

Philippa (Phil) Raschker, 47, placed second in the USA Open Track & Field Championships pole vault in Knoxville, and earlier set a new world record of 11 feet, 1 inch (3.38 meters) for women over 40. Photo by Margaret Bentlage/Knoxville News-Sentinel

### Ups Women's Over-40 Record to 11-1

## At 47, Raschker Places 2nd in USA Open Pole Vault

Philippa (Phil) Raschker, 47, continued to break new ground in women's pole vaulting by placing second in the USA Open Track & Field Championships in Knoxville, Tenn., June 13.

One of 17 women invited to compete in the special exhibition event, the Atlanta accountant cleared 10-8, the same height as the winner, Melissa Price, 16. But the California high schooler was awarded first place on the

bases of fewer misses at the winning height.

The performance earned Price a trip to the Goodwill Games this month in Russia. TBS, prime sponsor of the Games, was reportedly considering also inviting Raschker, due to the closeness of the competition and the drama of the age disparity between the two.

At an Atlanta all-comers meet on May 17, Raschker set a U.S. open best

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## Nationals Entry Deadline is July 20

Planning is under way for the 27th annual USATF National Masters

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Track and Field Championships on August 11-14 in Eugene, Oregon.

The event is expected to draw more than 1200 men and women from over 40 states, Canada, and several foreign countries.

The deadline for entries is July 20. Confirmation of entry will be sent to all competitors who register by July 14. Late entries received after July 20 will be assessed a \$25 penalty. No entries will be accepted after July 31.

The entry form was published on the back page of the May and June issues of NMN. Entry forms may also be obtained by writing Eugene directly (see schedule for details).

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## A "High (Cotton Row) Five" for Nancy Grayson in Alabama

by JIM OAKS

HUNTSVILLE, AL — What do you take when you need a short break? How many players are on a basketball team? How many consecutive times has Nancy Grayson won the WZYP Cotton Row Run 10K?

If you answered "five" to each question, you win the chance to join us in Huntsville next Memorial Day for the 16th edition of this famous masters race.

But if you are a female master, you had better come ready to race Nancy Grayson, 44, the toughest female com-

petitor to ever charge Mountain Wood hill.

While Grayson was running 37:50 to win this year's race, New Orleans male master Desmond O'Connor, 40, ran 32:01 to take a come-from-behind victory on one of the South's toughest 10K courses.

In 1990, Grayson, then a resident of South Carolina, won her first WZYP Cotton Row title. In the next two years, she became only the second female master to break 36 minutes, setting the course record at 35:34 in 1992.

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1994 WZYP Cotton Row prize money winners: (l to r) Vicki Crisp, Jane Hutchison, Judith Hine, Kathy Barton, Nancy Grayson, winner. Photo by David Mayo



These 12 runners have completed all 15 WZYP Cotton Row Runs. Front: (l to r) Dewey Richards (42), Madison, Ala.; Bill McDowell (40), Huntsville (H); Morris Black (41), Athens, Ala.; Charles Van Valkenburgh (37), (H); Bill Allbritton (39), (H); Donnie Hillis (37), New Market, Ala.; James Carroll (43), Burns, Tenn. Back: (l to r) Carl Senkbeil (57), (H); Moody Davis (58), Owens Cross Roads, Ala.; Gerald Estes (52), (H); Merrill Jones (53), (H); Lon Porch (46), Scottsboro, Ala.

Photo by Jim Oaks

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# NATIONAL MASTERS NEWS

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

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The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$24.00. Main office address: 6200 Hazeltine Ave., #R, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

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

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

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

Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

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

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

**Subscriptions:** A one-year subscription (12 issues) is \$24.00 (mailed 2nd class). Add \$15 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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

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

**National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/786-1981. Temporary Fax: 818/989-7118.**

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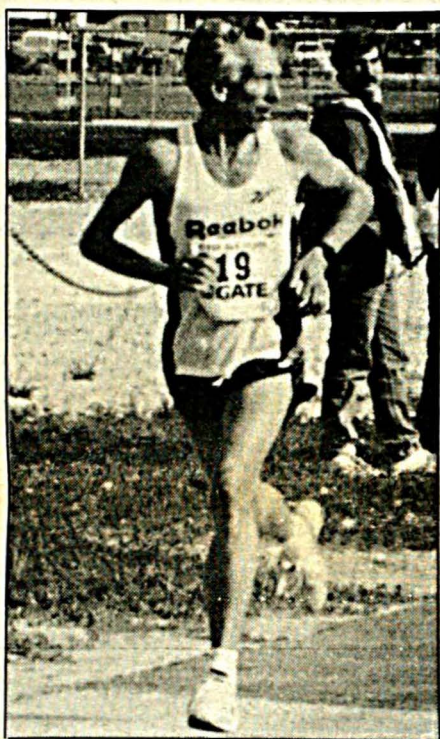
This year's May 22 Reebok New York Games had only one masters event — the Coors Masters Sprint Medley (200, 200, 400, 800). The New York Pioneer Club, anchored capably by Rob Jackson, handily took first place by 2½ meters over second place Garden Athletic Club.

An event on the Mobil Grand Prix circuit, the New York Games had world class athletes contesting 14 events and a tape-delay same-day network broadcast. However, this year's meet is a good example of the state of track and field in the United States.

Inaugurated in 1989, the meet has never been impressive in terms of attendance — New York is a city with two baseball teams, two hockey teams, two football teams, two opera companies, two ballet companies, etc. In short, track is not the "only game in town." In fact, on the beautiful sunny day of the Games, both a New York hockey team and basketball team were still in the playoffs, there was a 30,000-person AIDS march which raised more than \$1,000,000, and there was a parade on Fifth Avenue which probably had more than a million spectators. The number of spectators at the New York Games? Approximately 2000. Rumors abound that there are internal differences within the New York Road Runners' top management over whether or not they should continue to subsidize this very unprofitable venture.

The June 4 Advil Mini-Marathon

was not far behind. Yes, there was coverage, but for the first time in the memory of the PR guy, the photo truck had no photographer — only writers. The Rangers were about four games from a Stanley Cup, an accomplishment which they have not had since 1940; and the famous Knicks' coach, Spike Lee, was busy shutting down Reggie Miller of the Indiana Pacers. Oh, a couple of newspapers



England's Nick Rose, M40, checks his opposition in the Gate River 15K, Jacksonville, Fla. Rose won the masters contest in 45:49.

Photo by Charlie Klutz

were there, but no wire service. Only one national publication, as far as we could tell. But this is perhaps to be expected when the hockey and basketball post-season play generates upwards of \$100 to \$200 million in incremental revenues for the city and track and field generates... what?

Marilyn Mitchell  
New York City

### BRISBANE BECKONS

On behalf of my Australian athletic colleagues, I would like to extend an invitation/challenge to come to Brisbane and compete in the 3rd World Masters Games in September.

Brisbane is abuzz with excitement; the Games have been in the media daily since we returned from Miyazaki. Helen Pain of Sports Travel International organized a wonderful trip to Japan for Reg Austin and myself, staying at the Kanko Hotel with a lot of the USA team. We met many great American athletes and would love to see them in Brisbane. See you down under.

Barry Davis  
Sydney, Australia

### PAUL SPANGLER REMEMBERED

I was sorry to read of the death of Paul Spangler. He was a wonderful person with a sparkling personality, and an inspiration to every masters runner who knew him.

Paul and I shared a hotel room in 1979 at the National Masters Indoor T&F Championships at the U. of Michigan in Ann Arbor. Paul ran the two-mile as a 79-year-old on Saturday and the mile as an 80-year old on Sunday, his birthday.

He almost broke seven minutes in



Hartzell Stringer, 41, Washington, D.C., first W40+, (20:53), Glenn Brenner 5K, Washington, D.C., May 8.

Photo by George Banker

the mile but couldn't quite do it. It was not for lack of effort because he gave it everything he had. Nor was it from lack of support because we all were screaming encouragement, especially his close friend, Wendell Miller, who almost climbed out on the track to run with him the last lap.

Paul was then, as always, an inspiration to us all. Not just in his running, but especially in the dignified grace he exhibited in everything he said or did. We will never forget him.

Ron Fox  
Chicago

### THE WEIGHT ROOM

We look forward to Jerry Wojcik's new column, "The Weight Room." We enjoy his sense of humor and puns. He's doing a super job.

Manuel and Helen White  
Helena, Montana

### Twelve Join NMN Sustainers

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

Special thanks this month go to:

Fan Benno  
Ralph E. Daehler  
Edward M. Coplion  
John Heard  
John J. Hipple  
Marjorie Hunt  
Francis H. Kishi  
Dr. H. Paul Narcessian  
Ryszard Nawrocki  
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U.S. MASTERS SENIOR OLYMPIC Early Morning "R" Track and Field

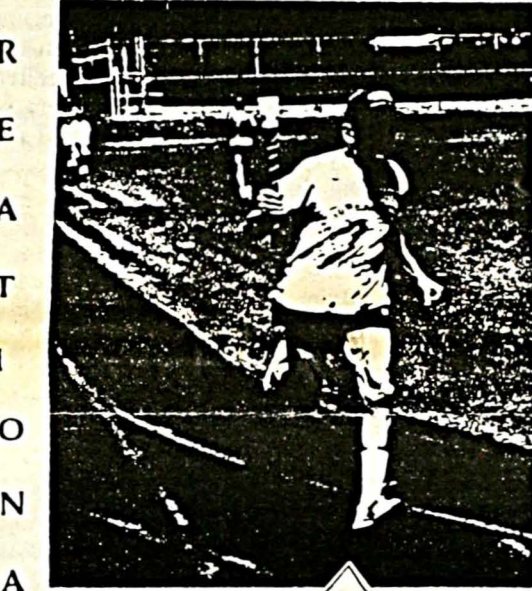


Table of outdoor records for various track and field events including 110m Hurdles, 100m Hurdles, 80m Hurdles, 50m Hurdles, 100m Sprint, 200m Sprint, 400m Sprint, 800m Sprint, 1500m Sprint, 5000m Sprint, 10000m Sprint, 20000m Sprint, 5000m Run, 10000m Run, 15000m Run, 20000m Run, 30000m Run, 40000m Run, 50000m Run, 60000m Run, 70000m Run, 80000m Run, 90000m Run, 100000m Run, 110000m Run, 120000m Run, 130000m Run, 140000m Run, 150000m Run, 160000m Run, 170000m Run, 180000m Run, 190000m Run, 200000m Run.

Sponsored by... 'fitness & health thru friendly competition' USMSO EM'R'T&F is not associated with any religious cult. It is assoc. with "Bible Buddys" - a telephone friendship prayer line, began in 1973. It is dedicated to "Our Lord" of Lords as ancient greek olympians honored their gods. All faiths (or none) are Welcome. Photography with permission only

Twin Cities Motels 1(800)329-7466 1(800)528-1234 1(800)248-1879

Map of Minnesota showing the location of the meet in the Twin Cities area.



Charles Obye, World Class-All-American, anchors the "torch" at USMSO '93

SUMMER '94 AUGUST 21, 1PM UNIVERSITY OF MINNESOTA 516 - 15Ave. SE (UofM EXIT 35W East, UofM EXIT 1-94 North)

U.S. MASTERS / SENIOR OLYMPIC Early Morning "R" Track & Field Purpose to motivate ourselves through friendly competition, to be highly competitive, but most of all have FUN. To give our youth a positive image of physical aging (keep smiling) Along with good manners, while at these meets no drinking, smoking, fusing, or cursing. The use of Biblical STER-AIDS (Do unto others as to yourself) is highly recommended.

- 1) A demonstration of physical perfection in form is less likely in amateur masters senior olympian age groups. Therefore, no one esp over 55 scratches. Out of boundary throws are penalized by a reduction from release.
2) Long and Triple Jumps are "Spot Measured" from the toe takeoff to the farthest backfoot landing (actual jumping distance)
3) NO FALSE STARTS. LISTEN AFTER THE ORDER "ON YOUR MARK" get set. DO NOT LOOK AT THE STARTER LISTEN FOR THE GUN SOUND BEFORE MOVING AND YOU CANNOT FALSE START. The starter will not extend a "hold" unnecessarily. A deliberate protest eliminates your race time only, and waste energy (sorry, but it is not fair to force a return penalty on the other runners)
4) Field Events will not close to anyone pre-registered and signed in with field event judges; and before winners are decided
5) To encourage diversity and variety in training, one limited entry fee covers multievents unlimited (a family)
6) Whereas there are few American born or trained women hurdlers over the age of 50, starting from 39' 4" spacing distance, between 8 hurdles within 80 meters, will remain a choice for women 50+ and men 70+
7) U.S. MASTERS/SENIOR OLYMPIC Early Morning "R" Track & Field Meets are "Recreational Sport" activities WHO DRUG TEST?
8) Suggestion: In this "Year of our Lord" in the U.S.A. or wherever we are, PRAISE and THANK GOD for the privilege to compete, in fun and fairness

"Fastest Family" Fun Relay The First, Third, and Anchor runners-run 100 meters. The Second 100 meters may have 1-2-3 family persons handoff. Larger families may have two teams. Three member families may "adopt" a child or senior citizen. (This fun event originated to involve patiently waiting families of multieventers) New family categories: (oldest)in-OPEN, Masters40+, Seniors60+.

11 AUGUST IS GREAT - CELEBRATE!! WEATHER GOOD, BAD, OR FAIR, 'R' MEETS NEVER CANCEL

TRULY Amateur-TRULY NONprofit; Suggested entry donation for the benefit of continuing USMSO is: \$8-one event, \$15-unlimited and family. List names and ages under one family name on backside of entry for the 4X100 family fun relay. Include any track history you care to share. Spectator fee: \$3 individual-\$5 family. Mail to: Rachel Lyga 122-63 1/2 Way NE, Mpls, MN 55432 612/574-9661

ENTRY FORM PRE register! Drive ya crazy, stress day Procrastinators: Add \$50

Name Birthdate Age on 9/1/94 W( ) M( ) Please Print Home address (No P.O. Please) City St. Zip Phone( ) THINK you'll try it-Circle it! (Cancellations are no problem) WT ST DI JA HA Family Relay 4X100 3x100 EVENTS(Circle) HJ LJ TJ SP PV 110-100-80H 50m 100m 800m 400W Mile 400m 200m BEST MARK '93

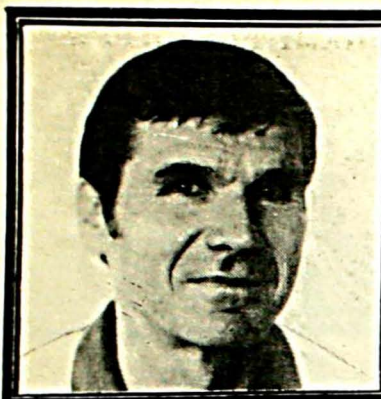
WAIVER: I, the undersigned, being of sound mind and physical condition, am participating in the U.S. MASTERS-SENIOR OLYMPIC Early Morning "R" Track & Field Meets of my own Free Will. I know my body's limitations, and take full responsibility for my own health. I have personal injury insurance and do hereby agree to waive any future claims for injuries against anyone else, directly or indirectly, as a result of my activities in connection with the meets. I understand further, that I will not be publicly humiliated and assumed guilty of drug misuse, or have, without a reasonable cause, my U.S. Constitutional Right of Privacy violated.

Signature Date SAVE your MNM-Copy and Post this record entry form.

Abba Father, It's me again, asking your Blessings on r track meets. LORD, phony accolades at some future meets, we don't need. Can you spare a few volunteer angels to send r way NOW. THANKS LORD-Amen

"Blessed are the peacemakers..." Jealous envy is an absurdity of youth and foolishness. THE BEST in Everything-has Only ONE Left to motivate or challenge- GOD

WINTER '95 FEBRUARY portions video taped CHRIST BY LORD



## Third Wind

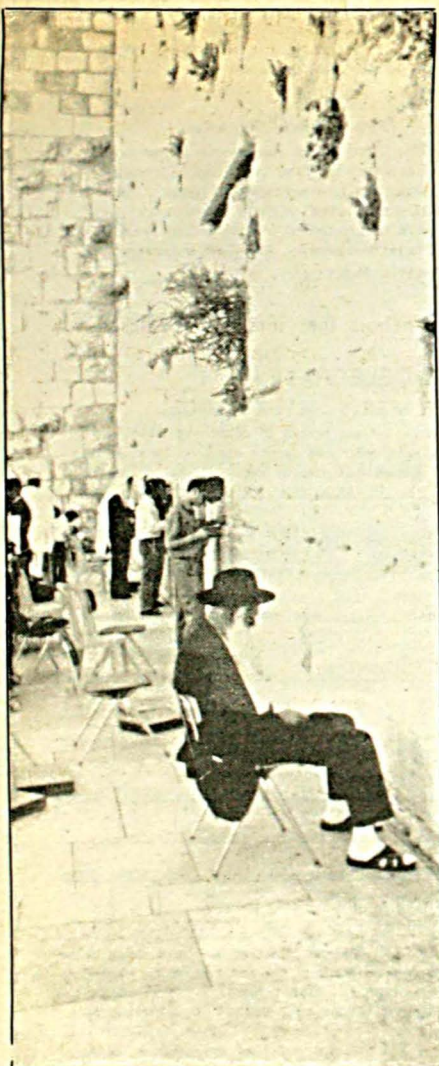
by Mike Tymn

### Jerusalem: A Run Through History

Considering that almost all the media reports coming out of Israel in recent weeks, months and years have dealt with crises, conflict, controversy, confrontation, clashes, or just plain crazies, friends and business associates expressed concern when I mentioned that my wife Gina and I would be traveling to Jerusalem and other parts of Israel.

"Are you taking a flak jacket?" was asked several times.

Indeed, I was surprised that Gina wanted to join me on the trip. The most daring thing I have known her to do, in her mind at least, is drive alone across the Pali (an uninhabited and unlighted stretch of highway on Hawaii's Oahu). And that was only once. Apparently, the fascination of retracing, as one travel brochure put it, "the very paths trod by the patriarch Abraham 4,000 years ago, by King David 3,000 years ago, by Jesus 2,000 years ago, by the Crusaders 1,000 years ago," was enough to warrant at least a little risk-taking on her part.



If you run into a "wall" in the Jerusalem Marathon, it won't be the Western (or Wailing) Wall, shown above. This wall is a sacred place of prayer in the Jewish Faith.

Photo by Mike Tymn

"We won't be going near the Gaza Strip, will we?" she asked before finally deciding on the journey.

Even though our arrival in Tel Aviv, the financial capital of Israel, was on the very day of the signing of the accord between Israel and the Palestine Liberation Organization, there was talk of unrest as some factions were not satisfied with the pact.

My invitation to visit Jerusalem had come through *Running Times* magazine. Israel's Ministry of Tourism had invited five running journalists from around the world to learn about the Jerusalem Marathon to be held on October 25.

#### Shoot First, Ask Questions Later

My very first thoughts when informed of the event were of the 52-mile run across the Isthmus of Panama that I had covered for the same magazine two years ago. When the Panama-based photographer picked me up at a Panama City hotel, he carried a pistol in a shoulder holster and had a sawed-off shotgun over the hand brake between the front seats. He reached into the glove compartment, brought out a 9-mm pistol with an extra clip and handed it to me with instructions that I should "shoot first and ask questions later" if anyone happened to approach the car. Each of the 30 or so competitors in the race was accompanied by an armed guard. (There were, however, no incidents during the all-night run, although two runners were mugged after the race.)

I wondered if covering the Jerusalem Marathon would call for similar precautions.

Our hosts had arranged for us to be met at Ben-Gurion Airport in Tel Aviv after our 9½-hour direct flight from New York City on El Al, Israel's major air carrier. We were taxied from there to the Ramada Renaissance Hotel in what is referred to as the New City, a 35-minute ride. Along the way, in countryside that looked much like parts of Northern California, we observed several blown-out shells of armored vehicles still left over from the Six-Day War of 1967.

It was clear to me that Gina was a little on edge at this point, especially after having seen some Israeli soldiers with rifles slung over their shoulders at the airport and at various spots along

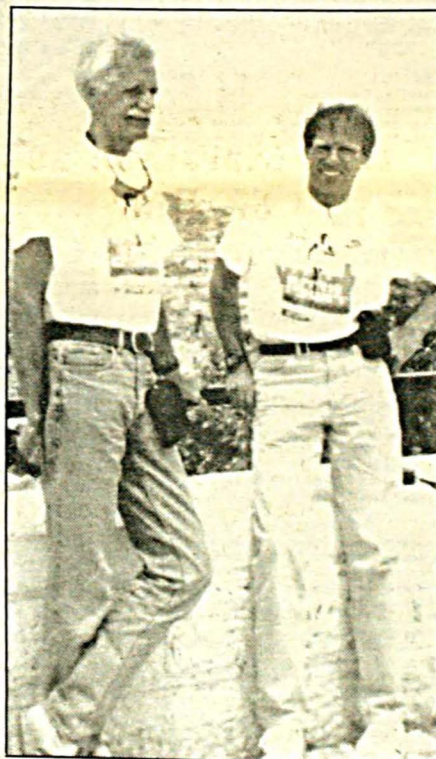
the highway to Jerusalem. Having experienced wartime Vietnam, and having been caught up in the most violent activity of the Malay uprising in Kuala Lumpur during 1969, may have calloused me a little to this type of environment, so that I never really felt apprehensive.

It soon became clear that the primary purpose of inviting journalists to visit Jerusalem six months in advance of the actual race was to get the message out that Jerusalem and most other parts of Israel are safe places for tourists, including runners.

#### A Safe Place to Run

"We want to dispel the feeling that Jerusalem is not a safe place to run in or to just visit," said Itamar Gourvitch, president of the Jerusalem Marathon. "We are not near the border. We have no problems here. I think it is more dangerous in New York City at 2 p.m. than it is here at 2 a.m."

Gourvitch's reference to the "borders" were to the Gaza Strip and to the West Bank area of Jericho, near Jordan. If all of Israel were to be viewed as an unsymmetrical baseball field with Tel Aviv, on the eastern shores of the Mediterranean, as home plate, Jerusalem would be second base and the Gaza strip would be well down the

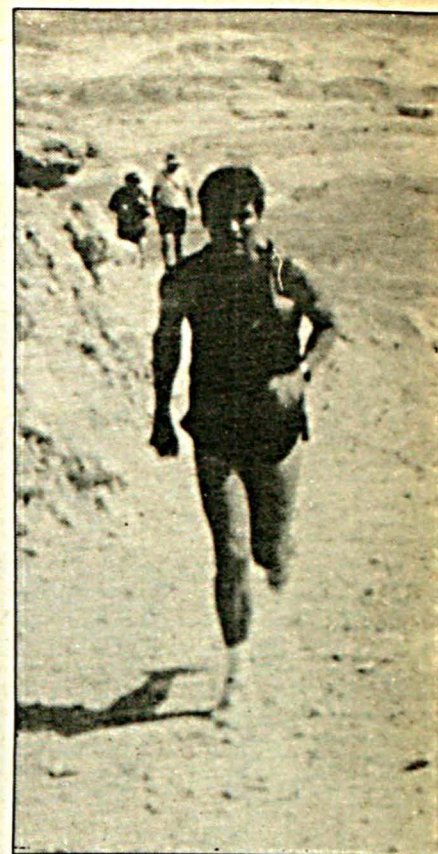


Two European running journalists, Kjell Myhrvold of Norway and Dieter Rockenfeller of Germany, pose with Jerusalem Marathon T-shirts and some of the hills of Jerusalem in the background. Both journalists are top masters competitors in Europe.

Photo by Mike Tymn

right field line in foul territory. While Jericho would be in left-center field.

In fact, during our seven-day stay in Israel, four of which were in Jerusalem, one in Tel Aviv and two on tours — one of the Dead Sea region, including the ancient fortress of Masada, and the other of the more northerly Sea of Galilee area, Nazareth, and Tiberius — we saw no commotion, heard no shots, felt no insecurity whatsoever. We felt as safe as tourists around Oahu must. Gina's apprehension after the first day in



NMN columnist Mike Tymn makes his way up the snake trail leading to the ruins of King Herod's ancient fortress of Masada, overlooking the Dead Sea, 40 miles from Jerusalem. A cable car is available to transport the less energetic.

Photo by Jim O'Brien

Jerusalem was less than it was on entering downtown Honolulu parking garages after 6 p.m. upon our return to Hawaii.

#### A False Impression

Jerusalem Mayor Ehud Olmert greeted us and also expressed concern that the outside world gets a false impression of safety and security in his city and country. "All you hear about is the terrorism, and that seems to be the image that people get of our country," he said. "There is not that much hostility here. We want to show that we lead a normal life. We think sport and the marathon is one way to do this."

If you're a wimp looking for a flat course, the Jerusalem Marathon is not for you. The course is hilly; in fact, after driving over it, I can't recall many flat areas. At the same time, I don't recall any real killer hills. The average temperature range during October is 59°F to 81°F, although much of the course is in the Jerusalem Forest where the trees offer plenty of shade. The Algerian who won the 2nd annual Jerusalem Marathon last year reportedly had 2:15 credentials but his winning time was 2:25:52.

But if you're a *real* runner looking for a challenge along with the oppor-

Continued on page 14

If you're interested in running the Jerusalem Marathon or the accompanying half-marathon or minimarathon (5K), you can request information from Shartours, 6 Shmuel Hanaziv St., Netanya 42281, Israel, Tel. 972-9-621343 or Fax 972-9-623082.

## 1972 Olympian Shines in Visalia

from BOB HIGGINBOTHAM  
Randy Williams is back. The 1972 Olympic long jump gold medalist, just turned 40, debuted this year as a master in the Visalia Classic, May 21, Visalia, Calif. Williams leaped to a meet record of 22-2½ followed by another meet record of 10.9 in the 100. He now has his sights on breaking the M40 world long jump record of 24-4¾ at the nationals in Eugene in August.

A total of 91 athletes joined together and established or broke 71 meet records in beautiful 80° weather at Sunkist Stadium.

Hubert Evans took a close second to Williams in the M40 100 with 11.3 and blistered the 200 in 22.7. In the M45, Norman Cornwell won both the 400 (52.4) and 800 (2:01.2), while Bill Knocke took the 300H in 46.3 as well as the 200. Other outstanding times in the sprints came from Alan Tucker, Ted Jeung, Riley McHugh, Ray Yeck, Rodney Carson and Ron Beadle.

In a close battle in the M65 age group, Vern Regier barely outpaced Bernard Stevens to win both the 100 and 200.

Shot putter Ross Carter led the way with a 38-9 shot followed by a discus throw of 113-0. Del Pickarts, M65,

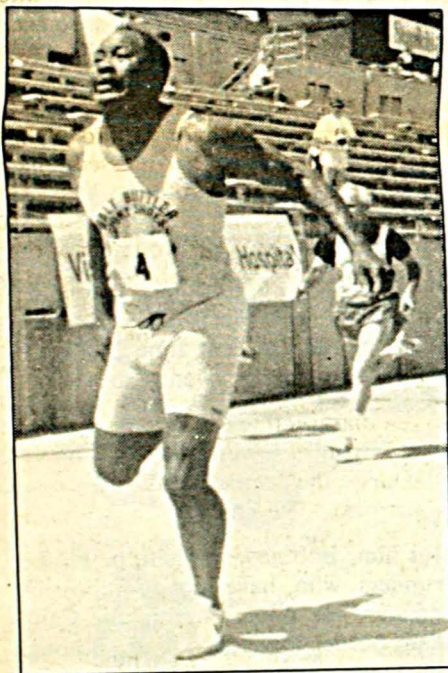


1972 Olympian Randy Williams long jumps 22-2½ at the Visalia, Calif., Classic, May 21.

tossed the javelin an impressive 152-2.

Among the women, Sharlet Gilbert dominated the W40 field with wins in the 800 (2:36), 1500 and 5000. W50 sprinter Kemi Solwazi, a track star at Fresno City Community College, took the 100 in 14.3. Coming up for age 55, she will soon be starting her assault on the W55 sprint marks.

In the W55, Christel Miller scored a 93-5 javelin throw, while Shirley Kinsey achieved a 5-9 in the W60 pole vault. □



Walt Butler won the M50 100 in 12.3 at the Visalia, Calif., Classic, May 21.



The women's combined-age 100-meter dash at the Visalia, Calif., Classic. L to r: Shannon Bonner (W30, 15.0); Avril Maylor (W45, 14.6); Kemi Solwazi (W50, 14.3).

## Trinity Hospital Hill Half-Marathon and 8K Run

by JERRY MORRISON

This year's event in Kansas City, Mo., on June 5, was marred by the action of the police motorcycle leaders who took a wrong turn and caused the top six runners to run short about three-quarters of a mile. Dual prize money was paid to the top five who went short and the next top five who ran the full course. It was determined that the top five who ran short would have won had they run the full course. John Kipkoskei out-dueled Mark Plaatjes, 1:02:18 to 1:02:44, and Lisa Weidenbach, now of Hutchinson, Kan., led the women in 1:15:10.

On the masters side, Jane Hutchison outdistanced the women in 1:28:58 with Doug Kurtis outlasting local favorite Charlie Gray in a time of 1:10:25 on this very hilly course.

The eight kilometer event was new this year, replacing the traditional 7.7-mile distance. Masters winners were Terry Friedrich (29:32) and Sharon Greenwood (34:17). A match-up of two over-eighty-year-old men highlighted the over-70 division. Allen Blackman, 82, finally beat his long-time nemesis, Dr. Howard Calkin, 83, with a 1:12:43 over Calkin's 1:13:25.

Jim Ryun, of Lawrence, Kan., celebrated the 30th anniversary of his running the first sub-4-minute high school mile with a third place in his age group in a time of 31:19. Ryun, 47, said, "It was 30 years ago today, and I don't run nearly as fast now." □

## SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS



PARQUE CENTRAL, SAN JUAN, P.R. September 10-11, 1994

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION

AGE DIVISIONS: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69  
70-74; 75-79; 80 AND OVER.

ENTRY FEE: \$10.00 FIRST EVENT, \$5.00 EACH ADDITIONAL EVENT. RELAYS FREE.

AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION.

DEADLINE FOR ENTRIES: SEPTEMBER 8, 1993.

RELAYS: BY COUNTRIES OR CLUBS WITH DIVISIONS IN 10 YEARS INCREMENTS.

ENTRIES FOR RELAYS MUST BE TURNED IN BY 6:00 P. M. SATURDAY AND SUNDAY.

ENTRIES: SEND THE ENTRY FORM BELOW WITH CHECK TO:  
PUERTO RICO MASTERS ASSOCIATION  
MR. JESUS E. GALVEZ  
P.O. BOX 31300  
65TH INFANTRY STATION  
RIO PIEDRAS, P.R. 00929-0300

OR CALL MR. GILBERTO GONZALEZ JULIA-TEL: 765-5702

REGISTRATION: AT PARQUE CENTRAL FROM 10:00 A.M., ON SATURDAY 10.

HOTELS: ACCOMODATIONS SHOULD BE ARRANGED BY INDIVIDUALS PARTICIPANT.

THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE PARQUE CENTRAL  
CARIBE HILTON TEL. (809) 721-0303 OCEAN SIDE TEL. (809) 722-2410  
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### SCHEDULE OF EVENTS:

TIME	SATURDAY SEPT. 10	SUNDAY SEPT. 11
3:00 P.M.	1. 400 M. HURDLES	14. 400 M. (W-M)
3:30 P.M.	2. 300 M. HURDLES	15. SHOT PUT (W-M)
	3. POLE VAULT	16. LONG JUMP (W-M)
	4. HAMMER THROW	17. 200 M. (W-M)
4:30 P.M.	5. 110 M. HURDLES (M)	18. 800 M. (W-M)
	6. 100 M. HURDLES (W-M)	19. JAVELIN THROW (W-M)
	7. 80 M. HURDLES (M)	20. HIGH JUMP (W-M)
5:00 P.M.	8. DISCUS THROW (W-M)	21. 5000 M. (W-M)
6:00 P.M.	9. 3000 M. STEEPLECHASE	22. TRIPLE JUMP (M)
	10. 2000 M. STEEPLECHASE	23. WEIGHT THROW
7:00 P.M.	11. 100 M. (W-M)	24. 5K WALK (W-M)
7:30 P.M.	12. 1500 M. (W-M)	AFTER 5K WALK
8:00 P.M.	13. 10000 M. (W-M)	4 X 400 RELAY (W-M)
	AFTER 10000 M.	
	4 X 100 RELAY (W-M)	

ORDER OF COMPETITION WILL BE: WOMEN AND MEN - OLD TO YOUNG

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

ATHLETIC RELEASE: IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS, I DO HEREBY, FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY HEREAFTER ACCRUE TO ME AGAINST THE CITY OF SAN JUAN, THE ORGANIZING COMMITTEE OR THEIR OFFICERS OR AGENTS AND THE PARQUE CENTRAL AND ANY AND ALL SPONSORS OF THE AFOREMENTIONED CHAMPIONSHIPS. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

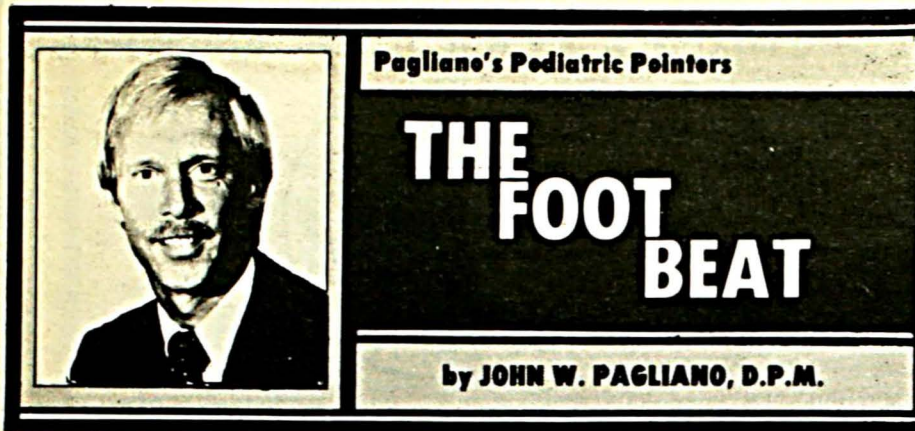
NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

AGE (AS OF SEPTEMBER 11, 1993) \_\_\_\_\_ DIVISION \_\_\_\_\_ F OR M \_\_\_\_\_

PLEASE ENTER ME:

1. \_\_\_\_\_ 5. \_\_\_\_\_  
2. \_\_\_\_\_ 6. \_\_\_\_\_  
3. \_\_\_\_\_ 7. \_\_\_\_\_



Pagliano's Podiatric Pointers

# THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

## Running A Marathon

1. Keep to your normal diet. Try to eat normal, balanced meals prior to race day. Protein, carbohydrates, and fats are all essential for your normal athletic metabolism.
2. Supplement your diet with carbohydrates the week before the marathon.
3. On race day, don't consume heavy foods or milk. Toast with tea or coffee is preferred. Eat approximately two hours prior to race time.
4. Use the toilet facilities prior to the start. It is not easy to stop on the run.
5. Wear well fitting clothes that are lightweight and light in color. Make sure to wear a cap with a brim to shade your face. Trunks should have a pocket to carry extra vaseline and bandaids.
6. Lubricate your arm pits, crotch and nipples. Make sure your clothing is not abrading your skin. Use vaseline in liberal amounts.
7. Make sure you have the proper shoes. Wear them around for about one hour prior to the race. Vaseline your feet very heavily and wear good cotton socks, preferably not new ones. If you have rubbing problems, turn your socks inside out. Double knot your shoe laces and don't tie them too tight. Remember, your feet are going to swell.
8. Jog lightly and loosen up before the race. Work out all the kinks and nervous energy.
9. Ignore other runners and start slowly. Don't run above your level. It will pay off later.
10. Make sure you have your preferred drink available on the run. On hot days, drink early. Do not take salt tablets. Stop to drink if you are a beginner. Veterans can easily drink on the run, but novices tend to gulp air if they don't stop.
11. Use a sponge to cool off. Do not use anti-perspirants or wear makeup. Ice cubes can be placed in the cap to cool off. Don't squirt water on your feet.
12. Stop and walk if you feel fatigued. Enjoy your run. □

*(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 2372, Van Nuys, CA 91404.)*



Larry Harris (17:15) and Carol Ellis (21:29), top masters at Freddie Mac's Run for Shelter 5K, Washington, D.C., May 22.

Photo by George Banker

## 5th Annual Freddie Mac 5K Run for Shelter

by GEORGE R. BANKER

It was going to be a good day for racing, running or walking the 5th Annual Freddie Mac 5K in Washington, DC, May 22. The new course on Independence Avenue gave the participants views of the Washington and Jefferson memorials, the sun was tearing through the clouds, and the temperature was in the mid-60s.

The uniqueness of this event, *it's free!* Freddie Mac and its sponsors make the event possible. Their Reach Out to a Child program assists abused and neglected children and their families across the country and strives

to raise public awareness in this area. Over the last five years, donations and runners have been increasing. In 1990 there were 100 finishers, and this year over 1800 crossed the finish line.

The leading men's master was Larry Harris in 17:15 (8th overall). Bob Oberti captured second in 17:17 (10th overall), and third was Paul Quinn in 17:39 (12th overall).

Carol Ellis led the masters women in 21:29. Taking second place for the third time was Elizabeth Rodriguez, W50, in the excellent time of 22:43, and third place went to Sarah Newmeyer in 24:28. □

## Book Review: Pacific Crest Trail

by BARBARA ERSKINE

"In truth, it doesn't matter what the journey is . . . the point is to plan to do it and then do it. You will find it is well worth the effort making the leap between something envisioned and something done. And you'll wonder why you didn't do it sooner."

Are these the admonitions of a novice marathoner? Not quite. Meet Bob Holtel, who at 56 became the first person to run the entire length of the rugged Pacific Crest Trail, which he completed in 1987. He covered almost half a million feet of elevation gain and loss over several mountain ranges, from a low in the Mojave Desert to a maximum of 13,180 feet over Forester Pass. His was the first run across the United States in any direction by trail. The record took three consecutive summers, 2581 miles, three states, two international borders and 110 running days.

Daily journal entries created *Soul, Sweat and Survival on the Pacific Crest*

Trail (Bittersweet Publishing Co., 1994, \$14.95). Initially, reading another log book doesn't seem that intriguing. But as you travel the journey, you assume the role of an armchair friend who shares the adventure and wants to be in at the finish.

A trip of this magnitude takes years of planning, hours of help from loyal friends and much inner fortitude. Bob wonders if he could have done the run alone but is glad he didn't try. Many pacers, male and female, kept his spirits high and feet moving. Their spouses waited at campsites with hot meals and beer. Some drove 1100 miles from southern California to share two days of the trail.

Although he relates a few organizational details, many questions remain unanswered about logistics and preparation. He knew in advance where he needed pacers, such as steep icy areas more dangerous than "normal" trail, and wrote selected friends asking for support. He includes as ap-

pendices charts of days/miles/passes and a fairly complete list of gear. Omissions of greater detail are probably intentional. There is a message here the coach from Torrance doesn't want obscured. Not many can embrace adversity and physical challenge and be positive day after day. Over and over, when he finds himself with negative thoughts, he is able to control those feelings and channel them into constructive messages.

Holtel explains, "Life is a struggle with limits and occasionally we need to test them to find out who we are. Running in the wild provides a simple source of happiness, but doesn't always dole out pleasure. You have to believe you can do it. Your priorities have got to be in order. Some days are far tougher than others. The discipline mastering a worthwhile challenge shapes and strengthens with a spiritual bonding."

The run developed a sense of mission

for him. Bob now wants to help other runners who have not-so-impossible dreams. He returned from the Canadian border a changed man, although the metamorphosis had been occurring gradually. His senses became more acute. Minor tasks or goals were insignificant, not producing the irritation they did previously. His life evolved into balance as his priorities rearranged themselves based on a new dimension of self-reliance. He describes the heightened consciousness he achieved. "Traversing these timberline savannahs has meshed my body and soul into closer harmony with the earth that produced them, and offers the highest thrill a runner can experience."

This book is more than just a trail log, it's an exploration of self and a challenge to all. □

*(Barbara T. Erskine, Books for Runners. For a free catalog or information about this book, contact BFR at 1-800-881-1348, 413 North Division St., Traverse City, MI 49684.)*



## Advil Mini-Marathon

By MARILYN J. MITCHELL

In its 23rd running, the 1994 Advil Mini-Marathon (10K) is the oldest all women's race in the world, though not by any means the largest — "Grete's Race" in Oslo draws more than 44,000 women, the Tjejmilen 10K in Stockholm draws approximately 35,000 competitors, and we were unable to confirm the precise number of participants in a similar Irish race.

With 6400 entrants, 6000 women lining up on the starting line and 5418 finishers from 35 states and 17 countries, the Advil Mini-Marathon has numbers so far below those of the Oslo and Stockholm races that a representative of the 150-strong Swedish delegation issued a challenge to the American women to increase participation in 1995 to 15,000.

Despite its relatively small size, the Advil Mini, as it is called, draws a prestigious world-class field year after year and in the past has had such great runners as Joan Benoit-Samuels, Ingrid Christiansen, Allison Roe and Grete Waitz. The race was initially established in 1972 by Fred Lebow of the New York Road Runners with 78 runners, to help establish the women's 10K event on the Olympic schedule, a feat which was accomplished for the first time in the 1988 Seoul Olympics.

You may remember that there was a time when the IOC pundits felt the 10K

and marathon distances were too long for women to safely run. The women's marathon was an Olympic event for the first time in the 1984 Los Angeles Olympic Games. (Given the so-called "safety concerns" about endurance events for women, the logic of establishing the marathon distance as an official Olympic event *before* the 10K distance has never been apparent to this writer.)

Fred Lebow was in the hospital for chemotherapy treatment for brain cancer and unable to be in Central Park at the start, but in a birthday call from New York City Mayor Rudolph Giuliani the day before the race, Fred invited "Hizzoner" to be the Official Starter for the race and Giuliani, whose press secretary was competing, enjoyed himself so thoroughly that he stayed to hold the finishing tape for the winner. His presence generated considerable excitement among runners and spectators alike.

Considered a fairly difficult course with more than 60% hilly terrain, this year's race, held on June 4, had weather conditions similar to last year — sunny 70-degree temperatures, a relatively light 10 mph wind and 28% humidity. Nonetheless, this year's times were faster, with the top five women coming in under last year's winning time of 32:30. But with the New York Road Runners not actively recruiting elite masters women this year, this phenomenon did not transfer to all the age-groups, with the times for age-groups 40-49 and 50-59 slower than last year's times:

Age-Group	1993 winning time	1994 winning time	1994 Pace
30-39	35:34	34:37	6:55+
40-49	39:21	39:28	6:21+
50-59	39:19	44:17	7:07+
60-69	48:57	45:35	7:20+
70+	1:00.01	59:59	9:30+
oldest competitor (86)		1:35.25	

In comparing results, it should be noted that the overall top 15 finishers are excluded from age-group awards. So while forty-year old Francie Larrieu-Smith was 13th overall last year with a new U.S. masters road record of 34:08, that year's 40-49 age group "winner" was Rae Baymiller with a time of 39:21. And last year's extraordinary 50-59 age-group time is explained by the fact that the winner was the legendary Evy Palm, whose time was better than the 1993 and 1994 40+ age-group times.

In the 1994 race Conceicao Ferreira (31:59, 2nd overall, Portugal) was the first over-30 finisher and Janete Mayal (Brazil, 34:37) was the 30-39 age-group winner. Cheryl Ralya (NY, 39:28) took top 40-49 age-group honors and also scored for Moving Comfort/New York's first place team; Marion Stanjones (NY, 44:47) won the 50+ age-group; Bertha Bellinghausen (NY, 45:35) the

60+; and Edith Farias (NY, 59:59) the 70+. With the largest purse of any all-women's race in the world, guaranteed prize money of \$32,050 for the top 9 finishers was augmented by time bonus incentives of \$4000 (\$2000 to each of the top two finishers for sub-32:00 finish times) and another \$950 was distributed to the top three local finishers. First place is good for \$10,000 without the time incentives. Although five women in the 30-39 age-group won prize money, there were no women over 40 "in the money."

Demographics on the first 4800 entrants indicated that 67% of the competitors were over age 30 and 31% were over the age of 40. No demographic breakdowns were run on the last 1600 entrants who entered after May 31. The youngest competitor was 6 years old and the oldest, Mildred Miller of the Bronx, New York, was 86; she finished in 1:35:25.

Anne-Marie Letko's overall win (31:52) was a real upset, with the local New Jersey woman triumphing over a stellar world class field, including last

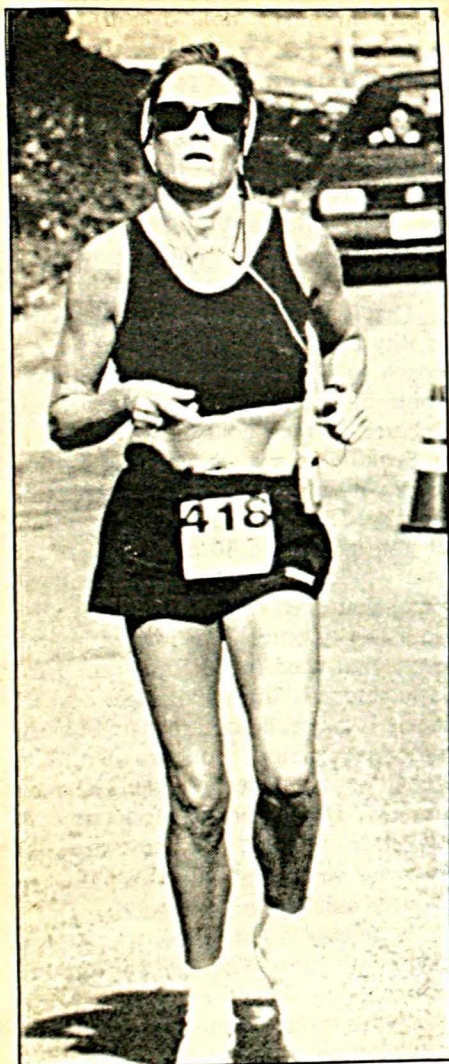


Frank Hutchinson, 40, first master (16:16), Bear Festival 5K, Los Osos, Calif.  
Photo by Elaine Rosenfield



Mary Boles, first W65 (30:27), Windward 5K, Kailua, Hawaii.  
Photo by Tesh Teshima

year's winner, Tecla Laroupe, who came in fourth this year. Letko was the first American winner since 1978 and many road-running aficionados are hoping that this will give a boost to American road running. Letko had some words for all runners — and all masters runners should listen up. Although leading from the gun and running hard the entire race, Letko really took off near the end, remembering something that Australian Lisa Ondieki said last year when Ondieki looked at her watch and outkicked Letko at the end of a race. Said Ondieki, "I am just going to run as hard as I can for a minute — after all, it's not a lot of time in my life." □



Betty Blank, 40, Falls Church, Va., first W40+ (3:28:51), George Washington Birthday Marathon, Greenbelt, Md.  
Photo by George Banker

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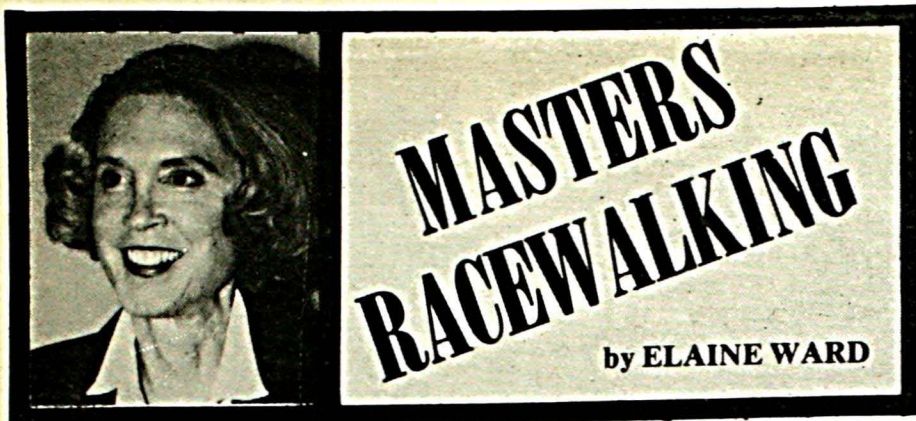
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## Training Masters (Part Three) Coach Gwen Robertson

**EW:** In terms of race strategy, what do you think about sprinting to the finish line versus keeping the same pace throughout the race?

**GR:** You mean "kicking" at the end of a race? I think kicking is a lot mental. There is some physical element to it. I do not spend time on kicking. The kick will be there for athletes if they have done their speed stuff and trained well. If you go out too fast, or if you try going at a faster pace than your training supports, no matter how much you want the kick to be there, it won't be. But if you walk a good, steady, consistent pace - even if it is a PR pace, you will still be able to find a little something extra, provided you have done the elements of training that lay the foundation for it. That is why I have become a real believer in the multi-pace training.

### Training Strategy

**EW:** In multi-pace training, how do January workouts differ from June workouts?

**GR:** In January as I am coming off a rest period, my mileage is lower and my speed is slower. Maybe I will do a speed workout, the one minute stuff, once a month; in May, maybe twice. Same with repetitions. Early in January I might do two tempo workouts doing 2 miles rather than 3, or I might do a tempo and VO2 Max.

**EW:** You have discussed your use of fast day workouts. What do you have your walkers do the rest of the week?

**GR:** They may do a long walk of 9-12 miles or a moderately long one of 8 miles. But the other days are "recovery days" of 4 to 7 miles 1:30 to 2:00 minutes slower than 10K race pace per mile. This is a good aerobic training walk. It allows recovery for the next hard workout.

Again, if you don't recover and you do a hard workout too close, you end

up spiraling downward rather than upward. Athletes must ask themselves, "How do I really feel today?" Sometimes you may feel sluggish before you warm-up. Then after you have warmed up and have gotten into stride, you may say, "I feel all right and am ready to hit it." If you don't feel all right and hit it hard on a day when you are not ready, it is not going to do you any good. You risk getting sick, injured, stale, or whatever.

### You Have to be Flexible

In other words, you have to be flexible. Let's say you have the elements that you want to fit into a two-week cycle and you end up doing it in a 2½ week cycle, so what? It is better for you to be flexible. Some people may be able to do it in a 12-day cycle instead of a 14-day cycle. Everybody recovers differently. And recovery from certain workouts will be harder for some people than for others.

**EW:** How do you judge whether you have recovered?

**GR:** A lot of people use their pulse rate before they get out of bed in the morning. I don't have my athletes do that. Just knowing how you feel physically is the clue. When you are tired, you know what that feels like. When you are ready to go, you may not be mentally ready, but physically you are.

### Peaking

**EW:** A lot is being written now about peaking.



Maureen Hennessy, W55, racewalker, 1993 USATF Northwest Regional Championships, Eugene, Ore. Photo by Jerry Wojcik

**GR:** Peaking is both mental and physical and both are equal components. In order to peak, everything in your life needs to be going pretty well. If things aren't, if there is an emotional drag or mental drag, I don't care how badly you want to do a peak performance, it is going to be very difficult. So throughout your preparatory five-month cycle, you want to be getting everything in order so you can relax during the time period when you want to have peak races. In other words, you want to have your family in order and your job in line. You don't want to be fighting with your husband or wife or anyone. Keep the psychological and physical stresses low.

That is where a coach comes in. That is why I think everyone should have a coach to help them compartmentalize some of the stresses, and keep them focused on their goals.

Peaking means significantly cutting back your mileage; maybe 50 percent. I have seen some recommend 60 percent. If you usually do 30 miles in a week; you would do 15 miles. At the same time, you need to keep in touch with your fast twitches. This is most important. You need to do some race pace type intervals during the last several weeks because, if you are racing during this peak period, you are getting a good hard effort in once a week anyway. Doing some 400 meters at a 5K pace is good as they are not stressful or tiring. You are able to recover quickly and feel good.

As mileage is cut down, you are not doing any junk. You are warming up and cooling down, but you are not worrying about getting the miles in. So what happens after a few days? You feel great. You feel like, "Boy I have a lot of energy." You are feeling good and happy, and start chomping at the

Continued on page 13

## Overtraining Can Be Unhealthy

by VIISHA SEDLAK

After the 1992 Olympic Trials I was mentally and physically exhausted, and decided to take a break from all racing and all training. Eight months later, I was still excessively fatigued and depressed, so I finally went to my doctor for blood tests.

My immune system was demolished from the past eight years of hard training, harder racing, hard work, hard travel, and life in hotels and airplanes. I was quarantined for a few weeks and started a carefully planned program to rebuild my immune structure.

My only races in over a year and a half were the World Veterans Championships, where I went to see friends, politic for WAVA, and share in the superb meet.

Months earlier I had decided I would have to race moderately and accept the fact that I would not medal. That I did medal anyway was the least important part of the meet for me. The people who are friends in walking are what count in my life.

Now I am training and racing again in running events — moderately. I plan to walk in competition as my work and rest time allow. I have surpassed all my dreams in competitive race walking, and my new challenges lie elsewhere but I believe more than ever in the principles of the American Racewalking Association:

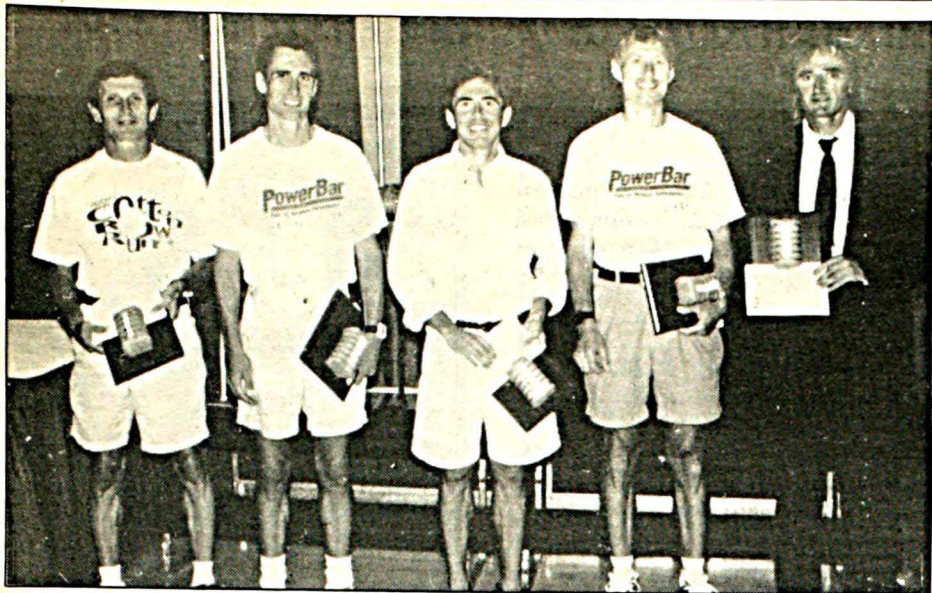
"I train, eat, walk, and talk like a champion. My motivation comes from a strong desire to improve myself and to enhance the quality of life. I set an example to those I love and to every stranger I meet. My races are fun, and open my world's horizons. I am a winner when I put forth my best effort that day. Failure is a vital and rewarding part of self-development. I learn my lessons and readjust my plans after my failures.

"I hold my training and racing in balance with the other aspects of my life. I am a champion today. Championshipness is an attitude I can choose to assume in this very moment. I do not judge myself by rankings, or the clock, or by whom I beat, or by who beats me. I am guided by my own goals and satisfied by my best efforts." □

(Viisha Sedlak, 46, is a three-time (1987, 1989, 1991) World Veterans racewalk gold medalist and won silver medals in Japan last year. Her comments are reprinted from *The Master Walker*.)



Jonathan Matthews, 37, is one of the top two racewalkers on the U.S. open national team. He competed in the U.S. Open Championships June 18 in Knoxville. He just finished his Ph.D. in Education at Stanford and is holding off taking full-time employment until after the 1996 Atlanta Olympics. If he makes the U.S. Olympic team, he'll be 40, and plans to go to the XII WAVA World Veterans Championships in South Africa in 1997. Photo from Marilyn Mitchell



1994 WZYP Cotton Row prize money winners: (l to r) Richard Weeks, Reno Stirrat, Bob Schlau, Earl Owens, Desmond O'Connor, winner. Photo by David Mayo



Charles Van Valkenburgh (89), one of 12 who have run all 15 WZYP Cotton Row Runs, casts a wary eye at Malcolm Gillis, top U.S. 60+ finisher at Boston this year with a 2:50:50. Photo by David Mayo

## Cotton Row Run

Continued from page 1

Last year she defeated Barbara Filutze, Catherine Lempesis and Judith Hine for her fourth consecutive Cotton Row crown.

This year, her 37:50 was too much for Hine, Kathy Barton, a new master from Houston, and 1988 winner Jane Hutchison. Grayson, now living in Northville, Mich., where she works as a computer consultant, had to use all her craftiness and determination to hold off Barton for this fifth win, worth \$750 in prize money.

"I had never raced with Kathy before, so I checked for her number the night before," Grayson said. "I picked her out on race morning so I would know her if I saw her during the race."

"I ran the first mile hard, a 5:52 I think, and only Judith Hine was with me early. I tried to run six-minute pace the rest of the way and let the others play catch-up."

Barton's time of 38:00 for second and \$500 was closer than other Grayson pursuers had been in the past five years, but she could not make up the early gap.

Hine, who had been the master winner two weeks earlier at the Gum Tree 10K in Tupelo, Miss., earned \$300 for her third place in 38:34; Hutchison took \$200 for fourth in 39:01; and Vicki Crisp of Nashville was fifth for \$150 in 39:39. This was only the third time in the 15 races that five female masters have broken 40 minutes.

Susie Klutzz, 57, of Winston-Salem, N.C., was the top finishing grand master (50+) in 46:04, the 12th best female masters time of the day.

While Herb Lorenz was here winning the first WZYP Cotton Row Run in 1980, O'Connor was still a 25-year-old preparing to represent his native Ireland in the 5000 in the Moscow Olympics.

This year, O'Connor, in the masters division for his first year, had to hold off a challenge from defending champion Earl Owens of Dunwoody, GA, and 1988 runner-up Bob Schlau of Columbia, S.C., to take the title in 32:01.

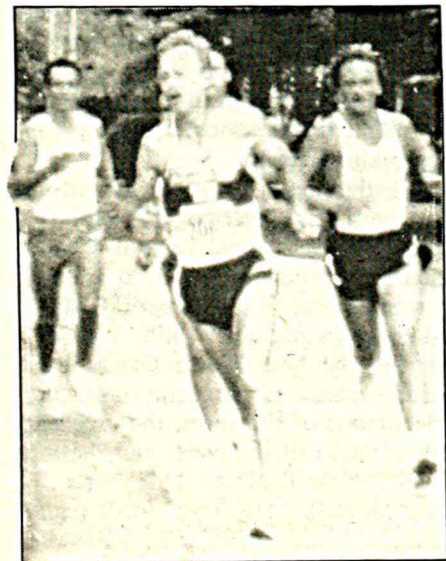
The win gave O'Connor his first major master's title after significant runner-up finishes at three large southern 10K races: Azalea Trail in Mobile, Ala., Crescent City Classic in New Orleans, and Gum Tree.

"I forgot some of the details of the course," O'Connor, who last ran here in 1984, said. "I remembered Mountain Wood hill, but not that gradual climb in the first two miles that gets you there. It was a tough race today."

Owens set the masters pace with a 5:06 first mile in a pack about 10 seconds off the leaders. At mile two, Owens, Schlau, O'Connor, and Reno Stirrat of Atlanta, were together in 10:24, but by Mountain Wood hill, Stirrat slowed to leave it a three-man race.

"I ran the hill pretty hard, and tried to break away on the long downhill after mile three," Owens said. "Desmond caught and passed me just after mile four, which I split in 21:03. I ran a 4:59 on the fifth mile, but he opened about a ten second lead on me. He really made a move in that mile."

O'Connor, who coached at Southwestern Louisiana after coming to the United States in the early 1980s, now



Earl Owens leads Desmond O'Connor (right) and Reno Stirrat (left) near mile two in 1994 WZYP Cotton Row Run. Bob Schlau is hidden behind Owens. Photo by Jim Oaks

works as a program director with a Medicaid program in New Orleans. He collected \$750 for the win. Owens won \$500 for second with a 32:18.

Schlau, still "youthful" at 46, took third and \$300 in 32:37. "I felt good about my chances for a win today, and stayed with them for four miles," he said. Schlau, recently selected as *Running Journal's* Masters Runner-of-the-Decade, had reason to feel confident after running a 31:15 in the Sallie Mae 10K in April.

Stirrat held fourth and \$200 in 33:26, but the most exciting finish battle was between Richard Weeks, 47, of

Nashville and Gordon English, Jr, 42, of Camden, S.C., for fifth place. Weeks used some of his track speed to pass and hold off English in the last 150 meters. Weeks earned \$150 "kick money" with a time of 33:46, as English finished at 33:50.

The ninth place master was Tom Dooley of Toccoa, Ga., who recently turned 50. He took the grand master title in 35:23. Jerry McGath, 56, of Tupelo also had a good performance in 36:03.

Charles Rose from Mooresville, N.C., a recent running sensation on the

Continued on page 12

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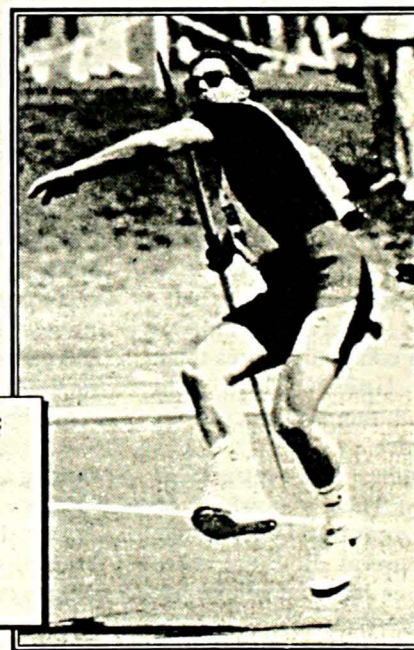
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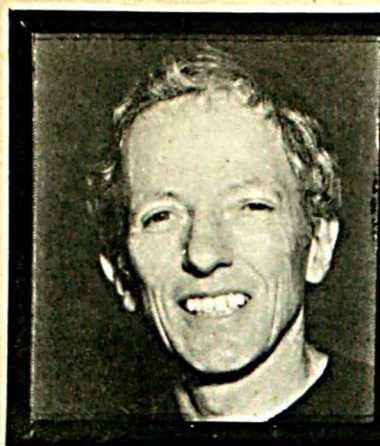
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# On The Run

by Hal Higdon

## Track Miles are Not for Everyone

**D**riving the bypass south of South Bend, Indiana on a warm Saturday evening, I spotted a horse-drawn wagon filled with people on an adjoining dirt road. The women wore long dresses, bonnets. Mennonites, I supposed. I had my van on cruise control. They moved at a gentler pace.

I too should have been content to move slowly. Instead, I was en route to Concord High School to run the Jim Ryun Mile, the opening event of the Great Race in Elkhart, Indiana. It was a series of mile runs on the track for different age groups.

It would be my first race of the spring, and it was planned to prepare me for the nationals in Eugene in August. Last year, I had trained for the marathon; this year it would be 1500 meters. I like to shift distances to keep from getting bored. Besides, I felt a move to fast track races eventually would help my times at longer distances on the road.

I pulled into the Concord parking lot and noticed only a handful of cars belonging to the most dedicated. A mile on the track seemingly should be easier than a 10K on the road, but not all runners consider it so.

Collecting my number, I sat down in the infield to don my spikes and chatted with another runner. There was a look of fear in his eyes. "I don't know what I'm doing here," he said.

I understood. Racing a mile takes more courage than you might think. Many of those who fill the fields of 10K races today never ran high school track, or cross-country. They participated in tennis or swimming or drama or art and only later turned to walking or jogging as a fitness activity. The opportunity to win a t-shirt identifying them as a competitor lures them to starting lines. That and camaraderie. Running 10K races offers a social experience.

Racing a mile on a track is something else. There's nowhere to hide. You can't disappear in the middle of a pack of several thousand other runners. It's four laps, and there are people in the bleachers staring at you. They may be sympathetic if you finish a half lap behind, but they still stare.

That makes novices nervous. The other runner seemed to feel that because I owned spikes, I must be faster. "I saw you warming up," he worried. "You jog faster than I can run."

Once the race started, that proved not true. There were only three in our heat of over-40 runners. One sped

rapidly ahead; my new friend tucked behind me. He soon realized I was not going to break four minutes that evening. By the end of the first lap, he was 50 yards ahead.

It didn't bother me. The announcer was trying to drum up interest in our battle for second, identifying me as a national record holder. I hoped my new friend wasn't intimidated.

The loudspeaker talk seemed like background babble. I've run in front of as many as 70,000 fans at the Olympic Trials, or 20,000 indoors in New York's Madison Square Garden. You notice the crowd before you race, maybe fear you might embarrass yourself by running poorly. Once the gun sounds, your view of the world narrows. It is just you and the track and whomever else occupies that track with you.

In the Jim Ryun Mile at Concord High, it was just me and him. The third runner way ahead of us didn't fit into our orbit. By the final lap, I caught my fellow competitor. On the back stretch, he accelerated, regaining 20 yards of his lead.

I should have cruised home, but old habits die hard. I kicked. In the last few strides, I edged past my rival, finishing in a time somewhere over six minutes. Offering him my hand, I felt guilty. Was he disgraced in "losing?" There were only three in the race. I had finished second; he had finished last. There's no hiding when you race on the track. At next year's Jim Ryun Mile, would he return?

No sense pondering the ethics of winning and losing or what the relative slowness of my time portended for Eugene. I removed my spikes to jog a few laps on the infield. The grass felt cool on my feet.

Driving home, I came across a phalanx of motorcyclists cruising the bypass near where I earlier had spotted the Mennonites on their horse-drawn wagon. The motorcyclists wore jeans and black t-shirts, almost caricatures of themselves.

Two extremes! Could anything be more different than motorcyclists and Mennonites? Where do track runners fit in the world order? Somewhere between, or off on our own tangent?

The sun was nearing the horizon, a golden orb. Racing had been fun. I drove home savoring the experience just completed, how the grass had felt cool on my feet. □

(Hal Higdon is a Senior Writer for *Runner's World* and the author of two dozen books, including "Masters Running Guide.")

## Cotton Row Run

Continued from page 11

southeast masters circuit at age 61, shattered the age 60-69 course record of 38:36 which Jim O'Neil of La Jolla, Calif., set here in 1989. Rose ran 37:51 for the fourth-best time among all grand masters.

Race officials have identified 12 runners who have completed all 15 Cotton Row races. Not surprisingly, nine of them are now masters.

Race conditions this year were good for Huntsville in May. Low humidity and a slight breeze made this one of the better racing mornings in all the 15 years. Although weather conditions aided faster times this year, the field was also deeper than in 1993. Eight male masters were under 35 minutes, compared to five last year.

Unlike some past years when there has been a northern invasion that has swept the top male awards like General Sherman, one had to look all the way to the 31st master finisher to find a runner from north of the Mason-Dixon line. That finisher was former race director John Hickey who now lives in his native Ohio.

Let it be known that we still welcome Yankees to this event, and would love to see more of you in 1995.

Total entrants in the 10K race were



Jerry McGath, M55, drives through the finish at the 1994 WZYP Cotton Row Run, in 36:03.

Photo by Jim Oaks

again just under 2000. An additional 700 ran the two-mile run. The race, sponsored by radio station WZYP for the past six years, continues to be a significant Memorial Day event for runners in north Alabama and for many serious master runners in the southeast. □

## Nationals Entry Deadline is July 20

Continued from page 1

This will be the biggest masters meet in the nation. More than 1000 participated in last year's nationals in Provo, Utah. Competition will be held in five-year age groups for both men and women, starting at age 30-34 and going to age 95+. Performances will range from outstanding to ordinary. Everyone is welcome. There are no qualifying standards, except to be at least age 30. What matters most is having fun and taking part.

All the action will be staged at Eugene's famed Hayward Field, the site of the 1989 World Veterans Championships, where nearly 5000 athletes competed over an 11-day period. Many athletes, worldwide, still consider Eugene the best World Games ever held, because of the enthusiasm and friendliness of the town, the excellent organization of the meet, and the top quality of the facilities. This year's co-meet directors are Tom Jordan and Barbara Kousky, the same pair who successfully directed the 1989 event.

Free roundtrip shuttles for athletes and accompanying persons will be available from the airport to major

hotels and dorms. Free shuttles from major hotels to and from Hayward Field will run daily throughout the Championships.

A post-meet barbecue will be held at the end of competition on Saturday, August 13.

United Airlines is offering a five per cent discount on an excursion fare to participants. Amtrak stops in downtown Eugene. Dormitory housing at the U. of Oregon is across the street from Hayward Field at \$34 a day, including three meals.

There are plenty of scenic side trips to make before or after the meet, such as Crater Lake, the Pacific Ocean, the Ashland Shakespeare Festival, the eastern Oregon desert, and the Cascade Mountains.

Many athletes are planning a 16-day vacation to take in the 2nd WAVA World Veterans Road Race Championships in Toronto, July 30-31 (featuring a 10K, 25K, and 20K racewalk), followed by the WAVA North American Masters Track & Field Championships in Edmonton, Alberta, August 4-7; and then the Eugene meet the following weekend. □

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**Masters Racewalking**

Continued from page 10

bit because you have so much energy in you that is ready to go. The race comes and you just go. You just relax and let it happen.

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## High Jump Techniques

by RUDI HOCHREITER

Currently, the most commonly-used high jump technique is the "flop," which requires the athlete to do a backwards scissor-jump over the bar. This method, which was first used by Dick Fosbury, has undergone many modifications and adaptations since its introduction.

Fosbury, who had the ability of a gymnast relied solely on his speed and ability when approaching the bar. However, later generations of jumpers such as Valeri Brumel depended more heavily on leg power alone when executing their jumps. Brumel liked to approach the bar very low, and then explode with a powerful leg action to execute his straddle.

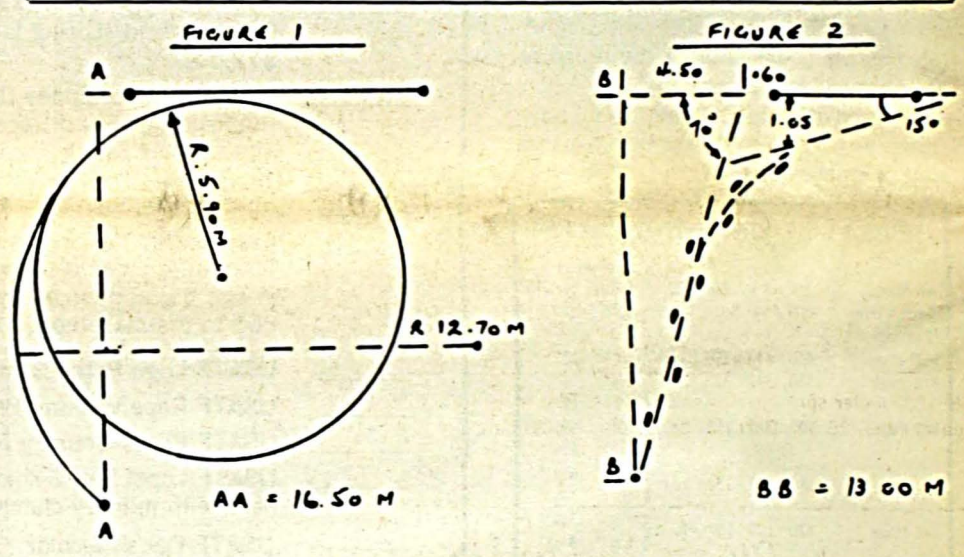
This change in take-off by the stronger jumpers required an alteration in the Fosbury approach which consisted of two semi-circles (see figure 1). The large one was for the approach, the smaller one for the take-off. The combination gave Fosbury enough centrifugal force to acquire the uplift necessary to clear the bar. The force developed through his run-up was so great that Fosbury ruined many of his left-foot spikes because they could not withstand the pressure.

Newer techniques employed by some of the world's leading coaches call for a straighter run at the bar, but still end in a small curve prior to take-off. For example, Dwight Stones, former U.S. world record holder, used a ten-stride run at a 90-degree angle to the bar for his 2.32m (7-7/4) jump.

That technique has been further modified to a 70-degree approach with a slight curve at the end. The approach curve used by the athletes I train is shown in figure 2.

Depending on whether the approach is from the left or right side, alteration of the take-off foot is required when used with a fixed-stride run. The altered curve of a straight approach permits better body positioning prior to take-off, and allows for greater utilization of the athlete's jumping power. The approach must be as fast as possible, and never less than 8 or 9 strides. □

*(Rudi Hochreiter coaches masters athletes and won the M60 decathlon at the VIII World Championships in Eugene. This article first appeared in the Australian Veteran Athlete.)*



## More on Kenyan Training

by MARILYN MITCHELL

Further to training tips from the Kenyans, conversations with last year's Advil winner, Tecla Laroupe (Kenya) and her coach/agent, German Volker Wagner, indicate that the Kenyans are training at an altitude training camp in Kenya as often as three times daily: a one-hour high speed run at approximately 6 a.m.; speed work at approximately 10:00 a.m., and another run in the late afternoon or early evening. When asked if the evening run was an easy run, the reply was, "Nothing is easy."

And those were also Uta Pippig's words for her training, which is based on the Kenyan methods — the so-called "easy" runs are deliberately made hard. There are no "rest" or "recovery" days — the training goes on every day. But injuries and physical breakdowns are common, particularly among the female runners, and when this occurs, the runners are encouraged or even requested to leave the

camp. For Miss Laroupe at 39 kilos (approximately 86 pounds) and 5 feet tall, the thrice-daily, 140 mile/week training caused her body to break down, which explains why she left the camp and now trains primarily in Germany with a German coach.

What applications does this have for masters runners? Perhaps those runners who are large-boned can adapt more readily to this training regimen — Uta Pippig is considerably larger than Tecla LaRoupe, although one must point out that Pippig had a cold and flu bug while in Boston for the Boston Marathon (and triumphed nonetheless) and did not start at the Advil 10K because of a cold. It is entirely possible that the intense Kenyan-style training reduces one's resistance to the point that it is difficult to make it safely and comfortably to the starting line. On the other hand, the positive results are so overwhelming that an adaptation of the training certainly seems desirable. □

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## Third Wind

Continued from page 6

tunity to see the most fascinating city in the world, it's time now to start planning.

### No Place to Hurry

You could very well hit a "wall" while running the Jerusalem Marathon. You may even feel like "wailing" about 20 miles into the race, but it won't be the Western Wall, often referred to by non-Jews as the "Wailing Wall," that you run into. Because of traffic problems the first year, the race organizers had to reroute the course so that it does not go through the most historic or busiest part of the city. You certainly wouldn't want to rush through the "Old City" anyway. That's a place you must take very slowly and really savor. I spent the better part of two days walking around the one square kilometer of land called the Old City and still didn't cover it all. I wandered up intriguing little alleys and got lost several times. In one out-of-

the-way alley, I came upon something most tourists miss, the place where the apostle Peter was imprisoned. Straying off course again, hidden off a main alley, I discovered the place where John the Baptist is said to have been beheaded. Of course, the main attraction for Christians is the Church of the Holy Sepulchre, said to occupy the site of the crucifixion of Jesus, as well as His tomb.

In addition to "hitting the wall" and whatever physical ailments that might result in, you also have to watch out for a condition known as the "Jerusalem Syndrome," said to affect many foreign visitors every year. They say that many foreigners are overwhelmed by the impact of the Holy City's religious heritage and temporarily go mad, requiring confinement at a psychiatric hospital in West Jerusalem.

Therefore, it's recommended that you run the race first and see the city second. □

## Raschker Sets Two Records as Southeast Regionals Draw 189

The 1994 USATF Southeast Regional Masters Track and Field Championships drew 189 athletes from 17 states to the University of Tennessee's Tom Black track, May 27-28, in Knoxville, in beautiful, dry, warm southern weather.

The World Elite Track Club won the team title from 22 other clubs. Atlanta's Phil Raschker, 47, set a new USA W45 200 record of 26.03, breaking Irene Obera's mark of 26.21.

Raschker also ran an excellent 100 in 12.66 and cleared 11-0 (3.35) in the pole vault for a new world 40+ record.

Competition was also open to 20-29 year-olds to help provide a transition into masters ranks. Only 10 showed up, but they added an exciting element to the affair.

The officiating was provided by the Knoxville Track Club's Officials Association who did their usual yeoman job. □



M55 200-meter sprinters in the Southeast Regionals, Knoxville, Tenn., May 27-28. From left: Joe Hemler (2nd, 26.57), Barry Burtram (4th, 29.89), and Jim Mathis (1st, 25.45).

## Raschker Places 2nd in USA Open Pole Vault

Continued from page 1

and a new world over-40 mark with a vault of 11-1 (3.38 meters). Price bettered the open mark with a vault of 11-2 on June 4 at the California High School Championships.

Raschker's feat earned her a four-column color photograph on the front sports page of the Knoxville News-Sentinel, with the caption: "Can your grandma do this?" Later in the meet, the 1993 USATF masters athlete-of-the-year finished fifth out of six in the exhibition women's 2000-meter steeplechase in 8:24.60.

Raschker is basically a sprinter. But she also hurdles and competes in the high jump, long jump, triple jump and heptathlon.

Vaulting has become a special challenge for her. At the Penn Relays on April 28, Raschker vaulted 3.28 (10-9) to win the age-graded competition against masters men.

"The USA has a rule in masters that any event open to men is open to women," she said. "Five years ago,

the women's pole vault was also included in the World Veterans (Masters) Championships, so I decided to practice for it.

"Of all the sports I've been in, vaulting has been my biggest challenge," she said. "It's taken me quite a while to master it. It's a fantastic event."

Although never having competed at farther than 800 meters in masters competition, Raschker took on the challenge of the steeplechase.

"This for me was a triumph just to finish the race. It was my first 2000 meters, with or without the barriers. I needed some support in the pole vault, so I want to help the women in the steeplechase." The women's race was held with 30-inch barriers, instead of the traditional 36-inches, and without the water jump.

A petition for both events to be officially added to the open USA meet next year will be made at this year's USATF convention in St. Louis in December. □



World record-setting M65 4x400 relay team (4:12.48) at BTC Classic, Birmingham, Ala., May 21. From left: Chuck Sochor, Bill Daprano, Gordon Seifert, Jim Law. The quartet represented the Power Bar World Elite Team. Photo by Phil Mulkey

## Sprinters Have Field Day at BTC Classic

by GORDON SEIFERT

Jim Mathis of Memphis won the top age-graded award at the BTC Classic, May 21, at Samford University in Birmingham. Mathis scored 98.87% in the 400, 93.60% in the 200, and 90.80% in the 100 (1989 tables). Four other sprinters had 90-plus percent doubles: Thomas Gilliard (100/200), Caesar Austin (100/400), Chuck Sochor (200/400) and Jim Law (100/200 plus a single age WR in each).

The Power Bar World Elite Team, composed of Jim Law, Gordon Seifert,

Bill Daprano, and Chuck Sochor established an unofficial 4x400 relay world record of 4:12:48 in the M65 age group. This foursome also won the gold in the World Games in Japan last year.

Phil Raschker nosed Jim Law and Marion McCoy at the finish line to win the distance-handicapped 100.

The 50, standing long jump, and half-decathlon were added to this year's Classic and were well-received, particularly the half-decathlon. □



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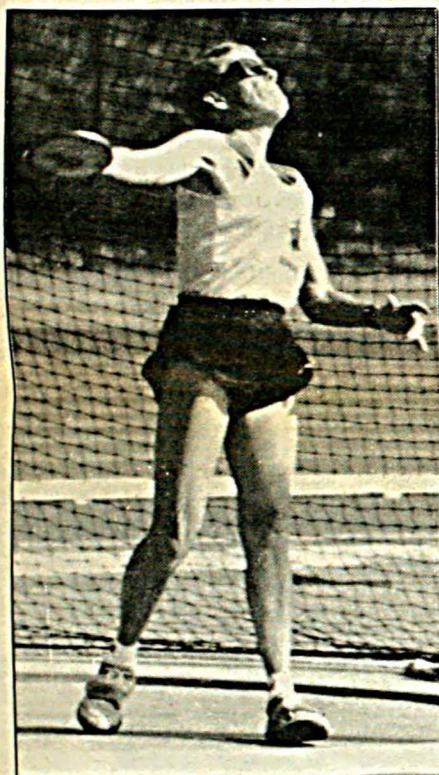
# THE WEIGHT ROOM

by JERRY WOJCIK

## Lighten Up A Little

**Y**ou're at the start of the 100, or checking in for the long jump, or stretching before a 10K. An official approaches and tells you that you can't compete in the shoes you're wearing. That doesn't quite parallel what happens to a thrower whose implement doesn't meet WAVA standards and is rejected prior to the competition, but you get the idea.

A thrower buys an implement, often unseen, probably by mail or special order through an athletic supply store,



Shirley Dietderich, W65, California Senior Olympics, San Diego.

Photo by Don Rose

pays a small fortune in shipping costs if it's a shot, hammer, or weight, becomes accustomed, even attached you might say, to it, and then has it turned down at a meet — sometimes after it's been okayed several times before.

Generally, implements are rejected because of weight, or more precisely, the lack of it. Some javelins get the no-no because the center of balance is off. Shots may be out of round. It's supposed to be a sphere, not a brick. Hammers, in addition to being too light, may have wires and handles (also figured in the weight of the implement) that exceed length specifications.

### Community Property

"Illegal" implements not only upset the "guilty" throwers but also have an effect on the competition when only one or two legal implements are available for a large number of throwers in an age group. By rule, approved implements, meet-supplied and privately-owned, become community property during the competition, available to any competitor.

What to do? First, the athlete can hope to find an implement at the meet that he/she is comfortable with. I'm not too pleased when someone asks to use my implements because I've had



W60 javelin winners, right, Sally Polk (62-3) and Betty Heil (60-0), 1993 USATF National Masters Championships, Provo, Utah.

Photo by Jerry Wojcik

borrowers bounce a discus off a metal goal post, creating an eternal dent with burr in the rim; stick a javelin in the ground with a 30' throw backwards rather than with the tip; and bend a hammer wire into a pretzel shape.

Sometimes the implements supplied by the meet officials are worse than the rejected ones, particularly hammers that have badly kinked wires and odd-shaped handles.

Second, the disallowed implement should be sent back to the supplier, who doesn't really want it once it's been used. The sender has to foot the shipping costs, and what assurance is there that the replacement will pass muster?

I was at the Hayward Meet last year when Jim Minah, an M70 top thrower, had his hammer rejected. Of course, that's where you'd expect an implement to be bounced — by experienced officials using top-notch weighing/measuring equipment. I don't remember exactly what the problem was, except that it was minuscule — the hammer was too light by less than an ounce or the length was 1/16 of an inch too long. Anyway, there was Minah, livid and freaked out, a highly-respected champion and record holder, who usually wins his division by 20', competing at his own expense, not having a very good time because he had to throw an implement that was totally foreign to him.

### No Feel For Masters Competition

My point here isn't really the dilemma of the rejected implement, but that at times officials, meet directors, etc., who proclaim vast experience with state high-school and college conference championships and open meets, don't have a feel for masters competition. At the outdoor championships in Provo last year, one of the officials working the hammer threatened to confiscate a video camera which was used by some throwers as a coaching device during their competi-

tion. He was justified by rule, but why raise a fuss over a bunch of old guys trying to learn how to become better throwers with the aid of an experienced coach, which most of them don't have access to or can't afford?

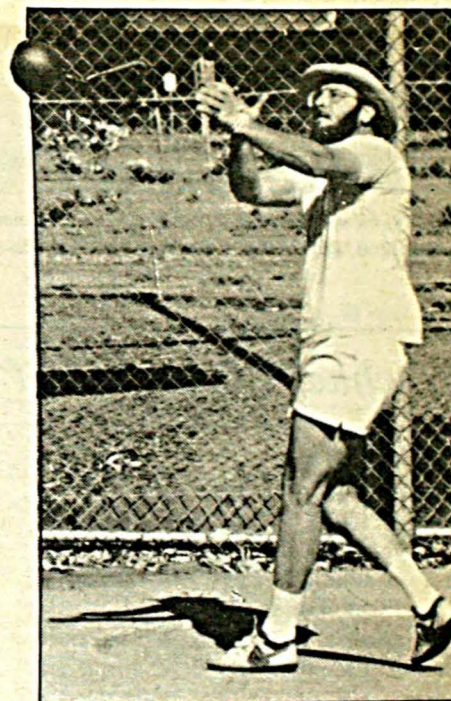
I'm not suggesting that we bend or break competition rules to suit every master's whim, but if Minah wants to throw his slightly-off hammer at the Hayward Meet and his competitors don't care, let him.

"What about records and rankings?" you ask. No records will be approved because everybody in the stadium knows that the implement is not kosher and who knows what is being thrown in meets without weigh-ins (most meets, by the way) and on fields that have six-foot drops? Plus, the opposition can throw Minah's hammer also.

I realize that my position is untenable, but interpretations can be reasonably modified to accommodate athletes. I didn't see any officials preventing Dwight Stones from using a video camera when he was attempting to be the first master to clear seven feet in the high jump at the 1994 Indoor Nationals in Columbia.

Long-time competitor M70 Bob Stone sums it up well, "There is a feeling that some officials are too strict for masters when not much is at stake". □

*(I am happy to report that after three years of failure, Minah's hammer passed inspection this year at the Hayward Meet, June 26.)*



Eric Hodgdon, M35, in the weight throw, Stanford Throws Meet.

Photo by G. Kelmenson

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# PROFILE

## Profile: Rae Baymiller

by RYAN LAMPPA

A few fortunate people are born with innate talent and, if properly motivated and directed, they reach unimagined heights. Rae Baymiller, 50, a new face on the masters scene, is one such individual.

Baymiller came to national attention with her record-breaking half-marathon performance (1:19:40) at the Philadelphia Distance Classic on September 19, 1993. Her time was even more noteworthy because she broke the venerable Shirley Matson's record (1:19:51).

Prior to 1993, few if any people who follow masters running knew who Rae Baymiller was. Her "sudden" emergence, however, is not unusual in the masters division. In fact, many masters runners who reach the national level do indeed appear out of nowhere. Warren Utes, 73, Park Forest, IL, is a case in point. When he first started running record times back in 1988, people asked "Who is this guy?" Warren showed that he was no fluke, but a great runner who continues to set new standards.

So where did Baymiller, a New York City denizen, come from? Although she remained active during her twenties to forties by playing tennis, walking and bicycling, she did not take up competitive running until two years ago. In 1992, Rae and her daughter, Tanya made a pact to run the Twin Cities Marathon that October.

"Because I was new to the sport, I sought the advice of Bob Glover, New York Road Runners Club's (NYRRC) fitness director and he worked out a training program that prepared me for Twin Cities," Baymiller recalls.

### 3:18:11 Marathon Debut

With limited mileage (40 miles/week), she ran an impressive 3:18:11 at Twin Cities. Baymiller, 49 at the time, finished third in her age group (45-49). For her, the race went well. "I felt great throughout, but my feet hurt towards the end." At the time, she didn't realize how good her time was. "I knew that I had qualified for Boston, my goal, but beyond that I didn't understand its meaning. When I returned to New York, my NYRRC teammates and others commented on my time and it motivated me further."

A minor injury prevented her from running Boston, so she set her sights on the New York City Marathon in November.

The rest of 1993 proved pivotal. Besides her forementioned half-marathon record, in June at the Advil Mini Marathon 10K, she was the third master (39:21), behind masters record-

setter Francie Larriue-Smith and Evy Palm (SWE). Two months later, she finished second in the 800 (2:33) and 1500 (5:20) at the Masters USATF Championships in Provo, Utah. In October, she was the masters winner of the Fifth Avenue Mile (5:24) and later she won the NYC Marathon 25K Tune-Up (1:38:10). Each accomplishment increased her confidence as she headed towards the New York City Marathon.

At New York, on a warm day, Baymiller ran an outstanding 2:53:53 PR (third master, fourth American, twenty-third overall, an age group course record and #4 All-Time performance in the 50-54 year division).

### A Dash of Speed

She readily credits her further development to the support and guidance she has received from the Central Park Track Club. "Coach George Wisniewski gets me on the track once a week to keep my speed. I run with the men and they push and encourage me."

Dan Hamner, 53, a club member, serves as her mentor. "Dan shares his experience and knowledge as a masters runner, and his input has been invaluable."

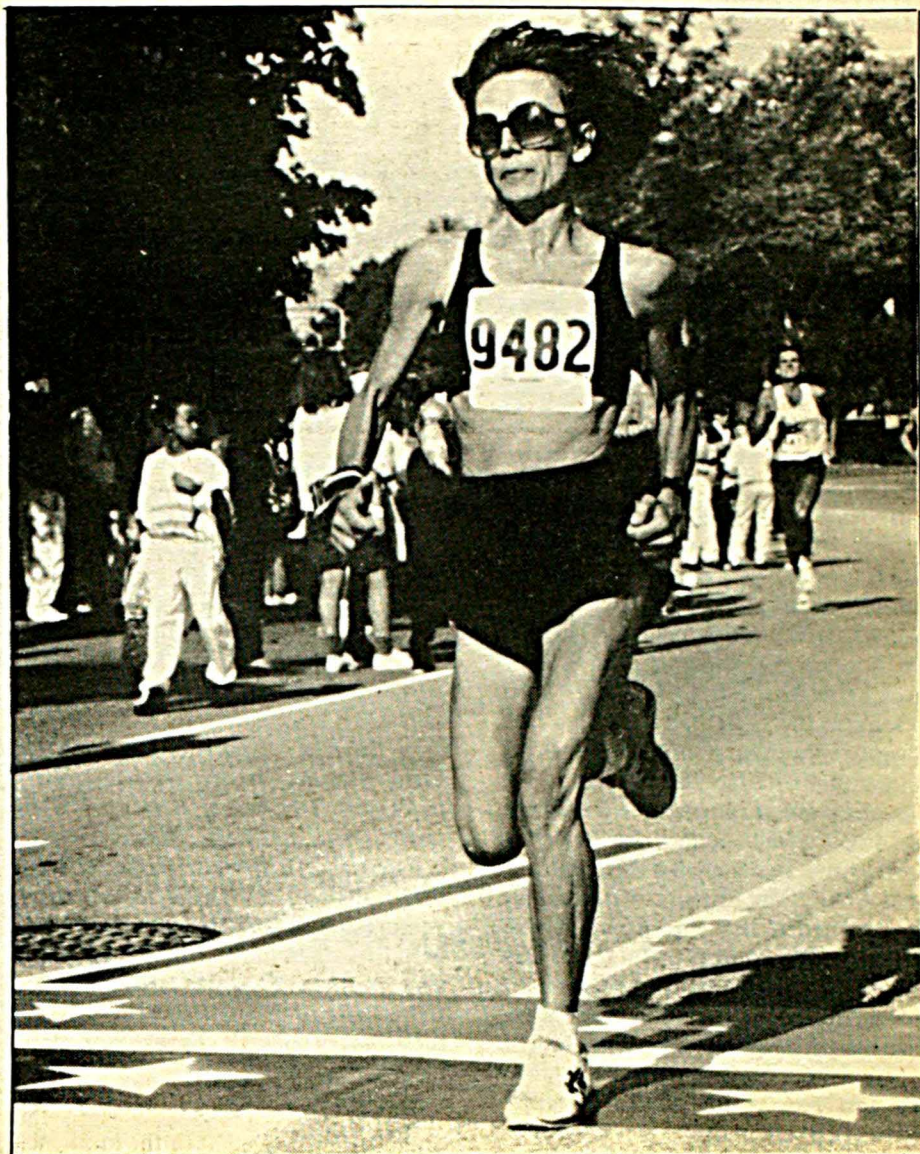
Baymiller also believes that her career as a freelance graphic artist and clothing and interior designer enhance her running. "The discipline and attention-to-detail needed to create has certainly crossed over into my training and racing."

In 1994, Baymiller plans to run Gasparilla 15K, Gate River Run 15K, Shamrock 8K and Carlsbad 5000 along with local races. In addition, if her training goes well, the Minnesota native looks to return to the Twin Cities Marathon, this year's masters championship.

At some point, Baymiller would love to race Shirley Matson whom she admires. "Shirley has set the standard for others to follow and it would be a thrill to meet her and compete against her."

Without question, Rae Baymiller is a gifted runner as evidenced by her top times produced with limited experience and low mileage (50 miles/week with one long run — 18 miles — and one speed session per week). The unknown is now a known. □

(Reprinted from USATF's *On The Roads*, March/April, 1994; Vol. 8, No. 2.)



Rae Baymiller

Photo by Marathon Foto

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## NORTH AMERICAN REPORT

by: Rex Harvey, President of North and Central America and Caribbean Regional Association of WAVA

### Invitation to Edmonton

There is good news from the northern plains of Canada concerning this summer's regional championships of the North and Central America and Caribbean Regional Association of WAVA (NCCWAVA) scheduled for August 4-7. First, all the snow has melted, except, of course, where it belongs — in the Canadian Rockies just hours away from Edmonton, but more about that later.

Second, the Canadian exchange rate is very favorable, running somewhere in the range of 70 to 75 US cents to the Canadian dollar. In other words, you get 4 Canadian dollars for every 3 American — that's a one-third bonus. And, finally, the Edmonton organizers have extended the entry deadline. It was June 30 but now is July 30. This was made possible by the decision to use the new HY-TEK computer software that WAVA has adopted and will be furnishing to each world region. The meet management software is quick and easy enough to use, the organizing committee feels, that even with the extended deadline, all could be ready on opening day for a first class championship meet.

#### Perfect Running Weather

Edmonton should have very pleasant weather in which to compete, and the altitude of just over 2000 feet should thin the air just enough to make it crisp. The average high temperature for that time of year is an ideal 73°F. The average low is 56°F, so expect pleasantly cool nights. There is a chance for a thunderstorm, but not much, as Edmonton receives only 13 inches of rain annually (no more than Los Angeles). However, unlike L.A., Edmonton gets an average of more than 4½ feet of snow each winter.

#### Where is Edmonton?

No matter how far north you may mentally picture Edmonton, it actually sits almost exactly in the middle of the Province of Alberta. But, Alberta being rather large, it is still 320 miles north of the Montana border and just east of the north-south range of the Canadian Rocky Mountains. This seems fitting, as this ridge of mountains is probably the single, most unifying

geographical feature of the entire WAVA region. This great mountain range extends through Central America, Mexico, the United States, and Canada before tailing off, again in the U.S., in the most northern state of Alaska.

Within a few hours of Edmonton, are mountain attractions second to none in the world. Among those, Jasper and Banff National Parks contain Lake Louise, "jewel of the Canadian Rockies", and the Columbia Ice Field (glacier) directly on which even tenderfeet can travel comfortably in the famous, and huge, Snocoaches.

There is breathtaking scenery in all directions and, for those slightly more venturesome, there are several ski areas with lifts open in the summer to whisk visitors to the higher altitudes for sightseeing or hiking. You can drive to these places yourself, or take organized bus tours.

#### What is Edmonton?

Edmonton, the capital city of the Province of Alberta, has a metro area population of nearly a million with the city proper containing in excess of half-a-million. It is known as a sports center and is famous for its professional teams such as the Edmonton Oilers who have, many times, won hockey's Stanley Cup. No stranger to big-time track and field, Edmonton has hosted the XI Commonwealth Games and the XII World University Games. Until recently, when Minneapolis claimed the title, Edmonton boasted the world's largest shopping center — the West Edmonton Mall — which is on the same side of town as the meet headquarters and track. More than 2000 restaurants feature over 30 different types of cuisine.

An interesting note is that the organizing committee has bypassed the huge downtown stadium in favor of one of the city's secondary track and field facilities in a residential district. This was done with the goal of making the meet a more intimate experience for the competitors rather than running in a huge impersonal stadium. I have visited the meet site which looks very pleasant and certainly adequate

for the 300 to 600 people expected. Contrary to my preconception, Edmonton does not have a large veterans track and field movement. In fact, staging these 1994 NCCWAVA championships there should accomplish one of our main goals, which is to use the event to promote our sport in various local areas. The people of Edmonton are looking forward to our visit and, in turn, I'm sure we'll be the best ambassadors of our sport that we can be.

#### Travel and Housing

Air travel into Edmonton is easy as many airlines serve the city on a regular basis. American, Delta, and Northwest are the main American carriers and, of course, all the major Canadian airlines serve the city. There are railway connections into Edmonton as well as excellent highway routes. The meet headquarters hotel, the Coast Terrace Inn (\$48US single or double), is located on the same side of town as the international airport, and is not very far from the meet site at Strathcona Track and Field Arena. There are many hotels and motels in the headquarters area priced from \$35US to \$90US, as well as many others, there being over 8000 hotel/motel rooms in the city. None (including the dormitories) is close enough to easily walk to the competition area, but buses have been obtained and there will be regular transportation runs between the main hotel/motel area, the dormitories, and the track and field arena. The dormitory rooms at the University of Alberta are approximately \$22US single and \$30US double which includes continental breakfast. Full meals are also available at the dormitory.

#### International Flavor

The meet should be especially interesting for those who have not experienced competition in a big international meet. In addition to entries from other countries in our own region, entries have already been received from many other international athletes who will be competing as our guests. They will receive separate awards and will not displace NCCWAVA athletes from either places or records. To date, we have guest entries from Austria, France, Germany, Guyana, South Africa, and large groups from England and India.

#### Event Offerings

A full slate of track and field events is offered, as well as off-track events. There is an 8K cross-country race the first day, a 5K on the track the second day, and a 15K road race on the fourth day. There is a 3K racewalk on the track and a 10K racewalk on the road, two days apart. For those multi-eventers among you, the outdoor pentathlon is offered the first day and the weight pentathlon the last day. On the last day, 4×100 and 4×400 relays are also offered. The weight pentathlon should be especially exciting as these will be the first high level championships in this "newest" WAVA event. National and world records should fall right and left.

#### Social Calendar

Activities are planned for every evening of the championships. An in-



In his first World Veterans Championships, Sid Wing of Los Angeles made the finals in the M60 400 and 800 (4th in 2:18.11).

formal reception will be held during registration Wednesday evening at the headquarters hotel. Thursday evening, after the first day of competition, the opening ceremonies will be held at the track stadium. Friday evening, the NCCWAVA General Assembly meeting will be held at the headquarters. Please attend and participate in the administration of our sport. Elections will be held for regional offices. The big banquet and dance will be held Saturday evening, again, at the headquarters. And finally, a small closing ceremony will be held Sunday after the relays are contested. Something for everyone!

#### Sponsorship Program

For those of you out there who might have to miss this year's championships because of the cost, don't forget the WAVA sponsorship program (see details in the June issue of *National Masters News*). Basically, this program offers financial assistance to those in need, if they are chosen by sponsors who offer to match the WAVA funds expected. Some interest has already been shown, both from athletes and sponsors, but more is needed to make the program a success.

Potential sponsors, think how much you enjoy our sport, then think how much it would mean for someone to go to a big meet like a Regional Championship for maybe the first and only time. For all too many people, that dream is entirely out of the question for economic reasons. Those of you who can afford it, please consider sharing — a hundred, or a few hundred dollars, when doubled by WAVA, could go a long way to help fulfill those impossible dreams for some. Name and income level will be stripped from the applications before they are given to potential sponsors for selection.

Simply put, the program is a way for *those who can*, to help *those who need* to participate at a high level in our sport. Information on this program, both for athletes and potential sponsors, can be obtained from me: Rex Harvey, 160 Chatham Way, Mayfield Heights, Ohio 44124-2016, (216) 446-0559(h), (216) 531-3000(w), (216) 531-0038(fax).

#### Big Canadian Welcome

The Organizing Committee in Edmonton is looking forward to welcoming us all to Canada this summer for a championship that will be memorable both for experienced international athletes and first-time competitors. Al

Continued on page 19

### Entry Deadline Extended for WAVA Road Race

There's still time to enter the 2nd WAVA Veterans Road Race Championships in Toronto, July 30-31. The entry deadline has been extended for a limited time, according to Don Farquharson, Past-President of the World Association of Veteran Athletes (WAVA) and one of the coordinators of the 1994 event.

The entry form was published in the June issue of NMN. Or you may fax directly to Toronto at 1-416-495-4310. The two-day event will feature a 10K run, 25K run, and 20K racewalk. Official world veterans medals will be awarded to the first three in each five-year age-group category.



## Report from Britain

from MARTIN DUFF

Britain's road racers completed their spring round of championships with the Masters Road Relays in the military town of Aldershot. Around 80 M40-49 teams of 8, 35 M50-59 teams of 6, 12 M60+ teams of 3, and 20 women's squads of 4 each completed the 6K double circuit.

The road course was completely flooded after torrential rain but did not stop Nigel Gates from posting an 18:05 for the circuit; his Brighton team finished out of the medals in fourth place. Leading the M40 race at the end were the Tipton Harriers of Birmingham, who had John Wheway,

18:29, and Mike Hager, 18:38, as the next fastest overall.

Best in the separate M50-59 team race was London M50 runner Hugh Arnold in 20:17. Bingley Harriers from Yorkshire, led by Les Haynes' 20:43, walked away with the title by over three minutes. Laurie O'Hara led London club Belgrave to the M60 title with a 21:48.

Bronwyn Cardy-Wise, 41, was the fastest woman for the second year running. She powered around the 6K run in 21:36. Next best was 40-year-old Marian Eldridge in 22:02. Kent club Invicta won the team award. □

## British Indoor Championships

by JANE DODS

The British Veterans Athletic Federation Indoor Championships, held March 20 in Glasgow, included competitors from Australia, Holland

and Ireland and produced 15 world and 32 British records.

Joselyn Ross, W65, re-wrote the record book three times. She literally smashed the existing world standards in the 800, 3:11.72 (old, 3:30.74, Dorothy Gray, USA, 1992), the 1500, 6:14.16 (old, 6:53.00, Dorley Brechbuehl, Canada, 1992), and the 3000, 13:09.42 (old, 14:47.40, Judith Kazdan, Canada, 1987).

A trio of M60s also set new world records - Ron Taylor in the 200, 25.25 (old, 26.37, Jack Greenwood, USA, 1989), Maurice Norrell in the 1500, 4:37.80 (old, 4:43.75, James Sutton, USA, 1993), and Alan Brown in the 3000, 9:43.88 (old, 9:59.02, Andrew Brown, GBR, 1993).

Gordon Porteous, M80, obliterated the 3000 world record of 16:53.40 set by A. Petrone, Italy, 1989, by speeding to a 14:10.79 finish. □

## Edmonton

Continued from page 18

Oerter, four-time Olympic champion, once said at a WAVA championship, "This is more like the Olympics than the Olympics." Olympic ideals are sportsmanship and competition - they both will be alive and well in Edmonton this summer. Come share it.

Get meet and housing information from Rex Harvey (above), or Liz McBlain, Meet Director, 10427 - 21 Avenue, Edmonton, Alberta T6J 5E9, (403) 438-2911, or FAX (403) 453-8553, attn: Athletics Alberta. □



Sir Roger Bannister, on the 40th anniversary of his historic sub-four minute mile at Iffley Road, Oxford, May 6, 1954, with other renowned milers (from left): Jim Ryun, Eamonn Coghlan, Pekka Vasala, and Kip Keino.

Photo from Bridget Cushen

## 40th Anniversary of Sub-4 Mile Celebrated in England

by BRIDGET CUSHEN

The 40th anniversary of Roger Bannister's historic sub-four-minute-mile at Iffley Road, Oxford, on May 6, 1954, was celebrated with a gala dinner in the plush surroundings of the Grosvenor House Hotel in London's Park Lane on May 6.

The glittering occasion brought together for the first time ever Nouredine Morceli, the current record holder, and all the former world mile record holders, except Steve Ovett.

Pacemakers Chris Chattaway and Chris Brasher were there. So was Ron Clarke, Brenden Foster, Ian Stewart, Ron Delaney, and Pekka Vasala.

Autograph hunters had a field day as such celebrities as Sebastian Coe, now a Member of Parliament, Herb Elliott and John Walker were cornered for TV interviews and endless questions from the large number of press representatives.

Rare footage of races was lent by the British Broadcasting Company's

library, and champagne corks popped until way past midnight as Chattaway's panegyric kept us all on the edge of our seats.

The now "Sir" Roger remarked that we have not yet reached the limit and that a man built like Morceli, the smallest member of that exclusive club, "could be so versatile as to contemplate rewriting the record book on his own."

A handicap mile race was organized for the following day, when the guests visited Iffley Road. For nostalgia, the results were:

PL	NAME	AGE	YARDS	HCP	TIME
1	Kip Keino	54	380		4:02.7
2	Bruce Tulloh	54	290		4:06.7
3	Filbert Bayl	40	440		4:08.0
4	Jim Ryun	47	330		4:19.3
5	Tom Wessinghage	42	130		4:22.0
6	Peter Snell	55	420		4:27.8
7	Chris Brasher	67	500		4:29.4
8	Pekka Vassala	42	450		4:29.4
9	Eamonn Coghlan	41	0		4:31.5
10	Craig Masback	100			4:45.4

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## Multi-Event Challenge for Bragging Rights

by REX HARVEY

Somewhere in the stands at the 1989 WAVA Championships in Eugene, a plot was hatched over a period of several days amongst the American and British decathletes and heptathletes. This was to extend the friendship and competition between the two countries by arranging a multi-event team competition at one or both of our National Championships.

Well, the idea has finally come to fruition. Great Britain has formally challenged the United States to a team decathlon/heptathlon competition to take place at the English National Multi-Event Championships, September 24-25, at the Don Valley Stadium in Sheffield, in the North of England. This new Olympic quality stadium has been called by Peter Elliott, "unmatched in the UK." The capacity of the facility is 25,000 — pro-

bably enough to seat everyone wanting to witness this historic event.

### Team Competition

The nature of the competition will be this: for every American competitor, a Brit of similar age will be designated and the total age factored scores of the Americans will be compared to the total of the designated English athletes. Or, depending on how many Americans participate, the top 3 of 4, or 6 of 8, or 9 of 12 may be scored in case, heaven forbid, someone on either side may not be able to complete the competition.

Knowing very well how expensive travel is, the British are doing their best to keep the costs down for us competitors and companions. Unless the American response is overwhelming, the local multi-eventers and their friends in the Sheffield area plan to pick us up from the airport and put us up at their homes. Although flexible, they are expecting us to arrive around Thursday and stay about a week, as there is more to life than the track. That experience alone should be well worth the cost of the trip. I only hope that we can return the favor some day.

### Fair Warning

It will be very embarrassing for the Americans to accept all this hospitality and still "whump up" on the British team, but, if it must be done, we're the people to do it. I'm sure that the British multi-eventers could do some baseless bragging too (if we gave them a chance), but, unless they extend the competition to something unfamiliar, like drinking warm beer, I'm sure the Yanks will more than hold their own. English to American (and vice-versa) interpreters will be made available if necessary.

### Travel Costs

Interested parties have done some checking on airline costs to England which appear reasonable. There is an Air Canada flight out of Toronto for only \$505 round-trip and most of the larger cities seem to have bargain flights for less than \$700. Check with your travel agent. Manchester is the closest international airport to Sheffield, but London-Heathrow is not out of the question, and London-Gatwick is okay, although the least convenient. With travel and lodging, which is very expensive in England, covered by our friends, I'm sure you'll agree that it's too good to turn down.

### Thomasville Decathlon/Heptathlon

For those of you concerned about missing the annual Thomasville Decathlon/Heptathlon, don't worry. Meet Director, Bill Busby has now set the dates for that competition as October 8-9 with an eye towards competing in England himself if he is healthy and can get away (the same problems we all have).

### Information

The two main contacts are: John Charlton, current WAVA world champion in the decathlon, 11 Wulfric Road, Eckington, Sheffield, S31 9GE, England, Tel: 011-44-246-434903 and Rex Harvey, USATF Masters Multi-



Early leaders clearing a stream in the British Veterans Athletic Federation Cross-Country Championships, Tunbridge Wells, March 27. Nigel Gates (#250), M40, won in 33:20. Mike Hager (#335), M40 was sixth, and Terry Osborne (#346), M40, second. Photo from Bridget Cushen

## 1993 10th WORLD VETERANS CHAMPIONSHIPS — MEDAL RESULTS MIYAZAKI JAPAN

No.	Country	Total	Gold		Silver		Bronze	
			M	W	M	W	M	W
1	Japan	429	14	75	85	31	78	46
2	Germany	293	41	65	56	55	40	36
3	United States	282	80	47	60	27	40	28
4	Australia	168	28	31	17	31	44	17
5	Gr. Britain	136	22	26	31	18	17	22
6	Finland	87	15	2	24	10	24	12
7	New Zealand	48	4	12	4	11	5	12
8	South Africa	47	6	18	3	8	5	7
9	Sweden	46	4	16	5	8	7	6
10	Canada	42	6	12	4	9	5	6
11	Brazil	38	3	4	7	16	6	2
12	Italy	35	12	1	11	3	6	2
13	Portugal	29	10	-	13	-	6	-
14	Norway	27	4	5	8	3	3	4
15	Swaziland	25	6	2	4	8	2	5
16	Russia	23	7	-	4	3	8	1
17	Belgium	22	8	1	3	3	1	6
18	Netherlands	21	4	3	2	8	2	2
19	France	19	1	4	4	3	6	1
20	Denmark	17	3	3	3	2	3	3
21	Hungary	12	-	-	-	5	2	5
22	Czech Repub	10	1	1	3	1	4	-
23	Hong Kong	10	-	-	-	8	-	2
24	Estonia	8	-	2	2	2	1	1
25	Austria	7	2	2	2	-	-	-
26	India	7	1	-	-	6	-	-
27	Slovenia	6	1	2	1	-	2	-
28	Chile	6	1	-	-	1	4	-
29	Spain	6	1	-	-	-	3	2
30	Mexico	5	-	1	-	2	-	2
31	Colombia	4	1	-	2	-	1	-
32	Argentina	4	-	-	1	2	-	1
33	Korea	4	-	-	-	-	4	-
34	Poland	3	1	-	1	-	1	-
35	Trinidad/Tob	2	2	-	-	-	-	-
36	Taiwan	2	-	-	1	-	1	-
37	Guyana	2	-	-	-	-	2	-
38	Ukraine	2	-	-	-	-	1	1
39	Croatia	1	1	-	-	-	-	-
	(Slovakia)	1	-	1	-	-	-	-
	(Indonesia)	1	-	1	-	-	-	-
	(Ireland)	1	-	1	-	-	-	-
40	(Philippines)	1	-	-	-	-	-	1
	(Singapore)	1	-	-	-	-	-	1
	(Turkey)	1	-	-	-	-	-	1
<b>TOTALS</b>		<b>1941</b>	<b>390</b>	<b>338</b>	<b>361</b>	<b>282</b>	<b>336</b>	<b>234</b>
Countries competing		78						
Countries with medals		45						
Total Men's medals		1087						
Total Women's medals		854						
No of competitors entered		12163						

### Some comparisons 1991-1993

Medals	1991	1993
Japan	19	429
Germany	264	293
U.S.A.	214	282
Finland	232	87
South Africa	No particip'n	47
Brazil	4	38
Gr. Britain	77	136

5th in medals both times	M	W	M	W
	33	44	70	66

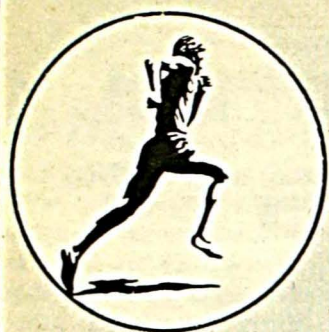
Mexico	10	5
(All men) (All women)		

Jose Waller

Reprinted from British Veterans Athletics.

## WAVA/USATF Hurdles and Implements Specifications

HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	12.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN		
Women						
30-49	4.00k	1.00k	4.00k	600gms.		
50 plus	3.00k	1.00k	3.00k	400 gms.		
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.		
50-59	6.00k	1.50k	6.00k	800 gms.		
60-69	5.00k	1.00k	5.00k	600 gms.		
70 plus	4.00k	1.00k	4.00k	600 gms.		
Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.						



# MASTERS LONG DISTANCE RUNNING REPORT

by BASIL and LINDA HONIKMAN,  
Directors, Road Running Information Center.

## Largest U.S. Road Races in 1993

On this page is a list of the 100 largest U.S. road races in 1993.

For the first time in the history of the list, the 10K is no longer the most prevalent distance. The 5K took over that honor with 19 events compared to only 16 10Ks.

The 10K still has the most finishers in the top 100 (193,698) due to the continued strength of Peachtree, Boulder Boulder, Crescent City, and the Austin American-Statesman.

The total finishers in the 100 largest races continued to increase — by 1.5%.

However, the number of all finishers, based on race comparison (1992 vs. 1993), declined by 2%.

The prolonged recession limited sponsorship opportunities and reduced

marketing dollars. Mother Nature raised havoc throughout the country in 1993. Rain and floods ravaged the Midwest and races like Bix 7 in Iowa were caught in the middle. Unseasonably warm weather greeted marathoners at Los Angeles, Boston and New York; as a result, their combined finish totals were down 5% even though entrant totals were the same.

The sport held its own in 1993 under adverse conditions. There were setbacks like the cancellation of the Cascade Run-Off, but they were offset by the success of the Walt Disney World Marathon and the continued growth of heavily promoted national series such as the Race for the Cure and the Chemical Corporate Challenge. □

### The Largest Women-Only Races

1	8339	RACE FOR THE CURE: DALLAS	5K	DALLAS, TX	10/23/93
2	4600	E RACE FOR THE CURE: PORTLAND	5K	PORTLAND, OR	10/10/93
3	4369	ADVIL MINI MARATHON	10K	NEW YORK, NY	06/12/93
4	3801	LADY FOOT LOCKER	5K	DENVER, CO	06/26/93
5	3600	E RACE FOR THE CURE: FT. WORTH	5K	FT. WORTH, TX	04/17/93
5	3600	E RACE FOR THE CURE: ATLANTA	5K	ATLANTA, GA	10/23/93
7	3485	RACE FOR THE CURE: NEW YORK	5K	NEW YORK, NY	09/12/93
8	2885	RACE FOR THE CURE: DAVENPORT	5K	DAVENPORT, IA	06/13/93
9	2700	E RACE FOR THE CURE: SCRANTON	5K	SCRANTON, PA	09/11/93
10	2573	TUFTS HEALTH PLAN FOR WOMEN	10K	BOSTON, MA	10/11/93
11	2453	RACE FOR THE CURE: HOUSTON	5K	HOUSTON, TX	10/02/93
12	1816	FREIHOFEI'S RUN FOR WOMEN	5K	ALBANY, NY	06/05/93
13	1800	E RACE FOR THE CURE: EL PASO	5K	EL PASO, TX	02/13/93
14	1700	E RACE FOR THE CURE: DECATUR	5K	DECATUR, IL	06/26/93
15	1500	RACE FOR THE CURE: BALTIMORE	5K	BALTIMORE, MD	10/02/93
16	1360	ALASKA WOMEN'S RUN	10K	ANCHORAGE, AK	06/05/93
17	1260	E WOMEN'S RUN FOR HEALTH	5MI	APPLETON, WI	09/12/93
18	1200	E STRAUB'S HAWAII WOMEN'S RACE	10K	HONOLULU, HI	03/07/93
19	1188	RACE FOR THE CURE: PLANO	5K	PLANO, TX	06/05/93
20	1147	RACE FOR THE CURE: ASPEN	5K	ASPEN, CO	07/31/93
21	1139	RACE FOR THE CURE: BOSTON	5K	BOSTON, MA	09/11/93
22	1116	THE WOMEN'S CLASSIC	5K	NEW ORLEANS, LA	10/24/93
23	1050	RACE FOR THE CURE: PEORIA	5K	PEORIA, IL	05/08/93
24	1033	ADVIL MINI TUNE-UP	5K	NEW YORK, NY	05/09/93
25	1021	WOMEN'S HOSPITAL CLASSIC	5K	HOUSTON, TX	03/06/93

Women's races continue to mushroom. It is interesting to note that two of the largest races in the world are women-only events (see no. 7 and 10 in the world list above). In 1993, the Susan B. Komen Race for the Cure Series added 14 more cities for a total of 49. There are also many local women's runs across the U.S. which were part of the 63 event RRCA Women's Distance Festival.

### Number of Larger Races at Various Size Levels 1980-1993

	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993
# Races > 10,000	4	4	9	9	9	10	9	13	13	18	19	19	21	21
# Races > 5,000	12	15	22	32	28	37	41	36	43	47	47	49	56	53
# Races > 4,000	20	29	35	47	47	53	53	53	58	60	65	70	74	74
# Races > 3,000	39	47	62	64	75	79	80	76	84	96	98	98	114	115
# Races > 2,500						94	101	104	104	106	119	121	136	143

100th Largest Race	1800	1700	2082	2249	2400	2420	2567	2610	2708	2852	2961	2968	3216	3245
Total in 100 Largest	349400	377000	475000	544400	548300	626200	694722	687955	721421	746302	791734	807111	841764	853970

Compiled by Road Running Information Center

## The Largest American Road Races in 1993

FINISHERS	RACENAME	DIST	LOCATION	DATE '93
1	62568	EXAMINER BAY TO BREAKERS	12K SAN FRANCISCO, CA	05/16/93
2	53220	LILAC BLOOMSDAY RUN	12K SPOKANE, WA	05/02/93
3	45000	E PEACHTREE ROAD RACE	10K ATLANTA, GA	07/04/93
4	32005	BOLDER BOULDER	10K BOULDER, CO	05/31/93
5	28500	E CRESCENT CITY CLASSIC	10K NEW ORLEANS, LA	03/20/93
6	28263	E GREAT ALOHA RUN	8.25M HONOLULU, HI	02/15/93
7	26597	NEW YORK CITY	MARA NEW YORK, NY	11/14/93
8	23640	HONOLULU	MARA HONOLULU, HI	12/12/93
9	15277	AUSTIN AMERICAN-STATSMAN CAPITOL	10K AUSTIN, TX	03/28/93
10	14585	E CHEMICAL CORP. CHALLENGE: NYC #2	3.5MI NEW YORK, NY	06/16/93
11	14546	CITY OF LOS ANGELES	MARA LOS ANGELES, CA	03/07/93
12	14456	BIX	7MI DAVENPORT, IA	07/24/93
13	12780	E CHEMICAL CORP. CHALLENGE: NYC #3	3.5MI NEW YORK, NY	07/08/93
14	12735	CHEMICAL CORP. CHALLENGE: CHICAGO	3.5MI CHICAGO, IL	08/05/93
15	12441	OMAHA CORPORATE CUP	10K OMAHA, NE	09/26/93
16	11905	MARINE CORPS	MARA WASHINGTON, DC	10/24/93
17	11848	E GEORGIA FEDERAL CORP. CHALLENGE	3.5MI ATLANTA, GA	09/14/93
18	10874	E CHEMICAL CORP. CHALLENGE: BOSTON	3.5MI BOSTON, MA	07/29/93
19	10503	INDIANAPOLIS LIFE 500 FESTIVAL	HMAR INDIANAPOLIS, IN	05/07/93
20	10090	E RACE FOR THE CURE: DC	5K WASHINGTON, DC	06/19/93
21	10000	E WHARF TO WHARF	6MI CAPITOLA, CA	07/25/93
22	9233	COWTOWN	10K FT. WORTH, TX	02/27/93
23	8550	E HOOD TO COAST RELAY	192MI MT HOOD-SEASIDE, OR	08/27/93
24	8453	E MANCHESTER ROAD RACE	4.77MI MANCHESTER, CT	11/25/93
25	8339	RACE FOR THE CURE: DALLAS	5K DALLAS, TX	10/23/93
26	8338	WEINHARD'S ALE/ST. PATRICK'S DAY DASH	3.9MI SEATTLE, WA	03/14/93
27	7565	E DALLAS TURKEY TROT	3MI DALLAS, TX	11/25/93
28	7517	BOSTON	MARA BOSTON, MA	04/19/93
29	7256	RICHARD S. CALIGUIRI GREAT RACE	10K PITTSBURGH, PA	09/26/93
30	7000	JUNIOR BLOOMSDAY	2MI SPOKANE, WA	04/17/93
31	6777	CHERRY CREEK SNEAK	5MI DENVER, CO	04/25/93
32	6486	GASPARILLA DISTANCE CLASSIC	15K TAMPA, FL	02/27/93
33	6335	REVCO-CLEVELAND	10K CLEVELAND, OH	05/16/93
34	6294	PHILADELPHIA DISTANCE RUN	HMAR PHILADELPHIA, PA	09/19/93
35	6192	COOPER RIVER BRIDGE RUN	10K CHARLESTON, SC	04/03/93
36	6105	ARMY TEN MILLER	10MI WASHINGTON, DC	10/17/93
37	6000	E FALMOUTH ROAD RACE	7.1MI FALMOUTH, MA	08/22/93
37	6000	E NEW TIMES PHOENIX	10K PHOENIX, AZ	11/14/93
39	5945	E DALLAS TURKEY TROT	10K DALLAS, TX	11/25/93
40	5855	E CHEMICAL CORPORATE CHALLENGE: NYC #1	3.5MI NEW YORK, NY	05/11/93
41	5800	SAN FRANCISCO ZOO RUN	7MI SAN FRANCISCO, CA	01/23/93
42	5783	SOUND TO NARROWS	12K TACOMA, WA	06/12/93
43	5764	ATLANTA	HMAR ATLANTA, GA	11/25/93
44	5756	CARLSBAD 5000	5K CARLSBAD, CA	03/28/93
45	5649	MICHAEL FORBES TROLLEY RUN	4MI KANSAS CITY, MO	04/25/93
46	5522	SPRING LAKE	5MI SPRING LAKE, NJ	05/22/93
47	5491	CHICAGO	MARA CHICAGO, IL	10/31/93
48	5400	E RUN TO THE FAR SIDE	5K SAN FRANCISCO, CA	11/28/93
49	5386	MILWAUKEE JOURNAL AL'S RUN	8K MILWAUKEE, WI	09/24/93
50	5200	NEWSDAY LONG ISLAND	HMAR EAST MEADOW, NY	05/02/93
51	5170	OVER THE BAY BRIDGE	4MI SAN DIEGO, CA	05/02/93
52	5018	TWIN CITIES	MARA MINNEAPOLIS, MN	10/03/93
53	5005	E CRAZY LEGGS	5MI MADISON, WI	04/24/93
54	4994	SUPERBOWL/REDONDO BEACH	10K REDONDO BEACH, CA	01/31/93
55	4864	GASPARILLA DISTANCE CLASSIC	5K TAMPA, FL	02/27/93
56	4773	MERCURY NEWS	10K SAN JOSE, CA	03/07/93
57	4700	E JIMMY STEWART RELAY	RMAR GRIFFITH PARK, CA	03/27/93
58	4686	NYRR NEW YEAR'S EVE MIDNIGHT RUN	5MI NEW YORK, NY	01/01/93
59	4675	CASCADE RUN OFF	15K PORTLAND, OR	06/27/93
60	4621	BOBBY CRIM	10MI FLINT, MI	08/28/93
61	4600	E BEACH TO BAY RELAY	4.4MI CORPUS CHRISTI, TX	05/15/93
61	4600	E RACE FOR THE CURE: PORTLAND	5K PORTLAND, OR	10/10/93
63	4540	PORTLAND	MARA PORTLAND, OR	09/26/93
64	4372	GET IN GEAR	10K MINNEAPOLIS, MN	04/24/93
65	4369	ADVIL MINI MARATHON	10K NEW YORK, NY	06/12/93
66	4362	GRANDMA'S	MARA DULUTH, MN	06/19/93
67	4329	AMERICA'S FINEST CITY	HMAR SAN DIEGO, CA	08/15/93
68	4300	BILL RODGERS JINGLE BELL	2.5MI BOSTON, MA	12/12/93
69	4262	E CHEMICAL CORP. CHALLENGE: BUFFALO	3.5MI BUFFALO, NY	06/24/93
70	4242	UTICA BOILERMAKER	15K UTICA, NY	07/11/93
71	4225	E CELEBRATION IN THE OAKS	2MI NEW ORLEANS, LA	12/11/93
72	4159	BROAD STREET RUN	10MI PHILADELPHIA, PA	05/02/93
73	4122	KENTUCKY DERBY FESTIVAL	HMAR LOUISVILLE, KY	04/24/93
74	4117	NORDSTROM BEAT THE BRIDGE	8K SEATTLE, WA	05/23/93
75	3901	HOULIHAN'S TO HOULIHAN'S	12K SAN FRANCISCO, CA	03/28/93
76	3900	MIDLAND RUN	15K NORTH BRANCH, NJ	05/15/93
77	3842	CRESCENT CITY FALL CLASSIC	5K NEW ORLEANS, LA	11/13/93
78	3833	TULSA RUN	15K TULSA, OK	10/30/93
79	3801	LADY FOOT LOCKER	5K DENVER, CO	06/26/93
80	3780	E DINOSAUR DASH-MILWAUKEE MUSEUM	5K MILWAUKEE, WI	04/25/93
81	3778	JINGLE BELL RUN	5K SEATTLE, WA	12/05/93
82	3703	FINE ARTS	5K HOUSTON, TX	02/06/93
83	3621	COLUMBUS	MARA COLUMBUS, OH	10/24/93
84	3617	BARBER TO BOISE	10K BOISE, ID	10/09/93
85	3600	E RACE FOR THE CURE: FT. WORTH	5K FT. WORTH, TX	04/17/93
85	3600	E RACE FOR THE CURE: ATLANTA	5K ATLANTA, GA	10/23/93
87	3590	SEAFAIR TORCHLIGHT RUN	8K SEATTLE, WA	07/30/93
88	3564	SHAMROCK RUN	8K PORTLAND, OR	03/14/93
89	3555	E GLENN BRENNER	5K WASHINGTON, DC	05/09/93
90	3546	GATE RIVER RUN	15K JACKSONVILLE, FL	03/14/93
91	3526	HOUSTON-TENNECO	MARA HOUSTON, TX	01/24/93
92	3485	RACE FOR THE CURE: NEW YORK	5K NEW YORK, NY	09/12/93
93	3481	ROGAINE: LOS ANGELES	5K LOS ANGELES, CA	03/07/93
94	3412	NORTHERN TELECOM CHERRY BLOSSOM	10MI WASHINGTON, DC	04/04/93
95	3382	SHAMROCK SHUFFLE	8K CHICAGO, IL	03/14/93
96	3346	ALASKA HEART RUN	5K ANCHORAGE, AK	04/24/93
97	3334	LIFESPAN	10K SAN FRANCISCO, CA	09/26/93
98	3330	E STORM THE BASTILLE	5K MILWAUKEE, WI	07/08/93
99	3269	OLD KENT RIVER BANK RUN	25K GRAND RAPIDS, MI	05/08/93
100	3245	RACE FOR THE CURE: SAN FRANCISCO	5K SAN FRANCISCO, CA	10/24/93

(E = Estimated number of finishers, complete results unavailable.)

## The Largest Road Races in the World in 1993\*

1	92874	CURSA EL CORTE INGLES	12K BARCELONA, SPAIN	06/13/93
2	68000	E ROUND THE BAYS	8.4K AUCKLAND, NEW ZEALAND	03/12/93
3	62568	EXAMINER BAY TO BREAKERS	12K SAN FRANCISCO, CA, USA	05/16/93
4	53220	LILAC BLOOMSDAY RUN	12K SPOKANE, WA, USA	05/02/93
5	46500	E STAMILANO	15K MILAN, ITALY	04/04/93
6	45000	E PEACHTREE ROAD RACE	10K ATLANTA, GA, USA	07/04/93
7	42000	E GRETE WAITZ LOPET WOMEN'S	5K OSLO, NORWAY	05/08/93
8	40000	E VOLTA A PEU A VALENCIA	6K VALENCIA, SPAIN	05/23/93
9	37000	E HOLLMENKOLL STAFETTEN	RELAY OSLO, NORWAY	05/09/93
10	35000	E TJEJMILEN WOMEN'S	10.3K STOCKHOLM, SWEDEN	08/22/93
11	34850	E CITY TO SURF	14+K SYDNEY, AUSTRALIA	08/08/93
12	32005	BOLDER BOULDER	10K BOULDER, CO, USA	05/31/93
13	29750	E ZARAGOZA	8.1K ZARAGOZA, SPAIN	04/18/93
14	28500	E CRESCENT CITY CLASSIC	10K NEW ORLEANS, LA, USA	03/20/93
15	28263	E GREAT ALOHA RUN	8.25M HONOLULU, HI, USA	02/15/93
16	24500	GOTEBORG	HMAR GOTEBORG, SWEDEN	05/15/93
17	24450	NUTRASWEET LONDON	MARA LONDON, ENGLAND	04/18/93
18	24000	E BUPA GREAT NORTH RUN	HMAR TYNESIDE, ENGLAND	09/19/93
19	15277	AUSTIN AMERICAN-STATSMAN CAPITOL	10K AUSTIN, TX, USA	03/28/93
20	14585	E CHEMICAL CORP. CHALLENGE: NYC #2	3.5MI NEW YORK, NY, USA	06/16/93

# MASTERS SCENE

## NATIONAL

• The article in the NMN May issue on Paul Spangler, who passed away in March, credited him with setting "several world and American age-group distance running records." In fact, Spangler holds 41 records, among which are ten age-group LDR records. He also has 11 world and seven U.S. t&f age-group records, both outdoor and indoor. The article also stated that Spangler broke three hours in qualifying for the Boston Marathon in 1979; that statement was incorrect.

• The USATF National Masters Men's 25K Racewalk Championships, Albany, NY, May 22, were highlighted by an outstanding 2:11:48 by Bohdan Bulakowski, 44, 1980 Polish Olympian, now residing in LaGrange, GA. His time would have placed him seventh among the open men's finishers in the race. Bob Keating, 47, Nashua, NH, was first U.S. master in 2:23:02. Ed Whiteman, 55, Covington, LA, finished fourth of 15 M40+ with a U.S. age-group record 2:24:08. Elton Richardson, 55, NYC, settled into her new age group by finishing first in a field of six W40+ in the women's 20K with a 2:02:55.

## EAST

• Cheryl Ralya, 47, of the Moving Comfort NY club, motored to the finish in 19:39 for the 40+ win, Advil 5K Tune-Up, Central Park, May 8. Diane Ditchfield, 41, followed for second in 19:46. Bertha Bellinghausen, 60, was with the front runners in 22:11; 983 finished.

• Bill Rodgers, 46, with a 24:43, led the five-man team from Wesleyan U. to the M40-49 title in the Alamo Alumni 5 Mile, Central Park, May 14. Rodgers, second overall of 737m finishers, preceded teammates Jack McShane, 42, 27:23; Philip Vasquez, 41, 30:05; Martin Bunin, 42, 30:24; and William Masterson, 56, 30:44. The M50+ race went to Princeton's Hugh Sweeny, 50, 27:52; Stephen Grotzky, 52, 32:00; and George Hirsh, 59, 32:38. The women's trio, all in their 50s, from Smith College placed first in both the W40-49 and W50+ divisions; Jessie-Lea Hayes, 51, 36:42, led alumnae Robin Villa, 50, 37:44, and Sandy Weinbaum, 52, 50:03, to the finish.

• Ric Banning, 41, Alexandria, VA, registered a new masters record of 47:37, George Washington Parkway 15K, Mt. Vernon to Alexandria, April 24. Bob Schlau, 46, Charleston, SC, took second in 48:25. Joyce Adams, 40, Reston, VA, finished fifth female in 59:38. Benita Schlau, 40, Bob's wife, was second W40+ in 60:43. Hedy Marque, 76, Alexandria, clocked a pending W75 record of 81:37. At the Mother's Day 8K, Washington, DC, May 8, Marque lopped minutes off her age-group record of 45:46 in 1991 with a sterling 41:31. Linda Ban-

ning, 45, Alexandria, took the 40+ crown in 32:40. After several years of corporate sponsorship, big names, and hefty cash prizes, all of which disappeared for 1994, the race was rescued from oblivion by the Washington Run Hers, an all-female club, who staged a low-key but successful event, which had 420 finishers.

• Sean Doyle, 40, in 15:54, and Mary Rosado, 44, with a 20:31, traversed the NYRRC You Gotta Have Park 5K to 40+ wins, Central Park, May 21. Bill Fortune, 65, 19:02, John McManus, 70, 21:23, and Arlene Kernis, 67, 30:23, covered the course quickly.

• Chuck Moeser, 42, 15:55, and Hartzell Stringer, 41, 20:53, were top masters in the Glenn Brenner 5K, Washington, DC, May 8. Faye Bradley, 56, was second M40+ in 17:24. Ed Doheny, 51, Washington, DC, was 8th overall with a 35:59 to cop the M40+ race, We Run The World 10K, Washington, DC, May 14. Fifty-year-old Ellie Thayer, Arlington, VA, was the W40+ winner in 44:44. The event, in its second year, raises money for the Girl Scout Council's campaign for camps and outdoor education in the Washington area.

• Roger Price, 45, continued his domination of the New Jersey Masters division with his 22nd overall placing at the Midland Run 15K on May 15. Price, who ran a 52:17, held off Kelly Jensen, 40, who finished in 52:20. Jane Parks, 41, was the first masters woman, finishing in 65:33. Madeline Bost, 54, turned in a 67:48 and Helen Bedrock, 59, scored a fine 68:13, just behind Bost. Dudley Healy, 80, who entered a new age division this year, just missed breaking 1:20 by 9 seconds, making him the man to beat this year in the national rankings.

• Elton Richardson, 55, outdistanced all female masters in the Metropolitan Athletics Congress and Eastern Regional 15K RW Championships in Central Park, April 10. Her 1:31:21 put her 6 minutes ahead of second-place finisher Sonia Morales, 46, who strode to a 1:37:30 finish.

• Looks as though the 1995 and 1996 New York Games will be held in Atlanta, still run by the New York Road Runners.

## SOUTHEAST

• Competitors in the USATF Florida Association Masters Championships produced 42 meet records and 41 All-American performances, Winter Park, May 21. The Florida AC took the team championship by a whopping 397 over the Manasota TC's 46.

• John Fredericks, 46, 25:34, of the Florida AC, and Linda Stein, 46, 28:15, Miami Runners, strode to 40+ victories in the USATF Florida/Lavonne Hottensmith 5K RW Championships, Coconut Creek, May 15. Sam Gadles, 87, Boca Raton RR, was the top age-graded performer with a 37:26.

• Malcolm Gillis, 60, set a new U.S. M60 record for 50 miles with a 6:42 in the Birm-

## DEADLINE

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

## TEN YEARS AGO July, 1984

- Bill Stewart (31:27), Shirley Matson (38:33) Win Cotton Row 10K
- At Age 51, Norm Green Wins National 25K in 1:24:11
- Gretchen Snyder Sets Four U.S. W50 Track Records
- 240 Compete in Trojan Meet in L.A.



Rear Admiral Paul Tobin, Jr., USN, Grand Marshall of the George Washington Parkway 15K, who ran a 1:21:39 and saw his U.S. Navy team capture the General MacArthur Cup, with Oscar Fox (#470), third M70 (1:26:35), and Bill Osburn, first M70 (1:15:28), in Alexandria, Va., April 24.

Photo by George Banker

ingham, AL, 50-Mile Run, Feb. 12. The old mark was 6:56:06, set by Fred Nagelschmidt, CA, in 1986. Gillis finished fifth overall of 33 finishers.

## MID AMERICA

• Dick Wilson, 62, Lawrence, KS won the masters division of the Bank IV River Run 10K in Wichita on May 7, in an age-graded time of 30:01. Wilson's actual time of 38:07 was a new record for the race in the 60-64 age group and tied the state record which he set in 1993.

• Masters firsts in the Cherry Creek Sneak 5 Mile, Boulder, CO, April 24, were Pablo Vigil, 42, in 26:13, and Peggy Muhn, 42, with a 31:42. Louise Adams, 72, 47:27, and Ardel Boyes, 56, 29:57, were the pick of the crop among division winners.

• On June 5, Dick Wilson, 62, Lawrence, Kan., received the First Annual George Sheehan Memorial Award at the Trinity Hill Half-Marathon in Kansas City, Mo. The award is presented annually to the first finisher 60 and over in memory of Dr. Sheehan who was a frequent runner of this race. Wilson's winning time was 1:27:18 over the hilly course where the temperature at the start of the race was 71 degrees with 90% humidity.

• Fred Praeger, 78, of Boulder, CO, a thrower and sprinter, died May 28 in Boulder. An Austrian immigrant who borrowed \$4000 from friends and founded a major Manhattan publishing house, Praeger was an intelligence officer in Europe during and after World War II. He moved to Boulder in 1975 and started Westview Press, which was devoted to scholarly scientific works.

## SOUTH WEST

• Elisabeth Van Battum missed the W70-74 record (24:38) for the 5K by a few seconds with a 24:44 in the Run For Children's Hospital, New Orleans, May 22. Jeff Cole (15:51) and Susanne Pierce (19:24) were masters winners.

## WEST

• The Ken Carnine Classic Meet, Sacramento, May 7, was held in conjunction with a collegiate dual meet. "... the blending was great," says Meet Director Michael Ackley. "The masters/submasters competitors enjoyed watching the collegians, and I think many of the latter were inspired by the level of performance their elders have sustained." Jutta McCormick, 53, posted wins with top-ranked times in the 100 (15:09), 200 (29:64), and 400 (65:56).

• The Spinal and Sports Care Center in

Mountain View, Calif., sponsors a regular "Back School" to teach participants proper back care. Call 415-967-1152.

• Irene Obera, 60, Fremont, CA, obliterated Betty Vosburgh's US W60-64 record of 15.10 for the 100m, set in 1992, with a 14.14, in the Bruce Jenner Classic, San Jose, CA, May 28. Payton Jordan, 77, who announced his retirement two years ago, returned, to no one's surprise, to break the single-age WR with a 14.70.

## NORTHWEST

• Manuel White, 77, threw the 56# weight a hefty 6.75 and the 25# weight 12.68 for a U.S. record, Helen Spring Throws Meet, May 14, Helena, MT.

## CANADA

• Art Meaney, newly-turned 50, is setting M50 records on the roads in eastern Canada. He was top master at the Molson Harbor Front 10K, May 15, in St. John's, Newfoundland, in 33:49. On May 29, he again topped the masters field and set a Canadian M50 mark of 75:46 in the Shoppers Drug Mart Half-Marathon in St. John's.

## INTERNATIONAL

• On April 28, at a meet in Beroun, Czech Republic, Ladislav Filip of Eugene, OR, who currently holds six national Czech records, broke his own record in the shot put and also set a new mark in the javelin.

• The oldest British record was finally broken in Swindon, England, May 29, when Jenny Brown erased the W35 high jump record of 1.67 held by 1936 Berlin Olympic silver medalist, Dorothy Tyler. Brown cleared the bar at 1.69.

• St. Louis-born Judy Vernon won the W45 100 in the masters section of the Surrey County Championships, Wimbledon Park, Britain, May 8. She was elected president of Surrey County AA on March 18 and is believed to be the first-ever club president to win a county title in Britain.

• Preliminary results from the WAVA European Regional T&F Championships in Athens, June 10-14, show Britain's Ron Taylor setting new M60 WRs in the 100 (11.70) and 200 (23:99). The former WRs were 11.8 (Payton Jordan, 1978) and 24.9 (also Jordan, 1977), respectively. Story and results next month.

• Gilberto Gonzalez, 80, of Puerto Rico, is on the verge of quitting his running activities. He's suffering from acute ortho-arthritis in his right hip. Other Puerto Ricans ailing are Luis Torres, Ruben Diaz and Ovidio de Jesus.

# 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 2372, Van Nuys, CA 91404.



## TRACK & FIELD NATIONAL

**July 16-17.** USATF National Masters Decathlon/Heptathlon Championships, Missouri Southern St. College, Joplin. Charles Nodler, 1215 Northwest Blvd., Neosho, MO 64850. 417/451-0121(e); 625-9552(d).

**August 11-14.** 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989.

**August 20.** USATF National Outdoor Weight & Superweight Throw Championships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

**September 3.** USATF National Masters Weight Pentathlon Championships, Michigan State U., E. Lansing. Judi Brown, Track Office, MSU, 214 Jenison Fieldhouse, E. Lansing, MI 48824. 517/353-9299.

### EAST

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

**July 2.** USATF Niagara Open & Masters Championships, Buffalo, N.Y. Lois Mesler, 837 Potomac Ave., Buffalo, NY 14209. 716/884-1733.

**July 9.** Reebok Boston Masters and USATF New England Championships, Northeastern U., Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802; Fax: 617/964-8356.

**July 10, 24.** Potomac Valley TC Developmental Meets, Williams HS, Alexandria. 9 am. John Martin, 703/352-3057.

**July 16.** Sri Chinmoy Masters Games, 150-47 87th Ave., Jamaica, NY 11432. 718/739-7453.

**July 17.** Phila. Masters Development Meet, Germantown Academy, Ft. Washington, Pa. All events except 400H. 9 am. SASE to Tim Dickens, 4 E. Germantown Pike, Plymouth Meeting, PA 19462.

**July 26-30.** Pennsylvania Sr. Games. No out-state. 55+. Faye Knecht, c/o Keystone State Games, 31 South Hancock St., Wilkes-Barre, PA 18702. 717/823-3164.

**July 30-31.** Buffalo Belles & Brawn International Age-Group Classic, Buffalo, N.Y. Women on Sat.; men, Sunday. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

**July 31.** USATF East Regional Masters Championships, Brown U., Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

**August 28.** Phila. Masters Summer Championships, Swarthmore College, Pa. 9 am. SASE to Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584.

**September 4.** Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

### SOUTHEAST

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

**July 2.** Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

**July 5, 12.** Miami Runners Meets. Tues. nights, 5:30. Miami Runners, 7920 SW 40th St., Miami, FL 33155. 305/227-1500.

**July 10.** Florida AC Summer Series, Olympic Heights HS, Boca Raton. 9 am/8 am registration. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, director. 407/499-3370, before 7 pm.

**July 16.** Nashville TC Open & Masters, Tennessee Prep School. SASE to Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.

**July 16.** Hot Feet Series, Francis Marion U. 5-yr. age groups 40+. HT/WT/Superweight. Florence TC, PO Box 1476, Florence, SC 29503.

**July 24-28.** Tennessee Sr. Games, Inc. No out-state. 55+. Theresa Harrington, Clarksville Parks & Rec., 1514 Golf Club Lane, Clarksville, TN 37043. 615/645-7476.



Charlie Rose, M60, finished with a personal best 36:38, Carolina Marathon 10K, Columbia, S.C.

Photo by Charlie Kluttz

**July 30.** Jacksonville TC Summer Classic, Bolles Track. 10-yr. age groups for 30+. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904/388-7860; 904/384-TRAK.

**October 8-9.** Thomasville Fall Masters Decathlon/Heptathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910/476-1228.

### MIDWEST

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

**July 16.** 4th Annual Dayton Masters Track Classic, Dayton H.S. Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17706, Dayton OH 45417. 513/837-2754.

**July 23.** Cleveland Track Classic, Independence HS, Independence, Ohio. Geoff Packer, 2845 N. Park Blvd., Cleveland Hts, OH 44118-4030. 216/371-2822.

**July 23.** Masters Return to Illinois Championships, Libertyville High, Libertyville, Ill. \$1000 cash prizes. Dinner reception July 22 with Marion Irvine, keynote speaker. SASE to: Masters Return to Illinois, 719 Stonegate Ct., Libertyville IL 60048.

**July 30.** Midwest Masters Championships, Marshall U. (not regional championships). David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

**July 30.** USATF Midwest Regional Masters Championships, Lisle, IL. Clarence Trinkner, 633 Sunset Drive, Janesville, WI 53545. 608/756-5260.

### MID-AMERICA

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

**July 12-16.** Minnesota Sr. Olympics. Open to out-state. 55+. Kathy Larsen, 330 City Hall, Duluth, MN 55802. 218/723-3724.

**July 24.** USATF Mid-America Regional Masters Championships, National Sports Center, Blaine, 20 minutes north of downtown Minneapolis. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417/451-7417.

**August 21.** U.S. Masters — Senior Olympic EM "R" Meet, U. of Minnesota. Pre-register SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612/574-9661.

**September 3-4.** Rocky Mountain Masters Games, Potts Field, U. of Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

### SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

**July 8-9.** USATF Southern Association Championships, Weight Pentathlon, 56-lb. weight, 3K RW. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

**July 16.** Texas Masters Championships, Dallas. Wayne Bennett, 1501 W. Lavender Ln., Arlington, TX 76013. 817/274-0448.

**July 23.** USATF Southwest Regional Masters Championships, San Antonio. Arthur Rodriguez, 6606 Ben Hill, San Antonio, TX 78239. 210/651-5414.

**July 28.** New Orleans TC Meet, Tad Gormley Stadium. 5:30 pm. Chuck George, 504/482-6682; 468-1488.

**August 17-20.** UMC West Texas Senior Sports Classic, Texas Tech U., Lubbock. 50+. Open to out-state. Peter Laverty, 2001-19th St., Lubbock TX 79401. 806/767-2710.

### WEST

Arizona, California, Hawaii, Nevada

**June 22-July 28.** 33rd Annual All-comers meets, Los Angeles. Wed: Birmingham High, Van Nuys; Thu: Bell High, Bell. 818/904-2164.

## ON TAP FOR JULY

### TRACK AND FIELD

The USATF National Masters Decathlon Championships, Joplin, Mo., on the 16th-17th head the list of a very busy month.

Regional championships are scheduled for U.C. Irvine, Calif., on the 2nd-3rd; Tacoma, the 23rd-24th; San Antonio, the 23rd; Blaine, Minn., the 24th; Lisle, Ill., the 30th; and Providence, R.I., the 31st.

The 10th finds the Trojan Meet at USC, and a Florida Athletic Club meet in Boca Raton. The weekend of the 16th-17th shows action in Nashville; Los Angeles; Dallas; Dayton, Ohio; Florence, S.C.; Union City, Calif.; and the Philadelphia area. The weekend of the 23rd includes meets in Cleveland and Libertyville, Ill., with cash prizes and Sister Marion Irvine as guest speaker. The Midwest Masters Meet in West Virginia and Buffalo Belles & Brawn Meet are scheduled for the 30th.

Overseas, WAVA Regional Championships will be decided for Oceania. National championships will be held in Britain and Malaysia.

### LONG DISTANCE RUNNING

The WAVA World Veterans RR Championships, Ontario, Canada, on the 30th-31st is the main event. Earlier important races include the Peachtree 10K on the 4th in Atlanta; Chicago 20K and Utica Boilermaker 15K in N.Y. on the 10th; and Bix 7 Mile, Davenport, Iowa, on the 30th; with the San Francisco Marathon closing the month on the 31st.

### RACEWALKING

The USATF National Masters 10K Championships return to Niagara Falls on the 16th. The MAC 3K Championships hit the pavement in Central Park on the 10th.

**July 2-3.** USATF West Regional Masters Championships, Univ. of California at Irvine. Bill Adler, director, 435 Tahquitz Canyon Way, Palm Springs, CA 92263. 619/325-6307.

**July 7, 14, 21, 28.** Timber Wolf TC Summer Series, Encina HS, Sacramento, Calif. 6 pm. TWTC, PO Box 19142, Sacramento, CA 95819. 916/489-2708.

**July 7-August 4.** Santa Barbara All-Comers, SBCC La Playa Stadium. 6 pm. 805/564-5420; Robin Paulsen, 805/965-0581, x2275.

**July 9, 23, 30.** USATF SCA All-Comer Meets, Los Angeles City College. 5 pm. Marv Thompson, 213/953-4260; LA Patriots USA 213/662-1062.

**July 10.** Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 1125 Stimson Ave., La Puente, CA 91744. 818/917-6289.

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**July 16.** USATF Pacific Association Championships, Logan HS, Union City, Calif. Ed Seese, 510/523-8618.

**July 16-17.** Patriot Invitational, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027-4711. 213/662-1062.

**July 18-August 11.** James Logan T&F Camp, Logan HS, Union City, Calif. 5 pm. Logan T&F Camp, James Logan HS, 1800 H St., Union City, CA 94587. Lee Webb, 510/471-2520, x5113(d); 505-9557(e).

**July 23.** USATF/Pacific Masters & Submasters Weight Pentathlon Championships, KELfield, Santa Cruz, Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**July 30.** KELfield #30. All throws, including weight and superweight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**July 30.** Santa Cruz Age-Graded Championships, Soquel HS. Ages 18 and up. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460(h).

**August 6.** Sky Jumpers Age-Group Pole Vaulting Championships. 4:30 pm. SJVC, 6505 Santa Cruz, Atascadero, CA 93422. Jan Johnson, 805/466-8119.

**September 10.** Nor. Cal. Seniors Classic, UC-Berkeley. Mark Grubi, director, PO Box 424512, San Francisco, CA 94142-4512.

**September 11.** Sri Chinmoy Masters Games, CSU-Long Beach. 40+. Bigalita Egger, 310/645-0271.

**September 17.** KELfield First Anniversary Meet. Meet followed by all-you-can-eat/drink. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**September 17-18.** California State Senior Games Championships, San Diego. SASE to Senior Sports Festival, 5384 Linda Vista Rd., Suite 200, San Diego CA 92110. 619/543-9046; Fax: 619/543-9239.

**October 1 (tentative).** Club West Masters Meet, Santa Barbara City College. 805/682-9540.

**October 19-21.** Huntsman Senior Games, St. George, Utah. 1-hour drive north of Las Vegas. 50+. Sylvia Wunderli, Huntsman Games, 1355 South Foothill Drive, #103, Salt Lake City, UT 84108. 801/583-6231. Fax: 801/583-5231.

**NORTHWEST**

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

**July 8-10.** Oregon Senior Games/State Games of Oregon. No out-state. Ron Allen, 4840 SW Western Ave., Beaverton, OR 97005. 503/520-1319.

**July 9.** Helena Masters/Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

**July 16.** Washington State Summer Games, WSU, Pullman. Open to non-residents. USATF card required. Mike Hinz, 509/335-3325w; 509/332-1168h (5:30 pm-11 pm).

**July 21-23.** Montana Senior Olympics, Kalispell. 50+. Don Tavalacci, MSO, 465 Freedom Ave., Billings, MT 59105-2202. 406/252-2795.

**July 23-24.** USATF Northwest Regional Masters Championships, Lincoln Bowl, Tacoma. Pacific Northwest T&F, 4261 S. 184th St., SeaTac, WA 98188. 206/433-8868.

**July 28-29.** Portland Masters Classic, Gresham, Ore. Joe Thielmann, 3004 N.E. 48th St., Vancouver WA 98663. 206/695-5414.

**July 29-30.** Montana Masters Meet, MSU-Bozeman. Mike Carignan, PO Box 5132, MSU, Bozeman, MT 59717-5132.

**CANADA**

**July 9-10.** BC Masters Decathlon Championships, Vancouver, BC, Canada, Grant Lamothe 604/856-7381.

**August 4-7.** WAVA North American Regional Championships, Edmonton, Alberta, Canada. Liz McBlain, 10427 21st Avenue, Edmonton, Alberta, Canada, T1J 5E9. 409/438-2911.

**September 10.** Canadian Masters 1994 Inter-Club T&F Championships. York Univ., Toronto. Jim Flowers, CMAA, 479 Drewry Ave., Willowdale, Ontario M2R 2K9. 416/495-4059.

**INTERNATIONAL**

**July 1-9.** WAVA Oceania Regional Championships, Suva, Fiji. Tony Compain, PO Box 1175, Suva, Fiji Islands.

**July 16-17.** 1st British-Veterans Athletics Federation Championships, Bedford, 50 miles north of London. Peter Duhig, 42, Wimbotsham Rd., Downham Market, Norfolk PE389PE, England.

**July 30-31.** 8th Malaysian Veterans Athletic Championships, Malacca. Malaysian Association Veteran Athletes, 105, Road 5, Tan Yew Lai Gardens, 58200 Kuala Lumpur, Malaysia. FAX 03-791-1344.

**September 10-11.** San Juan International Masters Meet, San Juan, Puerto Rico. Puerto Rico Masters Assn., PO Box 31300, 65th Infantry Station, Rio Piedras, PR 00929-0300. G. Gonzalez Julia, 1-809/765-5702; Jesus Galvez, 1-809/789-7436.

**September 26-October 8.** Third International Masters Games, Brisbane, Australia. Sports Travel International, 800-466-6004. Deadline July 15.



Nicholas Papas, 50, Grosse Pointe Park, Mich., M50 winner in the 3000 (10:08.46), USATF National Masters Indoor T&F Championships, Columbia, Mo. Photo by Jerry Wojcik

**September 30-October 2.** WAVA Asian Regional Championships, Jakarta, Indonesia. Asians only.

**July 13-23, 1995.** XII WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. WVC, PO Box 150, Niagara Square Station, Buffalo, NY 14201-0150. Phone: 1-716/852-2765; 230. Fax: 1-716/852-0131.

**LONG DISTANCE RUNNING NATIONAL**

**September 17-18.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

**October 2.** USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Ave., Minnetonka, MN 55345. 612/673-0778.

**October 2.** USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

**October 16.** USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 170 Maywood Ave., Rochester, NY 14618.

**November 6.** USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

**November 13.** USATF National Masters 15K Championships, Schenectady, N.Y. Ed Neiles, 17 Norwood St., Albany, NY 12203. 518/482-9032.

**November 19.** USATF National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

**December 4.** USATF National Masters 10K Championships, St. Louis, Mo. Tom Eckelman, 7140 Waterman, St. Louis, MO 63130. 314/727-7582.



Ellen Humphrey, W65 winner (56:29), Straub Hawaii Women's 10K, Honolulu. Photo by Tesh Teshima

**EAST**

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

**July 2.** Long Island Women's 5K, Jericho, N.Y. 516/433-0919.

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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1994**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
BIRGIR ASPLUND (SWEDEN)	7-21-29	65-69
REGINALD BARLOW (AUS)	7-22-4	90-94
GABRIEL BERNAL (BRIGHTON, MA)	7-29-39	55-59
GLENN BRADD (BLOOMINGTON, IL)	7-22-24	70-74
THOMAS BROOKS (NYC, NY)	7-5-29	65-69
THOMAS CLAYTON (CARSON, CA)	7-10-24	70-74
WILLIAM COOK (TN)	7-2-34	60-64
PAUL DUNGAN (PORTLAND, OR)	7-24-44	50-54
MANFRED GARBISCH (WG)	7-5-34	60-64
LARRY GREGORY (PHILADELPHIA, PA)	7-28-24	70-74
RICHARD HICKMAN (LIVERMORE, CA)	7-18-34	60-64
HERMAN HIRSCH (WG)	7-8-9	85-89
MAURICE HOUVION (FRANCE)	7-4-34	60-64
NOEL JOHNSON (SAN DIEGO, CA)	7-7-99	95-99
GAYLON JORGENSEN (HENDERSON, NV)	7-2-29	65-69
SING LUM (BAKERSFIELD, CA)	7-1-4	90-94
BOB MCGOWAN (RANCHO MIRAGE, CA)	7-30-24	70-74
JOHN MCKNIGHT (CA)	7-27-9	85-89
LARRY MILLER (GRANVILLE, OH)	7-6-14	80-84
H. OKADA (JAPAN)	7-30-4	90-94
JOHN PERRY (LAGUNA HILLS, CA)	7-9-44	50-54
DONALD RAMOS (APTOS, CA)	7-14-39	55-59
ROBERT SADLER (CHICAGO, IL)	7-16-34	60-64
KURT SCHUMAKER (WG)	7-5-24	70-74
DAVID SHRADER (ENTERPRISE KS)	7-12-14	80-84
JAMES NELSON DA SILVA (BRA)	7-13-39	55-59
NOLAN SMITH (PASADENA, CA)	7-18-49	45-49
EDVARD TAMM (URS)	7-8-14	80-84
LEON TROUT (UNION, NJ)	7-4-34	60-64
JEAN VALLES (FRA)	7-26-39	55-59
DICK WAGNER-SMITH (SANTA SUSANA, CA)	7-10-24	70-74
LLOYD WALKER (NZ)	7-3-39	55-59
TED WILSON (US)	7-30-14	80-84
CURTIS WRIGHT (AMBLER, PA)	7-14-4	90-94
RUTH ANDERSON (OAKLAND, CA)	7-27-29	65-69
PENNY DANIELSON (MILAN, IL)	7-7-44	50-54
HELEN PARKER (SYLMAR, CA)	7-0-29	65-69
AGATHA SUE-LEE (US)	7-18-39	55-59
VIRGINIA TERRY (LONG BEACH, CA)	7-7-24	70-74
ANNE TRIGG (ST. PETERSBURG, FL)	7-14-24	70-74
BRENDA ATKINSON (GB)	7-5-34	60-64
TAMARA DANILOVA (URS)	7-30-39	55-59
DANIELLE DESMIER (WG)	7-27-49	45-49
VERNY FALKEBERG (DEN)	7-28-34	60-64
HELENA FIBINGEROVA (CZE)	7-13-49	45-49
CAROL GOULD (GB)	7-10-44	50-54
EDITH JACOBSEN (DEN)	7-26-24	70-74
KAY KENNETH-LOW (NZ)	7-29-14	80-84
MARIE LYNNERUP (DEN)	7-19-14	80-84
SANDRA MEWETT (BER)	7-31-49	45-49
MIRJA RONNI (FIN)	7-20-19	75-79
HELEN SEARLE (AUS)	7-17-39	55-59
OLIVE WEBB (AUS)	7-20-29	65-69



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July 9. NYRRC 1+2+3=6 Mile Relay (3-person teams only), Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-9754.

July 10. Utica Boilermaker 15K. Earle Reed, PO Box 4729, Utica, NY 13504. 315/797-1310.

August 6. Phelps Sauerkraut 20K, Phelps, N.Y. 28th Annual, George Tillson, Wiborn Rd., Shortsville, NY 14548, 716/289-4250.

August 7. Green Mountain Road Race 10K. The Summit Lodge, Box 119, Killington, VT 05751. 802/422-3535 or 800/635-6343 (out-of-state).

August 21. Falmouth 7 Mile. Jon Carroll & Rich Sherman, Box 732, Falmouth, MA 02541. 508/540-7000.

August 28. Annapolis 10 Mile. Annapolis Striders, PO Box 187, Annapolis, MD 21404. 410/268-1165.

SOUTHEAST

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

July 4. 25th Peachtree Road Race, Atlanta. SASE (before March 1) to Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305.

August 13. Full Moon Frolic Run, Sperling Center, DeLand. 6 pm. John Boyle, PO Box 1824, DeLand, FL 32721. 904/736-0002.

August 27. Maggie Valley Moonlight 8K. Chamber of Commerce, PO Box 87, Maggie Valley, NC 28751. 704/926-1686.

MIDWEST

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

July 10. Chicago Distance Classic 20K. Colleen Lawler, 1440 W. Washington Blvd., Chicago, IL 60607. 312/786-1900.

August 4. Chemical Bank Corporate Challenge Series, 5K, Chicago. The Eventors, Inc., Jane Canepa/Shelby Cunningham. 312/944-6667.

August 20. Parkersburg Half-Marathon (USATF Open Men's Championship). Half-Marathon, PO Box 718, Parkersburg, WV 26102. 304/424-2786.

August 27. Crim 10 Mile. Crim Festival of Races, PO Box 981, Flint, MI 48501. 313/235-3396.

MID-AMERICA

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

July 2. Smokey Bear 10K/2 Mile. SASE to Friends of Smokey, PO Box 545, Capitan, NM 88316. Mary & Howard Shanks, 505/354-2699.

July 4. Coast To Coast Freedom 8K. Prairie Striders TC, Box 267, Brookings, SD 57006. 605/692-2414.

July 17. KRDO Colorado Springs 10K. Triple Crown of Running, PO Box 38235, Colorado Springs, CO 80937. Fred Mais, director, 719/687-6893.

July 30. Bix 7 Mile, Davenport, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52722. 319/359-9197.

August 20-21. Pikes Peak Ascent (20th) & Marathon (21st), Manitou Springs, Colo. Triple Crown of Running, PO Box 38235, Colorado Springs, CO 80937. Limited entries.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 4. Baytown Heat Wave 5 Mile. Masters money. Baytown Easy Striders, 4400 Kendall Rd., Baytown, TX 77521. Mary Feniello, 573-1034(h); 420-4535, x246(w), or Pete Cote, 424-2668(h); 420-4819(w).

July 4. Firecracker Fast 5K, Little Rock, Ark. William Schroeder, 704 Central Ave., Dunkirk, NY 14048. 716/366-3701.

October 22. Cherry Street Road Mile, Tulsa, Okla. \$10,000 prize money and incentives for masters. Fred Ebrahimi, PO Box 4246, Tulsa OK 74159-0246. 918/744-4222; Fax: 918/749-2444.

WEST

Arizona, California, Hawaii, Nevada

July 24. Wharf To Wharf 6 Mile, Santa Cruz, Calif. WTW, PO Box 307, Capitola, CA 95010. 408/475-2196.

July 31. San Francisco Marathon. SF Marathon, c/o Pacific Assn., PO Box 77148, San Francisco, CA 94107. 415/391-2123.

August 21. America's Finest City Half-Marathon. Neil Finn, PO Box 3879, San Diego, CA 92163. 619/297-3901.

August 27. Mt. Charleston Run (18 mile/8 mile/4 mile). Mike Naylor, 4727 Beaconsfield St., Las Vegas, NV 89117.

August 27. Las Vegas Forest Challenge. Cool 18K, 8K, 4K runs. Mike Naylor, 702/383-1276.

September 11. Run Through the Hangars II, 5K/10K Run, Marine Corps Air Station, Tustin, Calif. Gunnery Sgt. Mike Gonzales, 714/726-7531.

September 17. Juan In A Million 5K, Las Vegas. Ed Preciado, 700 E. Charleston Blvd., Las Vegas, NV 89104. 702/366-7289.

October 1. 18th annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). 2560 feet descent. St. George Marathon, 86 S. Main St., St. George UT 84770.

NORTHWEST

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

July 4. Butte To Butte 10K. Oregon TC, BTB, PO Box 10825, Eugene, OR 97440. 503/687-1989.

July 15-16. Mt. Rainier To The Pacific Relay, Mt. Rainier National Park to Ocean Shores, Wash. 180 miles, 12-person teams. PO Box 17086, Seattle, WA 98107. 206/782-6547.

August 6. Homer's Classic 10K/2 Mile Fun Run. Mike or Joanne Stewart, 540 Edgwood, Silverton, OR 97381.

October 1. St. George Marathon. 13th largest in US, 2800 runners last year. Kent Perkins, Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850.

INTERNATIONAL

July 30-31. 2nd WAVA World Veterans Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30th/25K & 20K RW, 31st. WAVA RR Championships, 1220 Sheppard Ave. East, Rm 218, Willowdale, Ontario, Canada, M2K 2X1. Phone: 416/495-4059; Fax: 416/495-4310.

July 31. BVAF 10 Mile Championships, Oswestry, Shropshire. Doug Morris, 27 Whittington Rd., Oswestry, Shropshire SY 11 1JO, England

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

July 2. Southeastern Regional Masters 8K Racewalk Championships. 8 p.m. Ed Boehmke 803/268-6480.

July 10. MAC 3K Championships, Central Park, NYC. SASE to Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

July 15-17. Martin Rudow 2nd Annual Racewalking Seminar, Niagara Falls. Paul Geyer, PO Box 1816, Detroit Lakes, MN 56502-1816, Ph/Fax 218/847-0410.

July 16. USATF National Masters 10K Racewalk Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361; 694-7683.

August 12-14. USATF National Masters 5000m/M20K & W10K Racewalk Championships, Eugene, Ore. See National T&F.

August 28. MAC/Eastern Regional 10K Relay (2x5K) Championships, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, New York, NY 10028. 212/628-1317.

September 4. North American 15K Championships, Washington, D.C. Sal Corrallo, 703/243-1290.

September 4. Western Regional 15K Open and Masters Racewalk Championships/5K Ladder and 5K Mayor's Cup Racewalk. Gene Dix, 2301 El Nido Court NW, Albuquerque, NM 87104. 505/242-3713.

September 11. USATF National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliott Denman, 28 No. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

October 1. Alongi International Racewalk Classic, Dearborn, Mich. "Premier walking event in North America." 20K, 10K, 5K, 3K. Separate masters 5K and 10K. Ross Barranco, 3235 Musson Rd., Howell, MI 48843-9057.

ELITE

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Javelin - low cut, yellow lime size: 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 11, 11.5, 12 \$199.95 \$69.00
Shot Put - blue lilac, size: 10, 11, 12 \$174.95 \$79.00
Sprint 1 - white red, 7, 7.5, 8, 8.5, 9, 9.5, 10, 11, 11.5 \$149.95 \$79.00
Accelerator - hurdle sprint, 5.5, 5.6, 5.8, 5 \$174.95 \$79.00
Adidas Bag - 21" x 11" x 12" blk/wh, main compart & ryo end compartment \$29.00

adidas Apparel

- Equipment CoolMax Singlet - wh/blk/green \$19.00
Equip. CoolMax Shorts - wh/blk/green \$24.00
Equip. CoolMax Short Tights - gr/blk/wh \$24.00
Equip. CoolMax Long Tights - gr/blk/wh \$29.00
Equip. CoolMax Trisuit - Mens one piece run, suit, front zip, contrasting side panel - gr/blk/wh \$39.00

USA Track & Field Apparel by Nike

- USA Track & Field has adopted the logo which appears on this apparel.
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USA T-Shirts - sm, md, lg \$16.00 \$12.00
USA T-Shirts - xl \$20.00 \$16.00

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Zoom D - distance spike, lightweight nylon & synthetic suede upper, full-length phylon midsole, 6 spike plate provides traction & support neon yellow/black/red plum size: 4-13 \$92.00 \$74.50
Zoom Rotational - shoe, duxus, & hammer shoe, white color red-eyeball \$77.00 \$59.50
Zoom V - versatile shoe, full-length EVA midsole for cushion thru entire foot strike white/white-black size: 3-16 \$81.00 \$44.50
High Jump - nylon & synthetic suede EVA midsole with 10 spike plate white/blue-black size: 6-13 \$65.00 \$49.50
Long Jump - EVA midsole with negative taper, nylon spike plate white/navy-red size: 6-13 \$65.00 \$49.50
Javelin - 10 spike plate w/ mini-aflite outsole white/red-black size: 6-15 \$65.00 \$49.50

adidas

- Equip. Racing - ran 4-13 \$79.95 \$59.00
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U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1994 Indoor 55m

Compiled by Larry Patz

Table listing 1994 Indoor 55m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

Table listing 1994 Indoor 200m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

Table listing 1994 Indoor 400m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

Table listing 1994 Indoor 800m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

Table listing 1994 Indoor 1500m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

Table listing 1994 Indoor 3000m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

Table listing 1994 Indoor 5000m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

Table listing 1994 Indoor 10000m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

Table listing 1994 Indoor 20000m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

1994 Indoor 400m

Compiled by Larry Patz

Table listing 1994 Indoor 400m rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100-104 age groups.

MEN'S 80-84
ALEKS ERNESAKS CAN 1:22.30
MILO LIGHTFOOT 1:27.02
JERRY WIBLE 1:33.80
VIRGIL MCINTYRE 1:40.99

Jonathan Skripko 2:22.8
Ken Ellis 2:23.4
Mike Horton 2:23.8

M40-44
1-10
Ken Popejoy 1:58.8
Nolan Smith 2:00.3
Dick Easley 40 2:01.0

21-30
Valdis Jurena 2:31.9
Rich Howett 2:32.4
Barbara Blaszak 2:32.9

W40-44
1-10
Paula Taylor 2:28.9
Barbara Blaszak 2:33.8
Donna Settles 2:38.4

Rex Harvey 1:60p
Tom Light 1:60p
Ivan Black 1:58
Frank Lulich 1:58

Bob Warwick 1:15
George Rajcovich 1:07
Ed Coyle 0.92

M55-59
1-11
Charlie Richard 10.39
Tom Langenfeld 9.93
Haig Bohigian 9.80

M35 Gary Hunter 15-11
M35 Ken Ellis 14-9
M35 Mike Hogan 14-6

M35 Dan West 14-6
M35 Rick Rogers 14-11
M35 Jerry Dowdy 35 14-0

M35 Wilson Soohoo 13-11 1/4
M35 Ambrose Corteaull 13-0
M35 Jerry Rohn 12-5 1/2

M35 C Land CAN 12-0
M35 Larry Carter 8.74
John Head 8.46

WOMEN'S 30-34
KELLY ETHERIDGE 1:04.44
DENISE JONES 1:05.30
DEBORAH BORGES 1:06.70

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

W45-49
1-12
Phil Raschker 2:29.4
Ken Baker 2:34.2
Peggy Whitlow 2:34.6

George Johnson 1:35
Tim McGough 1.32
Jim Woolsey 1.33p

AL Phillips 1.65
James Cawley 1.62
Gerald Counihan 1.58

Julie Weidies 1.10
W40-44
Mary Ryan 1.27
Irene Thompson 1.27

Ed Lukens 9.65
Vern Mattson 7.98
George Rajcovich 7.57

M40 Mike Sherratt 9-0
M40 D Gustafson 8-6
M40 P Malone 8-6

M45 Jerry Cash 14-8
M45 Warren Wilke 13-9
M45 Rex Harvey 13-6 1/4

M45 Tom Rauscher 13-0
M45 Phil Wolter 11-10 3/4
M45 Bill DeHorn 11-5 3/4

M45 Rick Holmes 11-0
M45 Jim Trotter 10-6
M45 Thomas Light 10-5 1/4

WOMEN'S 35-39
LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

W45-49
1-12
Phil Raschker 2:29.4
Ken Baker 2:34.2
Peggy Whitlow 2:34.6

George Johnson 1:35
Tim McGough 1.32
Jim Woolsey 1.33p

AL Phillips 1.65
James Cawley 1.62
Gerald Counihan 1.58

Julie Weidies 1.10
W40-44
Mary Ryan 1.27
Irene Thompson 1.27

Ed Lukens 9.65
Vern Mattson 7.98
George Rajcovich 7.57

M40 Mike Sherratt 9-0
M40 D Gustafson 8-6
M40 P Malone 8-6

M45 Jerry Cash 14-8
M45 Warren Wilke 13-9
M45 Rex Harvey 13-6 1/4

M45 Tom Rauscher 13-0
M45 Phil Wolter 11-10 3/4
M45 Bill DeHorn 11-5 3/4

M45 Rick Holmes 11-0
M45 Jim Trotter 10-6
M45 Thomas Light 10-5 1/4

WOMEN'S 40-44
MARNE MCILLIAN 1:02.62
DONNA SETTLES 1:04.36
P. DICKSON TAYLOR 1:04.46

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

W45-49
1-12
Phil Raschker 2:29.4
Ken Baker 2:34.2
Peggy Whitlow 2:34.6

George Johnson 1:35
Tim McGough 1.32
Jim Woolsey 1.33p

AL Phillips 1.65
James Cawley 1.62
Gerald Counihan 1.58

Julie Weidies 1.10
W40-44
Mary Ryan 1.27
Irene Thompson 1.27

Ed Lukens 9.65
Vern Mattson 7.98
George Rajcovich 7.57

M40 Mike Sherratt 9-0
M40 D Gustafson 8-6
M40 P Malone 8-6

M45 Jerry Cash 14-8
M45 Warren Wilke 13-9
M45 Rex Harvey 13-6 1/4

M45 Tom Rauscher 13-0
M45 Phil Wolter 11-10 3/4
M45 Bill DeHorn 11-5 3/4

M45 Rick Holmes 11-0
M45 Jim Trotter 10-6
M45 Thomas Light 10-5 1/4

WOMEN'S 45-49
PHIL RASCHKER 1:00.57
RHONA TROTT 1:07.80
LIZ MCBLAIN CAN 1:09.78

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

W45-49
1-12
Phil Raschker 2:29.4
Ken Baker 2:34.2
Peggy Whitlow 2:34.6

George Johnson 1:35
Tim McGough 1.32
Jim Woolsey 1.33p

AL Phillips 1.65
James Cawley 1.62
Gerald Counihan 1.58

Julie Weidies 1.10
W40-44
Mary Ryan 1.27
Irene Thompson 1.27

Ed Lukens 9.65
Vern Mattson 7.98
George Rajcovich 7.57

M40 Mike Sherratt 9-0
M40 D Gustafson 8-6
M40 P Malone 8-6

M45 Jerry Cash 14-8
M45 Warren Wilke 13-9
M45 Rex Harvey 13-6 1/4

M45 Tom Rauscher 13-0
M45 Phil Wolter 11-10 3/4
M45 Bill DeHorn 11-5 3/4

M45 Rick Holmes 11-0
M45 Jim Trotter 10-6
M45 Thomas Light 10-5 1/4

WOMEN'S 50-54
RUTH NALEPA 1:11.58
LINDA UPTON 1:12.86
YVONNE TASKER 1:20.20

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

W45-49
1-12
Phil Raschker 2:29.4
Ken Baker 2:34.2
Peggy Whitlow 2:34.6

George Johnson 1:35
Tim McGough 1.32
Jim Woolsey 1.33p

AL Phillips 1.65
James Cawley 1.62
Gerald Counihan 1.58

Julie Weidies 1.10
W40-44
Mary Ryan 1.27
Irene Thompson 1.27

Ed Lukens 9.65
Vern Mattson 7.98
George Rajcovich 7.57

M40 Mike Sherratt 9-0
M40 D Gustafson 8-6
M40 P Malone 8-6

M45 Jerry Cash 14-8
M45 Warren Wilke 13-9
M45 Rex Harvey 13-6 1/4

M45 Tom Rauscher 13-0
M45 Phil Wolter 11-10 3/4
M45 Bill DeHorn 11-5 3/4

M45 Rick Holmes 11-0
M45 Jim Trotter 10-6
M45 Thomas Light 10-5 1/4

WOMEN'S 55-59
JANE DODS 1:24.63
ELTON RICHARDSON 1:25.92
RODDIE LARSEN 1:32.80

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

W45-49
1-12
Phil Raschker 2:29.4
Ken Baker 2:34.2
Peggy Whitlow 2:34.6

George Johnson 1:35
Tim McGough 1.32
Jim Woolsey 1.33p

AL Phillips 1.65
James Cawley 1.62
Gerald Counihan 1.58

Julie Weidies 1.10
W40-44
Mary Ryan 1.27
Irene Thompson 1.27

Ed Lukens 9.65
Vern Mattson 7.98
George Rajcovich 7.57

M40 Mike Sherratt 9-0
M40 D Gustafson 8-6
M40 P Malone 8-6

M45 Jerry Cash 14-8
M45 Warren Wilke 13-9
M45 Rex Harvey 13-6 1/4

M45 Tom Rauscher 13-0
M45 Phil Wolter 11-10 3/4
M45 Bill DeHorn 11-5 3/4

M45 Rick Holmes 11-0
M45 Jim Trotter 10-6
M45 Thomas Light 10-5 1/4

WOMEN'S 60-64
IRENE OBERA 1:15.99
NANCY AMMERMULLER 1:24.80
ELIZ. SZAWLOWSKI 1:26.41

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

W45-49
1-12
Phil Raschker 2:29.4
Ken Baker 2:34.2
Peggy Whitlow 2:34.6

George Johnson 1:35
Tim McGough 1.32
Jim Woolsey 1.33p

AL Phillips 1.65
James Cawley 1.62
Gerald Counihan 1.58

Julie Weidies 1.10
W40-44
Mary Ryan 1.27
Irene Thompson 1.27

Ed Lukens 9.65
Vern Mattson 7.98
George Rajcovich 7.57

M40 Mike Sherratt 9-0
M40 D Gustafson 8-6
M40 P Malone 8-6

M45 Jerry Cash 14-8
M45 Warren Wilke 13-9
M45 Rex Harvey 13-6 1/4

M45 Tom Rauscher 13-0
M45 Phil Wolter 11-10 3/4
M45 Bill DeHorn 11-5 3/4

M45 Rick Holmes 11-0
M45 Jim Trotter 10-6
M45 Thomas Light 10-5 1/4

WOMEN'S 70-74
BOBBIE MOSENTHAL 1:41.90
CAROL PEEBLES 1:55.10
BECKY YENCHICUS 2:09.00

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

LOUISE CLARK 1:04.50
SHEREE ROBERTSON 1:05.28
PATTI FORD 1:07.10

W45-49
1-12
Phil Raschker 2:29.4
Ken Baker 2:34.2
Peggy Whitlow 2:34.6

George Johnson 1:35
Tim McGough 1.32
Jim Woolsey 1.33p

AL Phillips 1.65
James Cawley 1.62
Gerald Counihan 1.58

Julie Weidies 1.10
W40-44
Mary Ryan 1.27
Irene Thompson 1.27

Ed Lukens 9.65
Vern Mattson 7.98
George Rajcovich 7.57

M40 Mike Sherratt 9-0
M40 D Gustafson 8-6
M40 P Malone 8-6

M45 Jerry Cash 14-8
M45 Warren Wilke 13-9
M45 Rex Harvey 13-6 1/4

M45 Tom Rauscher 13-0
M45 Phil Wolter 11-10 3/4
M45 Bill DeHorn 11-5 3/4

M45 Rick Holmes 11-0
M45 Jim Trotter 10-6
M45 Thomas Light 10-5 1/4

1994 Indoor 800m

Compiled by Bill Benson

M30-34
1-10
G Whiting 1:58.6
Brendan Jackson 1:59.1

M30-34
1-10
G Whiting 1:58.6
Brendan Jackson 1:59.1

M30-34
1-10
G Whiting 1:58.6
Brendan Jackson 1:59.1

M30-34
1-10
G Whiting 1:58.6
Brendan Jackson 1:59.1

M30-34
1-10
G Whiting 1:58.6
Brendan Jackson 1:59.1

M30-34
1-10
G Whiting 1:58.6
Brendan Jackson 1:59.1

1994 Indoor High Jump

Compiled by Charles Mercurio

M30-34
1-15
Jeff Helton 1.93
Brett Bohanon 1.90p

M30-34
1-15
Jeff Helton 1.93
Brett Bohanon 1.90p

M30-34
1-15
Jeff Helton 1.93
Brett Bohanon 1.90p

M30-34
1-15
Jeff Helton 1.93
Brett Bohanon 1.90p

M30-34
1-15
Jeff Helton 1.93
Brett Bohanon 1.90p

M30-34
1-15
Jeff Helton 1.93
Brett Bohanon 1.90p

1992 Indoor Triple Jump

Compiled by Charles Mercurio

M30-34
1-8
Leroy Carver 13.42
Fred Lewis 13.31

M30-34
1-8
Leroy Carver 13.42
Fred Lewis 13.31

M30-34
1-8
Leroy Carver 13.42
Fred Lewis 13.31

M30-34
1-8
Leroy Carver 13.42
Fred Lewis 13.31

M30-34
1-8
Leroy Carver 13.42
Fred Lewis 13.31

M30-34
1-8
Leroy Carver 13.42
Fred Lewis 13.31

1994 Indoor Pole Vault

Compiled by Jerry Wojcik

M30 Paul Babits 15-11
M30 Dave Wooley 14-5 1/4
M30 Paul Herda 14-5 1/4

M30 Paul Babits 15-11
M30 Dave Wooley 14-5 1/4
M30 Paul Herda 14-5 1/4

M30 Paul Babits 15-11
M30 Dave Wooley 14-5 1/4
M30 Paul Herda 14-5 1/4

M30 Paul Babits 15-11
M30 Dave Wooley 14-5 1/4
M30 Paul Herda 14-5 1/4

M30 Paul Babits 15-11
M30 Dave Wooley 14-5 1/4
M30 Paul Herda 14-5 1/4

M30 Paul Babits 15-11
M30 Dave Wooley 14-5 1/4
M30 Paul Herda 14-5 1/4



FIVE YEARS AGO
July, 1989
• Nearly 5000 Athletes Enter World Championships in Eugene
• 1400 From 28 Countries Enter Nationals in San Diego
• Sweden's Kjell-Erik Stahl, 42, Runs 2:18:43 in Grandma's Marathon
• Priscilla Welch, 44, Sets WR 26:26 in Nike Women's 8K in D.C.

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

<b>W65-69</b>				
Jean M.S. Udell	Shot Put	19-1	4-09-94	
<b>M30-34</b>				
Mark Baldani	110M HH	15.2	6-14-94	
<b>M35-39</b>				
James A. Fazio	Decathlon	5464	5-01-94	
<b>M40-44</b>				
Gene L. Bard	Pole Vault	14-1½	3-25-94	
William K. Gardner	Shot Put	42-9½	5-29-94	
Michael Skoffanc	Long Jump	5.98	3-25-94	
	Long Jump	19-5	2-19-94	

<b>M45-49</b>				
Ray Burrus	400M IH	62.82	5-28-94	
Luis Pannarale	800M	2:11.2	6-11-94	
<b>M55-59</b>				
C. Christopher Rush	800M	2:22.9	7-27-93	
<b>M60-64</b>				
William A. Patrick	56# Weight	4.98	7-10-93	
Floyd J. Riddle	Shot Put	40-19¼	4-24-94	

<b>M65-69</b>				
Bill J. Bowers	100M	13.7	10-02-93	
	200M	29.3	10-02-93	
	100M	13.4	5-07-94	
	200M	28.9	5-07-94	
<b>M70-74</b>				
Sam Madia	200M	31.10	3-25-94	
	400M	1:10.49	3-25-94	
<b>M75-79</b>				
Gar Schoener	100M	16.4	7-17-93	
	200M	34.9	2-13-94	

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3¼	5-9¾	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 7) Javelin: 30-59: 800g; 60+: 600g.  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-11	5-11	4-11	3-11	3-7¾	3-3¾	2-11	2-7½	2-3½
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

notes: 1) 100 standards are for automatic time; use standard conversion for h:sd time.  
 2) Short hurdles: 30-39: 33"; 40+: 30"  
 3) Shot put: 30-49: 4k; 50+: 3k.  
 4) Javelin: 30-49: 600gm; 50+: 400gm.  
 5) Hammer: 30-49: 4k; 50+: 3k.  
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

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

		WOMEN										
	1.5K	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k	
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:46	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	56:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:26
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
F90	14:56	16:08	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
		MEN										
	1.5K	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k	
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53						

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

### MAC N.Y. Relays Randalls Island, NY; May 8

#### 100M

M30 David Cherry	11.68
M40 Edward Goner	11.93
M45 Mike Augerity	12.83
M50 Gene Ballard	12.82
M60 Tom Talbott	15.57
W30 Denise Jones	14.52

#### 200M

M30 Fred Feaster	23.53
M35 David Cherry	23.25
M40 Rockdale Hudson	26.75
M45 Philip Felton	25.25
M50 Rab Hagin	26.89
M60 Tom Talbott	32.87
W30 Kelly Etheridge	27.40
W35 Denise Sullivan	34.69

#### 400M

M30 Fred Feaster	54.50
M40 Errol Lee	53.85
M45 Philip Felton	54.48
M50 Rab Hagin	59.76
M60 James Moran	1:12.38
M70 John McManus	1:14.16
W30 Kelly Etheridge	1:02.22
W40 Betty Clair	1:10.17

#### 800M

M30 John Williams	2:05.11
M40 Bob Pertak	2:19.19
M45 Bob Burke	2:18.69
M60 F. Vellardito	2:35.35
M70 John McManus	2:47.70

#### MILE

M35 A. Watson	4:55.48
M45 Salih Talib	5:09.60

#### 3000M

M40 Ron Stonipch	10:07.33
M45 Salih Talib	10:00.42

#### MILE RACEWALK

W30 Harriet Ranage	10:36.03
W45 Pat Mondello	10:57.26

#### LONG JUMP

M50 Richard Kaye	3.82
W35 Sara Boslaugh	4.41

#### SHOT PUT

M35 Peter Van Oken	11.76
M40 Kim Salzer	10.53
M45 Rich Dunphy	11.46
M50 Edward Fox	10.78
M55 Norm Cyprus	10.74
M60 Thomas Brooks	9.37
W30 Harriet Ranage	8.97
W35 Sarah Boslaugh	10.82
W40 Betty Clair	9.12
W45 Joyce Halls	7.19
W50 Roslyn Katz	7.47

#### DISCUS

M35 Peter Van Aken	37.36
M40 Kim Salzer	37.56
M45 Rich Dunphy	31.72
M50 Edward Fox	36.00
M55 Norm Cyprus	36.28
W30 Nicole Phillips	32.70
W35 Sarah Boslaugh	28.20
W50 Roslyn Katz	21.72

#### HAMMER

M35 Peter Van Aken	40.42
M45 J. Casamassima	39.24
M55 Norm Cyprus	42.32
W35 Sarah Boslaugh	25.16
W50 Roslyn Katz	27.60

#### 400M

M30 Mitchell Lovett	50.9
M35 David Cherry	51.4
M40 Rick Lapp	53.3
M45 Philip Felton	54.3
M50 Rab Hagin	57.8
M60 Tom Talbott	75.9
W30 Kelly Etheridge	61.2
W35 Louise Clark	61.8

#### 800M

M35 Seth Okrend	2:18.0
M45 Salih Talib	2:14.9
M50 D. Pennenga	2:21.5
M60 Tom Talbott	3:23.9

#### 1500M

M45 Salih Talib	7:48.9
M45 Salih Talib	26:05.2

#### 5K

M45 Salih Talib	26:05.2
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#### 100M HURDLES

M45 Mike Milove	17.4
M60 Tom Delaney	20.3

#### 400M HURDLES

M45 Ivan Black	1:08.5
M50 D. Pennenga	1:12.0
W30 Caryl Senn	1:09.9

#### HIGH JUMP

M35 Jim Henderson	5-6
M45 Ivan Black	5-0
M55 Mort Hahn	3-10
M60 Art Kearney	4-2
M65 Tom Delaney	4-2
M80 Bob Detweiler	2-9
W30 Caryl Senn	5-0

#### LONG JUMP

M35 Joe Lafferty	18-0 1/4
M40 Rick Lapp	20-1
M45 Ivan Black	17-4 1/4
M50 Julio Marin	13-2 1/4
M55 Ed Kent	15-2 1/4
M60 Paul Soraparu	11-2
W35 Tom Delaney	13-8 1/2
M65 Sarah Boslaugh	14-9 1/2
W45 Lorraine Tucker	14-0 1/4

#### TRIPLE JUMP

M45 Ivan Black	34-0
M50 Julio Marin	27-6
M55 Ed Kent	32-0 1/2
M60 Paul Soraparu	24-0
W35 Sarah Boslaugh	30-5

#### SHOT PUT

M40 Karl Johnson	13.50
M45 Dennis Chandler	12.39
M50 Larry Pratt	13.54
M55 Kurt Krastin	8.65
M60 Meemo Maaska	11.58
M65 Herb Cantor	9.38
M70 Fred Davies	10.53
M80 Alfred Skonberg	7.58
W30 Caryl Senn	9.63
W35 Sarah Boslaugh	11.17
W50 Roslyn Katz	8.15
W55 Anne Cirulnick	8.83
W60 Chris McKenzie	6.81
W70 Libby Hagerman	7.05

#### DISCUS

M35 Peter Van Aken	36.78
M40 Karl Johnson	38.13
M45 Dewitt Davies	38.08
M50 Larry Pratt	47.00
M55 Kurt Krastin	26.42
M60 Marty Kintish	40.15
M65 Herb Cantor	30.04
M70 Mart Neumann	24.23
M75 Jack Hagermann	26.22
M80 Bob Detweiler	19.02
W30 Debbie Eckhardt	21.10
W35 Sarah Boslaugh	26.11
W45 Lorraine Tucker	23.59
W50 Roslyn Katz	20.49
W55 Anne Cirulnick	18.28
W60 Chris McKenzie	15.10
W70 L. Hagermann	16.90

#### HAMMER

M35 Peter Van Aken	39.35
M45 Dewitt Davies	40.56
M50 Doug Power	27.38
M55 Kurt Krastin	21.78
M60 Marty Kintish	31.36
M65 Herb Cantor	27.30
M70 Mart Neumann	22.44
M80 Paul Narcessian	24.14
W30 Debbie Eckhardt	17.82
W35 Sarah Boslaugh	24.94
W50 Roslyn Katz	27.06
W55 Anne Cirulnick	20.92
W70 L. Hagermann	19.72

#### JAVELIN

M30 Steve Ecklund	14.56
M35 Rob Doran	39.04
M40 Rick Lapp	35.20
M45 Dennis Chandler	50.92
M50 Edward Fox	39.74
M55 Mort Hahn	26.50
M60 Meemo Maaska	30.62
M70 Mart Neumann	18.32
M80 Bob Detweiler	12.04
W30 Debbie Eckhardt	20.14
W35 Sarah Boslaugh	18.88
W50 Roslyn Katz	16.96
W70 L. Hagermann	15.30

#### New York Games Coors Spring Medley (200, 200, 400, 800) New York, May 22

NY Pioneer	3:46.16
Philadelphia Masters	3:47.23
Team United - VA	3:51.66
Central Park NY	3:54.72
Shore AC - NY	3:59.77
Garden State AC	4:01.24

#### Connecticut Senior Olympics June 4

50	M55 Vincent Remson	6.40
	M60 Hank Hollander	7.70
	M65 Raoul Rodrigues	8.00
	M70 Robert Dowling	7.90
	M75 Lawrence Dyer	8.50
	W55 Jeannette Cyr	9.30
	W60 Lucy Duffy	10.00
	W65 Patricia Peterson	8.60

100	M55 Chris Filmer	13.10
	M60 Walter Gale	15.40
	M65 Wm. Bergen, Jr.	14.40
	M70 Ed Matthews	14.60
	M75 Robert Sorlien	16.70
	M80 A. Murphy	19.80
	W55 Mary Roman	17.20
	W60 Sally Strazdins	17.60
	W65 P. Peterson	17.40
	W70 Doris Berlepsch	28.80

200	M55 Chris Filmer	27.00
	M60 Walter Gale	32.30
	M65 Wm. Bergen, Jr.	29.70
	M70 Ed Matthews	31.40
	M75 Lawrence Dyer	36.00
	M80 A. Murphy	39.00
	W55 Mary Roman	39.00
	W60 Sally Strazdins	36.90
	W65 P. Peterson	39.10

400	M55 Peter Muzeroll	1:08.40
	M60 A. Meardon	1:10.70
	M65 Royce Sawyer	1:17.00
	M70 John McCarthy	1:23.00
	M75 Anthony Papp	1:44.00
	W55 Jeannette Cyr	1:30.60
	W60 S. Strazdins	1:29.40
	W65 A. Kearney	1:35.20

800	M55 Peter Muzeroll	2:36.00
	M60 A. Meardon	2:42.00
	M65 L. Larkin	3:10.00
	M70 C. Lunsford	3:01.00
	W55 Jeannette Cyr	3:20.00
	W60 S. Strazdins	3:22.00
	W65 A. Kearney	3:28.00

1500	M55 Peter Muzeroll	5:24.00
	M60 Walter Gale	5:31.00
	M65 L. Larkin	6:06.00
	M70 C. Lunsford	6:22.00
	W55 Jeannette Cyr	6:38.00
	W60 Lucy Duffy	7:48.00
	W65 A. Kearney	6:53.00
	W75 Mary Haines	12:13.00

5K	M55 Jerry LeVasseur	19:16
	M60 Arnie Green	19:43
	M65 Phil Mongillo	21:17
	M70 Paul Orsini	24:02
	M75 Arnold Earl	24:58
	W55 Jeannette Cyr	24:00
	W60 Betty Kelly	24:35
	W65 Evelyn Stanley	26:01

1500M RACEWALK	M55 Michael Hoffer	8:25
	M60 Jack Boitano	8:11
	M65 M. Eisenstein	9:21
	M70 Malcolm Goering	9:40
	M75 Anthony Papp	12:30
	M80 A. Murphy	12:29
	M85 Emil Kratzer	16:10
	W55 Barbara Frasca	10:11
	W65 Helen Lonnroth	10:38
	W70 Minna Charles	11:32
	W75 Helen Imko	13:16
	W80 Rose Rippe	16:08

#### 5K RACEWALK

M55 Michael Hoffer	30:22
M60 Jack Boitano	28:55
M65 M. Eisenstein	33:02

M70 Malcolm Goering	35:07
M75 Bruno Maki	39:22
M80 A. Murphy	46:46
M85 Lester Steffens	45:24
W55 Gail Chesnut	39:20
W60 Gail Sangree	40:03
W65 Eila Silander	38:47
W70 Minna Charles	40:07
W75 Mary Haines	49:05

#### HIGH JUMP

M55 Vincent Remson	4-04
M60 Frank Koziel	3-08
M65 Wm. Bergen, Jr.	4-00
M70 Vernon Mattson	3-08
M75 Lawrence Dyer	3-08
W55 Beverly Eggert	3-06
W60 Sally Strazdins	3-04
W65 Patricia Peterson	3-06
W70 Libby Hagemann	3-00

#### LONG JUMP

M55 V. Remson	16-10.4
M60 J. Mickolyzck	11-02
M65 Kip Trembley	13-00
M70 V. Mattson	13-06.5
M75 Robert Sorlien	11-04.7
M80 A. Murphy	8-06
W55 B. Eggert	10-04.5
W60 B. Langer	8-00
W65 Ann McGowan	8-08.7
W70 L. Hagemann	8-04

#### SHOT PUT

M55 Charles Haller	34-01
M60 Martin Kintish	36-04.5
M65 Kip Trembley	28-07.5
M70 M. Virgilio	27-08
M75 Bruno Maki	30-00
M85 Charles Hawley	24-06
W55 Mary Roman	28-00
W60 Joan Dash	22-08
W65 Ann McGowan	17-02
W70 L. Hagemann	22-08
W75 Rose Ruston	16-07

#### DISCUS

M55 Charles Haller	170-07
M60 Martin Kintish	138-02
M65 Charles Moyles	96-01
M70 John McCarthy	98-00
M75 Jack Hagemann	92-01
M80 A. Murphy	68-09
M85 Charles Hawley	54-01
W55 Joan Youngs	67-09 1/2
W60 Joan Dash	54-04
W65 Helen Lonnroth	42-06
W70 L. Hagemann	57-01
W75 Rose Ruston	45-04
W80 Shirley Murphy	15-00

#### JAVELIN

M55 Charles Haller	76-04
M60 James Duncan	127-00
M65 Kip Trembley	86-03
M70 John McCarthy	76-05
M75 Bruno Maki	96-03
M80 Henry Pawlowski	28-05
M85 Joan Youngs	74-03
W60 Joan Dash	60-02
W65 Ann McGowan	32-01
W70 Libby Hagemann	55-03
W75 Rose Ruston	43-08

## SOUTHEAST

### USATF Florida Association Masters Championships Winter Park; May 21

100m	M30 Lenwood Rance	11.45
	Mike Washington	11.89
	M35 Stan Porter	11.74
	William Cashman	13.22
	M45 Tyrone Carlis	11.74
	Jon Davis	12.09
	M50 Joe Johnston	12.51
	M55 Doug Albert	13.8
	Fred Pinkston	13.9
	Joe DeLuca	13.9
	M60 David Slocum	13.5
	Warren Doscher	13.8
	M65 Roy Chernock	13.3
	M70 Blair McFarlane	14.1
	John Anoka	15.1
	M75 Jay Sponseller	15.1
	Nat Heard	15.9
	M80 Frank Verner	33.1
	W40 Jocelyn Lowther	13.35
	W60 Betty Sjogren	19.2

200m	M30 Lenwood Rance	23.4
	Orlando Matthews	23.6
	M40 Rex Lowther	25.4
	M45 Tyrone Carlis	

Continued from previous page

Table of names and times for various events including M65 C Sochor, M35 P Brock, M40 J Accardi, M45 J Sauer, M50 P Costa, M55 L Vodopya, W45 L Struppeck, W60 G Young, M35 S Winkel, M40 J Accardi, M50 L Boots, M55 L Vodopya, W45 L Struppeck, W60 G Young, M30 K Karam, M35 S Winkel, M50 L Boots, W45 L Struppeck, W50 J MacDonald, C Sochor, S Winkel, G Seifert, L Bonifield, P Brock, T Krebs.

USATF Southeast Regional Championships U. of Tennessee, Knoxville; May 27-28

55 METER RUN: F:40-44 1 JOCEYLN LOWTHER 8:06; F:50-54 1 BARB STEWART 8:86; F:55-59 1 ANN CARTER 9:31; M:40-44 1 BETSY ROBINSON 12:66; M:45-49 1 RON JACKSON 6:90; M:50-54 1 THADDEUS BELL 7:47; M:55-59 1 ERVIN MITCHELL 7:60; M:60-64 1 PHIL MULKEY 8:09; F:40-44 1 JOCEYLN LOWTHER 1:03:36; F:45-49 1 PHIL RASCHKER 12:66; F:50-54 1 JOY MACDONALD 15:51; M:20-29 1 TECUMSEH PEETE 10:88; M:30-34 1 LORENZO PAYNE 11:56; F:40-44 1 JOCEYLN LOWTHER 13:84; F:45-49 1 PHIL RASCHKER 12:66; F:50-54 1 JOY MACDONALD 15:51; M:20-29 1 TECUMSEH PEETE 10:88; M:30-34 1 LORENZO PAYNE 11:56; M:35-39 1 STAN PORTER 12:12; M:40-44 1 THOMAS JONES 11:25; M:45-49 1 RON JACKSON 11:86; M:50-54 1 THADDEUS BELL 12:13; M:55-59 1 JIM MATHIS 12:67; M:60-64 1 JAMES STOOKEY 19:50; M:65-69 1 JIM LAW 13:27; M:70-74 1 RAY FEICK 14:05; M:75-79 1 FRANK HAYES 14:06; M:80-89 1 BILL BERGEN 14:80; M:85-89 1 BUCK BRADBERRY 15:10; M:90-99 1 LAWRENCE GRECO 15:71.

M:70-74 1 TOM KENNELL 14:81; M:75-79 1 JAY SPONSELLER 15:50; 200 METER RUN: F:40-44 1 JOCEYLN LOWTHER 28:69; F:45-49 1 PHIL RASCHKER 26:03 (WR); F:50-54 1 JOY MACDONALD 32:20; M:20-29 1 CHRIS LAYNE 22:15; M:25-29 1 TECUMSEH PEETE 22:41; M:30-34 1 MARK LOWRY 24:26; M:35-39 1 CHARLES THOMAS 25:09; M:40-44 1 THOMAS JONES 23:44; M:45-49 1 HARRY BLAKE 24:06; M:50-54 1 THADDEUS BELL 24:99; M:55-59 1 JIM MATHIS 25:45; M:60-64 1 BOB GREEN 26:26; M:65-69 1 JIM LAW 26:78; M:70-74 1 TOM KENNELL 31:73; M:75-79 1 JAY SPONSELLER 31:65; 400 METER RUN: F:40-44 1 JOCEYLN LOWTHER 1:03:36; F:45-49 1 PHIL RASCHKER 12:66; F:50-54 1 JOY MACDONALD 15:51; M:20-29 1 TECUMSEH PEETE 10:88; M:30-34 1 LORENZO PAYNE 11:56; M:35-39 1 STAN PORTER 12:12; M:40-44 1 THOMAS JONES 11:25; M:45-49 1 RON JACKSON 11:86; M:50-54 1 THADDEUS BELL 12:13; M:55-59 1 JIM MATHIS 12:67; M:60-64 1 JAMES STOOKEY 19:50; M:65-69 1 JIM LAW 13:27; M:70-74 1 RAY FEICK 14:05; M:75-79 1 FRANK HAYES 14:06; M:80-89 1 BILL BERGEN 14:80; M:85-89 1 BUCK BRADBERRY 15:10; M:90-99 1 LAWRENCE GRECO 15:71.

M:45-49 1 LINDESY BODDEN 2:13:70; M:50-54 1 RICHARD BATT 2:38:07; M:55-59 1 BOBBY HOLLIS 2:34:26; M:60-64 1 WILLIAM BROBST 3:28:10; M:65-69 1 WILLIE DUNCAN 3:41:60; M:70-74 1 MAX SPRINGER 3:51:40; 1500 METER RUN: F:30-34 1 Sue MCWHORTER 4:56:8; M:35-39 1 BRAD LANCE 4:10:7; M:40-44 1 SCOTT KING 4:15:6; M:45-49 1 HARRY BLAKE 4:17:2; M:50-54 1 THADDEUS BELL 4:24:9; M:55-59 1 CHARLES THOMAS 4:45:0; M:60-64 1 BOB GREEN 4:28:5; M:65-69 1 JIM LAW 4:29:3; M:70-74 1 TOM KENNELL 4:45:0; M:75-79 1 JAY SPONSELLER 4:57:6; M:80-89 1 BOB GREEN 4:28:5; M:85-89 1 JIM LAW 4:29:3; M:90-99 1 THADDEUS BELL 4:45:0; M:95-99 1 BOB GREEN 4:28:5; 3000 METER RUN: F:35-39 1 JAN HANKINS 13:28:5; M:40-44 1 PAT MATERNA 9:07:0; M:45-49 1 PETER HEIBREDER 9:42:8; M:50-54 1 RONALD POTEETE 17:34:40; M:55-59 1 GENE SILER 17:26:40; 5000 METER RUN: F:35-39 1 MARY CONAWAY 21:22:0; M:40-44 1 WENDY ENGLAND 22:54:0; M:45-49 1 JOHN COBB 16:19:0; M:50-54 1 BILL NUGENT 23:25:0; M:55-59 1 DON HOLT 24:38:0; M:60-64 1 CHARLIE ENGLE 22:05:0; INTERMEDIATE HURDLES: F:50-54 1 ANN CARTER 1:12:67; M:55-59 1 TOM HAMPTON 53:83; M:60-64 1 DARREN HOYLE 1:03:43; M:65-69 1 RAY BURRIS 1:02:82; M:70-74 1 BARRY FAUST 1:24:18; M:75-79 1 PHIL MULKEY 53:18; M:80-89 1 WILLIAM BROBST 1:07:43; M:85-89 1 BILL DAPRANO 54:93; HIGH HURDLES: F:50-54 1 LINDA LOWERY 16:02; M:55-59 1 PHIL RASCHKER 12:67; M:60-64 1 BARB STEWART 19:36; M:65-69 1 DARREN HOYLE 16:43; M:70-74 1 THOMAS GILLIARD 15:47; M:75-79 1 BARRY FAUST 20:02.

M:50-54 1 DAVE ELLIS 17:04; M:55-59 2 BILL BUSBY 17:77; M:60-64 1 PHIL MULKEY 17:84; M:65-69 1 BAILEY GORE 20:02; 10000 METER WALK: F:20-29 1 KATHY JAKIN 1:01:57; F:35-39 1 SALLY EVENDEN 58:24; F:40-44 1 E. LONGTON 56:28; F:45-49 1 ROSEMARY WILES 1:07:45; F:50-54 1 DAVE MCGOVERN 42:52; M:20-29 1 IAN WHATLEY 44:22; M:25-29 1 MARK DANFORD 55:26; M:30-34 2 GENE HARRISON 57:06; M:35-39 3 HENRY COFFEY JR. 1:03:10; M:40-44 1 RONALD POTEETE 1:01:39; M:45-49 2 JIM NORVILL 1:04:55; M:50-54 3 BOBBY BAKER 1:06:36; M:55-59 1 GENE SILER 1:00:37; M:60-64 1 JOHN SNADEN 1:14:17; 2000/3000 METER SITZPLATZ: M:30-34 1 GREGG HARRIS 10:39:00; M:35-39 1 BILL MCAMIS 13:59:00; M:40-44 1 JOHN SWICEGOOD 15:47:00; M:45-49 1 WILLIAM BROBST 11:07:00; HIGH JUMP: F:20-29 1 NICOLE HUDSON 1.73M; F:40-44 1 LINDA LOWERY 1.32M; F:45-49 1 PHIL RASCHKER 1.37M; F:50-54 1 BRENDA BLOOMFIELD 1.12M; M:40-44 1 JOHN DYE 1.42M; M:45-49 2 MIKE WALKER 1.37M; M:50-54 3 PATRICK MALONE 1.37M; M:55-59 1 JIM SAUERS 1.78M; M:60-64 2 BARRY FAUST 1.42M; M:65-69 1 FRANK GALBRAITH 1.57M; M:70-74 2 MIKE VALLE 1.37M; M:75-79 1 DON NORTH 1.37M; M:80-89 1 PHIL MULKEY 1.42M; M:85-89 2 JAMES STOOKEY 1.37M; M:90-99 3 JAMES NICHOLSON 1.22M; M:95-99 4 WILLIAM BROBST 1.22M; M:100-109 1 GORDON SEIFERT 1.57M; M:105-114 2 BUCK BRADBERRY 1.37M; POLA VAULT: F:45-49 1 PHIL RASCHKER 3.35M; F:50-54 1 BARBARA STEWART 2.13M; M:20-29 1 KEVIN GOHMAN 4.42M; M:30-34 1 LINDESY THURMAN 2.74M; M:35-39 1 STEVE WINKEL 3.35M; M:40-44 2 THOMAS KREBES 3.20M; M:45-49 3 JAMES STEWART 2.59M; M:50-54 1 JOHN DYE 3.81M; M:55-59 2 CHUCK LAX 3.66M; M:60-64 3 PATRICK MALONE 2.59M; M:65-69 1 BILL BUSBY 3.40M; M:70-74 1 DON NORTH 1.98M; M:75-79 1 PHIL MULKEY 3.20M; LONG JUMP: F:20-29 1 NICOLE HUDSON 5.43M; F:40-44 1 LINDA LOWERY 4.52M; F:45-49 2 JOCEYLN LOWTHER 4.25M; F:50-54 1 PHIL RASCHKER 4.34M; F:55-59 1 BARBARA STEWART 3.43M; F:60-64 1 BETSY KAY ROBINSON 1.93M; M:20-29 1 VINCENT MARTIN 7.33M; M:25-29 1 STAN PORTER 5.80M; M:30-34 2 STEVE WINKEL 5.40M; M:35-39 3 THOMAS KREBES 4.64M; M:40-44 1 T. WEATHERBEE 5.42M; M:45-49 2 ANTHONY SANTOS 5.35M; M:50-54 3 PATRICK MALONE 4.74M; M:55-59 1 DAVE WARD 5.34M.

2 JIM WOOSLEY 4.50M; 3 JIM SAUERS 4.43M; 4 BARRY FAUST 3.90M; M:50-54 1 MIKE VALLE 4.60M; M:55-59 1 JOE HEMLER 4.09M; M:60-64 1 PHIL MULKEY 5.11M; M:65-69 2 JAMES STOOKEY 4.32M; M:70-74 3 JAMES NICHOLSON 3.23M; M:75-79 1 BUCK BRADBERRY 4.64M; M:80-89 2 FRANK HAYES 4.22M; M:85-89 3 GORDON SEIFERT 3.71M; M:90-99 1 ROD MARIOTT 3.26M; M:95-99 1 MAX SPRINGER 2.88M; TRIPLE JUMP: F:45-49 1 PHIL RASCHKER 8.25M; F:50-54 1 BARBARA STEWART 7.28M; M:20-29 2 ANN CARTER 7.04M; M:25-29 1 VINCENT MARTIN 14.12M; M:30-34 1 STAN PORTER 12.39M; M:35-39 1 T. WEATHERBEE 10.75M; M:40-44 2 BOB ROCKWELL 10.71M; M:45-49 1 BARRY FAUST 8.71M; M:50-54 1 MIKE VALLE 8.68M; M:55-59 1 PHIL MULKEY 9.99M; M:60-64 2 JAMES STOOKEY 9.72M; M:65-69 3 JAMES NICHOLSON 7.78M; M:70-74 1 BAILEY GORE 8.75M; M:75-79 2 BUCK BRADBERRY 8.73M; M:80-89 3 GORDON SEIFERT 8.40M; M:85-89 1 TOM KENNELL 8.50M; SHOT PUT: F:20-29 1 NICOLE HUDSON 11.32M; F:45-49 1 PHIL RASCHKER 7.22M; F:50-54 1 BRENDA BLOOMFIELD 7.83M; F:55-59 1 BETSY KAY ROBINSON 6.82M; M:40-44 1 BOB GUNN 13.26M; M:45-49 1 JIM SAUERS 11.28M; M:50-54 2 BOB GREEN 11.10M; M:55-59 3 L. B. CLAYTON 9.90M; M:60-64 4 KASEY CAPPS 9.79M; M:65-69 1 LARRY PRATT 13.45M; M:70-74 2 GLEN JOHNSON 13.05M; M:75-79 3 MIKE VALLE 11.60M; M:80-89 1 RUDY HOUG 10.68M; M:85-89 2 DON NORTH 9.69M; M:90-99 1 PHIL MULKEY 13.51M; M:95-99 2 RAY FEICK 12.69M; M:100-109 3 JAMES NICHOLSON 7.70M; M:105-114 1 BUCK BRADBERRY 9.57M; M:110-119 2 NED CURRAN 9.14M; M:115-124 3 JOHN SNADEN 7.41M; M:120-129 1 WILLIAM NETTLES 10.43M; M:125-134 2 ROD MARIOTT 8.46M; M:130-139 3 CARL BOCK JR. 8.25M; DISCUS: F:40-44 1 LINDA LOWERY 23.32M; F:45-49 1 PHIL RASCHKER 21.80M; F:50-54 1 A. BERGENBACK 11.30M; M:20-29 1 TOM GARRETT 51.08M; M:25-29 1 KASEY CAPPS 28.06M; M:30-34 1 LARRY PRATT 47.82M; M:35-39 2 MIKE VALLE 39.66M; M:40-44 1 RUDY HOUG 41.20M; M:45-49 2 DON NORTH 28.60M; M:50-54 1 PHIL MULKEY 44.22M; M:55-59 2 JOHN MOLL 41.70M; M:60-64 3 RAY FEICK 36.68M; M:65-69 4 WILLIAM BROBST 25.22M; M:70-74 1 BILL DAPRANO 31.68M; M:75-79 2 DICK BERGENBACK 30.42M; M:80-89 3 JOHN SNADEN 24.40M; M:85-89 4 NED CURRAN 23.56M; M:90-99 1 WILLIAM NETTLES 29.46M; M:95-99 2 CARL BOCK JR. 26.86M; HAMMER: F:50-54 1 BRENDA BLOOMFIELD 34.36M; M:20-29 1 CHRIS LEMING 60.84M.

M:35-39 1 DAVID VANDERGRUFF 48.28M; M:40-44 1 PETER FARMER 58.80M; M:45-49 2 BOB GUNN 32.02M; M:50-54 1 KASEY CAPPS 16.68M; M:55-59 1 MIKE VALLE 40.26M; M:60-64 2 DICK BLOOMFIELD 39.12M; M:65-69 1 DON NORTH 22.58M; M:70-74 1 RAY FEICK 36.84M; M:75-79 2 PHIL MULKEY 36.28M; M:80-89 3 PAY CARSTENSEN 33.98M; M:85-89 1 DICK BERGENBACK 35.48M; M:90-99 2 NED CURRAN 20.10M; M:95-99 1 ROD MARIOTT 27.24M; M:100-109 2 CARL BOCK JR. 20.62M; 35(25) LB WEIGHT: F:50-54 1 BRENDA BLOOMFIELD 10.90M; M:20-29 1 CHRIS LEMING 17.28M; M:25-29 1 DAVID VANDERGRUFF 14.76M; M:30-34 1 PETER FARMER 16.68M; M:35-39 2 BOB GUNN 12.38M; M:40-44 1 L. B. CLAYTON 10.98M; M:45-49 2 KASEY CAPPS 6.24M; M:50-54 1 DICK BLOOMFIELD 12.16M; M:55-59 2 MIKE VALLE 11.16M; M:60-64 1 DON NORTH 6.24M; M:65-69 1 RAY FEICK 12.33M; M:70-74 2 PHIL MULKEY 11.92M; M:75-79 3 PAY CARSTENSEN 11.42M; M:80-89 1 DICK BERGENBACK 11.78M; M:85-89 2 NED CURRAN 7.80M; M:90-99 1 ROD MARIOTT 7.90M; M:95-99 2 CARL BOCK JR. 6.57M; 56 LB WEIGHT: M:20-29 1 CHRIS LEMING 11.35M; M:25-29 1 DAVID VANDERGRUFF 10.26M; M:30-34 1 PETER FARMER 9.02M; M:35-39 2 BOB GUNN 7.34M; M:40-44 1 L. B. CLAYTON 7.27M; M:45-49 2 KASEY CAPPS 4.36M; M:50-54 1 DICK BLOOMFIELD 6.81M; M:55-59 2 MIKE VALLE 6.65M; M:60-64 1 DON NORTH 3.86M; M:65-69 1 RAY FEICK 6.02M; M:70-74 2 PAY CARSTENSEN 5.36M; M:75-79 3 TOM BARTENFELD 4.15M; M:80-89 1 NED CURRAN 3.52M; WIGGIT FEN (ATILOH) (HAMMER 35 WT JAV SP DISCUS): M:45-49 1 KASEY CAPPS TOTAL: 1929 (200,310,360,580,479); M:50-54 1 MIKE VALLE TOTAL: 3051 (659,576,374,721,721); M:55-59 1 DON NORTH TOTAL: 2248 (369,304,383,662,551); M:60-64 1 PHIL MULKEY TOTAL: 3928 (687,658,730,995,858); M:65-69 2 RAY FEICK TOTAL: 3808 (700,684,789,951,684); M:70-74 1 NED CURRAN TOTAL: 2472 (369,431,504,717,451); M:75-79 1 CARL BOCK JR. TOTAL: 2439 (378,330,489,632,610); JAVELIN: F:20-29 1 NICOLE HUDSON 41.44M; F:40-44 1 DIANE VANCE 23.84M; F:45-49 1 PHIL RASCHKER 20.68M; F:50-54 1 JOY MACDONALD 17.78M; F:55-59 1 BETSY KAY ROBINSON 13.96M; F:70-74 1 A. BERGENBACK 7.28M; M:20-29 1 CHARLIE WHITE 60.42M; M:30-34 1 MARK MAFFETT 48.48M; M:35-39 1 STEVE WINKEL 44.84M; M:40-44 2 THOMAS KREBES 30.24M; M:45-49 1 RICK EASLEY 46.34M.

Continued on next page

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like 2 PATRICK MALONE 43.04M, 1 BOB GREEN 42.74M, 2 BARRY FAUST 35.26M, 3 KASEY CAPPS 26.38M.

PENTALTION

Table with 2 columns: Name and Total Time. Includes entries like 1 MARK MAFFETT TOTAL: 2799, 2 BRAD DAVIES TOTAL: 2593, 1 STEVE WINKEL TOTAL: 2731.

M 40-44

Table with 2 columns: Name and Total Time. Includes entries like 1 RON MERVILLE TOTAL: 2546, 2 PATRICK MALONE TOTAL: 2498.

M 45-49

Table with 2 columns: Name and Total Time. Includes entries like 1 JIM WOOSLEY TOTAL: 2194, 1 PHIL MULKEY TOTAL: 2429.

M 60-64

Table with 2 columns: Name and Total Time. Includes entries like 1 WILLIAM BROBST TOTAL: 1704, 2 BAILEY GORE TOTAL: 2923.

M 65-69

Table with 2 columns: Name and Total Time. Includes entries like 1 BILL DAPRANO TOTAL: 3155, 2 BAILEY GORE TOTAL: 2923.

M 70-74

Table with 2 columns: Name and Total Time. Includes entries like 1 ROD MARIOTT TOTAL: 2363.

4x100 M RELAY

Table with 2 columns: Name and Time. Includes entries like 1 NASHVILLE TC 46:92, 2 VICTORY TC 49:81.

4x200 M RELAY

Table with 2 columns: Name and Time. Includes entries like 1 VICTORY TC 1:47:01.

TRAM RESULTS

Table with 2 columns: Name and Time. Includes entries like 1 POWER BAR WETT 281, 2 KNOXVILLE TC 156, 3 NASHVILLE TC 119.

Florida Sunshine Games

Open & Masters Track & Field Championships Ft. Lauderdale, FL; June 4

ALL AMERICAN MASTERS PERFORMANCE [12]

FLORIDA RESIDENT'S RECORD [2]

Table with 2 columns: Name and Time. Includes entries like 199 METERS M19 RORY HEARD 11.75, M25 WAYNE WAUGH 11.30.

Table with 2 columns: Name and Time. Includes entries like 200 METERS M19 RORY HEARD 22.91, M25 WAYNE WAUGH 22.60.

Table with 2 columns: Name and Time. Includes entries like 300 METERS M19 RORY HEARD 33.91, M25 WAYNE WAUGH 33.60.

Table with 2 columns: Name and Time. Includes entries like 400 METERS M19 RORY HEARD 44.91, M25 WAYNE WAUGH 44.60.

Table with 2 columns: Name and Time. Includes entries like 500 METERS M19 RORY HEARD 55.91, M25 WAYNE WAUGH 55.60.

Table with 2 columns: Name and Time. Includes entries like 600 METERS M19 RORY HEARD 66.91, M25 WAYNE WAUGH 66.60.

Table with 2 columns: Name and Time. Includes entries like 700 METERS M19 RORY HEARD 77.91, M25 WAYNE WAUGH 77.60.

Table with 2 columns: Name and Time. Includes entries like 800 METERS M19 RORY HEARD 88.91, M25 WAYNE WAUGH 88.60.

Table with 2 columns: Name and Time. Includes entries like 900 METERS M19 RORY HEARD 99.91, M25 WAYNE WAUGH 99.60.

Table with 2 columns: Name and Time. Includes entries like 200M M55 Dwaine Horton 29.99, M60 Donald Schneck 30.85.

Table with 2 columns: Name and Time. Includes entries like 400M M55 Dwaine Horton 1:24, M60 Donald Schneck 1:40.

Table with 2 columns: Name and Time. Includes entries like 800M M55 Dwaine Horton 2:53, M60 Donald Schneck 3:08.

Table with 2 columns: Name and Time. Includes entries like 1500M M55 Dwaine Horton 5:25.00, M60 Donald Schneck 5:29.43.

Table with 2 columns: Name and Time. Includes entries like 3000 METERS M55 Dwaine Horton 10:31.73, M60 Donald Schneck 10:36.17.

Table with 2 columns: Name and Time. Includes entries like 5000 METERS M55 Dwaine Horton 17:41.17, M60 Donald Schneck 17:45.61.

Table with 2 columns: Name and Time. Includes entries like 8000 METERS M55 Dwaine Horton 24:51.61, M60 Donald Schneck 24:56.05.

Table with 2 columns: Name and Time. Includes entries like 15000 METERS M55 Dwaine Horton 43:02.05, M60 Donald Schneck 43:06.49.

Table with 2 columns: Name and Time. Includes entries like 30000 METERS M55 Dwaine Horton 86:04.09, M60 Donald Schneck 86:08.53.

Table with 2 columns: Name and Time. Includes entries like Dennis Hopkins 1:24.59, M60 Sid Montecino 1:21.47.

Table with 2 columns: Name and Time. Includes entries like 800M M60 Charlie Wimberly 2:23, M65 Larry Cinquemand 2:48.

Table with 2 columns: Name and Time. Includes entries like 1500M M60 Charlie Wimberly 5:36, M65 Larry Cinquemand 5:41.

Table with 2 columns: Name and Time. Includes entries like 3000M M60 Charlie Wimberly 10:54, M65 Larry Cinquemand 11:03.

Table with 2 columns: Name and Time. Includes entries like 6000M M60 Charlie Wimberly 21:48, M65 Larry Cinquemand 22:01.

Table with 2 columns: Name and Time. Includes entries like 12000M M60 Charlie Wimberly 43:36, M65 Larry Cinquemand 43:53.

Table with 2 columns: Name and Time. Includes entries like 24000M M60 Charlie Wimberly 87:12, M65 Larry Cinquemand 87:46.

Table with 2 columns: Name and Time. Includes entries like 48000M M60 Charlie Wimberly 174:24, M65 Larry Cinquemand 175:32.

Table with 2 columns: Name and Time. Includes entries like 96000M M60 Charlie Wimberly 348:48, M65 Larry Cinquemand 350:64.

Table with 2 columns: Name and Time. Includes entries like M35 Mason Andrew 12.0, M40 Floyd Spiller 11.6.

Table with 2 columns: Name and Time. Includes entries like M45 Dale Bernauer 12.3, M50 Courtland Gray 12.0.

Table with 2 columns: Name and Time. Includes entries like M55 Tomas Ramirez 12.3, M60 Wilford Scott 13.2.

Table with 2 columns: Name and Time. Includes entries like M65 Ray Burrus 26.7, M70 Courtland Gray 26.6.

Table with 2 columns: Name and Time. Includes entries like M75 Ray Burrus 26.7, M80 Courtland Gray 26.6.

Table with 2 columns: Name and Time. Includes entries like M85 Ray Burrus 26.7, M90 Courtland Gray 26.6.

Table with 2 columns: Name and Time. Includes entries like M95 Ray Burrus 26.7, M100 Courtland Gray 26.6.

Table with 2 columns: Name and Time. Includes entries like M105 Ray Burrus 26.7, M110 Courtland Gray 26.6.

Table with 2 columns: Name and Time. Includes entries like M115 Ray Burrus 26.7, M120 Courtland Gray 26.6.

Table with 2 columns: Name and Time. Includes entries like Michele Lewis 36 14.00, Carmen Morrison 39 14.3.

Table with 2 columns: Name and Time. Includes entries like Avril Naylor 47 14.67, Mattie Jones 49 15.87.

Table with 2 columns: Name and Time. Includes entries like Jutta McCormick 53 15.09, May Moore 61 18.71.

Table with 2 columns: Name and Time. Includes entries like Po Adams 69 18.07, Rodney Carson 32 23.00.

Table with 2 columns: Name and Time. Includes entries like Lafe Fowler 35 23.21, Darrell Smith 39 23.88.

Table with 2 columns: Name and Time. Includes entries like William White 36 24.42, Hubert Evan 40 22.20.

Table with 2 columns: Name and Time. Includes entries like Louis Bartholomew 41 24.79, Riley McHugh 44 25.15.

Table with 2 columns: Name and Time. Includes entries like Ray Yeck 46 25.01, Frank Reilly 45 25.7.

Table with 2 columns: Name and Time. Includes entries like James Manor 46 26.12, Win Emert 50 25.10.

SOUTHWEST Acadiana Regional Senior Olympics Lafayette, LA; April 9

Table with 2 columns: Name and Time. Includes entries like M55 Dwaine Horton 6.97, M60 James Kropp 8.71.

Table with 2 columns: Name and Time. Includes entries like M65 George Butchko 9.51, M70 Bill Hubert 7.61.

Table with 2 columns: Name and Time. Includes entries like M75 Richard Thompson 7.01, M80 Ralph Haley 4.91.

Table with 2 columns: Name and Time. Includes entries like M55 Dwaine Horton 33.91, M60 Winford Fowler 41.51.

Table with 2 columns: Name and Time. Includes entries like M65 Robert Keenan 35.21, M70 Harry Lawson 33.10.

Table with 2 columns: Name and Time. Includes entries like M75 Richard Thompson 24.81, M80 Ralph Haley 20.91.

WEST Ken Carmine Classic Sacramento, CA; May 7

Table with 2 columns: Name and Time. Includes entries like 100m Rodney Carson 32 11.33, Sarrell Tobias 33 11.54.

WEST Waterloo Championships Austin, TX; May 17

Table with 2 columns: Name and Time. Includes entries like 100m M30 Fred Porter 10.7.

Continued from previous page

Table of athletic results for various events including 400m, 800m, 1500m, and 3000m, listing names and times.

So. Calif. Striders Meet of Champions

Long Beach, CA; May 14

Table of athletic results for the So. Calif. Striders Meet of Champions, listing names and times for various events.

Table of athletic results for various events including 400m, 800m, 1500m, 3000m, 400mH, 800mH, 100mH, 110mH, 3000mH, 400mH, and 5000m Racewalk, listing names and times.

Table of athletic results for various events including 400m, 800m, 1500m, 3000m, 400mH, 800mH, 100mH, 110mH, 3000mH, 400mH, and 5000m Racewalk, listing names and times.

Table of athletic results for various events including 400m, 800m, 1500m, 3000m, 400mH, 800mH, 100mH, 110mH, 3000mH, 400mH, and 5000m Racewalk, listing names and times.

Table of athletic results for various events including 400m, 800m, 1500m, 3000m, 400mH, 800mH, 100mH, 110mH, 3000mH, 400mH, and 5000m Racewalk, listing names and times.

Table of athletic results for various events including 400m, 800m, 1500m, 3000m, 400mH, 800mH, 100mH, 110mH, 3000mH, 400mH, and 5000m Racewalk, listing names and times.

NORTHWEST

Oregon Senior Olympics

Silverton, OR; May 28

Table of athletic results for the Oregon Senior Olympics, listing names and times for various events.

Bruce Jenner Meet

San Jose, CA; May 28

Table of athletic results for the Bruce Jenner Meet, listing names and times for various events.

Continued on next page



Continued from previous page

Table with 2 columns: Name and Time. Includes entries like W40 Susan Post 2:34.60, W45 Jules Trigueiro 2:37.12, 1500M M40 Bryan Chapman 5:31.84.

Table with 2 columns: Name and Time. Includes entries like M40 S. Berglund 10:43:02, M45 Alan Beck 9:42.15, M50 Bob Ryan 13:12.12.

Table with 2 columns: Name and Time. Includes entries like M45 Jerry Ford 8:08.66, M50 Philip Quirk 12:37.17, M70 Joseph Mallon 9:51.10.

Table with 2 columns: Name and Time. Includes entries like M45 Tim Goodman 29:06.9, M45 Jay Hopkins 32:40.9, M50 Bob Ryan 35:26.7.

Table with 2 columns: Name and Time. Includes entries like M40 Scott Kessler 4-7, M45 Frank Lulich 5-2, M50 Joe Johnson 4-8.

Table with 2 columns: Name and Time. Includes entries like M40 John Patterson 11-0, M45 Richard Ying 9-6, M50 Larry Holmes 12-0.

Table with 2 columns: Name and Time. Includes entries like M40 Mark Purkey 12-5, M45 Oran Abbott 16-8, M50 Dick Rex 17-2.

Table with 2 columns: Name and Time. Includes entries like M40 Dennis Rabe 35-51, M45 Chuck Chapin 49-10, M50 Joe Johnson 36-2.

Table with 2 columns: Name and Time. Includes entries like M40 Sam Strickland 124-21, M45 Chuck Chapin 153-11, M50 Kelly Timm 96-11.

Table with 2 columns: Name and Time. Includes entries like M40 J VanStappen 11:59, M45 P Crombie 12:03, M50 R Fearnall 12:28.

JAVELIN table with 2 columns: Name and Time. Includes entries like M40 Dennis Rabe 147-3, M45 Bob Burkholder 152-8, M50 Kelly Timm 105-9.

INTERNATIONAL

BVAF Indoor Championships Glasgow, Scotland; March 20. Table with 2 columns: Name and Time. Includes entries like M40 A Ross Reading 7.30, M45 G Sutton WVAC 7.45.

Table with 2 columns: Name and Time. Includes entries like M40 A Ross MVAC 23.48, M45 S Wiles SCV 24.92, M50 J Rac SVHC 25.80.

Table with 2 columns: Name and Time. Includes entries like M40 K Redpath 53.32, M45 G Chalstrey VC 55.14, M50 P Owen MVAC 58.29.

Table with 2 columns: Name and Time. Includes entries like M40 G Grant Army 1:56.31, M45 J Butler SWV 2:05.78, M50 N MacDonald Aust 2:08.21.

Table with 2 columns: Name and Time. Includes entries like M40 John Patterson 11-0, M45 Richard Ying 9-6, M50 Larry Holmes 12-0.

Table with 2 columns: Name and Time. Includes entries like M40 J Webb VAC 2.90, M45 E Fitzgerald 3.70, M50 J Howe Cardiff 3.00.

Table with 2 columns: Name and Time. Includes entries like M40 J VanStappen 23:05, M45 P Crombie 23.51, M50 R Fearnall 23.96.

Table with 2 columns: Name and Time. Includes entries like M40 J VanStappen 11:59, M45 P Crombie 12:03, M50 R Fearnall 12:28.

Table with 2 columns: Name and Time. Includes entries like M70 D Philcox SCV 3.66, M75 L Watson MVAC 3.42, Triple Jump M40 W Beattie SVHC 12.69.

Table with 2 columns: Name and Time. Includes entries like M40 R Stevenson MVAC 12.40, M45 N Griffin SCV 13.17, M50 J Scott SVHC 14.00.

Table with 2 columns: Name and Time. Includes entries like M40 W Kingston MVAC 16:04.57, M45 R Care MVAC 13:34.85, M50 P Brennan IR 15:35.48.

Table with 2 columns: Name and Time. Includes entries like M40 R McDonald 15:17.78, M45 J Box 15:52.58, M50 J Walker 16:26.78.

Table with 2 columns: Name and Time. Includes entries like M40 C Goodsell 33:55.31, M45 H Wegner 34:19.98, M50 I Graves 35:45.75.

Table with 2 columns: Name and Time. Includes entries like M40 J Kirby NEV 8.74, M45 J Willis SCV 9.71, M50 P Oakes SCV 11.09.

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Table with 2 columns: Name and Time. Includes entries like M75 J Stevens 3:07.08, M80 J Brown 4:36.70, W40 P Hayes 2:26.10.

Table with 2 columns: Name and Time. Includes entries like M40 M Lawson 4:13.90, M45 J Box 4:14.65, M50 K Mayhew 4:38.69.

Table with 2 columns: Name and Time. Includes entries like M40 R McDonald 15:17.78, M45 J Box 15:52.58, M50 J Walker 16:26.78.

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Table with 2 columns: Name and Time. Includes entries like M65 G Gorlay 21.28, W35 S Lee 17.44, 1100MH M40 C Burge 16.04.

Table with 2 columns: Name and Time. Includes entries like M40 M Lawson 4:13.90, M45 J Box 4:14.65, M50 K Mayhew 4:38.69.

Table with 2 columns: Name and Time. Includes entries like M40 R McDonald 15:17.78, M45 J Box 15:52.58, M50 J Walker 16:26.78.

Table with 2 columns: Name and Time. Includes entries like M40 C Goodsell 33:55.31, M45 H Wegner 34:19.98, M50 I Graves 35:45.75.

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Table with 2 columns: Name and Time. Includes entries like W70 G Davidson 3.21, W80 R Frith 2.07, TRIPLE JUMP M40 C Tompkins 13.39.

Table with 2 columns: Name and Time. Includes entries like M40 M Lawson 4:13.90, M45 J Box 4:14.65, M50 K Mayhew 4:38.69.

Table with 2 columns: Name and Time. Includes entries like M40 R McDonald 15:17.78, M45 J Box 15:52.58, M50 J Walker 16:26.78.

Table with 2 columns: Name and Time. Includes entries like M40 C Goodsell 33:55.31, M45 H Wegner 34:19.98, M50 I Graves 35:45.75.

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Australian National Championships Easter 1994

Table with 2 columns: Name and Time. Includes entries like M40 J VanStappen 11:59, M45 P Crombie 12:03, M50 R Fearnall 12:28.

LONG DISTANCE RESULTS

Table with 2 columns: Name and Time. Includes entries like M40 J Kirby NEV 8.74, M45 J Willis SCV 9.71, M50 P Oakes SCV 11.09.

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LONG DISTANCE RESULTS. Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old.

EAST

George Washington Parkway 15K Mt. Vernon-Alexandria, VA; April 24

Table with 2 columns: Name and Time. Includes entries like Overall Steve Taylor 28 44:38, Lori Taylor 30 55:02, M35 John Doub 47:59.

EAST

USATF Hudson Mohawk RRC Adirondack Masters 10K Road Championships Albany, NY; April 30

Table with 2 columns: Name and Time. Includes entries like M40 Dale Keenan 34:06, Tom Bulger 34:19, Jake Kearney 34:30.

Rumson Run Five Mile USATF-New Jersey Open Championship, May 1

Table with 2 columns: Name and Time. Includes entries like M40 Manuel Gama 27:24, Roger Price 27:26, Jaime Fonseca 28:23.

Bennington 10K Road Race Bennington, VT; May 1

Table with 2 columns: Name and Time. Includes entries like Overall Len Lally 34:47, Melissa Smith 42:44, M35 Gene Shorey 40:23.

Continued on next page

Continued from previous page
M60 Edward Doucette 44:39
Robert Houle 55:30
John Foyt 55:59
M70 David Jareckie 53:49
Dan Geer 58:53
Bob Matteson 66:14
W35 Mary Massucco 46:41
Janet Dalquist 47:50
Debbie Hearn 59:04
W40 Joan Bleikamp 49:06
W45 Janet Chaffee 50:23
Barbara Bartwitz 51:07
Gail Johnson 52:26
W50 Rosemary Rusin 51:30
W70 Mary Sarvis 89:57

Advil Tune-Up 5K
Central Park, NYC; May 8
Overall
Lisa Herman 27 17:43
W30 Jean Chodnicki 34 18:10
Zofia Wiciorowska 31 18:12
Erica Merrill 30 18:16
Susan Foster 37 18:24
W40 Diane Ditchfield 19:46
Mary Rosado 20:32
Christine Summerson 21:55
W45 Cheryl Ralya 19:39
Flora Flores 22:05
Lee Saroken 22:23
W50 Cynthia Portella 22:20
Janell McDieter 22:21
Melanie Benvenue 22:23
W55 Zofia Turosz 22:22
Erika Abraham 22:41
Wen-Shi Yu 22:43
W60 Bertha Bellinghausen 22:11
Rosa Nales 25:01
W65 Muriel Merl 25:58
Arlene Kernis 30:52
W70+Althea Wetherbee 75:00:02
Jozi Neulinger 70 37:07
Finishers: 983
Weather: overcast/low 60s

Glenn Brenner 5K
Washington, DC; May 8
Overall
Darrell General 28 14:52
Gretchen Triantos 37 18:11
M30 Jim Hage 36 15:18
M40 Chuck Moeser 42 15:55
Joseph Composto 44 18:03
M50 Faye Bradley 56 17:24
Bernie Gallagher 53 18:41
M60 Larry Dickerson 62 20:20
Thomas Momiya 62 20:51
M70 Bill Osburn 70 22:55
Ray Blue 70 25:04
W40 Hartzell Stringer 41 20:53
Alison Wichman 41 21:51
W50 Dee Nelson 50 22:00
Eliz Rodrigue 50 22:47
W60 Marrietta Doran 65 29:40
MaryLou Lukeman 61 31:37
W70 Evelyn Kerper 71 33:33
Faye Rotter 78 45:58

Run Hers Mother's Day 8K
Washington, DC; May 8
Overall
Maria Pazarenzos 32 28:48
W40 Linda Banning 45 32:40
Karen Erb 43 33:07
Pat Donohue 40 33:21
Betty Blank 41 33:26
Barbara Ekstrom 46 33:47
W50 Sharon Dolan 52 33:52
Ellie Thayer 50 35:51
Ecris Williams 55 36:25
W60 Kay Morrison 68 46:53
Vesta Downer 69 61:30
W70+ Hedy Marque 76 41:31
(US age-group record)

Alamo Alumni 5 Mile
Central Park, NYC; May 14
M40-49
1 Wesleyan U. 2:23:19
Bill Rodgers 46 24:43
Jack McShane 42 27:23
Philip Vasquez 41 30:05
Martin Bunin 42 30:24
William Masterson 56 30:44
2 Princeton U. 2:27:34
Tom Hartshorne 40 27:31
Bill Pape 46 27:33
Hugh Sweeny 50 27:52
Stephen Grotzky 52 32:00
George Hirsch 59 32:38
3 NYU 2:56:27
Robert Quidone 46 33:54
Allan Miller 44 34:35
Harvey Weisberg 54 35:21
Philip Millio 44 35:34
Nevio Dobry 54 37:03
M50+
1 Princeton U. 1:32:30
Hugh Sweeny 50 27:52
Stephen Grotzky 52 32:00
George Hirsch 59 32:38
2 Wesleyan U. 1:35:06
William Masterson 56 30:44
Morgan Shipway 51 31:57
David Hohl 56 32:25
W40-49
1 Smith College 2:04:29
Jessie-Lea Hayes 51 36:42
Robin Villa 50 37:44
Sandy Weinbaum 52 50:03

2 NYU 2:20:51
Barbara Bulow 52 45:02
Patricia Perlo 43 45:20
Lillian Forman 58 50:29
W50+
1 Smith College 2:04:29
(same trio as W40-49)

We Run The World 10K
Washington, DC; May 14
Overall
Michael Regan 30 32:14
Christi Constantin 23 34:49
M40 Tom Clark 40 37:09
R Lucke 48 39:19
Wm Richards 40 39:20
M50 Ed Doherty 51 35:59
Chan Robbins 56 38:38
Roy Koehn 51 38:55
M60+Don McCarten 64 44:17
Jim Keat 62 46:12
W30 Win Rincon 34 37:31
W40 Mary Pyne 46 46:21
Ellen Wessel 43 48:24
W50 Ellie Thayer 50 44:44
Tami Graf 57 47:17
W60+Joanne Mallet 60 51:14

Midland Run 5K
Far Hills, NJ; May 15
M40-49 Phil Ricco 17:14
B Langenkamp 18:27
R Rutzwiller 18:38
M45 J Cubbison 18:25
Kevin Yates 19:44
Marty Gleason 20:23
M50 Derek Eastwood 19:52
William Cooper 20:16
Rick Detrollo 20:43
M60 Hans Hunsiker 21:12
Dan Buccino 23:27
John Coffey 25:51
Ben Schwartz 27:04
W40 Sue Wharton 21:37
H Dubenheimer 26:08
Pat Whitehead 26:39
W45 Pat Zagata 25:54
Arlene Decker 26:07
Robyn Haesun 27:10
Lyn Lauck 23:08
Linda Janovic 30:41
Sheila Herman 37:32
W60 Joan Barr 39:24
Dot Farley 39:28
Shirley Faust 39:28

Midland Run 15K
Far Hills, NJ; May 15
M40 Kelly Jensen 52:20
Manuel Gama 52:42
Larry Graham 54:06
M45 Roger Price 52:17
Radames Acosta 55:53
Rolando Castro 56:19
M50 Pat Cosgrove 56:15
George Wittman 57:37
Jeff Martin 59:57
Scott Marsh 61:12
Lee Wilcox 61:40
Fred Best 65:41
M60 Bill Endle 67:46
Joe La Bruno 67:52
Stan Chodnicki 70:18
D. Healy (60) 80:07
W40 Jane Parks 65:33
Lily Kosaka 67:16
Karen Knuepfer 67:25
W45 Betty McCullch 66:33
Natalie Grabow 73:01
Barbara Brent 73:39
W50 Madeline Bost 67:48
Anne Gillespie 72:36
Celste Fondaco 78:26
W55 Helene Bedrock 60:13
Imme Dyson 72:49
Nancy Patron 83:15
W60 Lois Filreis 81:34
Joyce Kuslike 88:49
Pat Gilman 1:14:32
1,711 Finishers

NYRR You Gotta Have
Park 5K
Central Park; May 21
Overall
Esteban Vanegas 23 14:57
Alissa Henning 26 18:18
M30 Julian Giraldo 31 15:06
Keith Turner 34 15:17
M40 Sean Doyle 15:54
Vincent Shaw 16:26
Richard Shaver 16:54
W45 Wes Wessely 16:39
Salih Talib 17:03
Michael Wilson 17:39
M50 Hugh Sweeny 16:56
Roger Gocking 17:33
Calvin Ziegler 19:27
M55 George Hirsch 20:15
Joseph Lackner 22:05
Mike Frankfurt 23:05
M60 Eric Seiff 21:46
Albert Puma 23:48
M65 Bill Fortune 19:02
Leslie Buckland 23:33
M70 John McManus 21:23
Bill Coyne 23:12
M75+Jim Keeney 78 28:10
Wilfredo Rios 77 29:19
W30 Diane Kee 33 19:03

L Branche 36 19:05
W40 Mary Rosado 20:31
Eliz Trinkler 20:50
Diane Hawkins 20:52
W45 Carol Gellman 21:38
Mary Spera 22:47
Suzanne Stewart 26:49
W50 Patti Donly 21:08
Laurie Baker 22:45
Carol Johnston 22:49
W55 Margaret Carinci 25:00
May Chou 25:25
Susan Kossowsky 27:33
W60 Melva Murray 31:51
Adele Stroh 32:10
W65 Arlene Kernis 30:23
Bertha McGruder 32:25
W70+Jozi Neulinger 70 36:18
Althea Jureidini 7636:35
Finishers: 555m/394w
Weather: 65°/sun & clear

Freddie Mac's Run for
Shelter 5K
Washington, DC; May 22
Overall
Jim Hage 15.27
Cathy Ventury-Merkel 18.32
M40-49
Larry Harris 17.15
Bob Oberti 17.17
Paul Quinn 17.39
M50-59
James Medas 18.32
Leland Brendsel 20.43
Eliot Wolff 21.11
M60+
Joseph McCloskey 25.06
Rex Enos 25.13
Bill Kienstra 25.57
W40-49
Carol Ellis 21.29
Sarah Newmeyer 24.28
Katherine Molesky 24.46
W50-59
Elizabeth Rodriguez 22.43
Deane Brendsel 24.55
Barbara Sabo 28.35
W60+
Yaeko Westfall 41.32
Jean Jackson 42.26
Dorothy Hart 53.59

Ridgewood Run
Ridgewood, NJ; May 30
MEN'S MASTERS MILE
Gary Fanelli, 43 4:35
Hannuel Gama, 42 4:52
Paul Squires, 40 4:58
Jeffrey Veatch, 40 5:03
Bob Bertak, 43 5:10
Joe De Maio, 46 5:22
Andy Hosney, 43 5:25
Kevin Smith, 49 5:33
Dan O'Brien, 41 5:40
WOMEN'S MASTERS MILE
Jan Vermilye, 44 5:27
Paula D-Taylor, 40 5:39
Kathy Gribbon, 41 5:52
Debbie Adams, 47 6:09
Judy Anker, 45 6:20
Diane Hawkins, 42 6:32
Mary Spera, 47 6:43

Ridgewood Run 5K
Ridgewood, NJ; May 30
M40 N. Caswell 16:58
C. Ferreira 17:12
Bill Dorman 17:26
M45 Rolando Castro 16:55
F. Pereira 18:20
James Pfaff 18:27
Hugh Sweeny 16:51
Pat Cosgrove 17:28
Victor Cruz 17:51
Sid Howard 17:40
Art Reilly 19:39
Harvey Strauss 20:56
M60 Hans Hunsiker 20:31
Stan Chodnicki 21:33
Joe Drescher 23:25
M65 Bill Fortune 19:10
Francis Mone 26:51
Wayne Holmes 20:59
M70 John McManus 22:16
John Linfante 26:28
M75 Chas. Feldman 31:57
M80 Dudley Healy 27:02
W40 Diane Hawkins 20:31
Janet Piez 20:42
Gloria Avrbuch 21:43
W45 Debbie Adams 20:20
Irene Jackson 21:44
Mary Spera 22:47
W50 Madeline Bost 20:53
Jessie Hayes 22:30
Gail Moss 27:30
W55 Esther Marcus 31:22
Billie Moten 33:00
Honore Foutes 33:55
W60 Janet Dowsell 30:22
Melva Murray 31:56
Luanne Ramsey 38:36
W65 Joan Prentzel 38:35
W75 Anne Salami 40:11

Ridgewood Run 10K
Ridgewood, NJ; May 30
M40 David Dunne 33:33
F. Gonzalez 34:56
Art Elias 37:22
Wm. Hart 36:50
Roger Johnson 31:19
Robert Frail 37:04
M50 Joseph Salerno 30:02
Julio Lugo 30:27
Richard Ortiz 37:06
H. Goldman 40:07
Paul Rehn 12:04
Tom Haughey 45:01
M60 Max Schindler 43:59
Bill Malone 51:27
Ted Oren 57:40
Joe Burns 42:36
Leonard Morgan 50:33
Walt. Politzer 55:49
M70 John McManus 44:20
Lester Ridings 47:56
Sab Kolde 47:36
M75 Chas. Feldman 62:56
M80 Dudley Healy 51:16
W40 Kathy Gribbon 39:23
Amy Bahrt 42:09
Funiko Hurley 43:46
W45 J. Weissaupt 43:45
Carol Gellman 45:11
V. Lazaridis 46:11
W50 Ann Gillespie 46:04
Cindy Clark 40:30
M. Neuber 40:48
W55 Joan Boudell 47:35
Billie Moten 61:47
W60 S. Pettijohn 45:17
Elise Sprague 48:52
W65 Janine Maltas 52:53

Advil Mini Marathon
Central Park, NY; June 4
Overall
Anne Letko, 25 31:52
W40 Kathy Gribbon 40:00
D. Ditchfield 40:53
Mary Rosado 42:45
Janet Piez 42:57
Amy Bahrt 43:08
Teiko Schultz 43:56
W45 Cheryl Ralya 39:28
Ann Davies 41:28
Jacqueline Gow 43:36
Marie Roach 43:55
W50 J-L. Hayes 45:32
M. Benvenue 45:52
W55 M. Stanjones 44:17
H. Bedrock 45:26
Wen-Shi Yu 45:31
W60 Bellinghausen 45:35
Toshiko d'Elia 46:36
Ellen Low 52:41
W70 Edith Farias 59:59
Ann Gilmore 1:12:38
W75 A. Wetherbee 1:08:00

Patriot's Cup Corporate
Challenge 8K
Fairfax, VA; May 1
Overall
Bruce Hamilton 39 26:56
Liz Ludwigson 28 31:18
M40 Paul Quinn 46 29:50
William Brooks 40 31:22
Robert Rozman 45 32:33
M50 John Sherburne 52 33:31
Don Kohler 57 35:08
M60 Larry Dickerson 62 33:12
George Gerner 61 41:54
W30 Kathleen Katzeff30 35:02
W40 Suanne Shocket 40 38:12
Betsy Baldwin 41 39:51

Bay-to-Bay (7.5 Mi.)
St. Petersburg, FL; May 28
M40 Steve Mikles 43:33
M45 Terry Hayden 44:40
M50 Peter Scott 45:18
M55 Joe Burgasser 44:31
M60 Hubie Girard 55:00
M65 Emery Jewell 57:11
M70 Carl Hammen 58:24
M75 Ray Grills \*
M80 Charles Espy \*
W40 Linda Mason 50:58
W45 Sue Ellen Trapp53:10
W50 Sue Isabell 54:32
W55 K. Knight-Perry67:00
W60 Carolyn Hoffman \*
W65 Jackie Yost \*
\*From St. Petersburg Times
some times not reported

WZYP Cotton Row Run 10K
Huntsville, AL; May 30
Overall
Sean Wade 26 29:54
Carolyn Schuvalow 28 34:21
M40 Desmond O'Connor 32:01
Earl Owens 32:18
Reno Stirrat 33:26
Gordon English 33:50
Lowry Foster 34:28
M45 Bob Schla 32:37
Richard Weeks 33:46
David Hill 35:43
Wes Wessely 35:50
Carl Nicholson 36:28

M50 Tom Dooley 35:23
Peter Warner 37:36
Charles Gray 38:15
Bruce McKinney 39:00
Jim Upton 39:32
M55 Jerry McGath 36:03
George Duley 38:05
Dick Ruzicka 40:50
Dean Whitehead 42:13
Joe Beams 42:34
M60 Charles Rose 37:51
Malcolm Gillis 39:36
Ben Morton 42:43
Jack Gough 43:15
Kelly Stinson 43:39
M65 Joe Killen 50:05
Hector Ramirez 50:34
B.P. Daniel 51:13
Bill Rice 51:33
Herb Johnson 51:37
M70 Thomas Cantrell 54:53
John Laughlin 58:28
Ken Reed 58:59
Ernest Ritch 61:30
Claudis Hawkins N/A
F40 Nancy Grayson 37:50
Kathy Barton 38:00
Victoria Crisp 39:39
Sue Given 40:22
Debbie Harriman 42:08
F45 Judith Hine 38:34
Jane Hutchison 39:01
Cathryn Tooker 47:59
Margaret Stewart 48:36
Pamela Duke 48:36
F50 Janet Lowe 50:17
Jeri Bennett 52:11
Mary Thompson 52:45
Nancy Thibodeau 53:02
Deborah Krichels 54:02
F55 Susie Klutz 46:04
Joyce Hodges-Hite 50:39
Evelyn Zerfoss 50:40
Barbara Myers 52:09
Yoshiko Setser 53:03
F60 Joann Long 54:26
Mary Anne Woodring 57:25
Eva Petroline 62:37
Myrtle Tourtrott 63:52
Jean Hargett N/A
F65 Betty Dooley 60:56
Margaret Hagerty 69:43
Cecile Maples N/A

Zephyr Hills Sunset 5K
Sarasota, FL; June 10
Overall
Charlie O'Brien, 34 17:21
Bethany Morse, 29 19:00
M40 Bill Menard 19:23
M45 Ruben Camadio 19:07
M50 R. Quevillon 18:51
M55 Fred Fiala 21:27
M60 Chester Franz 21:21
M65 Jerry Hoffman 25:32
M70 Carl Hammen 23:42
W40 Debbie Kowal 24:45
W45 Candace Yelton 24:28
W50 M.J. Zuknick 32:00

Elby's Big Boy 20K
Wheeling, WV; May 26
Overall
Xohile Yawa 1:00:53
Manuela Machado 1:10:54
M40 Doug Kurtis 1:07:42
Allen Choma 1:08:21
Paul Cummings 1:10:32
M45 Bill Rodgers 1:06:30
Joseph Nzau 1:07:56
Terry McCluskey 1:12:24
M50 Jon Patton 1:20:56
Gene Ruckman 1:22:05
Raymond Renaud 1:23:05
M55 Bill Olrich 1:19:12
Ron Hill 1:29:59
Wayne Wheeler 1:27:45
M60 James Lacey 1:27:49
Jack Cagot 1:28:42
Jim Roster 1:33:36
M65 Matt Norris 1:38:18
Walt Case 1:42:37
Jordan Biscaglia 1:44:06
M70 Lou Lodovico 70 1:31:24
Americo Mascio 73 1:56:35
Albert Booth 74 2:02:12
W40 Cindy Levine 1:28:35
E Arthur-Wilmoth 1:29:48
Maureen Pope 1:32:16
W45 Barbara Filutze 1:21:30
June Schlaback 1:25:36
Vel Verhage 1:38:18
W50 Elizabeth Ervin 1:31:19
Rose Scheid 1:37:46
Joanne Johnson 1:40:06
W55 Georgette Lacey 1:54:44
Judith Asmus 1:56:46
Virginia Farneman 1:57:05
W60+Ellen Lipscomb 61 1:52:10
Julia Jones 65 2:09:30
Jemma Jacino 62 2:09:31

First of America Run
Ann Arbor, MI; May 28
HALF-MARATHON
Overall
Donald R. Johns, 29 1:06:21
Ann J. Boyd, 30 1:16:15
M40 Terry Elsey 1:12:18
P. Krebsbach 1:15:05
John Scott 1:17:18
M45 Walter Herrala 1:15:48
P.Deladurantaye 1:18:17
W40 K. Blackford 1:22:47
Natalie McCoy 1:25:40
R. Frankowitz 1:29:58
5K
Overall
Mark Furkis, 38 15:25
Noelle Dixon, 23 19:12
M40 Earl McWilliams 16:06
M45 M. Webster 18:05
Don Campbell 18:14
Bud Rodgers 18:16
M50 Doug Goodhue 17:28
W40 Donna Olson 20:56
W45 Kathleen Gina 20:48
Carolyn Dick 20:52
S. Chwastek 24:04
W50 Darlene Smith 21:26
10K
Overall
John Scherer, 24 29:28
Bonnie Sons, 28 34:42
M40 Gary Zeuner 32:19
Daniel Black 32:57
Aaron Ramal 33:46
M45 Peter Hallop 34:02
W40 Nancy Grayson 38:10
Nancy Boudreau 39:23
Karen Jo White 42:18

MID AMERICA

Boulder Dash 5K
Boulder, CO; April 16
Overall
Magnus Bengtsson 28 14:57
Patty Murray 28 18:29
M30 Dave Cuadrado 15:04
M35 Andrew Crook 16:10
Stann Vernon 16:35
M40 Peter Copeland 17:40
Jim McMenamin 18:41
M45 Michael Grun 17:10
Jim Reynolds 17:21
M50 Richard Warner 19:31
Larry Avery 20:13
M55 Ross Westley 18:46
Ken Randall 18:47
M60 Bill Turley 20:56
M65 Walter Slack 27:32
M70+Irving Weiss 25:51
W30 Colleen Cannon 19:07
W35 Margo Brown 20:55
Diana Shannon 21:18
W40 Jan Hughes 20:02
Edie Stevenson 21:17
W45 Cindy Cohagen 20:38
Bogie Bogner 22:45
W50 Rosanne Pappas 22:55
W55 Vici DeHaan 24:34
W60 Joyce Schmidt 49:10
W65 Nancy Smalley 27:05
W70+Louise Adams 27:05

Cherry Creek Sneak 5 Mile
Boulder, CO; April 24
M40 Pablo Vigil 26:13
Ric Rojas 27:00
Charles Lusman 28:19
M45 Dave Dooley 27:38
Tom Burnett 27:40
Edward Fuchs 27:49
M50 Jim Beebe 30:53
Don Wade 31:48
Don Larson 32:11
M55 Ardel Boes 29:57
Phil Mann 31:08
Ross Westley 31:48
M60 Ken Luff 33:27
Ric Markin 33:48
Richard Sanderson 34:18
M65 Art Hinman 39:14
Ken Wright 40:55
M70+Dewey McNickle 70 39:20
Maurice Serotta 70 44:17
W40 Peggy Muhn 31:42
Ann Daxberger 31:54
Sally Brent 32:21
W45 Marilyn Stapleton 33:53
Diane Ridgway 35:10
W50 Gail Hunter 35:42
Bette Poppers 38:23
W55 Diane Palmason 36:13
Vici Dehaan 41:25
W60 Natilee Christman 45:03
W65 Nancy Smalley 46:33
W70+Louise Adams 72 47:27

Bank River IV 10K
Wichita, KS; May 7
Overall
Jonah Koech 29:04
Nicole Woodward 33:33
Top Age-Graded Masters
Dick Wilson 62 38:07/30:01
Tom Trusdale 33:51/31:49
Kent Oglesby 35:18/32:28
M35 Curt Shelman 33:06
M40 Steve Riley 34:33
Steve Palmer 35:22



Continued from previous page

Howard Swartz	36:40
M45 Marvin Patterson	35:25
Jeff Berven	36:48
M50 Paul Jensen	37:19
Dumont Schmidt	39:45
M55 Charles Doze	40:57
Eddie Olmstead	43:44
M60 Virgil Love	43:45
M65 Ralph Skov	50:49
M70+Virgil Whitsitt	52:45
W35 Vickie Luebbbers	40:41
W40 Barbara Holzman	40:34
Susan Leesman	40:56
W45 Vera Burton	44:07
W50 Dianne Compton	48:26
W55 Carol Strausser	48:26
W60 Helen Beckham	57:20
W65 June Dirks	75:35
W70+Wanda Grove	73:58

Trinity Hospital 1/2 Marathon & 8K  
Kansas City, MO; June 5

<b>1/2 Marathon</b>	
M40 Doug Kurtis	1:10:25
M45 Bob Bulmester	1:24:04
M50 Charles Mabry	1:25:08
M55 Singh Mustan	1:23:03
M60 Dick Wilson	1:27:18
M65 Jack Rector	1:58:06
M70 Waltzer Tulsaross	1:59:46
W40 Marcia Dowling	1:33:50
W45 Jane Hutchison	1:28:58
W50 Brenda Davidson	1:40:57
W55 Carol Strasser	2:07:57
W60 Fritzi Hazlerigg	2:09:00
W65 Dorothy Gray	2:22:29
<b>8K</b>	
M40 Terry Friedrich	29:32
M45 Robert Dever	30:10
M50 Ted Glenn	31:55
M55 Bobby Kincaid	31:12
M60 Paul Heitzman	33:00
M65 Gerald Witten	36:40
M70 Bill Dyer	48:07
W40 Sharon Greenwood	34:17
W45 Judith Muller	36:21
W50 Susie Turner	37:58
W55 Marilyn Potter	42:02
W60 Ann Williams	43:50
W65 Mary Taylor	1:20:02

**SOUTHWEST**

New Orleans TC 3 Mile  
New Orleans, LA; May 1

<b>Overall</b>	
Desmond O'Connor 40	15:10
Julie McGee 34	18:08
M40 Desmond O'Connor	15:10
Junius Dixon	15:50
Yassine Belaabed	16:53
M45 Larry Schlueter	17:35
M50 Eugene Jones	18:42
M55 Mike Witkin	17:32
M60 Charlie Wimberley	18:58
M65 Dudley Gautreaux	24:43
M70+Arthur Gassen	25:27
W40 Stephanie Payne	21:03
Mary Briner	23:05
W45 Carol Plemmer	22:25
W50 Angela Dufour	23:34
W55 Carolyn Johnson	26:47
W65 Connie Butler	33:55
W70+Eliz Van Battum	23:58
<b>Racewalkers</b>	
M40 Sidney Holmes	26:00
M50 Jose Paz	31:35
M60+Al Rieke	22:22
W40 Barbara Turner	35:54
W50 Mary Mills	35:59
W60+Rita Williams	38:35

Crimestoppers 8K Run For Crime  
New Orleans, LA; May 14

<b>Overall</b>	
Mike Mullan	26:41
Pam Williams	29:57
<b>Masters</b>	
Junius Nixon	27:37
Ruth Baehr	41:33
M40 Yassine Belaabed	29:32
Greg Gordon	32:24
M45 Terry Alario	32:03
M50 Ray Kloiber	36:57
M55 Gholam Peyman	31:50
M60 Frank Wagner	37:56
M65 Bob Calhoun	43:12
M70+Al Masakowski	49:45
W40 Sandra Consalvi	45:17
W45 Peggy Misner	43:28
W50 Tommie Robertson	45:51
W55 Anita Calhoun	47:37
<b>Racewalkers</b>	
M40 Oliver Dailey	58:15
M50 Jerry Leydecker	58:45
M60+Paul Stall	66:42
W40 Yvonne Evans	65:38
W50 Joyce Stall	70:30

5K Run For Children's Hospital  
New Orleans, LA; May 22

<b>Overall</b>	
Jeff Campbell	15:01
Nora Doyle	18:21

<b>Masters</b>	
Jeff Cole	15:51
Susanne Pierce	19:24
M35 Mike Grigo	16:10
Eugene Dedeaux	16:37
Lester Smith	16:54
M40 Junius Nixon	16:20
Paul Waguespack	16:40
Yassine Belaabed	17:20
M45 J R Brown	17:10
Paul Aucoin	18:17
Larry Schlueter	18:21
M50 Maury Dean	17:37
Eugene Jones	19:14
Al Dehon	19:54
M55 Mike Witkin	18:02
Gholam Peyman	18:29
M60 Eddie LeRouge	21:39
Bill Cohen	25:42
M65 Bill Cox	25:14
Milton Fingerman	27:40
M70+Art Gassen	27:24
W35 Heydee Lacayo	26:29
Miche Goldenburg	25:55
Marie Crowds	27:01
W40 Stephanie Payne	22:01
Patty Carey	22:25
Mary Briner	23:48
W45 Carol Plemmer	23:07
Sandra Gibson	24:20
Lorraine Fryoux	25:30
W50 Ruth Baehr	23:00
Angela Dufour	23:53
W55 Pat Guidry	24:04
Carolyn Johnson	27:43
W60 Marilyn McConnell	29:30
Virginia Russo	45:06
W65 Connie Butler	36:18
Amelia Gassen	37:33
W70+Elisabeth VanBattum	24:44
Jose Gaille	48:48
<b>Racewalkers</b>	
M40 Oliver Dailey	34:56
M50 Joe Palermo	32:10
M60+Charles Gaskill	33:16
W40 Eva Beck	31:52
W50 Mary Mills	37:10
W60+RoRo Hoerner	40:51

**WEST**

Palo Alto Centennial Running Festival  
Palo Alto, CA; April 17

<b>100K</b>	
<b>Overall</b>	
Jerry Wittenauer 35	7:59:31
Suzie Lister 29	9:36:39
3 Ron Howard 42	8:53:16
7 Phil Penna 45	9:50:34
8 David Kim 51	10:04:37
9 Mike Palmer 40	10:06:24
12 Lyal Holmberg 51	10:38:12
13 Barney Baty 47	10:44:10
15 Aaron Goldman 62	11:12:30
16 Stuart Gleman 49	11:18:51
17 Ray Young 55	11:19:12
18 Bob Longwell 55	11:45:08
20 Barbara Miller	F 12:31:26
21 Tim Carr 48	12:37:38
22 Ruth Anderson 64	F 12:51:30
23 Richard Carp 61	12:55:12
<b>50K</b>	
<b>Overall</b>	
Fri Lui 28	4:07:02
June Montuori 39	5:07:49
2 Jim Longwith 48	4:12:20
4 Elliott Eisenbud 51	4:52:23
7 Tony Rossman 52	5:08:08
8 Ed Mooney 61	5:24:24
9 Gary Waldsmith 53	5:24:44
10 Manuel Borba	5:48:04
11 Ross Walzer 72	5:56:02
12 Dick Collins 60	6:45:39

Bach Bay Classic Runs  
Newport Beach, CA; May 22

<b>Half-Marathon</b>	
<b>Overall:</b>	
Alfredo Hosas 34	1:05:53
Sandy Lovejoy 38	1:20:43
M40 Salvador Arellano 1:13:30	
Fred Pichay	1:20:07
Don Howard	1:21:06
M45 Bob Asada	1:18:17
Tom Carras	1:19:27
Rick Villa	1:25:23
M50 John Rafferty	1:19:23
Jim Crawford	1:25:18
Terry Swets	1:25:59
M55 Don Watson	1:22:57
Martin Burgess	1:25:48
Juvenal Herrera	1:29:53
M60 Antonio Gonzalez	1:27:57
John Murphy	1:34:14
Jack Sizer	1:37:13
M65 Bob Koch	1:35:08
Robert Kay	1:43:34
John Pacllo	1:46:13
W40 Lorraine Gersitz	1:28:41
Barbara Veron	1:30:26
Donna Swanson	1:24:25
W45 Susan Cody	1:43:29
Larue Chalekson	1:44:15
W50 Joan Jeter	1:39:44
Nancy Buchanan	1:43:54

<b>8K</b>	
<b>Overall</b>	
Wes Ashford 32	23:38
Mary Button 34	29:04
M40 Steve Kellmyer	28:17
Scott Sumner	29:07
Michael Dyer	29:43

M45 Donald Ocan	27:41
Michael Griffith	29:00
Pete Boisneau	29:27
M50 David Carter	30:08
Peter Schultz	32:44
Steve Schumacher	32:58
M55 Ray Hughes	32:13
Tom Dillay	35:00
Manuel Banuelos	36:15
M65 Richard Hochschild	36:56
Jack Green	40:35
Bob Berg	44:20
M60 Paul Saucedo	33:21
Gilbert Nielson	40:02
Darrel Jeffries	41:22
M70 Larry Banuelos	34:13
Sal Avila	42:57
Tom Hillman	46:43
W40 Lol Coker	30:38
Carol Richardson	33:52
Debbie Jamieson	34:12
W45 Helen Oak	40:22
Carole Gass	40:23
Sue Robbins	40:31
M50 Linda Johnson	40:19
Diann Heyer	41:12
Myra Luder	41:39
M55 Karin Harrison	40:20
Maria Martyn	44:45
Carole Pinkner	44:51
W60 Wilma Maddock	37:29
Chris Cromer	41:29
Amy Goldstein	45:34

**NORTHWEST**

Shamrock Runs  
Portland, OR; March 13

<b>5K</b>	
M40 Toby Daniels	16:56
M45 M. Carnahan	16:49
M50 V. Schultz	20:46
M55 Bob Kiever	19:58
M60 Jack Keener	20:16
M70 Bill Juenemann	31:10
W40 Wanda Lakeman	20:34
W45 Madeline Connell	21:32
W50 Joanne Losinger	28:51
W55 Janet Emch	28:48
W60 Barbara Dougan	30:26
W70 Jeanne Webb	40:36
<b>8K</b>	
M40 Roger Tumasonis	25:29
M45 Erik Sten	28:26
M50 T. Loffelmacher	28:48
M55 Ken Ogden	32:19
M60 Max Jones	32:44
M70 Al Nakata	42:22
W40 Dianne Sullivan	30:30
W45 Laurie Binder	29:13
W50 Kitty Midson	38:51
W55 Marilyn Paul	38:31
W60 Flor Irlandez	47:10
W70 Jane Brown	57:28

Nordstrom 8K on Broadway  
Portland, OR; April 17

<b>5K</b>	
M40 Marcial Soto	25:38
M45 M. Carnahan	26:57
M50 Glen Duey	29:57
M55 Gary Nichols	32:00
M60 Jack Keener	33:29
M65 John Keston	30:4
M70 Joe Cusic	37:57
W40 Laura Caldwell	29:40
W45 Laurie Binder	28:55
W50 Margaret Noel	37:35
W55 Rose Nichols	39:12
W60 Colleen Mershon	39:04
W65 Helen Lachman	52:49
W70 Irene Crane	57:07

March of Dimes Run  
America 5K  
Portland, OR; April 23

M40 Larry Strom	19:15.1
M45 Bill Carley	16:55.8
M50 R. LaTour	19:00.6
M55 Bob Kiever	19:58.9
M60 Jack Keener	20:16.9
M65 John Keston	19:00.2
M70 T. Baumeister	29:59.6
W40 Vicky Turel	26:04.3
W45 Barb Mallery	25:31.1
W50 Sue Lawless	28:07.0
W55 Ume Sutton	28:38.4
W60 Joan Klopfer	27:04.2
W65 Pat Rouse	32:35.8
W70 Lauri Mako	30:19.6

**INTERNATIONAL**

Dutch National Championships Roadrace  
Amsterdam, Netherlands  
(M 15K and W 10K) April 4

M 40 Hans van Wegen	47.38
Henk van Velzen	47.54
Jan de Lange	50.19
M 45 Jan v. Laarhoven	50.55
Jaap Vallentgoed	51.02
Roel Timmers	51.19
M 50 Marius de Snayer	53.16
Jan Barends	54.00
Michiel Koorn	55.40
M 55 Karel Leeuwangh	57.11
Pim van der Lek	57.52
Louis Vink	59.22
M 60 Felix Florijn	56.57
Siem Herlaar	57.42
Cor Holshuisen	61.35
M 65 Hein Zethof	60.10
Hans Kamperdijk	68.22
W 35 S.Groen in't Woud	39.13
Jolanda Vos	39.36

Joke Laan	39.40
W 40 Hennie Zantinga	36.04
Annie v.d.Kerkhof	38.10
Ada ten Drink	43.11
W 45 Els Raap	37.54
Marian Knapen	39.21
Thiely Keeling	42.37
W 50 Gre Warnaar	40.53
W 55 Mientje Hofmeijer	46.32
Nel van Leeuwen	48.47
Trees Maat	49.51
Total finishers:	108

**RACE WALKING**

Metropolitan Athletics Congress  
15K RW Road Championship  
Central Park, NYC; April 10

<b>Overall</b>	
Marc Varsano 29	1:04:48
Kaisa Ajaye 30	1:21:42
M40 Gary Null 49	1:20:39
Richard Harper 44	1:26:00
Jacinto Mogena 48	1:35:12
M50 Herbert Zydek 55	1:30:05
Sherwin Wilk 55	1:32:00
Steven Cohen 55	1:52:38
M60 Cervin Robinson 65	1:36:39
Jan Gero 61	1:38:37
Daniel Pina 64	1:38:57
M70+William Smuckler 80	2:04:33
W40 Sonia Morales 46	1:37:20
Luba Nemcow 43	1:43:56
W50 Elton Richardson 55	1:31:21
Anne Marie Kunz 52	1:40:41
Dolores Perry 55	1:48:17
W70+Q Thompson 71	2:01:48

Shane Viergeg Memorial  
5K RW  
Somerset, PA; May 14

<b>Overall Men</b>	
Dave McGovern 28	20:28
Gene Miller 54	24:43
Tom Bover 50	25:52
M30 Peter Stumpf	33:59
M35 Steve Bence	33:08
Bill Glessner	33:12
Andy Barth	33:57
M40 Bill Lamont	30:51
Alvin Harbough	31:22
M60 Bob Rearich	34:01
M45 Bob Kukan	31:35
William Fisher	33:42
Jeff Cale	33:47
M50 Ronald Bober	28:24
Jay Coddington	30:02
Richard Schmidt	34:24
M55 Ron Laird	31:16
Jack Hough	34:23

M60+George Maffett	30:19
Phillip Spinosi	34:26
William Miller	43:50
<b>Overall Women</b>	
Bobbi Jo Kukan	27:15
Judy Stoy	27:55
Chris King	29:30
W30 Jill Way	34:43
Beth Schroock	41:49
Lisa Rogers	41:49
W35 Shelley Glessner	36:10
Joanna Sicheri	41:47
Joy Stull	43:08
W40 Kathy Mitchell	34:42
Kathy Trent	35:51
Connie Long	39:22
W45 Sharon Kelly	35:34
Starlite Kennell	37:40
Judy Brant	41:21
W50 Carolyn Brooks	33:51
Cynthia Rath	34:05
Judy Fritsch	36:17
W55 Connie Clausner	36:06
Mardianne Gusbar	40:32
Nancy Boucher	44:31
W60+Mardelle Friedline	53:49
Margaret Rozinsky	54:28
Mona Barndt	59:06

USATF Florida/Lavonne Hottensmith 5K RW  
Championships  
Coconut Creek; May 15

<b>Overall</b>	
Eric Schmoock 29	24:37
Linda Stein 46	28:15
M35 Chuck Bryant	31:18
M40 Juan Yanes	27:06
Brian Halfide	28:37
M45 John Fredericks	25:34
Mike Mason	30:41
Dennis Dunne	32:00
M50 Jay Dash	30:26
M55 Bob Cella	29:03
Neal Donahue	32:22
Alton Harnage	35:41
M60 Bob Fine	29:27
Gerry Gomes	30:18
Bob Sorrelle	31:31



# Huntsman World Senior Games

## Male & Female Athletes Age 50 and Above

Competing in cycling, softball, swimming, tennis, bowling, racquetball, track & field, basketball, golf, horseshoes, table tennis, duathlon (running & cycling), road racing, soccer, volleyball, and basketball free throw.

For More Information Call  
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**St. George, Utah  
October 10-21, 1994**