

# NATIONAL MASTERS NEWS

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

218th Issue

October 1996

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## No. American Championships Draw 631 from 16 Countries

by JERRY WOJCIK

Athletes representing 16 countries participated in the North and Central American and Caribbean Regional Association of WAVA (NCCWAVA) biennial Championships at historic Hayward Field in Eugene, Ore., on Aug. 21-24.

In addition to large contingents from NCCWAVA members U.S.A., Canada, and Mexico, the smaller affiliates were also represented by athletes from Bermuda, Puerto Rico, Panama, Trinidad, and Costa Rica.

The total of 631 entrants far exceeded the turnout of 374 for the previous championships in Edmonton, Alberta, Canada, in August 1994. The number here was bolstered by athletes from all over the nation who opted for the Eugene meet after attending the USATF Championships in Spokane the week before.

Guest athletes from nine non-NCCWAVA countries also added to the total. They included entrants from

Australia, Armenia, Netherlands, Hong Kong, South Africa, Norway, United Kingdom, New Zealand, and India, which sent 21 competitors. Athletes in the non-championship divisions for M30-39 and W30-34 were included in the numbers.

Besides the usual meet events, the schedule included an 8K cross-country race at nearby Alton Baker Park and a regular pentathlon on Wednesday, the 21st. On Friday, race-walkers competed on a 10K course of several laps on the University of Oregon campus. On Saturday, runners returned to Alton Baker for a 15K road race, while throwers ended the meet with a weight pentathlon.

Seven world and five U.S. records were broken or established in the four-day meet. Johnnye Valien, U.S., altered two W70-74 world records, in the 80H (20.08) and pole vault (1.83/6-0). Hurdler Walt Butler, U.S., denied a record in Spokane by a high wind reading, ran a legal 14.49, an age-graded 98.4%, to break the M55 world record for the 100H. (Age-graded percentages here and in the results are for five-year age groups, not for single-age marks.)

Shirley Matson, U.S., reduced the W55 5000 world record by six seconds with an 18:43.65. Margaret Hinton, U.S., established a world record in the W75 pole vault.

The most spectacular record came on the last day during the relays in the women's 4x400. A quartet of sprinters from the U.S., running against the clock without competition, became



The U.S. team that broke the W40-49 world record for the 4X400 by running below four minutes with a 3:58.70, from left: Denise Foreman, Irene Thompson, Jaquiline Board, and Mary Libal, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24. Photo by Suzy Hess

the first women masters to break the 4:00 barrier with a 3:58.70.

Denise Foreman, 40, led off, followed by Irene Thompson, 42, and Jacqueline Board, 43, with Mary Libal, 46, running the anchor leg in an unofficial 56.9. Libal holds the W45

400 world record, set last year in the Buffalo WAVA Championships, at 56.82.

Also in the relay, a W70-79 world record of 6:41.33 was established by the U.S. team of Diane Friedman,

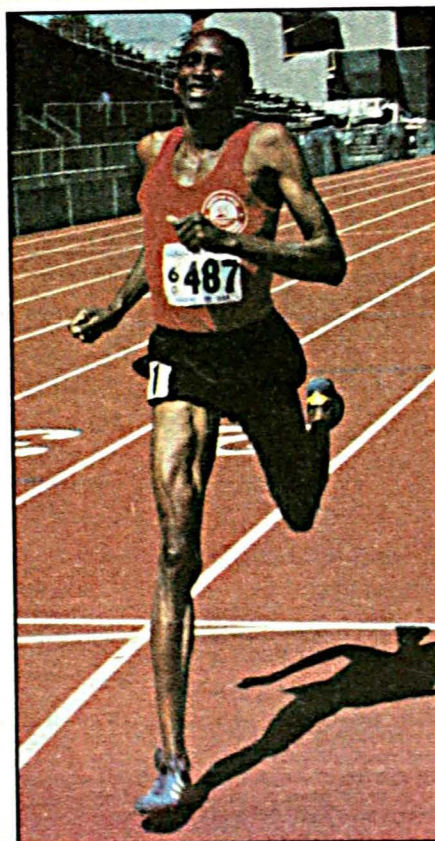
Continued on page 18

### INSIDE:

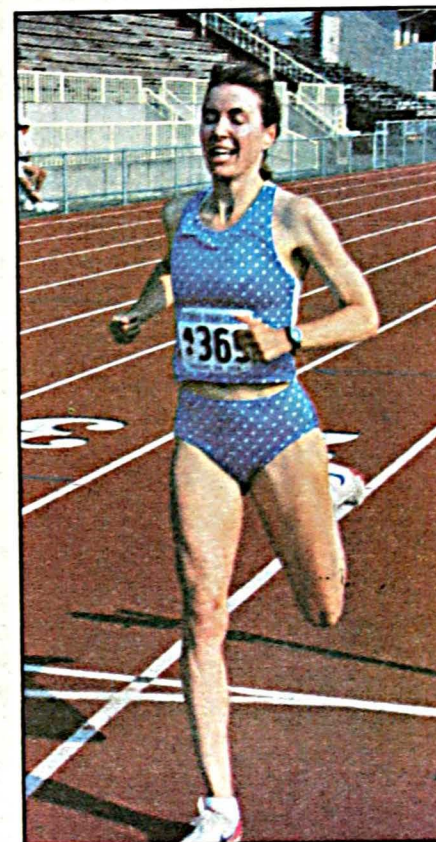
- Subaru 4-Mile Chase - page 5
- Crim 10-Miler - page 17
- European Championships - page 20
- Canadian Championships - page 21



Finalists in the M50 400, NCCWAVA Regional Championships, from left: Gary Cox, U.S.; Francisco Machado, Canada; Peter Crombie (1st in 54.34), guest competitor from Australia; Larry Armstrong, U.S.; Rich Tucker, U.S.; Frank Lulich, U.S.; and David Romain, Trinidad. Photo by Suzy Hess



Ralph Romain, Trinidad, M60 400 winner with an age-graded 90.4% 59.29, NCCWAVA Championships. Photo by Suzy Hess



Marne MacMillan, Canada, second in the W40 1500 (4:57.53), NCCWAVA Championships. Photo by Suzy Hess

# WZYP ROCKET CITY MARATHON

**RUNNING JOURNAL GRAND PRIX XIX (Double Points)**

**DATE:** SATURDAY, DECEMBER 14, 1996  
**TIME:** 8:00 AM START (Central Time)  
**LOCATION:** HUNTSVILLE, ALABAMA  
**START - FINISH - RACE HEADQUARTERS:** HUNTSVILLE HILTON, 401 Williams Avenue, 205-533-1400  
**EVENT:** MARATHON (26 Mile, 385 Yard Foot Race)  
**COURSE CERTIFICATION:** USATF/RRTC AL94013JD  
**RACE SANCTION:** RRCA, USATF & USATFDPC  
**RACE INSTRUCTIONS:** Information in this form is only for entering the Marathon. Complete race instructions and other information will be contained in the MARATHON INFORMATION BOOK mailed in November to all entered before November 15, 1996.  
**ENTRY & FEE:** \$20 - POSTMARKED BEFORE 10/1/96  
 \$25 - BETWEEN 10/1/96 AND 11/1/96  
 \$30 - BETWEEN 11/1/96 AND 12/1/96  
 \$8 - CARBO SUPPER (Each Person)  
 \$15 - POST RACE BANQUET (Each Person)

**REGISTRATION:** Enter only by mail on official entry form postmarked by 12/1/96. No race day registration. This form may be reproduced. Make check payable to the Huntsville Track Club (HTC). Entry fee is non-refundable. A USATF number (Card) is required to enter only if intend to compete for and accept the prize money. The HTC reserves the right to reject any entry and to offer special invitations. Limited to first 1500 entries. Entries not accepted will be returned. Five and one-half hour time limit.

**TEAM INFORMATION/ENTRY:** If entering any of the six team divisions entry must be received prior to 11/15/96 with the team division entering checked on this form and an SASE enclosed to receive special team form for official team entry. No team fee is required, but team entry is not official until the team entry form has been submitted.

**PACKET PICK UP:** ALL ENTRANTS MUST CHECK IN AT RACE HEADQUARTERS TO PICK UP RUNNER PACKET BETWEEN 5:00 PM & 9:00 PM FRIDAY, DECEMBER 13 OR 6:30 AM & 7:30 AM SATURDAY, DECEMBER 14

**INFORMATION:** In November all pre-registered entrants will be mailed our 84 page MARATHON INFORMATION BOOK. It contains everything you need to know about the race, course and city; plus pictures and other information.

**MAILING NOTE:** Send SASE if you desire special entry confirmation, otherwise confirmation is your canceled check and Information Book. Books are mailed third-class, non-profit organization and are not forwarded or returned. Address must be complete including ZIP Code and you must notify us if your address changes.

**NOTICE:** Unregistered runners, unauthorized vehicles, bicycles, skateboards, rollerblades, strollers, baby joggers, and all other wheel devices, the wearing of headphones, and animals are strictly prohibited on the course.

**AWARDS:** T-SHIRTS & BOOKS TO ALL ENTRANTS  
 KEYCHAIN MEDALLION & RACE CAP TO ALL FINISHERS  
 CERTIFICATES MAILED TO ALL FINISHERS  
 RUNNING JOURNAL GRAND PRIX XIX AWARDS  
 SPECIAL MEDALLION AND MERCHANDISE TO FIRST 3 IN ALL DIVISIONS & MEMBERS OF WINNING TEAMS.  
 Five places in divisions noted by \*\*:  
 30-34\*, 35-39\*, 40-44\*, 45-49\*, 50-54, 55-59, 60-99.

**FRIDAY ACTIVITIES (DECEMBER 13):**  
 HISTORIC HSV GROUP RUNS - 4:00 PM - 4 MILES - FREE  
 PACKET PICK-UP, GABFEST & EXPO - 5:00 to 9:00 PM  
 CARBO SUPPER - 5:00 to 7:00 PM - \$8  
 CLINIC & GUEST SPEAKER - 7:00 to 9:00 PM - FREE

**SATURDAY ACTIVITIES (DECEMBER 14):**  
 PACKET PICK-UP - 6:30 to 7:30 AM  
 EXPO - 6:30 AM to 2:30 PM - FREE  
 MARATHON START - 8:00 AM (Exactly)  
 POST RACE SNACK - 10:15 AM to 1:15 PM - FREE  
 ASK THE EXPERTS PANEL - 1:30 to 2:30 PM - FREE  
 AWARDS & CELEBRATION - 2:30 PM - FREE  
 POST RACE BANQUET - 5:30 PM - \$15 (Preregistration)

# YOUR "FAVORITE SOUTHEASTERN MARATHON"

AS VOTED BY THE READERS OF RUNNING JOURNAL



**DECEMBER 14, 1996**  
 "A Unique Running Experience"  
 ONE OF THE TOP MARATHONS IN AMERICA

*RUNNER'S WORLD selected HAL HIGDON to conduct a SURVEY OF 91 FALL MARATHONS, from which a PANEL OF FIVE RUNNERS picked the TOP 10 FASTEST MARATHONS FOR RUNNERS TO QUALIFY IN TO GAIN ENTRY TO 100TH BOSTON MARATHON. The results were published in their July, 1995 issue and ROCKET CITY RATED THIRD.*

HUNTSVILLE, ALABAMA HAS BEEN RATED ONE OF THE BEST 25 RUNNING CITIES IN AMERICA.

THE CITY THAT PUT MAN IN SPACE AND ON THE MOON APPLIES THAT TECHNOLOGY AND PLANNING TO THE ROCKET CITY MARATHON. COME RUN AND SEE WHY RUNNING TIMES MAGAZINE WRITES: "THIS MAY BE THE BEST ORGANIZED MARATHON IN AMERICA."

**\$16,000 PRIZE MONEY**  
 OPEN MEN: 1/\$2,000; 2/\$1,000; 3/\$500; 4-10/\$250  
 OPEN WOMEN: 1/\$2,000; 2/\$1,000; 3/\$500; 4-10/\$250  
 MASTERS MEN: 1/\$1,500; 2/\$750; 3-5/\$250  
 MASTERS WOMEN: 1/\$1,500; 2/\$750; 3/\$250  
**\$4,000 COURSE RECORD BONUSES**  
 OPEN - \$1,000 & MASTERS - \$1,000

**MORE THAN A RACE:** The WZYP Rocket City Marathon is more than just a race. It is an "event" built around the race. We work just as hard creating exciting activities to make your trip here fun as we do conducting a flawless race on a fast course to produce an enjoyable race that should yield your maximum performance. The carbo supper is excellent and we feed about 600 each year so be sure to give it a try. The clinic is exciting and topped off with a nationally known speaker. These and the other Friday activities will have you hyped to run your best.

**START:** The race is seeded by fastest times to provide an organized start that is the safest and fastest for everyone. All pre-race activity, greetings and music is planned to a time schedule so that we start at exactly 8:00AM - please don't be late. First time marathoners are seeded on a first come basis, but can be seeded on a 10 mile or half marathon time if submitted. YOU MUST BE ENTERED AND WEARING YOUR RACE NUMBER TO START. A RUNNER MUST NOT RUN WITH ANOTHER RUNNER'S NUMBER. DO NOT EXCHANGE, SELL OR GIVE AWAY YOUR NUMBER.

**FINISH:** A finish you won't forget. Our PA announcers, male voice to announce male finishers and female voice for female finishers, are aided by a computer to inform the spectators with details about you as you finish. It will hype their cheering to heighten your euphoria for that magic

moment as your cross the red carpeted finish line beneath the banner and clock. Our photographers will shoot a colorful picture of you with your finish time, the banner and cheering spectators in the background. You'll be met by two of our runner handlers who will greet and give you assistance until you are inside. The field hospital is right inside and the handlers are trained to see that you get medical attention if needed. After checking in to get your cap and medallion, your snack will be ready and the computer generated results are continuously being posted. Our awards ceremony is a celebration so be sure to stick around for it even if you don't win an award.

**RESULTS:** Soon after the race we will mail first class your finish photo and certificate with individual results. The photo costs only \$7 if you wish to keep it. Later we will mail all entrants our 40 page MARATHON RESULTS BOOK with results, articles, pictures, etc.

**RECORDS & 1995 WINNERS:**  
 OPEN MALE - LOUIS KENNY - 2:12:21 - Ireland - 1980  
 DAVID HONEA - 2:20:43 - North Carolina  
 OPEN FEMALE - LISA MARTIN - 2:32:22 - Australia - 1983  
 DEBBIE GORMLEY - 2:47:05 - Minnesota  
 MASTER MALE - KENNETH JUDSON - 2:17:10 - PA - 1990  
 ROBERT YARA - 2:30:46 - Texas  
 MASTER FEMALE - JANE HUTCHISON - 2:45:35 - MO - 1990  
 JOYCE DEASON - 2:53:49 - Louisiana

**OFFICIAL MARATHON HOTEL:** Race Headquarters HUNTSVILLE HILTON - 205-533-1400  
 Ask for special marathon rate: \$54 (1-4 per room)  
 401 Williams Avenue, Downtown Huntsville across from the Von Braun Civic Center at Big Spring International Park. All race functions including the start and finish are located at the HUNTSVILLE HILTON.

**OTHER FEATURES:** Temperature - 46° Average. Pick-up vans with communications personnel will be provided on the course for those who can't finish. Last year runners came from 33 states. We distribute 17,000 Spectator Flyers to homes on and near the course. There are two pre-race press conferences and numerous news releases. We get excellent print, TV and radio media support. All entrants are listed in the newspaper. Watch for the signs along the course as we have a Booster Sign Contest with awards to get the citizens involved. Thousands come to Huntsville each week just to visit the Space Center, and there are other unique attractions of interest. So bring your family, visit North Alabama's biggest Craft Show at the Von Braun Civic Center, and make it a fun weekend. To get information about Huntsville write to: Huntsville-Madison County Convention & Visitors Bureau, 700 Monroe St., Huntsville, AL 35801.

**COURSE:** FLAT & FAST. A tour of Huntsville starting and finishing downtown with a loop through southeast Huntsville. Run on primarily scenic residential streets. Course entries located at all turns. Police controlled intersections and restricted traffic on the course patrolled by the police. Communications along the course provided by the Huntsville Amateur Radio Club. All turns and mile markers are painted on the streets and split timer will also have a large highly visible mile sign. HEMS! will provide medical support and Lockheed vans provide runner pickup.

**AID STATIONS, TIMING LOCATIONS & PORT-A-JOHNS:** Aid stations with water and GATORADE are located an average of every 2.4 miles. Split timers will be located at each mile marker, 10K, half way, and 1 mile to go locations. Port-A-Johns located at start, 7.0, 12.1, 15.3 and 21.7 mile.

**1995 BOOKS:** Copies of last year's Marathon Information and Results Books, Spectator Flyer and Marathon Training Plan can be obtained by sending \$7 to "BOOKS" at the address on this form.

**HUNTSVILLE ATTRACTIONS:** Those planning an extended stay or traveling with a spouse looking for other activities, there is plenty to do and see in Huntsville. North Alabama's biggest Craft Show is across the street at the BVCC. Constitution Hall Village, Huntsville Depot Museum, Harrison Brothers 1879 Hardware Store and Twickenham Historic District are within walking distance of the Hilton.

**MAILING ADDRESS & PHONE NUMBER:** 205-881-9077  
 HUNTSVILLE TRACK CLUB, HAROLD TINSLEY  
 8811 EDGEHILL DRIVE, HUNTSVILLE, AL 35802  
 Contact us for an official marathon entry form with course map, elevation profile and other race information.



For information write or phone Harold or Louise Tinsley:  
**205-881-9077**

**ENTRY FORM PLEASE READ CAREFULLY & PRINT ALL INFORMATION ENTRIES NOT COMPLETE & LEGIBLE WILL BE RETURNED**

NAME: FIRST- \_\_\_\_\_ LAST- \_\_\_\_\_ SEX: M- [ ] F- [ ]  
 STREET/BOX: \_\_\_\_\_ AGE ON 12/14: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE #: ( ) \_\_\_\_\_  
 T-SHIRT: S- [ ] M- [ ] L- [ ] X- [ ] BIRTH DATE: \_\_\_\_\_ OCCUPATION: \_\_\_\_\_  
 BEST MARATHON: \_\_\_\_\_ (Time) \_\_\_\_\_ (Year) TOTAL NUMBER MARATHONS RUN \_\_\_\_\_  
 USATF #: \_\_\_\_\_ CLUB TO WHICH YOU BELONG: \_\_\_\_\_  
 (USATF # required only if competing for Prize Money)

**WAIVER & RELEASE HAVE YOU RUN ROCKET CITY BEFORE, # TIMES: \_\_\_\_\_**

I, individually, (and/or as parent and/or guardian of the named minor) for and in consideration of my receiving permission from the HUNTSVILLE TRACK CLUB to participate in the ROCKET CITY MARATHON, do hereby release, remise, waive, and forever discharge the HUNTSVILLE TRACK CLUB and any and all sponsoring groups of the ROCKET CITY MARATHON, together with all of their officers, officials, and employees from any and all liability, claims, demands, actions, or causes of action whatsoever, arising out of or related to any injury, illness, loss or damage, including death, relating to participation in the ROCKET CITY MARATHON. I further state I am in proper physical condition and am aware that running a marathon is a potentially hazardous activity. Your signature is required for your entry to be accepted.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
 (Must be signed by parent or guardian if under age 19)

This form may be reproduced

INDIVIDUAL DIVISIONS (You must check one)		TEAM DIVISIONS (Check only if competing on a team)
MALE & FEMALE		
[ ] 00-19	[ ] 40-44*	[ ] HUSBAND/WIFE
[ ] 20-24	[ ] 45-49*	[ ] FATHER/SON
[ ] 25-29*	[ ] 50-54	[ ] OPEN MALE
[ ] 30-34*	[ ] 55-59	[ ] OPEN FEMALE
[ ] 35-39*	[ ] 60-99	[ ] MASTER MALE
(3-Places - * 5-Places)		[ ] MASTER FEMALE
		(If checked see topic on TEAM INFORMATION)

ENTRY FEE: \$20 (Before 10/1/96)  
 \$25 (10/1/96 thru 11/1/96)  
 \$30 (11/1/96 thru 12/1/96) \$ \_\_\_\_\_  
 CARBO SUPPER: \$8 Each Person # \_\_\_\_\_ \$ \_\_\_\_\_  
 POST RACE BANQUET: \$15 Ea Person # \_\_\_\_\_ \$ \_\_\_\_\_  
 TOTAL ENCLOSED: (Non-refundable) \$ \_\_\_\_\_  
**REGISTRATION DEADLINE 12/1/96**  
 Make check payable to the Huntsville Track Club  
**MAIL TO: HUNTSVILLE TRACK CLUB**  
**8811 EDGEHILL DRIVE, HUNTSVILLE, AL 35802**

CONTENTS

DEPARTMENTS

USATF Officers ..... 3  
 Letters to the Editor..... 4  
 NMN Sustainers ..... 4  
 Third Wind ..... 6  
 Foot Beat ..... 8  
 Fifteen Years Ago ..... 8  
 Masters Racewalking... 10  
 New Age Group Athletes. 11  
 On the Run ..... 12  
 Ten Years Ago ..... 13  
 The Weight Room ..... 14  
 Five Years Ago ..... 14  
 Track & Field Report ... 15  
 Training Advice..... 16  
 Rankings Report ..... 16  
 International Scene ..... 19  
 Countdown to Durban... 20  
 Report from Britain..... 21  
 WAVA Officers ..... 21  
 WAVA/USATF Specs ... 21  
 Masters Scene..... 22  
 Schedule ..... 23  
 All American Standards.. 26  
 Results ..... 27

FEATURES

No. American Meet..... 1  
 Subaru 4-Mile Chase..... 5  
 Mid-America Championships. 8  
 Hall of Fame Update..... 9  
 National 5K Racewalk... 10  
 Ghose Wins Award ..... 11  
 National Weight Meet ... 14  
 USATF Elections..... 15  
 Convention Update ..... 15  
 LDR Nominations..... 15  
 Jesse Vault..... 16  
 Hawaii H-3 Run ..... 17  
 Crim 10-Mile ..... 17  
 WAVA Meeting ..... 18  
 NCCWAVA Age Records. 18  
 European Championships. 20  
 Oceania Games ..... 20  
 Can Am X-C Challenge.. 20  
 British Meet ..... 21  
 Canadian Nationals ..... 21

ENTRY FORMS, ETC.

Rocket City Marathon... 2  
 NMN Subscription Form.. 4  
 Better Health Clinic ..... 5  
 Farley Enterprises ..... 7  
 Bowl to Bowl Run/Walk.. 8  
 Master Board ..... 9  
 Sri Chinmoy Meet..... 11  
 Track & Field News ... 12  
 Publications Order Form . 13  
 Las Vegas Marathon ... 17  
 European Indoor Meet... 19  
 Sports Travel International. 20  
 The New Store ..... 22  
 Sportech ..... 24  
 National 8K X-C..... 25  
 Etonic ..... 39  
 Stretching Video ..... 40



# NATIONAL MASTERS NEWS

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

**Subscriptions:** A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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**Championship Stats:**

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 405 Curtis Ct.  
 Wayne, PA 19087  
 610-644-4053

**WAVA Delegates:**

Ruth Anderson, Norm Green

**IAAF Veterans Committee:**

Charles DesJardins  
 (address above)



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

### WAVA ROAD RACE

This letter is in reply to Mr. Jacques Serruys, WAVA VP Non-Stadia of Brugge, Belgium, which was printed in the September issue of *National Masters News*.

I am not sure we both were at the same race in Brugge. Ms. Dunsford certainly was heard to say that she would cancel the event if lap counters were not secured. She may have had some lap counters, but she obviously knew that there were not enough of them.

I know that the counters did not remain on the job for the whole race. When I came around my fifth lap, I was waved on toward the finish line and I had to tell the official there that I had another lap to go. On my last lap, the only race people I encountered were the water suppliers who stayed until the end. The lap counters were all long gone. (By the way, Doug Brown has many years before he is M70.)

Perhaps the distance was correct, but the officials who sent us toward the finish line were confused. We were told that there was one kilometer to go. All the athletes with whom I spoke are convinced that it was longer than one kilometer. We could tell by the length of time it took to cover the distance.

We were given instructions at the start of the race, but then had to wait about 15 minutes before the gun. (I think we were waiting for the band to show up.) The first thing that those of us in the back knew about the start was the gun. It is no wonder that there was pushing and shoving as the faster

walkers raced for the front, where they would have started had there been a usual notice and immediate pre-race instructions.

No, Mr. Serruys, your explanations are weak. I still think that we are owed an apology.

*Mel Lees  
San Luis Obispo, California*

### ALLEGED CHEATING

It has come to my attention today that Patrick Jablonski, who reportedly finished second at Grandma's Marathon, has admitted he did not run the entire race. Doug Kurtis, who passed him approaching the finish, questioned his race completion. A review of the security measures indicated a failure to pass key points. Jablonski, after being questioned, admitted his cheating.

I am now conducting an investigation into other races he finished recently such as the Pittsburgh Marathon. The Road Race Information Center is investigating their files. Disciplinary action will be determined pending a more thorough investigation.

*Charles R. DesJardins  
Chairman, Masters Long Distance  
Running Committee*

### MEET MATTERS

Although I don't know Eddie Seese (NMN, Sept. '96), I'm sure he is a credible person who is dedicated to masters track and field. However, I have known Alex Pappas for probably all or almost all of the 26 years he has been competing in masters events; we

competed in several meets together.

Specifically as to Eddie's final comment about Alex putting on a meet: Alex and his wife at the time, Betty, put on meets in Kansas in the 70s that were hallmarks of the early national masters movement. They put on superb meets for several years, attending to all details, now expected, then welcomed by masters, submasters, and open competitors alike. I don't know of anyone better qualified to put on a masters track and field meet than Alex Pappas.

*Bill Gaedke  
Clovis, New Mexico*

### NATIONALS

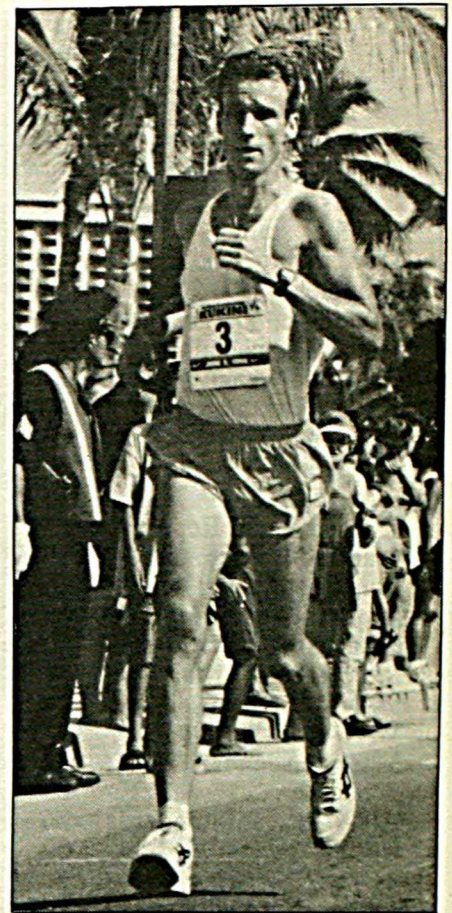
I would like to thank all of the people involved with putting together the 1996 USATF National Masters Championships in Spokane. The officials and volunteers I met were wonderful. Everyone was friendly and always had a smile. I was very impressed with how well the meet, considering the number of people and events involved, was run.

*Cheryl Mellenthin  
Houston, Texas*

### NORTH AMERICAN MEET

My legs had failed me. I had to quit at the 500-meter mark of the 800 during the WAVA meet at Eugene. I was mad, discouraged, and even had thoughts of hanging up the spikes. I wasn't able to come back to run the 400 on the same day, and I didn't think that I would be able to run the 1500 two days later. I couldn't. But I was able to jog, and as I was trying to warm up for the 1500, I was with a pretty good company of New Yorkers: Anselm Leborne, James Aneshansley, and Sid Howard, who all won their races.

As we were warming up, it occurred to me that this was what masters track was all about: to be around such good



First masters runner, Steve Bremner, 20:59, 1996 Kukini 4 Mile, Honolulu.

Photo by Tesh Teshima

people (and runners), and to share and get encouragement from them. One of them said, "It will be another day, and you will be back."

I think it is these kinds of positive experiences we share with others that keep us going. So I will be back on the circuit next year, and maybe it will be my turn to encourage someone who needs it.

*Chuck Kirkby  
Palmdale, California*

Memories of the North Americans:

Mary Libal roaring through her anchor leg of the 4x400 relay in a manner that recalled Lee Evans' anchor for the record-breaking 1968 U.S. Olympic quartet at Mexico City. One difference: Mary seems to have a considerably smoother style (by the way, Norman Green timed her in 56.9).

Jennifer Fisher of Bermuda, especially in the steeplechase and 800: is

Continued on page 5

## NATIONAL MASTERS NEWS

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## Nine Join NMN Sustainers

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

Special thanks this month go to:

Joanne Beers  
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Bud Deacon  
Army Ferrando  
Kate Fulkerson  
Beverley Lewis  
Ed Pollard  
Terrance Smith  
John William

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Write On

Continued from page 4

there a more elegant runner around? Later, seeing massive Ed Gonera giving Jennifer's beautiful young daughters a ride.

Maureen De St. Croix of Canada running so well for about 740 meters, then pulling up lame and going off the track in the W40-44 800. Afterwards, seeing Maureen on crutches, but nary a complaint about her misfortune.

The wonderfully affable (and talented) Jolene Steigerwalt of San Diego bellowing out "thank you" to an onlooker who encouraged her and Bev LaVeck in the early part of the 10,000 racewalk.

The ability of Denise Foreman, Irene Thompson, and Jacquie Board to come through in the clutch before Mary Libal's anchor simply obliterated the existing 4x400 W40 record.

Watching Hawaii's marvelous Joy Upshaw-Margerum practice the long jump. Shirley Matson: first she destroys the world record for the W55 5000, then she points out to someone that she's had only three months of training since she began her comeback.

Joann Grissom gamely trying to overcome a bad wheel.

Johnnye Valien doing it all.

Top-shelf thrower Joan Stratton's amused reaction when the announcer pointed her out while she was competing in the hammer.



Douglas Sturm, 47, ran the 10,000 in 43:08, USATF Northwest Regional Masters Championships, Tacoma, Wash. Photo by Suzy Hess

Seeing pentathletes Marlene Sachs and Becky Willis high jump. . . don't recall seeing these fine athletes before, although they must have been in many meets.

Joan Ottway: please, Joan, don't make it look that easy to run the 5000. Avril Douglas blasting out of the blocks in the 4x100 after sweeping the 400, 800, and 1500. The always courageous Pat Peterson gamely finishing a sprint.

The list goes on and on and I've left out so many.

The point is: so many of the men turned in terrific performances, but what a thrill it was to see so much talent displayed by the women.

Pete Taylor  
Fairfax, Virginia

Many thanks to the organizers and dozens of volunteers at the track meets in Spokane and Eugene. What friendly people! It was great seeing old friends again, but this old body was weary at the end of two weeks of traveling and racing. The cafeteria food in Eugene was great, as usual.

Louise Adams  
Boulder, Colorado

NEED T-SHIRTS

Since 1986, I have been running in most of the National Masters Championships, both indoors and outdoors, the North American Championships, the World Veterans Championships, and the Senior Sports Classic National Championships.

At each of these meets I would pick up a t-shirt or two. I have saved them, thinking about making a quilt some day. Well that day has come and I find I am four t-shirts short of having a shirt for each race that I medaled in. Missing are: the National Masters Indoor Championships Games at Baton Rouge, 3-19-1988; the North American Games at Toronto, Canada, 8-27-1988; the first Senior Championships, St. Louis, 6-27-1987; and the second Senior National Championships, again at St. Louis, 6-7-1989.

If you have any of these four t-shirts and will part with them, please get in touch with me: Tim Murphy, 417 Littlejohn Dr., Irving, TX 75061. Or call collect 972-790-3555.

Tim Murphy  
Irving, Texas

COMING NEXT MONTH

- USA Long Distance Records
- Masters Club Listings
- Results of National Marathon
- Training Advice
- And More



Top W40+ in the Buffalo Subaru 4 Mile Chase, Buffalo, N.Y. (l to r): Laurie Kinsella, 5th W40; Brigitte Soltiz, 4th W40; Maureen Griffith, 3rd W40; Barbara Filutze, 1st W50 (24:11); Nancy Grayson, 1st W45 (23:47); Janet Takahashi, 2nd W40; and Maureen De St. Croix, 1st W40 (22:54).

Photo by Ruth Ralston

Canadians Take Chase 4-Mile Wins

by JERRY WOJCIK

Runners from Canada, specifically Ontario, won both the masters men's and women's races in the Subaru Chase 4-Mile, Buffalo, N.Y., on July 20. Karel Jircik, 40, Mississauga, Ontario, took the M40+ title along with a \$700 first prize with a 19:28. Brian Kirkwood, 44, of Scotland, ran second in 19:43, worth \$350.

Antoni Niemczak, 40, Rochester, N.Y., won the third-place \$200 award with a 19:55. Equal awards went to the

first seven masters men and women.

Charles McMullen, 45, Rochester, N.Y., sixth in 20:48, finished with the leaders in the money.

Maureen De St. Croix, 43, North Gower, Ontario, took the W40+ race in 22:54, Janet Takahashi, 40, London, Ontario, was second in 23:11.

Nancy Grayson, 46, Northville, Mich., won the W45 division race with a masters third-place 23:46. Fourth master Barbara Filutze, 50, Erie, Pa., won her division in 24:11. □

"80% of All the Money You Spend on Health Care Will be Spent in the Last Two Months of Your Life!"

Are you as surprised as I was to learn the above fact?

After three decades of athletic competition (that's me below in the late '70s) and 16 years as a health care professional, this information astounded me.

Equally surprising to me is how disproportionate the top 10 causes of death in America are:

- |                            |       |
|----------------------------|-------|
| 1. Heart Disease           | 37.8% |
| 2. Cancer                  | 19.3% |
| 3. Stroke                  | 10.3% |
| 4. Accidents (Non-Auto)    | 3.0%  |
| 5. Influenza (Pneumonia)   | 2.9%  |
| 6. Motor Vehicle Accidents | 2.4%  |
| 7. Diabetes                | 1.9%  |
| 8. Liver Disease           | 1.7%  |
| 9. Arterial Sclerosis      | 1.5%  |
| 10. Suicide                | 1.4%  |

Causes 1 and 3 will take the lives of 48% of the Americans that die this year.

Just imagine, nearly half of the people that die in America this year will be claimed by just these two causes.

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## Third Wind

by MIKE TYMN

### Fond Memories from Yesteryear

**D**uring September, I observed an anniversary of sorts – 40 years of year-round running. It was just after beginning my junior year at San Jose State in 1956 that I began running for fitness. That was after spending six weeks of my summer going through the Marine Corps' officers training program in Quantico, an experience that motivated me to achieve a higher degree of all-around physical fitness.

The realization of that anniversary prompted me to think back to those early years of running and recall my own personal evolution in the activity, occasionally laughing at myself while also recognizing how much things have changed.

Actually, my memories go back to early 1951. I was not really a "runner" then, but some foundation was set from which I could set in motion the development that began five years later.

It was in 1951 as a high school freshman at ol' St. Joseph's in Alameda, Calif., that I ran my first race, the 180-yard low hurdles. Battling for the lead with a hurdler from Bellarmine High, I went over the last hurdle a fraction of a second before him. However, no one told me you had to keep running after clearing the last hurdle, so I then walked off the track. With the coach and others screaming at me, I jumped back on the track and somehow still managed a second place.

Other than one of Bing Crosby's sons being on the Bellarmine team, one other recollection from that track meet stands out. Our team had no one to run the 880 and, since Bellarmine had only two runners in the event, there was a sure point to be made for anyone willing to just run it and take third. However, none of us could conceive of running that far. After a little coaxing from the coach, Billy Green volunteered. We all thought he was nuts to try to run that far. He finished in over three minutes, but I think my friends and I regarded it as a somewhat heroic feat.

Looking back on that, I wonder why we thought a half-mile was so far. I can only surmise that we did not understand the pacing aspect of running more than a sprint. We assumed you had to go all out from the start.

#### Housemaid's Knee

Torn cartilage in my knee from playing basketball later that year resulted in what my doctor called "housemaid's knee," and kept me from doing any running at all over the next two years. With my knee still puffed up in my senior year, now at Alameda

High, I figured the mile was the only event that the knee would stand up to. The fact that the team was loaded in every other event and would go on that year to become the first Northern California team to win the California State championships was also a factor. Leading the team was James Jackson, who ran 9.4 for the 100 that year, equalling Jesse Owens' national prep record.

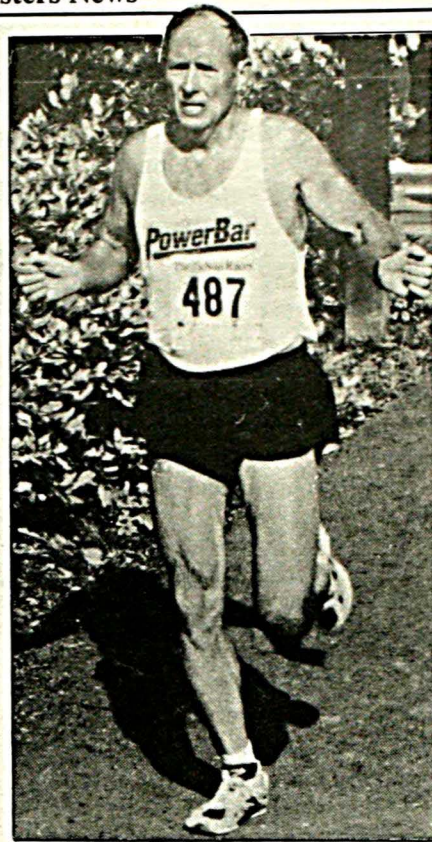
I began practice with a very "scientific" training program. I would run a mile a day and each day attempt to run a second faster. After a 5:25 mile the first day, I did something like 5:38 the second day. I couldn't understand it. The third day was around 5:32. It didn't make sense. I think I gave up on that program and began doing wind sprints – running the straights and walking the curves for a full mile.

I still didn't know anything about pacing, because in my very first meet, against El Cerrito High, I took off like I was trying to become the first person to break four minutes for a mile. I hit the quarter in 62 and the half in 2:11, far ahead of the rest of the field, and just three seconds slower than the winning time in the 880 that day. With a half-lap remaining in the race, an El Cerrito runner had reeled me in and gone ahead. In severe oxygen debt, I reacted by running off the track to the infield and collapsing.

#### Heart Murmur

Concerned, the old coach had me see the school doctor the next week. He diagnosed a bad heart, noting that my pulse was only 40-a-minute and also detecting a functional murmur. I was off the team for the next two years. I would go around thinking I was a cardiac cripple. Not until the Navy doctor who examined me for the Marine officers program told me my heart was in perfectly good shape did I become active again.

I attended the rest of the meets as assistant to the team manager, which meant putting up hurdles and things like that. I have a very vivid recollection of a sprinter-hurdler-broad jumper from Piedmont High School named Monty Upshaw. Beyond his speed and jumping ability (he broke the national



Joe King, en route here to a 40:37 victory in the 70-74 division of the Pacific Sun 10K on Memorial Day, demonstrates the downhill technique that allowed him to win the historic Dipsea race the following week, breaking his own record as the oldest winner of the 7.1-mile handicap event. Columnist Mike Tymn recalls King as being the oldest competitor in San Francisco area road races back in 1962. Mike Tymn photo

prep record in the broad jump that year with a leap of 25-feet-plus), the thing that really stood out about him was his white track shoes. They were the first pair of non-black track shoes that any of us had seen and they were "so cool." Or was it "so neat"?

Upshaw, the father of Joy Margerum, one of the top 35-39 multi-event competitors these days, made quite a hit with our team when he gave Joe Griffin, our high hurdler, his white shoes after Griffin beat him in the league championships that May.

#### A Nice Guy

One last recollection from 1954 has to do with the breaking of the four-minute mile barrier. I had closely followed the pursuit and wondered whether John Landy or Wes Santee would become the first under four. I had been rooting for Landy as I had read an article about what a nice guy he was. While waiting for the Lone Ranger or Jack Armstrong to come on my radio one day in May, I heard that Roger Bannister had become the first to break four minutes. It was the first time I had heard his name.

Little could I imagine back then that one day I'd be having lunch with Landy while interviewing him.

As I began running for fitness in 1956, I found myself progressing rapidly. I began working out with members of the San Jose State track team and had my introduction to a fairly new training method called *intervals*, as I regularly did quarters with Ken Napier, a 4:10 miler, while Coach Budd Winter kept us on pace by sounding a loud horn to let us know if

we were on pace every 110 yards.

Four miles was the standard cross-country distance in those days and I recall being amazed at Wes Bond, State's top cross-country runner, and Napier, the number two man, running around 21 minutes for the distance. Weighing around 165 then, I struggled between 23 and 24 minutes.

Since then, four miles has always been my test of fitness. At age 41 and scaling a wimpish 150, I managed 19:52 for the distance, but now, at 59 and 175 pounds, I did my monthly time trial last month in 28:27.

Had anyone told me in 1957 that I'd be capable of putting together four miles at under five-minute pace after age 40, I would have thought it ridiculous; on the other hand, had anyone told me during my early 40s that I wouldn't be able to run under seven minutes per mile at this time in my life, I would have considered the statement equally incredulous.

#### No Women

Joe King, now one of the top 70-74 competitors in the country, introduced me to road racing in 1957, a five-miler in San Leandro, Calif. It was one of about eight road races in the entire Oakland-San Francisco Bay Area that year. I don't think there were more than 40 participants in the race. There were no women. In fact, the first female road runner I ever encountered was in Guam in 1969. Her name was Charlene van der Pyl, the wife of a Navy dentist.

The best running shoes I have ever owned were purchased in 1958 at Mike Ryan's store in Santa Clara. They were red kangaroo skinned adidas with black crepe soles. Of course, such shoes are now ecologically banned. The next best shoes were the New Balance that I purchased by sending a tracing of my foot to the manufacturer someplace in New England.

King later introduced me to Mike Ryan, the owner of that shoe store and founder of the Santa Clara Valley Youth Village, one of the few running clubs in the Bay Area then, and I began running for his team. I recall asking King about Ryan's background. He told me that Ryan had once won the Boston Marathon (1912). My only reaction was to assume that Ryan must not have had much speed, as I then believed that one ran marathons only if he didn't have the speed to successfully compete in shorter distances. In those days, the marathon was looked upon much like ultra-marathons are now.

All the road racing news back then came from a publication called *Long Distance Log*.

In the Marine Corps in 1959, I competed in the All-Marine Triathlon, which consisted of a two-mile run, a 200-meter swim, and marksmanship with the .45 caliber pistol. I lost first place to Bill Knuppel, a 39-year-old master sergeant. I recall being embarrassed to tell anyone the age of the guy who beat me.

A few years later, after being dis-

Continued on page 13

# get the wind second from your shoes



Remember those old running shoes you have in the attic? We know you've grown attached to them. How couldn't you after all you've been through together? The hours of training (even though they had their own mind at first), the competition, the pure joy of running; it's too bad their day has long since come. What could possibly make you part with these old friends? **HOW ABOUT \$300?** We're looking for

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## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Metatarsalgia

**Q** I am a female masters runner who has been experiencing pain in the second metatarsal area of my left foot. Even though I use an orthotic pad as a cushioning device, the pain continues to bother me and I feel as though I am walking on a big lump. I have begun to limit my mileage and have even started taking some days off. What can I do to get rid of this pain permanently?

**A** Unfortunately, your condition is one that is becoming more common among veteran long distance runners. Metatarsalgia is probably the most common term to describe this running injury.

Essentially, what happens, is the second metatarsal-phalangeal joint becomes traumatized. In your case, it was probably due to the shifting of your body weight from the first metatarsal. The second metatarsal joint is much smaller than the first and cannot take the excessive load placed on it from running.

Age is another factor. With the weakening of the intermetatarsal ligaments, the metatarsals tend to "drop"

and become traumatized when we run. Trauma, such as that encountered when wearing light weight training shoes, or shoes with poor midsole cushioning, can also cause this condition.

The sequence of events usually occurs when the joint is damaged. Obviously the soft tissue structures on the plantar side of the joint become irritated and inflamed. This includes the tendon, nerve and soft tissue cap-



Vermonters at the Green Mountain Senior Games, Montpelier, Vt., from left: Jon Tobey, M70, Arlene Weitzel, W90, and Fred Donaldson, M70.  
Photo by George Brown

sule underneath the joint. Eventually the joint loses its flexibility and stiffness sets in.

In advanced cases, the second toe will ride up over the metatarsal head and cause retrograde pressure, further irritating the metatarsal-phalangeal joint. In severe cases, there is joint swelling and pain.

Obviously, this can be a severe disability to the running athlete. It is necessary to take aggressive action at once. The easiest process would be to take a 6-week layoff, using cross-training to remove stress to the foot. This would be limited to swimming and easy bicycling. If the pain and swelling go down you can return to running on an asymptomatic basis.

I have found the use of a foot orthosis with a metatarsal lift to be quite helpful. You can return to running with this orthosis, but you may have to limit your running until the swelling has diminished. The use of ice packs after the run is recommended.

Medically, I have not had much luck with the use of oral anti-inflammatories. Probably, buffered aspirin is your best choice. The use of a low-dye strapping, which is a foot-taping technique, is quite helpful. The drawback is you must tape your foot on a daily

basis. In addition, the use of a well-cushioned training shoe is essential. Running on soft surfaces such as grass or dirt is recommended.

If all else fails, I have had great luck with the use of injection of a non-steroidal anti-inflammatory (yes, it is injected with a local anesthetic). This is probably the quickest and most effective method.

Finally, you may wish to try a surgical correction. There are simple procedures and more complicated procedures, so I recommend that you try all your conservative therapies first. Physical therapy can also be quite effective. This would include ultrasound, contrast baths and EMS to reduce joint swelling. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

### Mid-America Championships

The Masters Mid-America Regional Championships were held on June 29 in Colorado Springs, Colo.

Ron Kirkpatrick, 58, won the three sprints in 13.2, 26.6, and 60.7, with age-graded times in the 88% range. Jack Greenwood, 70, also won in the dashes with a 14.2 (age-graded 90.4%), 29.5, and 76.6.

Bob Brustad, 43, ran the fastest 800 of the day, with a 2:07.1. Sheri Wright, 32, won the W30 800 race in 2:17.7.

Mike Pannell, 42, scored an age-graded 90.7% with a 57.0 for the 400H.

Lee Todd, the oldest competitor at age 81, high jumped 3-0. William Chivvis, 72, vaulted 9-3.

Wendell Palmer, 64, had the longest discus mark with a 152-11. Rocco Petitto, 47, hit 176-1, the meet's best in the javelin. □

### 5th Annual BOWL TO BOWL RUN/WALK

5K USATF Run & Race Walk  
5K Fitness Walk - Unjudged  
1.5 Mile Recreational Walk  
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Rose Bowl, Pasadena, CA.  
Meet Director: Jim Hanley



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Includes t-shirt, goody bag, Health Fair, and refreshments

**Divisions:** 5 year age divisions for USATF Run & Race Walk only

**Rules:** 5K Judged USATF Sanctioned Run & Race Walk: USATF Rules

**Awards:** Medals to 1st, 2nd, & 3rd place winners; ribbons to 4th, 5th, & 6th place finishers in USATF Run & Race Walk only

For more information, please call Cynthia Vaughan at (818) 397-4062

#### 5th Annual Bowl to Bowl Run/Walk Entry Form (Please Print)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Age as of 10/27/96 \_\_\_\_\_ DOB: \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Events: 5K Run \_\_\_ 5K Race Walk \_\_\_ 5K Fitness Walk \_\_\_ 1.5 Mile \_\_\_

T-Shirt Size: M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Make checks payable & mail to Pasadena Senior Center, 85 E. Holly St., Pasadena 91103

**Waiver:** I, the undersigned, certify that I am in good physical condition, as verified by a licensed physician within the last year. I, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Altadena and Pasadena Senior Centers, the Cities of Pasadena and Alhambra, Kaiser Permanente Senior Advantage, California Senior Citizen, or any person, sponsor(s), or volunteers affiliated with this event for any and all injuries or damages of any nature suffered while taking part in the activities connected with this event, including travel to and from this event. I grant my full permission for organizers to use videotapes and photographs of me and/or quotations from me for any legitimate purpose in connection with this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### FIFTEEN YEARS AGO October, 1981

• John Alexander, 61, Scores 3611 Points to Win National Masters Pentathlon Championships

• New American W50 10K Mark of 38:16 is Set By Sister Marion Irvine

• Canadian Jean Cleator Breaks W55 5000 WR With a 21:18.5 In North American Masters Championships



## Hall of Fame Update

by MARILYN J. MITCHELL

Balloting for the first USATF Masters Hall of Fame is expected to be completed on or about November 1. A total of approximately 38 candidates have been proposed thus far (see list below) and biographical and statistical data input is in the final stages for the candidates' ballots. If information was submitted by you or on your behalf and your name does not appear below, please phone Marilyn J. Mitchell at (212) 697-8216 immediately. As this phone is used for business purposes, please try to call only in the evenings and leave only your name, phone number and Hall of Fame reference.

Induction of the first class is expected to be in San Francisco at the USATF Convention in early December. □

### NOMINEES TO USA HALL OF FAME

- |   |   |   |  |
|---|---|---|--|
| <b>T&amp;F Male:</b><br>John Alexander<br>Thane Baker<br>Larry Colbert<br>Tom Gage<br>Hal Higdon<br>Payton Jordan<br>Jim Law<br>Gary Miller<br>Boo Morcom<br>Tim Murphy<br>Wendell Palmer<br>Cliff Pauling<br>Larry Stuart<br>Carl Wallin<br>John White<br>Stan Whitley | <b>LDR Male:</b><br>Norm Green<br>Hal Higdon<br>Jim O'Neil<br>Roy Pirrung                 | <b>LDR Female:</b><br>Ruth Anderson<br>Miki Gorman  | <b>RW Male:</b><br>Ron Laird<br>Bob Mimm<br>Larry Walker<br>Gordon Wallace |
| <b>T&amp;F Female:</b><br>Carolyn Cappetta<br>Leonore McDaniels<br>Christel Miller<br>Irene Obera<br>Phil Raschker<br>Margaret White  | <b>RW Female:</b><br>Bev LaVeck<br>Ruth Leff<br>Elton<br>Richardson<br>Imogene<br>Watkins | <b>RW Other:</b><br>Frank Alongi<br>Elliott<br>Denman<br>Bev LaVeck<br>Elaine Ward<br>Alan Wood |  |
| <b>T&amp;F Other:</b><br>Marc Bloom<br>Bob Fine<br>James Hartshorne<br>Christel Miller<br>Pete Mundle<br>David Pain<br>Al Sheahen   |   |   |  |

### CLUBS UPDATE

In the November issue we will run an updated clubs listing. Thank you for helping us to keep this list as current and correct as possible. Any additions or corrections should be sent to Jane Dods, NMN, P.O. Box 50098, Eugene, OR 97405 no later than October 7.

# The Master Board

To post your ad on The Master Board, call Karen Jennings at 610-967-8758 or FAX 610-967-7793.

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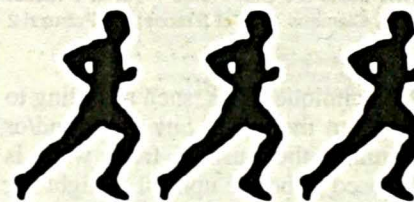
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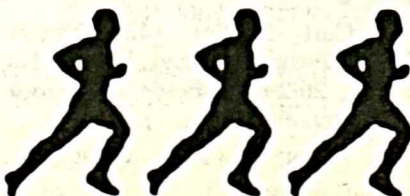
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# Masters Racewalking

by ELAINE WARD

## USATF Nationals and WAVA Racewalks

Following is a compilation of commentary concerning judging at the August Spokane USATF National Masters T&F Championships 5K, 10K, and 20K walks, as well as the Eugene WAVA 5K and 10K walks. The DQ board for the men's WAVA 10K and the judging summaries for the National and WAVA walks provide testimony to a problem. In both men's 20K and 10K races, approximately one-third of the field was DQed with many more receiving first and second warnings. In the women's races, the average was about one-fifth DQed.

As bent knees are primarily a masters issue and loss of contact primarily an open athletes' issue, it is reasonable to separate the problems of masters judging from those of younger athletes.

Some basic assumptions for this discussion on judging masters are: (1) No competitor likes to be DQed. (2) No judge likes to give DQs. (3) There are athletes who cannot walk legally and should not compete. (4) There are judges who break the official rules of proper judging procedure and should not judge. (5) DQ boards allow athletes to exert some control over their legality. (6) Post-race summary sheets allow judges to be accountable to each other and to competitors.

### Comments by Bev LaVeck and Frank Alongi on the National Masters Outdoor Championships in Spokane:

BLV: The 10K/20K judges in Spokane were Darlene Hickman (chief), Bill Hickman, Jim Bean, John Snaden, J. Kavadas, C. Engelhardt, Bev LaVeck, Dick Petruzzi, Jim Petruzzi and Dan Pierce. The course had to be relocated and (recertified) a couple of days prior to the meet because the adjacent property owners, who had given permission to use their road, installed numerous speed bumps. The new course was large and odd-shaped. Darlene Hickman, Dan Pierce and I walked the course the day before the race to determine where the judges should be located, and we decided that ten judges, including the head judge, were required. There were complaints that there were too many judges as well as complaints that judges missed some infractions.

Barney Kinneck, the Spokane Falls C.C. Facilities Coordinator (who also was the head field events referee) deserves our gratitude for finding enough real estate to lay out a FLAT new course under last minute, very trying conditions. He had just finished revising and recertifying the previous course because of new construction when it was ruined by the speed bumps. At any rate, there was one pending 20K AR set on the new course by William Flick, M70-74.

### Judging Impressions

The early DQs were due to signifi-

54	X	X	X	266	X	X	X
533	X	X	X	288	X	X	X
211	X	X	X	562	X	X	X
60	X	X	X	380	X	X	X
412	X	X	X	152	X	X	X
559	X	X	X	846	X	X	X
				305	X	X	X
				3	X	X	X
				211	X	X	X
				434	X	X	X

Men's 10K DQ Board, WAVA meet, Eugene Ore. X = warning. 3 X's equals a disqualification. Judges who were either first or second in giving the most warnings during the Spokane and WAVA walks are Dan Pierce 7 out of 7 races; Shirley Clemens 4 out of 5 races; Jim Petruzzi 2 out of 3.

cant technique flaws, such as failing to straighten the leg at any point and/or beginning the pushoff from what is supposed to be the upright straight leg position, giving a clear, unfair advantage. Red cards late in the 20K were more likely due to muscle fatigue and tight hamstrings. Several older competitors held their form together through 15K, but lost it in the last lap or two (perhaps giving support to the idea of shortening the event for walkers over a certain age).

In both track and road walks, the walkers DQed for technique problems seemed to be those who overstrode in front with a slow turnover. Such a stride makes it easy for a judge to perceive bent knees from point of contact through the support phase.

I suspect that most bent knee problems derive from inflexible lower backs, tight hamstrings, poor posture, overstriding and even deteriorating balance, as well as attempting a pace or distance beyond personal technique and fitness.

(It is to be noted that Bev's possible causes for bent knees in older walkers can be modified. "Inflexible lower backs," unless caused by fusion of the vertebrae or some significant structur-

al problem, can be modified by a sensible program of mobility exercises. Loosening up lower back muscles and joints to facilitate hip rotation (and maybe hip drop) can occur sufficiently to assist knee straightening. Tight hamstrings may be a chronic problem, but again, a patient, gentle stretching program can make them more race-friendly. With respect to poor posture and overstriding, both can be improved by the necessary concentration and patience associated with changing a habit pattern - E.W.)

FA: The most important principle for an older walker is not to try to do what younger athletes do. Masters are usually stiffer. It takes longer for them to get the racewalking technique into their body's movements.

Besides being patient, it is very important for masters to do limbering and stretching exercises. This is especially so before workouts. If they do not, they risk injury. Once an older person is injured, it takes a long time to heal. This can be discouraging to some.

Another must for the older walker is to train consistently. A younger person may be able to lay off training a few days, come back and have a good race. An older person cannot. Masters who are seriously competitive need to train consistently to maintain their conditioning. They must have a strong desire.

### Comments by Bob Fine, Ed Kousky, and Bob Mimm concerning the men's WAVA 10K Road Race in Eugene:

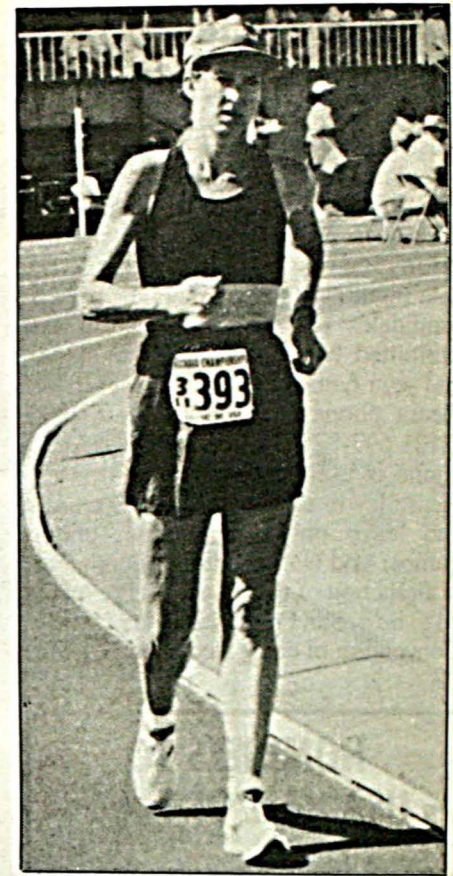
BF: Statistics for the 10K road walk show that of the 27 men competing, 16 got at least one red card and 8 were DQed. Most are experienced racewalkers.

BM: Only one judge gave me a warning during the 5K on the track. I didn't get upset because I knew I was tired from just having done the Pike's Peak Race the prior weekend where I finished second in my age group.

In the 10K, I hadn't gone one-half a mile and the same judge who DQed me in the 5K was coming after me.

The same judge came up to Carl Acosta and told him, "I had to give you a DQ card because you had a knee bandage and I couldn't tell whether your knee was straight or not." He admitted to Carl later that maybe he shouldn't have said it that way.

EW: Many masters tell me they feel there is leniency shown elite athletes



Kelly Murphey-Glenn, U.S., W35 first in the 5000 racewalk (27:06), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24. Photo by Jerry Wojcik

for marginal loss of contact, yet no leniency when it comes to the more easily seen marginal knee. An experienced judge knows the difference between a slightly soft knee and a bent knee, and also knows that a slightly soft knee does not automatically give a walker an unfair advantage.

BM: This is one of my main concerns. They are letting the elite athletes actually run and get away with it as far as ground contact is concerned and then they go overboard with the masters' knees. The rule states that your leg has to be straight. I think some of these judges are looking for a completely locked knee.

EK: Most athletes with knee problems racing at the national or international levels spend workout after workout trying to get their knees straight. In my case, I have gone to camps, worked with different coaches, had video tapes made of myself and spent hours on straightening techniques.

EW: That is an interesting point. Racing means trying to go faster, not slower. Yet I tell some of my masters

Continued on page 11

## National 5K Racewalk Held

by JANE DODS

Wilkes-Barre, Pa. was the site of this year's National Masters 5K RW Championships held in conjunction with the Sallie Mae Valley Classic on Aug. 25.

Curt Sheller (42, 23:09) of Pottstown, Pa., and Phyllis Hansen (44, 26:20) of Fords, N.J., took the masters titles.

The 50-year-olds were led by Jim Carmines (53, 23:02) of New Cumberland, Pa., and Ruby Tolbert

(54, 31:56) of Wilkes-Barre. Carmines' performance scored 91.1% on the age-graded table. John Starr (68, 28:07) of Newark, Del., led the 60-year-olds, with William Flick (70, 28:23) of Corry, Pa., turning in an 88.9% age-graded effort. Taking the women's title for the septuagenarians was Shirley Mayer (71, 37:31) of Tunkhannock, Pa.

Director Jim Wolfe reported good competition in all age-groups except for W60 and W65, whose ranks were unrepresented. □

# Racewalking

Continued from page 10

athletes to go slower as I know they enjoy the camaraderie at the races as well as the racing itself. It's hard to justify the travel expenses, etc., when there is a high risk of being DQed.

**EK:** After the 10K, John Kelly who was also DQed commented, "The judges are killing the sport."

**EW:** You've had knee surgery twice. I am not sure that your problem is primarily technical. You may have a residual weakness in the support structures surrounding the knee and perhaps some neurological deficit. Strengthening specific muscles like the vastus medialis might be helpful.

**EK:** I've been thinking about going to a physical therapist. When I get in a race, I lose feeling in my injured knee. I know this is part of the problem.

**EW:** As a representative of the large group struggling with knee straightening, what guidelines would you offer for masters judging?

**EK:** I would say let's not make masters judging the same as that for elite athletes in their 20s and 30s.

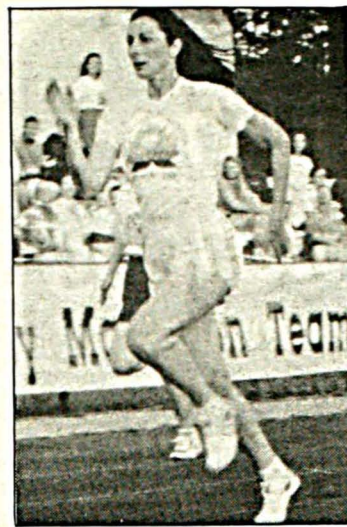
Judges should realize that masters are older athletes who may be unable to straighten their legs perfectly.

John Kelly says that for 30 years he has been encouraging racewalking, but he just can't get people on the track because of the judging.

**EW:** I see a trend in parts of the country where legal and marginal walkers are ceasing to support judged racewalks and turning to community races for fun.

A contributing factor to lower participation in judged racewalks is that it can take a lot of time for an athlete and coach to cure a bent knee problem. Many coaches and athletes just want to train for distance and speed and don't want to invest a huge amount of time in technique.

One- and two-day camps and clinics are fun and can provide a walker with information; however, they do not provide the walker with the follow-up needed for meaningful progress. A "cure" usually requires a long-term, one-on-one commitment between athlete and coach. □



Ranjana Ghose winning the 100 (left) and long jump (right).

## Ghose Wins 26th Consecutive Award

Ranjana Ghose, 44, of New York, won her 26th consecutive award as outstanding women's athlete of the Sri Chinmoy Centres International in New York on Sept. 2.

More than 1000 members of the Sri Chinmoy Centres from more than 50 countries came to participate in many athletic and cultural activities, and to celebrate their teacher's 65th birthday.

Besides capturing first place overall in the open category, Ghose took first place in the discus, shot put, 200, long

jump, 800 racewalk and 4X100 relay. She took second in the 100 and javelin.

She was competing against many women less than half her age. Since age 18, she has been coached by Sri Chinmoy in all her track and field events and has served as an outstanding example.

During this year's award presentations, Ghose received a huge plaque and a thunderous round of applause from the audience. □

— from Ashrita Furman

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH OCT 1996

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
RAY ADAMS (WASH., DC)	10-2-36	60-64
REGINALD AUSTIN (AUS)	10-16-36	60-64
THANE BAKER (DALLAS, TX)	10-4-31	65-69
RON BELL (GB)	10-1-31	65-69
RICHARD BERGENBECK (CHATTANOOGA, TN)	10-23-26	70-74
VICTOR BLANCO (SPAIN)	10-21-6	90-94
BILL BURRELL (NY)	10-29-41	55-59
FRANK DEBERNARDI (SAUGUS, CA)	10-12-21	75-79
FRANK DUARTE (LOS ANGELES, CA)	10-20-41	55-59
RUDY ENDERS (POTOMIC, MD)	10-19-31	65-69
PAUL FAIRBANK (BETHESDA, MD)	10-21-6	90-94
JIM GORRELL (APPLE VALLEY, CA)	10-15-21	75-79
KENT GUTHRIE (PLEASANT HILL, CA)	10-22-36	60-64
HERMAN HAND (PA)	10-29-16	80-84
SIMO HELMINEN (FIN)	10-28-31	65-69
TORSTI HELMINEN (FIN)	10-16-36	60-64
LLOYD HIGGINS (LOS ANGELES, CA)	10-31-41	55-59
RUDY HOCHREITER (AUS)	10-26-26	70-74
JONATHAN HUTCHINSON (TORRINGTON, CT)	10-19-21	75-79
DONALD JACKSON (OAKDALE, CA)	10-25-26	70-74
SHIGEMITSU KAWATO (JPN)	10-11-6	90-94
JOSE KOPITAR (YUG)	10-11-31	65-69
EINO LEPPANEN (FINLAND)	10-18-16	80-84
WILLIAM MARTZ (DETROIT, MI)	10-10-46	50-54
BILL MCAFFREY (CROTON, NY)	10-2-26	70-74
WALTER MCCONNELL (WHARTON, NJ)	10-2-31	65-69
BERNARD METCALFE (GB)	10-19-16	80-84
BILL MORALES (SANTA ANA, CA)	10-17-16	80-84
KEN MUELLER (BELLINGHAM, MASS)	10-2-36	60-64
TIM MURPHY (IRVING, TX)	10-25-21	75-79
JOHN PATTERSON (US)	10-0-41	55-59
STEVE PLASENCIA (US)	10-28-56	40-44
WALTER RENAUD (MALDEN MASS)	10-24-31	65-69
NATE ROBINSON (DEARFIELD, FL)	10-25-51	45-49
IMRE TRENYI (HUN)	10-19-31	65-69
CARL WALLIN (HANOVER, NH)	10-4-41	55-59
GEORG WOLFF (WG)	10-4-16	80-84
CATHIE BELLAMY (OR)	10-14-56	40-44
MARGARET BILLS (US)	10-23-16	80-84
MARY ANN BOE (WY)	10-30-26	70-74
PEPPER DAVIS (ORLANDO, FL)	10-10-26	70-74
ANNE MARIE DAY (WILLMAR, MN)	10-27-46	50-54
HELEN DEMPSEY (TRENTON, NJ)	10-29-26	70-74
SHIRLEY DIETDERICH (BERKELEY, CA)	10-15-26	70-74
DONNA FERRARI (SAN FRANCISCO)	10-21-31	65-69
PATRICIA FRANKUS (US)	10-4-26	70-74
DONNA GOOKIN (SAN DIEGO, CA)	10-12-36	60-64
TJITSKE HARTOOG (PHOENIX, AZ)	10-31-26	70-74
SUSAN HENDERSON (BOULDER, CO)	10-16-46	50-54
MINDY IRELAND (ALPINE, CA)	10-14-51	45-49
SUE JOHNSON (OAKLAND, CA)	10-21-41	55-59
MARY LUKER (HOUSTON, TX)	10-20-41	55-59
JAN MCCLURG (SEATTLE, WA)	10-21-41	55-59
CAROL URISH-MCLATCHIE (HOUSTON, TX)	10-28-51	45-49
SHEREE ROBERTSON (MADISON, WI)	10-11-56	40-44
JARI SMART (US)	10-10-41	55-59
SARA ZINMAN (PT. LOOKOUT, NY)	10-22-31	65-69
AINA ALKSNE (URS)	10-25-31	65-69
THERESIA BAIRD (AUS)	10-1-41	55-59
JUDY BANDIERA (AUS)	10-6-46	50-54
LEEN VAN BREMDT (BEL)	10-5-46	50-54
JUDY DALY (AUS)	10-30-46	50-54
JANICE DAVIES (AUS)	10-20-41	55-59
PAMELA DUNCAN (CAN)	10-17-46	50-54
LESLEY FOLEY (AUS)	10-20-26	70-74
ETSUKO IWAMA (JPN)	10-27-36	60-64
ASTA LARSSON (SWE)	10-23-31	65-69
CISSIE MALAN (S.AFR.)	10-4-21	75-79
URSULA MIEHE (WG)	10-4-41	55-59
ELISABET MIGHOFER (WG)	10-18-16	80-84
RONA PATTERSON (NZL)	10-15-41	55-59
JUTTA SCHAEFER (WG)	10-17-31	65-69
MASAKO SHIMAZAKI (JPN)	10-4-31	65-69
ILEANA SILAI (ROM)	10-11-41	55-59
JUDIT ROWLAND-SMITH (AUS)	10-6-46	50-54
JOSEFA VOCOS (ARG)	10-4-26	70-74
JEANNE DE WILDE (BEL)	10-14-26	70-74

Ninth Annual

# SRI CHINMOY

## MASTERS TRACK & FIELD

### 40 AND OVER

Sunday, October 13, 1996 CSU Long Beach

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**USATF SANCTIONED**

DATE: Sunday, October 13, 1996

LOCATION: California State University (CSU) Long Beach

DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, left (east) on Atherton, right on Fanwood Dr. (CSULB parking lot); straight ahead, to Administration parking lot (don't park at the meters)

DIVISION: 5 year age groups

FACILITIES: New, 8-lane artificial surface track, 7mm (1/4") spikes, concrete rings

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!)

DEADLINE: All entries must be postmarked no later than Oct. 4, or phoned-in no later than Oct. 6. Late/day-of-race entries add \$2.00.

AWARDS: Sri Chinmoy Marathon Team medals to first three men/women in each event and age group.

AID: Water, fruit and refreshments throughout day to all participants free.

ACCOMMODATIONS: Ramada Inn, Long Beach, (\$59 plus tax per room), call direct 310/597-1341 for reservations.

NOTE: 1996 USATF registration required (available at meet for \$15).

**TRACK EVENTS**

9:30 am 5000m Race Walk

10:15 am 2000m Steeplechase

10:30 am 3000m Steeplechase

11:00 am 3000m Run

11:45 am 100m Sprint

12:30 pm 800m Run

12:50 pm 80/100/110 Hurdles

1:25 pm 200m Sprint

1:55 pm 1500m Run

2:15 pm 400m Sprint

2:35 pm 300/400 Hurdles

2:45 pm 4 x 100m Team Relay

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**FIELD EVENTS**

9:00 am Hammer

10:00 am Long Jump

11:00 am Triple Jump

11:30 am Javelin

11:30 am High Jump

12:30 pm Shot Put

1:15 pm Pole Vault

2:00 pm Discus

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**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 \_\_\_\_\_ USATF # \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

T-SHIRT SIZE: SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_ LARGE \_\_\_\_\_ X-LARGE \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_

PLEASE ENTER ME: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

4) \_\_\_\_\_ 5) \_\_\_\_\_ 6) \_\_\_\_\_

ATHLETES 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 from competition and will do so if directed.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

**BTUSticker.**



## On The Run

by HAL HIGDON

### Running Stopped Me From Becoming a Smoker

A car passed me last winter with the driver's window partially rolled down, sure sign that the person inside smokes. When cold winds blow, people don't drive with their windows down, except to let out second-hand smoke. If smoking is so pleasurable, I wondered, why roll down the windows to get rid of it?

But I no longer rag smokers. I've long since made peace with them. I don't harass them in public or criticize their "habit." I don't glare at them in restaurants; I simply request a no-smoking section. I don't frown when they light up at a reception, although I may find someone else to talk to.

Actually, while a few obnoxious puffers flaunt no-smoking regulations and have a need to confront zealots, most behave reasonably well. That's because a significant number of the 29 percent of Americans who still smoke would just as soon quit and wish they had never started.

#### Just Two Puffs

I'm lucky in this respect. I had two puffs on a cigarette in eighth grade, and that ended my smoking career. Some friends and I ducked behind a garage to experiment with the vice. Several girls discovered us and chided us for our evil ways. To prove we had not "lost our wind," my friends and I staged a running race. I came in second and never took another puff.

Those same girls later became smokers. The last time I saw one at a class reunion, she had more wrinkles than a prune. Manufacturers don't advertise that cigarettes cause wrinkles



The winning W70-79 U.S. team in the 8K Cross-Country, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24, from left: Dawn Russell, 72, Louise Adams, 74, and Mary Norckauer, 71.

Photo by Jerry Wojcik

as well as lung cancer, otherwise women would never start.

I don't know why I never started smoking. Both my parents smoked, as did a majority of parents back in that era. My father quit – cold turkey – and didn't light a cigarette for several decades. Then, to cope with the stress of my mother's illness, he began again. Within a few years, he died of a heart attack.

Epidemiologists tell us that smoking shortens your life. A few days? A few months? A few years? Who can say? But smoking also impacts on the quality of that life. Otherwise, why roll down the car window in winter?

One reason I never became a smoker is that few of my friends in high school smoked – no peer pressure. By the time I got into college, I had

become so involved with running that any chance of my becoming a smoker had passed. People sometimes use running to kick their habits. The fact that staying smoke-free will improve their 10K times offers motivation to quit.

#### Addictive Personality

I'm lucky, because, having an addictive personality, I'm sure I wouldn't have stopped at a few cigarettes a day. More likely it would be three packs a day, quit, then start again. Don't place a box of chocolates in front of me – I'm capable of absorbing them like a vacuum cleaner sucking up lint.

I have a friend named Ed, who lives in California. Ed has asthma and has difficulty breathing. Between coughing fits, he smokes. He quit drinking, but still wrestles with his desire to eliminate cigarettes from his life. When Ed lights a cigarette in my presence, I don't say anything. When he tells me about his attempts to quit, I offer quiet encouragement.

Recently, I watched a video of the movie "Groundhog Day," starring Bill Murray. The premise is that each morning Murray's character (a TV weatherman) is doomed to relive the same day – until he gets it right. Murray is continuously correcting his bad habits until one day he learns the value of unselfishness and is permitted to continue with the rest of his life.

I suppose that if some time warp made it possible for smokers to retreat in time and correct some error that irrevocably altered their lives, a lot of them would say "no" when offered that first cigarette. Not everybody was lucky enough to run a race and finish second.

Norm Steider, chief executive officer of Memorial Hospital in Michigan City, believes we each must assume responsibility when it comes to our health. He says, "We need to emphasize prevention and wellness and make individuals accountable for their lifestyles."

Maybe so, but I no longer rag smokers. I simply wish them success in their efforts to quit. □

## TRACK & FIELD NEWS



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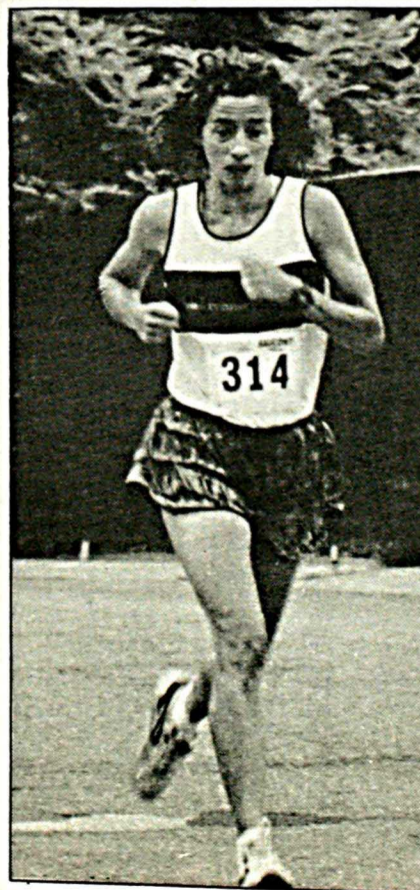
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Linda Wack, 40, Germantown, Md., first female overall (19:05), C&O Canal Rescue 5K, Washington, D.C. Photo by George Banker



Ted Hatlen (l), 85, Santa Barbara, Calif., broke the M85-89 decathlon world record with 3844 points at the 1996 National Masters Decathlon Championships in San Diego. Hatlen, a masters athlete for 30 years, is a retired professor of Dramatic Art at UC-Santa Barbara, where he founded that department and built the theater that now bears his name. He is pictured here with Club West president Gordon McClenathen at a recent award presentation.

Photo by Dorcas Hatlen

### Third Wind

Continued from page 6

charged from the Marines, I was back to running with King, who was now in his mid-30s and often the oldest competitor in Bay Area road races. I remember wondering what kept him going at such an ancient age and when he would finally realize it was time to hang it up.

Times have certainly changed.

### TEN YEARS AGO October, 1986

- V European Veterans Championships Draws 2418 to Malmö, Sweden
- First NMN Age-Graded T&F Meet Held in Van Nuys, CA
- England's Ron Taylor, M50, Sets 200 WR of 22.91 in V European Veterans Championships

### 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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## The Weight Room

by JERRY WOJCIK

### Jerry Meandering

All in all, I think the major meets for throwers this season were worthwhile. Better than last year's. The facilities were better. The officials were better. Meet schedules were better. My marks were better.

During a trip to New York City to visit my son, I had an opportunity to compete at Dr. Charles Covino's Iron Horse Farm in July. Unfortunately, the shadow of controversy and rivalry was cast over this throwers-only meet when the East Regionals were scheduled for the same day.

Covino's facility in Ringoes is set in a picturesque part of New Jersey that I was unaware of. I expected abandoned red-brick mills, boarded-up, two-story flats (all painted battleship gray), and junk car lots. Instead, I got green rolling hills, ponds and streams, a historic railroad, and lots of hospitality and consideration from Covino, his family, and his crew of officials and volunteers, not to mention two PRs and a free barbecue lunch. I like throwing in park-like settings. Most throwers that I know have an appreciation for facilities that appeal to their aesthetic sense.

Another plus for me was watching men and women in their early 20s, polished throwers, throwing the 25-lb., 35-lb., and 56-lb. weights, which they'd never handled before, with skill and confidence, some using three and four turns. I confess to envy.

I attribute my PRs to the atmosphere of the meet and to the fact that I was venting frustration and anger at having been stuck with a couple of \$200 checks for dinner and wine for four at those trendy Soho eateries in NYC before the Ringoes meet. Doesn't pasta still cost 19 cents a pound, 16 cents if you buy the 5-lb. box?

The National Championships went well, except that the city of Spokane must be experiencing a shortage of metal tapes in the 200-foot range. Every time a record measurement was in the offing, somebody would yell out, "Tell Joe to get the metal tape,"

#### FIVE YEARS AGO October, 1991

- Laurie Binder, 44, Runs U.S. 10-Mile Record 56:05 at Crim
- Gary Romesser, 40, Ends John Campbell's 46-Race Masters Winning Streak
- Jim Sutton, 60, and Frank Finger, 76, Set U.S. Track Marks

and we'd stand around while it was brought over, and I don't understand why a legal, meet-approved implement used in a record toss has to be re-checked during the event. What the hell is a 70-year-old woman going to do to a javelin or hammer in full view of everybody on the field that'll make it fly farther? During the wait, a fellow athlete said that the implement should be impounded after the record throw. So the prospective record-breaker doesn't get to use it again to try to improve his/her mark?

I say this knowing that I'll be criticized by some anal-retentive for not knowing the rules or for undermining the foundations of Western Civilization and Judeo-Christian-Orthodox-Muslim-Buddhist doctrine, as was done after a column I wrote a year ago on taking ourselves and our rules for playing these games too seriously.

The WAVA meet in Eugene was, in some respects, more enjoyable for me than the Spokane meet, probably because I live in Eugene, so it gave me a home-field advantage, which didn't mean much in the hammer but seemed to help in the weight pentathlon; in which, by the way, the Hayward Field officials thoughtfully suggested that we could, if we all agreed, skip the scheduled period (one hour) between events and get the pentathlon over with sooner. Granted, they'd been out for four days, and it was hot, but still I was pleased to see common sense overrule an inappropriate schedule.

This year's Weight Throws Championships in Seattle was, as usual, a delight. Where else can grown (in the full sense of the word) men throw 200- and 300-lb. objects around, without having to explain their actions to on-lookers, and receive approval and applause? The meet is a bargain. The SMAC (Seattle Masters Athletic Club) guys, Ken Weinbel, George Mathews, and Fred Shanaman, don't get rich on this one, what with free T-shirts, lunch, medals, plaques, and keepsake key chains.

After two false starts in pinning

## Weight Throwers Set Records in Seattle

by JERRY WOJCIK

The USATF National Masters Weight Championships returned to Seattle for the third straight year on Aug. 31, but at a different venue from the previous two sites. The relatively small field of 17 men and four women included, however, world and U.S. record holders, national champions, and masters age-group athletes-of-the-year. The number of entrants was adversely affected by three major masters championships in the Northwest area in August.

The turnout represented athletes from Washington, California, Oregon, Colorado, Montana, New Jersey, New York, Florida, and Canada.

Eight single-age U.S. records were broken by five throwers. Stewart Thomson, 63, Atascadero, Calif., broke records for the 25-lb. weight with a 55-3/4 toss and for the 56-lb. superweight with a 27-10 3/4. Thomson is a national champion in the hammer and indoor and outdoor weight throws.

Manuel White, 80, Helena, Mont., smashed the record for the 25-lb. weight with a 29-2 1/2 and the 35-lb. superweight with a 24-1. Leon Joslin, 84, Seattle, Wash., broke records for the same implements with a 22-10 1/4 and 15-3 3/4. Both are national champions in the throws, and White, recently turned 80, has a pending javelin world

record for M80-84.

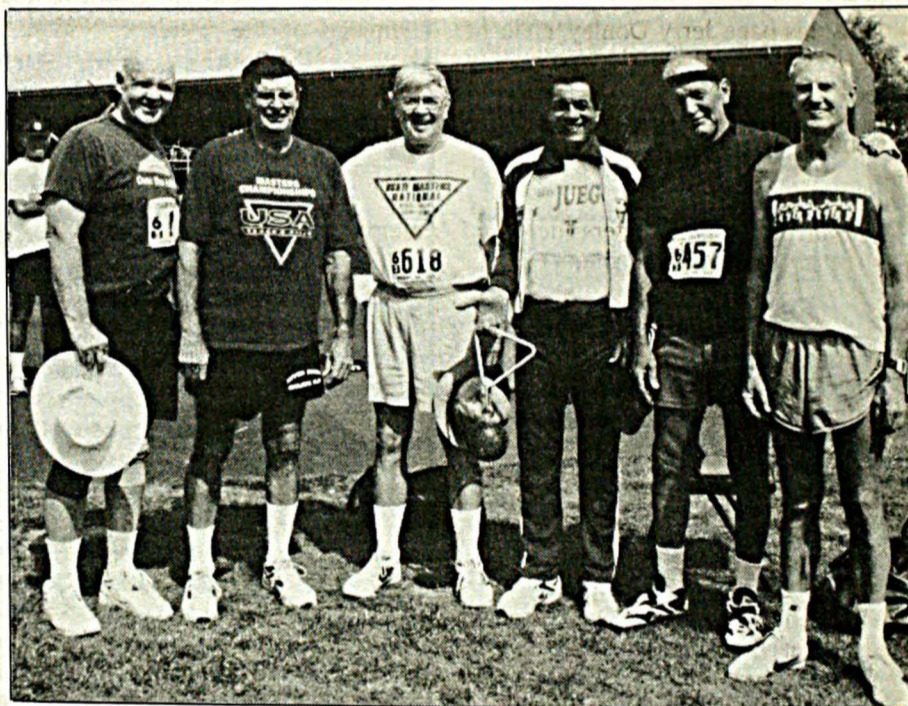
Among the women, Sarah Boslaugh, 40, Jersey City, N.J., and Pauline Thomas, 47, Seattle, Wash., threw to records for the 20-lb. weight with a 41-7 1/4 and a 31-0, respectively. Boslaugh, who has just finished the requirements for her Ph.D., in New York City, is the 1995 USATF W35-39 Field Event Athlete-of-the-Year. Thomas won four gold medals in the shot put, discus, hammer, and javelin at the 1996 Masters Championships in Spokane, Wash., in August.

In the Ultra Weight Classic, held after the championships, Pay Carstensen, 64, Florida, scored an age-graded 3196 to take first among the M30-69, who were scored for their marks with the 56-lb., 98-lb., 200-lb., and 300-lb. weights. Manuel White totaled 2899 points to win the M70+ title for the 35-lb., 56-lb., 98-lb., and 200-lb. implements.

Sarah Boslaugh scored 2869 for her throws with the same weights used by the M70+ to win the W30-49 award.

Tim Edwards, 48, Colorado, had the best throw of 3 3/4 feet with the 300-lb. weight.

The meet director was Ken Weinbel, who was assisted by George Mathews and Fred Shanaman of the sponsoring Seattle Masters Athletic Club. □



M65-69 competitors in the NCCWAVA Weight Pentathlon, Eugene, Ore., Aug. 24 (l to r): Tom Allison, U.S., Bill Garrahan, U.S. (winner with 3803 points), Jerry Wojcik, U.S., Luis Velez, Puerto Rico, and Reed Quinn, U.S., with only M60-64 competitor, Ron Johnson, New Zealand.

Photo by Lorraine Quinn

down a site for this meet, they may have found a facility with great potential, not just for the throws but also for masters track and field meets, at West Seattle Stadium, which has a relatively new track surface, and three throwing rings in place now, through the efforts of SMAC, and room for a javelin run-up. Best of all, they may have found that governmental rarity - a supportive city official who wants to develop the stadium for optimum use.

In every meet this season, I didn't

encounter one official that I could call inexperienced, obnoxious, or a horse's patootie. I'm sure that there were some sour apples out there, but I didn't find any. Not everything was perfect - we had schedule conflicts, the medals ran out, flights were too large - but let's not confuse officials and volunteers with meet directors and organizers.

If throwers have serious complaints about meet conduction after this season as we did after 1995, I think officials and volunteers, too, are generally off the hook this year. □



## Track & Field Report

by BARBARA KOUSKY

### New Site Needed for '97 Championships

**D**ue to changes in personnel, the University of Missouri at Columbia withdrew its bid to host the 1997 National Masters Indoor Track & Field Championships. Championships Coordinator Scott Thornsley is currently investigating potential sites and dates, which will be announced in the *National Masters News* as soon as they become finalized.

If you or your club would be interested in obtaining more information regarding hosting the '97 Championships or future Indoor and Outdoor Championships, please contact Scott at 334-807-0371, or myself at 541-687-1989.

#### "Who Gets To Vote, and How Can I Become Involved?"

This question has been asked of me before, but it was most recently asked by a number of athletes at our Outdoor Nationals and at the NCCWAVA Championships. What was refreshing about talking to most of the athletes was their desire to become involved in the total program, and not just because of a single issue or a proposed or existing rule they didn't like.

On this page Jerry Donley, chair of the Masters Track & Field Nominating Committee, explains the process for nominations for officer and WAVA positions. In addition to running for an office, there are potentially 90 other voting members of our committee. They include one masters delegate from each of the 56 associations, one representative from the Official and Disabled Athletes committees, 5 at-large members, 19 active athletes, and 7 representatives from amateur sports organizations (e.g., NCAA, NAIA, and RRCA).

Do you know who represents masters track and field from your association? Have you contacted your representative or a member of the current masters committee to express your opinion on issues? Have you made it known that you are interested in serving on a committee either at the association or national level?

This year's USATF Annual Convention will be held December 3-7 at San Francisco's Westin St. Francis. If your schedule permits, I would encourage you to attend any part or all of the meetings at the convention. If that isn't possible, contact members of the committee (listed in each issue of the *National Masters News*) or your association representative. Make your opinion and suggestions known, then volunteer to help make it happen.

#### A Long, "Hot" Summer of Track & Field

For those athletes who had the time, money, and a desire to see the Pacific Northwest, this was your year. Attendance figures for U.S. athletes at

the Canadian Nationals, our Outdoor Championships at Spokane, and the NCCWAVA Championships in Eugene, tell us that a few of you were able to participate in all three championships, more in only two, while the majority of you were limited to one.

#### "... Is Better the Second Time Around"

"Good job" and "An excellent meet" were just a couple of glowing comments by those athletes who participated at the Outdoor Nationals. Spokane Sports Unlimited and co-meet director Vernie Foxley and Maury Ray used their experience from hosting the 1992 championships, and gave the athletes a first-rate competition. Our thanks to Vernie and Maury and their committee, the officials, and the volunteers. It was great!

#### "I am Woman, Hear Me Roar..."

The Year of the Woman in Sport was very evident at the NCCWAVA Championships in Eugene, with women representing 37% (a new high) of the total entrants. Great performances by both men and women were the norm in many events, but the women took center stage setting six world and five American records.

This was a first for Eugene to host the North & Central American & Caribbean WAVA Regional Championships. The staff, volunteers, officials, and the community once

### Masters LDR: Nominating Committee Report

by CAROLE LANGENBACH

For the Masters LDR program at this year's San Francisco convention, December 3-7, a very important election of officers will occur. The chairman, Charles DesJardins, the secretary, Carole Langenbach, and the treasurer, George Vernosky, have announced they will not run for a new term.

Charles now serves on the IAAF Veterans Committee and will devote his primary effort to international activities. He will continue to attend all important USATF meetings in

### USATF Elections To Be Held

by JERRY DONLEY

Elections will be held at the annual convention of USATF this December, for the following officers for two years: Chairman, Vice-Chairman, Secretary, and Treasurer.

Also to be elected will be the three Masters Track & Field representatives as WAVA delegates.

In accordance with the by-laws, the Masters Track & Field Executive Committee has appointed a nominating subcommittee of three persons to make nominations for the various elected positions of the Committee. The Nominating Subcommittee members are:

Jerry Alan Donley  
1715 Alamo Avenue  
Colorado Springs, CO 80907

Bev LaVeck  
6633 N.E. Windermere  
Seattle, WA 98115

Ken Weinbel  
4103 Hillcrest Ave. S.W.  
Seattle, WA 98116

The Nominating Subcommittee will make its report to the Masters Track & Field Committee no later than 48 hours prior to the election.

Individuals wishing the Nominating Subcommittee to consider any person for an elected office may do so by contacting any member of the Nominating Subcommittee. Nominations may be made from the floor at the annual meeting in December 1996.

No nomination may be made for an absent person from the meeting unless that person has notified the Nominating Subcommittee in writing of his or her willingness to accept that specific nomination. □

### Convention Update

by BECKY SISLEY

As your selected Active Athletes' Representative on the Executive Committee of the National Masters Track & Field Committee, I want to take this opportunity to communicate with you some information from the Executive Committee Meeting and the Athletes Meeting in Spokane and to inform you of some upcoming specifics.

1. The 1997 National Masters Outdoor Championships is set for August 7-10 in San Jose, Calif.

2. The Executive Committee developed a proposed budget to go to the USATF Budget Committee.

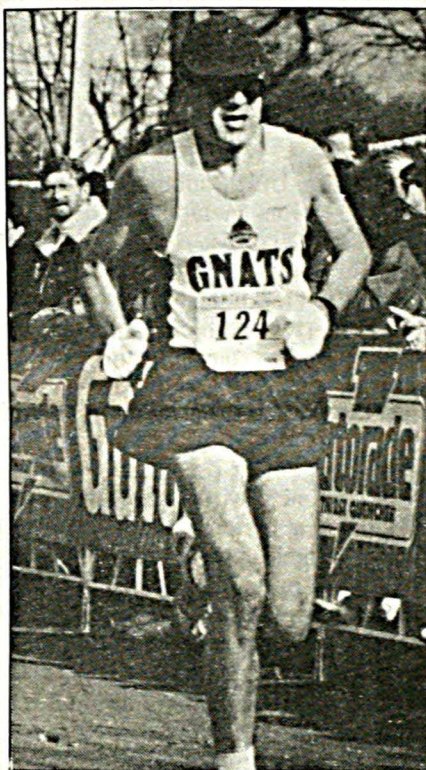
3. This is a Rules and Committee By-Laws year. Suggestions for rule changes need to be submitted to Graeme Shirley right away; 11212 Via Carroza, San Diego, CA, (619) 292-6132. Suggestions regarding the by-laws go to Law Chair: Bob Fine, 3250 Lakeview Blvd., Delray, FL 33445, (407) 499-3370.

4. San Francisco - USATF Convention, December 3-7. There will be a Masters T&F Executive Committee the evening of December 3rd - this will be an open meeting. Meetings of the entire committee begin on Wednesday, Dec. 4th.

- There will be an election to determine the Active Athletes on the Masters T&F Committee. It is essential that you be in attendance at the first meeting of the total committee if you want to be considered for election. You must be registered at the convention to be eligible.

- Election of Officers for the National Masters T&F Committee will also take place; this item will be later on the agenda.

- It is anticipated there will be discussion on U.S. Relays for the Durban WAVA Meet. □



Roger Clark, 51, Cambridgeshire, England, first M50 (56:09), Cherry Blossom 10 Mile, Washington, D.C. Photo by George Banker

again enjoyed having some of the world's best masters athletes compete at Hayward Field. The 631 entrants represent an 80% increase over the previous high. This promises great things for the future of this increasingly popular championships. □

order to be the most effective voice possible for USATF masters.

In addition to chairman, secretary, and treasurer, the other officers to be elected this year are vice chairman for men and vice-chairman for women.

Both Charles and Carole will serve as the nominating committee for the 1997-1998 slate. If you have any suggestions or comments, please contact Charles at (702) 884-9448 or Carole at (206) 433-8868. All interested masters are encouraged to attend the convention and chart the future through your input and leadership. □



## Training Advice

by ROSS DUNTON

### On the Road to San Jose

**F**antastic. An unbelievably intense learning experience! That was the USATF Level II Track & Field Coaches' School I attended recently in Long Beach, Calif.

I knew there was a lot to learn about jumping, but had no idea I would be exposed to so much new information in such a short period of time. And most of what I learned is applicable to masters track and field, which I will share with you as we go together down "The Road to San Jose and Durban."

The coaches' school specialized in four areas: jumps, throws, distance running, and sprints/hurdles. For the first three days, we all rotated through training theory, sports psychology, cardio/neuromuscular physiology, and biomechanics.

Days 4 through 8, we concentrated on our specialized areas. In my case, the jumps. In following issues of *National Masters News*, I will focus in-depth on selected topics, this month's being "periodization."

#### Periodization

In my experience, planning, or "periodization," is one of the most neglected areas of training, with many coaches and, I suspect, many masters athletes never establishing an annual training plan. I'd like here to explore periodization and development of a plan to meet with 1996-97 seasonal goals.

First, you cannot develop a plan to meet your goal if you have not yet established what that goal is. Periodization is the development of a plan that will prepare for optimal improvement in performance and a definitive climax to your competitive season. In developing the training plan, keep in mind the "law of overload." In other words, the training load must challenge the present training level in order to force the body to over-compensate for the new training load.

#### Terminology Definitions

I would like to define several terms which may be new to some readers:

**Macrocycle:** in this case, the 1996-97 training year (subdivided into a period or periods). If you are competing in the outdoor track season only, then your macrocycle, or year, has only one period. If you are road racing in the fall, competing both in- and outdoors, then there would be three periods in your macrocycle.

**Period:** subdivided into phases, usually general preparation, specific preparation, pre-competition, competition and restoration. These phases will be longer or shorter depending on how many periods are in your training year.

**Mesocycles:** subdivisions of phases, usually six to eight weeks in length.

**Microcycles:** subdivisions of mesocycles, comprising one- to two-week training programs.

**Training Session:** the daily workout.

**Training Unit:** subdivision of a training session, including the warm-up, stretching, drills, running, weight work and cooldown.

#### Plan Development

To properly develop a training plan, it is necessary to start at the end of the season or period and work backwards. Now is the time to start planning your "trip down the road." Write down when you want to peak, and whether you want one, two or three periods (remember a period consists of five phases: general preparation, specific preparation, pre-competition, competition, and restoration).

For most masters athletes, September marks the beginning of the general preparation phase. This is the longest phase in the macrocycle, anywhere from ten weeks to four months duration. Work should start with high volume at low intensity, gradually increasing in intensity. Some competition-specific training should be incorporated toward the end of this phase.

This is the time for extensive tempo runs to help develop a base. Runs from 200-300m at approximately 70% of maximum speed are good tempo runs for sprinters and jumpers. A workout might comprise three sets of 4x200, with 45 seconds between reps and two to three minutes between sets. If the plan is to compete at 400m, then the distance should be increased to 600 with slightly more rest between reps and sets.

Several weeks into this regimen, you can increase the workout to include three sets of four by 10 seconds at 90% effort with 30 seconds recovery between reps, and three minutes between sets. After three or four weeks, increase to four sets. This will introduce an anaerobic element into the program and help develop speed. At this point plyometrics should be introduced into the workout.

Another "law" to consider is the



Carol Keller (1044), first master and third overall (21:14) and Dorris McManis, second W40+ (23:16), Saucony/RRCA Women's Distance Festival 5K, St. Louis, Mo., Aug. 18. Photo by Hank Kiesel

"law of reversibility." Simply put, if there is no training load, there is no need to adapt, and the body will return to a level consistent with the then current training regimen. The key to the laws of overload and reversibility, is the use of progressive overload in

training. □

*(Progressive overloading and peaking will be covered in future issues of NMN. Next month will feature development of an overall periodization plan including more specific workout details.)*

### Track & Field Rankings Report

by JERRY WOJCIK, USATF Masters T&F Rankings Coordinator

The compilers for the 1996 outdoor season are listed below. The last *National Masters News* from which 1996 rankings data will taken is the January 1997 issue.

However, if your best marks for 1996 have not appeared by the December 1996 issue, you can facilitate the compilations by submitting your best marks (with verification) at the end of your season before the January issue is published.

All marks should be sent to the rankers so that they receive them no later than January 31.

Multi-eventers whose best marks were made in an individual event in the decathlon, heptathlon, etc., but not reported in the results section, should submit them for the rankings.

Marks sent to me will not be forwarded.

Racewalkers who want to be included in the 5K, 10K, and 20K rankings should contact Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106-3393.

**100, 200, 400 4X100, 4X400 relays:** Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

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

**3000, 10,000:** John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145.

**5000:** Suzy Hess, P.O. Box 50098, Eugene, OR 97405.

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

**LJ:** Rob Bong, 420 Silver Saddle Rd., Monument, CO 80132.

**SP:** Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744.

**JT:** James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

**DT:** Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905.

**1500, mile, both hurdles, SC, PV, HT, JT, WT, SW:** Jerry Wojcik, 186 Brookside Dr., Eugene, OR 97405.

**Decathlon, heptathlon, pentathlon, weight pentathlon:** Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124. □

### Jessee Vaults 18-1/2

Larry Jessee, 44, El Paso, Texas, became the first masters pole vaulter to break the 18-foot barrier with an 18-1/2 vault in a meet in El Paso on Aug. 24. The mark surpassed his world record of 17-8 set on June 28, 1996.

It was the 134th time that Jessee, a former NCAA champion at the University of Texas-El Paso, had cleared the 18-foot standard, and the first since May 1, 1987. At his prime, Jessee vaulted 18-9/2 in sanctioned competition and 19-3/4 in an exhibition.

Despite an ailing back, which he broke in the early 1970s, and loss of speed and endurance, Jessee has continued to vault, buoyed by three successful world record jumps under the pressure of money payoffs in the balance. Backers paid premiums to insurance companies on the chance that he would better a pre-determined height.

Companies are now less willing to gamble on Jessee's ability to break world records. That, and an aggravated back, suffered while jumping last spring, have led Jessee to consider retirement from pole vaulting, to which he has dedicated nearly three decades. □



## Hawaii H-3 Run Set for Next May

by MIKE TYMN

The Great Trans Ko'olau Trek, a one-time 10-mile run across the island of Oahu in Hawaii, is now scheduled for Mother's Day, May 11, 1997.

As reported in the September 1995 issue of *National Masters News*, the event is planned as part of the opening of the H-3 freeway, which runs over and through the Ko'olau mountain range from Kaneohe to Honolulu. The race will finish in Aloha Stadium by Pearl Harbor.

Because the date of completion of the freeway was uncertain, race organizers were unable to set an exact date until recently. And, because the freeway will be open to traffic soon after the race, it will be a one-time only event.

Race directors Dr. Jack Scaff and Alan Sunio originally predicted a field of 62,000; however, they are now looking at as many as 100,000. "Our goal is to put Hawaii on the map for those people who have never been to our state," said Scaff, one of the founders of the Honolulu Marathon. "Once they've seen the beauty of Hawaii, we hope they'll come back again and again."

Runners from more than 100 nations are expected, including many of the top masters in the world. In order to assure appropriate seeding for the best masters runners, qualifying

times have been established (see table). Runners of all ages are invited to participate, but only those offering evidence of a qualifying time at 10K, 10 miles, or in the marathon will be seeded.

For an entry blank or additional information, write to Heihei 'O Halawa 'Ekolu, 50 S. Beretania St., Suite C211-A, Honolulu, HI 96813-2222 or fax the request to 808-524-8591. □

	10km	10 mile	Marathon
<b>Open Men</b>			
World Class	29:00	47:54	2:13:51
National Class	31:00	51:13	2:23:10
Local Class	35:00	57:57	2:41:49
<b>40-44 National</b>	33:00	54:35	2:32:35
40-44 Local	37:30	1:02:08	2:53:20
<b>45-49 National</b>	34:30	57:02	2:39:20
45-49 Local	39:00	1:04:39	3:00:12
<b>50-54 National</b>	37:00	1:01:17	2:51:00
50-54 Local	42:00	1:09:40	3:13:46
<b>55-59 National</b>	39:30	1:05:30	3:02:32
55-59 Local	45:00	1:14:41	3:27:17
<b>60-64 National</b>	42:00	1:09:40	3:13:46
60-64 Local	48:00	1:19:43	3:40:43
<b>65-69 National</b>	45:00	1:14:41	3:27:17
65-69 Local	52:00	1:26:27	3:58:33
<b>70-74 National</b>	49:00	1:21:23	2:34:08
70-74 Local	57:00	1:34:42	4:20:14
<b>75-79 National</b>	55:00	1:31:20	4:11:27
75-79 Local	1:03:00	1:44:39	4:46:18



The Kaneohe side of the H-3 Run in Hawaii. Up to 100,000 runners are expected.

Photo from Mike Tymn

## Mondragon, Pozdnyakova Win in Crim 10-Mile

by JERRY WOJCIK

Martin Mondragon, 42, of Mexico, won the masters title for the third straight year with a 16th overall 49:51 in the 20th annual Crim 10-Mile in Flint, Mich., on Aug. 24. Tatiana Pozdnyakova, 40, from Ukraine, seventh overall, was the top masters woman runner, with a 54:46.

Mondragon's time, although 21 seconds slower than his 1995 time, was still good enough to take the race easily from Garry Henry, 41, of Australia, who ran a 51:27. Henry was also second to Mondragon in 1995, with a faster 50:19. Doug Kurtis, 44, Northville, Mich., was third in 51:34.

Walter Herrala, 51, with a 56:52, and Jim Forshee, 70, with a 69:02, both from nearby Ann Arbor, Mich., were also repeat winners, Forshee in a new division. Age-group winners from outside of Michigan included Fay Bradley, 58, Washington, D.C., 59:07, and Bill Olrich, 60, Lexington, Ky., 61:36.

Pozdnyakova's closest competition was Jane Welzel, 41, of Colorado, who finished second, three minutes back with a 57:52. Alice Thureau, 40, Fisher, Pa., was third with a 58:42.

Theresa Mahr, 47, of Oregon, Ohio, posted one of the better times among the W40-and-over with a division-winning 61:03.

Pozdnyakova edged Mondragon for

age-graded performance honors, 93.6% to 93.5%. Kurtis was also in the international-class range of 90% with a 91.7%.

The top three masters men and women received cash awards of \$1200, \$800, and \$500 each. Pozdnyakova received another \$800 for her seventh-place finish among the women. The race's total purse was \$55,900.

The Crim Festival of Races, which, besides the 10-mile, included 8K and 5K runs and walks, a mile run, and children's races, drew more than 15,500 participants, with a record 5500 in the 10-mile. Ann Gault was the meet director. □

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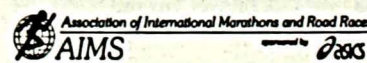
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## WAVA Championships

Continued from page 1

Dawn Russell, Louise Adams, and Pat Peterson.

National records went to Joy Upshaw-Margerum, W35, 400H; Madeline Bost, W55, 2000SC; Clarence Trahan, M80, long jump; John Pearce, M85, shot put; and Betty Jarvis, W80, hammer throw.

Sprinters responded well to warmer than usual temperatures for Eugene, and the newly-surfaced, fast track at Hayward. Twelve sprinters in the 100m recorded age-graded times in the 90% international-class range. Steve Robbins, U.S., won the M55 race with a 95.3% 11.58 over Australia's Peter Crombie (11.97/92.0%).

Robbins and Crombie almost duplicated those figures in the 200, Robbins winning in a 95.5% 23.36 over Crombie's 92.3% 24.16. Ralph Romain, Trinidad, loped to a 59.29 win in the M60 400.

Earl Fee, Canada, won the M65 800, his specialty, with a 97.2%

2:17.54. Another Canadian, Avril Douglas, W50, continued her win streak, begun in Spokane, with a 2:24.54 800. Jennifer Fisher, W35, Bermuda, won the 800 (2:14.14) and steeplechase (7:24.89).

James Stookey, M65, U.S., winner of six gold medals in Spokane, took the short hurdles in 17.13. Canada's Jess Brewer, M50, posted the best performance in the long hurdles with a 91.0% 60.72.

In the shot put, guest Lokesh Mendon, India, won the M40 contest with a 13.20/43-4. Len Olson, U.S., picked up where he left off in Spokane, edging Sam Adams, U.S., for the M65 victory, 13.05/42-10 to 12.97/42-7. Eugene resident and world-record holder, Ross Carter, M80, outperformed all other shot putters with a 91.8% 10.91/35-9 1/2.

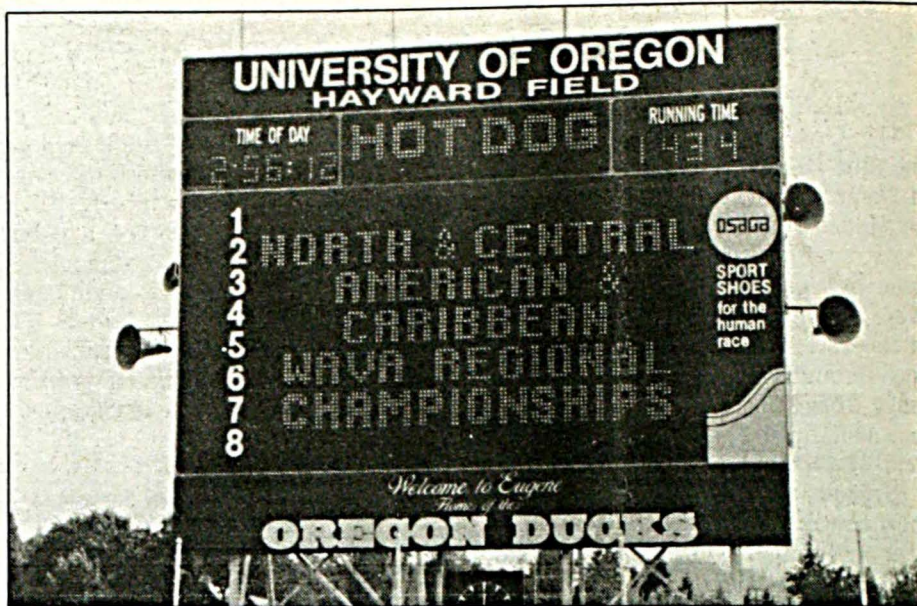
Newcomer Robert Darling, U.S., surprised competitors in a strong M60 javelin field, including a national champion and a former Olympian, with a 48.52/159-2 first, after winning the pentathlon with a 3375 total. Rex Harvey, M50, U.S., NCCWAVA president, totalled an event-best 3467 in the men's pentathlon. Becky Willis, W45, Canada, was the top scorer among the women with 3800 points (991 for a 1.49/4-10 1/2 HJ).

Tom Gage, U.S., won the M50 hammer and was high point man in the weight pentathlon with 4701, as was Joann Grissom, W55, among the women with 3370.

In the cross-country race, the top performers were Canadians Roger Davies, M60, 32:43, 79.2%, and Molly Turner, W60, 37:31, 79.45%.

Max Green, U.S., and Jack Bray, U.S., duelled in the M60 racewalks, with Green prevailing in both the 5000 and 10K, but just barely in the shorter race, 25:25 to 25:29. Ruth Eberle, W65, U.S., was the best woman race-walker in the 10K, with an 88.9% 2:06.42.

An athlete's meeting was held on Friday evening in one of the university's dormitories, where many of the athletes stayed during the competition. The final event of the meet was a bar-



Hayward Field scoreboard, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24. It was repainted to resemble the scoreboard during Steve Prefontaine's career at the University of Oregon for the filming of a movie there on his life, just prior to the NCCWAVA Championships.

Photo by Suzy Hess

becue on Saturday night on a lawn directly across from Hayward Field.

Returning athletes who had been at Hayward for the WAVA 1989 World Championships or the 1994 USATF Masters Championships found the field transformed, with a new paint job, to look as it did when Steve Prefontaine ran here decades ago. A film production company had changed the appearance of the east stands and scoreboard for the filming of a movie on Prefontaine's running career.

The NCCWAVA Championships were directed and organized by Tom Jordan and Barbara Kousky, with primary support from the Eugene-based Oregon Track Club and Oregon TC Masters.

The major sponsors were Pacific Continental Bank, PeaceHealth, and Stackhouse Athletic Equipment, Inc. Other support came from over 50 athletes and track enthusiasts who made contributions to assure the meet's success. □

## WAVA North American Meeting Held

At the biennial meeting of the WAVA North American Assembly in Eugene, Ore., August 23, it was announced that:

- Central America will have its own T&F Championships in December in Guatemala with guest competitors welcome.

- US \$2600 was used to provide transportation to the meet for two needy athletes from Mexico and one from Costa Rica.

- The current bank balance is \$7057.

- No formal bids for the 1998 Championships had been submitted, so the group voted to let the executive committee decide between probable bids by Monterrey, Mexico, and Ponce, Puerto Rico, and possible bids by others.

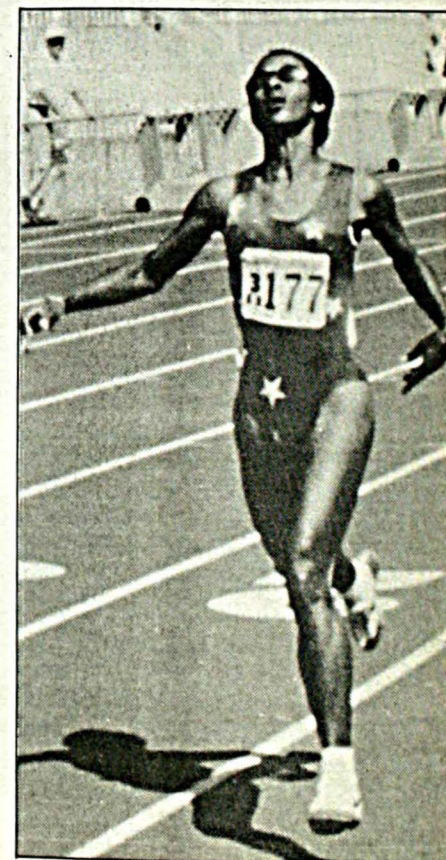
- The entries for the 15K road race and 8K cross-country race were very low. Had the 15K not been scheduled on a bike path, the cost of traffic control would have resulted in severe losses for the organizers.

- The North American 8K racewalk will be held Oct. 15 in Columbia, S.C. (USA), while the 10K RW will be on Long Island, N.Y. (USA) in October or November.

- Possible bidders for 2000 include Gainesville, Fla. and Kissimmee, Fla. (both USA); Trinidad & Tobago; Sherbrooke, Quebec (CAN); and Hamilton, Ontario (CAN).

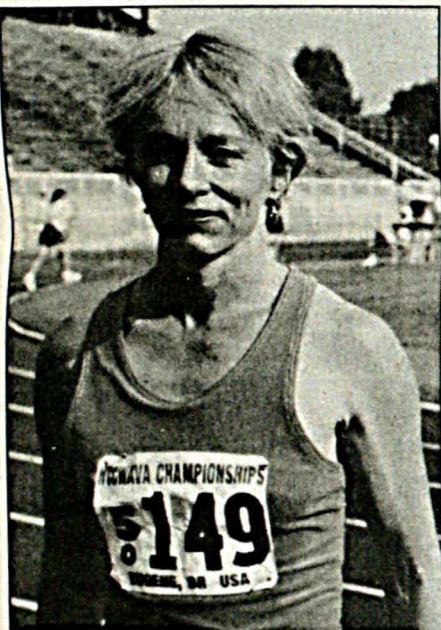
Re-elected unanimously were: Rex Harvey (President), Don Farquharson (V-P), Jack Castle (Treasurer), Sandy

Pashkin (Stadia), Norm Green (Non-Stadia), Bob Fine (Racewalk), and Ruth Anderson (Women). Francisco Corichi was elected Secretary, 20-6, over Madeline Bost. John Powell was chosen Multi-Event Chair, 15-11, over Liz McBlain. □



Jennifer Fisher, Bermuda, W35 800 winner (2:14.14), NCCWAVA Championships, Eugene, Ore., Aug. 21-24.

Photo by Jerry Wojcik



Avril Douglas, 50, Canada, won the W50 race in an age-graded 91.7% 2:24.54, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24. Photo by Suzy Hess

### AGE GROUP RECORDS SET


#### AT THE NORTH & CENTRAL AMERICAN & CARIBBEAN WAVA REGIONAL CHAMPIONSHIPS; EUGENE, ORE., AUG. 21-24

##### WORLD RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
5000	W55	18:43.65	Shirley Matson	18:49.0	Jean Albury
80H	W70	20.08	Johnnye Valien	20.89	Rosaline Sole
100H	M55	14.49	Walt Butler	14.78	Hugh Adams
4x400	W40-49	3:58.70	U.S.A. (Foreman/Thompson/Board/Libal)	4:07.34	FRG
4x400	W70-79	6:41.33	U.S.A. (Friedman/Russell/Adams/Peterson)	--	--
PV	W70	1.83	Johnnye Valien	1.62	Johnnye Valien
PV	W75	1.50	Margaret Hinton	--	--

##### U.S. RECORDS

400H	W35	64.12	Joy Margerum	65.13	Joy Margerum
2000SC	W55	9:39.15	Madeline Bost	9:52.25	Sally Strazdins
LJ	M80	3.55	Clarence Trahan	3.53	Walt Westbrook
SP	M85	7.92	John Pearce	7.62	Buell Crane
HT	W80	15.52	Betty Jarvis	--	--



**International Scene**  
by **RON BELL**



Eventual winner Diane Teygeman, Belgium, in 4:41.90, is second here in the W35+1500, Belgium-France-Netherlands Meet, Roosendaal, Netherlands, July 6. Francoise Duval #583, France, was third (4:46.81). Sophie Arnoux, France, was second (4:45.05). Photo by Leo Benning

### England to Host 1st European Indoor Meet

The first ever European Masters Indoor Track & Field Championships will be open to athletes from countries outside Europe. These championships are being viewed by WAVA as a pilot program to ascertain if there is demand for a world indoor championships.

The championships will be held in Birmingham, England, from Feb. 28 through March 2, with competing athletes having access to the track for training on Feb. 26-27.

All overseas athletes will be allowed to compete as guests in the British Masters Indoor Championships in Glasgow, Scotland on Feb. 22, offering visitors separate championships in two locations within Great Britain.

The National Indoor Arena in Birmingham has some of the finest facilities in the world with a superbly fast 200m track. The city has excellent canal paths for training, a wide choice of shops, restaurants and wonderful British architecture. The city is in the center of England with an international airport offering regular domestic flights to London (30 min. flight time). Motorways (freeways) and railways are plentiful, making access very easy. London is only 90 miles away. Stratford-upon-Avon (home of William Shakespeare), majestic Warwick Castle, and the intriguing Cadbury world are only one hour's drive away. Organized excursion tours will be available.

Kelvin Hall, Glasgow, a superb Victorian building housing a 200m track, will be the venue of the British Masters Championships. Glasgow is the cultural and heritage capital of Scotland, offering hospitality only the Scots can provide. Scotland is a beautiful country with many famous attractions.

Connections between Birmingham and Glasgow are straightforward as both cities can be reached by air, rail and road.

We hope people will come for a vacation of a week or more to enjoy the competition and hospitality of both cities. Both are so totally different, that I'm sure visitors will enjoy themselves immensely. □

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Please send all completed entries and cheques, made payable to EVIC, to:

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Fax No: 181 248 2271

**ENTRY FEES:**

First Event	£10.00	10.00
Each subsequent event	£ 5.00	
EVA affiliation fee	£ 2.00	2.00
	TOTAL	£

All entries must be verified by their National Veteran Federation and accompanied by the correct fees, which must be Sterling Banker's Draft. British athletes, can pay either by cheque providing the cheque guarantee card number is written on the back of the cheque, or by postal orders.

[Please Complete in Block Letters]

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DATE AND YEAR OF BIRTH: ..... AGE GROUP: .....

Event	X	Name of Event	Men's Age Group	Women's Age Group		Best Performance 1995/96	
				W35-W80	W35-W80	Indoor	Outdoor
60	<input type="checkbox"/>	60m	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W80	.....	.....
200	<input type="checkbox"/>	200m	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W80	.....	.....
400	<input type="checkbox"/>	400m	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W80	.....	.....
800	<input type="checkbox"/>	800m	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W80	.....	.....
1 K5	<input type="checkbox"/>	1500m	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W80	.....	.....
3K0	<input type="checkbox"/>	3000m	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W80	.....	.....
60H	<input type="checkbox"/>	60m Hurdles	<input type="checkbox"/> M40-M75	<input type="checkbox"/>	W35-W65	.....	.....
3KW	<input type="checkbox"/>	3km Track Walk	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W80	.....	.....
HJ	<input type="checkbox"/>	High Jump	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W80	.....	.....
POV	<input type="checkbox"/>	Pole Vault	<input type="checkbox"/> M40-M75	<input type="checkbox"/>	W35-W60	.....	.....
LOJ	<input type="checkbox"/>	Long Jump	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W55	.....	.....
TRJ	<input type="checkbox"/>	Triple Jump	<input type="checkbox"/> M40-M75	<input type="checkbox"/>	W35-W75	.....	.....
SHP	<input type="checkbox"/>	Shot Put	<input type="checkbox"/> M40-M80	<input type="checkbox"/>	W35-W80	.....	.....

By signing this entry form, I accept full responsibility in case of accident, injury or damage to myself or my property caused by my participation in the 1st European Veteran's Indoor Championships.

DATE: ..... SIGNATURE: .....

ATTENTION: This entry form must be sent to the Entry Secretary before 21 December 1996.

I hereby declare that:

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- I relieve the EVAA and the Organisers of the EVIC from any responsibility with regard to any accident, injury, loss, or damage to myself or to my property, which may be sustained during, or in connection with the EVIC
- I will abide by the rules of the EVIC/EVAA.

9 Months to Go



## Countdown to Durban

### USA Must Submit WAVA Entries Via USATF

All athletes who plan to participate in the WAVA World Championships in Durban, South Africa, must submit their competition entry through their NGB (National Governing Body).

This has long been a requirement of WAVA, but until this year, U.S. athletes were given permission to submit their entry directly to the Championships Organizers, who then had to try and verify each U.S. entry.

This is no longer the case.

U.S. entries will not be accepted without the official USATF stamp, which signifies that the information submitted with regard to birthdate, citizenship, and USATF membership, is correct.

Entry information distributed by the South African National Championships in Spokane and at the NCCWVA Regional Championships in Eugene was in error stating to send the entry form and payment directly to the Championships in Durban.

When the USATF Masters committees receive the Official Entry Booklets from the Durban organizers, they will distribute them to all interested athletes via LDR and T&F Committee members, tour operators, and at various competitions. Included with each entry booklet will be information specific to all USA athletes; e.g., where in the U.S. to send their entry forms (USATF Team Managers), what will be accepted as proof of birthdate (birth certificate or copy of passport showing photo and date of birth), as well as other appropriate information. U.S. athletes will be required to be current (1997) members of USA Track & Field in order to participate in the WAVA Championships. □

— Barbara Kousky,  
USATF Masters T&F Chair

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### 3638 Compete in European Championships

by BRIDGET CUSHEN

The 10th European Track and Field Championships held in Malmo, Sweden, July 19-27, attracted a record 3638 competitors, up from 2485 in Athens two years ago. Thirty-six countries were represented, three fewer than 1994; Croatia entered for the first time. The largest number (819) was from Germany, followed by the host nation with 485 and Russia with 232.

In ideal weather conditions and superb facilities, records fell by the dozen. Thirty Swedish, 127 championship, 48 European and 33 world records were broken in the eight-day extravaganza. The small but experienced core 10-member committee (these championships were held here in 1986), under the chairmanship of Kjell-Arne Landgren, and their officials did a first-class job.

Holland's Corrie Roovers set new marks with a sparkling 14.30 80mH clocking and then went on to lower Irene Obera's 1994 200m record of 29.67 to 29.43. Current W55 world champion and record holder Brunhilde Hoffman, Germany, set a new world mark of 28.13 in the 200. The M65 400 time of 57.97 held by Canada's Earl Fee, was outdone by Berthold Neumann, Germany, who won in 57.52.

Britain's Stephen Peters, a doctor from Sheffield, who missed the M40 100m title in Athens by .01 to fellow countryman Scott Brodie, came away with a handful of medals, winning the 100 in 11.26, 200 in 22.23, 400 in 50.22 and the 4x100 gold in 3:30.03.

Hans Axmann, whose technical expertise made an enormous contribu-

tion, not only to European veteran athletics, but also during his tenure as a member of the WAVA Council, decided to step down. On behalf of veteran athletics worldwide, may he enjoy a long and happy retirement. He has been succeeded as President by Torsten Carlus. □

(Results in future issue)



Jean-Paul Ballouard #628, 53, France, won the M50 steeplechase (9:30.01), Netherlands-Belgium-France Meet, Roosendaal, Netherlands, July 6. Joel Gaillard, 53, France, was second (9:41.31). Photo by Leo Benning

### 8th Oceania Games Held in Tahiti

The 8th biennial WAVA Oceania Veterans T&F Championships were held in Tahiti, July 6-13.

Despite the island being a 6-hour plane ride across the international date line from Australia and New Zealand, attendance and performances were good.

The Games almost didn't come off due to international troubles in Tahiti, but two pre-meet visits by members of the OAVA Council helped smooth the way.

The opening ceremony went well, as did the cross-country, the first competition test of the local organization. The stadium was excellent. Most competition was held in the late afternoon and into the night under floodlights.

Athletes thus competed in good conditions and had the days free for sight-seeing.

The medals were unique, made of mother-of-pearl shell cut in the shape of the main island of Tahiti, and were suitably inscribed.

Among the top performances were Hugh Coogan's 59.2 in the M60 400, John Eccles' 8:41.8 in the M70 2000 steeplechase (only three seconds off Dan Bulkley's WR), and a 42.32 in the W45 discus by Christine Shultz.

The 1998 Games were confirmed for Hawkes Bay and the 2000 event was awarded to Surfers Paradise in Australia. □

— from Jim Tobin

### Can Am X-C Set for Toronto

by DON FARQUHARSON

The 20th annual Can-Am Cross-Country Challenge will take place on Sunday, Oct. 20 at 1 p.m. in Sunnybrook Park, Toronto, over a 10K course.

This exciting event features two teams, Canada and USA, with a scoring system that includes men and women and all 5-year age classes. (Men 40+ and women 35+, as of the race date.) No limit to the number of

competitors per team.

Finish awards will be made to all competitors as well as special awards for individual place and winning scorers. Refreshments will follow the race.

Come out and run for your country and the Fleischmann Cup. Enjoy an event with fellowship and history.

Contact CMAA for entry forms and accommodation information. Tel: 416-426-7325, fax: 416-426-7412. □



# Report from Britain

by BRIDGET CUSHEN

## World and British Records Broken

Carolyn Oxtan set a W50 800 world record of 2:21.9 running in an open meeting at Crystal Palace on July 29.

On September 1, representing her London club in the premier league race of the season, she trailed her younger opponents and ran a magnificent 4:48.78 for the 1500, smashing her own, yet-to-be-ratified, world record, set at the BVA National Championships on Aug. 11.

In the League Cup on Aug. 31, Clova Court, W35, who narrowly missed Olympic selection in the 100H after such good early season times, got her revenge when she was given the nod over the younger Olympic representative, J. Agyepong. Both were given the same time, 13.3.

Two British records were erased from the books at Jarrow stadium, which will serve as the second stadium for the WAVA World Track & Field Championships in 1999. The first-class facilities have enabled Peter Gordon to raise the M45 discus record three times

this season. At a meet on Aug. 31, he reached out to 53.90. Denis Field, M65, set a national record for the javelin, 38.02.

Running at nearby Gateshead on Sept. 1, Buffalo W35 triple gold medalist, Jocelyn Harwood, won the 100 (12.61) and 100H (14.39). □

by DAN DANIELS

Just under 300 competitors took part in this championship meet held at Centennial Stadium, University of Victoria, Victoria, B.C., Aug. 9-11. This was an increase from the 120 who attended the first time the meet was held in this city in 1978. They came from all across Canada, the U.S., and around the world. The event was geared to encourage a West Coast troika of meets (Victoria, Spokane, Eugene), which masters seemed to appreciate and which worked well.

## Five World Records Set at British National Championships

by BRIDGET CUSHEN

The 26th annual British National Veterans Track and Field Championships drew a record entry to Exeter, August 10-11.

Many participants were just back from the WAVA European T&F Championships in Sweden. Some competitors from Holland and the USA added excitement to the meet.

Ex-swimmer-turned-track-star Toni Borthwick broke Shirley Brasher's W65 800 world record (3:01.18) with a 2:54.93, handing Jocelyn Ross a rare defeat by a British athlete on home soil.

Carolyn Oxtan handed an equally emphatic defeat to the much-medaled Pat Gallagher when she broke her own

world mark (4:54.3) to win the W50 1500 title in 4:52.74.

Zina Marchant, who ran so brilliantly in the London Marathon (2:45:42), knocked more than 21 seconds off the world W45 10,000 record (36:51.96 by Holland's Els Raap in 1994) with a sparkling 36:30.03.

James Grimwade set a world record in the M80 3000 track walk in 18:52.85, while Monica Shone lowered the W70 200 mark of 33.26 (set by Paula Schneiderhan in 1993) to 33.19.

But Carina Graham was the star of the weekend, scurrying from event to event, setting British W60 records in the 80mH (16.69), long jump (3.87), triple jump (8.11), and also winning the javelin. □

## Canadian Nationals Draw 300 to Victoria

Many Canadian records were set as well as two pending world records: W65 800, Ruth Carrier, 2:59.64 (old record: Shirley Brasher, 3:01.18, 1992); W40 high jump, Debbie Brill, 1.75 (old record: Carmen Karg, 1.72,

1995).

The weather was great (apart from a coolish breeze on Sunday for the 5000), and there was excellent coverage in the major daily newspapers and on TV. □

### WAVA/USATF Hurdles and Implements Specifications

HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	70 Plus	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
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 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
					WAVA	USATF
Women						
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#

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



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# Masters Scene

## NATIONAL

- **Bill Stewart's** appeal has been turned down. The 53-year-old USA M40 indoor mile record-holder (4:11.0) will continue to serve a 30-month sentence in a federal prison in Bradford, Pa. for selling Mideast maps. With time off for good behavior, friends and supporters hope he can be paroled and be home in Ann Arbor, Mich., some time next year.

- The 1997 Masters Indoor Championships scheduled for Columbia, MO, in March have been cancelled. Efforts are being made by the USATF Masters Committee to find a suitable site and date.

- Corrections to results sent to us and printed in the September issue: USATF East Regionals: HJ W50 **Jean Preston**, 1.06, not 1.60; W70 **Pat Peterson**, 1.04, not 1.40. Empire State Games: 1500 M50 **Donald Masterson**, 5:05.95, not 4:05.95. Montana Senior Games: 100H M60 **Udo Grady**, 23.29; M65 **Tom Maloy**, 21.87; **William Hill**, 24.09; **Charles Jannings**, 30.22; HJ M65 **Charles Jannings**, 4-2½, not 5-2½; **Tom Maloy**, 4-2½.

## EAST

- **Barry Harwick**, 41, 52:36, and **Gillian Horowitz**, 41, 59:01, went home with masters firsts in the Yankee 10-Mile/USATF NE Championships, Newburyport, MA, July 30. **Doug MacGregor**, 57, was top performer with a 90.3% 58:10.

- **Wayne Jacob**, 41, 33:54, and **Mary Lammi**, 40, 39:47, spanned the course of the *Bridge Of Flowers* 10K/USATF NE Championships, Shelburne, MA, Aug. 10, for masters victories.

- **Martin Mondragon**, M40, Mexico, cruised to a masters win with a 34:25 in the Falmouth 7.1 Mile Road Race, Falmouth, MA, Aug. 18. **Garry Henry**, M40, was second in 34:57. **Joe Fernandez**, M65, zipped to a division win in 44:36. **Lorraine Moller**, W40, New Zealand, won

the W40+ race in 37:33. **Wen-Shi Yu** took the W60-64 title with a 54:32. Masters firsts got \$3000 each in the 8500-runner race.

- The team of **John McManus**, **Jim Manno**, **Les Wright, Jr.**, and **Archie Messenger**, billed as the Eastern All-Stars, broke the M70-79 sprint medley WR of 6:41.41, set in January 1983 by an Ohio TC squad, by more than a minute-and-a-half with a 5:05.2 at Middletown HS North, Middle Town, NJ, June 29. McManus led off with a 72.2 400. Manno and Wright followed with blazing 200s, and Messenger anchored with a speedy 2:50 800.

- In a field of nearly 3000 finishers at the NYRRC Hispanic Half-Marathon, Central Park, NYC, Aug. 11, **Jose Santiago** (41, 1:16:02) and **Kathy Gribbon** (42, 1:27:30) took the masters titles. The 65-69 stars shone brightly, featuring **Joseph Burns** (67, 1:42:16) and **Toshiko d'Elia** (66, 1:48:39).

- It was a quick run through the park for masters winners **F. Gullon** (40, 36:15) and **Joan Baldassarri** (41, 42:01) at the NYRRC Prospect Park 10K, Brooklyn, Aug. 4. Age-group standouts were **Julio Aguirre** (50, 37:57) and **Anna Thornhill** (56, 40:50).

- In a scorching time of 15:52, **Luis Tipan**, 42, made short shrift of the masters field at the K-Rock Reservoir Run 5K, Central Park, NYC, July 27. **Irene Jackson** (49, 21:28) led the ladies. Nipping at her heels was W50 winner **Marjorie Kos** (51, 21:30).

- **Robert O'Hara** (1:08:35) and **Tatiana Pozdnyakova** (1:11:29) posted masters wins in the New Haven 20K, New Haven, CT, Sept. 2. Masters winners in the companion 5K were **Al Swenson** (15:59) and **Eileen Troy** (18:56). **Mary Haines**, 82, finished in 33:06.

## SOUTHEAST

- **Garry Henry**, 41, of Australia/Mathews, NC, outlegged the rest of the M40+s, with an age-graded 93.3% 14:33 to nab a \$1500 cash prize in the Run By The River 5K, Clarksville, TN, Sept. 7. **Antoni Niemczak**, 40, Poland/Rochester, NY, was second in 14:43, worth \$1000. **Alice Thurau**, 41, Fisher, PA, with a 17:15, and **Honor Fetherston**, 41, Mill Valley, CA, with a 17:18, pocketed the same amounts for their 1-2 W40+ finishes. **Jan Frisby**, 52, Grand Junction, CO, M50 winner in an A-G 91% 16:14, and **Joan Ottaway**, 52, Sonora, CA, in an A-G 92.1% 18:14, collected \$600 top Grandmasters (50+) money each. **Bill Orlich**, 60, Lexington, KY, was fourth M50+ in an A-G 90.6% 17:29.

## MIDWEST

- **Maggy Zidar**, W40, zoomed to the W40+ win in the 5K (21:18) and came back 20 minutes later to run the 10K and place second in the Somerset Classic 5K & 10K, Troy, MI, Aug. 18, capping a busy weekend after placing first in a 5K on Friday evening and a 4-miler on Saturday morning. 60-year-old **Brian Harris** was M40+ winner in the 5K with an A-G 85.7% 18:28. **Chuck Block**, 41, took the masters title in the 10K with a 36:01.

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Closing is the 10th of the month prior to the cover date.



New Haven 20K Board President Bill Donohue with top three W40-49, New Haven, Conn., Sept. 2 (from left): Jane Welzel, Tatiana Pozdnyakova (1st, 1:11:29), and Marge Belisle.

Photo by Jim Kiernan

- Top marks in the USATF Midwest Regional Masters Championships, Indianapolis, Aug. 3, included a 27.05 by **Cecil Howard** in the M65 200, and a 153-5 javelin toss by W30 **Carla Greene**.

- **Gary Romesser**, 45, Indianapolis, and **Alice Thurau**, 40, Fisher, PA, ran to the bank with \$1000 checks for masters wins in the Parkersburg, WV, Half-Marathon, Aug. 17. Romesser won by two minutes over **Phillip Rowan**, 41, Greenville, NC, with an A-G 92.0% 1:08:59. Thurau's win in 1:18:47, 5th overall, was even more decisive over 46-year-old **Nancy Grayson**, Northville, MI, who finished in 1:24:05. **John Cahill**, 72, Salt Lake City, hit the 89% A-G level with a 1:31:40 win in the M70+ race. **Suzie Klutz**, Winston-Salem, NC, at the top of her age group at 59, nevertheless smoked to a 16-minute first in the W55 contest.

## MID-AMERICA

The University of Colorado, Boulder, hosted the 16th Annual Rocky Mountain Masters Games, Aug. 31-Sept. 1. 147 athletes ages 30 to 85 competed, with new meet records set in five running events and 13 field events.

## WEST

- **Shirley Matson**, 55, Moraga, CA, set a W55-59 U.S. record for 5K with an 18:49 at the all-women's Susan B. Anthony 5K, Sacramento, CA, Aug. 10. She was seventh overall and broke **Barbara Miller's** 19:37 set last year. On Sept. 8, Matson set a WR for the 3000 in 11:05.1 at the Nor Cal Seniors Track Classic, Berkeley. **Marion Irvine** held the former record at 11:20 set in 1989.

- **John Whittemore** of Santa Barbara is making a comeback to the throwing circles this month at age 96 in the Club West Masters Meet, Santa Barbara, Oct. 5. Whittemore, who holds four world and seven U.S. records in the throws, was forced to take a year off from competition after suffering a fall last year only five days prior to the 1995 meet. He later had hip replacement surgery.

- Before the Olympic Torch Run, **Kati McIntyre**, 60, Kingman, AZ, a middle-distance runner and a regular at masters outdoor and indoor championships, wrote to the NMN, telling of her excitement at having been selected to carry the torch. For her, carrying the torch became bittersweet, when her husband of 36 years, **Don**, passed away days before the torch made it to Arizona. Don had coached Kati for this big event, and only through the support of family and friends was Kati able to complete the task. "It was magical," she said about her feelings as she ran through Kingman for the celebration of lighting the cauldron.

- **Brad Ingram**, 40, Mansfield, OH, in

1:13:54, 25th overall, and **Terry Adams-Schmidt**, 40, Stateline, NV, 1:19:55, 9th woman, were masters firsts in the America's Finest City Half-Marathon, San Diego, Aug. 25. **Nicholas Hernandez**, 41, Whittier, CA, was 26th in 1:14:06. **Christine Kennedy**, 41, Ireland/Sunnyvale, CA, placed 14th woman in 1:23:27. Over 5500 finished.

## NORTHWEST

- **Becky Sisley**, W55, Professor of Physical Education at the University of Oregon, will return to Greensboro, NC, this November to receive the Distinguished Alumni Award from the UNC-Greensboro, where she earned her master's and doctorate degrees. Last spring, Sisley and her husband, **Jerry Newcomb**, drove to Greensboro for the Indoor Nationals and then canoed four days in the Okefenokee Swamp.

- The men's masters winning team in the 196-mile Hood To Coast Relay from Mt. Hood to the Pacific at Seaside, OR, Aug. 23, was the Pace Setter - To Be Old team from Portland, OR. The 12-man squad finished seventh overall of 875 teams in 18:33:12. The women's masters winner was the Wild Women Do team, Tualatin, OR, 188th overall in 24:48:49. The HTC filled its quota by May 1996 and turned away over 400 teams. **Cindie McKenna**, 46, did all 196 miles solo in 54:46. Race directors are considering a senior category (55+) for next year. In the shorter (126 miles) companion Portland To Coast Relay (130 teams of 8-12 runners), the Anti-Climatics, Bothell, WA, the only M40+ team entered, finished in 15:03:33. In the PTC walk (300 teams of 12 people), the W40+ winners were the Intimidating Recycled Athletes, Eugene, OR, 13th overall in 25:25:35.

## CANADA

- **Edith Gray** vaulted 1.90/6-2¼ for a W60 WR at the Ontario Masters Championships, Toronto, June 15-16. The previous mark was held by **Leonore McDaniels**, U.S., at 1.85/6-¾.

## INTERNATIONAL

- **Carolyn Oxton** lowered her W50-54 1500 WR of 4:54.3 to 4:50.5 at the Hertfordshire and Middlesex County Championships, Jarman Park, north of London, July 28.

- France outpointed Belgium and the Netherlands in an inter-country triangular meet in Roosendaal, Netherlands, July 6, with a combined men's (219) and women's (178.5) score of 397.5. Belgium totalled 277 for second. England, without a full team, participated but did not score in the competition. The French swept all four relay races.

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# Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

## TRACK & FIELD

### NATIONAL

**December 3-7.** USATF National Convention; Westin St. Francis, San Francisco, Calif. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317-261-0500.

**May 21-28.** U.S. National Senior Sports Classic VI, Tucson, Ariz. 50+ TLOC 4 East Congress, 2nd Floor, Bank One Annex Bldg., Tucson, AZ 85701. 520-791-5555.

**August 7-10.** 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd. Suite 975, San Jose, CA. 95113. Steve Hess, meet director. 408-288-2935.

**August 6-9, 1998.** 31st annual National Masters Championships, Orono, Maine.

### EAST

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

**October 3-5.** Maryland Senior Games, Towson, 50+. No out-state. Robert Zeigler, 10 S. Shaffer Dr., New Freedom, PA 17349. 410-830-3163.

**October 5.** Delaware Senior Games, Dover. No out-state. 50+. Ruth Finch, Blue Hen Corporate Center, RR 113, Dover, DE 19901. 302-736-5698.

**October 27.** Runner's Pentathlon, Swarthmore College, Swarthmore, Pa. 3000/800/200/1500/400. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245 (daytime).

### SOUTHEAST

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

**October 3-5.** North Carolina Senior Games, Raleigh. 55+. No out-state. Margot Raynor, PO Box 33590, Raleigh, NC 27636. 919-851-5456.

**December 2-8.** Florida Senior Games Championships, Kissimmee. 50+ Laura Hallam, Governor's Council on PFS, One Citrus Bowl Place, Suite 202, Orlando, FL 32805-2451, 407-245-0300.

### MIDWEST

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

**February 15.** NIFS-Indiana USATF Indoor Masters Invitational. The National Institute for Fitness and Sport, 250 University Blvd., Indianapolis, IN 46202. Vern LaMere, 317-274-3432.

### MID-AMERICA

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

**October 3-6.** Kansas Senior Games, Topeka. 50+. Marge Rightmeier, Topeka Parks & Rec., 1534 SW Clay, Topeka, KS 66604. 913-368-3798.

**October 26-27.** 2nd International Masters Multi-Events Challenge, Neosho, Mo. Decathlon/heptathlon. Tom Thorne, 525 Oakridge Dr., Neosho, MO 64850. 417-451-2655(m)/451-7417(e).

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**October 8-13.** Louisiana Senior Games, Baton Rouge. 50+. No out-state. Jennifer Taylor, PO Box 14848, Baton Rouge, LA 70898-4748.

### WEST

Arizona, California, Hawaii, Nevada

**October 5.** Club West Masters Meet, Santa Barbara CC/ Gordon McClenathen, 805-964-3005. Club West, PO Box 99, Goleta, CA 93116-0099. Beverley Lewis, fax: 805-969-6613.

**October 12.** Nevada Senior Games, Las Vegas. 50+. Dolores Gabay, PO Box 70863, Las Vegas, NV 89170-0863, 702-294-2954.

**October 13.** Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

**October 13, 27.** Timber Wolf TC Meets, Sacramento, Calif. John Gallen, 916-489-2708.

**October 18-20.** Napa Senior games, Napa, Calif. 50+. Virginia Mosher, 707-255-1800.

**October 19.** KELfield Throws Meet #53, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-248-0202. Contact Kelmenson before attending meet.

**October 22-24.** Huntsman Senior Games, St. George, Utah. 50+ Heather Landheim, 82 West South, St. George, UT 84779. 801-674-0550.

**November 16.** Long Beach Senior Games, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

**November 16.** KELfield Throws Meet #54, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

**February 7-16.** California Senior Olympics, Palm Springs, Calif. 50+. Ben Green, 619-323-5689.

### NORTHWEST

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

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

**October 22-24.** Huntsman Senior Games, St. George, Utah. 50+ Heather Landheim, 82 West South, St. George, UT 84779. 801-674-0550.

### INTERNATIONAL

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

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

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

**February 28-March 2.** 1st WAVA European Indoor Championships, Birmingham, England. Foreigners welcome. EVIC Entry Secretary, 48 Ford Close, Harrow, Middlesex, HAI 4AZ, England. Fax: 181-248-2271.

**July 10-25.** 15th Maccabiah Games, Tel Aviv, Israel, US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19106. 215-561-6900.

**July 17-27.** XII WAVA World Veterans Athletics Championships, Durban, South Africa.

**August 9-22, 1998.** 4th International Masters Games (multi-sports), Portland, Ore.

## LONG DISTANCE RUNNING

### NATIONAL

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

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

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

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

**December 3-7.** USATF National Convention, San Francisco, CA. See T&F National.

**December 7.** USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622.

**December 14.** USATF National Masters 50K/50 Mile Championships, Huntsville, Texas. Sunmart-Texas Trail Endurance Run. Norman Klein, 11139 Mace River Ct., Sacramento, CA 95670. 916-638-1161; fax 916-638-0857.

## ON TAP FOR OCTOBER

### TRACK AND FIELD

The Club West Meet, Santa Barbara, Calif., opens the month, along with the Helena, Mont., Throws Fest, on the 5th. On the 13th, the Sri Chinmoy Masters Games hits Long Beach, Calif. The Huntsman Senior Games T&F action takes place on the 22nd to the 24th in Utah. A decathlon/heptathlon challenge between U.S. and British multi-eventers is set for Neosho, Mo., on the 26th-27th. Senior Games meets for men and women 50+ are plentiful and widespread.

### LONG DISTANCE RUNNING

Three USATF Masters Championships are on the slate: Marathon, Minneapolis, on the 6th; 100K, Duluth, on the 19th; and 8K Cross-Country, Louisville, Ky., on the 27th. Races of all distances and quality abound, with emphasis on marathons, ranging from the St. George, Utah, on the 5th, to the Richmond, Va., on the 13th, the Chicago on the 20th, and the St. Louis on the 26th.

### RACEWALKING

The National Masters One-Hour Championships have a 60-minute stint in Brookline, Mass., on the 13th. The NCCWAVA 8K Championships are hosted by the Columbia, S.C., walking community on the 5th. □

### EAST

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

**October 5.** New Hampshire Marathon, Bristol. NHM, PO Box 6, Bristol, NH 03222. 603-744-6273.

**October 5.** Market Street Mile, Frederick, Md. 301-865-1876.

**October 6.** Wineglass Marathon, Corning, NY. Mark Landin, PO Box 117, Corning, NY 14830. 607-974-4668; fax 607-974-4627.

**October 12.** Greater Hartford Marathon, Hartford, & 5K, Hartford, Conn. Masters money. Aetna Health Plans Greater Hartford Marathon, 221 Main St., Hartford CT. 06106. 860-525-3435. Fax: 860-724-7313.

**October 13.** Army Ten-Miler, Washington, D.C. SASE to PO Box 46594, Washington, DC 20050-6594.

**October 13.** Atlantic City Marathon & Half-Marathon. Barbara Altman, Box 2181, Ventnor, NJ 08406. 609-646-9009.

**October 13.** Delaware Distance Classic. 15K, 5K. Chip Bixler, DDC, 107 Briar Lane, Newark, DE 19711. 410-398-7482.

Continued on next page

Continued from previous page  
**October 13.** Riverhead Country Fair 10K, Riverhead, L.I., N.Y. Fair 10K, PO Box 256, Wading River, NY 11792. 516-929-8281.

**October 14.** Tufts 10K/USATF Open Women's Championship, Boston. Andrea Mrusek, Conventures, Inc., 250 Summer St., Boston, MA 02210. 617-439-7700.

**October 19.** Oyster Festival 5K, Oyster Bay, N.Y. Plainview-Old Bethpage RRC, 62 Sylvia Ln., Plainview, NY 11803. Mike Polansky, 516-433-0919.

**October 20.** DDC Benefit for Youth 5K. Run Committee, 521 West 114th St., Mailcode: 2604, New York, NY 10027. 212-854-3897.

**October 20.** Seventh Annual Harvard Pilgrim 5K Run & Walk. 401-331-4034, x-43365.

**October 20.** Nute Ridge Half-Marathon, Farmington, N.H. SASE to Kerry Mucher, Farmington Recr., 39 N. Main St., Town Hall, Farmington, NH 03835. 603-755-2405.

**October 27.** Mohawk-Hudson River Marathon, Schenectady-Albany, N.Y. Marathon, Box 4022, Albany, NY 12204.

**October 27.** Marine Corps Marathon, Arlington, Va. MCM, PO Box 188, Quantico, VA 22134-0188. 703-784-2225; 800-RUN-USMC.

**November 2.** Syosset Sprint 4 Mile, Syosset, N.Y. Plainview-Old Bethpage RRC, 62 Sylvia Ln., Plainview, NY 11803. Lynn Kotler, 516-368-4618.

**November 3.** New York City Marathon. NYRR, 9 E. 89th St., New York, NY 10128. 212-860-4455.

**November 3.** Warwick Marathon/RRCA NY State Championship. SASE to Jerry Terry, race director, PO Box 561, Warwick, NY 10990.

**November 10.** Ocean State Marathon/RRCA National Championships, Narragansett, R.I. OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax 401-885-3188.

**November 24.** Philadelphia Marathon & 8K. 215-685-0054.

**SOUTHEAST**

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

**October 5.** Santee Cooper 10K Bridge Run, Santee, SC. Masters money. Tony DeAloia, PO Box 11, Santee, South Carolina 29142. 803-854-2705.

**October 12.** Phoebus Run On The Fort 8K, Phoebus, Va. Masters money. Peninsula TC, PO Box 11116, Newport News, VA 23601. 804-868-3975.

**October 13.** Richmond Marathon. Dewayne Davis, RM, PO Box 85333, Richmond, VA 23293. 804-649-6738.

**October 13.** Peachtree City Classic 15K/RRCA National Championships. PCC, 101 Camp Creel Ct., Peachtree City, GA 30269. 770-487-5934.

**November 9.** Vulcan 10K, Birmingham, Ala. Carl Howard, 2606 Moody Pkwy., Moody, AL 35004. 205-640-6509.

**November 23.** Governor's Land 5K, Williamsburg. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 804-229-7375; 220-2601.

**December 1.** First Tennessee Memphis Marathon. FTMM, Box 84, MO-8, Memphis, TN 38101. 800-393-RACE; fax: 901-523-4354.

**December 14.** Rocket City Marathon, Huntsville. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205-881-9077.

**MIDWEST**

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

**October 6.** Youngstown Peace Race 10K. Masters money. Ted Rupe, 2533 Davis Peck Rd., Cortland, OH 44410. 216-583-2423; fax 216-583-2423

**October 20.** Chicago Marathon & 5K. CM, PO Box 10597, Chicago, IL 60610-0597. 800-527-3214; 312-527-2200.

**October 20.** Detroit Marathon. DM, 300 Stroh River Pl., Ste. 4000, Detroit, MI 48207. 313-393-7749.

**November 10.** Columbus Marathon & 5K. SASE to CM, PO Box 26806, Columbus, OH 43226.

**MID-AMERICA**

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

**October 26.** St. Louis Marathon. SLTR, 2385 Hampton Ave., St. Louis, MO 63139. 314-781-3926.

**October 27.** Greater Kansas City Marathon & 10K. 816-561-1087.

**November 10.** Harvest Hustle 10K, Overland Park, Kans. Staggered start/groups start every 15 seconds based on age/sex time-adjustments. KC Runners Council, 7201 W. 129th, Suite 300, Overland Park, KS 66213.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**October 6.** El Paso/Juarez International Classic 15K, El Paso, Tx. Masters money. Bill Barry, 5024 vista del Monte, El Paso, TX 79922. 915-779-0577.

**October 12.** Chili Pepper Running Festival (cross-country)/RRCA National Championships, Fayetteville, AR. Joe Fennel, 1655 Woolsey St., Fayetteville, AR 72703. 501-521-8534.

**October 19.** Cherry Street Mile, Tulsa. Fred Ebrahimi, PO Box 4246, Tulsa, OK 74159. 918-744-4222; fax 918-749-2444. Masters money.

**October 20.** Gallery Furniture 20K/USATF Open Women's Championship, Houston. Bob Gulliver, PO Box 721405, Houston, TX 77272-1405. 713-242-0515.

**October 20.** Halloween Pumpkin Chase Race 5K, Metairie, La. 6 pm. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6681; 468-1488.

**October 21.** Women's Classic 5K, New Orleans. Mac DeVaugh, 8200 Hampson St., Ste. 217, New Orleans, LA 70118. 504-861-8686; fax 861-8687.

**October 26.** Tulsa Run 15K. Masters money. Sue Neil, PO Box 2008, Tulsa, OK 74102. 918-587-8786.

**November 2.** Picayune Fall Classic 10K & 5K. Masters & Grandmasters money. Picayune Rotary, PO Box 1152, Pacayune, MS 39466. David Guizerix, 601-798-4881(d); 504-847-1701(eve).



Joe King, USA winner of the M70 1500, congratulates Shirley Matson, USA, who broke the 5000 W55 world record with an 18:43.65, NCCWAVA Championships, Eugene, Ore., Aug. 21-24. Photo by Ruth Anderson

**November 2.** Ten Miles for Texas. RRCA National Championship Race. Ellen Earle, 713-265-3696. Texas Running Club, PO Box 8376, The Woodlands, TX 77387-8376.

**November 10.** San Antonio Marathon, 5-mile run, 3-mile walk. 1123 Navarro, San Antonio, TX 78205. 210-246-9652.

**November 17.** Houston Masters Sports Association 25K. Tom McBrayer, 4021 Montrose, Houston, TX 77006-4956.

**November 23.** Larry Fuselier State Championships, 25K and 10K. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

**November 23.** Tulsa Marathon, 263 E. 45th Pl., Tulsa, OK 74105. 918-744-0339.

**December 8.** Dallas White Rock Marathon, DWRM, 3607 Oak Lawn Ave., Dallas, TX 75219. Doris Lafayette, 214-528-2962.

**WEST**

Arizona, California, Hawaii, Nevada

**October 5, 12, 19.** 6th Annual USATF Pacific Association Cross-Country Series. Different venue & distance each race. Charles Alexander, 415-964-0643.

**October 6.** Sacramento Marathon, Calif. Ron Sturgeon, PO Box 995, Dixon, CA 95620. 916-678-5005.

**October 20.** San Luis Obispo City-To-Sea Half-Marathon & 5K. SLO Chamber of Commerce, Jennifer Peterson, 1039 Chorro St., San Luis Obispo, CA 93401-3278. 805-781-2777; fax 805-543-1255.

**October 20.** Humboldt Redwoods Marathon & Half-Marathon. SASE to HRM, PO Box 4989, Arcata, CA 95518-4989. 707-433-1220; fax 443-2553.

**October 20.** Arizona 10K, Phoenix. Masters money. Joe Galopa, 6505 N. 16th St., Phoenix, AZ 85016. 602-234-3460; fax 602-277-4372.

**October 20.** Arturo Barrios 5K/Walk & 10K, Chula Vista, Calif. Eliter Racing, Inc., 619-450[6510 or 714-374-3200.

**October 26.** Moonlight 8K, Alhambra, Calif. Women only/masters money. Owen

Continued on next page

**"A GREAT TREADMILL" RUNNER'S WORLD DEC. '94**

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Elyria, Ohio 44035



Shellie Banks, U.S., second in the W35 200 (29.15), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Suzy Hess



Continued from previous page

Guenthard, 104 S. First St., Alhambra, CA 91801. 818-282-8481; fax: 818-282-5596.  
**October 27.** Bowl To Bowl 5K Run/Walk, Rose Bowl, Pasadena. Jim Hanley, director, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062.

**December 8.** Palm Desert 5K/USATF Open Men's Championship, Palm Desert, Calif. Tim Murphy, Elite Racing, 10509 Vista Sorrento Pkwy, Suite 102, San Diego, CA 92121. 619-450-6510.

**December 8.** Tucson Marathon & Half-Marathon. Southern Arizona RR, 4625 E. Broadway, Suite 112, Tucson, AZ 85711. 520-325-2736; fax 770-9899.

**December 15.** 19th Annual Lasse Viren 20K, Pt. Mugu St. Park (15 miles north of Malibu), Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744 or Ray Seay 805-647-4124.

**January 11.** Paramount 10K & Special World Masters 10K Race, Paramount, Calif. Standards for World Masters 10K. SASE to The Finish Line International, 7846 Connie Dr., Huntington beach, CA 92648. 714-851-5417.

**NORTHWEST**

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

**October 5.** St. George Marathon, Leisure Activities, 86 S. Main St., St. George, UT 84770. 801-634-5850.

**November 30.** Seattle Marathon & Half-Marathon. SM Assoc., PO Box 31849, Seattle, WA 98103. 206-524-RUNS; 800-343-4411; fax 206-821-6387.

**CANADA**

**October 13.** Royal Victoria Marathon, Victoria, B.C. VM, c/o #182-911 Yates St., Victoria, BC, Canada V8V 4X3.



Richard Tucker, 51, U.S., winning the M50 800 (2:13.48), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Jerry Wojcik



Tony Ciccone, M40 first (45-9<sup>3</sup>/<sub>4</sub>), Throwers Meet, Ringoes, N.J., July 20.

Photo by Jerry Wojcik

**INTERNATIONAL**

**October 19.** 20th Annual Canada vs. USA Masters Cross-Country Challenge Match, Sunnybrook Park, Toronto. W35+/M40+. Don Farquharson, 1185 Eglinton Ave. East, North York, Ontario M3C 3C6. 416-426-7325.

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

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

**July 17-27, 1997.** XII WAVA World Veterans Athletics Championships, Durban, South Africa.

**RACEWALKING**

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

**October 5.** WAVA North American, Central American, Caribbean Masters 8K Championships. Columbia, S.C. Bill Bauers, 823 Calhoun St., Columbia, SC 29201. 803-256-7777.

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

**October 20.** Liberty 5 Mile Walk, Doheny State Beach Park, Orange County, Calif. Fundraising walk against domestic vio-

lence. Liberty 5 Mile, PO Box 220, Dana Point, CA 92629-0220. 714-249-4803.

**October 20.** West Regional 8K RW Championships, Las Vegas, Nev. Roberta Hatfield, 2747 Crown Ridge Dr., Las Vegas, NV 89134.

**October 20.** USATF East Regional/MAC 30K RW Championships, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 E. 83rd St., New York, NY 10028. 212-628-1317.

**October 26.** Florida AC Walkers/Henry Laskau 5K & 10K State Racewalk Championships. Robert Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407-499-3370.

**November 3.** East Regional 50K Track Championships, Washington, D.C. area. Al Corallo, 1600 N. Oak St., #916, Arlington, VA 22207.

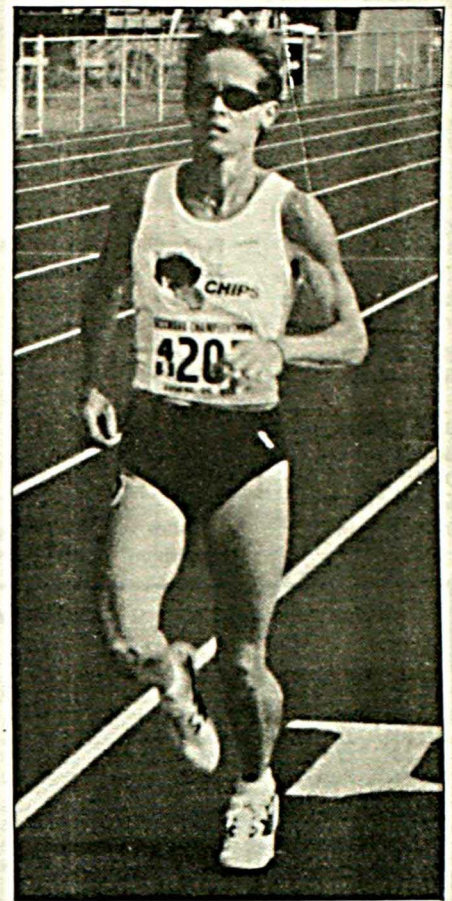
**November 10.** Florida AC Walkers/20K State Racewalk Championships. Mary King, 954-581-8755; Denise Shepard, 954-587-1510.

**November 24.** Annual Holiday Gran Prix #1, 5K race in 10-year age-groups, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 East 83rd St., NY, NY 10028.

**December 1.** Gran Prix #2, 5K, Central Park, NYC, Stella Cashman, Park Racewalkers USA, 320 E. 83rd St., NY, NY 10028. 212-628-1317.

**December 15.** Gran Prix #3, 5K, Central Park, NYC. See Dec. 1.

**December 29.** South Regional 50K Championships, Houston, Texas. Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072. 713-498-0027.



Dee Dee Grafius, U.S., W45 first in the 1500 (5:04.12), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Suzy Hess

**1996 USATF NATIONAL MASTERS 8K CROSS-COUNTRY CHAMPIONSHIPS**

*the masters return to Louisville, Kentucky*

E. P. "Tom" Sawyer State Park  
 Louisville, Kentucky  
 Sunday, October 27, 1996  
 1:30 PM EST



Hosted by  
 Victory Athletic Club  
 Mason-Dixon Athletic Club  
 Metro Parks Track Club



**MEN'S AND WOMEN'S CHAMPIONSHIP COMPETITIONS  
 INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95+  
 TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+**

**KENTUCKY 8K CROSS-COUNTRY CHAMPIONSHIPS AT 12:00 PM**

**AIRLINE AND LODGING DISCOUNTS AVAILABLE**

Write for entry forms:  
 Masters Cross-Country Championships  
 c/o Victory Athletic Club  
 P. O. Box 6667  
 Louisville, Kentucky 40207

Information:  
 E. P. "Tom" Sawyer State Park (502)426-8950 days  
 Bob Miller (502)896-0717 evenings  
 Bob Ullrich (502)459-6820 evenings

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, and M50-54. Includes names, events, times, and dates.

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

Table listing recipients of certificates/patches for age groups M55-59, M60-64, W30-34, and W35-39. Includes names, events, times, and dates.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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

- Notes for the men's standards table, including instructions for automatic time, standard conversion, and metric heights.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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

- Notes for the women's standards table, including instructions for automatic time, standard conversion, and metric heights.

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 times for various distances (1.5k to 50k) across age groups from F30 to M90.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

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

- Instructions for the application, including options for Certificate, Patch, or Patch Tag, and details on fees and mailing instructions.





Continued from previous page  
Rocky Mountain Masters Games  
U. of Colorado, Boulder;  
Aug. 31-Sept 1

Table with 2 columns: Athlete Name and Time. Events include 50m, 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m.

Table with 2 columns: Athlete Name and Time. Events include High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin, Weight Throw (WAVA weights), Pentathlon, Weight Pentathlon, 5000m RW, 100m, 5000m Senior Olympics Raymond; June 1.

Table with 2 columns: Athlete Name and Time. Events include 200m, 400m, 800m, 1500m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m.

Table with 2 columns: Athlete Name and Time. Events include 200m, 400m, 800m, 1500m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m, 500m, 1000m, 2000m, 5000m, 10000m, 20000m, 40000m, 80000m, 160000m.

Table with 2 columns: Athlete Name and Time. Events include Steeplechase, Long Jump, Triple Jump, Shot Put, Discus, Pole Vault, 500m RW, 100m, 5000m Senior Olympics Raymond; June 1.

Table with 2 columns: Athlete Name and Time. Events include Javelin, West Texas Senior Sports Classic Lubbock; Aug. 14-17, HIGH JUMP, POLE VAULT, LONG JUMP, SHOT-PUT.

**SOUTHWEST**  
**Mississippi Senior Olympics**  
**Raymond; June 1**

Continued on next page



Continued from previous page

Table of names and scores for various events including Steve Banton, Brian Valley, M45 Jerry Crowe, etc.

Table of names and scores for various events including W35 Shukria Quereshi, W50 Georgia Cutler, Javelin, etc.

Table of names and scores for various events including M45 Steve Bogatek, M50 Daniel Anderson, M60 Dev Sharma, etc.

Table of names and scores for various events including W75 Elga Meri, 5,000m Racewalk, M35 Paul Guimond, etc.

Canadian Masters Championships, U. of Victoria Victoria, B.C.; Aug. 9-11

Table of names and scores for Canadian Masters Championships, U. of Victoria, B.C.; Aug. 9-11

Table of names and scores for various events including Isaac Thiessen, Neil Black, Jim Flowers, etc.

Table of names and scores for various events including Maureen de St Croix, Mame McMillan, Anne Mullins, etc.

Ultra Weight Classic; Seattle, WA; Aug. 31

Table of names and scores for Ultra Weight Classic; Seattle, WA; Aug. 31

Table of names and scores for various events including M35 Mark Schaber, M50 Matti Kilpelainen, M55 Brian Merrilees, etc.

Table of names and scores for various events including M35 Richard Farquharson, Tom Leatham, Glenn Chipkar, etc.

Table of names and scores for various events including M35 Glenn Chipkar, Volker Grady, M40 Kosti Killas, etc.

Table of names and scores for various events including M35 Glenn Chipkar, Volker Grady, M40 Kosti Killas, etc.

CANADA

Ontario Masters Outdoor Championships Toronto; June 15-16

Table of names and scores for Ontario Masters Outdoor Championships Toronto; June 15-16

Table of names and scores for various events including M40 Ray Jonasson, M45 Michael Carter, M50 Richard Kaley, etc.

Table of names and scores for various events including M35 Rickey Goudreau, M40 Charles Swanekamp, M45 Jean-Pierre Mayer, etc.

Table of names and scores for various events including M35 Tom Leatham, Glenn Chipkar, Volker Grady, etc.

Table of names and scores for various events including M35 Brian Blamey, Tom Michell, Francois Martel, etc.

Table of names and scores for various events including M35 Phil Meagher, Gerry Holliday, Phil Nelson, etc.

Continued on next page

Continued from previous page
W75 Lenore Marvin 27:42.12
W80 Ivy Granstrom 34:56.97
10,000m
M35 Phil Meagher 33:49.48
M40 Mike Dyon 32:15.85

John Steinman USA 1.40
Ron Johnson 1.25
M65 Bud Held USA 1.54
Darrold Skartvedt USA 1.45

M65 Charles Bispala USA 9.53
Douglas Bonds 8.58
Isaac Thiessen 7.89
Jim Flowers 7.20

M50 George Matthews USA 44.72
Bob Osterhoudt USA 35.66
Jack Karbens USA 26.70
Rick Behrens 26.20

400m M40+
Leon Catoir 52 BEL 52.10
Wim Scholtes 47 NET 52.81
Jean Oyac 55 FRA 53.17

High Jump W35+
Anne Levard 61 FRA 1.55
Linda Bonduelle 60 BEL 1.50
Sjan Roest 59 NET 1.45

INTERNATIONAL
Netherlands-Belgium-France
Triangular Meet
Roosendaal, Netherlands; July 6
100m M40+
Henri Willem 55 FRA 11.49

Continued on next page



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Table of athletic results for various events including 3000m Steeplechase, 80m Hurdles, 100m Hurdles, 110m Hurdles, 300m Hurdles, 400m Hurdles, Pole Vault, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Hammer, 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

Table of athletic results for various events including 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

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North & Central American and Caribbean WAVA Regional Championships Eugene, OR; Aug. 21-24

Table of athletic results for WAVA Regional Championships including 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

W60

Table of athletic results for W60 including 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12000m, 15000m, 20000m, 25000m, 30000m, 35000m, 40000m, 45000m, 50000m, 55000m, 60000m, 65000m, 70000m, 75000m, 80000m, 85000m, 90000m, 95000m, 100000m.

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Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include athletes like Garrahan, Quinn, Wojcik, Allison, Velez, Stein, Snaden, Cumley, Ricciardi, and others.

Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include athletes like Buck, Jr., Carter, Joslin, Pearce, Hallen, Ecklund, Stratton, Welding, and others.

Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include athletes like Garcia De Perez, McBlain, Katz, Grissom, Cirulnick, Omon, Horckauer, Jarvis, and others.

8K CROSS-COUNTRY

Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include athletes like Luciano Campagnolo, Gerry Holliday, John Dickey, Roger Price, Ron Ackerman, Eric Zemper, Ed Bagley, Herb Phillips, Vern Christensen, Charles DesJardins, Roger Davies, Derek Mahaffey, Ken Ogden, Raymond Garrity, James Beall, Patrick Devine, Donald Ross, Howard Rubin, Peter Mundle, Jack Castle, Denman Stanfield, Alfred Funk, Dudley Healy, Nancy Tinari, Cathy Tedford, Lau Fung Ling, Georgine Cook, Joan Christensen, Molly Turner, Helly Visser, Suzi Macleod, Ruth Anderson, Dorly Brechbuehl.

Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include athletes like Louise Adams, Dawn Russell, Mary Norckauer, Lenore Marvin, John Stolz, Marty Higginbotham, Don Ford, Rick Lloyd, Robert Jones, Ed Bagley, Marv Reixius, Jack Anderson, John Hepler, John-Erik Nilsson, Raymond Garrity, Patrick Devine, Donald Ross, Howard Rubin, Jack Castle, Denman Stanfield, Dudley Healy, Carolyn Petersen, Elis Brim Snodgrass, Suzanne Sarto, Dee Ann Dougherty, Cathy Tedford, Meg Cummins, Marilyn Nippold, Barbara Hazen, Ruth Anderson, Dawn Russell, Ivy Granstrom.

8K Cross-Country Team

Table with columns: Team Name, Points. Rows include USA (James Beall/Pat Devine/Don Ross), USA (Louise Adams/Dawn Russell/Mary Norckauer), NJ/NW Striders, USA Connection, Canada/Mexico, Francisco Machado/Roy Chubb/Jean Lemieux/Victore Arreita, USA Unattached, Fred Judson/Geoff Hughes.

Table with columns: Team Name, Points. Rows include Canada (Avril Douglas/Marne McMillan/Linda Findley/Rhona Trott), USA (Becky Sisley/Rosalie Caman/Caroline Cooney/Rose Schlewitz), International (Vicky Bigelow/Suzi Macleod/Dolores Cabrera/Jean Horne), USA (Pat Peterson/Catalina Rodriguez/Romer/Johnnye Vallien/Margaret Hinton), USA Unattached, USA Connection, USA (Earl Fee/Steve Robbins/Peter Crombie/Vaughan Kastor), USA Connection.

Table with columns: Team Name, Points. Rows include USA (Mike Pannell/Rick Easley/Tom Jones/Ed Goner), USA Connection, USA (Tom Hartshore/Byron Dyce/Duane Green/Rich Burns), Canada (Francisco Machado/Roy Chubb/Jean Lemieux/Jake Madderom), USA (Rich Tutker/Don McMillan/Larry Norris/Dan Durante), USA (Paul Stepan/Jack Coy/Ken Ogden/Paul Heitzman), USA (Al Escobosa/Joe King/Gunnar Linde/Efrian Sanchez), USA (Denise Foreman/Irene Thompson/Jacqueline Board/Mary Libal), USA (Louise Adams/Pat Peterson/Dawn Russell/Diane Friedman).

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Buffalo Subaru 4 Mile Chase Buffalo, NY; July 20

Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include Overall, Chris Fox 37, Liudmila Alexeef 31, Karel Jircik, Brian Kirkwood, Antoni Niemczak, Jeff Foster, Robert O'Hara, Malcolm East, David Reed, Fred Robbins, Don Salamone, David Jansen, Charles McMullen, Frank Lewis, Ted Paget, John De Finney, Murray Priest, Pat O'Connor, Frank Emmerling, Paul Persia, James May, Hector Bauza, Richard Withrow, Jim Lupton, Pat Monahan, Michael Sheridan, Robert Glazier, Frank Shea, Ralph Zimmerman, Brian Delaney, Wes Hicks, Alan Blakey, Carl Pegels, Ed Whitlock, John Garrity, Jerry Magoffin, John Burke, Charles Bauer, Anthony Napoli, Henry Sypniewski, M80+W V Sheridan, W40 Maureen De St Croix, Janet Takah, Maureen Griffith, Brigitte Soltiz, Laurie Kinsella, Donna Fallon, Nancy Grayson, Joanie Zirkelbach.

K-Rock Reservoir Run 5K Central Park, NYC; July 27

Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include Overall, Michael Keohane 31, Alice Hansen 32, Luis Tipan, Dariusz Luniewski, Bob Krummert, Pat Cosgrove, Michael Goldman, William Fortune, John McManus, Albert Goldstein, Charles Feldman, Wendy Silverstein, Irene Jackson, Marjorie Kos, Sara Herz, Naomi Vogel, Arlene Kernis, Muriel Merl, Althea Jureidini.

NYRR Prospect Park 10K Brooklyn, NY; Aug. 4

Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include Overall, Froylan Garcia 29, Siobhan Murphy 25, Roane Carey 36, F Grullon, Jose Soriano, Julio Aguirre, John Plowman, Allan Fairbrother, William Welsh, Wilfredo Rios, Laura Lamert, Joan Baldassarri, Eunkyung Na, Anna Makoske, Ann Thornhill.

USATF New England Championships/Yankee Homecoming 10 Mile Newburyport, MA; July 30

Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include Overall, Jerry Lawson, MaryLynn Currier, Barry Harwick, Dave Raunig, Wayne Jacob, Vladimir Krivoy, Larry Olsen, Tom Carroll, Summer Brown.

Overall

Table with columns: Name, Points, HT, SP, DT, JT, WT. Rows include Froylan Garcia 29, Siobhan Murphy 25, Roane Carey 36, F Grullon, Jose Soriano, Julio Aguirre, John Plowman, Allan Fairbrother, William Welsh, Wilfredo Rios, Laura Lamert, Joan Baldassarri, Eunkyung Na, Anna Makoske, Ann Thornhill.

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USATF New England Championships/Bridge Of Flowers 10K

Shelburne Falls, MA; Aug. 10

Overall

Table of race results for USATF New England Championships/Bridge Of Flowers 10K, including names and times for various participants.

NYRRC Hispanic Half-Marathon Central Park, NYC; Aug. 11

Overall

Table of race results for NYRRC Hispanic Half-Marathon Central Park, NYC, including names and times for various participants.

Falmouth 7.1 Miles Falmouth, MA; Aug. 18

Overall

Table of race results for Falmouth 7.1 Miles Falmouth, MA, including names and times for various participants.

Table of race results for M40 Marris Mondragon, M45 Vladimir Krivoy, M50 Marris Johnson, M55 Mike Mullo, M60 Richard Murphy, M65 Joe Fernandez, M70 Brad Russell, M75 Louise Rossitti, including names and times.

New Haven 20K & 5K New Haven, CT; Sept. 2

Overall

Table of race results for New Haven 20K & 5K New Haven, CT, including names and times for various participants.

Twilight Five 5K Birmingham, AL; Aug. 3

Overall

Table of race results for Twilight Five 5K Birmingham, AL, including names and times for various participants.

Table of race results for M50 Roger Quick, M55 Sammy Morris, M60 Rudolph Bate, M65 Roger Richards, M70+Dan McCarthy, W40 Ann Eller, W45 Mona Fine, W50 Agnes Bates, W55 Barbara Seosebee, including names and times.

Run By The River 5K Clarksville, TN; Sept. 7

Overall

Table of race results for Run By The River 5K Clarksville, TN, including names and times for various participants.

Parkersburg Half-Marathon Parkersburg, WV; Aug. 17

Overall

Table of race results for Parkersburg Half-Marathon Parkersburg, WV, including names and times for various participants.

Somerset Classic 5K & 10K Troy, MI; Aug. 18

Overall

Table of race results for Somerset Classic 5K & 10K Troy, MI, including names and times for various participants.

Table of race results for Jennifer Eschbacher, M40 Ron Marinucci, M50 Paul Wheeler, M60 Brian Harris, W40 Maggy Zidar, W50 Jocellia McBurnie, W60 Josella Faul, including names and times.

Crim 10 Mile Flint, MI; Aug. 24

Overall

Table of race results for Crim 10 Mile Flint, MI, including names and times for various participants.

Hood To Coast Relay Mt. Hood-Seaside, OR; Aug. 23

Overall

Table of race results for Hood To Coast Relay Mt. Hood-Seaside, OR, including names and times for various participants.

Table of race results for W55 Armande Pieschke, Janet Wallen, Merion Knight, Mary Demattia, Cathy Detman, W60 Chris Swanson, Gunveig Janse, Katherine Pye, W65 Lois Gilmore, Ruth Hunt, W70+Barbara Andersen, Pat Milligan, including names and times.

WEST America's Finest City Half-Marathon San Diego, CA; Aug. 25

Overall

Table of race results for America's Finest City Half-Marathon San Diego, CA, including names and times for various participants.

NORTHWEST Hood To Coast Relay Mt. Hood-Seaside, OR; Aug. 23

Overall

Table of race results for Hood To Coast Relay Mt. Hood-Seaside, OR, including names and times for various participants.

Portland To Coast Relay Portland-Seaside, OR; Aug. 23

(126 miles/130 teams of 8-12)

Overall

Table of race results for Portland To Coast Relay Portland-Seaside, OR, including names and times for various participants.

RACEWALKING East Regional 10K RW Relay Championships Central Park, NYC; Aug. 4

Overall

Table of race results for East Regional 10K RW Relay Championships Central Park, NYC, including names and times for various participants.

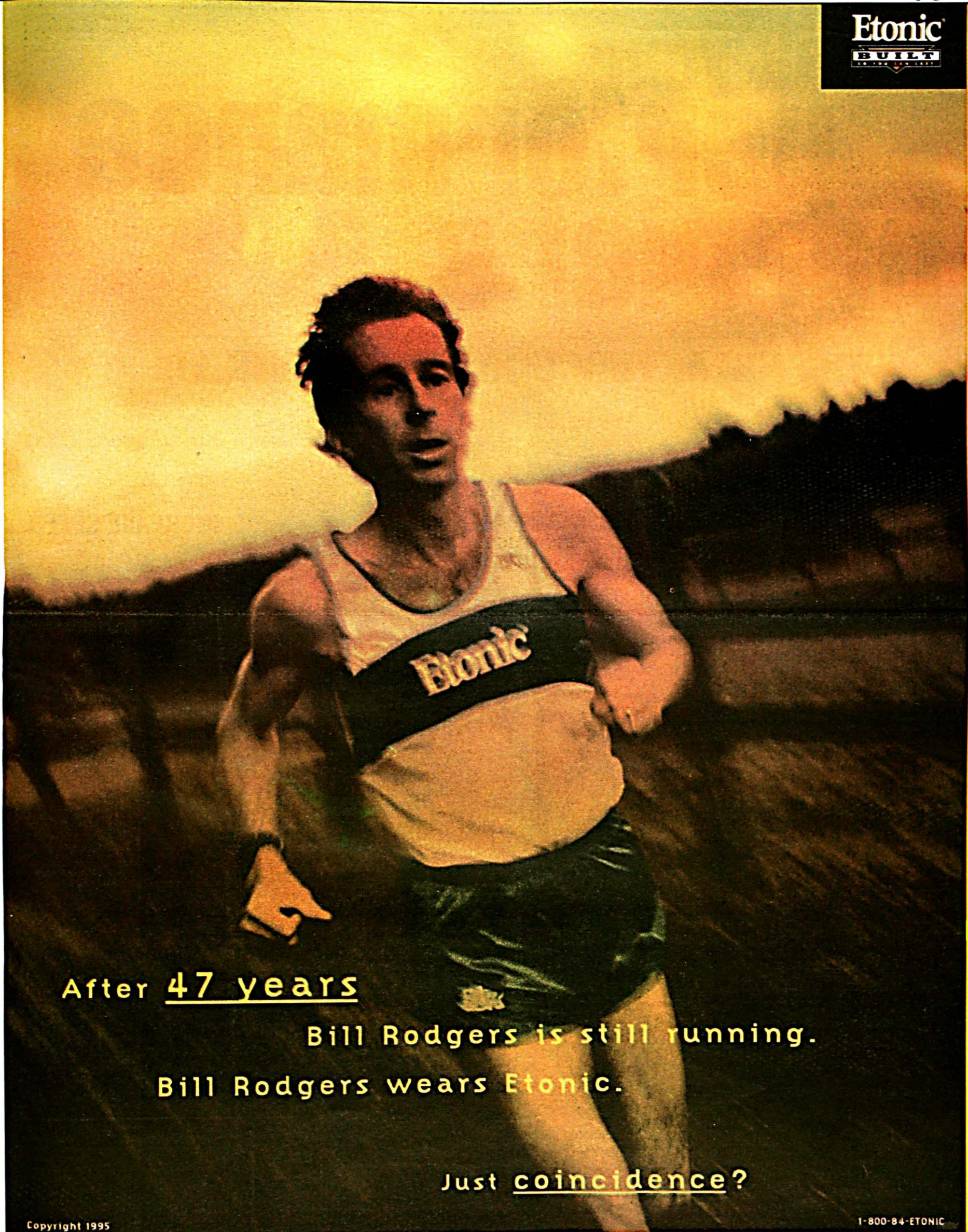
USATF National Masters 5K RW Championships/Sallie Mae Valley Classic Wilkes-Barre, PA; Aug. 25

Overall

Table of race results for USATF National Masters 5K RW Championships/Sallie Mae Valley Classic Wilkes-Barre, PA, including names and times for various participants.



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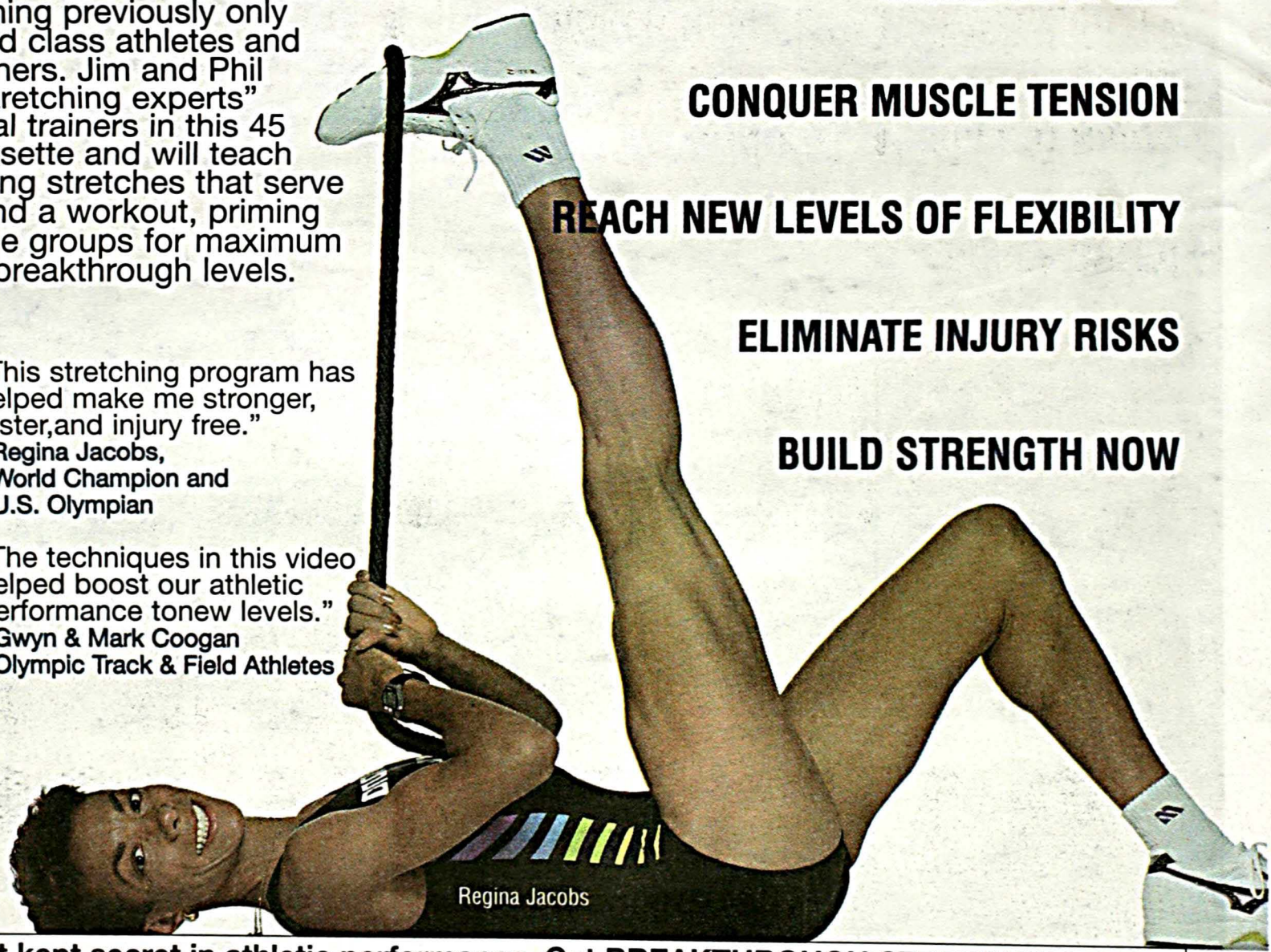
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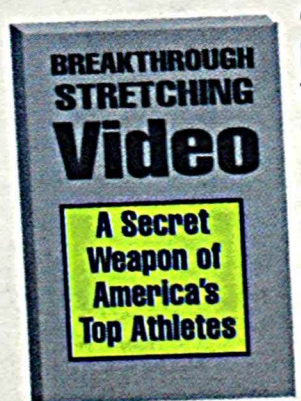
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