

# NATIONAL MASTERS NEWS

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

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## 1403 Compete in Track & Field In Oregon

### Nike World Masters Games Draw 11,000

The good news is that more than 11,000 athletes – including 1403 in track and field – participated in the

fourth Nike World Masters Games in Oregon, August 9-22.

The bad news is that only 11,000

athletes – including only 1403 in track and field – took part in the quadrennial event.

This dichotomy, espoused by people who saw the same event in different lights, is that the final numbers, despite being substantial, fell far short of the original estimates of 25,000 total and 4000 T&F athletes. As a result, some reviewers called them “disappointing.”

Nevertheless, the magnitude of the Games was impressive. More than 100 nations were represented. It was the largest gathering of masters athletes ever assembled in the USA, surpassing the 8000 who came to Tucson, Ariz., in 1997 for the National Senior Sports Classic.

With 1403 entries in the T&F competition, it was the biggest masters meet held in the U.S. this year, outdrawing the 1061 who came to Orono, Maine, for the U.S. Nationals.

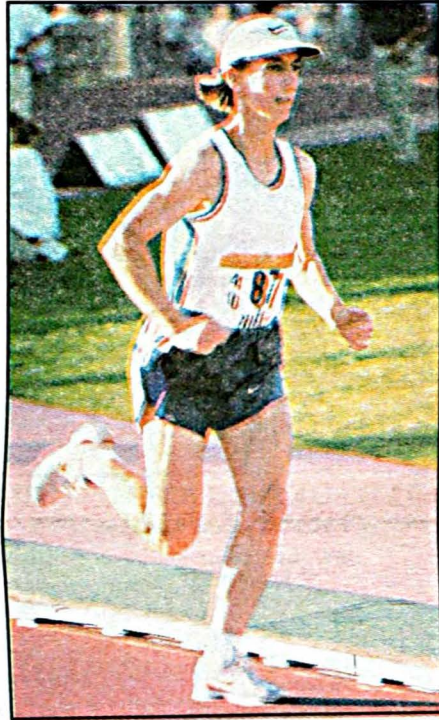
The Games consisted of 25 sports for masters athletes – generally age-30-and-up, depending on the sport. The Games are held every four years under the auspices of the International Masters Games Association (IMGA). This year they were staged by the Portland Sports Authority, a group formed to attract tourist dollars to

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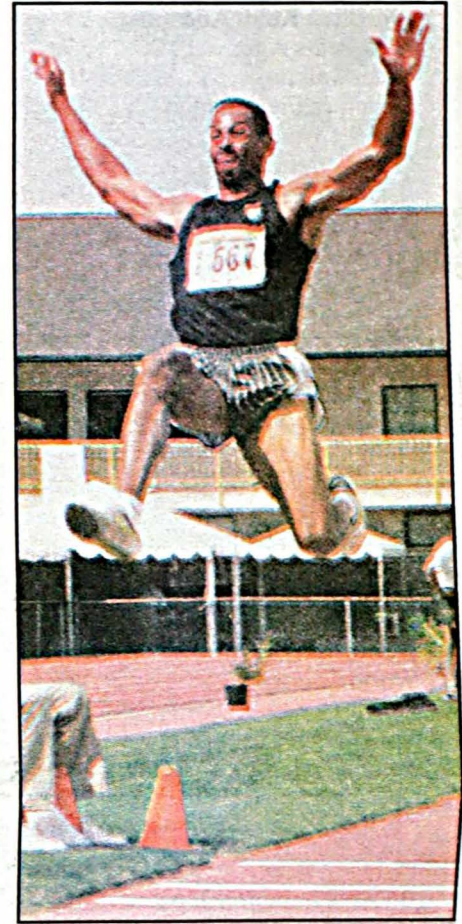
SUZY HESS

Medalists in the W40 1500 (l to r): Julie James, of Oregon, first (5:18.37); Betsy Seth, of Oregon, second (5:25.30); and Joy Cordell, of Washington, third (5:25.37).



SUZY HESS

Joan Benoit-Samuelson, of Maine, gold medalist in the marathon in the Los Angeles Olympics, won the W40 5000 (17:03.34), Nike World Masters Games, Eugene, Ore.



SUZY HESS

James Lofton, of Texas, winning the M40 long jump (22-3), Nike World Masters Games, Eugene, Ore. Lofton, NCAA long jump champion in 1978 for Stanford, spent 16 years in the NFL, playing in eight Pro Bowls and three Super Bowls.

## Anderson, Pozdnyakova Top Masters at Crim

### Young, Wysocki, Utes Win Indy Points

by JANNA WALKUP

Indy Life Circuit competition heated up at the Crim Festival of Races 10 Mile in Flint, Mich., on Aug. 22. With the race serving as both an Indy Life Circuit event and the USATF masters 10 mile championships, Craig Young and Ruth Wysocki blazed to USA masters titles under warm, humid conditions. England's Keith Anderson and Ukraine's Tatyana Pozdnyakova defended their Crim masters titles, but were ineligible for the USA masters title or Indy Life Circuit points because they are not residents of the U.S.

Shooting for the American masters record of 49:46, the 42-year-old Young, Colorado Springs, Colo., expressed his disappointment at not being able to hang with Anderson, who clocked 49:45. “I should have been able to get that, but I didn't have it today,” said Young, whose finish

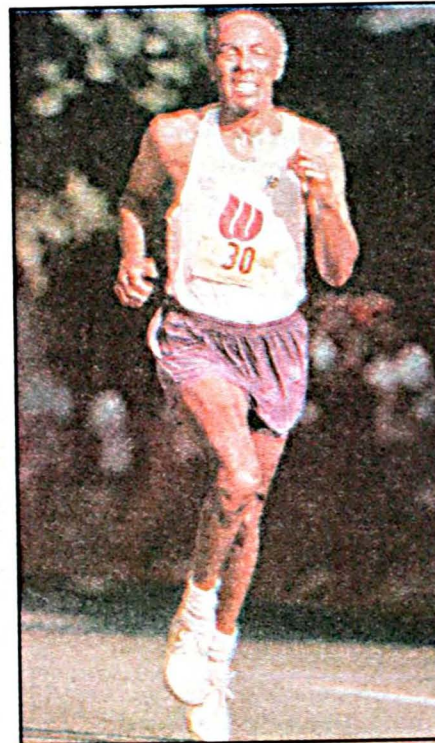
time was 50:33. “I just couldn't go with Keith.”

While Young couldn't go with Anderson, no other American could stay with Young. Second place finisher Charlie Gray, 44, Lee's Summit, Mo., finished nearly three minutes behind in 53:20. Gary Romesser, 47, Indianapolis, Ind., placed third in 54:35.

Wysocki, 41, finished in 57:21 to set a U.S. single age record and moved into first place in the Indy Life standings. Both Wysocki, Canyon Lake, Calif., and Young earned \$1750 in masters prize money for their wins. While Young had Anderson to chase, Wysocki likewise couldn't quite catch Pozdnyakova, who won the masters division in 57:05.

Jane Welzel, 43, Ft. Collins, Colo., was second behind Wysocki in the Indy Life and U.S. championship race,

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VICTOR SAILER/PHOTO RUN

Fay Bradley, first M60 (61:46), Crim 10 Mile/Indy Life Circuit Race, Flint, Mich., Aug. 22.

## Records Fall in USA Decathlon

by TOM THORNE

The 27th USATF National Masters Decathlon & Heptathlon Championships were held on July 25-26 in Neosho, Mo. Participants had high praise for the meet, especially for the degree of community involvement in the event, which included an international team challenge between athletes from the U.S., Canada, and Poland.

Despite high heat and humidity, many new championship meet records were recorded. Fifty-nine-year-old Emil Pawlik, Jackson, Miss., tied his high jump record of 5-5 and bettered his javelin mark of 136-2, both in the 1996 championships in San Diego, with a 141-9.

Dan Bulkley, 81, Phoenix, Ore., held a new meet record in the shot put for about 15 minutes, but E. Lee Todd, of Nebraska, surpassed Bulkley on his final throw with a 29-8 $\frac{3}{4}$ . This was

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## Plasencia and Samuelson Rush to Falmouth Wins

by JANNA WALKUP

In a battle of 41-year-olds, former Olympian Steve Plasencia, Shoreview, Minn., nipped England's Keith Anderson at the finish to secure a masters win and \$3000 at the 26th running of the Harvard Pilgrim Health Care Falmouth Road Race, Falmouth, Mass., August 16.

Plasencia and Anderson, who won \$1500, both posted times of 34:37 on the 7.1-mile course, with Plasencia winning by less than one second. Kenyan Peter Koech, 42, placed third in 35:47 and had a \$750 payday. Rounding out the men's top five were Jon Sinclair, 40, Ft. Collins, Colo., 36:12, \$500, and Allen Choma, 45, Westerville, Ohio, 36:42, \$250.

The women's race also went down to the wire, as 41-year-old Joan Benoit-Samuelson, winner of the 1984 Olympic marathon, defeated 43-year-old Jane Welzel, 1997 Indy Life Circuit Grand Prix masters champion. Benoit-Samuelson, who hails from Freeport, Me., clocked 39:14, while Welzel, Ft. Collins, Colo., crossed the finish in 39:27. Third place went to Ukraine's Tatyana Pozdnyakova, 43, 41:10. Kim Jones, 40, Spokane, Wash., 40:49, and Cindy Barber-Keeler, 40, Lake Worth, Fla., 40:51, placed fourth and fifth, respectively. The women's prize money structure was identical to the men's.

Besides age group bragging rights, 50+ masters had an additional incentive of \$500 on the table for men's and women's winners. The legendary Bill Rodgers, 50, Sherborn, Mass., 38:18, and Peggy Couper, W50, 53:21, snatched up victories. Rodgers, along with Benoit-Samuelson, is a past overall winner of the race. W60 winner Elizabeth Jazowski turned in an impressive 58:38 to claim an age group title.

A New England tradition, the Falmouth race is sponsored by Harvard Pilgrim Health Care, the largest non-profit health care organization in New England. The scenic race winds along the shore and past a lighthouse, finishing at the beach in Falmouth Heights. □

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- 350 Compete in West Regionals in Los Gatos, Calif.
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**MOTOROLA**



**NIKE WORLD MASTERS GAMES**

There were many reasons not to attend the Nike World Masters Games. The entry fee of \$200 was huge, and the competition schedule was another unnecessary money vacuum. Common doubles, such as the 200/400, 800/1500, and short/long hurdles all required one week-plus stays in Eugene, Ore. Had the anticipated 4500 athletes appeared, the schedule might have been unavoidable. Unfortunately, as entries materialized against repeated entry deadline extensions, no provision was made for compression of the schedule. Many events, set for finals after two qualifying rounds, required only finals.

There were those among us who elected not to participate in order to send a message of objection to the entry fee. While the fee was unprecedented in masters track, so was the involvement of major corporate sponsors and national publicity for a masters meet. For those who could and chose to participate, the experience was as rich as the entry fee.

The staff of Northwest Event Management, officials, and volunteers (who seemed to outnumber competitors) were well-organized and responsive. Events went off at the time scheduled. While competition was, in most events, thinner than at the USATF Nationals in Maine, we enjoyed the privilege of mingling with and competing against our international athletic comrades.

Perhaps, as a group, we are not willing to support such an undertaking. Nike was. Hopefully, this was a

good start, but if the Nike World Masters Games marks the only time I have an opportunity to compete in such a generously supported international meet, I will always remember the experience fondly and with thanks to those people and businesses which made it possible.

*Douglas G. Schneebeck  
Albuquerque, New Mexico*

Those who did not come to the Nike World Masters Games missed a memorable experience. As usual, Eugene did it again. Meet Directors Tom Jordan and Barbara Kousky are to be congratulated on doing a fine job.

The officials were friendly and accommodating. Check-in and declaration were easy, even for those who were unfamiliar with procedures. This meet was for the athlete at all times.

The only improvement could have been more attendance by athletes. Many stayed away because of the \$200 entry fee. A mistake, as we feel the return was worth more than what we paid. There were many extras: a competent medical staff to take care of injuries and sore muscles, free massages, a Nike sports bag, unlimited events, free transportation, T-shirt, water bottle, results (minutes after the event), banquet dinner, and the most expensive, beautiful medals we have ever received.

And the friendship and camaraderie were priceless.

*Chuck Sochor  
Lincoln Lake, Michigan  
Earl Fee*

*Mississauga, Ontario, Canada*

Masters t&f athletes are well-known for helping and rooting for one another, but that was never better demonstrated than at the Nike World Masters Games in Eugene, Ore., where I was involved in two typical examples of masters friendship and one not-so-typical.

While competing in the pentathlon, I fouled my first two javelin throws and was in danger of blowing the whole event. With cheers from all my competitors, I managed a decent throw in my final attempt. That was followed by handshakes from all, including the eventual Russian winner, who spoke no English but was obviously fully aware of the situation.

Two days later, while I was warming up for the high jump, an announcement was made over the P.A. system, asking if anyone could lend a size-13 HJ shoe to a competitor (in a different age group from mine), who was also warming up and had torn the heel from his shoe. Since we were competing in back-to-back pits, I found him easily and offered to share my shoe with Bill Abbott. After discussion with both sets of competitors and officials, it was agreed that we would pass the shoe back and forth with some accommodation in jumping sequence, if necessary, to allow both of us to compete.

The final example of one competitor helping another is in a different category. While dining with two of my competitors, Larry Armstrong and Luigi Schiavo, following the HJ competition, I found myself choking on some food. After struggling in vain for perhaps 10-15 seconds to clear my throat, I realized I was in trouble and signaled for help. Larry came to my aid, performing the Heimlich maneu-



AL SHEAHEN

Barbara Kousky, co-commissioner of athletics at the Nike World Masters Games, received plaudits for the "best-organized-meet ever."

ver, but didn't have much luck and called for help from others in the restaurant. Eventually, they were successful. A very frightening incident ended happily, as once again one competitor came to the aid of another.

Congratulations and thanks to the competitors for being dedicated athletes, great friends, and life savers.

*Philip M. Byrne  
Charleston, Massachusetts*

**ORONO NATIONALS**

I would like to take this opportunity to give kudos to Peter Taylor, the announcer at the National Masters Championships, Orono, Me. Peter had just the right kinds of information for each person, adding the perfect amount of spice to heighten the excitement of each event when announcing them over the PA. If he isn't already, he should be an integral part of all the national meets regardless of location. Peter, you're "DA BOMB."

*Harold Tolson  
San Diego, California*

As a very satisfied participant in the throwing events at the National Masters Championships in Orono,

Continued on page 5

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## Write On

Continued from page 4

Me., I wish to congratulate the organizers of the meet and especially the officials. They were both numerous and knowledgeable. Official Dick Moss typified the prevailing helpful attitude by going out of his way to facilitate my paper requirements.

It was obvious that effort had been made to meet the comfort needs of the athletes. Thanks also to all of the hard-working volunteers from Orono.

*Arnie Gaynor  
Orange, California*

### ALAN BEARDALL

Unfortunately, Alan Beardall, listed as entering a new age group in the September issue, died Dec. 1, 1988 in England, when a truck plowed head-on into his car, killing his wife as well.

Alan, a pioneer in the field of clinical kinesiology, is best known in Northern California, where he grew up in Santa Rosa, as the winner of the 1963 Dipsea Race. The Race's Family Trophy was renamed for him in 1989, and its first winners were Alan's son, Tim, and brother, Darryl, who, at age 61, by the way, has apparently run more miles (at least 250,000) and won more races outright (over 300) than anyone in the U.S.

*Barry Spitz  
San Anselmo, California*

### ASSOCIATION UNITY

I have read with great interest the report on the joint meeting of representatives from WAVA, International Masters Games Association (IMGA), National Senior Games (NSG), USATF and IAAF on Aug. 7, 1998 (A Historical Meeting Convened in Portland, Sept. NMN). The meeting was organized and hosted by Ken Weinbel, USATF National Masters T&F Committee Chairman.

It is high time these disparate masters associations joined hands to discuss matters of common interest and work on coordinating their respective programs. Of priority is the scheduling of dates as well as location of national and international events. Master athletes have to pay their own way and have limited resources and times available for competition. This year the Nike World Masters Games took place the same month as USATF Masters Nationals - 3000 miles apart. Most athletes were forced to elect one or the other, with the result that both events suffered.

A world event can conceivably also incorporate the national championships of the host nation in certain sports. When the 1989 USA National Masters Championships were held in San Diego the week prior to the WAVA championships in Eugene, Ore., we enjoyed an entry of 1500 athletes, which included some 500 foreign masters bound for Eugene. The only additional expense was the medals awarded to the foreign athletes. The infusion of foreign athletes elevated the level of

competition as well as enthusiasm at the meet.

The same situation occurred in 1975 when we held the AAU Masters Nationals in White Plains, N.Y., one week prior to the first World Masters t&f competition in Toronto. Such synergies can only take place when two or more athletic associations coordinate their competitions to complement one another.

The preeminence of WAVA as arbiter of masters athletes should be manifest. WAVA has spent nearly 25 years in association with masters governing bodies to develop and refine the rules of masters athletics, establishing that both male and female masters are capable of creditably performing all athletics disciplines.

WAVA is also capable of providing insight and guidance to such fledgling organizations as the National Senior Games, a.k.a. Senior Olympics. The Senior Olympics, although nationwide in scope, has had a provincial attitude, generally catering to the less qualified athlete, and, in many instances, failing to excite participation by many of the better masters athletes. A major event does not induce beginner participation by watering down the challenge level of the events offered.

I am informed that the Nike meet in Eugene was well conducted by Barbara Kousky and Tom Jordan, as it should have been, since both have close ties to WAVA. The Eugene athletics community enjoys a fine reputation for its promotion of excellent track and field events. This was essentially a WAVA production.

In order to make an affiliation work, it will be necessary for the participating organizations to form an "Olympic" type umbrella organization coupled with oversight authority, which means participating associations would have to subordinate their individual goals. Considering the number of sports involved, this may be difficult to achieve.

I have always viewed the world games multi-sport concept as the best vehicle for masters sports in that a large number of participants - note the success of the Brisbane Games with 24,000 participants - can appeal to sponsoring governmental entities willing to organize and fund such an event as a major tourist attraction. Further, international commercial sponsors can also be brought into the fold; whereas the individual sports federations lack sufficient clout.

It was on this basis that I, in cooper-

### CLUBS UPDATE

We will be publishing an update of the clubs listing in the November issue. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene, OR 97405 by Oct. 10.

ation with Bob Fine, proposed in 1988 that WAVA consider getting into the multi-sport business. Our entreaties, unfortunately, fell on deaf ears at that time. As a result, IMGA has carried the ball through four international games with varying degrees of success, and will, I am sure, strike gold in Melbourne in 2002, provided its organizers can profit from Portland's mistakes.

*David Pain  
San Diego, California*

### KUDOS TO OFFICIALS

Over the past several weeks, I've been privileged to participate in several meets here in the West: the Hayward Classic, Western Regionals, Nike World Masters Games, National Weight & Superweight Championships, and National Weight Pentathlon.

I cannot say enough positive things

about how well these meets were organized by the directors and how efficiently and professionally they were executed by the officials judging the events. In all these events I was particularly impressed by the field event judges. Their attitude, flexibility, and attention to detail were outstanding and very much appreciated by me and I'm sure by the other field event folks, both national and foreign.

To Ruth BreMiller, Frank Lulich, Robin Paulsin, Doug Single, Ken Weinbel, and Lloyd Higgins and all their officials, I must say thank you for a job very well done!

*Jim Hart  
Walnut Creek, California*

### FIVE YEARS AGO October, 1993

- Record 12,102 Athletes Enter 10th WAVA Championships in Miyazaki, Japan
- Decathlon/Heptathlon Championships Draw Record 65 Athletes to Columbus, Ohio
- Ric Sayre, 40, and Nancy Grayson, 43, Win in Parkersburg Half-Marathon

### Sri Chinmoy Meet Cancelled Please Note:

The Sri Chinmoy T&F Meet scheduled for Sunday, October 25 in Long Beach, CA, has been CANCELLED.

## Master The Board

for more information  
contact lisa fronti  
(610) 967-8896  
Fax #: (610) 967-8883

### CLASSIFIED

#### RACES

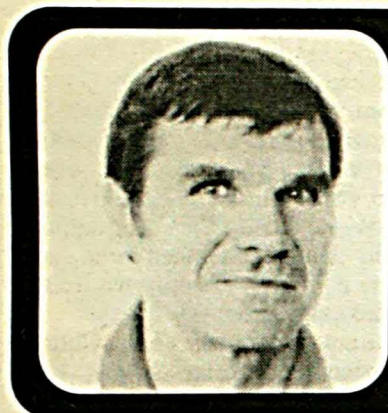
**OCTOBER 25 - The Rib Run Marathon & Half-Marathon, Kansas City, MO.** Contact: Karen Raymer, P.O. Box 1216, Raymore, MO 64083. (816)331-4286.

**NOVEMBER 8 - Columbus Marathon & Marathon Relay, Columbus, OH.** Contact: Joan Riegel, P.O. Box 26806, Columbus, OH 43226. (614)433-0395.  
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## Third Wind

by MIKE TYMN

### The Lessons of Running

**H**aving completed the transition from competitor to fitness runner or simply jogger, I recently looked back on the many years of competition and asked myself what I learned from the experience. The lessons were many.

To begin with, I learned that I could run faster and longer than I had ever imagined during the first 35 years of my life. But then, upon accomplishing what I had never imagined, I learned that I could never live up to my new expectations.

I learned that I could work a lot harder than I had ever realized possible, but then I learned that I could work too hard and go in reverse.

I learned that one can get very fit from a lot of running, but I also learned that one can become disabled from too much running.

I learned that you can go out too fast and "die" and that you can go out too slow and never catch up.

#### Slow vs. Fast

I learned that long, slow mileage in training can mean big gains, but that short, fast mileage is just as important.

I learned that winning can be fun

and fulfilling, but I also learned that winning can bring unwanted pressures and harmful stress.

I learned that a low place with a good time can be more satisfying than a high place with a not-so-good time.

I learned that a good loser is better than a poor winner.

I learned that running can result in many friendships, but I also learned that it can hurt close relationships by taking away quality time with loved ones.

I learned that too much success can result in false pride, but I also learned that running can bring an abundance of humility.

I learned that excess weight can significantly slow you down, but too little

weight can leave you weak and depleted.

I learned that other activities, such as weight training and biking, can help your running, but I also learned that if you do too much of those activities it can hurt your running.

I learned that stretching is important if one is to maintain flexibility and stride length, but I also learned that too much stretching can make you too supple and take the "snap" out of your running.

I learned that a lot of variety helps maintain motivation, but I also learned that too much variety causes one to stray from the disciplined path.

I learned that rest is important, but I also learned that too much rest can set you back.

#### So What?

I learned that the people I tried to impress most could not have cared less.

I learned that proper hydration is essential, but I also learned that too much hydration can result in restless nights and lack of sleep.

I learned that your fiercest rivals can be your best friends.

I learned that best tasting foods can hurt your running and that the worst-tasting foods can help it.

I learned that you can get faster with experience, but I also learned that you can get slower with age.

I learned that running can be a positive addiction, but it can also be a negative addiction.

I learned that the biggest material prizes can come from the smallest accomplishments and that the smallest material prizes can come from the biggest accomplishments.

#### Something For Nothing

I learned that the most treasured rewards come from within and cost nothing.

I learned that the most expensive shoes are the ones with the best support, but I also learned that I ran fastest with the least expensive shoes and little support.

I learned that I did my best when I started a race with a somewhat pessimistic attitude and did my worst with an overly optimistic attitude.

I learned that popular races can be the least enjoyable and the unpopular ones the most enjoyable.

I learned that going short can be much more difficult than going long.

I learned that the faster runners offer some of the worst tips and that the slower runners offer some of the best tips.

I learned that the "best" courses in our so-called tough sport are the easy ones, while the "worst" courses are the tough ones.

#### Speedy Wimp

I learned that if you're muscular and macho you're not going to run very fast, and I learned that if you want to run fast enough to be called an athlete you have to be something of a wimp.

I learned that when I had a lot of spare time, such as on weekends or vacations, I found it difficult to get to my training, but when I had little time, such as on workdays, I did my best training.

I learned that if you want your heart to really put out in a race you should have a slow pulse.

I learned that if you have too many fast twitch fibers you'll be slow in the long run and if you have a lot of slow-twitch fibers you'll be fast in the long run.

I learned that there are a lot of contradictions in running and that the key is balance mixed with just the right amounts of patience, persistence, and perseverance. Isn't that the way it is in the rest of life? □

## INDY LIFE CIRCUIT

### Men After Four Races

1) Craig Young	42	Co. Springs, CO	75
2) Peter Koech	40	Albuquerque, NM	60
3) Steve Plasencia	41	Shoreview, MN	55
4) Charlie Gray	44	Lee's Summit, MO	43
5) Antoni Niemczak	42	Albuquerque, NM	24
6) Gary Romesser	47	Indianapolis, IN	23
7) Kenneth Wilson	43	Albuquerque, NM	20
8) Budd Coates	41	Emmaus, PA	17
9) Lloyd Stephenson	43	San Francisco, CA	12
10) David Walters	42	Lyle, IL	8
Steve Scott	42	Carlsbad, CA	8
Alan Vanmeter	41	Southfield, MI	8

### Age-Graded Standings:

1) Warren Utes	78	Park Forest, IL	279
2) Craig Young	42	Co. Springs, CO	275
3) Fay Bradley	60	Washington, DC	236
4) Gary Romesser	47	Indianapolis, IN	231
5) Charlie Gray	44	Lee's Summit, MO	223
6) Jack Nelson	58	Winnetka, IL	222
7) Peter Koech	40	Albuquerque, NM	199
8) Paul Heitzman	67	Eudora, KS	195
9) Steve Plasencia	41	Shoreview, MN	189
10) Jan Frisby	54	Grand Junction, CO	174
11) Sonny Monioz	62	El Segundo, CA	164
12) Dick Wilson	66	Lawrence, KS	148
13) Kenneth Wilson	43	Albuquerque, NM	146
14) Bobby Kincaid	61	Farley, MO	134
15) Budd Coates	41	Emmaus, PA	127
16) Lloyd Stephenson	43	San Francisco, CA	124
17) Ken Sparks	53	Chagrin Falls, OH	114
18) Bruce Katter	63	Edmonds, WA	110
19) Antoni Niemczak	42	Albuquerque, NM	108
20) Patrick Devine	67	RPVerdes, CA	106
21) Gary Tuttle	50	Ventura, CA	100

(Compiled by Road Running Information Center)

## INDY LIFE CIRCUIT

### Women After Four Races

1) Ruth Wysocki	41	Canyon Lake, CA	58
2) Jeanne Lasee-Johnson	41	Chula Vista, CA	50
3) Regina Joyce	41	Lynnwood, WA	48
4) Patty Valadka	40	Houston, TX	45
5) Jane Welzel	43	Ft. Collins, CO	36
6) Diana Fitzpatrick	40	Larkspur, CA	30
7) Suzi Morris	40	Encinitas, CA	21
8) Victoria Crisp	46	Nashville, TN	19
9) Lesley Chaplin	40	Mt. Park, GA	18
10) Joan Samuelson	41	Freeport, ME	15

### Age-Graded Standings:

1) June Machala	67	Spokane, WA	269
2) Joan Ottaway	54	Sonora, CA	255
3) Ruth Wysocki	41	Canyon Lake, CA	246
4) Jeanne Lasee-Johnson	41	Chula Vista, CA	230
5) Regina Joyce	41	Lynnwood, WA	207
6) Lesley Chaplin	40	Mt. Park, GA	199
7) Victoria Crisp	46	Nashville, TN	195
8) Gloria Jansen	51	Edina, MN	172
9) Ellen Nitz	58	Milford, MI	161
10) Linda Frisby	51	Grand Junction, CO	147
11) Suzi Morris	40	Encinitas, CA	146
12) Jane Welzel	43	Ft. Collins, CO	144
13) Patty Valadka	40	Houston, TX	141
14) Kimberlee Campo	42	San Diego, CA	126
15) Ruth Vomund	40	Ventura, CA	125
16) Diana Fitzpatrick	40	Larkspur, CA	120
17) Marilyn Grissom	56	Greenwood, IN	106
18) Marge Ferris	67	Indianapolis, IN	96
19) Kathy Ward	43	Sacramento, CA	81
20) Cindy Keeler	40	Lake Worth, FL	73

(Compiled by Road Running Information Center)

## Crim Road Race

Continued from page 1

crossing the finish in 58:24. Cindy Keeler, 40, Lake Worth, Fla., 59:12, and Jeanne Lasee-Johnson, 41, Chula Vista, Calif., 59:30, also came in under the one hour mark to place third and fourth, respectively, in the Indy Life race.

In addition to Wysocki's record, several other U.S. age group records fell, despite the balmy temperatures. New York City's Rae Baymiller, 55, returned to top masters competition with a bang, shattering the W55 five-year age group record with an impressive 1:02:39 (93.5% on the age-graded tables). The record had stood for more than 10 years. Both Wysocki and Welzel had times that age graded over 90% (world class), and Welzel also made her mark in the record books, setting a single-age record. Not to be outdone, 67-year-old June Machala, Spokane, Wash., maintained her lead in the Indy Life age-graded competition and set a U.S. single-age record (1:18:29).

Two men age-graded over 90% -

Young, in his quest for the American masters record, and 78-year-old Warren Utes, Park Forest, Ill., whose 1:11:39 (93.6%) was good for another U.S. single-age record. Utes holds a four-point lead over Young in the Indy Life age-graded standings, 279 points to 275. It was the second consecutive Indy Life age-graded win for Utes.

The competition in the M65 division featured Kansas age-group standouts Paul Heitzman, 67, and Dick Wilson, 66, with Wilson finishing in front of Heitzman, 1:05:44 to 1:06:52.

Other top masters performances at the Crim included M55 winner Jack Nelson, 58, Winnetka, Ill., 59:09; M60 winner Fay Bradley, 60, Washington, D.C., 1:01:46; M70 winner Jim Forshee, 72, Ann Arbor, Mich., 1:09:10; W45 winner Victoria Crisp, 46, Nashville, Tenn., 1:03:55; and W50 winner Joan Ottaway, 54, Sonora, Calif. 1:05:27.

The Crim 10 Mile set a record for entrants (6070) and finishers (5414), and featured a masters purse of \$15,600. □

# PROFILE

## Keith Anderson

by RON MARINUCCI

**F**orty-one year old Keith Anderson proved to be almost as good a weatherman as he is a runner. The day before the Crim Road Race 10 Mile in Flint, Mich., Anderson said, "I think it's going to be too humid; but if it's not, I'd like a go at it." What he was going at was John Campbell's nine-year-old masters world record for ten miles (47:55), set here at the Crim.

Humid it was for the Saturday morning race. At 8 a.m., start time for the record 6072 runners, the humidity read 90%. During the race, it crept a bit higher.

While the humidity kept most runners' times slower, it didn't prevent Anderson from winning the masters crown, his second consecutive Crim title. It also gave him another win on the Indy Life Circuit. "Winning the masters, that's most important," said Anderson.

Although Anderson missed Campbell's mark, his 49:44, good for 15th overall, was 48 seconds better than runner-up Craig Young. Because he is a British citizen, Anderson could not claim the USATF 10-mile championship, which went to Coloradan Young.

### Tearing Up the Road

Since turning 40 in 1997, Anderson has been tearing up the American roads. Besides Crim, among his wins this year are the Carlsbad 5000 and Azalea Trail 10K, which came on a weekend double. The week before the Crim, he finished second at the Falmouth Road Race on Cape Cod. Last September, he posted a masters world road best for 20K at New Haven (1:01:37). He was also the second masters finisher at the '98 Boston



VICTOR SAILER/PHOTO RUN  
Rae Baymiller, 55, NYC, ran the best age-graded performance (93.5%) with a U.S. W55 record 62:39, Indy Life Circuit/Crim 10 Mile, Flint, Mich., Aug. 22.

Marathon (2:17:08), of which he said, "It didn't go particularly well. I ran too many races before... I can prepare for a marathon better than I did then."

And prepare he has. The British Commonwealth Games are on tap for Anderson. Running in the marathon, he will be the oldest athlete to compete at the games since the 1950s.

But his story, he admits, "is not typical." A chef by trade, ten years ago he was overweight, smoking a pack of cigarettes a day, and doing some drinking, too. After meeting his future wife, he had what he called "an early midlife crisis," thinking, "there's more to life" than what he was then doing.

He quit smoking, which he had started at 14 years old. "That was difficult short-term, but not that hard to give up. Eating and drinking were harder. I still like a good glass of wine or beer."

### Stumbling Along

"I began jogging or," he chuckled, "stumbling a half-mile a day, off roads, on trails." As he continued, "I discovered I had this very competitive nature. Even though it hurt, I felt I had to run faster than the last time."

That competitive nature led him to "fell running." Fell running is common in his native northern England. It consists of running "fells" or hills. It can vary, he said, "from twelve minutes straight up-and-down to a three-hour horseshoe run."

"My first fell run, I was terrified. But I finished in a good position, exhausted, but exhilarated. It, the competitive bug, really kicked in. Three years later I managed not to get lost, stayed on my feet, and became the British (fell) champ."

He decided to move on to cross-country, where he placed fourth in the nationals, out of 5000 runners. Road races, mostly 5Ks, followed.

In a bit of an understatement, he explained, "I realized it was something I was good at. I surprised my wife. I went from a slob who smoked and drank, to someone who looked almost anorexic." He still weighs only 142 pounds. That's about ten "stone."

A few sponsors, including adidas, allowed him to begin training full-time. He shook his head as he remembered. "A full-time athlete. I wouldn't have believed it five years ago, certainly not ten years ago when I was opening my next half bottle of wine."



VICTOR SAILER/PHOTO RUN  
Keith Anderson, Great Britain, defended his title in the Crim 10 Mile with a 49:45.

He thanked his wife. "I'm lucky to have my wife, who let me train...not wonder if I could have been really good."

### A Foreign Curiosity

Anderson has trained in Kenya, with the Kenyans, twice. "Villagers all came out to see me, like Livingston or somebody." The villages had no electricity or running water. "These people had never seen a white man. Thirty kids would chase me on long runs. They'd touch me to see if it rubbed off." But they were all friendly, especially the world-class Kenyan runners. He expanded on that: "The world over, I've yet to come upon a nasty runner." Later he quipped, "I'm sure they exist. I just haven't met them."

Early on, he overtrained. "I nearly gave it up. I got ill... I pushed too hard, trying to get better, to prove something. I said, 'I've got to change.' I found a sports scientist to help train me."

He learned how to train, using a treadmill and a heart monitor. He learned "to balance hard work, which I can control, and relaxation." Again he credited Kenyans, this time not for their terrific work ethic, but for knowing how to relax. "They can sit on rocks at the side of the road, do nothing but sit and watch the world go by, or read a paper, and not move for two or three hours."

Anderson encourages older athletes, his success giving testament to his words. "Reach your potential. People say, 'You're forty or fifty or sixty. You're too old.' Rubbish!" he said. "Make realistic goals. Look at them more carefully. Plan." He cited weight training and stretching as ways "to improve a little bit."

### Take A Break

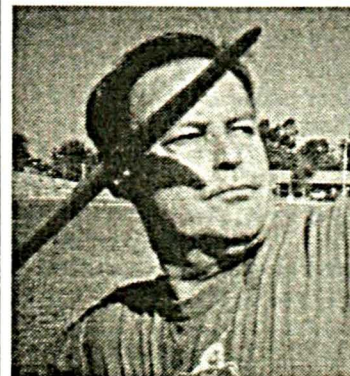
But he also preached patience and rest. Using his own training as an example, he pointed to his 110-120 mile weeks, with a tempo run for lactate threshold ("where you get the most improvement") and a long run ("fairly tough in itself"). "I try to work in interval work, two sessions, 10 x 1000 meters or 10 x a mile." He'll do that for two weeks. "Then the third week is an easy week, maybe sixty miles. If you try to go five or six weeks without an easy week, I think that's when you go off the edge."

After the Crim, Anderson returned to England for a bit of time with his family. But it was only a short break. Then he was off to Malaysia for the Commonwealth Games □

## TEN YEARS AGO October, 1988

- Bill Rodgers (M40, 49:14) and Laurie Binder (W40, 57:11) Set U.S. Records in Crim 10 Mile
- Larry Olsen, M40, and Barbara Filutze, W40, Win National Masters 10K
- North American Meet Lures 302 to Toronto

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Pagliano's Podiatric Pointers

## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

Dr. Pagliano's column will resume next month.

## Nike World Games

Continued from page 1

Portland through sporting events.

Most of the events were held in Portland, with the T&F competition at Hayward Field in Eugene.

### Best Meet Ever

The Eugene meet was arguably the best-organized masters T&F meet ever held. Led by experienced masters meet directors Tom Jordan and Barbara Kousky, the meet was virtually flawless. Athletes could read their times on the scoreboard within seconds after they crossed the finish line. The event ran on schedule. The paper flow was superb. The awards ceremonies went smoothly. The medals were beautiful — the biggest ever seen at a masters meet.

There were no lap-counting errors. At the Friday night barbecue, the food and the camaraderie were plentiful. The free shuttle bus system was frequent and on time, the only downside being that fewer athletes rode the buses due to the less-than-expected entries.

All three local television stations had film at 6 and 11. The *Eugene Register-Guard* ran daily stories and results. The officials were outstanding, courteous, professional, and numerous. The dormitory accommodations were excellent and the cafeteria food was above average. Numerous volunteers helped out.

"I'd never heard of this place," said Dace Brakanska, W40, of Latvia. "Now I know it's the best place for track and field in America."

"If this event had been anywhere else, I probably would not have gone," said Terry Pliner, M60, of Green Bay, Wisc. "Whether you're an open athlete or master, this is the ultimate place to compete."

Of the 1403 T&F entries from 51 countries, 891 (63%) were from the USA.

Track and field competition was held in 5-year age groups for men and women, beginning at age 30. Medals were awarded to the first three placers in each event.

### Oldest Athlete Ever

For the first time ever in masters competition, an athlete over age 100 showed up. Ben Levinson 103, of Los Angeles, delighted the crowd and audiences with some clever quips and

a shot put of 10 feet, 1¼ inches, which automatically became a new world record for age 100+. He became an instant celebrity. Two nights later on the Jay Leno Tonight Show on NBC, he reportedly improved his throw by two feet.

Making their masters track & field debuts were former Olympians Ron Laird, Dick Fosbury, Lee Evans and Joan Benoit-Samuels.

In many events, the competition was at a world-class level. Eleven world and 13 U.S. records were established in the 12-day festival (see separate competition story on page 9).

### Games Nearly Cancelled

With about 10,000 family members and friends included, the Games had an economic impact on the state of Oregon of about \$21 million, according to standard economic estimates.

And yet the *Portland Oregonian* headlined: "Athletes and Sponsors Disappointed in Games; Nike Gets Blame for Event Failure."

The paper reported the Games will finish with an operating loss of \$500,000.

"Although disappointing," the story said, "the shortfall is a relatively modest sum for an organization that, for months, danced on the edge of a financial precipice."

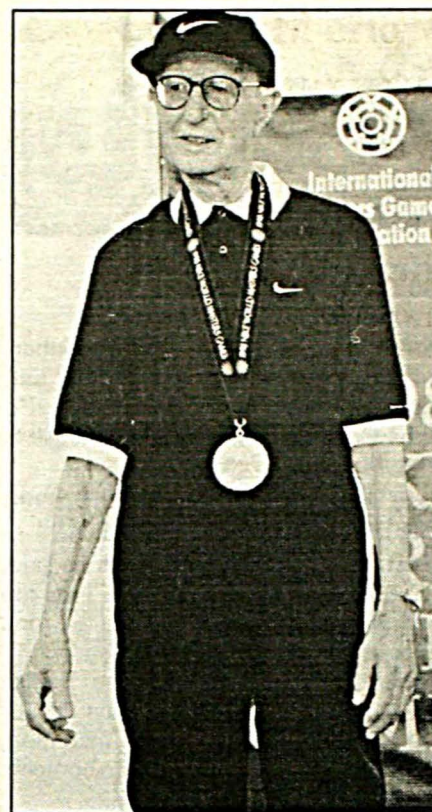
"The low point came in March when, according to three World Masters Games Board members, the event's primary lender, U.S. Bancorp, demanded the organization repay its three-months' overdue loan, reportedly between \$800,000 and \$1 million. The bank could have pulled the plug, but . . . was persuaded by financial heavy-hitters to ease off."

Organizers plan to narrow the budget deficit by selling office furniture and other assets as well as laying off most Games staffers early.

"A \$500,000 loss is nothing for an event of this size," said Kousky. "Portland made some wrong assumptions and costly mistakes, but they were still able to pull it off. No one else could have gotten all the sponsors they did."

### \$5 Million in Sponsorships

Indeed, the Games attracted 18 "world sponsors." Of the total budget of \$12 million, sponsors' cash contributions approached \$5 million, not far



SUZY HESS

Ben Levinson, 103, of California, the oldest athlete ever to record a world age-group record, with a 10-1¼ shot put, Nike World Masters Games, Eugene, Ore.

off the budgeted amount.

In a way, it was an amazing breakthrough. Never before had that much corporate sponsorship been drawn to an event with "masters" in its title.

The National Senior Sports Classic, using the magic name "Senior Olympics," has been successful in attracting corporate sponsorship, but many marketing people have long felt that the term "masters" was unsellable.

The Portland event proved that selling "masters" may be difficult, but not impossible.

### \$200 Entry Fee

Almost everyone agreed the fall-off of projected entries was due to the high entry fee of \$200 per athlete.

"You don't see very many people from the ghetto here, do you?" asked Hylke van der Wal, M60, of Canada.

"The biggest reason for the lack of participants is the entry fee," said Martha Mendenhall, W35, of Tacoma.

Doug Single, the Games' Chief Executive Officer, admitted the fee was too high in some sports, but "nobody cared in badminton."

"The experience was as rich as the entry fee," said Doug Schneebeck of Albuquerque, N.M.

"The return was worth more than what we paid," agreed Chuck Sochor of Lincoln Lake, Mich.

(See comparative sidebar.)

The well-attended clinics at Hayward Field were held by Payton Jordan (sprints), John Thomas and Dick Fosbury (high jump), Ron Laird and Yue Ling Chen (racewalking), Mac Wilkins (discus), Joan Benoit-Samuels (distance), Willie Davenport (hurdles), and Tom Petranoff (javelin).

National TV sports network ESPN ran two-and-a-half hours of the Games, featuring many of the 25 sports, including track and field.

## Was \$200 Entry Fee Justified?

Was the \$200 entry fee at the Nike Masters Games justifiable?

"Yes, definitely, when compared with the entry costs of a WAVA Championship," said Barbara Kousky and Tom Jordan, co-commissioners of the track and field competition at the Games.

Replying to criticism of the fee, they said:

"Let's take a real person as an example in the World Masters Games. This person entered a total of six events (he could have entered even more for his \$200). Those six events at the WAVA Championships in Gateshead next year will cost him 80 pounds, or \$130.88 (\$1.630 exchange rate). In addition, if he wants to attend the athletes' party, it will cost \$37.62. A program will cost \$8.18, a results booklet will cost \$16.36, for a total of \$193.04. (All of these items were included in the \$200 NWMG fee.)

"And this \$193.04 WAVA cost does not include the other items which were included in the NWMG \$200 fee, such as free massage, chiropractic, sports bag, t-shirt, unlimited fresh fruit daily, and technique clinics, among others. The clinics alone, featuring Mac Wilkins, Willie Davenport, Joan Benoit-Samuels, Dick Fosbury, et al, were worth the price of admission. The medals awarded were literally of Olympic quality.

"The difference, of course, is that athletes can choose not to buy the additional items at a WAVA Championships. For an athlete interested in only one event, and not interested in the normal extras athletes tend to purchase, it proved too expensive. And these folks by and large did not enter. But for a large majority of those who did enter, the cost was not out of line." □

Single said Games' organizers underestimated the money and marketing needed for a 25,000-person event, and he was disappointed that city and state governments didn't contribute more money.

He said organizers learned the Masters Games are an event for 10,000 to 15,000 people. (The first Games in Toronto in 1985 drew 4000; 8000 came to Denmark in 1989; and 24,000 attended the Brisbane Games in 1994.)

In 2002, the Masters Games will return to Australia — to Melbourne, site of the successful WAVA World Veterans Championships in 1987.

— Al Sheahan



# 11 World Records Set in World Masters Games

When track & field fans hear "Hayward Field," they envision an eight-lane oval swarming with world-class runners, forgetting that it may be one of the best venues for field events in the country, especially for throwers. The shot put, javelin, and discus are held in the center of the infield, a rarity at most sites, and the hammer area is a few steps away from the track.

No surprise then that of the 11 world and 13 U.S. pending records broken or set, 21 were in the field events, and 14 of those were in the throws. Three bests were set in the 2000 steeplechase, a new event with the 30-inch barriers.

Shot put records by older athletes don't gather much media coverage, but the one by Ben Levinson, of California, received national notice and earned him a spot on The Tonight Show with Jay Leno. Levinson is 103 years old and the oldest individual ever to set a t&f world record, with a put of 10-1/4, which he reportedly surpassed before a national television audience on Leno's show after his performance at Hayward Field.

Other world record performers were also noteworthy for superior achievements. Canada's Debbie Brill, 45, upped the W45 world record of 5-3 for the high jump by over five inches to 5-8 3/4 which age grades to 100% and better than a 7-foot jump. Ed Lipscomb, 47, Oregon, increased the M45 pole vault world record from 15-7/4 to 16-0, an age-graded 100% and the equivalent of a vault in the 20-foot range. Dan Bulkley, 81, Oregon, ran a 97.2% 59.67 in the 300H, about eight seconds better than the M80 world record, and did a 92.1% 17.31 in the 80H for a U.S. record.

Mary Bowermaster, Ohio, absent from major competition for several years, returned with a flourish, scoring world W80 records in the high jump (2-11 1/4) and long jump (9-1 1/2) and U.S. records in the shot (22-6 1/4) and javelin (44-7). Lenore McDaniels, Virginia, continued to revise W70 records with three, finally overcoming the 6-10 1/4 barrier in the pole vault with a 7-0.

Ladislav Filip, Eugene, Ore., who had the good fortune of joining the M70 ranks on Aug. 8, two days before the meet started, broke U.S. records in the discus (149-6) and hammer (151-6) and totalled a pending world best 4666 in the weight pentathlon. Hammer thrower Marilyn Senz, W35, North Carolina, added some four feet to her pending mark of 153-10 made in the 1998 Nationals, Orono, Me., with a 157-7.

Times on the track may not have produced a host of records, but there were some exceptional marks. In the 100, every men's age-division race but one was won with an age-graded, world-class 90% or better. Payton Jordan, 81, California, topped all performances with an A-G 99.7% 14.60. Vladimir Vybostok, Slovakia, and Pete Crombie, Australia, waged eye-catching duels in the M50 100 and 200. Vybostok, 51, took the 100 (11.80, A-G 94.1%) from the 53-year-old Crombie (11.92, 94.4%) but was second (24.59, 91.3%)

to Crombie (23.93, 95.1%) in the 200.

Zdenka Musinska, 41, Czech Republic, won the 100 (12.28) and 200 (25.56) with 90% performances.

Earl Fee, Canada, competing at the top of his age-group at 69, topped all other age-graded performances in the 400 (61.62, 95.1%), 800 (2:19.48, 100%), and 1500 (5:05.35, 93.0%). Submaster Bill Bushnell, 33, California, broke the 4-minute barrier with a 3:59.38 in the 1500.

Robert McCusker, Connecticut, prevailed over a large M45 field of 23 in the 5000 with a 15:59.19. Joan Benoit-Samuelson, 41, Maine, winner of the first women's Olympic marathon in Los Angeles, won the 5000 in 71:03.34.

John Roberts, 40, Florida, winner (15.10, 91.6%), and Stacey Price, 44, New Mexico, second (15.16, 94.7%), staged one of the most thrilling finishes of the entire meet in the M40 110H. Heidi Sause, 44, Oregon, posted the women's top hurdles performance with an 88.4% 12.75 in the 80H.

High jumper James Barrineau, 43, Virginia, finished with a 96.6% 6-8.

The most exciting match-up in the throws came from Joe Keshmiri, 60, Nevada, and Peter Speckens, 63, Germany, in the M60 shot and discus. Keshmiri struggled in his first shot attempts until he finally hit the 50-11 mark to outdistance Speckens by 3/4 of an inch. Speckens, however, took some consolation with an A-G 100% to Keshmiri's 94.8%. In the discus, Keshmiri won by less than two feet, with a 184-6, but again, Speckens (182-11) took A-G honors, 93.6% to 88.3%.

Tom Petranoff, 40, Rhode Island, broke the M40 U.S. javelin record again but with a lesser mark (243-11) than his 249-2 at the Nationals in Orono. Gertraud Schonauer, 61, Austria, stretched the W60 javelin world record to 130-11, an age-graded 96.2%.

Throwers from the former Eastern Bloc countries dominated the men's hammer, exemplified by M45 winner Florian Kulczynski, 48, Poland, who heaved the 16-lb. implement to a 92.6% 192-11.

The highest scorers in the pentathlon were Michael Janusey, 40, Pennsylvania, 3586, and Kathy Jager, 55, Arizona, 3262. Speckens saved some energy after his battles with Keshmiri to score the best total (4893) in the weight pentathlon. Joan Stratton, 46, Arizona, was the highest scorer among the women (3766).

Rich Friedlander, 54, Missouri, 24:30.86, 88.0%, and Lorna Thompson, 71, Australia, 34:17.95, 84.9%, were the best performers in the 5000 racewalk on the track. Bohdan Bulakowski, 48, Poland, 48:27, 87.2%, and Kelly Murphey-Glenn, 37, Idaho, 53:38, 80.4%, were the standouts in the 10K racewalk.

Just as they did in the hammer, Eastern European men garnered gold medals and notice in the distance races. among them were Alexander Tsoukanov, 54, Russia, winner of the M50



**JERRY WOJCIK**  
Joe Greenberg, of California, hurled the javelin to a pending M45 world record 209-9, Nike World Masters Games, Eugene, Ore.



**SUZY HESS**  
Dan Bulkley, of Oregon, included U.S. M80 pending records in the 80H (17.20) and 2000SC (11:30.76) among his gold medal performances, Nike World Masters Games.

5000 (16:50.66), 8K cross-country (28:43), and 10K road race (35:33), and countryman Leonid Mosseev, 45, first in the M45 8K cross-country (26:59) and 10K road race (32:56). In the M55 20K race, Evqueni Kozlov, 59, Russia, posted an 89.3% 75:19, but had to settle for a silver medal behind Josef Podmolik, 55, Czech Republic, who ran

an 86.7% 74:52. In the women's distance races, Lai-Chu Winn Ng, 46, Hong Kong, was first in the 8K cross-country (31:32). Janet Jordan, 49, Oregon, led all age-graded performances in the 10K with an 84.1% 40:05. Barbara Brewer, 41, Great Britain, finished first in the 20K race with a 76:33. □ - Jerry Wojcik

## AGE GROUP RECORDS SET AT THE NIKE WORLD MASTERS GAMES EUGENE, OREGON; AUGUST 10-22

World Records					
Event	Age	New Mark	Name	Old Mark	Held By
300mH	M80	59.67	Dan Bulkley	68.0	Karl Trei
HJ	W45	1.75	Debbie Brill	1.60	Phil Raschker
HJ	W70	1.20	Leonore McDaniels	1.16	Gwen Davidson
HJ	W80	0.90	Mary Bowermaster	0.89	Sheila Evans
PV	M45	4.88	Ed Lipscomb	4.76	Jerry Cash
PV	W70	2.16	Leonore McDaniels	1.62	Johnnye Valien
LJ	W80	2.78	Mary Bowermaster	2.26	Ruth Frith
SP	M100	3.08	Ben Levinson	---	---
JT	M45	63.95	Joe Greenberg	63.40	Mauri Toivonen
JT	W60	39.90	Gertraud Schonauer	36.64	Birute Kalediene
WP	M70	4666	Ladislav Filip	---	---
World Bests					
2000mSC	W65	12:49.39	Hideko Koshikawa	(new event--30" barriers)	
U.S. Records					
100m	W70	16.15	Pat Peterson	16.2	Polly Clarke
80mH	M80	17.20	Dan Bulkley	17.31	Frank Finger
LJ	W70	3.41	Leonore McDaniels	3.28	Johnnye Valien
SP	W60	11.78	Joanne Grissom	10.21	Erika Messner
SP	W80	6.86	Mary Bowermaster	5.48	Edith Mendyka
DT	M70	45.59	Ladislav Filip	44.30	Ed Hooker
HT	M70	46.18	Ladislav Filip	46.00	Tom McDermott
HT	W35	48.05	Marilyn Senz	41.00	Sarah Boslaugh
HT	W40	41.97	Marci Mecklenberg	40.30	Joan Stratton
JT	M40	74.37	Tom Petranoff	60.98	Mike Brown
JT	M40	67.11	Jim Lothrop	60.98	Mike Brown
JT	W75	20.08	Adele McCormick	20.00	Edith Mendyka
JT	W80	13.59	Mary Bowermaster	12.34	Betty Jarvis
U.S. Bests					
2000mSC	M80	11:30.76	Dan Bulkley	(new event--30" barriers)	
2000mSC	W45	10:38.40	Ashley Summer	-	



# Masters Racewalking

by ELAINE WARD

## Orono – Four Perspectives

**L**ast month, Phil Howell's article reported on the National Masters Outdoor T&F Championships. This month features four competitors' experiences.

**Tish Roberts, W45.** (Two silver medals: 5K 27:26.07; 10K 57:37.03.)

This was the first time I have ever done a national event. I hadn't decided to do it until six weeks before the deadline. It was then that I started serious training. I had been training 3 to 4 days a week and shifted to 6 to 7 days a week. I also watched what I was eating and lost some pounds.

I guess I peaked at the right time. I made PRs at both races. In the 10K I took two minutes off my time; and in the 5K I took one minute off my time. After doing a good 5K on Friday, I thought that I wouldn't do anything in the 10K on Sunday, but everyone's enthusiasm, meeting people I had read about and putting faces with names, the beautiful weather and food – all played a part.

The Orono races showed me that it was in me to do well. One of the problems I have had is a lack of self-confidence. Jeanette Smith and Jackie Jessup Rietz are my competitors here in Indianapolis. I have always been behind them in races.

### Compete With Yourself

My friends have told me that I have myself beat at the start line. Then I started thinking about time. I would tell myself, "Don't worry about Jackie or Jeanette. Just worry about beating your time." When I started thinking about times and not thinking about beating Jackie or Jeanette, I started improving.

In Maine, I anticipated coming in fifth or sixth in my age group. You never know what your body is going to do when the starter says, "Go!"

Last spring I did the 20K in Yellow Springs. I had trained hard for it, doing 12-mile walks every week. When I got to the start line, I felt I was ready, but at 6K my body shut down. I couldn't move. I hit rock bottom.

In May, I entered the 15K Championship in Illinois and finished in 1:31. I was tickled to death. Now when I get to the start line, I just pray for a healthy and good race.

**Jane Dana, W75.** (Two golds: 5K 35:10.20; 10K 1:12:13.58.)

I think the early morning weather and the carnival-like, congenial atmosphere of the meet contributed to good racing in the 5K. I didn't push myself before the race, but just thought relaxing thoughts. The same thing was true for the 10K.

I also decided that I would concentrate very hard on my races. I had set goals of doing the 5K in as close to 35:00 as possible, and 10K in 1:12:00.

### Lack of Concentration

For all my trying, I still had two mental lapses during the 10K. One time I thought my competition was passing me, but, fortunately, when she passed, I noted she was in the W60 age

group. The second time, I missed checking my lap time. Having specific lap times helps me concentrate because I tend to get bored in a 10K. I lost a few seconds because of my lapse.

A 5K race is short enough that I just go all out. However, I always think about my technique. Having Margaret Walker in my age division was a big help. Also, when Tom Eastler announced that Miriam Gordon (W70) was on pace to set an American Record, I kept thinking, "I have to keep going. I am going to do it, too!"

**Jack Starr, M70.** (Gold: 5K 29:05.46; silver: 20K 2:12.35.)

First of all, I enjoyed the whole experience. I had never been to the University of Maine campus in the summertime. It's really idyllic. As for the races, they were very well organized and everybody seemed to do a really professional job. There was a very good race announcer. Every lap, he would mention you by name, which is very flattering and very personal. There was a good crowd, too. I was just smiling for the whole three days.

### In the Lead

The competition in my 5K heat wasn't too good. It should have been, because Bob Mimm was there and Bill Flick. But Bob was a little off and Bill, although he doesn't like to hide behind injuries, had some sort of injury. So I jumped out in front and led the whole way. I have just entered the M70 group and was in a race with older people.

Usually, I race with 60- and 55-year-olds. In those races I might lead my age group, but I was never out in front for a whole race. I really didn't know what to do. I kept thinking, "Where is Mimm? How far behind me is he?" I was certainly pleased to win, and even more pleased to set an M70 5K record, but, frankly, I hoped that I would walk a little faster.

When we got around to the 20K, Mimm showed me who was boss. He



JERRY WOJCIK  
Max Walker (716), third M50 (1:53:25), in the early stages of the 20K racewalk, with M65 winner, Max Green (1:52:43), followed by Jack Bray, second M65 (1:59:03) National Masters Championships, Orono, Me.

was very strong. He told me that he really didn't know what happened to him during the 5K, but he just didn't have a whole lot. In the 20K he had a whole lot, and I came in second. Bill was in the 20K but his plan was to survive. Bill is such a nice guy that if he beats you, you can still smile, congratulate him and mean it.

### Paddle Peril

Another great thing happened at Orono. Before both races, the head judge announced, "I have instructed my judges to use the paddle even though it isn't a requirement." I thought that was great. In fact, Ed Gawinski and many others felt the same. However, when I glanced at the DQ board after my third lap in the 20K I had two warnings. I hadn't received a paddle and was terrified as I had seven more laps to go. I don't think it kept me from beating Mimm, but I was stalking him the first three laps and promptly stopped stalking. Fortunately, I didn't get any more calls.

**Shirley Dockstader, W65.** (Gold: 5K 31:12.38; silver: 10K 1:04:45.93.)

I think Orono was an absolutely joyous experience. I have never enjoyed a Nationals as much, because I felt very relaxed. The people were wonderful. The setting was incomparably beautiful – the trees, the small town feeling, and the temperature. Then, of course, we had time to see some of Maine, which was a wonderful experience. The spirit was very, very positive and people were up. It just seemed as though we had more time to really get to know each other.

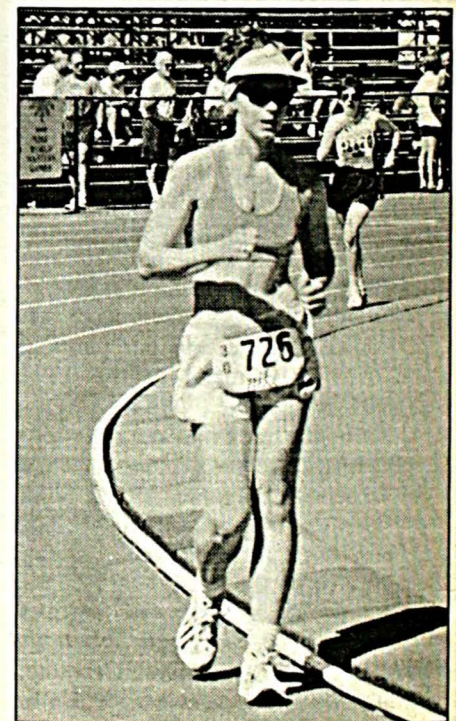
### Goodwill

I fell in love with June-Marie Provost, who is in my age group. We helped each other have really good races. I think this is the very special thing about masters racewalking. Everyone encourages everyone to do the very best they can. During the last half lap in the 5K, when I passed June-Marie, she said, "Go for it, Shirley." And I thought, "Isn't that a beautiful way to compete." And, of course, the 10K is her race, and I was just as happy for her when she got such a good time.

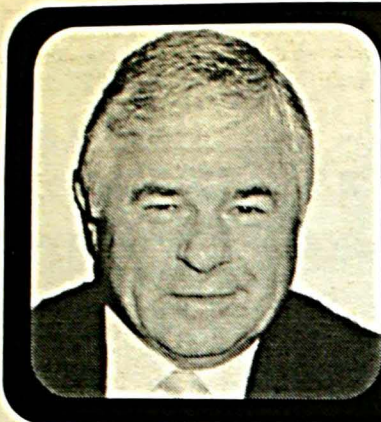
Right after the Nationals, I went to Mt. Shasta for six days of Qigong training. Qigong is the granddaddy of Tai chi. Its purpose is to strengthen the energy in the body. Qigong actually means cultivation of the Chi energy in the body.

Then, in a 5K judged race here in Marin, I knocked 40 seconds off my Orono time, and I know it was because of the Qigong. We were doing a form called wall squatting, where we line up with a wall, nose and forehead to the wall, toes as close as possible. Then you squat down and release your back. It has made my legs so much stronger. I don't know what else to credit for my much faster time.

I think the time I will spend doing Qigong training and working with the energy fields in my body will make the difference for me next year in Gateshead. Besides, Qigong makes it more fun to race. You don't have to work as hard. □



JERRY WOJCIK  
Kathy McCrary, of California, winner, W30 5000 racewalk (30:47.87), Nike World Masters Games, Eugene, Ore., Aug. 10-21.



## Track and Field Report

by **KEN WEINBEL**,  
Chairman, Masters T&F

### A Vision to Pursue

I trust you have read George Mathews' report, "A Historical Meeting Convened in Portland," printed in the September *National Masters News*. I perceived the importance of organizing a summit meeting of world leaders for master/senior athletics after experiencing conflicting national and international schedules and lack of communication and consideration for each other's priorities. A meeting of this magnitude was too long in waiting. There is so much to gain for our common programs and constituencies that it is hard to believe our predecessors had not orchestrated an amiable union of the world organizations prior to this date.

In one evening of open discussion, USATF Masters, Senior Games Association, WAVA and International Masters Games representatives created a feeling for and a desire to move forward in harmony, to create bigger and better programs for the senior/master-aged athletes of the world. All will benefit from the efforts, as was evidenced from the dialogue at the meeting and ensuing interaction following adjournment. The attendees agreed that this first summit should be followed by others, and that the harmonious atmosphere was a precursor to future interaction.

We have found our way through the forest, and the path is clear for traveling forward with our newfound friends and potential partners. I am directing my priorities to develop a working relationship/partnership between USATF Masters and the National Senior Games Association (NSGA). Early on, discussions between their responsible people and myself have been most satisfactory. Many of the past criticisms and differences of opinion have been attended to and are now non-issues. The NSGA has expressed dedication to having all athletics (track & field) comply with IAAF rules of competition as they apply to masters, and will be looking to USATF Masters for guidance and assistance.

David Pain, in his "Letter to the Editor" (this issue, p. 5), expressed an opinion that the National Senior Games, a.k.a. Senior Olympics, have had a provincial attitude, which generally caters to the less qualified athlete. This may have been the case in days gone by, but I can assure you it is not an attitude projected by the new administration of NSGA. We, USATF Masters and NSGA, share a vision to develop a Senior/Masters Olympics that will bring together the USA's finest athletes in an Olympic multi-sport format. As in all Olympics, track and field will be the natural focal highlight of the games. The finest track and field athletes will compete.

Pain reminds us that he and Bob Fine unsuccessfully proposed to



Medalists in the M55 division, National Masters Decathlon & Heptathlon Championships, Neosho, Mo., July 25-26 (l to r): Bill Angus, 55, silver; Emil Pawlik, 59, gold; and Tom Thorne, 55, bronze.

WAVA in 1988 that WAVA consider getting into the multi-sport business. Our present plan is for USATF Masters to join directly with NSGA, which has the demonstrated administrative ability in place to organize and finance national multi-sport events, to produce a model for the rest of the world to follow. It is important that USATF Masters carry the ball responsibly with positive support, as we develop an affiliation with the National Senior Games Association.

My vision has been to develop strong, active masters programs from association and regional levels to the national championships. We have the opportunity to take our program to another level, a true USA Olympics. Let us all work together to make it happen.

## National Decathlon/Heptathlon

Continued from page 1

Todd's first full decathlon since 1944 when he won a U.S. Olympic spot but was denied participation because of WWII. Bulkley managed three other meet records: 400 (87.5); 80H (18.8), and 1500 (7:42.4). Bulkley and Todd shared a meet record in the pole vault (5-7/4).

In the women's heptathlon, Leonore McDaniels, 70, Virginia Beach, Va., had a record rampage, setting meet bests in four of the seven events: high jump (3-11/4), shot put (22-3/4), 200 (37.8), and long jump (11-1). Karen Vaughn, of California, who was on a three-week driving vacation with her family, broke her meet record for the shot put (30-3/4).

Pawlik scored the meet's highest age-graded total of 7550, which is even more impressive because he is, at age 59, at the top of his group. Next year, at age 60, Emil's scores will be calculated with a higher set of age factors.

Close behind Pawlik was open athlete Jason Ramsey, 24, representing the U.S. Navy, who scored 7443 without age-factors. The open and high school divisions were not championships but were presented as a service to the track & field community for development purposes.

The international team challenge was interesting, not only from an athletic aspect, but even more for the cultural exchange and international contacts and friends that were made. The U.S. won

both the Polish and Canadian challenges, with Canada winning over Poland.

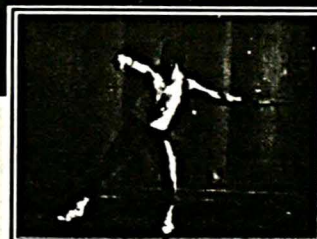
Scoring was calculated by adding the total points of predetermined team members matched as closely as possible in skill level within the age groups. So, if the Poles had a 45-year-old with approximately a 5000 point skill level, then one of the U.S. athletes in the 45-49 group with about the same skill level was matched up with him or her. The scores for all of the designated athletes are added together for a grand total for each country.

Meet organizer Rev. Tom Thorne, a long-time, multi-event participant and organizer, and unofficial chaplain, gave a short invocation Sunday morning at the starting line of the hurdles, with special remembrances of departed competitors, especially Leonard Wray, of Oklahoma, who passed away this year.

Rex Harvey, USATF National Masters Multi-Events Coordinator, commented that "this was another fine example of excellent work of Thorne, the Midwest Decathlon Club, and the Neosho community. The international challenge meet here two years ago put Neosho on the world's multi-event map, and this event extended that reputation. Neosho is getting known in some far-flung corners of the world as a friendly and caring place, and, like it or not, this world is getting smaller all the time." □

What's the point of training without a

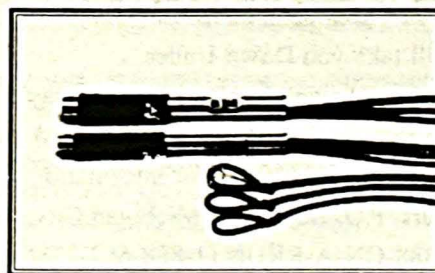
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## On The Run

by HAL HIGDON

### Training Tips – The Magic Taper

**W**hat do you do the final week before the marathon? Or before a road race at a shorter distance, or before a track meet, even before your favorite field event? How do you cut back on training? How much should you rest? What is the proper amount of taper?

David L. Costill, Ph.D., director of the human performance laboratory at Ball State University, believes runners often train too hard in the weeks immediately preceding a marathon. "They feel they need one last butt-busting workout and tear themselves down," says Dr. Costill. That's true regardless of your event, and regardless of your sport.

In research with swimmers, he noticed that they often set personal records by tapering as much as three to six weeks before an event. Yet Dr. Costill knew that runners rarely taper that much, even for marathons. He continued the experiment with runners, starting their taper three weeks before a 5K. During this period they ran only two miles daily, "just a warm-up." Two problems developed. Addicted to running and worried about losing conditioning, the runners showed increases in anxiety as measured by psychological tests. Also, in a preliminary 5K, they were so rested they went out too fast and faded at the end. But in a second trial, the runners relaxed and ran their fastest.

#### Take Heed

That's a message we all should heed, but the work ethic that pushes us to success often pushes us to train too hard at the end. There's also the fear of failure. If you taper for any length of time, it belies full commitment. The first-time marathoner, if well coached, faces few of these problems. If the goal is only to finish, that's relatively easy, given an

intelligent training plan. But the serious marathoner lays his personal status and security on the line when he seeks to improve.

Nevertheless, if you want to run well in the marathon, you need to change habits in three areas:

1. Cut total mileage. Many of us are slaves to our diaries. We find security in the consistency with which we run week after week, month after month. That's fine, but for the last weeks before the marathon, mileage doesn't count. More likely, it will hinder your performance. In the last three weeks before the marathon, run 75%, 50% and 25% of the mileage you ran the preceding three weeks.

2. Cut frequency. The simplest way to cut total mileage is to cut the number of times you train. If you follow a hard/easy pattern in training, simply eliminate the easy days. Instead of running an easy five-miler on your in-between days, don't run at all. Take a day off. By doing so, you'll allow your body to recover more fully from the hard workouts, and you won't lose any



AL SHEAHEN

Parade of athletes at the opening ceremonies at Hayward Field in Eugene at the Nike World Masters Games, Aug. 12.

conditioning.

3. Cut intensity (but not pace). Research at McMaster University suggests that you need to continue to train at or near your regular pace on those hard days. So keep the speed up, but stop short. In speed workouts, cut the number of repetitions. In the CARA marathon training class, the weekend long run goes from 20 to 12 to 8 miles three weeks before the marathon.

#### Be Careful

The result of this drop in mileage during the taper will be a concomitant drop in calories burned. Since there's a direct relationship between calories burned and calories consumed in maintaining proper weight, you may put on a few pounds if you're not careful. I don't necessarily recommend that you drastically cut calorie intake, but you need to at least watch your diet to avoid eating more calories than normal. Robert Eslick, a coach from Nashville, Tennessee, warns, "I tell my runners to watch their intake for the first three days of the marathon week to avoid

weight gain and then to eat a little more than their normal intake with the emphasis on carbohydrates the last three days."

#### Ease Off

Will this taper work for athletes who are not marathoners? Sure, the percentages in Item 1 above work even if your main event is 1500 meters, although you might not want to taper a full three weeks. Even shot putters need to cut back on their lifting and on their throwing five to ten days before The Big Event.

If you're a normal runner, you've become used to a regular training pattern; you're addicted. In some respects, cutting miles is like taking heroine away from an addict. But if you want to achieve peak performance, you need to know when and how to stop. □

(Hal Higdon is the Training Consultant for The La Salle Banks Chicago Marathon. This article is adapted from his book, *Marathon: The Ultimate Training & Racing Guide*, available at: [www.halhigdon.com](http://www.halhigdon.com).)

# Run New Zealand

Runner's World's Hal Higdon will take you Down Under:

Race the Mountain to Surf Marathon (downhill, also a 2 x 13 relay). Run through a redwood forest in Rotorua. Hike the Kepler Trek. A distance runner's dream vacation: March 6-21, 1999. For information, contact Rose at: Roadrunner Tours, P.O. Box 1034, Michigan City, IN 46360-1034. Call toll-free at 1-888-ON-A-RRUN (1-888-662-7786).

Visit Hal's Web site at: [www.halhigdon.com](http://www.halhigdon.com).

**Roadrunner  
Tours**



### The Final Week

More than 900 runners train with the CARA Marathon Training Class in Chicago. Here is the final taper for novice runners in the Marathon Training Guide on Hal Higdon's web site ([www.halhigdon.com](http://www.halhigdon.com)):

Sunday:	Final "long" run: 8 miles at an easy pace.
Monday:	Rest day, no running.
Tuesday:	3 miles at your normal pace.
Wednesday:	4 miles, easy.
Thursday:	2 miles of gentle jogging.
Friday:	Rest. Get a good night's sleep.
Saturday:	Rest, although some runners do light jogging the day before the marathon. If so, take Thursday off.
Sunday:	The LaSalle Banks Chicago Marathon.

## Weight Winners Double Up in Seattle

by JERRY WOJCIK

In a display of athletic consistency, the 22 men and one woman who competed in the USATF National Masters Weight & Superweight Championships in Seattle, Aug. 29, finished in exactly the same places in both events, except for one instance in the M65 division.

The championships event took place at West Seattle Stadium, its home for the last several years, which has been made into a throwers' haven by the host Seattle Masters Athletic Club, with the help of a cooperative Seattle Parks & Recreation Department. Weather was close to perfect - sunny with temperatures in the low 80s.

Competitors were divided into flights, in which they stayed for both events, using one of two available throwing circles.

As in the past, the event drew athletes from distant states, such as Florida, Pennsylvania, and Arizona, and Canada.

Tim Edwards, 50, of Colorado, was the standout with the 35-lb. weight and 56-lb. superweight, with meet bests of 50-9½ and 33-7½, both age-group meet records. Stew Thomson, 65, of California, threw to meet records with 25-lb. (53-7¼) and 56-lb. (26-8½). Ken Weinbel, 70, of Washington, recorded meet records with the 25-lb. (39-5¼) and 35-lb. superweight (28-7¼). In all, 11 meet records were broken.

Suzy Hess, 56, of Oregon, was the W55 winner in the 16-lb. weight (23-11) and 25 lb. superweight (17-7¼).

In the Ultra Weight Classic that followed the championships, Edwards outdistanced everybody in the 300-lb. weight with a heave of 4-2¼. However, Mark Neal, 45, of Washington, won honors with the 200-lb. with a 6-10¼ hurl.

Award winners in the Ultra Weight were M30-59, Edwards; M60-69, Ray Feick, 66, of Pennsylvania; M70+, Weinbel; and W55+, Hess. Competitors' marks were age-graded using a modified version of the Partridge Tables.

Medals were awarded to the first three in each division in the championships, with the champion receiving a championships patch. Ultra Weight winners were mailed plaque awards.

Participants received the usual picnic lunch and a free T-shirt for their entry fee. □

## PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	<b>Masters Age Records (1998 Edition)</b> Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1997. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.	\$ _____
_____	<b>Masters Track &amp; Field Rankings (1997)</b> Men's and women's 1997 U.S. outdoor track & field 5-year age group rankings. 52 pages. 125-deep in some events. All T&F events. Compiled by Jack Lance, USATF Masters T&F Rankings Chairman. \$7.00.	\$ _____
_____	<b>Masters Track &amp; Field Indoor Rankings (1998)</b> Same as above, except indoor rankings for 1998. 4 pages. \$1.50.	\$ _____
_____	<b>Masters Age-Graded Tables</b> Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	\$ _____
_____	<b>Masters 5-Year Age-Group Records</b> Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of March 1, 1998; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	\$ _____
_____	<b>Masters 5-Year Indoor Age-Group Records</b> Same as above, except indoor records (M40+, W35+) as of January 5, 1998 (world) and December 5, 1997 (USA). 4 pages. \$1.00.	\$ _____
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_____	<b>USATF Directory (1998/99)</b> Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.	\$ _____
_____	<b>USATF Governance Handbook (1998)</b> U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00	\$ _____
_____	<b>IAAF Scoring Tables</b> Official world scoring tables for men's and women's combined-event competitions. \$12.00.	\$ _____
_____	<b>IAAF Handbook</b> 1996/1997 rules and regulations handbook. \$15.00.	\$ _____
_____	<b>International Scoring Tables</b> Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4½ x 6). \$12.00.	\$ _____
_____	<b>Masters Racewalking</b> Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	\$ _____
_____	<b>USATF Logo Patch</b> 3 color embroidered 4" x 3". \$4.50.	\$ _____
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_____	<b>Guide to Prize Money Races and Elite Athletes 1998</b> Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.	\$ _____
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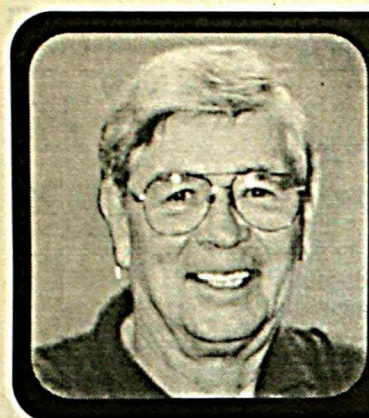
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# The Weight Room

by JERRY WOJCIK

## Bearing the Burdens of Weighty Matters

The long-awaited pending world and U.S. records for the weight pentathlon appear on this page. The marks, as of Aug. 31, do not include the National Weight Pentathlon Championships held on Sept. 5. The world marks will be submitted to WAVA records committee members for approval and the U.S. marks to the USATF records people.

According to Pete Mundle, USATF Masters records guru, who compiled the list, the pending world records have a good chance of confirmation, because they were made in WAVA meets. However, most of the U.S. marks may not fare as well. "So far, I have documentation on just three U.S. marks," says Mundle.

The fact that U.S. throwers are allowed four throws instead of three as is the rest of the world is also a problem. Without proper documentation, Mundle has no way of knowing whether the athlete's best throw came in the fourth attempt, which would nullify it for world record consideration. That may explain the discrepancies and odd-looking marks, such as the 169 total for M95 Everett Hosack in the pending WR list.

How many of the U.S. marks will hang around as pending for years, until they are bettered by documented performances, or are written off as unverifiable unless the necessary paperwork is submitted? Imagine the futility in trying to find the attendant officials to

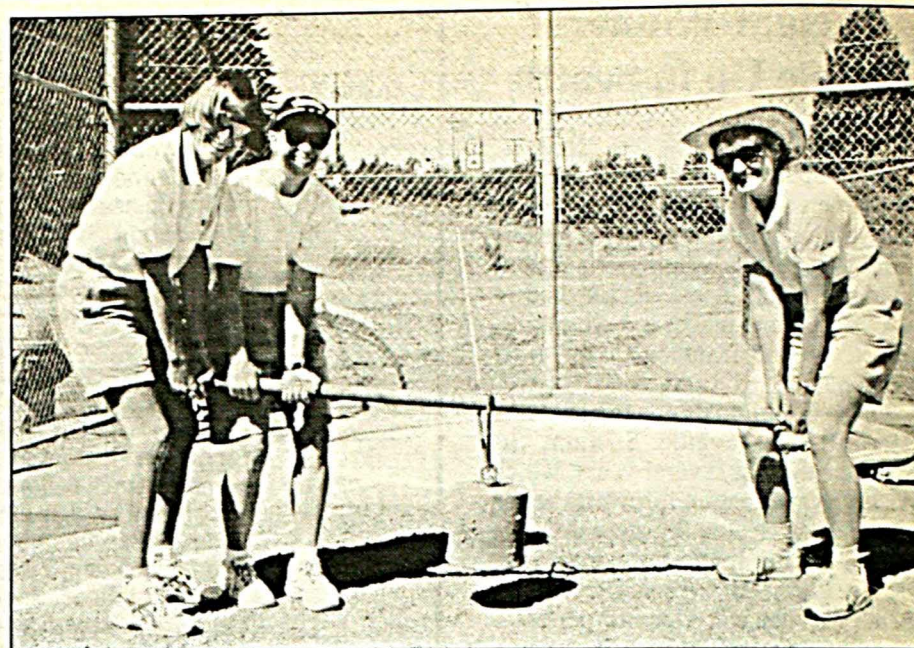
verify marks and implement specifications in meets dating back to 1997, much less 1987. What probably happened was, because the event was not WAVA-approved until just a few years ago, it never occurred to athletes and officials that they might be involved in record performances.

Athletes with record potential in any event, not just the weight pentathlon, take heed. Most meet organizers of national championships and major events have a system to initiate the proper paperwork for records, but some directors don't. Athletes should take the responsibility of alerting them of possible records (so that officials can check before or during the event) and making sure they follow through at the moment, not two weeks, two months, or two years later.

If you have questions or comments, contact Pete Mundle at 4017 Via Marina, #C-301, Venice, CA 90291.

### Year of the Woman in Athletics – Another Facet

This year has been designated the Year of the Woman in Athletics by the



JERRY WOJCIK  
Officials Gwen Robertson (l), Pam Allie-Morrill (c), and Carole Langenbach lugging the 200-lb. weight at the USATF National Masters Weight & Superweight Championships, Seattle, Wa., Aug. 29.

IAAF. Ironically, the turnout of women for some of our 1998 national championships was just a few digits above nil, and generally less than it was in 1997. Three women (four in 1997) did the pentathlon in Orono. Three women (two in 1997) competed in the heptathlon in July in Missouri. Two (seven in 1997) showed up for the weight pentathlon in California in September, and one thrower (six in 1997) was on the scene in Seattle for the weight and superweight.

Only Suzy Hess, W55, of Eugene, Ore., and the *National Masters News*, put in an appearance in Seattle on Aug. 29. The officials working the throwing circle, where she competed with the men age-60 and over, were three women, who assumed not just the conventional female tasks of measuring and recording, but also called fouls and hauled 25-lb. and 35-lb. weights around.

Later in the Ultra Weight Classic held after the championships, the three officials – Pam Allie-Morrill, Gwen Robertson, and Carole Langenbach – declined offers of assistance from several of the 250-lb. males on hand, and said that they were capable of transporting the 200-lb. weight back to the throwing ring. Observed one thrower, "I don't know if their lugging that weight around is a step forward or backward for women in track & field, but they aren't having any trouble getting the job done." □



JERRY WOJCIK  
Jim Hart, M60, hurls the 25-lb. weight 42-2/4. USATF National Masters Weight & Superweight Championships, Seattle, Wa., Aug. 29.

### PENDING WORLD RECORDS FOR WEIGHT PENTATHLON

(1994 WAVA SCORING TABLES)

#### MEN'S WEIGHT PENTATHLON

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
M40	3957	Ken Jansson (USA)	40	08-21-98
M45	4034	Carl Wallin (USA)	46	12-07-87
M50	4701	Tom Gage (USA)	52	07-22-95
M55	4884	Richard Rzehak (GER)	58	12-07-87
M60	4950	Richard Rzehak (GER)	64	10-16-93
M65	5230	Karl-Heinz Wendel (GER)	65	07-22-95
M70	4666	Ladislav Filip (USA)	70	08-21-98
M75	4478	Arthur Dreher (GER)	75	07-26-97
M80	4787	Gerhard Schepe (GER)	82	10-16-93
M85	3619	Berno Wischmann (GER)	86	07-26-97
M90	2225	Everett Hosack (USA)	93	07-22-95

#### WOMEN'S WEIGHT PENTATHLON

DIV.	MARK	NAME(COUNTRY)	AGE	MEET DATE
W35	3894	Christine Schultz (AUS)	36	12-07-87
W40	4015	Christine Schultz (AUS)	44	07-22-95
W45	4481	Christine Schultz (AUS)	46	07-26-97
W50	4052	Vanessa Hilliard (USA)	54	07-22-95
W55	4826	Evaun B. Williams (GBR)	55	10-16-93
W60	5061	Jutta Schaefer (GER)	63	07-22-95
W65	5340	Jutta Schaefer (GER)	65	07-26-97
W70	4141	Lena Grobler (RSA)	70	10-16-93
W75	3235	Annchen Reile (GER)	78	10-16-93
W80	3466	Annchen Reile (GER)	80	07-22-95
W85	3624	Ruth Frith (AUS)	85	07-22-95

### U.S. RECORDS FOR WEIGHT PENTATHLON

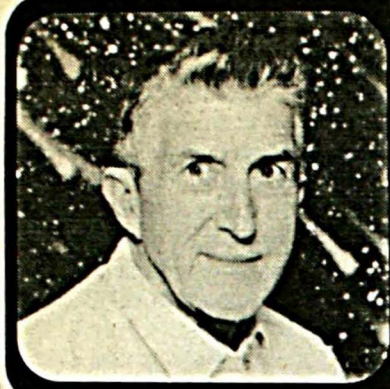
#### MEN'S WEIGHT PENTATHLON

DIV.	MARK	NAME	AGE	MEET DATE
M35	3802	Dean Crouser	38	08-21-98
	3802	Ken Jansson	39	06-01-97
M40	3957	Ken Jansson	40	08-21-98
M45	4034	Carl Wallin	46	12-07-87
M50	4855	Tom Gage	52	08-26-95
M55	4804	Richard Hotchkiss	55	09-03-94
M60	4616	Stewart Thomson	64	05-24-97
M65	4772	Len Olson	65	09-14-96
M70	4666	Ladislav Filip	70	08-21-98
M75	4121	Manuel White	78	08-07-94
M80	4024	Manuel White	80	09-14-96
M85	3125	John Pearce	85	08-24-96
M90	2491	Everett Hosack	93	09-10-95
M95	169	Everett Hosack	95	10-04-97

#### WOMEN'S WEIGHT PENTATHLON

DIV.	MARK	NAME	AGE	MEET DATE
W35	3341	Joan Stratton	35	12-07-87
	3644(p)	Marilyn Senz	36	06-07-97
W40	3965	Carol Finsrud	40	10-11-97
W45	3803	Joan Stratton	45	10-11-97
W50	4052	Vanessa Hilliard	54	07-22-95
	4392(p)	Vanessa Hilliard	53	
W55	5297	Vanessa Hilliard	56	06-01-97
W60	4091	Erika Messner	60	04-06-96
W65	4111	Bernice Holland	66	10-16-93
W70	3171	Elizabeth Hagemann	74	07-22-95
W75	2940	Betty Jarvis	78	10-16-93
W80	3418	Betty Jarvis	81	09-14-96

(Compiled by Pete Mundle, USATF Masters T&F Records Coordinator)



## LDR Report

by JERRY CROCKETT, USATF  
Masters LDR Chairman

### Miles O' Smiles

In the next few issues I will introduce you to members of USATF's LDR executive committee and their roles in our operation. Our current structure is shown on page 2 of NMN with the addresses and phone numbers of personnel who fill the various slots. As your chair, it is my obligation to articulate the efforts of our LDR leaders and to represent masters LDR on the USATF executive committee.

This has been a trying, yet exciting time to serve in this capacity. With a budget that provides no more than 60% of what we had become used to, we have attempted to grow in quality and to establish new programs. I feel we have been somewhat successful and that the primary tribute should go to our executive committee for not only maintaining a positive outlook, but for making time and financial sacrifices to make the growth possible.

Charles DesJardins, who serves both as treasurer and coordinator of the Indy Life Circuit, is a retired government ecologist and an ex-baseball player, who found running later in life. He oversees the Indy Life Circuit, a series of races which provides awards to both male and female overall masters winners and also to top age-graded athletes. Awards are for both individual races and for cumulative point achievement.

As we near the end of our second year of operation, we find ourselves being contacted by the organizers of many top races and are approaching the

enviable position of being able to pick and choose. Charles works with our championships coordinator, John Boyle, to provide dual-status for as many circuit races as possible.

While our funding is not as good as we would wish, and our operations are still being fine-tuned, we are progressing well. Our ultimate goal is to bring together top masters athletes from all age-groups in diverse geographical venues in races of different distances at the lowest possible cost to them. In this way all of us can meet and run with these speed-merchants and rate ourselves on the national scale, as well as find out what great people they are.

A member of the executive committee is present at each race to facilitate the Indy Life Circuit regulars and to explain the program to others who would like to be part- or full-time circuit competitors. The only requirements are USATF membership, a race entry number and a back number. Charles can be reached at 702-884-9448 (home) or 702-721-9964 (cell phone). □

### USATF Elections to be Held in Orlando

by COURTLAND GRAY

At the annual USATF convention in Orlando in December, elections will be held for several offices on the executive committee and for the three masters representatives as WAVA delegates.

Executive Committee positions up for election this year are: 1) Masters Chairman, Ken Weinbel, incumbent; 2) Vice Chairman, Graeme Shirley, incumbent; 3) Secretary, Suzy Hess, incumbent; and 4) Treasurer, Madeline Bost, incumbent. It is expected that all of these officers will run for reelection. Additional nominations are welcomed and encouraged.

Incumbent WAVA delegates are: 1) Barbara Kousky, 2) Ken Weinbel, and 3) Scott Thomsley.

In accordance with the by-laws, the Masters Track and Field Executive Committee has appointed a nominating subcommittee of three persons to coordinate the nominations for these offices. The nominating subcommittee will present its report of the nominations to the full masters track and field committee 48 hours before the election

in December.

Members of the nominating subcommittee are: 1) Courtland Gray, Chairman, 1200 Fairview Ave., Monroe, LA 71201, 318-327-5817, cgray@iamerica.net; 2) Christopher Yorges, 1902 Jefferson, Eugene, OR 97405, 541-338-0800, steeplecjy@aol.com; and 3) Roz Katz, 170-11 65th Ave., Flushing, NY 11365, 718-358-6233, throwerca@aol.com.

Individuals wishing to nominate any person for an elected office may do so by contacting any member of the nominating subcommittee. Nominations may also be made from the floor at the annual meeting in Orlando.

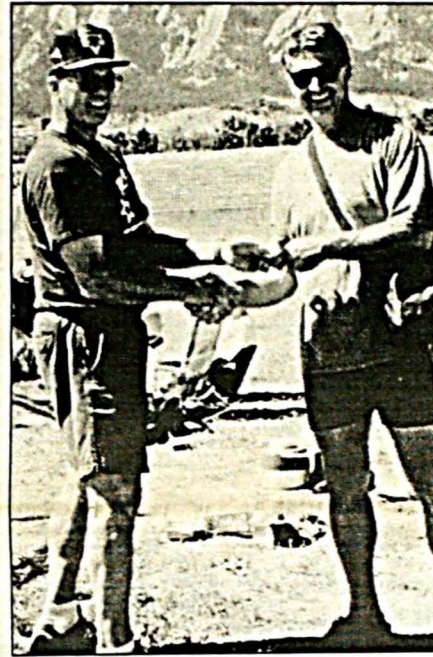
No nomination may be made for an absent person unless that person has notified the nominating subcommittee in writing of his or her willingness to serve in that specific position.

All individuals are urged to develop and encourage participation in the masters organization at all levels. Having more participation strengthens the organization and ensures a steady stream of new ideas. □



JERRY WOJCIK

Medalists in the M60 hammer, Nike World Masters Games, Eugene, Ore.: Peter Speckens, Germany, first (150-5), Udo Grady, Canada, second, and Jose DeAlmeida, Brazil, third.



TIM EDWARDS

Jim Weed (l), meet director, congratulates Tom Gage, who broke the M55 U.S. record for the hammer with a 199-9, Rocky Mountain Games, Boulder, Colo., Sept. 5-6.

### Gage, O'Connor Break Records in Colorado

by TIM EDWARDS

Two U.S. age-group records were broken in the Rocky Mountain Masters Games held in Boulder, Colo., Sept. 5-6. Nadine O'Connor, Del Mar, Calif., broke her W55 long jump record of 13-3 $\frac{1}{2}$ , set last year, by more than a foot, with a 14-4 $\frac{1}{4}$ . Tom Gage, Billings, Mont., increased the M55 hammer (6 kg) record by over two feet with a 199-9. The present record of 197-8 was made way back in 1981 by Bob Backus.

A total of 48 meet records also fell, six by Carol Finsrud, W40, of Texas, including a 149-3 discus throw.

Sue Norton, W40, was the sprint standout, with records in the 50m (7.42) and 100 (13.72).

The meet drew 131 entrants to Potts Field on the University of Colorado campus. □

### Mark Richards: A Quiet Warrior

by SAL CORRALLO

On July 30, Mark Richards, a long-time Potomac Valley Track Club athlete and contributor, passed away in Arlington, Va. He was 68. A national masters age-group pentathlon champion in 1991, he was a fierce competitor. He wanted to win, and win he did with regularity.

Born in Newark, N.J., and a resident of Alexandria, Va., since 1969, Mark was a graduate of the University of Houston and received a master's degree from Boston University.

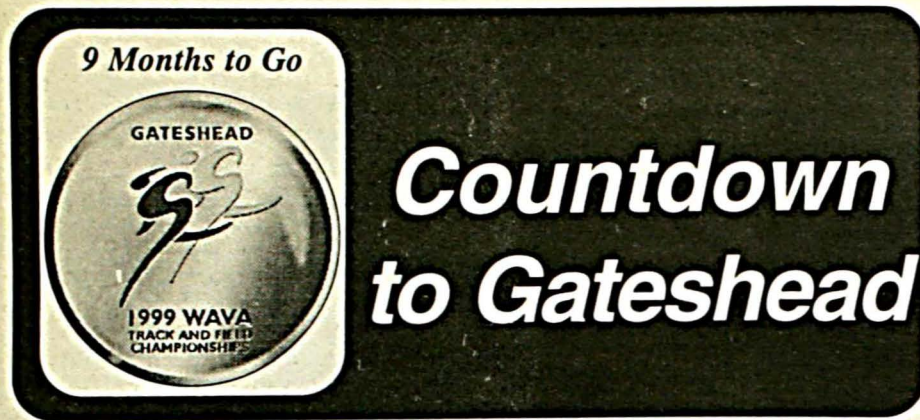
Even though he was modest and would only tell about his accomplishments if asked, his military life experiences could be the basis for a movie or TV adventure series. He was a retired Air Force colonel and a highly decorated combat pilot, who fought in Vietnam. Between 1965 and 1968, he had 6000 pilot hours and 153 attack missions (33 over North Vietnam) as a special operations pilot. He flew unmarked Douglas A26 fighter planes for night missions and close air support.

Among his decorations were the Silver Star, two Distinguished Flying Crosses, and ten Air Medals. Upon retirement, he worked in the offices of the Secretary of Defense, Secretary of the Air Force, and the State Department, where he was awarded two Presidential Citations.

Mark was a fully committed PVTC member. Despite his rigorous personal training schedule, frequent flights in his own aircraft, and family commitments, he and Caroline, his wife of 44 years, always found time to support our events. We hope to include a pentathlon in next year's Potomac Valley Games, dedicated to Mark Richards. It would be a small tribute to a fine man and a great competitor.

He was buried in Arlington Memorial Cemetery on Aug. 13, with full military honors. We will miss him greatly. Fly fast, Mark, but not too far above that hurdle, as the gold medal awaits you in the sky.

— from the Potomac Valley TC  
Newsletter, September 1998



# Countdown to Gateshead

## U.S. Entries Must be Submitted Via USATF

All USA athletes planning to participate in the XIII World Veterans Athletics Championships in Gateshead, England, July 29-Aug. 8, 1999, must submit their competition entry forms through USATF Team Manager, Sandy Pashkin, who has taken over the position of team manager, due to the illness of Richard Lee, the former team manager.

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. Athletes who forward their entry forms directly to Gateshead will have their forms returned.

It will be necessary to provide proof of birthdate (copy of birth cer-

tificate or copy of passport, showing photo and date of birth), as well as other pertinent information. U.S. athletes are required to be current (1999) members of USATF in order to participate in the WAVA Championships.

Entry booklets may be requested from Sandy Pashkin, 301 Cathedral Pkwy., No. 6U, New York, NY 10026. □

## Veterans Battered by Gales in Wales

by MARTIN DUFF

Last time the British Veterans Championships went across the Severn Bridge to Wales, 10 years ago, the event suffered wild and windy weather. Unfortunately, the 1998 BVAF Championships, in Newport, July 10-11, suffered the same conditions, and the record entry was buffeted by wind and rain throughout the two days. Sprinters had to battle winds up to 5 meters per second up the home straight on the opening day. On Sunday, the wind gauge was broken when it was blown over.

On Saturday, Steve Peters held off Wally Franklin in the M45 to win in 11.59 and later in the day took the 400 (51.88), and, on Sunday, won the 200. An anticipated M40 400H clash between new British record-holder Mike Coker and Howard Moscrop did not disappoint. Moscrop led in the early stages, but Coker applied pressure to take the lead, after Moscrop hit the last hurdle badly, and won in a fine 54.84. Coker also won the short hur-

dles on Sunday with a windy 14.9.

While Sunday's 10,000 was badly affected by the wind, the 5000 on Saturday produced some top-class performances. Hayley Nash dominated the W35 in pouring rain with a 16:55.30. Nigel Gates was the pick of the men's runners with a solo M45 14:49.40 victory to add to his win in the 10,000.

Tony Bateman, M60, was in form with British records in the long (5.25) and high (1.61) jumps.

Rosemary Chrimes tied the M65 shot record with a 10.90, while Evaun Williams, W60, was out to 11.61. Both went on to add more titles, but could get nowhere near their records in the conditions. It took a British record of 42.49 for Jenny Earle to hold off the challenge of Diane Smith and world medalist Clare Cameron in the W35 hammer.

Noel Carmody dominated the multi-age-group 3000 racewalk. Bob Care, M50, was the standout in the 5000 the following day, as was Ann Lewis, taking both races. □

## Masters Uniform Bids Open

People interested in submitting bids for masters uniforms to be worn at the WAVA Championships in Gateshead in 1999 and other competitions are urged to contact members of the USATF Masters Uniform Committee: Suzy Hess, 541-343-7716, e-mail: natmanews@aol.com, or Rex Harvey, 440-255-0751, e-mail: rexjh@aol.com, or Madeline Bost, 973-584-0679.

Other uniforms sold before one is selected by the committee and publicized in the *National Masters News* will not be recognized as the official uniform.

### 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 60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39 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 60-69 70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

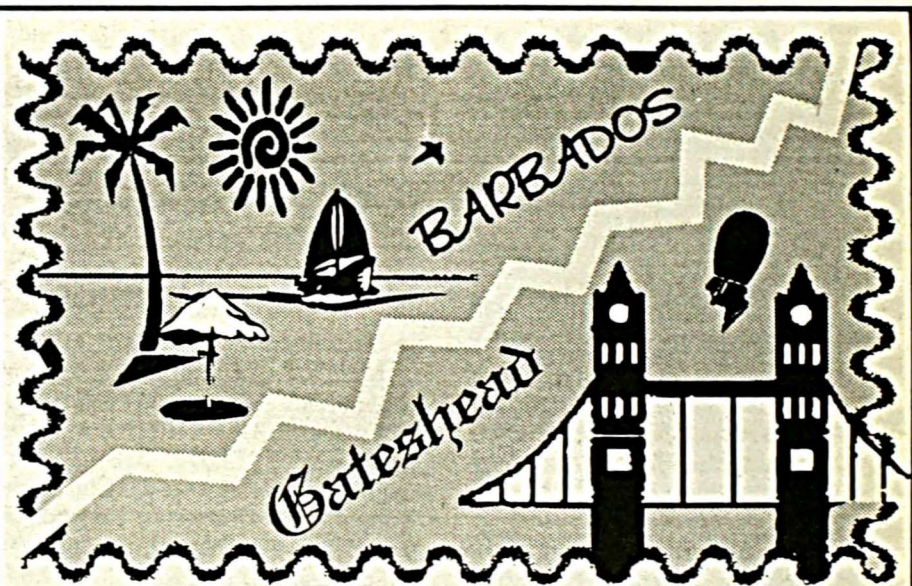
##### MEN

30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 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	35.00m	40.00m	10
50-59	400m	.840m 33"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
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: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
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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## Committee Appointed for Special Year of Women in Athletics

by BRIDGET CUSHEN  
WAVA Women's Representative

The International Amateur Athletics Federation has designated 1998 as a special year for women athletes. A sub-committee consisting of three very capable and experienced women has been appointed, primarily to raise awareness and to carry forward their ideas. The three are IAAF Council members Abby Hoffman, Canada, an ex-international 800 runner; Nawal El Moutawakel, Morocco, the first Muslim woman to win an Olympic track gold medal (400H); and Ilse Bechthold, Germany, Chairwoman of the Women's Committee.

To date, the year has been a great success; most notably on May 7 when women competed in the Grand Prix in the Khalifa stadium in Doha and women spectators were allowed into the stadium. A significant breakthrough. Patricia Rico, the U.S. representative on the IAAF Women's Committee, was a popular

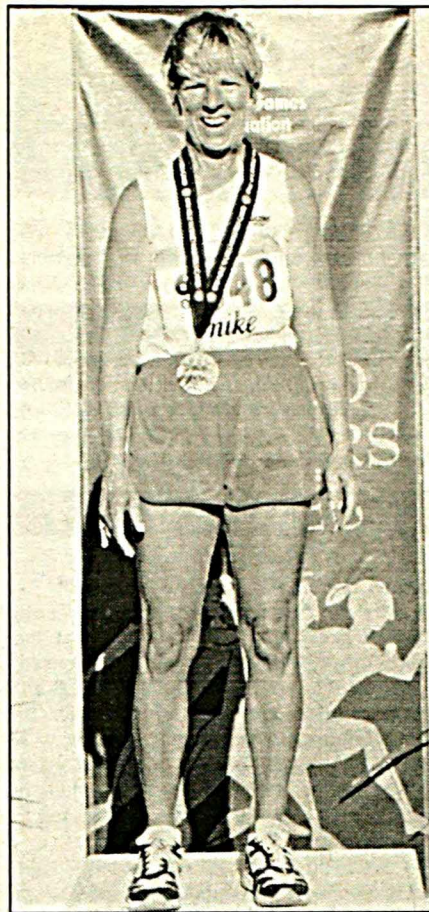
speaker at the workshop held in conjunction.

How appropriate that the IAAF should have chosen a master athlete, the graceful Merlene Ottey, Jamaica, as the Main Patron for the Year.

Seminars are being held in Sierra Leone and Armenia in November and there will also be a seminar at the IAAF World Calendar Conference in Spain in October. Most countries have marked the Year with special meetings or other promotions.

You can access information on the Year at Internet <http://iaaf.org/ywa>, and use the special logo.

To mark the occasion, it was agreed at the WAVA Council meeting in Gateshead to donate a special trophy/plaque to each region to mark this special Year. The trophy is to be awarded for the best overall performance by a female masters competitor. (See related sidebar)



SUZY HESS

Barbara Jordan, W60, of Vermont, collecting one of her five gold medals, Nike World Masters Games, Eugene, Ore., Aug. 10-21

## 1998 IAAF Nominations Solicited

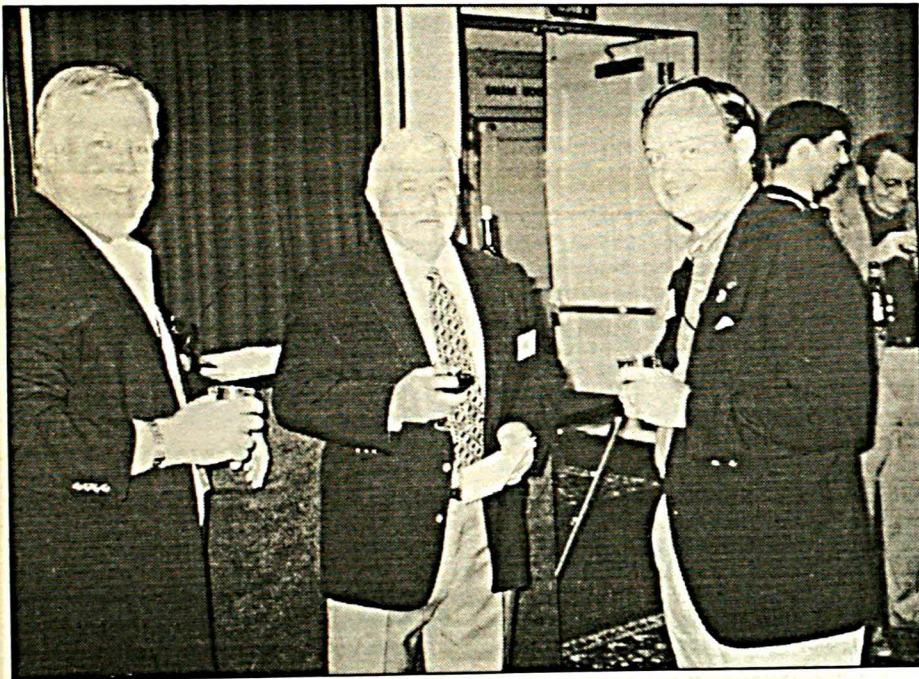
by RUTH ANDERSON

WAVA will be donating a special trophy/plaque to each region to mark 1998 as the IAAF's International Year of Women in Athletics. Awards will be for best overall female performance in each region.

As NCCWAVA Women's Chair, I am soliciting nominations with full performance details. A review committee is being formed and a slate of nominations will be presented to the NCCWAVA General Assembly in Barbados for final selection.

I am also open to suggestions on an appropriate type of trophy. So far a wood carving and cut glass vase or bowl have been suggested.

Please send nominations and/or trophy suggestions, no later than Nov. 1, to Ruth Anderson, 1901 Gaspar Drive, Oakland, CA 94611.



SUZY HESS

USATF Masters T&F Chairman, Ken Weinbel (c), organizer and host of the Meeting of Masters World Leaders, chats with David Hull (l), President and CEO, National Senior Games Association, and Phil Godfrey, NSGA Vice-President, at the Marriott Hotel, Portland, Ore., Aug. 6.

## XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND

July 29-August 8, 1999

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# Masters Scene

## NATIONAL

• TRACS, Inc., will again direct the National Masters Indoor Championships at the Reggie Lewis Center in Boston, March 27-29. TRACS conducted the 1997 Championships. See schedule for details.

• RRCA's second annual National Run to Work Day will be held Tue. Oct. 20. "Forget the car, at least one day a year," urged RRCA President Don Kardong, "run to work." For info, call 703-836-0558 or visit the RRCA's website at <http://www.rrca.org>.

• For items lost at Hayward Field during the Nike World Masters Games, check with Northwest Event Management, 541-687-1989; fax: 687-1016.

• Lawyer and sports administrator Alvin Chriss, who helped professionalize running by creating TAC Trust, the system that first allowed athletes to be paid, died July 17. Chriss, who was 68, had been diagnosed with brain cancer seven weeks earlier.

## EAST

• Dee Nelson, 54, Gaithersburg, MD, finished tenth in 23:24, Prince George's RC Women's Distance 5K, College Park, MD, Aug. 22. Tami Graf, 62, Lusby, MD, won the W60 race in 25:21.

• Jim Whitnah, 43, Chevy Chase, MD, 1:17:12, and Bernadette Flynn, 40, Fairfax, VA, 1:38:24, tackled a hilly course in warm August weather to capture masters wins at the River Rumble Half-Marathon, Potomac, MD, Aug. 2. Sharon Dolan, 55, Gaithersburg, MD, 1:42:18, turned in a fast age-group victory, while Charles Adams, 51, Rockville, MD, 19:31, and Kathy Tseng, 46, Gaithersburg, MD, 30:24, were 5K winners.

• Crossing the finish as first-place masters

at the Annapolis 10 Mile Run, Annapolis, MD, Aug. 30, were Anthony Basile, 40, Columbia, MD, 55:42, and Rose Malloy, 50, Annapolis, MD, 1:06:29. Fast age-group winners included George Yannakakis, 66, Baltimore, MD, 1:12:53, first in M60; Dixon Hemphill, 73, Fairfax Station, VA, 1:21:40, first in M70+; Barbara Mathewson, 49, Virginia Beach, VA, 1:12:14, first in W45; and Hedy Marque, 81, Alexandria, VA, 1:41:08, first in W70+.

## SOUTHEAST

• Chuck Moeser, 46, Sterling, VA, gave Lemma Bonssa, 21, of Ethiopia, a battle for the overall victory through 5K before falling back to second-place with a 33:04 at the Leesburg 10K, Leesburg, VA, Aug. 16. Bonssa, in his first U.S. race, won with a 32:28. Brent Phillips, 43, Frederick, MD, was second M40+ (37:18). Betsy Callanan, 41, Towson, MD, captured the W40+ win in 43:53. The sponsoring Northern Virginia Building Industry Association designated the \$52,000 raised to be distributed to 10 local charities.

• Speeding to masters wins at the Maggie Valley Moonlight 8K, Maggie Valley, NC, Aug. 22, were Michael Beeson, 41, Atlanta, GA, 27:28, and Nonie Hudnall, 48, Spartanburg, SC, 35:08.

## MIDWEST

• One age-group WR and five age records were recorded in the Wolfpack Fall Throwing Classic, Columbus, OH, Aug. 16. Len Olson, 67, racked up U.S. bests for the 16# SP (10.25), 2k DT (31.28), and 16# HT (32.78). Everett Hosack, 96, established an M95 WR for the 4k HT with a 10.46, and age records for the 25# (3.88) and 35# (2.55).

• Thomas Mather, 40, Mt. Pleasant, SC,



GEORGE ONYENYEONWU

Members of the first-place W40-49 Southern California Track Club 4x400 relay team, USATF West Regional Masters Championships, Santa Barbara, Calif., July 19 (l to r): Diane Heil, Lisa Kealy, Debbie Barraza, and Carla Hoppe.

1:11:07, and Doris Windsand-Dausma, 41, Kingsport, TN, 1:26:47, trotted to masters wins at the Parkersburg Half-Marathon, Parkersburg, WV, Aug. 22. Matt Norris, 70, Westland, OH, 1:41:25, posted a solid age group victory.

## MID-AMERICA

• Melissa Sullivan, 50, Montrose, CO, 3:24:58, set an age group record in the Pikes Peak Ascent, Manitou Springs, CO, Aug. 16. Another age group record was set by Verne Carlson, 65, Boulder, CO, 5:19:12, in the marathon portion of the competition. Flying to masters marathon wins on the challenging course were Edward Boggess, 40, Colorado Springs, CO, 4:23:11, and Deborah Shulman, 41, Bellevue, CO, 5:32:53. Thomas Borschel, 40, Idaho Falls, ID, 2:29:51, and Virginia Egger, 45, Telluride, CO, 3:10:29, scrambled to masters ascent victories.

## WEST

• Greg Mislick, M40, 27:44, and Helene Birnbaum, W60, with a rapid 38:25, took masters firsts in the Distance Derby 5 Mile, Huntington Beach, CA, Aug. 15. In an adjunct 10 mile, Jim Norton, M45, 59:27, and Kari Proffitt, W40, 63:26, nailed down masters titles. Pat Devine, M65, 77:24, and Sally Adam, W55, 73:53, were the standouts among the older division winners.

• Ron Gee, M45, 16:53, and Sharon Lotesto, W45, 21:06, scored masters 5K firsts in the Run Through The Barrio 5K, East Los Angeles, CA, Aug. 23. Helene Birnbaum, W60, was second W40+ in 23:20. John Araujo, M40, 35:00, and Teresa Hom, W45, 47:55, were 40+ firsts in the 10K.

• Ruben Acana, M40, 18:16, and Yvette Lavigne, W55, 22:19, hit masters 5K wins in the precipitous Home Run 5K/10K, Elysian Park, Los Angeles, Sept. 6. George Feinstein, 84, circled the course in 38:48. In the 10K, Leonard Aguilar, M45, 37:15, and Cathy Molina, W40, 46:46, scored masters victories.

• August 8 was relay record revising day in Northern California, when the Tamalpa RC set two WRs in the 4x1600 in San Rafael, and the West Valley Joggers & Striders broke the distance medley record in Calistoga. The Tamalpa RC M60-69 team of, in order of running, Jim Moore, 62, 5:31:20, Horst Meyer, 62, 5:39:63, Russ Kiernan, 60, 5:44:88, and Bernie Hollander, 62, 5:41:31, reeled off a 22:37.02 to break 22:40.53, set by the West Valley J&S in August 1997. Then the Tamalpa M70-79 quartet

of Don Pickett, 70, 7:17:49, Link Linkquist, 70, 7:02:43, Calvin Mehlert, 70, 7:08:40, and Ray Piva, 72, 6:22:28, cruised to a 27:50.59 to erase the 28:51.60, also held by the WV J&S, set in July 1996. Meanwhile, the WV J&S M60-69 squad of Ken Noel, 800, 2:31.4, Norm Saucedo, 400, 68.0, Gene Antonides, 1200, 3:56.0, and Karl Misner, 1600, 5:41.4, combined for a 13:16.8, shattering the present WR for the distance medley of 13:24.8, held by the King of the Hill TC in June 1994.

• Jim Hage, 40, Lanham, MD, 1:10:06, and Suzi Morris, 41, Encinitas, CA, 1:24:09, flew to masters wins at the America's Finest City Half-Marathon, San Diego, CA, Aug. 16. Top masters in the 5K were Matt Lake, 42, San Diego, CA, 18:11, and overall women's winner Jeanne Lasee-Johnson, 41, Chula Vista, CA, 17:57.

• Kim Layton, 55, Reno, NV, 2:57:19, and Mo Bartley, 43, Cool, CA, 3:29:28, cashed in masters wins at the Silver State Marathon, Reno, NV, Aug. 30. Half-marathon winners were Gustavo Figueroa, 47, Winnemucca, NV, 1:18:24, and Donna Collignon, 41, Tahoe City, CA, 1:33:34. Miguel Tibadulza, 41, Reno, NV, 34:28, grabbed first overall in the 10K.

## NORTHWEST

• The Wild Women of Sandy, OR, 24:20:57, averaged a 7:32 pace en route to winning the women's masters division of the Hood to Coast Relay, which traversed 193.8 miles from Mt. Hood to Seaside, OR, Aug. 28-29. Other top masters teams were Pace Setter - To Be Old, Portland, OR, 18:21:53 (5:41 pace), first in men's masters; No Walkin' Til the Van Passes, Champaign, IL, 20:27:33 (6:20), first in mixed masters; PPC Eastside Striders, West Richland, WA, 22:08:34 (6:51), first in men's supermasters; and Super Heart and Sole, Portland, OR, 29:29:59 (9:08), first in women's supermasters.

## INTERNATIONAL

• Corrie Keijsers broke Gerda Van Kooten's W55 WR of 5:07.3 with a 5:06.94 in the Dutch Veterans Championships, Zevenaar, June 6-7.

## OPEN

• Nominated for the National Track and Field Hall of Fame are Greg Foster, Dwight Stones, Charlie Moore, Jay Silvester, Larry Young, Francie Larrieu-Smith, Maren Seidler, Ted Corbitt, Evie Dennis and Oliver Jackson. At least three will be inducted Dec. 3 during the USA Track & Field meeting in Orlando, Fla.



GEORGE BANKER

Linda Wack (947), 42, first master (18:39), passing Debi Bernardes (873), 39, first W35 (18:50), Monica Robbers (845), ninth overall (19:14), and Suzanne Edgar, 31, second W30 (21:17), Fredericksburg Women's 5K, Fredericksburg, Md.

# Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. 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 1-5.** USATF National Convention, Clarion Hotel, Orlando, Fla. USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481.

**March 26-29, 1999.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02467. 617-332-3919; e-mail: tracs.earthlink.net.

**August 26-29, 1999.** 32nd annual USATF National Masters Championships, Orlando, Fla.

**October 20-29, 1999.** U.S. National Senior Sports Classic VII, Orlando, Fla. The National Senior Games Association, 445 North Boulevard, Suite 2001, Baton Rouge, LA 70802. 504-379-7337.

### EAST

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

**October 1-3.** Maine Senior Games, Inc., Portland. Anita Chandler, 207-775-6503.

**October 1-3.** Maryland Senior Olympics, Towson. No out-of-state. Phil Adams, 410-830-4456.

**October 3-11.** Delaware Senior Olympics, Dover. No out-of-state. Peggy Yaeger, 302-736-5698.

**October 25.** Philadelphia Masters Runners Pentathlon, Germantown Academy, Fort Washington, Pa. 3000/800/200/1500/400; age/sex-graded. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672; Bill Krieger, 215-722-8859.

**October 25.** Thrower's Triathlon (DT/SP/JT), Germantown Academy, Pa. Limited to 30 pre-entries; 3 throws; age/sex-graded. Ray Feick, 2987 Lutheran Dr., Gilbertsville, PA 19524.

**December 13.** Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 a.m. Bill Krieger, 215-722-8859; Tom Yunker, 610-828-4672.

**January 8-10.** 30th annual Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Dartmouth College Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

**January 10.** Philadelphia Masters Indoor Meet, Swarthmore College, Pa. 9:30 a.m. Bill Krieger, 215-722-8859; Tom Yunker, 610-828-4672.

**January 31.** Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 a.m. See Jan. 10.

### SOUTHEAST

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

**October 24.** Sarasota County Games For Life. Kelly Shoemaker, 6700 Clark Rd., Sarasota, FL 34241. 941-316-1172.

**November 7.** Sanford Senior Games, Fla. Sanford Parks & Rec., Lisa Jones, 407-330-5697.

**November 7.** USATF South Carolina Association Weight Pentathlon Championships. Open & Masters. David Vandegriff, 117 N. Pinewood Dr., Surfside Beach, SC 29575. 843-828-4418(h); 238-3381(w).

**November 15.** Space Coast Senior Games, Brevard County, Fla. 50+. Non-foul Field Events & No-elimination False Start Rule. Hank Nottingham, 290 Marco Way North, Satellite Beach, FL 32937. 407-773-4362.

**December 2-6.** Florida Senior Games Championships, Sarasota County. Laura Hallam, 407-943-7992.

**December 27.** Len Olson Holiday Weight Pentathlon, Delray Beach, Fla. Randall Cooper, 222 22nd Lane, Delray Beach, FL 33444.

### WEST

Arizona, California, Hawaii, Nevada

**October 3.** Club West Meet, Santa Barbara, Calif. Beverley Lewis, Club West, P.O. Box 99, Goleta, CA 93116-0099. 805-969-5851.

**October 10-11.** Nevada Senior Games, Las Vegas. Roger Owen, 702-294-2954.

**October 17.** Kel Field Throws Meet, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

**October 17-18.** Orange County Senior Games, Saddleback College, Mission Viejo, Calif. 50+. Everett Brewer, 2800 Marguerite Parkway, Mission Viejo, CA 92692. 949-582-4835.

**October 19-20 (Mon. & Tues.).** Huntsman Senior Games, St. George, Utah. Huntsman Senior Games, 82 W. 700 South, St. George, UT 84770. 800-562-1268; 435-674-0550; e-mail: hwsg@infowest.com

**October 25.** Sri Chippewa Masters Games, Cal State Fullerton, Calif. 40+. Bigalita Egger, 310-645-0271.

**November 1.** 2nd annual Great Pumpkin Weight Pentathlon & Open Throws Meet, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

**November 28-30.** Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805.

### NORTHWEST

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

**October 3-4.** Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-227-5020.

### INTERNATIONAL

**October 14-18.** X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

**November 1-7.** WAVA South America Championships, Port Alegre, Brazil. Jorge Alzamora, PO Box 685, Santiago, Chile. Phone/fax: 56-2-621-1417. Hotel & room reservations: Continental Tourist Agency, 55-51-224-5796; fax: 55-51-224-5001.

**November 19-22.** North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

**July 17-18.** British Veterans Championships, Edinburgh, Scotland.

**July 24-25 (tentative).** Veterans meet, Belfast, No. Ireland.

**July 29-August 8.** XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 IEA, England, or see pages 16-17.

## LONG DISTANCE RUNNING

### NATIONAL

**October 4.** USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race (1 1/2 x points). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 11.** USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620.

**October 25.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

**October 31.** USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

### EAST

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

**October 3.** New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

**October 4.** Wineglass Marathon, Corning, N.Y. Bill Taylor, PO Box 117, Corning, NY 14830. 607-936-4686; fax: 936-4685.

**October 10.** Greater Hartford Marathon/Half Marathon/5K. Hartford Marathon Inc., 221 Main St., Hartford, CT 06106.

## ON TAP FOR OCTOBER

### TRACK AND FIELD

The Club West Meet should draw its usual good crowd to Santa Barbara, Calif., on the 3rd. Masters jet-setters can compete in the Orange County Senior Games, Mission Viejo, Calif., on the 17th-18th, take a short flight to St. George, Utah, and be ready for the t&f portion of the Huntsman Senior Games on the 19th (Mon.) and 20th (Tues.); other Senior Games are available in Maine, Maryland, Delaware, Florida, Kansas, and Nevada. On the 25th, Philadelphia Masters Runner's Pentathlon and a Thrower's Triathlon, both in Fort Washington, Pa., close out the month's activities.

### LONG DISTANCE RUNNING

USATF National Masters Championships abound, starting with the Twin Cities Marathon, Minneapolis/St. Paul, Minn., on the 4th, and proceeding to the 5K Cross-Country (also the USA vs. Canada Dual Meet), Rochester, N.Y., on the 11th; the 8K Cross-Country, Louisville, Ky., on the 25th; and ending with the 15K, Tulsa Okla., on the 31st. The Twin Cities and the Tulsa events are also Indy Life Circuit races. Other races, by region and date, include the Marine Corps Marathon, D.C., 25th; the Governor's Cup Half-Marathon, Columbia, S.C., 24th; the Chicago, 11th, and Detroit, 18th, Marathons; the Jackrabbit 15 Mile, Brookings, S. Dak., 10th; the Sacramento Marathon, 4th; and the Portland Marathon in Oregon, 4th. A spirited field of senior runners will get the jump on goblins and witches in the Sweetwood Halloween Scamper 5K Cross-Country for trick-and-treaters age 50+, Williamstown, Mass., on the 31st.

### RACEWALKING

The National Masters One-Hour & Two-Hour Championships will be clocked on the 4th in Worcester, Mass. A one-hour postal run is scheduled for Plantation, Fla., on the 10th, and the Park Racewalkers conduct the MAC & East Region 30K Championships in Central Park, NYC, on the 17th. □

860-525-8200; fax: 860-724-7317.

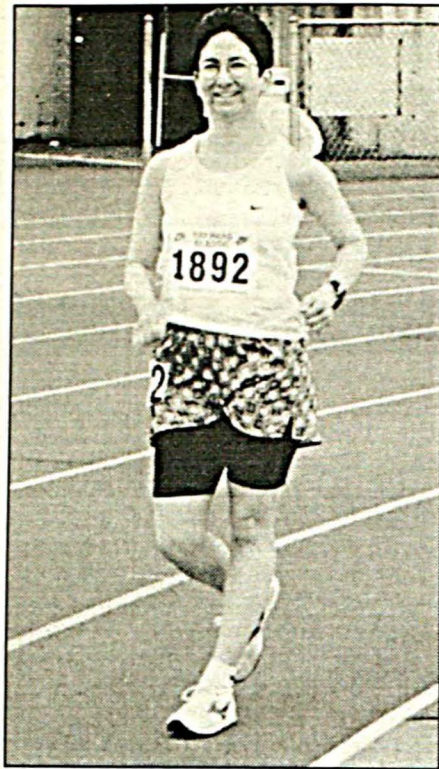
**October 11.** Newport Half-Marathon & 5K, Newport, R.I. Masters money. Newport County YMCA, 792 Valley Rd., Middletown, RI 02842-9075. 401-874-9200; fax: 848-7521.

**October 11.** Army 10 Mile, Arlington, Va. Army 10 Mile, 103 Third Ave., Bldg. 48, Fort McNair, DC 20319. 202-685-3361.

**October 12.** Tufts 10K for Women/USATF Open Championships, Boston, Mass.

Continued on next page

Continued from previous page  
 Conventures, Inc., One Design Center Place, Boston, MA 02210. 617-439-7700.  
**October 18.** NYRRC Kurt Steiner 5K Cross-Country, Bronx, NYC, NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.  
**October 18.** Atlantic City Marathon & Half-Marathon. ACM, P.O. Box 2181, Ventnor, NJ 08406. 609-822-6911.  
**October 18.** Mohawk-Hudson River Marathon, Schenectady, N.Y. M-HRM, PO Box 4146, Albany, NY 12204. 518-435-4500.  
**October 25.** Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.  
**October 25.** Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax: 703-784-2265.  
**October 25.** Cape Cod Marathon/Relay, Falmouth, Mass. SASE to Cape Cod Marathon, Box 699, West Falmouth, MA 02574. 508-540-6959.  
**October 31.** New England 65+ RC/Sweetwood Senior 5K Cross-Country, Williamstown, Mass. 50+. 2 pm. Matteson Associates, 359 Main St., Bennington, VT 05201. 802-447-2566.  
**November 1.** New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.  
**November 8.** Ocean State Marathon, Narragansett to Warwick, R.I. Masters money (40+/50+/60+). OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499, OSM26@IDS.net.  
**November 15.** NYRRC Cross-Country Championships, Bronx, NYC. See Nov. 1.  
**November 22.** Philadelphia Marathon. PM, 215-685-0054.  
**November 28.** Manchester 5 Mile. Manchester RR Committee, PO Box 211, Manchester, CT 06040-0211. 860-649-6456 (8 am-6 pm).  
**November 28.** NYRRC Metropolitan 50 Miler & 50K, Central Park, NYC. See Nov. 1.  
**November 29.** Rob's Run 5K, Syosset, N.Y. 516-433-4633.  
**December 6.** Brian's Run 10K, West Chester, BR 10K, PO Box 2440, West Chester, PA 19383. 610-436-2731.  
**December 31.** Runner's World Midnight Run 5K, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.



JERRY WOJCIK

Teresa Aragon, first W35 in the 5000 racewalk (26:40.29), Hayward Classic Masters Meet, Eugene, Ore., June 27-28.

### SOUTHEAST

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

**October 17.** Southtrust Running Festival 10 Mile, St. Petersburg, Fla. Masters money. SRF, PO Box 66252, St. Pete Beach, FL 33736. 813-363-7866; fax: 360-9710; e-mail: run\_florida@msn.com.  
**October 24.** Governor's Cup Half-Marathon & 8K, Columbia, Carolina Marathon Assn., PO Box 5092, Columbia, SC 29205. 803-929-1996; fax: 803-733-1149.  
**October 31.** Northfest 5K & 15K/USATF North Carolina 15K Championships, Cornelius (Charlotte). SASE to Event Marketing Services, Inc., 3020-I #168 Prosperity Church Rd., Charlotte, NC 28269. 704-599-0546.  
**November 7.** Richmond Marathon & 5 Miler. Masters money. RM, PO Box 8744, Richmond, VA 23226. 804-673-RACE; fax: 285-3132.  
**November 8.** Vulcan Marathon, Birmingham. VM Weekend, PO Box 43447,

Birmingham, AL 35243. 205-879-5344.  
**November 15.** Old Reliable 10K, Raleigh, N.C. Butch Robertson, PO Box 1229, Raleigh, NC 27602. 919-829-4843.  
**November 21.** Star City Half-Marathon & 5K, Roanoke. Star City Striders, PO Box 8331, Roanoke, VA 24014. 540-966-7866, or Chris Miller, 540-982-1657.  
**November 26 (Thurs.).** Outback Distance Classic Half-Marathon, Jacksonville. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.  
**November 26.** Atlanta Marathon & Half-Marathon. SASE to Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.  
**December 6.** First Tennessee Memphis Marathon. FTMM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE; fax: 901-523-4354.  
**December 12.** WZYP Rocket City Marathon, Huntsville, Ala. Malcolm Gillis, 1001 Opp Reynolds Dr., Toney, AL 35773. 205-828-6207.  
**December 19.** Jacksonville Marathon & Half-Marathon. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.  
**January 10.** Walt Disney World Marathon, Orlando, Fla. WDW, PO Box 10000, Lake Buena Vista, FL 32830. 407-939-7810.  
**January 16.** Charlotte Marathon. CM, PO Box 222138, Charlotte, NC 28222-2138. 704-367-9696; 365-2880.  
**January 30.** Mardi Gras Marathon, New Orleans. SASE to NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268; e-mail: NOTC@runNOTC.org.

### MIDWEST

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

**October 3.** Bowling Green 10K Classic/USATF Men's 10K Championship. Bowling Green 10K, PO Box 1802, Bowling Green, KY 42102. 800-599-7223; fax: 800-995-5735.  
**October 10.** Indianapolis Marathon & Half-Marathon. Joel Sauer, Indianapolis Marathon Corp., PO Box 36214, Indianapolis, IN 46236. 317-826-1670.  
**October 11.** Chicago Marathon. CM, PO Box 10597, Chicago, IL 60610. 888-243-3344.  
**October 11.** Dayton River Corridor Half-Marathon. Chris Brady, Wright Brothers, PO Box 9154, Dayton, OH 45409. 937-436-5757; fax: 937-435-2633.  
**October 18.** Detroit International Marathon. IMG, 300 Stroh River Pl., Ste. 2600, Detroit, MI 48207. 313-393-7749; fax: 393-9454.  
**November 8.** Columbus Marathon & Marathon Relay. CM, PO Box 26806, Columbus, OH 43226. Joan Riegel, 614-433-0395.  
**December 5.** Kentucky Marathon, Louisville. Stu McCombs, 7004 Beachland Beach, Prospect, KY 40059. 502-228-1133.

### MID-AMERICA

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

**October 10.** 36th annual Jackrabbit 15 Mile & Relays. Ann Martin, Wellness Director, South Dakota St. U., PO Box 2820, Brookings, SD 57007.  
**October 17.** Hobo Day 5K, Steve Britzman, 319 5th Ave., Brookings, SD

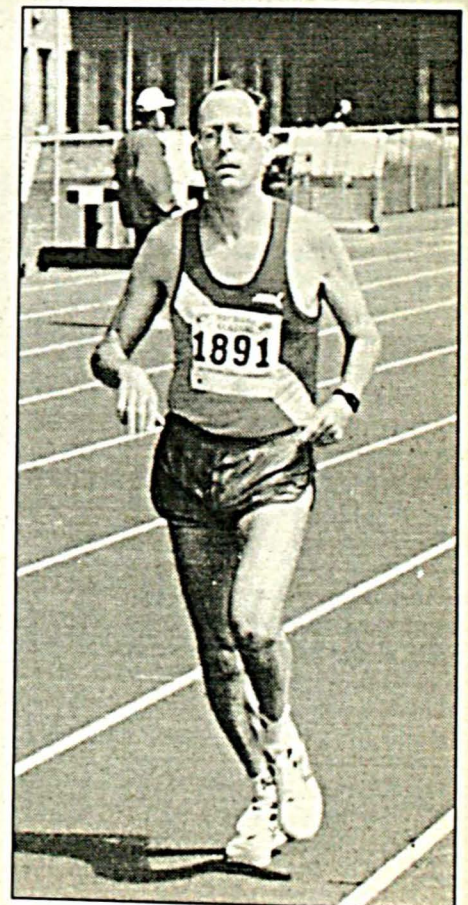
57006. 605-697-9058.  
**October 18.** St. Louis Marathon & Relay. St. Louis TC, 2385 Hampton Ave., #101, St. Louis, MO 63139. 314-781-3926.  
**October 25.** Rib Run Marathon & Half-Marathon, Kansas City, Mo. Karen Raymer, P.O. Box 1216, Raymore, MO 64083. 816-331-4286.  
**November 14.** Rim Rock Run VI, 37K, Grand Junction, Colo. Contact: Elaine, P.O. Box 3685, Grand Junction, CO 81502. 970-243-4055.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**October 24.** Alamo 10,000, San Antonio. Concept Sports, Inc., PO Box 500324, San Antonio, TX 78280. 210-543-0444; fax: 543-0445; alamo10K@express-news.net.  
**November 7.** White Rock Half-Marathon. Dallas. X-C Club of Dallas, PO Box 820414, Dallas, TX 75382. 214-855-1511, or Horace Duncan, 972-270-5264.  
**November 7.** 10 Miles for Texas, The Woodlands. Ellen Earle, 4810 Cypress Run Ct., Sugar Land, TX 77478. 281-265-3696.  
**November 8.** San Antonio Marathon. SAM, 1123 Navarro, San Antonio, TX 78205. 210-246-9652.  
**November 14.** Crescent City 5K Classic, New Orleans, La. 504-861-8686.  
**November 21.** Tulsa Marathon. TM, 263 E. 45th Pl., Tulsa, OK 74105. 918-744-0339.  
**December 13.** Dallas White Rock Marathon. Dallas WRM, 3607 Oak Lawn Ave., Ste. 204, Dallas, TX 75219. 214-528-2962.  
**January 17.** Houston Marathon. SASE to HM, 720 N. Post Oak Rd., Suite 335, Houston, TX 77024. 713-957-3453.  
**February 14.** Motorola Austin Marathon & Relays, Austin, Tex. Motorola Austin Marathon, P.O. Box 684587, Austin, TX 78768-4587. 512-505-8304.

Continued on next page



JERRY WOJCIK

Guest athlete Roy Treadwell, 50, of England, won the M50 5000 (16:55.28), Hayward Classic Masters Meet, Eugene, Ore., June 27-28.

5K CROSS-COUNTRY RUN ♦ OCTOBER 31 (2 P.M.)

## SWEETWOOD

## HALLOWEEN SCAMPER

Seniors Only, 50 and Older, Men and Women

Sweetwood Senior Community, Williamstown, Massachusetts  
 Gently rolling course through woods and meadows with spectacular views of the Berkshires. Festive decorations – pumpkins, cornstalks, balloons, and the like – in celebration of Halloween. Refreshments. Many cultural and historic attractions nearby.

**Awards.** Five-Year Age Groups, 50-54 to 90+. Medals for first, second, third, M&F, in each age group, and for overall top three, M&F. T-shirts for all entrants.

**Registration.** To October 15, \$12. To October 25, late, \$15.

**For Information and Registration**

Bob Matteson, Scamper Director

359 Main Street (Putnam Square), Bennington, Vermont 05201-2173

(802) 447-2566

Continued from previous page

**WEST**

Arizona, California, Hawaii, Nevada

**October 4.** Sacramento Marathon. SM, PO Box 995, Dixon, CA 95620. 707-678-5005.  
**October 11.** Lake Tahoe Marathon/Walk/Relay; Half-Marathon & Racewalk; 10K & 10K Racewalk; 5K, South Lake Tahoe, Calif. Les Wright, 2261 Cold Creek Trail, South Lake Tahoe, CA 96150. 530-544-7095; fax: 544-6061.

**October 18.** San Luis Obispo Half-Marathon. Joe Rubin, PO Box 8106, San Luis Obispo, CA 93406. 800-676-7463; fax: 805-781-6092.

**October 18.** Arturo Barrios 10K, Chula Vista, Calif. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121. 619-450-6510.

**October 18.** Humboldt Redwoods Marathon & Half-Marathon, Weott, Calif. Sharon Powers, PO Box 4989, Arcata, CA 95518. 707-433-1220.

**October 25.** Silicon Valley Marathon & Half-Marathon, San Jose. Firstwave Events, PO Box 565, Los Gatos, CA 95031. 408-354-0857.

**November 7.** Santa Barbara Half-Marathon & 5K. Ellen McCurdy, Santa Barbara News-Press, PO Box 1359, Santa Barbara, CA 93102. 805-892-2250, X5050; fax: 805-564-5139.

**November 8.** Santa Clarita Marathon, Santa Clarita, Calif. 888-823-3455.

**November 15.** Race For The Cure 5K, Rose Bowl, Pasadena, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.

**November 15.** Phoenix 10K. Harvey Beller, 1201 E. Jefferson St., Phoenix, AZ 85034. 602-345-5752.

**November 28.** Santa Clarita Marathon. City of SC Marathon, PO Box 800646, Santa Clarita, CA 91380. 805-255-7149; fax: 805-259-8125.

**December 6.** California International Marathon, Sacramento. CIM, PO Box 161149, Sacramento, CA 95816. 916-983-4622.

**December 6.** Tucson Marathon. Pat Lekacz, 4625 E. Broadway, Ste. 112, Tucson, AZ 85711. 520-346-9383.

**December 6.** Western Hemisphere Marathon, Culver City. Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6650; fax: 253-6666.

**December 13.** Honolulu Marathon. HM Assoc., 3435 Waiialae Ave., Rm. 208, Honolulu, HI 96816. 808-734-7200.

**December 13.** Lasse Viren 20K, Point Mugu St. Park, Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744.

**January 9.** Paramount 10K, with Racewalk and Special World Masters Division, Paramount, Calif. (L.A. suburb). Time standards for World Masters Division. SASE to Oscar Rosales, Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**January 17.** San Diego Marathon, Carlsbad, Calif. In Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 619-792-2900; fax: 792-2901; e-mail: imisd@aol.com.

**February 7.** 33rd Las Vegas International Marathon, Half-Marathon, & 5K, Las Vegas, Nev. New course. SASE to Las Vegas Marathon, Al Boka, Director, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; Web: <http://www.LVMarathon.com/>

**NORTHWEST**

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

**October 4.** Portland Marathon. Les Smith, PO Box 4040, Beaverton, OR 97076. 503-226-1111.

**November 28.** Seattle Marathon & Half-Marathon. SM Assoc., PO Box 31849, Seattle, WA 98103. 206-729-3660.

**CANADA**

**October 25.** Casino Niagara Intl. Marathon, Niagara Falls, Ontario, Canada. Karen Stearne, Heart Niagara, Allied Health Bldg., 206-5673 North St., Niagara Falls, Ontario, Canada L2G-1J4. 905-358-5552.

**November 1.** Ontario Masters 8K Cross-Country Championships, Sunnybrook Park, Toronto. Doug Smith, 416-699-5818; douglasj.smith@sympatico.ca.

**INTERNATIONAL**

**November 1.** Athens Marathon, Greece. Athens Marathon, c/o Apostolos Greek Tours, 3145 So. Akron St., Denver, CO 80231. 303-755-2888. <http://www.rural-net.net/~apostolo>

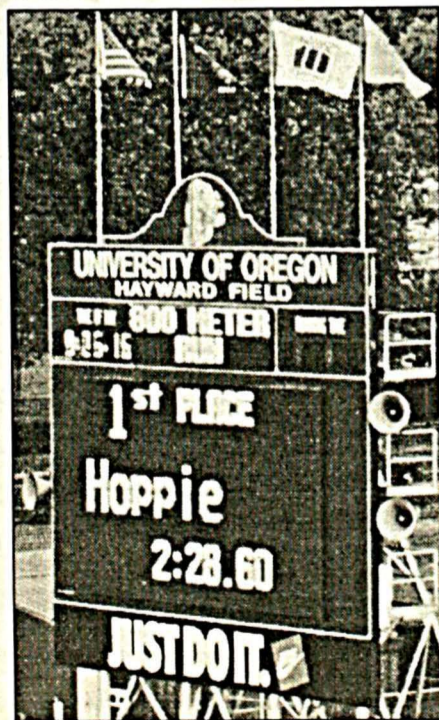
**RACEWALKING**

**October 4.** USATF National Masters One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.

**October 10.** One-Hour Postal Racewalk, Central Park, Plantation, Fla. 7:30 p.m. Daniel Koch, Florida AC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(h); fax: 970-0382.

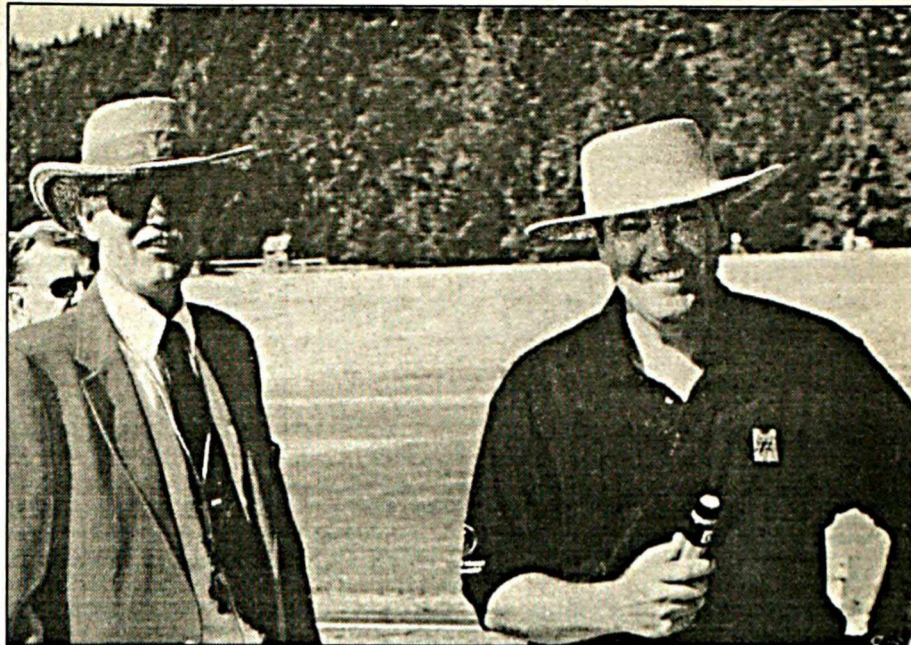
**October 17.** MAC & East Region 30K Championships, Central Park, NYC. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

**October 24.** Bob Fine International 5K & 1500m Racewalks, Tradewinds Park,



AL SHEAHEN

A never-before-seen feature at a masters t&f meet was the display of the medalists on the scoreboard at Hayward Field during the award presentations at the Nike World Masters Games.



AL SHEAHEN

Eric Zemper (l), director of officials; and Tom Jordan, co-commissioner of athletics, at the cross-country venue at the Nike World Masters Games.

Coconut Creek, Fla. R. Sidelko, 2910 Luckie Rd., Ft. Lauderdale, FL 33331.

**November 7.** USATF South Region One-Hour Racewalk Championships, Myrtle Beach, S.C. John Snaden, 926 Sherwood Dr., Florence, SC 29501. 843-665-4396.

**November 14.** Alan Ranofsky Invitational/20K State Championships, Brian Piccollo Park, Cooper City, Fla. Daniel Koch, Florida AC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(h); fax: 970-0382.

**November 22.** Gran Prix #1 5K Racewalk, Central Park, NYC. All ages. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

**November 29.** Gran Prix #2 5K Racewalk, Central Park, NYC. All ages. See Nov. 22.

**December 13.** Gran Prix #3 5K Racewalk, Central Park, NYC. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

**NATIONAL SPORTS SERVICES PRESENTS**

**33rd Las Vegas**

**international MARATHON**

**Including 5-person Ekiden Half Marathon & 5K**

Sunday, February 7, 1999



- Televised over ESPN's "Running & Racing"
- Masters Half-Marathon Championship
- "International" Friendship 5K Run
- Cool and Dry Running Weather
- Half Marathon Racewalking Championship
- "Fun Capital" of the World

**"NEW" Faster Course**

• Come see why Runner's World listed these events amongst the "fastest" in the USA and join Runners from 50 States and 35+ Countries

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 Al Boka, Race Director  
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 LAS VEGAS, NV 89180 USA  
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<http://www.LVMarathon.com>

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

Table listing recipients and their marks for events M30-34 through M55-59.

Table listing recipients and their marks for events M60-64 through M70-74.

Table listing recipients and their marks for events M75-79 through M90-94.

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data. All American Standards Committee

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Large table showing U.S. Masters Standards of Excellence for men across various age groups and events.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Large table showing U.S. Masters Standards of Excellence for women across various age groups and events.

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

Table showing U.S. Masters All American Standards of Excellence for racewalkers, including times for women and men.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

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

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

TRACK & FIELD 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 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

NATIONAL

USATF National Masters Decathlon/Heptathlon Championships and Poland-Canada vs. USA Team Challenge Neosho, MO; July 25-26

Decathlon WAVA Age Graded Results:

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100.

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100.

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100.

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100.

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100.

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100.

1998 Nike World Masters Games Eugene, OR; Aug. 10-21

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M30-100m PRELIMS, M30-100m, M35-100m PRELIMS, M35-100m, M40-100m PRELIMS, M40-100m, M45-100m PRELIMS, M45-100m, M50-100m PRELIMS, M50-100m, M55-100m PRELIMS, M55-100m, M60-100m PRELIMS, M60-100m, M65-100m PRELIMS, M65-100m, M70-100m PRELIMS, M70-100m, M75-100m PRELIMS, M75-100m, M80-100m PRELIMS, M80-100m, M85-100m PRELIMS, M85-100m, M90-100m PRELIMS, M90-100m, M95-100m PRELIMS, M95-100m, M100-100m PRELIMS, M100-100m.

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M65-100m PRELIMS, M65-100m, M70-100m PRELIMS, M70-100m, M75-100m PRELIMS, M75-100m, M80-100m PRELIMS, M80-100m, M85-100m PRELIMS, M85-100m, M90-100m PRELIMS, M90-100m, M95-100m PRELIMS, M95-100m, M100-100m PRELIMS, M100-100m.

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M65-100m PRELIMS, M65-100m, M70-100m PRELIMS, M70-100m, M75-100m PRELIMS, M75-100m, M80-100m PRELIMS, M80-100m, M85-100m PRELIMS, M85-100m, M90-100m PRELIMS, M90-100m, M95-100m PRELIMS, M95-100m, M100-100m PRELIMS, M100-100m.

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M65-100m PRELIMS, M65-100m, M70-100m PRELIMS, M70-100m, M75-100m PRELIMS, M75-100m, M80-100m PRELIMS, M80-100m, M85-100m PRELIMS, M85-100m, M90-100m PRELIMS, M90-100m, M95-100m PRELIMS, M95-100m, M100-100m PRELIMS, M100-100m.

Table with columns: Name, Points, 100, LJ, SP, HJ, 400, HURDLE, DT, PV, JT, 1500. Lists results for M65-100m PRELIMS, M65-100m, M70-100m PRELIMS, M70-100m, M75-100m PRELIMS, M75-100m, M80-100m PRELIMS, M80-100m, M85-100m PRELIMS, M85-100m, M90-100m PRELIMS, M90-100m, M95-100m PRELIMS, M95-100m, M100-100m PRELIMS, M100-100m.

Continued on next page





Continued from previous page

Table of athletic results for various events including 5km, 10km Road, 10km Hurdles, 15km, 20km, 30km, 40km, 50km, and 60km. Columns list athlete names, their countries, and their respective times.





Continued from previous page

Table of race results for M60 Bob Lawson, M70 Ken Weinbel, M85 Leon Joslin, W55 Suzy Hess, and Superweight category.

Table of race results for Paul Brown, Jan Grigsby, M50 Tim Edwards, M55 George Mathews, M60 Bob Lawson, M65 Stew Thomson, M70 Ken Weinbel, M85 Leon Joslin, W55 Suzy Hess.

Table of race results for W65 Sharon Good, W75 Carla Convery, 1600m RW, 3000m RW, and Long Hurdles.

Dartmouth Weight Meets Hanover, NH; July 18 & Aug. 16

Table of race results for Dartmouth Weight Meets, including Shot Put 16#, Hammer, Discus, and various other events.

Potomac Valley TC Meet Alexandria, VA; July 26

Table of race results for Potomac Valley TC Meet, including 100m, 200m, 400m, 800m, 1500m, and Mile events.

Table of race results for M45 J J Wind, M55 Charles Williams, M60 Joe Broderick, W35 S Nearman.

Table of race results for Short Hurdles, Long Hurdles, and High Jump.

Table of race results for Pole Vault, Long Jump, and Shot Put.

Table of race results for Triple Jump, Shot Put, and Pole Vault.

Table of race results for Long Jump, Shot Put, and Pole Vault.

Table of race results for Triple Jump, Shot Put, and Pole Vault.

Table of race results for Discus, Shot Put, and Pole Vault.

Table of race results for Javelin, Shot Put, and Pole Vault.

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

Table of race results for 1600m RW, Shot Put, and Pole Vault.

Table of race results for 3000m RW, Shot Put, and Pole Vault.

Table of race results for Summer Track Festival, 100m, and 200m.

Table of race results for Summer Track Festival, 400m, and 800m.

Table of race results for Summer Track Festival, 1500m, and Mile.

Table of race results for Summer Track Festival, 3000m RW, and Mile RW.

Table of race results for Summer Track Festival, High Jump, and Pole Vault.

Table of race results for Summer Track Festival, Shot Put, and Pole Vault.

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Table of race results for Summer Track Festival, Shot Put, and Pole Vault.

Table of race results for Summer Track Festival, Shot Put, and Pole Vault.

Potomac Valley TC Meet Alexandria, VA; Aug. 9

Table of race results for 100m, 200m, and 400m.

Table of race results for 800m, 1500m, and Mile.

Table of race results for Mile RW, High Jump, and Pole Vault.

Table of race results for 3000m RW, Mile RW, and High Jump.

Table of race results for Mile RW, High Jump, and Pole Vault.

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Table of race results for Mile RW, High Jump, and Pole Vault.

Table of race results for M75 Marv Levy, M80 Jerry Wible, W35 Kathy Harte.

Table of race results for W40 Renee DiGiacomo, W55 Susan Levy, W60 Audrey Lary.

Table of race results for 200m, 400m, and 800m.

Table of race results for 1500m, Mile, and Mile RW.

Table of race results for Mile RW, High Jump, and Pole Vault.

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Table of race results for Mile RW, High Jump, and Pole Vault.

Table of race results for Mile RW, High Jump, and Pole Vault.

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EAST

Syracuse Chargers Meet Syracuse, NY; July 6

Table of race results for Syracuse Chargers Meet, including 100m, 200m, 400m, 800m, 1500m, Mile, and Mile RW.

800m

Table of race results for 800m, Pole Vault, High Jump, and Shot Put.

Potomac Valley TC Meet Alexandria, VA; July 12

Table of race results for Potomac Valley TC Meet, including 100m, 200m, 400m, 800m, 1500m, and Mile.





Continued from previous page

Table of athletic results for various events including 800m, 1500m, 3000m, Short Hurdles, Long Hurdles, High Jump, Long Jump, Triple Jump, Shot Put, Discus, and 5000m RW.

Table of athletic results for various events including 1500m, 3000m, Short Hurdles, Long Hurdles, High Jump, Long Jump, Triple Jump, Shot Put, Discus, and 5000m RW.

MID-AMERICA

Table of athletic results for Missouri State Senior Games in Columbia, MO, June 26-27, covering events like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, and Mile High Throws.

Table of athletic results for various events including 400m, 800m, 1500m, 3000m, 5000m, 10000m, and Mile High Throws.

Table of athletic results for various events including High Jump, Pole Vault, Long Jump, Shot Put, and 5000m RW.

Table of athletic results for various events including 5000m RW, 10000m Road Race, and Mile High Throws.

Table of athletic results for various events including 10000m Road Race, Mile High Throws, and Rocky Mountain Masters.

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Continued from previous page... Mileah Loeb 8.81 W50 J. Harrington 9.03 D. Scoville 9.76 W65 Shirley Pope 10.41 Joyce Franks 10.70 W70 C. Acton 12.49 M30 R. Whitaker 6.92 M40 J. Bilderbeck 7.28 Steve Galetta 6.66 R. Hughes 7.31 M45 James St.Cyr 6.52 Jim Dolezel 6.91 Jim Erickson 7.13 M55 Sam Taylor 7.19 Lopez-Svareaz 7.25 Darrell Short 7.73 M60 Larry Carter 7.60 Ed Arnold 8.04 Ritch White 8.29 M65 Donald Weis 7.95 Jerry Donley 8.32 M70 C. Sochor 7.78 100 m W40 Sue Norton 13.72 T. Drotar 14.47 Mileah Loeb 16.80 W50 J. Harrington 17.31 D. Scoville 18.91 W55 N. O'Conner 14.38 W60 C. Onderdonk 29.20 W65 Joyce Franks 20.54 W70 C. Acton 24.61 M30 Gerald Owens 11.30 Cyrus Dodson 11.78 M40 Stacey Price 11.71 Steve Galetta 12.05 Richard Hughes 13.59 M45 James St.Cyr 11.78 Jim Dolezel 12.75 M50 Richard Wild 13.07 Dave Simons 13.21 M55 Sam Taylor 13.02 Lopez-Svareaz 13.56 D. Leczinski 13.63 Darrell Short 13.85 M60 Kirkpatrick 13.35 George Cairns 13.54 David Hill 14.43 Ray Franks 15.27 Ed Arnold 15.73 Ritch White 15.89 M65 Donald Weis 14.92 M70 C. Sochor 14.63 200m W40 Sue Norton 28.67 T. Drotar 30.22 Mileah Loeb 37.16 W45 C. Carter 31.69 W50 Susan Hill 37.32 D. Scoville 38.91 J. Harrington 39.82 W55 N. O'Conner 30.23 W65 Joyce Franks 34.37 M30 Gerald Owens 23.29 Cyrus Dodson 24.58 R. Whitaker 26.14 M40 J. Bilderbeck 27.28 R. Hughes 27.65 M45 James St.Cyr 24.63 Trip Reynolds 24.80 Jim Dolezel 26.31 Jim Fallen 27.15 M50 Richard Wild 26.73 Dave Simons 26.95 M55 Sam Taylor 26.93 Lopez-Svareaz 28.60 Darrell Short 29.42 M60 Paul Johnson 25.72 George Cairns 28.18 David Hill 29.32 Larry Carter 30.66 Bill Bidy 33.60 M65 L. Bonifield 27.82 Donald Weis 31.10

M70 C. Sochor 30.23 300m IMH M70 C. Sochor 1.05.87 400m IMH M35 Schneebeck 57.36 Wayne Wood 1.07.77 400m W40 Sue Norton 1.04.88 T. Drotar 1.08.03 Mileah Loeb 1.29.83 W50 D. Scoville 1.34.86 W55 M. Althausser 1.40.04 W65 Joyce Franks 1.45.35 W75 L. Adams 1.48.01 M30 Gerald Owens 52.32 M35 Mallickrodt 55.40 Schneebeck 55.60 M40 Phil Ware 1.05.33 M45 Trip Reynolds 54.87 B. Grandjean 57.79 Jim Fallen 1.01.36 M50 Dave Simons 1.05.04 M55 Darrell Short 1.10.91 M60 R.Kirkpatrick 59.28 Paul Johnson 59.63 R. McKisson 1.08.70 Bill Bidy 1.24.43 M70 C. Sochor 1.20.34 800m W55 M. Althausser 4.01.37 W75 L. Adams 4.14.95 M35 Dan Haney 2.06.12 Bryan Carr 2.08.55 Mallinckrodt 2.11.62 M40 D. Metzger 2.14.52 Phil Ware 2.15.50 Scott Schafer 2.24.06 M45 B. Grandjean 2.15.12 M50 Steve Myers 2.27.90 M70 MacDonald 3.47.10 1500m M35 Dan Haney 4.29.50 Bryan Carr 4.44.34 M40 Phil Ware 4.37.02 Scott Schafer 4.45.37 M45 J. Underwood 5.55.79 M50 Phil Found 5.13.84 Steve Myers 5.13.89 5000m M40 Phil Ware 17.11.9 Scott Schafer 17.39.6 James Twark 22.41.7 M45 Mark Brand 21.55.0 M55 J. Wackwitz 23.55.2 M75 S. Wright 33.15.2 5K Race Walk W40 Peggy Miller 29.13.3 M70 Timmerhaus 33.40.0 80m Hurdles W45 C. Carter 15.78 M70 C. Sochor 14.76 100m Hurdles M60 Ritch White 23.79 M65 L. Bonifield 17.00 110m Hurdles M35 D.Schneebeck 16.59 Dan Cook 17.08 M40 Stacey Price 15.44 Ken Ellis 16.42 M45 Gene Iwen 18.95 Roy Chubb 18.95 Pentathlon W45 C. Carter 2277 S. O'Brien 1032 W60 Tina Klassen 1462 M30 R. Whitaker 1224 M35 Lewis Kelly 2530 Bob Pankey 1757 M40 Garry Pirsch 2083 M45 Mike Hill 3560 M50 Neal Schuster 2276 M. Conlee 1001 M60 R. Ferrier 2235 G. Cairns 3376 M80 Lee Todd 1854

Long Jump W45 Deb Vestal 2.49 W50 Susan Hill 3.14 W55 N. O'Conner 4.39 W65 Shirley Pope 2.36 W70 C. Acton 1.43 M30 C. Dodson 5.69 M40 Ken Ellis 6.07 J. Bilderbeck 5.13 Garry Pirsch 4.25 M45 Dennis Webb 5.36 Jim Dolezel 5.28 Gene Iwen 4.72 M50 Richard Wild 5.19 Larry Myers 2.95 M55 Darrell Short 4.52 D. Leczinski 4.24 M60 David Hill 4.22 Ed Arnold 3.77 Ritch White 3.64 M65 L. Bonifield 4.58 M70 C. Sochor 4.04 M75 W. Trimmell 2.06 Triple Jump W45 Deb Vestal 5.49 W50 Susan Hill 6.69 W65 Shirley Pope 5.30 W70 Willie Gatzka 3.92 C. Acton 3.74 M40 Garry Pirsch 9.77 M45 K. Johnson 12.42 M50 Larry Myers 5.93 M55 Darrell Short 8.47 M60 David Hill 7.67 Discus W40 Carol Finsrud 45.51 W45 Deb Vestal 14.60 W50 Erika Szanto 22.14 W65 Katy Felkner 14.87 Shirley Pope 13.81 W70 C. Acton 16.39 Willie Gatzka 12.26 M35 Bob Jones 35.48 M40 J. Bilderbeck 31.02 M45 Tim Fuehrer 23.81 M50 Ian Percy 46.84 Tim Edwards 40.59 Rocco Petitto 37.68 T. Krakota 33.67 M55 Larry Pratt 49.74 Tom Gage 42.87 R. Hambrick 30.62 George Soule 30.20 M60 Vern Spencer 35.91 Jim Weed 35.89 Wesselowski 35.56 Jay Stinson 29.46 M65 R. Haves 30.76 Shot Put W40 Carol Finsrud 13.30 W50 Erika Szanto 9.92 W65 Katy Felkner 7.42 Shirley Pope 6.11 W70 C. Acton 6.47 Willie Gatzka 5.52 M35 Bob Jones 10.96 M40 Garry Pirsch 8.98 M45 Tim Fuehrer 9.79 M50 Ian Percy 11.89 M55 Tom Gage 13.87 R. Hambrick 11.33 George Soule 10.37 D. Leczinski 7.83 M60 Wesselowski 11.26 Jay Stinson 10.13 Vern Spencer 9.68 M65 R. Hayes 9.64 M75 W. Trimmell 9.83 Hammer W40 Carol Finsrud 36.35 W50 Erika Szanto 24.92 W65 Katy Felkner 18.63 W70 C. Acton 17.39 Willie Gatzka 8.97 M35 T. Matsumoto 38.10

Bob Jones 33.19 M50 Tim Edwards 47.01 Ron Broce 44.84 Ian Percy 43.72 Larry Myers 28.37 M55 Tom Gage 60.89 M60 Vern Spencer 36.62 Wesselowski 32.00 Javelin W40 Carol Finsrud 32.71 W50 Erika Szanto 19.83 W65 Katy Felkner 12.18 W70 Willie Gatzka 13.17 C. Acton 12.13 M19 Chris Avila 41.88 M35 Bob Jones 27.85 M40 Garry Pirsch 31.44 M50 Rocco Petitto 50.61 Ian Percy 44.94 Larry Myers 20.74 M55 R. Hambrick 37.98 M60 Vern Spencer 24.67 M65 R. Hayes 39.31 M70 F. Held 45.39 Pole Vault M40 Ken Ellis 4.11 J. Bilderbeck 3.20 M45 Dennis Webb 3.35 Jim Dolezel 3.35 Weight Pentathlon W40 Carol Finsrud 4029 W45 S. O'Brien 1430 W50 Erika Szanto 2550 W65 Katy Felkner 2436 W70 C. Acton 2695 Willie Gatzka 2034 M35 Bob Jones 2450 M50 Ian Percy 4130 Tim Edwards 3995 Ron Broce 3716 Neil Schuster 2281 Larry Myers 2270 M55 Tom Gage 4303 M60 Vern Spencer 3465 Wesselowski 3330 Weight Throw (12#) W65 Katy Felkner 6.78 W70 C. Acton 6.64 Willie Gatzka 4.52 Weight Throw (16#) W50 Erika Szanto 9.11 Weight Throw (20#) W40 Carol Finsrud 13.38 W45 S. O'Brien 4.05 M60 Vern Spencer 14.70 Wesselowski 13.31 Weight Throw (25#) M50 Tim Edwards 18.80 Ron Broce 15.46 Ian Percy 15.40 Larry Myers 8.52 Neil Schuster 7.12 M55 Tom Gage 19.09 Weight Throw (35#) M35 Bob Jones 9.67 WEST KELfield Throws Series #63 Santa Cruz, CA; Aug. 15 Shot Put M45 Richard Watson 36-8.75 Gary Kelmenson 31-7 M50 Ladislav Pataki 6k53-1.75 Ladislav Pataki 16#49-3.50 M60 Don Hughes 16# 24-9 M65 Stew Thomson 40-6 Discus M45 Richard Watson 111-11 Gary Kelmenson 101-8 M50 Ladislav Pataki 174-1 M65 Stew Thomson 158-4 M70 GeeGee Toscano 70-2 Hammer M45 Richard Watson 123-5 Gary Kelmenson 119-1 M50 Ladislav Pataki 179-2 M60 Don Hughes 95-11 M65 Stew Thomson 157-8

Javelin M45 Richard Watson 168-0 Gary Kelmenson 91-4 M50 Ladislav Pataki 119-0 M65 Stew Thomson 83-11 25# Weight M50 Ladislav Pataki 61-3.25 M65 Stew Thomson 52-10 35# Weight M45 Richard Watson 42-3.25 Gary Kelmenson 39- 25 56# Weight M45 Richard Watson 26-6.50 Gary Kelmenson 22-7.50 M60 Don Hughes 19-10.50 M65 Stew Thomson 26-6.50 (Age-group world-best) Weight Pentathlon (HT/SP/DJ/TWT) Richard Watson 3514 Gary Kelmenson 2788 Ladislav Pataki 4726 (marks given in above results) CANADA Throwers Club Weight Pentathlon Stouffville, Ont., Canada; Aug. 29 M60 Juhan Toomes 3812 Eero Yla-Outinen 3689 M65 Max Woerle 3467 M70 Helmut Lange 3726 Peter Nielsen 2828 Evalds Viskers 2716 M75 Garry Bachman 3609 M80 Aleks Upmalis 3312 Ed Purgalis 2314 INTERNATIONAL Dutch Championships Zevenaar; June 6-7 100m M40 Peter Jellema 11.50 M45 Kees Bakx 11.59 M50 Wim Scholtes 12.07 M55 Peter Blommestijn 13.01 M60 Geert van Dijk 13.41 W35 Alma Hollen 13.22 W40 Joke Torbijn 13.30 W45 Lena Jansen 14.04 W50 Elly Willemsen 14.39 200m M40 Peter Jellema 24.00 M45 Kees Bakx 24.02 M50 Wim Scholtes 24.55 M55 Gerard Sengers 27.20 M60 Geert van Dijk 27.35 M65 Arend Koet 30.77 W35 Alma Hollen 27.99 W40 Sonja Kuipers 27.13 W50 Marja Broers 30.09 400m M40 Gerard Kitslaar 53.90 M45 Fred van Gasteren 53.45 M50 Wim Scholtes 55.38 M55 Wim Metselaar 63.08 M60 Ron Landré 60.67 W35 Anja Matakena 63.35 W40 Anja Akkerman 64.82 W45 Lena Jansen 63.76 W50 Marja Broers 73.10 800m M40 Henk van Eck 2:01.50 M45 Cees Meijer 2:05.43 M50 Herman v. Tongeren 2:14.33 M60 Ron Landré 2:26.36 M65 Piet Baas 2:50.85 W35 Marlies van Geel 2:27.09 W40 Marja Mulder 2:27.90 W45 Dineke Kok 2:43.57 W55 Corrie Keijsers 2:33.54 1500m M40 Ruud van der Laan 4:08.30 M45 Jan Cammeraat 4:24.01 M50 Herman v. Tongeren 4:40.54 M55 Peter Keizer 4:53.83 M65 Siem Herlaar 4:55.71 W35 Corina Dekker 4:46.86 W40 Ingrid Koster 5:03.99 W45 Dineke Kok 5:38.62 W50 Els Raap 5:04.44 W55 Corrie Keijsers WR 5:06.94 5000m M40 Cees Kraaijeveld 15:29.71 M45 Henk van Velzen 15:30.29 M50 Jaap Vallentgoed 16:01.28 M55 Frans Goudart 17:35.43 M65 Siem Herlaar 18:34.26 M70 Ane Verbaan 28:54.75 M80 Jan Verloop 25:51.48 W35 Caria Ophorst 17:49.28 W40 Marianne van Velzen 18:50.22 W45 Noortje van Kempen 19:03.12 W50 Els Raap 18:35.22 Short Hurdles M40 Martin de Pater 16:13 M45 Wim de Ronde 17:06 M50 Cees Berg 16:20 M55 Peter Blommestijn 15:90 M60 Kees van Giezen 19:39

W35 Lia Wayenburg 18.34 W50 Elly Willemsen 13.91 Long Hurdles M40 Martin de Pater 57.69 M50 Cees Berg 64.25 W35 Annemieke Bolte 72.95 Steeplechase M40 Rob van Zanten 10:09.88 4x100 M50 PAC 50.74 W35 Noordkop 58.30 High Jump M40 Erik Endlich 1.83 M45 Jan Huijbers 1.86 M50 Ed Moenmaker 1.67 W35 Evie Roelands 1.51 W40 Lia Bruin 1.45 W45 Janine Kortbeek 1.51 W50 Laura Blommestijn 1.25 Pole Vault M40 Frans van der Ham 4.00 M45 Marc van Vliet 3.40 M50 Kanbier+Steenhoven 2.80 M55 Peter Blommestijn 2.50 M60 Kees van Giezen 2.50 Long Jump M40 Wout van Drunen 5.91 M45 Ane Stuimer 5.78 M50 Wim Scholtes 5.48 M55 Peter Blommestijn 5.00 M60 Kees van Giezen 4.20 W35 Alma Hollen 4.87 W40 Anja Akkerman 4.90 W45 José Kooij 3.92 W50 Elly Willemsen 4.51 Triple Jump M40 May Stokman 12.13 M45 Glen Gentle 12.14 M50 Frank Larsen 10.57 W35 Monique Bassant 9.54 W45 Janine Kortbeek 10.31 W50 Laura Blommestijn 8.57 Shot Put M40 Rob Hermans 13.35 M45 Martin Regtop 13.08 M50 Piet Klaassen 12.73 M55 Frits Martens 11.22 M60 Wim Fokker 13.18 M65 Jan Smit 10.24 M70 Jan Oerlemans 11.09 W35 Hanne Ebbekink 10.07 W40 Tine Schenkels 12.27 W45 Anneke de Pater 11.28 W50 Annie van Anholt 11.39 Discus M40 Nico van Noort 41.99 M45 Hans Schouten 40.54 M50 Cees Betlem 44.76 M55 Frits Martens 37.96 M60 Jan Pronk 43.60 M65 Jan Smit 40.58 M70 Jan Oerlemans 33.53 W35 Hanne Ebbekink 38.31 W40 Tine Schenkels 39.06 W45 Anneke de Pater 39.66 W50 Annie van Anholt 38.13 Hammer M40 Peter van Noort 57.99 M45 Martin Regtop 39.70 M50 Frits van Buuren 42.87 M60 Jan Pronk 40.42 M65 Jan Smit 33.73 M70 Jan Oerlemans 27.03 W35 Ingrid van Dijk 26.42 W40 Ingrid Zuidervliet 24.20 W45 Louise Zimmermann 16.76 W50 Annie van Anholt 39.27 Javelin M40 Sylvain Ephimenco 49.86 M45 Dirk Kooreman 58.65 M50 Fred Harmens 45.95 M55 Peter Blommestijn 38.57 M60 Wim Fokker 41.66 M65 Jan Smit 29.12 M70 Jan Oerlemans 26.11 W35 Mariet Voskamp 39.13 W40 Ingrid Zuidervliet 32.25 W45 Henny v. Kruchten 31.31 5000m RW M40 Hans Drijvers 28:11.98 M45 Fred Röhner 27:14.84 M50 Ad Martens 28:56.94 M60 Nico Schroten 27:13.95 BVAF Championships Newport, England; July 10-11 100m M40 K Ansah 11.63 M45 S Peters 11.59 M50 T Deleiros 12.87 M55 B Shearsmith 12.99 M60 B Gray 13.29 M65 C Williams 13.48 M70 A Meddings 13.71 M75 A Lovett 16.80 M80 L Watson 19.24 W35 W Stone 13.28 W40 J Harwood 13.10 W45 V Bonner 13.61 W50 M Lewington 13.47 Continued on next page





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Table of race results for M40, M45, M50, M55, M60, M65, M70, and W40 categories, listing names and times.

Table of race results for W45, W50, W55, W60, W65, W70+, and W75+ categories, listing names and times.

Table of race results for Maggie Valley Moonlight 8K, listing names and times.

MIDWEST

Table of race results for Greater Clarksburg 10K, listing names and times.

Table of race results for Julie Rathbone, R Riemschneide, Kitty Consolo, etc., listing names and times.

Somerset Classic 5K & 10K

Table of race results for Somerset Classic 5K & 10K, listing names and times.

Parkersburg Half-Marathon and Two-Mile

Table of race results for Parkersburg Half-Marathon and Two-Mile, listing names and times.

Table of race results for M55, M60, M65, M70, M75, and W40D categories, listing names and times.

Two-Mile

Table of race results for Two-Mile, listing names and times.

MID-AMERICA

Fair St. Louis 10K

Table of race results for Fair St. Louis 10K, listing names and times.

Pikes Peak Marathon & Ascent

Table of race results for Pikes Peak Marathon & Ascent, listing names and times.



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Continued from previous page

Table of race results for various distances including M60, M65, M70, M75, M80, W40, W45, W50, W55, W60, W65, W70, and W75.

Table of race results for various distances including M65, M70, W40, W45, W50, W55, W60, and W65.

America's Finest City Half-Marathon & 5K San Diego, CA; Aug. 16

Table of race results for the America's Finest City Half-Marathon & 5K, including Overall and M40-M60 categories.

Table of race results for various distances including M65, M70, W40, W45, W50, W55, W60, and W65.

Run Through The Barrio East Los Angeles, CA; Aug. 23

Table of race results for the Run Through The Barrio, including Overall, -5K, M40-M60, and W40-W60 categories.

5K Overall

Table of race results for the 5K Overall, including M40-M60 and W40-W60 categories.

Table of race results for various distances including W40, W45, W50, W55, W60, and W65.

Run Through The Barrio East Los Angeles, CA; Aug. 23

Table of race results for the Run Through The Barrio, including Overall, -5K, M40-M60, and W40-W60 categories.

-10K- Overall

Table of race results for the -10K- Overall, including M40-M60 and W40-W60 categories.

Silver State Marathon, Half-Marathon & 10K Reno, NV; Aug. 30

Table of race results for the Silver State Marathon, Half-Marathon & 10K, including Overall, M40-M60, and W40-W60 categories.

Half-Marathon Overall

Table of race results for the Half-Marathon Overall, including M40-M60 and W40-W60 categories.

Table of race results for various distances including M50, M60, M70+, W40, and W50.

11th Annual Home Run 5K/10K Elysian Park (LA), CA; Sept. 6

Table of race results for the 11th Annual Home Run 5K/10K, including Overall, -5K, M40-M60, and W40-W60 categories.

WEST

44th Annual Distance Derby Huntington Beach, CA; Aug. 15

Table of race results for the 44th Annual Distance Derby, including Overall, -5 Mile Run, M40-M60, and W40-W60 categories.



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Richard Cannon	45:31
Randall Smith	46:19
M55 Heriberto Landa	40:44
Mike Miranda	54:25
James McGinnis	57:03
M60 Arnold Orgoline	47:18
Henry Wolstat	59:19
Harvey Chapman	64:54
M65 Philip Fetchko	71:42
M70 Bob Koch 71	50:45
Milo Sather 71	54:37
W40 Cathy Molina	46:46
Sue Slater	52:02
Joan Cameron	56:24
W45 Kathy Joli	64:58
Jacqueline Arispe	68:02
Clarinda Keldrauk	69:01
W50 Becky Parker	46:54
Jody Brockway	59:41
Bonnie Wright	64:27
W55 Judy Espino 55	59:46
Carolyn Jensen 57	81:41
Diana Friedlund 58	95:29

**NORTHWEST**

**Hood to Coast Relay**  
193.8 miles/Mt. Hood to Seaside, OR; Aug. 28-29

<b>Overall</b>	
Bucknell Alumni	CT 16:52:46
NIKE Lane Ducks	OR 20:06:30
<b>Mens Submasters</b>	
Santini Extra Virgins	CA 18:18:39
Elite Feet	OR 19:02:22
Team Altera/Wyle	CA 19:11:33
Pace Setter DOA	OR 19:22:38
Team Gorgeous V	CA 21:21:34
Big Dogs	WA 21:58:46
Team Runners High	CA 22:07:42
No Crybaby...	OR 22:09:58

Coal Arrows	GA 22:30:06
The Wild Bunch	OR 22:33:51
<b>Mens Masters</b>	
Pace Setter To Be Old	OR 18:21:53
Empire Runners	CA 19:21:44
Nike Limp Swooshes	OR 19:43:47
Older 'N Dirt	GA 20:11:52
Time Bandits	OR 20:29:59
PS Old and Ruthless	OR 20:44:20
The Colts 13th H2C	OR 21:00:58
Dead Jocks in a Box	OR 23:07:38
Masters of the Universe	WA 23:37:38
Colt Classic	OR 24:20:00
<b>Mens Supermasters</b>	
PPC Eastside Striders	WA 22:08:34
Atlanta Track Club	GA 22:25:47
Aged to Perfection	OR 23:40:10
Fabulous Fifties	WA 23:59:53
Old Georgia Peaches	GA 24:55:21
Old Guys Running	OR 26:48:34
Golds Gym Super Srs	OR 28:44:14
<b>Mixed Submasters</b>	
Team Turtle	OR 20:15:36
Warsatch Athletics	UT 20:32:30
Lizard Tales	OR 21:12:42
Into Action	OR 21:23:12
Team Rainrunners	WA 21:31:21
One More for Rogue	OR 22:02:27
Mixed Nuts	UT 22:07:17
Tenacious Turtles	WA 22:27:42
Mo Speed I	CO 22:52:21
Island Road Racers	BC 23:24:37
<b>Mixed Masters</b>	
NoWalkinTIVanPasses	IL 20:27:33
Pace Setter - WeB40	OR 21:18:07
Ptld Running Co...	CA 21:53:26
Rowdy Ridge Runners	NV 25:54:02
Clatsop Slug Bait	OR 26:06:38
Bakers Dozen...	OR 26:07:09
Team Fossils	OR 26:13:51

"Y" Are We Here!	BC 26:36:17
Heaven and Hell	UT 27:32:32
<b>Mixed Supermasters</b>	
Team Quicksilver	OR 23:49:05
<b>Womens Submasters</b>	
Blister Sisters	OR 24:27:11
Femme Fatale	OR 24:34:41
Bend Babes	OR 24:41:24
Haulin' Angels	OR 25:09:26
Head Hunters...	WA 25:27:13
M&Ms	OR 27:00:29
Tualatin Bodies...	OR 27:29:00
Deschutes Brewery	OR 29:03:38
Lei-Dees with Heart	WA 30:24:04
<b>Womens Masters</b>	
Wild Women	OR 24:20:57
Team Longbottoms	OR 28:08:02
Just for Fun Originals	OR 28:09:01
Road Goddesses	OR 30:13:25
Peg's Legs	OR 31:40:56
<b>Womens Supermasters</b>	
Super Heart & Sole	OR 29:29:59

**RACEWALKING**

<b>Women's Distance Festival</b>	
<b>5K Racewalk</b>	
<b>Parkersburg, WV; July 11</b>	
<b>Overall</b>	
Jeanne Dorton	28:59
W40 Jan Stevens	35:22
Patricia DeMaio	36:57
W45 Martha Marks	33:48
Betty Lutz	42:39
W50 Janice Ridenour	34:30
MaryAnne Bush	36:16
W55 Marty Owings	35:32
Kitty Coppock	36:09
W60+BillieJo Daugherty	42:34
Ruth Nesbitt	44:54

**Masters Age-Graded Tables**

- Keep track of your progress over the years.
  - Compare performances of older and younger individuals in the same or different events.
  - Select the best performance in an event among all age groups.
  - Score multi-events.
  - See how much your performance should decline with age.
- 
- Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
  - Shows how to conduct an age-graded track & field meet, road race or racewalk.
- 
- 60 pages. Easy to use.
  - Detailed explanations, sample competitions, personal performance examples and charts.
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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCTOBER 1998**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GORDON ALBURY (SANTA FE, NM)	10-29-28	70-74
ALFRED ALTHAUS (WG)	10-30-3	95+
L. A. BATT (GB)	10-18-13	85-89
CHARLES BOOTH (AUS)	10-1-3	95+
PAT DEVINE (SAN PEDRO, CA)	10-10-28	70-74
HAROLD ELRICK (NATIONAL CITY, CA)	10-11-18	80-84
WILLIAM FLOERKE (SHAWNEE MISSION, KS)	10-30-43	55-59
CHRIS FOX (HAGERSTOWN, MD)	10-22-58	40-44
RICHARD HOTCHKISS (GRASS VALLEY, CA)	10-29-38	60-64
JOHN JOHA (HONOLULU, HI)	10-4-18	80-84
HOLGER JOSEFSSON (SWE)	10-24-18	80-84
WILLI KALBERMATTER (SUI)	10-2-38	60-64
PERCY KNOX (EDWARDS, CA)	10-28-33	65-69
GEORGE MASON (CAN-EL CERRITO, CA)	10-26-43	55-59
HANS MEISELBACH (WG)	10-18-28	70-74
TERRY MERRITT (WILKES-BARRE, MA)	10-26-38	60-64
GRAEME ROSE (AUS)	10-8-43	55-59
WILLIAM SCHOOLER (CARLISLE, IA)	10-11-48	50-54
DON SLEEMAN (ANN ARBOR, MI)	10-8-38	60-64
LEWIS SMITH (BOSTON, MA)	10-2-28	70-74
ILPO SOPANEN (FIN)	10-15-33	65-69
JOHN STOWERS (HOUSTON, TX)	10-10-28	70-74
GUDMUND STRAUME (NOR)	10-30-18	80-84
WALTER STREUBEL (WG)	10-12-8	90-94
ANTON TESIJA (AUS)	10-29-13	85-89
RAMSAY THOMAS (CATONSVILLE, MD)	10-29-43	55-59
WILLIAM WALMROTH (SOUTHFIELD, MI)	10-17-23	75-79
MITCH WILLIAMS (LA)	10-19-23	75-79
DEBBIE ANDERSON (TERRE HAUTE, IN)	10-17-48	50-54
JANET BAUMANN (NEW YORK, NY)	10-1-38	60-64
LINDA BURKE (SAN GABRIEL, CA)	10-0-38	60-64
MIDGE BURKHEAD (OAKLAND, CA)	10-27-18	80-84
MYRA FROMME (US)	10-24-3	95+
MARIE HENRY (WESTWOOD, CA)	10-6-23	75-79
ANNE JOHNSON (OLIVENHAIN, CA)	10-21-28	70-74
JUNE KELLER (ASHLAND, OH)	10-12-48	50-54
MARTHA MENDENHALL (FEDERAL WAY, WA)	10-16-58	40-44
Gloria Neighbors (US)	10-2-28	70-74
BELVA NORINS (VENTURA, CA)	10-0-33	65-69
UNA MARIE PIERCE (SAN DIEGO, CA)	10-29-38	60-64
MARLENE SACHS (NORWICH, VT)	10-15-43	55-59
EILEEN TROY (CT)	10-26-53	45-49
ELISABETH VANBATTUM (GRETNA, LA)	10-18-23	75-79
RUTH WATERS (SAN CARLOS, CA)	10-30-33	65-69
ELLA ASTROM (FIN)	10-20-13	85-89
GALINA BRIGADNAJA (TUR)	10-30-58	40-44
BARBARA BROOKES (GB)	10-22-38	60-64
ALLISON JANE BROWN (GBR)	10-7-58	40-44
CORNELIA BURKI (SUI)	10-3-53	45-49
JILL COOPER (AUS)	10-28-38	60-64
DORIS DREWING (WG)	10-13-28	70-74
PAM GRAHAM (NZ)	10-7-48	50-54
RENATE GUETTLEF (WG)	10-28-43	55-59
JEAN HULLS (GBR)	10-8-38	60-64
RIET JONUERS (HOL)	10-4-43	55-59
KRYSTYNA KACPERCZYK (POL)	10-13-48	50-54
MAEVE KYLE (EIR)	10-6-28	70-74
IRJA LAINE (FIN)	10-28-48	50-54
SIV LOVGREN (FIN)	10-2-53	45-49
MARGIT MARKO (HUN)	10-13-43	55-59
ANNETTE MCNEILL (AUS)	10-26-48	50-54
MARIANNE NEUBERT (GER)	10-29-28	70-74
JANINA PAKSYTE (URS)	10-19-28	70-74
MARGARET PETERS (NZ)	10-18-33	65-69
THELMA SELLS (AUS)	10-5-23	75-79
SILVINA DE SILVA (BRA)	10-31-48	50-54
RIET JONKERS SLEGGERS (HOL)	10-4-43	55-59
GRETE WAITZ (NOR)	10-1-53	45-49

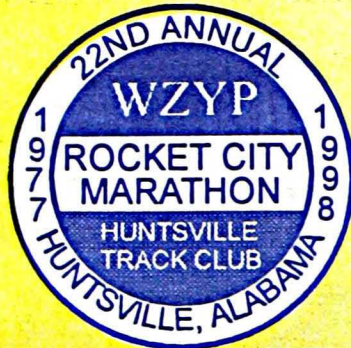
Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

# WZYP Rocket City Marathon RRCA Southern Region Championship Running Journal Double Point Grand Prix Race

Saturday, December 12

## \$18,000 Prize Money

Open(M&F): \$2000, \$1000, \$500, seven \$250's  
Masters(M&F): \$1500, \$750, three \$250's  
Age Graded Masters: \$500,\$400,\$300,\$200,\$100  
Plus \$4000 in Course Record Bonuses



Race Headquarters, Start, and Finish are at the Huntsville Hilton, downtown at 401 Williams Avenue. Rooms available for \$58, 1 to 4 persons. 256-533-1400

Entry by mail through December 1, 1998. A good value at \$20 through September, \$25 during October, and \$30 to December 1. Limited late entry from 5 to 9 PM on Friday, December 11, fee \$50.

Race start is at 8 AM sharp. Seeding is by best marathon time in last three years. Ten mile or half marathon times may be used if no recent marathons.

Entry confirmation is by canceled check and Information Book mailed mid-November. Send SASE for special entry confirmation. Book is mailed third class, notify us if your address changes.

Race course is fast and generally flat, only two hills over 35'. Average temperature is 46 degrees. Splits every mile with ten aid stations and ten Port-a-Johns on the course.

Teams: Send SASE for team entry. Return by Nov. 15 for guaranteed team entry. Later arrivals handled as time permits. No team fee.

Results: Interim results posted after each 50 finishers. Race photo (\$7 to keep) and finisher certificate are mailed first class shortly after race. Race results book is mailed later.

Awards: T-shirt and info book to all entrants. Key chain medallion and race cap to all finishers. Awards to prize money winners, age division winners, and team winners. Age divisions are 0-19, then five year divisions to 75+. Certificates to Southern Region Champions (overall, masters, and age groups) and for Alabama State Records.

Friday activities: Historic district group runs (2 or 4 miles) start at Hilton at 4 PM. Free Packet pickup and expo - 5 to 9 PM. Carbo Supper 5 to 7 PM - \$8, \$9 at door. Clinic and guest speaker - 7 to 8:30 PM. Free

Saturday Activities: Packet Pickup- 6:30 - 7:30. Expo- 6:30 AM to 2:30 PM. Free Marathon Start - 8 AM. Post race snack - 10:15 AM to 1:30 PM. Free Ask the experts panel - 1:30 to 2:30 PM. Awards & celebration- 2:30 PM. Free Post Race Banquet - 5:30 PM. \$15 in advance.

Vegetarian entree available

# WZYP



For information:  
Call Race Director  
Malcolm Gillis  
256-828-6207

PLEASE PRINT PLAINLY

Did you run WZYP Rocket City Marathon last year? Yes No

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_ Circle SEX Male Female

STREET \_\_\_\_\_ Circle Shirt SIZE S M L XL

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDAY \_\_\_\_\_  
Mon Day Year

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ No. of Marathons Run \_\_\_\_\_

Best Marathon Time \_\_\_\_:\_\_\_\_:\_\_\_\_ Year \_\_\_\_ Best Time 1996-98 \_\_\_\_:\_\_\_\_:\_\_\_\_ USATF Number \_\_\_\_\_  
Fee Postmarked in Aug,Sept \$20, Oct \$25, Nov \$30 \$ \_\_\_\_\_ Check if entering [ ] Open Male Team  
Friday Carbo Supper # \_\_\_\_\_ @ \$8 \$ \_\_\_\_\_ as a team [ ] Open Female Team  
Sat. Night Banquet # \_\_\_\_\_ vegetarian # \_\_\_\_\_ @ \$15 \$ \_\_\_\_\_ [ ] Husband/Wife Team [ ] Master Male Team  
Total enclosed \$ \_\_\_\_\_ [ ] Parent/Child Team [ ] Master Female Team

I, Individually, (and/or as a parent and/or guardian of the named minor(s)) for and in consideration of my receiving permission from the Huntsville Track Club, to enter and participate in the Redstone Arsenal Ten Miler and/or 5K Road Race, do hereby release, remise, waive, and forever discharge the Huntsville Track Club, the City of Huntsville, the United States, and all sponsoring groups of this racing event, together with all of their officers, agents, officials, and employees, from any and all 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 aforesaid event. I further state that I am in proper physical condition to participate in this event.

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

All entry forms must be signed and dated. If under age 19, Parent or Guardian signs)

Make out check and mail to: Huntsville Track Club, 94 Scenic Drive, Huntsville AL 35801