

NATIONAL MASTERS NEWS

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

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5335 Athletes Take Part in 11th World Veterans Championships



Flags of all nations at the opening ceremonies at the World Championships in Buffalo.

Photo by James P. McCoy/Buffalo News

USA Welcomes Competitors from 79 Nations to Buffalo

First came the heat.
Then came the humidity.
Next came the wind.
Finally came the rain.

The summer weather in the eastern USA lived up to its fearsome reputation but didn't deter the 5335 masters athletes from 79 nations who took part in the 11th biennial WAVA World Veterans Athletics Championships in Buffalo, N.Y., July 13-23.

The number was the second-largest ever for a WAVA World Championships, surpassed only by the 12,178 participants who competed in Miyazaki, Japan in 1993. The total of 79 nations exceeded the record 78 countries represented in Japan.

There were some technical and other snafus (see separate story), but overall the event was a success and a lot of fun for almost everyone.

"There were some problems, but I could care less about that," said Yvette Lavigne of Los Angeles, summing up the feelings of most athletes. "I thoroughly enjoyed the people."

As usual, the scope of the meet was overwhelming. There were 85 heats and finals in the 100-meter dash. The decathlon/heptathlon drew a record 228 competitors who completed 2154 individual events in a two-

day period. Close to 1000 marathoners started in one country (USA) and finished in another (Canada). There were 58 world records and 24 USA records set in the 11-day extravaganza (see separate competition story).

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**Special World
Championships Issue**

running
nike

Runs
end.

Running doesn't



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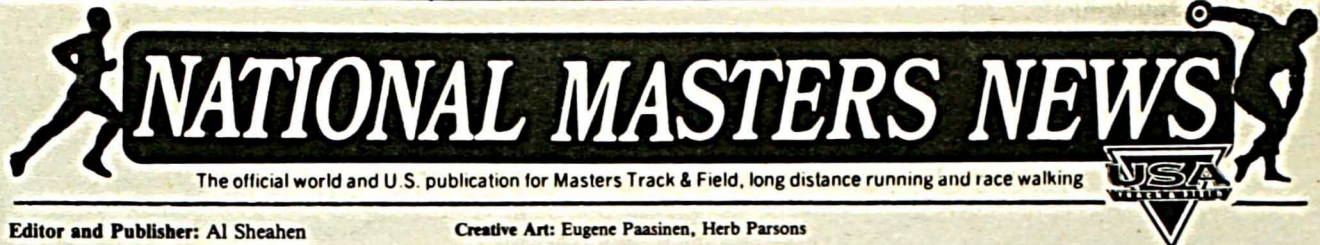
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Editor and Publisher: Al Sheahan
 818/786-1981
Senior Editor: Jerry Wojcik
Office Manager: Suzy Hess 503/343-7716
 Fax: 503/345-2436
Associate Editor: Angela Egremont
Assistant Editor: Jane Dods
Circulation Manager: Stark Services
Advertising Manager: Sue Hartman
 610/967-8316
Production Manager: Carol Covey
Production: American/Foothill Publishing Co.
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Creative Art: Eugene Paasinen, Herb Parsons
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WORLD VETERANS CHAMPIONSHIPS

I participated in the M45 110mH at the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y. Unfortunately, I was disqualified during our semifinal heats.

I would like to thank all of the athletes who rallied to my side in support of my appeal. I would like to extend special thanks to Stan Druckrey, world record holder for the M40 110mH.

Competition sometimes makes athletes reluctant to support each other. Stan is a rival of mine, but I was fortunate enough to have him testify on my behalf during the appeal process. His involvement with my appeal went well past what was asked of him. Stan, to me, exemplifies all that good sportsmanship encompasses. Not only is he a champion in his own right, he is also a person who encourages others to succeed as well.

Although my appeal was unsuccessful and I was unable to compete in the finals of my event, my trip to Buffalo was worthwhile. I not only met many admirable associates, I found another friend in the masters track and field program. I would like to publicly say thank you, Stan, for your support and encouragement.

Thomas Gilliard
Atlanta, Georgia

A big thanks to the officials and medics in Buffalo who volunteered their time. The medic tents were woefully understaffed but held an

abundance of ice and good humor.

Meet officials are to be commended for their efforts to post results (many of such were promptly swiped) and for including what was labeled "age-graded time." It took me a couple of calculations to figure out that the results were *not* age-graded (as described on pp. 4-5 of the 1994 Age-Graded Tables). They were age-group graded, a big difference. In other words, competitors age 40 and 44 were both factored as if they were 40 years old. This should have been noted on the result sheets.

How come the World Championships (and the U.S. Nationals, for that matter) violate a basic principle? That is, older athletes should not be forced to do more than college athletes. At least, no one during my college competition ever scheduled two heats of the 400 hurdles for the same day as happened for M40 on July 15 (which also happened to be the day Buffalo set its all time record high for July). This was an eleven-day meet. The track at Stadium 2 was available after 1:30 p.m. on Friday, July 14! There was no excuse for running both prelims and semis of the 400 hurdles on the same day. Has anyone on the WAVA Committee actually tried to do this themselves? Whoever schedules the U.S. National meet should take care of this same problem before Spokane.

Does the Buffalo Organizing Committee contain any past competitors? You certainly wouldn't think so based on the following three examples. First, during the preliminaries of the high hurdles there were concerns raised by

the women runners about the hurdles to be used at Stadium 2. Fair enough, but instead of making the trip to Stadium 1 to retrieve the top notch hurdles, the OC commissioned an excursion to some high school to pick up what could only be called clunkers not seen since the 1960s. The fact that only six lanes out of eight were usable for running hurdle heats because of the softness of the track is another story.

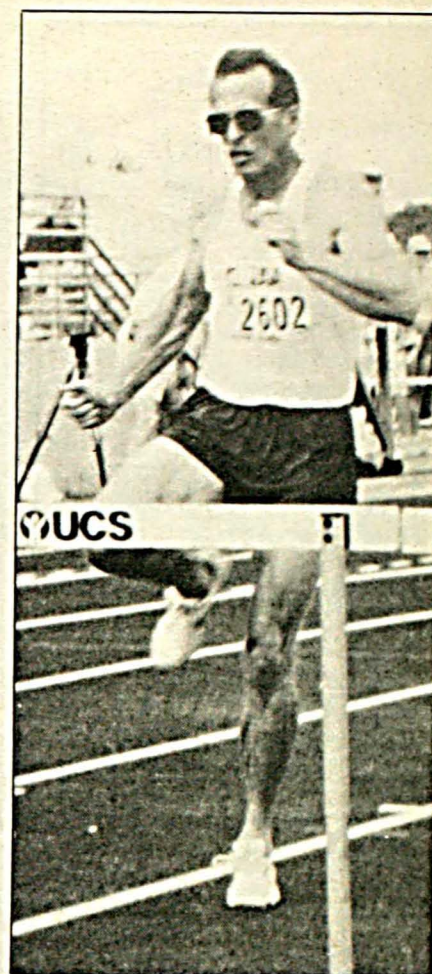
Second, okay, run the 100 into the wind. Run the 200 into the wind. Run the high hurdles semis into the wind. Toughens them up and weeds them out. But, pray tell, what excuse did the OC have for running the finals of the high hurdles into the wind? Was it really necessary to send the M70 hurdlers into a -7.1 mps headwind in the finals? The report we received was that they couldn't set up the electronic timer from the other stadium in less than six hours to make the switch to the back stretch. A meet of this caliber should be prepared to run both ways, particularly when the safety of the athletes is at stake.

Third, warm-up facilities, particularly for the hurdlers at Stadium 2, were non-existent. It was aggravating that the 400/300 hurdles prelims were immediately after another event at Stadium 2, then a break in the schedule occurred before the 800s which was the next event. The break should have happened before the hurdles to allow proper warm-ups on the track.

Given the choice of 1) running one or two open events, then the decathlon/heptathlon/pentathlon, or 2) the d/h/p first, then one or two open events, why penalize multi-event athletes by always following the second schedule?

I don't know that track meets that have shaded stands will increase the number of spectators, but it would be a plus for the competitors.

David E. Ortman
Seattle, Washington



Stan Druckrey, USA, M45 400mH winner (56.80).
Photo by Suzy Hess

The Buffalo organizers did one really great job. They did not take the back seat in any category. In fact, they were far ahead of Miyazaki in most stats. Declarations, results, posting results, awards (perfection), events run on time. Quality, courteous officials in full control. Information on the spot. No confusion anywhere.

What Japan did not have was Al Sheahen doing the commentary. It was good to hear his clear voice giving tribute to the champions and recognition they deserve. He added more to the excitement of the races, both to the fans and competitors.

Many people felt that Japan would be a hard act to follow. I say Buffalo did the act. They were great.

Chuck Sochor
Gowen, Michigan

In Miyazaki, there wasn't enough water on the marathon course. This

Continued on page 9

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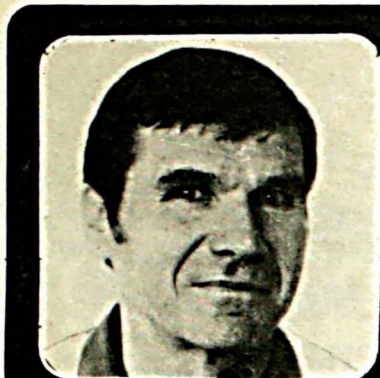


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 24-\$32.40, 36-\$43.20 (\$1.20 each)
 (Chocolate, Peanut, Butter Pecan, Burgundy Cherry
 & Blueberry Cheesecake)
- Strength Systems USA**
Ultra Paks - Special 30 Day Multi-Vit/Mineral And More For Runners
 And Endurance Athletes - Retail \$26.99, Our Price \$21.60
Gold Paks - Special 44 Day Multi-Vit/Mineral And More For Power
 And Strength Athletes - Retail \$37.99, Our Price \$30.40
Yohimbe Bars - Chocolate Raisin Nut
 Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)
- Twin Lab**
Ultra Fuel Bars (Vanilla & Chocolate)
 Retail \$2.69/Bar 12-\$25.99, 24-\$49.99
Ultra Fuel (Powder)
 Retail \$17.99, 1-\$14.99, 6-\$80.94 (\$13.49 each)
 (Orange, Tropical Fruit, Lemon & Grape)
Carbo Fuel (43 oz. - Powder)
 Retail \$19.99, 1-\$15.99, 3-\$44.46 (\$14.82 each)
Phosfuel (180 Capsules)
 Retail \$18.99, 1-\$14.99, 3-\$41.97 (\$13.99 each)
Metabolift Thermogenic Formula
 120 Capsules \$21.95, 1-\$17.56, 3-\$48.90 (\$16.30 each)
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Super Gram II - 100 Tabs. \$19.25 - At Elite \$15.00
Super Gram III - 100 Tabs. \$20.85 - At Elite \$16.50
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Third Wind

by MIKE TYMN

Make Plans for Hawaii in 1997

If you haven't already planned your 1997 vacation, you might start thinking about Hawaii. A spectacular one-time only, 10-mile foot race is planned for sometime late spring or early summer of that year. It's called the Great Trans-Koolau Trek, officially named Heihei 'O Halawa 'Ekolu (literally "A large foot race on H-3").

The H-3 is a new freeway being built over and through the Koolau mountain range, which separates the "windward" side of Oahu from the Honolulu side. The race will begin in Kaneohe on the windward side, pass through a tunnel nearly a mile long, and end inside Aloha Stadium by Pearl Harbor.

The exact date is not yet set as the race will be tied into the opening of the freeway. It was originally scheduled to open late 1996, but delays have moved it back to mid-1997.

Dr. Jack Scaff and Alan Sunio, the race directors, are predicting a field of more than 62,000, which they say would make it the largest timed foot race in history. One Japanese sponsor has already pledged at least 10,000 participants from Japan.

It is anticipated that there will be more walkers than runners, but Scaff looks for a world-class field as well as top age-class competitors from around the world. There will be age-group divisions at the local, national, and international levels with 18 awards in each five-year age group. Some thought is being given to a special age-graded division, allowing all age groups to compete both equally and separately. Former Olympians — now all masters — Gerry Lindgren, Kenny Moore, Frank Shorter, and Duncan MacDonald have already committed to the race.

"The philosophy of this race is to stage an event that is a once-in-a-lifetime undertaking, grown in Hawaii, truly community based and near Olympian in its spirit and scale," said Scaff, who headed the Honolulu Marathon its first ten years and now directs the Great Aloha Run on Presidents' Day.

The course, which Scaff said will be TAC certified, will involve several miles of uphill in the beginning, but the last five or six miles will be mostly downhill. Finishers will pass through a second tunnel, the one into the stadium, and enter Olympic style to the cheers of thousands of spectators. All kinds of festivities, including fireworks, sky divers, and Hawaiian entertainment will be interspersed with the awards ceremony.

If you are interested in participating, you can obtain more information by

writing to: Heihei 'O Halawa 'Ekolu, 50 South Beretania St., Suite C 211-A, Honolulu, HI 96813. The organization is even offering a newsletter with a one-year subscription costing \$18 for U.S. residents and \$21 for those outside the U.S. and its territories.

Too Early?

I've always wondered why so many race and meet directors wait until the last month or so to promote their events in national publications. If they are attempting to draw competitors from outside the area of the event, it would make more sense if they began their promotion efforts a year or more in advance. After all, most people plan ahead for a vacation or long trip. Unless you're retired and financially well off, you don't just jump on a plane and travel across the country on a month's notice.

Jack Scaff and Alan Sunio obviously realize that, but many race directors don't seem to.

Hills Trade-off?

Something else that the Great Trans-Koolau Trek brings to mind is the trade-off in speed on a hilly course. Until I ran the Cascade Runoff 15K in Portland in 1980, I had assumed that you never quite make up going downhill what you lost on the uphill. However, the Cascade Runoff, which was discontinued a year or two ago, seemed to disprove that. That event was mostly uphill for the first half and downhill the second. I set what was then a PR for myself on that course in the 1980 race. More significantly though, the race always produced numerous records among the elite and usually had a very large percentage of the best 15K times in the world for every year it was run.

With that in mind, I would expect some pretty fast times in the Great Trans-Koolau Trek, even though the first half of the race will be mostly uphill.

Conflict of Interest

All that said, I have to confess that I have a slight conflict of interest in writing about this event as I am serving on the committee, specifically responsible for the age-group competition. However, I know from many years of observing Jack Scaff that he never does



Great Trans-Koolau Trek — Runners will cross the Koolaus on Interstate H-3 for the 10-mile run in 1997. Race officials expect to attract a field of more than 62,000 entrants, making the event the largest timed foot race in history. Photo by Ric Noyle

things in a small or disorganized way, and I have little doubt that the race will

be as spectacular as he expects it to be. □

Marketing Masters Track & Field

Can Bill Collins, the world M40 100-meter champion, beat Gwen Torrence, the world women's 100-meter champion, in a special match race?

Collins, the 44-year-old Texas sprinter who won the M40 100 at the WAVA World Championships in Buffalo, July 16, in 11.33 into a 2.3 mps wind, thinks he can, despite the 10.85 time posted by Torrence in Sweden, August 7.

Franks Munene, Collins' agent and head of the KFM International Running Club of El Paso, figures such a match race could bring in sponsor dollars and create some interest in track and field in the USA.

Munene helped orchestrate Larry Jessee's collecting \$50,000 from an insurance company for pole vaulting over 17 feet last year. Jessee had put up a sizeable premium, betting he could set a world masters record.

Dwight Stones reportedly also worked with Munene to try to clear seven-feet in the high jump at last year's indoor nationals, but came up several inches short.

Munene said Jessee was besieged with inquiries at the World Championships, where he won the M40 pole vault.

Munene's goal is to target a baby

boomer audience that remembers when these and other athletes were in their prime.

Events will be promoted in three ways: age-group record attempts; gender-mixed age-group for time or record challenge; and showcase events with multiple entrants.

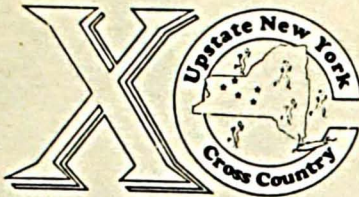
"We're marketing a new product," Munene said, "so we need to make sure we come up with something unique."

Stones broke the world masters high-jump record of 6-9 in Buffalo, only to see his mark bettered by James Barineau, who cleared 6-11. Munene would like to match Stones and Barineau to see if either can leap seven feet.

"Until recently, there has been no reason for many of these older athletes to continue competing," Munene said. "Now there's an opportunity to challenge world records and be compensated."

Munene has begun to target corporations to sponsor athletes and events at major indoor and outdoor track meets next year.

"I think we'll get good media coverage because of the world record attempts and gender match races," he said. □



NATIONAL MASTERS 10K CROSS COUNTRY CHAMPIONSHIPS

Sunday, October 15th . . . 10:00 am
 Finger Lakes Community College . . . Canandaigua, NY
 Hosted by: Rochester's Cats Athletic Club
 Race Director: Peter Glavin (716) 242-9031

Cats

athletic club

****Competition in 5-year age groups & \$2,500 in team prize money****

ELIGIBILITY . . . the competition is open to all runners, age 40 and over on race day, who are currently members of USATF. You must have a current USATF number to participate. USATF registration is available by contacting your local USATF office or you can obtain a USATF card from the USATF representative at registration. (\$8.00 for Niagara Association members, \$12.00 for non-Niagara Association members)

**YOU MUST DISPLAY CURRENT USATF CARD AT REGISTRATION
 IN ORDER TO PICK UP YOUR NUMBER!!!**

AGE GROUPS . . . Men and Women: 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 - 74, 75 - 79, 80 - 84, 85 - 89, 90 - 94, 95 & over. Age on race day determines division, race director may require proof of age.

AWARDS . . . USATF medals to top three in each age group. The winner of each age group will receive a USATF Championship patch.

TEAM PRIZE MONEY . . . \$2,500 in prize money will be available to the top Men's and Women's teams in each 10-year age groups as follows:

	1st	2nd	3rd
M40 - 49	\$400	\$200	\$100
W40 - 49	\$400	\$200	\$100
M50 - 59	\$300	\$200	
W50/over	\$200		
M60 - 69	\$200		
M70/over	\$200		

OTHER TEAM AWARDS . . . Medals will be awarded to the scoring members of the 1st, 2nd, and 3rd place finishers in each team division. USATF Championship patches will be awarded to the scoring members of the winning teams in each division.

TEAM ENTRIES . . . Only association clubs are eligible to compete for team titles. Athletes must indicate exact team name on individual entry form. Team age divisions are: 40 - 49, 50 - 59, 60 - 69, 70 & over for Men; 40 - 49 and 50 & over for Women. A maximum of 8 declared entries per team. Scoring is by aggregate time of top team finishers. Men 40 - 49 and 50 - 59 score 5 runners, 60 - 69 and 70 & over score 3 runners. All women's teams score 3 runners.

**TEAMS ENTERING MUST SUBMIT TEAM ENTRY FORMS TOGETHER WITH A COPY
 OF THE CLUB'S USATF ASSOCIATION TEAM CERTIFICATE.**

*Final team declarations must be made by mail, or from 3:00 - 6:00 pm at the meet headquarters, The Canandaigua Inn on the Lake on Saturday, October 14th.

MEET HEADQUARTERS . . . The Canandaigua "Inn on the Lake," 777 South Main Street, just 2.5 miles from FLCC. Call 1-800-228-2801 for reservations and directions. (You must mention the National Masters Cross Country Championship to receive the special rate of \$50.00/single, \$60.00/double plus 7% tax.) NOTE: call by September 15th to insure reservations. It will be peak foliage season in the Finger Lakes Region and hotel/motel rooms will be at a premium.

ONTARIO COUNTY TOURISM . . . Call (716) 394-3915 for visitor information and other places to stay in the Finger Lakes Region.

ENTRIES . . . will be accepted by mail until Monday, October 9th. Post-Registration will be accepted at Meet Headquarters from 3:00 - 6:00 pm on October 14th.

There will be no race day registration!

CONFIRMATION OF ENTRIES . . . all pre-registrants who send in a self-addressed stamped envelope with their entry will receive confirmation of their entry plus details on the Post-Race Party.

ENTRY FEE . . . \$15.00. All pre-registrants will receive a Championship Race t-shirt.

PACKET PICK-UP . . . Pre-registered runners may pick up their numbers from 3:00 - 6:00 pm at Meet Headquarters on October 14th and at the FLCC Gym on race morning from 8:00 - 9:00 am.

DIRECTIONS TO FLCC . . . Canandaigua is located 30 minutes east of Rochester and 60 minutes west of Syracuse. Take the NY State Thruway (Rt. 90) to Exit 44.

Proceed south on Route 332 for 7 miles into the city of Canandaigua. Rt. 332 become South Main Street. Proceed down S. Main, towards the lake, until you can go no farther.

Go left on Lakeshore Blvd. (keeping the lake on your right) for 2.5 miles. Watch for signs leading to FLCC campus. Course begins on the athletic fields at the top of campus.

THE COURSE . . . 10,000 meters, 90% which is grass and 10% is crushed sandstone and dirt trails. Run entirely on the scenic campus of Finger Lakes C.C., overlooking Canandaigua Lake, and through a federally designated "forever wild" preserve. A rolling course with one large hill near the 4.5 mile mark.

AWARDS CEREMONY . . . At 12:00 pm on the lawn of the Finger Lakes Performing Arts Center. Ample shower and changing facilities available at the FLCC gym.

1994 INDIVIDUAL CHAMPIONS:
 Men: John Barbour (Greater Lowell R.R.) 32:30
 Women: Kathy Brown (Cats A.C.) 43:00

1994 TEAM CHAMPIONS:

M 40 - 49:	Greater Lowell R.R.
M 50 - 59:	Boston Running Club
M 60 - 69:	Syracuse Chargers
M 70 & over:	Syracuse Chargers
W 40 - 49:	Syracuse Chargers

PARTICIPATING SPONSOR:

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 Greater Rochester Track Club
 F-F Thompson Health Services
 Genesee Brewery
 Pontillo's Pizza (Victor, NY)
 Canandaigua Elks Club
 USATF/Niagara District
 Wegman's Food Market
 Finger Lakes Running Club

NIAGARA ASSOCIATION MEN'S AND WOMEN'S CHAMPIONSHIP . . . will be held prior to the Masters Championship. The women's 5K is at 8:45 am and the men's 8K is at 9:15 am. Each race is open to the anyone and the entry fee is \$6.00.

ENTRY FORM

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone #: (____) _____ Age on race day: _____ Birth date: ____/____/____

Sex: _____ 1995 USATF#: _____

Exact Name of Team: _____

****Entry fees are neither refundable or transferrable.****

THERE IS NO RACE DAY ENTRY!!!

I know that running is a USATF activity is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running USATF activities including, but not limited to, falls, contact with other participants, the effects of the weather, including heat, extreme cold and or humidity, traffic and conditions of the competitive surface, all such risks being know and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my applications, I for myself and anyone entitled to act on my behalf, waive and release USATF, the Cats A.C., the City of Canandaigua, Finger Lakes Community College, and all sponsors, their representative and successors from all claims or liabilities of any kin arising out of my participation in this event even though that liability by arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

Make checks payable to: "National Masters X-C"
 and mail to: 160 Laney Road
 Rochester, NY 14620-3046

Signature: _____



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Shin Splints

Q. I'm a 42-year-old male in excellent health. I jog, bike, surf and walk for exercise. While fast-walking recently, I experienced pain from the top of my foot (upper ankle) to my shins. The pain, which occurs in both legs, subsides when I return to a more moderate pace. What's causing my problem and what can I do about it?

A. Your condition sounds like "shin splints." This ailment is usually the result of irritation of the tendon that runs from the foot up the inner side of the lower leg (the shin area). It most often occurs in beginning runners or walkers when the tendon is placed under stress by trying to slow down foot placement. But it is also common at the other end of the spectrum among the long-distance, high-speed competitors.

The pain could also be caused by tendinitis or inflammation of the anterior tibial tendon — the one that pulls your foot upward.

In either case, the treatment is the same. You will have to adjust your walking pattern to a more comfortable pace. Icing the tendon for 5-7 minutes after a workout often helps, and using moist heat packs at night for 20 minutes aids in restoring circulation to the affected area. Taking a couple of buffered aspirin prior to your workout may reduce swelling.

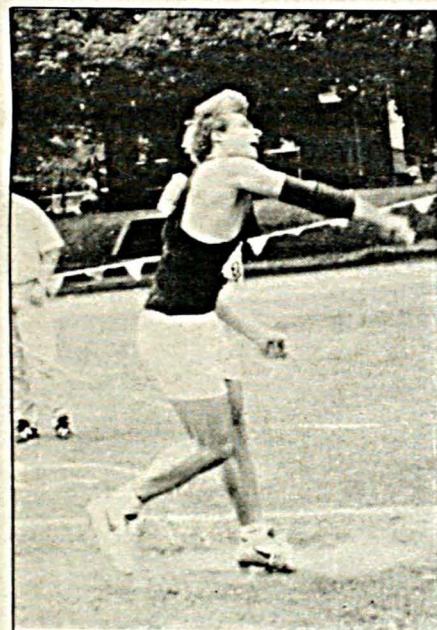
Changing to a good, well-cushioned mid-sole shoe will improve your arch support and help to absorb road shocks.

Once the pain disappears, you should begin some exercises to strengthen the anterior tendon. I suggest Bob Anderson's book, *Stretching*, for some good advice on how to stretch and strengthen the lower legs.

Remember, a thorough warm-up is essential for any walking program. If your pain persists, contact your foot specialist for a complete diagnosis. In extreme cases, shin splints can lead to acute tendinitis and result in damage to the bones of the lower leg. □

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, P.O. Box 50098, Eugene, OR 97405.)



Ron McConnell, 33, Vergennes, Vt., threw the javelin 70.90/232-7, Key Bank Classic, Tacoma, Wash., Aug. 5. Photo by Suzy Hess

Key Bank Classic Draws 140 to Tacoma

by JERRY WOJCIK

Over 140 men and women athletes ages 30-and-over met for the Key Bank Track and Field Classic at the Lincoln Bowl, Tacoma, Wash., on Aug. 5. The meet, which also served as the USATF Pacific Northwest Association Masters Championships, attracted entries primarily from Washington and Oregon, with a handful of Canadians, and others from California, Montana, and Vermont.

Running only in the 100m, Steve Robbins, Washington, M50 1995 National and WAVA Games sprint champion, posted the fastest meet time of 11.51. He also high jumped 1.63. Canadian Harold Morioka, Robbins' primary rival, won the 200 (24.40) and 400 in a meet's best 52.88.

Sue Grigsby, W35, Washington, ran a 2:30.75 800 and a 4:56.37 1500.



Sue Grigsby, 38, Everett, Wash., ran the 800 in 2:30.75, Key Bank Classic.

Photo by Jerry Wojcik



Ric Teller, M40, cleared 1.88 in the high jump, Key Bank Classic. Photo by Jerry Wojcik

The largest field — six — in the meet was in the M45 pole vault, won by Jerry Cash, Oregon, with a 4.57.

Pauline Thomas, W45, Washington, won six throws, including the 20-lb. weight (9.90) and 35-lb. superweight (5.92), both U.S. top-ranked marks.

Ron McConnell, M30, Vermont, threw the javelin 70.90/232-7 from a grass run-up for the best throw of the meet.

Stan Chraminski, M45, Washington, was first in the 5000 racewalk with a 24:54.60.

Ninety-five Key Bank Classic Meet and Pacific Northwest Association records were broken. The Lincoln Bowl will be the site of the 1996 USATF Northwest Regional Masters Championships. □

Art Smith

Art Smith, veteran racewalk judge, Pacific Association track and field official, and retired racewalker, passed away on June 25 of a heart attack.

A native of Canada, Smith lived in Redwood City, Calif., most of his life. He worked as an accountant at Del Monte Foods in San Francisco for 34 years, retiring in 1983. His wife, Dorothy, died in 1985. He is survived by two daughters, a grandson and a granddaughter.

As a judge, Smith was known for his fairness and strict objectivity. His friend and judging colleague Lori Maynard reminisced: "Never, never did a negative word escape from Art's mouth, at least not in my presence. He was always finding the good in people."

Art left many friends in the racewalking community who will miss him, as he departs from our midst for the longest walk, judge's paddle under his arm. □

— Harry Siitonen

Vernon Cheadle

Vernon Cheadle, UC-Santa Barbara's second chancellor and a masters athlete, passed away July 23 after suffering a stroke on July 8.

Cheadle, who presided over UCSB from 1962 to 1977, was an internationally recognized botanist who took up masters athletics when he was 75 years old. In 1985, he broke four world records for M75-79 in the shot put and discus. At his death, he still held the U.S. 4kg shot put record for age 81 at 32-3¼ set in 1991.

A competitor at the Club West meets in recent years, Cheadle was 85 at his death. "He'll be sorely missed," said Club West president Gordon McClenathen.

Cheadle is survived by his wife, Mary, and son, William. In lieu of flowers, the family requests that contributions be made to the Vernon Cheadle Memorial Fund at UCSB. □

—Beverley Lewis

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Deborah Stegman

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Silver Medalist, 5K U.S.A.I.F. Western Regional Racewalk Championship, October 94 • Bronze Medalist, 5K Racewalk Masters National Championship, August 94

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Write On!

Continued from page 4

time there was plenty, in addition to the rain, but did we have to have the AllSport in the same type of cups as the water?

And with the mile markers plumb in the middle of the aid station, I missed over a quarter of my mile splits when I opted to take an AllSport cup rather than press the button on my 30-memory stop watch.

And why was it necessary to take us into Canada with all the resultant hassle with immigration, busing, etc.? Local Buffalo runners were astonished that the Skylon course had been preferred to that used for the annual Buffalo Marathon. At least one bus stopped for three hours on the return trip because someone's passport was in his mate's kit bag on another bus.

None of us saw the scenery, either. It was essentially a straight course, the most boring I've run in 74 marathons around the world. And the rain blotted out what scenery there might have been.

So, Durban, please:

1) Don't take the marathon into Lesotho.

2) Have enough rain-proof number bibs for all of us.

3) Have the aid stations *after* the mile markers, not on them.

4) Have the carbo drink in different colored cups from the water cups.

5) Keep us off the dirt roads.

6) Have us finish on the stadium track, if possible. If not, make the start and finish close to the university dorms, so we don't have to pay and wait for the buses.

Don't take offense, Buffalo. Marathoners make up less than 20 percent of WAVA athletes. If the truth be told, we're a selfish, self-centered, self-opinionated bunch of loners who long for the applause accorded the track and field athletes, but which is denied us as we disappear from sight and mind on our ridiculous 26-mile journey.

So it's thanks from all 5500 of us to you, Vito, and all your staff and volunteers for an excellent 11-day show which even the marathoners were proud to be a part of.

*Max Jones
Leeds, England*

I had a very unhappy time in the high jump at Buffalo. I cleared the previous W80 world record of 0.88 and was now the only one in my age division. The bar was being raised four centimeters each time, but as I wanted to go for a better record than my 0.89 at the Nationals the week before, I asked for a two centimeter raise and was absolutely refused in spite of my protest and explanation.

I failed at 0.92. The next day the official told me that I had been right, but it was just my bad luck! Surely, officials in world events should know the rules. There were a lot of unhappy situations at Buffalo.

*Sheila Evans
Indianapolis, Indiana*

I am writing to thank you, your publication, and all of the organizers of the WAVA Games. I am a member of the Central Park TC, and it was the first time I participated in any meet of this magnitude. As a veteran marathoner and road racer, it was an unbelievable thrill to step on the track and join the best masters athletes in the world. The camaraderie among the athletes was wonderfully encouraging and supportive.

I participated in the 10,000 and 5000. I must say that I was quite disappointed that my lap counter "blew the count" and I only ran 24 laps of the 10,000. The same error occurred to my friend in the 5000.

Watching Phil Raschker on the track was truly breathtaking! I met Rod Dixon in the dorm cafeteria and had an enjoyable two-hour dinner with him. Watching him win the M45 1500 and 5000 was inspirational.

Please continue to refrain from "qualifying marks" in these meets, so that we can all participate.

Additionally, it seemed to me that masters competitors from other countries are far more serious about the sport than those from our country, especially in the middle distance and distance events.

*Eden Weiss
Brooklyn, New York*

At least one gold medal was lost at the World Championships because of disagreements between officials and athletes as to how many laps had been completed in the 5000 and 10,000 races.

In the future:

1) Lap checkers must make acquaintance individually with all their runners before the race start.

2) Race fields should be limited or volunteers increased so each lap checker has no more than three runners to check (ideally no more than two).

3) Lapped runners must acknowledge their own checker with a call or a wave each lap. Checkers must confirm, with a call or a wave, to the runners that their laps have been logged, and tell the runner how many more laps to go.

4) Checkers may sometimes have to leave their trackside stools to take up a position in lane 3 or 4 to spot their runners.

5) Checkers should not take their eyes off the track to read a stopwatch if, by so doing, they miss one of their other runners completing a lap.

*Dick Maxwell
Portland, Oregon*

In the midst of all the astonishing performances witnessed by those of us lucky enough to be in Buffalo, one stood out for me, and, I suspect, for all other spectators. The name of this individual was never announced, at least not while I was there, yet every other useful fact about each race — runners, records, previous history, favorites and so on — was known to us.

Yes, the giant scoreboard helped, and the sound system itself was the best I've ever heard at any sports venue. Within seconds, new world record

times were announced, confirmed, and results posted on the scoreboard. On that last Saturday, when the 400-meter records tumbled in so many age groups, this was much appreciated.

But it is to the stadium announcer, whoever he was, that my real thanks go. You made our day. The track officials, timers, and statisticians all did their jobs too, but the knowledge, skill and clarity of that announcer was outstanding.

*Richard S. Webb
Hockessin, Delaware*

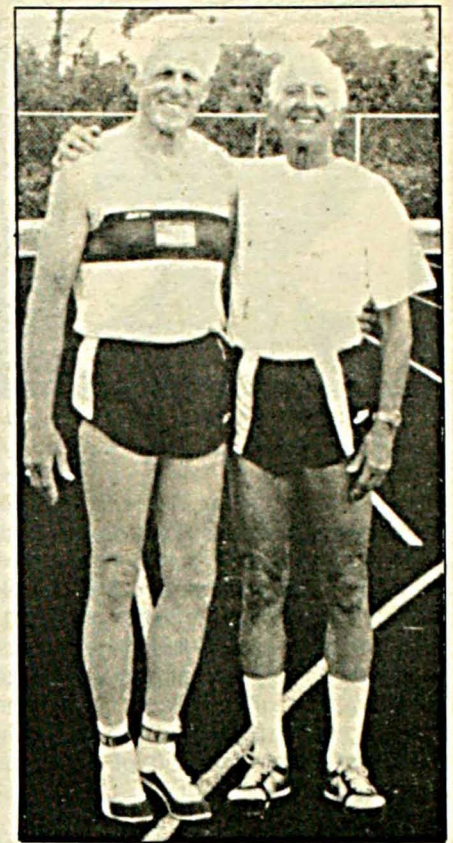
(Thank you for your kind comments. It's nice to know the announcing was appreciated. Al Sheahan was the announcer that day and for many of the finals in Stadium 1. He was ably assisted by Jack McMahon, Kirk Randall, Charles DesJardins, Pete Taylor, Chuck Yale, Eddie Weider, Mike Tojek, Larry Szymanski, and Carl Roesch. — Ed.)

WEINACHT RETIRES

I've always followed Payton Jordan to the finish line and now it's time for me to follow him into retirement from competition.

As I do so, I pause for reflection upon what, to me, has been the greatest benefit from exposure to track and field, friendships...something I'll always treasure.

Some examples: after Turku, I was a guest of Fritz Muhle in Germany, then he stayed with us in Florida as did Payton Jordan and Gene Harte in



Payton Jordan (l) and Bill Weinacht, 1989 WAVA Championships, Eugene, Ore.

other years. Then this year, I stayed at Chuck Sochor's home in Michigan along with Allan Meddings from England. And just last week my daughter was entertained by Gene Harte in Oregon.

Continued on page 13

WAVA GAMES PINS



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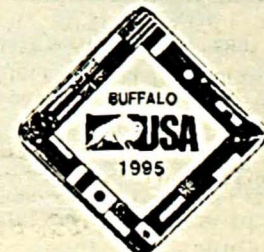
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Masters Racewalking

by ELAINE WARD

Buffalo — A Few Minuses, Many Pluses

Those competing in the WAVA Championships in Buffalo have some very vivid memories. Perhaps the weather for the 10K and 20K tops most racewalkers' lists. Many potential medalists succumbed to the hostile heat and humidity and were unable to finish, while those who did finish had slower than expected times. The other major problems for some athletes were the cafeteria food and lack of air-conditioning in the dorms. With that said and done, shared adversity breeds its own kind of bonding and those consulted felt an overall exhilaration at being part of the Masters "Olympics." They enthusiastically spoke of the special camaraderie that exists in the racewalking community and of the friendliness and hospitality of the Niagara racewalkers.

It is not surprising that the debilitating heat and humidity fueled the discussion about changing the 20K to a 10K for masters men over 70. In fact, some men suggested that the age be lowered to 60. One judge noted that after 10K, many of the older competitors had problems maintaining the racewalking technique and resorted to plain walking. Several men supported this observation by reporting that their 10K times were good, but from then on, they were much slower. If you would like to register your opinion on the distance change, write me at the North American Racewalking Foundation (NARF), P.O. Box 50312, Pasadena, CA 91115-0312.

Increase in Masters Racewalking

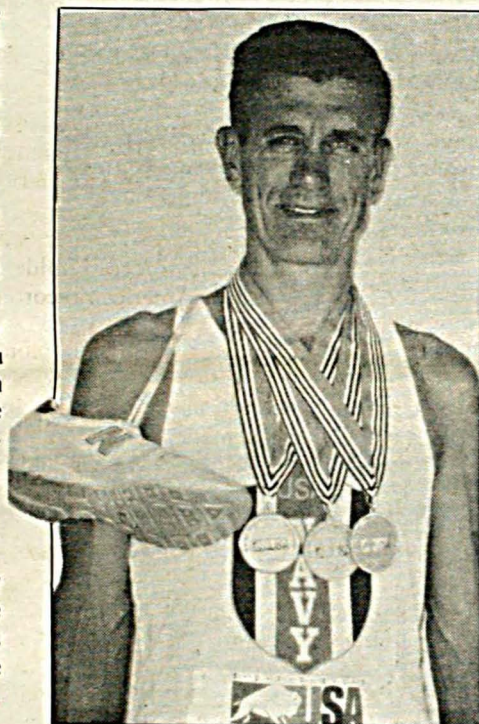
The following stats were prepared by Bev LaVeck. They provide ample evidence of the growth of masters racewalking, largely attributable to the huge increase in women's competition.

1982 USATF		1987 USATF	
450 Entrants in Meet		976 Entrants in Meet	
5K RW	5F	5K RW	27F
5K RW	14M	5K RW	54M
20K RW	2F	20K RW	16F
20K RW	11M	20K RW	40M

1992 USATF		1994 USATF	
1075 Entrants in Meet		1418 Entrants in Meet	
5K RW	65F	5K RW	81F
5K RW	53M	5K RW	85M
10K RW	49F	10K RW	67F
20K RW	39M	20K RW	63M

1989 WAVA		1995 WAVA	
4951 In Meet		5529 In Meet	
5K RW	130F	5K RW	213F
5K RW	199M	5K RW	327M
10K RW	126F	10K RW	181F
20K RW	179M	20K RW	291M

The 1982, 1987, 1992 and 1994 are based on National Masters Outdoor Championships, the 1989 and 1995 are from the World Veterans Games held in Eugene and Buffalo. The numbers in all the tables, except Buffalo, refer to actual participation. The Buffalo table includes all those who registered. □



Warrick Yeager, USA, in only his fourth racewalk ever and second 20K, placed second (1:38:19), leading the USA to the M40 team championships. A week later, he became the world champion in the 5000 racewalk with a 22:59. Photo by Melanie Spoo



Heather McDonald, Australia, winner of the W45 5000 racewalk (26:14), followed by second-place Delia Vargas, Mexico. Photo by Jerry Wojcik

USA Walkers Put on Dazzling Show in Buffalo

by ELLIOTT DENMAN

While America's walking "kids" lag, America's "vets" can brag. At the moment, the USA's younger generation may not include a solid medal contender for next year's Olympic Games in Atlanta, Georgia. However, the USA's older walking folks are laden with gold, silver and bronze, having put on a dazzling show at the XI World Association of Veterans Athletes Championships in Buffalo, NY, July 13-23.

For just the second time in the 20-year history of these World Masters Championships, the United States served as the official host nation, and the USA's men and women came through splendidly. Of course, there was glory in it for others of the 79 nations gathering to compete for world championship titles.

From the first walking event on the calendar — the men's 20K road walk at Niagara Falls on Sunday morning, July 16 and the women's 10K that night, to the series of brilliant 5K races staged on Friday and Saturday, July 21 and 22, at Buffalo State University of New York's Stadium II, it was a rousing show that did the grand old racewalking sport proud.

To true walking enthusiasts, the full Saturday card of 5K races, 8 a.m. to 6 p.m., must rank as one of the great days of competition. And one did not have to be a confirmed walkaholic to form this kind of opinion. Casual observers soon got hooked. There were no snickers from the audience. Far from it — they loved it. With such quality performances and rousing racing, it's no wonder that walking is growing so immensely at the masters level.

To fully appreciate the achievements of the men and women in the 20K and 10K, keep in mind that both the temperature and humidity were reportedly in the 90s. Many seasoned walkers failed to finish because of the unique and extreme Buffalo heat, and many of those who did finish had unusually slow times.

20K

American winners in the 20K were New Jersey's Bob Mimm (M70-74) and Virginia's Cokey Daman (M75-79). Silvers went to USA's Warrick Yeager (M40-44), Edgar Kousky (M50-54), Max Green (M60-64) and Bill Patterson (M80-84). The bronze went to Bill Tallmadge (M75).

Greece's Christos Karagiorgos (M40-44) led the entire pack in 1:36:42, but Russia's Alexander Oleinik (M45-49) was just eight seconds back of him. Germany's Gerhard Weidner (M60-64), a former world 50K record-holder, was magnificent, finishing in 1:44:57. Other golds went to Australians George White (M50-54) and Murray Dickenson (M55-59), Singapore's Chong Nee Goy (M65-69) and Finland's Viljo Hallikainen (M80-84). The men's 80-84 race wasn't the contest it figured to be just weeks

earlier. The sad absence of Giulio de Petra took much joy from the proceedings. What a masterful man he was. How masters walking will miss him.

10K

America's W35-39 totally dominated the women's 10K with Nevada's Victoria Herazo (48:09) breezing in over Pennsylvania's Lynda Brubaker (50:16). Russia's Liudmilla Nitiagovskaya (W40-44) finished in 52:41 with Colorado's Sally Richards winning a silver. Additional golds went to Elton Richardson (W55-59) and Imogene Watkins (W75-79). Snaring more silvers were USA's Gayle Johnson (W45-49), Ruth Eberle (W60-64) and Margaret Walker (W70-74). Bronze medals went to Maryanne Torrellas (W35-39), Pat Weir (W40-44) and Patricia Nesley (W65-69).

The balance of honors was spread out to Australia, Heather McDonald (W45-49); Switzerland, Heidi Maeder (W50-54); Canada, June-Marie Provost (W60-64); Germany, Olga Meyer (W65-69); and Colombia, Ernestine Moreno Mendez (W70-74).

5K

New Yorker, Elton Richardson claimed her second individual gold with a time of 28:30.47 (W55-59), with Bev LaVeck claiming a silver (29:40.65). Other American medal winners were Margaret Walker, Imogene Watkins and Dorothy Robarts who may have made a world best performance in W85-89.

Georgia-based coach Bohdan Bulakowski fought off Britain's front-walking Robert Care to win the M45-49 for Poland, while Australia's White (M50-54) and Dickenson (M55-59) and Germany's Weidner repeated their 20K triumphs.

The road walks also included team scoring and Americans again put their home-road advantage to best work. Men walking off with gold team medals were M40-44: Warrick Yeager, Mike DeWitt, Curt Sheller; M45-49: Robert Keating, Brian Savilonis, Taka Amano; M50-54: Ed Kousky, Jim Carmine, Alan Yap; M60-64: Max Green, Jack Bray, Carl Acosta; M70-74: Robert Mimm, Erik Johansson, Mel Lees; M75-79: Cokey Daman, Bill Tallmadge, Herb Appell. Australia (M55-59), Britain (M65-69) and Germany (M80-84) took the other three.

U.S. women's teams came through impressively, too. America's winning trios were W35-39: Victoria Herazo, Lynda Brubaker, Marianne Torrellas; W40-44: Sally Richardson, Pat Weir, Phyllis Hansen; W45-49: Gayle Johnson, Marianne Mastino, Jeanette Smith; W55-59: Elton Richardson, Dolores Rogers, Lorraine Coppola; W60-65: Ruth Eberle, Shirley Dockstader, Rhoda Green; W65-69: Pat Nesley, Joan Rowland, Emily Sheffield; W70-74: Margaret Walker, Imogene Watkins, Ruth Van Sandt. That's 7 for 8. That left only the W50-54 for Australia. □

USATF Masters Hall of Fame Formally Approved

by MARILYN MITCHELL, Secretary,
USATF Masters Track and Field Committee

USA Track and Field in June gave its official approval for the establishment of the USATF Masters Hall of Fame, allocating space in the Indianapolis RCA Dome for the name plaque. This is the first and will be the only Masters Hall of Fame officially sanctioned by USA Track and Field. Inductees will be selected by people knowledgeable in the sport who are associated with the official National Governing Body for athletics.

Other Halls of Fame which include masters athletes include the multi-sport Hall in Bradenton, Florida, and a masters running-related Hall of Fame in San Diego, California.

USATF Masters Hall of Fame Requirements:

- I. There will be separate categories for:
 - A. Masters long distance running.
 - B. Masters track and field.
 - C. Masters racewalking.
- II. Sub-categories for nomination (within each of the categories in #I above) will be:
 - A. Athlete-Male.
 - B. Athlete-Female.
 - C. Other, to include benefactors, coaches, administrators, meet directors, officials, and journalists.
- III. Anyone, including non-masters and non-athletes, may nominate masters athletes for the Masters Hall of Fame.
 - A. The open period for nominations will be announced through the *National Masters News* and other USATF publications.
 - B. Announcement will also be made via communications to the presidents and masters chairmen of each USATF Association.
 - C. It will be the responsibility of the nominator to complete the required paperwork by the established deadline.
 - D. An athlete may nominate himself or may be requested to supply data supporting his or her nomination.
- IV. Nominations deadline will be March 15 of each year (with the exception of the inaugural year).
- V. Nominations deadline for the inaugural year 1995 will be December 15, 1995.
- VI. The inaugural class shall consist of up to:
 - A. 3 males, 3 females, 2 "other" for masters LDR.
 - B. 3 males, 3 females, 2 "other" for masters T&F.
 - C. 3 males, 3 females, 2 "other" for masters racewalking.
- VII. The regular classes, commencing with the 1996 class, will consist of up to:
 - A. 1 male, 1 female, 1 "other" for masters LDR.
 - B. 1 male, 1 female, 1 "other" for masters T&F.
 - C. 1 male, 1 female, 1 "other" for masters racewalking.
- VIII. Any male or female shall be eligible for nomination who is a masters competitor (as defined below) and who has competed for at least five years in the masters program. Participation need not be five consecutive years.
 - IX. A masters competitor shall be defined as any male or female who has attained the age of forty.
 - X. Only masters accomplishments will be considered. That means that senior or open accomplishments will NOT be considered for nomination or for selection to the USATF Masters Hall of Fame either for the "athlete" category or for the "other" category.
 - XI. Masters need not have retired before nomination and selection to the USATF Masters Hall of Fame.
 - XII. Masters may be nominated and selected posthumously to the USATF Masters Hall of Fame.
 - XIII. All nominees shall remain in nomination for five years, for consideration each year if not elected. Thereafter, they will need to be re-nominated for further consideration.
 - XIV. While anyone may nominate candidates for the USATF Masters Hall of Fame, selectors will consist of the following:
 - A. Masters full LDR Committee (not just the Executive Committee) for LDR/Cross-Country.
 - B. Masters full Track & Field Committee (not just the Executive Committee) for Track & Field and Racewalking.
 - C. Current members of the USATF Masters Hall of Fame.
 - D. The Records Chairman, if not already a member of the full committee.
 - E. The Rankings Chairman, if not already a member of the full committee.
 - F. The Awards Chairman, if not already a member of the full committee.
 - G. The Hall of Fame Chairman, if not already a member of the full committee.
 - XV. The nomination and selection process for the inaugural class will be managed by the ad hoc Hall of Fame Chairman, Marilyn J. Mitchell.
 - XVI. Criteria for being placed in nomination as an athlete are one or more of the following:
 - A. Current world record holder, when nominated.
 - B. Current American record holder, when nominated.
 - C. Past World or American record holder in a single event for three or more years.
 - D. Current or past world champion.
 - E. Winner of four or more U.S. National Championship titles.
 - XVII. Criteria for being placed in nomination in the "other" category include anyone who has made a considerable contribution to masters running/track and field/racewalking and who is being considered for inclusion into the USATF Masters Hall of Fame for any reason other than their athletic accomplishments. The person being considered for the "other" category need not have attained forty years of age. Balloting will be by secret mail-in ballot. Inductees shall be determined from the candidates receiving the largest number of absolute votes. If necessary, there will be run-off ballots, but in no case shall a candidate be selected who has not received at least 50% of the votes cast on the final ballot.
 - XIX. (With the exception of the inaugural year) recognition and acknowledgment of the inductees will be made at the USATF Annual Convention. □

The project originally had an individual sponsor who has since declined, citing a change in his personal circumstances. As a result, we are seeking new sponsorship. At maximum level of sponsorship, the inductees' trips and hotel costs would be underwritten. The projected induction date for the inaugural class is tentatively scheduled for the 1996 Indoor Championships. The deadline for submission of applications is December 15, with the inductees being announced February 10, 1996. Applications for nominations may be obtained from Marilyn Mitchell, 330 E. 46 St. #4C, New York NY 10017.

Gray, Grayson Win In St. Louis 10K

by TOM ECKELMAN

Missouri's Charlie Gray, 41, repeated as the male masters champion of the Fair Saint Louis 10K, July 2, finishing 14th overall in 31:17 to earn \$500 first-place masters money.

Gray's time was 13 seconds faster than he ran last year at the event and four seconds faster than Mike Manley's masters course record which has stood since 1982. Gray's time also set an all-time Missouri masters record.

Gary Romesser (44, IN, 32:05) and Bobby Williams (42, MO, 32:23) were runners-up.

Nancy Grayson (45, MI) broke the

13-year-old women's masters record, finishing 14th female overall in 36:28, also a Missouri record. Jane Hutchison (49, MO, 37:51) and Cathy Wides (45, IL, 39:39) were next.

Fred Bets (IL) repeated as seniors (50+) champion in 35:48, with Mike Toolen (MO) second in 36:47. St. Louis Track Club's Patrick Gallagher, 70, set a Missouri resident 70+ 10K record with his 43:55.

AllSport was joined by new sponsor Pillsbury to continue the reputation of the Fair Saint Louis Run as the most competitive race in the St. Louis area. Nearly 2000 runners participated in the 10K and accompanying 3K runs. □



Members of the South African team waiting to enter the arena during the opening ceremonies, WAVA Games. Durban, South Africa, will host the 1997 WAVA Championships.



Speaker's Corner

Bill Stewart: A Friend in Need

by M.B. DILLON and KAREN McKEACHIE

Seldom are we afforded the chance to help preserve an individual's freedom. The running community now has that opportunity, and time is of the essence.

The name Bill Stewart may be familiar to you. Devoted to running for the past 38 years, Stewart, of Ann Arbor, Mich., has held one world and three USA masters records in distances from 1500 meters to 25 kilometers. He still holds the U.S. M40 indoor mile record of 4:11.0, set in 1983. He has been Michigan's women's long distance representative for USATF for the past four years.

A thoughtful, quiet, well-liked and highly-regarded man of integrity, Stewart focuses his energies on coaching, encouraging, and supporting runners. His athletes are predominantly women; however, he turns away no one who approaches him. His proteges include Ed Andrysiak, an 81-year-old who continues to PR under Stewart's tutelage. It's hardly a money-making venture for Stewart. Often, he spends more having dinner with runners after a workout than he's made that day.

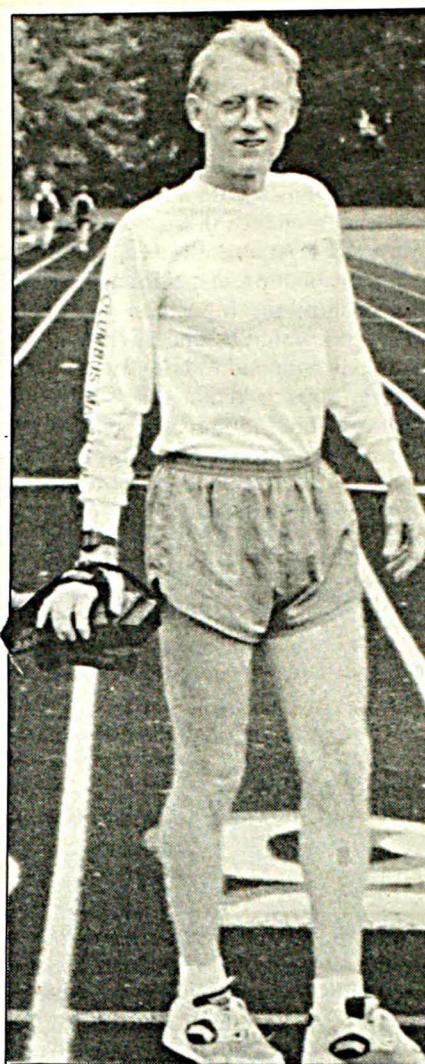
Stewart also is a substitute teacher with Dexter Public Schools and serves as the coach, along with his girlfriend — Olympic hopeful Ann Boyd — of

the Dexter High School boys' track and cross-country teams. His friends note Stewart expertly balances these responsibilities with those inherent in being the loving, dedicated and custodial parent of Andrew, 12, and Lauren, 8.

On May 16, Stewart was wrongfully convicted in the state of Virginia on four felony counts. The case involved selling computer tapes containing digitized maps derived from satellite data. A federal prosecutor claimed the tapes belonged to the Department of Defense and contained information vital to national security. Stewart denied knowing the tapes were classified. Nothing on the face of the tapes indicated they were restricted in any way. They had been on file in a public library. Stewart was told that the tapes were in the public domain.

Background

For the past decade, Stewart has developed a business of procuring hard-to-find paper maps of developing nations, and selling them to interested parties. In 1993, a regular client asked



Bill Stewart

Bill to obtain maps of India and Asia on file at a university library.

The maps were "digitized" on computer tapes. The library copied and gave Bill three tapes and some demos. But the client couldn't read the tapes and lost interest.

In an attempt to recoup his costs, Stewart made some cold calls to other companies. One contact knew the tapes came from the Defense Mapping Agency and had not been released for sale. This person didn't tell Stewart, but did tell federal authorities.

The feds set up a sting and had Stewart sell three tapes of the Mideast to a government agent. These were the only tapes Stewart ever sold. In November, 1993, agents wearing bulletproof vests invaded Bill's home and confiscated most of his business records.

During the next year, Stewart cooperated fully with authorities. Everyone, including his attorney, a running buddy, said the charge was silly and sure to be dismissed.

Convicted

But it wasn't. On May 16, 1995, Stewart was convicted on the charges. A big part of the prosecution's case was the testimony of the librarian, who was released on probation for "cooperating." He claimed he told Stewart the tapes were restricted. Witnesses from the Defense Department said the tapes were vital to national security. The prosecutor painted Bill as a terrorist. The jury — just days after the Oklahoma City bombing — found him guilty.

Yet the June issue of *National*

Geographic had a story of a book, "The Holy Land Satellite Atlas," featuring material from digitized maps of the very area contained in the tapes Stewart sold. The data base of those maps is 100 times more detailed than Bill's maps.

"In other words," said Lew Kidder, an attorney and longtime friend of Stewart's, "there was much better stuff in the public domain than that claimed by the government to be so sensitive."

Appeal

Stunned at the very real prospect of Stewart spending years in prison, friends have formed a legal defense committee and are attempting to raise \$40,000 needed for legal fees to appeal the verdict.

Kidder, who heads the committee, says Stewart has strong grounds to support his request for a new trial. Two expert witnesses, one from UCLA and one from Bowling Green U., are prepared to testify on his behalf. Stewart's new attorneys feel the prosecution withheld information from the defense and misled the jury regarding Stewart's finances.

Needless to say, the ordeal has shattered the lives of Stewart and Boyd, a 2:35 marathoner who is trying to focus on the Olympic trials, and who has represented the U.S. in several world championships.

"This trial makes me question what I'm representing," she said. "What is the government except a bunch of people out to get what they want? It's a game. But Bill and I aren't skilled in federal rules, nor do we have the funds to participate on a level playing field." Stewart agreed. "The problem is that you feel like justice can be bought. For the first time in my life, I've run into people who are completely amoral and attach no human value to anything. The only important thing is the personal agendas people may have."

Kidder says he listens to Boyd and others who ask, "How can they do this? It seems so unfair," and is hard-pressed to answer.

"Most of us are educated to believe justice is the primary goal of our legal system and that it should treat those before it with fairness and dispassion," he said. "That hasn't happened in this case, and it embarrasses me as an attorney."

Contributions and Letters Needed

Stewart is to be sentenced Friday, September 8. Any contributions would be greatly appreciated, and may be sent to the Bill Stewart Legal Defense Committee, 802 Granger, Ann Arbor, MI 48104.

Also welcome are letters to the judge, urging him to suspend sentence in light of the fact that Stewart is a valued asset to the community. Letters should be addressed to Hon. Albert V. Bryan, Jr., United States District Court, Eastern District of Virginia, 200 S. Washington St., Alexandria, VA 22314. Send copies to Stewart's attorney, William B. Moffitt, Esq., 317 South Patrick St., Alexandria, VA 22314. □

Masters Age Records

(1995 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1994.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1994.
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Continued from page 9

And so it goes — genuine enrichment of life is what I call it and something that track and field gives, but something that can't be bought.

*Bill Weinacht
Rocky River, Ohio*

RACEWALKING

Elaine Ward's racewalking articles about Enrique Camarena, especially the part on nutrition, are exactly what I had in mind when I wrote earlier regarding my suggestions for improving NMN.

I tried Enrique's drinks (along with giving up coffee and switching to green tea, which may contain some medicinal value according to some), and after only a few days I noticed an improvement in my training.

Although I am no longer a competitive runner, I continue to attempt to live the lifestyle.

*Jim Gerard
Dayton, Ohio*

MARCIE TRENT

On July 1, 1995, the ultra-running community lost a very good friend. While 77-year-old Marcie Waldron Trent was running along the McHugh Creek Trail near her home in Anchorage, Alaska, with her son, Larry Waldron, and her grandson, she was attacked by a bear. Larry tried to help his mother, and was also attacked. By the time paramedics got to the scene, both Marcie and Larry were dead.

This is both shocking and saddening to me for several reasons. Most importantly, Marcie was my good friend. She started me running trails and ultramarathons in the early 1980s. We must have run 5000 trail miles together before I moved south eight years ago. Even after I moved, we talked on the phone regularly and ran a marathon or ultra every time she came south.

In 1987, after Marcie turned 70, we did a 4:11 Napa Valley Marathon together, earning her the national age-group record.

We talked just last Sunday about her recent trip to the Czech Republic and my problems and subsequent DNF at this year's Western States 100. (Marcie had always dreamed of running the WS100, and when I ran it the first time in 1990, I dedicated my run to her.)

Marcie inspired many people to run, but she was happiest when running with her family. She leaves her husband John, three remaining children, seven grandchildren, and many friends all over the world.

Marcie, I miss you. Happy trails.

*Karen Ide
Reno, Nevada*

JAY SPONSELLER

I wish to thank the masters for all of their prayers, get-well cards, telephone calls, and sympathy cards during Jay's illness and death.

The masters program made retirement a joy for him. We met all you wonderful runners and traveled the world.

*Betty Sponseller
Naples, Florida*

PUBLICATIONS ORDER FORM

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Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1994. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.

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Masters Track & Field Rankings

Men's and women's 1994 U.S. outdoor track & field 5-year age group rankings. 60 pages. Over 100-deep in some events. All T&F events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.

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Masters Track & Field Indoor Rankings (1995)

Same as above, except indoor rankings for 1995. 4 pages. \$1.50.

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

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Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of December 31, 1994. 3 pages. \$1.00.

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Competition Rules for Athletics (1995 Edition)

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

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USATF Directory (1995)

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

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IAAF Scoring Tables

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WAVA Handbook (1994-95)

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

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Guide to Prize Money Races and Elite Athletes 1995

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize money events, plus much more. \$54.00.

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Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$16.00 per year.

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The Weight Room

by JERRY WOJCIK

Buffalo Chips

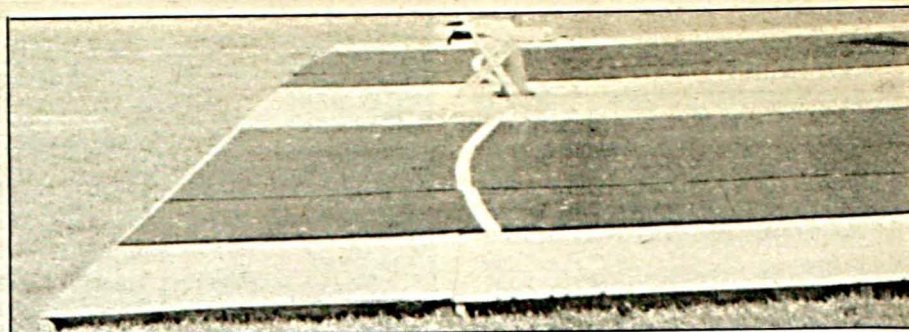
It would have taken a four-person crew to cover all of the throwing events at the World Games, what with two venues a half-mile apart and events happening at 8 a.m. The finals in the throws aren't like track finals, such as the 100, for example, which start at a specific time and can be seen from the comfort of the stands. In the throws, we had to sit (usually on the grass) through the prelims, sometimes entailing two flights of ten or more contestants each, which although listed for 10 a.m. perhaps, really didn't happen until an hour or more later.

I finally gave up trying to see everything and decided to concentrate on a few events. The most highly publicized (mostly by word of mouth) match-up was in the M55 javelin, featuring Larry Stuart of California and Janis Lusia, competing as a Latvian. Stuart owns practically every masters record in the book. Lusia was considered the best practitioner of the art when he was a member of the 1960s-1970s USSR teams composed of other household names such as high jumper Valery Brumel and triple

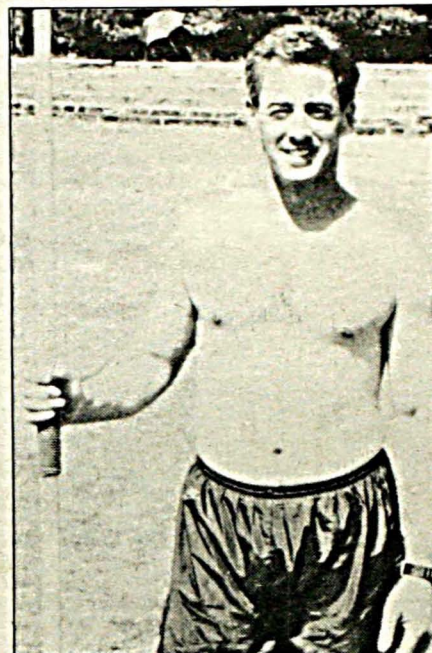
jumper Victor Saneyev.

It was unfortunate that this event and other throws could not have been held within the main stadium, rather than outside of the second venue. A good crowd of connoisseurs gathered on the grass to watch two of the greats in this event.

Stuart left his best throws, some over 200 feet, in the ten or so warm-ups he took but still beat the pony-tailed Lusia with a 188-2 toss, despite purposely fouling his first-throw. Later, Stuart admitted that it wasn't the brightest



The plywood platform used by some javelin age groups, WAVA Games. Photo by Jerry Wojcik



Joe Greenberg, USA, M45 winner in the javelin. Photo by Jerry Wojcik

River grapefruit. It's a wonder he was able to compete, much less win.

Joe Greenberg, an M45 thrower from Los Angeles, who also wins in open meets, took his division gold medal, but was equally disappointed with the conditions. He said it affected his expectations for a better performance.

Both Brown and Greenberg expressed doubts about continuing to compete in major masters meets if this was the best we had to offer. I'm glad they weren't at East Lansing for the Nationals.

Again, we have the contrast of tracksters having a helluva good time, running on a great surface before an appreciative audience, while throwers are struggling with less than adequate conditions away from the arena.

I've heard an unofficial explanation for the plywood monster, and I understand the problems of scheduling huge numbers of competitors in the throws, which can also be hazardous at some venues (a discus hit a pole vaulter early in the Games). Considering the immensity of the Games, Buffalo was a first-rate experience for most of the throwers who talked to me. The officials were accommodating and hard-working. I saw Bob Langenbach, an official from Seattle, returning implements for about seven hours in the M65 weight pentathlon. The competition was, let's face it, world class.

However, it's time for directors of both small and large meets to seek out throwers' input. Brown told me that he would have competed at 1 a.m. or 7 a.m. rather than throw off the platform. Officials may not be that obliging, but his input and that of others might have resulted in a more satisfactory solution than the plywood. □

thing he'd ever done.

While this group threw from a relatively good surface, others threw from what is the strangest javelin run-up I've ever seen: a plywood platform raised on 2x4s and covered with artificial turf. The surface had a slight give and sagged in spots. For a world championships, it was, putting it mildly, an embarrassment.

I don't know what the foreigners thought of it, but U.S. throwers thought it was terrible. Mike Brown, a top thrower from Florida who wins in open competition, won the M40 contest, in spite of having sprained his ankle when he tripped off the front edge of the platform in a warm-up throw. When I saw his ankle the next day, it was the size of a Florida Indian

Southern California Meets Close Season

The 1995 Southern California masters track and field season will come to a close with the staging of two annual meets: the Sri Chinmoy meet in Long Beach, Oct. 1, and the Club West meet in Santa Barbara, Oct. 7.

Sri Chinmoy is open to 40+ athletes; anyone over age 30 may compete at Club West.

John Whittemore, holder of several M90 world records, will be competing for the first time in the 95-99 age group in Santa Barbara.

The entry form for Sri Chinmoy is on this page. For Club West info., contact Beverley Lewis at 800-969-5851. □



Club West athletes Ted Hatlen and John Whittemore pictured while taking a break from competition at last year's Club West meet in Santa Barbara. Hatlen, who won the M80-84 javelin, also was declared winner of the High Point Field trophy while Whittemore, now 95, took home gold in the M90-94 javelin, shot, discus and hammer. This year's meet will be held October 7 at Santa Barbara City College's track. Photo by Beverley Lewis

Eighth Annual

SRI CHINMOY

MASTERS TRACK & FIELD

40 AND OVER

Sunday, October 1, 1995 CSU Long Beach

<p>TAC SANCTIONED</p> <p>DATE: Sunday, October 1, 1995</p> <p>LOCATION: California State University (CSU) Long Beach</p> <p>DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, left (east) on Atherton, right on Farwood Dr. (CSULB parking lot); straight ahead, to Administration parking lot (don't park at the meters)</p> <p>DIVISION: 5 year age groups</p> <p>FACILITIES: New, 8-lane artificial surface track, 7mm (1/4") spikes, concrete rings</p> <p>ENTRY FEE: First event \$13.00, additional events \$5.00 each. No refunds. Stunning, multi-colored, high-quality t-shirt included. (Availability on race day not guaranteed!)</p> <p>DEADLINE: All entries must be postmarked no later than Sept. 23, or phoned-in no later than Sept. 25. Late/day-of-race entries add \$2.00.</p> <p>AWARDS: Sri Chinmoy Marathon Team medals to first three men/women in each event and age group.</p> <p>AID: Water, fruit and refreshments throughout day to all participants free.</p> <p>ACCOMMODATIONS: Ramada Inn, Long Beach, (\$59 plus tax per room), call direct 310/597-1341 for reservations.</p> <p>NOTE: 1995 TAC registration required (available at meet for \$12).</p>	<p>TRACK EVENTS</p> <p>9:30 am 5000m Race Walk</p> <p>10:15 am 2000m Steeplechase (women)</p> <p>10:30 am 3000m Steeplechase (men)</p> <p>11:00 am 3000m Run</p> <p>11:45 am 80/100/110 Hurdles</p> <p>12:20 pm 800m Run</p> <p>12:40 pm 100m Sprint</p> <p>1:20 pm 400m Sprint</p> <p>1:40 pm 1500m Run</p> <p>2:00 pm 200m Sprint</p> <p>2:30 pm 300/400 Hurdles</p> <p>2:45 pm 4 x 100m Team Relay</p>
<p>FIELD EVENTS</p> <p>9:00 am Hammer</p> <p>10:30 am Long Jump</p> <p>10:30 am Javelin</p> <p>11:30 am Triple Jump</p> <p>11:30 am High Jump</p> <p>12:30 pm Shot Put</p> <p>1:15 pm Pole Vault</p> <p>2:00 pm Discus</p>	

Mail Entry To: Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230. Make checks payable to: SCMT. For more information please call (310) 645-0271.

ENTRY FORM

Mail or call in to the Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230. Phone: (310) 645-0271.

NAME (Last) _____ (First) _____ AGE _____ SEX _____

DATE OF BIRTH _____ TAC # _____ TELEPHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

T-SHIRT SIZE: SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____ AMOUNT ENCLOSED _____

PLEASE ENTER ME: 1) _____ 2) _____ 3) _____

4) _____ 5) _____ 6) _____

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal at any time.

Athlete's Signature

Date

BTUSticker.

11th World Veterans Championships

Continued from page 1

One-hundred and forty athletes were age-80-or-over. Nine were over 90, including the USA's Everett Hosack and Jonathan Tetherly, the oldest participants at age 93.

With about 5000 family members and friends included, the meet had an economic impact on the western New York community of \$11 million, according to standard economic estimates.

The competition was held in five-year age groups, beginning at age 40 for men and age 35 for women. The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year they were staged by the Buffalo Organizing Committee, led by Executive Director Vito Borrello and co-chairs Neal Fatin and Robert Greene, with hundreds of volunteers from the local community.

The official total of 5335 was a reduction from the previously announced 5529 entries by 194 mostly-foreign athletes who had not paid and who did not make the trip. The 3507 foreign participants were the second-largest ever, surpassed only by the 3687 non-Finnish competitors at the 1991 Championships in Turku, Finland.

The number of USA participants was 1828. The next largest contingent came from Germany (564), followed by Canada (316), Great Britain (223), Australia (214), Japan (158), Finland (134), India (122), and France (111).

Countries represented for the first time were Antigua, Barbados, Bermuda, Mauritius, and Panama.

There were 13,152 event entries. Of the total of 5335 participants, 27 percent were women, the highest ever for a WAVA World Championships.

Opening Ceremonies

At the opening ceremonies, athletes paraded in behind their national flags, as the announcer gave a brief, informative tidbit about the history, location, and culture of each country.

USA runner Ruth Anderson, 65, invited by Borrello to carry the torch, circled the track, mounted the plat-



Opening ceremonies at the XI WAVA World Veterans Championships in Buffalo.

Marasport Photographic Productions

form, but then accidentally burned her hands and shoes while lighting the flame. She was rushed to the hospital, treated for first-degree burns, and released.

She said the accident didn't diminish the significance of the honor. "But I can assure you that was more excitement than I cared for," she said.

Local dignitaries addressed the crowd. WAVA President Cesare Baccalli welcomed everyone in English, French, and Spanish.

Local professional and volunteer dancers then entertained the athletes and about 8000 spectators. Four sky-jumpers landed perfectly on their targets in the infield.

Two stadiums at the University of Buffalo were the main sites for the competition. The 16,500-seat Stadium One was the location for the majority of the action and all track and field finals, while a second stadium — about 1000 meters away — handled the rest.

Award Presentations

Attractive gold, silver and bronze medals were presented to the top three finishers in each event in each age group.

For the first time ever in a WAVA Championships, the Organizing Committee (OC) set up an innovative schedule for award presentations, which worked well. Award recipients from all age groups in one event assembled at an appointed time, usually the day after their event. They were then presented their medals on the field in front of the grandstand on 12 individual victory stands — one for each age group. The schedule was meticulously coordinated so that competition rarely conflicted with the presentations.

Stadium One Outstanding

The competition organization at Stadium One was outstanding. For nearly two years, the WAVA Stadium Committee, led by the late Bill Taylor




Joanne Grissom, W55 USA, smiles for the camera as she waits to warm up for the discus. Photo by Suzy Hess

and his successor Jim Blair, had worked closely with competition director Dick Barry and his staff to work out details and ensure a smooth program.

The officiating was excellent. The track was fast. After some opening-day hiccups, the clerking went smoothly. The schedule of running events,

Continued on page 16

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ATHLETES WHO HAVE PARTICIPATED IN ALL 11 WAVA CHAMPIONSHIPS

1	Ruth Anderson	USA
2	Reg Austin	AUS
3	Norbert Barth	GER
4	Phil Conley	USA
5	Isabel Cunningham	CAN
6	Willie Dunne	IRL
7	John Dunsford	GBR
8	Don Farquharson	CAN
9	Bob Fine	USA
10	Roland Johansson	SWE
11	Bob Mimm	USA
12	Jim O'Neil	USA
13	Hans Potsch	AUT
14	Jack Stevens	AUS
15	Jim Vernon	USA

WEATHER IN BUFFALO

Date	High	Low	Rain
July 13	92	63	.00
July 14	85	71	.14
July 15	97	76	.00
July 16	87	73	.00
July 17	82	71	.13
July 18	77	67	.00
July 19	78	65	.00
July 20	80	63	.01
July 21	83	65	.00
July 22	86	59	.00
July 23	78	69	.45

11th World Veterans Championships

Continued from page 15

originally conceived by Buffalo's John Montalbo and refined by the WAVA Stadia Committee, was near-perfect

XI WAVA CHAMPIONSHIPS NUMBER OF PARTICIPANTS BY NATION

Albania	3
Antigua	1
Argentina	48
Armenia	2
Australia	214
Austria	42
Barbados	1
Belarus	2
Belgium	30
Bermuda	2
Bolivia	15
Brazil	81
Canada	316
Chile	48
Colombia	93
Congo	1
Costa Rica	5
Croatia	3
Czech Rep.	48
Denmark	34
Dominican Rep.	1
Estonia	51
Finland	134
France	111
Germany	564
Great Britain	223
Greece	28
Guyana	2
Hong Kong	18
Hungary	36
Iceland	7
India	122
Indonesia	15
Ireland	31
Israel	3
Italy	79
Jamaica	2
Japan	158
Latvia	19
Lebanon	3
Lithuania	18
Malaysia	10
Mauritius	1
Mexico	52
Moldova	2
Mongolia	1
Namibia	5
Netherlands	48
New Zealand	87
Nigeria	1
Norway	45
Pakistan	6
Panama	1
Papau New Guinea	1
Peru	18
Philippines	5
Poland	18
Portugal	75
Puerto Rico	22
Rep. South Africa	86
Romania	2
Russia	78
Singapore	19
Slovakia	3
Slovenia	20
Spain	50
Sri Lanka	5
Sweden	75
Switzerland	69
Taipei	60
Thailand	1
Trinidad & Tobago	8
Turkey	6
Turkmenistan	2
Ukraine	11
United States	1828
Uruguay	13
Venezuela	19
Yugoslavia	2
TOTAL	5335

and a model for the future. Athletes were able to double and triple in many events. The competition was rarely behind schedule. The paperwork flow, directed by Hy-Tek's Charlie Hodgson, was the best ever at a world meet. Entry lists were quickly created and seeded based on the signed-in athletes. Walkie-talkie communication was excellent and enabled late-signing athletes to be included in the entry lists. Results were posted on the scoreboard within minutes after an event. Printed results, with wind-readings and each athlete's age-graded mark and performance percentage, were promptly posted on the results boards.

The media coverage was superb. It indicated the importance the Buffalo community placed on the event. All three network-affiliated local TV stations featured the meet on their morning, evening, and nightly news broadcasts. The NBC affiliate (Channel 2) was particularly generous with its coverage. Its weatherman, Kevin O'Connell, emceed the opening ceremonies. The *Buffalo News*, with reporter Allen Wilson assigned full-time duty at the stadiums, ran at least two stories daily and printed the results of the first three finishers.

Managers' Meetings

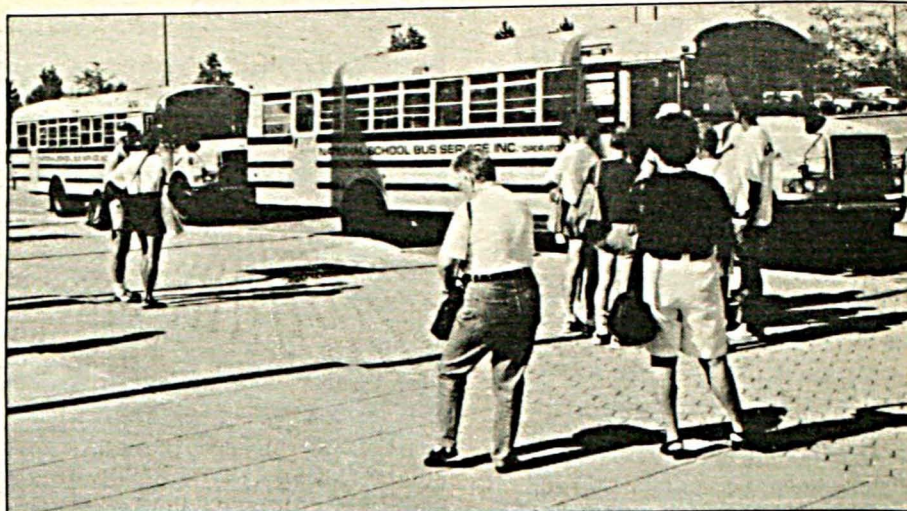
Each morning, a "team managers' meeting" was held by WAVA and the OC at Stadium One to brief the national managers on upcoming activities and to hear and resolve problems. Each team manager would then pass on the information to the athletes from his or her country.

USA team managers Sandy Pashkin and Phil Greenwald held daily meetings for all USA participants in Stadium One, and did a yeoman job of handling inquiries and problems during the games, as well as organizing all the USA relay teams on the final day. Pashkin missed a couple of days to fly to Florida to attend to her ailing mother. But she returned and went right back to work.

The dormitory accommodations generally received good reviews. Despite the lack of air conditioning, dorm residents enjoyed good and plentiful food in the cafeterias, which unfortunately closed too early for late-competing athletes. Borrello tried to get them to stay open later, but said he ran into union problems. The camaraderie always found in the dorm environment was again present in Buffalo.

One of the most popular campus activities was the nightly Beer Garden. Each night, a different local band would play (country, jazz, rock, etc.) while athletes milled around eating, dancing, and schmoozing.

Photographers from Marasport, Inc., of Montreal flew in to take thousands of professional action shots which were available for \$9 each at the Alumni Arena, next to Stadium One. The arena functioned as the registration and merchandise venue. Mar-



The yellow school buses used to transport athletes at the WAVA Games, await passengers outside the Alumni Arena on the Buffalo State campus.
Photo by Jerry Wojcik

asport said it will be mailing proofs to athletes worldwide, who can place orders.

Free Shuttle Buses

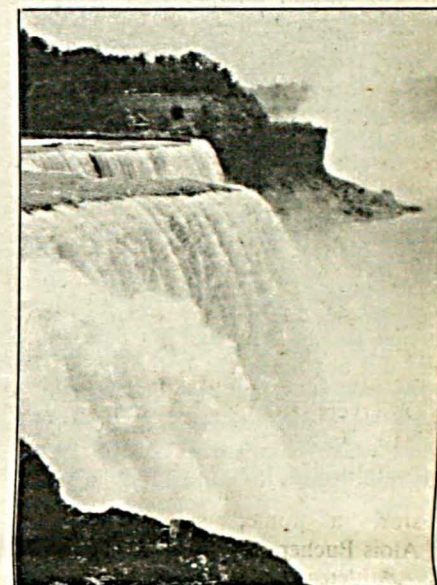
Free shuttle buses were available for service between the major hotel areas, the athletes' village at the dorms, and the competition venues. Free transportation was also provided from the Buffalo airport during peak arrival and departure times and for the banquet and WAVA meetings.

A gala reception drew nearly 3000 athletes and friends to The Pier, Buffalo's premier waterfront nightclub on Wed. July 19. There was plenty of walk-around room and dancing.

No athlete has ever died in the 20-year history of the Championships, but there was a close call on the final day's 4x400 relay, when a Finnish anchor-leg runner suffered a heart attack as he crossed the finish line and was rushed to the hospital. He spent a few days there but was released and flew home.

"The medical staff was one of our strong points," Borrello said. "Medical director Greg Young and the rest of the medical staff were tireless."

Several Olympians were reportedly invited to compete, but Dwight Stones, Rod Dixon and Janis Lusis were the only major "names" who showed up. Dixon impressively won the M45 1500 and 5000. Lusis took second in the M55 javelin. Stones co-hosted a one-hour live/highlights TV show on the Prime Network on Sun. July 16 at 9



Niagara Falls, Buffalo, N.Y., a view seen by many participants in the WAVA Games.
Photo by Suzy Hess

p.m. EDT. He showed a remarkable grasp and knowledge of what the masters program is all about, and was an outstanding spokesman for the sport.

Later, Stones competed in the M40 high jump, breaking the M40 world record with a jump of 6-9 $\frac{3}{4}$ (2.08m), only to see James Barrineau break that mark and win the competition with a leap of 6-11 (2.11m). Stones was gracious despite the unexpected loss. He conducted a clinic during the week and chatted at the reception with

Continued on page 17



Suzy Hess, left, of the National Masters News with Aldona Vrubliauskiene, W50 shot putter from Lithuania, who traded her T-shirt for an NMN shirt.
Photo by Jerry Wojcik

11th World Veterans Championships

Continued from page 16

everyone who approached him.

Touring and Shopping

Many athletes and their families found time to take one of the tours offered by the OC. More than 3000 tours were sold to places like Niagara Falls, Toronto, the Chautauqua Wine Region, the Corning Glass Center, the Genesee Country Village, the Miss Buffalo Lunch Cruise, and the Niagara Clipper Cruise.

The Walden Galleria organized trips to its shopping mall and even charged athletes \$5 for the bus ride. The buses were reportedly full all week.

That prompted one wag to say the real winners of the Championships were the local malls and shopping centers as athletes spent hundreds of thousands of dollars. There were lines at retail stands throughout the meet, and the on-campus store was packed every day. One man from Japan reportedly spent more than \$700 on T-shirts and other apparel during a mall visit.

On Thursday, a rest day from competition, the food court at the Galleria resembled a mini-United Nations. Observers said mall sales were up by at least 20 percent. Shoes and apparel were the favorite items.

"They're about half price from stores at home," said Swiss runner Alois Bucher.

Athletes also bought official Championships gear at a record pace. The firm which produced the logo-imprinted items said it could barely keep up with demand. It sold more than 10,000 T-shirts bearing the official event logo.

The area hotels attributed anywhere from 33 percent to 75 percent of their room bookings to the Championships. "This will be our best July ever," said Rudy Reiner, manager of the Buffalo Hilton. "This is definitely better for us than the World University Games."

Sponsors

Merchandise sales and fees were expected to account for a third of the

OC's \$2 million budget. The OC did a tremendous job of raising more than \$600,000 from local sponsors, with the remaining third of the budget coming mostly from athletes' entry fees.

The budget of \$2 million was well below the \$15 million spent by Japan in 1993, but above the \$1.5 million spent by Turku in 1991 and the \$1.2 million by Eugene in 1989.

The major sponsors of the meet were Burger King, Larry Smith Office, Marine Midland Bank, Millard Fillmore Health System, Moore, NYNEX, Oldsmobilers, Pepsi Cola Bottling Corp., Russer Foods, Underground Activewear, and Walden Galleria.

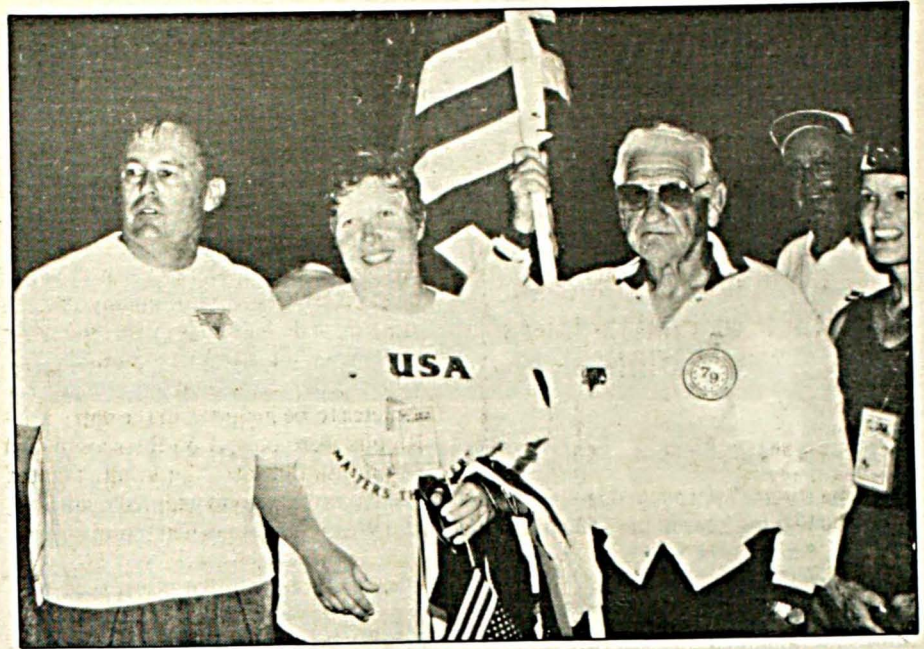
Following the Championships, many athletes went on post-meet excursions to Toronto; New York City; the Baseball Hall of Fame in Cooperstown, N.Y.; the Finger Lakes region; Washington, D.C.; Boston; and Disney World.

Economic Impact

The media coverage constantly emphasized the economic impact of the event to the community, a clear sign that the WAVA Championships have become a prestigious event for any community to hold. Dennis Murphy, OC Hospitality Chairman and president of Inn Vest Lodging, a hotel chain headquartered in Buffalo, said: "We had 22,000 bed nights at the university and more than 11,000 room nights off the campus. That's a huge number."

Borrello agreed. "These events themselves are not supposed to be huge money-makers," he said. "The payback to the community is the economic impact. The people here were on vacation and they spent money. Some of them are major decision-makers. They see Buffalo and they go back to their communities and talk about Buffalo. All that may be difficult to measure, but I think it's pretty valuable."

About 3000 volunteers, under Jim Niemira's direction, performed a multitude of tasks to support the event



Ross Carter, M80 thrower from Oregon, who carried the U.S. flag into the arena at the opening ceremonies of the WAVA Games, is flanked by fellow throwers Larry Stuart, M55, Joan Stratton, W40 and Janet Wilson, W40 (far right).
Photo by Suzy Hess

— from directing crowds to retrieving javelins to providing medical attention.

"Our volunteers were amazing," Borrello said. "Some of them worked 18-hour days with no pay. Everyone had a hand in making this a great event."

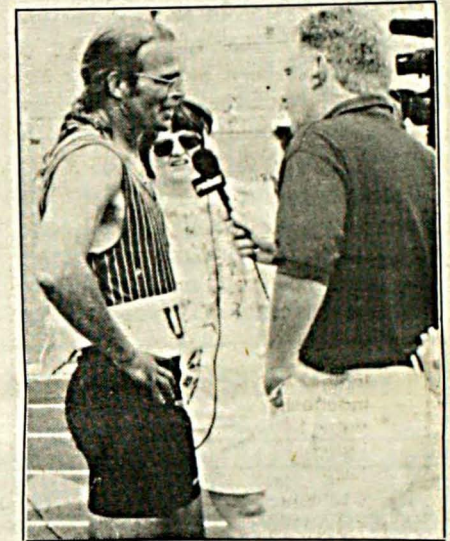
As the meet wound down, T-shirts were swapped, invitations to visit friends in other countries were extended, and a feeling of goodwill and friendship between peoples of different nations blotted out — for a time, at least — the problems of the outside world.

"I wasn't going to come, but a friend told me this is the closest thing to the Olympics you'll ever experience," said newcomer Marybeth Dillon of Michigan. "I'm really glad I signed up. It was thrilling to see world records broken before your eyes by athletes from all over the world. It was a life-changing experience, meeting the people and realizing age is no barrier to achievement."

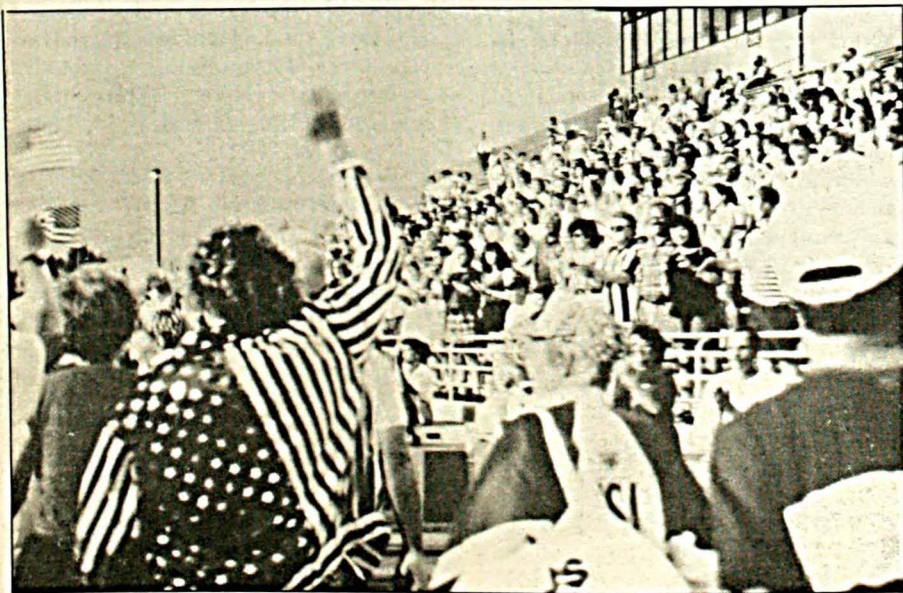
Athletes were serious about their events, but the Olympic spirit espoused by Baron Pierre de Coubertin a century ago was evident: "It is not important whether you win or lose. The important thing is to take part."

Borrello said there's not a more pure sports competition than this event. "It's been an extremely rewarding experience," he said. "We hear all about holdouts and strikes. Pro sports have become such a business that the sport, itself, has become secondary. These people all paid to come here because they have a genuine love for their sport." □

— Al Sheahan

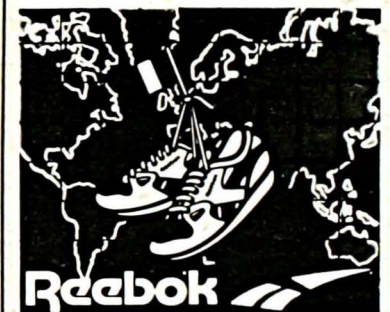


Mike Pannell, USA, being interviewed for television after winning the M40 long hurdles.
Photo by Jerry Wojcik



U.S. athletes greet the crowd at the opening ceremonies, WAVA Championships.
Photo by Suzy Hess

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Results From Buffalo

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On The Run

by HAL HIGDON

Winning Isn't Everything in Masters Track

The runner approached as I was walking toward my warm-up gear following a qualifying heat in the 1500 meter run at the World Veterans' Championships in Buffalo, N.Y.

He was a fan of my writing in *National Masters News* and other publications. He thanked me for providing him with motivation over the years, but mostly he wanted to talk about his 5000 meter race several days before.

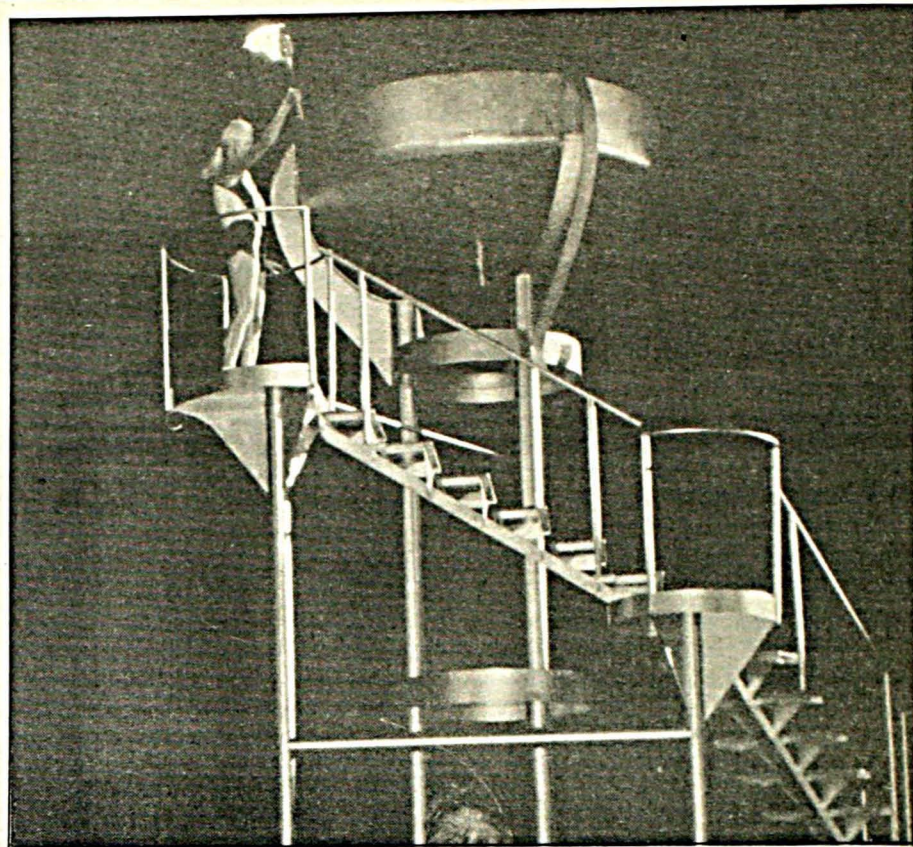
"I placed 85th out of 90 in my age group," said the runner, "but I couldn't have been happier." He expressed the hope that the world meet for masters would remain open for everybody, regardless of ability.

I was with him in that regard. We joked about the fact that I had gone from first in the world meet in Finland four years before to near last in my 1500 heat in Buffalo. Two days earlier

in the 5000, I hadn't quite placed as low as 85th, but I didn't do much better. Still, I was satisfied.

My descent from glory to what many would interpret as disgrace was partly a matter of aging. I was competing at the bottom — rather than at the top — of my age group. It's tough to keep up with those young 60-year-old studs.

But it was more a matter of priority. Four years earlier, I had trained with total dedication to be best in the world. This past season, other activities seemed more important: finishing a book, enjoying my grandchildren. Like the other runner, I had come to Buffalo more intent on participation than performance.



The USA's Ruth Anderson lights the torch at the opening ceremonies.

Two weeks earlier, at the National Masters Championships in East Lansing, Michigan, I had chatted with javelin thrower Phil Conley. Phil and I are survivors, among the few competitors left from the premier world championships in Toronto in 1975. Phil has competed in all 11 world meets; I have missed only one.

"If it's worth striving for victory," I told Phil, "you have to be willing to accept the possibility of defeat."

ABC's "Wide World of Sports" for years trumpeted "the thrill of victory, the agony of defeat." Yes, there is thrill in victory, and TV folk like to focus on weeping losers, but the downside need not be agonizing.

After finishing far back in my races, I could console myself that at least I was willing to appear. Many never try. Nevertheless, more than 5500 competitors from 80 different countries competed in the Buffalo meet. Not all would return home with gold medals around their necks. And not all of us "losers" necessarily were carried home on our shields.

For many, the social aspects of the world meet outweigh the competitive aspects. That's partly true for me — at least in years when I'm at the bottom of my age group. While not competing, I had time to meet old friends, do some dancing, listen to fine music, and enjoy sightseeing and some good food. I attended the World Association of Veteran Athletes business meeting, an opportunity to see the politicians of our sport in action. I also took time to watch my fellow athletes compete.

One of the best competitions came in the high jump for men over 40. Entered were Jim Barrineau and Dwight Stones, both members of the 1976 US Olympic team. Barrineau had placed only 11th in Montreal; Stones won the bronze medal for third.

After nearly four hours of jumping, only Barrineau and Stones remained.

Each, in turn, nervously stared at a bar raised to a world veterans' record of 6 feet 11 inches. Barrineau cleared on his first attempt, Stones missed three times. It was great drama, a high point of my trip to Buffalo.

But one winner, one loser? None of the several thousand spectators — most of them fellow competitors, who had sat riveted while the pair went one-on-one against each other — seemed to think so.

"I ran into a buzz saw today," Stones said afterwards. "Jim's a competitor."

Barrineau commented: "I feel a bit of satisfaction having beaten a guy who really dominated this sport during our time."

On the final day of the meet, I ran the marathon on a course that started in downtown Buffalo, crossed the Peace Bridge into Canada, then followed the Niagara Parkway along the river almost to the lip of Niagara Falls. It was warm, humid. Rain made my light racing shoes seem like lead boots. My third race in five days, I alternated running and walking the last eight miles to ensure finishing my 93rd marathon. My goal is to run my 100th marathon in Boston next April. Times don't matter.

Two years from now, at the next world meet in South Africa, it may be different. I will have moved into a new age group with no more excuses. Phil Conley surely will be there and maybe that guy who finished 85th in his 5000. Dwight Stones could be looking for that elusive world title. If I train hard enough, maybe I can be a winner again.

If not, I know how to lose with dignity. □

(Hal Higdon is a Senior Writer for *Runner's World*. His latest book is "Boston: A Century of Running," due to be published by Rodale Press this fall.)

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
60-69						
70 Plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
50-59						
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN		
Women						
30-49	4.00k	1.00k	4.00k	600gms.		
50 plus	3.00k	1.00k	3.00k	400 gms.		
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.		
50-59	6.00k	1.50k	6.00k	800 gms.		
60-69	5.00k	1.00k	5.00k	600 gms.		
70 plus	4.00k	1.00k	4.00k	600 gms.		
Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.						

Gateshead Chosen to Host 13th WAVA Championships in 1999

As briefly reported last month, the city of Gateshead, England, was chosen to host the 13th biennial WAVA World Veterans Athletics Championships in 1999 by the delegates to the WAVA General Assembly in Buffalo, USA, July 20.

The northeastern English city received 79 votes to 22 for Kuala Lumpur, Malaysia and 13 for Victoria, Canada. St. Petersburg, Russia, withdrew just prior to the voting because its city fathers could not guarantee financial support for the event.

All three cities made impressive presentations, and any one would have been suitable to stage the championships. Gateshead won easily because England has never hosted a Championships, despite being one of the leaders in the program for more than 20 years.

Report from Britain

With no road championships in July, attention switched to track and field with a high standard inter-county match at Crawley, near Gatwick Airport, on July 4.

Kevin Sheppard set a new British M45 javelin mark with a 58.20, while another to go was the W45 200 to Viv Bonnes in 27.0.

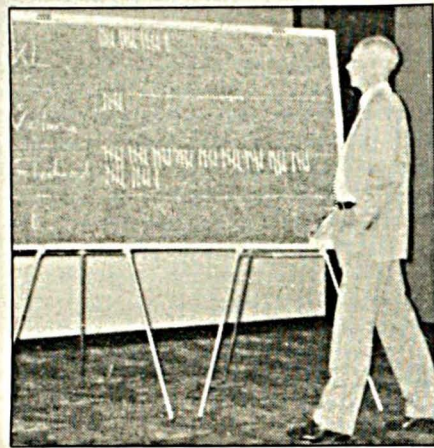
There was a new name in the M40 division as John Ireland front ran 1:59.3 in the 800 before he picked up two respectable third places in the jumps. Former and current Senior Internationals Debbie Peel (1500 in 4:52.2) and Caroline Horne (3000 in 9:54.4) starred in the middle distance races for the women. Nigel Gates ran 8:34.5, solo front, in the M40 3000. □

(The first international veterans track and field meet was held in London's Crystal Palace in 1972.)

Another reason for Gateshead's triumph was that the event has not been to Europe since 1991. There's a strong feeling among WAVA delegates that the meet should be held in Europe every six years or so. When St. Petersburg withdrew, voting sentiment went overwhelmingly to the British.

Both Victoria and Kuala Lumpur said they planned to bid again in 1997 for the 2001 championships.

Gateshead was strongly represented by Mike Newton, Director of Leisure Services of the Gateshead Metropolitan Borough Council; Norman Lakey, Councilman; Jack Hamblin of the Tourist Bureau; Keith Whittaker, President of the British Veterans; Ron Bell, BVAA V-P; and



WAVA secretary Torsten Carlus records the votes in the election to see which city will host the 1999 World Veterans Championships. Gateshead (79) was a popular choice over Kuala Lumpur (22) and Victoria (13).

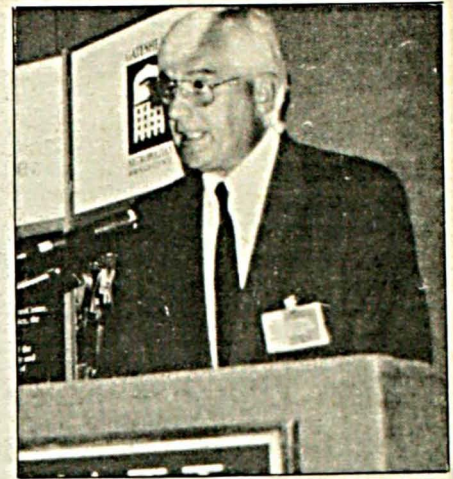
Debbie Ross of the Stadia Complex.

Gateshead is close to Scotland, which promises to be a favorite holiday spot for post-championship travelers. The Gateshead Council has guaranteed financial support. The main stadium has lights, eight lanes, and seating capacity of 12,000.

The second stadium is in Jarrow, a 10-minute drive from the main stadium. The racewalk course is about 2000 meters from the main stadium. Newton said the cross-country course is excellent and close to the stadium, and the marathon will be traffic-free and could start and end in the stadium.

Gateshead's daytime temperatures average 20°C (68°F). Newcastle International Airport is about 12 kilometers from the stadium. There are adequate housing facilities, with rooms available for as little as US\$19 per person.

The strong bids by three cities, each with government backing, indicate the desirability of the WAVA Championships. Buffalo estimated the 1995 event brought \$25 million in economic benefits to the city. The city of Durban, South Africa, sent eight represen-



Jack Hamblin, British Tourist Authority Executive Vice-President, addressing the delegates at the WAVA Meeting luncheon. Gateshead was awarded the bid for the 1999 WAVA Games by a vote by the delegates.

Photo by Suzy Hess

tatives to observe the action and distribute brochures and T-shirts touting the 1997 WAVA Championships.

In a short period, WAVA has gone from a position of struggling to find one bidder to being wined and dined by several potential hosts. □

Beccalli Re-Elected WAVA President

At a nine-hour session of the WAVA General Assembly in Buffalo on July 20, Italy's Cesare Beccalli was re-elected President by a vote of 89-25 over Owen Flaherty of Spain.

Tom Jordan (USA) was elected, 59-55, over Executive Vice-president Bob Fine (USA) for that office.

Jim Blair (NZL) was chosen Vice-President, Stadia to replace the late Bill Taylor, with 63 votes to 31 for Ron Bell (GBR) and 20 for Vadim Marshev (RUS).

Re-elected with no opposition for another two-year term were Jacques Serruys, Non-Stadia Vice-President; Torsten Carlus, Secretary; and Al Sheahen, Treasurer.

Prior to the vote for President, a motion to impeach Beccalli for alleged irregularities in the 1987 election was ruled out of order by the Assembly, 76-35.

Since the Constitution limits officers to a maximum of five two-year terms, both Beccalli and Sheahen (both first elected in 1987) are now in their final terms.

In open voting on Constitutional amendments, delegates voted to:

1) Have the Council appoint independent auditors to report to the General Assembly (75-0).

2) Abolish the Organizing Advisory Committee (unanimous).

3) Add "the Women's Assembly" to paragraph 12b of the Constitution (unanimous).

4) Combine the Medical and Doping committees (67-17).

5) Replace the 25K with a half-marathon in World and Regional Non-Stadia championships (78-13).

6) Reject a USA proposal that only the General Assembly may amend the by-laws (13-78).

7) Require the Treasurer, prior to the WAVA Championships, to submit a proposed budget to the Council and to the Affiliates for the next accounting period. The Council will approve the budget and report to the Assembly (unanimous).

8) Reject a USA proposal that changes in the competition rules be approved by the General Assembly (8-83).

9) Reject a New Zealand proposal that the marathon be held on the penultimate day of the championships (43-44).

10) Refer an Italian proposal to set an age limit to the Medical Committee for study (unanimous).

Detailed minutes of the meeting prepared by the WAVA Secretary will be forwarded to each affiliate. □



Delegates at the WAVA General Assembly ponder how to vote on a weighty motion.



PRESIDENT:

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

EXECUTIVE

VICE PRESIDENT:

Tom Jordan
P.O. Box 10825
Eugene OR 97440 USA
Phone: 1-503-687-1989
Fax: 1-503-687-8016

VICE-PRESIDENT

(Stadia):

Jim Blair
43 Emslie Road
Pinhaven, Upper Hutt
New Zealand
Fax: 64-4-528-2992

VICE-PRESIDENT

(Non-Stadia):

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

SECRETARY:

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

TREASURER:

Al Sheahen
P.O. Box 2372
Van Nuys, CA 91404 USA
Phone: 1-818-786-1981
Fax: 1-818-989-7118

WOMEN'S Delegate:

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

IAAF Delegate:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F.
Mexico

DELEGATE OF: NORTH AMERICA

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

SOUTH AMERICA

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

ASIA

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

EUROPE

Wilhelm Koster
Haydnstrasse 28
D-6103
Griesheim, Germany

OCEANIA

Jim Blair
43 Emslie Road
Pinhaven, Upper Hutt
New Zealand
Fax: 64-4-528-2992

AFRICA

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

58 World Records Set in Buffalo

A total of 58 world age-group records were set at the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y., USA, from July 13-23, as the level of performances was again awesome.

Twenty-three marks were set by men; 35 by women. Thirty came in track events, 26 in field, and two in racewalking.

German athletes accounted for 18 records, 14 of those by women. The USA was next with 10, followed by Australia (6), Finland (4), and Canada (3).

USA performers picked up 121 individual gold, 102 silver, and 96 bronze medals — a total of 319, compared to 152 in Miyazaki, 172 in Turku, and 400 in Eugene.

USA relay teams garnered 13 of the

34 relay gold medals, followed by Germany (9), Australia (6), Great Britain (3), Japan (2), and Colombia (1).

Germany and the USA each won five cross-country team titles. USA marathon threesomes took home six of the 14 team titles, with Germany next with four. The powerful USA contingent walked away with 12 of the 17 roadwalk team medals.

The top medal winner of the meet was Philippa (Phil) Raschker, 48, of Marietta, Ga., who won eight gold and one silver medal in the W45 division — one of the most impressive performances in the history of the World Championships. She added a gold and silver in the relays, for a grand total of nine gold and two silver medals.

No one else won more than four individual gold medals, as the competition gets more competitive each time.

Breaking the meet down by divisions, here's how it looked:

M40

• At age 44, **Bill Collins** of Texas held off countryman **Jesse Thomas** to win the 100 in 11.33.

• Switzerland's **Rolf Gisler**, third in the century, returned to win the 200 (22.74) and 400 in a fantastic WR 48.10, breaking **James King's** six-year-old record (48.44).

• The 800 was, in its own way, one of the meet's highlights. In the previous age-group 800s, the leaders faded due to the strong, 30mph winds. So no one wanted the lead here. The runners jogged through the first 400 in 70 (with the second 200 in 40 seconds). The crowd, really into the action and expecting more, began to boo and whistle. It was at the same time funny and sort of a milestone. Masters athletes had never been booed before. It was a tribute to the runners; the crowd knew they could do better. Who would try to break away first? The excitement built. They continued to dawdle until the 300 mark. Finally, Britain's **Dave Wilcock** opened a quick 10-meter lead before the others could rev up. He almost stole the race, but was caught at the tape by South Africa's **Terrence Brown**. The final time: 2:06.75, which wouldn't have won the M45 or M50 races. Defending champion **Carlos Cabral** (POR) closed fast for third.

• France's **Alexandre Gonzalez** took the 1500 (3:57.68) with defending champ Cabral second and Brown third.

• The USA swept the hurdles with **Colin Williams** (15.50) and **Mike Pannell** (56.77).

• **John Underwood** won one of an amazing 11 USA gold medals in this always-tough division with a 9:44.98 3000 steeplechase.

• **Barry Harwick** won another U.S. gold in the 5000 (15:08.80) over Venezuela's **Eduardo Castellano**, who came back to win a tough double in the 10,000 (31:32) and marathon (2:30:20).

Castellano led the marathon almost from start to finish. He was the top marathoner in South America in the early 1980s. In 1983, he placed 28th at Boston in 2:15. He said he qualified for the 1984 Olympics, but his country decided not to send any distance runners to Los Angeles.

"It was a great disappointment," said Castellano speaking in Spanish through an interpreter. "I stopped running for a year but came back and started road races that offered prize money. I consider this my biggest win."



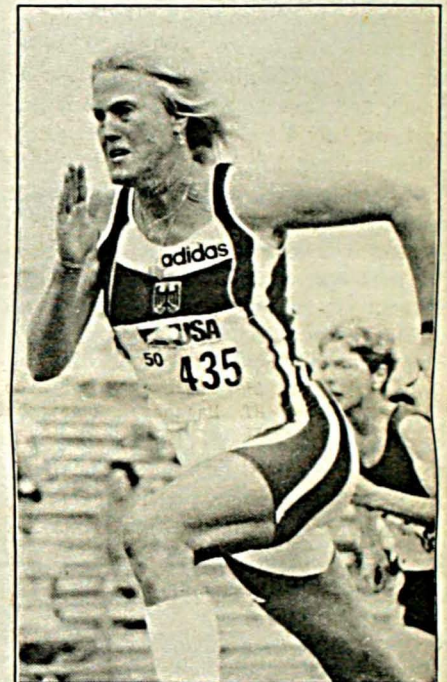
Finalists in the M65 100: (from left) Osamu Wada, Brazil; Josef Necek, Czech Republic; Ross Mitchell, Canada; Allan Meddings, Great Britain; Harry Brown, USA, winner in 12.87; Morio Kowaguchi, Japan; Hugo Schlegel, Germany; and Wilhelm Selzer, Germany. Photo by Chuck Sochor

• In one of the meet's genuine highlights, with a crowd of about 2000 cheering each successful jump, **James Barrineau** (USA) and 1976 Olympic HJ bronze medalist **Dwight Stones** both broke the M40 high jump WR, but Barrineau won the "highest master ever" title with a 2.11 (6-11).

"The best I've done this year was 6-4," said a delighted Barrineau, who finished 11th in the '76 Olympics in Montreal. The 40-year-old National Guard officer upstaged Stones, 41, who settled for second in 2.08 (6-9 3/4).

Stones, with a lifetime best of 7-8 1/4, was equally surprised. Neither man had missed through 2.08, which broke the old WR of 2.06. When Barrineau, jumping first, cleared 6-11 by daylight, Stones said to himself: "If I make this height, the way Jim's going, he'll be the first master to clear seven feet, even if only by a few minutes. That's my goal."

Stones said he knew Barrineau would ease off once he knew he had won the competition. Barrineau made three attempts at 2.14 (7-0 1/4) but didn't come close.



Germany's Freiderun Kuemmerle-Valk won the W50 80H (14.24), 300H (51.03) and heptathlon, and ran on both world-record-setting relay teams (53.41 and 4:35.27).

Marasport Photographic Productions

Did Stones purposely miss his attempts at 6-11? "No," he said, "but maybe thinking about all that stuff had an effect on me."

• World M40 pole vault record-holder (17-6 1/4) **Larry Jessee**, 43, of Texas put in an appearance at a major masters meet for the first time ever, and didn't disappoint, winning in 4.60 (15-1).

• **Mike Brown** (USA), hampered by a sprained ankle, nevertheless took the javelin with a 61.00 throw. **Stan Vegar** (USA) topped all decathletes.

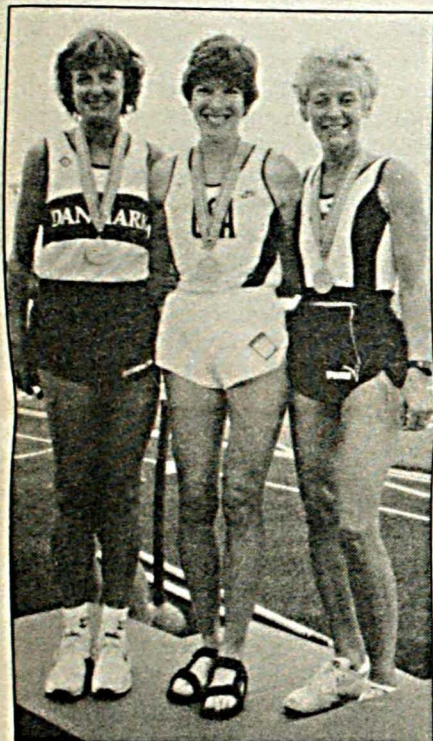
• **Warrick Yeager** (USA) took the 5000 walk (22:59.70), while Great Britain won both relays.

M45
The USA swept the 100 with **Marion McCoy** (11.70) edging **Stan Whitley** and **Bob Mitchell**. Mitchell (24.80) bested Whitley into a stiff wind in the 200.

• Nevada's **Fred Sowerby** nearly broke his own 400 WR with a 50.72, holding off Britain's **Peter Browne** (50.99), who topped USA 800 runners **Nolan Shaheed** (2:00.79) and **Norm Cornwell** (2:01.61) with a good 2:00.08 in a very tough wind.

• **Rod Dixon**, bronze medalist for New

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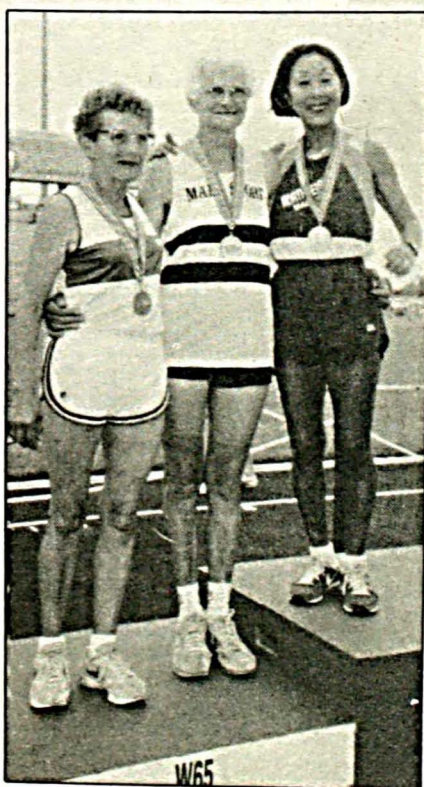


On the victory stand in Buffalo are the medalists in the W50 5000. From left: Rigmor Osterlund (DEN, 3rd, 19:08); Joan Ottaway (USA, 1st, 18:34); Elaine Statham (GBR, 2nd, 18:52).

Photo by Ruth Anderson

USA MEDAL WINNERS IN XI WAVA WORLD VETERANS CHAMPIONSHIPS IN BUFFALO

Age	1	2	3	T	Age	1	2	3	T
M40	11	10	6	27	W35	6	2	4	12
M45	8	8	8	24	W40	4	4	6	14
M50	9	8	5	22	W45	9	3	2	14
M55	6	6	4	16	W50	5	2	3	10
M60	6	8	5	19	W55	3	4	2	9
M65	5	5	5	15	W60	3	3	2	8
M70	6	4	7	17	W65	6	5	5	16
M75	7	5	9	21	W70	4	4	3	11
M80	7	8	9	24	W75	3	2	3	8
M85	4	6	2	12	W80	3	2	4	9
M90	5	2	2	9	W85	1	1	0	2
Tot	74	70	62	206		47	32	34	113
	1	2	3	T					
1995	121	102	96	319					
1993	60	54	38	152					
1991	73	57	42	172					
1989	124	143	133	400					
1987	85	70	44	199					



M65 5000 medalists in Buffalo. From left: Helene Glet (FRA, 3rd), Berthilia dePreter (BEL, 2nd), Toshiko d'Elia (USA, 1st).

Photo by Ruth Anderson

58 World Records Set in Buffalo

Continued from page 20

Zealand in the 1972 and 1976 Olympic 1500, impressively captured the 1500 (4:01.21) over Shaheed (4:01.67) and John Serrao (USA). The 1983 New York City marathon winner, who turned 45 on the opening day of these Championships, also took the 5000 by 19 seconds in 15:12.

"These Championships have the same nervousness and the same tension as the Olympics," Dixon told Allen Wilson of the Buffalo News. "This is great competition. The people here are really serious about winning." It was Dixon's first WAVA Championships. "It's an itch I had to

scratch," he said. "We're all out here in the heat of the day because we love it."

• Wisconsin's Stan Druckrey took both short (15.94) and long (56.80) hurdles. Charlie Rader (USA) took the high jump (1.88/6-2), while Dan Borrey (USA) won the pole vault (4.60/15-1).

• Ukraine's Valod Chernyaterich went 14.11 in the TJ, while Canada's Boris Zaitchouk won the hammer (57.80). Joe Greenberg (USA) had the meet's best javelin mark (63.02).

• Poland's Bohdan Bulakowski, who teaches racewalking in the USA, won the

Continued on page 22



Ralph Romain, Trinidad, leaves the M60 field behind with a world-record 53.88 in the 400.

Photo by Rex Dieterich

GOLD MEDALISTS — WAVA WORLD VETERANS CHAMPIONSHIPS — BUFFALO, USA — JULY 13-23, 1995

	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
	100 Collins	McCoy	Robbins	Austin	Thomas	Brown	Ubarri	Sansonetti	Suda	Haraguchi	Capo
	200 Gisler	Mitchell	Robbins	Austin	Romain	Brown	Ritter	Silverstein	Suda	Pajunen	Capo
	400 Gisler	Sowerby	Robbins	Mueller	Romain	Fee	Evans	Alexander	da Fonseca	Randall	Capo
	800 Brown T	Browne	Phipps	Bradford	Grujic	Fee	Evans	Botha	da Fonseca	Haapalainen	McBurney
	1500 Gonzalez	Dixon	Phipps	Bradford	Roberts	Herlaar	Bergman	Bulkley	Dyer	Santos	---
	5000 Harwick	Dixon	Bastos	Heijdens	VanNuffelen	Herlaar	Keston	Botha	Gakis	Santos	Althaus
	10000 Castellano	Sensburg	Robertson	James	Hun	Tarrant	Keston	Virolainen	Vasconcellos	Santos	Althaus
SH	Williams	Druckrey	Gray	Adams	Mulkey	Levis	Van Zyl	Bulkley	Finger	---	---
LH	Pannell	Druckrey	Gray	Mueller	Cronelis	Fee	O'Conner	Bulkley	Mahlo	---	---
SC	Underwood	Kyne	Robertson	Bradford	Morrell	Ohi	Eccles	Bulkley	Keller	---	---
HJ	Barrineau	Rader	Spielvogel	Fernandez	Fehlen	Gillcrist	Windolf	Miura	Morita	Trei	McBurney
PV	Jessee	Borrey	Neutzling	Lagerqvist	Brown	Donley	Bell	Finnanger	Johnston	Pajunen	---
LJ	Thomas R	Bobrov	Taavitsainen	Backlund	Richards	Reuter	Larsen	Obokata	Morita	Jin	Hosack
TJ	Walter	Chernyatev	Lamp	Backlund	Niemi	Levis	Lukens	Lehtimaki	Morita	Trei	McBurney
SP	Fohrenbach	Aragon	Hamel	Keshmiri	Speckens	Wachenfeldt	Randma	Liitia	Carter	Patinen	Cicconi
DT	Jankowski	Baraldo	Swarts	Keshmiri	Speckens	Filip	Jouppila	Gjul	Carter	Patinen	Cicconi
HT	Maganas	Zaitchouk	Gage	Singh A	Husson	Rzehak	Carr	Svennevik	Fleischhauer	Patinen	---
JT	Brown M	Greenberg	Kolar	Stuart	Poskocil	Noreborn	Eriksson	Barth	Schepe	Trei	Capo
DEC	Vegar	Svendgard	Geese	Lance	Mulkey	Seifert	Windolf	Koch A	Kimura	Haapalainen	---
WP	Maganas	Roodt	Gage	Hotchkiss	Speckens	Wendel	Eriksson	Liitia	Schottle	Patinen	Hosack
CC	Wood G	Tsukanov	Robertson	Heijdens	Lauridsen	Bini	Bergman	Virolainen	Vasconcellos	Espy	---
MARA	Castallano	Hernando	Bastos	Koch W	Lauridsen	Linder	Gutbier	Osselaer	Vasconcellos	Gadless	---
5KW	Yeager	Bulakowski	White G	Dickinson	Weidner	Fotheringham	Creo	Jordell	Patterson	Hanna	Morikawa
20KW	Karagiorgos	Oleinik	White G	Dickinson	Weidner	Goy	Mimm	Daman	Hallikainen	---	---
400R	GBR	USA	USA	USA	GER	USA	AUS	GER	JPN	---	---
1600R	GBR	USA	USA	GER	USA	USA	AUS	USA	JPN	---	---
CC	POR	RUS	GER	GER	GER	USA	USA	USA	---	---	---
MARA	POR	USA	GER	GER	USA	USA	USA	USA	---	---	---
RW	USA	USA	USA	AUS	USA	GBR	USA	USA	GER	---	---
	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85
	100 Harwood	Thompson	Raschker	Allison	Hoffman B	Obera	Cooper	Schneiderhan	Haule	Wedemo	---
	200 Harwood	Thompson	Raschker	Allison	Hoffman B	Obera	Cooper	Schneiderhan	Haule	Wedemo	---
	400 Kuipers	Bellingan	Libal	Allison	Hoffman B	Obera	Cooper	Mangler	Haule	Rocha	---
	800 Fisher	Bellingan	Blurton	Kade	Palmason	Horne	De Preter	Naumenko	Eriksson	Rocha	---
	1500 Fisher	Bellingan	Gallagher	Osterlund	Palmason	Visser	De Preter	Naumenko	Marvin	Rocha	---
	5000 Hansteen	McLatchie	Raap	Ottaway	Odermatt	Turner	d'Elia	Naumenko	Marvin	Haines	---
	10000 Hennessy	Rantakari	Stewart	Ottaway	Odermatt	Turner	d'Elia	Hanakova	Marvin	Granstrom	---
SH	Harwood	Swezey	Raschker	Kuemmerle	Roovers	Sakata	Blair	---	---	---	---
LH	Muller	Espina	Daehler	Kuemmerle	Roovers	Sakata	Hofmeyr	---	---	---	---
SC	Fisher	De St Croix	Warick	Ottaway	Nakamura	Tebes	---	---	---	---	---
HJ	Lapajne	Karg	Raschker	Vogen	Schmalbruch	Kaas	McDaniels	Pedel	Mighofer	Evans	---
PV	Herrmann	Lejeune	Raschker	Pietersen	Sisley	Yamamoto	McDaniels	Hinton	---	---	---
LJ	Herrmann	Wlodarczyk	Raschker	Lamp	Schmalbruch	Buerkle	McDaniels	Schneiderhan	Convery	Binder	---
TJ	Geremias	Wlodarczyk	Raschker	Springmann	Schmalbruch	Forde	McDaniels	Sullivan	Kaukinen	Evans	Frith
SP	Finsrud	Schultz	Kersuliene	Illgen	Danilova	Kofink	Hamm	Kiehr	Ronni	Binder	Frith
DT	Finsrud	Hohenberg	Anderes	Illgen	Danilova	Domingos	Hamm	Kiehr	Keile	Binder	---
HT	Boslaugh	Acuna	Faldager	Davies	Searle	Schaefer	de Nunez	Jortikka	Kaukinen	Korkeila	Frith
JT	Dejus	Kalviste	Bezjak	Thomas M	Ozolina	Kofink	Hanssens	Kiehr	Ronni	Cressi	---
HEP	Geremias	Potapova	Raschker	Kuemmerle	Schaden	Larsson	Hofmeyr	---	---	---	---
WP	Boslaugh	Schultz	Faldager	Hilliard	Searle	Schaefer	Barth	Jortikka	Reile	Korkeila	Frith
CC	Ceronio	De St Croix	Moen	Ottaway	Odermatt	Turner	De Preter	Brechbuehl	Marvin	---	---
MARA	Luckert	Gebauer	Novotna	Fleetwood	Severknka	gsChoppin	Brasher	Hagerty	Kazdan	---	---
5KW	McCaffery	Nitiagovskaya	McDonald	Haeder	Richardson	Provost	Meyer	Walker	Watkins	Wedemo	Robarts
10KW	Herazo	Nitiagovskaya	McDonald	Haeder	Richardson	Provost	Meyer	Mendez	Watkins	Wedemo	---
400R	AUS	AUS	GBR	GER	GER	GER	USA	GER	---	---	---
1600R	AUS	USA	AUS	GER	GER	USA	USA	COL	---	---	---
CC	---	CAN	NZL	USA	USA	GER	GER	USA	---	---	---
MARA	CAN	GER	NZL	USA	FIN	GER	---	---	---	---	---
RW	USA	USA	USA	AUS	USA	USA	GER	USA	---	---	---

58 World Records Set

Continued from page 21

5000 walk, but lost the 20K walk to Russia's Alexander Oleinik.

- The USA won both relays.

M50

• A talent-filled division, but two athletes stood out. Steve Robbins (USA) won all three sprints: the 400 in a WR 51.63, while his 100 time (11.24) was the fastest of the entire meet; and New Zealand's Ron Robertson, gold medalist in the 3000SC (9:52.61), 10,000 (32:39) and cross-country.

• Reginald Phipps of Great Britain upset Ohio's Ken Sparks with come-from-behind wins in the 800 (2:03.62) and 1500 (4:12.60). Sparks was hoping to become the first man over 50 to run 800 in under two minutes (the WR is 2:00.40), but he ran into gusty head winds and Phipps.

"I've been training with a bunch of younger guys," Phipps said, "and I've always had a decent kick." Sparks set three world indoor marks this year in the 800 (2:03.5), 1500 (4:13.8) and mile (4:32.8).

• Courtland Gray of Dallas chalked up two hurdle wins in 14.97 and 59.02.

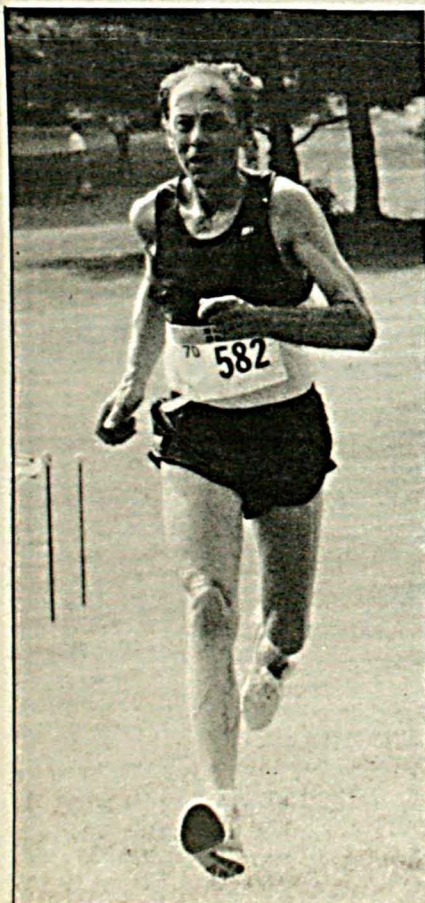
• Art Swarts (USA) captured the discus (59.10), while Tom Gage (USA) won the hammer (61.08) and weight pentathlon.

• Finland's Tampani Toavitsainen set a LJ WR (6.59), and Australia's George White was an easy winner in the walks at 23:46 and 1:44:28.

• The USA's 4x100 relay foursome of Mel Fields, Thaddeus Bell, Ed Jones and Robbins set a WR of 45.04, winning by over 10 meters. The USA's 4x400 squad also won in 3:37.26.

M55

• Australia's Reg Austin avenged his only defeat as a masters runner — an M50 loss to California's Ken Dennis at the Melbourne WAVA Championships in 1987 — with a come-from-behind win over Den-



Rune Bergman, M70, Sweden, first (43:20) 10K Cross-Country Championships.

Photo by David Zinman



Mexican athletes at the opening ceremonies, WAVA Championships.

Photo by Suzy Hess

nis, 11.71 to 11.83. It kept alive his string of winning a gold medal in each of 11 World Championships. Austin added the 200 (24.86) over the USA's Larry Colbert and Harry Tolliver.

• Germany's Guido Mueller pulled off a tough double with wins in the 400 (53.04) and, in one of the finest single performances of the meet, an amazing 58.92 in the 400H, smashing Jack Greenwood's 12-year-old WR of 59.85.

• Australia's Alan Bradford climbed to the top of the victory stand three times for impressive wins in the 800 (2:11.67), 1500 (4:27.40) and 3000SC (10:26.05).

• Britain's Steve James successfully defended his 10,000 title (34:54), but lost the 5000 to Holland's Aj Heijdens (16:54).

• California's Hugh Adams couldn't handle Mueller in the 400H but evened the score in the 100H (15.21).

• Sweden's Hans Lagerqvist broke Bo Morcom's 18-year-old WR with a 4.15 pole vault.

• Finland's Stig Backlund turned in perhaps the finest field-event efforts of the meet, with two WRs in the long jump (6.35) and triple jump (13.69). (Backlund's winning jump was a wind-aided 13.77, but the 13.69 was allowable for record purposes.)

• Joe Keshmiri (USA) repeated his Miyazaki wins in the shot (15.38) and discus (50.88).

• Larry Stuart (USA) hit the 57.36 mark in the javelin for the gold over Latvia's Janis Lusis, a four-time European champion who competed for the Soviet Union in four Olympics. He won a bronze in 1964, gold in 1968, silver in 1972, and placed eighth in 1976. Lusis was once named world track and field athlete of the year by Track and Field News, the only javelin thrower to receive the honor.

"I don't compete as much as I used to," said Lusis, who speaks fluent English. "This is the first time I've thrown this year. It's just wonderful to be here."

Stuart, who holds WRs in the M50 (65.76) and M55 (63.74) javelin, said: "Janis is not the champion he once was, but he is still the best."

• Dale Lance (USA) had the highest decathlon score of the meet with 8179 points, while Dick Hotchkiss (USA) claimed the weight pentathlon.

• Australia's Murray Dickinson strode to both walk wins in 23:33 and 1:45:36, and the USA (4x100) and Germany (4x400) split the relay golds.



Janis Lusis, M55, Latvia, gold medalist for the U.S.S.R. in the 1968 Olympics with an Olympic record 295-7/90.10, looked good but settled for second to Larry Stuart of the U.S.

Photo by Jerry Wojcik

M60

• The USA went 1-2-4-5 in the 100 as Bobby Thomas (12.22) won a photo over Nick Newton (12.24), who also had to settle for the HJ silver when countryman Phil Fehlen won (1.66m) on fewer misses.

• Ralph Romain of Trinidad and Tobago was again sen ational, with dominant wins in the 200 (25.87) and a stunning 53.88 WR (99.5% age-graded) in the 400.

• South Africa's Miloje Grujic, second to Romain in 55.53 (96.5%) in the 400, won the 300 (2:17.25).

• Australia's Tom Roberts captured the 1500 (4:40.06), while Belgium's Gerard Van Nuffelen garnered the 5000 (17:17).

• Georgia's Phil Mulkey took the 100H (16.71) and set a new WR of 8065 points in the decathlon. (He scored 8540 points two years ago in Japan, but one of his 1993 marks was wind-aided, hence no WR, according to World Veterans Records Chairman Pete Mundle.)

• Germany's Peter Speckens defeated large, solid fields, including discus WR-holder Wendell Palmer (USA) in the shot (15.42WR), discus (57.00), and weight pentathlon.

• Denmark's Bent Lauridsen conquered all in the heat-marred cross-country and the final-day marathon (2:46:57).

• Gerhard Weidner of Germany nabbed both walks in a WR 24:07 (5000) and 1:44:57 (20K).

• Germany (4x100) and the USA (4x400) split the relay wins.

M65

• Harry Brown (USA) eked out a victory in the 100 from Japan's Morio Kowaguchi, 12.87 to 12.88, and won the 200 (27.80).

• Canada's Earl Fee was the star of this division with three brilliant WRs in the 400 (57.97), 800 (2:14.33), and 300H (45.71).

• Holland's Simon Herlaar won going away in the 1500 (4:47.73) and 5000 (18:56).

• Jim Gillerist (USA) high-jumped 1.56/5-1¼, while Sweden's Torsten Von Wachenfeldt logged 100.0% AG with a 14.71 shot WR.

• Gordon Seifert (USA) took the decathlon crown, while Karl-Heinz Wendel of Germany prevailed in a field of 24 in the weight pentathlon.

• The USA quartets captured both relays.

M70

• Jose Luis Ubarri of Puerto Rico steamed to the 100 win in 13.13 (97.7%).

• Australia went 1-2-3 in the 400 with Frank Evans (63.76), Mike Johnston and Tom Hishon. Evans also claimed the 800 (2:37.14).

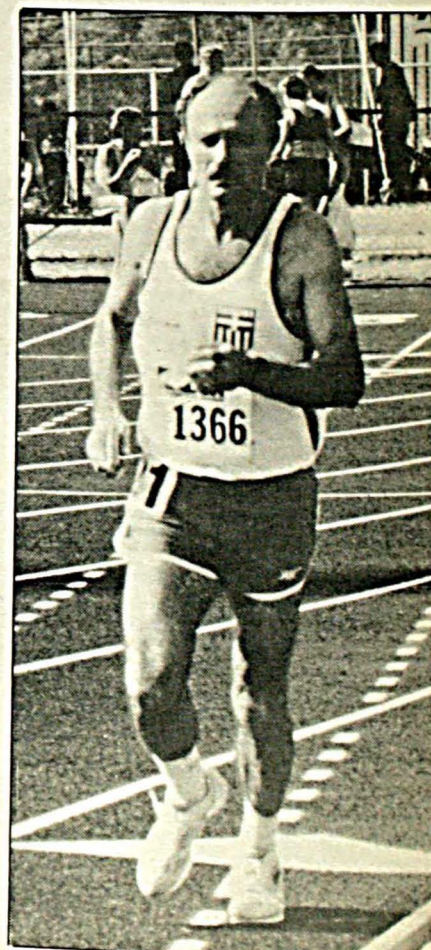
• Oregon's John Keston survived the heat to take come-from-behind wins in the 5000 (19:37.34) and 10,000 (40:10.55) by two seconds and six seconds, respectively, over Sweden's Rune Bergman in exciting races. Bergman added two golds to his pair of silvers with triumphs in the 1500 (5:12.98) and cross-country.

• Finland's Erik Eriksson speared a gold in the javelin (43.24) and later won the weight pentathlon.

• Britain's Len Creo beat Bob Mimm (USA) in the 5000 walk by six seconds (29:38) but Mimm bested Creo by eight seconds in the 20K (2:10:12).

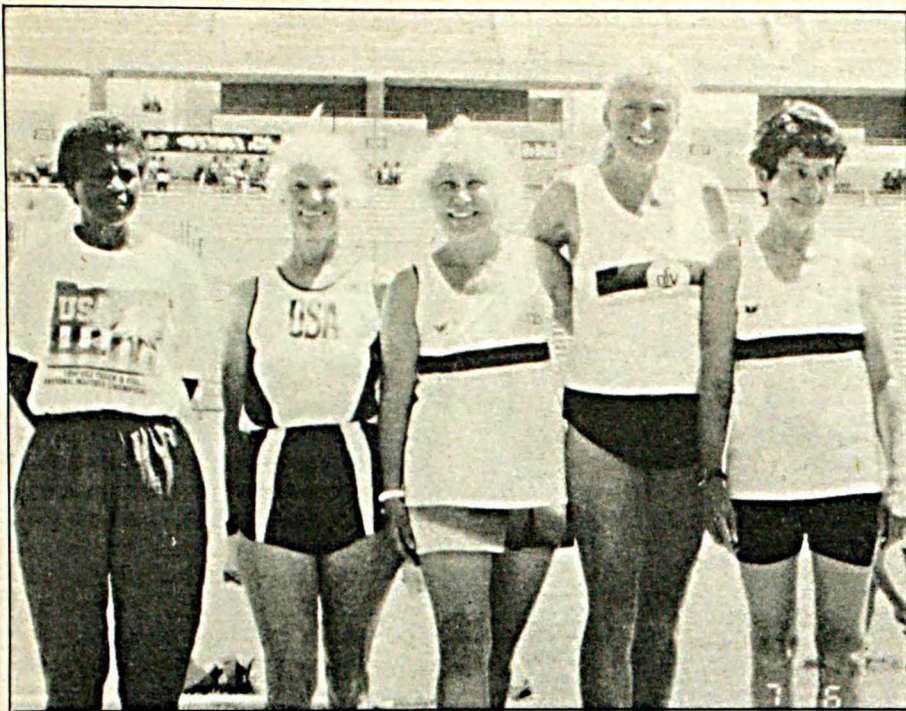
• The strong Australian teams accounted for both relay golds.

Continued on page 23



Vasilios Maurosoulos, M55, Greece, in the 10,000.

Photo by Jerry Wojcik



W60 cross-country team awards, (from left): Thelma Wilson and Ruth Anderson (USA, 2nd); Ingrid Tippelt, Erika Kruger, and Lilo Kalweit-Marloth (GER, 1st).

58 World Records Set in Buffalo

Continued from page 22

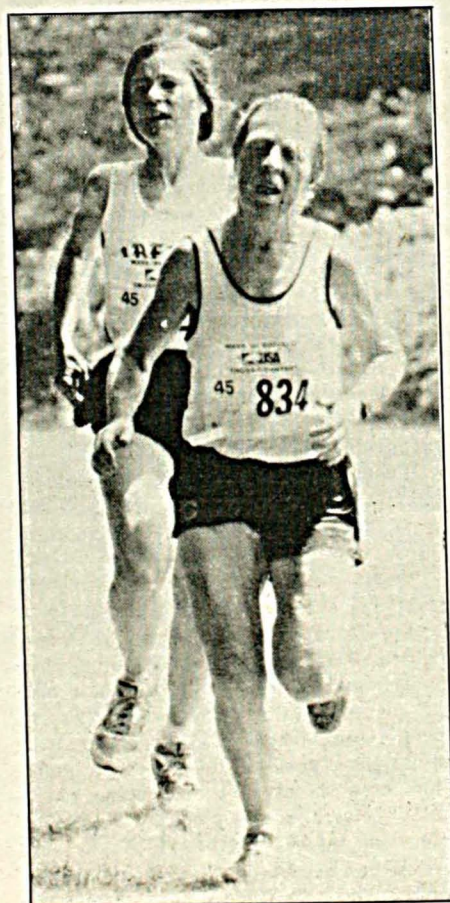
M75
 • Italy's Ugo Sansonetti took the 100 (14.89) and Arizona's Milt Silverstein took the 200 (31.34).
 • The USA went 1-2-3 in the 400 with John Alexander (69.23), Rod Parker and Bob Matteson.
 • Oregon's Dan Bulkeley won the 1500 (5:38.99) and all three barrier races for four gold medals. He might have had five, but inadvertently missed his 800 heat.
 • Finland's Ilmari Liittia took the shot gold by three centimeters (12.47) from Germany's Edwin Becker, and won the weight pentathlon.
 • Finland's Aimo Virolainen hot-footed to 10,000 (47:43:15) and cross-country wins in very warm temperatures.
 • For the first time in 11 World Championships, California's Jim Vernon did not win a gold medal. He cleared 2.10m (6-10) in the pole vault, the same as winner Willy Finanger of Norway, but Finanger took the gold on fewer misses.
 • Cokey Daman (USA) finished the 20K walk in 2:17:42, six seconds ahead of France's Joe Boullion.
 • Germany (4x100) and the USA (4x400) shared the relay first places.

M80
 • Japan's Giichi Suda impressed with wins in the 100 (16.06) and 200 (34.05), while Brazil's Antonio da Fonseca logged wins in the 400 (78.00) and 800 (3:16.21).
 • Kansas' Bill Dyer, a Buffalo native, won a life-or-death, lunging 1500 finish from Greece's Panagiotis Gakis, 6:48.51 to 6:48.56, the closest M80 race anyone could remember. Gakis prevailed in the 5000 (26:01).
 • Tuplet Vasconcellos of Brazil took three golds in the 10,000 (55:20.25), cross-country and marathon.
 • Jump artist Mazumi Morita of Japan took the HJ (1.14), LJ (4.06), and, his specialty, the TJ (8.69).
 • Ohio's Eugene Keller set a 2000SC WR of 11:39.03, while Germany's Gerhard Schepe WR'd with a 32.56 JT.
 • Oregon's Ross Carter was unchallenged in the shot (11.49/96.7%) and discus (35.44).
 • Japan set two relay WRs in the 4x100 (65.75) and 4x400 (6:54.86).

M95

• Canada's Karl Trei won an odd trio of golds: HJ (0.98), TJ (6.71), and JT (20.78). Weightman Paavo Patinen of Finland hit gold medal marks in the shot, discus, hammer and weight pentathlon.
 • Finland's Erkki Haapalainen earned honors in an unusual combo — the 800 (4:36.80) and the decathlon, while his countryman, Ahti Pajunen, upped the PV WR to 1.90.
 • Alipio Santos of Portugal dominated the track distance races with wins in the 1500, 5000, and 10,000.

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Elizabeth Thodey, W45, New Zealand, fourth (45:16), 10K Cross-Country Championships. Photo by David Zinman

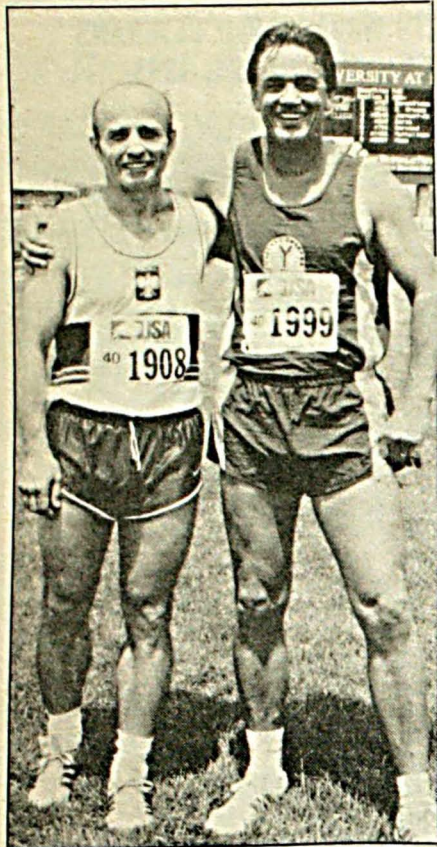
NEW WORLD RECORDS SET IN 11TH WAVA WORLD VETERANS CHAMPIONSHIPS — BUFFALO, USA — JULY 13-23, 1995

Event	Div.	New Mark	Name	Nation	Old Mark	Held by
200	W50	26.56	Marge Allison	AUS	26.64	Marge Allison
200	W55	28.40	Brunhilde Hoffman	GER	28.48	Irene Obera
200	W85	69.28	Judit Forero Geona	COL	None	
400	M40	48.10	Rolf Gisler	SUI	48.44	James King
400	M50	51.63	Steve Robbins	USA	51.70	Harold Morioka
400	M60	53.88	Ralph Romain	TRI	53.9	Ralph Romain
400	M65	57.97	Earl Fee	CAN	58.79	Jim Law
400	W45	56.82	Mary Libal	USA	57.8	Jan Hynes
400	W50	58.51	Marge Allison	AUS	58.75	Marge Allison
400	W55	64.50	Brunhilde Hoffman	GER	66.0	Carolyn Cappetta
400	W60	67.80	Irene Obera	USA	69.00	Ann Cooper
800	M65	2:14.33	Earl Fee	CAN	2:15.23	Earl Fee
800	W70	3:13.66	Nina Naumenko	RUS	3:14.90	Britta Tibbling
1500	W60	5:39.96	*Vicki Bigelow	USA	5:44.81	Shirley Brasher
1500	W70	6:14.52	Nina Naumenko	RUS	6:39.04	Britta Tibbling
80H	W60	13.91	*Corrie Roovers	NED	14.68	Asta Larsson
80H	W65	17.35	Colleena Blair	NZL	18.25	Judith Knight
400H	M55	58.92	Guido Mueller	GER	59.75	Jack Greenwood
400H	W40	63.04	Maria Sangous Espina	ESP	63.58	Jan Hynes
300H	M65	45.71	Earl Fee	CAN	46.42	Earl Fee
300H	W60	53.05	*Corrie Roovers	NED	56.80	Betty Vosburgh
2K-SC	M80	11:39.03	Eugene Keller	USA	11:51.48	Tadashi Tau
HJ	M40	2.11	James Barrineau	USA	2.06	John Hartfield
HJ	W40	1.72	Carmen Karg	GER	1.67	Yordanka Blagoeva
HJ	W50	1.53	Renate Vogen	GER	1.47	Dorothy Tyler
HJ	W80	0.88	Sheila Evans	USA	0.88	Berta Hielscher
PV	M55	4.15	Hans Langerqvist	SWE	4.12	Boo Morcom
PV	M85	1.90	Ahti Pajunen	FIN	1.73	Arling Pitcher
PV	W35	3.00	Petra Herrmann	GER	2.80	Maret Kalviste
PV	W40	3.00	Marie Lejuene	FRA	2.90	Phil Raschker
LJ	M50	6.59	Tampani Toavitsainen	FIN	6.54	Pericles Pinto
LJ	M55	6.35	Stig Backlund	FIN	6.20	Pericles Pinto
LJ	W55	4.82	Christa Schmalbruch	GER	4.80	Christa Schmalbruch
LJ	W70	3.62	Paula Schneiderhan	GER	3.58	Paula Schneiderhan
TJ	M55	13.69	Stig Backlund	FIN	12.75	Herman Strauss
SP	M60	15.42	Peter Speckens	GER	14.99	Tor Von Wachenfeldt
SP	M65	14.71	Torsten Von Wachenfeldt	SWE	14.43	Tor Von Wachenfeldt
SP	W60	12.52	Sigrun Kofink	GER	12.20	Rosemary Chrmas
SP	W70	8.52	Hanna Kiehr	GER	8.44	Lena Grobler
DT	W65	29.98	Marianne Hamm	GER	29.36	Nina Ponomareva
DT	M90	22.06	Lamberto Cicconi	ITA	20.56	Buell Crane
HT	W40	42.72	Ann Edith Acuna	CHI	42.68	Elizabeth Kirsch
HT	W55	45.86	Helen Searle	AUS	44.78	Evaun Williams
HT	W60	46.04	Jutta Schaefer	GER	40.46	Jutta Schaefer
HT	W85	18.26	Ruth Frith	AUS	17.56	Ruth Frith
JT	M80	32.56	Gerhard Schepe	GER	32.50	Gerhard Schepe
JT	W50	48.56	Mary Thomas	AUS	43.82	Gertrude Schonauer
DEC	M60	8065	Phil Mulkey	USA	7379	Rudy Hochreiter
5KRW	M60	24:07.71	Gerhard Weidner	GER	24:48	Bryan Hawkins
5KRW	W85	44:43.85	Dorothy Robarts	AUS	None	
4x100	M50	45.04	USA (Fields, Bell, Jones, Robbins)	USA	45.36	USA
4x100	M80	65.75	JPN (Morita, Okazaki, Tateishi, Suda)	USA	77.37	USA
4x100	W50	53.41	GER (Eriksen, Behrendt Gallep, Kuemmerle-Valk)	GBR	54.51	GBR
4x100	W70	68.72	GER (Lorenz, Mangler, Haule, Schneiderhan)	None	None	
4x400	M80	6:54.86	JPN (Yamada, Okazaki, Tateishi, Suda)	USA	7:34.9	USA
4x400	W50	4:35.27	GER (Seibert, Gallep, Venn, Kuemmerle-Valk)	USA	4:36.85	USA
4x400	W60	5:14.94	USA (Freeman, Kerr, Hals, Obera)	GER	5:21.91	GER
4x400	W70	7:07.90	COL (deFontan, Lires, Suarez de Bernal, Lugo)	None	None	

*Competed in W55 division, but turned 60 during Championships

ADDITIONAL U.S. RECORDS SET IN WAVA WORLD CHAMPIONSHIPS

400	W65	79.96	Sumi Onodera-Leonard	CA	82.3	Josephine Kolda
400	M60	56.77	Paul Johnson		57.64	Jack Greenwood
1500	W80	9:33.20	Mary Haines	CT	11:02.96	Pearl Mehl
10000	W65	47:09.40	Toshiko d'Elia	NJ	49:42.41	Jaclyn Caselli
10000	W80	79:25.80	Mary Haines	CT	98:38	Hilda Crooks
HT	W35	40.80	Sarah Boslaugh	NY	39.66	Joan Stratton
4x100	W60	61.85	USA (Barnes, Miller, Kerr, Obera)	USA	66.20	USA
4x100	W70	79.83	USA (Hinton, Davidson, Convery, Friedman)	None	None	
4x400	W40	4:07.65	USA (Raschker, Murray, Thompson, Libal)	USA	4:10.85	USA
4x100	M80	75.58	USA (Boal, Lightfoot, Mlotek, Morrow)	USA	77.37	USA
5KRW	M85	38:38.77	John Hanna		39:14.54	Paul Spangler
5KRW	W70	35:05.11	Margaret Walker		35:07.0	Velma Jacobs
5KRW	W75	36:42.80	Imogene Watkins		38:20.19	Millie Crews
10KRW	W75	74:33	Imogene Watkins		82:56	Adaline Crocker



Julian Pelka, Poland, and Johan Allers, South Africa, M40 rivals in the decathlon.

Photo by Jerry Wojcik

58 World Records Set

Continued from page 23

M90

• **Asdrubal Capo** of Uruguay captured three sprint wins and the spectators' applause. **Waldo McBurney** (USA) showed versatility with firsts in the 800, HJ and TJ.

• Germany's **Alfred Althaus** was the LDR champion on the oval with wins in the 5000 and 10,000, while Italy's **Lamberto Cicconi** hit a WR (22.06) in the discus and won the shot.

W35

• Britain's **Jocelyn Harwood** darted to wins in the 100 (12.92), 200 (25.65) and 100H (15.02), while Bermuda's **Jennifer Fisher** collected golds for the 800 (2:14.00), 1500 (4:32.43) and 2000SC (7:58.13).

• Norway's **Wina Hansteen** and Ireland's duo of **Catherine Hennessy** and **Mags Greenan** had some terrific battles in the distance races. Hansteen won the 5000 (18:00) with Hennessy second and Greenan third. Hennessy took the 10,000 (38:36) with Greenan second and Hansteen third. Hennessy was second and Greenan fourth to South Africa's **Marietje Ceronio**, who retained her cross-country world title.

Fifteen Years Ago September, 1980

- 13 World Records Fall in Pan-American Games in Los Angeles
- Bert Lancaster Sets M50 WRs in 100 (11.3) and 200 (23.6)
- Ray Hatton Sets M45 5000 WR of 15:17.4
- Clive Davies Sets M60 5000 WR of 17:19

• **Petra Herrmann** of Germany jumped to firsts in the PV (3.00WR) and LJ (5.36).

• **Carol Finsrud** (USA) scored wins in the shot and discus (48.92). **Sarah Boslaugh** (USA) used her prowess in the hammer (first in 40.80) to also win the weight pentathlon.

• Nevada's **Victoria Herazo** walked 48:09 to win the 10K, but lost her first masters racewalk ever to Canada's **Janice McCaffrey** in the 5000 (22:58).

• Missouri's **Laura Luckert** was first woman overall in the marathon (2:57:58), and the Australians took both relays.

W40

• **Irene Thompson**, who lives in nearby Syracuse, N.Y., sped to 100 (13.09) and 200 (26.31) wins. South Africa's **Jacoba Bellingan**, a W35 double-gold-medalist in Miyazaki at age 38, recorded a tough triple-win in the 400 (58.29), 800 (2:18.95) and 1500 (4:44:01).

• Texas' **Carol McLatchie** successfully defended her world 5000 championship in brutally hot weather in 18:01, defeating Finland's **Helena Rantakari**, who took the 10,000 (39:15).

• Spain's **Maria Sangous Espina** surprised with a 400H WR (63.04); Chile's **Ann Edith Acuna** WR'd with a 42.72 hammer throw; and France's **Marie Lejeune** raised the PV WR to 3.00.

• **Anna Wlodarczyk**, who lives in Southern California but competed for Poland, leaped to the victory stand twice via wins in the LJ (5.79) and TJ (11.76).

• Germany's **Carmen Karg** set a WR 1.72 in the high jump, while Russia's **Liudmila Nitiagovskaya** hit the tape first in the 5000 (25:14) and 10K (52:41) walks.

• Australia (4x100) and the USA (4x400) divided the relay golds.

W45

• The most outstanding performer of the meet, **Phil Raschker**, (USA) won all four jumps, the 100, 200, 80H and heptathlon.

Her best race may have been the only one she lost. The defending world W45 400 champion (60.04 in Japan) wasn't even the favorite in the Buffalo one-lapper. Four other runners had broken 60 seconds this year. Jan Hynes' WR of 57.8 was in jeopardy. Raschker was down in lane 2 with the fifth-best qualifying time. With 200 to go, she was well back and appeared to be out of it. But she dug down and found more to close strongly and better the WR with a 57.60, 2½ seconds faster than her winning 1993 time.

The only problem was that Oregon's **Mary Libal** ran an even faster 56.82. Britain's **Barbara Blurton** was third (57.91), California's **DeeDee Grafius** fourth (57.94), and Belgium's **Annie Knipping** fifth (59.06). It was one of the meet's greatest races. Grafius' mark would have won the W40 race and placed second in W35.

"I've got eight gold medals but the one I'm most proud of is this silver medal," Raschker said. "My goal was to beat one person who was better than I was."

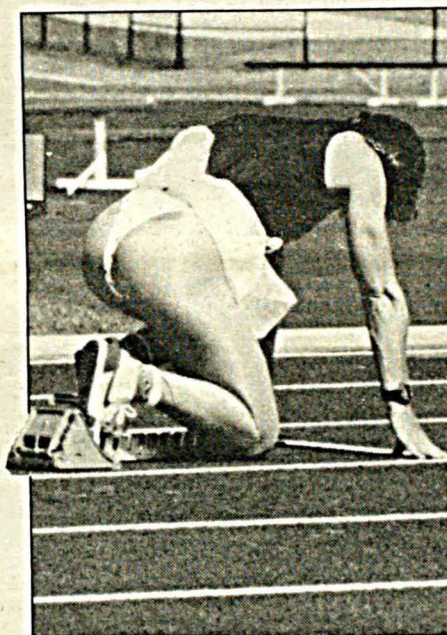
Libal's performance was just as sensational. As a U. of Wisconsin senior, she was not allowed to compete in the NCAA championships because she had one too many college credits. In 1989 she almost died from a liver infection. She was bedridden for six months. She said the infection developed into chronic fatigue syndrome, with severe headaches, and muscle and joint pains. After three years she forced herself to exercise.

"I started out walking my dog around the block and I couldn't do it once without sitting on the curb," she told Mark Gaughan of the *Buffalo News*. "When I was strong enough to do it once I set a goal



On the awards stand, top three in the W50 80mH: Friderun Kuemmerle-Valk, Germany, first (14.24), Marianne Maier, Austria, second, and Elise Wale, Norway, third.

Photo by Jerry Wojcik



Phil Raschker, W45, USA, winner of eight gold medals, in the blocks for the start of a 400 preliminary.

Photo by Jerry Wojcik

to walk to one more telephone pole, then one more the next day. I worked up to a mile, then I started riding my bike the same way, increment by increment."

Libal focused on her nutrition and began taking vitamins.

"I'm incredibly excited to have done this," she said. "I was so sick for four years, I thought I'd never run another step."

Raschker credited her 400 improvement to regular mile runs on a treadmill. "It's boring, but I did it to train for the heptathlon 800," she said. The eight-time USA female masters athlete-of-the-year said she was pleased with her hurdle races. "But I can go another meter in the long jump if I do it right. I'm still learning the high jump flop, even though I've been doing it 12 years." Raschker also predicted a 12-foot pole vault "if I ever get it right."

Based on her 3rd-place finish in the pole vault at the USA Open Championships in June, Raschker was invited to compete on the USA National Team in a dual meet with Great Britain in England, Aug. 21.

• Denmark's **Inge Faldager** took two of the few golds remaining, in the hammer (43.94) and weight pentathlon.

• Racewalker **Heather McDonald** of Australia, a W40 double-gold-medalist in Japan, moved up to W45 and outlegged her 5000 (26:14) and 10K (54:20) competition.

• Great Britain (4x100) and Australia (4x400) took the relays.

W50

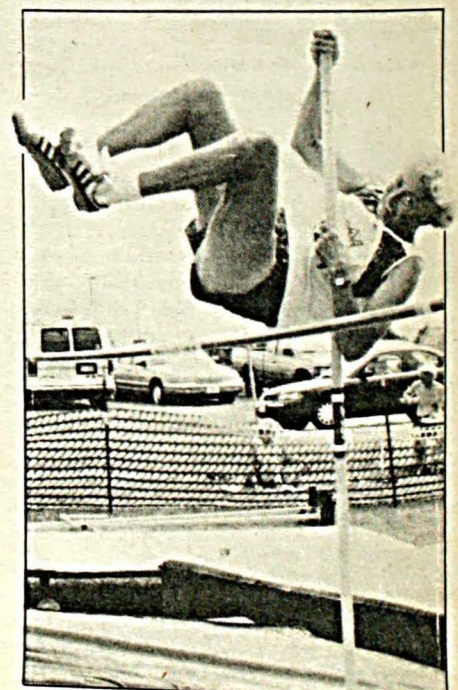
• Australia's **Marge Allison** was fantastic with WRs in the 200 (26.56) and 400 (58.51), adding a 100 gold (13.06).

• California's **Joan Ottaway** was tireless, winning four golds in the cross-country, 2000SC (8:16.59), 5000 (18:34.80), and 10,000 (38:29).

• Germany's **Friderun Kuemmerle-Valk** won the 80H (14.24), 300H (51.03) and heptathlon, and ran on both world-record-setting relay teams (53.41 and 4:35.27).

• Australia's **Mary Thomas** upped the javelin WR to 48.56, as did Germany's **Renate Vogen** in the HJ (1.53).

Continued on page 25



Leonore McDaniels, W65, Virginia, cleared 2.00 in the pole vault.

Photo by Suzy Hess

58 World Records Set in Buffalo

Continued from page 24

• Switzerland's **Heide Maeder** cruised to wins in both walks in 27:00 and 54:40.

W55

• Germany's **Brunhilde Hoffman** won all three sprints, with WRs in the 200 (28.40) and 400 (64.50).

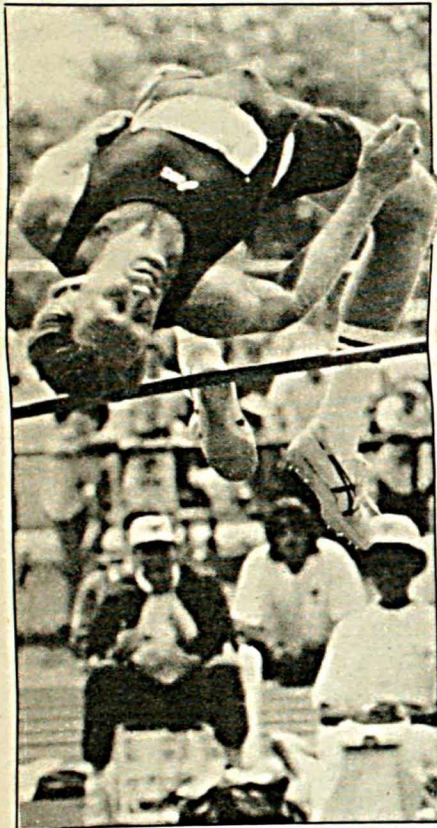
• Canada's **Diane Palmason**, who lives in Colorado, took home golds in the 800 (2:32.17) and 1500 (5:14.86).

• Switzerland's **Ursula Odermatt** took the 5000 (19:50.51), 10,000 (39:37) and cross-country.

• Holland's **Corrie Roovers** won both hurdles in 14.54 and 53.05. Oddly, since she turned 60 on July 14, both marks go in the record book as W60 WRs.

• California's **Vicki Bigelow** also turned 60 during the meet (July 22), so, although she placed seventh in the W55 1500, she gets credit for a W60 WR of 5:39.96.

• Germany's **Christiane Schmalbruch** swept the HJ, TJ (9.96) and a WR LJ (4.82).



Dwight Stones clears the bar at a world M40 high jump record 2.08m (6-9¾), but finished second to Jim Barrineau, who cleared 2.11 (6-11) in Buffalo.

Marasport Photographic Productions

• Russia's **Tamara Davilova** scored shot (12.88) and discus (40.68) firsts, while Australia's **Helen Searle** coupled a WR hammer (45.86) with a weight pentathlon victory.

• New York's **Elton Richardson** wasn't pressed in either the 5000 (28:30) or 10K (58:31) walks.

W60

• California's **Irene Obera** won the 100 (13.51), 200 (29.98) and set a WR in the 400 (67.80). The former high school principal has never lost in the sprints at the masters level. She added a gold by anchoring the USA 4x400 relay squad to a WR 5:14.94.

• Canada's **Jean Horne** successfully defended her world 800 title in 2:49.72, and placed second (5:55.02) to countrywoman **Helly Visser** (5:52.79) in the 1500.

• Molly Turner of Canada had an LDR hat trick — the 5000 (21:16.92), 10,000 (44:14) and cross-country.

• Brazil's **Wanda Sakata** bolted to two hurdle golds, while Germany's **Sigrun Kofink** put the shot to a WR 12.52 and won the javelin.

• Germany's **Jutta Schaefer** upped her own HT WR to 40.04.

• June-Marie Provost of Canada took both walks in 29:48 and 61:32.

W65

• Australia's **Ann Cooper** took charge of all three sprints in 15.09, 31.79 and 74.92, while Virginia's **Leonore McDaniels** monopolized all four jumps.

• Belgium's **Berthilia de Preter** won the cross-country and later nabbed golds in the 800 and 1500.

• New Jersey's **Toshiko d'Elia**, a top USA road racer, proved she could handle the track with wins in the 5000 (23:52) and 10,000 (47:09).

• New Zealand's **Colleena Blair** ran a WR 17.35 in the 80H. South Africa's **Isabel Hofmeyr** took the 300H and heptathlon, while Australia's **Shirley Brasher** took marathon gold (4:31).

• Germany's **Marianne Hamm** won the shot and discus (WR 29.98).

• Pat Peterson of Albany, N.Y. surprised with a silver in the 200 (34.34) and two golds as part of the winning USA relay squads. Just two years ago, Peterson had bone marrow transplant surgery in her battle with cancer. "You just have to try to fight through it," she said. "I have lymphoma and I have to do whatever I can to stay well as long as I can. To think that two years ago when everyone was in Japan, I was in the hospital. It's a great feeling to be alive."

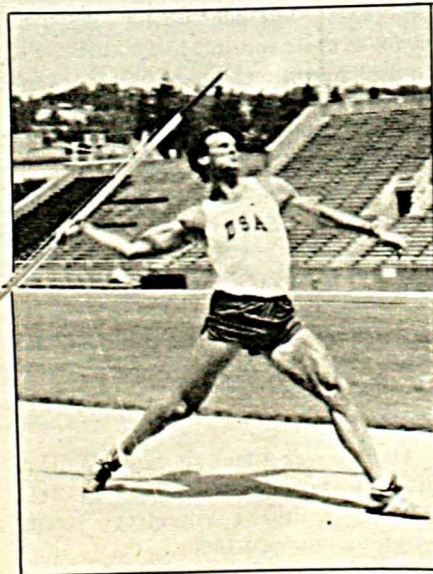
W70

• Paula Schneiderhan comes to every WAVA Championship and is always in shape. At 73, the amazing German won the 100 (15.98), 200 (34.86) and broke her own long jump WR with a 3.62.

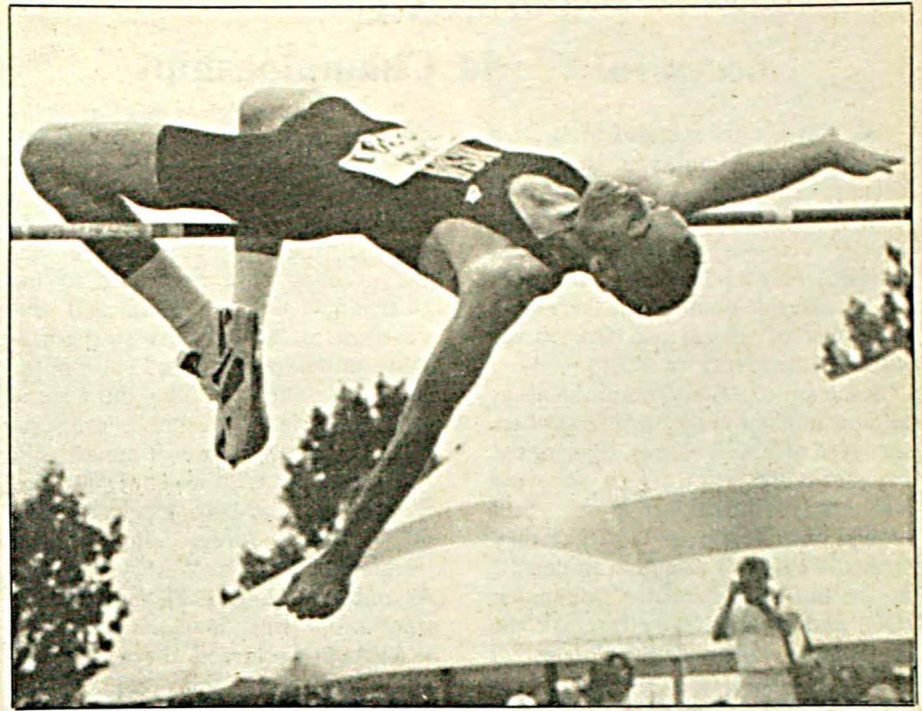
• Russia's **Nina Naumenko** demolished WRs in the 800 (3:13.66) and 1500 (6:14.52) and won the 5000 (24:00.06).

• Germany's **Hanna Kiehr** blasted off a SP WR of 8.52 and won the discus (21.62) and javelin.

• Colombia won its first-ever World Championships relay with a new WR (7:07.90) in the 4x400, while Germany took the 4x100 in a WR 68.72.



Stan Vegar, 1995 U.S. M40 National and WAVA decathlon champion. Photo by Terry Burke



Jim Barrineau, USA, cleared 2.11 in the high jump for an M40-44 world record.

Photo by Jerry Wojcik



Guido Mueller, Germany, M55 400mH winner with a world record 58.92, a 99.1% age-graded performance.

Photo by Suzy Hess

W75

• Germany's **Elizabeth Haule** scampered to three sprint wins, while Canada's **Lenore Marvin** took the 1500 (7:09.94), 5000, 10,000, and cross-country.

• With an odd double, Finland's **Aili Kaukinen** won the TJ and HT (17.08), while **Imogene Watkins** set USA marks in winning the 5000 (36:42.80) and 10K (74:33) racewalks.

W80

• Sweden's **Nora Wedemo** won four golds in the 100, 200, 5000 RW and 10K RW.

• A great crowd favorite was **Rosario Iglesias Rocha** of Mexico. A newspaper carrier in Mexico City for 55 years, the 5-foot-5, 77-pounder repeated her Miyazaki triumphs in the 400 (2:02.47), 800 (4:31) and 1500 (8:54), beating the likes of Wedemo, **Mary Haines**, **Johanna Luther**, **Ivy Granstrom**, and **Pearl Mehl**. Because she can't afford to travel, her friends at work help out. "They are a big reason for my success," she smiled.

• **Sheila Evans** (USA) tied the HJ WR (0.88), while Germany's **Anny Binder** took the LJ, SP and DT.

W85

• **Ruth Frith** went home to Australia with four golds in the TJ, SP, HT (18.26WR), and weight pentathlon. Colombia's **Judit Forero de Gaona** established a 200WR (69.28), as did Australia's **Dorothy Roberts** in the 5000 RW (44:43.85).

— Jerry Wojcik and Al Sheahan



Courtland Gray, USA, shown here winning the M50 long hurdles, also won the short hurdles.

Photo by Jerry Wojcik

Ten Years Ago September, 1985

- George Cohen Sets World M45 Mark of 1:57.73 in 800
- Zimmerman, Dalrymple Top Masters in Utica 15K
- Villanueva, Welch Win at Peachtree 10K

Problems Mar Successful World Championships

We haven't felt obliged to write a "problems" column about the World Championships in 10 years, but while many participants felt the XI WAVA World Veterans Championships in Buffalo, July 13-23, went reasonably well, a sizeable number felt there were a number of snafus that dimmed the luster of the event.

Some athletes found no problems at all and had a wonderful time. Others shrugged off the problems, figuring the complexity of staging such an event will always produce foul-ups. Still others were frustrated at what they termed a "lack of attention to detail" by the Buffalo Organizing Committee (OC) and an apparent effort to "cut costs at the expense of the athletes."

To be fair, these views must be reported. Here, then, is a laundry list of complaints to guide future organizers. You can judge for yourself the importance of each.

- The OC resurfaced the track at Stadium Two only a week or two before the meet. The track did not settle properly. Lane 8 was unusable because of a severe dip on the turn. Lanes 3 through 6 were soft for 10 to 20 meters on the main straightaway. "It's a disaster," said Winston Thomas, Great Britain's team manager. The heptathlon hurdles were switched to Stadium One. The heats of regular short hurdle races could not be moved, so lanes 3, 4 and 5 were left vacant. In the long hurdle races, competitors ran through the soft spots with no major complaints.

- The meet seemed determined to cut costs wherever possible. One example was a lack of adequate signage. There were no signs in any language other than English. And not many of those. The first few days were difficult because many athletes didn't know where to go to "declare" their intention to compete, which was supposed to be done at least one hour before their event. This procedure has been

the norm for the past five world championships, and athletes generally have the hang of it.

But many couldn't find where to go because of lack of signs. Many missed the deadline and, according to the rules, could have been scratched. But the clerk of the course, with the help and understanding of computer operators John Montalbo and Charlie Hodgson, made sure nearly everyone got in. Finally, word-of-mouth and more signage helped solve the problem.

- Another cost-cutting device by the OC was to forego simultaneous translation at the WAVA General Assembly meeting. Even though such translation was mandated in the WAVA/OC contract, the OC felt it was too costly to implement.

"Our goal was to break even on the meet," said Executive Director Vito Borrello. "The organizers of the World University Games (held in Buffalo in 1993) lost \$3.9 million on a \$25 million budget. We didn't want to repeat that. We've been very conservative in our expenses."

WAVA learned of the contract violation too late to arrange for translation, itself, but vowed to have simultaneous translation, one way or the other, in 1997.

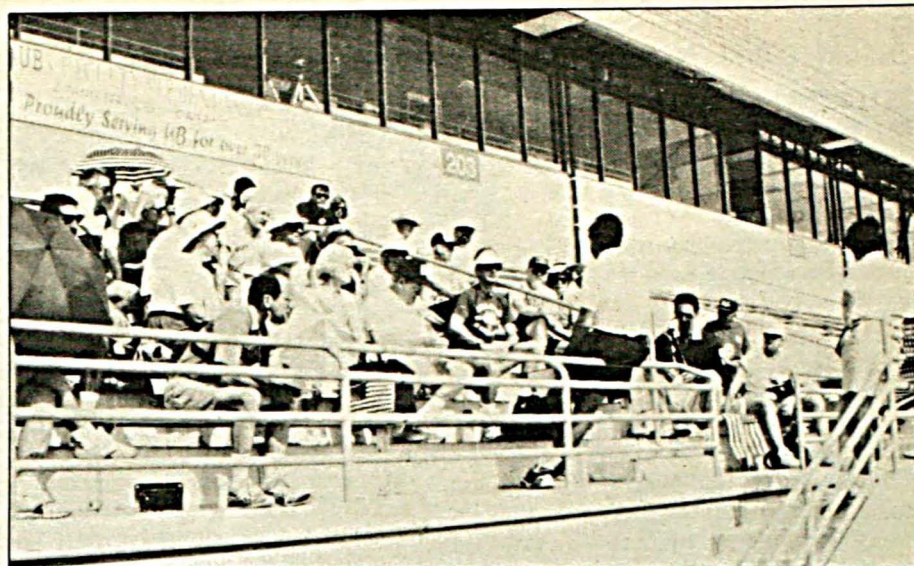
As a result, WAVA Council member Cesar Moreno Bravo of Mexico was pressed into duty to translate all English into Spanish at the Assembly. Despite a yeoman job, the manual translations took up valuable time, and didn't help the French, Germans, or many others.

- One of the javelin runways was a raised wooden platform covered with artificial turf.

- There were no hip numbers in many races to help identify the runners.

- Massages were not free, as they were in Miyazaki and Turku.

- The free shuttle buses were supposed to run at least every 30 minutes.



One of the daily morning meetings of the U.S. contingent.

Photo by Jerry Wojcik

But there was no printed schedule showing the routes and times, as there was in Japan. Some athletes found the service good, but others experienced long waits.

"We waited over two hours for the buses," complained Germany's team manager, Heinrich Clausen. "The buses were awful."

Courtland Gray of Dallas won a gold medal in the M50 400 hurdles only because sympathetic officials bent the rules to let him compete in his heat. "I was an hour late checking in. I got on the bus with plenty of time with the stadium in sight, but the bus went miles in the other direction before turning back."

There was reportedly sparse bus service to the downtown hotels, forcing many athletes to use the Metro. And there was limited service on the pre-competition days.

- In Japan, the program was free. In Buffalo, it cost \$5.00. It had a lot of information, except someone forgot to include a numerical listing of athletes and the country codes.

- The stands at both stadiums were uncovered, so there was a paucity of spectators willing to pay the admission fee to sit in the hot sun, despite the excellent media coverage. As a result, there was a noticeable lack of community involvement with the meet. And there was no "host-a-vet" program as there was in Miyazaki, Eugene and Melbourne.

- The volunteers were friendly and helpful, but there weren't enough of them. Many worked 16-hour days. They were heroic, but the meet needed more of them. The P.A. announcers often asked if there was anyone in the stands who wished to volunteer. Some athletes pitched in to help.

- There were serious lap-counting problems in the distance races, presumably because of lack of enough lap-checkers.

- There was a lack of officials. The officials who were there were fantastic. But, as with the volunteers, there weren't enough of them.

- Marathoners complained there were no spectators on the course, which was "too far from the

stadium," and that crossing from the USA to Canada caused too much time and expense in getting the proper governmental clearances.

- One of the most serious gaffes occurred during the finals of the 100s. The OC chose to run the finals concurrently on both sides of the tracks. Confusion reigned among spectators, athletes and officials, alike. The drama was lost. Worse, the races weren't run in any logical order. Some women's races were on the east side, some on the west. The oldest-to-youngest format was not followed. The strong wind produced fast, wind-aided times for the east-side races and slow times for the west-side contests. Swiss runner Margaritha Daehler missed her W45 final because the officials told her to wait in the tent, not knowing her race was getting under way. It was unacceptable for a World Championships.

- The final schedule of events was not included in the program. Instead, a hard-to-read insert was available in the registration area in the arena. The insert gave completely wrong information for Day Three at Stadium Two, so the OC had to print a correction notice.

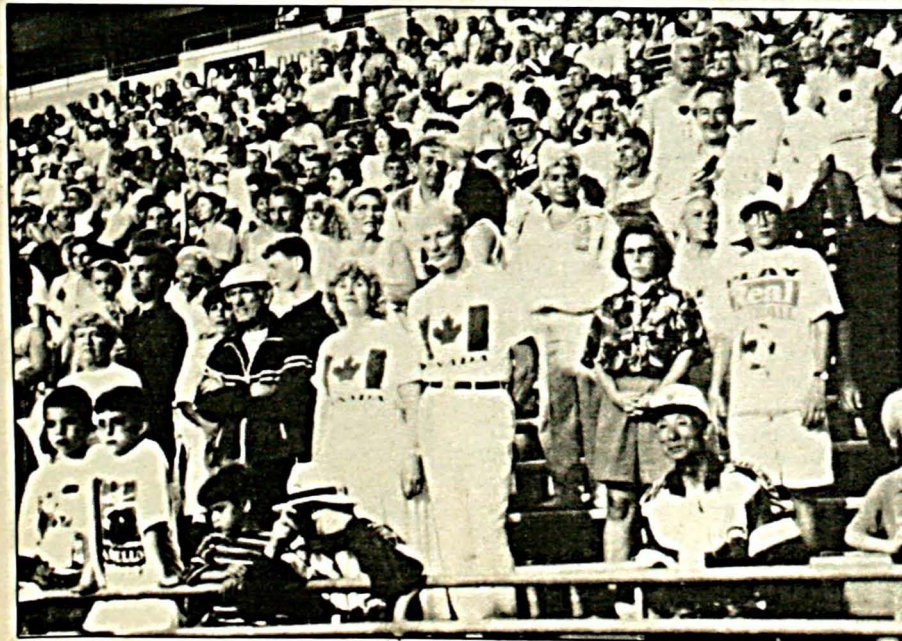
- The competitor's handbook was good, but someone forgot to proofread it to correct the typos.

- "We had to buy our own drinks at the end of the road walk," complained California's John Kelley. "We even had to pay to use the pool in the arena."

- The reception got good reviews from those who arrived early, but at 9:10 p.m. servers announced the food had run out. "They're cutting costs on everything," said England's George Ross.

- The cross-country races got off to a rocky start on opening day (Thursday) when the first women's race (W55+) turned out to be about 8K instead of the scheduled 10K. Officials corrected the mistake for the next races, but the 55+ women weren't pleased. "It ruined the team scoring for the women who wanted to drop down," said California's Ruth Anderson. "There were no potties at the

Continued on page 27



Spectators at the opening ceremonies, WAVA Championships.

Photo by Suzy Hess

Problems Mar Successful World Championships

Continued from page 26

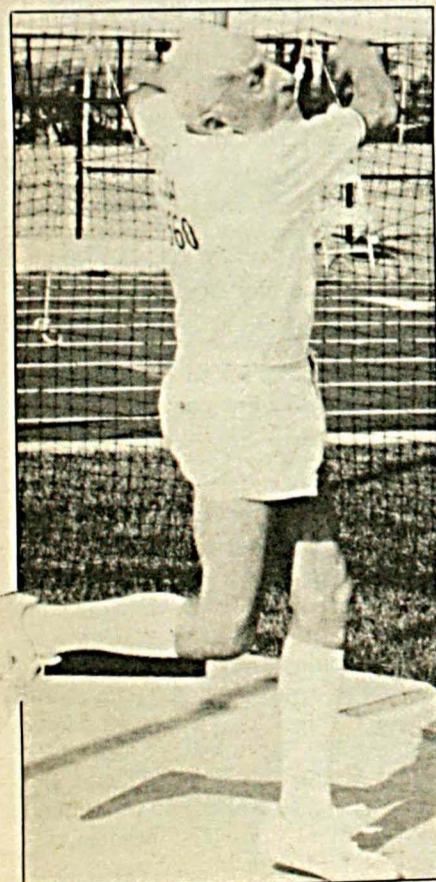
start, and numbers were too thin. They paid no attention to detail. It was a total farce."

- Those WAVA delegates who had voted for the warmth of Buffalo instead of the cool of Malmo, Sweden (the other bidder for the 1995 event) may not have been disappointed, but the 94°F (34°C) weather for the cross-country races was a bit much for the runners. About 20 runners were treated at medical stations and a higher number were treated in the field. Six runners were taken to the hospital suffering from heat exhaustion. All were released. The M40/M45 race was postponed to the following Monday.

The heat, along with high humidity, continued through the first weekend, with the temperature hitting 97°F (36°C) on Saturday. On Tuesday, the wind blew steadily from the south, as it frequently does in the stadium, with gusts of over 30 mph. Records were hard to come by in the 800s as no one broke two minutes.

The weather then became ideal for the races on Friday and Saturday, when eight world 400 records were set. But on Sunday, the rains came, soaking the marathoners, delaying the completion of the relays for three hours, and forcing the closing ceremonies indoors.

- The opening ceremonies reportedly cost sponsoring NYNEX (the regional telephone company) \$250,000. Admission for spectators was \$18 each. The parade of athletes by nation was dramatic and impressive, as were the dancing and the sky-jumpers. But an



Lamberto Ciccone, Italy, broke the world M90 record in the discus with a 22.06.

Photo by Suzy Hess

ill-conceived, 15-minute sketch mimicking two 1950s teenagers was unfunny to U.S. spectators, and incomprehensible to foreign athletes, who began to leave in droves.

Then Chubby Checker came on with his hard-driving rock-and-roll and, in less than 30 minutes, he emptied the stadium. It was incredible. By the time the fireworks came on, most of the spectators were in the parking lots or on the buses back to the hotels.

- The closing ceremonies were more of the same. Maureen McGovern, a singer with an amazing range, faced a tough audience in a hot, cramped gymnasium with no air-conditioning. Her talent kept most people in their seats, but many of the foreigners still walked out during her numbers.

- The message of the above is that veteran athletes don't especially enjoy sitting a long time. They are active people who want to be doing something, not watching. At least not for two hours. A shorter program with less noise and more feeling, such as Eugene offered in 1989, makes for a better opening and closing.

- One of the most disappointing aspects of the Championships was the lack of awareness on the part of the OC that this was an international meet. There were few interpreters and few announcements in any language other than English. A typical example: international marathons are supposed to have markers each kilometer. Unaware of this, Buffalo chose to have mile markers, common in the USA. When some foreign athletes complained in a meeting the day before the race, a dedicated and hard-working OC official confidently said: "No problem; at every mile we have posted a huge 'M'." When Russian team manager Vadim Marhev pointed out that Russian and many other foreign runners don't know the meaning of an "M," the official was stunned. It had never occurred to him that foreigners are not familiar with the USA's lettering and measuring systems.

- Even though the OC had signed a contract agreeing to perform at least 50 drug tests, it later decided it wanted nothing to do with drug testing, fearing legal ramifications. So WAVA took charge, contacting the laboratory and picking up one-third of the cost (the OC paid the other two-thirds) of 75 planned tests. But lack of volunteers at the site reduced the actual number tested to about 60. According to the San Diego lab which performed the tests, none of the early tests was positive, but an official report will be issued by WAVA.

- Ruth Anderson, 65, who carried the torch around the track and up a steep flight of stairs, was asked by Borrello to perform the duty only four hours before the ceremony. She made it around the track and up the stairs with "an old torch that was used in the 1980 Winter Olympics," she said. But

then the liquid fuel spilled out and burned her hands and feet as she dropped the torch. She went to the hospital and was released.

"I still have blisters and it stings," she said four weeks later. "The doctor gave me antibiotics and my leg is still giving me problems. I've contacted the insurance company and an attorney."

- The running schedule was near-perfect. WAVA requires that at least two runners in any heat advance to the next round. This occurred in all but a few races, where more entrants signed up than was expected. In those cases, the winners and the next fastest runners went to the next round. In the future, time for those heats will be allowed in the schedule.

- Complaints were again heard that the 400-meter runners had to run two tough heats on one day (the second Friday), and that some 1500 heats the same day were too crowded. Following the meet, the OC and WAVA agreed that some 400 and 1500 heats could be moved in 1997 to Thursday evening following the General Assembly. WAVA also agreed to move the first round of the M40 and M60 long hurdles to the first Friday to avoid the same two-a-day problem.

- A big complaint was that there wasn't the community spirit which existed in Miyazaki, Eugene, and Melbourne; that things seemed too spread out; that the town wasn't involved.

While we felt these complaints deserved to be aired, we repeat that many participants experienced no problems, and found nothing but kindness and courtesy from their hosts.

The general feeling seemed to be that the competition at Stadium One was magnificent, but that the lack of attention to detail and cost-cutting in other areas created more problems than at any WAVA Championships since 1985.

Despite the problems, more than 90 percent of the meet went well. When problems arose, the OC did its best to try to solve them. The people of Buffalo were friendly and cooperative.

The thrill of seeing dramatic performances will always be present at any



Heinrich Guthier, M70, Germany, third (45:22), WAVA 10K Cross-Country Championships, Buffalo. Photo by David Zinman

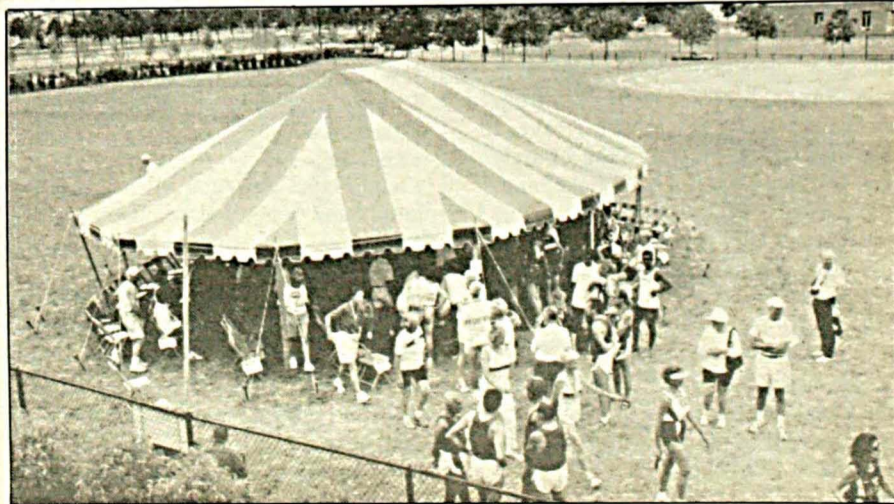
WAVA Championships. The joy and excitement of meeting new friends from all over the world are what bring so many people from so many different places to these games every two years.

One South Africa representative promised not to repeat the mistakes of 1995 when the Championships are held in Durban in 1997.

The two stadiums in Durban are only 150 meters apart. Hotels on the beach are close by. Air fares are expected to be reasonable, if not cheap. The Durban City Council has extended financial guarantees to the organizers. The weather should be ideal. Tours to game reserves will be provided. Prices in South Africa are relatively inexpensive. South Africa, itself, is one of the most physically beautiful countries in the world. The new emerging country will be exciting to experience in person.

"We promise to put on a top-quality event," said Monty Hacker, "and we hope to see you there." □

— Al Sheahan



The staging tent for the awards ceremonies.

Photo by Jerry Wojcik

My Three - Week Adventure

by HUGH ADAMS

Tue. July 4:

9 a.m., depart for Fresno air Terminal — the adventure begins! 9:35 p.m., arrive at Lansing Airport. Search for free shuttle to MSU dorms (listed July 4th, 5th & 6th). Security officer makes calls — no shuttle. 11:10 p.m., hire taxi. Encounter traffic leaving fireworks. \$17 later arrive at dorms. 11:50, say "hi" to roommate and walk to local Quality Dairy for yogurt and ice cream cone — this is supper.

Wed. July 5:

Awake early with back door trots. Look for track. Discover "just across from the track" translates as "a brisk 15-minute walk." Hear others talk about "free shuttle." Notice now at airport: "Due to circumstances . . ." Actually meet roommate. Begin seeing friends — most of whom I see only at nationals. Get packet — nearly empty. No program, no gala ticket, no T-shirt.

Thu. July 6:

Tell Pat by phone, "If I can run as fast as my bowels . . ." Competition begins. I take a long jump into a 10.1 headwind. My competitors have 9.2 to 9.9 tail wind. Emil's hip is bad. I prevail — good start. Ask for program, banquet ticket and T-shirt. Get T-shirt.

Fri. July 7:

I've scouted my shortest routes to eat, run, visit. NMN crew arrives. They've been ripped off. Ask for program and banquet ticket. Not back from printer (entries closed June 16th, hmmm). I really like my roommate Rick Sherrod. He surprises himself and qualifies for 400 final. His enthusiasm is catching. Competition continues with 100H. Stacked field! Wow! We greet each other and compare injuries. We run into a stiff wind. Slow times but I nip Charlie by .01 (maybe his mind is in court?). Attend "banquet" fiasco. Mob scene: hundreds of people in 45 min. line for worse-than-dorm-cafeteria food with not enough seats. Many leave to eat elsewhere. Lady says she had two days notice with promise of 100 people per half-hour via trolley car. I tell her we all have broken promises.

Sat. July 8:

Programs promised for later today (then we'll know who we competed against?). Rick runs a tough final and falls after finish line. Now he's worried about Sunday's relay. 400H day. Runs intensify. I know my system works. I try a blazing 200 and hang on. I barely hang on. Three golds. I'm on a high. Programs arrive. They want to see our packet envelopes to give out programs. They have nerve. Regional relays. My knee develops sharp pain. I cannot even jog. I call "my guy," Bill, in Fresno: torn medial tendon. Lots of icing. I hate icing. My relay replacement helps our West team win (after the opposition tried to start without a baton — why did I yell?).

Sun. July 9:

Watch last day's competition. Rick

runs great lead-off leg on 4 x 400. Icing all day, Grrr!

Mon. July 10:

Bus to Buffalo arrives at 10. Spartan rep has list of paid passengers. I help with luggage. (Irene cannot lift either of her bags.) All seats full. Two of us waiting. Two more names on "paid" list not yet here. Hmmm . . . One lady on bus not paid. She is removed. Other man waiting gets her seat. I get jump seat over entry steps. I ask driver for shot gun. Other two "paid" names do not arrive — LUCKY!! I wonder who organized this. We depart 30 minutes late. We travel 50 meters when driver asks me, "Do you know where in Buffalo you're going?" I smile. Are we near Fresno?

Two hours later someone from the rear of bus asks me if I know where the key to the restroom is. I ask the driver. He has no idea. Another hour. I ask the driver where we'll take our rest stop. He answers, "Rest stop?" I explain that our literature said our trip would include rest stops before and after our lunch stop. He replies, "Lunch stop?" Now we are at the border. He pays our toll and we cross the bridge into Canada. The non-American citizens dodge traffic to get inside the office. Four of them don't return. One comes back to tell us what's up. They are South Africans and are illegally on Canadian soil. They could be arrested. Next they are asked to pay \$125 each to "process their papers" to see if they can get out of Canada. After an hour-and-a-half they each have an official document to allow them back on the bus so our bus can be escorted out of Canada back into Port Huron.

We go to a golden arches of American cuisine with a public phone. While munching McBurgers we phone Spartan Travel to learn we are on our own — not a surprise by now. After an hour we locate a car rental in the yellow pages. Our game plan is to deposit the 4 "undesirables" at the car rental and continue to Buffalo. The car rental is \$189. We pass the hat to help share their burden. We deposit them at car rental. We cross the bridge into Canada again. It's been three hours but the same people are on duty and we are allowed to pass. Our friendly driver chooses the rainbow bridge and drives slowly while we enjoy the spectacular view. We reach the UB dorms the same 3 hours late. We've missed supper. What's new?

Tue. July 11:

Tour Naval Museum. Mistake — too many stairs for my knee. Back to the dorms and more icing — booh!

Wed. July 12:

Not many people around. Time to learn my surroundings. UB dorms were built to foil terrorists (built right after Kent State shootings). I can testify it foils. The phrase "you can't get there from here" is accurate now. To get from one wing of any dorm to another wing of any dorm (even the same dorm) requires going outside. Three of



These four women won 26 medals, including 20 golds, at the WAVA Championships, Buffalo, N.Y., in July, from left: W65 Leonore McDaniels, W60 Irene Obera, W45 Phil Raschker, and W65 Pat Peterson. The background shows the flooding that resulted from the heavy rains on July 23, the final day of the Games.
Photo by Russell McDaniels

the cafeterias are within a good javelin throw of each other (designed to prevent too many people in one place — as hostages.)

Workers remember the tight security of the World University Games: fences, security checks, mirrors, looking under buses after each run, etc. Oh, boy. I find a phone in an air-conditioned room that will accept a credit card call. It must be one of 3 in New York! I've never heard the phrase, "no further dialing permitted . . ." before. I call Fred to determine how I check into the room he'll let me share with him at the Marriott beginning tomorrow. Oops! He tore a hamstring. He's not coming. I'll have to "uncancel" my dorm room. I'll continue to be with my new friends from Belgium.

Thu. July 13:

I watch the M55 decathlon 100. Emil's hip is still bad, he nearly falls at 88m. Dale looks sharp. I'm getting used to the yellow school bus route. I'm not used to being poked in the back with meal trays carried by people not used to so much food. I'm not used to being crowded out of the line to get on the bus. Back home these people must not get on the bus unless they push their way to the front of the line.

Fri. July 14:

In the M55 decathlon 100H Dale is super. Emil dropped out yesterday. I get another offer for housing. I turn in my key and move. Then I go to the Alumni Center (third time) to hear that I cannot get a refund on the \$605 I paid yesterday. I'll start moving back a little at a time. The opening ceremonies are special. Townspeople are evident. Why do they begin with speeches? That's cruel and unusual! The sky divers are super. They must be used to this wind. It's great having local youth involved. Do people from other countries understand the loud rock 'n roll? Where are the former Olympians to

greet us? One from each of several countries would be neat. But nobody asked me. It hurts my ears — I leave.

Sat. July 15:

My competition begins. I arrive early at Stadium 2 and do a walk-around. Lanes 7 and 8 have a drainage culvert lid covered with all-weather surface, but inches higher and lower than track. From lane 2 to 5 is a real soft spot 60m from the finish. I show it to my friends.

Al feels it in his street clothes and shoes. It's 97° — a record for this date, by 7°! Buffalo's all-time high is 99°. It's humid! I win my 400H prelim. I watch the other two sections. Christel introduces me to Guido Mueller. We talk for a few minutes. As we part, he says "See you tomorrow my good friend." I agree. We hit it off immediately. I get choked up to see Don here. His cousin died. The widow told Don his cousin would want Don to compete in the World Championships as she handed him enough money for the trip. (How many such stories are there here?) Hope he makes the finals . . . #8 — YES! I try to get my dorm room key back; I've paid for it. They can't find it. I use the other place again.

Sun. July 16:

Today I find out what I'm made of. I race Guido in the 400H. Why am I sick? Stadium 1 is awesome. It's hot, humid and windy. We're up...the gun and we're off. Win hurdle #1 Guido is out and pulling away. I'm confident. I know I'm ready. At 200 I'm third behind Guido and Bill — still confident. At 300 Bill drops out and I feel Walter Holder, so I push. I gain on Guido as I leave Walter, but the winner has identified himself. I become the third best M55 in history and I'm 3 seconds behind Guido's 58.92! Don runs out of his league to a 4th! Wow! I

Continued on page 29

My Adventure

Continued from page 28

cry telling Stan about Don.

On the yellow bus back to my room I realize I've had a new experience. With every previous defeat, I know what to correct to win the next time. Today I realize I won't win next time. I'm not in Guido's class for 400H. I'll tell him so. I try again for my room key. No luck. I get a different room in a different dorm. I'll move tomorrow.

Mon. July 17:

Rest day. How long can I lie in bed and sweat? The big deal of the day is going to eat. I move most of my stuff in three bus trips. My buddies remark about my bus rides. The drivers know me.

Tue. July 18:

100H day. Will Charlie make it from the courtroom in Texas? Will Dale duplicate his decathlon 100H? Will Scott try the highs? How fast will Guido be? Back to Stadium 2 and the soft spot. I show it to everyone I know. To avoid "the bog," lanes 3 and 4 are not used. Big Al arrives late. I win my heat. Al leads Guido for 4 hurdles then trails him for 6. Later I tell Al about "the bog," and he understands why he lost his stride between #4 and #5. Will Don make finals again? Yes, another 8th! I move my last load to the new room. We visit the beer tent. Loud music and no place to sit. We leave early.

Wed. July 19:

Back to Stadium 1. The wind is
Continued on page 30

Five Years Ago September, 1990

- Nationals Draw 1090 to Indianapolis
- Larry Alberg, 43, Runs 4:06.70 Mile in NYC
- 240 Compete in West Regionals in San Diego
- Bix 7 Draws 16,521 to Davenport, Iowa
- Ralph Romain, 58, Runs 400 in 52.52

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News, P.O. Box 50098, Eugene OR 97405*

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Masters Scene

NATIONAL

• The Lake Erie Association squad of **Rodney Wilson**, **Lawrence Finley**, **Frank Makozy**, and **Kelly Lycan** should have been listed as the bronze medalists in the M30-39 4x100 relay with a 46.35. USATF National Championships results, p. 33, August. They were mistakenly listed as Over The Hill TC and as disqualified.

EAST

• The winning masters teams in the NYRR Club Team 8K Championships, Central Park, July 23, were the **Taconic RR men's quintet** and **Moving Comfort NY women's trio**. The senior (50+) team winners were the **Taconic men's** and **Millrose AA women's threesomes**. The top masters were **Jaime Palacios**, 40, 26:20, and **Burke Koncelik**, 41, 30:31. In the Not The Club Team Championships, an hour later, **Sam Skinner**, 52, 29:06, and **Nancy Segal**, 44, 37:56, outran the masters fields. **Rosa Nales**, 61, won the W60 race with a 38:38.

• Outstanding performances at the USATF Regional Championships in Harrisburg, PA, June 25, included **Jim Pruda**, M40, 5000 (15:45.36); **Ken Brinker**, M45, short hurdles (15.73); and **James Stookey**, M65, triple jump (10.33).

• 1200 runners sweltered through the K-Rock Reservoir Run 5K in Central Park on a hot, hazy, humid July 29. Sliding in first were **Jose Santiago** (40, 16:56) and **Mary DiNardo** (40, 19:39). The starring performance of the day, however, was that of **John McManus**, 72. His 21:58 was a 96.8% age-graded effort.

• **Bob Matteson's** correct time for the M75 800 in the NY Masters Meet results, May 21, in the July issue, should have been 3:24.9, not 2:43.9.

• **Paul Peterson**, 41, Bethesda, MD, forged a 4:44 to win the Masters Mile, DC RRC's annual Mile Championships, Alexandria, VA, Aug. 1. In the Elite Mile, **Mark Hoon**, 30, Bethesda, was third in 4:24. In the Women's Mile, **Donna Moore**, 34, Kensington, MD, won in 5:28. **Joyce Adams**, 41, Sterling, VA, was fourth in 5:44.

• **Nicholas Caswell** (45, 17:10) captured the men's masters title at the NYRR Roosevelt Island Summer 5K, July 16. Leading the masters women was **Joan Baldassarri** (40, 20:20).

• First masters crossing the line at the Lesbian and Gay Pride 5-Miler, Central Park, June 24, were **Edgar Sandoval** (48, 28:53) and **Diane Hawkins** (43, 37:01). This race is sponsored annually by Front Runners, NY.

• **Kathy Gribbon** (41, 1:27:23) and **Sean Doyle** (41, 1:16:06) led the masters across the finish line in the NYRR Bronx Half Marathon, June 25. **David Schilowitz** (81, 2:23) captured the M75+ division.

Clubs Update in November

The November issue will contain our semi-annual listing of masters clubs (previous listing in April issue). If you wish your club to be added to this list, please send us the pertinent information by Sept. 30. Any changes to current listings should also be received by that date. Send to Jane Dods, NMN, PO Box 50098, Eugene, OR 97405.

• Australia's **Greenville Wood**, who won the M40 cross-country in the WAVA World Championships in Buffalo, took time out to capture the Subaru Buffalo 4-Mile Chase, July 15, in 19:59, ninth overall in a nearly-1000-runner field. **Nancy Grayson**, MI, was the female masters winner in 23:46. It was the hottest day of the year in Buffalo with the temperature still about 90° for the 6 p.m. start. Race director **Jim Nowicki** said the masters field was the strongest ever for the Chase. "It was terrific, runners from Russia, Germany..."

MID AMERICA

• **Tom Aspel**, 40, Russellville, AR, 16:03, and **Jane Hutchison**, 49, Webb City, MO, 18:37, took home \$500 each for their 40+ wins in the American Parkinson Disease Association 5K, Tulsa, Fri., June 30.

WEST

• First masters in the San Francisco Marathon, July 9, were **Jim Christoph**, 42, Boulder, CO, 2:36:45, and **Georgianne Welde**, 55, Silver Spring, MD, 3:21:55.

• **Steve Blum**, M40, previewed his gold medals in the 5000 and 10,000 in the Nationals in East Lansing with a 14:15 masters first, Fontana Days 5K, Fontana, CA, June 3. **Sandy Snyder**, W40, took the W40+ race in 17:08. **Tom Curry**, M50, finished in a hurry with a 15:45. **Wayne Mitchell**, M50, 1:15:04, and **Carol Richardson**, W40, 1:23:51, forged masters wins in the half-marathon. **Margaret Neville** logged the W50 win in 1:28:01.

• The Bastille Day Celebration 8K in Newport Beach, CA, July 16, drew 3200 runners. Top masters were **Dave Parsel** (40, 25:33) and **Marcella Teran** (40, 29:35). Starring in the age-divisions were **Carlos Valle** (60, 28:40), a 90.4% age-graded effort, and **John Cahill** (71, 34:44) an 83% effort.

• **Harold Daughters**, a good middle-distance runner for many years, died on June 10.

CANADA

• A week after taking home eight gold medals at the Garden State AC Meet in New Jersey, June 4, **Ian Hume**, M80, set a WR in the HJ (1.25) at the Ontario Masters Championships, Tillsonburg, June 10-11. He also picked up seven other gold medals at that meet.



Marietjie Ceronio, 38, South Africa, led the pack here in the W35 10,000 but faded to fourth (38:59), WAVA Games. Photo by Jerry Wojcik

My Three Week Adventure

Continued from page 29

strong. I'm telling people I heard there was a day in 1973 without wind in Buffalo. The highs are set up to run into the wind. Many old timers fall. We ask if we can run in the other direction. No! No place to practice before our race. Bill takes 2 hurdles to the other straight. Everyone uses them for warm-ups. It's our turn. I lead over all hurdles, but the last few are tough into the wind. I hear Emil hit #10 and go down. He was a strong second until his hip tripped him.

I'm happy to be the only one all day to break the listed world record into such a wind. Two hours later, being the world champion causes emotions to hit me. Now I know it means a lot. By the time I get to a phone to call Pat, I'm able to talk without emotion. But I'm still on a high. I go from the track to the yellow bus bound for the banquet. Most people are all decked out in their travel-wrinkled best for this grand party. Only us hurdlers are sweaty.

Thu. July 20:

Another day of rest. What a life. Meals break up the relaxation. Martyn, Jim and I already know each other's sense of humor. We laugh a lot. That's all there is to do. At the beer tent we need chairs. Dave volunteers. We know he can't get one — they're all being used. He returns with a chair and an enormous smile. Irene sits. Another lady joins us. Dave departs. He's back with another chair and a bigger smile. Another coach joins us. Dave is off again. Yes — another chair and the Giaconda Cheshire continues.

Fri. July 21:

First two rounds of 400 today. Guido qualifies with a 60.3. He tells me "I could run faster." I burst into laughter. That phrase becomes our greeting. Martyn and I are in the same heat. At 300 we talk to each other and finish the last 100 easy. Now for the semis. At 300 I'm still third. Only two per heat advance by place. I shift gears to move into second. My right hamstring starts to cramp. I ease off and finish third. My time is #10. I have tomorrow off. I can watch the finals. I'm anxious to see Guido perform. Guido mentions my start. I explain it to him.

Sat. July 22:

400m finals all afternoon in Stadium 1. Some great races. Guido improves 7 seconds from his heat to hold off Larry. My friend Steve surprises himself with a WR win. What an exciting day to watch. I can't believe my friend from South Africa, already the 800m champion, wins the 1500 final in the morning and pulls away to win the 400 later this same day. I'm impressed and I tell her so. During long jump awards ceremony my friend the great Phil adds an extra event to her schedule as she bounds from awards platform to awards platform to receive one of her golds. Where do they get all the energy for dancing at the beer tent?

Sun. July 23:

Relays. How could we go from record heat to downpour flooding in the same meet? I've never seen 4 lanes get flooded so quickly. But exciting races still claim the day. We are surprised to win our 4x100. We expected third. Suddenly I see an older relay competitor go face down after his exchange. He turns his face toward me with an awful expression. I have a bad feeling. He is defibrillated with the paddles and CPR revives him.

In the 4x400 we try to give Larry enough lead to hold off Guido but I'm not sure that's possible. Guido's wife tells me silver is a nice color. Asking our legs for just one more 400 is truly beyond the limit. The meet is over and rest is here. The closing ceremonies are changed due to the weather. Everyone realizes adjustments are appropriate. The fireworks display is enjoyed by many, near and far. The finale is fantastic.

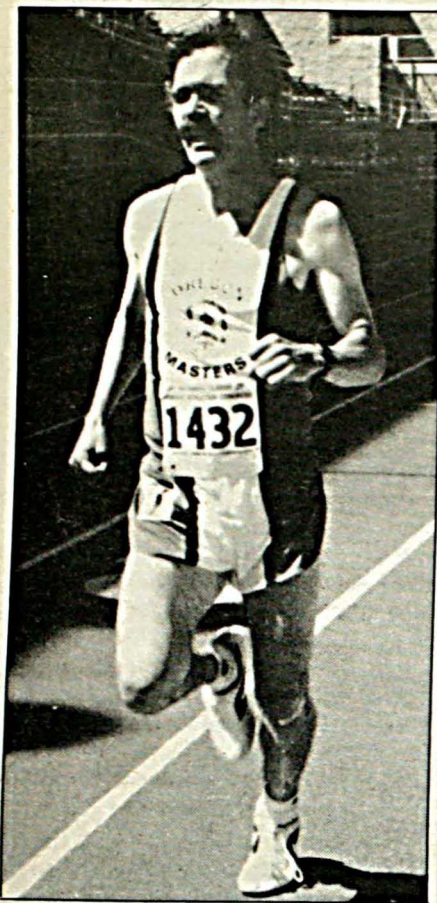
Mon. July 24:

Up early to eat and check out. I wait more than 50 minutes for the yellow school bus. The same patient drivers are still trying to accommodate everyone. They join the cafeteria staff, custodians, volunteers and officials as a definite positive part of my memories. I've exchanged addresses with newfound friends from several continents. I'm anxious to experience this competition again. I've shared these weeks with so many winners in life. This is a great way to approach old age. □

(Hugh Adams won a gold medal in the M50 100H and a silver in the 400H in Buffalo. He lives in Clovis, Calif. — Ed.)



Mary Libal, USA, winner of the W45 400 with a world record 56.82, warming up on the grass during the preliminaries on the day before the finals. Photo by Jerry Wojcik



Ed Spinney, first M40 (4:13) in the 1500, Hayward Masters Classic, Eugene, Ore., June 25. Photo by Suzy Hess

Continued from previous page
 RBTR 5K, PO Box 3899, Clarksville, TN 37043. 615/647-3855.
September 9. APDA Gene Fair 5K, Atlanta, Ga. \$500 to first masters m & w. 404/248-5120.
September 30. Virginia 10 Mile. Marilyn Reynolds-Straub, PO Box 3035, Lynchburg, VA 24503. 804/325-7976.

MIDWEST

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

September 2. Charleston 15K/5K. CDRC, PO Box 2749, Charleston, WV 25330. 304/348-6464.
October 1. Motorola Half-Marathon/Relays. Half-Marathon Race Director, Automotive, Energy & Controls Group, 4000 Commercial Ave., Northbrook, IL 60062-1840. 800/956-9800; 312/944-9762.
October 8. Windy City International Marathon, Chicago. 312/915-6226; 800/WINDY CITY.
October 14. Autumn Shoreline Classic 15K. Bob Schwandt, Autumn Shoreline 15K, 2740 Burgener Dr., Decatur, IL 62521.
October 14. Dayton River Corridor Half-Marathon/5K, Dayton, Ohio. Dayton Convention Center, Tom Schommer, 513/233-1021.
October 15. Chicago Marathon/5K. PO Box 10597, Chicago, IL 60610-0597. 800/527-3214; 312/527-2200.
October 15. Detroit Marathon. Detroit Free Press/Mazda International Marathon, 300 Stroh River Place, Suite 4000, Detroit, MI 48207. 313/393-7749.

MID-AMERICA

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

September 4. Heart of America Marathon. Joe Duncan, Columbia TC, PO Box 1872, Columbia, MO 65205. 314/445-2684.
September 10. City Of Lakes 25K. Minneapolis Parks & Rec., 200 Grain Exchange, 400 S. Fourth St., Minneapolis, MN 55415. 612/661-4893.

September 10. Duke City Marathon. Marathon, PO Box 4543, Albuquerque, NM 87196. 505/890-1018.
September 14-17. Women's Running Camps, Diane Palmason, 4029 S. Roslyn St., Denver, CO 80237. 303/779-4294.
September 30. APDA Gene Fair 5K, Kansas City, Kansas. \$500 to first masters m & w. 913/341-8828.
October 15. St. Louis Marathon. St. Louis TC, 2385 Hampton Ave., #101, St. Louis, MO 63139. 314/781-3926.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 23. Adjutant General's 5K, Oklahoma City. National Guard Run, 3501 Military Circle, Oklahoma City, OK 73111-4398. 405/425-8000.

WEST

Arizona, California, Hawaii, Nevada

September 3. Stomp Romp, Manteca, Calif. A 5K through the vineyard. Phone: 209/239-0015. Fax: 209/239-6207.
September 6. Mt. Charleston Forest Challenge 4/8/18 Miler Las Vegas, NV. Mike Naylor, 4727 Beaconsfield St., Las Vegas, NV 89117. 702/483-1276.
October 1. Sacramento Marathon. Ron Sturgeon, PO Box 995, Dixon, CA 95620. 916/678-5005.

NORTHWEST

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

September 16. Prefontaine Memorial 10K, Coos Bay, Ore. 503/269-1103.
October 1. Portland Marathon/5K Run & Walk. Les Smith, Box 4040, Beaverton, OR 97076. 503/226-1111.
October 7. St. George Marathon. Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850.

INTERNATIONAL

October 31-November 14. Himalayan 100 Mile Stage Race (Oct. 31-Nov. 7) & Mt. Everest Challenge Marathon/Darjeeling 10K (Nov. 7-14). Force 10 Expeditions Ltd., PO Box 1925, Eagar, AZ 85925-1925. Phone/fax: 520/333-4840; 800/922-1491.
June 29-30, 1996. 3rd WAVA World Veterans Road Race Championships (10K, 25K). Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

RACE WALKING

September 3. USATF Potomac Valley Association 15K Racewalk Championships, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., N. Arlington, VA 22207. 703/243-1290.
September 10. USATF National Masters 40K Championships, Ft. Monmouth, NJ. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080, 908/341-7386.
September 16. USATF National Masters 5K Road Championships, Kingsport, TN. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/229-4364(w), 615/349-6406(h).
September 21 (Thurs.) 11th Annual Bay to Breakfast Walk for Seniors (60+), Golden Gate Park, San Francisco. Non-seniors welcome. 415/626-1033.
September 23. Fall into Fall 5K Road Race and 5K Judged Racewalk, Atlanta, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.
September 24. USATF National Masters 15K Championships, Elk Grove, IL. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312/327-4493.



Tyrone Nelson, M50 long jumper, Visalia Classic Meet, Visalia, Calif., May 20. Longtime masters athlete Ted Ennsin officiates. Photo by Glenn Williams

September 30. Alongi International RW Classic (3K, 5K, 10K, 20K), Dearborn Hts, Mich. Ross Barranco, 3235 Musson Rd., Howell, MI 48843.
October 7. Big Chicken 3M Road Race and 3M Judged Racewalk, Marietta, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.
October 8. USATF One-Hour Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617/731-9889; 617/734-6322.
October 15. USATF Southern Regional 15K Championships, Atlanta, Ga., Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

October 22. USATF Eastern Regional 30K Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18; NY, NY 10028. 212/628-1317.
October 28. Race for the Cure 5K Road Race and 5K Judged Racewalk, Smyrna, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.
November 4. USATF 5K Racewalk, Rose Bowl, Pasadena, CA. Jim Hanley/Cynthia Vaughan, Crown Valley Senior Games, 85 E. Holly St., Pasadena, CA 91103. 818/397-4064, 397-4062.
December 9. USATF Southeast Regional Masters 10K Racewalk Championships & Open 10K, Florence, S.C. Florence Rec. Dept., 803/665-3253.



Liudmila Nitiagovskaya, Russia, W40 5000 racewalk first (24:49), USATF National Masters Championships, East Lansing, Mich., July 5-9. Photo by Jerry Wojcik

Rocky Mountain Games Add Decathlon

The Rocky Mountain Games to be held on Labor Day weekend (Sept. 2-3) will also conduct a decathlon. Meet director Jim Weed expressed interest after learning that the annual Southeast Decathlon held in North Carolina the past 11 years by Bill Busby will not be taking place this fall. The Games should be a multi-athlete's delight. Along with the decathlon, the running and weight pentathlons will also be conducted. The Boulder, Colo., track has proven itself to be extremely "friendly" in giving excellent performances in the past. The meet offers a grand opportunity for all aspiring track & field athletes to achieve their best marks of the year and thereby place as high as possible in Jerry Wojcik's annual USA Rankings Book. □

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

Table listing recipients of certificates/patches for age groups M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89. Includes names like Vaughan Kastor, Blake J. Surina, Bob Campbell, etc.

Table listing recipients of certificates/patches for age groups M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89. Includes names like William Eisenhart, Gene Thacker, Fred Biederman, etc.



Table listing recipients of certificates/patches for age groups M65-69, M70-74, M75-79, M80-84, M85-89. Includes names like Walter Atcheson, John Copp, Richard Soller, etc.

Table listing recipients of certificates/patches for age groups M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89. Includes names like Patricia Golus, Nancy Hinkel, Barb Spannaus, etc.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Table of U.S. Masters Standards of Excellence for Men, showing performance metrics for various events (100, 200, 400, 800, 1500, Mile, 5000, 10000, 110H, 100H, 80H, 400H, 300H, 3K-SC, 2K-SC, HJ, PV, LJ, TJ, Shot, Discus, Hammer, Jav, 35#Wt., 25#Wt., 56#Wt., Pen, Dec) across age groups from 30-34 to 85-89.

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Table of U.S. Masters Standards of Excellence for Women, showing performance metrics for various events (100, 200, 400, 800, 1500, Mile, 5000, 10000, 100H, 80H, 400H, 300H, HJ, PV, LJ, TJ, Shot, Jav, Discus, Hammer, 20#Wt., 16#Wt.) across age groups from 30-34 to 80-84.

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

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

Table of U.S. Masters All American Standards of Excellence for Masters Race Walkers, showing performance metrics for various distances (1.5K, mile, 3k, 5k, 8k, 10k, 15k, 20k, 25k, 30k, 40k, 50k) across age groups from M30 to M90.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

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

- Application instructions: 1. If you have equaled or bettered the standard of excellence, please fill out this application completely. 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application. 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15. 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

Continued from previous page

Table of athletic results including names like Sharon Good, Bernie Kleinschmidt, and various event times.

Potomac Valley TC Meet Alexandria, VA; July 9

Table of athletic results for Potomac Valley TC Meet, listing names and times for various events.

Table of athletic results for various events, including names like Dion O'Mara, Dan Eddy, and event times.

Weight Meet Hanover, NH; July 22

Table of athletic results for Weight Meet in Hanover, NH, listing names and times.

USATF Florida Masters Championships Winter Park; May 20

Table of athletic results for USATF Florida Masters Championships, listing names and times.

Table of athletic results for various events, including names like Nina Ehmer, W55 Mae Cleveland, and event times.

Southeastern Track Classic Taylors, SC; June 24

Table of athletic results for Southeastern Track Classic, listing names and times.

Sunshine Games Palm Beach Gardens, FL; June 11

Table of athletic results for Sunshine Games, listing names and times.

SOUTHEAST

Table of athletic results for Southeastern Track Classic, listing names and times.

Table of athletic results for various events, including names like M40 Eduardo Vivas, M45 Jon Davis, and event times.

SOUTHEAST

Table of athletic results for Southeastern Track Classic, listing names and times.

Table of athletic results for various events, including names like M65 George Crouse, W45 Nonie Hudnall, and event times.

MIDWEST

Table of athletic results for Cleveland Track Classic, listing names and times.

Table of athletic results for various events, including names like M55 Rusty Hamilton, M60 Pay Carstensen, and event times.

Cleveland Track Classic Independence, OH; July 5

Table of athletic results for Cleveland Track Classic, listing names and times.

Continued on next page

Continued from previous page

Table of athletic results including Short Hurdles, Long Hurdles, Steeplechase, High Jump, Pole Vault, and Triple Jump.

Table of athletic results including Javelin, Weight, Superweight, and 500m Racewalk.

CANADA

Ontario Masters Championships Tillsonburg, June 10-11

Table of athletic results for Ontario Masters Championships, including 100m, 200m, 400m, and Pole Vault.

Table of athletic results including M55 Bill McIlwaine, M65 Earl Fee, M70 Norm Baum, and M85 Karl Trei.

Table of athletic results including M65 Jim Mathers, M75 Art Obokata, M80 Ian Hume, and M85 Karl Trei.

LONG DISTANCE RESULTS. Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405.

EAST

Lawyers Have Heart V Washington, DC; June 4

Table of athletic results for Lawyers Have Heart V Washington, DC, including Overall and Shot Put.

Run for the Roses 10K

Denville, NJ; June 17

Table of athletic results for Run for the Roses 10K, including Overall and Hammer.

Lesbian and Gay Pride 5-Mile

Central Park, NYC; June 24

Table of athletic results for Lesbian and Gay Pride 5-Mile, including Overall.

Table of athletic results including John Roccabello, Chuck Poole, M55 Michael Goldman, etc.

Bronx Half-Marathon

Bronx, NY; June 25

Table of athletic results for Bronx Half-Marathon, including Overall and 5K.

Cazenovia July 4th 5K and 10-mile Races

Cazenovia, NY; July 4

Table of athletic results for Cazenovia races, including Overall and 10-mile.



Continued on next page

Continued from previous page

Club Championship-Men
 1 RUS-Sport Club Ural 1:35:08
 2 GBR-Ilford AC 1:39:44
 3 GBR-Cambridge Harrs 1:42:29
Country Championship-Men
 1 GBR (Cotton/Girvan/ Wilson) 1:34:17
 2 RUSSIA 1:35:08
 3 BELGIUM 1:38:03
 4 NETHERLANDS 1:52:09
 5 FRANCE 1:53:04
 6 GERMANY 2:00:02
 7 UKRAINE 2:21:01
 8 USA 2:32:27

--25K--
M40
 Herbert Steffny GER 1:21:58
 Paul Smith GER 1:24:44
 Klaus Goldammer GER 1:27:24
 L VanLandschoot BEL 1:27:45
 C Fairbrass GBR 1:31:26
M45
 Omer Van Noten BEL 1:23:45
 James Bell GER 1:28:00
 Peter Wechler GER 1:31:39
 Mohamed Adekhiss MAR 1:32:34
 Tony Croft GBR 1:34:47

M50
 Yvan Desloovere BEL 1:38:26
 Jozef Smits BEL 1:40:06
 Noorb Vandewiele BEL 1:41:27
 Martin Turner GBR 1:42:35
M55
 Frans VanTieghem BEL 1:42:43
 Jeremy Denny GER 1:42:44
 Jacques Nuytens BEL 1:43:36
 Malcolm Farnham WAL 1:45:27
M60
 Raymond Crepeete BEL 1:49:24
 Roland Penninck BEL 1:50:01
 Donald Waring GBR 1:51:31
M65
 Pierre Hecq BEL 1:55:08
 Karel Steendyk NET 1:57:02
 James McQuillin GBR 1:57:08
M70
 Georges Deschacht BEL 1:51:41
 Marcel Peschang FRA 2:11:59
 Leo Baetes BEL 2:12:23
M75
 Andre Osselaer BEL 2:19:46
 George Scutts GBR 2:23:15

M80
 Bill Bailey GBR 3:32:05
W35
 Angelika Dunke GER 1:38:49
 Siska Maton BEL 1:43:05
 Wendy Lesley GBR 1:46:53
 Liz White GBR 1:50:44
W40
 Sara Rhimes GER 1:44:09
 Jeanet Hardwick GBR 1:50:15
 Lut VanDeWerf BEL 1:53:20
 Liudmila NikonovaRUS 2:00:53
W45
 Eileen Buckley GBR 1:55:46
 Lisette DeVoogt BEL 1:56:56
 Edith Coudert FRA 2:03:59
W50
 Mary Chippendale GBR 1:51:57
 Anne Bland GBR 1:53:37
 Genevieve Proot BEL 1:59:19
W55
 Denise Alfvoet BEL 1:51:40
 Joan Taylor GBR 2:17:52
 Nel HoppenbrouwerNET 2:19:38
W60
 Marlene Wood GBR 2:14:30
 Maureen Spellman GBR 2:26:49
 Thelma Ward GBR 2:28:37
W65
 Marcelle Rasquin BEL 2:51:31
W70
 Elfriede Falke GER 2:57:18

RACE WALKING
USATF Eastern Regional 20K Racewalk Championships Central Park, NYC; June 2
 2 Marc Varsano 30 1:33:56
 5 Michael Korol 36 1:51:10

6 Daniel Vogel 34 1:52:54
 7 Taka Amano 45 1:52:57
 8 Jack Clifford 41 1:56:33
 9 Richard Harper 45 1:58:00
 10 Herbert Zydek 56 2:01:18
 11 Nick Dispinsera 41 2:03:53
 12 Jim McGrath 58 2:04:50
 13 Wilk Sherman 56 2:05:25
 14 John Shilling 59 2:07:47
 15 Cervin Robinson 66 2:09:51
 16 Philip Kortoon 49 2:09:53
 17 Nadya Dimirov 45 2:10:16
 18 Bruce Logan 30 2:14:10
 19 Andres Fernandes 42 2:17:22
 20 Jan Gero 62 2:17:28
 21 Anne Marie Kunz 53 2:10:24
 22 Steve Cohen 56 2:23:20
 24 Len Scheer 70 2:25:14
 25 Benno Stein 57 2:35:45
 26 Walter Hawrys 70 2:27:30
 27 H Carter-Range 33 2:28:33
 29 Karen Bdcra 34 2:34:23
 30 Sol Tanenbaum 78 2:45:31
 31 Queenie Thompson 72 2:48:16
 32 Arnold Kline 59 2:54:55

LaVonne Hottensmith 5K Racewalk Lake Worth, FL; June 18
 (course short, est. 20-30 sec)
M40 Jimmy Boyd 37:20
M45 John Fredericks 24:53
M50 Daniel Koch 30:30
M55 Neal Donahue 30:10
M60 Gerry Gomes 29:21
M65 Murray Glaser 31:30
M70 Erik Johannson 31:24
M75 Norman Berkowitz 40:28
W30 Corinne Davis 34:01
W35 Joan Marineau 40:50
W40 Gail Paul 33:40
 Judy Wordell 34:13
W45 Linda Stein 26:54
W50 Andrea Kinderman 32:05
 Pat Baran 32:48
W55 Anne Dann 33:16
 Kay Cella 33:37
W70 Gloria Chalfon 35:03

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH SEP. 1995

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WILFRED BIGELOW (BERKELEY, CA)	9- 6-10	85-89
IRVING BLACK (NEW BRITAIN, CT)	9-14-30	65-69
JOHN BRENNAND (SANTA BARBARA, CA)	9-15-35	60-64
ARNOLD BUDD (NYC, NY)	9-10-35	60-64
PIERRE DARROT (FRA)	9-10-20	75-79
SKIP DOUGHERTY (US)	9-17-30	65-69
FRED GALLARDO (RIVERSIDE, CA)	9- 7-30	65-69
DUANE GREEN (RUSTON, VA)	9-16-50	45-49
MARTIN HEE (HONOLULU, HI)	9-26-40	55-59
L. HERTER (WG)	9- 6-25	70-74
MAURICE MCDONALD (DURHAM, NC)	9-26-40	55-59
LAMAR MILLER (ANN ARBOR, MI)	9-13-45	50-54
JACK RICE (TAMPA, FL)	9-19-20	75-79
LLOYD SCHAEFER (AUS)	9-23-30	65-69
WLODZIMIERZ SOKOLOWSKI (POL-NYC, NY)	9- 3-40	55-59
ROLF STRANDLI (SWE)	9-22-25	70-74
SVERRE STRANDLI (NORWAY)	9-30-25	70-74
MARIO TROMBELLI (WG)	9- 2-40	55-59
BRUCE TULLOH (GB)	9- 0-35	60-64
ARNE WELLFELT (SWE)	9-25-20	75-79
SHARON BINTLIFF (HONOLULU, HI)	9- 5-35	60-64
DOLLY DOWNEY (LAKE WORTH, FL)	9-18-30	65-69
SALLY FREDERICKSON (S. GERONIMO, CA)	9-20-35	60-64
MARY LAHAIE (PENSACOLA, FL)	9-29-15	80-84
JUTTA MCCORMICK (CUPERTINO, CA)	9-17-40	55-59
KATIE MCINTYRE (SANTA MONICA, CA)	9-29-35	60-64
WAVA MOSBRUCKER (GREEN BAY, WI)	9- 6-35	60-64
SUZANNE MUSIKANTOW (CHICAGO, IL)	9-25-50	45-49
KIT PICKLES (COBB, CA)	9- 5-25	70-74
MITZI PROBST (IL)	9-16-10	85-89
LILLIAN RANKIN (ST. LOUIS, MO)	9-27-25	70-74
BOBBI ROTHMAN (MILLER PLACE, NY)	9-19-45	50-54
DONNA SENSIG (MADISON, WI)	9- 9-40	55-59
EMILY WEBER (BROADVIEW, IL)	9- 1-25	70-74
ALICE WERBEL (SAN LUIS OBISPO, CA)	9-28-15	80-84
MARIA VAN AS (RSA)	9-20-20	75-79
HELGA BALZER (WG)	9-20-35	60-64
VELA BELBEZE (FRA)	9-27-35	60-64
MARGARET CAHILL (AUS)	9-30-20	75-79
SHIELA CHAMPION (IRL)	9-11-35	60-64
BRIDGET CUSHEN (GB)	9-16-40	55-59
BARBARA DUNSFORD (GB)	9-20-35	60-64
PEGGY FLETCHER (GB)	9- 5-30	65-69
LJUDMILA HMELEVSKAJA (URS)	9-30-40	55-59
TOTTI KASEKAMP (URS)	9-22-25	70-74
IRMA KIRCHHOFS (WG)	9-16-40	55-59
RACHEL KOEKEMOER (RSA)	9- 6-55	40-44
FRIDERUN KUMMERLE-VALK (WG)	9-24-40	55-59
ZINA MARCHANT (GBR)	9-13-50	45-49
VERONIQUE MAROT ((GBR)	9-16-55	40-44
CHRISTINE MCCLENNAN (GB)	9-11-35	60-64
DOROTHY MCCLENNAN (IRL)	9-11-35	60-64
IRJA SARNAJA (FIN)	9-27- 5	90-94
JOYCE SCHMIDT (AUS)	9-15-35	60-64
ULLA SEGER (SWE)	9-17-30	65-69
DORIS THIELE (WG)	9-26-45	50-54
JUDY VERNON (GB)	9-25-45	50-54
DAGMAR WIDMAN (WG)	9-12-45	50-54
SALLY YOUNG (GB)	9-29-55	40-44
RUDITE ZIEMANE (URS)	9-15-45	50-54

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RUNNER'S WORLD

XI WAVA World Veterans Championships — Buffalo, New York, USA — July 13-23, 1995

Table of race results for various distances: M40 100 METER DASH, M45 100 METER DASH, M50 100 METER DASH, M55 100 METER DASH, M60 100 METER DASH, M65 100 METER DASH, M70 100 METER DASH, M75 100 METER DASH, M80 100 METER DASH, M85 100 METER DASH, M90 100 METER DASH, M95 100 METER DASH, W35 100 METER DASH, W40 100 METER DASH, W45 100 METER DASH, W50 100 METER DASH, W55 100 METER DASH, W60 100 METER DASH, W65 100 METER DASH, W70 100 METER DASH, W75 100 METER DASH, W80 100 METER DASH, W85 100 METER DASH, W90 100 METER DASH, W95 100 METER DASH.

Table of race results for various distances: M40 200 METER DASH, M45 200 METER DASH, M50 200 METER DASH, M55 200 METER DASH, M60 200 METER DASH, M65 200 METER DASH, M70 200 METER DASH, M75 200 METER DASH, M80 200 METER DASH, M85 200 METER DASH, M90 200 METER DASH, M95 200 METER DASH, W35 200 METER DASH, W40 200 METER DASH, W45 200 METER DASH, W50 200 METER DASH, W55 200 METER DASH, W60 200 METER DASH, W65 200 METER DASH, W70 200 METER DASH, W75 200 METER DASH, W80 200 METER DASH, W85 200 METER DASH, W90 200 METER DASH, W95 200 METER DASH.

Table of race results for various distances: W50 200 METER DASH, W55 200 METER DASH, W60 200 METER DASH, W65 200 METER DASH, W70 200 METER DASH, W75 200 METER DASH, W80 200 METER DASH, W85 200 METER DASH, W90 200 METER DASH, W95 200 METER DASH, W40 400 METER DASH, W45 400 METER DASH, W50 400 METER DASH, W55 400 METER DASH, W60 400 METER DASH, W65 400 METER DASH, W70 400 METER DASH, W75 400 METER DASH, W80 400 METER DASH, W85 400 METER DASH, W90 400 METER DASH, W95 400 METER DASH.

Table of race results for various distances: W40 800 METER DASH, W45 800 METER DASH, W50 800 METER DASH, W55 800 METER DASH, W60 800 METER DASH, W65 800 METER DASH, W70 800 METER DASH, W75 800 METER DASH, W80 800 METER DASH, W85 800 METER DASH, W90 800 METER DASH, W95 800 METER DASH, W40 1000 METER DASH, W45 1000 METER DASH, W50 1000 METER DASH, W55 1000 METER DASH, W60 1000 METER DASH, W65 1000 METER DASH, W70 1000 METER DASH, W75 1000 METER DASH, W80 1000 METER DASH, W85 1000 METER DASH, W90 1000 METER DASH, W95 1000 METER DASH.

Continued from previous page

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for George McGrath, Aimo Virolainen, Bob Mattson, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Ant Ant. da Fonseca, William Dyer, Gliichi Suda, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Erkki Haapalainen, Charles Espy, Waldo McBurney, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Jennifer Fisher, Teena Colebrook, Annette Koop, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Joan Sterrett, Susan Smith, Carla Hervert, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Sheree Robertson, Jacoba Bellingan, Maureen De St Croix, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Marne McMillan, Barbara Blurton, Dee Dee Grafius, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Judith Rowland-Smith, Ingerlise Jensen, Patricia Gallagher, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Pamela Hayes, Pam Graham, Krystyna Kacperczyk, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Hilde Kade, Rigmor Osterlund, Leena Halme, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Kristina Carlsson, Linda Upton, Jo Marchetti, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Maurice Tarrant, James Beall, Ernest Flugel, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Armando Aldegalega, Geoffrey Harrold, Herb Phillips, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Sybrand Mostert, Ebbjorn Wiberg, Gerard VanNuffelen, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Simon Herlaar, Cesare Bini, Maurice Tarrant, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Horst Backhuss, Gerhard Gnauk, Ernest Flugel, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for James Beall, Aaro Partanen, John Keston, etc.

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Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Kurt Gelbhaar, Joseph Bocha, Aimo Virolainen, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Emiel Pauwels, Nathaniel White, Torger Stein, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Otto Ludzuweit, Tsan-Hsun Wang, Andre Osselaer, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Panagiotis Gakis, Tuplet Vasconcellos, Eugene Keller, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Alfred Althaus, Wina Hansteen, Catherine Hennessy, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Mags Greenan, Moira Kemp, Janet Takahashi, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Martha Orduna, Maureen Griffith, Irene McLaughlin, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Carol U. McLatchie, Helena Rantakari, Dolore Garcia Perez, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Marcia Dowling, Victoria Crisp, Sonya Gurtner, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Victoria Adams, Pauline Watson, Els Raap, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Brigitte Schmitt, Linda Findley, Judith Stewart, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Susanne Waru, Wickie Putnam, Elizabeth Thodey, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Gill Lea, Joan Ottaway, Elaine Stacham, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Rigmor Osterlund, Gud Kwick Fleetwood, Elizabeth Gilchrist, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Charles Thompson, Hermann Foidl, David Blankenship, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Ron Robertson, Jose Bastos, Man CarvalhoDaSilva, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Jeff Corkill, Alan Galbraith, Peter Lessing, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Renato Severo, Emi DelaCamaraPeron, Stephen James, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Walter Koch, Armando Aldegalega, Her Barreche-Rios, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Geoffrey Harrold, Herb Phillips, Walter Hume, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Jose Manuel Alves, Heinrich Nun, Adolf Blonner, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Hans Thieme, Bent Lauridsen, Walter Krueger, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Kunio Ichikawa, Rogeli Lopez Loyate, Manabu Miyasato, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for Maurice Tarrant, Horst Backhuss, Simon Herlaar, etc.

Table with 4 columns: Rank, Name, Country, and Time. Includes entries for James Beall, Kjell Linder, Gerhard Gnauk, etc.

Continued on next page

Continued from previous page

Table with columns for race number, name, age, sex, country, and time. Includes sections like M40 110 METER HIGH HURDLES 39", M45 110 METER HIGH HURDLES 39", M50 100 METER HIGH HURDLES 36", M55 100 METER HIGH HURDLES 36", M60 100 METER HIGH HURDLES 33", M65 100 METER HIGH HURDLES 33", M70 80 METER HIGH HURDLES 30", M75 80 METER HIGH HURDLES 30", M80 80 METER HIGH HURDLES 30", M85 80 METER HIGH HURDLES 30", M90 80 METER HIGH HURDLES 30".

Table with columns for race number, name, age, sex, country, and time. Includes sections like M100 80 METER HIGH HURDLES 30", M110 80 METER HIGH HURDLES 30", M120 80 METER HIGH HURDLES 30", M130 80 METER HIGH HURDLES 30", M140 80 METER HIGH HURDLES 30", M150 80 METER HIGH HURDLES 30", M160 80 METER HIGH HURDLES 30", M170 80 METER HIGH HURDLES 30", M180 80 METER HIGH HURDLES 30", M190 80 METER HIGH HURDLES 30", M200 80 METER HIGH HURDLES 30".

Table with columns for race number, name, age, sex, country, and time. Includes sections like M210 80 METER HIGH HURDLES 30", M220 80 METER HIGH HURDLES 30", M230 80 METER HIGH HURDLES 30", M240 80 METER HIGH HURDLES 30", M250 80 METER HIGH HURDLES 30", M260 80 METER HIGH HURDLES 30", M270 80 METER HIGH HURDLES 30", M280 80 METER HIGH HURDLES 30", M290 80 METER HIGH HURDLES 30", M300 80 METER HIGH HURDLES 30".

Table with columns for race number, name, age, sex, country, and time. Includes sections like M40 400 METER INT HURDLES 36", M45 400 METER INT HURDLES 36", M50 400 METER INT HURDLES 36", M55 400 METER INT HURDLES 36", M60 400 METER INT HURDLES 36", M65 400 METER INT HURDLES 36", M70 400 METER INT HURDLES 36", M75 400 METER INT HURDLES 36", M80 400 METER INT HURDLES 36", M85 400 METER INT HURDLES 36", M90 400 METER INT HURDLES 36".

Table with columns for race number, name, age, sex, country, and time. Includes sections like M50 400 METER INT HURDLES 33", M55 400 METER INT HURDLES 33", M60 300 METER INT HURDLES 30", M65 300 METER INT HURDLES 30", M70 300 METER INT HURDLES 30", M75 300 METER INT HURDLES 30", M80 300 METER INT HURDLES 30", M85 300 METER INT HURDLES 30", M90 300 METER INT HURDLES 30".

Table with columns for race number, name, age, sex, country, and time. Includes sections like M95 300 METER INT HURDLES 30", M100 300 METER INT HURDLES 30", M105 300 METER INT HURDLES 30", M110 300 METER INT HURDLES 30", M115 300 METER INT HURDLES 30", M120 300 METER INT HURDLES 30", M125 300 METER INT HURDLES 30", M130 300 METER INT HURDLES 30", M135 300 METER INT HURDLES 30", M140 300 METER INT HURDLES 30".

Table with columns for race number, name, age, sex, country, and time. Includes sections like M40 3,000 METER STEEPCLECHASE, M45 3,000 METER STEEPCLECHASE, M50 3,000 METER STEEPCLECHASE, M55 3,000 METER STEEPCLECHASE, M60 3,000 METER STEEPCLECHASE, M65 3,000 METER STEEPCLECHASE, M70 3,000 METER STEEPCLECHASE, M75 3,000 METER STEEPCLECHASE, M80 3,000 METER STEEPCLECHASE, M85 3,000 METER STEEPCLECHASE, M90 3,000 METER STEEPCLECHASE.

Table with columns for race number, name, age, sex, country, and time. Includes sections like M70, M75, M80, M85, M90, M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200.

Table with columns for race number, name, age, sex, country, and time. Includes sections like M40 HIGH JUMP, M45 HIGH JUMP, M50 HIGH JUMP, M55 HIGH JUMP, M60 HIGH JUMP, M65 HIGH JUMP, M70 HIGH JUMP, M75 HIGH JUMP, M80 HIGH JUMP, M85 HIGH JUMP, M90 HIGH JUMP, M95 HIGH JUMP, M100 HIGH JUMP, M105 HIGH JUMP, M110 HIGH JUMP, M115 HIGH JUMP, M120 HIGH JUMP, M125 HIGH JUMP, M130 HIGH JUMP, M135 HIGH JUMP, M140 HIGH JUMP, M145 HIGH JUMP, M150 HIGH JUMP, M155 HIGH JUMP, M160 HIGH JUMP, M165 HIGH JUMP, M170 HIGH JUMP, M175 HIGH JUMP, M180 HIGH JUMP, M185 HIGH JUMP, M190 HIGH JUMP, M195 HIGH JUMP, M200 HIGH JUMP.

Table with columns for race number, name, age, sex, country, and time. Includes sections like M40 POLE VAULT, M45 POLE VAULT, M50 POLE VAULT, M55 POLE VAULT, M60 POLE VAULT, M65 POLE VAULT, M70 POLE VAULT, M75 POLE VAULT, M80 POLE VAULT, M85 POLE VAULT, M90 POLE VAULT, M95 POLE VAULT, M100 POLE VAULT, M105 POLE VAULT, M110 POLE VAULT, M115 POLE VAULT, M120 POLE VAULT, M125 POLE VAULT, M130 POLE VAULT, M135 POLE VAULT, M140 POLE VAULT, M145 POLE VAULT, M150 POLE VAULT, M155 POLE VAULT, M160 POLE VAULT, M165 POLE VAULT, M170 POLE VAULT, M175 POLE VAULT, M180 POLE VAULT, M185 POLE VAULT, M190 POLE VAULT, M195 POLE VAULT, M200 POLE VAULT.

Table with columns for race number, name, age, sex, country, and time. Includes sections like M210 POLE VAULT, M215 POLE VAULT, M220 POLE VAULT, M225 POLE VAULT, M230 POLE VAULT, M235 POLE VAULT, M240 POLE VAULT, M245 POLE VAULT, M250 POLE VAULT, M255 POLE VAULT, M260 POLE VAULT, M265 POLE VAULT, M270 POLE VAULT, M275 POLE VAULT, M280 POLE VAULT, M285 POLE VAULT, M290 POLE VAULT, M295 POLE VAULT, M300 POLE VAULT.

Table with columns for race number, name, age, sex, country, and time. Includes sections like M305 POLE VAULT, M310 POLE VAULT, M315 POLE VAULT, M320 POLE VAULT, M325 POLE VAULT, M330 POLE VAULT, M335 POLE VAULT, M340 POLE VAULT, M345 POLE VAULT, M350 POLE VAULT, M355 POLE VAULT, M360 POLE VAULT, M365 POLE VAULT, M370 POLE VAULT, M375 POLE VAULT, M380 POLE VAULT, M385 POLE VAULT, M390 POLE VAULT, M395 POLE VAULT, M400 POLE VAULT.

Table with columns for race number, name, age, sex, country, and time. Includes sections like M405 POLE VAULT, M410 POLE VAULT, M415 POLE VAULT, M420 POLE VAULT, M425 POLE VAULT, M430 POLE VAULT, M435 POLE VAULT, M440 POLE VAULT, M445 POLE VAULT, M450 POLE VAULT, M455 POLE VAULT, M460 POLE VAULT, M465 POLE VAULT, M470 POLE VAULT, M475 POLE VAULT, M480 POLE VAULT, M485 POLE VAULT, M490 POLE VAULT, M495 POLE VAULT, M500 POLE VAULT.

Continued on next page

Continued from previous page

Table with 2 columns: Rank and Name/Time. Includes M40 10K CROSS-COUNTRY and M45 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M45 10K CROSS-COUNTRY and M50 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M50 10K CROSS-COUNTRY and M55 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M55 10K CROSS-COUNTRY and M60 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M60 10K CROSS-COUNTRY and M65 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M65 10K CROSS-COUNTRY and M70 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M70 10K CROSS-COUNTRY and M75 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M75 10K CROSS-COUNTRY and M80 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M80 10K CROSS-COUNTRY and M85 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M85 10K CROSS-COUNTRY and M90 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M90 10K CROSS-COUNTRY and M40 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M40 MARATHON and M45 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M45 MARATHON and M50 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M50 MARATHON and M55 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M55 MARATHON and M60 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M60 MARATHON and M65 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M45 10K CROSS-COUNTRY and M50 10K CROSS-COUNTRY.

Table with 2 columns: Rank and Name/Time. Includes M50 10K CROSS-COUNTRY and M55 CROSS-COUNTRY (Short Course).

Table with 2 columns: Rank and Name/Time. Includes M55 CROSS-COUNTRY (Short Course) and M60 CROSS-COUNTRY (Short Course).

Table with 2 columns: Rank and Name/Time. Includes M60 CROSS-COUNTRY (Short Course) and M65 CROSS-COUNTRY (Short Course).

Table with 2 columns: Rank and Name/Time. Includes M65 CROSS-COUNTRY (Short Course) and M70 CROSS-COUNTRY (Short Course).

Table with 2 columns: Rank and Name/Time. Includes M70 CROSS-COUNTRY (Short Course) and M75 CROSS-COUNTRY (Short Course).

Table with 2 columns: Rank and Name/Time. Includes M75 CROSS-COUNTRY (Short Course) and M80 CROSS-COUNTRY (Short Course).

Table with 2 columns: Rank and Name/Time. Includes M80 CROSS-COUNTRY (Short Course) and M85 CROSS-COUNTRY (Short Course).

Table with 2 columns: Rank and Name/Time. Includes M85 CROSS-COUNTRY (Short Course) and M90 CROSS-COUNTRY (Short Course).

Table with 2 columns: Rank and Name/Time. Includes M90 CROSS-COUNTRY (Short Course) and M40 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M40 MARATHON and M45 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M45 MARATHON and M50 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M50 MARATHON and M55 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M55 MARATHON and M60 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M60 MARATHON and M65 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M65 MARATHON and M70 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M65 MARATHON and M70 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M70 MARATHON and M75 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M75 MARATHON and M80 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M80 MARATHON and M85 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M85 MARATHON and M90 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M90 MARATHON and M40 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M40 20K ROAD WALK and M45 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M45 20K ROAD WALK and M50 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M50 20K ROAD WALK and M55 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M55 20K ROAD WALK and M60 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M60 20K ROAD WALK and M65 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M65 20K ROAD WALK and M70 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M70 20K ROAD WALK and M75 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M75 20K ROAD WALK and M80 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M80 20K ROAD WALK and M85 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M85 20K ROAD WALK and M90 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M65 MARATHON and M70 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M70 MARATHON and M75 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M75 MARATHON and M80 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M80 MARATHON and M85 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M85 MARATHON and M90 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M90 MARATHON and M40 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M40 20K ROAD WALK and M45 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M45 20K ROAD WALK and M50 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M50 20K ROAD WALK and M55 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M55 20K ROAD WALK and M60 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M60 20K ROAD WALK and M65 20K ROAD WALK.

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Table with 2 columns: Rank and Name/Time. Includes M75 20K ROAD WALK and M80 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M80 20K ROAD WALK and M85 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M85 20K ROAD WALK and M90 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M65 MARATHON and M70 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M70 MARATHON and M75 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M75 MARATHON and M80 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M80 MARATHON and M85 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M85 MARATHON and M90 MARATHON.

Table with 2 columns: Rank and Name/Time. Includes M90 MARATHON and M40 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M40 20K ROAD WALK and M45 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M45 20K ROAD WALK and M50 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M50 20K ROAD WALK and M55 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M55 20K ROAD WALK and M60 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M60 20K ROAD WALK and M65 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M65 20K ROAD WALK and M70 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M70 20K ROAD WALK and M75 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M75 20K ROAD WALK and M80 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M80 20K ROAD WALK and M85 20K ROAD WALK.

Table with 2 columns: Rank and Name/Time. Includes M85 20K ROAD WALK and M90 20K ROAD WALK.

Note: the performance percentages are based on age-grading for the five-year age group, not an athlete's single age. In other words, competitors age 40 and 44 were both factored as if they were 40 years old.

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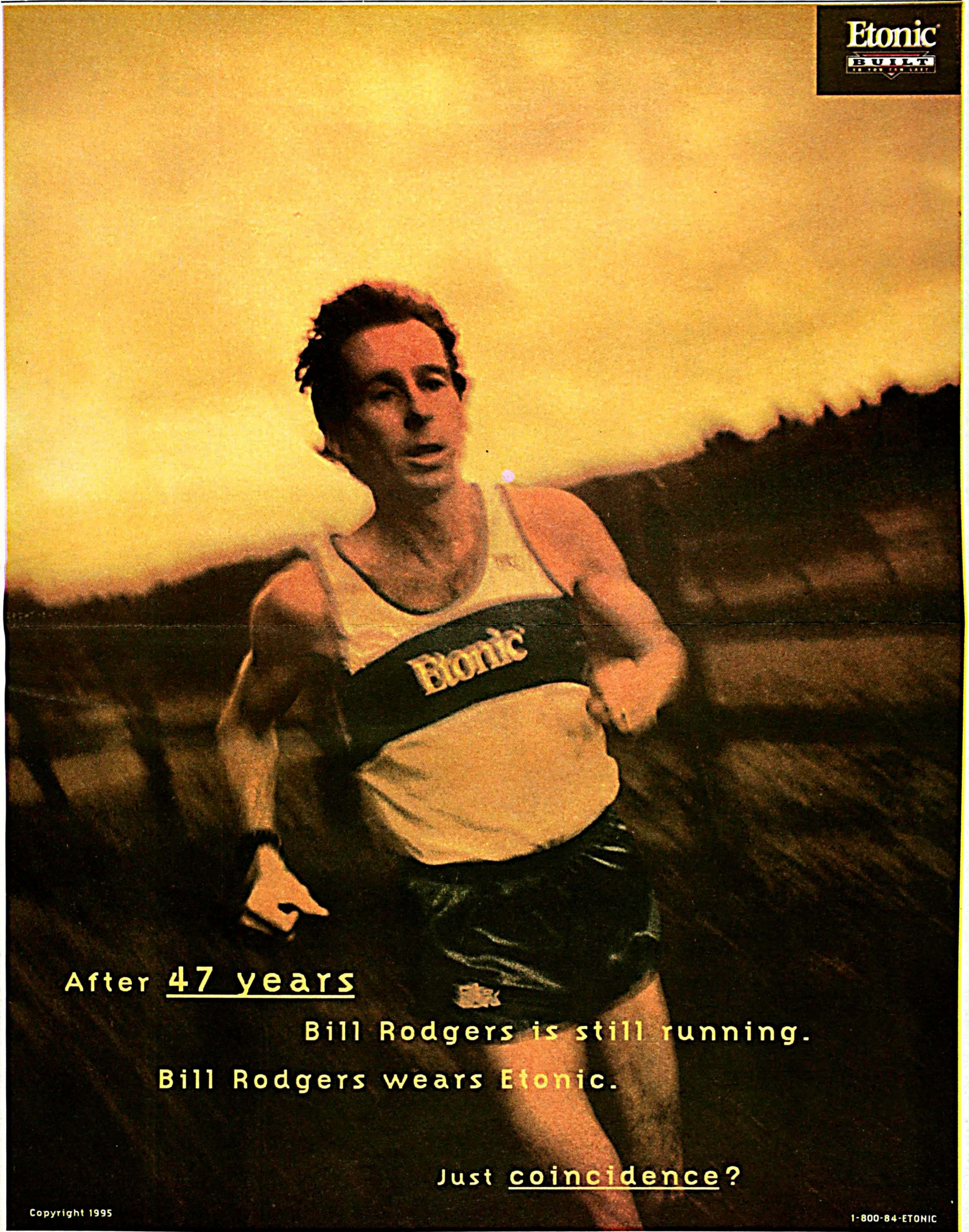
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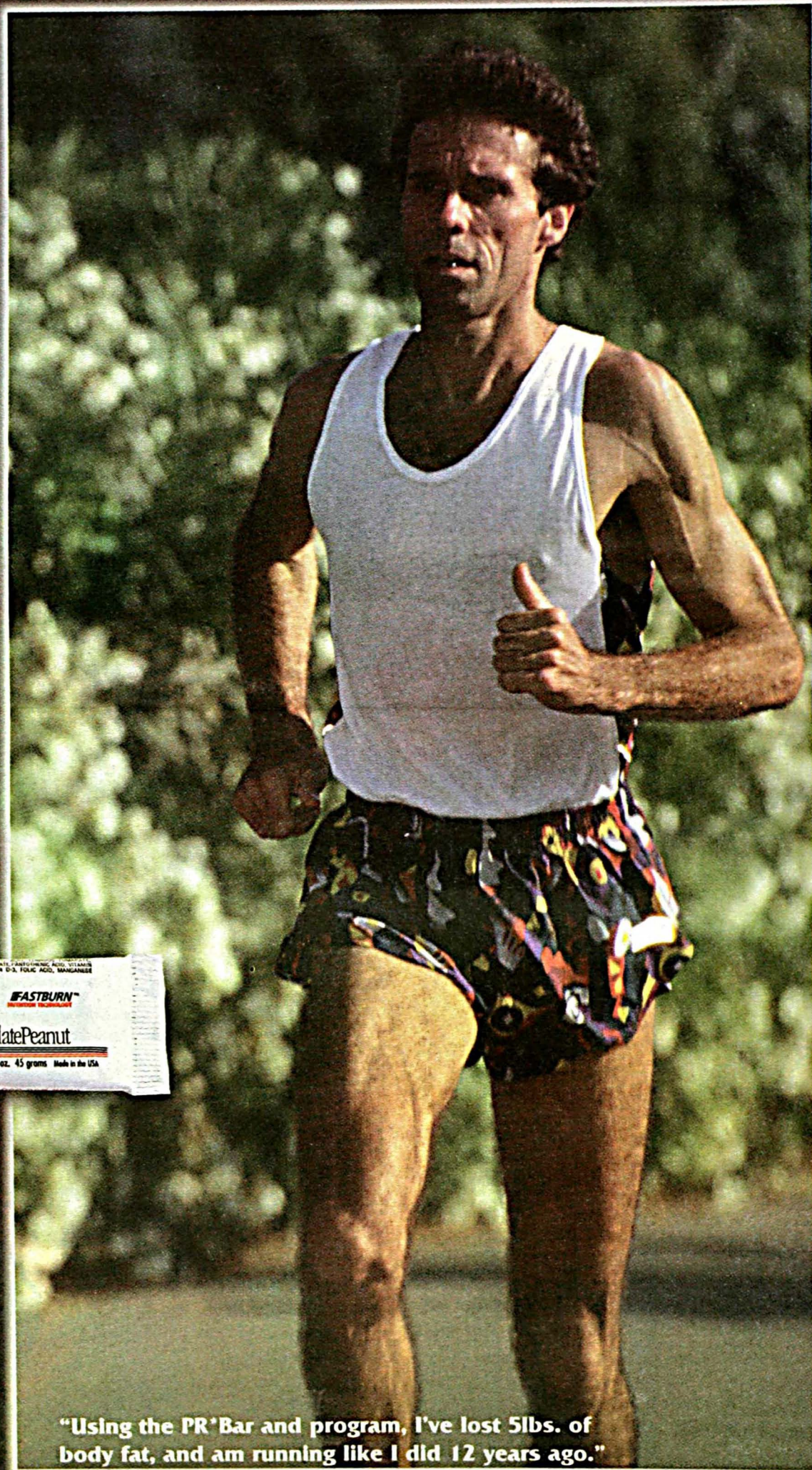
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