Greenwood(CO)	65	7- 6-91
M70	26.8	Payton Jordan(CA)	70	6-20-87
M75	28.14	Payton Jordan(CA)	75	6-20-92
M80	32.3	Josiah Packard(CA)	80	2-18-84
M85	40.29	Konrad Boss(NY)	86	8- 3-89
M90	48.6	Collister Wheeler(OR)	90	7-30-87
M95	p45.75	Buell Crane(ID)	90	6-23-90
M95	p62.28	Herb Kirk(MT)	95	7-26-91

400 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	46.38	James King(CA)	35	5-25-84
M40	48.44	James King(CA)	40	8- 5-89
M45	50.20	Fred Sowerby(NV)	45	8-12-94
M50	52.79	Larry Colbert(MD)	50	12- 5-87
M55	54.56	Rudolph Valentine(NY)	55	6- 9-79
M60	57.64	Jack Greenwood(CO)	63	8- 5-89
M65	58.79	Jim Law(NC)	65	7- 5-91
M70	62.2	John Alexander(TX)	70	9-24-89
M75	68.5	Josiah Packard(CA)	75	6-23-79
M80	75.4	Harold Chapson(HI)	80	7- 9-83
M85	93.59	Russell Randall(CO)	86	8-12-93
M90	2:00.2	Paul Spangler(CA)	90	9-16-89

800 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	1:52.1	Ralph Lee(CA)	37	6- -79
M40	1:52.5	Ken Popejoy(IL)	40	5-31-91
M45	1:56.27	Don Parker(CA)	47	5-12-90
M50	2:01.1	Bill Fitzgerald(CA)	50	6-29-75
M55	2:08.9	Bill Fitzgerald(CA)	55	7- 5-80
M60	2:14.13	Ralph Miller(WA)	60	8-15-92
M65	p2:13.98	Jim Sutton(PA)	60	7-23-91
M65	2:25.3	Frank Finger(VA)	65	7- 5-80
M70	2:30.84	James Lytjen(CA)	70	6- 8-91
M75	p2:27.57	James Lytjen(CA)	70	7-23-91
M80	2:40.0	Harold Chapson(HI)	75	5-14-78
M85	2:53.5	Harold Chapson(HI)	80	7-11-82
M85	3:58.3	Paul Spangler(CA)	85	5- 5-84
M90	4:39.59	Paul Spangler(CA)	90	6-10-89
M95	p6:02.94	Herb Kirk(MT)	95	7-23-91

1500 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:40.83	Steve Scott(CA)	35	6-14-91
M40	3:53.18	Larry Alberg(WA)	42	8- 5-89
M45	p3:50.43	Larry Alberg(WA)	43	7-29-90
M45	4:00.53	Ken Sparks(OH)	45	4-24-90
M50	p3:59.24	Ken Sparks(OH)	45	7-29-90
M50	4:05.8	Ray Hatton(OR)	50	7- 8-82
M55	4:25.24	Jim Sutton(PA)	55	7-19-86
M60	4:32.09	Jim Sutton(PA)	60	7-27-91
M65	4:56.80	Joe King(CA)	65	7- 7-91
M70	p4:56.31	Joe King(CA)	65	7-27-91
M70	5:19.38	Austin Newman(NJ)	70	7-19-86
M75	p5:14.97	James Lytjen(CA)	70	7-27-91
M75	5:28.5	Scotty Carter(MA)	75	6-28-92
M80	6:04.28	Ed Benham(MD)	80	12- 5-87
M85	7:44.96	Paul Spangler(CA)	85	5- 5-84
M90	9:25.2	Paul Spangler(CA)	90	6-10-89
M95	13:53.8	Herb Kirk(MT)	95	10- 6-90

ONE MILE

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:54.13	Steve Scott(CA)	35	7- 1-91
M40	4:12.24	Larry Alberg(WA)	43	4-28-90
M45	p4:06.70	Larry Alberg(WA)	43	7-29-90
M45	4:18.83	Ken Sparks(OH)	45	4-24-90
M50	p4:17.14	Ken Sparks(OH)	45	7-29-90
M50	4:32.2	Bill Fitzgerald(CA)	50	7-13-75
M55	4:55.3	William Fraser(MN)	55	7-22-85
M60	p4:45.1	Ray Hatton(OR)	55	5-16-87
M60	p4:46.5	Don Gammie(OH)	55	10- 5-86
M60	4:58.2	Jim Sutton(PA)	60	8-17-91
M65	5:22	Monty Montgomery(CA)	65	4- 8-72
M70	5:42.2	Monty Montgomery(CA)	70	7- 9-77
M75	5:57.2	Scotty Carter(MA)	75	7-12-92
M80	8:07.1	Paul Spangler(CA)	81	6- 7-80
M85	12:23.6	Herb Kirk(MT)	87	8-26-83
M90	13:43.6	Herb Kirk(MT)	90	8-18-86
M95	14:48.2	Herb Kirk(MT)	95	10- 6-90

3000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7:56.69	Steve Scott(CA)	35	5-25-91
M40	8:43.7	Web Loudat(MN)	40	6-13-87
M45	9:06.6	Kirk Randall(MA)	45	6-13-87
M45	p8:55.6	Patrick Hambrick(LA)	45	6-28-94
M50	8:53.8	Ray Hatton(OR)	50	6-25-82
M55	9:37.88	Ray Hatton(OR)	56	6-26-88
M60	10:13.8	Don Gammie(OH)	60	8-10-91
M65	10:51.0	Norman Bright(WA)	65	6-17-75
M70	11:46.2	Harold Chapson(HI)	73	3-28-76
M75	12:04.0	Scotty Carter(MA)	75	6-28-92
M80	13:52.63	Ed Benham(MD)	82	5- 4-90
M85	16:32.0	Paul Spangler(CA)	85	5- 4-84
M90	20:08.4	Paul Spangler(CA)	90	9-16-89

5000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13:51.7	Mike Manley(OR)	38	6- 1-80
M40	p13:26.03	Steve Plasencia(US)	36	6- 5-93
M40	14:59.6	Hal Higdon(IN)	41	8-25-72
M45	15:12.25	Mike Manley(OR)	47	8- 1-89
M50	p15:11.0	Salvador Vasquez(CA)	46	7- 5-86
M50	15:43.58	Dan Conway(WI)	50	8- 1-89
M55	p15:41.67	Mike Heffernan(OR)	50	7-25-91
M55	16:27.1	James O'Neil(CA)	55	1-12-81
M60	17:19.0	Clive Davies(OR)	64	8- 2-80
M65	18:30	William Andberg(MN)	65	7- 4-76
M70	p18:07.04	Joe King(CA)	65	7-25-91
M70	18:43.61h	Warren Utes(IL)	70	7-23-91
M75	20:55.39	Alfred Funk(MT)	75	8- 1-89
M80	21:57.88	Edward Benham(MD)	81	8- 6-88
M85	28:03.8	Paul Spangler(CA)	85	4-14-84
M90	37:39.38	Paul Spangler(CA)	90	8- 1-89
M95	50:23.53	Herb Kirk(MT)	95	7-25-91

10,000 METERS

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	28:26.4	Gary Tuttle(CA)	36	4-28-84
M40	p28:02.41	Steve Plasencia(US)	37	6-18-93
M40	30:50.37	Larry Alberg(WA)	42	7-30-89
M45	31:48	Ray Hatton(OR)	45	6-11-77
M50	32:10.4	Ray Hatton(OR)	51	6-18-83
M55	33:00.66	Norman Green(PA)	57	7-29-89
M60	35:19.8	Clive Davies(OR)	63	8-19-78
M65	38:38.0	Norman Bright(WA)	66	8- 3-76
M70	p37:52.75	John Keston(OR)	68	7-17-93
M70	38:23.69	Warren Utes(IL)	70	7-20-91
M75	43:54.75	Edward Benham(MD)	75	9-25-83
M80	44:29.4	Edward Benham(MD)	81	8- 4-88
M85	63:58.4	Paul Spangler(CA)	86	6-22-85
M90	71:40.78	Paul Spangler(CA)	90	7-29-89

ONE HOUR RUN

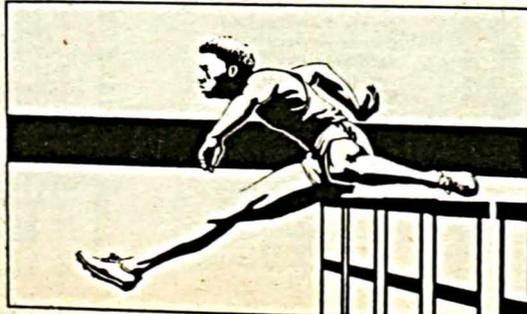
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	11-1070	18.681 Ken Mueller(MA)	35	5-13-72
M40	11-740	18.379 Ray Hatton(OR)	44	8- 7-76
M45	11-223	17.907 Hal Higdon(IN)	48	6-26-79
M50	10-1335	17.314 Peter Mundle(CA)	50	10- 1-78
M55	10-775	16.802 James O'Neil(CA)	56	8- 4-81
M60	10-201	16.277 Clive Davies(OR)	61	8- 7-76
M65	9-604	15.036 Norman Bright(WA)	65	6-13-75
M70	8-1131	13.909 William Andberg(MN)	70	10- 4-81
M75	8-335	13.181 Lou Gregory(FL)	75	12-17-77
M80	7-946	12.130 Paul Spangler(CA)	81	11- 1-80
M85	6-472	10.088 Paul Spangler(CA)	85	11-18-84

STEEPLECHASE (35-59: 3000M; 60+: 2000M)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:38.8	Mike Manley(OR)	38	- -80
M40	9:18.6	Hal Higdon(IN)	44	8-15-75
M45	9:39.0	Hal Higdon(IN)	46	8-11-77
M50	10:31.01	Faye Bradley(DC)	51	7-20-89
M55	10:59.2	Ken Carman(MI)	56	7-28-84
M60	7:40.10	Dave Stevenson(CA)	60	8- 5-89
M65	8:23.74	Avery Bryant(CA)	65	7-20-89
M70	8:38.17	Dan Bulkley(OR)	71	8- 5-88
M75	9:28.78	Dan Bulkley(OR)	76	7-17-93
M80	12:42.4	Bob Boat(NC)	81	5- 1-93

MURDLES: 110m: 35-39, 42"; 40-49, 39"; 100m: 50-59, 36" 60-69, 33"; 80m: 70+, 30"

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13.26	Greg Foster(US)	36	7-22-94
M40	14.24	Stan Druckrey(WI)	40	7-30-89
M45	15.0	Jack Greenwood(KS)	46	9-14-72
M50	p14.84	Stan Druckrey(WI)	45	8-12-93
M50	13.57	Walt Butler(CA)	50	7- 5-91
M55	15.28	Bob Hickman(CA)	55	7-30-89
M60	14.98	Jack Greenwood(CO)	60	7-19-86
M65	17.43	Robert Hunt(CA)	65	5-18-85
M65	p16.22	Jack Greenwood(CO)	65	7- 5-91
M70	14.50h	Jack Greenwood(CO)	65	7-21-91
M70	p16.30	Al Guidet(CA)	71	7-29-89
M75	p14.35	Edwin Lukens(NY)	72	8-12-94
M75	15.44	Burl Gist(CA)	71	7- 5-91
M75	15.1n	Herb Miller(CA)	76	8-14-92
M80	17.5	Frank Finger(VA)	75	9- 1-90
M80		Russell Meyers(FL)	80	7- 7-84



LONG MURDLES (400m: 35-49, 36"; 50-59, 33"; 300m: 60+, 30")

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	48.93	Nat Page(GA)	35	7-10-92
M40	52.76	James King(CA)	40	8- 3-89
M45	52.7n	Stan Druckrey(WI)	40	7- 8-89
M45	55.7	Jack Greenwood(KS)	46	8-24-72
M45	p55.79	Stan Druckrey(WI)	45	8-13-93
M50	58.1	Jack Greenwood(KS)	50	7- 3-76
M55	59.85	Jack Greenwood(KS)	57	9-27-83
M60	43.49	Jack Greenwood(CO)	63	8- 3-89
M65	48.03h	Chuck Sochor(MI)	65	10-13-93
M70	p47.82	Jack Greenwood(CO)	65	7- 6-91
M70	p45.20	Jack Greenwood(CO)	65	7-25-91
M75	52.44	Dan Bulkley(OR)	72	8- 3-89
M75	55.33	Dan Bulkley(OR)	77	10- 2-94
M80	76.20	Claude Hills(PA)	80	8-13-93

HIGH JUMP

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7-0 3/4	2.15 Jim Barrineau(VA)	36	6- 6-92
M40	6-9	2.06 John Hartfield(TX)	40	9- 1-85
M45	6-3 1/2	1.92 Charlie Rader(CA)	45	7-31-93
M50	6-2	1.88 Herm Wyatt(CA)	51	8-20-83
M55	5-10 1/2	1.79 Herm Wyatt(CA)	55	5-23-87
M60	5-6 1/4	1.68 Jim Gillcrust(LA)	64	9-19-92
M65	5-6 1/4	1.68 Milton Newton(CA)	60	7-20-94
M65	5-4 1/2	1.64 Jim Gillcrust(USA)	65	9-25-93
M70	4-8 3/4	1.44 Walter Dahlin(CA)	70	7- 5-91
M75	4-3 1/4	1.30 Herbert Anderson(CO)	75	

Continued from previous page

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows include hammer throw records for 16+, 6K, 5K, and 4K categories.

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows include javelin throw records for 800g and 600g categories.

DECATHLON(1989 WAVA AGE GRADED SCORING TABLES)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list decathlon records for various age groups.

PENTATHLON(1985 IAAF SCORING TABLES)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list pentathlon records for various age groups.

Women's U.S.A. Five Year Age Group Records

100 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list 100m records for various age groups.

200 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list 200m records for various age groups.

400 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list 400m records for various age groups.

800 METERS

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

1500 METERS

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

ONE MILE

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

3000 METERS

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

5000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list 5000m records for various age groups.

10,000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list 10,000m records for various age groups.

ONE HOUR RUN

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list one hour run records for various age groups.

2000 METER STEEPLECHASE

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list 2000m steeplechase records for various age groups.

SHORT HURDLES (35-39: 100M, 33"; 40+: 80M, 30")

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list short hurdles records for various age groups.

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list long hurdles records for various age groups.

HIGH JUMP

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

POLE VAULT

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

LONG JUMP

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

TRIPLE JUMP

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

SHOT PUT (30-49: 4KG; 50+: 3KG)

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

DISCUS THROW

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list discus throw records for various age groups.

HAMMER THROW (35-49: 4KG; 50+: 3KG)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list hammer throw records for various age groups.

JAVELIN THROW (30-49: 600G; 50+: 400G)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Rows list javelin throw records for various age groups.

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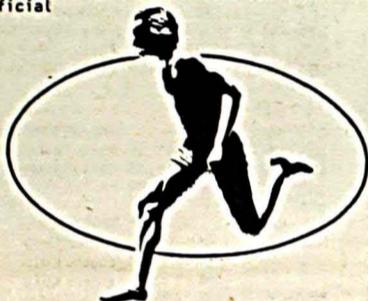
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Men's World Masters Relay Records

4x100	40-49	42.79	USA (Austin,Collins,Mitchell,Hartfield)	5- 2-92
	50-59	45.36	USA (Dennis,LaTorre,Adamson,Miller)	8- 6-89 Eugene,OR
	60-69	49.09	FRG (Mirkes,Selzer,Kleimann,Schlegel)	12- 6-87 Melbourne
	70-79	55.04	USA (Bloomfield,Heard,Weinacht,Jordan)	8- 6-89 Eugene,OR
80-89	77.37	USA (Lum,Crane,Hosack,Pitcher)	8-25-85	
4x200	40-49	1:29.85	USA (Austin,Hartfield,Mitchell,Collins)	5- 1-92
	50-59	1:41.3	USA (Ballard,Rizzo,Borrell,Small)	7- 5-92 Randolph,NJ
	60-69	1:47.1	USA (Sochor,Brown,Bergthold,Sobolewski)	8- 1-92
	70-79	2:03.21	USA (Morales,Satti,Heard,Weinacht)	12- 6-87 Melbourne
4x400	40-49	3:21.54	USA (Thiel,Brinker,Tucker,King)	8- 6-89 Eugene,OR
	50-59	3:35.88	USA (Steffes,Mathis,Adamson,Colbert)	8- 6-89 Eugene,OR
	60-69	3:58.43	USA (Stevens,Sucher,Law,Greenwood)	8- 6-89 Eugene,OR
		p3:39.43	MOR ()	6-30-90
	70-79	4:35.07	USA (Bloomfield,Jordan,Spnrseler,Weinacht)	8- 6-89 Eugene,OR
	80-89	7:34.9	USA (Lum,Spangler,Hosack,Pitcher)	8-24-85
4x800	40-49	8:00.2	USA (Mason,Franklin,Thomas,Romaine)	7- 7-84
	50-59	8:47.74	HOL (Peters,Heijdens,Metselaar,Keesstein)	9-25-92 Dordrecht
	60-69	9:33.95	HOL (Majoor,Ravensbergen,Zethof,Merlaar)	6-11-92
	70-79	13:33.0	USA (Hills,Espy,Wang,Bigelow)	10- 1-83
4x1600	40-49	18:33.4y	WVTC (Richardson,Knebel,Cathcart,Welck)	9-15-79
	50-59	19:50.2	BRC (Bernal,Keating,Cormier,Randall)	7-29-92
	60-69	24:06.6	KHTC (Lee,Charron,Fuselier,Wimberly)	8-30-94 New Orleans,LA
sprt med	40-49	3:36.1m	USA (Knocke,Edens,Smith,Cohen)	8-14-82
	50-59	3:59.1y	USA (Duffy,Brooks,Sanchez,Thomas)	6-11-94 Los Gatos,CA
	60-69	4:24.8	USA (Lee,Rieke,Badinger,Wimberly)	6-28-94 New Orleans,LA
	70-79	6:41.4i	USA (Siringer,Mlotek,Hosack,Fike)	1- 9-83
dist med	40-49	10:34.6	USA (Stevens,Pierce,Frye,Norton)	7-11-90
	50-59	11:39.2	USA (Duffy,Mason,Thomas,Franklin)	7- 3-94 Irvine,CA
	60-69	13:24.8	USA (Lee,Rieke,Fuselier,Wimberly)	6- 7-94 New Orleans,LA

p = pending
i = indoor performance

note: the sprint medley, distance medley and 4X1600 marks are unofficial



WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF

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Women's World Masters Relay Records

4x100	35-39	48.63	FRA (Desmier,Sulter,Andreas,Apavou)	8- 6-89 Eugene,OR
	40-49	50.23	USA (Keating,McClurg,Gilmore,Raschker)	8- 6-89 Eugene,OR
		p49.45	FRG (Meier,Bayha,Geraldine,Hees)	7-28-91 Turku
		p49.91	FRG ()	6-30-90
	50-59	54.51	GBR (Williams,Chrimes,Hulls,Gore)	8- 6-89 Eugene,OR
		p53.47	FRG ()	6-30-90
	60-69	59.72	AUS (Green,Cooper,Davidson,Hogan)	8- 6-89 Eugene,OR
		p57.48	FRG (Kreiskott,Hunkel,Kreuzweiser,Franzen)	7-28-91
	70-79	p65.26	FRG ()	1-14-81 Christchurch
4x400	35-39	4:00.21	GBR (McDonald,Hocknell,Blurton,Walpole)	8- 6-88
	40-49	4:07.34	FRG (Koschnitzke,Mattelson,Lehman,Kummerle)	8- 6-88
	50-59	4:36.85	USA (Fitzgerald,Meadows,Moagland,Oberra)	8- 6-89 Eugene,OR
		p4:35.77	FRG (Hoffman,Blank,Holzknicht,Kummerle)	7-28-91 Turku
	60-69	5:21.91	FRG (Werner,Mangler,Haule,Schneiderhan)	8- 6-88
4x800	35-39	9:37.29	HOL (Van de Van,Pos,Ruyter,Verhoef)	9-25-92 Dordrecht
	40-49	10:26.6	USA (Stoneking,Jansen,Larson,Day)	7-24-94 Blaine,MN
	50-59	11:25.8	USA (Kerr,McCormick,Bigelow,Ottoway)	8-14-94 Eugene,OR

p = pending

Men's U.S. Masters Relay Records

4x100	40-49	42.79	ME (Austin,Collins,Mitchell,Hartfield)	5- 2-92
	50-59	46.6y	WVTC (Marlin,Lingle,Springbett,Sanchez)	7-23-83
		45.36	USA (Dennis,LaTorre,Adamson,Miller)	8- 6-89 Eugene,OR
		50.9	CDM (Morales,Jordan,Killion,Guidet)	6-24-78
	60-69	50.08	USA (Albury,Regier,Harte,Law)	8- 6-89 Eugene,OR
	70-79	55.04	USA (Bloomfield,Heard,Weinacht,Jordan)	8- 6-89 Eugene,OR
	80-89	77.37	USA (Lum,Crane,Hosack,Pitcher)	8-25-85
4x200	40-49	1:29.85	ME (Austin,Hartfield,Mitchell,Collins)	5- 1-92
	50-59	1:41.3	NYPC (Ballard,Rizzo,Borrell,Small)	7- 5-92 Randolph,NJ
	60-69	1:47.1	MHTC (Sochor,Brown,Bergthold,Sobolewski)	8- 1-92
4x400	40-49	3:28.7	PM (Abayomi,Pratt,Stanford,Burnett)	7- 5-81
		3:21.54	USA (Thiel,Brinker,Tucker,King)	8- 6-89 Eugene,OR
	50-59	3:51.4	STC (Bryant,Kleinsasser,Puterbaugh,Fitzgd)	6-29-75
		c3:48.6y	WVTC (Springbett,Lingle,Stevens,Bruhner)	7-21-83
		3:35.88	USA (Steffes,Mathis,Adamson,Colbert)	8- 6-89 Eugene,OR
	60-69	4:28.1y	SDTC (Parks,Christian,Valdivia,Spencer)	8-13-83
		3:58.43	USA (Stevens,Sucher,Law,Greenwood)	8- 6-89 Eugene,OR
	70-79	4:35.07	USA (Bloomfield,Jordan,Spnrseler,Weinacht)	8- 6-89 Eugene,OR
	80-89	7:34.9	USA (Lum,Spangler,Hosack,Pitcher)	8-24-85
4x800	40-49	8:11.8	SCS (Montenez,Knocke,Elliot,Cohen)	7- 3-83
		c8:00.2	WVTC (Mason,Franklin,Thomas,Romaine)	7- 7-84
	50-59	8:45.88	WVTC (Duffy,Franklin,Thomas,McMillan)	9-10-94 Berkeley,CA
	60-69	10:41.0	KHTC (Lee,Rieke,Fuselier,Wimberly)	7-26-94 New Orleans,LA
		10:09.10	USA (Stewart,Stevenson,Stevens,King)	7-23-89
	70-79	13:33.0	USA (Hills,Espy,Wang,Bigelow)	10- 1-83
4x1600	40-49	18:33.4y	WVTC (Richardson,Knebel,Cathcart,Welck)	9-15-79
	50-59	19:50.2	BRC (Bernal,Keating,Cormier,Randall)	7-29-92
	60-69	24:06.6	KHTC (Lee,Charron,Fuselier,Wimberly)	8-30-94 New Orleans,LA
sprt med	40-49	3:36.1m	SCS (Knocke,Edens,Smith,Cohen)	8-14-82
	50-59	3:59.1y	WVTC (Duffy,Brooks,Sanchez,Thomas)	6-11-94 Los Gatos,CA
	60-69	4:24.8	KHTC (Lee,Rieke,Badinger,Wimberly)	6-28-94 New Orleans,LA
	70-79	6:41.4i	OHTC (Siringer,Mlotek,Hosack,Fike)	1- 9-83
dist med	40-49	10:34.6	BAA (Stevens,Pierce,Frye,Norton)	7-11-90
	50-59	11:39.2	WVTC (Duffy,Mason,Thomas,Franklin)	7- 3-94 Irvine,CA
	60-69	13:24.8	KHTC (Lee,Rieke,Fuselier,Wimberly)	6- 7-94 New Orleans,LA

p = pending
c = relay members include non-US citizens

note: club records are listed before USA team records

- CDM: Corona Del Mar Track Club
- KHTC: King of the Hill Track Club
- OHTC: Ohio Track Club
- SCS: Southern California Striders
- BRC: Boston Running Club
- BAA: BAA Running Club
- SDTC: San Diego Track Club
- NYPC: New York Pioneer Club
- WVTC: West Valley Track Club
- PH: Philadelphia Masters
- HE: Houston Elite
- MHTC: Midwest Masters T&F Club

Women's U.S. Masters Relay Records

4x100	35-39	50.28	USA (Drumgole,Seeley,Thompson,Gilkey)	8- 6-89 Eugene,OR
	40-49	50.23	USA (Keating,McClurg,Gilmore,Raschker)	8- 6-89 Eugene,OR
	50-59	54.90	USA (Fitzgerald,Davis,Miller,Oberra)	8- 6-89 Eugene,OR
	60-69	66.20	USA (Patterson,Tuinzing,Darnall,Peterson)	8- 6-89 Eugene,OR
		p64.10	USA (Peterson,Sullivan,McDaniels,Vosburgh)	7-28-91 Turku
	70-79	p80.77	USA (Friedman,Mehl,Peebles,Stafford)	7-28-91 Turku
4x400	35-39	4:00.87	USA (Murray,Berg,Gilkey,Seeley)	8- 6-89 Eugene,OR
	40-49	4:53.47	TS (Greer,Reguso,Bieldshies,Wade)	8- 5-88
		4:10.85	USA (Behrens,Stiles,O'Connor,Raschker)	8- 6-89 Eugene,OR
	50-59	4:36.85	USA (Fitzgerald,Meadows,Moagland,Oberra)	8- 6-89 Eugene,OR
	60-69	5:28.59	USA (Peterson,Tuinzing,Adams,Patterson)	8- 6-89 Eugene,OR
4x800	35-39	10:42.80	TS (Sokell,Kasen,Ehmer,Sedwick)	8- 6-88
	40-49	10:26.6	PS (Stoneking,Jansen,Larson,Day)	7-24-94 Blaine,MN
	50-59	11:25.8	US (Kerr,McCormick,Bigelow,Ottoway)	8-14-94 Eugene,OR
sprt med	35-39	6:07.66	NTC (Ogletree,Cotten,Kea,Nichols)	1- 9-83
	40-49	4:53.54	NYMC (Pinto,Warren,Tucker,Searey)	5- 2-93 Randalls Is.,NY

p = pending

- TS: Track Shack
- SDTC: San Diego Track Club
- NYMC: New York Masters Club
- NTC: Hill Track Club
- PS: Prairie Striders

Compiled by Pete Mundle, TAC T&F Records Chairman

Continued from previous page

World Best Performances — Racewalk

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 1000, 1500, 2000, 2500, 3000, 3500, 4000, 4500, 5000 meters.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 5000, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000 meters.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 3000, 3500, 4000, 4500, 5000, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000 meters.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 3000, 3500, 4000, 4500, 5000, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000 meters.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K.

USA Masters Men's and Women's Racewalking Records

Masters Men — Track

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 3000 meters, 5000 meters, 10,000 meters, 15,000 meters, 20,000 meters, 30,000 meters, 40,000 meters, 50,000 meters, One Hour.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 5000 meters, 10,000 meters, 15,000 meters, 20,000 meters, 30,000 meters, 40,000 meters, 50,000 meters, One Hour.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 10,000 meters, 15,000 meters, 20,000 meters, 30,000 meters, 40,000 meters, 50,000 meters, One Hour.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 40,000 meters, 50,000 meters, One Hour.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 50,000 meters, One Hour.

Masters Men — Road

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 5K, 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 50K, 55K, 60K, 65K, 70K, 75K.

Masters Women — Track

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 3000 meters, 3500, 4000, 4500, 5000, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000 meters.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 5000 meters, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000 meters.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 10,000 meters, 15,000, 20,000, 25,000, 30,000, 35,000, 40,000, 45,000, 50,000 meters.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 15,000 meters, 20,000, 25,000, 30,000, 35,000, 40,000, 45,000, 50,000 meters.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include 50,000 meters, One Hour.

Table with columns: Group, Time, Name, Date, Site, Home. Rows include One Hour.

Continued on next page

Continued from previous page

Masters Women — Road

5K					
F40-44	24:14	Gayle Johnson	Bridgeton, MO	8/29/93	
	24:14	Sally Richards-Kerr	Kingsport, TN	9/18/93	
F45-49	25:28	JoAnn Nedelco	Dearborn, MI	9/24/89	
F50-54	26:53	JoAnn Nedelco	Dearborn, MI	9/25/93	
F55-59	28:23	Beverly LaVeck	Dearborn, MI	9/28/91	
F60-64	29:02	Ruth Eberle	Bridgeton, MO	8/29/93	
F65-69	31:23	Ruth Leff	Kenosha, WI	4/3/93	
F70-74	34:36	Luise Nollage	Liverpool, NY	7/1/91	
F75-79	36:26	Helen Sutter	Tampa, FL	3/31/90	
F80-84	37:41	Polly Clarke	Liverpool, NY	7/1/91	
F85-89	46:57	Anna Ward	Liverpool, NY	7/1/91	
10K					
F40-44	49:17	Sally Richards-Kerr	Palo Alto, CA	5/22/94	
F45-49	52:36	JoAnn Nedelco	San Diego, CA	9/8/90	
	50:58 p	Gayle Johnson	Washington, DC	3/28/95	
F50-54	57:06	JoAnn Nedelco	Provo, UT	8/14/93	
F55-59	57:27	Elton Richardson	Niagara Falls, NY	7/16/94	
	57:24 p	Elton Richardson	Eugene, OR	8/14/94	
F60-64	59:43	Ruth Eberle	Spokane, WA	8/16/92	
F65-69	1:05:28	Miriam Gordon	Miyazaki, JPN	10/11/93	
F70-74	1:12:06	Ruth VanSandt	Palo Alto, CA	5/22/94	
F75-79	1:22:56	Adaline Crocker	Eugene, OR	8/16/87	
F80-84	1:58:30	Marilla Salisbury	Indianapolis, IN	8/5/90	

15K					
F40-44	1:20:06	Sally Richards-Kerr	Albuquerque, NM	9/5/93	
F45-49	1:23:23	JoAnn Nedelco	Long Beach, CA	4/30/89	
F50-54	1:26:42	Beverly LaVeck	Eugene, OR	8/16/87	
F55-59	1:28:03	Beverly LaVeck	Portland, OR	5/12/91	
F60-64	1:35:04	Joyce Decker	Kenosha, WI	9/25/94	
F65-69	1:44:57	Ruth Leff	Kenosha, WI	10/16/94	
F70-74	1:59:21	Rose Kash	Riverside, CA	5/24/92	
F75-79	2:05:24	Adaline Crocker	Eugene, OR	8/16/87	
20K					
F40-44	1:52:07	Sally Richards-Kerr	Toronto, CAN	7/31/94	
F45-49	1:58:46	Beverly LaVeck	Seattle, WA	4/15/84	
F50-54	1:56:18	Beverly LaVeck	Eugene, OR	8/16/87	
F55-59	2:00:39	Elton Richardson	Fl. Monmouth, NJ	9/11/94	
F60-64	2:12:26	Joyce Decker	Kenosha, WI	10/16/94	
F65-69	2:20:47	Ruth Leff	Kenosha, WI	10/16/94	
F75-79	2:49:18	Adaline Crocker	Eugene, OR	8/16/87	
25K					
F40-44	2:57:08	Donna Cetrulo	Lincroft, NJ	9/9/90	
F45-49	2:52:45	Emily Hewitt	Lincroft, NJ	9/9/90	
F50-54	2:45:08	Jill Latham	Atlanta, GA	4/8/90	
F55-59	2:38:41	Bev LaVeck	Palo Alto, CA	3/13/94	
F60-64	2:45:45	Joyce Decker	Kenosha, WI	10/16/94	
F65-69	2:57:47	Ruth Leff	Kenosha, WI	10/16/94	

30K					
F40-44	3:00:29	Jeanne Bocci	East Meadow, NY	10/23/87	
F45-49	3:08:49	Stella Cashman	East Meadow, NY	10/16/88	
F50-54	3:10:03	Elton Richardson	Fl. Monmouth, NJ	9/13/92	
F55-59	3:11:35	Elton Richardson	Fl. Monmouth, NJ	9/11/94	
F60-64	3:46:10	Joan Rowland	East Meadow, NY	10/6/90	
F65-69	4:00:54	Joan Rowland	Fl. Monmouth, NJ	9/11/94	
40K					
F40-44	4:07:36	Jeanne Bocci	Fl. Monmouth, NJ	9/20/87	
F45-49	4:26:42	Jeanne Bocci	Fl. Monmouth, NJ	9/15/91	
F50-54	4:17:46	Elton Richardson	Fl. Monmouth, NJ	9/13/92	
F55-59	4:28:40	Elton Richardson	Fl. Monmouth, NJ	9/11/94	
F60-64	5:07:09	Marie Henry	Fl. Monmouth, NJ	9/20/87	
F65-69	5:22:52	Joan Rowland	Fl. Monmouth, NJ	9/11/94	
50K					
F40-44	5:30:35	Jeanne Bocci	Durham, NC	2/21/88	
F45-49	5:27:20	Beverly LaVeck	Monterey, CA	5/22/83	
F50-54	5:43:26	Jill Latham	Atlanta, GA	4/8/90	
F55-59	6:50:15	Elizabeth Peltersen	Atlanta, GA	3/5/89	
F60-64	7:27:49	Marie Henry	Durham, NC	2/21/88	



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**USA TRACK & FIELD
APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD**

Identify appropriate category: Age-group record (e.g. 40-44)..... Indoor/Outdoor Track/Road
Single-age "Best" (not an official USA T&F Record).....

Event distance..... Age..... Official time achieved..... Date.....

Where held (name of track or course, town, state, country).....

Name of competitor, birthdate, address, phone #.....

If this is your first application, please enclose photocopy of birth certificate or passport.

Verification (to be completed by Event Referee)

Time recorded	Name	Certification #	Type of Certification
Head Timer.....			
Timer #2.....			
Timer #3.....			
Starter.....			
Head Judge.....			
Judge #2.....			
Judge #3.....			
Total number of Judges.....			
Head lap counter.....			
Course Certification #.....	Track 440y/400m/other.....	2-in high continuous curb? yes..... no.....	

I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by a minimum of 3 certified (USA T&F Association, National, or IAAF) judges; 6) completion of the race by the athlete.

Signature, address, phone, USA T&F Certification # of Referee or Meet Director.....

Submit lap times and race results (including all competitors).
Mail to Beverly LaVeck, 6633 NE Windermere Rd., Seattle WA 98115 (206)524-4721

Rankings Report

by JERRY WOJCIK, Masters T&F Rankings Coordinator

This is the last issue from which indoor results will be taken for the 1995 rankings. If your best marks have not yet been published in the NMN, forward them with verification to the rankers below, so they receive your marks no later than May 19, to assure that they will be included in the rankings. All of the indoor rankings will be published in the July issue.

Often, results of a masters event ("Masters Mile") held along with open or invitational indoor meets do not include single ages or age groups for the participants. Consequently, the chances are that those unclassified participants will not be included in the rankings. This is also true for outdoor results, especially those from college meets in which masters compete as open athletes.

• **55m/200/400** Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229

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

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

• **HJ, TJ** Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250

• **LJ** Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

• **SP** Russ Reabold, 1125 N. Stinson Ave., La Puente, CA 91744



First master Vassili Triantos, 40, in 3:03:20, George Washington Birthday Marathon, Greenbelt, Md., Feb. 19.

Photo by George Banker

• **1500, mile, 55mH, PV, 3000 RW, WT** Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. □

Masters Take Overall LDR Grand Prix Titles

by MARILYN MITCHELL

Sixty-three-year-old Thelma Wilson had the maximum 550 points and took top female honors, while 30-year-old Don Di Donato and 60-year-old Geza Feld shared top male honors (also a maximum of 550 points each) in the first-ever USATF Metropolitan Association LDR Grand Prix.

Wilson, who was also the 1994 USATF MAC Masters W60-69 award winner, took home \$400 for her combined age-group and overall winnings. Di Donato received \$825, and Feld was awarded \$275.

The winners were honored at a brunch in the association offices on Feb. 12, attended by more than 100 people.

Masters were particularly thrilled with this grand prix series because they saw that they had an equal shot at the prize money with the open runners as everyone was credited with age-group victories. Cash prizes totaled \$18,500. The series was open to any athlete or team registered in the association.

The 25 races in the 1995 Championship Series have already been chosen. Competitors or race directors interested in participating in the 1996 series may obtain information from the Metropolitan Association, P.O. Box 170, Church Street Station, New York, NY 10008.

It is not too late for competitors to

register and participate in the 1995 series, which will have prizes totaling \$18,500. □



Rollie Caraletto won the M50 800 in 2:18.1 at the 1994 Visalia Classic. This year's meet will be held on May 20.

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USA
XI WORLD VETERANS' ATHLETIC CHAMPIONSHIPS

Countdown to Buffalo

Nationwide Telecast of World Championships

The XI WAVA World Veterans Athletics Championships in Buffalo are putting the final touches on what will be an important milestone in the 20-year history of the event — the first nationwide broadcast of the Championships.

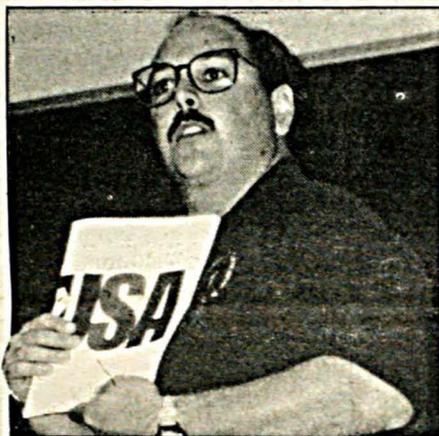
Plans are being made to air a 60-minute live highlight show of the first four days of the competition on Prime, a national provider of satellite sports programming, to more than 40 million U.S. homes.

The deal is a partnership among the World Association of Veteran Athletes (WAVA), the local organizing committee, and the Empire Sports Network, a regional satellite sports network based in the Buffalo area, which will produce the broadcast and distribute it nationwide on Prime.

"This is a tremendous step forward, increasing the public awareness of not only the WAVA Championships in particular, but for masters athletics in general," said Vito Borrello, executive director of the event.

"Masters athletics is growing rapidly as baby boomers become eligible for these kinds of competitions, and millions of viewers in the U.S. will have an opportunity to see the world-class skills and intense desire of older athletes competing at the highest level."

Prime provides 24-hour sports programming for 22 regional sports networks across the USA. The network is no stranger to track and field competitions; it carries the U.S. Olympic Festival and the Boston Marathon. Prime covers college football, basketball, baseball and hockey. It features IBM/ATP Tour Tennis, the European



Vito Borrello, Executive Director of the WAVA World Veterans Athletics Championships in Buffalo, reminds everyone that the deadline for entries is May 15.



On the victory stand at the First Worldwide Age-Handicap Marathon in Valencia, Spain on Feb. 5. From left: Manuel Rosales (4th, 59, Spain, age-graded time 2:21:43, actual time 2:42:42); Eugeni Zarakovski (5th, 38, Russia, AG 2:22:42, actual 2:24:48); Lars Andervang (3rd, 31, Sweden, 2:19:20, 2:19:20); Yuri Mihailov (1st, 42, Russia, 2:14:55, 2:20:38); John Keston (2nd, 70, USA, 2:16:40, 3:02:50).
Foto Mendoza

PGA Tour, NASCAR auto racing and a variety of other sports events such as motorcycle racing, rugby and rodeo events.

The package on Prime only scratches the surface of media attention focused on the Championships in Buffalo. Two local television stations are nearing agreements with the local organizing committee for extensive promotions and programming leading up to and during the competitions. A leading

local radio station, WBEN-AM, has already agreed to serve as the Championships' official AM radio station.

"Our negotiations with Prime mark the culmination of efforts with local, regional and national media to promote media coverage and sponsorship support of the Championships," Borrello said. "Our efforts are geared toward making the XI World Veterans Athletics Championships the most successful in its history." □ — Bob Chase

Three Major Events to Draw 15,000

Continued from page 1

Less than a week later, from July 13-23, more than 5000 athletes (men 40+, women 35+) from over 70 nations are expected to participate in the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y.

The entry forms for both the National and World Championships are printed in this issue. The entry deadlines are June 16 for the Nationals and May 15 for the World Games. There are no qualifying standards to enter the Nationals or the World meet, except to be at least the minimum age.

The Nationals will have an international flavor as hundreds of foreign competitors on their way to Buffalo stop off in Michigan to sharpen up and get an extra competition under their belts. Organizers have even arranged special charter buses to make the six-hour trek from East Lansing to Buffalo.

USATF championship medals will be awarded to the top three U.S. citizens in each group in each event in Michigan. Foreign guest competitors finishing in the top three will receive a non-championship medal. In Buffalo, the top three will be awarded beautiful world championship medals.

The World meet will be held on first-

class facilities at the University of Buffalo. The 16,500-seat main stadium — built at a cost of \$23 million for the 1993 World University Games — will be the location for the majority of the action and all track & field finals, while a supplemental stadium, 1000 meters away, will handle the remainder.

The weather in East Lansing and Buffalo should be good, with high temperatures in the low 80s (27°C), with modest humidity and a 20 percent chance of rain.

A shuttle bus service will transport athletes and their families to and from the stadiums and the main hotels in Buffalo.

A banquet for athletes, guests, local residents and sponsors will be held in Buffalo on Wed., July 19. The cost before May 15 is \$30 per person, and \$35 after May 15.

All USA athletes must show their 1995 USATF card when they pick up their packets in Buffalo. Competitors may wear whatever jersey and trunks they like. However, USA uniforms are available from USATF, 5319 Donald St., Eugene OR 97405. Certified officials who would like to work the meet should contact the Buffalo organizers.

Continued on page 33

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Fax: 216-531-0038

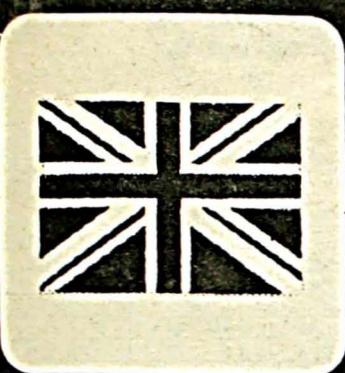
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Republic of Congo



Report from Britain

by MARTIN DUFF & BRIDGET CUSHEN

Nick Rose, 43, England and Renata Kokowska, 36, Poland, collected \$1000 for masters firsts in the London

Three Major Events

Continued from page 30

Foreign participants — as well as many USA competitors — will take the opportunity during and after the events to see the sights in the eastern USA, including Niagara Falls, New York, Washington (DC), and other locales.

Low-cost university accommodations have been lined up in both East Lansing and Buffalo. Local motels are also a bargain for overseas visitors since the U.S. dollar has plunged up to 17 percent against some foreign currencies since the first of the year.

For housing, travel, competition and tour information in Buffalo, call 1-716-849-0704. □

Marathon, April 2, with times of 2:22:32 and 2:30:35, respectively. Kim Jones, 36, California, led the women's race overall for the early part but eventually dropped back to sixth (2:31:35) for the masters \$500 (plus \$5000 for sixth and \$3000 time bonus compared to Kokowska's \$10,000 plus \$3000 time bonus).

Eleanor Robinson, 47, ran 2:51:36 for 25th overall and first W40 to finish, but one of the best masters runs came from Eileen Quinton, 65, with a 3:50:58. Dave Lacy, 50, produced one of the best ever British M50 times with a 2:28:45.

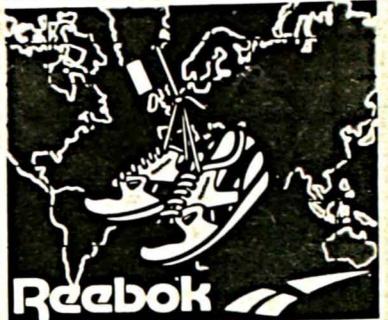
The British Veterans Cross-Country Championships were held at Irvine on the west coast of Scotland, March 18, but drew a disappointing entry of about 300, with fewer than 30 women starting. Theresa Dyer, 35, won the women's race over 5K in 21:24.



WAVA President Cesare Beccalli of Italy ran a heat of the M55 200 at the 1993 World Championships in Miyazaki in a respectable 31.21.

making a presentation to the European delegates in Buffalo. WAVA President Cesare Beccalli visited Britain during the GBR vs. Russia meet last month to inspect the National Indoor facility in Birmingham and was very impressed. □

3RD 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

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



Sponsored by:



HAMILTON, ONTARIO



Royal Canadian Legion




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 Valen 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:

<p>Saturday</p> <p>Track</p> <p>9:00 am 10,000 M (M & W) (Slower Sections First)</p> <p>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)</p> <p>12:45 am 100 M Heats or Finals (Women First)</p> <p>2:00 pm 1500 M Timed Sections (Women First)</p> <p>3:00 pm 100 M Finals (Women/Men)</p> <p>3:30 pm 400 M Timed Sections (Women & Older Men First)</p> <p>Sunday</p> <p>Track</p> <p>9:00 am 5000 M (Women First)</p> <p>10:00 am 200 M Timed Sections (Women & Older Men First)</p> <p>11:00 am 800 M Timed Sections (Women & Older Men First)</p>	<p>Field</p> <p>9:00 am Long Jump (Women & M70+) Weight Throw (Men 35-59)</p> <p>10:30 am Weight Throw (Men 60+) Long Jump (Men 35-69)</p> <p>11:15 am Weight Throw (Women)</p> <p>Lunch Break</p> <p>12:45 pm Pole Vault (Women & Men) -Continuous Javelin Throw (Women & M60+) (M35-59)</p> <p>2:30 pm Discus Throw (Women & M60+) (M50-59) Hammer Throw (M35-49)</p> <p>Field</p> <p>9:00 am Triple Jump (Women & M70+)</p> <p>10:00 am Triple Jump (M35-69)</p> <p>10:00 am Triple Jump (Women & M70+)</p> <p>11:00 am Hammer Throw (M35-69)</p> <p>Lunch Break</p> <p>12:30 pm 300 M Hurdles (W50+ & M50+)</p> <p>1:00 pm 400 M Hurdles (W30-49 & M35-49)</p> <p>1:45 pm 5000 M Walk (M & W)</p> <p>2:45 pm 2000 M Steeplechase (Women & M60+)</p> <p>3:10 pm 3000 M Steeplechase (M35-59)</p> <p>3:30 pm Relays - 4 x 100 M (Club, Mixed) - 4 x 400 M (Club, Mixed)</p>
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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 CHECKS PAYABLE TO THE HAMILTON OLYMPIC CLUB AND COMPLETE WAIVER BELOW BEFORE MAILING 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
 L8G 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 _____

BUFFALO NY JULY 13 - JULY 23 1995

COMPETITION SCHEDULE BY AGE - MEN

Event	Round	M40	M45	M50	M55	M60
100M	Heats-1	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 AM	Sat. 15 AM
	Quarters-1	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM
	Semis-1	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM
	Final-1	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM
200M	Heats-1	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM
	Quarters-2	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM
	Semis-1	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
	Final-1	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
400M	Heats-1	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
	Semis-1	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
	Final-1	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM
	Heats-2	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM
800M	Semis-2	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM
	Final-1	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM
	Semis-2	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
	Final-1	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM
1500M	Semis-2	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
	Final-1	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM
	Final-1	Wed. 19 PM-2	Wed. 19 PM-1	Wed. 19 AM-1	Wed. 19 AM-2	Wed. 19 AM-2
	Final-1	Sun. 16 PM-1	Sun. 16 AM-2	Sun. 16 PM-2	Sun. 16 PM-1	Sun. 16 AM-1
800M H	Semi					
	Final					
100M H	Heats-2			Tues. 18 PM	Tues. 18 PM	Tues. 18 PM
	Semis-1			Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
	Final-1			Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
110M H	Heats-2	Tues. 18 PM	Tues. 18 PM			
	Semis-1	Wed. 19 PM	Wed. 19 PM			
	Final-1	Wed. 19 PM	Wed. 19 PM			
300M H	Heats-2					Sat. 15 PM
	Semis-2					Sat. 15 PM
	Final-1					Sun. 16 PM
400M H	Heats-2	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	
	Semis-2	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	
	Final-1	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	
2000M SC	Final-1					Sun. 23 AM
3000M SC	Final-1	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	
5000M W	Final-2	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 AM	Sat. 22 AM
4x100M R	Final-1	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM
4x400M R	Final-1	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM
High Jump	Final-2	Tues. 18 PM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM
Pole Vault	Final-1	Sat. 15 PM	Sat. 15 PM	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM
Long Jump	Final	Wed. 19 AM-1	Wed. 19 AM-1	Tues. 18 PM-2	Tues. 18 PM-2	Tues. 18 PM-2
Pole Vault	Final-1	Sun. 16 AM	Sun. 16 AM	Sat. 15 PM	Sat. 15 PM	Sat. 15 AM
Long Jump	Final	Sat. 22 PM-1	Sat. 22 PM-1	Sat. 22 AM-1	Fri. 21 AM-2	Fri. 21 PM-2
Triple Jump	Final	Tues. 18 PM-2	Tues. 18 PM-2	Wed. 19 PM-1	Wed. 19 PM-1	Wed. 19 AM-1
Shot Put	Final-1	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 AM	Tues. 18 AM
Discus	Final	Sun. 16 AM-2	Sun. 16 AM-2	Sun. 16 PM-2	Sun. 16 AM-1	Sun. 16 PM-1
Hammer	Final	Wed. 19 PM-1	Wed. 19 PM-1	Wed. 19 AM-1	Wed. 19 AM-1	Wed. 19 PM-2
Javelin	Final	Sat. 15 PM-1	Sat. 15 PM-1	Sat. 15 AM-1	Sat. 15 PM-2	Sat. 15 PM-2
Wt. Pent	Final	Sat. 22 PM-1	Sat. 22 PM-2	Sat. 22 PM-1	Sat. 22 PM-2	Sat. 22 AM-1
Decathlon	Final-1	Thur. 13/Fri. 14 PM	Thur. 13/Fri. 14 PM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM
Road Walk	Final-3	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 PM	Sun. 16 PM
Cross Country	Final-4	Thur. 13 PM	Thur. 13 PM	Thur. 13 PM	Thur. 13 PM	Thur. 13 AM
Marathon	Final-5	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM

1-Stadium 1 2-Stadium 2 3-Niagara Falls 4-Akron Falls 5-Skyline Course

COMPETITION SCHEDULE BY AGE - MEN

Event	Round	M65	M70	M75	M80	M85, 90, 95+
100M	Heats-1	Sat. 15 AM	Sat. 15 AM			
	Quarters-1	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM		
	Semis-1	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM
	Final-1	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM
200M	Heats					
	Quarters-2	Tues. 18 PM	Tues. 18 PM			
	Semis-1	Wed. 19 PM	Wed. 19 AM	Wed. 19 AM	Wed. 19 AM	
	Final-1	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
400M	Heats-1	Fri. 21 AM	Fri. 21 AM			
	Semis-1	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
	Final-1	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM
	Heats-2	Sat. 15 PM	Sat. 15 PM	Sun. 16 AM		
800M	Semis-2	Sun. 16 PM	Sun. 16 PM	Sun. 16 AM		
	Final-1	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM
	Semis-2	Fri. 21 PM	Fri. 21 PM			
	Final-1	Sat. 22 PM	Sat. 22 PM	Sat. 22 AM	Sat. 22 AM	Sat. 22 AM
1500M	Semis-2	Fri. 21 PM	Fri. 21 PM			
	Final-1	Sat. 22 PM	Sat. 22 PM	Sat. 22 AM	Sat. 22 AM	Sat. 22 AM
	Final-1	Wed. 19 PM-2	Wed. 19 PM-1	Wed. 19 AM-1	Wed. 19 AM-2	Wed. 19 AM-2
	Final-1	Sun. 16 PM-1	Sun. 16 AM-2	Sun. 16 PM-2	Sun. 16 PM-1	Sun. 16 AM-1
800M H	Semi-1		Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
	Final-1		Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
100M H	Heats					
	Semis-1	Wed. 19 PM				
	Final-1	Wed. 19 PM				
110M H	Heats					
	Semis					
	Final					
300M H	Semis-2	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM
	Final-1	Sun. 16 PM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM
	Semis					
400M H	Semis					
	Final					
	Final-1	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM
2000M SC	Final-1					
3000M SC	Final					
5000M W	Final-2	Fri. 21 AM	Fri. 21 AM	Fri. 21 AM	Fri. 21 AM	Fri. 21 AM
4x100M R	Final-1	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM
4x400M R	Final-1	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM
High Jump	Final-2	Tues. 18 PM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM
Pole Vault	Final-1	Sat. 15 PM	Sat. 15 PM	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM
Long Jump	Final	Fri. 21 PM-2	Fri. 21 PM-1	Fri. 21 PM-1	Fri. 21 AM-1	Fri. 21 PM-1
Triple Jump	Final	Wed. 19 AM-1	Wed. 19 PM-2	Wed. 19 PM-2	Wed. 19 PM-2	Wed. 19 AM-2
Shot Put	Final-2	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 AM
Discus	Final-1	Sun. 16 PM	Sun. 16 AM	Sun. 16 AM	Sun. 16 PM	Sun. 16 PM
Hammer	Final-2	Wed. 19 AM	Wed. 19 AM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
Javelin	Final	Sat. 15 AM-2	Fri. 21 PM-1	Fri. 21 PM-1	Fri. 21 AM-1	Fri. 21 AM-1
Wt. Pent	Final	Sat. 22 AM-2	Sat. 22 AM-1	Sat. 22 AM-2	Sat. 22 AM-2	Sat. 22 AM-2
Decathlon	Final-1	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM
Road Walk	Final-3	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM
Cross Country	Final-4	Thur. 13 PM	Thur. 13 AM	Thur. 13 AM	Thur. 13 AM	Thur. 13 AM
Marathon	Final-5	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM

1-Stadium 1 2-Stadium 2 3-Niagara Falls 4-Akron Falls 5-Skyline Course

COMPETITION SCHEDULE BY AGE - WOMEN

Event	Round	W35	W40	W45	W50	W55
100M	Heats-1	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 AM
	Quarters-1	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM
	Semis-1	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM
	Final-1	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM
200M	Heats-2	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 AM
	Semis-1	Wed. 19 AM	Wed. 19 AM	Wed. 19 AM	Wed. 19 AM	Wed. 19 PM
	Final-1	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM
	Heats-1	Fri. 21 AM	Fri. 21 AM	Fri. 21 AM	Fri. 21 AM	Fri. 21 PM
400M	Semis-1	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
	Final-1	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM
	Semis-2	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM
	Final-1	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM
800M	Semis-2	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
	Final-1	Sat. 22 AM	Sat. 22 AM	Sat. 22 AM	Sat. 22 AM	Sat. 22 AM
	Final-1	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM	Sat. 15 AM
	Final-1	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM
1500M	Semis-2	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM	Fri. 21 PM
	Final-1	Sat. 22 AM	Sat. 22 AM	Sat. 22 AM	Sat. 22 AM	Sat. 22 AM
	Final-1	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM
	Final-1	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM	Tues. 18 AM
800M H	Semis-2	Tues. 18 PM				
	Final-1	Wed. 19 PM				
100M H	Semis-1	Tues. 18 PM				
	Final-1	Wed. 19 PM				
	Semis-1				Sat. 15 PM	Sat. 15 PM
300M H	Final-1				Sun. 16 AM	Sun. 16 AM
	Semis-1	Sat. 15 PM	Sat. 15 PM	Sat. 15 PM		
	Final-1	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM		
2000M SC	Final-1	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM
5000M W	Final-2	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 PM	Sat. 22 AM
4x100M R	Final-1	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM
4x400M R	Final-1	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM	Sun. 23 PM
High Jump	Final	Tues. 18 AM-2	Sun. 16 AM-1	Sun. 16 AM-1	Sat. 15 PM-1	Sat. 15 PM-1
Pole Vault	Final-1	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM	Sun. 16 PM
Long Jump	Final-1	Fri. 21 AM	Fri. 21 AM	Fri. 21 AM	Fri. 21 AM	Fri. 21 PM
Triple Jump	Final-2	Tues. 18 PM	Tues. 18 PM	Tues. 18 PM	Tues. 18 AM	Tues. 18 AM
Shot Put	Final-1	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 PM	Wed. 19 AM
Discus	Final	Sat. 15 PM-2	Sat. 15 PM-2	Sat. 15 AM-2	Sat. 15 AM-1	Sat. 15 PM-1
Hammer	Final	Fri. 21 PM-2	Fri. 21 PM-1	Fri. 21 PM-2	Fri. 21 PM-1	Fri. 21 AM-2
Javelin	Final	Fri. 21 PM-1	Fri. 21 PM-2	Fri. 21 PM-1	Fri. 21 PM-2	Fri. 21 PM-2
Wt. Pent	Final	Sun. 23 AM-2	Sun. 23 AM-2	Sun. 23 PM-1	Sun. 23 AM-1	Sun. 23 AM-1
Heptathlon	Final-2	Thur. 13/Fri. 14 PM	Thur. 13/Fri. 14 PM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM	Thur. 13/Fri. 14 AM
Road Walk	Final-3	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 AM	Sun. 16 PM
Cross Country	Final-4	Thur. 13 PM	Thur. 13 AM	Thur. 13 AM	Thur. 13 AM	Thur. 13 AM
Marathon	Final-5	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun. 23 AM	Sun.

XI WORLD VETERANS CHAMPIONSHIPS



TO WIN THIS COMPETITION, YOU FIRST HAVE TO FINISH THESE LINES.

COMPETITION ENTRY FORM

LAST NAME: _____ FIRST NAME: _____
 ADDRESS: _____ DAYTIME TELEPHONE: _____
 ADDRESS: _____ FAX: _____
 CITY: _____ STATE: _____ ZIP CODE: _____
 COUNTRY: _____ NATIONALITY: _____
 MALE/FEMALE (M/F) AGE _____ AS OF JULY 15, 1995
 DATE OF BIRTH MO: _____ DAY: _____ YEAR: _____

1. WAVA fee - US\$ 15.00
 2. 1st event entered - US\$ 30.00
 3. 2nd through 5th: Number of events _____ x US\$ 10.00 - US\$ _____
 4. 6th through 7th: Number of events _____ x US\$ 17.00 - US\$ _____
 5. Multi Events Fee _____ x US\$ 30.00 - US\$ _____
 6. Banquet tickets (number ordered*) _____ x US\$ 30.00 - US\$ _____
 TOTAL: (add above lines together) - US\$ _____

Payment:
 1. Bank draft or check in U.S. dollars
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MARK EVENT HERE WITH AN "X"

Event	Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1994-1995
1	100 METER DASH	All Age Groups	All Age Groups	
2	200 METER DASH	All Age Groups	All Age Groups	
4	400 METER DASH	All Age Groups	All Age Groups	
8	800 METER RUN	All Age Groups	All Age Groups	
15	1500 METER RUN	All Age Groups	All Age Groups	
2St	2000 METER STEEPLECHASE	All Age Groups	M60 and Older	
3St	3000 METER STEEPLECHASE		M40 through M55	
5	5000 METER RUN	All Age Groups	All Age Groups	
10	10,000 METER RUN	All Age Groups	All Age Groups	
8H	80 METER HURDLES	W40 and Older	M70 and Older	
0H	100 METER HURDLES	W35 Only	M50 through M65	
1H	110 METER HURDLES		M40 through M45	
3H	300 METER HURDLES	W50 and Older	M60 and Older	
4H	400 METER HURDLES	W35 through W45	M40 through M55	
1W	10 KM WALK	All Age Groups		
2W	20 KM WALK		All Age Groups	
5W	5 KM WALK	All Age Groups	All Age Groups	
CC	10 KM CROSS-COUNTRY	All Age Groups	All Age Groups	
M	MARATHON	All Age Groups	All Age Groups	
IJ	HIGH JUMP	All Age Groups	All Age Groups	
PV	POLE VAULT	All Age Groups	All Age Groups	
LJ	LONG JUMP	All Age Groups	All Age Groups	
TJ	TRIPLE JUMP	All Age Groups	All Age Groups	
SP	SHOT PUT	All Age Groups	All Age Groups	
DT	DISCUS THROW	All Age Groups	All Age Groups	
HE	HEPTATHLON	All Age Groups		
DE	DECATHLON		All Age Groups	
JT	JAVELIN THROW	All Age Groups	All Age Groups	
HT	HAMMER THROW	All Age Groups	All Age Groups	
WP	WEIGHT PENTATHLON	All Age Groups	All Age Groups	

To verify your requests, please write out NAME OF EACH EVENT ENTERED:
 1: _____ 2: _____
 3: _____ 4: _____
 5: _____ 6: _____
 7: _____
 *After May 1, 1995 Banquet tickets will cost \$35
 - PLEASE SIGN

Waiver

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the XI World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors 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 XI World Veterans' Championships.

Signature _____
 Date _____

Drug Testing

This consent form must be signed in order to participate in the Championships.
 I have read the information in the Entry Booklet about drug testing, and agree, if chosen, to submit to testing in accordance with IAAF procedures.

Signature _____
 Date _____

Please send entry form and payment to:
 XI World Veterans' Championships -
 Buffalo '95
 Post Office Box 150
 Niagara Square Station
 Buffalo, New York 14201-0150



Lynn Apple (#14), 40, Newton, Pa., was first woman masters (3:55:17), George Washington Birthday Marathon, Greenbelt, Md., Feb. 19. Demetria Sapienza, 43, Laurel, Md., was second W40+ (4:06:38). Photo by George Banker

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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 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34.5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34.5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60 +	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
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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15TH TEXAS MASTERS TRACK & FIELD CHAMPIONSHIPS

SATURDAY, JUNE 10TH, U. T. ARLINGTON STADIUM

Age Divisions: Open-any age, 30-34, 35-39, etc., 5 yr increments through 80-84.

Automatic Timing! Certified Officials! Sanctioned by USA T&F!!

Medals will be awarded to first three finishers, each category.

Entry Fee: \$10 first event, \$5 each additional event (for entries posted before 6/3/95)

Late Entries: \$15 first event, \$5 each add'l event (for entries posted after 6/3/95)

Schedule of Events - June 10, 1995

- 5:15 p.m. - 1600m Race Walk
- 6:00 - 80/100/110m Hurdles
- 6:30 - 400m Relay
- 6:45 - 3200m Run
- 7:15 - 100m Dash
- 7:30 - 300/400m Hurdles
- 7:45 - 200m Dash
- 8:00 - 1500m Run
- 8:15 - 400m Dash

- Field Events:
- 2:00 p.m. - Pole Vault
- 2:30 p.m. - Javelin
- 3:00 p.m. - All other Field Events

Discus after shot, T.Jump after L.Jump.
 (Late shows in all field events enter at current competition level.)
 Athletes furnish own implements, vault pole

No False Start Rule Applies

*** Registration desk closes at 7:00 p.m. No entries or changes thereafter. ***

Directions to the Track:

From I-30: exit Fielder Rd. to the south, left on Mitchell one block, left into stadium.

From I-20: exit Cooper Rd. north, west on Mitchell 3-4 blocks, right into stadium.

Lodging: Park Inn, Ltd., 703 Bengue Dr., at Cooper, Arlington, Tx., 76013

(817) 860-2323 Reasonable rates.

Name: _____ Age (at 6/10/95): _____ Sex: _____

Address: _____

Phone: (_____) _____

I, the undersigned, hereby agree to release and discharge the Dallas Masters Track & Field Club, the Southwest Region of USAT&F, the University of Arlington, any of their agents, or representatives, the participants of said meet and anyone connected with the meet, from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track meet.

Circle Event Entered Athlete's Signature: _____

with Best Time 94-95: 3200mRun _____ 1500m _____ Shot _____

Racewalk _____ 800mRun _____ 5000m _____ Discus _____

High Hurdles _____ 100mDash _____ HighJump _____ P. Vault _____

Int. Hurdles _____ 200mDash _____ LongJump _____ Javelin _____

400m Relay _____ 400mDash _____ T.Jump _____

Mail Entries to: Wayne Bennett Questions/Contact: Ray Burrus
 1501 W.Lavender Ln. (817)446-5700
 Arlington, Tx. 76013

Masters Scene

NATIONAL

• Phil Raschker, Marietta, GA, should have been credited with five W45-49 indoor WRs instead of four and an AR in the 60 in the April coverage of the 1995 Championships in Reno. Her 8.02 in the 60 broke her WR record of 8.12 set in 1993. In the 1500, Nancy Smalley won the W65 race in 7:22.10, and Louise Adams won the W70 gold medal in 7:21.22.

• Mavis Lorenz, W65, of Missoula, MT, needs a roommate for the Nationals in East Lansing and the WAVA Games in Buffalo. Lorenz is the 1994 javelin champion. Her phone number is 406/543-6276.

EAST

• Vassili Triantos (40, 3:03:20), Rockville, MD, and Lynn Apple (40, 3:55:17), Newton, PA, were first 40+ in the George Washington Birthday Marathon, Greenbelt, MD, Feb. 19. The winning 40+ teams in the Ekiden-style relay (9, 8, and 9.2 mile legs) were the men's Washington RC for its sixth straight win, and the Washington RunHers, with Carol Schermer, W40, hitting mile nine in 78:04.

• Hugh Sweeny (51, 28:32) and Kathy Gribbon (41, 31:26) captured masters firsts in the NYRR Al Gordon Five Miler, Central Park, March 5. Gribbon was third of 331 women. Sweeny's time was an age-graded, national-class 84.0%. Lisa Praskins won the W60 race in 36:28. A week later in the NYRR Brooklyn Half-Marathon in Prospect Park, Gribbon was second of 284 women, with a 1:27:24. Sean Doyle, 40, and Nicholas Caswell, 45, were both timed in 1:15:40, with Doyle, 13th overall, getting the nod for the masters win.

• Maury Dean, (M50, 17:57) and Kerry Ann Massett (W45, 21:09) scampered to 40+ firsts in the LEAD (Levittown Education Against Drugs) 5K, Long Island, March 5.

• Paul Mascali (42, 32:13) and Kathy Gribbon (41, 39:15) walked to 40+ wins in the NYRR Rites of Spring 10K, Central Park, March 19. Cheryl Ralya, 48, broke the 40-minute barrier with a 39:37, an age-graded 84.5%.

• Betty Conover, 46, won the W40+ race in the Newark Distance 20K/USATF NJ Championships, March 12, with a 1:25:42, an age-graded, top W40+ 1:18:38. Sixty-five-year-old Toshiko d'Elia's 1:44:30 put her second with an age-graded 1:19:03. Pat Cosgrove, 54, topped the M40+ age-graded list with a 1:07:09, based on his 1:17:44 win in the M50 race. George Shurter, 40, was the first master in 1:11:54.

• The North American Masters Relay Carnival, Wesleyan U., Middletown, CT, will not be held this June because of schedule conflicts with the WAVA Championships in Buffalo and the World Special Olympic Games scheduled for Connecticut in early July. Meet Director Michael Augeri plans a bigger, better meet for June 1996, and is hoping that more individuals and teams from around the country will attend to compete in the relay-rich Northeast.

• Sean Doyle (40, 1:13:57) cantered to the M40+ victory and Kathy Gribbon (41, 1:27:06) won another W40+ race in the NYRR Queens Half-Marathon, NYC, April 2. Ethel Autorino, 65, won the W65 division in 2:04:23. In the companion 5K, Evelyn Franky, 40, was second overall in 20:13.

• A neck-and-neck battle ensued for the masters title at the Hudson-Mohawk RRC Marathon, Albany, NY, Feb. 26, with Peter Gerardi (2:53:01) edging out Ed Sandifur (2:53:11). Judith Vinci (3:43:13) took the women's title.

• Surging to the front in the NYRR Powerbar 20 Mile Run, Central Park, March 16, were powerhouse masters Robert Briglio (45, 2:00:41) and Sharon Vos (40, 2:16:08) in a field of 700.

SOUTHEAST

• Joyce Rankin (45, 40:47) took the W40+ contest in The Human Race 10K, Sarasota, FL, March 4. Myron Meyer, 67, won the M65 title with a national-class, age-graded 84.1% 41:52. Richard Quevillon, 50, was first M40+ in 36:32.

• Decathlete Bill Brobst, 65, Kitty Hawk, NC, is recovering well from prostate cancer surgery.

• Masters winners in the Hampton Coliseum Half-Marathon, Hampton, VA, Feb. 12, did it with course-record times: Terry Permar, 40, Perkasio, PA, with a 1:09:45, and Rose Malloy, 46, Annapolis, MD, with a 1:24:26. Both collected \$100 masters awards.

• Paul Peterson, 40, Bethesda, MD, took the masters race with a course record 1:12:10 in the Colonial Half-Marathon, Williamsburg, VA, Feb. 26. Cris Sterling, 49, National Bridge, VA, was the W40+ winner in 1:34:16.

• Howard Rubin, not Richard Rubin, was the second-place finisher (1:05:05), M65 division, Gasparilla 15K results, April issue. The correct times for the top three M70 were Carl Hammen, 1:17:25, Bart Ross, 1:18:53, and Jim Boland, 1:20:41.

• Nick Rose, 42, England, sped to a masters victory with an age-graded best 93.6% 46:14 in the Gate River Run 15K, Jacksonville, FL, March 11. S. Rae Baymiller, 51, NYC, topped the W40+ performers with a 91.0% 57:36. Rebecca Stockdale-Woolley, 44, Chaplin, CT, was the W40+ winner in 55:22.

• Sharon Dolan (53, 1:31:23) outran all the other masters women at the Bethesda Chase 20K, March 5. Men's honors went to Paul Peterson (40, 1:09:30). In a long-standing tradition, the GNATS (Herb Tolbert/George Meyers/Chan Robbins/Kirk Davies) once again placed first in the masters team competition.

• At the 18th Annual Reedy River 10K, Greenville, SC, March 4, Barbara Filutze (48, 38:51) and David Geer (32:55) went home with the masters titles from a partially water-covered course.

• On his third attempt, Wilson Waigwa, 46, El Paso, TX, finally got the masters victory in the Cooper River Bridge 10K, Charleston, SC, April 1, breaking 31 minutes in the process with a 30:33. Dave Moorcroft, 41, England, was second in 30:58. Irina Bondarchouk, 42, Russia, was sixth woman overall with a 35:13. Rebecca Stockdale-Woolley, 44, Chaplin, CT, finished second with a 36:25. Both winners collected \$1500. The race boasted 10,294 finishers, while 9000 participated in a 4-mile walk.

MIDWEST

• Mel Larsen bettered his pending 60m WR time of 8.47 at the 1995 Nationals in Reno with an 8.45 at the USATF Illinois Meet, Hillside, March 4. Giuseppe Maribotti of Italy held the old record at 8.99.

SOUTH WEST

• Masters Desmond O'Connor, 41, and Pamela Williams, 40, were winners overall in the Lakeside Hospital Scrub Shirt 5K, Metairie, LA, March 12. O'Connor sped to a 15:36, Williams to an 18:17 for the titles. Eva Pecunia won the W55 race with a 24:05.

• Jose Rodriguez (48, 34:32) led the masters men at the Austin American-Statesman Capitol 10,000, Austin, TX, March 26, with Maria Yeung (42, 43:32) reeling in the masters women.

WEST

• Gary Miller, Glendale, CA, broke the US age-57 decathlon record held by Phil Mulkey at 6900, with a 7141, USATF Southern California Association Masters Decathlon Championships, Los Angeles, March 11-12. His marks included a 4.95 LJ and a 41.08 JT.

• Clarence Trahan, Hemet, CA, was omitted from the 60m results of the So. Calif. Striders Desert Classic in the April issue. He should have been first in the M80 race with a 10.21.

• James Tracy, M40, San Francisco, with a 39:58, and Elizabeth Edwards, W40, Piedmont, CA, in 47:52, captured masters wins in Houlihan's To Houlihan's 12K, Sausalito to San Francisco, March 26, over some tough hills, with a strong headwind on the last three miles of the course. Sal Vasquez, Suisun City, CA, took the M55 race in 43:41.

• The times of Doug Bell, 44, and Honor Fetherston, 40, in the USATF National Masters Half-Marathon Championships, Las Vegas, Feb. 4, were not U.S. age-group records. The point-to-point course is not record quality. It drops 12 meters per kilometer or 12 times greater than the allowable 1m per km. Fetherston's time is a masters "best," or the fastest time on an aided course (too much drop or point-to-point with a tailwind or both).

• Streaking to the front in the San Jose, CA, Mercury News 10K, March 19, were Francis Gailson (41, 31:32) and Sharlet Gilbert (44, 38:32).

• The California Coast Track Club is "One of the few full service track clubs with sprint, hurdle, distance, jumps and strength coaches on staff," according to Mark Cleary. Two training locations — in Mission Viejo and Irvine — are available. For info., call 714/589-0242.

NORTHWEST

• Jerry Cash, 46, Beaverton, OR, capped a sensational indoor season by breaking his M45 PV WR of 15-1½, set in the 1995 Indoor Championships at Reno, with a 15-2¼/4.63 at the Valley River Mall Vault, Eugene, OR, March 4. Cash, after a little time off to undergo orthoscopic knee surgery, is focusing on the WAVA Championships in July in Buffalo, NY.

• Becky Sisley, W55 heptathlete, and Roscoe Devine, both of Eugene, were elected to the Board of Directors of the 1998 Nike World Masters Games to be held in the Portland, OR, area.

• John Keston, 70, turned in a remarkable 29:13 — a 98.7% age-graded performance — at the ORRC Trail's End 8K, March 4, in Seaside, OR, winning his age-group by nearly 15 minutes.

CANADA

• Karl Trei broke two M85 WRs in the Ontario Masters Indoor Championships, Toronto, March 4, with a 3.12/10-2¼ LJ and a 1.05/3-5¼ HJ. Randall Russell held the LJ mark at 2.66/8-8¼; Arling Pitcher owned the HJ record at 1.00/3-3¼. In the PV, Jutta Riegel increased Dorothy McLennan's W55 WR of 1.80/5-11 to 2.10/6-10¼.

INTERNATIONAL

• More than 100 Kiwis will compete at the World Championships in Buffalo, reports Helen

Tobin, New Zealand's media officer. Jim Tobin will again be team manager.

• John Potts, who turned 50 on Jan. 30, had a good series of races in February at the National Indoor Arena, Birmingham, England, with a 2:39.86 1000 on the 5th; a 2:05.09 800 on the 11th; and a 4:14.73 1500 on the 26th. Potts intends to run the 1500 in Buffalo at the WAVA Championships.

OPEN

• L'Equipe, the well-connected French sports daily, calls Stanford the favorite for the 1997 IAAF World T&F Championships. Seven candidates submitted bids after the original choice, Mexico City, withdrew because of the country's financial crisis. Stanford has the edge, L'Equipe said, because the IAAF wants to learn whether staging the World Championships in the USA, one year after the Atlanta Olympics, would revive the sport in the USA. If not, the IAAF will give up on the USA and focus its attention on third world T&F nations. The decision will be made late this month.

• ABC Sports will telecast 8½ hours of exclusive coverage of the IAAF World T&F Championships from Gothenburg, Sweden, in August, 1995, as follows (all times Eastern): Sat. Aug. 5, 4:30-6 p.m.; Sun. Aug. 6, 3-6 p.m.; Sat. Aug. 12, 3-6 p.m.; Sun. Aug. 13, 1-3 p.m.

• ABC Sports will televise the USA Mobil T&F Championships from Sacramento on Sat. June 17 (4:30-6 p.m. ET) and Sun. June 18 (2-3 p.m. ET) ESPN and ESPN2 will offer 6½ hours of weekday coverage.

• A documentary detailing the life of Steve Prefontaine and the track meet named in his honor, both sponsored by Nike, will be broadcast by CBS Sports on Sun. June 4. The show is part of an entire afternoon dedicated to track and field on CBS, including the NCAA T&F championships from Knoxville.

• The five-meet TV series of indoor meets this year drew ratings of 2.2 and 2.1. "Those are excellent ratings, equivalent to what college basketball does early in the season," said Ed Markey of NBC, which televised the five meets.

• Outdoor qualifying marks for the women's pole vault at the USATF Outdoor National T&F Championships in Sacramento: 3.05 meters (10-0). The mark must have been posted between May 1, 1994 and June 11, 1995.

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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. USNSSO, 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

May 7, 28. Potomac Valley TC Meets, Williams HS, Alexandria, Va. 703/671-2520.

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, Swarthmore College. M&W20+ . 3000 SC. Tim Dickens, 610/828-5528; Pete Taylor, 703/385-4392.

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 17. New Jersey Masters Championships, Matawan HS. Isabel Stuper, 2 Portsmith Rd., Manalapan, NJ 00726. 908/446-6696.

June 17. USATF Niagara Open & Masters Championships, Buffalo. Lois Mesler, 837 Potomac Ave., Buffalo, NY 14209. 716/873-6453.

1995 USATF MASTERS EASTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS
Saturday, June 24, 1995; 10:00 a.m. starting time for both Track & Field events
Central Dauphin High School, 4600 Locust Lane, Harrisburg, Pennsylvania
Central Dauphin East High School, 626 Rutherford Road, Harrisburg [Site of Hammer throw]

Events: 100m, 200m, 400m, 800m, 1500m, 5000m, 80m/100m/110m High Hurdles, 300m/400m Intermediate Hurdles, 5000m Racewalk, 400m/1600m/3200m Relays, LJ, TJ, HJ, SP, PV, Discus, Javelin & Hammer. [Hammer to be contested @ Central Dauphin East H.S.]

Deadline: Entries must be received by Monday, June 19, 1995.
Contact: Scott Thornsley, 18 Colgate Drive, Camp Hill, PA 17011-7624; (717) 737-2385

Awards: USATF medals to 1st, 2nd & 3rd in each 5 year age group event and for relays. USATF Regional patch to each individual event winner; maximum of 1 patch per competitor.
Cost: \$17 - 1st event (includes \$2 Regional surcharge); \$5 - 2nd & subsequent events; \$20 for relay (No pre-entry); \$5 surcharge per event plus regular event fee for late entries. Make checks payable to Scott Thornsley.

Directions: From I-83, take Exit #29 (Union Deposit), onto Union Deposit Road. Proceed East for 1.2 miles/2.5 minutes & take a left at the traffic light onto Rutherford Road. You will pass Central Dauphin East H.S. on your right; continue on Rutherford Road for another mile until you get to a traffic light. Turn left onto Locust Lane, at the 1st light (1 block later), take a right onto Houcks Road. Parking lot on the left.

Name _____ Phone (____) _____ Sex _____ Age _____
Address _____
City _____ State _____ Zip _____
USATF # _____ ("Pending" not acceptable) Club _____
Events Entered: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____
Amount Enclosed \$ _____

WAIVER: I hereby declare that I am in good health and am properly conditioned for the competitions and am of the stated age. I absolutely relieve USA Track & Field, the Mid-Atlantic Association of USATF, 1995 USATF Eastern Regional Masters Track & Field Championships, the Central Dauphin School District and Scott Thornsley 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 Eastern Regional Masters Track & Field Championships.

Signature _____ Date _____

TRACK	FIELD
5000m @ 10:00	LJ Pit #1 - (M30-49) @ 10:00
5000m Walk @ 10:30	LJ Pit #2 - (Women & M50-75+) @ 10:00
300m/400m Int. Hurdles	TJ follows LJ. (Using the above 2 age group splits)
800m	Discus #1 - (M30-49) @ 10:00
100m Trials/Finals	Shot Put #1 - (M50-75+ then women) @ 10:00
80m/100m/110m Hurdles	Discus #2 - (Women & M50-75+). Follows Shot Put #1
4 x 100m Relay	Shot Put #2 (M30-49). Follows Discus #1
1500m	Javelin follows conclusion of Shot Put & Discus age groups*
400m	Hammer follows conclusion of Javelin.
4 x 800m Relay	HJ #1 (Women & M50-75+) @ 10:00
200m	HJ #2 (M30-49) Follows HJ #1
4 x 400m Relay	PV @ 1:00 p.m. (all ages)

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.

July 7-9. Mansfield University T&F Camp. Jim Taylor, camp director, Decker Gym G-7, Mansfield U., Mansfield, PA 16933. 717/662-4645.

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

SOUTHEAST

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

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 13. 6th annual Jacksonville TC Masters Meet, Bolles Track, Jacksonville, Fla. Lamar Strother, 1511 South McDuff Ave., Jacksonville FL 32205. 904/388-7860.

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).

May 20. USATF Florida Masters Championships, Winter Park. Includes 5K RW. Florida AC, c/o Lionel Bonck, 919 Silverton Loop, Lake Mary, FL 32746-4915.

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

June 9-11. 20th annual Northwest Track & Field Classic, Traz Powell Stadium, Miami, Fla. Your **CANCELLED** Bolt, 1310 N.W. 90th St., Miami FL 33147. 305/836-2409.

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

June 17. Nashville TC Open & Masters Meet, Tennessee Prep School. Contact (see June 25).

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.

June 25. Tennessee Pentathlon Championships. Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(h); 741-5251(w).

July 13, 20. Nashville TC Meets. NTC, 2709 Linmar Ave. #5, Nashville, TN 37215-1170. 615/383-6733(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.

June 10. Dayton Track Classic, Welcome Stadium. Bob Jones, 513/837-2754.

June 18. USATF Michigan Masters Championships, Cardinal Stadium, Melvindale (suburb of Detroit). M&W30+ . Open division available but not championships. Marilyn Moorehead, 5250 Yorkshire, Detroit, MI 48224. 313/882-3687.

July 29. Midwest Masters Championships,

ON TAP FOR MAY

TRACK AND FIELD

The National Senior Sports Classic V starts a week of competition on the 17th in San Antonio, Texas. The USATF Southeast Regional Championships, in its 25th year, opens a three-day run on the 5th in Raleigh, N.C. Westerners who go to the Arizona Invitational in Tempe on the 6th can follow up with the Southern California Striders Meet, Long Beach, on the 14th, and the Visalia Meet in California on the 20th, also the date of the Florida Championships in Winter Park. On the 21st, action is available in Philadelphia and on Long Island. The two-day Southern Association Championships in Louisiana begin on the 26th. The Dan Aldridge Memorial Meet at UC-Irvine wraps things up on the 28th.

LONG DISTANCE RUNNING

The 7th features the Pittsburgh, Long Island, and Avenue Of The Giants marathons and the Lilac Bloomsday 12K in Spokane. The next weekend's slate shows the Old Kent River 25K on Saturday and the Revco-Cleveland Marathon on Sunday. The massive but whimsical Bay To Breakers 12K returns to San Francisco on the 21st. The Big Boy 20K in West Virginia on the 27th precedes a busy Memorial Day, which lists major 10Ks in Elkhart, Ind., Boulder, Colo., and Huntsville, Ala. The RRCA Convention will be held in Allentown, Pa., 4th-7th.

RACEWALKING

The 21st offers the Men's 25K and Women's 20K National Masters Championships in Albany, N.Y., followed by the Men's 10K Championships, Niagara Falls, N.Y., on the 28th.

Marshall U., Huntington, West Va. David Stooke, 119 Cheyenne Trail, Ona, WV 25545.

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 4. Blue River Valley Meet. Cleve Walstrom, 913/562-3021. City of Marysville, 209 N. Eighth, Marysville, KS 66508.

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

Continued on next page

Continued from previous page

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.

August 6. Masters/Senior Olympic EMRTF SUMMER '95, U. of Minnesota. SASE to Rachel Lyga, 122 NE 63½ Way, Minneapolis, MN 55432. 612/574-9661.

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

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

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

May 20. Ponca City Classic, Ponca City HS, Okla. James Roland, 405/762-5738; Leonard Williams, 405/765-7535.

May 26-27. USATF Southern Association Championships, Gonzales, La. Weight pentathlon/3000 & 1500 racewalks. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

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

May 4-7. Solano County Senior Games. 55+. Gaylord Whitlock, 1641 Rockville Rd., Suisun 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 20. KELfield Throws Series #39, Santa Cruz, Calif. Includes superweight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

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, 52 Via Athena, Aliso Viejo, CA 92656. 714/586-9942(eve).

June 1-4. California Senior Games, Sacramento. 55+. Pam Rhodes, 6005 Folsom Blvd., Sacramento, CA 95819. 916/277-6094.

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.

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

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

June 10. Seattle Masters Classic. M&W30+. Includes 1500&3000RWs. Patty Petesch, 100 Dexter Ave. N., Seattle, WA 98109. 206/684-7091.

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 22-24. Montana Senior Olympics, Billings. 50+. Open to non-residents. Don Tivolacci, 465 Freedom Ave., Billings, MT 59105-2205. 406/252-2795.

June 24-25. Hayward Masters Classic, (USATF Oregon Association Championships), 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 CC, Gresham, Ore. Joe Thielman, 3004 NE 48th St., Vancouver, WA 98663. 360/695-5414.

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 10-11. Ontario Masters Championships, Tillsonburg (near London). M&W35+. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416/699-5818.

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

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

May 4-7. RRCA Convention, Allentown, Pa. Hosted by *Runner's World*. RRCA, 629 S. Washington, Alexandria, VA 22314. 703/836-0558. Convention hotline: 610/967-8159.

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

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 21. Midland Run 15K, Far Hills, N.J. Harry Brown, PO Box 5026, North Branch, NJ 08876. 908/722-7903.

May 28. Vermont Marathon. Marathon, PO Box 152, Burlington, VT 05402-0152. (800) 642-5154 x360.

May 28. Tom Bugliosi 20K/40K Trail Runs. Audrey Balander, 2617 Clute Rd. RD#2, Cortland, NY 13045. 607/835-6712(h).

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.

June 2. (Fri.) Ithaca Twilight 5K. 7 pm. Brad Buchanan, E5 Sevanna Park, Ithaca, NY 14850. 607/257-3396(h).

June 3. Freihofer's 5K For Women (Open National Championship), Albany, N.Y. USATF Adirondack Association, 233 Fourth St., Troy, NY 12180. 518/273-0267. Megan Kuntze, 518/449-5069.

June 10. Shelter Island 10K. 5:30 pm. Legal-size SASE to SI 10K, PO Box 266, Shelter Island, NY 11964. 516/749-7867.

June 10. Western Heights/Roadway Express 5000/Mile. 8:30 am. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. Money prizes. 301/733-6076.

June 10. Advil Mini-Marathon 10K, Central Park, NYRR, Allan Steinfeld, 9 E. 89th St., NY, NY 10128. 212/860-4455.

June 17. Vestal XX 20K. Fred Bostrom, 413 Pinecrest Rd., Vestal, NY 16915. 607/797-9215.

July 9. Utica Boilermaker 15K. Earle Reed, PO Box 4729, NY 13504. 315/797-5838.

SOUTHEAST

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

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.

May 29. Cotton Row 10K. Lawrence Hillis, 600 Ward Ave., Huntsville, AL 35801. 205/533-4757.

June 3. Gene Fair 5K, Richmond, Va. \$500 1st M&W40+. 804/262-1703.

July 4. Peachtree 10K. PRR, 3097 Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

MIDWEST

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

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.

May 27. Big Boy Classic 20K. Hugh Stobbs, PO Box 1046, Wheeling, WV 26003. 304/242-7322.

May 29. 8th Annual Great Race Bill Rodgers Masters 10K, Elkhart, Ind. "Just Great Bill," c/o Ron Schmanske, PO Box 682, Elkhart, IN 46515. Phone & fax: 219/522-4897.

Continued on next page

BOSTON:
The 100th Running

NEWSLETTER

The world of running is awaiting the centennial celebration of the Boston Marathon on April 15, 1996. On that date, the world's most prestigious and historic footrace will culminate 100 years of tradition.

Keep abreast of the latest developments of the race and its ancillary activities, subscribe to *Boston: The 100th Running*.

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- Hotel availability
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- Runner profiles
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Continued from previous page

June 17. Steamboat Classic 4 Miler/5K. Philip Lockwood, 700 W. Main St., Peoria, IL 61606. 309/688-7313.

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

May 29. Bolder Boulder 10K. BB 10K, PO Box 9125, Boulder, CO 80301. 303/444-7223.

June 1-4; 14-18. Women's Running Camps, Diane Palmason, 4029 S. Roslyn St., Denver, CO 80237. 303/779-4294.

June 4. Hospital Hill Half Marathon. Trinity Hospital Hill Run, Crown Ctr., 2405 Grand Ave., Kansas City, MO 64108. 816/274-3196.

June 11. KRDO Garden 10 Miler, Manitou Springs, Colo. Nancy Hobbs, PO Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 17. Grandma's Marathon. Legal-size SASE to Marathon, PO Box 16234, Duluth, MN 55816. Scott Keenan, race director, 218/727-0947.

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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.

June 4. 5K Run/Walk For Storyland. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

WEST
Arizona, California, Hawaii, Nevada

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

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

May 13. GeoSpace Academy 5K, Brookside Park (around the Rose Bowl). GeoSpace 5K, PO Box 94882, Pasadena, CA 91103. Brenda Sharp, 818/398-5667; Pamela Walker, 818/787-1635.

May 21. Bay To Breakers 12K, San Francisco. SASE to BTB, PO Box 429200, San Francisco, CA 94142. Janine Reid/Michelle Truelson, 415/291-0900.

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.

May 29. Memorial Day Run, Tucson. So. Ariz. Runners, 602/326-9383.

June 3. Fontana Half-Marathon & 5K Run/Walk. Barbara Smith, Recr. Supervisor, 8353 Sierra Ave., Fontana, CA 92334-0518. 714/350-7600.

June 10. Palos Verdes Marathon/3 Person Relay/5K, Los Angeles. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291, or PVM, 310/377-6707.

June 24. Western States 100 Mile, Squaw Valley to Auburn, Calif. Norman Klein, 11139 Mace River Court, Rancho Cordova, CA 95670. 916/638-1161.

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

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

May 21. Capital City Marathon. CCM, PO Box 1681, Olympia, WA 98507. 206/786-1786.

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

June 3. Governor's Cup 5K. Trish Bloom, Blue Cross/Blue Shield, PO Box 4309, Helena, MT 59604. 406/447-3414.

June 18. River City 15K/5K. Steve Hamilton, PO Box 55817, Portland, OR 97238. 503/203-9166.

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.

RACE WALKING

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); 694-7683 (w).

May 28. Alongi 5K Ladder Racewalk, College of Marin Track, Kentfield, Calif. Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914-0021.

June 17-18. USA/Mobil Men's 20K/Women's 10K Championships, Sacramento, Calif. Ron Daniel, 415/964-3580.

June 25. USA & MAC Eastern Regional 20K Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

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.

August 6. USATF & MAC Eastern Regional 3K Championships, Central Park, NYC, Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1995

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CLYDE BAKER (NORTHBROOK, IA)	5-6-30	65-69
ERIC BENNECHE (GB)	5-1-5	90-94
ANATOLIY BONDARCHUK (URS)	5-31-40	55-59
ED BOTH (LEONA VALLEY, CA)	5-16-10	85-89
SHERMAN BURHO (RICHMOND, VA)	5-18-10	85-89
TIM DYAS (RIDGWOOD, NJ)	5-25-20	75-79
BILL EPPRIGHT (HOUSTON, TX)	5-2-20	75-79
PAUL FANNING (US)	5-14-15	80-84
BILL FITZGERALD (PALOS VERDES, CA)	5-20-25	70-74
MERT GAMBITO (US)	5-8-5	90-94
ARNO HAMERKES (WG)	5-1-40	55-59
DAN HAMNER (US)	5-1-40	55-59
MARIANO HARO (SPAIN)	5-27-40	55-59
BRIAN HARRIS (ROYAL OAK, MI)	5-21-35	60-64
SVERRE HIETANEN (CAN)	5-14-20	75-79
FRANTISEK HULAN (CZE)	5-17-5	90-94
ROBERT HUNT (ANAHEIM, CA)	5-18-20	75-79
MASSAO ISHIDA (BRA)	5-5-20	75-79
BENGT JERNHESTER (SWE)	5-8-30	65-69
JOSEPH KELIHER (AUS)	5-4-10	85-89
BILL KISSENBERGER (HONOLULU, HI)	5-20-25	70-74
ARVI KOSONEN (FIN)	5-31-20	75-79
BENT LUARIDSEN (DEN)	5-27-35	60-64
ROBERT MILNER (HAMILTON, NY)	5-7-35	60-64
PAUL NORENE (MN)	5-31-35	60-64
JAMES O'NEIL (SACRAMENTO, CA)	5-14-25	70-74
MASAMI OKAZAKI (JPN)	5-15-5	90-94
CLARENCE RAY (DETROIT, MI)	5-16-45	50-54
PHILIP SCHLEGAL (NEWPORT BEACH, CA)	5-6-30	65-69
DENTS SHORE (RSA)	5-24-15	80-84
TADEUSZ SLUSARSKI (POL)	5-19-50	45-49
FLOYD SMITH (CLINTON, IA)	5-17-35	60-64
PETER SPECKENS (WG)	5-28-35	60-64
SALIH TALIB (NEW YORK, NY)	5-19-45	50-54
HARRY TAMPAN (GBR)	5-20-25	70-74
GUY TEXEREAU (FRANCE)	5-14-35	60-64
MANUEL ULACIO (VEN)	5-8-40	55-59
INGO VIERK (WG)	5-20-35	60-64
ROBERT WHILDEN (TX)	5-20-35	60-64
NANCY BALDWIN (OR)	5-19-40	55-59
DIANE COHEN (HONOLULU, HI)	5-23-40	55-59
SUSAN COMPTON (BROOKTONDALE, NY)	5-7-45	50-54
EDNA DEAN (US)	5-28-25	70-74
MARYLIN FITZGERALD (OLD BRIDGE, NJ)	5-8-35	60-64
GAIL HANNA (SAN DIEGO, CA)	5-25-40	55-59
MARCELINE HARMELING (MERRICK, NY)	5-6-45	50-54
MARCIA HULSE (BROOKLYN, NY)	5-18-55	40-44
MANDY JOSLEN (US)	5-15-45	50-54
BETTY JOSLIN (SEATTLE, WA)	5-10-15	80-84
TAFFY MARTIN (WARMINSTER, PA)	5-23-45	50-54
LUCY PARKER (US)	5-28-35	60-64
BECKY POST (US)	5-1-55	40-44
ALMUT BROEMMEL (WG)	5-5-35	60-64
KAETHI DIENER (WG)	5-6-35	60-64
ANNA MARIE GRUENER (WG)	5-26-40	55-59
JOHANNE HAGEN-VENAS (NOR)	5-15-30	65-69
MARIE HAUG (NOR)	5-25-30	65-69
MARY HAWKINS (NZ)	5-8-30	65-69
JELENA KELDSHTEVSKA (URS)	5-7-55	40-44
WALTRAUD KNAPP (GER)	5-25-55	40-44
ERNA KOZAK (CAN)	5-17-45	50-54
SUSANNA KRISTOFF (NOR)	5-31-40	55-59
LINNEA LEHTONEN (FIN)	5-25-20	75-79
PATRICIA MAFFIA (GB)	5-12-35	60-64
MARIE PARTRIDGE (AUS)	5-11-20	75-79
INGA SAGRELIUS (SWE)	5-30-20	75-79
MARIA SAHUQUILLO (SPA)	5-8-55	40-44
ASTA SATSI (URS)	5-18-35	60-64
LIESELOTTE SCHULTZ (WG)	5-7-20	75-79
MARINA STEPANOVA (URS)	5-1-50	45-49
HATSUE TANIGAKI (JPN)	5-13-30	65-69
MYR VANCAEKENBERGHE (BEL)	5-21-35	60-64
SUSANNA WOLD (NOR)	5-31-40	55-59

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

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

Table listing recipients of certificates/patches for age groups M30-34, M40-44, M45-49, and M50-54. Includes names, events, and times.

Table listing recipients of certificates/patches for age groups M55-59, M60-64, M70-74, and M75-79. Includes names, events, and times.

Table listing recipients of certificates/patches for age groups M80-84, M85-89, M90-94, and M95-99. Includes names, events, and times.

Table listing recipients of certificates/patches for age groups M100-104, M105-109, M110-114, and M115-119. Includes names, events, and times.



U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Table of U.S. Masters Standards of Excellence for Men, listing times for various events across age groups from 30-34 to 85-89.

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".

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Table of U.S. Masters Standards of Excellence for Women, listing times for various events across age groups from 30-34 to 80-84.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40+: 30".

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

Table of U.S. Masters All American Standards of Excellence for Masters Race Walkers, listing times for various distances from 1.5K to 50K across age groups from M30 to M90.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Application form fields for Name, Age-Group, Address, Sex, City, State, ZIP, Meet, Date of Meet, Meet Site, Event, Mark, Hurdle Height, and Weight of Implement.

- Application options: Certificate, Patch, Patch Tag. Instructions: 1. If you have equaled or bettered the standard of excellence, please fill out this application completely. 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

Continued from previous page

Table of athletic results for Boston RC, Central Park TC, Garden St AC, Touch of Class, Phila Masters, Maryland Mast TC, W30 AUI, 4x800m Relay, M30 Touch of Class, M40 Phila Masters, W30 AUI, High Jump, M40 Mabray Andrews, M30 Touch of Class, M45 William Corsey, M50 Bill Angus, M55 Sam Rumford, M30 John MacDonald, M60 Paul Sorapar, Russ McDaniels, M65 James Stookey, M70 Ed Lukens, M75 Charlie Irwin, M80 Claude Hills, Bob Detweiler, W35 Julie Wiedis, W45 Skipper Clark, MichaelMarie Hill, JohnnyHillHudgins, W55 AlexandriaJohnson, W65 Leonore McDaniels, Pole Vault, M30 Duncan Littfield, M35 Rob Doran, M40 Peter McGinnis, Mike McGinnis, Steve Gorman, M45 Tom Randolph, Rick Holmes, Ron Salvo, M55 John Sloan, M60 Russell McDaniels, George Taylor, M65 Denver Smith, Jack Doorlay, M80 Claude Hills, W55 Madeline Bost, Long Jump, M35 Kevin Cranford, David Stauffer, Rick Choppe, M40 Scott Thornsley, Eddie Mose, Al Cestero, Mike Santo Jr, Ed Lavrelli, M45 Jeffery Hughes, Dana Harrell, Bill Corsey, Mike Milove, Ivan Black, M50 Kirt Vener, Bill Angus, M55 Haig Bohigian, M60 Jack Lance, Oscar Taylor, Paul Sorapar, George Taylor, M65 James Stookey, Denver Smith, Tom Rice, Jack Doorlay, M70 Ed Lukens, Oscar Harris, M75 Charlie Irwin, M80 Claude Hills, M90 Everett Hosack, W30 Ruvina Kelly, Beth Grohovsky, W35 Edna Crawly, Julie Wiedis, W40 Irene Thompson, W45 Skipper Clark, Mike Marie Hill, Lorraine Tucker, W65 Leonore McDaniels, Triple Jump, M35 Kevin Cranford, David Stauffer, M40 Scott Thornsley, John Olesky, Ed Lavrelli, M45 Ivan Black, G T Tunstall, M50 Kirt Vener, Jim Quirk, M55 Haig Bohigian, M60 Jack Lance, Russ McDaniels, George Taylor, M65 James Stookey, Tom Rice, Don Sibigtroth, M70 Ed Lukens, M75 Charlie Irwin, M80 Claude Hills, W35 Julie Wiedis

Table of athletic results for Edna Crawly, Michael Marie Hill, Leonore McDaniels, Steven Hansen, Bill Wolverton, Mark Heckel, Scott Bull, Kevin Wallace, Stew Beltz, Rich Dunphy, John Berry, Richard Smith, Larry Pratt, Harry Schwarze, Gus Giviskos, Jim Quirk, Sam Rumford, Lew Overbeck, Mike Hoffer, Chuck Yost, Ray Feick, Tom Henderson, Ned Curran, Paul Barndt, Don Sibigtroth, Charles Covino, Brian Powerwaters, Charlie Irwin, Paul Eberhardinger, Bob Detweiler, Everett Hosack, Virginia LePalmer, Denise Jones, Sarah Boslaugh, Ida James, Betty Clair, Irene Thompson, Lorraine Tucker, Johnnie HillHudgins, W50 Roslyn Katz, W55 Alexandria Johnson, Weight Throw, M35 Mark Heckel, Peter Collins, Scott Bull, M45 John Casamassima, Richard Smith, Ron Salvo, M50 Jai Singh, M55 Lew Overbeck, Mike Hoffer, John Sloan, M60 Ray Feick, Paul Sorapar, M65 Lev Mozhaev, Ned Curran, Don Sibigtroth, M70 Charles Covino, M75 Paul Eberhardinger, M80 Bob Detweiler, M90 Everett Hosack, W30 Virginia LePalmer, W40 Ann Cirulnick, M45 Ron Salvo, A R Noerpel, M50 James Carmines, Ron Shields, Larry Freeman, M55 Mike Hoffer, Joe Stefanowicz, M60 Robert Davis, M65 Ed Gawinski, Don Sibigtroth, W40 Ann Davin, Donna Kilgore, W45 Mary Hess-Hoffer, M50 Kathryn Carmines, W60 Ann Cirulnick

Table of athletic results for Rodney Wilson, James Hawkins, Lucio Reynosa, Tim Butts, Roger Bagneski, Chet Dow, Don Amery, Louis Edelman, Mario Bertolnai, Arthur Porter, Harry Brown, Jack Hipple, Lekester Farmer, Karen Johnson, Donna Walker, Linn Latoria, Janet Amery, Lorma Bauer, Kelly Atkins, Thomas Rewolinski, Robert Zahn, Zbigniew Zlobicki, Mike Morphy, Chuck Sochor, Angela Nealy, Leah Rewolinski, Joann Grissom, Charles Johnson, John Kruchoski, Rodney Wilson, Tim Butts, Chris Precht, Alex White, Louis Edelman, Mario Bertolani, Harry Brown, Jack Hipple, Roberta Thaxton, Donna Walker, Lynn Latoria, Janet Amery, Zbigniew Zlobicki, Milo Lightfoot, Alfred Lovelace, James Hawkins, Mike Davis, Rich Weinhandl, Chris Precht, Louis Edelman, Ken Yahirow, Arthur Porter, Lekester Farmer, W30 Langer Bogustawa, Jeff Watry, Steve McElroy, Bob O'Connor, Tom Sullivan, John Kenton, Nick Pappas, Mike Brazier, Alex White, James Beall, Valerie Lalonde, Peggy Whitlow, Steve Watry, Steve Izzo, Ron Winkler, Bill Ulrich, Nick Coppolillo, Matt Greaney, Dave Raub, Robert Perry, Carroll Dewese, Alex White, Jim Beal, Roberta Thaxton, Jangelan Ruleau, Fred Funk, Robert Struni, Gary Townsend, Lucio Reynosa, Carroll Dewese, Neiland Pennington, John Quinton, Alex White, Scott Branta, Nick Coppolillo

Table of athletic results for M40 Robert Perry, James Beall, Short Hurdles Illinois, M30 Scott Thomas, M35 Joe Schwieterman, M40 Rich Weinhandl, M45 Mike Davis, Short Hurdles non-Illinois, M35 Jeff Watry, M40 Robert Zahn, M50 Chet Dow, M60 Clarence Trinkner, M65 Chuck Sochor, W45 Mary Lou Platis, Brian Whitehead, Bob Robinson, Rich Weinhandl, Mike Davis, Louis Edelman, Ken Yahirow, Langer Bogustawa, High Jump non-Illinois, M35 Jeff Watry, John Valiski, Ken Rowe, Lonnie Marshall, Roger Bagneski, Mike Murphy, Edward Failor, Chuck Sochor, Milo Lightfoot, Mary Lou Platis, Joann Grissom, Pole Vault Illinois, Tom Kowalski, John Oksas, Ken Petranek, Tim Leuer, Mike Davis, Jeff Welbourn, Pole Vault non-Illinois, Joe Griffin, Milo Lightfoot, Long Jump Illinois, M30 Alfred Lovelace, M40 James Hawkins, Mike Davis, Rich Weinhandl, Chris Precht, Louis Edelman, Ken Yahirow, Arthur Porter, Lekester Farmer, W30 Langer Bogustawa, Long Jump non-Illinois, M35 Jeff Watry, Neal Schuster, M50 Rober Bogneski, Chet Dow, Fow Griffith, Clarence Trinkner, Chuck Sochor, Edward Failor, Mary Lou Platis, Joann Grissom, Triple Jump Illinois, M40 James Hawkins, M60 Louis Edelman, Triple Jump non-Illinois, M40 Ken Rowe, M50 Roger Bagnewki, M65 Edward Failor, W55 Joann Grissom, Shot Put Illinois, M30 Kevin Wood, M35 Dan Berry, M40 Bill Johnson, Rich Weinhandl, M45 Mike Davis, M50 Scott Berry, Chris Precht, Ed Schmidt, Frank Carl, Don Amery, Ken Yaahiro, Ernest Bauer, Milo Lightfoot, W35 Karen Huff, Sue Hallen, Janet Amery, Lorma Bauer, Shot Put Illinois, W35 Jeff Watry, M40 Robert Zahn, M45 Lonnie Marshall, Neil Schuster, M60 Clarence Trinkner, M65 Chuck Sochor, Edward Failor, Ruth Welding, Mary Lou Platis, Joann Grissom

Table of athletic results for Weight Throw Illinois, M30 Ken Wood, M55 Frank Carl, Weight Throw non-Illinois, W55 Joann Grissom, 3000 RW Illinois, M50 Don Mowles, M65 Albert Goldman, M85 Martin Bartels, W35 Terri Krentz, W40 Joanne Davis, W45 Nancy Mackrola, W60 Lucy Breaan, 3000m RW Illinois, M40 Ron Winkler, W40 Alice Winkler, USATF Illinois Indoor Masters Meet, Hillside, IL; Mar. 4, 60m, M35 Jeff Watry, M40 Mike Skoflanc, Bob Zain, M70 Mel Larsen, (Maribotti /8.99/1991), W30 Angela Nealy, 200m, M30 Sylvester Blue Jr, M35 Jeff Watry, M55 Jerry Pliner, M60 Louis Edelman, M70 Henry Kuric, W30 Angela Nealy, W50 Penny Danielson, W55 Janet Amery, 400m, M35 Curtis Taylor, M40 Daniel Berry, M55 Jerry Pliner, M60 Alex White, 800m, M30 Matt Haffner, Jeff Havens, M40 Daniel Berry, M45 Mark Drakeley, M50 Larry Kight, M60 Alex White, M70 Henry Kuric, W45 Peggy Whitlow, 1500m, M30 Matt Haffner, M35 Chuck Kennell, M40 Ron Winkler, M50 Larry Kight, M60 Mike Brazier, W35 Kris Heinsman, 3000m, M30 Scott Branta, M35 Robert Strunc, M45 Mark Drakeley, M50 Tom Sullivan, M60 Alex White, M70 Henry Kuric, W35 Kris Heinsman, 55mH, M35 Joe Schwieterman, M40 Bob Zain, High Jump, M35 Jeff Watry, M40 Ken Rowe, M60 Louis Edelman, Art Porter, M65 Eugene Hess, Pole Vault, M30 Tom Kowalski, M35 Jerry Rohn, M40 Mike Skoflanc, M50 Larry Kight, M55 Pete Stopoulos, M60 Louis Edelman, M65 Eugene Hess, M70 Henry Krug, W50 Penny Danielson, W55 Joann Grissom, Triple Jump, M35 Jerry Rohn, M40 Mike Skoflanc, M60 Louis Edelman, W55 Joann Grissom, Shot Put, M45 Rich Woosencraft, M55 Don Emery, Weight Throw, M45 Ed Scanlon, M55 Don Emery, W55 Joann Grissom, 3000m Racewalk, M30 Daniel Vogel, M40 Ron Winkler, M45 Steve Frey, W30 Sarah Prince, W35 Terri Krentz, W40 Lynn Tracy, W45 Nancy Mackrola, W60 Lucy Breaan, W65 Roselyn Bingham

Table of athletic results for Midwest Athlete's Foot Masters Indoor Meet, Augustana College, Rock Island, IL; Jan. 14, Shot Put, M50 S Berry, J Hess, E Schmidt, B Warren, D Amery, G LaBelle, J Mills, J Hamer, C Trinkner, B Park, D Sibigtroth, M65 E Failor, M70 M Larsen, M Buschman, H Dewell, G Rajcevic, A Adams, M75 E Cole, M80 M Lightfoot, USATF/Illinois Masters Championships, Hillside/Chicago; Feb. 4, 55m Illinois, M30 Alfred Lovelace, Scott Jamieson, M35 Clarence Johnson, Matt Schmidt

Continued from previous page

Lincoln-Way Masters Indoor Meet

New Lenox, IL; Mar. 11

55m	
M40 Mike Skoflanc	6.9
Bob Zahn	7.1
Dean Gaffney	7.9
Rich Ryan	8.1
M45 Joe Hagenbuch	7.5
John Epple	7.6
Mike Davis	7.6
M50 Hans Gordon	7.4
M55 Mike Murphy	8.0
Don Amery	8.0
Robert Burke	8.3
M60 Clarence Trinkner	7.9
M65 Chuck Sochor	7.9
Ken Yahiro	8.9
Fred Mooney	12.2
M70 Jack Hipple	8.6
M80 Mel Flachs	10.9
Ed Andrysiak	13.4
W30 Carrie Schultz	8.3
W50 Penny Danielson	8.9
W55 Janet Amery	13.1
W70 Lorna Bauer	12.0
200m	
M30 Kevin Lancaster	29.2
M35 Jeff Watry	26.1
M40 Mike Skoflanc	25.8
Dean Gaffney	29.7
Dave Cyplick	33.0
M45 John Epple	29.4
Mike Oliver	30.2
M50 Kingsley Clarke	28.4
Garry Cox	31.8
M55 Don Amery	30.7
M60 Alex White	33.7
M65 Chuck Sochor	29.6
M70 Jack Hipple	32.8
M80 Mel Flachs	42.9
Ed Andrysiak	52.6
W30 Michaela Havemann	31.0
Carrie Schultz	31.4
W50 Penny Danielson	35.4
Roberta Thaxton	41.9
W55 Janet Amery	55.5
W70 Lorna Bauer	47.4
400m	
M30 Kevin Lancaster	62.6
Pete Guenther	71.9
M40 Dennis Varrel	72.1
M45 John Epple	71.4
Keith Theisen	72.8
M50 Kingsley Clarke	62.3
Garry Cox	68.2
M55 Bruce Mills	67.4
M60 Clarence Trinkner	70.2
Alex White	77.2
M65 Chuck Sochor	67.8
M70 Jack Hipple	77.9
M80 Mel Flachs	2:08.3
W30 Michaela Havemann	71.3
Carrie Schultz	76.8
Carol Smith	80.5
W50 Robert Thaxton	92.0
800m	
M30 Kevin Lancaster	2:21.5
M35 Ben Gorecki	2:25.3
M40 Kevin Curry	3:03.3
M45 Keith Theisen	2:42.2
M55 Michael Brazier	2:27.8
M60 Alex White	2:54.1
Rich Kowalski	2:58.9
M65 Chuck Sochor	2:51.3
W45 Peggy Whitlow	AR2:28.3
(Barbara Pike/2:31.3/1987)	
1500m	
M35 Randy Stach	5:10.5
M40 Mike Klafehn	4:55.2
Ron Winkler	5:38.1
Dennis Varel	6:14.7
M45 Keith Theisen	5:33.0
M50 Carroll DeWeese	5:03.8
M60 Richard Kowalski	6:07.9
Alex White	6:44.1
W50 Becky Criscione	6:20.4
Robert Thaxton	7:15.7
3000m (extra lap)	
M35 Chuck Kennel	10:43.9
Randy Starch	11:09.1
M40 Mike Klafehn	11:04.9
Dave Cyplick	12:03.4
Dean Gaffney	12:34.1
M45 Keith Theisen	11:49.4
M50 Carroll DeWeese	11:12.3
M60 Alex White	13:54.9
M65 Deiter Hoffmann	15:28.0
W50 Becky Criscione	13:31.6
55m H	
M35 Jeff Watry	8.9
M40 Bob Zahn	7.9
M45 Mike Davis	9.4
Joe Hagenbruch	9.9
M55 Bruce Mills	9.7
M65 Chuck Sochor	10.7
High Jump	
M35 Jeff Watry	6-0
John Valisko	5-6
M45 Mike Davis	4-10
Mike Oliver	3-10
M55 Bruce Mills	4-6
Mike Murphy	4-2
M60 Clarence Trinkner	4-8
M65 Ken Yahiro	3-8
Pole Vault	
M30 Tom Kowalski	10-6
M35 Mark Criscione	10-0
Jeff Watry	10-0
M40 John Anderson	13-0

Keith Petaek	13-0
Mark Petnuch	9-0
M45 Mike Davis	12-6
Terry O'Neil	7-0
Long Jump	
M45 Mike Davis	17-4
John Epple	12-2
M55 Hans Gordon	17-4
Pete Stopoulos	15-4
Bruce Mills	12-10
Robert Burke	12-9
M65 Chuck Sochor	13-7
Ken Yahiro	13-7
M80 Mel Flachs	8-5
M40 Mike Skoflanc	19-7
Dean Gaffney	14-0
Rich Ryan	13-9
M35 Jeff Watry	18-4
M55 Janet Amery	6-6
Triple Jump	
M40 Mike Skoflanc	37-6
Rich Ryan	25-7
M45 Mike Davis	30-6
Shot Put	
M35 Jeff Watry	37-9
M40 Larry Readman	35-6
M45 Mike Davis	31-1
M55 Ed Schmidt	35-4
Robert Burke	34-6
Tom Lewis	34-6
Tom Lewis	33-9
Don Amery	33-1 1/2
25# Weight	
M55 Lee Slick	35-2 1/2
35# Weight	
M40 Larry Readman	34-11
56# Weight	
M55 Lee Slick	15-2
98# Weight	
M55 Lee Slick	10-11
3000m Racewalk	
M40 Ron Winkler	19:08.1
Garland Moore	21:48.2
W40 Alice Winkler	21:19.0
W55 Janet Amery	15-3 1/2
W70 Lorna Bauer	19-1
Florence Berry	15-5

USATF Midwest Regional Masters Championships

Glenview, IL; Mar. 25

50m	
M30 Kelly Atkinson	6.34
Kinley Hill	6.42
Danny Vogel	8.08
M35 Larry Hankins	6.76
Matt Schmitt	6.94
Joe Schweiteman	6.98
Rodney Blue	7.02
M40 Gerry Krainik	6.71
Mike Skoflanc	6.73
Tom Rewolinski	6.74
Bob Zahn	6.84
Jay Preston	6.94
Bruce McPherson	7.09
M45 Zbigniew Zlobicki	6.85
Mike Oliver	7.36
M50 Jim Lee	6.95
John Hess	7.86
M55 Dennis Buss	6.92
Michael Boudreaux	7.12
George LaBelle	7.44
Don Amery	7.52
Mike Murphy	7.91
M60 Clarence Trinkner	7.74
Lou Edelman	8.65
Mario Bertolani	8.74
Jan Barton	9.18
M65 Harry Brown	7.33
Chuck Sochor	7.51
Ken Yahiro	8.46
Carroll Beguhn	9.21
M70 Mel Larsen	7.29
Henry Kuric	9.69
M80 Mel Flachs	10.02
Ed Andrysiak	12.72
W30 Angela Nealy	7.50
Carrie Schultz	7.62
Angela Holder	8.53
W40 Leah Rewolinski	8.47
W50 Penny Danielson	8.39
W55 Joann Grissom	8.73
Roddie Larsen	9.34
W70 Lorna Bauer	10.65
W65 G Antonijevic	16.28
200m	
M30 Kinley Hill	24.69
Kelly Atkinson	24.96
Nick Coppolillo	29.37
M35 John Kruchoski	25.30
Joe Schweiteman	26.20
Jeff Watry	26.21
Curtis Taylor	26.23
Rodney Blue	26.25
Larry Hankins	26.67
M40 Gerry Krainik	24.37
Tom Rewolinski	25.89
M45 Zbigniew Zlobicki	26.00
Mike Oliver	29.97
M50 Kingsley Clarke	28.88
M55 Dennis Buss	26.38
Michael Boudreaux	27.50
Don Amery	30.18
M60 Clarence Trinkner	33.45
Alex White	33.82
Lou Edelman	34.57
Mario Bertolani	35.83
M65 Harry Brown	28.14
Chuck Sochor	28.68
Carroll Beguhn	37.25
M70 Mel Larsen	28.84

Henry Kuric	42.79
M80 Milo Lightfoot	38.77
Mel Flachs	40.93
Ed Andrysiak	53.87
W30 Angela Nealy	29.92
Michaela Havemann	30.79
Carrie Schultz	30.89
W40 Leah Rewolinski	33.07
W50 Penny Danielson	34.79
Roberta Thaxton	40.92
W55 Roddie Larsen	37.87
400m	
M30 Nick Coppolillo	68.20
M35 John Kruchoski	54.60
Curtis Taylor	59.07
Rodney Blue	59.59
M40 Gerry Krainik	57.18
Bruce McPherson	61.78
M50 Kingsley Clarke	63.05
Garry Cox	70.63
M55 M Boudreaux	61.29
Bruce Mills	66.14
Terry Pliner	66.71
Mike Davidson	69.11
M60 C Trinkner	67.41
Alex White	76.01
M65 Chuck Sochor	64.94
Harry Brown	66.27
M70 Henry Kuric	91.51
M90 Milo Lightfoot	1:38.27
Mel Flachs	1:51.88
W30 M Havemann	70.58
Carrie Schultz	74.25
W50 Roberta Thaxton	94.33
W55 Roddie Larsen	89.65
800m	
M35 Ben Gorecki	2:18.50
M40 Jerry Feldhausen	2:16.68
Steve Izzo	2:17.43
Ron Winkler	2:51.63
Kevin Curry	2:57.58
Jim Dickey	3:10.34
M45 Bob O'Connor	2:23.40
Mark Drakeley	2:31.84
M55 Michael Brazier	2:25.54
M60 Al Ravenscroft	2:56.96
Alex White	3:02.52
C Trinkner	3:03.99
M65 Chuck Sochor	2:57.02
M70 Henry Kuric	3:38.56
W30 Jane Hawes	2:27.27
W45 Peggy Whitlow	AR2:29.87
(Barbara Pike/2:31.3/1987)	
W50 M Morehead	3:07.62
1500m	
M30 Scott Branta	4:27.23
Steve Simons	4:44.82
Nick Coppolillo	5:45.57
M35 J G Ruleau	4:31.59
M40 Mike Klafehn	4:50.10
Jim Dickey	6:08.07
M45 Stan Mathes	4:46.87
Bob O'Connor	5:17.91
M50 Carroll DeWeese	5:11.13
M60 Al Ravenscroft	5:28.65
Alex White	6:32.73
M65 Chuck Sochor	7:17.55
W50 M Morehead	6:44.21
R Thaxton	7:19.45
3000m	
M30 Scott Branta	8:57
Mike Yuhasz	9:18
Nick Coppolillo	11:14
M40 Mike Klafehn	10:14
John Dickey	10:42
Jim Dickey	11:20
M50 Carroll DeWeese	10:47
M60 Al Ravenscroft	12:27
Alex White	13:12
M70 Mike Rolak	15:16
55mH	
M40 Bob Zahn	8.30
M55 George LaBelle	10.00
Bruce Mills	10.28
M65 Chuck Sochor	10.31
M70 Mel Larsen	9.60
4x160m Relay	
M40 DeWeese/Izzo/Klafehn/Sochor	1:23.07
4x400m Relay	
M40 DeWeese/Izzo/Klahen/Sochor	4:40.82
W30 Bocci/Morehead/Schultz/Thaxton	6:20.91
High Jump	
M35 Jeff Watry	1.70
M40 George Lehman	1.50
M45 Mike Oliver	1.20
M55 Mike Davidson	1.35
Bruce Mills	1.30
Don Amery	1.10
M60 Clarence Trinkner	1.40
Jerry Welbourn	1.25
Lou Edelman	1.10
M65 Jerry Donley	1.35
Eugene Hess	1.30
Chuck Sochor	1.20
Ed Failor	1.15
Ken Yahiro	1.05
M70 Henry Kuric	1.05
M80 M Lightfoot	1.05
W30 Boguslawa Langner	1.35
Angela Holder	1.10
W55 Joann Grissom	1.05
Pole Vault	
M35 Jerry Rohn	3.65
M40 George Lehman	3.80
Steve Willis	3.20
M60 Jerry Welbourn	2.90
Larry Breaun	1.98
M65 Jerry Donley	3.20
Chuck Sochor	1.98

Long Jump	
M35 Larry Hankins	5.57
Jeff Watry	5.45
Matt Schmitt	5.15
M40 Mike Skoflanc	5.82
Jay Preston	5.16
M50 Larry Knight	3.87
M55 Pete Stopoulos	4.92
George LaBelle	4.34
M60 Lou Edelman	3.38
M65 Jerry Donley	4.46
Chuck Sochor	4.34
Ken Yahiro	3.96
Ed Failor	3.87
Eugene Hess	3.78
M70 Mel Larsen	4.80
Henry Kuric	3.00
M80 Mel Flachs	2.65
W30 Boguslawa Langner	4.31
Angela Holder	3.92
W50 Penny Danielson	3.74
W55 Joann Grissom	3.54
Roddie Larsen	3.34
Triple Jump	
M35 Jerry Rohn	11.67
Larry Hankins	10.75
M40 Mike Skoflanc	11.90
M55 George LaBelle	8.37
M60 Lou Edelman	6.88
M65 Ed Failor	7.89
Eugene Hess	7.64
W55 Joann Grissom	7.27
Shot Put	
M30 Kevin Wood	12.05
M40 Larry Readman	10.85
M45 Mike Oliver	6.83
M50 Scott Berry	14.24
John Hess	10.04
M55 Frank Carl	10.92
George LaBelle	10.31
Don Amery	10.17
F Lee Slick	9.10
M60 Pay Carstensen	10.96
Jan Barton	8.64
Lou Edelman	6.92
M65 Chuck Sochor	9.19
Ken Yahiro	8.80
Ed Failor	8.46
M70 Mel Larsen	11.72
Ernest Bauer	10.50
M80 Milo Lightfoot	7.69
W30 Angela Holder	7.62
W35 Ruth Welding	10.42
Sue Hallen	7.73
W50 Karen Huff	8.57
W55 Joann Grissom	11.21
W70 Lorna Bauer	5.80
W75 G Antonijevic	5.68
Weight Throw	
M30 Kevin Wood	13.67
M40 Larry Readman	12.25
M55 Frank Carl	11.80
Don Amery	11.70
George LaBelle	11.38
F Lee Slick	10.40
M60 Pay Carstensen	20#15.75
Jan Barton	7.50
M65 Ed Failor	8.90
W30 Angela Holder	7.30
W55 Joann Grissom	11.40
3000m Racewalk	
M30 Danny Vogel	15:17
M40 Ron Winkler	16:54
Garland Moore	19:26
M45 Steve Frey	16:38
Ed Sell	16:51
M50 Don Howles	16:15
Robert Brzenk	17:50
M60 George Kruck	18:30
Cedric Hustace	18:44
M65 Albert Goldman	18:38
M70 Mike Rolak	18:58
W30 Sarah Prince	18:05
W45 Alice Winkler	18:58
Nancy Mackrola	20:38
W50 Jeanne Bocci	18:06
W65 Roselyn Bingham	22:29

WEST

Arizona Senior Olympics

Tempe; Feb. 23

50m	
M50 Emmette Graham	6.59
M55 Fred Kier	6.74
M60 Ray Graves	6.90
M65 Andy Anderson	7.20
M70 Gil Splaine	7.90
M75 Milton Silverstein	7.40
M80 John Mays	8.90
W50 Wendy McCord	8.70
W55 Erika Goldstein	8.47
M60 Beverly Neal	8.50
W70 Lorna Bauer	10.08
W75 Constance Kiely	10.30
W80 Helen Johnson	13.40
W85 Mary Berlangiero	19.26
100m	
M50 Jim Swayze	12.42
Gene Hoskovic	12.71
Emmette Graham	12.93
M55 Norbert Wedepohl	12.47
Fred Kier	12.54
Dave Doerr	13.28
M60 Ray Graves	12.86
Lowell Bonifield	13.40
Bassett Nix	13.69
M65 George Form	13.49
Andy Anderson	13.50
Ben Knaub	13.78
M70 Wilfred Wright	15.26
Gil Splaine	15.32

Johnny Gibson	15.72
M75 Mil Silverstein	14.10
John Reitan	16.27
Charles Whitney	16.44
M80 John Mays	17.40
Doug Wilson	17.54
Madeleo Blake	18.87
W50 Wendy McCord	17.20
W55 Erika Goldstein	16.50
Sally Lacy	18.90
W60 Joan Doucet	16.40
Beverly Neal	17.00
Nancy Filiatrault	18.30
W70 Lorna Bauer	20.17
Helen Coyte	24.11
Nona Todd	28.97
W75 Mary Kay	20.4

Continued from previous page

Table of results for various events including M80 Ross Carter, M85 John Hedges, W50 Laurie Rothrock, etc.

USATF Southern California Association Decathlon Championships Los Angeles; Mar. 11-12

Table of results for KelField Throws Series #37 Santa Cruz, CA; Mar. 25

CANADA Ontario Masters Indoor Championships Toronto; Mar. 4

Table of results for Ontario Masters Indoor Championships

Table of results for various events including M35 Blair Roblin, M60 Doreen Carmichael, M55 Karl Trei, etc.

Table of results for various events including M55 Jack Geddes, M50 Robert Moore, M45 Ray Tucker, etc.

Table of results for various events including M80 Ian Hume, M75 Lembit Saar, M65 Jim Mathers, etc.

Table of results for various events including M60 Barry Parnaby, M65 Allen Meddings, M70 William White, etc.

Table of results for various events including W55 Evaun Williams, W60 Eileen Kear, 3000m Racewalk, etc.

INTERNATIONAL

Table of results for International British Veterans National Indoor Championships Birmingham; Feb. 12

West Pretoria T&F Championships Bellville, Cape Town, So. Africa; Mar. 17-18

Table of results for West Pretoria T&F Championships

Continued on next page

Continued from previous page
 W35 C Hardenburg 40:59.0
 W40 C Sowray 47:14.0
 W50 J Hann 41:49.3

Short Hurdles
 M55 P Botha 19.51
 M60 R Cross 20.51
 W40 A de Villiers 12.76
 W45 F Bekker 17.29

Long Hurdles
 M30 T Visser 1:03.29
 M40 B Carnie 1:04.19
 M55 P Botha 51.90
 W40 A de Villiers 1:08.60
 W50 Y de Wit 51.34
 W65 I Hofmeyr 58.42

Steeplechase
 M30 M Ruppert 9:58.7
 M50 R Hugo 12:12.8
 W35 M Curran 8:01.9
 W40 C Wallace 8:31.8

High Jump
 M30 N Paskin 1.70
 M40 D Niehaus 1.60
 M45 N Hough 1.50
 M50 D Heunis 1.45
 M60 L Benning 1.35
 M75 C Nel 1.00
 W65 I Hofmeyr 1.10

Pole Vault
 M40 D Niehaus 2.66
 W50 P Pieterse 2.40

Long Jump
 M30 C Herbst 5.63
 M35 N Daniels 5.16
 M40 D Niehaus 5.68
 M45 A O'Ryan 4.87
 M50 J Louw 4.71
 W30 C Gomes 5.29

Shot Put
 M30 B Coetzee 11.87
 M40 A Wale 11.69
 M45 N Hough 11.00
 M50 R Bosch 10.58
 M55 S Johnston 10.66
 M60 R Mitchell 11.00
 M70 A Carnie 8.94
 W30 A Hennop 10.56
 W35 J Oliver 9.02
 W45 E Engelbrecht 9.51
 W50 M Uys 10.18
 W60 S Malherbe 7.37

Discus
 M30 B Coetzee 38.78
 M40 A Wale 31.94
 M45 J Jacobs 30.60
 M50 R Bosch 34.46
 M55 S Johnston 36.62
 M60 S Saffer 33.26
 M70 A Carnie 24.36
 M80 C Nel 19.42
 W30 A Hennop 35.34
 W35 J Oliver 30.04
 W45 E Engelbrecht 28.76
 W50 J Uys 23.92
 W60 S Malherbe 16.08

Hammer
 M30 B Coetzee 43.48
 M45 G Engelbrecht 29.22
 M50 Z VD Berg 39.84
 M70 A Carnie 27.70
 M80 C Nel 18.66
 W30 A Hennop 32.28
 W45 E Engelbrecht 20.72
 W50 M Uys 25.68
 W60 S Malherbe 19.64

Javelin
 M30 B Coetzee 35.58
 M40 D Niehaus 36.28
 M45 N Hough 41.18
 M50 Z VD Berg 43.58
 M55 W Baxter 33.24
 M60 S Fourie 32.06
 M70 A Carnie 18.02
 M80 C Nel 19.74
 W30 A Hennop 29.06
 W60 S Malherbe 20.88

W55 L Hatz 1:10:11.3
 W60 H Rothman 1:06:49.5
 W65 J Geldenhuys 1:10:46.6
 20,000m RW

M45 G Oosthuizen 2:11:54.4
 M55 G Rossouw 2:13:05.3
 M60 J Hotston 2:02:47.3
 M75 J Rogers 2:39:03.9

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. 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.

NATIONAL

USATF National Masters 8K Championships (Sportmart Shamrock Shuffle) Chicago; Mar. 19

Overall
 Leszek Stoklosa 29 24:21
 Debra Gormley 28 27:36
 M40 Gary Romesser 25:16
 Hal Carlson 26:15
 Gary Townsend 26:22
 Jim Whitnah 26:57
 Bob Theodore 27:27
 Dan Rindfleitsch 27:30
 Rick Terhune 27:41
 Thomas Fath 28:14
 Jim Tucker 28:19
 John Ireland 28:40

Jeff Leavitt 29:23
 Lee Jones 30:26
 Rickey King 31:25
 David Meridith 34:48
 Richard Kaplan 36:03
 M45 Christopher Nemeth 29:04
 Alex Posner 29:26
 Efran Beltran 31:18
 Lawrence Quinn 37:24
 Clarence Windbush Jr 44:46
 M50 Victor Heckler 27:32
 Paul Perry 30:09
 John Craig 30:21
 Chris Precht 32:30
 Rick Brodine 33:25
 Patrick Furgal 33:33
 Pete Uhrhammer 37:31
 Bill Peterman 38:12
 M55 Harry Tellman 30:18
 Mike Brazier 32:35
 Ludwig Mueller 38:22
 James Kalas 40:01
 Howard Buckholz 40:20
 William Zaldo 53:08
 M60 Norm Green Jr 29:16
 George Suter 34:26
 Otto Volkmann 35:03
 Elmer Richardson 46:44

M65 none
 M70 Warren Utes 74 32:35
 Walter Ross 72 39:51
 Henry Kuric 73 44:44
 John Lemond 70 60:31
 W40 Anne Gosch 30:13
 Peggy Pate 31:14
 Mary Moss 32:05
 Deb Forkins 33:07
 Jody Hughes 34:25
 Beth Onines 34:47
 W45 Peggy Whitlow 31:33
 Nancy Rollins 32:56
 Christina Kacperczyk 36:31
 Donna Drake 42:34
 Bette Taylor 45:29
 W50 Patricia Evans 35:18
 W55 none
 W60 Barbara Scheckman 47:49

Age-Graded M40+
 1 Warren Utes 74 \$100 93.3%
 2 Norm Green Jr 62 \$ 75 90.4%
 3 Vic Heckler 52 \$ 50 87.3%
 4 Gary Townsend 43 * 85.5%
 5 Harry Tellman 56 \$ 82.5%
 6 Bob Theodore 43 \$ 82.3%

Age-Graded W40+
 1 Peggy Whitlow 48 * 83.94%
 2 Anne Gosch 43 * 83.89%
 3 Nancy Rollins 48 \$ 100.00%
 4 Peggy Pate 40 * 79.2%
 5 Pat Evans 51 * 77.7%
 6 Mary Moss 40 * 77.1%
 *received prize for overall

Robert Trame 16:40
 Vasilis Kondylis 16:47
 Scott Rosenlieb 16:51
 M45 Arturo Rodriguez 16:22
 Bob Betancourt 16:28
 Daniel Kelly 16:51
 Fred Shufflebarger 17:00
 Mike Creery 17:16
 Don Irvine 17:21
 Donald Ocana 17:23
 Thom McHale 17:25
 Terry Martin 17:35
 Ron Ogilvie 17:39
 M50 Jan Frisby 16:17
 Tom Curry 16:36
 Juan Cabeza 17:12
 Wayne Mitchell 17:26
 Don McCarthy 18:04
 Allen Gamber 18:21
 Dan Ashimine 18:24
 Jim Williams 18:28
 Robert Seldner 18:33
 Sim Sydney 18:40
 M55 Thom Weddle 17:14
 Carlos Valle 17:38
 Derek Wharton 18:02
 George Cohen 18:13
 Tom Morrow 18:49
 Roman Hubersen 18:54
 Benny Holt 19:22
 Gamma Chavez 19:27
 Byron McIntosh 19:34
 Bill Crum 19:39
 M60 Norm Green Jr 17:52
 Bill Dodson 19:03
 Bruce Katter 19:10
 Robert Culling 19:43
 Jim Hilton 19:43
 Bob Rice 19:59
 Ramon Sandoval 20:03
 John Ghini 20:07
 M65 Gunnar Linde 19:41
 Jim O'Neil 20:02
 Pat Devine 20:19
 R O Olivares 20:46
 Jerry Crockett 21:02
 Efrain Sanchez 21:47
 M70 Larry Banuelos 20:45
 Tejada Vergara 21:31
 Jim McCown 21:51
 Ted Horner 24:03
 Daniel Lujan 25:02
 M75 Donald Dilworth 27:07
 Robert Kroger 27:57
 Wayne Zook 28:02
 Hal Elrick 29:02
 M80 Walt Kuetzing 28:15
 Dudley Healy 30:03
 Robert Rice 43:16
 W40 Honor Fetherston 17:15
 Diana Tracy 17:37
 Sandy Robbins Snyder 18:14
 Lorraine Caldwell 18:18
 Leslie Lewis 18:24
 Sherri Hall 18:27
 Loi Coker 18:54
 Mary Ryzner 19:03
 Vicky Roberts 19:17
 Shelley Sumner 19:19
 W45 Alexandria Brava 18:26
 Joni Shirley 19:09
 Debby Jamieson 19:13
 Barbara Spannaus 20:22
 Marilee Ramsay 20:55
 Betty Rosenberg 21:02
 Kerry Tabler 21:32
 Danielle Cane 21:35
 W50 Rae Baymiller 17:57
 Joan Ottaway 18:08
 Kathy Loper 20:19
 Margaret Neville 21:00
 Mary Orr 22:12
 Ursula Rains 22:16
 Inge Harper 23:19
 Sandy Madden 23:25

W55 Yvette Lavigne 20:41
 Eileen Pae 21:32
 Judy Martin 24:33
 Helen Lighterink 24:59
 Sharon Leitner 25:20
 Gerti Holtslag 25:48
 W60 Peggy Ainslie 22:23
 Ruth Mangrum 27:45
 Maxine Brown 28:57
 Hazel Phillips 29:20
 W65 Ruth Anderson 26:14
 Stella Sharp 28:14
 Lillie Doss 32:51
 W70 Mary Storey 26:51
 Jo Kiesecker 27:43
 Gerry Davidson 27:48
 W75 Judy Simon 31:39
 Marjorie Easton 44:43
 Ruth Lewis 45:29

USATF National Masters 5K Championships Age-Grading

Place & Name	Sex-Age	Time	A-G%
1 S Rae Baymiller	W51	17:57	92.7
2 Joan Ottaway	W50	18:08	90.9
3 Doug Bell	M44	15:17	90.8
4 Francesjon Gailson	M41	15:00	90.5
5 Norm Green Jr	M62	17:52	90.4
6 Tom Curry	M50	16:17	89.7
7 Jan Frisby	M50	17:38	89.2
8 Carlos Valle	M59	17:38	89.0
9 Thom Weddle	M56	17:14	88.6
10 Lloyd Stephenson	M40	15:19	88.0
11 Honor Fetherston	W40	17:15	87.6
12 James Tracy	M44	15:55	87.2
13 Derek Wharton	M59	18:02	87.0
14 Jim O'Neil	M69	20:02	86.91
15 Sam Hajj	M44	15:58	86.9
16 Roger Tumasonis	M41	15:38	86.8
17 Greg Gustafson	M40	15:35	86.5
18 Alexandria Brava	M46	18:26	86.3
19 Bob Betancourt	M47	16:28	86.2
20 Diana Tracy	W40	17:37	85.8
21 Gunnar Linde	M66	19:41	85.5
22 Arturo Rodriguez	M45	16:22	85.4
23 Juan Cabeza	M51	17:12	85.1
24 Tejada Vergara	M73	21:31	85.07
25 Sandy Robbins Snyder	W43	18:14	84.98
26 Peter Mogg	M40	15:52	84.95
27 Daniel Kelly	M48	16:51	84.87
28 Larry Banuelos	M70	20:45	84.87
29 Harold Ketting	M41	16:02	84.7
30 Joni Shirley	W48	19:09	84.5
31 Peggy Ainslie	W63	22:23	84.3
32 Sherri Hall	W43	18:27	83.98
33 Perry Linn	M43	16:25	83.90
34 Jim McCown	M73	21:51	83.8
35 Yvette Lavigne	W55	20:41	83.61
36 Mike Allison	M43	16:30	83.48
37 Bruce Minard	M40	16:09	83.46
38 Wayne Mitchell	M50	17:26	83.3
39 Lorraine Caldwell	W41	18:18	83.27
40 Bill Dodson	M60	19:03	83.12
41 George Cohen	M55	18:13	83.10
42 Sal Salmi	M40	16:14	83.0
43 Dale Fleet	M41	16:23	82.86
44 Fred Shufflebarger	M46	17:00	82.85
45 Pat Devine	M66	20:19	82.83
46 Bob Culling	M63	19:43	82.73
47 Kathy Loper	M52	20:19	82.67
48 Vasilis Kondylis	M44	16:47	82.67
49 Bruce Katter	M60	19:10	82.61
50 Mike Creery	M47	17:16	82.2
51 Leslie Lewis	W40	18:24	82.1
52 Debby Jamieson	W45	19:13	82.0
53 Ron Ogilvie	M49	17:39	81.7
54 Roman Hubersen	M57	18:54	81.5
55 Robert Trame	M41	16:40	81.46
56 George Vermosky	M64	20:14	81.43
57 Terry Martin	M48	17:35	81.3
58 Pat Devaney	M40	16:35	81.28
59 Tom Morrow	M56	18:49	81.16
60 Scott Rosenlieb	M42	16:51	81.15
61 Nick Hernandez	M40	16:37	81.1
62 Don McCarthy	M51	18:04	81.06
63 Norton Compton	M40	16:38	81.04
64 Donald Ocana	M46	17:23	81.0
65 Robert Seldner	M54	18:33	80.9
66 Thom McHale	M46	17:25	80.87
67 Jim Williams	M53	18:28	80.6
68 Don Irvine	M45	17:21	80.56
69 Skyler Jones	M42	16:59	80.5
70 Jim Hilton	M60	19:43	80.3

EAST

Hudson-Mohawk RRC Marathon Albany, NY; Feb. 26

Overall
 Desta Ayeenew 32 2:49:23
 Pam Alexander 36 3:18:30
 M40 Peter Gerardi 2:53:01
 Ed Sandifer 2:53:11
 Daniel Pruett 3:04:00
 M45 John Holm 3:08:53
 Ron Bagnoli 3:11:12
 Richard Davis 3:12:54
 M50 Roger Goulet 3:15:57
 Francis Mach 3:42:08
 Adam Sulkowski 3:49:22
 M60 Otto Mond 4:09:44
 W40 Judith Vinci 3:43:13
 Janet Conklin 3:45:44
 Claire Rindenello 3:53:18
 W45 Pat Rose 4:01:49
 W50 Barbara MacArthur 3:57:50
 Rosemary Rusin 3:57:54

Bethesda Chase 20K/5K/20K Racewalk Bethesda, MD; Mar. 5

20K Overall
 Eric Woronick 23 1:06:27
 Bonnie Barnard-Lopez 35 1:15:26
 M40 Paul Peterson 1:09:30
 Ed Ryan 1:16:57
 M45 Bennett Beach 1:12:50
 Herbert Tolbert 1:15:44
 M50 Daniel Tuttle 1:24:36
 Russ Abbott 1:27:27
 M55 Chan Robbins 1:23:44
 M60 Jack Schmid 1:36:16
 George Waxer 1:42:15
 M65 Bill Morrison 1:39:05
 M70 Bill Osburn 1:48:06
 Frank Pierce 1:51:02
 W40 Georganee Welde 1:32:25
 W45 Sue Humphries 1:31:32
 Judith Bugyl 1:32:31
 W50 Sharon Dolan 1:31:32
 Muffet Chatterton 1:42:11
 W55 Judith Flannery 1:41:23
 W60 Kay Morrison 2:06:29

5K Overall
 Ted Poulos 33 18.07
 Maureen Becker 26 21.25
 M40 Robin Roberts 41 25.05
 M50 Fred Bernstein 51 21.23
 M60 Carey Kerby 66 32.02
 M70 Alvin Guttag 76 41.22
 W40 Annette Becke 41 22.53
 W50 Julia Gilje 54 32.30

20K Racewalk
 James Moreland 42 1:58:49
 Alan Price 48 2:01:39
 James Goldstein 46 2:08:06
 Lois Decker F55 2:31:02
 Newlie Henson 72 2:36:25
 William O'Reilly 69 2:36:59

Lead IX 5K Run Levittown, NY; Mar. 5

Overall
 Brian Ronan 15:51
 Dina Alvorano 18:05
 M40 Frank Russo 18:08
 Roger Genzo 18:26
 Philip Lilli 18:39
 M45 Victor Medina 19:08
 Robert Magliola 19:12
 Bill Miller 22:03
 M50 Maury Dean 17:57
 Bob Pike 18:20
 Seth Kaminsky 18:56
 M55 Joe Cordero 19:18
 Richard Chester 21:39
 Jim Murphy 21:54
 M60 Ray Fletcher 20:59
 Bill Oberg 23:29
 Gus Likos 23:53
 M65 Colin Harris 21:33
 Bert Jablon 23:47
 Odd Sangesland 25:38
 M70+Cliff Gulbransen 27:22
 W40 Andrea Otto 21:34
 Mary von Bevern 22:34
 Nancy Bernardin 23:25
 W45 KerryAnn Massett 21:09
 Teresa Machmer 32:58
 Karen Kass 34:34
 W50 Erica Gassen 25:54
 Joan Ackerman 29:34
 Martha Lanfear 31:27
 W55 Jeanette Blitz 28:03
 Mickey Stelling 30:19
 Jean Venturini 31:35
 W60 Janice Hirsch 53:53
 1100 finishers
 42°/W15mph/dry

NYRR Al Gordon Five Miler Central Park; Mar. 5

Overall
 Art Gunther 23 25:06
 Gillian Horowitz 39 29:43
 M30 Hank Berkowitz 33 26:49
 Wayne Pizarro 32 26:51
 Karl Amandson 33 27:02
 M40 Louis Calvano 29:03
 John Giggeri 29:25
 Ed Nolan Jr 29:28
 M45 Jack Porzio 28:44
 John Ferrero 30:11
 Mike Wilson 30:15
 M50 Hugh Sweeney 28:32
 Pat Cosgrove 29:51
 John Courtmanche 31:09
 M55 Mike Goldman 32:29
 Ramon Ruiz 32:33
 Everett Huntoon 33:44
 M60 Martin Winter 32:56
 George Reilly 35:04
 Stuart Witt 36:29
 M65 Hector Pacheco 34:48
 Jack Haar 36:32
 Leslie Clark 41:42
 M70 John McManus 36:08
 Sab Koide 40:16
 Philip Vale 42:47
 M75 Wilfredo Rios 45:06
 Al Goldstein 46:15
 Charles Feldman 50:09
 W30 Beatrice Huste 30 31:22
 Elsa Stocker 36 32:19
 Carmen Jimenez 35 32:35
 W40 Kathy Gribbon 31:26
 Wendy Silverstein 33:56
 Diane O'Donnell 34:51
 W45 Susan Hale 36:41
 Carolyn Moore 37:16
 Annemarie Koschier 40:03
 W50 Lillie Smith 36:48
 Patty Parmalee 38:24

Susanna Beltrandi 38:26
 W55 Edith Jones 38:19
 Joan Bondell 39:39
 May Chou 40:56
 W60 Lisa Praskins 36:28
 Rosa Nales 39:13
 W65 Toshiko d'Elia 38:42
 Muriel Merl 45:09
 Finishers: 630m/331w
 Weather: 38°/h69%/wNE7mph/clr

St. Paddy's Day 8K Poestenkill, NY; Mar. 11

Overall
 Dave Twarog 35 24:41
 Jennifer Fazioli 14 27:59
 M40 Dale Keenan 26:10
 M45 Pat Glover 27:48
 M50 Edward Bown 30:56
 Ray Newkirk 31:07
 M55 Dennis Englert 36:51
 M60 Ray Breen 34:00
 Dick Green 34:00
 M65 Edward Doucette 34:17
 W40 Karen Provencher 31:41
 W45 Diane Wagner 42:25
 W50 Susan Cacuitto 48:33
 W55 Eiko Bogue 51:24
 W60 B J Stolie 59:22
 W65 Regina Tumidajewi 48:51

NYRR Brooklyn Half-Marathon Prospect Park, NYC; Mar. 12

Overall
 Trevor Murray 29 1:09:00
 Katherine Damon 33 1:24:45
 M30 Tim Cooney 31 1:13:14
 James Morgan 36 1:14:57
 Ed Bridge 34 1:15:02
 M40 Sean Doyle 1:15:40
 Jack McShane 1:16:15
 Keith Sullivan 1:21:58
 M45 Nicholas Caswell 1:15:40
 Robert Briglio 1:17:54
 Jack Porzio 1:20:32
 M50 Luis A Flores 1:24:12
 Dennis Howe 1:27:00
 Thomas McGee 1:27:54
 M55 Joe Diorio 1:30:39
 Philmore Brewer 1:31:44
 Ramon Ruiz 1:32:31
 M60 Richard Murphy 1:27:05
 Ken Jones 1:33:08
 George Reilly 1:36:41
 M65 Hector Pacheco 1:34:05
 John Corrigan 1:42:19
 Charles Safran 1:46:44
 M70 Bob Muller 1:46:16
 Sab Koide 1:55:21
 Philip Vale 2:00:29
 M75+Wilfredo Rios 78 2:09:57
 Andrew Neidng 752:16:33
 Charles Feldman 792:20:04
 W30 Barbara Remmers 311:27:09
 Wendee Pratt 33 1:28:58
 Carmen Jimenez 351:29:14
 W40 Kathy Gribbon 1:27:24
 Marie Wickham 1:34:06
 Joan Baldassari 1:34:22
 W45 Lee Saroken 1:43:19
 Mary Spera 1:43:56
 Susan Hale 1:44:26
 W50 Marjorie Kos 1:43:10
 Carol Hasan 1:48:37
 Susanna Beltrandi 1:50:15
 W55 Edith Jones 1:48:07
 Naomi Vogel 2:07:15
 W60 Lisa Praskins 1:41:06
 Wen-Shi Yu 1:47:32
 Continued on next page



Continued from previous page
Rosa Nales 1:53:32
W65 Ethel Autorino 2:01:25
Cassie Bazar 2:12:35
Bertha McGruder 2:22:47
Finishers: 856m/284w
Weather: 42°/clr/breezy

Newark Distance Classic 20K
(USATF NJ Championships)
Newark, Mar. 12

M40 George Shurter 1:11:54
Bill Plough 1:12:10
Kelly Jensen 1:13:55
M45 Bill Pape 1:14:18
Joe DeJanes 1:16:41
Antonio Grazina 1:17:14
M50 Pat Cosgrove 1:17:44
John Nowatkowski 1:23:11
Jeff Martin 1:23:19
M55 Victor Cruz 1:21:03
Scott Marsh 1:25:42
Don Bozzone 1:27:21
M60 Joe LaBruno 1:33:50
Stan Chodnicki 1:35:53
M65 Charles Marti 1:48:14
M70 Lester Ridings 1:39:37
M80 Dudley Healy 1:53:34
W40 Joyce Hayes 1:26:44
Jane Parks 1:28:43
Kuniko Hurlley 1:30:55
W45 Betty Conover 1:25:42
Lily Kosaka 1:32:57
Chiara Becchi 1:37:52
W50 Ann Gillespie 1:36:13
Celeste Fondaco 1:43:32
W65 Toshiko d'Elia 1:44:30

Age-graded Performance

1 Pat Cosgrove 54 1:07:49
2 Bill Pape 47 1:08:46
3 George Shurter 40 1:10:03
4 Rory Moore 42 1:10:18
5 Bill Plough 40 1:10:19
6 Victor Cruz 55 1:10:20
1 Betty Conover 46 1:18:38
2 Toshiko d'Elia 65 1:19:03
3 Joyce Hayes 40 1:23:42
4 Jane Parks 42 1:24:13
5 Ann Gillespie 51 1:24:25
6 Kuniko Hurlley 44 1:24:52
from Madeline Bost

Shamrock 3 Miler
Southampton, NY, Mar. 19

Overall
Toby Green 16:15
Barbara Gubbins 17:22
M40 Jim Walsh 2nd 16:50
Dave Oakley 17:34
M50 Maury Dean 17:16
Tony Venesina 18:24
M60 Ed Batcheller 24:11
Peter LaMagna 24:13
M70+Andy Neidnig nta
W40 Colleen Gilmartin 22:58
Hildy Maze 23:09
W50 Mayte Cati 27:02

NYRRR Rites of Spring 10K
Central Park, Mar. 19

Overall
Abidi Bouazza 23 30:10
Gillian Horowitz 39 36:38
M30 Julian Giraldo 32 30:40
Raul Puento 30 31:08
Andrew Whitney 33 31:33
M40 Paul Mascali 32:13
Louis Calvano 34:48
Wes Byerly 35:09
M45 Nicholas Caswell 33:43
Bob Briglio 35:40
Luis Guachichulca 35:51
Hugh Sweeney 35:24
Sam Skinner 36:33
Roger Gocking 37:50
M55 Philmore Brewer 40:09
Michael Goldman 40:26
Richard Creditor 40:27
M60 Witold Bialokur 40:00
Geza Feld 41:28
Martin Winter 42:18
M65 Hector Pacheco 41:58
Don Dixon 44:19
Jack Haar 44:55
M70 Sal Koide 53:05
Peter Harangozo 54:14
Wallace Cutler 54:47
M75+Wilfred Rios 78 58:19
Charles Feldman 79 63:05
W40 Kathy Gribbon 39:15
Joan Baldassari 40:40
Barbara Anderson 41:14
W45 Cheryl Ralya 39:33
Sylvie Kimche 42:29
Jude Tallichet 42:50
M50 Nancy Tischler 44:29
Robin Villa 45:19
Kate Glynn 45:21
W55 Patty Palmalee 46:33
Joan Bondell 48:07
Naomi Vogel 55:26
W60 Wen-shi Yu 47:15
Thelma Wilson 49:44
Maggie Solomon 50:56
W65 Toshiko d'Elia 47:24
Muriel Merl 54:48
Dolly Finkelstein 59:48
W70+Amy Asch 70 95:54
Finishers: 1035m/667w
Weather: 45°/h66°/w58mph/clr

NYRRR Powerbar 20 Mile Run
Central Park, NYC, Mar. 26

Overall
Shawn Marcelle 29 1:54:32
Lori Stich 24 2:12:16
M30 Timothy Dunlap 38 1:57:04
Tom Bowmaster 35 1:57:18
Peter Allen 34 1:57:59
M40 Dan Brannen 2:08:19
Andy Burek 2:09:05
Jeffrey English 2:10:18
M45 Robert Briglio 2:00:41
Brenoit Jadoul 2:14:03
Julio Aguirre 2:16:07
M50 Efrain Torres 2:11:25
Ken Nomiyama 2:17:46
Dennis Howe 2:19:19
M55 Joe Diiorio 2:20:53
Robert Mitchell 2:28:41
Alberto Ocampo 2:31:23
M60 Richard Murphy 2:19:28
Eldipio Rivera 2:26:00
M65 Hector Pacheco 2:22:32
Patrick McElroy 2:43:10
Charles Safran 2:44:07
M70 Philip Vale 3:14:22
Sab Koide 3:19:10
M75 Wilfredo Rios 3:33:55
W30 Patrice Kentner 33 2:15:39
Deborah Barnett 35 2:21:27
Wendee Pratt 33 2:23:57
W40 Sharon Vos 2:16:08
Kathy Gribbon 2:18:57
Joan Baldassari 2:29:25
W45 Jude Tallichet 2:27:43
Lily Kosaka 2:33:27
Flora Flores 2:41:27
W50 Marjorie Kos 2:45:54
Carol Hasan 2:56:30
Angela Conte 3:05:06
W55 Edith Jones 3:00:12
Billie Moten 3:29:27

Run For Aspire 10K
Plainview, L.I., NY, Apr. 1

Overall
Julian Giraldo 32 30:34
Christine Gentile 25 35:31
M35 Don Di Donato 31:18
M40 Paul Mascali 31:56
M45 Jack Porzio 35:11
M50 Hugh Sweeney 35:06
M55 Mel Cowgill 38:41
M60 Geza Feld 40:19
M65 Colin Harris 43:12
M70 John McManus 46:10
M75+Bill Benson 59:55
W35 Barbara Gubbins 37:10
W40 Mary Conry 42:43
W45 Mary Rosado 41:43
W50 Nancy Tischler 44:20
W55 Marion Stanjones 45:17
W60 Thelma Wilson 49:46
W65 Vera Allen 62:17

NYRRR Queens
Half-Marathon/5K
College Point, Queens, NYC;
Apr. 2

Overall
Nick Riviere 29 1:10:07
Gillian Horowitz 39 1:20:08
M30 Nick Galasso 31 1:10:44
Tim Cooney 31 1:11:18
Ray Ross 34 1:14:57
M40 Sean Doyle 1:13:57
Jack McShane 1:15:38
Kevin O'Connor 1:16:53
M45 Nick Caswell 1:15:25
Bob Briglio 1:17:13
Luis Guachichulca 1:18:18
M50 L A Flores 1:21:16
Roberto Velez 1:28:17
Robert Brooks 1:29:34
Joe Connolly 1:28:27
M55 Dick Creditor 1:29:27
Ramon Ruiz 1:29:27
Philmore Brewer 1:29:48
M60 Max Schindler 1:38:12
George Erkmann 1:44:51
Dick Murphy 1:48:16
M65 Hector Pacheco 1:34:04
Charles Safran 1:42:21
John Sullivan 1:47:53
M70 Sab Koide 1:57:26
Philip Vale 1:58:05
Don Brown 2:08:59
M75+Wilfred Rios 78 2:12:22
Andrew Neidnig 75:21:6:38
Frank Brownstein 73:20:28
W30 Ana Rios 34 1:21:11
Katherine Damon 33:24:05
Pat Kentner 33 1:26:56
W40 Kathy Gribbon 1:27:06
Joan Baldassari 1:30:42
Wendy Silverstein 1:33:45
W45 Flora Flores 1:41:53
Lee Saroken 1:43:09
Donna Cavalieri 1:48:23
W50 Susanna Beltrandi 1:44:45
Lillie Smith 1:46:07
Melanie Benvenue 1:52:39
W55 Edith Jones 1:48:04
Naomi Vogel 2:05:12
Billie Moten 2:15:56

W60 Sally Schuckman 2:13:01
W65 Ethel Autorino 2:04:23
Bertha McGruder 2:22:15
Finishers: 740m/197w
Weather: 40°/clr/sunny
--5K--

Overall
Geoffrey Buchan 26 15:57
Siobhan Murphy 24 19:34
M30 Michael Crowe 35 16:30
M40 Luis Oquendo 18:09
M45 Jo Featherston 17:35
M50 Ben Grundstein 18:28
M55 Mike Goldman 19:56
M60 Carlos Morales 24:14
M65 Jack Ryan 23:50
M70 John McManus 22:08
M75+Charles Feldman 79 31:14
W30 Leda Sabio 30 23:42
W40 Evelyn Franky 20:13
W45 Gilda Serrano 25:59
W50 Wendy Burns 23:13
W55 Joan Bondell 23:25
W60 B Bellinghausen 22:57
W65 Dolly Finkelstein 27:47
Finishers: 126m/61w

Boston Marathon
April 17

Overall
Cosmas Ndeti KEN 2:09:22
Uta Pippig GER 2:25:11
M40-49
Martin Mondragon MEX 2:16:29
Barnabas Katui KEN 2:19:31
Yuriy Mikhailov RUS 2:19:37
Artemio Navarro MEX 2:20:31
Kipsubai Koskei KEN 2:20:46
Herbert Steffny GER 2:21:38
Jairo Correa COL 2:23:48
Vladimir Krivoy UKR 2:25:12
Doug Kurtis MI 2:30:05
John Trettin CA 2:32:44
Terry McCluskey OH 2:33:32
Paul Peterson MD 2:33:32
Kenneth Wilson NH 2:35:03
Leonid Moseev RUS 2:35:25
Joseph Knap OH 2:35:33
John Zupanc WI 2:35:47
Richard Weeks TN 2:35:56
Stephen Jayson TX 2:36:13
Robert Ruel MA 2:36:24
Masato Ono JPN 2:36:33
M50-59
Richard Crampon CAN 2:35:43
Oddvar Hausken NOR 2:38:56
Hal Goforth CA 2:39:08
Ken Sparks OH 2:41:39
Monseratte BurgosMA 2:42:39
Jack Miller CAN 2:45:48
Julian Barrera ESA 2:46:17
James Steffing OH 2:47:21
John Kirkpatrick MD 2:48:27
Terry Van Natta NC 2:50:40
Joe Burgess FL 2:40:57
Robert Pratte NH 2:50:58
James Williams CA 2:51:39
Jonathan Stableford 2:52:07
James Hudick NY 2:52:12
Doug Schumann CT 2:53:51
Jerry Rosa NH 2:54:13
John Rogucki MI 2:55:00
Anthony CerminaroPA 2:55:35
Efrain Torres PA 2:55:44
M60+
Malcolm Gillis AL 2:52:33
Oleg Morozov MO 2:56:18
Joe Goodwin FL 2:57:38
Robert Peart GBR 2:59:29
Bill Dodson NM 3:00:21
Keizo Yamada JPN 3:00:26
John Murphy CA 3:00:33
Richard Murphy NY 3:13:18
Jim Schleisman IA 3:13:42
James Lacy PA 3:14:43
Sunao Yamanaoka AR 3:18:12
Gerhard Franke GER 3:18:14
Ken Jones NY 3:21:20
Ted Tetzlaff WI 3:21:40
Bob Borglund MA 3:21:47
Joe Connolly FL 3:23:01
Rich Hause PA 3:23:41
Walt Gronski NY 3:24:04
Tom O'Hearn MA 3:24:22
Don Ross MA 3:26:59
W40-49
Irina BondarchoukRUS 2:43:42
Mary Hynes-Johansson 2:57:39
Mary Hanlon FL 2:58:21
Donna Anderson CT 2:58:31
Sharon Vos CT 3:00:19
Terri Martland RI 3:03:02
Susan Given VA 3:04:37
Kathy Gribbon ILL 3:10:51
Susan Gustafson MA 3:10:58
Kathleen Beebe MA 3:11:09
Linda Leonard MI 3:12:44
Cynthia Calvin CA 3:12:51
Eunice Phillips CAN 3:13:00
Ruth Fina WI 3:13:05
Elizabeth Ryberg SC 3:14:20
Barbara Arveson MN 3:15:03
Sherri Hintz GA 3:15:09
Marie-Franco JothyCAN 3:15:29
Nancy Lyons MA 3:16:26
Mimi Sturgill OH 3:16:33
W50-59
Wendy Burbank MA 3:29:19
Louise Boland MA 3:31:20
Judy Carroll OH 3:32:24

Suzanne Murphy CA 3:33:10
Mary-Claude Flaussui 3:34:52
B King MD 3:34:57
Katsjio Nitamura JPN 3:35:58
Jayne Grout NY 3:36:59
W60+
Wen-Shi Yu NY 3:26:32
Unofficial results.
Remainder next month.

SOUTHEAST

Pomoco Group/Hampton
Coliseum Half-Marathon
(RCCA Eastern Regional
Championships) & 5K
Hampton, VA; Feb. 12

Overall
Kevin Ruch 30 1:05:42
B G Barnard-Lopez 35 1:16:27
Top M40+
Terry Permar 40 1:09:45
Paul Peterson 40 1:11:44
Don Slusser 43 1:16:50
Top M50+
Ben Dyer 51 1:20:08
M40 Frank Paykes 1:17:14
Larry White 1:17:41
Rudolph Pekarek 1:18:34
M45 Bill Hart 1:17:00
Tim Sponseller 1:17:19
R F Beauchamp 1:18:10
M50 Moses Mayfield Jr 1:20:13
Jack Somberger 1:21:04
John Haubert 1:23:53
M55 Chan Robbins 1:30:08
Bob Ferguson 1:30:35
Dick Jamborsky 1:30:52
Tom Ray 1:32:49
Bill Spruill 1:36:47
M65 Neil Wilson 1:42:19
Roy Elder 2:05:55
M70+Robert White 71 1:38:48
Cokey Daman 76 1:50:55
Top W40+
Rose Malloy 46 1:24:26
Sue Given 42 1:26:02
Jeanne Kruger 47 1:30:44
Top W50+
Joyce Hodgeslite 57 1:47:40
W40 Betty Blank 1:31:06
Linda Gulick 1:32:20
Rona Altschuler 1:32:33
W45 Jeanne Bowers 1:37:24
Mary Pyne 1:41:52
Pat O'Brien 1:49:10
W50 O C Thompson 1:55:33
Lynn Cooper 2:00:27
W55 Pauline Ely 2:08:26
W60+Alice Wilson 60 1:59:57
Madeline Childs64:23:13
--5K--
Overall
Thad Jones 38 16:13
Brandy Lawrentz 17 20:07
M40 Rick Platt 17:41
M45 Bob Matson 19:00
M50 Cecil Davis 19:11
M55 Frank Wagner 18:38
M60+Jim Hite 60 21:39
W40 Lisa Ogburn 23:13
W45 Ginny Maxwell 23:24
W50+Judith Dodson 53 26:07

Colonial Half-Marathon
Williamsburg, VA; Feb. 26

Overall
Paul Mbogua 32 1:05:31
Bonnie BarnardLopez35:16:47
M40 Paul Peterson 1:12:10
Don Slusser 1:15:40
William Ruth 1:18:27
M45 Tim Sponseller 1:17:44
Robert Johnson 1:18:28
Reuben Beauchamp 1:21:10
M50 Ben Dyer 1:21:06
Steve Ries 1:25:08
Paul Natelli 1:25:26
M55 James Adams Jr 1:23:57
Gilles Stucker 1:25:42
David Cartwright 1:25:57
M60 Jerry Patton 60 1:34:24
Tom Ray 61 1:35:16
Lee Cooper 64 1:37:32
M70+Dixon Hemphill70 1:46:01
Francis Kelley72 1:56:08
Eldridge Lloyd72 2:25:29
W40 Rona Altschuler 1:37:54
Mary Winston 1:38:22
C W WamsleyMorris1:40:09
W45 Cris Sterling 1:34:16
Carol Henry 1:48:24
MaryEllen Gonyea 1:48:51
W50 Sharon Giese 1:41:12
Sharon Myers 1:42:38
Kathy Lewis 1:48:51
W55 Karin Stronach 1:56:22
Phyllis Mihalich 2:03:50
W60+JeanetChambers60 2:12:04
KumYe Tarapchak60:22:31

The Human Race 10K
Sarasota, FL; Mar. 4

Overall
Brandon Brittain 19 33:47
Tina Pontoni 37 38:33
M40 Bill Menard 38:44
Kevin Selfridge 41:39
Steve Otwan 42:17
M45 Barry Davis 38:02
Dave Burke 38:04

Joe Siever 45:55
M50 Richard Quevillon 36:32
Dan Hyre 38:12
Richard Jackson 39:44
M55 John Grant 38:44
Kent Morse 40:29
Dick Mischiard 40:52
M60 Franklin Robiltusie39:06
John McGowan 41:06
Jim Eagleston 42:45
M65 Myron Meyer 41:52
Pat Gallagher 45:42
John Mitchell 46:38
M70 Carl Hammen 46:33
Bill Pass 52:45
M75 Stan Chichester 66:10
M80 Ray Grills 80 60:57
W40 Sheri Haupt 46:33
Anne Van Meyer 47:43
Amy Webber 47:53
W45 Joyce Rankin 40:47
Candace Yelton 48:56
Etsuko Teshima 50:39
W50 Diane Leach 46:03
Phyllis Siskel 49:02
Eileen Gizeen 50:48
W55 Georgia Allin 51:51
Barbara Frasca 53:46
Sandy Depenbrock 55:43
W60 Bettine DeLea 60:40
W65 none
W70 Melanie Paschal 72 60:46
from C Hammen

Reedy River 5/10K
Greenville, SC; Mar. 4

SK
Overall
Brian Clark 16:03
Dian Ford 18:55
M40-49
Steven Gales 18:28
Jonathan Merrill 20:01
Larry Koba 20:55
Jeff Ethington 21:20
David Hall 21:40
M50-59
Bill Ball 21:18
Dann Shoaf 21:44
Ron Davis 23:04
Peter Warner 23:40
George Tambini 24:09
M60+
Mac Buccing 21:54
John Gant 33:32
W40-49
Octavia Childres 23:32
Sharon Walker 24:02
Sharon Hall 26:18
Ginger Culbertson 27:01
Kathy Wright 27:28
W50-59
Sammi Bullock 26:16
Betty Burrell 28:03
Barry Gilmer 28:51
Kelly McCall 28:59
Glenda Hogg 29:00
W60+
Garhedon Emblor 27:08
Ruth Webber 29:43
Jean Dotson 38:02
10K
Overall
Sean Dolman 29:39
Kathy Kanes 35:57
M40 David Geer 32:55
Thomas Deming 35:33
Ken Kincaid 36:00
M45 Michael Hunnicutt 36:00
John Bernhardt 38:02
David Ott 38:05
M50 Tom Dooley 35:20
Peter Warner 37:38
Gerry Carner 38:23
M55 Jerry McGath 37:06
George Duley 38:33
Dick Ruzicka 39:36
M60 Charles Rose 37:59
Walt McDaniel 42:34
John Thompson 44:07
W70+ Charles Dotson 47:48
Rudy Nimmoms 47:58
Jim Morgan 1:12:02
W40 Alendia Vestal 39:00
Telford 40:53
Molly Greker 44:41
W45 Barbara Filutze 38:51
Patricia Tavares 42:43
Betty Ryberg 43:13
W50 Stephanie Van Rhyn 44:44
Barbara Nilend 45:04
Mary Thompson 51:07
W55 Susie Klutz 44:45
Avis Allen 51:24
Jean Hogan 58:13
W60+ Marge Hoffman 51:45
Erma Hickey 55:36
Ann Trammel 56:34

Gate River Run 15K
Jacksonville, FL; Mar. 11

M40 Nick Rose 46:14
Paul Stemmer 50:17
James Rasch 50:19
Andy Lyle 50:42
Jim Scheckel 50:51
Frank Reynolds 52:21
Mark McGarity 52:46
M45 Tom Donahue 49:54
Jack Fultz 52:38
Terry Hayden 54:26
Stephen Sipes 54:26
Pat Gaughan 55:20
Hollis Fennell 56:39
M50 Anson Clapcott 53:49
Ron Hough 58:40
Frank Frazier 58:47
Grady Smith 60:32
David Ohnsmen 60:33
M55 Rex Reed 55:37
Andrew Sherwood 59:05
Charlie Lamkin 63:24
Matt Ross 63:54
M60 Joe Nettles 66:10
Don Boardman 66:24
Richard Mines 68:17
M65 Jim Blount 63:46
Myron Meyer 64:38
Bob Carr 71:08
M70+Bart Ross 72 75:45
Joe Connolly 70 75:52
Chuck Ellis 72 81:49
W40 Rebecca Woolley 55:22
Diana Tracy 55:59
Nancy Grayson 56:40
Christine Mette 58:06
M45 Judith Hine 56:14
Joyce Rankin 62:37
Carolyn Mather 62:57
Patt Sher 63:34
M50 S Rae Baymiller 57:36
Elfrieda Wyner 64:17
Angela Vannall 71:17
Bonny Wolff 71:45
M55 Susie Klutz 69:56
Donna Hiatt 74:52
Dot Skofronick 80:20
W60 Helen Ramos 86:36
Mary Specking 89:38
Carolyn Hoffman 92:48
W65 Irene Herberston 87:29
Pat Phillips 99:03
Ivy Sloan 99:44
W70+Gloria Laws 72 1:52:35
Edna Laws 70 2:02:57
Edna Wolfe 73 2:07:13

Spring Fever 10K
Mobile, AL; Mar. 18

Overall
Stephen Phillips 32:31
Angie Longworth 40:46
Masters Overall
Fred Crook 38:15
Gail Bevier 44:45
Grandmasters Overall
Will Wright 40:27
Mary Easley 47:14
M40 Bill Kwapil 38:41
Preston Ward 38:52
Greg Gordon 39:52
M45 Opie Humphrey 39:25
John Vignes 39:33
Nick Burrows 40:26
M50 Hendon Blaylock 41:04
Kent Welsh 43:56
Jim Gorrell 44:04
M55 Alan O'Dell 42:20
M60 Charlie Stinnett 45:54
M65 Bob Alesch 48:57
M70+Don O'Keefe 47:17
W40 Martha Jasperson 47:30
Beth Baugher 49:43
W45 Anne Wall 48:55
Pau Gutierrez 51:25
W50 Betty Flaherty 51:31
W55 Carol Leckband 50:49
W60 Betty Kriss 77:50
W70+Daphne Dvorak 61:50

Shamrock Masters 8K
Virginia Beach, VA; Mar. 18

Top 10 M40+
Nick Rose 43 GBR 24:22
Wilson Waigwa 45 KEN 24:54
Dave Moorcroft 41 GBR 25:21
Doug Bell 44 CO 25:38
David Raunig 40 CT 25:39
Charles McMullen 43 NY 25:48
Michael Pressi 40 PA 25:58
Terry Permar 40 PA 26:15
Bryan Stride 44 VA 26:47
Timothy McMullen 42 NY 26:58
M40 Paul Dawson 28:13
Frank Munene 28:18
Chris Papile 28:18
Rick Platt 28:28
Zeph Putnam 28:37
Joseph Mulhern 28:44
M45 Thom Suddeth 27:06
Joe Nzau 27:08
Bill Hart 28:01
George Myers 28:32
Jeff Long 28:33
Tim Sponseller 29:07
Fred Steier 29:10
Hans Tall 29:42
M50 Thomas Ilare 28:33
John Haubert 30:24
Continued on next page

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like Larry Turner 31:39, Ed Brinkley 31:42, Bob Hartless 32:16, etc.

Rocket Run 10-Mile Redstone Arsenal, AL; Mar. 25

Table with 2 columns: Name and Time. Includes David Purinton 56:58, Laurie Mauldin 1:07:24, etc.

Cooper River Bridge 10K Charleston, SC; Apr. 1

Table with 2 columns: Name and Time. Includes Joseph Kimani 27:49, Laura Lamena-Coll 33:58, etc.

Table with 2 columns: Name and Time. Includes Eileen Telford 41:53, Benita Schlau 42:25, etc.

MID AMERICA

Ted Riegelman Memorial Trail Run 5/10K Parkville, MO; Apr. 2

Table with 2 columns: Name and Time. Includes Tim Schmid 15:11, Cindy Blakely 17:33, etc.

SOUTHWEST

Austin Marathon Austin, TX; Mar. 5

Table with 2 columns: Name and Time. Includes Jose Iniguez 29 2:16:27, Andrea Ratkovic-Bowman 292:40:19, etc.

Table with 2 columns: Name and Time. Includes W45 Brigitte Pruett 3:33:05, Josie Bowman 3:34:13, etc.

Lakeside Hospital 5K Metairie, LA; Mar. 12

Table with 2 columns: Name and Time. Includes Desmond O'Connor 41 15:36, Pamela Williams 40 18:17, etc.

Austin American-Statesman Capitol 10,000 Austin, TX; Mar. 26

Table with 2 columns: Name and Time. Includes Jose Iniguez 32 30:43, Cassandra Henkiel 24 35:02, etc.

Table with 2 columns: Name and Time. Includes Joe McGlothlin 47:32, ArtLavalley 49:37, etc.

WEST

St. Patrick's Day 5K San Diego, CA; Mar. 11

Table with 2 columns: Name and Time. Includes Robert Franks 34 16:06, Carol Montgomery 29 16:48, etc.

Mobil St. Patrick's Day 10K Torrance, CA; Mar. 12

Table with 2 columns: Name and Time. Includes Andrew Klemas 31 31:09, Carrie Booth 33 35:58, etc.

Table with 2 columns: Name and Time. Includes M45 Roger Seymour 34:25, Donald Ooana 35:37, etc.

San Jose Mercury News 10K San Jose, CA; Mar. 19

Table with 2 columns: Name and Time. Includes David Rodriguez 15 36:40, Linda Somers 33 33:13, etc.

Disneyland Marathon/5K Anaheim, CA; Mar. 26

Table with 2 columns: Name and Time. Includes --Marathon-- Overall Eddy Hellebuyck 34 2:19:46, etc.

OVERALL:

Table with 2 columns: Name and Time. Includes Andrew Klemas 31 31:09, Carrie Booth 33 35:58, etc.

Table with 2 columns: Name and Time. Includes Merle Spaulding 17:38, M45 Gary Tuttle 17:04, etc.

Houlihan's To Houlihan's/USATF Pacific Association 12K Championships Sausalito to San Francisco, CA; Mar. 26

Table with 2 columns: Name and Time. Includes Overall Danny Gonzalez 36:34, Linda Somers 40:27, etc.

NORTHWEST

ORRC 30K Championships Champco State Park, OR; Feb. 11

Table with 2 columns: Name and Time. Includes Overall Larry Gower 33 1:48:27, Deanna O'Neil 30 2:03:06, etc.

Continued on next page

Continued from previous page

M55 J B Brown	2:14:14
Joe Dana	2:27:40
Bob Kiever	2:27:42
M60 Lloyd Weisbese	3:01:08
John Savage	3:34:10
M65 Bill McChesney	2:19:45
M70 Al Nakata	3:13:36
W40 Dianne Sullivan	2:07:12
Sandy Bradley	2:17:35
Joy Cleaver	2:25:43
Nancy Dickinson	2:29:51
Susan Franck	2:45:35
Vicky Turel	2:50:37
W45 Charlotte Hartwig	2:29:10
Sandi Wiebe	2:35:28
Janice Boyer	2:36:05
Janet Falon	3:16:33
Gay Stryker	3:21:05
W50 Nini Monroe	2:43:24
Kitty Midson	2:52:36
Patti Finke	3:21:03

Trail's End Marathon/8K
Seaside, OR; Mar. 4

Marathon

Overall

David Petersen 39	2:33:32
Michele Radin 30	3:18:59
M40 David Levitsky	2:58:22
Clayton Bastian	3:01:47
Gabriel Ceja	3:06:12
Rick Spady	3:06:46
James Berka	3:06:55
Michael Barton	3:08:28
M45 Steve Campagna	2:51:05
Barry Jahn	3:04:49
Ron Beilstrin	3:12:18
Chuck Cammack	3:12:36
John Bradley	3:13:26
M50 Daniel Bonogofski	2:56:45
C Berthiaume	2:57:38
Dale Vaughan	3:14:08
Russell Cwalinski	3:16:00
M55 Harley Homan	3:30:35
Dick Stones	3:31:15
Gary Nichols	3:34:45
Larry Packwood	3:38:09
M60 Mel Preedy	3:14:09
Bruce Katter	3:17:19
Larry Webster	3:35:10
M65 Max Jones	3:14:20
Bob Dolphin	3:37:28
M70 Al Nakata	4:26:53
Harold Copeland	4:27:23
W40 Jeri Botsford	3:31:06
Betty Wagner	3:38:11
Joy Cleaver	3:46:01
Shirley Shaw	3:54:01
Denise Doney	3:59:44
Vicky Turel	4:04:28
W45 Sandi Wiebe	3:48:06
Gay Stryker	4:16:08
Edna Naillon	4:16:34
Joyce Hockensmith	4:23:05
Gail Matthews	4:30:44
W50 Laima Huston	4:07:31

W55 Karen Hagenborg	4:50:18
Darlene Deering	5:57:57
8K	
Overall	
Greg Gustafson 39	23:42
Margi Guthrie 38	28:15
M40 Mark Mochon	25:59
Carl Sniffen	26:15
Steve Israel	26:49
Erick Lindbergh	27:35
Ron Heintz	27:48
Randy Polhamus	29:29
M45 Ren Gallier	29:04
Russ Weeks	29:05
Randy Boose	29:20
Jeff Conboy	30:25
Jim Beatty	30:34
M50 Terry Loffelmacher	26:20
Robert McKibben	27:14
Keith Templeton	28:41
Ed Zimmerman	29:01
Leonard Jetton Jr	29:32
M55 Calvin Alsleben	28:43
Robert Richardson	33:14
David Rogers	33:34
Chuck Johnson	35:11
Herbert Cox	38:11
M60 Jack Keener	31:03
Richard Olafson	33:45
Bob Carey	34:29
Reb Wickersham	34:35
M65 Al Vernon	36:18
Kenneth Weidkamp	42:52
Val Hickerson	44:07
M70 John Keston	29:13
Joseph Mallon	43:50
W40 Reitha Weeks	31:55
Pamela Polivka	32:27
Nancy Ansbury	35:39
Nancy Dickinson	36:02
Suzanne Trebnick	37:17
Susie Fay	38:00
W45 Lani Johnson	34:50
Sally Lindbergh	35:50
Elisabeth Cooper	36:12
Ingrid Coleman	36:40
Monika Hunscher	36:52
W50 Judy Ziemer	38:46
Lynn Bell	41:01
Anne Richardson	45:22
Judy Wunsch	45:51
W55 Rose Nichols	39:50
Kathy Wintrip	40:04
Barbara Jarvis	41:23
W60 Josie Coffey	40:25
Barbara Olafson	41:08
W65 Betty Glasnapp	73:33
W70 Jane Brown	56:07

London Marathon
London, England; Apr. 2

Overall

Dionicio Ceron MEX	2:08:30
Malgorza SobanskaPOL	2:27:43
M40 Nick Rose GBR	2:22:32
M45 Chris Hughes GBR	2:32:12
M50 Dave Lacy GBR	2:28:45
M55 Jim Edwards GBR	2:50:54
M60 Gordon Booth GBR	2:53:04
M65 Alan Barker GBR	2:56:39
W35 R Kokowska POL	2:30:35
Kim Jones USA	2:31:35
W40 MarianeHaldernOR	2:53:40
W45 E Robinson GBR	2:51:36
W50 SandyHoughtonGBR	3:12:37
W55 Jenny Porter GBR	3:18:38
W60 Maura Bell IRE	3:45:10
W65 EileenQuintonGBR	3:50:58
W70 Jose Waller GBR	4:06:44

M50 Roger Highnam	38:48
M55 Steve James	38:50
M60 Hugh Rankine	41:30
M65 William Marshall	46:37
M70 James Johnston	29:55
M75 Dennis Fyers	28:53
M80 Gordon Porteous	32:03
W35 Theresa Dyer	21:24
W40 Elizabeth McGarry	24:45
W45 Felicity Garland	23:52
W50 Jacqueline Byrj	24:47
W55 Maureen Gallacher	32:09
W60 Lola Small	29:12

RACE WALKING

ORRC 10K Racewalk
Champog State Park, OR;
Feb. 11

Doug Vermeer 41	1:00:23
Judy Heller F49	1:02:29
C D Monismith 50	1:03:50
Patricia Morgan F53	1:07:05
Roger Jensen 53	1:08:10
Fred Seewerker 56	1:11:15
Elena Guichard F42	1:11:15
Lynn Bell 51	1:12:03
Margaret Seewerker F60	1:19:27
Judith Groff F48	1:22:39

Mt. SAC 10K/5K Racewalks
Walnut, CA; Apr. 9

--10K--	
M30 Mark Green 39	48:56
M40 Enrique Camarena	49:54
M50 John Schulz	57:46
M60 Carl Acosta	56:52
M70+Masashi Noritake	68:05
W30 Susan Armenta	49:13
W40 Kathy Salinas	76:01
W50 Roberta Hatfield	64:59
W60 Alice Garcia	74:04
--5K--	
M30 Pedro Santoni 35	27:20
M40 Steve Cox	31:08
M50 Richard Oliver	29:28
M60 Stan Howser	30:05
W30 Marg Alexander	30:29:30
W40 Joan Schlimgen	31:22
W50 Tammy Kiernan	30:36
Helena Gerundo	30:42
W60 Ria Marsh	34:10
W70+Jane Dana	38:53
62 registered/3 DQs	

INTERNATIONAL

British Veterans Athletics Federation Cross-Country Championships (10K/5K) Scotland, Mar. 18	
M40 Barry Attwell	36:03
M45 Colin Youngston	37:56

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