

# NATIONAL MASTERS NEWS

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

213th Issue

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## 727 Participants Set 28 World Indoor Records at USA Masters Championships in Greensboro



Members of the Achievements Unlimited International team, based in New Jersey, which won the W30 and W40 4x400m relay and W30 4x800 relay, USA National Masters Indoor Championships. Photo by Suzy Hess

by JERRY WOJCIK

The 1996 USATF National Masters Indoor Championships were hosted by the Greensboro, N.C., Sports Commission at its Coliseum Special Events Center on March 29-31. The event drew 727 entrants - 579 men and 148 women age 30-and-over - who broke, set, or tied 28 pending world and 37 additional U.S. age-group indoor records. Last year's championships in Reno, Nev., had 700 entrants.

The Greensboro track was a portable, 160m board track with six banked lanes, eight for the 60m sprint and hurdles, tightly fitted into one expansive room adjoining the main arena.

In terms of world records, the star athlete was a guest competitor, the bounding Edith Gray from Canada, who broke three W60-64 world records: in the high jump (1.26/4-1/2), pole vault (1.81/5-11/4), and long jump (3.84/12-7/2). Rarely do two flat jumpers produce equal marks in the

same event, but it happened here when Betty Vosburgh, W60, Georgia, duplicated Gray's record long jump.

Other athletes who left with multiple world records were Everett Hosack, M90, Ohio, in the 60m (17.47) and high jump (0.80/2-7/2); Ivy Granstrom, W80, Canada, 800 (5:16.53) and 3000 (23:41.32); Johnnye Valien, W70, California, 60mH (16.89) and pole vault (1.41/4-7/2); and Mary Bowermaster, W75, Ohio, 60m (11.45) and long jump (2.58/8-5/4).

Some record breakers didn't have quantity but, instead, quality. Jim Barrineau, Virginia, broke Dwight Stones' M40-44 world indoor record of 2.02/6-7/2 in the high jump with an age-graded 94.9% 2.06/6-9 performance. Dick Richards, California, claimed the M60-64 long jump world record with a 5.47/17-11/2, an A-G 91.3%, and the 60m gold medal with an A-G 96.3% 8.03, then suffered the indignity of being disqualified in the

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## Moller, Steffny Top Masters at 100th Boston Marathon

by MARILYN J. MITCHELL

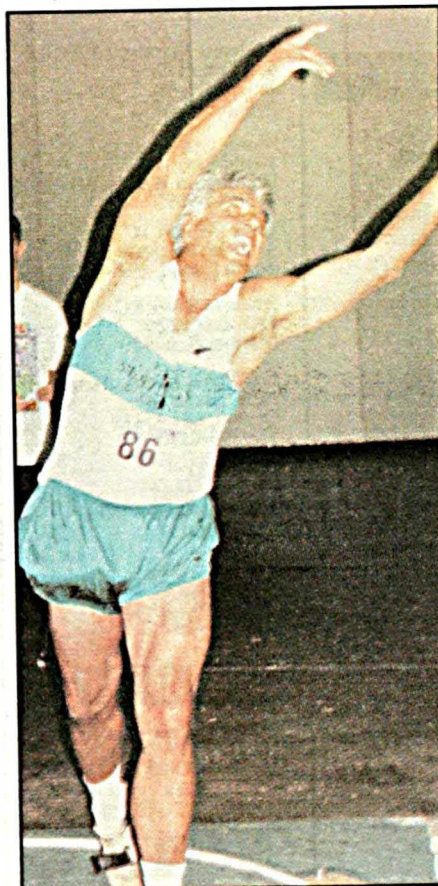
Forty-year-old Lorraine Moller, New Zealand, turned in a stellar 2:32:02 for an eighth place women's finish and the masters win in the 100th anniversary edition of the Boston Marathon, April 15.

With the second fastest masters women's time on this course, after Priscilla Welch's 1988 course record of 2:30:48, Moller finished almost a full seven minutes ahead of second-place Ingrid Kristiansen (2:39:00), who recently entered the masters ranks. Forty-two-year-old Herbert Steffny of Germany turned in a 2:19:33 (31st place overall) for top masters trophy in the male category.

Thirty-year-old Moses Tanui (Kenya, 2:09:15) and 25-year-old Utta Pippig (Germany, 2:27:12) were the open winners. The race served as the Kenyan Olympic marathon trials. Kenyans took seven of the top eight places in the men's race.

Each masters winner took home \$12,000, and Moller earned an additional \$7,400 for her eighth place open finish. Prize money for the masters went five-deep with an additional

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Phil Brusca, Missouri, M65 winner (38.9) in the 25-lb. weight, USA National Masters Indoor Championships. Photo by Suzy Hess



Ed Gonera, New York, second M40 400 (53.71), USA National Masters Indoor Championships. Photo by Suzy Hess

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

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

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

**Production Manager:** Carol Covey  
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**Track & Field Records:** Pete Mundle  
**Long Distance Records:** Road Running Information Center  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik  
**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

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

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

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

**Creative Art:** Eugene Paasinen, Herb Parsons  
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Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

**NMN welcomes contributions** — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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#### '96 DECATHLON/HEPTATHLON

On the specific instructions of the USATF Masters Track & Field Committee, the masters multi-event coordinator conducted a written poll to determine the preferred site and date for the 1996 USATF National Masters Decathlon/Heptathlon Championships.

In accordance with direct instructions from the T&F Chair, two additional bids were solicited for this poll. In addition to the original bid of Neosho, Mo., on October 26-27, Lincoln, Neb., on June 8-9, and San Diego, Calif., on July 13-14 were added.

All active multi-event athletes who had participated in the Dec/Hep events in the USATF National Championships and/or WAVA Championships in the last two years were sent personalized written ballots. That totaled 125 people (110 men and 15 women). Considerable time and money was expended on this task (over 100 hours and \$200).

Even in the short three-week voting period, 68% (85 of 125) of the eligible voters returned their ballots (68% of men and 67% of women). The abbreviated time frame was due to multiple and late instructions to the multi-event coordinator from the T&F Chair. Two ballots were returned with incorrect addresses and the forwarding order expired, and four ballots received late were returned. The ballots are in the hands of the T&F Chair to be scrutinized as necessary.

Overall results of written poll for

site and date:

First Choice: Neosho 46, San Diego 32, Lincoln 7

Second Choice: Lincoln 39, San Diego 18, Neosho 11

Third Choice: San Diego 28, Lincoln 21, Neosho 18

The results of this poll were presented to the USATF Masters T&F Committee at their meeting in Greensboro, N.C., on March 30. Only 15 members of the 110 or so eligible to vote were present. These 15 included 6 from the East Coast, 3 from the Midwest, and 6 from the West Coast, and comprised 7 men and 8 women.

The overall (total men and women) results are very clear: 54% chose Neosho, as their first choice, 38% chose San Diego, and 8% chose Lincoln.

Of the women, 10 returned the poll, 6 voting for San Diego and 4 for Neosho (0 for Lincoln). To be completely fair to the majority of the women voting, a motion was made to separate the heptathlon from the decathlon this year so that they could be held at the different sites desired. That motion was defeated.

In light of the results of the poll, it was then moved to reconsider the motion from the previous T&F Committee meeting in Atlanta. That motion was to designate Neosho as the site and October 26-27 as the date for the 1996 Dec/Hep Championships. However, the T&F Chair intervened, stopped the action on the floor, and asked that pending motions and seconds be withdrawn. The Chair then

directed that multiple votes would be taken by dropping the lowest site until a majority was received by any site. After two rounds of voting, San Diego was declared the winner over Neosho, eight votes to seven.

Some at the meeting, including the multi-event coordinator, were stunned to see the committee vote directly against the concerned athletes' desires, which they had just clearly expressed in the mail poll. It is assumed that the T&F Committee had the best interest of the athletes in mind, but the basis for their decision remains unclear at this time.

This is the 25th anniversary year of the masters track & field multi-event championships. Early on, it was several different combinations of events, but has now evolved to the standard Olympic events of the decathlon for men and heptathlon for women. It is an appropriate time to stop and reflect on all the successful championships that were only made possible by the volunteer work of many different individuals over the years. Their love of the sport and their unselfish giving is what made it possible for nearly a generation of master and sub-master athletes to express themselves in the honorable way they choose - on the level field of athletic competition.

*Rex Harvey, USATF Masters  
Multi-event Coordinator  
Mayfield Heights, Ohio*

The Multi-event Chair and I are in disagreement on some of the facts as presented above. Without going into a lengthy discourse over what occurred, I sincerely invite any athlete to call me directly at 1-800-392-1369 to discuss the process.

*Barbara Kousky, USATF Masters  
Track & Field Committee Chair  
Eugene, Oregon*

During the early days of our marriage, my wife would ask me what I'd like to eat for dinner as she prepared her grocery shopping list. In response, I would typically reel off several of my favorites, but I noticed that the menu for the next few days usually included none of the entrees I'd requested.

When I brought this to her attention, she would explain that each of the items I favored has too much fat, is too expensive, or is otherwise somehow deficient.

This process was repeated week after week, until I finally asked in exasperation, "Why do you keep asking me what I want when we both know full well you're just going to prepare what you think is best anyway?" "Well, dear," she replied sweetly, "I

just wanted you to feel as if you had some input into the process."

Much the same thing occurred recently at the so-called "Athlete's Meeting" Saturday evening, March 30, during the USATF National Masters Indoor Championships at Greensboro, N.C. Multi-events Chair Rex Harvey had gone to considerable effort and expense to poll all recently active masters multi-event athletes to learn which of three candidate sites the athletes preferred for the 1996 masters decathlon championship meet. The candidate sites were Lincoln, Neb., in June; San Diego in July; or Neosho, Mo; in October.

Most of us who received Rex's mailing, took the time to complete the questionnaire and mail it back. Rex then made a careful compilation of the poll results and reported at the athlete's meeting that a substantial majority of the athletes preferred the Neosho site. I would imagine that the reasons Neosho was favored were than an outstanding '94 decathlon championship had been hosted by the same group; the later date would mean we wouldn't have to battle sunburn and dehydration as we usually do for two days in mid-summer; and the Neosho site had a generous corporate sponsor and the promised participation of several guest athletes from Great Britain who could not participate during the June or July time frame.

But, alas, when the votes of the committee members eligible to vote were counted, the San Diego site was chosen, even though the San Diego proposers hadn't even found a track yet that could be used on their proposed date.

What in the world is going on here? Is there some secret bias amongst the powers-that-be against southern Missouri? Do the eligible voters fear that allowing the athletes to choose their preferred site would set an unwanted precedent by permitting an element of democracy to intrude into the USATF power structure?

The whole process must have been quite frustrating for Rex as well as for many of the multi-event athletes who briefly had the illusion that they were going to "have some input into the process!"

*Alan Russell  
Ames, Iowa*

#### INDOOR NATIONALS

At the Indoor Nationals, I suffered a serious injury at the finish line of the M45 60m. I tore the ac-tendon or outer tendon behind my right knee. The doctors tell me that this injury is extremely rare for track athletes. It is more common among skiers. The tendon in my leg did not just tear, it exploded. Two types of surgery could be performed to repair the tendon. One type would have me out for 12 to 14 weeks and the other would have me out for 18 to 24 months. The doctors have also recommended a "no surgery" option that requires the retraining of the quad muscles to operate off the more impor-

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## NATIONAL MASTERS NEWS

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**NATIONAL MASTERS**  
**OUTDOOR TRACK AND FIELD CHAMPIONSHIPS**

**AUGUST 15-18, 1996**

**SPOKANE FALLS COMMUNITY COLLEGE • SPOKANE, WASHINGTON**



**GENERAL INFORMATION**

Eligibility is open to all men and women 30 and older. Individual events will be held in five-year age groups, relays in 10-year age groups. Age on August 15, 1996, will determine a competitor's age group. Proof of date of birth will be required.

USATF rules of competition will be used to conduct the meet. You must have a current USATF membership card. USATF championship medals will be awarded to the top three places in each age division.

Declarations must be made four hours prior to every running event. Field events may be scratched at any time. Declaration forms will be available beginning at noon Wednesday, August 14, 1996. Packet pickup will be from 6 to 10 p.m. Wednesday, August 14, 1996, at the meet headquarters in the Ridpath Hotel; and at Spokane Falls Community College Thursday, August 15, 1996 through Sunday, August 18, 1996.

Maximum spike length is 3/16-inch for all surfaces. Starting blocks and throwing event implements will be available. All master outdoor championship events will be included in the meet.

**ENTRY INFORMATION**

Entry fee is \$25 for the first event which includes a championship meet t-shirt. The second and third event are \$15 each, with each additional event \$10 each. The pentathlon entry fee is \$25 and cannot be counted as your first event. Relays are \$40 per team, payable the day prior to the day of competition.

Entries **must** be received by August 1, 1996.

**AIR TRAVEL**

Five percent discounts on lowest available discounted fares will be available on Northwest, Southwest, Delta and Horizon airlines through Global Travel. Phone 1-800-735-6363; direct line, 509-891-1234; or Fax, 509-926-8250. Ask for 1996 Masters National Outdoor Championship rates.

**ACCOMMODATIONS - HOTEL/MOTEL**

Meet headquarters: **Ridpath Hotel**, \$63-\$73 per night for Hotel Tower or East Wing. Call 1-800-426-0670. These rates will be guaranteed through July 14, 1996. Other accommodations:

**Cavanaugh's Inn at the Park**, \$77-\$97 per night. Call (509) 326-8000.

**Cavanaugh's River Inn**, \$62 per night. Call (509) 326-5577.

**Cavanaugh's Fourth Avenue**, \$55 per night. Call (509) 838-6101.

**Ramada Inn Airport**, \$70 per night. Call (509) 838-5211.

There are many other hotels in the Spokane area, however, blocks of rooms are set aside for the meet at properties listed above. Rates are for up to four people to a room.

**VIP PACKAGE**

A limited number of rooms have been set aside as VIP rooms at meet headquarters, the Ridpath Hotel. All the VIP rooms will be on the pool deck or overlooking the pool. The cost of \$87.50 per night includes a continental breakfast each morning, a VIP shirt, VIP hat, one bottle of wine per room, plus extras. These rooms may be reserved only through the meet office. Call (509) 533-3644.

For complete meet information and an entry form send the attached form to:

**Spokane Sports, Unlimited**

MS 3070

3410 West Fort George Wright Drive

Spokane, WA 99204-5288

You may also call (509) 533-3644, or Fax your request to (509) 533-4128.

**MASTERS CHAMPIONSHIP INFORMATION FORM**

Please send me more information about the Master's Championship and an entry form.

Name \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Address \_\_\_\_\_

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



## Third Wind

by MIKE TYMN

### Bill Stewart is Marking Time

**B**ill Stewart used to keep track of time on the stopwatch. Once the fastest masters miler in the world, he was concerned with seconds and fractions of seconds. Now, however, Stewart measures his "progress" on the calendar in years and months.

The 53-year-old veteran runner from Ann Arbor, Mich., is currently serving a 30-month sentence at Camp McKean, a minimum-security prison in Bradford, Pa., for copying and selling some maps of the Mideast.

As his friend Lew Kidder explains it, Stewart had developed a business of procuring hard-to-find paper maps of developing countries and selling them to university libraries and, to a lesser extent, some corporations. In 1993, a well-known corporate client in the television and appliance industry asked Stewart to see if he could obtain some paper maps of Indonesia that were on file in the Cornell University library.

As it turned out, the paper maps were too big and bulky to be copied on the library's equipment and too valuable to let out of the librarian's sight. The client understood and then asked about maps of India. Stewart approached the same Cornell graduate student who had planned to help copy the maps of Indonesia. The grad student told Stewart the university had "digitized" maps of India and most of Asia. Although Stewart was unfamiliar with digitized maps, he checked with his client and they said they'd like to have them. The grad student then copied 221 tapes for Stewart. However, the client couldn't read the demo tapes sent to them and lost interest.

**On Saturday, July 13, 1996  
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### Recouping Costs

"In an attempt to recoup his upfront costs, Bill made some cold calls to other major companies in an attempt to sell the tapes," Kidder continues. "One of the people he contacted apparently suspected the information on these tapes came from the Defense Mapping agency and had not been released for sale. This person didn't inform Bill of this fact, but he did tell federal authorities."

"Nothing on the face of the tapes indicated that they were restricted in any way."

The Feds then set up a sting operation and had Stewart sell three tapes to a government agent. On May 16, 1995, he was convicted of four felonies and on September 8 was sentenced to 30 months in prison.

According to Kidder, the Cornell graduate student was also prosecuted but received probation for plea bargaining and testifying that he had told Stewart the tapes were government property and against public use.

"I could have pled guilty and no doubt got probation," Stewart offers from his small cell by letter. "But I trusted in a fair legal system that would ferret out the truth. I found myself to be a naive and convenient 'victim,' another notch on a federal prosecutor's belt."

### Jogging in Place

In spite of all his problems, Stewart has somehow managed to maintain a streak that began in June 1974 of not missing a day of training, although it has meant sometimes jogging in place in his cell for 30-45 minutes. In fact, he is now running twice a day, 75-80 miles a week.

"I'm currently training around a warehouse complex," Stewart explains his regimen. "It's 666 yards around, so each mile means a total of five 180-degree turns. We are situated at 2200 feet, so I'm gaining some benefit from the altitude."

In a time trial during late February, Stewart zipped through three miles in 15:58 with splits of 5:26, 5:16, and 5:15, an especially impressive performance when considering the hairpin turns and 10-degree weather.

"I don't run many junk miles. It's almost like a treadmill - the more boring, the faster I go to get it over."

As a high school student in Detroit, Stewart recorded a 1:58 half and a 4:28 mile. He continued to compete while at Michigan State and Wayne State, lowering his bests to 1:54.6 and 4:24, and also turning in a 48.9 quarter. At an all-comers meet in 1969, he brought his half-mile time down to 1:49 and in 1975 lowered his mile best to 4:04.

After crossing the threshold into the masters arena in 1983, the 6-foot, 143-pound competitor clocked a 4:11 indoor mile, bettering the listed world 40-over record by 7.5 seconds. He also recorded a 9:12.8 for two miles and a 15K road time of 45:57 after turning 40.

Stewart's last race was in 1989, a 31:14 for 10K at age 46. "When Ann (Boyd, his significant other) and I got



Ann Boyd and Bill Stewart, before his incarceration.

together in 1989, I decided to 'retire' and concentrate on her running and on supporting women's running in general," he says.

### Government Hypocrisy

Boyd, 32, finished 46th in the Olympic marathon trials in Columbia, S.C., during February, recording 2:45:41. "She was disappointed with her race in Columbia," Stewart remarks. "I think the stress of dealing with all of my problems, plus the hypocrisy of representing the U.S. in an international event while I am unjustly imprisoned by the same U.S., finally caught up to her. We have always considered it an honor to compete for the U.S. teams, even when she could have made more money elsewhere. We went to Spain to run against the Chinese runners in 1993. She went nose-to-nose with Wang for 30K, and learned a lot. But she earned very little. It is hard for us to look at running as solely a business. If you want to be the best, you have to race against the best."

Coached by Stewart, Boyd had qualified for the Olympic trial with a 2:38:36 victory in the Detroit Free Press Marathon, the 26th fastest qualifying time in the field. Her best is 2:35:15 three years ago.

"I talk to Ann and my two younger children (Andrew, 12, and Lauren, 9) on a daily basis," Stewart goes on. "Things have been difficult for them, mostly emotional but even more increasingly, financial. Ann may have to move out of our rental house into a small apartment."

Stewart continues to coach many of the runners he previously coached by mail, but says it is less than optimum. "It keeps me involved and provides them with direction," he says.

"I have noticed that people have a tendency to overtrain when confronted with a situation like mine. If one hour of walking is good, five hours is better. Everyone's looking for ways to waste time. I'm hoping to use my time to better myself."

"But my number one job is to get out of here!" □

(If you'd like to help, you can send a check to the Bill Stewart Defense Fund, c/o Lew Kidder, 802 Granger, Ann Arbor, MI 48104. For more information, you can phone Kidder at 313-662-1000 or fax him at 313-662-3388.)

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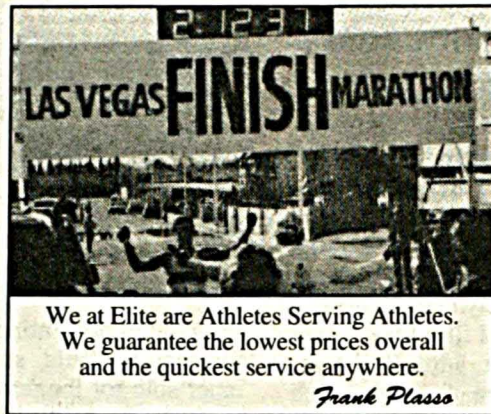
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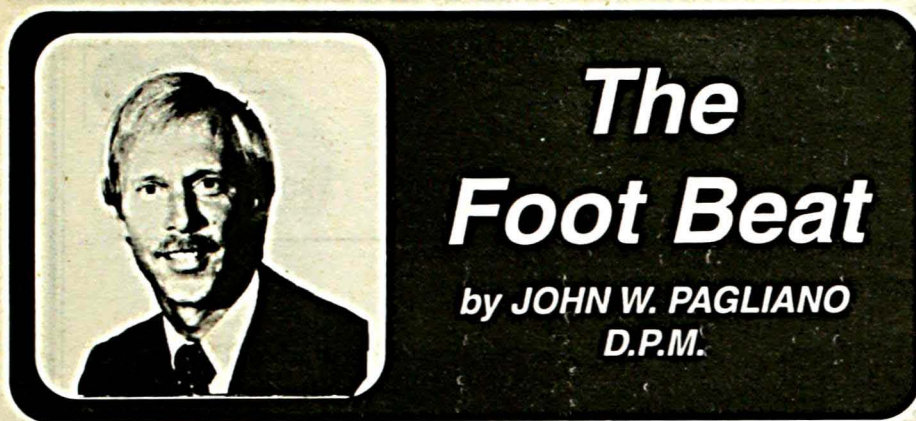
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# The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

## Corns

One of the most common and irritating of all athletic injuries is the "corn." We have all had them at one time or another, and these small lesions can cause pain and discomfort which alters our running and jumping style. They become sore when pressure is placed over the core.

Basically, a corn, or clavis, is a thickening of the outer layers of skin. It usually has a circumscribed border and a central core, which is avascular. This is differentiated from a wart or verrucosa which has a vascular center and bleeds when trimmed.

Usually corns are caused by improper foot gear, overuse, abnormal foot biomechanics, or deformities such as hammer toe and bunions. Some of the more common pathological foot types that cause corns are pes cavus-high arches with contracted toes, flat foot-pes planus and the over-pronated foot. As these factors take their toll on the foot, intrinsic and extrinsic factors

cause excessive pressure on the skin, and the corn forms as the body's natural physiological response.

Most corns are "hard" corns and form over the top of the toes, on the large toe joint and under the ball of the foot. "Soft" corns, on the other hand, are usually found between the toes—usually the fourth and fifth toes. These corns are often moist, white and macerated. Soft corns are usually caused by bone spurs on the small toes which rub on the adjacent toe.

In most cases, conservative care can reduce these lesions. Good-fitting shoes that do not rub on the toes, and have adequate forefront width are



Competitors in the USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C., March 29: (l to r) Johnnye Valien, W70, Liz McBlain, W45, Phil Raschker, W45, Christel Miller, W60, and Mary Lou Platis, W50.  
Photo by Jerry Wojcik

essential in preventing pressure on the forefoot. I would suggest a Spenco inner sole for longer distance runners, as this appears to reduce the chance of corn formation.

Prior to long distance runs, I advise the use of Vaseline applied, liberally, to the ball and dorsum of the foot. Pull on your high-cotton-content sock and you have a protective layer for your run. As George Sheehan once said, "You can always tell the veteran distance runner. He is the one who keeps slipping off the bus seat."

Obviously, correcting any biomechanical deformity is necessary in order to reduce excessive pressure to the foot. Often an over-the-counter foot orthosis will suffice. For those with gross mechanical deformities, a sports podiatrist should be consulted for the use of a functional running orthosis.

Padding of corns is helpful. I suggest the non-medicated over-the-counter pads that will take the pressure off the center of the corn. For soft corns, cotton or lamb's wool packed

between the toes is helpful. Foam rubber spacers are also beneficial and can be re-used.

A pumice stone can be used on a daily basis to keep the outer layers of skin reduced. Your foot specialist can also help you by periodically debriding out your corn, and showing you proper padding methods.

If all else fails, consider surgical removal of the underlying bone prominence, a procedure which has shown good results.

Corns can occur at all levels of athletic activity. Proper shoe gear, the use of Vaseline, appropriately placed pads and lamb's wool, and trimming of the hyperkeratotic lesions can provide welcome relief for the veteran athlete. □

(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.)

## Niemczak, de St. Croix Best in Cooper 10K

by JERRY WOJCIK

Anton NIEMCZAK, 40, Rochester, N.Y./Poland, and Maureen de St. Croix, 42, Ottawa, Canada, each collected \$1500 for masters firsts in the Cooper River Bridge 10K, Charleston, S.C., on March 30.

Niemczak, recognized primarily as a marathon specialist (2:09, 1990 Chicago Marathon), used this race as a timely tune-up for the 100th Boston Marathon, April 15, and ran a 30:14, averaging 4:52 a mile. Tom Stevens, 40, Middletown, Md., finished second in 30:48, worth \$1000.

The Canadian, de St. Croix, won with a 35:13. Rebecca Stockdale-Woolley, 43, Chaplin, Conn., won \$1000 with her second-place 35:56. Defending champion Irina Bondar-

chouk, 41, of Russia, was third in 36:02, worth \$750.

Nine W40+ runners broke the 40-minute barrier. Suzie Kluttz posted a 43:23 to win the W55 race.

Older runners ran impressive times. Terry Van Natta won the M50 race in 35:04; Charles Rose took the M60 race with an age-graded 90.5% 37:16; and Duncan Weeks was first in the M65 contest with a 38:28.

The total number of run finishers from the 25,813 who signed up for either the run or walk was 11,568. Among them was a name from the past—Craig Virgin, at one time the most highly publicized runner in the U.S., who ran a 33:09 in the M40-44 division. □

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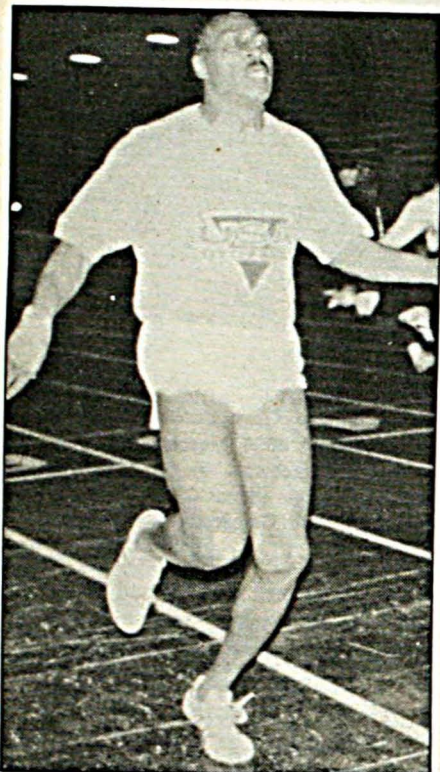
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## Indoor Pentathlon Produces Two Records

by SCOTT THORNSLEY

For the first time in its 12-year history, the National Indoor Pentathlon Championships were held in conjunction with the National Masters Indoor



Joseph Johnson, New Jersey, M50 first (7.53), 60m USATF National Masters Indoor Championships, Greensboro, N.C., March 29-31. Photo by Suzy Hess

Track and Field Championships in Greensboro, N.C., March 29-31.

The decision was made last year to hold the indoor pentathlon together with the indoor track and field championships since no bid had been put forward for the pentathlon. Organizers did not want lack of a site to prevent such a popular event from being held for another year.

Multi-event coordinator Rex Harvey and Scott Thornsley — meet director for the first indoor pentathlon championships, Carlisle, Pa., 1985 — opted to take advantage of the availability of the Greensboro Sports Coliseum on Friday afternoon to hold the pentathlon championships. They also considered the possibility of combining these two national championship events on a regular basis, subject to competitor approval.

A total of 44 competitors signed up, and 38 took part, representing 19 states and Canada. Two world records were achieved during the event. John Hartsfield, M50, broke the high jump record of 1.78 with a 1.85 (6-0<sup>3</sup>/<sub>4</sub>), which boosted his total pentathlon score to 4354, surpassing Gary Miller's 4196 in 1988.

Feelings about combining the two championships were mixed. Some competitors were happy about not having to spend an extra weekend away from family and work, but also felt that



Finishers in the M55-59 division, USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C., March 29: (l to r) Bruce Mills (4th), John Head (2nd), Emil Pawlik (1st), and Walt Lancaster (3rd). Photo by Jerry Wojcik

competing in the pentathlon detracted from other upcoming track and field events, particularly those to be held later on Friday evening.

One positive note was that, for many participants, the event concluded more quickly than in the past, with meet director Scott Thornsley orchestrating with other officials the flow and start times of the five events.

The final sections of the 1000m run were concluded shortly before 7 p.m.,

the start of the Indoor Track and Field Championships. Fortunately, the younger men were in this group and had at least 12 hours before the start of competition the next day.

Richard Watson, M40, can personally attest to the swift running of the long jump, as he mistakenly calculated that he had enough time to return to his motel for several hours of rest, only to discover later that he had missed the M40 long jump competition by 45 minutes. □

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# Masters Racewalking

by ELAINE WARD

## Indoor Nationals

The consensus of the competitors is that the National Masters Indoor Championships in Greensboro, March 29-31, were well organized. Bill Flick (M70) noted that "the shuttle service was excellent," the best of any race he had attended. Jeanette Smith (W45) commented on the special health-oriented food concessions. "We had a choice of baked potatoes, grilled chicken sandwiches, veggie trays, and fresh fruit - everything we usually have to hunt for." Others praised the fast posting of results on an electronic board by the track.

On the down side, several competitors missed having a regular clock on the floor. Many were pleasantly surprised by their finish times, however. "I had no idea how I had done," reported Jim Carmines. "It was too dimly lit to read my watch, so I couldn't monitor my splits. I just went with perceived effort and pushed every lap as much as I could." Smith found it somewhat distracting not having a clock, but then added, "It was an odd sized track and keeping splits would have been hard. When the race started, I just thought, 'What the heck. Go for it!'"

The wood track brought forth much discussion. On a rating of 0 to 10, some walkers effectively gave the track zero by refusing to compete on it. Kathy Frable (W50) had the most favorable comment: "I raced on a track in Oklahoma that was worse, so this one didn't seem so bad in comparison." Others gave it a neutral 5 noting that everyone had to compete under the same conditions.

The wood track was a 160-meter loop with steeply banked, sharp turns. Three kilometers equalled 18 3/4 loops. "As walkers, we don't like much banking on the track," explained Carmines. "The banking was approximately nine to ten inches for a lane just a couple of feet wide."

Miriam Gordon (W70) succinctly captured the effect of the banking on the walker saying, "It felt slippery to walk on."

Smith was more analytical: "I had never competed on a wooden, banked track before. I was particularly concerned about staying on the track when I was going around the turns. I felt that I was being pulled downward. My own personal strategy was to walk on the upper side of the inner lane." (A strategy shared by Carmines.)

There was another distraction for the walkers. The sand pit for the long jump and triple jump ended at the edge of the track. When these events were in progress, sand would be kicked up on the track. According to Smith, the officials were very careful to get on and off the track quickly and to sweep in between competitors. Nonetheless, she

had the fleeting thought, "Ah, this is a walk at the beach."

### Race Experiences:

**Men 50-54:** First and second places: Jim Carmines, PA, 13:28.85; Norm Frable, TX, 14:42.84. There were five finishers.

"Because I was fairly certain of coming in second, I decided to play around with Jim," Frable said. I knew if I was going to give him any kind of a race, I would have to keep right behind him from the start. After a couple of laps, I felt that the pace was slow and decided to pass him. Five laps later, he passed me, but he told me afterward that I surprised the heck out of him."

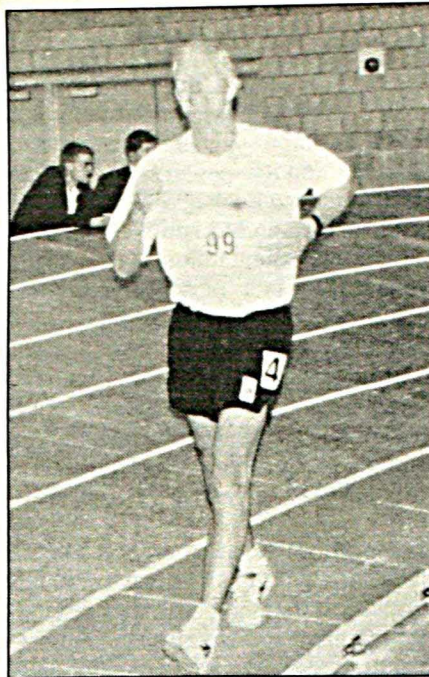
"Norm surprised me much to my benefit!" Carmines said. He gave me the push that I needed to perform well. Essentially, he became my rabbit for five laps and I feel that he got me going so that I could make the good time I did. I thank him for that.

"My time of 13:28.85 was a PR by 40 seconds. I know that the shortness of the track made me keep repeating, one more lap, one more lap. I was coming around at 41 and 42 seconds, so I really didn't have time to think about anything else. Before the race, I was hoping to finish between 14:00 and 14:30. I was surprised to finish at 13:28."

**Men 55-59:** First and second places: Ed Kousky, OR, 14:22.40; Paul Johnson, AR, 14:24.53. Both times broke the existing world record of 14:27.0. There were seven finishers in this age group. M50 and M55 were in the same heat.

Said Johnson: "Before the race, John Elwarner and I were standing together when Ed Kousky came up. Ed just turned 55 in January. We said to him, 'Look, don't be running over the old men. You're a rookie and I know that you are ready to get us, but take some pity.'"

"I was closing in on Kousky with one lap to go. Somebody in the audience says, 'Go Paul, Go!' It was as if Ed was goosed by a rocket. We did a 40 second final lap. Elwarner broke his



Dwight Callaway, 49, North Carolina, finished the 3000 racewalk in 16:25.34, USATF National Masters Indoor Championships.

Photo by Jerry Wojcik

own record by 30 seconds and came in fourth."

Five competitors broke the existing American record with Harlan Van Blaricum and Elwarner both finishing under 15 minutes.

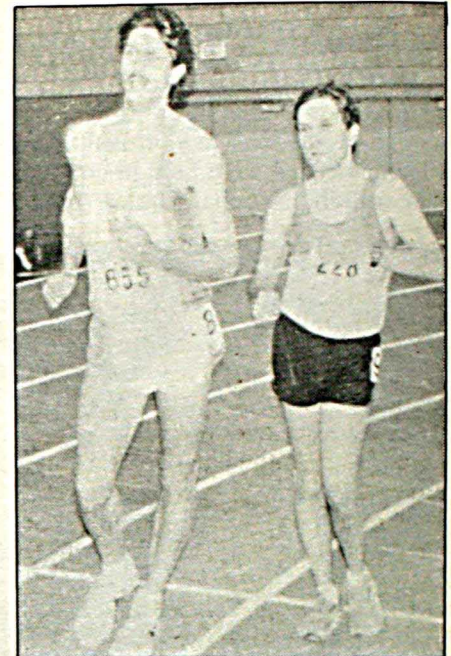
**Men 70-74.** First and second places: William Flick, PA, 17:23.46; John Nervetti, NJ, 17:58.74. There were six finishers in the race.

"Racing is still new to me, but I was fortunate," said Flick. Last year at the WAVA event in Buffalo, Ed Gawinski referred me to Jeff Salvage of the Phast Club. Jeff has been coaching me by mail and by telephone which has been a big help as far as my times are concerned.

"During the indoor race, the announcer actually helped me. I was always aware of where my competition was. For 15 laps my splits were 55 and then 56 seconds. I pushed the last lap and my time was 54 seconds."

**Women 50-54.** First place, Kathy Frable 17:25.85. No other finisher in this age group.

Said Frable: "As I didn't compete much last year, I was a little nervous before the race. I didn't know whether I was ready or if it was going to be another one of my disaster races. I passed out in Buffalo last year. I had been struggling with the problems of high blood pressure and diabetes, and



Steve Vaitones #655, Massachusetts, won the M40 3000 racewalk in 13:49.21, USATF National Masters Indoor Championships. Alvia Gaskill (r), North Carolina, was second.

Photo by Jerry Wojcik

the medication I was on had some bad side effects. It was giving me pressure in the head, severe headaches and dizzy spells.

"Happily, I became involved in a health food store and this was a turning point for me. I started taking a combination of nutritional supplements. At this time, I am off all medications.

"Norm (Frable) and I have gone on a rigid training program as well as watching our diets and nutritional supplements. We run two days, do three distance walking workouts and two speed workouts. We train every day unless it is raining, and then we do more at the local gym. Sometimes we enter running races in place of track speed workouts."

**Women 70-74.** First and second places: Miriam Gordon, FL, 20:35.87; Margaret Walker, PA, 2:50.07. There were two finishers.

"It was a cooler winter than usual in Florida," said Gordon. "I don't train when it's cold, so I didn't get in many workouts. But I think racing is as much mental as physical. The goal is to stay focused all the time.

"Like others, I was not too happy with the track and held back some. I made a new W70 American record, but I might have done better under different conditions. My philosophy is to do the best I can do in whatever race I am in." □

## Potomac Valley TC's National Invitational RW

by JANE DODS

The Potomac Valley TC put on three races in East Potomac Park, Washington, D.C., Mar. 24, to get the outdoor walking season off to a rousing start with weather the best it's been in years. In conjunction with the races, various seminars were held, including one led by Ron Daniel discussing the new racewalking rules.

In the men's 20K, 52-year-old James Carmines outstepped all others in the 40+ division. His winning time was 1:42:35. Hot on his heels were

Steve Pecinovsky (41, 1:43:05) and Curt Sheller (42, 1:45:10).

In the women's 10K, Phyllis Hansen, 44, strode to a 56:58 victory, with Linda Stein, 48, taking second in 57:23.

Coming out on top in the men's and women's 5K were Nicholas Bdera (47, 26:30) and Lily Whalen (44, 28:15). Whalen was not only the first masters woman, but first woman overall.

The races were held on a USATF-sanctioned course which consisted of a 2K loop around Hains Point. □

# Maminski, O'Connor First in National Masters 5K at Carlsbad

by JERRY WOJCIK

Boguslaw Maminski, 40, of Poland, and Mary O'Connor, 40, of New Zealand, ran masters course records in winning their races in the USATF National Masters 5K Championships held along with the Carlsbad 5000 in Carlsbad, Calif., on March 31.

Running in almost perfect racing conditions in a separate men's race, Maminski, a day-of-race entrant, led from the gun, and was mistaken for fellow Pole, Anton Niemczak, 40, who brought Maminski with him to the race. Maminski is a steeple-chaser who was second in the 1983 World Championships in 8:09. He ran 14:28 at Carlsbad to also finish first on the masters age-graded list with a 93.2%.

Niemczak, a green-card-holding, resident alien, who lives in Rochester, N.Y., is, by USATF rule, the M40-44 national champion with his second-place 14:55. Lloyd Stephenson, 41, San Francisco, was third in 15:02.

Division winner Doug Bell, 45, Greeley, Colo., fifth master in 15:12, posted the second-best age-graded performance for men age-40-and-over with a 92.0%. Stephen Lester, 53, Magna, Utah, was another division winner in world-class range with a 90.7%. Derek Wharton, 60, Hong

Kong, won the farthest-distance-traveled award and the M60 race in 18:05.

In the women's race, O'Connor took over from Anne Audain at about two miles. Audain, a new U.S. citizen from New Zealand, who lives in Boise, Ida., is a former 2:28 second-place finisher in the London Marathon. On a 5:05 pace, Audain had a big lead but knew she was in trouble when she heard the split, and joked about it after the race with Meet Director Tim Murphy.

O'Connor won in 16:45, an age-graded 90.2%. Audain finished in 17:02 to claim the W40-44 U.S. championship. Michelle Buchicchio, 40, Pomona, Calif., was third in 17:15, three seconds ahead of fourth-place Honor Fetherston, 41, Mill Valley, Calif.

Joan Ottaway, 52, Sonora, Calif., W50 winner in 18:06, registered the second-best age-graded mark to Maminski's with 92.8%, bettering her performance here last year of 18:08, 90.9%. Barbara Miller, 56, Modesto, Calif., W55 winner with a U.S. age-group record 19:35, was the third-best W40+ performer with an 89.2%.

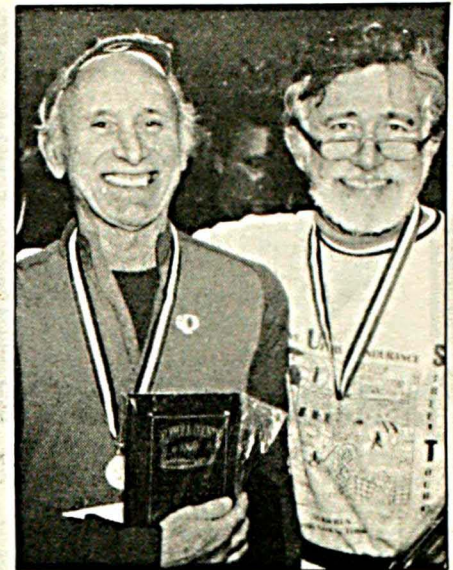
Masters prize money for men and women leaders overall was \$1000, \$500, \$200, and \$100. Best age-and-

sex-graded performance cash prizes were \$400, \$250, \$150, and \$100, and went to Maminski, Ottaway, Bell, and Nolan Shaheed, 46, Pasadena, Calif., second to Bell in 15:30.

Masters finishers numbered 1569 men and 836 women, making it the largest masters championships in the U.S. Division winners were presented with National Championship rings, courtesy of Elite Racing, Inc.

Runners started on Grand Ave. in Carlsbad and turned onto Carlsbad Ave. to run along the beach in the city, which essentially closed down for two days to accommodate the events, including kid's races and a non-elite race, in addition to the elite invitation-al race and the masters championships.

The Carlsbad 5000 was featured on ESPN, with a showing late Saturday, April 6. □

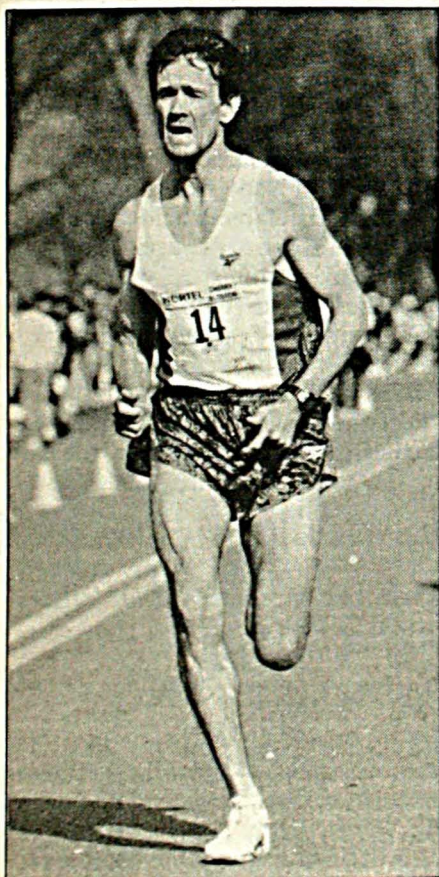


Roger Loberto (l), second M65, and Dick Opsahl, first M60, Suffolk County Half-Marathon, Long Island, N.Y. Both are Plainville-Bethpage RRC members. Of the 495 finishers in the race, 119 were POBRRC members. Photo by Mike Polansky

# Jones, Malloy First Masters in Cherry Blossom

by JERRY WOJCIK

Steve Jones, of Wales/Boulder, Colo., who turned 40 last August 4, ran a course record, 11th-overall 48:26



Steve Jones, 40, former world record marathon holder, winning the M40+ race (48:26), Cherry Blossom 10 Mile, Washington, D.C., March 31. Photo by Bob Burgess

to win the masters contest in the Nortel Cherry Blossom 10 Mile, Washington, D.C., on March 31. Jones, with a world-class, age-graded performance of 94.9% surpassed the old record of 49:46, held by the late Barry Brown.

In 1993, Jones, the former marathon world-record holder, ran a 48:08 here and a 48:22 in 1994.

The second masters finisher was James Pryde, 42, Bel Air, Md., with a 53:03.

Faye Bradley, 58, Washington, D.C., with a 59:20 was the first of three M55s to finish under 60:00 in the closest race for a division title. Ronald Thomas, 55, Arlington Heights, Ill., was second in 59:24, followed by Gerry Ives, 56, Cabin John, Md., four seconds later. Bradley's time is an age-graded 89.3%.

Lou Ludovico, 72, Ellwood city, Pa., ran a slightly better age-graded 89.4% 68:55 in winning the M70 race. John Petroff, Erie, Pa., at 87, the oldest finisher, ran a 2:15:15.

Rose Malloy, 47, Annapolis, Md., took the W40-and-over race with a 20th overall 62:01. Linda Wack, 40, Germantown, Md., was second in 62:55.

Division winners Randon Fritsch, 51, Baltimore, Md., 67:49; Wen-Shi Yu, 61, Kew Gardens, N.Y., 74:55; and Hedy Marque, 78, Alexandria, Va., 97:00, all turned in national-class 80+% times.

About 5800 runners finished the 24th running of this springtime race. □

## HAYWARD CLASSIC MASTERS TRACK & FIELD CHAMPIONSHIPS

Hosted by Oregon Track Club Masters  
Sponsored by City of Eugene and City of Springfield



June 29 & 30, 1996  
Hayward Field  
University of Oregon  
Eugene, Oregon

Host to 3 Olympic Trials, the 1984, 1987 & 1994 U.S. National Masters Track & Field Championships and the 1989 VII World Veterans' Championships

**ELIGIBILITY:** All participants must hold USATF membership.  
**ENTRY FEES:** \$12 first event (no T-shirt); \$6 second event; \$3 each additional event; 7 event limit; relays free if registered.

**ENTRY DEADLINE:** Postmarked by Tuesday, June 18, 1996.  
**LATE ENTRY:** \$10 surcharge when space available; must register 60 minutes before event starts.

**T-SHIRTS:** 100% cotton, short-sleeve: \$10; XXL \$11.

**DIVISIONS:** 5-year age divisions for M and W, age 30 & over.  
**RELAYS:** Will be in 10-year age groups; must wear distinguishable tops.

**AWARDS:** Hayward Classic medals awarded for 1st, 2nd and 3rd; ribbons for 4th, 5th and 6th.

**TEAM COMPETITION:** This meet will feature invitational team scoring. First Place Traveling Trophy for men's, women's and combined scoring.

**FACILITY:** All weather track & runways (max. 1/4" spikes allowed).  
**LOCKER ROOMS:** Available in Bowerman Bldg. Bring towel.

**IMPLEMENTS:** Personal implements are no longer community property and may only be used with permission. OTCM will have some throwing implements available.

**MEET HEADQUARTERS:** Phoenix Inn, 850 Franklin Blvd., Eugene. Call 1-800-344-0131 for reservations by June 14th. Indicate Hayward Classic to get group rates.

**PACKETS:** Available at Phoenix Inn 6-9 p.m., Friday, June 28 and at Hayward Field after 7:30 a.m. Saturday.

**RECEPTION:** Sponsored by OTCM. Saturday, 6-7:30 p.m. at Phoenix Inn. Soft drinks, no cash bar.

### SCHEDULE OF EVENTS

All times listed are tentative and approximate  
Saturday, June 29

Track	Time	Field
5K Racewalk	9:00 am	Long Jump (2 pits) E pit, W & M 60+; W pit, M 30-59 Javelin, W & M 60+
10,000m M&W	9:45	
	10:00	Weight Throw All
Mile Run (Age graded)	11:00	Javelin, M 30-59
2K Steeplechase	11:30	Pole Vault (2 pits)
3K Steeplechase	11:50	
	12:30	Shot Put (2 rings)
High Hurdles	12:45	S ring W & M 65+ W ring M 30-64
100 Meters	1:15	
400 Meters	2:15	
1500 Meters	3:00	

### Sunday, June 30

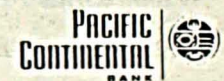
5000 meters	8:30	Discus, W & M 60+ High Jump, M 30-59
Intermediate Hurdles	9:30	
800 Meters	10:00	
1 Mile Racewalk	10:30	High Jump W & M 60+
200 Meters	10:50	
	11:00	Discus 30-59 Hammer W & M 60+
	12:00	Triple Jump All
3000 Meters	12:30	Hammer M 30-59
4 X 100 Relay	1:00	
4 X 400 Relay	1:20	
4 X 800 Relay	1:40	

ALL EVENTS OPEN TO BOTH MEN AND WOMEN

BY GENERAL WOMEN CONSENT BEFORE MEN OR DEER BEFORE WOMEN  
ENTRANTS MUST CHECK IN AT LEAST 15 MIN BEFORE THE EVENT SCHEDULED TO START  
ALL IMPLEMENTS MUST MEET WAA METRIC STANDARDS AND MUST BE CHECKED IN AT LEAST 30 MIN BEFORE THE EVENT



OREGON TRACK EQUIPMENT



\* PLEASE PRINT \*

### Hayward Classic Masters T&F Meet — ALL COMPETITORS MUST BE USA T&F MEMBERS

Name \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Address \_\_\_\_\_ Age (as of 6/29/96): \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Club Affiliation (if any) \_\_\_\_\_ MALE FEMALE  
USA T&F # \_\_\_\_\_

EVENTS \_\_\_\_\_ Best '95/'96 mark\* \_\_\_\_\_ T-SHIRT — \$10.00 (check size) \_\_\_\_\_  
1. \_\_\_\_\_  small  med  XXL \_\_\_\_\_  
2. \_\_\_\_\_  large  x large (\$11.00) \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_  
7. \_\_\_\_\_

NOTE: Late entries will be accepted up to 60 minutes before the event when space is available, surcharge for late entry is \$10.00

RECEPTION: Plan to attend? Yes  No  Number \_\_\_\_\_  
ENTRY FEE: 1 EVENT \$12 4 EVENTS \$24  
2 EVENTS \$18 5 EVENTS \$27  
3 EVENTS \$21 ETC  
ENTRY TOTAL \$ \_\_\_\_\_  
T-SHIRT TOTAL \$ \_\_\_\_\_  
TOTAL \$ \_\_\_\_\_

\*Please use metric for distances, if possible.

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. I declare that I am in good health to participate in this event.

Signed \_\_\_\_\_

Date \_\_\_\_\_

SEND ENTRY WITH CHECK TO: OREGON TRACK CLUB MASTERS, C/O BECKY SISLEY, 310 E. 48TH AVE., EUGENE, OR 97405 (541) 342-3113 (11)



## On The Run

by HAL HIGDON

### Look To The Gym For Improvement:

An Interview With Coach Roy Benson

In the dark of early morning, Roy Benson drives to a YMCA near his home in the northern suburbs of Atlanta, Georgia. Benson once coached track at the University of Florida. He served as executive director for the Atlanta Track Club, organizing the Peachtree Road Race. His chain of Coach Roy Benson Running Camps stretches from Vermont to California. He coaches middle-aged joggers and elite athletes. Today is his cross-training day. During an hour of exercise, he moves from treadmill to stairclimbing machine to a mat (for stretching and sit-ups) and finishes in the weight room. Benson believes most runners – particularly masters runners – would benefit from cross-training – although not everybody knows how to do it. Following his morning workout, Benson discussed the subject with National Masters News columnist Hal Higdon.

**Higdon:** Why should a runner head to the gym to cross-train?

**Benson:** To begin, our runner needs to realize that the reason he arrives at the gym is to pursue consistency of training. He's there to do alternative workouts in order to remain injury-free. Admittedly, the best way to improve is to run fast and run often,

but that leads to injury, and pretty soon you can't run at all. Balancing your running routine with cross-training allows you to train more consistently over a longer period of time.

**Higdon:** How do you develop a balanced routine?

**Benson:** You substitute aerobic activities for some of your running. You need to pick activities that take the focus off the primary running joints. Swimming and cycling are two popular substitute activities, but walking works well, too. The second consideration for exercise choice would be lifetime maintenance of musculo-skeletal balance. For example, to avoid low back problems, you do sit-ups and push-ups.

**Higdon:** Swimming and cycling use significantly different muscles than those used in running. Isn't there a danger that by doing non-specific training you may actually hinder your running?

**Benson:** That's why triathletes don't win marathons. Their training lacks specificity. So anybody who follows an alternative exercise routine must understand that it's a compromise. The result may be a temporary decline in performance capacity in return for long-term continued involvement. Cross-training helps you avoid the frequent crashes that interrupt your program.

**Higdon:** In other words, take a long-range approach to training.

**Benson:** Take my case. I'm 54. I've been running 39 years, and if I try to run six to seven days a week – no matter how properly I train – I get hurt. I need a different cycle of training than the typical running routine of hard one day, easy the next. So on Monday, Wednesday and Friday, I go to the YMCA and walk on a treadmill in order to burn some calories and allow optimal recovery from my Tuesday, Thursday, Saturday, or Sunday running



This quartet of Southern California runners ran an 8:10.18 for the 4x800 at the Santa Barbara Easter Relays, March 16. Peter Mogg, 41, Simi Valley, followed by Dan Barry, 40, Calabasas, 1:59.2, Steve Wulf, 42, Woodland Hills, 2:01.8, and Rich Burns, 40, Thousand Oaks, 2:08.1. Photo from Peter Mogg

workouts. Because I'm rested, those workouts can be executed at higher levels of intensity, which to me is the secret to youth, good looks, speed and riches beyond imagination.

**Higdon:** Isn't there the danger that some athletes can become compulsive about cross-training? They'll add swimming, cycling or other exercises, but not take anything out, resulting in overtraining.



Cathy Ventura Merkel, 40, first W40+ (39:17), St. Paddy's Day 10K, Washington, D.C., March 17. Photo by George Banker

**Benson:** There's a huge danger, mainly because athletes seldom comprehend the objectives of workouts. Cardiovascular fitness can be accomplished on the providing days. Cross-trained days provide relief from the pounding the legs get running. Thus, when you cycle or swim, the degree of effort should be comparable to the very slow jogging one might do on an easy day. If you convert a cross-training workout into a hard day, you defeat its purpose.

**Higdon:** What cross-training options are open to runners?

**Benson:** Aerobics classes. Stair-climbing machines. Basketball. Rowing machines – everything at light levels of intensity to allow you to recover while burning calories. Further exercise choices involve resistance training: free weights or exercise machines.

**Higdon:** Some runners hate to do anything but run. How do you convince them to change?

**Benson:** Ask them if they want to run better. When performances plateau, or decline, you have to train smarter to improve. That's when rest and recovery days enter the picture and lead you to supplemental activities. This is particularly true for masters runners, since, as we age, we often don't recover from hard workouts as fast as during our youth.

**Higdon:** That's when you head to the gym for improvement.

**Benson:** If a runner is interested in a lifetime of successful participation, running farther and faster is not the answer. You look to the gymnasium or risk shortening your career. □

(Hal Higdon is a Senior Writer for Runner's World. His weekly columns appear on the Internet at: <http://www.halhigdon.com>.)

### Fifty-Plus Fitness Association 8K

Sal Vasquez, 56, led the field to the finish with an age-record 27:22 in the Fifty-Plus Paul Spangler Memorial 8K at Stanford University on March 31.

Chick Dahlsten ran a 51:20 to take the oldest division race, the M85.

Judy Shade, W50, was the women's winner in 33:22. Jaelyn Caselli ran a 47:21 to win the W75 contest.

The race, organized by the Stanford-based Fifty-Plus Fitness Association, was designed for men and women age 50-and-over. This year the event was dedicated to the late Dr. Paul Spangler, who ran in the race while in his 90s. The association's address is P.O. Box D, Stanford, CA 94309. □

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## Boston Marathon

Continued from page 1

\$10,000 offered for a world-best performance and \$7,500 for a course record. The open winners took home \$100,000 each. The only course record was set by Jean Driscoll in the women's wheelchair division when she won for a rare seventh time, earning her \$12,000 for the win and \$7,500 for the record.

### Olympic Goal

Said three-time Olympian and 1992 bronze medalist Moller, "I needed to run under 2:35 for the New Zealand Olympic team and that was my goal. I came here not to *participate* in the 100th anniversary but to make another New Zealand Olympic team. *That* was my goal, so I hope the New Zealand selectors will select me... I think if they leave me off, they'd probably be very unpopular. No one else from New Zealand has qualified [for the Olympic marathon]... [but] it's been done before [leaving an older person off the Olympic team who has qualified].

Because there were so many male runners around the women, as is often the case in a mixed-sex race, the television cameras were only able to focus on one or two lead women, unless the lead women were running in a pack. Later, in response to a reporter's query about the possibility of a separate women's start, which might be 15 minutes after the men's start, Moller admitted that she would favor such a move. "That's one of the reasons I like to race in Japan, because they have developed all-women's races... it has a special character of its own and you can see it develop. And I think it's probably better for the press also."

### Runner of the Year

Named 1995 World Masters Female Runner of the Year by

Continued on page 16



Lorraine Moller receives award as the first age 40+ female finisher in the 100th Boston Marathon. Photo from Marilyn Mitchell

# PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
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## The Weight Room

by JERRY WOJCIK

### Mixing Business With Pleasure

The throwing scene at the Indoor Championships in Greensboro was predictably less than perfect, but not horrific. Early arrivals eyeballed the shot put/weight sectors and saw that they were off. Meet officials, with the help of Dick Hotchkiss, corrected them.

The throwing surface was cement, and even though plastic weights leave a slight mark when they hit, it still takes a keen eye and fast reflexes to locate the exact point of impact unless the floor is covered with a powder or sawdust, which these sectors weren't for the pentathletes on Friday.

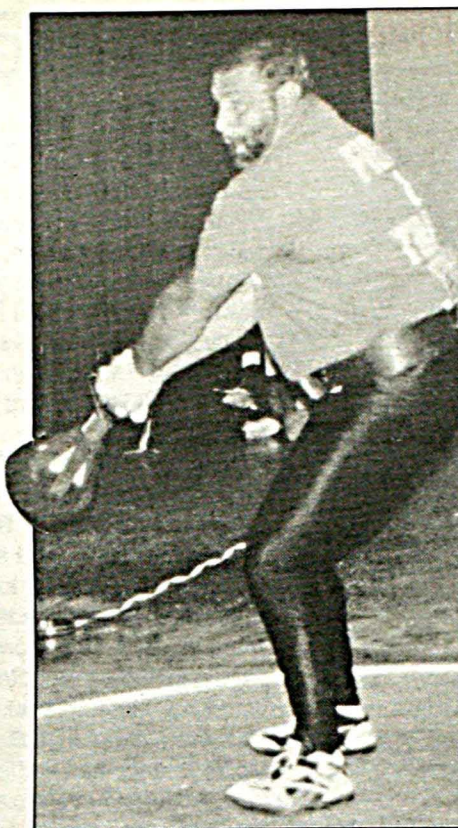
I watched the sector officials for a while, and they were accurate while I was there. Afterwards, however a pentathlete complained to me that he felt he'd lost a couple of feet via a bad call.

For the weight throw on Saturday, meet management had a thin layer of sawdust spread on the cement. This diminished the parameters of the mark

as the weights left an easily seen "crater" of sorts.

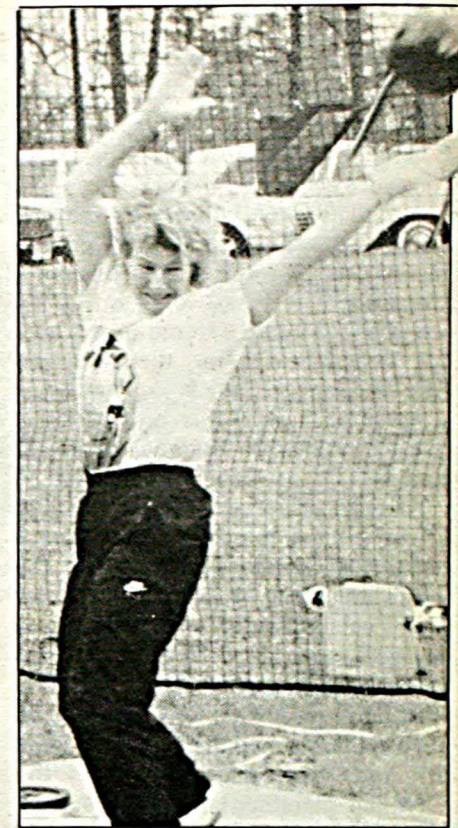
Pre-meet information led throwers to believe that they'd be throwing onto a dirt surface. We did throw the superweight on dirt - at a nearby high school outside. I can't understand how "throwing on a dirt surface" was ever introduced into the Greensboro bid, which I remember distinctly, or in the entry form. The Greensboro Coliseum floor is solid concrete inside and solid asphalt outside.

Anyway, the failure of the promised dirt surface to materialize caused Ken Weinbel, USATF Masters Weight Coordinator, to call a throwers' meet-



Dave Vandergriff, South Carolina, M40 second in the weight throw (50-4 $\frac{1}{4}$ ), USATF National Masters Indoor Championships.

Photo by Suzy Hess



Ruth Welding, 40, Indiana, hurled the 35-lb. superweight 20-11 for a W40 second place, USATF National Masters Indoor Championships.

Photo by Jerry Wojcik

ing after the general meeting on Saturday night. The purpose was to examine ways to prevent further inequities and unfulfilled commitments at national meets.

A proposal to institute a performance bond (cash) for championships bidders, to be forfeited at non-compliance, was discussed, but dropped for fear that it might discourage bids. Instead, we adopted a plan to use volunteer throwers living within close proximity of championship sites to inspect them several months prior to the meet and to report to Weinbel on their facilities. I don't know if this is going to work. You can see the problems. So the javelin area drops six feet at the 100 foot mark. What'll be done about it three months before the championships? If nothing, then what? But, the underlying principle of this plan is for throwers to help prevent problems through constructive input, rather than by punitive means or after-the-fact complaining.

\* \* \*

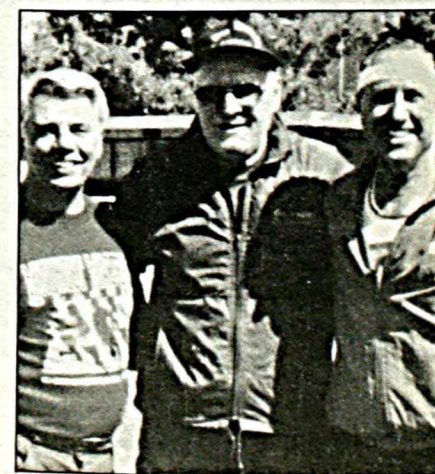
As for the competition, Ruth Welding, 40, Indiana, dethroned Joan Stratton, 44, California, by some three inches in the shot, but Stratton, primarily a hammer/weight thrower, won the weight and superweight handily over Welding. Cindy Reinhardt, 51, New York, took the shot gold over Vanessa Hilliard, 54, Florida, who, perhaps fired up by defeat, responded by throwing records in the weight (50-7 $\frac{1}{4}$ ) and superweight. Her phenomenal weight throw age graded to 111.1%, which will set the revisionists to examining the present tables. Katharine Gradick, 78, Florida, upped the U.S. W75-79 shot record to 20-8 $\frac{1}{4}$ .

In the men's shot, Tim Crawford, 36, Rhode Island, had the best 16-lb.

put for all M30-49 with a 49-3 $\frac{1}{2}$ . Craig Shumaker, 47, Pennsylvania, prevailed in a large 10-man field with a 44-7 $\frac{1}{2}$ , the top six M45s over 39-0. Russ Hodge, 56, Washington, hit the 49-7 $\frac{1}{4}$  mark and 92.9% on the A-G scale.

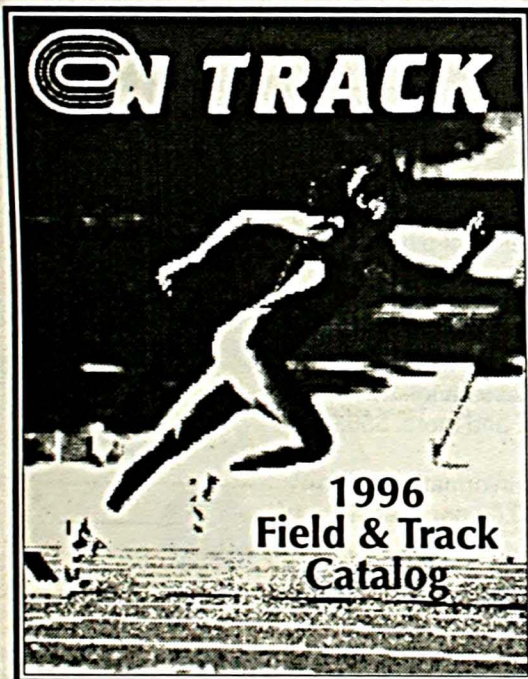
Len Olson, 64, Florida, won the shot and weight (48-1 $\frac{1}{4}$ ) titles, but newcomer Austin Baggett, 64, Florida, powered to the superweight first (21-6 $\frac{1}{4}$ , a record), in a strong field. I cringed when I saw that the first four in the M65-69 weight throw were 64 years old. Whoever said that you get about a year and a half to place in the top three in the nationals before the deluge was right. Ted Hatlin, 85, California, left town with a U.S. shot record (23-2 $\frac{1}{4}$ ).

Despite a slight drizzle early on Sunday morning at the championships' traditional, local high school shot circle, superweighters responded with eight potential U.S. records. A bit of circle maintenance late Saturday night by the Midnight Buffer may have helped. □



From left, discus throwers Phil Brusca, M65; Bill Bangert, M70; and Arnie Gaynor, M65.

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## Sri Chinmoy Receives Fred Lebow Award

At the recent Rome Marathon, Indian-born peace activist, Sri Chinmoy, an advocate of spiritual and physical health, received the inaugural Fred Lebow Award, presented annually to a humanitarian promoting sports, health and fitness.

Chinmoy, 66, whose meditation techniques are practiced worldwide, has competed in masters track and field, and road racing competitions. He sponsors two USA masters T&F meets yearly, one in New York and one in Southern California.

The award was given by NYC Marathon Director Allan Steinfeld, and Umberto Silvestri, President of the Rome Marathon, in recognition of his founding of the 80-nation Sri Chinmoy Oneness-Home Peace Run as well as his many efforts for physical and spiritual health.

"Sri Chinmoy has been very special to the New York Road Runners Club," said Steinfeld. "He has given spiritual support first to Fred, when he got sick a few years ago, and now to myself. It has been an ongoing relationship that I'm sure will continue for many years."

Steinfeld said the goal of the Peace Run is to spread peace through running and sport.

Sri Chinmoy responded: "Today I have received a most signal and blessingful honor for the prayerful service that my students and I are offering to the running world."

As the marathoners toed the starting line, Sri Chinmoy stood with folded hands atop a specially-constructed bridge overlooking the 18,000 runners who joined him in a silent peace invocation. □



Sri Chinmoy (left) receives the Fred Lebow Award from Allan Steinfeld for his founding of the Peace Run and numerous contributions to the running world. Photo by Dhono

## East Regionals Draw 267 to Waltham

by STEVE VAITONES

The 24th annual USATF East Regional Masters T&F Championships took place at the Gosman Sports Center, Brandeis University, Waltham, Mass., March 17. The meet, hosted by the New England Association and Brandeis, drew 267 entrants to the 200m mondo-surfaced track.

Three track records were recorded by a pair of individuals. Carolyn Cappetta, 60, Lexington, Mass., covered the 800 in 2:44.22, erasing the W60 world record of 2:56.75 by Joyce Hals. Lois Filreis of New Jersey's AUI club broke two W65 U.S. records, beginning with a 6:51.72 1500, eliminating Dottie Gray's 7:06. Later in the day, Filreis decreased Nancy Smalley's 15:40.89 for the 3000 to 14:55.71.

In the field events, Phil Raschker, Marietta, Ga., upped her W45 world

record in the pole vault to 10-10 1/4/3.31.

The meet's oldest competitor was 86-year-old Ellery Clark, Jr., Cohasset, Mass., whose father was a double gold medal winner at the first Olympic Games in 1896. Still competing for the Boston Athletic Association, as did his father, Clark received an ovation as he completed the 200, earning his fourth gold medal.

Hosting a full masters championship level meet for the first time, management encountered a few problems: a surprising number of post-entries caused problems with dash seeding and there was lapping confusion in the M50+ 1500 heat, though the FinishLynx system helped sort things out. Directors noted athletes' comments to make the event run more smoothly, and hope to solve any problems when the meet returns to Brandeis on March 16, 1997. □

## Rankings Report

by JERRY WOJCIC

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 NMN, forward them with verification to the rankers below, so they receive your marks no later than May 24, 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/60m/200/400: Larry Patz, 544 Gould Hill Rd., Contoocook, NH 03229

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

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

- 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. Stimson Ave., La Puente, CA 91744. E-Mail 102110.540@Compuserve.com

- 55mH/60mH/PV: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905

- 1500/Mile/3000 RW/WT: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405 □

## GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY, JUNE 16, 1996

EVENTS SCHEDULE FOR OPEN (AGE 15-29) in ONE AGE GROUP, SUBMASTERS (AGE 30-39) AND MASTERS (AGE 40+) in 5 year Age Groups

RUNNING EVENTS				FIELD EVENTS																																					
5000 METERS	10:00 AM	400 METER DASH	2:15 PM	A NEW JERSEY GRAND PRIX SERIES MEET																																					
1500 METER RACE WALK	10:30 AM	800 METERS	2:30 PM																																						
110 METER HH	11:00 AM	200 METER DASH	3:00 PM																																						
MILE RUN	12:00 PM	4x400 RELAY	3:45 PM																																						
100 METER	1:00 PM																																								
				<table border="1"> <thead> <tr> <th>OPEN MEN - 30-39</th> <th>40-49 MEN</th> <th>MEN 50-59</th> <th>MEN 60+ / WOMEN</th> </tr> </thead> <tbody> <tr> <td>POLE VAULT</td> <td>10:00 AM</td> <td>10:00 AM</td> <td>10:00 AM</td> </tr> <tr> <td>SHOT PUT</td> <td>10:00 AM</td> <td>10:45 AM</td> <td>11:30 AM</td> </tr> <tr> <td>WEIGHT THROW</td> <td>1:30 PM</td> <td>2:45 PM</td> <td>2:15 PM</td> </tr> <tr> <td>HIGH JUMP</td> <td>10:30 AM</td> <td>10:30 AM</td> <td>10:30 AM</td> </tr> <tr> <td>LONG JUMP</td> <td>10:00 AM</td> <td>11:00 AM</td> <td>12:00 PM</td> </tr> <tr> <td>JAVELIN</td> <td>11:15 AM</td> <td>12:15 PM</td> <td>1:30 PM</td> </tr> <tr> <td>DISCUS</td> <td>12:30 PM</td> <td>1:30 PM</td> <td>10:00 AM</td> </tr> <tr> <td>TRIPLE JUMP</td> <td>2:00 PM</td> <td>2:00 PM</td> <td>3:00 PM</td> </tr> </tbody> </table>		OPEN MEN - 30-39	40-49 MEN	MEN 50-59	MEN 60+ / WOMEN	POLE VAULT	10:00 AM	10:00 AM	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
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EVENTS SCHEDULE FOR YOUTH RUNNING EVENTS			
MILE RUN	AGES 9-10, 11-12, 13-14	11:30 AM	MALE & FEMALE
100 METERS	AGES 9-10, 11-12, 13-14	12:30 PM	MALE & FEMALE
400 METERS	AGES 9-10, 11-12, 13-14	2:00 PM	MALE & FEMALE
4x400 METER RELAY	AGES 9-10, 11-12, 13-14	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. Listen for announcements. 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. ATHLETES MUST CHECK IN WITH OFFICIALS 30 MINUTES BEFORE SCHEDULED EVENT. ALL RACES WILL BE RUN AS FINALS. IF NECESSARY, SECTIONS WILL BE RUN FOR SPRINTS. PLEASE NOTE: REGISTRATION HAS CHANGED FROM PREVIOUS YEARS. ALL REGISTRATION CLOSURES AT NOON FOR ALL EVENTS YOU MAY REGISTER UP TO 1 HOUR BEFORE EVENTS THAT ARE SCHEDULED TO RUN BY 1:00PM.

RULES  
SPIKES ALLOWED - 1/4" or less  
HURDLE HEIGHTS & IMPLEMENTS - USATF/Open and Masters Rules.  
ELIGIBILITY: USATF MEMBERSHIP REQUIRED, SO BRING CARD. NO EXCEPTIONS. CAN APPLY AT MEET. \$15, \$10 (youth)  
FALSE START - One false start rule will apply.

FEES - Free to Randolph residents.  
Pre-registered - (Received on or before June 2.) \$5 per event for all events.  
Received after June 2 - \$10 late fee added to first event, except for relays.  
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 6/18 \_\_\_\_\_  
(first name) (last name)  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
CLUB \_\_\_\_\_ USATF NO. \_\_\_\_\_  
EVENTS ENTERED \_\_\_\_\_ PHONE # \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB.  
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.



## Training Advice

by RICHARD FERGUSON

### An Apple in Your Throat

**H**ow many times in the course of a day do you hear the statement, "I choked"? Usually, the word "choke" is associated with a poor, or worse than expected, athletic performance. In the running world, the word choke can be frequently overheard after almost any road race you attend. But what does the word choke really mean to runners?

When most of us think of choking, we conjure up images of bad performances at critical times, such as tightening up in the last mile of the most important 10K of the year, or dropping out of a marathon at the halfway point for no apparent reason. However, just because you had a bad race doesn't necessarily mean you choked.

In a nutshell, athletes choke when their performances get progressively worse until they can't regain self-control without stopping (dropping out of a race) or getting help by talking to a friend or coach. Choking is really a pattern of thought and behavior with the end product being poor performance.

#### Examples of Choking

Let's look at some examples of choking by runners. It's an important race and you're going to try to lower your 10K PR. You go out at the pace you believe is needed to run a PR, but the mile split is slower than you expected. You start having negative thoughts about your PR chances and you begin to press. Your form deteriorates, you get tight, and you go into oxygen debt from pushing your overly tense body too hard. You struggle to the finish with a much slower time than you had anticipated. You feel dejected and basically miserable.

How about the following scenario? You have a particular "rival" whom you always outperform in your races. However, in the big local 10K, your rival is right with you at one, two, three miles, and you don't feel particularly well. You get scared and begin to fear your rival will beat you, which ultimately will lead to a great deal of embarrassment. You begin to get tight and press, but you just can't break away. Finally, you talk yourself into believing you can't beat the guy and you give up and slow down, allowing your rival to cruise to glory. Talk about a sick feeling after a race.

Any race, workout, or even fun run can be stressful, especially if you are a

highly competitive person. Any time a human being is stressed and senses pressure, the muscles of the body are going to tighten (especially in the neck, which is why it's called choking), and the heart and breathing rate are going to increase. The critical point in the choking process comes, however, at your attention concentration level when, instead of focusing externally on your race, you begin to narrow your focus and direct it internally. Too much of an internal thought pattern leads you to focus on your worries of losing, running poorly, and, above all, pain. As the pressure increases, you have a great deal of difficulty redirecting your focus away from yourself and back to the race. The result of all of this is poor coordination, muscle tension, fatigue, and poor decision-making, all of which will lead you to perform far below your capability. In other words, you choke.

#### How to Avoid Choking

So how can you avoid choking? In reality, choking is a habit born of negative thinking. Any time you think about something, you're actually talking to yourself. The key to overcoming the tendency to choke is to learn positive self-talk. Positive statements like, "I can do it," "I feel fast," or "Just hang in there," serve to motivate us and keep us going. On the other hand, negative self-talk is often self-critical, defeatist, and anxiety/tension-producing. Saying things to yourself like, "I feel horrible," "I'm going to lose," or "Here we go again, another bad race," only serve to produce self-doubt, tension, anxiety, and, ultimately poor performance.

Become positive to your negative self-statements. When you find yourself becoming negative tell yourself to stop and replace the negative with positive statements. It's impossible to eliminate all negative self-statements, but you can cut the number down. By becoming more positive, you can begin to break the choking habit and run nearer your potential, not to mention have more fun with running.

Old habits will die hard, but, in time, you can get that collar from around your neck and never utter the dreaded choke word again. □

(Reprinted from "Running Journal.")



At Boston, from left: Kjell-Erik Stahl, Sweden, 2nd M50-59 (2:30:42); Herbert Steffny, Germany, 1st M40-49 (2:19:33); Jack Fultz, Virginia, winner of the 1976 Boston Marathon (2:20:19), who ran the 100th edition on April 15.  
Photo from Marilyn Mitchell

### Boston Marathon

Continued from page 13

*Runner's World* magazine, Moller was undefeated in 1995 in her masters career, posting masters victories at Falmouth (39:29), Peachtree 10K (33:10), Utica Boilermaker 15K (53:16), Advil Mini Marathon 10K (33:35) and a world masters best for four miles (21:05) at the Steamboat Classic in Peoria, Ill. Fourth in the 1985 New York City Marathon, she was a three-time winner of both the Avon (London) and Grandma's (Minnesota) marathons, and winner of the 1984 Boston Marathon.

Sixth in Boston last year (2:21:38), German-born Herbert Steffny won the masters division of the 1995 Twin Cities Marathon (2:18:35). As an open runner, he held 13 German championship titles at the 10K, 25K, marathon, and cross-country distances and was a three-time winner of the Frankfurt Marathon (1985, 1989 and 1991). He was also winner of the 1991 Pittsburgh and 1989 Munich marathons, where his 2:11:30 broke Frank Shorter's 1972 course record of 2:12:19. He ran 2:11:54 eight years ago at the 1988 London Marathon, and posted his lifetime personal best of 2:11:17 at Chicago in 1985.

Said Steffny, "My [older] brother, Manfred, a former two-time Olympic marathoner, was my influence. He wrote a book on marathoning. For Boston, I would say, it was Bill Rodgers who influenced me. When I was an open runner, Boston was the one race which was missing.

"After Twin Cities, I knew I could play a role here. It's a totally different race here [the masters race], because there's no pack... there are individual runners.

"One masters group [Artemio Navarro, Romas Sausaitis (the Lithuanian), Martin Mondragon, Kipsuabai Koskei] went out too fast... 10K at 31 minutes... my job was to do my race and not to make the mistakes they made."

#### World's Largest Marathon

The 100th edition of the Boston Marathon had 38,706 official entrants and 35,810 finishers (93%), making it the world's largest marathon race. Slightly more than 55% of the finish-

ers were age-40-or-over.

The Boston race management made it diplomatically, but unequivocally, clear that this was a one-time deal. The Hopkinton start line is on a two-lane road, approximately 35-feet or 10-meters wide. Funneling 9,000 runners – the usual number – onto this type of start line presents a logistical nightmare under the best of circumstances. No more need be said about the problems of herding 38,000 runners into the same area.

Prior to race day, management had predicted that, in addition to the 38,700 registered runners, there might be as many as 15,000 to 20,000 "bandits," or unofficial runners, who could have clogged the roadways and seriously impacted on the water supply and other race facilities along the course. Fortunately for everyone, the public heeded their pleas and the BAA estimates that only about 2,000 unofficial runners joined the celebration.

#### Heart Attack

Unfortunately, 61-year-old Swedish runner, Humphrey Siesago of Stockholm, collapsed at the finish line of an apparent heart attack, was given immediate first aid, stabilized and transported to Massachusetts General Hospital, where he was later pronounced dead. Race Director Guy Morse extended condolences to the Siesago family, saying, "We at the BAA and John Hancock are deeply saddened by the death of one of the runners."

There were also major problems with the computers, ranging from pre-race burst pipes and resultant water damage to hard drives, to a server being down during the race and affecting the ability to process and print out results. To the credit of the Boston Marathon, race management accepted responsibility for the problems, absolving the computer vendor and the "real-time" chip manufacturer of any responsibility, saying, "The real problem was human error in programming."

Runners were given so-called "real-time" computer chips which they were instructed to put on their shoe laces.

Continued on page 28





## Indoor Championships

Continued from page 1  
200 final.

Milt Silverstein, Arizona, broke the U.S. M75-79 record of 9.5 for the 60m with an A-G 95.8% 9.27.

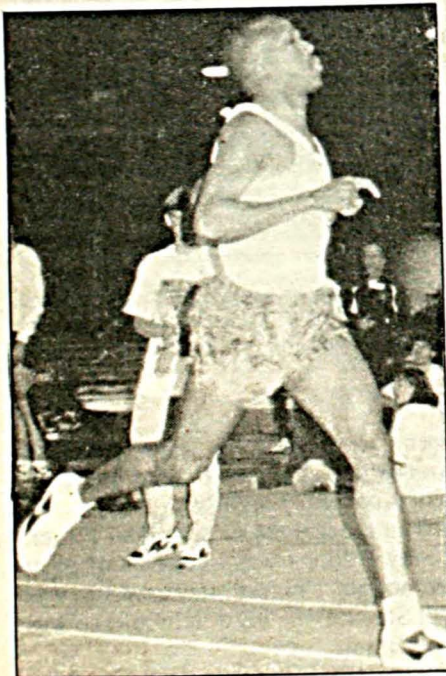
Despite having to throw outside at a nearby high school in a slight drizzle, the superweight throwers submitted eight pending U.S. records, led by Ken Jansson's 12.76/41-10 1/4 for the M35 56-lb. implement.

The anticipated assault on U.S. mile records was more of a skirmish. Paul Heitzman, M65, Kansas, ran a 5:27.65 for one of the three records in the mile and added the national record for the 3000 with a 11:10.70. Some distance runners attributed the lack of better mile marks among the younger age-groups to the 160m track. Steve Gallagher, Florida, who earlier in the indoor season broke the U.S. 3000 record, won the 16-field M40 mile race with a 4:28.57, a slower time than he had hoped for, but he felt that the turns were not restrictive.

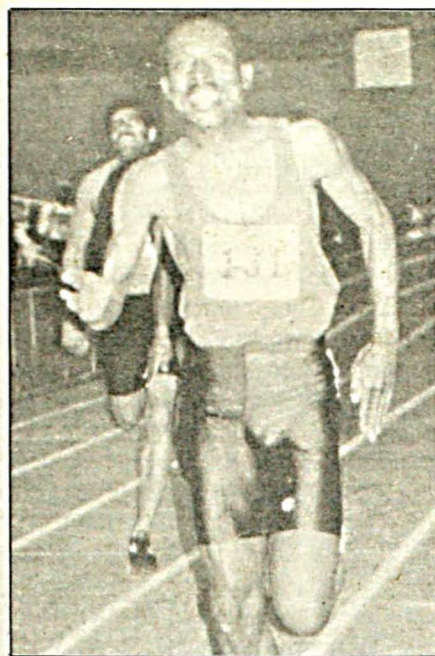
The mile was a new experience for some. Louise Adams, W70, Colorado, who broke the U.S. 400 record with a 1:38.10, commented, "This is the first time I've run a mile in- or outdoors. It was fun, but I had too much left." She finished in 8:06.38.

While some records fell by slight margins, others had huge chunks lopped off in the track events or added in the field events. Joy Upshaw-Margerum, W35, Hawaii, lowered the U.S. record of 8.10 for the 60m to 8.09, while Grace Butcher, Ohio, changed the W60 mile record from 7:47.6 to 6:55.59. In the 3000 race-walk, which saw four world and three U.S. indoor records fall, Ed Kousky, Oregon, decreased the world M55 record of 14:27.6 to 14:22.40, and Miriam Gordon, Florida, dropped the world W70 record by almost half a minute to 20:35.87.

Despite the records, a few racewalk-



Anselm Le Bourne, New Jersey, M35 winner in the 800 with an age-graded 91.1% 1:55.70, USATF National Masters Indoor Championships. Photo by Suzy Hess



Dennis Coleman, M35, Maryland, finishing the 400 in 55.99, USATF National Masters Indoor Championships, Greensboro, N.C., March 29-31. Photo by Suzy Hess

ers were not pleased with the track. Elton Richardson, New York City, who won the W55 race in 17:37.51, asked, "How did this place ever get the bid? There shouldn't be any judges for that track. It's too slanted."

The best athlete of the meet award would be a toss-up between Earl Fee, 67, Canada, and Philippa Raschker, 49, Georgia. Although neither one was a record breaker, both had several performances in the 93+% range: Raschker in the 60m (95.5%), 200 (92.9%), 60mH (96.9%), and pole vault (95.2%); Fee in the 400 (92.9%), mile (93.1%), and 800, where, despite an A-G 98.6%, he failed to break the record. He had a tough mark to beat - 2:16.80 - his own, set in March 1994 when he was 65.

Other 60m sprinters besides Richards (96.3%) and Silverstein (95.8%) showed some speed. Neville Hodge, Maryland, won the M40 race in 7.02 (95.6%). Bill Collins, Texas, took the M45 race from Marion McCoy, Jr. (7.31) with a sizzling 7.22 (96.1%). Collins later sustained an injury that scratched him from the 200 and left him on crutches and facing surgery on Monday, April 1.

Gold medalists in the 200, Ben James, M35, New York; Charles Allie, M45, Pennsylvania; and Joe Johnson, M50, New Jersey, clocked times that age-graded to 91+%.

Joan Stratton, W40, California, hit 96.3% with a 12.38/40-7 1/2 throw with the 20-lb. Vanessa Hilliard, W50, Florida, was off the scale with an A-G 100+% toss of 15.42/50-7 1/2 with the 16-lb. weight. Both are U.S. age-group records.

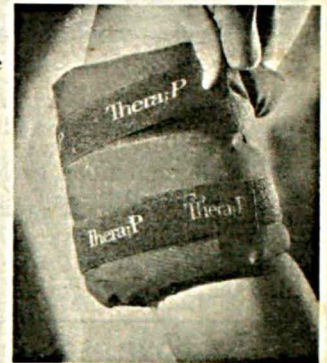
Perhaps the most exciting race of the meet came in the M55 800, when John Dunkelberg, North Carolina, nipped Sid Howard, New Jersey, by 1/100 of a second with a 2:25.76, as both, using the banked turn to accelerate, sprinted to the finish. Roger Pierce, Massachusetts, edged Ron Johnson, New York, in another close finish, in the 400, 55.74 to 55.75.

Continued on page 18

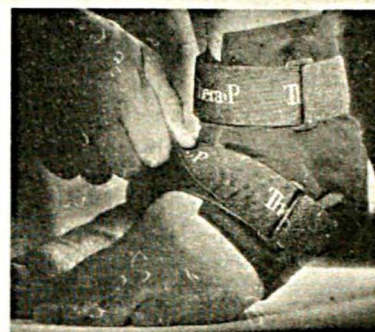
## Every runner should have an ice pack in the freezer, and the pack shown here is top of the line — Runner's World December '95 Gear Guide

**W**hat could be more exhilarating than crossing the finish line of your first 10K run?! Then again...what could be worse than spending the rest of the season with aching ankles, sore legs, tender hamstrings, or shin splints?

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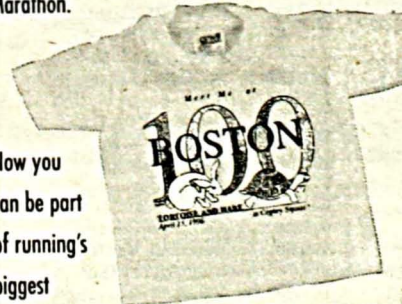
All products come with an unconditional 30-day money-back guarantee, so you risk nothing by ordering now! Call 1-800-919-1156

**F**inally! A back support that works overtime on pain! **Thera•P's Neoprene® Back Support System** incorporates a powerful combination of support and ice cold/moist heat pain relief. Its unique design allows you to use it while you're exercising for support and then add the gel pak for soothing pain relief — giving you two-products in-one! Put an end to back pain once and for all!



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# Track & Field Report

by BARBARA KOUSKY

## Record Participation at Indoor Championships

**C**ongratulations to Meet Director Ron Foster and Promotions Director Randy Billings for their efforts in promoting and managing a record number of athletes (727) at our Indoor Championships. The meet received front page coverage from the Greensboro News and Record, as well as great coverage from the local television stations.

### AGE GROUP RECORDS SET AT USATF NATIONAL MASTERS INDOOR CHAMPIONSHIPS, GREENSBORO, N.C., MARCH 29-31, 1996

#### World Records

Event	Age	New Mark	Name	Old Mark	Held By
60m	M90	17.47	Everett Hosack	p15.52	Mikko Salonen
200m	W80	57.61	Pearl Mehl	62.73	Pearl Mehl
800m	M80	3:20.57	Austin Newman	3:33.63	Bill Dyer
800m	M85	5:51.29	Charles Espy	6:18	Herb Kirk
800m	W80	5:16.53	Ivy Granstrom	6:26.49	Pearl Mehl
3000m	W80	23:41.32	Ivy Granstrom	27:27.81	Pearl Mehl
60mH	W70	16.89	Johnnye Valien	---	---
HJ	M40	2.06m	Jim Barrineau	2.02m	Dwight Stones
HJ	M85	1.00m	Virgil McIntyre	ties	A E Pitcher
HJ	M85	1.00m	Ted Hatlen	ties	A E Pitcher
HJ	M90	0.80m	Everett Hosack	p0.45m	Mikko Salonen
HJ	W60	1.26m	Edith Gray	1.25m	Leonore McDaniels
PV	W60	1.81m	Edith Gray	1.67m	Leonore McDaniels
PV	W70	1.41m	Johnnye Valien	---	---
LJ	M80	3.58m	Clarence Trahan	3.57m	Carl Trei
LJ	W60	3.84m	Edith Gray	3.77m	Elizabeth Steedman
LJ	W60	3.84m	Betty Vosburgh	3.77m	Elizabeth Steedman
LJ	W75	2.58m	Mary Bowermaster	2.29m	Vivian Nelson
TJ	W65	7.64m	Magdalena Kuehne	7.31m	Leonore McDaniels
TJ	W70	5.97m	Josephine Sullivan	5.44m	Libby Hagemann
TJ	W75	4.31m	Libby Hagemann	---	---
3000mRW	M55	14:22.40	Edgar Kousky	14:27.6	Mario Sciarreta
3000mRW	M70	17:23.46	William Flick	17:31.6	Pauli Makinen
3000mRW	W45	16:02.36	Jeanette Smith	16:12.53	Jocelyn Richard
3000mRW	W70	20:35.87	Miriam Gordon	20:56.8	Ernestine Yeomans
60m	W75	11.45	Mary Bowermaster	11.75	Millie Crews
PV	W55	2.19m	Becky Sisley	2.07m	Becky Sisley
LJ	M60	5.47m	Dick Richards	5.41m	Virjo Kwappila

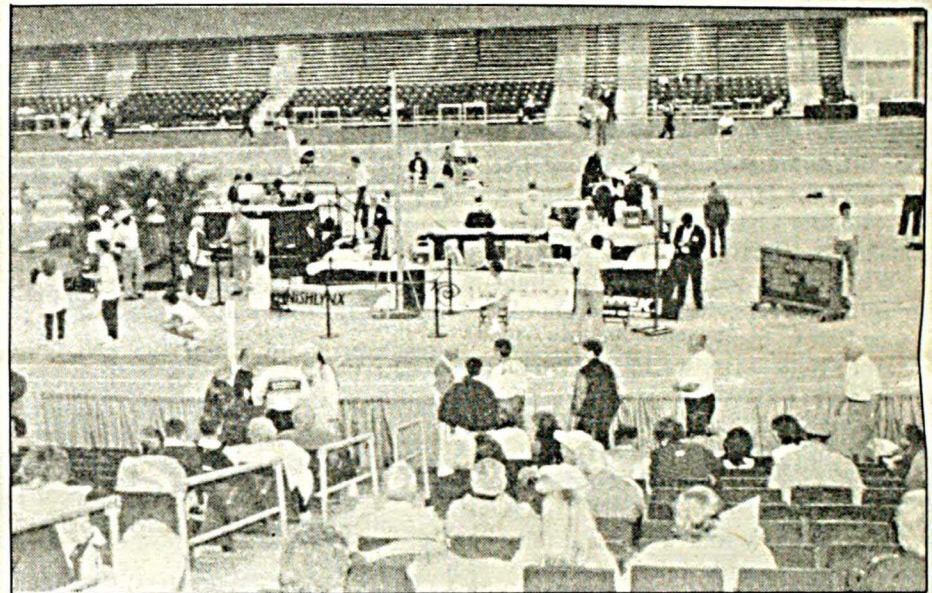
#### U.S. Records

Event	Age	New Mark	Name	Old Mark	Held By
60m	M75	9.27	Milt Silverstein	9.5	Barry Ivers
60m	W35	8.09	Joy Upshaw-Margerum	8.10	Denise Foreman
200m	W50	30.80	Nadine Lowenstein	30.87	Marilyn Mitchell
200m	W60	33.25	Betty Vosburgh	33.51	Betty Vosburgh
400m	W50	69.53	Nadine Lowenstein	72.86	Linda Upton
400m	W70	1:38.10	Louise Adams	1:44.86	Carol Peebles
800m	W55	2:39.54	Jane Arnold	2:51.80	Wava Mosbrucker
800m	W65	3:25.85	Lois Filreis	3:30.74	Dottie Gray
Mile	M65	5:27.65	Paul Heitzman	5:30	Archie Messenger
Mile	W60	6:55.59	Grace Butcher	7:47.6	Jean Price
Mile	W80	13:27.51	Pearl Mehl	---	---
3000m	M65	11:10.70	Paul Heitzman	11:12.03	Jim Forshee
3000m	M80	14:42.91	Austin Newman	15:13.54	Dudley Healy
3000m	W80	26:53.20	Pearl Mehl	27:27.81	Pearl Mehl
60mH	M80	13.60	Frank Finger	p14.86	Ted Hatlen
LJ	W55	3.75m	Joann Grissom	ties	Betty Vosburgh
TJ	W60	7.75m	Betty Vosburgh	7.71m	Betty Vosburgh
SP	M85	7.08m	Ted Hatlen	6.95m	Bert DeGroot
SP	W75	6.31m	Katharine Gradick	4.58m	Grace LaBelle
WT	M55	13.88m	Dick Hotchkiss	13.44	Dick Hotchkiss
WT	W40	12.38m	Joan Stratton	12.17m	Joan Stratton
WT	W50	15.42m	Vanessa Hilliard	14.08m	Vanessa Hilliard
WT	W55	10.32m	Joann Grissom	10.25m	Joann Grissom
SW	M35	12.76m	Ken Jansson	10.90m	Ken Jansson
SW	M40	10.88m	David Vandergriff	9.31m	Pete Farmer
SW	M45	8.47m	Tim Edwards	6.36m	Bob Sager
SW	M60	6.55m	Austin Baggett	6.11m	Len Olson
SW	M70	8.40m	Bill Bangert	6.68m	Charles Covino
SW	W35	8.11m	Sarah Boslaugh	4.04m	Deborah Ecklund
SW	W40	7.12m	Joan Stratton	6.78m	Joan Stratton
SW	W50	11.42m	Vanessa Hilliard	10.29m	Vanessa Hilliard
3000mRW	M65	16:40.38	Vance Genzlinger	16:52.0	Ed Gawinski
3000mRW	M80	21:39.16	Bill Patterson	---	---
3000mRW	W50	17:25.86	Kathleen Frable	17:28.21	Elton Richardson
800m	W80	5:19.86	Pearl Mehl	6:26.49	Pearl Mehl
60mH	W60	13.45	Betty Vosburgh	14.19	Shirley Kinsey
WT	W75	6.15	Libby Hagemann	---	---

Key to their success was a willingness to take the time and effort to learn as much as possible in advance about organizing a masters competition. Ron and Randy both attended the Championships in Columbia and Reno, and Tom Moreau, their Transportation Coordinator, attended the Outdoor Championships in Michigan. Their commitment to learn from "what worked and what didn't" at previous championships showed. Early distribution of information to athletes and officials, timely and friendly response to inquiries, skilled officials, a smooth-running transportation system, abundant volunteers recruited by Eileen Hogan, and a solid desire to put on the best event possible, made these championships among the most successful in recent years. Very important also was their commitment to learn from their own mistakes. I look forward to returning to Greensboro in the future.

**Nominating Committee Appointed**  
In accordance with our Committee By-Laws, a three-member Nominating Committee was selected by the Masters Track & Field Executive Committee at their meeting in Greensboro. Jerry Donley will serve as Chair of the Committee assisted by Bev LaVeck and Ken Weinbel. Elections for committee chair, vice chair, secretary and treasurer, will be held at the USATF Convention, November 27-30, in San Francisco. Watch the *National Masters News* for detailed information regarding the nomination process.

**Multi-Event Championships**  
In a close vote, members of the Track & Field Committee selected San Diego as the site for this year's National Decathlon/Heptathlon Championships, which will be held on July 13-14. Ed Oleata will serve as the Meet Director. Neosho, MO, with a late October date, and Lincoln, NE, with an early June date, were the other two sites considered. □



The finish line and spectator seating at the USATF National Masters Indoor Championships. Photo by Jerry Wojcik

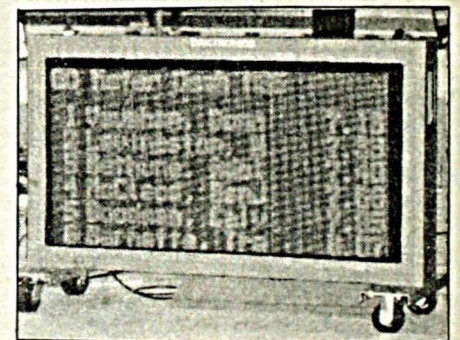
## Indoor Championships

Continued from page 17

Generally, athletes' reactions to the meet were positive. Kati McIntyre, W60, Arizona, who has extensive indoor and outdoor championships experience, said, "The meet gets rave reviews. Lots of good officials, terrific trumpeter for the opening ceremonies, great seating, and, for once, enough restrooms." Other competitors were put off by what they considered a hard running surface. Courtland Gray, M50, Texas, said that he had to take his shoes off after warming up for the 60m final because they hurt his feet even though he had the proper length spikes. Gray suffered a quadriceps pull in the race, eliminating his chances at a victory in his primary event, the hurdles.

Athletes praised the USATF officials and volunteers, despite problems in the hurdles and sector snafus in the weight throw, and complimented the announcer, Pete Taylor.

Media exposure included articles



One of two results screens for competitors and spectators, USATF National Masters Indoor Championships. Photo by Jerry Wojcik

every day of the meet in the *Greensboro News & Record* and television coverage nightly.

The meet director was Ron Foster. Randy Billings was in charge of meet promotion. The head track referee was Bill Stewart; the head field referee was Bob Brant.

The 1997 indoor championships will be held in Columbia, Mo., on the U. of Missouri campus, site of the 1994 championships. □



# NATIONAL MASTERS NEWS



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



## 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 1, 1996, 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, 1995 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 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 Shot/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)

\_\_\_\_\_ 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.



Continued from previous page

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

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

JAVELIN THROW (35-59: 800 GRAMS - NEW RULES; 60+: 600 GRAMS)

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

DECATHLON(1994 WAVA AGE GRADED SCORING TABLES)

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

PENTATHLON(1994 WAVA SCORING TABLES)

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

Women's World Five Year Age Group Records

100 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 100m records for women's world five year age groups.

200 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 200m records for women's world five year age groups.

400 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 400m records for women's world five year age groups.

800 METERS

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

1500 METERS

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

ONE MILE

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

3000 METERS

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

5000 METERS

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

10,000 METERS

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

2000 METER STEEPLECHASE \*\*\* BEST PERFORMANCES \*\*\*

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

HIGH JUMP

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

POLE VAULT \*\*\* BEST PERFORMANCES \*\*\*

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

LONG JUMP

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

TRIPLE JUMP

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

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

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

DISCUS THROW (1Kg)

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

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

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

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

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

Continued on next page



Continued from previous page

HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)
DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M35 232-5 70.84 Harold Connolly(CA) 37 7-20-69

JAVELIN THROW (35-59: 800 GRAMS - NEW RULES; 60+: 600 GRAMS)
DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M35 218-8 66.66 Gene Lorenson(CA) 36 8-16-92

DECATHLON(1994 WAVA AGE GRADED SCORING TABLES)

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

PENTATHLON(1994 WAVA SCORING TABLES)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 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. Lists 100m records for women's age groups.

200 METERS

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

400 METERS

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

800 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 800m records for men's age groups.

1500 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 1500m records for men's age groups.

ONE MILE

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists one mile records for men's age groups.

3000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 3000m records for men's age groups.

5000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 5000m records for men's age groups.

10,000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 10,000m records for men's age groups.

ONE HOUR RUN

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists one hour run records for men's age groups.

2000 METER STEEPLECHASE

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 2000m steeplechase records for men's age groups.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists short hurdles records for men's age groups.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists long hurdles records for men's age groups.

HIGH JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists high jump records for men's age groups.

POLE VAULT

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists pole vault records for men's age groups.

LONG JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists long jump records for men's age groups.

TRIPLE JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists triple jump records for men's age groups.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists shot put records for men's age groups.

DISCUS THROW

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists discus throw records for men's age groups.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists hammer throw records for men's age groups.

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

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists javelin throw records for men's age groups.

Continued on next page





Continued from previous page

World Best Performances - Racewalk

Table with columns: group, time, name, date, site, home. Lists racewalk records for various distances (3000m, 10K, 20K, 30K, 50K) and ages (M40-M90).

Table with columns: group, time, name, date, site, home. Lists racewalk records for various distances (10K, 20K, 30K, 50K) and ages (M40-M90).

USA Masters Men's and Women's Racewalking Records Masters Men - Track

Table with columns: distance, time, name, date, site, home. Lists USA Masters Men's and Women's Racewalking Records for various distances (3000m, 5000m, 10,000m, 15,000m, 20,000m, 30,000m, 40,000m, 50,000m, One Hour) and ages (M40-M90).

Masters Men - Road

Table with columns: group, time, name, date, site, home. Lists Masters Men's Road records for various distances (5K, 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K) and ages (M40-M90).

Table with columns: group, time, name, date, site, home. Lists racewalk records for various distances (10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K) and ages (M40-M90).

Table with columns: group, time, name, date, site, home. Lists racewalk records for various distances (10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K) and ages (M40-M90).

Masters Women - Track

Table with columns: distance, time, name, date, site, home. Lists Masters Women's Track records for various distances (3000m, 5000m, 10,000m, 15,000m, 20,000m, 30,000m, 40,000m, 50,000m, One Hour) and ages (M40-M90).

Table with columns: group, time, name, date, site, home. Lists Masters Women's Road records for various distances (5K, 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K) and ages (M40-M90).

Continued on next page

Continued from previous page

Masters Women - Road

SK					
F35-39	22:39	Victoria Herazo	Kingsport, TN	9/17/94	
F40-44	24:14	Gavie 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 Nottlage	Liverpool, NY	7/1/91	
	34:11 p	Margaret Walker	Dearborn, MI	9/29/95	
	32:59 p	Miriam Gordon	Fl. Lauderdale, FL	10/28/95	
F75-79	36:26	Helen Suttar	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					
F35-39	46:25	Victoria Herazo	Beijing, CHI	4/29/95	
F40-44	49:17	Sally Richards-Kerr	Palo Alto, CA	5/22/94	
F45-49	50:58	Gavie Johnson	Washington, DC	3/28/95	
F50-54	57:06	JoAnn Nedelco	Provo, UT	8/14/93	
F55-59	57:24	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	
	1:09:21 p	Miriam Gordon	Fl. Lauderdale, FL	2/11/96	
F75-79	1:14:33	Imogene Watkins	Niagara Falls, NY	7/16/95	
F80-84	1:58:30	Marilla Saltsbury	Indianapolis, IN	8/5/90	
15K					
F35-39	1:10:27	Victoria Herazo	Albanv, NY	5/21/95	
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					
F35-39	1:35:40	Victoria Herazo	Albanv, NY	5/21/95	
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	
	2:18:07 p	Ruth Leff	Kenosha, WI	10/18/92	
F75-79	2:49:18	Adeline Crocker	Eugene, OR	8/16/87	

25K					
F35-39	2:14:52	Lynda Brubaker	Allanta, GA	10/31/93	
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	Allanta, 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					
F35-39	2:42:47	Lynda Brubaker	Allanta, GA	10/31/93	
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	
	3:29:41 p	Ruth Leff	Kenosha, WI	10/18/92	

40K					
F35-39	4:17:27	Daniela Hairabedian	Allanta, GA	4/8/90	
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					
F35-39	5:25:17	Daniela Hairabedian	Allanta, GA	4/8/90	
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	Allanta, GA	4/8/90	
F55-59	6:50:15	Elizabeth Peltersen	Allanta, GA	3/5/89	
F60-64	7:27:49	Marie Henry	Durham, NC	2/21/88	



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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 of head timer
Watch #1 _____	_____
Watch #2 _____	Watch #3 _____

USATF Rules require that track records must have a minimum of 4 certified judges and road races must have a minimum of 6 certified judges. At least half of the judges must have National judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed.

Judge #	List all judges	Certification #	Level of Certification
Judge #1	_____	_____	_____
Judge #2	_____	_____	_____
Judge #3	_____	_____	_____
Judge #4	_____	_____	_____
Judge #5	_____	_____	_____
Judge #6	_____	_____	_____

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 certified (USATF Association, National, or IAAF) judges; 6) completion of the race by the athlete; 7) the race was a racewalk-only event (no runners).

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

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Write On

Continued from page 4

tant inner tendon.

The primary purpose of this letter is to personally thank each individual at the Indoor Nationals for their help and get well wishes. Many people ran to my aid and wanted to assist me immediately after the injury. The medical staff at the meet was extremely competent and comforting. Upon my return from the hospital, on crutches, my fellow athletes greeted me with such warmth and concern that it was overwhelming. This is why I run track and enjoy it so much. The athletes and officials in this sport are absolutely top notch. I would like to thank all of them for their kindness and compassion.

*Bill Collins  
Houston, Texas*

The 1996 Indoor Nationals provided a little bit of everything: the good, the bad and the ugly.

GOOD performances and excitement – the M50 400 with Roger Pierce coming down off the final turn in third and surging to win in a blanket finish; Tony Rodiez putting a big surge in with 2-plus laps to go in the M35 mile, opening a 40m gap and having Anselm Le Bourne run him down and catch him in the last straight.

My favorite was watching Jim Barrineau come so very close to 2.11 (6'11") in the M40 high jump (I would like to be there when he is attempting seven feet). Bill Collins' blazing 60m followed by the BAD: torn knee ligaments, trying to slow down; the track surface in spots; the weight throw set-up; and finally the UGLY: the apparent in-fighting, politics and hidden agendas at the meeting Saturday night.

Let's hope masters track and field doesn't fall into some of the baloney that is associated with IAAF, Olympic Committees and the elite track and field world.

*Jeff Watry  
Paddock Lake, Wisconsin*

Of all the nice people who helped at the 1996 Indoor Nationals at Greensboro, one who stands out is Tom Moreau, whose job was to see that all contestants who needed transportation to and from the meet and the airport got there in time. I was one of them and won't forget Tom as a nice individual, who took his job seriously and made each of us feel we were in good hands and would get to our destinations in time.

*Austin Newman  
Westfield, New Jersey*

Allow me to inform all would-have-been participants in the National Masters Indoor Championships, Greensboro, N.C., that you missed a terrific meet. In no small part, the entertaining, informative and enjoyable aspect was supplied by Pete

Continued on page 28

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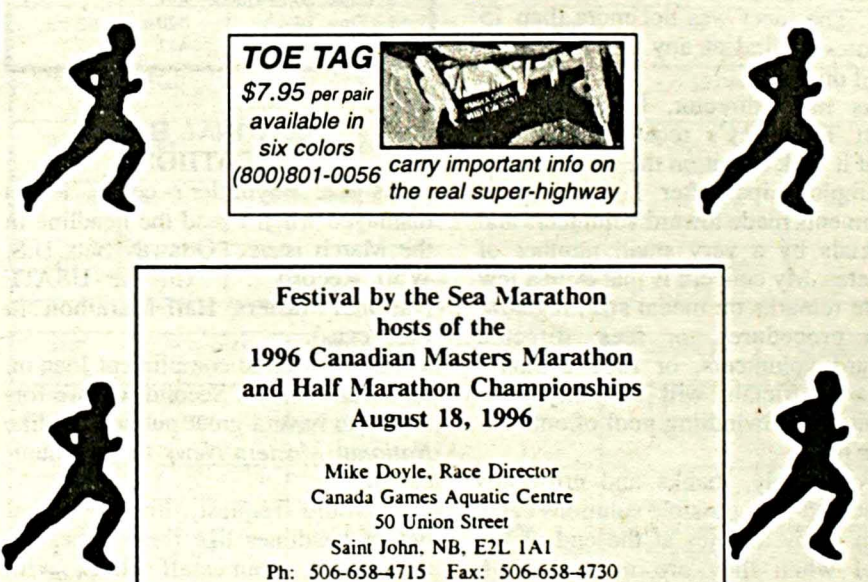


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## Write On

Continued from page 27

Taylor, the hired-gun announcer who kept us up-to-date on everything, all happenings, and particularly the immediate action on the track.

From the very beginning to the very end, Pete "called" every race, announced every winner on the awards stand, and constantly drew everyone's attention when any athlete of note and credentials was getting ready to perform, before and during the competition. I had no idea that anyone would have so much t&f information stored away in his apparently encyclopedic memory. He was more than willing to dispense all of this background to the sometimes less-than-knowledgeable fans.

I was afraid to step onto the track for fear of what he may have dug up on my past! The statement about how "one person can make a difference" was ably demonstrated by Pete Taylor for those three days. I only echo the plaudits of so many of the athletes in attendance. Great work, Peter. Come join us again.

Phil Mulkey  
Marietta, Georgia

### EASTERN REGIONALS

We'd like to thank those masters who attended the East Regional Indoor Masters Championships, March 17. A masters championships at any level is not just putting on another meet; it's more like six or eight separate meets with the five-year age groups, and six attempts in each of the field events in five-year groups. Brandeis University was proud to be able to show off its fine facility, and the New England association of USATF enjoyed the opportunity to host the meet.

Thanks go to those officials and workers who gave up yet another weekend day to work the meet.

Putting together all the pieces of a meet includes a lot of guesswork - start times, number of medals to order, entry procedures, to name a few - and, for the most part, this event went off well. The meet was not more than 15 minutes behind at any point and finished on time.

As meet director, I reflected on Scott Thornsley's recent column on what it took to put on the outdoor East Championships, after I heard some comments made toward volunteers and officials by a very small number of athletes. My concern is that even a few snide remarks on medal size, registration procedures, or fees, directed toward volunteers, or rude behavior toward officials will certainly contribute to a dwindling pool of enthusiastic help.

Fortunately, thanks and criticisms presented with possible solutions came from many athletes at the end of the meet when they are most needed. Officials had fun and admired the efforts of the competitors. We look forward to hosting the meet in the future.

Steve Vaitones  
Waltham, Massachusetts

### INDOOR SCHEDULE

In 1992, I helped develop a permanent schedule for the annual National Masters Outdoor T&F Championships. It's time we do the same for the national indoor meet.

Below is a proposed schedule:

1) Move Sunday's finish time to mid-afternoon to accommodate travelers.

2) Move more of the age 50+ events to Friday to accommodate younger athletes who often have trouble getting off work.

3) Extend Friday competition to 10 p.m. and Saturday to 8 p.m.

4) Eliminate 400m trials.

Athletes are encouraged to discuss this schedule proposal prior to the athletes' meeting at the outdoor nationals this year in Spokane.

Jeff Schaller

### Proposed Schedule for Indoor Nationals

Friday		
9:00am	Pentathlon	All
9:15am	3000	All
3:30pm	Racewalk	All
	SP	W60+, M50+
	LJ	M60-69
	PV	M50-59
5:30pm	LJ	M70+
	HJ	M60-69
6:30pm	LJ	W50+
7:00pm	PV	M70+
7:30pm	LJ	M50-59
Saturday		
8:00am	SP	W30-59, M30-49
8:30am	1500	All
	HJ	M70+
10:00am	HJ	M50-59
	PV	M40-49
11:00am	60/55	
12:00n	LJ	W30-49
1:30pm	WT	W60+, Men
	TJ	M60-69
	HJ	M40-49
2:00pm	400	All
4:00pm	4x800	All
4:30pm	60H/55H	All
Sunday		
8:00am	TJ	M30-49
	WT	W30-59
9:00am	200 trials	All
	HJ	Women
9:30am	S.WT.	All
10:00am	PV	M60-69
10:30am	TJ	M50-59
11:00am	HJ	M30-39
12:30pm	TJ	Women
1:00pm	200 finals	All
1:30pm	TJ	M70+
2:30pm	4x400	All

### NATIONAL HALF-MARATHON

As Rae Baymiller's coach, I was dismayed when I read the headline in the March issue: "Ottaway Sets U.S. W50 Record. . ." (in the USATF National Masters Half-Marathon in Las Vegas).

First, I want to compliment Joan on an excellent race. Second, we are fortunate to have a great publication like *National Masters News* to communicate in.

I would request, however, that before headlines like these appear in the future, your staff check with USATF Road Record Information Center.

To set a record en route to the finish of a longer race, one needs to hire an official timer and confirm with USATF

that a record can be set at certain mile junctures. Even then, I feel these should be unofficial records.

Moreover, many courses run downhill and we cannot set U.S. records on them. Three major examples are the Las Vegas half-marathon, the Fontana half-marathon, and the Great Race 10K in Pittsburgh.

Dan Hamner  
New York City

(Hamner is correct. The RRIC lists marks set on downhill courses, such as the Boston Marathon, as "bests," rather than as "records." NMN will be more careful in the future and will try to use the correct terminology. - Ed.)

I ran in the USATF National Masters Half-Marathon Championships, Las Vegas, Feb. 11, finishing first M70 in 1:31:13. The results in the March issue do not list me as a finisher, much less a winner of this division.

I have written to race director Al Boka and hope the error will be corrected.

Jim O'Neil  
La Jolla, California

### JIM LAW

I remember Jim Law most for his graciousness and competitiveness. He willingly spent time during a meet conversing with so many of us until, at times, it seemed that he would not have time to warm up. However, when the gun went off, he was ready and competed at the highest level.

My wife and I saw Jim and his wife, Aurelia, in San Antonio last year when we had lunch with them and the Mel Larsens. An hour later we were running in the final event of the meet. It was the essence of masters track & field - competition with friendship.

Goodbye, old friend. We miss you.

Harry Brown  
Wauconda, Illinois

The death of Jim Law is a loss to masters track and to everyone who knew him. Jim was an inspiration to all of us; a gentleman, friend, and fierce competitor who brought out the best in everyone. His presence on the track will be missed.

I first met Jim in 1988 at the North American Championships in Toronto. My first outdoor meet was there, and we won the two relays. From then on

### Boston Marathon

Continued from page 16

The chips record the actual time that they cross both the starting line and the finish line, but it appears that some of the top female runners neglected to install the chips, so manual and video results did not necessarily match up with the computer-generated results, and adjustments were necessary. The BAA believes the positions of the runners to be accurate, but also believes that some of the times may change.

#### Few Problems

For the most part, the race went

we looked forward to many more relays and close camaraderie. I will miss him, as many others will.

It was a pleasure to know and compete with such a great person. We will all remember the white suit with the long graceful strides on the track. Along with Jim's greatness was sportsmanship of class. Our sorrow is with Aurelia who was every present in all the travels and good times. All of us will never forget you.

Chuck Sochor  
Gowen, Michigan

The Summer of '91. It was as though it were yesterday, an all-comers/tune-up meet at Duke's Wallace Wade Stadium. A warm Wednesday evening, temps in the low 80s. The sun had just gone over the top of the stadium rim.

At age 65, Jim had gotten into an open heat of the 400 in lane 3. The kids took him out fast. He had such a smooth, effortless motion as though he were coasting. There were three watches on him: 57.17, 57.19, 57.24 (world record times).

Jim was a quiet, private person, with high energy and impeccable manners. At an international level, he could run with anyone at the 100, 200 and 400.

We'll miss you, Jim.

Mike Valle  
Burlington, North Carolina

Reading about the death of Jim Law in last month's issue was indeed a shock.

Beyond his accomplishments as a splendid world-class athlete, Jim was the epitome of class itself. Warm, friendly and gracious to all who met and got to know him, he also possessed a remarkable amount of dignity and poise. You knew you were in the presence of a gentleman.

I will miss him as a friend.

Joe King,  
Alameda, California

### KUDOS

I thank you for your articles and schedule information. I was especially interested in the Harold Morioka training program and the very interesting USATF Masters Demographic Survey in the January issue.

Herman Pettegrove  
Freeport, Maine

smoothly. Most importantly, it started on time. At 28 minutes, 32 seconds, all the officially registered runners were over the start line, as compared to an official pre-race prediction of 45 minutes. Even with the computer problems, which persisted into the day after the race, the organizers were able to view videotape and produce the awards program on time on race day.

Boston, the oldest marathon, now goes down in the record books as the biggest marathon, and can add to its long list of achievements that it also has the world's longest urinal. □

## Report from Britain

by BRIDGET CUSHEN  
and MARTIN DUFF

Nigel Gates warmed up for his world veterans titled defense in Bruges later this year when he regained the British M40 cross-country title in the British Veterans Athletic Federation Championships, March 17, at a private college at Princethorpe in Warwickshire in the Midlands. Nearly 500 competed in bright sunshine and dry conditions underfoot.



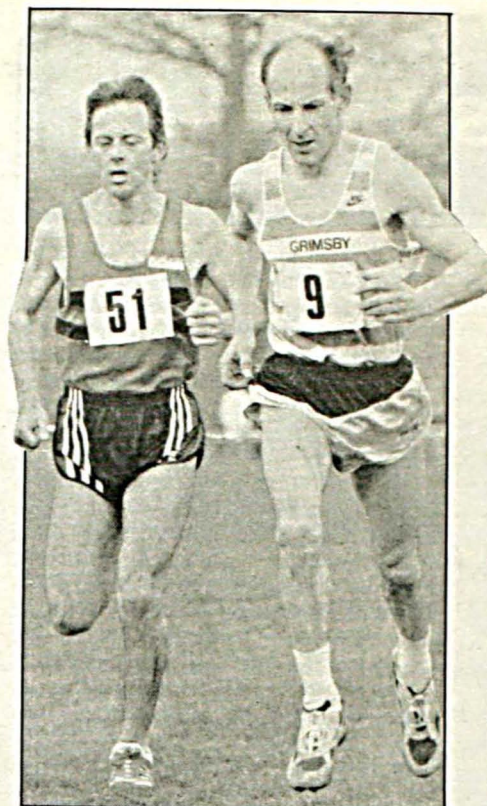
The diminutive Sheila Allen wins the W35 title in the British Veterans Cross-Country Championships in Warwickshire. Photo by Colin Underhill

Gates was pressed for the first lap by John Clark, but went away for a comfortable victory in 34:38 over the 10K course. Terry Osborne took third, with Mike Hager, 45, fourth.

Alun Roper, 1989 world champion, handily won the separate 50-and-over race in 36:59 from Billy Padgett, with Brian O'Neill third and another Eugene winner, Steve James, fourth and first M55 (38:17).

Sheila Allen, 38, improved on her 1995 silver to take a closely contested women's 5K race in 20:11. Allen led throughout but still had only six seconds to spare over Southern champion Cathy Boyle, 35, with Francis Gill, winner of the British Isles International Match last year, third, a tick behind. Denise Hoogesteger in fourth, led the W40s (20:18) from Ann Ford, former London Marathon third placer.

Pat Gallagher, 50, headed all of the W45+ with a 21:18. Former Olympic 1500 fourth placer Sheila Carey was third W45 behind ultra-distance star Eleanor Adams. □



Nigel Gates (51) and John Clark (9) placed 1-2 in the British Veterans Cross-Country Championships. Photo by Colin Underhill

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



BRUGGE BELGIUM 29/30 JUNE 1996

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

Entry forms, information and accommodation :

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

### FIVE YEARS AGO May, 1991

- 450 Compete in Indoor Nationals in Blaine, Minn.
- Ken Judson (2:18:11) and Grazilla Striulli (2:37:01) First Masters in Boston Marathon
- Shirley Matson Sets U.S. W50 10K Mark of 35:57

### 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
60-69	70 Plus					
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						
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	70 plus					

#### MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"				
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
					WAVA	USATF
Women						
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.  
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.  
WAVA weights are used for USATF weight pentathlons.

#### PRESIDENT:

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

#### EXECUTIVE VICE PRESIDENT:

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

#### VICE-PRESIDENT:

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

#### VICE-PRESIDENT:

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

#### SECRETARY:

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



#### TREASURER:

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

#### WOMEN'S DELEGATE:

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

#### IAAF DELEGATE:

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

#### DELEGATE OF: NORTH AMERICA

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

#### SOUTH AMERICA

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

#### ASIA

Hari Chandra  
15 C Jalan Haji Salam  
Singapore 1646  
Phone: 65-2424967  
Fax: 65-2420934

#### EUROPE

Wilhelm Koster  
Haydnstrasse 28  
D-6103  
Griesheim, Germany  
Fax: 49-6151-880934

#### OCEANIA

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

#### AFRICA

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

# Masters Scene

## NATIONAL

• USATF National Masters Indoor Coordinator **Scott Thornsley** has accepted a teaching position at Troy State in Southern Alabama. He'll move there from Pennsylvania in July.

## EAST

- In the Bethesda Chase 20K, Bethesda, MD, Mar. 3, placing fourth overall, was men's masters champion **Paul Peterson** (41, 1:10:56). **Linda Wack** (40, 1:26:44) held the masters women at bay. **Sharon Dolan** (54, 1:35:47) outclassed her division by five minutes.
- Outstanding performances at the MAC Coors Indoor Masters Championships held in NYC, Feb. 25, included: **Ron Johnson**, M50, 55m (7:09); **Edward Gonera**, M40, 400m (53.61); and **John McManus**, M70, mile (6:30.24).
- Cruising from Coney Island to Prospect Park in the NYRRR Brooklyn Half-Marathon, Mar. 24, were 1250 runners. Tying for the men's masters title were **Luis Tipan**, 42, and **Jaime Palacios**, 41, who crossed the finish line together in 1:12:41 (finishing ninth and tenth overall). **Simon Alicea**, 42, led the masters women in 1:28:19. **Marjorie Kos**, 57, ran a strong 1:39:41 to capture her division.
- A real sprint to the finish determined the top three masters women at the NYRRR Rites of Spring 10K, Central Park, Mar. 16. In finishing order were **Gillian Horovitz** (40, 40:35), **Kristine O'Shea** (41, 40:42), and **Kathy Gribbon** (42, 40:44). **Paul Mascall** (43, 33:17) mastered the men's side. Blasting by the 70+ women was **Muriel Merl** (70, 55:26).
- **Jaime Palacios**, 41, 33:49, finished 11th of 1309 men, and **Marie Wickham**, 41, 41:56, fifth

## Penguins Waddle and Leprechauns Leap

by MAURY DEAN

Brisk spring winds whisked runners over hill and dale in Albion, Michigan's Penguin Waddle 5K on February 24, as we were treated to a rare burst of spring in late February, with balmy 40°, halcyon blue skies and a dry, snowless course in a big, rolling square south of Albion College.

The only obnoxious problem was a screaming west wind that bashed our best efforts as we slammed into mile three. Though W45 **Donna Baker** (24:13) and M50 **Maury Dean** (18:52) copped masters firsts, the best effort may have been 62-year-old **Al Ravenscroft's** 21:05, good for 20th of 100 finishers.

Meanwhile, back on Long Island, which was dealt a 70+ inch snowfall (what Michigan ordinarily gets, but miraculously missed this winter), the St. Patrick's Day Go For The Green 5K, Smithtown, March 16, celebrated the arrival of crocuses, leprechauns, and grass springing from gray gloom to groovy green.

- of 919 women to roll to masters wins in the NYRRR Bagel Run 10K, Central Park, Feb. 25. **Richard Murphy**, 61, 40:19, and **Muriel Merl**, 70, 54:59, cooked to division wins. On March 3, **Ted Peterson**, 40, 29:14, and **Mary Rosado**, 46, 34:11, reeled off masters firsts in the Al Gordon 5 Mile, Central Park. **Rosa Nales**, 62, won the W60 race in a quick 39:54. In the Gordon 10 Mile, which started ten minutes after the five, **Robert Briglio**, 46, 59:00, and **Barbara Anderson**, 44, 67:47, registered 40+ wins. **Marjorie Kos**, 51, took the W50 contest with a 72:26. A week later, **David Lutjak**, 40, 4:16:34, and **Chris Gibson**, 40, 4:28:39, placed 2-3 in the NYRRR Knickerbocker 60K, Central Park. **Lutjak** finished just 11 seconds out of first after running the 37.2 mile race. **Joan Bulgin**, 49, 5:42.42, of Canada, was second of eight women finishers of the 23 starters; 49 men of 72 starters finished. Weather was 35° and sunny.
- **Len Rosen**, of New Hampshire, was listed as "Len Rose" in the M60 SP results (40-10½), Brown U. Meet, March issue.
- **Roger Price**, 47, won the masters contest in 72:35 and topped the age-graded list with a 67:10 in the Newark 20K Classic/USATF NJ Championships, March 10. **Pat Cosgrove**, 55, placed second (67:50) on the A-G list with an M55 winning 78:10. **Betty Conover**, 47, headed the women's A-G column with 79:02 (86:53). First W40+ (85:16), **Lena Hollmann**, 44, was second A-G with a 79:36.
- **Paul Peterson**, 41, Bethesda, MD, scored a masters first in the Bethesda Chase 20K, March 3, with a fourth-place of 273m in 70:56. **Bill Osburn**, 72, Bethesda, beat a lot of younger folk, with an M70+ first 1:47:12. **Linda Wack**, 40, Germantown, MD, took the W40+ crown in 86:44.

Older masters predominated, with a super effort from **Joe Cordero**, 58, 19:54, who just two weeks ago pounced upon a secret Islip race I was looking for, and won the race outright (about 100 finishers), becoming the oldest Long Islander ever to champion an open race.

**Joe Ferrero**, 49, 19:05, took second M45 to **Peter Martin**, 45, 18:54. My hope for a fifth-overall in the 360-finisher race was stomped as I watched a 17-year-old, one-third my age, reel off a supersonic sub-30 last 200m, as my "kick" glued me to the dry asphalt like **Timmy the Turtle** sprinting in SuperGlue, for an 18:32 finish.

**Mary Trotto**, 48, completed the Bohemia TC masters sweep with a fine 25:34 over **Mary Lou Bartsch**, 42, 25:46. **Helma Clavin**, 52, won (26:49) the Fab 50s by four minutes. Long Island legend, **Bert Jablon**, 68, won his race by 15 minutes with a 24:28.

**Joe Glavin**, 70, my retired Suffolk College colleague, who wears his WW II jacket, yet could pass for 49, lost a tough one to the zooming efforts of **Harry Seidell**, 70, (28:06 to 26:08) in the M70+. Well, not really. No one really lost.

For the brave Penguin Waddlers and the Leprechaun Leapers of Albion and Smithtown, racing season is any season. □

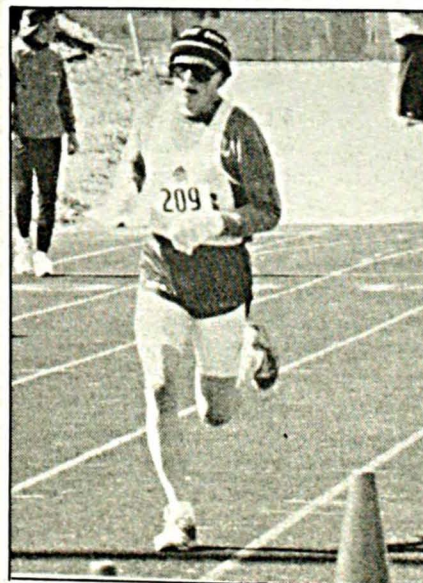
- **Chuck Moeser**, 44, Herndon, VA, in 33:11, and **Cathy Ventura Merkel**, 40, Arlington, VA, in 39:17, nailed down masters wins in the St. Paddy's Day 10K, Washington, DC, March 17.
- **Ed Doheny**, 52, DC, was the first of four M50s under 40 minutes with a 38:04.
- **Joan Rowland**, NYC, world champion race-walker with numerous national records, turned 70 on April 16. She was omitted from last month's list of new age-groupers.

## SOUTHEAST

- The Birmingham TC Classic, May 18 (entry form in April issue), will offer four special awards: to the winner of the distance handicapped 100m (top eight age-graded times); top pentathlon/heptathlon score; top mini-decathlon score (select any 5 of the 10 events); and the **Jim Law** 400m award for the best A-G 400 time. **Jeff Tesnow** is the meet director.
- **Ned Curran**, M65 thrower from Vienna, VA, after suffering a ruptured tendon in his right shoulder, for which surgery would be of little restorative use, and, three days later, a moderately severe heart attack and consequent triple bypass surgery, has been forced to give up masters competition. He writes, "I did not want the occasion to pass without expressing my gratitude and appreciation to all those with whom I crossed paths in 11 years of competition. I don't think I have ever encountered a finer, friendlier, more decent group of people... than the competitors, officials, and meet directors I have met in those years. My heart - such as it is - will always be with you. So will my thanks."
- **Antoni Niemczak**, 40, Rochester, NY/Poland, posted an age-graded 88.8% 48:03 in the Gate River 15K, Jacksonville, FL, March 2, to take the M40+ title. **Gary Romesser**, 45, Indianapolis, was second in 50:07, an A-G 88.3%. **Tom Dooley**, 51, Toccoa, GA, hung in there for a fifth M40+ in 53:20. **Rebecca Stockdale-Woolley**, 45, Chaplin, CT, was the W40+ winner with an A-G 88.7% 56:00. **Carol McLatchie**, 44, Houston, TX, took second in 56:51.
- **Jacob Stein**, 72, a much-traveled masters thrower, sixth in the javelin at Buffalo last year, was inducted into the Louisville Jewish Community Sports Hall of Fame on April 14. "Jack" Stein captained CCNY's track team in 1949-59, and was runner-up in the Army Regimental Boxing Championship in 1943.
- **Wally Dashiell**, Stevensville, MD, will serve as a torchbearer for the Olympic Flame on its journey from Philadelphia to Washington via Baltimore and Annapolis. Dashiell is a member of the Maryland Masters Potomac Valley TC and has competed in state and national senior games.

## MIDWEST

- **Fred Hirsimaki**, M70, Findlay, OH, has been selected to carry the 1996 Olympic torch in Findlay on June 8. Hirsimaki is a long-time mas-



First M55, **Kirk Davies**, 58, Washington Grove, Md., Bethesda Chase 20K, March 3.

Photo by George Banker



**Leo Chapman**, 76, at left, Clay Center, Kans., with his son, **Mark**, 52, Houston, Texas. Both competed in the Kansas Senior Games last October, winning medals in the javelin, discus, and high jump. A rare father/son masters athlete combination, they are making plans to attend the USATF National Masters Championships in Spokane this August.

Photo by Cheryl Mellenthin

ters competitor nationally and internationally.

- **Earl Fee**, M65, Toronto, Canada, ran the mile in 5:13, an age-graded 95.6%, at the USATF Michigan Championships, Warren, MI, March 23. The U.S. record for the M65 mile is 5:30.0 by **Archie Messinger** in 1989.

## MID-AMERICA

- **Tim Taylor**, 44, in 27:47, and **Andriette Wickstrom**, 41, with a 32:06, captured titles in the YMCA's Masters Classic 8K, Omaha, April 6. **Ron Melergerd**, 43, 28:05, and **Teri Kohl**, 40, 35:51, were runners-up. **Jim Weaver**, 67, ran a hot 36:19 to win the M65 race in this event, one of the few of non-championship status that is designed for men and women 35+ in the country.

## SOUTHWEST

- First masters in the Austin American Statesman Capitol 10,000, March 24, were **Keith Dowland**, 41, 34:16 (age-graded 81.9%), and **Jean Queal**, 43, 41:01. **John Pacourek**, 47, made the top ten M40+ with a 37:09. The race is one of the few big-name, non-USATF championships races which offer M&W 80+ divisions, won this year by **Clint Lueth**, 81, 1:21:34, and **Elizabeth Willis**, 86, 1:47:49. Over 5900 masters were numbered among the 15,984 finishers. Race conditions were 65°, windy, and humid.
- The Houston Marathon Committee announced the Methodist Hospital System will become the title sponsor beginning with the 1997 race, which will be known as the Houston-Methodist Marathon. The race has been sponsored by Tenneco for the past 19 years.

## WEST

- **Enrique Camarena** (45, 24:14) was not only the men's masters winner, but first overall in the West Regional 5K Racewalk, Monterey Park, CA, Mar. 3. **Brenda Carpino** (45, 29:03) led the masters ladies, coming in fourth overall.

## EXERCISE

Does Your Heart Good.

 American Heart Association

# 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

**July 13-14.** USATF National Masters Decathlon/Heptathlon Championships, San Diego, Calif. Ed Oleata, 2870 Glenbrook Way, La Jolla, CA 92037. 619-453-4570.

**August 15-18.** 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509-533-4128.

**August 31.** USATF National Masters Weight & Superweight Championships, Seattle. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

**September 14.** USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilfall, MT 59086. 406-578-9870.

### EAST

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

**May 12, 26.** Potomac Valley TC Meets, Williams HS, Alexandria, Va. 703-671-2520.

**May 19.** NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. By phone, Eric Weissbrot, 516-487-1417; Roz Katz, 718-358-6233 (8-10 pm, NY time).

**May 19.** Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245(day).

**May 25.** Covino's Throwers Only Meet, Iron Horse Farm, Ringoes, N.J. No entry fee. C.P. Covino, PO Box 265, Boss Rd., Ringoes, NJ 08551. 908-788-1700.

**June 13, 27.** Philadelphia Masters Developmental Meets, Germantown Academy, Ft. Washington, Pa. 6 pm. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245(day).

**June 14-16.** Massachusetts Senior Games, Springfield College. 50+. 413-748-3020.

**June 16.** Garden State AC/Randolph Open & Masters Meet, Randolph HS, N.J. Morton Hahn or Ken Brinker, 19 Bedminster Rd., Randolph, NJ 07869. 201-625-1764(d); 361-3282, 366-8367(e).

**August 25.** Philadelphia Masters Championships, Swarthmore College, Pa. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245 (day).

### SOUTHEAST

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

**May 3-5.** 26th Southeastern Masters Meet, Raleigh, N.C. Age 20+. Includes pentathlon, weight pentathlon, 5K, 20K walks, jumps and throws clinics. Southeastern Masters, c/o Raleigh Parks and Recreation, P.O. Box 590, Raleigh, NC 27602. Dale Smith: 919-831-6640.

**May 11.** Atlanta TC Meet, Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065; fax 404-364-0708.

**May 11.** 7th Annual Jacksonville TC Masters Meet, Jacksonville, Fla. Lamar Strother, 1511 South McDuff Ave., Jacksonville FL 32205. 904-388-7860.

**May 18.** Florida AC State Masters Championships, Orlando. 5K RW Championships. 407-321-8854.

**May 18.** Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031.

**May 24 (Fri.).** Jacksonville TC Mile Festival, Fla. Bolles School track. Lamar Strother, 388-7860.

**May 24-25.** USATF Southeast Regional Masters Championships, Knoxville, Tenn. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615-483-7743 (eve).

**June 1.** Nashville TC Masters & Open Meet, Franklin Road Academy, I-65 South & Harding Place. For entry/map, SASE to Nashville TC, 2709 Linmar Ave., #5, Nashville, TN 37215. 615-383-6733.

**June 1.** Florida Masters Weight Pentathlon Championships, Atlantic H.S., Del Rey. John Von Rohr, 954-452-9248. SASE to same at 10541 NW 18 Dr., Plantation, FL 33322.

**June 7-8.** UNC Meet, open & masters. Chapel Hill, N.C. Kendra McKay, 919-962-5195.

**June 16.** Sunshine State Games, Olympic Heights HS, Fla. Open & masters. 407-499-3370.

**June 21.** USATF Tennessee Championships, U. of Memphis. Ron King, 3513 Tall Oaks Circle, Memphis TN 38118. 901-365-9647.

**July 27.** Jacksonville TC Classic, Bolles School Track, Fla. 5 pm. Lamar Strother, 388-7860; JTC, 384-TRAK.

### MIDWEST

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

**May 17-18.** USATF Michigan Open & Masters Championships, Saginaw Valley St. U., Saginaw. Deadline May 10. Jim Nesbitt, Ryder Center, 7400 Bay Rd., University Center, MI 48710. 517-791-7322; fax 517-790-0545.

**May 19.** North Coast Invitational, Independence HS, Ohio. Bob Thomas, 3543 W. 127th St., Cleveland, OH 44111.

**June 1.** The Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309-755-2655.

**June 29.** Dayton Track Classic, Welcome Stadium, U. of Dayton. Bob Jones, 513-837-2754.

**July 13.** Masters Meet, Libertyville, Ill. \$1000 in cash prizes. SASE to Craig Dean, 719 Stonegate Ct., Libertyville IL 60048.

**July 20.** Midwest Masters Classic, Huntington, W. Va. USATF West Virginia Association, Thomas Plummer, 27 South Queens Ct., Huntington, WV 25705.

### MID-AMERICA

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

**May 23.** Denver TC Mile & Two Mile Runs, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).

**June 9.** Blue River Valley Meet, Marysville HS, Kansas. City of Marysville, 209 N. Eighth, Marysville, KS 66508. 913-562-5331; Cleve Walstrom, 913-562-3021.

**June 20.** Denver TC Meet, All-City Stadium. 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

**June 29.** USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-471-1650; fax 719-471-1663.

**July 25.** Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

**August 4.** 21st Century Ageless Games, U. of Minnesota. SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

**August 31-Sept. 1.** Rocky Mt. Games. Nancy Simmons Manson, 518 Quentin St, Aurora, CO 80011. 303-341-7992.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**May 12.** Ambassador University Masters Invitational, Big Sandy, Texas. Rick Sherrod, 903-636-2161; Laura Radtke, 903-636-2090. Ambassador U., 1 Ambassador Way, Big Sandy, TX 75755. Fax: 903-636-2332.

**May 18.** Waterloo T&F Championships, Buda, Texas (south of Austin). SASE to Jeff Brower, 7305 Tanbark Cove, Austin, TX 78759. 512-257-1642.

**June 1.** USATF Southwest Association Open & Masters Meet, Loos Field, Dallas. John Pritchett, PO Box 210496, Dallas, TX 75211-0496. 1-800-30-GO-RUN.

**June 7-8.** USATF Southern Association Championships, Gonzales, La. Decathlon/heptathlon/weight pent/56-lb. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.

**June 15.** Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915-347-5620.

**July 20.** USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Texas. Also open athletes. John Head, 2104 Cedar Branch, Garden Ridge, TX 78266. 210-651-5414.

**August 10.** Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 941781, Plano, TX 75382. 214-979-0246.

## ON TAP FOR MAY

### TRACK AND FIELD

The full-menu, three-day Southeastern Masters Meet, Raleigh, N.C. opens on the 3rd, followed by the Arizona Masters, Tempe, on the 4th. Meets on the 11th take place in Long Beach, Calif.; Atlanta, Ga.; and Jacksonville, Fla. The USATF Michigan Championships is a two-day affair, 17th-18th, in Saginaw. The 18th also lists meets in Birmingham, Ala., and Orlando, Fla., and the 19th holds meets at Long Island, N.Y.; Philadelphia; and Cleveland. The Northwest gets into action with a meet in Silverton, Ore., on the 25th; the Dan Aldrich Memorial is set for UC-Irvine on the 26th.

### LONG DISTANCE RUNNING

The USATF National Masters 12K Championships goes to Evansville, Ind., on the 11th. Marathons too numerous to list here start the 5th, as does the massive Lilac Bloomsday 12K in Spokane, Wash. Olympia, Wash., hosts the Capital City Marathon on the 19th. The Big Boy Classic 20K rolls through Wheeling, W. Va., on the 25th. Two masters-friendly 10Ks top the Memorial Day schedule: the Cotton Row, Huntsville, Ala., and the Great Race, Elkhart, Ind.

### RACEWALKING

The USATF Masters Men's 25K and Women's 20K Championships will be held in Albany, N.Y., on the 5th. The Men's 10K Championships are booked for Niagara Falls, N.Y., on the 19th.

### WEST

Arizona, California, Hawaii, Nevada

**May 3-5.** Solano County Senior Games. 55+. Gaylord Whitlock, 707-864-0484.

**May 4.** Arizona Masters Meet, Tempe. 25+. Bob Flint, 8436 East Hubbell, Scottsdale AZ 85257, 602-949-1991, or Cliff McKenzie, 602-777-8503.

**May 5.** (masters day). Steve Scott Invitational, UC-Irvine. Mac McCormick, 714-586-9942.

**May 11.** Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

**May 18.** Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

**May 18.** KELfield Throws Meet #49, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

**May 25.** USATF Pacific Association Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

**May 26.** Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo, CA 92656. 714-586-9942 (eve).

Continued on next page

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**May 30-June 2.** California State Senior Games Championships, Sacramento. 50+. Only qualifying site in Calif. for Senior Games Nationals, Tucson, May 1997. Pamela Rhodes, 6005 Folsom Blvd., Sacramento, CA 95819. 916-277-6094 or 800-229-8625; fax 916-277-6074.

**June 1.** Bruce Jenner Classic, San Jose City College. M40+ 400, 1500/M50+ 200/100 M60+, M70+, women. Bruce Springbett, 408-354-2005; 354-7333.

**June 8.** USATF Pacific Association Masters Championships, Los Gatos HS, Calif. HT/JT/WT at KELfield, 408-458-0202. SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

**June 9.** USATF/SCA Championships, CSU-Long Beach. Marvin Thompson & Hugh Cobb. SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

**June 15.** USATF Pacific Association, Age-Graded Championships, Soquel HS. Bill Johnson, Santa Cruz TC, PO Box 1803, Capitola, CA 95010. 408-335-0460.

**June 22-23.** USATF Pacific Association Masters Decathlon/Heptathlon Championships, Soquel HS. Bill Johnson, Santa Cruz TC, PO Box 1803, Capitola, CA 95010. 408-335-0460.

**June 30.** Trojan Masters Meet, USC. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818-917-6289. 102110.540@compuserve.com.

**July 6, 20.** SCA Series/Grand Prix All-Comers, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

**July 20.** USATF West Regional Masters Championships, Cerritos College (near L.A.). Marvin Thompson & Doug Wells, SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

**August 2.** SCA Series/Grand Prix Championships, Cerritos College. Norwalk, Calif. Doug Wells, 310-860-2451, x2889.

**August 3.** USATF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

**October 5.** Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathen, 805-964-3005.

**October 27.** Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

### TEN YEARS AGO May, 1986

- Brother-Sister Team of For-die Madeira (W40, 2:00:38) and Lee Sargent (M40, 1:50:39) Win in Price Chopperthon 30K
- U.S. 1989 World Veterans Games Pledges Top \$100,000
- Rosemary Chrimes, W50, Sets Four WRs in British Veterans Indoor T&F Championships

### NORTHWEST

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

**May 25.** Oregon Senior Olympics, Silverton HS. M&W40+. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 541-873-8577; 873-2818.

**June 1-2.** USATF Alaska Decathlon/Heptathlon State Championships, Bartlett HS. Team Alaska TC, 907-338-1667.

**June 6, 13, 20, 27.** Team Alaska Meets, Bartlett HS. 6 p.m. Hotline: 907-338-1667.

**June 14-15.** Montana Senior Olympics, Billings. 50+. Don Tavolacci, 465 Freedom, Billings, MT 55105.

**June 29-30.** Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 541-342-3113(h); 346-3383(w). Entry forms available this month.

**July 11, 18, 25.** Team Alaska Meets, Mulcahy Track. 6 pm. Hotline: 907-338-1667.

**July 12-15 (tentative).** Montana Big Sky Games, Billings.

**July 27-28.** USATF Oregon Championships/Portland Masters TC Classic, Mount Hood CC, Gresham. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950; 234-4811.

**August 3-4.** USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 09116. 206-932-3923; fax 206-932-3917.

**August 3-4.** USATF Alaska All-Comers Championships, Mulcahy Track. 9 am. Team Alaska TC Hotline: 907-338-1667.

**October 5.** Helena Octoberfest Throws & Weight Pentathlon. M&W30+. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406-227-5020.

### CANADA

**June 2.** Harry Jerome Meet (Vancouver, B.C.) Masters 400 & Masters Mile. Western Canada's largest meet. Grant Lamothe, 604-856-7381.

**June 8-9.** Ontario Masters Championships; York U., Toronto.

**June 15-16.** British Columbia Masters Championships, Langley, B.C. (suburban Vancouver). US masters invited. Grant Lamothe, 604-856-7381; Steve Odwin, 604-739-9009; fax 604-443-8588.

**June 15-16.** Ontario Masters Championships, M&W 35+/5-year-age groups. York U. 416-699-5818. Doug Smith, 58 Newmarket Ave., Toronto M4C 1V9.

**July 20-21.** British Columbia Decathlon Championships, Vancouver, B.C. US masters invited. Includes submasters/masters. Grant Lamothe, 604-856-7381.

**August 9-11.** Canadian Masters Championships, Victoria, B.C. US masters invited. Danny Daniels, 604-656-3669.

### INTERNATIONAL

**June 2.** Baltics "White Nights" Meet, St. Petersburg. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

**June 5-9.** Brazilian Veterans Championships, Manaus, Amazonas State. Full schedule for m&w. Organizing Committee, AVAB, fax 048 234-1712.

**July 6-13.** WAVA Oceania Regional Championships, Papeete, Tahiti. Includes half-marathon/ RWs/X-C. Jim Tobin, 6 Hetley Cres, Napier 4001, New Zealand.

Phone/fax +64 6 8445072.

**July 19-27.** WAVA European Regional Championships, Malmo, Sweden. Europeans only.

**August 10-11.** BVAF Championships, Exeter (Devon). Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

**August 21-24.** WAVA North American Regional Championships, Hayward Field, Eugene, Ore. M&W 30+. 8K X-C/10K Road Racewalk/15K Road Race/pentathlon/weight pentathlon. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989.

**Sept. 19-21.** WAVA Africa Regional Championships, Namibia.

**September 20-22.** Russian Championships, Sochi. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

**October 3-6.** WAVA Asian Regional Championships, Seoul, Korea. Asians only.

**November 19-23.** WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

**December 14-15.** Indoor Russian Veterans Sport Association Cup "Match-5", Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

### OPEN

**June 14-23.** USA Olympic Trials, Atlanta.

**July 26-August 4.** XXVI Olympic Games (T&F dates), Atlanta, Ga.

## LONG DISTANCE RUNNING

### NATIONAL

**May 9-12.** 39th Annual RRCA National Convention, Knoxville, Tenn. Knoxville TC, 3530 Talahi Gardens, Knoxville, TN 37919. 423-673-8020.

**May 11.** USATF National Masters 12K Championships (Art Fest River Run), Evansville, Ind. Chuck Whobrey, 1409 Olympic Ct., Evansville, IN 47715. 812-473-2850(h); 424-1647(w).

**September 15.** USATF National Masters 24 Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

**October 6.** USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 13.** USATF National Masters 10 Mile Championships, Washington, D.C. Claudia Piepenburg, HQ Army Recreation Serv 6802, Army Pentagon, Washington, DC 20310. 703-514-1551.

**October 19.** USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

**October 27.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502-896-0717.

**November 3.** USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547.



First female Leann Myhre, 39, Washington, D.C., with a 3:25:54, George Washington Marathon, Greenbelt, Md.

Photo by George Banker

**December 7.** USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. Tim Wason. 4475 23rd St. #4, San Francisco, CA 94114. 415-648-1467.

### EAST

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

**May 5.** Long Island Marathon. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; fax 572-0260.

**May 5.** Pittsburgh Marathon & 10K. Larry Grollman, Center For Sports Medicine, 4601 Baum Blvd., Pittsburgh, PA 15213. 800-533-UPMC (8762).

**May 5.** Buffalo Marathon. PO Box 652, Buffalo, NY 14202. 716-837-7223.

**May 5.** Broad Street 10 Miler, Philadelphia. SASE to Broad St. Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184.

**May 18.** Vintage 5-mile Run & 3-mile Walk, Pittsburgh, Penn. 50+. 412-361-5003.

**May 25.** NYRRC Metropolitan 50 Mile/Kurt Steiner 50K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

**May 26.** Vermont City Marathon/Relay. SASE to VT City Marathon, PO Box 152, Burlington, VT 05402-0152. 1-800-880-8149.

**June 1.** Freihofer's 10K Run For Women, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267; fax 518-273-0647.

**June 1.** RiverWood Masters Plus 5K/3K Fitness Walk, Exeter, N.H. M&W40+. SASE to Road Race, c/o Noreen Page, RiverWoods, 7 RiverWoods Dr., Exeter, NH 03833. 1-800-688-9663.

**June 8.** NYRRC Advil Mini Marathon 10K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455 fax; 212-860-9754.

**June 8.** Western Heights 5K, Hagerstown, Md. SASE to Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 301-733-6076.

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**July 14.** Utica Boilermaker 15K. Utica Boilermaker, Box 4729, Utica, NY 13504. 315-797-5838; fax 797-3762.

**August 10.** USATF New England 10K Championships, Shelburne Falls, Mass. SASE to Race Director, c/o McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411.

**SOUTHEAST**

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

**May 11.** Gum Tree 10K, Tupelo. Masters money. Johnny Dye, race director, 1007 Chester Ave., Tupelo, MS 38801. 601-842-2039.

**May 27.** Cotton Row 10K, Huntsville. Masters money. Cotton Row 10K, 94 Scenic Dr., Huntsville, AL 35801.

**June 2.** 5K Run For Excellence, Rockville, Md. Eileen Misra, 301-279-8465.

**July 4.** Peachtree 10K, Atlanta. SASE to Peachtree '96, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305 before March 1.

**MIDWEST**

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

**May 3 (Fri).** Indianapolis Life 500 Festival Mini-Marathon. Masters money, Kurt Jaenicke, Indianapolis Life Insurance Co., PO Box 7161, Indianapolis, IN 46207. 800-246-0331; 317-927-6732.

**May 5.** Revco-Cleveland Marathon/10K. Linda Beveridge, PO Box 550, Twinsburg, OH 44087.

**May 25.** Big Boy Classic 20K, Wheeling. Hugh Stobbs, race director, PO Box 808, Wheeling, WV 26003. 614-633-5000.

**May 27.** Truth/NBD Great Race XVI, 10K & Half-Marathon, Elkhart, Ind. Ron Schmanske, Box 487, Elkhart IN 46515. 219-294-1661.

**MID-AMERICA**

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

**May 4.** Melpomene Institute 5K (USATF Minnesota Championships), St. Paul. Melpomene Institute, 1010 University Ave., St. Paul, MN 55104. 612-642-1951.

**May 5.** Lincoln Marathon & Half-Marathon. Lincoln TC, 5309 S. 62nd St., Lincoln, NE 68516. 402-423-4519.

**May 26.** Med-City Relays & Marathon, Rochester, Minn. Med-City, 1417 14th Ave. N.E., Rochester, MN 55906. 507-282-1310.

**June 1.** Dam To Dam 20K, Des Moines, Iowa. Masters money. Bill Wallace, 5004 Country Club Blvd., Des Moines, IA 50312. 515-279-6072; fax 243-0516.

**June 2.** Trinity Hospital Half-Marathon/12K/5K, Kansas City. Hospital Hill Run, Crown Center Special Events, 2405 Grand Blvd., Suite 200A, Kansas City, MO 64108. 816-274-3635.

**June 2.** Steamboat Marathon, Steamboat Springs. Chamber Resort, PO Box 774408, Steamboat Springs, CO 80477. 303-879-0882.

**June 22.** Grandma's Marathon, Duluth. 7000 runner limit. SASE to Grandma's Marathon, PO Box 16234, Duluth, MN 55816. 218-727-0947.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**May 18.** The Whirlwind 5K, Tishomingo,

Okla. 7:30 pm. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405-371-2371, X207.

**May 18.** Bookin Down The Avenue 5K/Mile, New Orleans. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

**June 1.** Storyland 5K Run/Walk, New Orleans, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

**WEST**

Arizona, California, Hawaii, Nevada

**May 5.** Avenue Of The Giants Marathon/10K, Weott, Calif. SASE to NMN, 281 Hidden Valley Rd., Bayside, CA 95524.

**May 11.** Hillsea 7.57 Mile, Huntington Beach, Calif. Overall winner chosen by age/sex scoring system. Five-year age divisions start at varied times. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**June 1.** Fontana Days Half-Marathon & 5K. City of Fontana, Don Day Center, c/o Barbara Smith, 14501 Live Oak Ave., Fontana, CA 92337. 909-350-6678; 350-6670.

**June 2.** Reno Air Championship 15K/15k Relay (3x5K). Reno Air Run, 13235 Fellowship Way, Reno, NV 89511.

**June 8.** Palos Verdes Marathon. PO Box 2856, Palos Verdes, CA 90274. 310-828-4123.

**July 14.** San Francisco Marathon/5K. Marathon, c/o Pacific Association, PO Box 77148, San Francisco, CA 94107. 800-722-3466(CA only).

**NORTHWEST**

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

**May 5.** Lilac Bloomsday 12K, Spokane, April 17 deadline. SASE to Bloomsday, PO Box 1511, Spokane, WA 99210. 509-838-1579.

**May 19.** Capital City Marathon, Olympia. PO Box 1681, Olympia, WA 98507. 360-786-1786.

**May 26.** Rocky Mountain 50 Mile & Wyoming Marathon, Laramie. Brent Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 307-635-3316.

**June 1.** Governor's Cup Marathon, Helena. PO Box 451, Helena, MT 59264. 406-447-3414.

**July 12-13.** Mt. Rainier To Pacific Relay. 150 miles/11-person teams. Walk teams (100 miles/7 persons) welcome. PO Box 17086, Seattle, WA 98107. 206-782-6547; fax 206-783-5285.

**August 23-25.** Hood To Coast Relay, Mt. Hood-Seaside, Ore. 195 miles/12-person teams. 1995 race reached capacity by May. HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626.

**INTERNATIONAL**

**May 5.** BVAF 10 Mile Championships, Oswestry, Shropshire, England. Doug Morris, 011-441-1691-653338.

**June 1.** Festival De Primavera 5K/10K/5K Racewalk, Rosarito Beach, Baja, California, Mexico. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**June 16.** BVAF Marathon Championships (with Potteries Marathon, usually 2000+). Don Shelly, 011-441-1782-65734.

**June 29-30.** 3rd WAVA World Veterans Road Race Championships (10K, 25K) &

Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

**October 29-November 5.** Himalayan 100-Mile Stage Race, from Darjeeling, India, \$1200. Force 10 Expeditions, 1-800-922-1491.

**November 5-12.** Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

**RACEWALKING**

**April 1 - October 1.** 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.

**May 5.** USATF National Masters Men's 25K/Women's 20K RW Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303. 518-473-9117.

**May 12.** Jack Mortland & North Regional RW Championships (5/10/20K), Columbus, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387.

**May 12.** Empire State Games Qualifier 10K, Central Park, NYC, Howard Jacobson, 2198 Bright Ave., East Meadows, NY 11554. Lon Wilson, 718-588-0441.

**May 19.** USATF National Masters Men's 10K RW Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6341(h), 716-694-7683(w).

**May 19.** West Regional Championships, (10/20K). Therese Iknioian, 554 Columbia Ave., San Jose, CA 95126.

**May 26.** Olympic Trials Qualifier/MAC 20K Racewalk Championships, Central Park, NYC. (Masters divisions in 10-year age-groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

**June 16.** Empire State Games Qualifier 5K, Central Park, NYC. Howard Jacobson, 2198 Bright Ave., East Meadow, NY 11554. Lon Wilson, 718/588-0441.

**July 14.** MAC 3K RW Championship, Central Park, NYC. Park Racewalkers, USA, 320 East 83rd St., New York, NY 10028. 212-628-1317, Stella Cashman.

**August 4.** USATF East Regional 10K Relay (2X5K) Championship, Central Park, NYC. Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317.

**August 15-18.** USATF National Masters Outdoor RW Championships, 5000 track (m/w), 20K road (m), 10K road (w), Spokane, Wash. See T&F National Schedule.



Sharon Dolan, first W50, 1:35:47, and Tim Kallman, 42, 1:35:50, Bethesda Chase 20K, March 3. Temperatures in the Maryland area were in the mid-30s for the race.

Photo by George Banker

**August 25.** USATF 5K Championships & East Regional 5K Championships, Wilkes-Barre, Penn. Jim Wolfe, 220 Lasley Ave., Hanover Industrial Estates, Wilkes-Barre, PA 18706. 717-821-6504(w).

**September 2.** West Regional 15K Championships, Albuquerque, NM. Audrey Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104.

**September 8.** North Regional 1/2 Hour Championships, St. Paul, Minn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

**September 8.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080.

**September 14.** USATF National Masters 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364(w), 615-349-6406(h).

**September 22.** USATF National Masters 15K RW Championships, Elk Grove Village, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312-327-4493.

**September 22.** East Regional 10K Road Championships, Atlantic City, NJ. Elliott Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

**September 28.** Alongi International RW Classic, Dearborn Heights, Mich. Wolverine Pacers AC, Roswell Barranco, 3235 Musson Rd., Howell, MI 48843.

**October 13.** USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617-731-9889(h), 617-821-3000(w).

**FIFTEEN YEARS AGO  
May, 1981**

- Snohomish TC Captures Men's Division in Seattle Grand Prix; Falcon TC Takes Women's Title
- Jim Bowers, 42, Wins TAC National Masters 30K in 1:39:29
- Margaret Miller Sets W55 Mark of 40:44 in the Malibu 10K

**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

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

Table listing recipients for M40-44: Jeff Watry (Hurdles, High Jump, Long Jump, Decathlon) with times and dates.

Table listing recipients for M60-64: James Beahm (1500) and M65-69: Bill Brazelton, Jack Lance, Robert Leishear, Jerry Wojcik with times and dates.

Table listing recipients for M75-79: Sy Lampert (Hammer, Shot Put, Discus) and Kenneth Wheeler (High Jump, Shot Put, Discus) with times and dates.

Table listing recipients for M80-84: Bill McDonough (5K, 5K, 10K) and M50-54: Erika Szanto (Shot Put) with times and dates.

Table listing recipients for M50-54: Carroll De Weese, Ernst Wandland with times and dates.

Table listing recipients for M70-74: Sumner Shafmaster (5K RW) with time and date.

Table listing recipient for M55-59: Ed Schmidt (Shot Put) with time and date.



U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Large table of U.S. Masters Standards of Excellence for men, listing events (100, 200, 400, 800, 1500, Mile, 5000, 10000, 110H, 100H, 80H, 400H, 300H, 3K-SC, 2K-SC, HJ, PV, LJ, TJ, Shot, Discus, Hammer, Jav, 35Wt., 25Wt., 56Wt., Pen, Dec) and standards for age groups 30-34 through 85-89.

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 39"; 50-59: 36"; 60-69: 33"; 70+: 30". 3) Long hurdles: 30-39: 36"; 50-59: 33"; 60+: 30". 4) Shot put: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k. 5) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg. 6) Hammer: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k. 7) Javelin: 30-39: 800g; 60+: 600g. 8) Metric heights and distances are the standard; feet and inches listed for convenience. 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Table of U.S. Masters Standards of Excellence for women, listing events (100, 200, 400, 800, 1500, Mile, 5000, 10000, 100H, 80H, 400H, 300H, HJ, PV, LJ, TJ, Shot, Jav, Discus, Hammer, 20Wt., 16Wt.) and standards for age groups 30-34 through 80-84.

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40+: 30". 3) Shot put: 30-39: 4k; 50+: 3k. 4) Javelin: 30-39: 600gm; 50+: 400gm. 5) Hammer: 30-39: 4k; 50+: 3k. 6) Metric heights and distances are the standard; feet and inches listed for convenience.

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 events (F30, F35, F40, F45, F50, F55, F60, F65, F70, F75, F80, F85, F90) and standards for age groups 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90.

Age-graded time/.8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form fields for application: NAME, AGE-GROUP, ADDRESS, SEX (M/F), CITY, STATE, ZIP, MEET, DATE OF MEET, MEET SITE, EVENT, MARK, HURDLE HEIGHT, WEIGHT OF IMPLEMENT.

- 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. 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15. 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.



Continued from previous page

Table of race results for various events including 4 Larry Finley, 5 Rod Wilson, Final, 1 Ben James, 2 Derek Holloway, etc.

Table of race results for various events including 3 Bob Alexander, 4 Larry Greco, Final, 1 James Stookey, 2 Gordon Seifert, etc.

Table of race results for various events including M50, 1 Roger Pierce, 2 Ron Johnson, 3 Bic Stevens, etc.

Table of race results for various events including 6 Tom Richman, 7 Stan Clark, 8 Tom Aspel, 9 Neil Howk, etc.

Table of race results for various events including 5 Alan Signon, 6 Mickey McCauley, M40, 1 Steve Gallagher, etc.

Table of race results for various events including 7 Dan Winzenried, 8 Bob Peterson, M45, 1 Jon Kennet, etc.

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Table with 2 columns: Name and State/Time. Includes categories like W35, W40, W45, etc. Lists names like Joy Upshaw, Linda Lowery, Phil Raschker, etc.

Table with 2 columns: Name and State/Time. Includes categories like W70, M30, M35, etc. Lists names like Johnnye Valien, David Hood, Tom Bynum, etc.

Table with 2 columns: Name and State/Time. Includes categories like M60, M65, M70, etc. Lists names like Dick Richards, Lowell Bonifield, Phil Mulkey Sr, etc.

Table with 2 columns: Name and State/Time. Includes categories like M80, M85, M90, etc. Lists names like Clarence Trahan, Max Springer, George Braceland, etc.

Table with 2 columns: Name and State/Time. Includes categories like W50, W55, W60, etc. Lists names like L B Clayton, Frank Kiefer, Larry Readman, etc.

Table with 2 columns: Name and State/Time. Includes categories like M45, M50, M55, etc. Lists names like Bruce Booth Jr, Bill Penner, Max Walker, etc.

EAST Boston vs. N.Y. Meet Boston U.; Feb. 18 Masters Mile 1 Ken Teinbach 4:27.78 2 Bob O'Hara 4:33.35 3 Geary Daniels 4:33.58 4 Alan Muir 4:35.04 5 Bob Hodge 4:37.62 6 Rich Murray 4:50.76 7 Bruce Bond 4:51.16 8 Tom Denlerian 5:11.86 9 John Lubington 5:16.07 Open Men: 10 Steve Gallagher 4:22.60 Open Women: 14 Sheila Purves 5:16.61 MAC Coors Indoor Masters Championships 168th Street Armory, NYC; Feb. 25 55m M30 Mitchell Lovett 6.84 M35 Rich Anderson, Jr. 7.10 M40 John Brooks 6.86 M45 William Overby 7.06 M50 Ron Johnson 7.09 M55 Robert Smith 8.08 M60 Cliff Pauling 8.19 M65 Thomas Brooks 8.58 M70 Lester Wright, Sr. 8.95 W30 Althea Morris 7.44 W35 Louise Clark 7.73 W40 Carole Solomon 8.28 W45 Sharon Warren 8.18 W75 Marjorie Smith 13.61

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Table of race results for Syracuse U. Noontime Running League, Manley Fieldhouse, NY, Mar. 6-14. Includes 200m, 400m, 800m, 100m, 1500m, 3000m, 5000m, 10000m, 20000m, 50k, 100k, 150k, 200k, 300k, 400k, 500k, 600k, 700k, 800k, 900k, 1000k, 1100k, 1200k, 1300k, 1400k, 1500k, 1600k, 1700k, 1800k, 1900k, 2000k.

Table of race results for Philadelphia Masters Indoor Games, Haverford College, March 9. Includes 55m, 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m.

Table of race results for Greater Rochester TC Meet, U. of Rochester, NY, March 10. Includes 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m.

Table of race results for Syracuse Chargers Indoor Meet, Manley Field House, Syracuse, NY, March 16. Includes 55m, 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m.

Table of race results for USATF East Regional Indoor Masters Championships, Brandeis U., Waltham, MA, March 17. Includes 55m, 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m.

Table of race results for various other events, including 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m.

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Table of athletic results including High Jump, Pole Vault, Long Jump, Shot Put, Weight Throw, and various race events with names and times.

Table of athletic results for W50 Roslyn Katz, W60 Anne Cirulnick, and other events.

SOUTHEAST

Virginia Masters Championships Lexington, March 2

Table of athletic results for Virginia Masters Championships, including 55m, 100m, 200m, 400m, 800m, 1500m, Pole Vault, and Long Jump.

Table of athletic results for M50 Palmer Sweet, M60 Russ McDaniels, and other events.

MIDWEST

Midwest Masters Indoor Meet Byron, IL; March 17 (200m track)

Table of athletic results for Midwest Masters Indoor Meet, including 55m, 100m, 200m, 400m, 800m, 1500m, Pole Vault, and Long Jump.

Table of athletic results for Pole Vault, Shot Put, and Weight Throw events.

USATF Michigan Indoor Championships, Warren; March 23

Table of athletic results for USATF Michigan Indoor Championships, including 60y, 100m, 200m, 400m, 800m, 1500m, Pole Vault, and Long Jump.

Table of athletic results for M55 H Van Blaricum, M60 A Ravenscroft, and other events.

SOUTHWEST

Leon Hayes Invitational Meet Dallas, TX; March 16

Table of athletic results for Leon Hayes Invitational Meet, including 100m, 200m, 400m, 800m, 1500m, Pole Vault, and Long Jump.

Table of athletic results for W50 Lorna Hunter, W60 Erika Goldstein, and other events.

WEST

Arizona Senior Games Tempe; Feb. 17-18

Table of athletic results for Arizona Senior Games, including 50m, 100m, 200m, 400m, 800m, 1500m, Pole Vault, and Long Jump.







Continued from previous page

Table with 2 columns: Name and Time. Includes entries like Gil Salazar 23:32:16, Jos Sepulveda 19:39:31, M40 Bob Morris 35:32, etc.

Table with 2 columns: Name and Time. Includes entries like M50 Dan Preston 27:51, Mike Ammon 28:16, Rich Friedlander 28:17, etc.

Table with 2 columns: Name and Time. Includes entries like W55 Louise Walters 34:31, Jutta McCormick 34:36, Sylvia Hughes 39:16, etc.

INTERNATIONAL

British Veterans Athletic Federation Cross-Country Championships, 10K/5K Rugby, Midlands; March 17

Table with 2 columns: Name and Time. Includes entries like M40 Nigel Gates 34:38, John Clark 34:57, Terry Osborne 35:09, etc.

RACEWALKING

Florida AC-Walkers 20K/10K Cooper City, FL; Feb. 11

Table with 2 columns: Name and Time. Includes entries like Dave Esson 2:01:03, Roswitha Sidelko 2:16:37.

Table with 2 columns: Name and Time. Includes entries like M40 none, M50 Neal Donahue 2:14:33, M60 Chuck Deuser 2:06:35, etc.

--10K--

Table with 2 columns: Name and Time. Includes entries like Overall Tim Nicholls 54:22, Linda Stein 58:56, M40 Carey Witkov 66:28, etc.

West Regional 5K Racewalk Monterey Park, CA; March 3

Table with 2 columns: Name and Time. Includes entries like Overall Enrique Camarena 45:24:14, Susan Armenta 24:22, M45 Enrique Camarena 24:14, etc.

The Potomac Valley TC's National Invitational Racewalks Washington, DC; March 24

Table with 2 columns: Name and Time. Includes entries like Overall Lily Whalen 44:28:15, Ian Whalley 38:23:36, M40 Nicholas Bdera 47:26:30, etc.

Table with 2 columns: Name and Time. Includes entries like M70 William Flick 70:29:02, M80 Edward Seeger 80:36:40, W40 Lily Whalen 44:28:15, etc.

--10K--

Table with 2 columns: Name and Time. Includes entries like Overall Arturo Huerta 26:1:22:51, M40 Steve Pecinovsky 41:1:43:05, M50 James Carmines 52:1:42:35.

YMCA's Masters Classic Mile Racewalk Omaha, NE; April 6

Table with 2 columns: Name and Time. Includes entries like Overall Male Mike Wiggins 47:15:09, Dean Jungman 55:17:56, Paul Johnson 59:20:24, etc.

Table with 2 columns: Name and Time. Includes entries like Ron Davis 51:24:17, John Campbell 60:24:50, Overall Female Joan Schaben 50:21:24, Carol Schmid 43:22:52, etc.

Top '95 U.S. Masters Road Runners

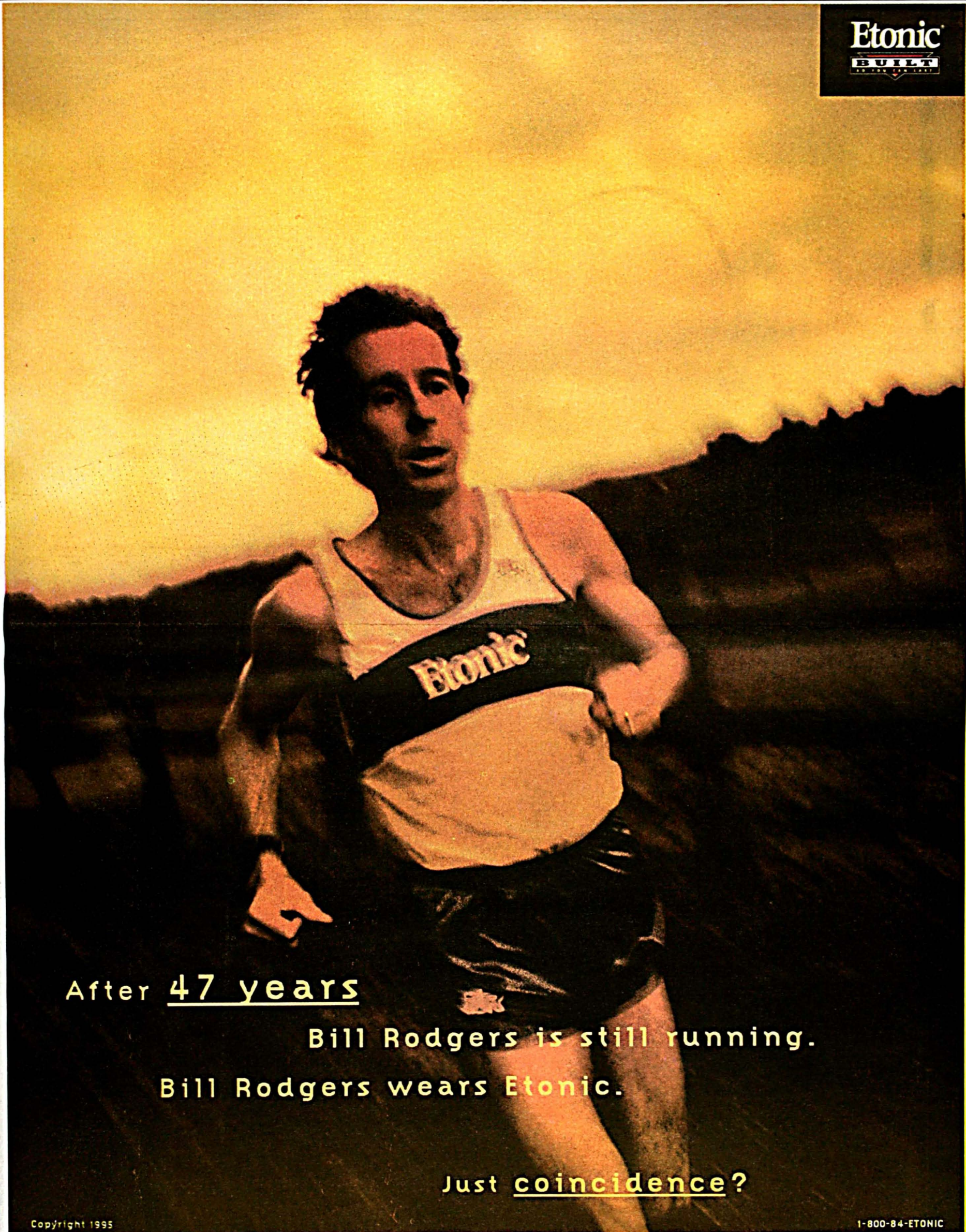
Table with 4 columns: Rank, Name, Hometown, Tot. Prize\$. Includes entries like 1 HONOR FETHERSTON, 2 REBECCA STOCKD-WOOLLEY, 3 JANE WELZEL, etc.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1996

Table with 3 columns: Name, BIRTHDATE, AGE GROUP. Lists many athletes and their birth dates and age groups.

Nashville Striders/Nashville Track Club Masters & Open Track Meet and Last Chance Qualifier Franklin Road Academy Saturday June 1, 1996. Includes event list, fees, awards, and registration form.

**Etonic**  
**BUILT**  
FOR THE MAN WHO RUNS



After 47 years

Bill Rodgers is still running.

Bill Rodgers wears Etonic.

Just coincidence?



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