

NATIONAL MASTERS NEWS

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

209th Issue

January, 1996

\$2.50

Green, Richardson Top Racewalkers

Robbins, Raschker Named Best 1995 T&F Athletes; Utes, Keston Top LDR Picks

Best Performance Awards to Barrineau and Libal; Honors Also Go to Pashkin and Lance

Steve Robbins, 52, of Seattle was named the outstanding age-40-and-over male track and field athlete of 1995 by the Masters Track and Field Committee of USA Track & Field, the national governing body for athletics in the United States.

Philippa (Phil) Raschker, 48, of Marietta, Ga., was voted the top female masters performer by the same group at the 17th annual convention of USATF in Atlanta on November 30.

The top racewalking awards went to Max Green, 63, of Taylor, Mich., and Elton Richardson, 56, of New York City.

The best single-performance-of-the-year awards went to James Barrineau, 40, of Burke, Va., for his 6-11 (2.11m) M40 world high jump record at the World Veterans Championships in Buffalo, N.Y., and to Mary Libal, 45, of Corvallis, Ore., for her W45 world

400-meter record of 56.82, also set in Buffalo.

Sandy Pashkin of New York City was named the top T&F administrator of the year, while Dale Lance, 55, of Tulsa, Okla., and Raschker were named the outstanding multi-event athletes.

Robbins had a sensational year. At the USATF National Masters Indoor

Continued on page 22

Rodgers, Vasquez, Green, Baymiller Among 25 Runners Honored at USATF Convention

Warren Utes, 75, and John Keston, 70, were among 25 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 17th annual convention in Atlanta on November 30.

The LDR Committee's awards are based on five-year age group categories, rather than on an overall "best masters" runner.

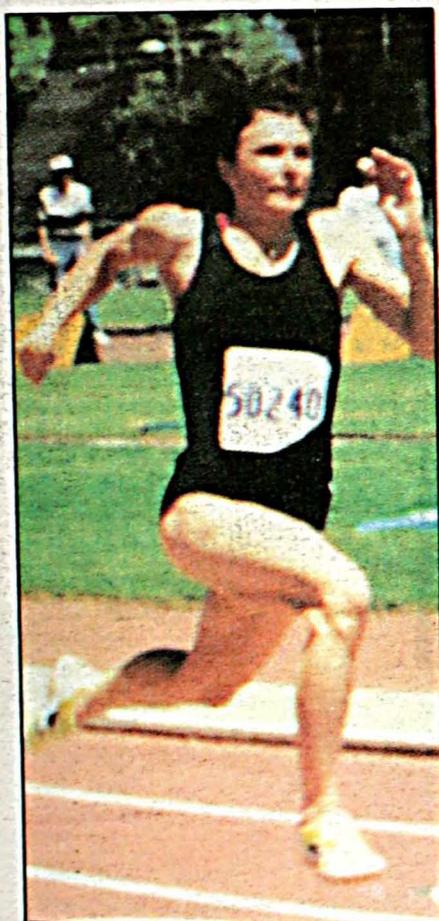
Utes, of Park Forest, Ill., turned 75 in mid-year and immediately began smashing Ed Benham's U.S. M75 records with a 19:57 5K (94.2% age-graded), 31:52 8K (96.6%), 41:16 10K (94.3%), and 1:23:51 20K (96.1%). He has pending marks of 40:12 for 10K (96.8%) and 19:24 for 5K (96.9%).

Keston, of McMinnville, Ore., nearly became the first sub-3-hour 70+ marathoner with a 3:02:50 in Spain. He logged a 31:20 8K (92.0%), 38:33

10K (94.5%), 47:36 12K (92.6%), and 1:27:23 half-marathon (91.4%).

Bill Rodgers (47, MA) again led the M45 group with a 5K in 15:19 (92.6%), 10K in 31:30 (93.2%), and 15K in 48:00 (93.5%). Norm Green (63, PA) topped the M60 bracket with an 8K (29:16, 91.2%), 10K (37:01, 91.1%), 15K (56:00, 92.1%), 10-mile (59:50, 92.9%), and half-marathon (1:18:18, 94.5%).

Continued on page 23



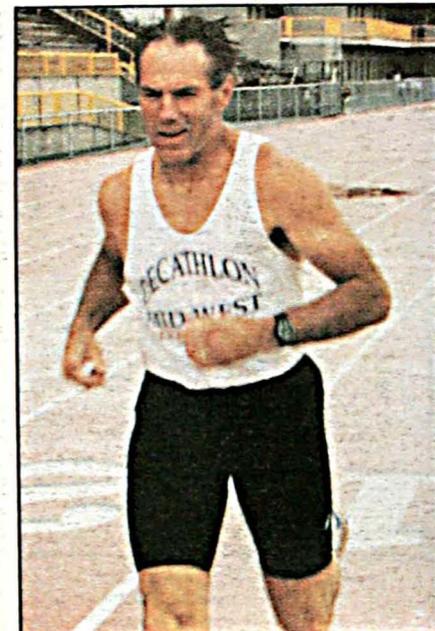
Mary Libal



Steve Robbins



John Keston



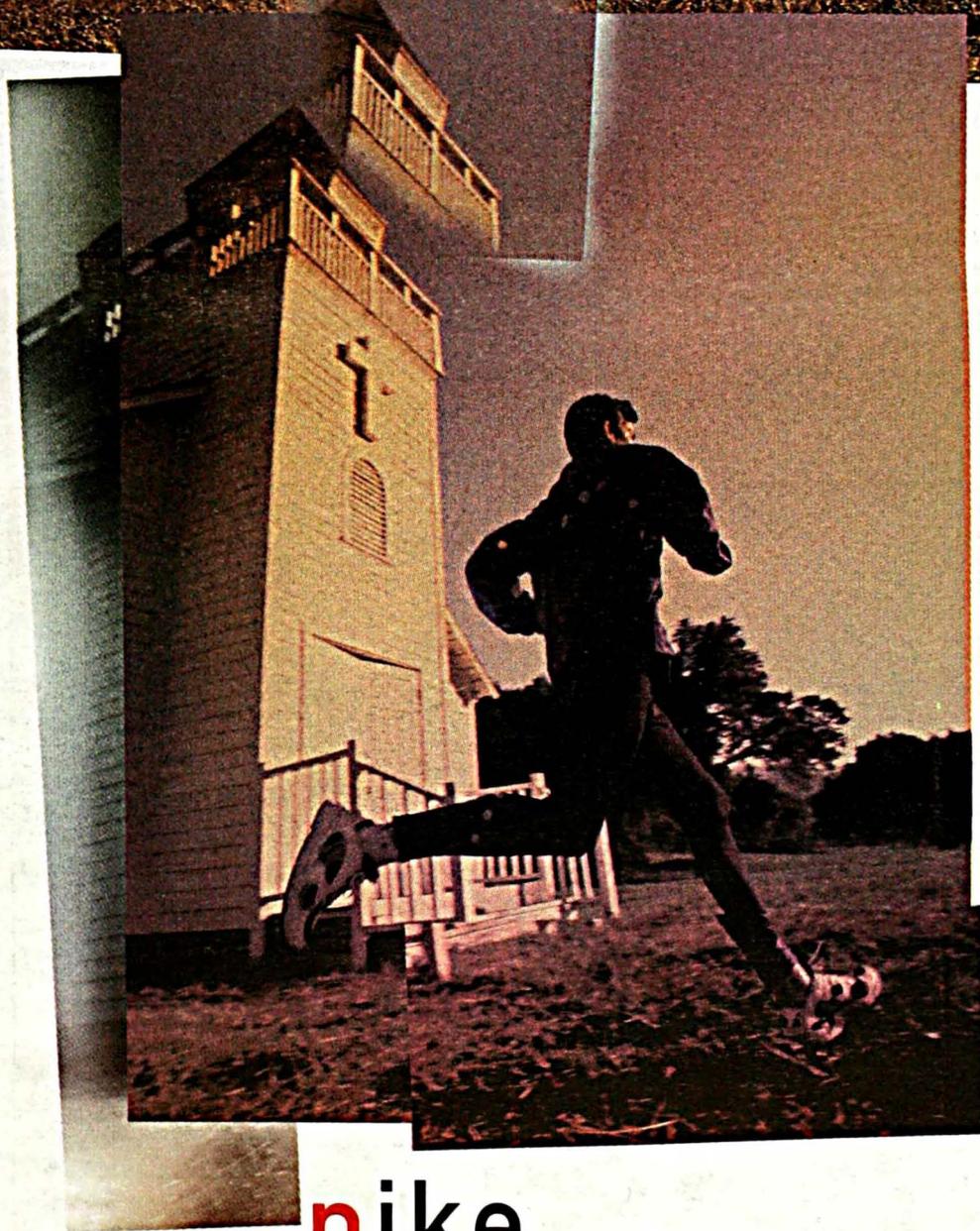
Dale Lance

INSIDE:

- World and U.S. Indoor Track & Field Records —pages 19-21
- Entry Form for Indoor Nationals —page 5



Good news: It's a leap year. You can run 366 days.



nike
running



CONTENTS DEPARTMENTS

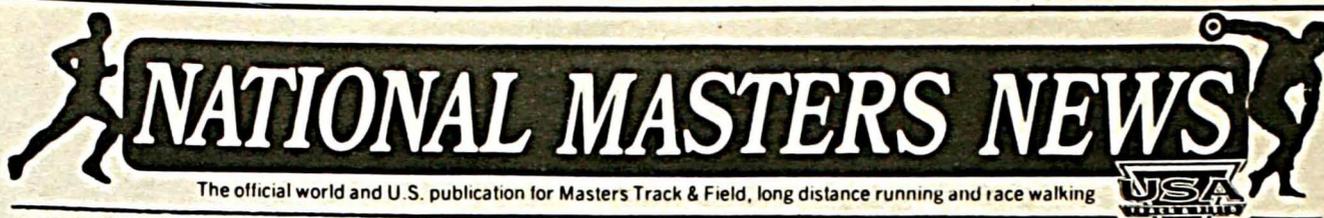
USATF Officers 3
 Letters to the Editor 4
 Third Wind 6
 Fifteen Years Ago 6
 The Foot Beat 8
 Ten Years Ago 8
 Racewalking 10
 On the Run 12
 The Weight Room 14
 Training Advice 16
 Profile - Steve Robbins 18
 Track & Field Report 24
 International Scene 25
 WAVA Officers 25
 WAVA/USATF Specs 26
 New Age-Group Athletes 26
 Report from Britain 26
 Masters Scene 33
 Schedule 34
 Five Years Ago 35
 All-American Standards 36
 Results 37

FEATURES

Athletes of the Year 1
 National 8K X-C 8
 Indoor Nationals Preview 9
 Phila. Runner's Pentathlon 9
 Outstanding Racewalkers 10
 California Marathon 12
 T&F Rankings Report 14
 Bohemia 5-Miler 15
 New West Indoor Meet 15
 Multi-Event Report 15
 Stockade-athon 15K 16
 One-Hour Decathlon 17
 Humbug 8K 17
 Indoor T&F Records 19
 Outstanding T&F Athletes 22
 Outstanding Administrators 22
 Memphis Marathon 23
 Columbus Marathon 23
 Outstanding LDR Athletes 23
 T&F Demographic Survey 24
 USATF Membership Stats 27
 NMN Subscribers Reach 7828 27
 NMN Phone/Fax Numbers 27
 Summary of T&F Meetings 28
 Sites of T&F Championships 28
 Minutes of LDR Meetings 29
 Sites of LDR Championships 29
 Sites of Conventions 29
 T&F Budget 30
 50+ Runners Set for Boston 31

ENTRY FORMS/RACE & PRODUCT INFO

Nike 2
 NMN Subscription Form 4
 Indoor Nationals 5
 Elite Health Products 7
 Longest Day Marathon 8
 M-F Athletic Co. 9
 Ageless Games 11
 Cho-Pat 12
 Publications Order Form 13
 T&F Rankings Book 14
 Silver State Meet 15
 Plantation 5K 16
 Sooner State Games 17
 Sportech 18
 Age-Record Book 21
 On Track 21
 World Road Championships 25
 Hy-Tek 26
 The Master Board 31
 Age-Graded Tables 33
 All-American Application 36
 PR Bar 40



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

Editor and Publisher: Al Sheahan
 818-981-1996
 Fax: 818-981-1997

Senior Editor: Jerry Wojcik
Office Manager: Suzy Hess 541-343-7716
 Fax: 541-345-2436

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

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

Production Manager: Carol Covey
Production: American/Foothill Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: Road Running Information Center

Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

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

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

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

Creative Art: Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-0744216) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Mailing address: P.O. Box 50098 Eugene, OR 97405. Second class postage paid at Van Nuys, CA 91409.

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

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

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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a

USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired. **Subscriptions:** A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 610/967-8316 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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

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

National Masters News, P.O. Box 50098, Eugene OR 97405. Phone: 541-343-7716; Fax: 541-345-2436.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

TRACK & FIELD

Chairman: Barbara Kousky 5319 Donald St. Eugene, OR 97405 (541) 687-1989	Treasurer: Madeline Bost P.O. Box 458 Ironia, NJ 07845 (201) 584-0679	Race Walking: Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721	Southeast: Phil Mulkey & Phil Raschker P.O. Box 71022 Marietta, GA 30007 (770) 973-3825	Northwest: Marti Skaer 5535 E. Evergreen Blvd. #7401 Vancouver, WA 98661 (360) 693-2256
Outdoor and Indoor Meets: Scott Thornsley 18 Colgate Drive Camp Hill, PA 17011 (717) 737-2385	Records: Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291	Team Manager: Sandy Pashkin 301 Cathedral Pkwy. No. 6U New York, NY 10026 (212) 666-8603	Midwest: Mel Larsen 2316 Willemoure Springfield, IL 62704 (217) 546-2909	Awards: Don Austin 3703 Electra Drive San Antonio TX 78218 (210) 826-7538
Multi-Events: Rex Harvey 160 Chatham Way Mayfield Heights OH 44124 (216) 446-0559 (H) (216) 531-3000 X3366 (216) 531-0038 (Fax)	Rankings: Jerry Wojcik 186 Brookside Dr. Eugene, OR 97405	Rules Coordinator: Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (619) 292-6132	Mid-America: Tom Thorne 525 Oak Ridge Dr. Neosho, MO 64850 (417) 451-7417	Law Chairman: Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 (407) 499-3370
Secretary: Marilyn Mitchell 330 E. 46 St. #4C New York, NY 10017 (212) 697-8216	Site Selection: Max Goldsmith 481 Marcus Lewisville, TX 75067 (214) 436-6658	All-American Standards: Bill Wood 2211 San Antonio Place Santa Clara, CA 95051 (408) 246-4271	Southwest: John Head	WAVA Delegates: Barbara Kousky Jerry Donley Scott Thornsley Alternates: 1) Ken Weinbel 2) Joan Stratton 3) Marilyn Mitchell
	Weight Events: Ken Weinbel 4103 Hillcrest Ave. S.W. Seattle, WA 98116	Regional Coordinators: East: Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547	West: Hugh Cobb 3180 Camino Arroyo Carlsbad, CA 92009 (619) 436-7696	

LONG DISTANCE RUNNING

Chairman: Charles Des Jardins P.O. Box 2281 Carson City, NV 89702-2281 (702) 884-9448	Secretary: Carole Langenbach 4261 S. 184th Street SeaTac, WA 98188 (206) 433-8868	Championships: Mick Midkiff 4901 Pine St. Bellaire TX 77401 (713) 667-2718 Fax: (713) 667-2902	Awards: Ruth Anderson - Women (address above) John Boyle — Men P.O. Box 1824 Deland, FL 32721 (904) 736-0002
Vice Chairman Men: Jerry Crockett 1124 W. Eskridge Stillwater, OK 74074 (405) 372-4010	Treasurer: George Vernosky 5004 Glen Cove Pkwy. Bethesda, MD 20816 (301) 229-8391	Law and Legislation: Mick Midkiff 4901 Pine St. Bellaire TX 77401 (713) 667-2718 Fax: (713) 667-2902	Rules Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553
Vice Chairman Women: Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)	Road Records & Rankings: Basil & Linda Honikman Road Running Information Center 5522 Camino Cerralvo Santa Barbara, CA 93111 (805) 683-5868	Championship Stats: Norm Green 405 Curtis Ct. Wayne, PA 19087 (215) 768-2480 (w)	WAVA Delegates: Ruth Anderson, Norm Green IAAF Veterans Committee: Charles DesJardins P.O. Box 2281 Carson City, NV 89702-2281 (702) 884-9448



YARDS vs. METERS

What a depressing and disappointing response Joe McDaniel's letter was to Mike Tymn's column regarding metric scoring. I made it all the way to calculus before washing out of math, so maybe I missed something. But did McDaniel ever tell us how far \$18.29 is? Of course \$18.29 is a measure of currency and is widely recognized as such even in countries which use another currency, just as those of us who are not unabashed advocates of metric scoring recognize that 18.29 meters is a measure of distance.

But while a Frenchman or a South African will likely recognize \$18.29 as a measure of currency, few of them could tell you how much of their weekly grocery supply they could buy with that money unless they convert \$18.29 into francs or rand. I can tell instantly whether someone who is 6'11" is someone who I would consider as a center on my basketball team, something that I'd have more trouble doing if I heard the person stood 2.1 meters.

Bring back the three- and six-mile? Why not? There's a renewed interest in the two-mile in international track as the eight-minute barrier seems due to fall. Besides, the 440yd/400m track lends itself to races measured in miles, not meters. The start and finish line can be in the same place and one can easily project a final time by multiplying a lap time by four, eight, twelve, etc. To this day, if I tell people that I'm running a ten kilometer race this

weekend, they will invariably ask me how far that is. That's a little like asking a golfer how far a fifteen foot putt is. The race distance is only meaningful to non-runners if it's expressed in miles.

While the simplicity of the metric system is certainly a persuasive argument for its use, there is also a persuasive argument to be made for measuring our sport with the system that is generally used in our society. I wonder if Joe McDaniel measures his car's fuel efficiency by describing how many kilometers per liter it gets. And if he does that, does he find many people who know what he's talking about?

*Richart Englehart
Newbury Port, Massachusetts*

I agree with Joe McDaniel's letter in the November NMN. What a shame that such a great writer like Mike Tymn would expose his paradigm about yards vs. meters.

Mike, wake up to the 21st century. The world is changing to metrics, which is so much simpler than yards. Yes, we have to adjust to the new times and distances, but it will come quickly if we change quickly. Even England has metric money.

The last bastion to be changed is the marathon. It would be 40 kilometers which would make the 2-hour mark easy to recognize and a good target for the runners.

*Dick Glasgow
Prescott, Arizona*

In the December issue, Philip Found asks: "Whose brain child was the 1500?" It came about because the founding fathers of the modern Olympic Games were European. The tracks in Europe at the time were 500m round.

The IAAF was not formed until 1912, when it endorsed the metric system for track and field. Incidentally, the track for the 1908 Games in London was three laps to the mile! Yes, even though the track was specially laid for the Olympics and they knew the events were metric.

We in Britain have partially accepted the metric system. All jumps, throws, heights and distances are printed in metric and nobody complains. But outside the sport there are oddities. Britain was supposed to go metric when it joined the European Union and there were few arguments, but we still talk in miles regarding the distance from place to place, and the road signs show miles.

If you asked me my height and weight I would say five-feet-ten and just under twelve stone. If an American told me he was 180 pounds I would convert to stones and pounds. If Mike Tymn's irritated by metric heights and distances, can he imagine what it's like to pick up an aerosol can and read that he should hold it 18cm away before he presses the button?

Mike missed something that would have interested him when he visited Wales. A few 'miles' away from Ffynnon Garw (the hill that he wrote about in the November edition) lies Llanwonno; and in the graveyard there is a tombstone with a remarkable inscription. It says that the man buried beneath it, Guto Nythbran (1700-1737), once raced another man over 12 miles on the road between two villages and won in a time of 53 minutes. This historian thinks the distance is likely to be about right but wonders about the timing device that was used.

*Wilfred Morgan
Birmingham, England*

Letter writer Joe McDaniel correctly labeled Mike Tymn's article on the metric system as "depressing and disappointing."

As if that column wasn't depressing enough, Tymn, the recently turned Great Pontificator, now tells me that, "the point at which a jogger becomes a runner is not well-defined, but a seven-minute-per-mile pace has been called the dividing line between running and jogging." Not well-defined? How about not defined at all, and who is it that's been doing the calling here?



Hurdler Will Robinson (l), who joined the M65 group on Oct. 7, the day of the Club West Meet, Santa Barbara, with Emil Pawlik, M55, winner of six events at the Santa Barbara City College track. Photo by Beverley Lewis

Tymn goes on to say that "three hours has become something of a threshold of respectability" in the marathon; whereas, in Tymn's day it was 2:30. Tell me, Mike, who are these people who are deciding whether I am a runner or a jogger? I'd like to have some names and real quotes because no way am I taking your word for it. Are you going to be part of the problem in our sport or do you want to be part of the solution?

*James Gerard
Dayton Ohio*

WORLD CHAMPIONSHIPS

I must respond to the grossly underplayed write-up in the results booklet on my accident when carrying the torch at the opening ceremonies of the XI WAVA Championships in Buffalo, NY, July 14th.

The physician, a burn specialist attending me at the track, recognized the severity of the burns as second and third degree (never quoted as first at any time). I spent several hours at the emergency hospital getting treated that night (certainly not returning to the stadium).

My trips to the stadium in the following days were primarily to see the doctor and have the wounds dressed — five times that week. They blistered and drained, progressively worse the whole week. Trying to cope with these problems could certainly be vouched for by those who knew me there. Being brave about it seems not to have served me well in the eyes of the writer of that article.

Not being able to compete in the marathon, my main event, due to a badly swollen foot and leg as the leg burn blistered badly, was a great disappointment. I would not have been able to compete in any event following the accident, had I entered more than the

Continued on page 32

NATIONAL MASTERS NEWS

Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. **Subscribe Now.**

<p>2nd Class rates: (USA, Canada, Mexico)</p> <p><input type="checkbox"/> 6 months \$15</p> <p><input type="checkbox"/> 1 Year \$26</p> <p><input type="checkbox"/> 2 Years \$48</p> <p><input type="checkbox"/> 3 Years \$70</p>	<p>1st Class rates: (USA, Canada, Mexico)</p> <p><input type="checkbox"/> 1 Year \$42</p> <p><input type="checkbox"/> 2 years \$80</p> <p><input type="checkbox"/> 3 years \$115</p>	<p>Foreign rates: (Air mail)</p> <p><input type="checkbox"/> 1 year \$45</p> <p><input type="checkbox"/> 2 years \$85</p> <p><input type="checkbox"/> 3 years \$125</p>	<p><input type="checkbox"/> Payment enclosed</p> <p><input type="checkbox"/> Bill me later</p> <p><input type="checkbox"/> \$_____ as a contribution to your work</p>
---	--	---	---

Circle applicable sports: T L R (T = T&F; L = LDR; R = RW)

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News
Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

Or Call:
818/760-8983



1996 USATF NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
MARCH 29, 30 & 31, 1996
GREENSBORO COLISEUM - GREENSBORO, NORTH CAROLINA

MEET SCHEDULE

FRIDAY, MARCH 29

5:30 PM OPENING CEREMONIES
 6:00PM PV-M60+
 TJ-WOMEN
 7:00PM3000 METER RUN-ALL
 PV-WOMEN
 HJ-M60+

SATURDAY, MARCH 30

8:00AM SP-M30-39
 SP-W30-39
 PV-M40-49
 HJ-M50-59
 9:00AM60 METERS-PRELIMS-ALL
 WT-M70+
 LJ-M30-44
 10:00AM SP-M40-49
 PV-M50-54
 11:00AM60 METERS-FINALS
 WT-WOMEN
 LJ-W50+
 12:00PMMILE RUN
 SP-M60-69
 1:00PM WT-M30-39
 HJ-M30-39
 LJ-M70+
 2:00PM SP-M50-59
 SP-W40+
 PV-M30-39
 LJ-W30-49
 3:00PM400 METERS
 WT-M40-49
 LJ-M45-49
 4:00PM SP-M70+
 PV-M55-59
 HJ-M40-49
 5:00PM60 METER HURDLES- ALL
 WT-M60-69
 LJ-M50-54
 6:00PM WT-M50-59
 LJ-M55-69
 7:00PM4x800 RELAY
 GENERAL MEMBERSHIP MEETING
 HOLIDAY INN-FOUR SEASONS

SUNDAY, MARCH 31

8:00AM TJ-M30-49
 9:00AM3000 METER RACE WALK-ALL
 HJ-WOMEN
 SUPER WT-ALL
 10:00AM TJ-M50-64
 11:00AM200 METERS-PRELIMS-ALL
 12:00PM TJ-M65+
 1:00PM800 METERS-ALL
 2:00PM
 3:00PM200 METER FINALS-ALL
 4:00PM4x100 RELAY

GENERAL INFORMATION

ELIGIBILITY IS OPEN TO ALL MEN AND WOMEN 30 YEARS OF AGE AND OLDER. INDIVIDUAL IN 5-YEAR AGE GROUPS. RELAYS IN 10-YEAR AGE GROUPS.
 USATF COMPETITION RULES WILL BE USED IN THE CONDUCT OF THE MEET.
 USATF CHAMPIONSHIP MEDALS WILL BE AWARDED TO THE FIRST THREE PLACES IN EACH AGE DIVISION/EVENT.
 REGISTRATION WILL CLOSE ON MARCH 22, 1996 FOR ALL EVENTS EXCEPT THE RELAYS WHICH WILL BE ON-SITE ONLY-TIMES OF REGISTRATION FOR RELAYS WILL BE POSTED AT THE TRACK SITE.
 ORDER OF COMPETITION WILL GENERALLY BE WOMEN FOLLOWED BY MEN - OLDEST TO YOUNGEST. THERE WILL BE SOME EXCEPTIONS TO THIS TO ALLOW FOR MULTIPLE EVENT PARTICIPATION. THIS INFORMATION WILL BE POSTED AT THE MEET SITE.
 AGE GROUPS MAY BE COMBINED TO FILL SECTIONS.
 STARTING BLOCKS WILL BE PROVIDED.
 3/16 INCH SPIKES ONLY-MAY BE USED.
 WARMUP AREA WILL BE PROVIDED, SEPARATE FROM THE COMPETITION TRACK.
 THERE WILL BE 2 SHOT/WEIGHT THROW CIRCLES ON TO A DIRT SURFACE.
 PACKET PICKUP WILL BE AVAILABLE AT THE GREENSBORO COLISEUM BEGINNING AT 12:00 NOON ON FRIDAY MARCH 29, 1996.

NAME _____ ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE(____) _____ AGE(as of 3/29/96) _____ DATE OF BIRTH _____
 1996 USATF # _____ MALE _____ FEMALE _____

EVENT FEES: FIRST EVENT - \$25.00 SUBSEQUENT EVENTS - \$15.00 RELAYS - \$40.00

EVENT	PERFORMANCE	RECENT	FEE
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____

TOTAL FEES _____

T-SHIRT ORDER - \$12.00 (pre event) TOTAL NUMBER _____ AMOUNT _____
 @ 12.00
 SM MED LG XL XXL XXXL

FEES DUE:
 EVENTS _____
 T-SHIRTS _____
 TOTAL _____

MAKE CHECKS PAYABLE TO:
 1996 TRACK & FIELD CHAMPIONSHIPS
 AND MAIL TO:
 GREENSBORO SPORTS COMMISSION
 PO BOX 3222
 GREENSBORO, NC 27402

ENTRY DEADLINE IS MARCH 10, 1996 - LATE FEE OF \$10.00 PER EVENT AFTER 3/10
 NO ENTRIES AFTER MARCH 22, 1996.

TRAVEL INFORMATION

CAROLINA TRAVEL HAS AVAILABLE INFORMATION FOR YOUR TRAVEL AND ACCOMMODATION NEEDS, WHICH INCLUDES DISCOUNTED AIR FARE THROUGH DELTA AIRLINES, MANY EXCELLENT, AND VARIED ROOM RATE, ACCOMMODATION PACKAGES, SPECIAL CAR RENTAL RATES AND A SELECTION OF AREA SIGHT SEEING ATTRACTIONS.

CALL LAURIE AT 800 289-9009 FOR INFORMATION.

ENTRY FORMS AND DETAILED INFORMATION WILL BE SENT WITH YOUR TRAVEL PACKET.

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am the stated age on this application. I also verify that I am registered for the 1996 year with USATF. In consideration of my entry in the National Masters Indoor Track & Field Championships in Greensboro, North Carolina I do hereby, for myself and anyone entitled to act in my behalf, waive and release Greensboro Track & Field, the Meet Director and the Organizing Committee, the Greensboro Sports Commission, USA Track & Field, the Greensboro Coliseum, the City of Greensboro and all sponsors and their representatives and successors from all claims and/or liabilities of any kind which may arise or be occasioned as a result of my travel and participation in the 1996 USATF National Masters Indoor Track and Field Championships.
 I authorize the Games Committee and its agents permission to request emergency medical treatment or care as necessary to insure my well-being.

APPLICANT SIGNATURE _____

DATE _____



Third Wind

by MIKE TYMN

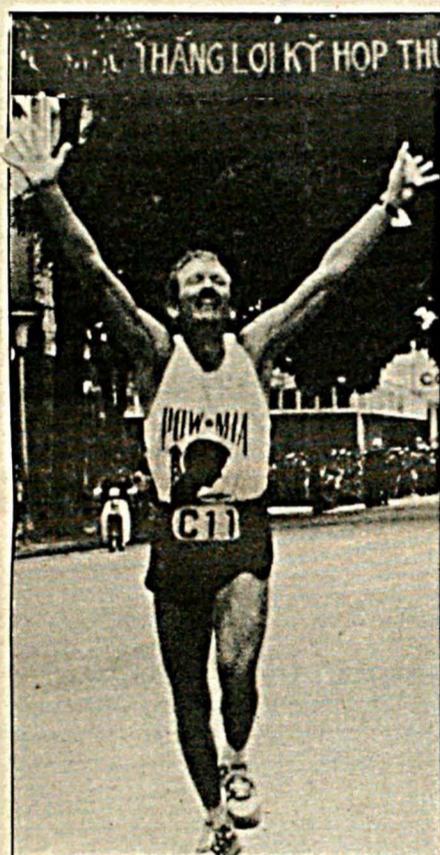
Snow White and the Marathoner

Jim Barker had never given much thought to the reincarnation, soulmate, fate and destination school of faith and spirituality. But when a friend suggested it to him as a possible explanation for his strange and sudden bonding with a Vietnamese woman in 1989, Barker began to wonder if there isn't something to such beliefs.

"There was definitely something there that just touched us those first few moments," said Barker, a 49-year-old resident of San Jose, Calif., and native of Iowa. "We just talked for about five minutes. There seemed to be a mutual attraction and from that moment on we were linked by some kind of thread that we both clung to with faith and patience."

On September 30, Barker and Bach Tuyet, whose name translates in English to Snow White, exchanged marriage vows at the Reorganized Church of Jesus Christ of Latter Day Saints in Honolulu. The marriage culminated some five years of a long-distance courtship that involved many risky obstacles and a lot of international red tape.

A Vietnam vet and psychiatric social worker for the Veterans Administration, Barker met Snow White while on a workout in the central highlands of Vietnam. "I was part of a small delegation of seven Americans that went over there in 1989 on a mission of advocacy for Amerasian children and their mothers," Barker, a 2:25 marathoner two decades ago, explained. "I needed a good workout and broke away from the delegation. I met Snow White walking down the hill to the marketplace in the town of La Dat,



Jim Barker finishes 1994 Hanoi Marathon

which is in the lower central highlands. We talked for just a few minutes and really seemed to hit it off. I gave her my card and we went our separate ways."

Under Surveillance

A year-and-a-half later, Barker, who speaks fluent Vietnamese as a result of attending the Army language school in Monterey, Calif., during the Vietnam War, received a letter from Snow White. "I didn't realize until then that she had been under surveillance and even harassed by the police there because of our brief encounter. I guess they thought that she had some mysterious contact with a CIA agent."

A relationship began to develop by correspondence, but it wasn't until 1992 that Barker and Snow White would again meet. "I went over with the disabled vets for the Ho Chi Minh City (formerly Saigon) Marathon," Barker continued his story. "The race organizers didn't speak English at all and so I went along mostly as an interpreter. I met Snow White at the air-



Jim Barker and Snow White

port. She was dressed in this white angelic traditional costume. We had dinner that night, but had no privacy as she was still under surveillance. We had lunch two days later, but that was the extent of it."

Barker participated in the marathon while wearing a singlet with an American flag. "I felt like a POW on a forced march, but I had to keep my dignity," Barker was quoted in a full page write-up of the race in the March 2, 1992 issue of *Newsweek*.

"The nature of the race couldn't hide the reality that this is one of the few remaining communist states," wrote *Newsweek* correspondent Peter McKillop, who also participated, as did former Olympians Don Kardong and Bill Rodgers. "Plainclothesmen promptly hustled off a monk who tried to unfurl an old South Vietnamese flag near the finish line. And three disabled American veterans, who had flown in from California, were abruptly refused permission to race, with little explanation."

Eluded Authorities

Barker returned to Vietnam in 1994 with another American delegation that was allowed in to inspect the condition of the Mountainyards in the central highlands. Barker, who spent most of his time during the Vietnam war as a liaison officer between South Vietnamese and American forces in the highlands, managed to elude authorities and visit with Snow White for eleven days. Before being permitted to spend any time with her, however, Barker had to convince Snow White's mother that he had no intentions of corrupting her daughter. "The families in the provinces there are very protective of their children," Barker explained.

After Barker's lengthy plea, the mother finally endorsed the budding relationship. By the end of his visit, the two had become engaged. While in Vietnam, Barker ran the Hanoi Marathon with "POW-MIA" emblazoned on his singlet.

Apparently, the Vietnamese authorities didn't appreciate that and when Barker attempted to return in January, 1995, for the traditional engagement party, they gave him an immediate about-face at Lan Son Nhut Airport in Ho Chi Minh City. Barker got off his return flight in Taiwan and then paid a trading company to help him furtively get past airport officials and back into Vietnam. "That was a real cliffhanger," Barker offered. "I guess you could say that it was a victory of faith and tenacity. I had made a promise to return and I planned to honor that promise one way or the other."

Red Tape

The engagement party took place and Barker returned home to San Jose while Snow White applied for a passport and visa. There was much red tape and for a time it appeared that she would not get clearance. But suddenly and unexpectedly the papers came through and the two were reunited in Honolulu to be married and to spend a brief honeymoon.

"I never thought this would be a reality," said the elated Barker, whose identical twin, Ron, is a top masters runner in Idaho. "But here it is."

Soulmates, fate, destiny? "I don't know," Barker smiled and shook his head. "I do know that I had a terrific bent toward sports medicine. I was one course away from becoming a podiatrist and had been accepted into a chiropractic college, but something kept me from it. I just felt that I couldn't leave this job and that there was a need to take part in healing missions in Vietnam. I also knew that it just feels right. It feels incredible and I don't think it would have come about were it not for the running lifestyle that I had developed over the years. It taught me commitment and how to overcome adversity, and offered me the opportunities to return to Vietnam."

"I keep wondering when I'm going to wake up." □

Fifteen Years Ago January, 1981

- U.S. Masters Divide Into T&F and LDR at TAC Convention in Atlanta
- Jim Weed Voted New Masters T&F Chairman
- Ken Bernard Re-elected Masters LDR Chairman
- Jim Bowers Sets M40 25K AR of 1:22:39 in Brooks Masters Run
- Herb Lorenz Wins National Masters 15K X-C

GUARANTEED LOWEST PRICES ANYWHERE



Elite Health Products, Inc.

(310) 559-9739

10738 JEFFERSON BLVD., CULVER CITY, CA 90230

(800) 540-4941

SHOP BY PHONE - WE SHIP ANYWHERE!

VITAMINS MINERALS HERBS HEALTH FOODS SPORTS-FITNESS SUPPLEMENTS
 WEIGHT LOSS COSMETICS HOMEOPATHICS

Pure Power

- Energy Bars** - 1 Box of 24-\$24.00
(Peanut, Chocolate & Mountain Berry)
- Energy & Recovery** - Retail \$13.00
1-\$9.99, 3-\$26.99, 6-\$47.99
(Apple, Lemon, Tropical Fruit) Makes 12 Qts.
- Protein Repair Formula** - Retail \$14.00
1-\$9.99, 3-\$26.99, 6-\$47.99 (Vanilla, Chocolate)

Champion/Cytomax

- Cytomax (1.5 lb.)** - Retail \$20.99
1-\$16.99, 6-\$95.94 (\$15.99 each)
- Cytomax (4.5 lb.)** - Retail \$43.99
1-\$34.99, 6-\$197.94 (\$32.99 each)
(Tropical Fruit, Apple & Citrus)
- Muscle Nitro** - Retail \$18.99
1-\$16.81, 3-\$41.97 (\$13.99)
- Cyto Bar** - Retail \$1.69
1-\$1.50, 24-\$32.40 (Cocoa, Vanilla Crunch, Jazz Berry)
- Heavyweight 900** - Retail \$24.50
1-\$21.69, 3-\$56.82 (\$18.94 each)
(Vanilla, Strawberry & Chocolate)
- Metabolol 2 (1 lb. can)** - Retail \$15.15
1-\$12.12, 6-\$68.22 (\$11.37 each)
- Metabolol 2 (2.2 lb. can)** Retail \$29.45
1-\$23.56, 6-\$130.98 (\$21.83 each)

Excel

Excel is the Guaranteed Highest Potency Energy Product in the Market

Ultra High Performance & Anti Fatigue

- 14-Retail \$14.99 Our Price \$11.99
- 40-Retail \$39.99 Our Price \$31.99
- 100-Retail \$91.99 Our Price \$73.99

Tigers Milk

- Sports Bar** - Retail \$1.29/Bar
12-\$13.20, 24-\$24.00
(Chocolate Blast, Coffee Rush & Vanilla Rush)

Nature's Plus

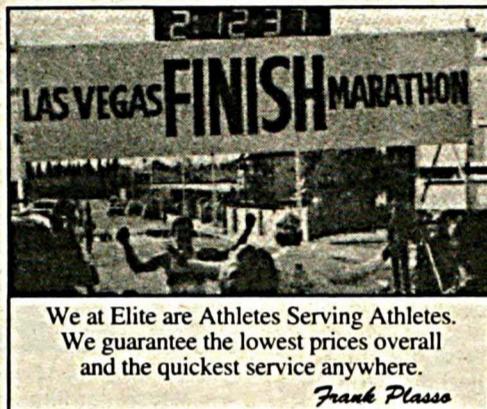
- Ultra Hair** - 90 Tablets \$18.95 - At Elite \$15.16
- Oxy Nectar** - Ten Stage Anti Oxidant Beverage
(1.3 lbs.-Powder) Retail \$28.95 - At Elite \$23.16
- Spirulina Energy Bar** - Retail \$1.50
12-\$16.20, 20-\$23.00 (\$1.15 each)
- Energy Elixir (20-7.5 ml. servings)** - Retail \$20.00 - At Elite \$16.00
(American, Korean & Siberian Ginseng, Royal Jelly, Bee Pollen, Guarana & More)
- Super C Complex-Sustained Release** - 60 Tablets 1000 mg C, 500 mg Bioflavonoid Complex - \$11.30 - At Elite \$9.00
- Calcigizer (20-7 oz. Paks)** - \$19.95 - At Elite \$15.96
Calcium, Magnesium, Potassium & Buffered Vit. C

Country Life

- Life Span 2000** - 50 Tablets \$19.95 - At Elite \$15.96
(A Mind And Body Formula)
- Super 10 Anti-Oxidant** - 60 Tablets \$19.95 - At Elite \$15.96
- Calcium, Magnesium, Potassium** - 90 Tablets \$9.50 - At Elite \$7.60
500/500/99mg

Good 'N Natural

- Green Barley** - 120-500 mg. Tab. - \$9.60 - At Elite \$7.60
- Broccoli** - 90-500 mg. Tab. - \$9.60 - At Elite \$7.60
- Chlorella** - 120-500 mg. Tab. - \$17.90 - At Elite \$14.30
- SOD (Super Oxide Dimutase)** - 100-2000 Units
\$11.40 - At Elite \$9.10
- Pycnogenol** - 30-30 mg. Cap. - \$15.00 - At Elite \$12.00
- Co Enzyme Q 10** - 30-75 mg. Capsules - \$27.40 - At Elite \$20.40
- Co Enzyme Q 10** - 50-30 mg. Softgels - \$17.30 - At Elite \$13.85



We at Elite are Athletes Serving Athletes.
 We guarantee the lowest prices overall
 and the quickest service anywhere.
Frank Plaso

Nature's Life

- Alfalfa** - 250-1000 mg. Tablets \$8.45 - At Elite \$6.75
- Formula 600 Plus For Men** - 100 Tablets \$12.95
*Prostate Health Is Important - At Elite \$10.35
- Chromium Picolinate** - 100-200 mcg. Capsules \$7.45 - At Elite \$5.95
- Cranberry** - 100-800 mg. Capsules - \$13.95 - At Elite \$11.15
- Ultra-Mega-Vite Multi Vitamin/Mineral** - Time Released
(One A Day Tablets)
30 - \$11.45 - At Elite \$9.15 90 - \$29.95 - At Elite \$23.95

POWER BARS

- 1 Box of 24-\$24.00
(Apple, Berry, Chocolate & Malt-Nut)
- Avocet Cliff Bars**
12-\$14.99, 24-\$28.99, 48-\$56.99
4 Boxes of 24-\$13.99 per dozen
(Apple/Cherry, Apricot, Date/Oatmeal, Chocolate)

Edge Bars

- 12-\$15.99, 24-\$29.99, 48-\$57.99
6 Boxes of 24-\$13.99 per dozen

Pines

- Wheat Grass** - (500 Tablets) - Retail \$26.95
1 - \$21.56, 3-\$60.00 (\$20.00 each)
- Wheat Grass (7 oz.)** - Retail \$31.50
1-\$25.20, 3-\$70.05 (\$23.35 each)
- Barley Grass (7 oz.)** - Retail \$25.50
1-\$20.40, 3-\$56.70 (\$18.90 each)

Stopain Spray

- 2 oz. \$4.99 - At Elite \$4.00
- 4 oz. \$6.89 - At Elite \$5.50
- 8 oz. \$9.89 - At Elite \$7.90

Sportenine - Homeopathic Pain Relief

- Retail \$9.79 - At Elite \$7.84

Zand

- Insure Herbal** - 100 Tablets Retail \$11.49 - At Elite \$9.20
2 oz. Retail \$10.49 - At Elite \$8.40
- Active Herbal** - 60 Capsules Retail \$12.95 - At Elite \$10.36
4 oz. Retail \$11.95 - At Elite \$9.56
- PMS Formula** - 60 Capsules Retail \$12.95 - At Elite \$10.36

Universal

- Forza Bars** - For High Performance Athletes
Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)

Pep Products

- Sports Pep Thunder Bars** - Chocolate, Tropical
Retail \$1.69/Bar, 24-\$32.40 (\$1.35 each)
- Brain Pep** - 60 Tablets Retail \$12.95
1-\$10.36, 3-\$28.80 (\$9.60 each)

Quantum

- Extra Edge Performance Formula** - 60 Tablets
Increases Endurance, Stamina... Extends Peaks
Retail \$16.95 - At Elite \$13.56

Cybergenics

- Quick Trim 14 Day Plan** - Retail \$49.95
1-\$39.96, 3-\$111.00 (\$37.00 each)
- Icopro**
- Oxy-Blast** - 120 Capsules - Retail \$19.95
1-\$15.96, 3-\$44.40 (\$14.80 each)
- Wind (21 oz.)** - Retail \$19.95
1-\$15.96, 3-\$44.40 (\$14.80 each)

Unipro

- Carbo Plex - Orange (2.4 lbs.)** - Retail \$17.99
1-\$14.40, 3-\$40.05 (\$13.35 each)
- Endura - Lemon (2 lbs.)** - Retail \$23.95
1-\$19.16, 3-\$53.31 (\$17.77 each)
- Endura Optimizer - Orange (2.8 lbs.)** - Retail \$32.95
1 - \$26.36, 3-\$73.35 (\$24.45 each)
- DMG** - 2 oz. Retail \$14.95
1-\$11.96, 3-\$33.30 (\$11.10 each)

Next Nutrition

- ProOptibol (2.2 lbs.)** - Retail \$26.95
1-\$21.56, 6-\$119.76 (\$19.96 each)
(Chocolate, Vanilla, Very Berry & Original)
- 2 Gro 2000 (4.5 lbs.)** - Retail \$29.95
1-\$23.96, 6-\$133.20 (\$22.20 each)
(Chocolate, Strawberry & Vanilla)
- Pro Opti Bar - Chocolate** Retail \$1.59/Bar
12-\$16.80, 24-\$30.00 (\$1.25 each)
- Hypro Cell Energy Exercise Drink (1.51 lbs.)**
Fruit Punch Retail \$19.95, 1-\$15.96, 6-\$88.80 (\$14.80 each)
- Ultimate Whey Designer Protein (2 lbs.)**
68% Better Than Egg Whites * Absorbs 200% Faster
Vanilla Retail \$39.95, 1-\$31.96, 6-\$168.00 (\$28.00 each)

Optimum Nutrition

- Pro Amino Sports Bar** - Retail \$1.50/Bar
24-\$32.40, 36-\$43.20 (\$1.20 each)
(Chocolate, Peanut, Butter Pecan, Burgundy Cherry & Blueberry Cheesecake)

Strength Systems USA

- Ultra Paks** - Special 30 Day Multi-Vit/Mineral And More For Runners
And Endurance Athletes - Retail \$26.99, Our Price \$21.60
- Gold Paks** - Special 44 Day Multi-Vit/Mineral And More For Power
And Strength Athletes - Retail \$37.99, Our Price \$30.40
- Yohimbe Bars** - Chocolate Raisin Nut
Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)

Twin Lab

- Ultra Fuel Bars (Vanilla & Chocolate)**
Retail \$2.69/Bar 12-\$25.99, 24-\$49.99
- Ultra Fuel (Powder)**
Retail \$17.99, 1-\$14.99, 6-\$80.94 (\$13.49 each)
(Orange, Tropical Fruit, Lemon & Grape)
- Carbo Fuel (43 oz - Powder)**
Retail \$19.99, 1-\$15.99, 3-\$44.46 (\$14.82 each)
- Phosfuel (180 Capsules)**
Retail \$18.99, 1-\$14.99, 3-\$41.97 (\$13.99 each)
- Metabolift Thermogenic Formula**
120 Capsules \$21.95, 1-\$17.56, 3-\$48.90 (\$16.30 each)

Alacer

- Emergen C** - 35 Paks \$12.65 - At Elite \$10.00
- Emergen C - Lo Cal** - 36 Paks \$12.65 - At Elite \$10.00
- Emergen C - Lite** - 36 Paks \$11.55 - At Elite \$9.20
- Super Gram II** - 100 Tabs. \$19.25 - At Elite \$15.00
- Super Gram III** - 100 Tabs. \$20.85 - At Elite \$16.50
- Emergen C Sports Pak** - Makes 3 gallons \$13.85
1-\$11.08, 3-\$30.75 (\$10.25 each)
- Pro Lysine Ascorbates** - 90 Tabs. \$17.95 - At Elite \$14.25

Leppin

- Apple, Banana, Grape, Lemon-Lime, Peach,
Pineapple, Strawberry & Vanilla
- Squeezy Box of 10** \$7.99 - Regular Price \$10.99
(Used by many world class athletes)
- 10 carbohydrate concentrate packets can be used
before, during & after training and racing.
Great for Carbo-Loading

Elite Offers Over 10,000 Vitamins, Bar & Drink Items at 20% To 30% off Retail
 Get It For Less...Shop ELITE HEALTH
 Serving Over 10,000 Athletes Nationwide
 (310) 559-9739 • (800) 540-4941

ASK FOR YOUR FREE SAMPLES



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Plantaris Tendon Rupture

Q. I'm a masters runner who's been diagnosed as having a ruptured plantaris tendon. Two doctors have given me the same diagnosis and have advised rest as the best treatment. Could you explain in laymen's terms exactly what my problem is, and is there anything I can do to speed up my recovery?

A. Though not very common in runners, plantaris tendon ruptures can be extremely painful and very slow to heal. When the tendon, which is deep in the back of the leg, tears, it is often accompanied by secondary injuries — either to the calf muscle or the Achilles tendon. If the calf muscle has been damaged, you should notice swelling in the back of the calf — if the Achilles is injured, the pain will be below the calf muscle.

In order to hasten your recovery, I would recommend physical therapy under your doctor's supervision as soon as the pain subsides. This would include moist heat treatments, direct ultrasound to increase the healing process at the molecular level, and perhaps some electrical stimulation.

Avoid ice treatments and do not do

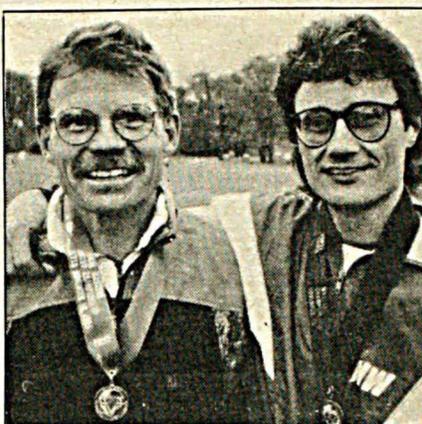
any stretching that causes discomfort. You can also try a heel lift in your shoes of up to ¼-inch to reduce some of the stress on the calf muscles. In addition, a few research studies suggest that adding calcium, magnesium, and potassium supplements to your diet promotes faster healing.

Once you are pain-free, you can



Start of the USATF National Masters 8K Cross-Country Championships, Boston, Nov. 18.

Photo by Craig Moore



Clay Stenberg (r), 42, second overall (25:57), and M45 winner Richard O'Brien, 46, 26:41, both of Club Northwest, USATF National Masters 8K Cross-Country Championships, Boston, Nov. 18. Photo by Craig Moore

Jacob, Cecil 8K X-C Winners in Boston

by JERRY WOJCIK

Wayne Jacob, 40, Mystic, Conn., held off Clay Stenberg, 42, Redmond, Wash., to win overall by nine seconds with a 25:48 in the USATF National Masters 8K Cross-Country Championships at Franklin Park in Boston on Nov. 18.

Jacob also finished first for the winning Central Massachusetts Striders in the M40-49 title race. Stenberg, fifth last year at the same venue with a 26:20 in good weather, improved to a 25:57 in frigid conditions. His Club Northwest quintet was the second M40-49 squad.

Ed Sparkowski, 40, Simsbury, Conn., winner (33:13) of the 10K Cross-Country Championships in Canandaigua, N.Y., on Oct. 15, finished third in 25:59, just two seconds back of Stenberg. Geary Daniels, 41, Dudley, Mass., was a stride off with a 26:00 finish.

Terry Delph, 50, Hellertown, Pa., ran 28:17 to dethrone last year's M50 champion Sumner Brown, 51, Belmont, Mass., second in 29:04. Dave MacGregor, 56, Lebanon, N.H., ran a strong 28:39 to take the M55 race.

Joe Fernandez, 67, third among the 60-and-over competitors in 31:58, claimed the M65 win. Nate White, 76, Fayetteville, N.Y., repeated his M75 1994 victory with a 41:58.

In the women's race, Rita Cecil, 40, Brookline Mass., running for the Liberty AC, won going away in 30:18. Sheila Purves, 40, Boston, Mass., was second in 31:04. Deborah Bullerjahn, 46, Wellesley, Mass., ran a 32:02 for the W45 win. Jo Marchetti, 53, Newington, Conn., clocked 33:12 for the W50 title.

Carrie Parsi, 56, Lexington, Mass., with a 34:25, and Liz Szawloski, 63, Sugar Hill, N.H., held onto their 1994 age-group championships, both with faster times than last year's wins.

The Boston RC won the M50-59 team title. The M60-69 team champions were the Snohomish TC out of Washington state, and the top M70-79 club was the New England 65 Plus RC.

The Liberty AC dominated the women's contests, winning both the W40-49 and W50-59.

Next year's 8K X-C championships will be held on Oct. 27 in Louisville, Ky. The 1997 event is scheduled for Sept. 6 in Pasco, Wash. □

return to a gradual workout schedule that avoids stretching. Take a ½-mile walk, followed by a ¼-mile jog. Do this every other day for ten days. If this is successful, you may increase your daily mileage ¼ to ½ mile every two weeks.

Change to a highly-cushioned, stable training flat. Avoid hill running and keep your speed slow to moderate. This gradual approach should get you back on the running track in the shortest possible time. □

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

Ten Years Ago January, 1986

- Jim Burnett, 45, and Polly Clarke, 75, Named Top 1985 U.S. Masters T&F Athletes at TAC Convention in Houston
- Barry Brown, 41, and Gabriele Andersen, 40, Voted Best U.S. Masters LDR Performers
- Bob Mimm, 61, and Ruth Leff, 55, Named Top U.S. Masters Racewalkers
- Gary Miller Named Best T&F Administrator
- Boo Morcom Tops Multi-Event Performers

27th Annual LONGEST DAY



Marathon, Half Marathon,
10K, 5K, and 5K Race Walk

Saturday, April 20, 1996
Brookings, S.D.

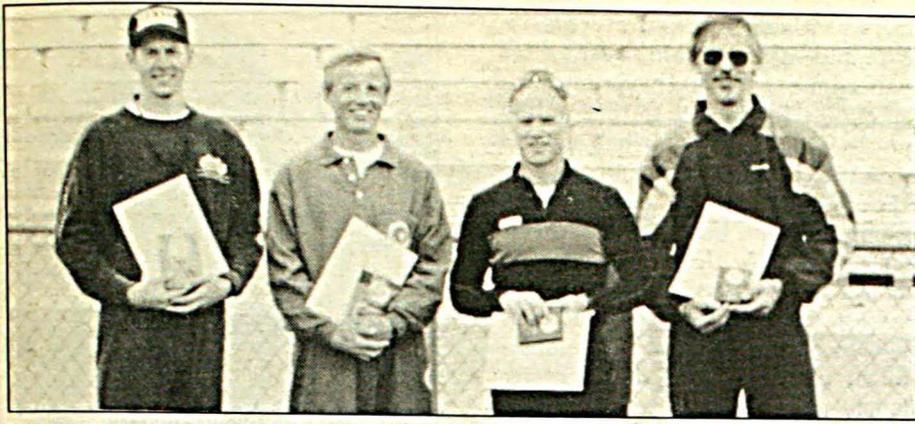
Contact:

Charles S. Roberts, Jr., M.D.
1345 First Street
Brookings, S.D. 57006
605/692-2334

Kurt Osborne
507 Main Avenue
Brookings, S.D. 57006
605/697-5252



ALL PROFITS AND
PLEDGES TO
EASTER SEAL SOCIETY.



Richard Webb, 51, (second from left), men's 30+ and overall winner, is flanked by Kevin Cooke (left), open winner, and masters runner-up Bill Payne, 46, and third-place master Bill Krieger, 43, (far right) after age-graded Philadelphia Masters Runner's Pentathlon at Swarthmore College, Oct. 29. Photo by Pete Taylor

Philadelphia Runner's Pentathlon

by PETER TAYLOR

Delaware's Richard Webb, 51, who just last month led all 50+ competitors in the prestigious Philadelphia Half-Marathon, showed plenty of track speed as he handily turned back a fine field of age 30+ performers at the annual Philadelphia Masters Runner's Pentathlon, Swarthmore, PA, Oct. 29.

Maryland invader Tami Graf, 59, led all 30+ women in this friendly, high-spirited, but competitive extravaganza, which takes about three hours to complete. Tami fired off a 13:45.0 3000, 3:17.8 800, 41.3 200, 6:36.7 1500, and 1:32.7 400 in scoring 354.47. Newcomer Terri Handy, 31, grabbed second.

In all, 37 runners (31 sub-masters/masters) and 6 open competitors entered the meet and 35 finished. Frank Levine, 81, who impressed with his 16:09.8 in the 3000 and 7:59.3 in the 1500, was one of the first to arrive at the beautiful Swarthmore College facility and the oldest to compete. Ed Laurelli, Tom Yunker and family

Webb led off with a 9:53.6 3000, then followed with a 2:19.5 800, 29.0 200, 4:47.3 1500, and 1:03.4 400, for an age-graded (Masters Age-Graded Tables 1994) total of 409.20 points. Bill Payne, 46, a versatile, relatively obscure campaigner, was next with 389.81.



Dick Glasgow, M60, California, in a 200 heat, 1995 Masters Indoor Championships, Reno, Nev. This year's championships will be held in Greensboro, N.C., March 29-31. Photo by Jerry Wojcik

(who handled the scoring), Tim Dickens, and Peter Taylor lent their support to make the event a success. □

Indoor Nationals Set for Greensboro

With less than three months to go, Greensboro, N.C. is anticipating up to 800 athletes, age-30-and-over, from most of the 50 states, to participate in the 1996 USATF National Masters Indoor Track and Field Championships.

The meet will be held in the new Special Events Center of the Greensboro Coliseum Complex on March 29-31. The track, owned by the Atlantic Coast Conference, is a banked, six-lane board track with a separate 60-meter, eight-lane dash track.

Carolina Travel has available information for travel and accommodations, including discounted air fare through Delta Airlines, varied room rate packages, special car rental rates, and a selection of sightseeing attractions. Call Laurie at 800-289-9009 for information. Entry forms with detailed information will be sent with the travel packet.

The only qualifications required to enter the meet are that you be age 30 or older on March 29, 1996, that you be a member of USA Track & Field (memberships will be sold at the meet for \$15), and that you physically be able to compete.

The official entry form is published in this issue on page 5. □

M-F ATHLETIC

- Better Value
- More Selection
- Caring Service

The 1996 Edition Of "THE BOOK" Is Ready

M-F
1996 TRACK & FIELD CATALOG

TRACK & FIELD SPECIALISTS
EXCEPTIONAL SELECTION, GREAT PRICES!

Request Your 1996 Track Catalog

Call 1-800-556-7464
Or Fax 1-800-682-6950
(In US And Canada)

OUR GREATEST EDITION EVER

- Vaulting Poles
- Javelins
- Discus including Cantabrian
- Hammers and Shots
- Pits and Cages

- Hurdles and Crossbars
- Starting Blocks
- Specialty Track Shoes
- Heart Monitors and Timers

Plus, Of Course, A Great Deal More!

Request your copy by toll-free phone or write

THE M-F TEAM

M-F Athletic Company

P. O. Box 8090, Cranston, RI 02920-0090
Fax: 1-800-682-6950
International Fax: 401-942-7464



Masters Racewalking

by ELAINE WARD

Jim Carmines — Part II

Jim Carmines began racewalking in 1990 and started to compete seriously in 1991. He burst on the national scene quickly, settling for silver medals only when Don DeNoon was racing. In 1995, M50, he won the 5K gold medal at the Nationals in East Lansing in 23:43.66. He won the 5K silver medal at the Worlds in Buffalo in 24:01.97, and was fourth in the 20K, 1:52:24.

EW: Do you use a heart rate monitor?

JC: I have trained with a heart rate monitor. Let me digress a moment. I am a civil engineer, so I am one to be inquisitive and try things and evaluate them. After using the heart rate monitor a while, I progressed to the point where I correctly perceived the intensity of my effort. Now, I occasionally wear my heart rate monitor to see if I am still within the range that I want to be, but I pretty much know what effort I am putting out when I train. I know how my turnover affects my heart rate or how my arms affect it.

EW: Do you have favorite speed workouts?

JC: I try to maintain at least one speed workout each week all year long. As I get closer to racing the short races — a 3K or 5K — I may do two, even three speed workouts a week for three weeks. You don't lose endurance in the two weeks before a race. However, you can gain a lot of speed by doing speed workouts multiple times just before a race. You can also lose speed just as quickly.

EW: What kind of intervals do you do?

JC: I do my speed workouts generally for a 20K race. I do eight-to-

ten half-mile repeats because the course I use is marked for a half-mile rather than one kilometer. I feel the longer interval is much better when you are training for a 20K, because doing 100 and 200 meter repeats just gets you off the start line. If I do 10 quarters I have only gone 2½ miles. When I do ten halves, I have gone five miles, and I have done almost half of a 20K in interval training. At the same time, by training with 800 meter intervals for a



Elton Richardson, 56, of New York City, was named outstanding masters female racewalker for the second straight year by USA Track & Field. Photo by Israel Fishman

20K, when I am in a 5K, the race is only six intervals. I will do two to three quarter-mile or 3 x 400 meter intervals two days before a race to tune up my muscles. But I feel the half-mile is much better the rest of the time.

Everyone has their own training techniques. Some people do ladders effectively. I know that when Don DeNoon does his interval workouts on a track, he starts at 100 meters and does the ladder up and down. It is a question of individuality. I simply prefer the half-miles because I feel that gives me the endurance to do what I need to do in a 20K.

EW: Do you have any other special training tools?

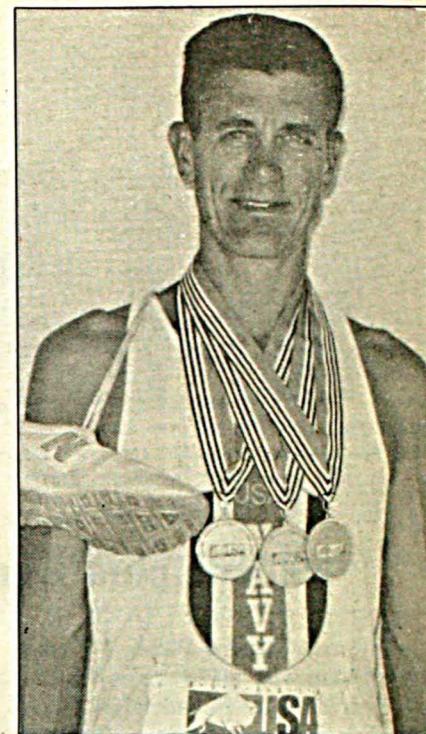
JC: I support the theory that doing your long, slow distance workouts on an incline or upgrade is good for leg strengthening. Maintaining proper form going uphill is excellent technique training. On the other hand, downhill is not recommended for racewalking — especially if it is steep.

I have a half mile course around my housing development and the downhill part of it is very steep. I will go down with a bent leg. I don't break into a full jog, but I will creep to protect myself. The down is only 30 seconds; the up part is 4 to 4½ minutes. Injury prevention is my goal as there is no other way that I can get around the course.

I workout on the flat when I am doing my speed work. Sometimes I will do speed on a track. Most of the time I do it on a measured course along a river front near work. The course is marked off so I know just what I am doing.

EW: How do you feel about racewalking camps?

JC: I find that camps give me new insights into training and technique. Each coach has a unique, different way of teaching the same thing. Each has a pet set of drills and stretches to increase flexibility and speed. Camps give me the reassurance that what I am doing is correct, and they teach me something new. I think if anyone can go to a training camp and come away with a few new ideas to implement into their training schedule, they are way ahead. You will learn dozens of things. Some of them may not suit your style of training. Those that do, can be very helpful and bring rewards on race days.



California's Warrick Yeager was voted top M40 racewalker of the year by USATF.

Photo by Melanie Spoo

EW: Haven't you competed in most of the major masters races the last two or three years?

JC: I consider myself a national competitor in the masters division. I try to do as many national races as I can from the 3K to the 25K, indoors and outdoors. These races give me goals all year long.

EW: Do you have a specific racing strategy?

JC: My racing strategy is to break long races into smaller races. When I do a 20K race, I do not think of doing a 20K. I break the race down into 5K or 2K or 1K races. I have an overall time that I want to make, and I figure out beforehand what my splits should be according to the course. If the 20K is on a track, I break the race into twelve 4-lap races. If it is on the road with a 2K loop, I break the race into ten 2K

Continued on page 13

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the USATF Masters Track and Field Committee.

Men	Women
1978 John Allen	
1979 Ron Laird	Lori Maynard
1980 None	
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly LaVeck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Guilio de Petra	Beverly La Veck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	Joann Nedelco
1990 Eugene Kitts	Viisha Sedlak
1991 Max Green	Viisha Sedlak
1992 Ray Funkhouser	Elton Richardson
1993 Don DeNoon	Sally Richards-Kerr
1994 Don DeNoon	Elton Richardson
1995 Max Green	Elton Richardson

OUTSTANDING RACEWALKERS — 1995

Selected by the Masters Track & Field Committee of USATF

Age	Men	State	Women	State
30-34	Herman Nelson	WA	Lisa Sonntag	IN
35-39	Gary Morgan	MI	Victoria Herazo	NV
40-44	Warrick Yeager	CA	Sally Richards-Kerr	CO
45-49	Don Keating	NH	Gayle Johnson	MO
	Eugene Kitts	HI		
50-54	James Carmines	PA	Jeanne Bocci	MI
55-59	Dave Romansky	NJ	Elton Richardson	NY
60-64	Max Green	MI	Ruth Eberle	MO
65-69	Vance Genzlinger	MI	Pat Nesley	DC
70-74	Bob Mimm	NJ	Margaret Walker	PA
75-79	Tim Dyas	NJ	Imogene Watkins	MS
80-84	Bill Patterson	NC	Mary Haines	CT
85-89	John Hanna	CA	Dorothy Roberts	CA



Women racewalkers in a mixed age-group 3000 final, 1995 Masters Indoor Championships, Reno, Nev. The 1996 championships will be held in Greensboro, N.C. Photo by Jerry Wojcik

The 21st Century AGLESS GAMES, USA Early Morning "R" Track and Field



WINTER '96 FEBRUARY 4, 1PM BETHEL COLLEGE

3900 Bethel Dr., St. P. (35W to 1-694 East to Hwy 51-S. 4 mi)

INDOOR RECORDS Minnesota Resident-Plus 12 mos. All-American Masters Performance Outstate National Champion International Recordholder

The 21st Century AGLESS GAMES, USA Early Morning "R" Track & Field

Purpose: To motivate ourselves through friendly competition, to be highly competitive, but most of all have FUN. To give our youth a positive usage of physical aging. (Keep smiling) Along with good manners, while at these meets-No drinking, smoking, flouting, or cursing. The use of Biblical STEWARDS (DO unto others-as to yourself) is highly recommended.

Rules of Fairness

- 1) A demonstration of physical perfection in form is less likely in amateur masters senior olympian age groups. Therefore, no one, esp. over 35 scratches. Out of boundary throws are penalized by a reduction from release. 2) Long and Triple Jumps are "Spot Measured" from the toe takeoff to the furthest backfoot landing. (actual jumping distance) 3) NO FALSE STARTS LISTEN AFTER THE ORDER "ON YOUR MARK" get set. DO NOT LOOK AT THE STARTER LISTEN FOR THE GUN SOUND BEFORE MOVING. AND YOU CANNOT FALSE START. The starter will not extend a "hold" unnecessarily. A deliberate protest eliminates your race name only, and wastes energy. (sorry, but it is not fair to force a competitor to be on the other runner) 4) Field Events will not close to anyone pre-registered and signed in on the field event judges and before runners are done. 5) To encourage diversity and variety in training, one limited entry fee covers all events unlimited (A Family) 6) Whereas, there are fewer trained senior men and women hurdlers, to encourage continuing participation on safe collapsible hurdles, starting from approx. 39"-4" spacing between 3 or 8 hurdles lowered to 17" within 33 or 80 meters is a choice for women 60+ / men 73+ (10" opt.) 7) The 21st Century AGLESS GAMES, USA Early Morning "R" Track & Field is a FEELC - Personal Entertainment Lifestyle Choice - NO DRUG TEST- 8) Suggestion: In this "Year of Our Lord" in the U.S.A., or wherever we are, PRAISE and THANK GOD for the privilege to compete, in fun and fairness.

"Fastest" Family Fun Relay

First, Third, and Anchor runners run 100 meters. The second 100 meters may have 1-2-3 family persons hand-off. Larger families may have two legs. Three member families may "adopt" a child approx. 12, or older senior. Family categories are: (oldest in) OPEN, Masters 40+, Senior 60+ (This fun event originated to involve patiently waiting families of multiversers.)

Pole Vault

Table with 2 columns: Name and Time/Score. Includes MOPEN Steve White, St. Louis 14-6 (91), M30 Kevin Hansen, Foley 13-0 (89), M40 Michael Sharratt, Shoreview 11-6 (91), M40 Phil Johnson, Wayzata 11-6 (91), M40 Jim Dolezel, (OK) 10-0 (95), M45 Michael Sharratt, Shorewood 11-0 (95), M55 Joseph Griffin, (WI) 9-0 (93), M55 Jim Noonan, St. Cloud 9-0 (95), M60 Bill Jankovich, (WI) 8-0 (94), M60 Jim Peterson, Aitkin 6-1 (95), M65 Bob Warwick, Sr. (OK) 7-6 (89), M70 Bob Warwick, Sr. (JK) 7-7 (91), W50 Sr. Rachel, Twin Cities (IL) 6-6 (88), W55 Sr. Rachel, Twin Cities 6-0 (91), W60 Sr. Rachel, Twin Cities 5-11 (95)

High Jump

Table with 2 columns: Name and Time/Score. Includes M30 Bill Jahner, W. St. Paul 5-7 (93), M35 Patrick Boulay, Mpls. 5-6 (91), M40 Patrick Boulay, Mpls. 5-2 (94), M40 Jim Dolezel, (OK) 4-10 (93), M45 Dan LaBelle, Harris 4-10 (95), M50 Tom Langensfeld, Edina 5-2 (89), M55 Tom Langensfeld, Edina 5-2 1/2 (91), M60 Lloyd Kempf, (SD) 4-5 (95), M60 Jim Peterson, Aitkin 4-5 (95), M65 Edward Failor, Sr. (IA) 4-0 (94), M65 Emmett Edwards, St. Paul 4-0 (94), M70 Mel Buschman, (MI) 4-2 (91), W50 Sr. Rachel, Twin Cities 3-10 (88), W55 Sr. Rachel, Twin Cities 3-10 (91), W60 Sr. Rachel, Twin Cities 3-8 (95)

Triple Jump

Table with 2 columns: Name and Time/Score. Includes M40 Jim Dolezel, (OK) 34-3 (89), M45 John Ewing, (WI) 34-3 (89), M50 George LaBelle, Zimmerman 26-11 (91), M55 Jim Peterson, Aitkin 32-1 (89), M60 Jim Peterson, Aitkin 30-2 (95), M60 Don Sibigitroth, (IL) 25-5 (94), M65 Edward Failor, Sr. (IA) 25-11 (94), W40 Deb Vestal, Mpls. 17-5 (95), W50 Sr. Rachel, Twin Cities 23-10 (89), W55 Sr. Rachel, Twin Cities 24-2 (95), W60 Sr. Rachel, Twin Cities 24-7 (95)

501(C)3 SANCTIONED ORIGINAL "Certificate of Thanks" Sent Immediately for your contribution for Insurance-facility fees.. NONRELIGIOUS NONPOLITICAL SMALL GIFTS MEAN A LOT TO US

AN AMATEUR'S CREED

I AM A 21ST CENTURY UNITED STATES MASTER'S SENIOR OLYMPIC CHAMPION; USING TODAY'S OPPORTUNITY AND MY ATHLETIC ABILITY TO HONOR GOD; AND RESPECT ALL THOSE, MEN AND WOMEN, CREATED IN HIS OWN IMAGE, THRU FRIENDLY COMPETITION AND FAIR PLAY. LET R MEET BEGIN.

Sponsored by Heavenly Father & YOU

400m FastWalk

Table with 2 columns: Name and Time/Score. Includes M55 George LaBelle, Zimmerman 2:12.05 (93), M60 Don Sibigitroth, (IL) 2:06.89 (94), WOPEN Assumpta Bennaars, (Africa) 2:37.50 (95), W40 Deb Vestal, Mpls. 2:58.78 (93)

400m

Table with 2 columns: Name and Time/Score. Includes MOPEN Stan McClure, Golden Valley 52.45 (91), M30 Brian Bohne, Fridley 58.64 (89), M35 Brian Bohne, Fridley 57.78 (91), M35 Ted Bielefeld, (IA) 1:02.74 (93), M40 Randy Bensen, Woodbury 56.09 (95), M40 Jim Dolezel, (OK) 1:04.15 (93), M45 Steve Galligan, Eagan 1:07.65 (93), M45 George Rux, North Oaks 1:07.65 (95), M50 Dick Peterson, BellePlaine 1:15.31 (93), M55 Wayne Bennett, (TX) 1:09.63 (94), M55 Ray Eiland, Eagan 1:21.72 (91), M60 Bill Jankovich, (WI) 1:21.45 (94), M65 Bob Warwick, Sr. (OK) 1:24.80 (89), M70 Bob Warwick, Sr. (OK) 1:27.03 (91), W30 Cathy Corceki, Brooklyn Center 1:10.00 (93), W50 Sr. Rachel, Twin Cities (WI) 1:20.21 (89), W55 Sr. Rachel, Twin Cities 1:38.01 (93), W60 Sr. Rachel, Twin Cities 1:54.16 (95), Michael Sharratt, John Ewing 48.3 (91), Randy Clevon, Lloyd Cordner

"Fastest" Family Fun Relay

JAHNER- Bill, Jenna, Jenny Hess, 1:11.13 (94) Therese Everson

SUMMER '96 AUGUST

FEBRUARY'S MEMO: ABE LINCOLN'S CREED WEATHER GOOD, BAD, OR FAIR, 'R' MEETS NEVER CANCEL

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

Please share copies with us of ENTRY FORM PRE-register! permitted photos(not to be sold) Drive ya crazy, stress day Procrastinators: Add \$50

Registration form with fields for Name, Print, Birthdate, Age on 3/5/96, W()M(), Home address, City, St/Zp, Phone.

THINK you'll try it-Circle it! (Cancellations are no problem) Family Relay 400 Fastwalk

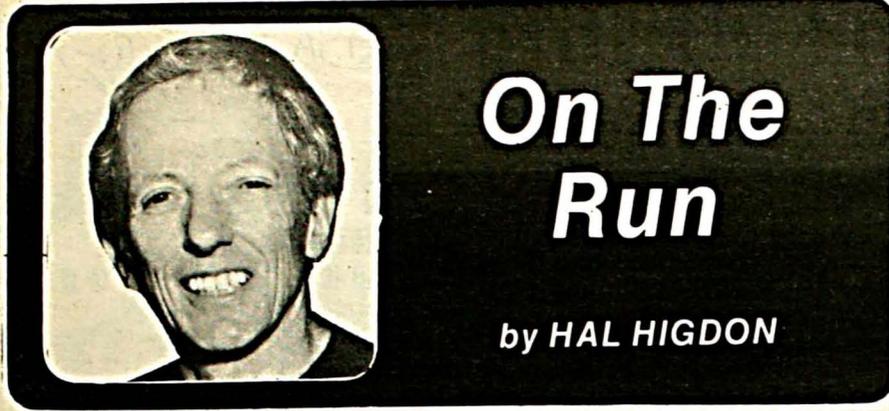
EVENTS (Circle) HJ LJ TJ WT SP PV 55H 55m 200m 400m 800m 1600m 55Bkwd Relay

BEST MARK

"AT YOUR OWN RISK" We can dial 911. But if you need medical supervision for exciting physical activity, please do not attend this meet. WAIVER: I, the undersigned, being of sound mind and physical condition, am participating in The 21st Century AGLESS GAMES, USA Early Morning "R" Track & Field Meets of my own free Will. I know my own body's limitation, and take full responsibility for my own health. I have personal injury insurance, and do hereby agree to waive any future claims for injuries against anyone, directly or indirectly, as a result of my activities in connection with the meets. I understand further, that I will not be publicly humiliated and assumed guilty of drug misuse, or have, without a reasonable cause, my U.S. Constitutional Right of Privacy violated.

Signature Date

Abba Father God Almighty: To a sick man Christ said, "Arise, take up your bed and walk." He did. "Exercise profiteth little." (little is better than nothing) Recalling another man's story of always complaining about having to get out of bed every morning-until he couldn't, 21c. a. s...USA has a motivating once around -400 meter fastwalk. Lord: you know, Parents, Grand and Great are still the true sports role models here. In walking, running, jumping, throwing, we give You Thanks and Praise for participants you send. We'd even welcome a known celebrity. (hint) Amen "Blessed are the Peacemakers."



On The Run

by HAL HIGDON

Old John Still Can Entertain

A sign in front of the Falmouth Nursing Home announced: "Welcome runners!" That was kind, but I was not yet ready to check into a nursing home. I had come to New England at the heel of Cape Cod to run the Falmouth Road Race. It is a 7.1 mile run that begins in Woods Hole, twists along the seashore, dodges past Falmouth Harbour and, after a steep climb, ends dramatically under a flapping American flag at Falmouth Heights Beach.

Reportedly, that flag is the world's largest. Each August, 8000 runners finish under that flag.

Running a race actually was second on my agenda. My main purpose for being on the Cape was to record an interview with three past Boston Marathon champions: John A. Kelley, John J. Kelley and Bill Rodgers.

They represent three eras, Old John Kelley having won Boston in 1935 and 1945, Young John in 1957, and Bill Rodgers in 1975, 1978, 1979 and 1980. The two Kelleys (who despite their names are not related) also posted a dozen second-place finishes.

The three champions spent Friday afternoon at Old John's home in East Dennis, first posing for a photographer, then sitting down to reminisce in front of my tape recorder.

Leave it to Old John, now 88, to come up with the best story. He talked about running a marathon (not Boston) back in the 1930s. It was a hot day. There was little water on the course. Kelley had a large lead, but his mouth had turned to cotton.

Then at 23 miles: Salvation! He sighted a wheeled ice cream vendor. Seeking refreshment, Kelley stopped. "What you got there?"

The vendor reached into his freezer and produced a glistening popsicle.

"I'll take it!" said Kelley.

"That'll be 10 cents," announced the vendor.

Kelley suddenly paled. "I don't have any money."

Glaring, the vendor thrust the popsicle back into his freezer. "You cheap bum!" he snarled.

Kelley found water a mile farther down the road and won the race. You'll be able to read what else he, Young John and Bill said next April in a special pre-Boston issue of *Runner's World*.

There were no popsicles on the course of the Falmouth Road Race two days later, but there were ample supplies of what they call on the Cape "wah-tuh."

I love New England accents. It's the only part of this country where the natives can turn a friendly greeting ("How are you?") into something that sounds like an island floating in the Pacific ("Hah-wah-yuh?").

I have an affinity, also, for New England road races. Back in the 1960s — before the running boom made 10K races ubiquitous throughout the land — New England was the only region where long distance running was common. Certainly, the Boston Marathon exerted its influence. One summer, I spent three weeks with my family, staying on Cape Cod, going from race to race collecting trophies and prizes.

There would be no prizes for me at Falmouth this year, or for many other Americans. Kenyan runners took 13 out of the top 16 places. Just as, a generation ago, I journeyed to New England to find competition, now the whole world comes to America to race. It's the best and the worst of times for



Medalists in the M50 shot put, 1995 Masters Indoor Championships, Reno, Nev., from left: Tom Gage, Montana, 1st (48-7/4), Larry Pratt, 2nd, Delaware, and Roger Foster, 3rd, California. The 1996 Championships will be held March 29-31 in Greensboro, N.C. Photo by Suzy Hess

American road running.

I am beyond the age when I care, however. Focused more on a fall marathon, I entered Falmouth mainly to enjoy the experience. Starting from my motel, I jogged the 4-5 miles to the starting line at Woods Hole, then positioned myself well toward the back of the pack. Because Falmouth begins on a narrow street, the race features a wave start. I waited 10 minutes after the leaders to begin.

Three miles into the race I caught and passed Old John Kelley, still running at age 88. If I had a popsicle, I would have offered it to him. Neither of us yet seemed ready for the Falmouth Nursing Home. □

(Hal Higdon's latest book, "Boston: A Century of Running," has now been

published. The elegant coffee-table book is a narrative history of that race, aimed at Boston's 100th running on April 15, 1996.

The book costs \$40 and is available at most book stores, or (autographed) directly from Higdon at P.O. Box 1034, Michigan City, IN 46301-1034. (Add \$2 to cover postage and handling.)

To celebrate the centennial event, Higdon plans to run his 100th career marathon at the 100th Boston Marathon. Hal ran his 95th marathon at Chicago in October and was set to run the Columbus Marathon as number 96, but postponed that attempt to Memphis in December. He will need to run three more between then and April to achieve his goal.)

California International Marathon

by DOUG THURSTON

With three masters women from three different countries in the top 10, this race might become known as the California International Masters Marathon.

England's Julie Coleby placed fourth overall in an outstanding time of 2:38:25, the fastest women's masters time in the 13-year history of the race.

But the performance of the day might have been Sacramento's Kathy Ward, who qualified for the Olympic

Trials in her debut marathon, running 2:46:21 at age 41.

Irish citizen and Bay area resident Christine Kennedy used the event as a training run and finished as the third master and 10th overall in 2:48:21.

American record holder Laurie Binder ran 2:58:43 at age 48. Barbara Miller ran a national class 3:08:37 for W55, and Wen-Shi Yu outdueled Myra Rhodes in a battle of top W60s, 3:26:24 to 3:36:54.

In the men's race, new master Farley Simon, a Marine from San Diego, ran a strong race to win the masters title by more than 10 minutes in 2:22:42. Canada's Herb Phillips ran an outstanding 2:38:25 to win the M55. □

WHY SUFFER KNEE PAIN NEEDLESSLY!

INTERNATIONALLY ACCEPTED SPORTS MEDICINE PRODUCTS

Call for prices and free brochure on all our products — 1-800-221-1601
In New Jersey — 609-261-1336

Cho-Pat®

P. O. Box 293, Hainesport, NJ 08036
INTERNET <http://www.cho-pat.com>



Patented Knee Strap

Strap universally accepted, for treating a wide range of knee disorders: runner's knee, degeneration, tendonitis, etc.

[Know below kneecap circum. before ordering]



Shin Splint Sleeve

Designed and evaluated by medical professionals to alleviate the pain/discomfort associated with shin splints.

[Know mid-calf circum. before ordering]



Achilles Tendon Strap

Developed in conjunction with professionals at the Mayo Foundation and is used extensively in treating achilles tendonitis.

[Know circum of widest part of ankle before ordering]

If you haven't told your family you're an organ and tissue donor, you're not.

To be an organ and tissue donor, even if you've signed something, you must tell your family now so they can carry out your decision later. For a free brochure on how to talk to your family, call 1-800-355-SHARE. Organ & Tissue DONATION Share your life. Share your destiny. American Red Cross

Racewalking

Continued from page 10

races. If I can find out where the 1K mark is on a 2K loop, I will break my race into twenty 1K races.

By working to make a specific time each loop, I maintain control of my race. If I am five seconds fast, or if I am three seconds slow, I know how much I have to adjust for the next lap. Sometimes I get lost as to what my overall time is. I just know that I have completed the loop in the time I wanted, and then shift my focus completely to doing the next loop in the desired time.

When I am racing, I do not necessarily compete with the walkers in my age group. There are not many 50-year-olds who go at my pace, except for Don DeNoon who is always way out ahead of me.

Along with everyone else, I usually check out the start line at a race to see who is there and pick out a few people who I feel can pace me. I will try to stay with them or keep them in sight to keep me going.

In the last year, I have learned not to fly off the start line. I am being more conservative now and taking it easier the first lap or two. Holding back at the start of a race is simply something you have to learn.

EW: I have noticed that top competitors like you often have a healthy self-confidence.

JC: When I race, my drive is to be the best master in the race. I am confident that I can be competitive, and that's what I want to do. I want to be up at the top. I set goals for myself that I can attain, and then strive to push beyond them in a race. I may have the goal of being the first overall master as well as the goal of finishing at the top of my age group. If I have a bad race with a slow time, I may not be first overall, but I may still come in second in my age group.

EW: Have you always been very competitive?

JC: Let me explain it this way: When I first started racing, I was very happy doing the shorter 3K and 5K distances. After the 5K at the Southeastern Regional Championships in Raleigh, NC, Norm Frable asked me, "When are you going to do a man's race?" His question goaded me into training for the 20K. I thank Norm for that.

When I met Don DeNoon, I was surprised to see that his stature and mine were similar. Don and I became friends through racing. He taught me to go beyond what a 50-year-old was supposed to do. Because I was training with younger walkers, I did not know what the best 50-year-old times were. I did not know that I was walking just one minute or so off the American Age-Group Record.

In fact, I didn't know there was such a thing as an Age-Group Record until I raced the 5K at the Masters Outdoor Nationals in Provo, Utah in 1993. Don

Continued on page 15

PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalkers, as of Oct. 31, 1994. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00 \$2.00.	\$ _____
_____	Masters Track & Field Rankings Men's and women's 1994 U.S. outdoor track & field 5-year age group rankings. 60 pages. Over 100-deep events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00 \$4.00.	\$ _____
_____	Masters Track & Field Indoor Rankings (1995) Same as above, except indoor rankings for 1995. 4 pages. \$1.50.	\$ _____
_____	Masters Age-Graded Tables 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.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1995; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of December 1, 1995. 3 pages. \$1.00.	\$ _____
_____	Competition Rules for Athletics (1995 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$12.00.	\$ _____
_____	USATF Directory (1995) U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. \$12.00.	\$ _____
_____	IAAF Scoring Tables Official world scoring tables for men's and women's combined-event competitions. \$12.00.	\$ _____
_____	IAAF Handbook 1994/1995 rules and regulations handbook. \$15.00.	\$ _____
_____	WAVA Handbook (1994-95) Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages. \$5.00.	\$ _____
_____	USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.	\$ _____
_____	USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$ _____
_____	USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$ _____
_____	USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.	\$ _____
_____	USATF Decal. 3-color. 3" x 2 1/2". \$2.00.	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1995 Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize money events, plus much more. \$54.00.	\$ _____
_____	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$30.00 per year.	\$ _____
_____	Back Issues of National Masters News Issues: _____ \$2.50 each.	\$ _____
	Postage and Handling	\$ 1.25
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____

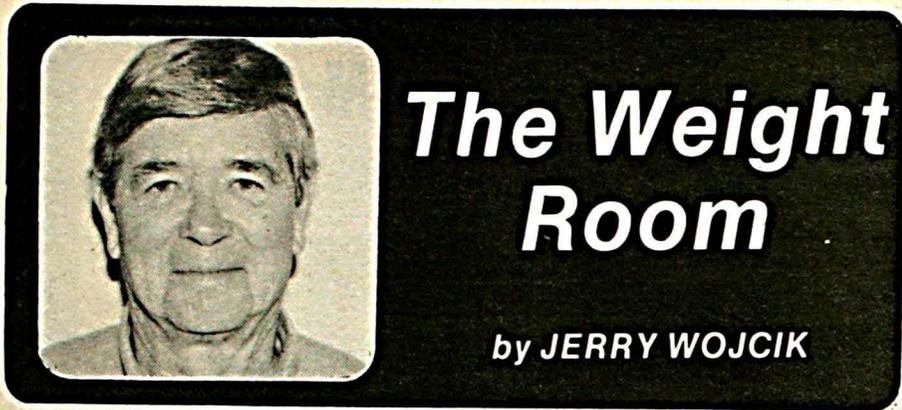
Send to: National Masters News Order Dept.

P.O. Box 50098
Eugene OR 97405

Name _____

Address _____

City _____ State _____ Zip _____



The Weight Room

by JERRY WOJCIK

Georgia On My Mind

For this month's column, I was going to take a breather and publish instead an article by Jim Pearce, an experienced meet director and thrower from Columbus, Ohio, who staged the Ohio Weight Pentathlon Championships in September.

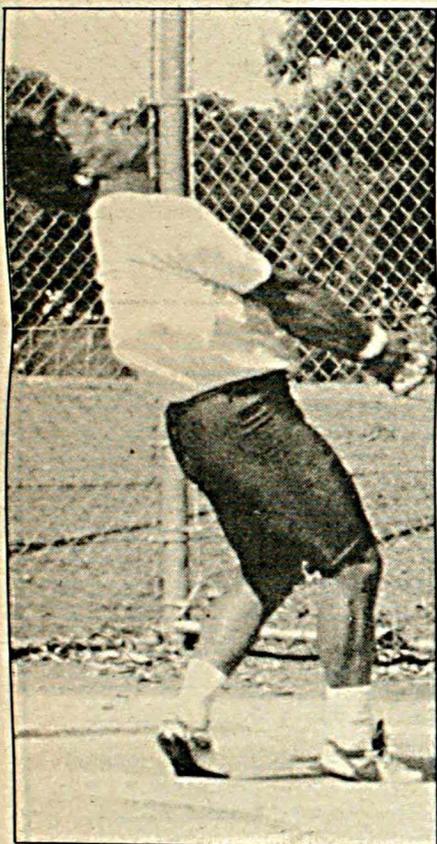
Using Hy-Tek's Meet Manager computer program, Pearce allowed the competitors six throws (the first three were used for scoring) and was able to measure the percent of difference between each thrower's first three and last three throws. These are his conclu-

sions: "I was surprised how many of the competitors had only modest improvement in the final three throws. With more practice at 'three throw meets' perhaps the few who improved 10% with the extra throws would become more adept at getting their big throws in the first three attempts. It is obvious that a sample of 12 throwers at one meet is not a very significant number from which to draw conclusions, but on the evidence so far, I see no reason to complain about three attempts for the weight pentathlon. I think it is a rule that throwers can adapt to."

The three-versus-four throws debate was rendered moot at the USATF Convention in Atlanta last month, when the four-throw amendment was adopted for the weight pentathlon. WAVA operates under a three-throw rule and still hasn't made a decision whether it will accept records from a four-throw competition and, if so, whether the first three or last three efforts will count.

Masters Multi-Event Coordinator Rex Harvey, who competed in the Ohio WP, did not press for a final decision on this matter at Buffalo because he felt that a decision at that time would have been against legitimizing four throws.

I don't get it. I must have developed a block on this whole question. What's the point of four throws if the first or last one doesn't count? We can't take the best three of the four. A fourth throw increases meet time by 33%. I



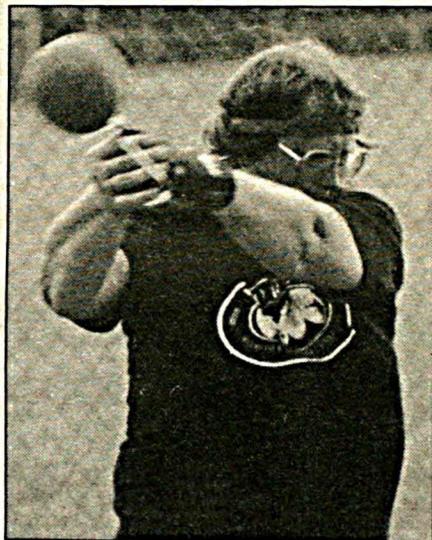
Dave McKenzie, M40 hammer thrower, KELfield Throws Meet, Santa Cruz, Calif. Photo by Gary Kelmenson

suppose the first one of four could be a serious practice throw or the last one of four could be a post-performance, relaxed this-is-the-way-I-shudda-done-it throw.

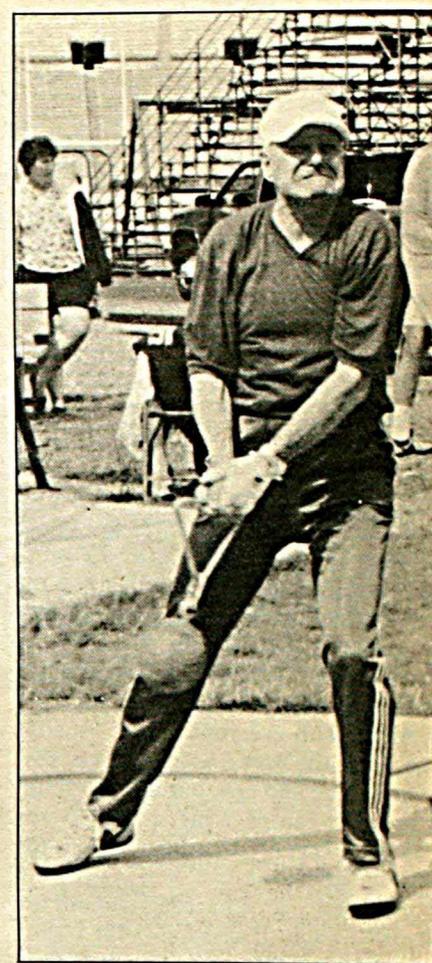
Other rule changes affecting throwers: Rule 91.4, add "In the shot put, a suitable substance may also be applied to the shot and the neck area." Rule 205.1 (javelin), amend the second sentence as follows: "The shaft shall be constructed of metal or of another suitable homogeneous material, and shall have fixed to it a metal head terminating in a sharp point." What are we talking about here? Fiber glass, flubber?

Championship bids went to the Seattle Masters AC (SMAC) for the 1996 weight and superweight on Aug. 31, and to Bozeman, Mont., for the weight pentathlon, directed by Bob Sager, on Sept. 14.

I had a sense that the number and location of throwing areas were factors in the U. of Maine receiving the bid for the 1998 outdoor championships. Obviously other, probably more important, reasons played a part in Maine's selection over Gainesville and Knoxville, but perhaps the criticism of the



Florida's Vanessa Hilliard was chosen the best 1995 W50 field athlete by USATF. Photo by Bill Burkle



Jim Minah, M75, at the National Masters Weight/Superweight Championships, Seattle. Photo by Jerry Wojcik

East Lansing throws sites had a positive effect on non-throwing voters, who may have realized the importance of adequate conditions for all competitors at a national championships.

Downtown Atlanta appeared to be rebuilding itself in preparation for this summer's Olympics — streets, building facades, and parks are undergoing renovation.

The thing that left the biggest impression on me was the price of gasoline in the Atlanta area — 82¢ a gallon as opposed to \$1.27 here in Eugene. □

Track & Field Rankings Report

by JERRY WOJCIK
USATF Masters T&F Rankings Coordinator

The compilers for the 1995 outdoor season are listed below. The last *National Masters News* from which 1995 rankings data will be taken is the February 1996 issue.

However, if your best marks for 1995 have not appeared by the January 1996 issue, you can facilitate the compilations by submitting your marks (with verification) at the end of your outdoor season before the February issue is published.

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

Marks sent to me instead of the correct rankers will not be forwarded.

100, 200, 400, 1500, 5000, 4x100, 4x400 relays: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

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

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

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

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

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

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

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

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

1994 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1994 U.S. 5-year to 70+ age-group rankings.
- 60 pages, over 100 entries
- All T&F events.

Send ~~\$6.00~~ plus \$1.25 postage and handling to:
\$4.00

NATIONAL MASTERS NEWS
P.O. Box 50098
Eugene, OR 97405

Name.....
Address.....
City.....State.....Zip.....

CLOSE-OUT

Master Racewalking

Continued from page 13

DeNoon was in the 5K with me. The announcer kept saying that he was on a record pace and I was just behind him. At the end of the race I thought, "Hey, I almost broke the record, too, and I finished second."

From Don I have learned that there is no age limit to what you can do. You can excel within the potential of who you are yourself. So that is what I have been doing. I have taken Don's enthusiasm and his spirit and focused on doing better for myself. I have gotten where I am today, because I recognize no limits and will not recognize them.

EW: How do you feel about the masters racewalking program?

JC: It is my view that this country has a few good young, senior racewalkers, both men and women. However, when you consider the masters and compare them with those of other countries, they are doing a lot better than the seniors in international competition. Some of these masters are in their 60s and 70s. Of course, there are a lot in their 40s and 50s, too.

Masters put their own time and money into training and into com-

peting on the national and world levels. Count the individual and team medals Americans won in Miyazaki. There were an amazing 44 medals. Hardly a walker came back from Japan without a medal, and a lot were gold. That says it all for our masters racewalking program.

In the four years I have been in serious competition, the people I have met and the people who I race against have become family. We go to the races to meet each other and to see what is going on in each other's lives. I look at our racewalking community very much as a family, and I like it. □

New Masters Indoor Meet For Western States

by GREG BELANCIO

Last year, the National Masters Indoor Track and Field Championships were held in Reno, Nevada on the Bill Cosby Track. Many positive comments were received about the meet and area.

On Feb. 18, the U. of Nevada Track department and the Silver State Striders Club will host the first annual Reno Nevada — Silver State Indoor

Masters Classic T&F meet, utilizing the same track and facilities.

The meet will be a good opportunity for masters to prepare for the 1996 Indoor Nationals in Greensboro, N.C., March 29-31. Since this is the first annual meet, your participation would be greatly appreciated to support and sustain this event each year. An entry form is listed below. □

Grand Prix Frenzy at Bohemia 5 Miler

by MAURY DEAN

The Metropolitan Athletics Congress (MAC) sported a snazzy Grand Prix Circuit in 1995. Sparked by Plainview-Old Bethpage RRC leaders Mike and Sue Polansky and others, this tri-state racing circuit attracted top runners galore, but Bohemia bamboozled them.

Many top NYC Metro runners shirked this speedy five-miler on Long Island on Nov. 19, because of its mega-distance (50 miles) from the Big Apple. For years, our Bohemia TC sponsored a real-runners-only 12K, which flew around the Islip Airport. It featured a stone-gray tableau of slate skies, winds, and concrete — topped off by a

first-class awards ceremony in a whooshing snow-flurry gale.

Two years ago, due to a few sponsor bucks from Bob's Stores and Gold's Gym (plus an indoor awards ceremony), Bohemia wimped out to a five-miler. We zapped the flatness of the old course for one funless hill and two nifty downswoops. We swapped the windswept airport plain for a suburban ranch house promenade, and only a fraction of the Grand Prix Circuit-weary stampedes showed up.

One was Paul Mascali, 43, Manhasset, L.I., masters winner and third overall with a supersonic 25:45. Another was Gary Muhrcke, now 55, winner of the very first NYC Marathon in 1970. Despite running the NYC Marathon the week before, Muhrcke manhandled his age group in 30:35 over a strong effort by 59-year-old Englishman David Smith (31:42).

Women's masters gold went to Bohemia's new masters flash Helen Visgauss, who PR'd with a 33:05.

One of Long Island's most courageous runners, Colin Harris, 66, won the M65+ category by six minutes in 34:41 — years after a quadruple bypass.

The Bohemia TC 5 Miler. Gray, gloomy, dank, tuff-enuff cement, ribbon to glory. Great day for a race! □

1995 USA Track & Field Masters Multi-Event Report

(last two year's numbers in parenthesis)

Indoor Pentathlon:	Site: Proviso West High School, Chicago, IL
	Date: 11Feb95 Director: Jeff Watry
	Sub-Master Men: 4 (8) (6)
	Master Men: 24(36)(25)
	Guest Men: 0 (3) (1)
	Sub-Master Women: 2 (0) (1)
	Master Women: 1 (6) (4)
	Guest Women: 0 (1) (1)
	Total: 31(54)(38)
Decathlon/Heptathlon:	Site: University of Oregon, Eugene, OR
	Date: 16-17Jul94 Director: Timothy Shelley
	Sub-Master Men: 3 (16)(11)
	Master Men: 43(42)(39)
	Guest Men: 2 (11)(9)
	Sub-Master Women: 1 (2) (0)
	Master Women: 5 (4) (7)
	Guest Women: 0 (0) (2)
	Total: 54(75)(68)
Outdoor Pentathlon:	Site: Michigan State University, East Lansing, MI
	Date: 5Jul95 Director: Randy Williams
	Sub-Master Men: 4 (11) (9)
	Master Men: 39(42)(44)
	Guest Men: 0 (3) (5)
	Sub-Master Women: 1 (1) (2)
	Master Women: 0 (6) (6)
	Guest Women: 0 (0) (1)
	Total: 44(63)(67)
Weight Pentathlon:	Site: Nevada Union HS, Grass Valley, CA
	Date: 3Sep94 Director: Richard Hotchkiss
	Sub-Master Men: 1 (3) (0)
	Master Men: 29(20)(18)
	Guest Men: 1 (2) (0)
	Sub-Master Women: 0 (2) (2)
	Master Women: 6 (8) (4)
	Guest Women: 1 (0) (0)
	Total: 38(35)(24)

Buffalo WAVA World Championships - USA Results

Decathlon:	4 1st, 1 2nd
Heptathlon:	1 1st, 2 2nd
Men's Weight Pentathlon:	3 1st, 1 2nd, 1 3rd
Women's Weight Pentathlon:	1 1st, 1 2nd, 4 3rd
Total:	9 5 5

Rex J. Harvey
Multi-Event Coordinator

RENO NEVADA - SILVER STATE INDOOR MASTERS CLASSIC

This first annual indoor Masters Track and Field meet is sponsored by the University of Nevada and the Silver State Striders. The Track is the University of Nevada's Bill Cosby Wooden Track (the same facilities used in the 1995 National Masters Indoor Championships).

WHERE: Reno Livestock Events Center (Exit Wells Ave. off Interstate 80, proceed north on Wells for two blocks)

WHEN: February 18, 1996 (SUNDAY) **TIME:** 9:00 A.M.

WHO: All men and women 30 Years and up (sub-masters 30-39, masters 40-95)

FEES: Enter up to 3 events plus relays for \$25.00

DEADLINES: Registration must be received by Saturday Feb. 10, 1996 for final schedule. (walk in registration is limited to lane & time availability)

AWARDS: Medals, top 3 places, all age groups, all events.

Field Events to include only the Shot Put and Long Jump:

Running Events to include: 60m, 200m, 400m, 800m, 1500m, 3000m, (4X 200, 4X400, 4X 800)

TENTATIVE SCHEDULE OF EVENTS

Running Events		Field Events	
9:15 3000m	11:30 - 12:30 lunch	9:15 long jump	
9:45 60m	12:45 1500m	10:30 shot put	
10:30 800m	1:30 400m		
11:00 200m	Relays as requested		

Application and entry checks (Silver State Striders) and mail to Silver State Striders P.O. Box 21171 Reno, NV 89515 (702/329-2814)

NAME _____ Male _____ Female _____

ADDRESS _____ ZIP _____

CITY / STATE _____

CLUB AFFILIATION _____ USA T&F # _____

DATE OF BIRTH _____ AGE _____ PHONE # _____

1ST 2ND 3RD RELAYS RELAYS

EVENTS ENTERED: _____

BEST RECENT PERFORMANCE: _____ COMPETITORS # _____

official use

WAIVER AND MEDICAL TREATMENT AUTHORIZATION

In consideration of my entry in the Reno Nevada - Silver State Indoor Masters Classic at the University of Nevada Bill Cosby Track, Reno, Nevada, on 18 February 1996, I intend to be legally bound, and I do hereby for myself and anyone entitled to act in my behalf, waive and release the University of Nevada, the Silver State Striders, the city of Reno, all Sponsors and their Representatives and Successors from all claims and/or liabilities of any kind arising from my travel to and participation in the meet.

I grant permission to all of foregoing parties to use any photographs, video or motion pictures, record of any other record of the meet for any legitimate reason.

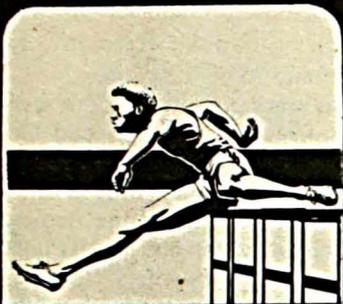
I understand that all entry fees are final with no refunds.

It is understood that this meet will entail physical activity and that various injuries may result. I certify that I am properly conditioned and have no physical injuries or defects that will preclude me competing.

I authorize the Track Committee and its agents permission to request emergency medical treatment or care as necessary to insure my well-being.

Applicant Signature _____

Date _____



Training Advice

by TIM DICKSON

Harold Morioka

(In NMN's June issue we brought you the phenomenal spring/summer training schedule followed by Harold Morioka, 52, of Vancouver, Canada. He won three gold medals at the 1993 WAVA World Veterans Championships in Japan in the 400 (51.76), 800 (2:03.42) and 400H (61.03). We're happy now to bring you his equally amazing fall/winter schedule.)

Fall Schedule (Sept-Nov)

Monday:

- Warm-up jog ½ - 1 mile
- Stretching + 3 x (3 x 50)
- 2 x 20m x 6 power speed (high knee) drills
- Hills (strength/endurance)
- 4-5 x (3 reps of 50-100m)
- Jog back/reps; walk back/sets
- Medicine Ball circuit (20 min)
- Approx. 100 throws
- 100 sit-ups using a 3-4 kg Medicine Ball

Tuesday:

- Warm-up jog 2 - 3 miles
- Stretching + power speed drills

- Intervals on a bark mulch trail around a lake: ex. 2 x (4 x 300)
- 90 sec/reps; walk 300/sets
- 3 x (2 x 600)
- 2 min/reps; 5 min/sets
- 40m x (3-5 power speed exercises)

Wednesday:

- Warm-up jog 2 - 3 miles
- 5-10 min. continuous circuit (alternating running with a variety of strength and technique exercises)
- Medicine Ball Circuit

Thursday:

- Warm-up same as Tuesday
- Hills
- 3 x (3 x 150-200m)
- Jog back/reps; walk back/sets
- 40m x (3-5 power speed exercises)

Friday: Day off

Saturday:

- Warm-up jog ½ mile
- Stretching + 3 x (3 x 50)
- Shuttles + 2 x 20m x power speed drills
- Speed Workout
- Reps of 20-60m on a grass or sand field (400-600m total)
- Medicine Ball Circuit

Sunday:

- Soccer game (50+ league) or Warm-up jog 2 miles
- Stretching
- 20-30 min transition circuit (similar to Wed. but longer reps and every 7-8 min. do 3 x 200 with a jog across the field/reps ending with 3-5 hills or stairs)

Would You Believe?...

- The winning height in the 1924 Olympic pole vault was 12-11 ½. In 1981, at age 59, Boo Morcom vaulted 13-0 ½.
- In the 1900 Olympics, the marathon was won in 2:59:45. In 1981, at age 66, Oregon's Clive Davies ran 2:42:48.
- In 1975, at age 90, Scotland's Duncan MacLean ran 100 meters in 19.9 seconds.



Three members of the Plainview-Old Bethpage RRC show off their hardware earned finishing 1-2-3 in the M70+ division, Farmingdale Rotary 5K, Oct. 7, on Long Island, from left: Bill Benson, 76, 28:40, Herb Silber, 70, 27:46, and George Dennis, 71, 28:48. Photo by Mike Polansky

Winter Schedule (Nov-Mar)

Monday:

- Warm-up jog ½ mile
- Stretching + 3 x (3 x 50)
- Power speed drills
- Hills on an 80 indoor ramp
- 3-4 x (3 reps)
- Jog back/reps; walk back/sets
- Weights: bench press, half-squats or incline leg press, hamstring curls, step-ups, arm swings with a 2 ½ lb. plate
- Start with 4 x 8 x 60% max progressing to 4 x 5 x 80% and 3 x 3 x 90%

Tuesday:

- Intervals (sand field)
- Reps over 200-500m: ex. 2 x (3 x 200) rest 1 min; 2 x (2 x 300) rest 90 sec.; 1 x (2 x 400) rest 2 min.; 4-5 min sets
- 4 x 200
- 3 x 300
- 2 x 400
- 1 x 500 (2400-3600m total volume)

Wednesday:

- 10 min. continuous circuit
- Medicine Ball sit-up circuit
- Weights

Thursday:

- Tempo Endurance
- Repeat 150s on a sand or grass field: ex. 3 x (3 x 150)
- Walk back/reps
- 4-5 min/reps
- 8-10 min/sets
- Timed step-ups on a bench or timed running (high knees)
- 1 x 20 sec
- 1 x 30 sec

Friday: Day off

Saturday:

- Speed Workout
- Starts from blocks: 30-60m
- Flying starts: 30-60m (400-600m total)
- Weights

Sunday:

- Soccer game (50+ league) or warm-up jog 2 miles
- Stretching
- 20-30 min transition circuit (similar to Wed. but longer reps and every 7-8 min. do 3 x 200 with a jog across the field/reps ending with 3-5 hills or stairs) □

Masters Women Shine in Stockade-athon 15K

by PAUL MURRAY

Masters women asserted themselves at the 20th running of the Schenectady Gazette Stockade-athon 15K, Nov. 5, claiming four of the top 11 places among all female finishers. Competition among the 50-year-olds was especially intense as they captured three of the top four masters spots.

Theresa Maguire, W40, Schenectady, N.Y., was the eighth woman with a 62:05. Just two seconds behind her was 53-year-old Nancy Frisillo, New Hartford, N.Y. Jayne Zinke, Niverville, N.Y., was tenth woman and second W50 in 63:23. Margaret Betz, 59, Conklin, N.Y., placed seventh, with a sterling 63:28. Betz's age-adjusted time

of 46:11 was the fastest recorded by any competitor.

Ken Lally, M40, Lanesboro, Mass., ran away with the men's masters title with a sparkling 50:10 for tenth overall. John Thorpe, Sherrill, N.Y., earned the M45 win with a 51:56. Fay Bradley, 57, Washington, D.C., topped all the 50-year-olds with an impressive 56:33.

Eighty-one-year-old Dudley Healy, Chatham, N.J., was the oldest finisher, with an outstanding 85:12.

A total of 717 runners completed the course, which passes through the historic Stockade of Schenectady. The race was directed by Chris Rush and sponsored by Gazette Newspapers. □



For Those Who Lead The Pack!

Run • Walk • Race Walk

Course meets standards for USA Track & Field Certification
Qualifier for 1996 FL Senior Games

Exclusively for
those age 50
and above!

Saturday,
January 20, 1996
8:30 AM

The Plantation
At Leesburg
Leesburg, Florida

(Just 40 minutes north of Orlando)

Proceeds to benefit
Habitat For Humanity
of Florida

Contact: Track Shack
(407) 898-1313
or (407) 896-5473

1322 N. Mills Avenue
Orlando, FL 32803



Philippa (Phil) Raschker, 48, of Marietta, Ga., was picked as the outstanding U.S. female masters track and field athlete of the year for the ninth time. Photo by Suzy Hess

Raschker Wins One-Hour Decathlon

Philippa Raschker, 48, won the first one-hour decathlon ever held in masters competition at Life College in Atlanta on Dec. 3.

The multi-medaled world W45 champion was the only female in the eight-person competition. Her total of 6553 points outscored Rex Harvey (50, OH, 6112). Steve Winkle (38, TN, 5625) took the bronze.

Dick Moss, the lead multi-event official in the USATF Georgia Association, brought along 46 hopeful Olympic officials who spread out over the

10-event area, allowing the athletes to move from one event to another as quickly as they deemed necessary.

All the competitors admitted that trying to complete all 10 events in one hour was much tougher than they had previously thought. "The speed of the event prevented me from strongly concentrating on each individual event," Raschker said.

WAIB-TV televised the event, and will do so again next year when open and high school athletes are added. Look for a late-August date. □

Bah! Humbug 8K Held

by JANE DODS

This year's edition of the Humbug 8K took place at Humbug Mountain State Park, Ore., on Nov. 11. The 8K (or so) starts at sea level and finishes atop Humbug Mountain at 1756 feet, the second highest point on the Oregon Coast.

In the race flyer, Mr. Scrooge, the director, promised steep, narrow, muddy trails, several water crossings, and plenty of wind and rain. He also suggested that our personal affairs be in order before taking part in this madness. Mr. Scrooge delivered on all counts (tongue not being nearly as far

in the cheek as we sorry entrants might have assumed).

A particularly exquisite touch was having our legs sandblasted on the beach at the start. At the finish we were given a granola bar, a carton of juice, and a garbage bag to put on to ward off the howling wind as we walked back down the mountain (soaking wet, of course). T-shirts were distributed in a storm drain under the highway by the light of a Coleman lantern — evoking the spirits of "Bah, Humbugs!" past.

Runners completing the course in under one hour (I was not one of them) become lifetime members of the "High



Kathy Brown, W45, wearing her overall finish in the women's race, USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y., Oct. 15, ran a 44:04, winning over Coreen Steinbach (96), W40, by a mere one second. Photo from Pete Glavin

and Exhausted Order of the Humbug" (HEOH).

Rumor has it that Mr. Scrooge escaped to Hawaii during this caper. □

INDOOR TRACK & FIELD



MASTERS EVENTS

- 55 Meter
- 55 Meter Hurdles
- 200 Meter
- 400 Meter
- 800 Meter
- 1500 Meter
- 1500 Meter Racewalk
- High Jump
- Long Jump
- Triple Jump
- Pole Vault
- Shot Put

Saturday, February 3, 1996
Shawnee Exposition Center
Shawnee, Oklahoma

For Entry Information, Call The Sooner State Games at (405) 235-4222

PROFILE

Steve Robbins — Athlete of the Year

by JIM WHITING

Steve Robbins has had a penchant for being around when world records are being set. As a sprinter at the University of Arizona in the 1960s, he followed in Henry Carr's wake on several occasions as the former Arizona State standout set world records.

But now Robbins, at age 52, is the guy who is setting them. Entering the recent World Veterans Games in Buffalo, New York, he already held the 200 meter world record for his 50-54 age group (23.68). Somewhat predictably, he added the 100 mark to that collection (11.24). And he anchored a 4x100 relay that set another world standard (45.03).

But it was in the 400 that he most distinguished himself. He was so nervous beforehand that he considered almost pulling out of the race. He was facing two very formidable foes: Harold Morioka of Vancouver, B.C., undefeated at 400 meters for five years, and Peter Crombie, of Australia, winner of the 400 in the 45-49 age group at this meet two years ago and very confident of his chances now that he had just turned 50.

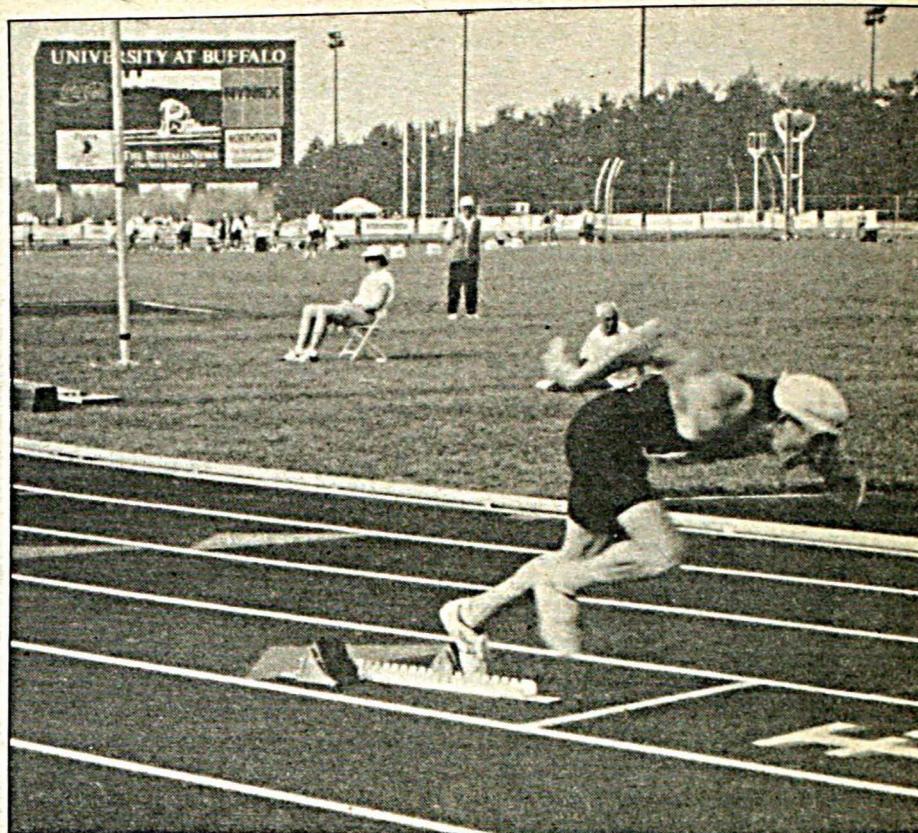
Let's backtrack a little. Robbins came out of Hamilton High School in Los Angeles with sprinting credentials in the stratosphere (9.7 in the 100 yards and 20.7 in the 220) and a GPA barely above sea level.

While he was a good sprinter at Arizona, he never quite moved on to the next level. Part of the reason, he is quick to admit, is that he didn't have much of an athletic work ethic.

"I was immature," he says frankly.

But a funny thing happened: he caught fire academically. The kid who barely got out of high school not only graduated from the University of Arizona, but also earned an MBA and a Ph.D. He became a college professor, and eventually turned his hand to writing — with enormous success.

"I have textbooks that are used by over a thousand U.S. colleges," he



Steve Robbins out of the blocks en route to his M50 400 WR of 51.63 at the World Championships in Buffalo. Photo by Shirley Dietterich

says. They include the #1 selling management and organizational behavior books. The former is now in its 5th edition, the latter in its 7th. And those two have seven other siblings ranging from newborns to others in various stages of revision.

Having taken early retirement from San Diego State at 50, Robbins earns enough from his writing to indulge his other great passion: sprinting.

For make no mistake about it: the athletic work ethic that was missing when he was younger has emerged full-blown now.

Besides running five or six days a week, he does lots of stretching and lifts weights religiously three times a week.

The lifting is especially important.

"I need to stay strong," he maintains. "A distance runner is like a gazelle. But a sprinter has to be powerful."

The result is, as he says (and a casual glance confirms), "My face looks my age. But my body looks 30."

And at least once a week he has deep tissue massage. For he is well aware of his propensity for the sprinter's bete noire, the pulled hamstring.

In 1972, when an assistant professor at Nebraska and in his athletic prime at age 28, he entertained hopes of making

the U.S. Olympic team.

"I was really focused," he says of those days. In one indoor meet, he ran the 300 three times in one afternoon, in 31.9, 30.9, and 31 flat.

But soon afterward, he ripped his left hamstring, which set up an all-too-recurrent pattern of improvement followed by injury.

Now that he has been injury-free for a while, and able to train harder than ever before, the world records have begun in earnest.

But even with those marks, he was still anything but confident as he contemplated the 400 at Buffalo. Not even a 55.6 heat and a 53.04 in the semis — the fastest — made him feel much better.

His one consolation was that he knew himself to be faster than his two rivals. So he went out as hard as he could, running 23.7 for 200 and 36.0 for 300. He made up the stagger on Morioka (one lane out) by the time he came out of the first turn and had drawn even with Crombie (two lanes out) before entering the second turn. And all the hard work he had done in the previous months paid off as he had enough left to hold them off and win by about half-a-dozen meters.

A world class sprinter. A world class writer. The link between them: an athletic scholarship, that oft-maligned American institution. His native athletic ability gave him the opportunity to attend college, which he would never have been able to do otherwise. And he took full advantage of that opportunity to eventually direct his life in ways that he never would have imagined.

Sometimes things do work the way they're supposed to. □

(Reprinted from Northwest Runner. Robbins was named 1995 U.S. Male Masters Track & Field Athlete-of-the-Year by USA Track & Field.)

GET HARD, DEPENDABLE WORKOUTS

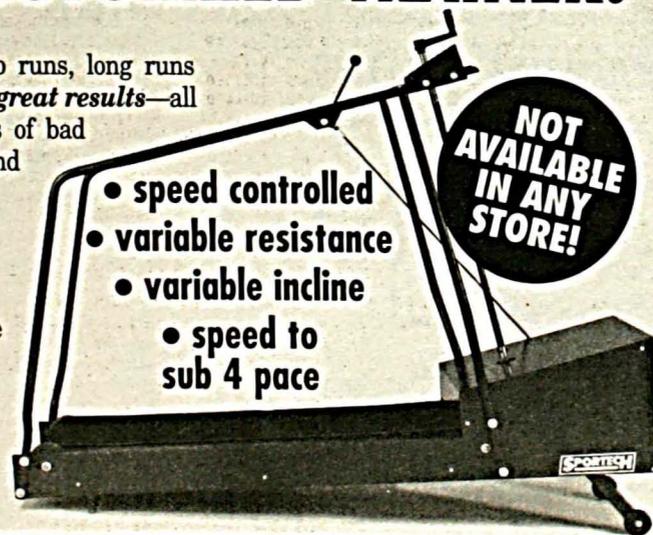
on your own

SPORTECH[®] INCORPORATED

NON-MOTORIZED TRAINER!

Run fartleks, tempo runs, long runs and hills—and get great results—all without the hassles of bad weather, traffic and night-time running.

No fancy gimmicks, just a great workout every time, because you provide the push that moves you forward—just like on the road or track.



- speed controlled
- variable resistance
- variable incline
- speed to sub 4 pace

Never miss another run!

CALL TODAY: 1-800-221-1258

OR WRITE: SPORTECH INC. • 710 SUGAR LANE • ELYRIA, OH 44035

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.25 postage and handling for each order.

Send to:

National Masters News
P.O. Box 50098
Eugene, OR 97405

World Track & Field Indoor Age-Group Records

Compiled by Jack Fitzgerald and Pete Mundle of the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of December 1, 1995

n = noteworthy mark, p = pending verification of date of birth, wind velocity, etc.

MEN'S WORLD INDOOR RECORDS

60 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	6.97	Eddie Hart(USA)	40 3-24-90
M45	7.02	Stan Whitley(USA)	45 3-23-91
M50	7.37	Harold Morioca(CAN)	50 3-20-93
M55	7.53	Hugo Hartenstein(USA)	55 3-24-90
M60	7.7	Payton Jordan(USA)	60 1-7-78
M65	7.8	Cecil Paul(CAN)	66 3-8-86
M70	8.45	Melvin Larsen(USA)	70 3-4-95
M75	8.99	Maribotti Guiseppi(ITA)	75 2-23-91
p8.9		Maribotti Guiseppi(ITA)	76 2-23-92
M80	9.81	Fred White(USA)	80 3-20-93
p9.7		Vittorio Colo(ITA)	80 2-23-92
M85	11.33	Russell Randall(USA)	86 3-20-93
M90	p15.52	Mikko Salonen(FIN)	90 - -87

200 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	22.19	Bill Collins(USA)	44 2-26-95
M45	23.4	Roger Pierce(USA)	45 1-5-90
p22.70		Stan Whitley(USA)	46 4-5-92
M50	23.76	Harold Morioca(CAN)	50 3-21-93
M55	24.7	Ron Taylor(GBR)	56 3-31-90
M60	25.70	James Mathis(USA)	60 2-26-95
M65	26.92	James Law(USA)	65 3-24-91
M70	28.00	Payton Jordan(USA)	72 4-2-89
M75	30.12	John Alexander(USA)	75 2-26-95
M80	32.9	Barry Ivers(USA)	80 3-17-91
M85	39.79	Russell Randall(USA)	86 3-21-93
M90	p68.6	Mikko Salonen(FIN)	90 - -87

400 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	50.15	Fred Sowerby(ANT)	43 2-22-92
M45	49.87	Fred Sowerby(USA)	45 1-29-94
M50	52.72	Harold Morioca(CAN)	52 2-25-95
M55	56.17	James Mathis(USA)	56 3-23-91
M60	58.86	James Mathis(USA)	60 2-25-95
M65	59.53	Earl Fee(CAN)	65 2-25-95
M70	66.03	John Alexander(USA)	70 3-24-90
M75	71.84	John Alexander(USA)	75 2-25-95
M80	79.6	Aleksander Ernesaks(CAN)	80 3-7-92
M85	1:40.86	Russell Randall(USA)	86 3-20-93
M90	p2:47.3	Mikko Salonen(FIN)	90 - -87

800 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	1:55.5	Ken Popejoy(USA)	42 1-30-93
M45	1:57.81	Ken Sparks(USA)	45 3-25-90
M50	2:05.8	Ken Baker(USA)	50 1-17-88
M55	2:08.9	Ken Baker(USA)	55 3-22-92
M60	2:16.64	Earl Fee(CAN)	62 1-18-92
M65	2:16.80	Earl Fee(CAN)	65 3-27-94
M70	2:42.0	Austin Newman(USA)	70 3-23-86
M75	2:53.1	David Morrison(GBR)	75 3-26-89
M80	3:33.63	Bill Dyer(USA)	80 2-26-95
M85	6:18.0	Herb Kirk(USA)	87 2-5-83

1500 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	3:45.3	Eamonn Coghlin(IRL)	40 2-26-93
M45	4:03.69h	John Potts(GBR)	45 3-9-90
M50	4:17.85	Victor Smith(GBR)	50 3-20-94
M55	4:28.9	James Sutton(USA)	55 1-4-87
M60	4:37.80	Maurice Morrrell(GBR)	61 3-20-94
M65	4:47.11	Earl Fee(CAN)	65 3-26-94
M70	5:27.4	Austin Newman(USA)	70 3-23-86
M75	6:01.6	Austin Newman(USA)	75 2-24-91
p5:42.9		A. Parma(ITA)	75 2-25-90
M80	7:04.2	Paul Spangler(USA)	80 3-18-79
M90	14:28.4	Mikko Salonen(FIN)	90 - -88

3000 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8:20.16	Nigel John Gates(GBR)	40 1-23-94
M45	8:46.80	Renato De Palmas(ITA)	45 3-9-85
M50	8:58.8	Les Presland(GBR)	50 3-31-90
M55	9:23.43	Stephen James(GBR)	56 3-20-94
M60	9:43.88	Andrew Brown(GBR)	61 3-20-94
M65	10:32.28	William Marshall(GBR)	65 3-13-93
M70	11:17.99	James Todd(GBR)	71 3-13-93
M75	13.08.2	Gordon Porteous(GBR)	75 3-26-89
M80	14.10.79	Gordon Porteous(GBR)	80 3-20-94

60 Meter Hurdles			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8.15	Stan Druckrey(USA)	40 4-1-89
M45	8.54	Stan Druckrey(USA)	46 2-25-95
M50	8.47	Walt Butler(USA)	51 3-20-93
M55	8.91	Emil Paulik(USA)	56 2-25-95
M60	9.14	Phil Mulkey(USA)	60 3-20-93
M65	9.8	Buck Bradberry(USA)	66 2-20-93
M70	10.40	Melvin Larsen(USA)	70 2-25-95
M75	11.20	Frank Finger(USA)	75 3-24-91
M80	13.37	Ahti Pajunen(FIN)	80 3-3-90

High Jump

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	6-7 1/2	2.02 Dwight Stones(USA)	40 1-16-94
M45	6-3 1/2	1.92 Mark Chelnov(URS)	46 3-18-90
M50	5-10	1.78 John C. Brown(USA)	51 2-15-81
5-10		1.78 Milton Newton(USA)	51 3-30-85
5-10		1.78 Richard Richardson(USA)	53 3-15-87
p6-0		1.83 Vittoriano Dovrandi(ITA)	51 2-5-93
p5-11		1.80 Vittoriano Dovrandi(ITA)	50 2-22-92
M55	5-7 1/4	1.71 John C. Brown(USA)	56 1-11-86
M60	5-5	1.65 Jim Gilchrist(USA)	62 3-24-90
M65	5-4	1.62 Jim Gilchrist(USA)	65 3-19-93
M70	4-9	1.45 Esko Kolhonen(FIN)	71 - -86
M75	4-5 1/4	1.35 Esko Kolhonen(FIN)	76 3-3-90
p4-6		1.37 Ian Hume(CAN)	75 3-24-90
M80	4-1 3/4	1.26 Esko Kolhonen(FIN)	80 3-19-94
M85	3-3 1/4	1.00 A. E. Pitcher(USA)	88 2-18-90
M90	p1-5 3/4	0.45 Mikko Salonen(FIN)	90 - -87

Pole Vault

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	17-0	5.18 Earl Bell(USA)	40 8-25-95
M45	15-2 1/4	4.63 Jerry Cash(USA)	46 3-4-95
M50	13-7	4.14 Joe Johnson(USA)	50 2-25-95
M55	13-2 1/2	4.02 Boo Morcom(USA)	59 - -81
M60	12-4 3/4	3.78 Jerry Donley(USA)	60 2-25-90
M65	11-2 3/4	3.42 Jerry Donley(USA)	65 2-25-95
M70	10-4	3.15 Boo Morcom(USA)	71 1-8-93
M75	9-3	2.82 Carol Johnston(USA)	76 3-19-88
M80	7-10 1/2	2.40 Carol Johnston(USA)	80 4-4-92
M85	5-6	1.67 A. E. Pitcher(USA)	86 3-19-88

Long Jump

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	23-1	7.03 Stan Whitley(USA)	40 2-22-86
M45	22-7 3/4	6.90 Tapani Taavitsainen(FIN)	45 2-3-90
M50	21-2 3/4	6.47 Stig Backlund(FIN)	50 3-3-90
M55	19-3 1/4	5.87 Boo Morcom(USA)	55 3-13-77
M60	17-9	5.41 Virjo Kwappila(FIN)	61 3-20-94
M65	17-5 1/4	5.31 Melvin Larsen(USA)	66 1-13-91
M70	16-6 3/4	5.05 Melvin Larsen(USA)	70 2-25-95
M75	13-7 1/2	4.15 Adolf Koch(GER)	76 2-26-94
M80	11-8 1/2	3.57 Karl Trei(CAN)	80 3-10-90
M85	8-8 3/4	2.66 Russell Randall(USA)	86 3-21-93
M90	6-8 3/4	2.05 Everett Hosack(USA)	93 3-19-95

Triple Jump

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	52-9 1/4	16.08 Ray Kimble(USA)	40 2- -94
M45	48-7 1/2	14.82 Milan Tiff(USA)	46 2-26-95
M50	45-0 1/4	13.72 Stig Backlund(FIN)	50 3-4-90
M55	40-0 1/4	12.20 Olavi Neimi(FIN)	58 3-18-90
M60	39-9 1/2	12.13 Amelio Compri(ITA)	60 3-9-85
M65	35-10	10.92 Amelio Compri(ITA)	65 3-3-90
M70	32-8 1/2	9.97 Ed Lukens(USA)	70 3-19-93
M75	28-1 3/4	8.58 Vittoriano Dovrandi(ITA)	76 3-13-88
M80	26-1	7.95 Esko Kolhonen(FIN)	80 3-19-94
M85	15-10 1/4	4.83 Konrad Boas(USA)	85 3-31-89
M90	p12-6 1/2	3.82 Mikko Salonen(FIN)	90 - -87

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

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	65-10 1/4	20.07 Brian Oldfield(USA)	40 1-17-86
M45	51-9 1/2	15.78 Ed Hill(USA)	45 3-19-88
p56-11 1/2		17.36 Matti Jouppila(FIN)	45 3-3-90
M50	51-10	15.80 Carl Wallin(USA)	50 1-10-92
M55	51-7 3/4	15.74 Joe Keshmiri(USA)	56 2-25-95
M60	55-2 1/2	16.83 Reino Nokelainen(FIN)	60 - -81
M65	50-1 1/2	15.28 Voitto Elo(FIN)	65 - -82
M70	43-5	13.23 Ross Carter(USA)	71 3-30-85
M75	42-3	12.88 Voitto Elo(FIN)	75 3-3-90
M80	37-6 3/4	11.45 Ross Carter(USA)	80 2-25-95
M85	25-9 3/4	7.87 Kalle Lehtinen(FIN)	85 3-20-94
p27-5 1/4		8.36 Lamberto Cicconi(ITA)	86 2-23-91
M90	17-10 1/2	5.45 Vaino Sirula(FIN)	91 3-20-94

2000 Meter Walk

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	8:28.50	Robert Care(GBR)	43 3-17-91
M45	8:33.4	David Stevens(GBR)	47 3-21-84
M50	8:58.0	David Stevens(GBR)	51 3-25-88
M55	9:29.4	Mario Sciarreta(ITA)	55 3-2-90
M60	10:42.0	Len Creo(GBR)	64 3-27-87
M65	10:39.6	Len Creo(GBR)	65 3-25-88
M70	10:41.4	James Grimwade(GBR)	70 3-27-87
p10:12.72		Charles Coleman(GBR)	70 3-17-91
M75	10:50.8	James Grimwade(GBR)	75 3-25-88

3000 Meter Walk

DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
M40	13:08.0	Robert Care(GBR)	42 3-31-90
p12:42.62		Ray Funkhouser(USA)	40 4-4-92
p12:55.8		Heikki Lahtinen(FIN)	40 3-3-90
M45	12:58.0	Jan Roos(CAN)	47 1-28-84
M50	13:59.2	Jan Roos(CAN)	51 4-1-89
M55	14:27.6	Mario Sciarreta(ITA)	55 3-2-90
M60	16:03.8	Max Gould(CAN)	64 1-30-82
p14:44.51		Max Green(USA)	60 4-4-92
M65	16:03.0	Max Gould(CAN)	66 1-28-84
M70	17:31.6	Pauli Mäkinen(FIN)	70 3-9-90
p15:27.96		Tonetti Franco(ITA)	70 2-24-91
M75	18:35.8	Chico Scimone(ITA)	75 2-14-87
M80	20:35.0	Ake Strang(FIN)	82 3-4-90

WOMEN'S WORLD INDOOR RECORDS

60 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	7.80	Jocelyn Kirby(GBR)	36 3-20-94
W40	8.10	Phil Raschker(USA)	44 3-23-91
W45	8.02	Phil Raschker(USA)	48 2-25-95
W50	8.7	Una Gore(GBR)	52 11-17-90
W55	8.91	Una Gore(GBR)	55 3-20-94
W60	9.05	Irene Obera(USA)	61 2-25-95
W65	9.40	Joan Ogden(GBR)	66 3-20-94
W70	10.36	Mary Bowermaster(USA)	71 4-1-89
W75	11.75	Millie Crews(USA)	75 3-24-90
W80	14.39	Pearl Mehl(USA)	80 2-25-95

200 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	25.29	Jocelyn Kirby(GBR)	35 1-8-93
W40	26.91	Riny Hagenaars(HOL)	41 2-28-93
W45	26.18	Phil Raschker(USA)	48 2-26-95
W50	29.12	Marjorie Hocknell(GBR)	50 1-1-94
W55	30.30	Carolyn Cappetta(USA)	59 2-26-95
W60	31.6	Joan Ogden(GBR)	61 3-26-89
W65	32.0	Joan Ogden(GBR)	65 3-20-93
W70	35.96	Mary Wixey(GBR)	71 2-8-92
W75	44.39	Millie Crews(USA)	76 3-24-91
W80	62.73	Pearl Mehl(USA)	80 2-26-95

400 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	58.60	Allison Brown(GBR)	35 1-15-94
W40	60.97	Mary Libal(USA)	44 2-25-95
W45	62.3	Marjorie Hocknell(GBR)	46 12-2-89
W50	65.63	Marjorie Hocknell(GBR)	50 3-20-94
W55	67.38	Diane Palmason(CAN)	56 2-25-95
W60	80.26	Betty Vosburgh(USA)	60 4-4-92
W65	85.57	Patricia Peterson(USA)	65 4-4-92
W70	93.1	Louis Adams(USA)	71 3-21-93
W75	1:45.59	Pearl Mehl(USA)	75 4-1-89
W80	2:25.03	Pearl Mehl(USA)	80 2-25-95

800 Meters			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
W35	2:03.2	Ileana Silai(ROM)	36 2-7-78
W40	2:01.59	Yekaterina Podkopayeva(URS)	41 2-6-94
W45	2:24.87	Judy Warick(CAN)	46 4-28-95
p2:21.7		Pat Gallagher(GBR)	47 12-5-92
W50	2:33.59	Gerda van Kooten(HOL)	54 2-13-94
W55	2:37.34	Gerda van Kooten(HOL)	55 1-29-95
W60	2:56.75	Joyce Hals(USA)	60 1-8-93
W65	3:11.72	Joselyn Ross(GBR)	65 3-20-44
W70	3:39.55	Louis Adams(USA)	71 3-21-93
p3:17.5		Britta Tibbling(SWE)	70 - -88
W75	4:03.77	Pearl Mehl(USA)	76 3-25-90
W80	6:26.49	Pearl Mehl(USA)	80 2-26-95

1500 Meters			
DIV.	MARK	NAME(RESIDENCE)	

Continued from previous page

W60	4-1 1/4	1.25	Leonore McDaniel(USA)	63	3-24-91
W65	4-0 1/2	1.23	Leonore McDaniel(USA)	65	3-21-93
W70	3-7	1.09	Mary Bowermaster(USA)	70	3-19-88
W75	3-0	0.91	Vivian Nelson(USA)	75	3-5-88
W80	2-7 1/2	0.80	Margareta Sarvana(FIN)	81	3-4-90

Pole Vault *** BEST PERFORMANCES ***

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	p8-0 2.44 Phil Raschker(USA)	35	3-14-82
W40	8-0 1/2 2.45 Phil Raschker(USA)	44	2-16-92
W45	10-7 1/4 3.23 Phil Raschker(USA)	48	2-24-95
W50	8-4 1/2 2.55 Pat McNab(GBR)	50	3-20-93
W55	6-9 1/2 2.07 Becky Sisley(USA)	55	2-24-95
W60	5-5 3/4 1.67 Leonore McDaniel(USA)	64	2-20-93
W65	6-6 1/4 1.99 Leonore McDaniel(USA)	65	3-6-93

Long Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	20-2 1/2 6.16 Willye White(USA)	36	3-3-75
W40	18-5 5.61 Phil Raschker(USA)	40	3-28-87
W45	18-10 1/2 5.75 Phil Raschker(USA)	47	3-5-94
W50	14-1 3/4 4.31 Asta Larsson(SWE)	53	-85
W55	13-10 1/2 4.23 Asta Larsson(SWE)	55	-87
W60	12-4 1/2 3.77 Elizabeth Steedman(GBR)	60	3-20-94
W65	12-2 3.71 Leonore McDaniel(USA)	65	3-6-93
W70	10-10 1/4 3.31 Mary Bowermaster(USA)	70	3-19-88
W75	7-6 1/4 2.29 Vivian Nelson(USA)	75	3-5-88

Triple Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	35-0 3/4 10.69 Phil Raschker(USA)	37	3-18-84
W40	35-4 1/2 10.78 Phil Raschker(USA)	40	3-20-88
W45	35-6 10.82 Phil Raschker(USA)	45	3-19-93
W50	29-9 9.07 Jackie Charles(GBR)	51	3-29-93
W55	28-1 1/2 8.57 Rosemary Chrimes(GBR)	55	3-26-89
W60	26-2 1/4 7.98 Elizabeth Steedman(GBR)	60	4-2-94
W65	23-11 3/4 7.31 Leonore McDaniel(USA)	65	3-19-93
W70	17-10 1/4 5.44 Libby Hagemann(USA)	70	3-17-91

Shot Put (35-49: 4kg; 50+: 3kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	44-1 1/2 13.45 Bronwin Carter(GBR)	35	3-27-87
W40	p54-11 3/4 16.76 Svetlana Melnikova(URS)	35	3-19-89
W45	45-1 1/4 13.75 Janis Kerr(GBR)	42	-89
W50	34-2 1/4 10.42 Mia Dudink(NOL)	46	2-14-93
W55	p39-10 1/4 12.15 Ljudmila Mmelerkaja(URS)	45	3-19-89
W60	41-6 1/2 12.66 Joanne Grissom(USA)	51	3-25-90
W65	41-2 12.55 Antonia Ivanova(URS)	56	3-19-89
W70	33-1 1/4 10.09 Beatrice Holland(USA)	63	3-25-90
W75	30-3 3/4 9.24 Joan Ogden(GBR)	65	3-20-93
W80	25-5 1/2 7.76 Mary Bowermaster(USA)	71	4-2-89
W85	23-2 7.06 Irja Sarnama(FIN)	77	-83
W90	16-9 1/4 5.11 Ivy Brown(USA)	80	2-25-95

2000 Meter Walk

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9:29.0 Lillian Millen(GBR)	38	3-13-83
W40	9:39.6 Lillian Millen(GBR)	40	3-23-85
W45	11:35.4 Pam Horwill(GBR)	48	3-13-83
W50	11:00.0 Mary Worth(GBR)	54	3-13-83
W55	10:58.8 Mary Worth(GBR)	58	3-27-87
W60	11:02.6 Mary Worth(GBR)	60	3-26-89
W65	12:41.6 Ruth Leff(USA)	65	4-4-92

3000 Meter Walk

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	16:25.4 Cath Reader(GBR)	35	3-31-90
W40	p16:18.85 Metaji Graham(USA)	35	4-4-92
W45	15:11.15 Julie Ratner(USA)	43	3-24-90
W50	p14:23.33 Viisha Sedlak(USA)	40	4-4-92
W55	16:12.53 Jocelyn Richard(CAN)	45	2-7-87
W60	15:35.7 Giuseppina Migliasso(ITA)	52	3-3-90
W65	18:27.8 Pam Horwill(GBR)	55	3-31-90
W70	p17:11.39 Giuseppina Migliasso(ITA)	55	2-5-93
W75	18:19.0 Ruth Leff(USA)	61	12-17-88
W80	20:56.8 Ernestine Yeomans(CAN)	70	4-2-89
W85	22:17.08 Millie Crews(USA)	75	3-24-90
W90	p21:12.2 Alda De Grandis(ITA)	75	3-2-90
W95	27:33.0 Margareta Sarvana(FIN)	81	3-4-90

USA Track & Field Indoor Age-Group Records

Compiled by Peter Mundle and the Records Subcommittee of the USATF
Masters T&F Committee through performances verified as of December 1, 1995

MEN'S USA INDOOR RECORDS

60 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	6.97 Eddie Hart(CA)	40	3-24-90
M45	7.02 Stan Whitley(CA)	45	3-23-91
M50	7.40 Steve Robbins(CA)	50	3-20-93
M55	7.53 Hugo Hartenstein(CO)	55	3-24-90
M60	7.7 Payton Jordan(CA)	60	1-7-78
M65	8.14 James Law(NC)	65	3-23-91
M70	8.45 Melvin Larsen(IL)	70	3-4-95
M75	9.5 Barry Ivers(ME)	75	2-21-88
M80	9.81 Fred White(TX)	80	3-20-93
M85	11.33 Russell Randall(CO)	86	3-20-93

200 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	22.19 Bill Collins(TX)	44	2-26-95
M45	23.4 Roger Pierce(MA)	45	1-5-90
M50	p22.70 Stan Whitley(CA)	46	4-5-92
M55	23.86 Steve Robbins(CA)	52	2-26-95
M60	24.94 Hugo Hartenstein(CO)	55	3-25-90
M65	25.70 James Mathis(TN)	60	2-26-95
M70	26.92 James Law(NC)	65	3-24-91
M75	28.00 Payton Jordan(CA)	72	4-2-89
M80	30.12 John Alexander(TX)	75	2-26-95
M85	33.87 Barry Ivers(ME)	81	4-5-92
M90	39.79 Russell Randall(CO)	86	3-21-93
M95	76.4 Herb Kirk(MT)	91	1-11-87

400 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	50.15 Fred Sowerby(NV)	40	2-22-92
M45	49.09 Fred Sowerby(NV)	45	1-29-94
M50	54.0 Larry Colbert(MD)	52	3-18-89
M55	56.17 James Mathis(TN)	56	3-23-91
M60	58.86 James Mathis(TN)	60	2-25-95
M65	60.67 James Law(NC)	65	3-23-91
M70	66.03 John Alexander(TX)	70	3-24-90
M75	71.84 John Alexander(TX)	75	2-25-95
M80	85.00 Fred White(TX)	80	3-20-93
M85	1:40.86 Russell Randall(CO)	86	3-20-93
M90	2:54.0 Herb Kirk(MT)	91	1-11-87

800 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	1:55.5 Ken Popejoy(IL)	42	1-30-93
M45	1:57.81 Ken Sparks(OH)	45	3-25-90
M50	2:05.8 Ken Baker(NJ)	51	1-17-88
M55	2:08.9 Ken Baker(NJ)	55	3-22-92
M60	2:17.09 James Sutton(PA)	60	4-5-92
M65	2:26.3 Archie Messenger(NY)	65	1-6-89
M70	2:42.0 Austin Newman(NJ)	70	3-23-86
M75	2:55.5 Austin Newman(NJ)	75	2-24-91
M80	3:33.63 Bill Dyer(KS)	80	2-26-95
M85	6:18.0 Herb Kirk(MT)	87	2-5-83

1500 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	3:56.7 Ken Popejoy(IL)	40	3-16-91
M45	4:04.80 Ken Sparks(OH)	45	3-24-90
M50	4:21.19 Victor Heckler(IL)	50	12-12-92
M55	4:28.9 James Sutton(PA)	55	1-4-87
M60	4:43.75 James Sutton(PA)	61	3-7-93
M65	5:05.5 Archie Messenger(NY)	65	3-18-89
M70	p5:02.50 Joe King(CA)	65	4-4-92
M75	5:27.4 Austin Newman(NJ)	70	3-23-86
M80	6:01.6 Austin Newman(NJ)	75	2-24-91
M85	7:04.2y Paul Spangler(CA)	80	3-18-79
M90	14:34.2 Herb Kirk(MT)	91	1-11-87

One Mile

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	4:11.00 Bill Stewart(MI)	40	1-22-83
M45	4:21.90 Albin Swenson(CT)	46	2-26-93
M50	4:40.6 Victor Heckler(IL)	50	2-14-93
M55	4:53.14 Dan Conway(MN)	56	2-25-95
M60	5:19.9 Archie Messenger(NY)	60	3-18-84
M65	5:30.0 Archie Messenger(NY)	65	1-15-89
M70	5:32.4 Scotty Carter(MA)	70	3-15-87
M75	6:54.8 Byron Fike(OH)	75	3-20-83
M80	7:04.2 Paul Spangler(CA)	80	3-18-79

3000 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8:44.0 Peter Hallop(MI)	40	1-15-88
M45	8:44.0 Ken Popejoy(IL)	42	1-16-93
M50	8:59.14 Domingo Tibaduiza(NV)	45	2-26-95
M55	9:14.84 Dan Conway(MN)	52	3-24-91
M60	9:51.8 Howard Rubin(NY)	55	3-10-84
M65	10:31.4 James Sutton(PA)	61	1-3-93
M70	11:12.03 Jim Forshee(MI)	66	4-5-92
M75	p10:59.8 Jim Forshee(MI)	66	2-14-93
M80	11:27.6 Scotty Carter(MA)	70	3-15-87
M85	13:10.84 Alfred Funk(MT)	78	3-21-93
M90	15:13.54 Dudley Nealy(NJ)	80	2-26-95
M95	26:12 Herb Kirk(MT)	87	2-5-83

Two Miles

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	9:22.2 Peter Hallop(MI)	40	1-15-88
M45	9:45.2 Ernest Billups(IL)	45	3-27-83
M50	10:08.40 Victor Heckler(IL)	50	1-30-93
M55	10:58.82 Jim Sutton(PA)	56	3-20-88
M60	11:04.8 Jim Sutton(PA)	60	2-2-92
M65	12:19.34 John Boots(LA)	66	2-28-86
M70	12:40.8 Austin Newman(NJ)	72	2-28-88
M75	14:17.2 Byron Fike(OH)	76	3-25-84
M80	18:20.6 Byron Fike(OH)	80	3-20-88
M85	32:38.4 Herb Kirk(MT)	91	1-11-87

60 Meter Hurdles

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7.56 Greg Foster(US)	35	3-4-94
M40	8.15 Stan Druckrey(WI)	40	4-1-89
M45	8.54 Stan Druckrey(WI)	46	2-25-95
M50	8.47 Walt Butler(CA)	51	3-20-93
M55	8.91 Emil Pawlik(MS)	56	2-25-95
M60	9.14 Phil Mulkey(GA)	60	3-20-93
M65	10.14 Ed Lukens(NY)	67	4-1-89
M70	10.40 Melvin Larsen(IL)	70	2-25-95
M75	11.20 Frank Finger(WA)	75	3-24-91
M80	p14.86 Ted Hatlen(CA)	81	4-4-92

High Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7-0 1/4 2.14 Jim Barrineau(VA)	37	3-21-93
M40	6-7 1/2 2.02 Dwight Stones(US)	40	1-16-94
M45	6-1 1.85 Herm Wyatt(CA)	49	2-22-81
M50	5-10 1.78 Milton Newton(CA)	51	3-30-85
M55	5-10 1.78 John C. Brown(MO)	51	2-15-81
M60	5-7 1/4 1.71 John C. Brown(MO)	53	3-15-87
M65	5-5 1.65 Jim Gilchrist(FL)	56	1-11-86
M70	5-4 1.62 Jim Gilchrist(FL)	62	3-24-90
M75	4-6 1.37 Burl Gist(CA)	65	3-19-93
M80	4-0 1/2 1.23 Nam Morningstar(MI)	76	3-23-91
M85	4-0 1.22 Wesley Ward(IN)	82	2-15-92
M90	3-3 1/4 1.00 A. E. Pitcher(IN)	88	2-18-90

Pole Vault

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	16-8 5.08 Gary Hunter(US)	36	4-4-92
M40	17-0 5.18 Earl Bell(AR)	40	8-26-95
M45	15-2 1/4 4.63 Jerry Cash(OR)	46	3-4-95
M50	13-7 4.14 Joe Johnson(FL)	50	2-25-95
M55	13-2 1/2 4.02 Boo Morcom(PA)	59	-81
M60	12-4 3/4 3.78 Jerry Donley(CO)	60	2-25-90
M65	11-2 3/4 3.42 Jerry Donley(CO)	65	2-25-95
M70	10-4 3.15 Boo Morcom(PA)	71	1-8-93
M75	9-3 2.82 Carol Johnston(CA)	76	3-19-88
M80	7-10 1/2 2.40 Carol Johnston(CA)	80	4-4-92
M85	5-6 1.67 A. E. Pitcher(IN)	86	3-19-88

Long Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	23-1 7.03 Stan Whitley(CA)	40	2-22-86
M45	21-8 3/4 6.62 Stan Whitley(CA)	45	3-23-91
M50	20-8 1/2 6.31 Shirley Davison(CA)	50	3-29-80
M55	19-3 1/4 5.87 Boo Morcom(PA)	55	3-13-77
M60	17-6 1/2 5.34 Boo Morcom(PA)	60	3-14-82
M65	17-5 1/4 5.31 Melvin Larsen(IL)	66	1-13-91
M70	16-6 3/4 5.05 Melvin Larsen(IL)	70	2-25-95
M75	13-2 3/4 4.03 John Alexander(TX)	75	2-25-95
M80	11-0 1/4 3.36 Clarence Trahan(CA)	80	2-25-95
M85	8-8 3/4 2.66 Russell Randall(CO)	86	3-21-93
M90	6-8 3/4 2.05 Everett Hosack(OH)	93	3-19-95

Triple Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	52-9 1/4 16.08 Ray Kimble(US)	40	2-9-94
M45	48-7 1/2 14.82 Milan Tiff(CA)	46	2-26-95
M50	40-7 1/2 12.38 Dave Jackson(CA)	51	3-27-83
M55	36-4 11.07 Phil Mulkey(GA)	55	3-20-88
M60	36-3 1/2 11.06 Ed Lukens(NY)	63	3-24-85
M65	35-7 3/4 10.86 Tom Patsalis(CA)	66	3-29-87
M70	32-8 1/2 9.97		

Continued from previous page

WOMEN'S USA INDOOR RECORDS

60 Meters

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8.10	Denise Foreman(WA)	38	2-25-95
W40	8.10	Phil Raschker(GA)	44	3-23-91
W45	8.02	Phil Raschker(GA)	48	2-25-95
W50	8.98	Mary Luker(TX)	50	4-4-92
W55	8.98	Kathy Bergen(CA)	55	2-25-95
W60	9.05	Irene Obera(CA)	61	2-25-95
W65	10.03	Patricia Peterson(NY)	65	4-4-92
W70	10.36	Mary Bowermaster(OH)	71	4-1-89
W75	11.75	Millie Crews(WI)	75	3-24-90
W80	14.39	Pearl Mehl(CO)	80	2-25-95

200 Meters

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	26.91	Denise Foreman(WA)	38	2-26-95
W40	27.08	Phil Raschker(GA)	44	3-24-91
W45	26.18	Phil Raschker(GA)	48	2-26-95
W50	30.87	Marilyn Mitchell(NY)	50	3-21-93
W55	30.30	Carolyn Cappetta(MA)	59	2-26-95
W60	33.51	Betty Vosburgh(GA)	60	4-5-92
W65	35.08	Patricia Peterson(NY)	66	3-21-93
W70	37.85	Mary Bowermaster(OH)	71	4-2-89
W75	44.39	Millie Crews(WI)	76	3-24-91
W80	62.73	Pearl Mehl(CO)	80	2-26-95

400 Meters

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	60.91	Danis Willet(NB)	35	3-6-93
W40	60.97	Mary Libal(OR)	44	2-25-95
W45	63.91	Dee Dee Grafius(CA)	45	2-25-95
W50	72.86	Linda Upton(MA)	50	1-7-94
W55	67.39	Carolyn Cappetta(MA)	59	2-25-95
W60	80.26	Betty Vosburgh(GA)	60	4-4-92
W65	85.57	Patricia Peterson(NY)	65	4-4-92
W70	1:44.86	Carol Peebles(WI)	70	3-14-92
W75	1:45.59	Pearl Mehl(CO)	75	4-1-89
W80	2:25.03	Pearl Mehl(CO)	80	2-25-95

800 Meters

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	2:14.94	Nancy Shafer(OH)	35	2-20-87
W40	2:22.7	Barbara Pike(MA)	41	2-5-83
W45	2:26.45	Dee Dee Grafius(CA)	45	2-26-95
W50	2:34.42	Linda Upton(MA)	50	1-23-94
W55	2:51.80	Wava Mosbrucker(WI)	55	3-24-91
W60	2:56.75	Joyce Hals(MA)	60	1-8-93
W65	3:30.74	Dottie Gray(MO)	66	4-5-92
W70	3:39.55	Louis Adams(USA)	71	3-21-93
W75	4:03.77	Pearl Mehl(CO)	76	3-25-90
W80	6:26.49	Pearl Mehl(CO)	80	2-26-95

1500 Meters

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:36.12	Cindy Bremser(WI)	37	3-23-91
W40	4:48.40	Kathy McIntyre(NY)	41	2-20-90
W45	5:05.82	Robin Villa(NY)	46	2-3-90
W50	5:12.43	Joan Ottoway(CA)	50	2-25-95
W55	5:46.0	Beryl Skelton(NY)	56	3-17-85
W60	5:58.55	Gloria Brown(NY)	61	3-7-93
W65	7:06.0	Dottie Gray(MO)	66	4-4-92
W70	7:17.7	Louis Adams(CO)	71	3-20-93
W75	7:43.3	Pearl Mehl(CO)	75	4-1-89
W80	12:37.13	Pearl Mehl(CO)	80	2-25-95

One Mile

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:59.28	Carol Urish-McLatchie(TX)	35	3-28-87
W40	5:12.4	Barbara Pike(MA)	40	3-14-82
W45	5:25.4	Marilyn Harbin(CA)	46	3-2-84
W50	5:40.1	Mila Kania(NY)	51	3-20-83
W55	5:51.0	Margaret Miller(CA)	55	2-22-81
W60	7:47.6	Jean Price(US)	61	3-27-82
W65	7:35.0	Marie Stafford(OR)	68	1-30-88
W70	7:29.22	Pearl Mehl(CO)	73	3-28-87

3000 Meters

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10:24.13y	Carol Urish-McLatchie(TX)	35	3-29-87
W40	10:19.2	Barbara Filutze(PA)	43	2-11-90
W45	11:06.77	Joni Shirley(CA)	45	4-5-92
W50	10:44.0	Joan Ottoway(CA)	50	2-12-95
W55	12:23.13	Wava Mosbrucker(WI)	55	3-24-91
W60	12:38.36	Gloria Brown(NY)	61	3-7-93
W65	15:40.89	Nancy Smalley(CO)	68	2-26-95
W70	15:15.10	Ellen McCoy(MN)	70	3-24-91
W75	15:53.5	Pearl Mehl(CO)	75	4-2-89
W80	27:27.81	Pearl Mehl(CO)	80	2-26-95

Two Miles

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10:24.13	Carol Urish-McLatchie(TX)	35	3-29-87
W40	11:09.0	Barbara Pike(MA)	40	3-28-82
W45	12:44.0	Mary Czarapata(WISC)	46	1-9-82
W50	11:57.4	Mila Kania(NY)	50	3-14-82
W55	13:06.0	Gladys Lehman(CA)	58	2-22-81
W60	18:21.0	Ernestine Yeomans(CAN)	64	1-8-84
W65	16:37.2	Pearl Mehl(CO)	69	2-19-84
W70	15:30.0	Pearl Mehl(CO)	73	3-29-87

60 Meter Hurdles

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9.57	Denise Foreman(WA)	38	2-25-95
W40	9.60	Phil Raschker(GA)	43	2-16-91
W45	9.18	Phil Raschker(GA)	48	2-25-95
W50	11.52	Christel Miller(CA)	54	4-1-89
W55	11.47	Christel Miller(CA)	55	3-25-90
W60	14.19	Shirley Kinsey(CA)	60	3-25-90
W65	14.26	Leonore McDaniel(VA)	65	3-20-93

High Jump

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	5-4	1.62 Skipper Clark(NY)	36	3-24-84
W40	5-0 3/4	1.54 Phil Raschker(GA)	43	2-16-91
W45	5-2 1/4	1.58 Phil Raschker(GA)	48	2-25-95
W50	4-3	1.29 Becky Sisley(OR)	51	2-2-91
W55	4-1 1/4	1.25 Christel Miller(CA)	55	3-25-90
W60	4-1 1/4	1.25 Leonore McDaniel(VA)	63	3-24-91
W65	4-0 1/2	1.23 Leonore McDaniel(VA)	65	3-21-93
W70	3-7	1.09 Mary Bowermaster(OH)	70	3-19-88
W75	3-0	0.91 Vivian Nelson(PA)	75	3-5-88

Pole Vault

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	p8-0	2.44 Phil Raschker(GA)	35	3-14-82
W40	8-0 1/2	2.45 Phil Raschker(GA)	44	2-16-92
W45	10-7 1/4	3.23 Phil Raschker(GA)	48	2-24-95
W50	7-2 3/4	2.20 Barbara Stewart(NY)	53	3-4-95
W55	6-9 1/2	2.07 Becky Sisley(OR)	55	2-24-95
W60	5-5 3/4	1.67 Leonore McDaniel(VA)	64	2-20-93
W65	6-6 1/4	1.99 Leonore McDaniel(VA)	65	3-6-93

Long Jump

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	20-2 1/2	6.16 Willye White(US)	36	3-3-75
W40	18-5	5.61 Phil Raschker(GA)	40	3-28-87
W45	18-10 1/2	5.75 Phil Raschker(GA)	47	3-5-94
W50	13-7	4.14 Christel Miller(CA)	50	3-30-85
W55	12-3 3/4	3.75 Betty Vosburgh(GA)	59	3-23-91
W60	12-3	3.73 Betty Vosburgh(GA)	60	2-23-92
W65	12-2	3.71 Leonore McDaniel(VA)	65	3-6-93
W70	10-10 1/4	3.31 Mary Bowermaster(OH)	70	3-19-88
W75	7-6 1/4	2.29 Vivian Nelson(PA)	75	3-5-88

Triple Jump

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	35-0 3/4	10.69 Phil Raschker(GA)	37	3-18-84
W40	35-4 1/2	10.78 Phil Raschker(GA)	41	3-20-88
W45	35-6	10.82 Phil Raschker(GA)	45	3-19-93
W50	27-5 1/2	8.37 Christel Miller(CA)	53	3-19-88
W55	26-7 1/4	8.11 Lucy Ann Brobst(WC)	58	4-3-92
W60	25-3 1/2	7.71 Betty Vosburgh(GA)	60	4-3-92
W65	23-11 3/4	7.31 Leonore McDaniel(VA)	65	3-19-93
W70	17-10 1/4	5.44 Libby Hagemann(MA)	70	3-17-91

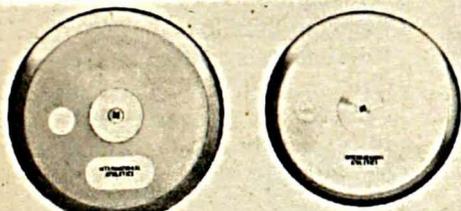
Shot Put (35-49: 4Kg; 50+: 3Kg)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	40-6 1/4	12.35 Joan Stratton(CA)	37	4-2-89
W40	38-10 1/2	11.85 Joanne Grissom(IN)	41	1-25-80
W45	32-11 3/4	10.05 Vanessa Hilliard(FL)	49	3-24-91
W50	41-6 1/2	12.66 Joanne Grissom(IN)	51	3-25-90
W55	38-11 3/4	11.88 Joanne Grissom(IN)	55	2-5-94
W60	33-1 1/4	10.09 Bernice Holland(OH)	63	3-25-90
W65	28-1 1/2	8.57 Bernice Holland(OH)	65	4-5-92
W70	25-5 1/2	7.76 Mary Bowermaster(OH)	71	4-2-89
W75	15-0 1/4	4.58 Grace Labelle(MN)	75	3-28-87
W80	16-9 1/4	5.11 Ivy Brown(CA)	80	2-25-95

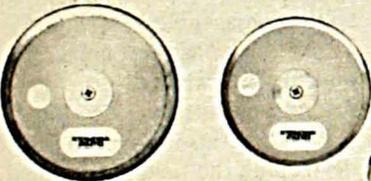
Weight Throw (35-49: 20#; 50+: 16#)

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	41-0 1/2	12.51 Susan Bostlaugh(NY)	38	2-11-95
W40	39-11 1/4	12.17 Joan Stratton(CA)	40	2-15-92
W45	38-4 3/4	11.70 Vanessa Hilliard(FL)	49	3-24-91
W50	46-2 1/4	14.08 Vanessa Hilliard(FL)	53	2-26-95
W55	33-7 1/2	10.25 Joanne Grissom(IN)	56	2-26-95
W60	32-11 3/4	10.05 Bernice Holland(OH)	63	3-24-90
W65	31-4 1/2	9.56 Bernice Holland(OH)	65	4-4-92
W70	27-7 1/2	8.42 Libby Hagemann(MA)	72	3-7-93
W80	13-9	4.19 Ivy Brown(CA)	80	2-26-95

INTERNATIONAL ATHLETICS DISCUS



2 k - \$42.00 1.6 k - \$39.00



1.5 k - \$39.00 1 k - \$34.00

- * 68% of the weight in the rim. (Lo Spin)
- * POLYMER sideplate technology
- * Unsurpassed durability and performance
- * Economical Price
- * Meets all specifications
- * Great for training or competition

add \$4 Shipping & Handling.
CA residents add \$3 Sales tax.

ON TRACK Field & Track equipment
Vaulting Poles • Shots • Discus • Javelins • Hammers • Starting Blocks and much, much more!

Call or write for our 1994 Catalog:
ON TRACK • P.O. Box 1674 • Burbank, California 91507
1-(800) 697-2999



Masters Age Records

(1995 Edition)

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1994.
- U.S. Age bests for Men & Women for 211 events, age 40 and up.
- Men's U.S. Masters Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$2 plus \$1.00 postage (\$5.00 foreign postage) to:

NATIONAL MASTERS NEWS
P.O. Box 50098
Eugene, OR 97405

Name _____
Address _____
City _____ State _____ Zip _____

Top 1995 T&F Athletes

Continued from page 1

Championships in Reno, he won the 60-meter dash in 7.42 and set a new U.S. M50 record of 23.86 in the 200.

At the outdoor nationals in East Lansing, Mich., he again took both the 100 (11.81) and 200 (23.29). But he saved his best for the World Champion-

ships in Buffalo where he won the 100 (11.24), the 200 (23.68), and the 400 in an amazing 51.63 to set a new world M50 record. He added a fourth gold with an anchor leg in a WR 45.04 for the M50 400 relay (see Profile on page 18).

For Raschker, it was the ninth time

she has won the top T&F honor. She also won in 1982, 1987, 1988, 1989, 1990, 1992, 1993 and 1994.

She was the outstanding performer at the indoor nationals where she broke four world W45 records and one U.S. record — all her own — in the 200 (26.18), 60mH (9.18), high jump (1.58/5-2¼), pole vault (3.23/10-7), and the U.S. 60m (8.02).

She captured the national indoor W45 pentathlon in Chicago and the national outdoor W45 heptathlon in Eugene.

At the U.S. open T&F championships in Sacramento in June, she placed third among 17 open women pole vaulters with a 10-10 (3.30m) leap, and equalled that height while representing the U.S. open team in a dual meet with Great Britain in



Sandy Pashkin of New York City was selected as the top masters track & field administrator for 1995. Photo by Suzy Hess

Gateshead, England in August.

At the World Championships in Buffalo, she turned in one of the greatest performances ever seen in masters competition, winning an unprecedented nine gold and two silver medals. She captured all four jumps, the 100, 200, 80H, heptathlon and a leg of the 1600 relay, and took silver behind Libal in the 400 and in the 400 relay.

She capped a brilliant season with a world W45 100-meter record of 12.50 in Atlanta.

Green won the USATF 5000, 10K, 15K and 20K racewalk championships, setting a new U.S. M60 record in the 15K. He also notched silver and bronze medals in the 5000 and 20K at the Worlds. It was Green's third "outstanding" award, following 1987 and 1991.

Richardson was a double gold-medal winner in Buffalo in the 5000 track and 10K road walks. She posted similar victories at the USATF nationals in East Lansing, and also won the W55 15K, 20K, and one-hour championships. She also won this award in 1992 and 1994.

Lance had the highest decathlon score at the World Championships with a remarkable 8179 points.

Pashkin was recognized for her outstanding work as the U.S. team manager in Buffalo (1995) and Miyazaki (1993). She also played a key role in developing the field-event schedule for the World Championships as a member of the WAVA Stadia Committee.

The awards were coordinated by Don Austin (track and field) and Bev LaVeck (racewalking), and were chosen by members of the respective awards' sub-committees.

USATF did not hold its annual awards luncheon this year, citing lack of sponsorship. Personalized plaques will be presented to each winner at the 29th USATF National Masters T&F Championships in Spokane, Wash., on August 17.

The Committee also selected outstanding T&F athletes in each five-year age division for both men and women in track, field, and racewalking categories (see separate charts). Those winners will receive personalized certificates at the Nationals in Spokane. □

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

GWILYM BROWN AWARD

Presented to the outstanding male and female track & field athletes in the masters program.

Year	Men	Women
1978	George Ker	
1979	Ernie Billups	Irene Obera
1980	Al Oerter	Joann Grissom
1981	Jim Burnett	Judy Fox
1982	Al Oerter	Phil Raschker
1983	Jack Greenwood	Polly Clarke
1984	Ed Burke/Parry O'Brien	Irene Obera
1985	Jim Burnett	Polly Clarke
1986	Jack Greenwood	Christel Miller
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almberg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phill Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Phil Raschker

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot put, 70-3
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236-6
1988	Larry Stuart, 50	Javelin, 215-9
1989	Al Oerter, 52	Discus, 205-10
1990	Larry Almberg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100, 12.91
	Jack Greenwood, 46	300m hurdles 45.20
	Philippa Raschker, 44	PV, 9-10
1992	Payton Jordan, 75	100, 13.4
	Shirley Matson, 51	10,000, 37:39
1993	Phil Mulkey, 61	Decathlon, 8546 points
1994	Ross Carter, 80	Shot Put 12.27 (40-3)
	Phil Raschker, 47	Pentathlon, 4715 points
1995	James Barrineau, 40	High Jump (6-11, 2.11m)
	Mary Libal, 45	400 (56.82)

OUTSTANDING MULTI-EVENTS ATHLETE

1985	Boo Morcom	1986 Gary Miller
1987	Gary Miller	1988 Gary Miller
1989	Rex Harvey	1990 Christel Miller
1991	Rex Harvey/Betty Vosburgh	1992 Boo Morcom/Phil Raschker
1993	Phil Mulkey/Phil Raschker	1994 Phil Mulkey/Phil Raschker
1995	Dale Lance/Phil Raschker	

1995 AGE-GROUP AWARDS

Age	MEN		WOMEN	
	Track	Field	Track	Field
30	Kettrell Berry	Jeff Helton	Joy Upshaw-Margerum	Joy Upshaw-Margerum
35	Peter Grimes	Ken Jansson	Joan Sterrett	Sarah Boslaugh
40	Mike Pannell	Jim Barrineau	Irene Thompson	Joan Stratton
45	Nolan Shaheed			
	Stan Druckrey	Charlie Rader	Phil Raschker	Phil Raschker
50	Steve Robbins	Tom Gage	Joan Ottaway	Vanessa Hilliard
55	Hugh Adams	Dale Lance	Kimi Solwazi	Becky Sisley
60	Jim Mathis	Phil Mulkey	Irene Obera	Christel Miller
65	Harry Brown	Jim Gillcris	Pat Peterson	Leonore McDaniels
70	Archie Messenger	Mel Larson	Dawn Russell	Margaret Hinton
75	Dan Bulkley	Don Cumley	Carla Convery	Betty Jarvis
80	Eugene Keller	Ross Carter	Pearl Mehl	Shiela Evans
85	Russ Randall	Russ Randall	None	None
90	Waldo McBurney	Waldo McBurney	Kiki David	None



Dawn Russell, 1995 W70 outstanding track athlete. Photo by Suzy Hess

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

- 1978 Pete Mundle
- 1979 Al Sheahan
- Kathy Brieger
- 1980 Bob Fine
- Ruth Anderson
- 1981 Bruce Springbett
- Fred Mannis
- 1982 George Hatzfeld
- Jack Kelly
- 1983 Jim Weed
- 1984 Jerry Donley
- 1985 Gary Miller
- 1986 Pete Mundle
- 1987 Frank & Dorothy Anderson
- 1988 David Pain
- Chuck Phillips
- 1989 Jim Puckett
- 1990 Barbara Kousky
- 1991 Jerry Wojcik
- Nate & Evelyn White
- 1992 Rex Harvey
- 1993 Rex Harvey
- 1994 Bill Busby
- 1995 Sandy Pashkin

Top 1995 LDR Performers

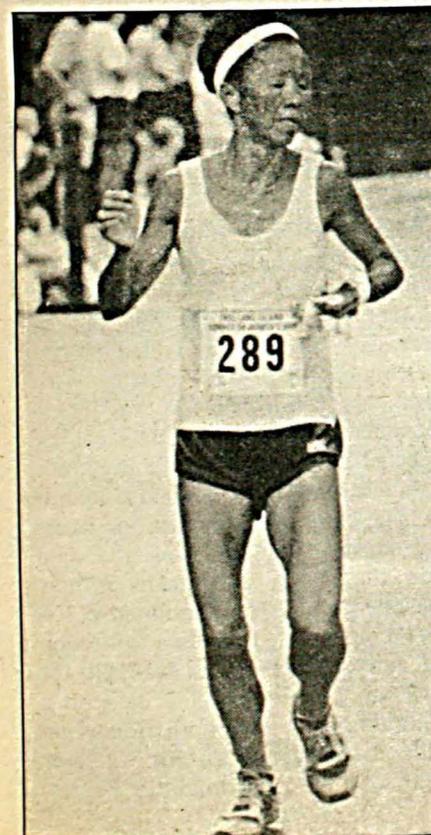
Continued from page 1

Sal Vasquez (55, CA) was M55 best with an 8K (27:52, 88.9%), 10K (33:16, 94.1%), and half-marathon (1:17:27, 88.7%).

Charlie Gray (40, MO) led the M40 contenders with a 5K (14:47, 91.1%), 10K (30:33, 91.2%), and half-marathon (1:08:39, 89.1%). He clocked 51:28 for 10 miles at Crim, 1:06:24 in the Dam to Dam 20K, and threw in a 4:11 in the Cherry Street Mile. Gray edged Doug Bell for M40 honors. Bell logged a 47:52 in the Tulsa 15K and



Warren Utes, 70, of Illinois, was named the outstanding M70 male long distance runner of the year by USATF. Photo by Doug Peck



Wen-Shi Yu, NYC, was named the top W60 long distance runner of the year. Photo from Mike Polansky

1:05:44 half-marathon in Las Vegas. Gray defeated Bell in the Get in Gear 10K, 31:15 to 31:27, but Bell won their head-to-head match in the Festival of Races 10K, 32:11 to 32:49.

Rae Baymiller (51, NY), edged California's Joan Ottaway for W50 honors with a national half-marathon title (1:21:34, 91.0%), and a 5K (17:57, 92.7%), 8K (30:07, 89.5% where she nipped Ottaway by one second), 10K (38:47, 88.6%), and 12K (46:41, 88.1%).

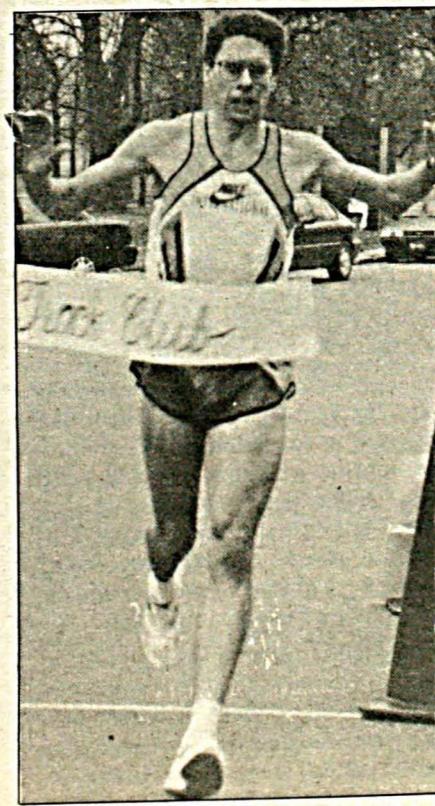
Joe Fernandez, MA, took M65 honors with a 5K (18:36, 89.4%), 8K (30:19, 89.9%), and half-marathon (1:25:37, 88.2%).

Nancy Grayson (45, MI) turned 45 in mid-year and clocked a 5K (17:46, 88.7%), 10K (35:53, 90.7%), 12K (43:38, 90.2%), and half (1:23:07, 85.5%). Honor Fetherston (40, CA) made her masters debut in 1995 with a national W40 half-marathon title in Las Vegas (1:13:54, 92.2%), and a national 5K title in Carlsbad (17:15, 87.5%), to go with a 2:45:03 marathon (86.3%).

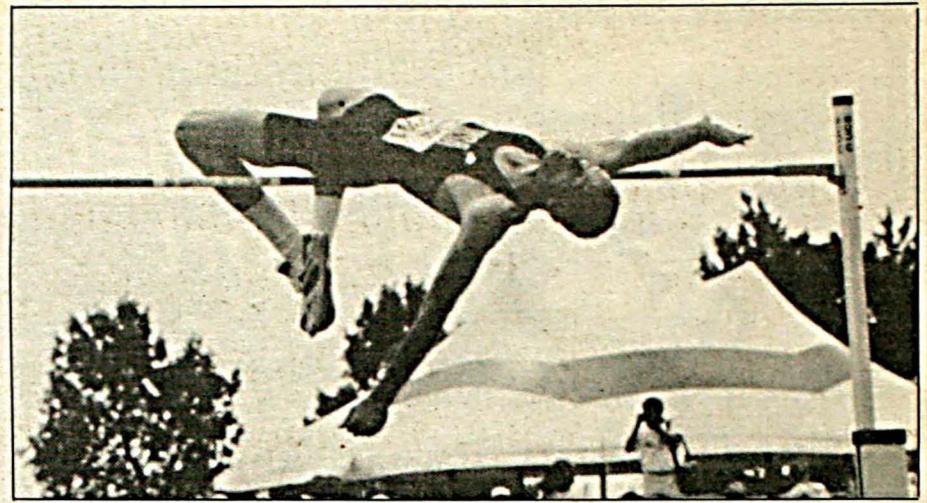
Other division winners included Barbara Miller (W55, CA), Wen-Shi Yu (W60, NY), Toshiko d'Elia (W65, NJ), Mary Storey (W70, CA), and Hedy Marque (W75, VA).

The complete awards by five-year age groups are listed on this page. The awards were coordinated by John Boyle (men) and Ruth Anderson (women). Final choices were made by the full committee at the convention.

Special Paul Spangler Awards went to the oldest male and female recipients, Marion McAnelly (OK) and Tiny Riley (MT). The Ultra Runners of the Year were Kevin Setnes (WI) and Theresa Daus-Weber (CO). The Otto Essig Award for meritorious service went to John Boyle (FL). □



Missouri's Charlie Gray, 40, was named the top M40 long distance runner of the year. Photo by Hank Kiesel



Jim Barrineau's 6-11 World M40 high-jump record set at the WAVA Championships in Buffalo was voted the top single male T&F performance of 1995. Photo by Marlene Sachs

Muggy Memphis Marathon

by JANE DODS

The First Tennessee Memphis Marathon, Dec. 3, drew a record field of 1822. A revised course took runners through Midtown and South Memphis, finishing in The Pyramid. It also passed by Graceland giving anyone who chose, a chance to jump up on a platform and pose for a photo with '50s-garbed personnel.

Definitely not stopping for snapshots were Doug Kurtis (43, 2:31:19)

and Marina Jones (43, 2:56:43). These masters winners each took home \$1500 for their efforts on this muggy day. Humidity at the start was 86%. Jones' performance also placed her second overall.

The race was advertised in a national magazine as "the fourth-fastest fall marathon," but Mabel Volge, 68, commented, "Whoever said this course was flat and fast was in a limousine." Nevertheless, Volge won her age group in 5:15:13. □

Krivoy, Given Top Masters in Columbus

by JERRY WOJCIK

More than 6500 runners, a Columbus Marathon record, braved a brisk wind and a temperature that never broke 30°F at the start of the 16th running of the event in Columbus, Ohio, on Nov. 12.

First masters runners to the finish line were Vladimir Krivoy, 45, of the Ukraine, who resides in Massachusetts, and Sue Given, 42, Roanoke, Va. Krivoy, 32nd overall, won with a 2:30:47 and edged second master Ken Sparks, 50, Chagrin Falls, Ohio, who ran 2:36:44, for the best age-graded performance, 88.7% to 88.6%.

Gary Romesser, 44, Indianapolis,

was third master a scant two seconds back with 2:36:46. George Tini, 60, beat all age-60-and-over runners, with a 3:12:45. Maurice French, 70, was the fastest in the 70-year-old group with a 3:58:45.

Given's win in 3:06:24 was only seven seconds quicker than Eunice Phillips, 45, Frederickton, Ohio (3:06:31). Phillips, however, topped Given on the age-graded level, 79.6% to 77.7%. Deb Caudill, 43, Cincinnati, was third with a 3:11:51.

The race featured a total purse prize of over \$79,000. Nationwide Insurance was the presenting sponsor. Joan Riegel served as meet director. □

USATF MASTERS LONG DISTANCE RUNNING COMMITTEE 1995 ATHLETES OF THE YEAR

Age Group	Female	Male
40-44	Honor Fetherston, Mill Valley, CA	Charlie Gray, Lee's Summit, MO
45-49	Nancy Grayson, Northville, MI	Bill Rodgers, Sherborn, MA
50-54	S. Rae Baymiller, New York, NY	Jan Frisby, Grand Junction, CO
55-59	Barbara E Miller, Modesto, CA	Sal Vasquez, Suisun, CA
60-64	Wen-Shi Yu, Kew Gardens, NY	Norman Green, Wayne, PA
65-69	Toshiko D'Elia, Ridgewood, NJ	Joe Fernandez, Fairhaven, MA
70-74	Mary Storey, Riverside, CA	John Keston, McMinnville, OR
75-79	Hedy Marque, Alexandria, VA	Warren Utes, Park Forest, IL
80-84	Emily Pecoraro, Altamonte Spg, FL	Dudley Healy, Chatham, NJ
85-89	Anne Clarke, Carol Stream, IL	Harry Polites, Ventnor, NJ
90-94	Tiny Riley, Helena, MT	Marion McNally, Stilwell, OK

Ultra Runner of the Year

Theresa Daus-Weber, CO

Kevin Setnes, Eagle, WI

Otto Essig Award for Meritorious Service

John Boyle, DeLand, FL



Track & Field Report

by ERIC D. ZEMPER, Ph.D.

USATF Masters Demographic Survey

At the request of the USATF Masters Track and Field Committee, a survey instrument has been developed by Exercise Research Associates of Oregon (ExRA) to be administered at the USATF National Masters Track and Field Championships. The purpose of the survey is to provide demographic data on participants in the masters national meet, for use in attracting corporate sponsorship of masters events.

USATF MASTERS TRACK & FIELD DEMOGRAPHIC SURVEY 1994-95 NATIONAL OUTDOOR CHAMPIONSHIPS RESULTS

		Total (N=485)	Trip Budget: *	Total (N=485)
Gender:	Male	68.5%	<\$200	20.9%
	Female	31.5%	\$200 - \$399	16.6%
Age:	Average =	53.7	\$400 - \$599	17.1%
			\$600 - \$799	14.1%
			\$800 - \$999	7.5%
			\$1,000 - \$1,199	8.1%
			\$1,200 - \$1,399	3.4%
Marital Status:	Married	69.7%	\$1,400 - \$1,599	2.8%
	Single	13.9%	>\$1,600	9.6%
	Divorced	10.8%		
	Separated	1.2%		
	Widowed	4.4%		
Education:	High School (non-grad.)	0.4%	Number of airline trips per year: Average =	5.0
	High School graduate	4.8%	Number of vacations per year: Average =	2.1
	College (non-grad.)	13.7%	Length of stay (nights): Average =	7.9 days
	College graduate	20.3%	Number of times eat out per month	9.3
	Graduate work (non-degree)	14.9%	Number of cars owned: Average =	1.5
	Masters Degree	28.4%	Number of vans owned: Average =	0.2
	Doctoral Degree	17.6%	Number of pick-ups owned: Average =	0.3
Employment Area:	Arts & Entertainment	2.7%	Number of recreational vehicles owned:	0.1
	Education	18.3%	Number of boats owned: Average =	0.1
	Government	6.4%	Number of airplanes owned:	0.0 (n=3)
	Hotel/Restaurant/Tourism	0.8%	Plan to purchase new vehicle in the next year:	No 68.3% Yes 18.5% Undecided 13.2%
	Legal	3.1%	Have a personal computer:	No 39.3% Yes 60.7%
	Manufacturing	7.0%	Type of PC:	IBM-compatible 71.4% Mac system 25.9% Other 2.7%
	Medical/Dental	9.7%	Number of athletic shoe purchases per year:	3.2
	Research/Consulting	6.4%	Regularly consume:	Soft drinks 58.2% Alcoholic beverages 44.4% Spring/bottled water 55.7%
	Retail	1.2%	Cable TV access:	75.6%
	Service	12.0%	Number of magazine subscriptions:	5.5
	Transportation	1.4%	Percent of income spent on leisure:	0 - 5% 18.6% 6 - 10% 39.0% 11 - 15% 20.8% 16 - 20% 11.6% > 20% 10.1%
	Retired	24.4%	Own stocks, bonds, etc.:	84.4%
	Other	6.0%	Own or rent residence:	Own 89.0% Rent 11.0%
Employment Type:	Clerical/Secretarial	2/1%	Own additional property:	No 60.5% Yes - personal use 15.1% Yes - income/invest 20.9% Yes - both 3.5%
	Managerial/Administrative	14.0%		
	Non-Manual Employee	7.7%		
	Owner	8.1%		
	Professional	37.7%		
	Sales	4.8%		
	Retired	24.8%		
	Other	0.8%		
Income:	<\$20,000	2.8%		
	\$20,000 - \$29,999	8.7%		
	\$30,000 - \$39,999	10.2%		
	\$40,000 - \$49,999	13.5%		
	\$50,000 - \$59,999	13.0%		
	\$60,000 - \$74,999	13.7%		
	\$75,000 - \$99,999	18.7%		
>\$100,000	19.3%			
Number of Children:	Average =	2.0		
Number of Children at Home:	Average =	0.5		
Number in Household:	Average =	2.4		
Number accompanied to meet:	Average =	0.7		
Number of out-of-town competitions per year:		4.0		
Travel to meet by:	Auto/Recr. vehicle	44.1%		
	Airline	54.7%		
	Train	0.7%		
	Bus	0.4%		
Travel Plans:	Competition only	50.4%		
	Competition & local vacation activities	22.8%		

* For these questions, keep in mind that in 1994, 14.4% of the respondents were from Oregon, and in 1995, 19.8% of the respondents were from Michigan. It is estimated that about 25% of the respondents were from within less than one day's drive from Eugene in 1994, and 35% were from within less than one day's drive from East Lansing in 1995.



The starters at the 1995 USATF National Masters T&F Championships, East Lansing, Mich., from left: Vic Michel, Nebraska; Eric Zemper, Oregon; Chuck Dailey, Oregon; Roy Van Horn, Oregon; Al Owens, Michigan; Jack Brisacher, California; Dave McEvers, Michigan; and Bill Townsend, New York. Photo by Jerry Wojcik

The survey form is distributed in the athletes' registration packets, with a request to complete and return it to a drop-off box at the meet venue or by mail after completion of the meet. A majority of the respondents choose to mail the survey form to ExRA.

In 1994, a total of 394 participants returned completed forms, representing approximately 30% of the total number of participants in that meet. In 1995, there were 91 respondents, about 7% of the entries. It is assumed that the lower response rate in 1995 was the result of many athletes not returning the survey instrument if they had already done so the previous year, plus, there was less emphasis on reminding participants to complete the form at the 1995 meet. Over the two years this survey has been done, all but three states have been represented, plus three foreign countries. Two-thirds of the respondents are male and one-third female.

A Picture Emerges

Based on analysis of the responses, the following picture emerges of participants in the National Masters Track and Field Championships. The average age is 54 years, with 70% being married, 14% single and the remaining 16% divorced, separated or widowed. They have an average of 2 children, with an average of 0.5 children living at home.

Participants in the National Masters Championships definitely tend toward the up-scale, with 81% being college graduates (28% with masters degrees and 18% with doctorates), and nearly two-thirds with household yearly incomes of \$50,000 or more (20% with \$100,000 or more).

One-quarter are retired, while the majority of the remainder are employed in education (19%), the service industry (12%) or medical fields (10%). Eighty percent of those who are not retired are in decision-making positions in their employment, being business owners, managerial/administrative or professional staff.

They tend to have a variety of information sources, with 60% owning personal computers, more than 75% having access to cable TV, and having an average of 5.5 magazine subscriptions per household. They own an average of 1.5 automobiles and, in addition, over half own at least one recreational vehicle of some type.

Approximately eighty-five percent own stocks, bonds or similar investments, nearly 90% own their own home, and 40% own additional property for personal use or as an investment. These masters athletes purchase an average of 3.2 pairs of running shoes per year, nearly 60% consume soft drinks and spring or bottled water, and 45% consume alcoholic beverages.

Leisure Activities

For leisure activities, approximately 60% of these athletes spend up to 10% of their annual income, while 40% spend more than 10%. They take an average of two vacations per year, spending an average of 8.2 nights per vacation. They eat out 9.3 times per month, and take an average of five airline trips per year. Approximately one in five plan to purchase a new vehicle within the next year, with one in eight undecided.

With regard to participation in masters track and field, these athletes attend an average of 4 out-of-town competitions per year, usually accompanied by one other individual. About 55% use air travel to attend the masters championships. Of those from outside the state where the championships take place, close to 60% take part in local or regional vacation activities beyond participation in the competition. Nearly 25% spend more than \$1000 on their stay, with an additional 40% spending \$400-\$1000.

An Interesting Profile

Collecting demographic information on participants in the USATF National Masters Championships has proven successful, and has provided an interesting profile of these athletes. With continuing refinements in the survey instrument, more precise data can be collected in the future to fit the needs of the Masters Track & Field Committee. The computer software for entering, storing and analyzing the data from the survey instrument is now developed and tested, residing in ExRA's computer. This data collection and analysis package is available for collection of demographic data on a continuing basis from both indoor and outdoor championships for whatever length of time the committee desires.

(Eric D. Zemper, Ph.D., is President, Exercise Research Associates of Oregon.)



International Scene

by **JACQUES SERRUYS**,
Vice President, WAVA
Non-Stadia Committee

WAVA Non-Stadia World Championships

After the tentative 1992 start of the WAVA World Veterans Road Race Championships in Birmingham, England, and the second very-well organized but less well-attended 1994 edition in Scarborough, Canada, expectations are running high in anticipation of the third edition in Brugge, Belgium on June 29-30, 1996.

The massive attention the Championships are receiving is especially based on the annual, very successful Veterans Grand Prix, held annually in Brugge at the end of June.

Ever since its inaugural in 1973, this famous competition has been the meeting point for the world's leading veteran road runners. Indeed, winners of the Veterans Grand Prix include the legendary Piet Van Alphen (NED), Gaston Roelants (BEL), John Robinson (NZL), Antonio Villanueva (MEX), Tim Johnston (GBR), Gunther Mielke (GER), Barry Brown (USA), Mike Hurd (GBR), Omer Van Noten and Francois Blommaerts (BEL), and Klaus Goldammer and Herbert Steffny (GER).

Based on current sign-ups, we can assure a record attendance. The

original target of 4000 to 5000 participants will undoubtedly be reached. All top veterans from any age category will have the opportunity here to meet both as friends and competitors.

We hope that U.S. Olympians Bill Rodgers and Frank Shorter will leave the U.S. circuit to attend European races as a support toward the veterans movement. We are also pleased to have received the entry forms of Kathrine Switzer, Roger Robinson, Norm Green, and others.

Besides the 10K and 25K, a lot of attention is directed toward the World Championship Road Walk, involving the 20K for women and 30K for men.

All participants will receive the familiar, beautiful medal and the participants' listings. The final results will be available during the prize-giving ceremony on Sunday. A huge banquet ball will be held on Saturday for all participants and their families. Animation and the exquisite Belgian



Finalists in the W40 1500, 1995 WAVA Championships, Buffalo. Jacoba Bellingan #849, South Africa, won in 4:44.01. Juriana Lane #869, South Africa, was second (4:45:01), and Carol McLatchie #1198, U.S., third (4:50:58).

Photo from Carol McLatchie

gastronomy should guarantee an unforgettable evening.

Entries will be accepted until May 15, 1996. After that date, entries will be definitely closed. Payment with entries must be made by May 15.

The Championships are open to all men born on June 29, 1956 or before, and to all women born June 29, 1961 or before. All competition will be held in five-year age categories, as usual.

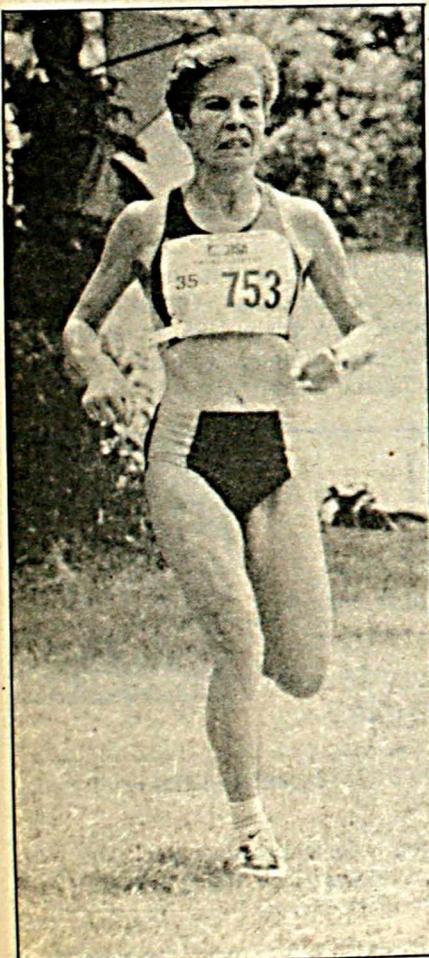
Entry forms can be obtained from Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Phone: 0-32-50-341781. Fax: 0-32-50-334325.

Executive Directors of the Championships are Jacques Serruys, WAVA Non-Stadia Vice-President, and Ms. Hannelore Guschmann, WAVA

women's delegate. Also involved in the organizing committee are Non-Stadia Committee members Norm Green, Brian Keaveney, Jozef Antentas and Barbara Dunsford, who will be in charge of the WAVA officials, together with Marina Hoernicke-Gil.

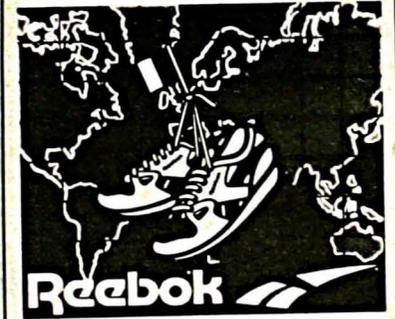
We hope these Championships will spread the message that sports and exercise are essential ingredients of a healthy way of life, and that we, because of our long-distance running, remain healthy and fit to a ripe old age. For many years now, we have been united in our sport and ideals. Through them, we bridge all frontiers and language barriers.

Come to Brugge and enjoy yourself. □



Marietje Ceronio, W35, South Africa, first (41:02), 10K Cross-Country Championships, WAVA Meet, Buffalo. Photo by David Zinman

3RD WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



BRUGGE BELGIUM 29/30 JUNE 1996

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

Entry forms, information and accommodation :
Jacques Serruys
Korte Zilverstraat 5
8000 Brugge - Belgium
Tel. 00 32 50 341 781
Fax : 00 32 50 334 325

<p>PRESIDENT: Cesare Beccali P.O. Box 76 37010 Assenza di Brenzone (Vr) Italy Fax: 39-45-742-0661</p>	<p>TREASURER: Al Sheahan P.O. Box 2372 Van Nuys, CA 91404 USA Phone: 1-818-981-1996 Fax: 1-818-981-1997</p>	<p>SOUTH AMERICA Jorge Alzamora P.O. Box 685 Santiago, Chile Fax: 56-2-696-5006 Phone: 56-2-621-1417</p>
<p>EXECUTIVE VICE PRESIDENT: Tom Jordan P.O. Box 10825 Eugene OR 97440 USA Phone: 1-503-687-1989 Fax: 1-503-687-8016</p>	<p>WOMEN'S Delegate: Hannelore Guschmann Sint Andriesdreef, 9 B - 8200 Brugge - St Michiels Phone: 32-50-387612 Fax: 32-50-393032</p>	<p>ASIA Hari Chandra 15 C Jalan Haji Salam Singapore 1646 Tel: 65-2424967 Fax: 65-2420934</p>
<p>VICE-PRESIDENT (Stadia): Jim Blair 43 Emslie Road Pinchaven, Upper Hutt New Zealand Fax: 64-4-528-2992</p>	<p>IAAF Delegate: Cesar Moreno Bravo Camino a la Piedra del Comal No. 24 Col. Tepepan 16020 Xochimilco, D.F. Mexico</p>	<p>EUROPE Wilhelm Koster Haydnstrasse 28 D-6103 Griesheim, Germany</p>
<p>VICE-PRESIDENT (Non-Stadia): Jacques Serruys Korte Zilverstraat, 5 B - 8000 Brugge, Belgium Fax: 32-50-334-325</p>	<p>DELEGATE OF: NORTH AMERICA Rex Harvey 160 Chatham Way Mayfield Heights, OH 44124 USA Home Phone: 216-446-0559 Business: 216-531-3000 x3366 Fax: 216-531-0038</p>	<p>OCEANIA Open</p> <p>AFRICA Hannes Booyesen P.O. Box 5180 1403 Delmenville South Africa Fax: 27-11-827-7590</p>
<p>SECRETARY: Torsten Carlius Smalandsgatan 25 S-25276 Helsingborg, Sweden Fax: 46-42-128-956</p>		

Report From Britain

by MARTIN DUFF

The big race in the British Isles this fall was the British and Irish Cross-Country Invitational, when masters teams from The Irish Republic, Northern Ireland, England, Scotland, and

Wales met at Malahide Castle, just outside Dublin, on Oct. 18.

A men's race over 9K was preceded by a 6K women's competition, over nine age groups involving each country selecting, on merit, teams of six for the

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JANUARY 1996

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP	ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
VERNER ANDERSSON (SWE)	1-7-06	90-94	NANCY HELYER (WA)	1-9-36	60-64
WALTER DAHLIN (CHICO, CA)	1-20-21	75-79	NICKI HOBSON (SAN DIEGO, CA)	1-16-31	65-69
ENILIO FERRERO (ITA)	1-14-16	80-84	JOYCE KAMMER (US)	1-21-41	55-59
EINAR FLYDAHL (NOR)	1-16-16	80-84	VIOLET LEONARD (MORGANTOWN, WV)	1-16-21	75-79
ROBERT FOLTZ (PHOENIX, AZ)	1-20-21	75-79	LILLIAN LEVINE (NY)	1-28-41	55-59
KATSUMI HORIUCHI (JPN)	1-8-26	70-74	JOY MACDONALD (FT. LAUDERDALE, FL)	1-25-41	55-59
TIMOTHY JOSLIN (SEATTLE, WA)	1-10-41	55-59	JUNE MACHALA (SPOKANE, WA)	1-1-31	65-69
BOB KROGER (RIVERSIDE, CA)	1-22-16	80-84	SHARON MARTIN (EVERGREEN, CO)	1-26-41	55-59
KLAUS LIEDTKE (WG)	1-5-41	55-59	ROSI O'NEIL (NEWPORT BEACH, CA)	1-30-41	55-59
ED LIPSCOMB (PORTLAND, OR)	1-11-51	45-49	MARY LOU PLATIS (MUNSTER, IN)	1-21-46	50-54
ED LOWELL (TARZAMA, CA)	1-1-16	80-84	MELANIE RESKE (OR)	1-31-21	75-79
EDWIN MALAN (RSA)	1-27-11	85-89	HILDE RUTKOWSKI (DAYTON, OH)	1-24-26	70-74
HORST MANDL (AUT)	1-8-36	60-64	BETTY CLAIR-SEARCY (BRONX, NY)	1-6-51	45-49
VIRGIL MCINTYRE (PRESCOTT, AZ)	1-20-11	85-89	ANN SMITH (TORRANCE, CA)	1-3-36	60-64
MAURI MERTAKIVI (FIN)	1-21-21	75-79	FRAN STEVENSON (LOS ALTOS, CA)	1-20-31	65-69
FRIEDRICH MEYER (WG)	1-26-16	80-84	RUTH WELDING (CULVER, IN)	1-4-56	40-44
ALAIN MINOUN (FRANCE)	1-1-21	75-79	KAY WILLOUGHBY (MILL VALLEY, CA)	1-20-36	60-64
MARIO MINAFRA (YORKTOWN HTS., NY)	1-20-21	75-79	LUIGINA ANGELI (ITA)	1-28-41	55-59
YURI NIKULIN (USSR)	1-8-31	65-69	MARGARET AUGUST (NZ)	1-10-46	50-54
ERIK OSTBYE (SWEDEN)	1-25-21	75-79	JEAN CLEATOR (CAN)	1-21-26	70-74
BILL PACHECO (HONOLULU, HI)	1-2-16	80-84	GEORGINA DESCHAMPS (BEL)	1-31-21	75-79
KHRISTOS PAPANIKOLAOU (GRE)	1-24-41	55-59	SHIRLEY HARRIS (AUS)	1-1-31	65-69
RICHARD PARKINSON (INDIO, CA)	1-2-21	75-79	SIBYLLA HEILI (SUI)	1-29-41	55-59
POOCHI PARTHASARATHY (IND)	1-16-36	60-64	SINIKKA KESKITALO (FIN)	1-29-51	45-49
ALBERT REISER (WG)	1-24-06	90-94	JARMILA KRATOCHVILOVA (CZE)	1-26-51	45-49
TOM RICHARDS (SANTA ANA, CA)	1-17-41	55-59	FITA LOVIN (ROM)	1-14-51	45-49
PENNTI SAARIKOSKI (FIN)	1-13-26	70-74	EVELYN MCNELIS (IRL)	1-30-46	50-54
NIKOLAI SAVKIN (URS)	1-5-51	45-49	SIBYLLA HEILI (SUI)	1-29-41	55-59
KURT SCHWITTEHEIM (WG)	1-12-41	55-59	MARJA METSANKYLA (FIN)	1-6-51	45-49
PAUL SCHWITZ (WG)	1-29-21	75-79	BRUNA MINIOTTI (ITA)	1-30-36	60-64
JONATHAN SHARP (MORRISON, COLO)	1-25-21	75-79	ASTRID NILSSON (SWE)	1-14-36	60-64
MAL SPENCE (JAM)	1-2-36	60-64	BRIGITTE PAULS (WG)	1-6-46	50-54
JIM STEPHENS (TALLAHASSEE, FLA)	1-23-41	55-59	MARIA LEAUT-REBELO (FRA)	1-24-56	40-44
REINO TASKINEN (FIN)	1-18-16	80-84	BEV SAVAGE (NZ)	1-19-46	50-54
GENE ZUBRINSKI (CA)	1-8-41	55-59	CHRISTINE SCHULTZ (AUS)	1-9-51	45-49
MARY BELLING (WAUKESHA, WI)	1-30-36	60-64	UNNUR STEFANSDOTTIR (IRL)	1-18-51	45-49
DORTOTHY CARLIN (US)	1-6-36	60-64	TAISIJA TSENTSIK (URS)	1-15-36	60-64
PORKY GADIENT (BETTENDORF, IA)	1-6-36	60-64	MARY WIXEY (GB)	1-23-21	75-79
			GALINA ZIBINA (URS)	1-22-31	65-69



Top three M65 pole vaulters, 1995 WAVA Championships, Buffalo: Jerry Donley, U.S., first (10-8); Alfred Woods, GBR, on the silver medalist's platform was actually third (9-8); and Sueo Kobayashi, Japan, second (9-8). Photo by Jerry Wojcik

M40, M45, and M50, and four for the M55+ and women's matches.

Nigel Gates, England, battled throughout with Irishman Terry Kieran, the Los Angeles Olympic Marathon ninth placer, before going away to win by 70 yards. A hundred yards back, BVAF champion Barry Atwell, first M45, got home just ahead of John Parker and Mike Hager, Englishmen all. Second M45, but well down, was 1989 world M40 10K champion in Eugene, Alun Roper of Wales.



Asdrubal Capo, Uruguay, winner of the M90 100m (23.43), WAVA Championships, Buffalo. Photo by Leo Benning

England dominated most of the team races, led by Graham Wootton in the M50 and Steve James in the M55. National champion Hugh Rankin led Scotland to a rare M60 victory over Laurie O'Hara's England team, after they were tied equal on points.

Double world champion (Eugene 1989 and Birmingham 1992), Bronwyn Cardy-Wise made a spectacular recovery from major foot surgery to win the women's race for Wales, ahead of compatriot Frances Gill, with England's Marion Eldridge third.

The host, Ireland, repeated their 1994 team success in the W35, as, led by Mary Sheehan, they headed England by a single point. Jane Davies, W45, and Elaine Statham, W50, led England to further team successes, but Pat Gallagher added another Welsh individual title when she defeated Statham, who doubled as the England team manager. □

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"	10
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.
50-59	6.00k	1.50k	6.00k	800 gms.
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.

HYTEK

Software Written for Track & Field People
..... NOT computer people!

Selected to run the 1995 Veterans/Masters
World Championships in Buffalo!

- MEET MANAGER runs any kind of Meet. Includes special features like Age Graded results for MASTERS!
- TEAM MANAGER tracks best times/marks and records, generates graphs, rosters, mailing lists, award labels and much, much more!

FREE DEMO - (919) 633-5111

NMN Subscribers Reach 7828

A total of 7828 readers subscribe to the *National Masters News*, as of Nov. 15, 1995.

This is an increase of over 30% from the 6000 subscribers at the start of the year.

Much of the increase came from the monthly insert card in *Runner's World*. Of the first 2979 RW readers who accepted our offer to receive a free issue, 1068 (36%) have become paid subscribers.

On this page is a state-by-state and regional breakdown of all subscribers.

The Masters Track and Field Committee divides the USA into seven regions, each with a regional chairman.

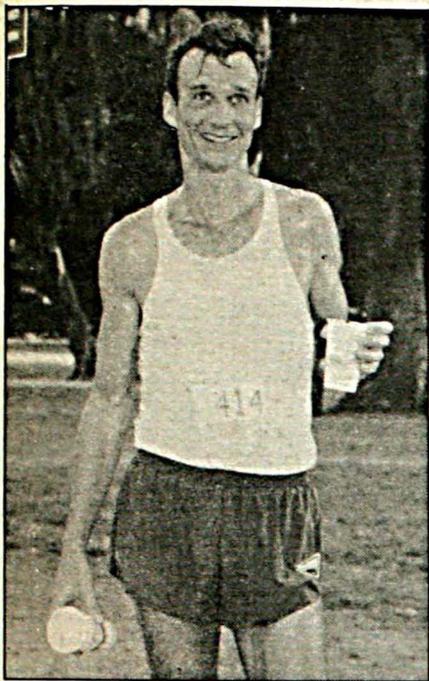
The East is the largest region with 1887 subscribers — 24.1% of the total.

Next comes the West with 1577 — 20.1%. The Midwest (1137) is the third largest, followed by the Southeast (897), Mid-America (671), Southwest (585), and Northwest (577).

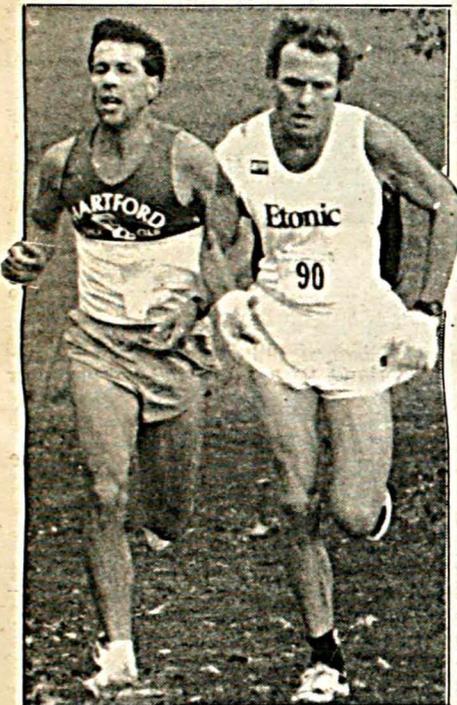
California has the most subscribers of any state (1335), followed by New

York (585), Texas (368), Pennsylvania (318), and Florida (295).

USA subscribers comprise 93.7% of the total. Canada (177, 2.3%) and foreign subscribers (320, 4.1%) comprise the rest. □



Steve Bremmer, 40, first overall (1:53:33), Raymonds 30/30 Run, Honolulu, Hawaii, Oct. 15. Photo by Tesh Teshima



Ed Sparkowski and Charlie McMullen (90) battle for the M40 title, USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y., Oct. 15. Sparkowski was the overall winner (33:13). McMullen finished second (33:35). Photo from Pete Glavin



John Carson, 73, of Palatka, Fla., looks strong as he runs through the 26.2-mile course of the 20th Marine Corps Marathon, Oct. 22, in Washington, D.C. Carson finished the race in 5:59:36. Photo by Cpl. Baker

Official U.S. Marine Corps Photograph



Masters first Ed Ryan, 41, 37:12, and second Steven Ward, 40, 37:30, Lawyers Have Heart 10K, Washington, D.C.

Photo by George Banker

STATE AND REGIONAL BREAKDOWN OF SUBSCRIBERS TO NATIONAL MASTERS NEWS AS OF NOVEMBER 15, 1995

ST	TOTAL	%	ST	TOTAL	%	
VA*	61	0.8	CO	140	1.8	
CT	118	1.5	IA	61	0.8	
DE	18	0.2	KS	89	1.1	
MA	198	2.5	MN	91	1.2	
MD	141	1.8	MO	137	1.8	
ME	30	0.4	NM	76	1.0	
MI	55	0.7	ND	5	0.1	
NJ	292	3.7	NE	54	0.7	
NY	585	7.5	SD	18	0.2	
PA	318	4.1	MA	671	8.6	
KI	33	0.4	AR	41	0.5	
VT	23	0.3	LA	76	1.0	
DC	15	0.2	MS	30	0.4	
E	1887	24.1	OK	70	0.9	
AL	44	0.6	TX	368	4.7	
FL	295	3.8	SW	585	7.5	
GA	156	2.0	AZ	129	1.6	
NC	118	1.5	CA	1335	17.1	
SC	63	0.8	HI	46	0.6	
TN	111	1.4	NV	67	0.9	
VA	110	1.4	W	1577	20.1	
SE	897	11.4	IL	254	3.2	
IN	140	1.8	AK	25	0.3	
KY	68	0.9	ID	33	0.4	
MI	266	3.4	MT	29	0.4	
OH	262	3.3	OR	204	2.6	
WI	116	1.5	UT	48	0.6	
WV	31	0.4	WA	227	2.9	
MW	1137	14.5	WY	11	0.1	
			NW	577	7.4	
			*Northern Va.	USA	7331	93.7
			E = East	CAN	177	2.3
			SE = Southeast	FOR	320	4.1
			MW = Midwest			
			MA = Mid-America			
			SW = Southwest	TOTAL	7828	100.0
			W = West			
			NW = Northwest			

DEADLINE

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

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

- **Results, Schedule, All-American, Letters, Publications, Editorial:**
Phone: 1-541-343-7716 (Jerry Wojcik, Suzy Hess & Jane Dods)
Fax: 1-541-345-2436
Mail: PO Box 50098, Eugene OR 97405
Shipments: 1675 Willamette Ave., Eugene, OR 97401
- **Publisher/Editor, International**
Phone: 1-818-981-1996 (Al Sheahen)
Fax: 1-818-981-1997
Mail: PO Box 2372, Van Nuys CA 91404
Shipments: 14155 Magnolia Blvd., #338; Sherman Oaks, CA 91423
- **Advertising:**
Phone: 1-610-967-8316 (Sue Hartman)
1-610-967-8758 (Karen Jennings)
1-610-967-8896 (Lisa Fronti)
Fax: 1-610-967-7793
Mail: 33 E. Minor St., Emmaus PA 18098
- **Subscriptions:**
Phone: 1-818-760-8983 (Richard)
Fax: 1-818-985-1213
Mail: PO Box 16597, North Hollywood CA 91615

USATF MEMBERSHIP TOTALS BY ASSOCIATION AS OF OCTOBER 31, 1995

1 MAINE	253	31 MONTANA	451
2 NEW ENGLAND	4,973	32 COLORADO	1,701
3 ADIRONDACK	1,648	33 SOUTHERN CALIFORNIA	4,838
4 NIAGARA	1,918	34 UTAH	968
5 CONNECTICUT	1,984	35 INLAND NORTHWEST	1,024
6 METROPOLITAN	11,527	36 PACIFIC NORTHWEST	1,672
7 NEW JERSEY	5,526	37 OREGON	2,140
8 MID ATLANTIC	3,021	38 PACIFIC	6,961
9 ALABAMA	654	39 HAWAII	691
10 POTOMAC VALLEY	2,546	40 IOWA	1,012
11 THREE RIVERS	165	41 KENTUCKY	693
12 VIRGINIA	744	42 NEW MEXICO	1,277
13 NORTH CAROLINA	1,680	43 SOUTH TEXAS	549
14 FLORIDA	4,794	44 SAN DIEGO-IMPERIAL	1,205
15 TENNESSEE	440	45 GEORGIA	1,625
16 INDIANA	1,404	46 CENTRAL CALIFORNIA	823
17 OHIO	4,034	47 WEST TEXAS	512
18 LAKE ERIE	1,446	48 ARIZONA	1,428
19 MICHIGAN	2,069	49 NEVADA	317
20 WISCONSIN	1,011	50 WYOMING	63
21 ILLINOIS	2,443	51 WEST VIRGINIA	302
22 OZARK	1,171	52 DAKOTA	120
23 ARKANSAS	189	53 BORDER	602
24 SOUTHERN	1,208	54 SNAKE RIVER	315
25 GULF	1,613	55 SOUTH CAROLINA	928
26 SOUTHWESTERN	1,265	56 ALASKA	278
27 OKLAHOMA	418	57 UNIQUE ASSOCIATION	3
28 MISSOURI VALLEY	911	58 NATIONAL MEMBERSHIP CE	30
29 NEBRASKA	1,395	59	0
30 MINNESOTA	1,832	60 GRAND TOTALS	96,810

17th Annual Convention

Atlanta, Ga. — November 28

Summary of Masters Track and Field Committee Meetings

BARBARA KOUSKY, Chair, Presiding Active Athletes

The following were elected as "active athletes" under the new Committee by-laws enacted at the 1994 convention, which gives each the right to vote during Committee meetings: Hugh Cobb, John Head, Suzy Hess, Sy Higgins, Willy Jones, Bev LaVeck, Phil Mulkey, Pete Mundle, Steve Podajay, Phil Raschker, Al Sheahen, Joni Shirley, Becky Sisley, Marti Skaer, John Snaden, Fred Thomas, Scott Thornsley, Sharon Warren, Jerry Wojcik. Sisley was selected as the athlete representative on the Masters T&F Executive Committee.



Rolland Ranson of the Maine group bidding for the 1998 masters outdoor championships. His picture of a possible sight on the University of Maine's campus helped persuade the masters voters to award Maine the championships.

Photo by Suzy Hess

All-American

Jerry Donley gave some history on the All-American Certificate program, indicating that at its inception, it was under the auspices of the *National Masters News* because it was viewed as an additional revenue source for the paper.

Awards

The final sub-committee consisted of Don Austin (Chairman), Suzy Hess, Phil Mulkey, Marti Skaer, and Jerry Wojcik. (See separate story and charts.)

The Committee supported the concept but rejected a proposal to establish an *official* throwers' award, where awardees would be selected from the national weight throwers contests on an age-graded basis.

Budget

USATF allocated \$34,800 to the Committee for 1996, a 2% increase over the \$34,000 1995 grant (see separate chart). Overall 1996 USATF revenues are projected at \$12 million, a 29% increase over 1995's \$9.3 million, due mainly to the Olympics.

By-Laws

The Committee rejected proposals that the joint Masters T&F and LDR committees make WAVA nominations and IAAF Veterans Committee recommendations.

Championship Sites

Boston (Roxbury, Mass.) was the sole and successful bidder for the 1998 National Indoor Championships. Orono (Bangor), Maine (29 votes) was chosen to host the 1998 outdoor nationals over Knoxville, Tenn. (15), and Gainesville, Fla. (3). Many Maine supporters felt the cooler weather, small-town atmosphere, and lower entry fees were the deciding factors. (See separate chart below.)

1996 Indoor Championships

The meet is set for Greensboro, N.C., March 29-31.

1996 Outdoor Championships

The meet will be held in Spokane, Wash., Aug. 15-18. Neither the Organizing Committee nor the travel agency will receive rebates from Spokane hotels. Athletes should arrange their own accommodations with the hotels. There will be a Friday evening banquet and dance at the Ridpath Hotel, the meet headquarters. There will be no free transportation from the airport to the hotels. There will be limited transport from several designated hotels to the competition site.

1996 Decathlon/Heptathlon

Rex Harvey, Multi-Event Coordinator, proposed holding this event in Joplin, Mo., Oct. 26-27, instead of in early autumn in Thomasville, N.C. The change was requested by some U.S. athletes to accommodate visiting British athletes, who could not easily come earlier. And Thomasville could not accommodate their numbers. Several potential summer dates were not possible, because no U.S. championships can be held during the Olympics. Harvey's motion was defeated, 12-16. Harvey was asked to submit a new proposed date/site to the Executive Committee at its next meeting in Greensboro, March 29.

1996 Weight Pentathlon

Set for Sept. 14 in Bozeman, Mont.

1996 Weight Throw

Set for Aug. 31 in Seattle.

Championship Rights Fees

Since there are now several cities annually bidding for the Outdoor National Championships, a motion to charge a rights fee was made but defeated with only one yes vote.

Communications

John Cosgrove reported the USATF Communications Committee has disbanded.

Guests

Guests at the meetings included Foster Dorsett, Bahamas; Stanley Douglas, Bahamas; John Powell, Canada; Don Farquharson, Canada.

Hall of Fame

It was decided no one could serve on the Hall of Fame Committee who had been nominated for the Hall. The deadline for nominations for the inaugural class is Dec. 31, 1995. The deadline for nominations for the first regular class is March 31, 1996.

Law and Legislation

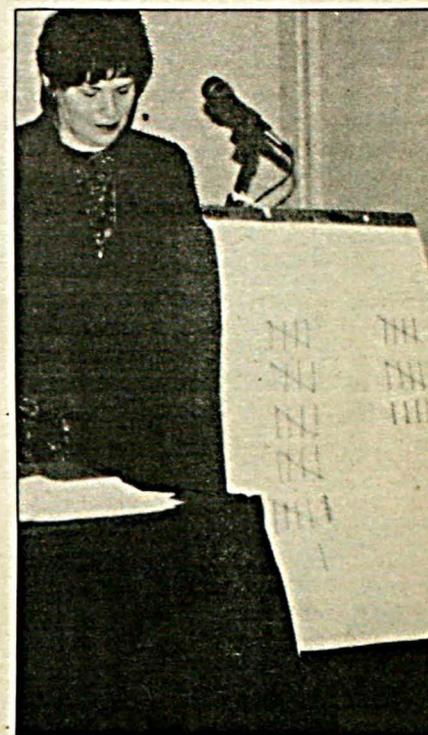
A motion that only delegates from USATF associations which had staged masters championships could vote in the Committee was rejected in a straw vote.

Market Research

A demographic study of the national championships was presented (see separate story and chart on page 24).

Masters Sports Association Trust

A tax-exempt fund, under the auspices of the Masters Sports Association, still exists but is inactive. It was argued it could be an ideal way to raise funds for the Committee's programs. Bob Fine will write an article for NMN on the subject.



Barbara Kousky, Chairperson of the USATF Masters Track & Field Committee at the USATF Convention in Atlanta, presides over the site selection vote for the 1998 National Outdoor Championships. Orono, Maine, with 29 votes, was selected over Knoxville (15) and Gainesville (3).
Photo by Suzy Hess

Membership

In the future, the Committee must process all U.S. entries to the WAVA World Championships, verifying age, citizenship, and USATF membership. Thus, the Committee will maintain a data base.

Officers

A nomination committee will be chosen at the 1996 Indoor Championships to propose a slate for the four elected officers (chair, vice-chair, secretary, treasurer) whose two-year terms expire in Dec., 1996.

Officials

The Committee agreed to issue a commendation to the many officials who did excellent work at the national championships in 1995. Sandy Pashkin said the 1997 WAVA meet in Durban, South Africa will be recruiting U.S. officials.

Racewalking

Bev LaVeck announced 1995 award winners (see separate chart).

Rankings

Jerry Wojcik said the 1995 indoor rankings were all published in the July issue of NMN and are available for \$1.50 (see page 13). The 1995 outdoor rankings book will be available in early March.

Records

It was clarified that only U.S. citizens are entitled to U.S. records. Resident aliens are ineligible. The Committee approved all records set in the 1991 WAVA meet in Turku, even though the paperwork was not received from Turku. The Committee accepted the list of submitted records, with the addition of the 1992 Central Park TC sprint medley relay mark.

SITES OF USATF NATIONAL MASTERS T&F CHAMPIONSHIPS

1996		
Meet	Site	Date
Indoor	Greensboro NC	March 29-31
Outdoor	Spokane WA	August 15-18
Decathlon/Heptathlon	TBA	TBA
Indoor Pentathlon	Greensboro NC	March 29-31
Outdoor Pentathlon	Spokane WA	August 15-18
Weight Pentathlon	Bozeman MT	Sept. 14
Weight Throw	Seattle	August 31
5K Road Racewalk	Kingsport TN	Sept. 14
Racewalks: 5000 track, 20K road (men), 10K road (women)	Spokane WA	August 15-18
10K Racewalk (men)	Niagara Falls NY	May 19
15K Racewalk	Elk Grove Village IL	Sept. 22
25K Racewalk (men)	Albany NY	May 5
20K Racewalk (women)		
40K Racewalk		
1-hour Racewalk	Ft Monmouth NJ	Sept. 8
	Cambridge MA	Oct. 13
1997		
Indoor	Columbia MO	TBA
Outdoor	San Jose CA	TBA
Weight Throw	Seattle	TBA
Racewalks: 5000, 20K (men), 10K (women)	San Jose CA	TBA
1998		
Indoor	Boston	March 26-28
Outdoor	Orono ME	TBA
Racewalks: 5000, 20K (men), 10K (women)	"	"

of USA Track & Field

- December 2, 1995

Minutes of Masters LDR Committee Meetings

Tues. Nov. 28, 9 a.m., Executive Committee

Chuck DesJardins, Chairman, reported on general business of the USATF Executive Committee. Two U.S. cities are bidding for the 1999 World T&F Championships, San Jose/Stanford and Seattle. The Executive Committee will decide which city to submit at the March meeting. Bids are due April, 1996.

Chuck was confirmed as a member of the IAAF Veterans Committee at the IAAF meeting in Gothenburg, Sweden, this past summer. An informal meeting of select committee members will be held later this week at this convention.

Chuck has included an additional amount in our budget to help defray costs incurred by the new Masters Hall of Fame. This will be a topic at the joint meeting of the masters committees on Thursday.

Information on another masters organization's track program was mistakenly promoted by USATF recently without authorization from either of the masters committees. This has been called to the attention of USATF, and a promise has been made to get authorization for any such future press releases.

The agenda for this convention was discussed and listed, making note that at next year's convention in San Francisco, our regular Saturday morning session will not be held because of the 10K National Cross-Country Championships, slated for Golden Gate Park. A Wednesday afternoon session will be added instead.

Tue. Nov. 28, 6 p.m.

Awards: Ruth Anderson and John Boyle presented the women's and men's nominees for Outstanding Athletes of 1995. In keeping with last year's decision to give a separate award, we also nominated male and female ultra-runners. Nominees for the Otto Essig Award for Meritorious Service to Masters LDR were John Boyle and the Honikmans. Voting will take place on Thursday morning.

Statistics: Norm Green distributed and explained his statistical report of the winners of 1995 masters LDR championships to date. This information can be used in selecting outstanding athletes of 1995.

WAVA: Norm announced that the next WAVA World Road Racing Championships will be held in Brugge, Belgium, June 29-30, 1996. Runners will do 10K or 25K and racewalkers will do 20K (women) and 30K (men).

General LDR Issues: Chuck briefly reviewed his new membership on the IAAF Veterans Committee, which was formed eight years ago. Bob Boal was Chuck's predecessor and served two four-year terms.

As a result of the LDR Balmoral Group, which met several times three years ago, a road circuit for Americans was established, beginning with a men's circuit in 1995. A women's circuit will be added in 1996, and a masters circuit will be added in 1997. Chuck appointed a committee of Norm Green, Jerry Crockett, and Carol McLatchie to suggest criteria for that circuit.

Another recommendation of the Balmoral Group was for USATF to add an LDR Commissioner to the staff. Because of the priority commitments of the Olympic Trials marathon, the three LDR chairmen have postponed work on this project until spring. There is space at the national office for this staff person, so it looks like a com-

mitment by USATF.

Chairman's Report: Chuck outlined five challenges he sees for our committee and the ways these challenges are being addressed: 1) an active masters LDR chairman in each Association, 2) a national sponsor, 3) full committee status for the ultra sub-committee, 4) an LDR administrator in the national office, and 5) a masters road circuit by 1997.

Law & Legislation: Mick Midkiff, our new representative to L&L, highlighted the proposed bylaws/operating items which would interest or affect us. We gave him general input but did not pass any specific motions.

Thu. Nov. 30, 8:30 a.m.

Athletes of the Year: Ruth and John conducted the voting (see separate chart).

Thu. Nov. 30 Joint Session With Masters T&F, 2:30 p.m.

National Masters News: Al Sheahan reviewed recent changes in the magazine. In 1995 the office moved to Eugene, OR, with Suzy Hess as office manager. Al continues as publishing editor, and Jerry Wojcik is Senior Editor. NMN is printed in Los Angeles. *Runners World* bought the magazine in 1995 with the plan to keep most things the same; some changes are an increase in color photos/ads and larger circulation. Al is currently employed on a three-year contract. Any sustaining funds which come in are used for enlarging the publication, adding more photos, and other enhancements.

WAVA T&F Championships in Buffalo: Team managers Sandy Pashkin and Phil Greenwald listed the U.S. medal count, and urged athletes to keep in better touch with the managers for assistance during the event. There were 58 drug tests in Buffalo, all of them negative.

Masters T&F Chairman, Barbara Kousky, announced that the team uniform for the 1997 WAVA Championships in South Africa will be the same as the one in Buffalo. Team uniforms are required for the World Road Championships in Brugge, Belgium, in June. Since so many clothing changes are required during a meet that covers several days, a suggestion was made that there be a generic emblem or patch with the USATF logo that can be transferred from one garment to another.

Masters Hall of Fame: Marilyn Mitchell distributed the Masters Hall of Fame Guidelines and Nomination Forms which were approved at the convention last year.



Masters delegates relax after adjournment of the Masters Committees, 1995 USATF Convention, Atlanta, Ga. Photo by Jerry Wojcik

Marilyn read a list of those nominated so far, and after much discussion, it was agreed that a name submitted would not be a "real" nomination until documentation was also received. The nomination will remain in the database for five years.

For the inaugural year, there will be three each of male and female LDR, T&F, and RW plus two "other" (coach, administrator, etc.) for each of those three sports. Each regular class thereafter will consist of only one of each of these categories. Some concerns were expressed regarding the high numbers of each category for the inaugural year. After discussion, a motion was passed that Marilyn continue with the inaugural plan we voted on last year. Separate forms should be used when someone is being nominated for two different categories.

The original plan to present the awardees at the National Indoor Championships in March was scrapped, and a motion was passed that the inaugural year's winners and the first year's regular class (1996) both be awarded at the 1996 USATF convention in San Francisco.

Since funding from the original sponsor for this project is no longer available, Marilyn has paid for the expenses herself in order to follow through. A motion was made that she be reimbursed for all expenses out of this year's budget or next year's budget. After much discussion, Marilyn asked three things: that the motion be withdrawn, that Bob Fine (maker of the motion) serve on a Hall of Fame sub-committee, and that the members of our committee consider carefully before voting on a motion (this was in reference to the earlier complaints regarding the entire plan which was approved last year). The motion was withdrawn.

A motion was made that there be a single cycle of awardees with an adjustable class size, and that if there is an inordinate amount of nominees, the executive commit-

Continued on page 30

USATF NATIONAL MASTERS LDR CHAMPIONSHIPS

Year	Date	Event	Location
1996:	February 11	Half marathon	Las Vegas, NV
	March 31	5 km road	Carlsbad, CA
	April 13	10 km road	Plainview, NY
	Sept. 15	48 Hr (or 24 Hr)	Sylvania, OH
	October 6	Marathon	Minneapolis, MN
	October 19	100 km road	Duluth, MN
	October 27	8 km x-c	Louisville, KY
	November 3	5 km x-c	Columbus, OH
	December 7	10 km x-c	San Francisco, CA
	1997:	April 6	5 km road
April		10 km road	Plainview, NY
Sept.		8 km x-c	Pasco, WA
October 5		Marathon	St. Paul, MN
October 12		10 Mile	Wash.D.C. TENTATIVE

SITES OF NATIONAL CONVENTIONS

Year	Location
TAC:	
1	1979 Las Vegas
2	1980 Atlanta
3	1981 Reno
4	1982 Philadelphia
5	1983 Indianapolis
6	1984 San Diego
7	1985 Houston
8	1986 Tampa
9	1987 Honolulu
10	1988 Phoenix
11	1989 Washington, D.C.
12	1990 Seattle
13	1991 New Orleans
14	1992 Louisville
USATF:	
15	1993 Las Vegas
16	1994 St. Louis
17	1995 Atlanta
18	1996 San Francisco
19	1997 Dallas

LDR Committee Meetings

Continued from page 29

tee be allowed to adjust the number of inductees within each category. The motion was defeated.

The deadline for the inaugural class is Dec. 31, 1995. The deadline for 1996 will be March 15, 1996. A general thank-you was given to Marilyn for all the work she has put in on this project.

NCCWAVA: Newly elected WAVA Executive Vice-President, Tom Jordan, reported on the upcoming WAVA regional track & field championships to be held in Eugene, OR, from Aug. 21-24, 1996. A new surface is planned for the track at Hayward Field. There will be shuttle service from the airport, and dorms are close to the stadium.

There will be no 10K on the track, but there will be an 8K cross-country race on Wednesday morning and a 15K road race on Saturday morning. The 5000 on the track is scheduled for Friday morning.

Relays will be allowed to combine countries, and age 30-39 athletes can compete but will be given non-championship medals.

Marilyn reported on a request from athletes outside the U.S. that the WAVA hand-held times of athletes from other countries be expressed as FAT (fully automatic times) using the common factor of .24 seconds for the purpose of comparison of performances. It was pointed out that this is not done for records, but only for seeding purposes. This topic will be discussed further at next year's convention.

WAVA Championships in South Africa: Rex Harvey previewed some tentative plans for improving the next world championships. In addition to enforcing existing rules (e.g., personal equipment need only be shared with those athletes in one's own age division during the actual competition), some items mentioned were: only one heat per day for the 400 hurdles, instructions more streamlined, and the 60-day cut-off for entries to be better enforced. There is a new rule for multi-event athletes: it is not necessary to "attempt" every event to be scored.

U.S. entries for South Africa will be sent to a central agency in the U.S., which will be responsible for entering all athletes from our country. That means that the cut-off date will be much earlier in order to get our entries forwarded by the general 60-day cut-off.

Masters Issues: Chuck reported on some issues pertinent to both our committees. The IAAF Women's Committee has proposed that the worldwide age for veterans in international competition be 40 for men and women. Currently WAVA rules specify age 35 for women, so, if it passes, that would be a change in existing policy.

Chuck brought up the problem of other Masters Sports Organizations competing with our events. USATF had put out a press release in error, giving promotion to one of these events. The main complaint with these other events is that they do not follow the rules of the sport (USATF or WAVA or IAAF), and no matter what they call themselves, they are not "world championships." Only WAVA and the IAAF have that right.

Another complaint is that there is just so much money to go around in support of world meets, and these groups are competing with our organizations for support and participation. A motion was made that USATF seek sanctions (approval) for the Track & Field and LDR portions of national and international multi-sport events held in the U.S. and, if such sanctions are not achieved, we would publicize this fact and discourage participation. In discussing

this motion, it was pointed out that it is not enforceable because the legal stand of USATF is that other organizations have the right to put on events within our sport jurisdiction. The motion was defeated. Barbara suggested that we try to work with the administrators of these events. Becky Sisley is on the steering committee of the World Games slated for Portland, OR, in mid-August of 1998. Contact her with input.

Joint session adjourned at 6 p.m.

Fri., Dec. 1, 3:30 p.m.

Records: Basil and Linda Honikman of the RRIC presented the men's and women's masters road records and long distance track records for our approval. The records from Bloomsday '94 that were previously ratified will be withdrawn because the course was short in 1994 and 1995. A motion was passed to approve the records recommended by RRIC.

Championship Bids: Mick Midkiff presented the bids received so far for 1996 and 1997. Approved bids are included in the total list on page 29. A motion was passed to award the Twin Cities Marathon our championship for the next five years. This precedent was set with TCM being our championship from 1991-1995. A bid from the Freihofer's 5K for Women for 1997 was not accepted as it was a women-only event.

A motion was passed to empower our Executive Committee to accept the bid from the Army 10-Miler for 1996 and 1997 when the Association President is able to sign his approval on the bid form (pending compliance by the Army of certain requirements). (See separate chart.)

Sat. Dec. 2, 9 a.m.

Treasurer's Report: George Vernosky distributed copies of our 1996 budget with a current accounting of monies spent in 1995 so far. We asked for \$40,000 and were granted \$34,000 for 1996. The Executive



Robert Chasen, Weymouth, Mass., finished 10th M40, helping the U.S. team win the silver medal, WAVA World Championships, Buffalo.

committee will make the necessary adjustments. The nine previous categories have been reorganized into four. In addition to the monies from USATF, we have an additional \$500 from Otto Essig.

Administration:
phone, postage, fax machine \$ 1,985
National/international meetings:
executive committee, WAVA, etc. 20,515
Championships administration:
awards, support, monitoring 10,000
Program administration:
stats, workshops, RRCA, ultra 7,500

Amount requested \$40,000
Granted \$34,000

Budget and Finance Committee: Chairman Fred Newhouse made a short presentation about budget goals. His committee looks at how money budgeted for each USATF committee was really used. If a committee doesn't use the allotted monies

one year, this doesn't mean it will be cut back the next year. A quadrennial budget plan is being considered.

Masters Road Circuit Criteria: Norm Green presented the first draft of the criteria suggested by his sub-committee. Suggestions from the floor included: put a cap on the number of events to be scored; give a premium for first place (e.g., 10 points for first, 8 for second, etc.); consider a grievance procedure; don't use a "percentage participation" factor for determining points; have separate age-graded awards for men and women in addition to overall competition awards; and have a circuit administrator at each event. Any additional input regarding the circuit can be directed to any executive committee member by March 15 (before our next meeting in Carlsbad, CA). □

— Submitted by Carole Langenbach,
Secretary

Track & Field Committee Meetings

Continued from page 28

Regional Coordinators

The group recommended to continue the "regional relays" at the nationals. Each region may decide for itself whether to levy a surcharge at its regional championships. Each regional coordinator may decide how to allocate the regional grant. Southwest Regional Chair Danny Thiel has moved to Atlanta, where he is the assistant competition director for the 1996 Olympics. He regretfully resigned; John Head was appointed by the Chair to replace him.

Hugh Cobb, West Regional Chair, said the Striders Meet of Champions (Long Beach, Calif.) was successful because athletes of all ages were invited to compete. Dropping "masters" from the title of the meet does not dissuade masters from competing. Organizers in Florida, Idaho, Illinois, Ohio and Colorado also stage meets for all ages.

Relay Selection at WAVA

Currently, an athlete who wants to represent the U.S. in WAVA relay competition must first run the 100 or 400 at the WAVA meet, with the four fastest in each age group automatically selected. Team Manager Sandy Pashkin requested we amend the rules at the 1996 convention to give the team manager more flexibility.

Resident Aliens

A motion was approved to allow only U.S. citizens to be U.S. champions and U.S. record holders. Resident aliens may compete and be given equivalent awards.

Schedule

The 1996 outdoor championships will revert to a four-day schedule, rather than five days as in 1995. If there are more than eight long hurdlers in an age group, the event will be run as a final based on time. It was suggested a 10K road race be substituted for the 10,000 on the track. Since 1996 is the year to submit proposed rule changes, the opinions of the athletes will be solicited during the next year.

Seniors Competitions

Discussion was held concerning the numerous international masters competitions which should not be confused with the official WAVA World Veterans Championships, which are sanctioned by the IAAF and by most national governing bodies.

WAVA North American Region

The 1996 NCCWAVA meet will be held in Eugene, Ore., Aug. 21-24.

Weight Report

The Committee voted to keep the two

weight championships separate at the request of Coordinator Ken Weinbel. □

— Marilyn Mitchell
and Al Sheahan



Hawaii's Joy Upshaw-Margerum was named best W30 track and field athlete of 1995.

Photo by Melanie Spoo

USATF MASTERS TRACK & FIELD COMMITTEE BUDGETS — 1995/1996

	1995 Budget	1996 Budget
Chair	\$5700	\$5700
Vice-Chair	700	900
Meet Coordinator	2700	2700
Multi-Events	2100	2100
Regionals:		
East	1300	1300
Southeast	1300	1300
Midwest	1300	1300
Mid-America	1300	1300
Southwest	1300	1300
West	1300	1300
Northwest	1300	1300
Records	2000	2000
Rankings	2000	2000
Secretary	2000	2000
Treasurer	1450	1450
Rules	0	0
Racewalk	900	900
Awards	900	1000
Team Manager	2000	500
Board of Directors	500	500
Meet Manual	300	300
Substance Abuse	300	100
Membership (Data-Base)	300	750
Market Research	300	500
Indoor Games	0	500
Hall of Fame	0	500
Outdoor Games	750	500
Weights	0	300
Misc.	0	500
Total	\$34,000	\$34,800

50+ Runners To Race 2-Miles in Boston

Fifty-year-old distance aces will again take center stage at the Jan. 12 Greater Boston Track Club meet when they contest an invitational 2-mile run on Harvard's lightning fast 220-yard indoor oval.

Last year at GBTC, eight half-centurians covered the one-mile distance in under 4:51.0 with Ken Sparks establishing a best-ever M50 indoor mile mark of 4:32.84.

Race Director Hugh Sweeny gave several reasons for switching the 50+ race to 2 miles this year.



New Jersey's Dudley Healy was named the top M80 long distance runner of the year at the USATF Convention in Atlanta.

Photo by Jerry Wojcik

"Sparks took the 50+ indoor mile mark down pretty far last year, and the 50+ 2-mile record (10:07) is soft. Harvard's 220-yard track is well suited for 2 miles and old guys our age never learned to convert from 3000 to 2 miles, but mainly I'm better at 2 miles, so 2 miles it is."

Marcus O'Sullivan has called Harvard's banked 220-yard circuit faster than any outdoor track, and marks posted there support his claim. For example, two years ago, Eamonn Coghlan, after several unsuccessful attempts at four minutes on other surfaces, ran a 3:58 mile at Harvard.

Among those who plan to run are Sparks, Wally Herrala (previous 50+ indoor mile holder, 4:39.95 at Harvard last year), Salih Talib (4:39.9 in the 5th Ave. Mile), Paul Perry (4:47 last year), Sumner Brown (4:49), Billy Burgos (4:50); Hugh Sweeny (4:50), Ritchie Geisel (17:13 5000), and Richard Hamner (4:51).

Also on tap on the Harvard track the same weekend is the Jan. 20 Commonwealth Invitational featuring a masters (40+) mile, while the Jan. 21 GBTC fixture includes 40+ masters races at 55m, 200m, 400m, 800m, mile, shot, and 4x220.

The GBTC meet director is Jim O'Brien (617) 282-5537, after 6 p.m. For information about the 50+ 2-mile, call Hugh Sweeny: 201-798-4480 (h); 201-547-4309 (w). □

Master The Board

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

CLASSIFIED

GREETING CARDS

GREETING CARDS AND NOVELTY GIFTS FOR RUNNERS. Send your name and address to receive our new catalog. **RUNNING DELIGHTS, Dept. 96, NMN, P.O. Box 94, Wheat Ridge, CO 80034. (303)232-1308.**

HEART RATE MONITORS

POLAR HEART RATE MONITORS - Lowest Prices - Best Service - plus free shipping. Call for free information & free book 'Precision Running'. We now carry **THERA:P** hot-and-cold packs & **PR*BARs!** MC/VISA accepted. Toll-free (800) 393-5033 Solutions Resources, Inc.

IN-LINE SKATES

FREE CATALOGUE - Guaranteed Satisfaction. Mail order & retail. Service! Selection! Knowledge! We understand runner's needs. **ISLAND SKATES, 13th Street, Beach Haven, NJ 08008. (800) 92-BLADE.**



NEW Z-TECH RECOIL

more energy less injury

FOR MORE INFORMATION CALL 1-800-268-6239

Count The Reasons To Run With New Tetra-Glo Reflective Gloves

- Nylon fiber wicks away perspiration
- Lightweight, washable and reusable
- Eye-stopping neon orange knit
- Reflective stripes alert night drivers
- One size fits all

POLYGENEX
The Premier Designers of High-Tech Specialty Gloves

RUNNING SHOESLETTER - Detailing running's most technical, essential gear. Send SASE for sample issue & subscription information: **RUNNING SHOESLETTER, 2416 Kayoming Way, Bakersfield, CA 93306-3509.**

HIMALAYAN
100 MILE STAGE RACE
Oct 29-Nov 5, 1996 \$1200
From Darjeeling, India

Spectacular views of Mt Everest, Kanchenjunga and peaks in Tibet, Nepal, Bhutan & Sikkim unfold on daily stages of 24, 20, 26, 13 & 17 miles. Full aid stations, support, lodges, and meals included. All abilities. Non-runners walk a shorter route.

MT EVEREST MARATHON TRIP
Nov 5-12, \$1200.
From Darjeeling, India.

EVEREST CHALLENGE MARATHON
Nov 9 "most spectacular running course in the world!", **DARJEELING 10K** Nov 11, optional **SIKKIM HALF MARATHON** Nov 6. Meals, lodging, aid included. All abilities. Walkers welcome.

For a **FREE** brochure contact:
FORCE 10 EXPEDITIONS
1-800-922-1491
phone/fax (520) 333-4840

In America, you are not required to offer food to the homeless. Or shelter to the homeless. There is no ordinance forcing you to visit the lonely, or comfort the infirm. Nowhere in the Constitution does it say you have to provide clothing for the poor. In fact, one of the nicest things about living here in America is that you really don't have to do anything for anybody.

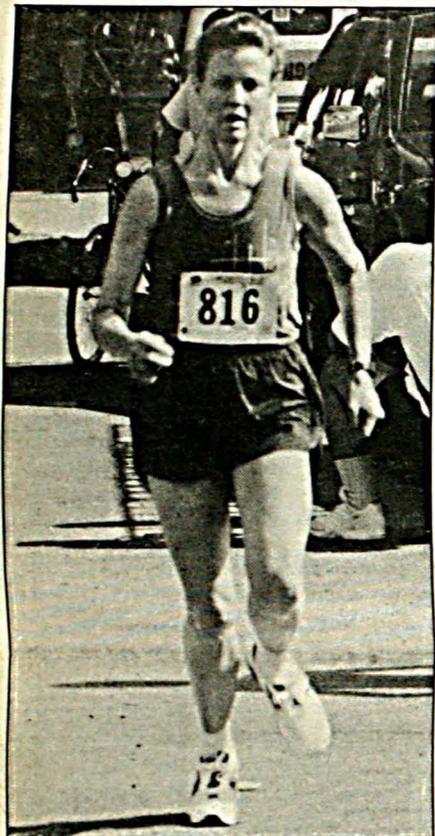
To the 80 million of you who volunteered time and money last year, thanks for all you've given. Imagine what more could do. Call 1-800-55-GIVE 5. It's what in the world you can do.

Write On!

Continued from page 4
remaining marathon.

The leg burn is still not completely healed four months later and one finger on my left hand may not heal completely without grafting. Losing a month of good training, especially with the fear of infection, has jeopardized my return to decent competition. What price honor?

Ruth Anderson
Oakland, California



Janet Pionkowski, 45, Adelphi, Md., first W40+ (46:51), Lawyers Have Heart 10K, Washington, D.C. Photo by George Banker

I would like to thank publicly two wonderful people in racewalking who went through a lot of time and effort to correct the finish times at the WAVA Buffalo meet in the M75 20K racewalk, which resulted in my coming in third instead of the incorrect fourth place.

Cokey Daman wrote Bev LaVeck of the error, and Bev did a lot of work with the WAVA staff, later tracking me down and getting the medal to me. I greatly appreciated receiving the medal, but it was even more important to me to know that there are people in masters athletics who will go to great lengths to help another athlete.

I thought the judging at both the Nationals in East Lansing and the WAVA meet were first class. I especially appreciated the posting of the judges' results after the racewalks at Michigan.

Herb Appell
Mickleton, New Jersey

ATTENTION! 70+ MILERS

Would you be interested in running a special mile race for M70+ at the Mobil Invitational, George Mason U., Fairfax, Va., on Feb. 24?

Race Director John Cook will add

an M70+ race to be run around 11 a.m., provided we meet two criteria: (1) put a ¼-page ad in the race program (cost is \$100, which means about \$14 per runner if we can get seven runners) and (2) guarantee a minimum of seven runners for the event — but the more the better.

Since the cost of admission for this track meet is \$15, the above-mentioned fee should be no problem. I do expect to have trouble finding seven runners wanting to compete. If those interested in running would notify other 70-year-olds who might be interested, we could have a field of 10-12 runners!

Please respond as soon as possible, so we can decide whether or not to pursue this matter further.

Dixon Hemphill
10910 Olm Dr.
Fairfax Station, VA 22039
703-250-9277

WEIGHT TRAINING

In Mike Tymn's July "Third Wind" column, he talked about the SHIFT weight-training technique developed by Ed Bugarin. I lead a very active lifestyle, with many job and family commitments, so a routine that is geared for maximizing results in the shortest time-frame-per-workout is very appealing to me. My thanks to Mike for consistently delivering an interesting column.

Mark Cwiek
Mt. Pleasant, Michigan

PRIDE OF THE FATHER

Now that the hoopla of the outdoor t&f season is ebbing, we can take a look at something more than time, height and distance; namely, other performance-enhancing motivations. I am particularly speaking about presentations designed to instill within us a desire to have incentive and determination for greater effort.

One in particular comes to mind... the presentation of Nutrition and Sports Psychology given by a masters athlete and scholar, Rodney Wilson. Rod is a third-year doctoral degree candidate at Michigan State University, site of this summer's National Outdoor Championships. It was the most moving and inspiring t&f motivational presentation that I have ever witnessed. The program featured an accomplished nutritionist, MSU varsity coach Bibb, and Rod. There was much given on keeping the athlete healthy, the design of a training routine to condition the body, and the mind-set necessary to achieve one's goals.

He laced his comments with some humor; he asked for audience participation and rewarded one attendee with a large grapefruit, and he patched in a small segment from the movie "Chariots of Fire," which shows a runner who falls but tells himself that he is not out of the race and then comes back to win.

Not all of us can be first-place finishers, but we can be winners. For



Sri Chinmoy, the inspiration behind the Sri Chinmoy Masters Track & Field meets, came from New York to participate in the 8th annual event at Cal State Long Beach U., Oct. 29. He presented Al Sheahen, Publisher and Editor of the National Masters News, a special plaque for his dedicated services to the masters athletics world. Sri Chinmoy also composed a song for Al, which was sung on the spot by some of his students, who took time out from officiating. Photo by Zarko

you see, a son just taught his father a lesson.

Alfonzo Wilson
Cleveland Heights, Ohio

AGE-GRADING

From the article in the *San Jose Mercury News* re your age-graded tables, it seems like you are on the right track (no pun intended).

I have tried to interest USATF in giving the membership some sort of ranking system (instead of just taking our money). I suggested an age-group system with a supplemental point system for the difficulty of the race. (USATF's Pacific Association now does this for the Ultras).

There would be a minimum number of points given just for finishing,



Carol McLatchie, W40, third woman overall (29:38), Baytown Heat Wave 5 Mile, Texas.

Photo by Jerry Smith

points for top 10% finish, top 20%, etc. Thus, an ongoing national ranking could be developed.

Mark Haesloop
San Carlos, California

(USATF currently provides annual masters five-year age group rankings in every track and field event, and every road running event [see addresses on page 3]. In addition, a new masters age-graded grand prix circuit has been proposed [see LDR minutes on page 29]. — Ed.)

KUDOS

Thank you for your ever continuous and consistent reports of the best. Your medical and training articles are excellent and most beneficial to all.

I have been unable to compete recently because of an aneurism operation and rotator and lower back injuries, but I spread the gospel to everyone I meet. The local all-comers meets at the U. of South Florida in Tampa are more successful due to the NMN.

I hope to begin competing soon. Keep up the good work.

Carlos Fraundorfer
Tampa, Florida

I've been subscribing to NMN since 1985, and find it getting better and better. I enjoy the technical improvements (color photos, etc.), but particularly like the features (Mike Tymn, profiles, Higdon). Your pacing is superb.

Dennis Martz
West Bloomfield, Michigan

Thanks for the continued nice placements and excellent reproduction of my advertising material. Your service has been consistent from the standpoint of an advertiser, and the sports coverage of the meets, articles and individuals has been outstanding. Keep up the good work.

Randy Ivey
C.W. Tees
Florence, South Carolina

Masters Scene

NATIONAL

• **Bill Stewart**, 53, who still holds the U.S. masters indoor mile record of 4:11.0 (see records on pages 19-21) is serving a 30-month sentence in Pennsylvania for "converting government property" while his case is under appeal. Friends may write to: William Stewart, 40706-083, Camp McKean, Unit B, PO Box 8000, Bradford PA 16701.

EAST

• **Geary Daniels**, M40-49 winner in 24:22, and **Mary Dunn**, W40-49 winner with a 29:49, chalked up 40+ firsts in the 59th Manchester, CT, Thanksgiving Day Road Race. The race began as a five miler, but later, official certification measured the original course as 4.748, and meet directors decided out of respect for tradition to keep the course intact. This year's race drew 10,277 registrants with 8994 finishers. **Jo Marchetti** lost the W40+ race to Dunn by one second with a W50-59 course record 29:50. **Adeline Kearney** had a CR in the W70+ race with a 44:07.

• **Paul Mascali**, 43, Manhasset, L.I., was eighth of 700 finishers, with a 21:00 in the hilly Syosset Sprint 4 Mile, on L.I., Nov. 19. **Burke Koncelik**, 41, East Hampton, L.I., finished fourth woman in 24:46. On Nov. 26, Koncelik was the first woman overall (19:02) in the Bob's Run 5K Cross-Country through the wooded trails of Syosset-Woodbury Park. First M40+ (18:10), **Jim Walsh**, 44, Plainview, L.I., and Koncelik led their team to first-place honors in the Coed Masters Division.

• The masters share of the 1996 Boston Marathon total purse of \$600,000 will be \$47,500, \$23,000 for both men and women five deep with \$12,000 to the first 40-pluses.

SOUTHEAST

• **Don Ardell**, 57, Orlando, FL, hot-footed to a best age-graded performance overall with a 61:21/A-G 50:48, Thanksgiving 10 Mile, DeLand, FL, Nov. 23. First M40+, **Enrique Alvarez**, 42, Lake Mary, FL, was second overall and next best A-G with a 54:02/50:57. **Rissie Thieler**, 49, Clermont, FL, was the W40+ first in 64:22.

• **Miriam Gordon**, 70, set a U.S. W70-74 record for the 5K RW with a 32:58 in the Henry Laskau 5K, Coconut Creek, FL, Oct. 28. Overall winners were **Linda Stein** (48, 27:46) and **John Fredericks** (47, 25:13).

• In a weight pentathlon in Atlanta on Nov. 26, **Len Olson**, 64, Florida, scored 4770, **Phil Mulkey**, 63, Georgia, 4635, and **Rex Harvey**, 50, 3988, based on single-year age grading.

• **Don Hull**, an active masters athlete, died recently at age 77, in Port Orange, FL. A World War II Air Force veteran, he retired as recreation director for Accomac County, Va. and moved to Port Orange in 1979.

• Eight athletes elected in early 1993 to the Senior Athletes Hall of Fame in Bradenton, FL will finally be inducted Jan. 29. Among them are **Shirley Matson**, 54, and the late **Harold Chapson**. The Hall has no connection to the newly proposed official Masters Hall of Fame in Indianapolis (see convention minutes for details).

• A total of \$1200 in cash prizes will be awarded to the top three m/f masters performances in the Baby Boomer 10K, Dec. 30, in Miami, using the WAVA age-graded tables. Call 305-227-1500.

MID AMERICA

• Two overall winners have been awarded victories after disqualifications were overturned in the Duke City 5K Racewalk, Albuquerque,

N.M., on Oct. 1. The results were reported in the December issue. **Karen Davis**, 26:13, and **David McGovern**, 21:36, received letters of apology from the race director along with their well-earned prize money checks.

SOUTH WEST

• **Doug Bell**, 44, Greeley, CO, tied his national M40-44 record with a 14:36 overall win in the New Times Phoenix 5K, Nov. 12, then ran a 32:33 in the 10K, only to be beaten for the masters title by **Ken Wilson**, 40, Albuquerque, who finished in 32:12. **Peter Jansson**, 40, of Colorado, was third (32:40). **Carol McLatchie**, 44, Houston, hastened to the W40+ first in 36:53.

• **Andy Almaraz**, 56, Phoenix, was featured in an article in the November *Fitness Plus*, an Arizona health and fitness magazine. Almaraz began competing when he turned 50 and recently high jumped 5-0 in a Phoenix Seniors meet to qualify for All-American honors for the second year.

WEST

• The 15th running of the Long Beach Marathon, scheduled for Feb. 4, has been "postponed indefinitely" due to declining sponsorship money. "The board refuses to conduct the event unless we can maintain its status as one of the finest races in the U.S.," said **Barry McDaniel**, president of the Long Beach Marathon Board. "Our sponsor commitments total about \$160,000, well short of the \$293,000 needed." Runners' entry fees account for only 30% of the race's budget.

• The 1998 California Senior Games Championships have been awarded to Pasadena. Some 2000 age 50+ athletes are expected to compete in 25 events.

• The running streak of **Mark Covert**, Antelope Valley (CA) College's cross-country and track coach, hit 10,000 consecutive days on Dec. 9. Covert has run at least three miles daily since July 23, 1968, just before his freshman year at college. He has logged more than 111,000 miles — an average of 11 miles a day.

• **Steve Scott**, 39, of Irvine, CA, who is coming back from testicular cancer and preparing for a sub-4 mile run when he turns 40, ran a 15:05 road 5K in Sept.

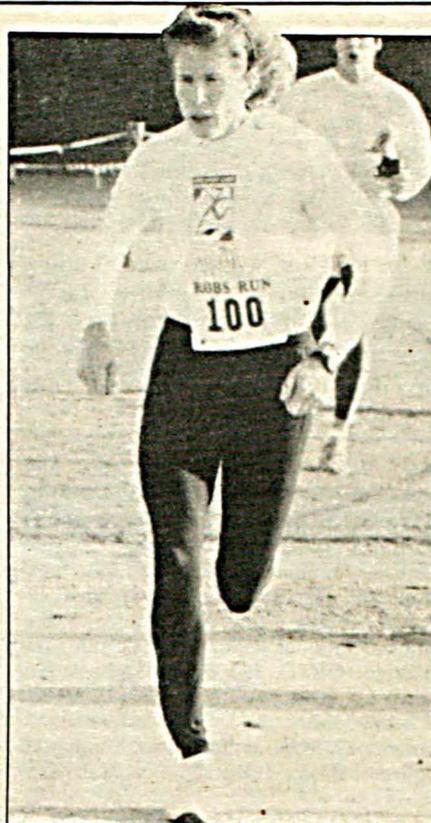
• **Honor Fetherston**, 40, Mill Valley, CA, took an eight-second masters victory from **Carol McLatchie**, 44, Houston, with a 28:54 in the Moonlight 8K (RRCA National Women's Masters Championships), Alhambra, CA, Oct. 28. First 50+, **Joan Ottaway**, 51, Sausalito, CA, topped all W40+ on the age-graded scale with an 88.9% 30:36.

• **Farley Simon**, M40, 1:22:45, and **Marina Jones**, W40, 1:39:56, bested the masters fields in the Mission Bay 25K, San Diego, Nov. 18. In the age-factored results for 40+, Simon was first with a 1:20:50, and Jones second with a 1:25:41. **Jim McCown**, M70 winner in 2:01:04, was third on the A-G list with a 1:27:09.

• The 8th annual Fay Hobbs Memorial 10K, Nov. 19, in Santa Barbara, Calif. was age-graded with **Barry Molony**, 44, winning in 30:54 (actual time 32:52). **Gregg Horner**, (41, 33:18, 32:00AG) was second, with **Pedro Gutierrez** (26, 32:41) third.

NORTHWEST

• Former world record-holder **Henry Rono**, 43, is a recovering alcoholic and parking-garage attendant in Portland, Ore., reports **Joe Henderson** in *Running Commentary*. "I can do 5K in 15:00 and 10K in 31:00," Rono told John Bryant of the London Times. "When I lose more weight, I'll run very fast."



Burke Koncelik, 41, East Hampton, L.I., first female (19:42), Rob's Run 5K Cross-Country, Syosset, N.Y., Nov. 26.

Photo by Mike Polansky

OPEN

• The Cal International Marathon, held in Sacramento, Dec. 3, will be televised on the Prime Sports Network on Jan. 1 at 2pm ET/11am PT, and again that evening at 9 pm

ET/6pm PT. On Jan. 2 it re-airs at midnight ET/9pm PT and on Jan. 15 at 5am ET/2pm PT. The fast course served as an Olympic qualifier for several countries and for the 100th Boston Marathon, which will also air on Prime. The event is the 10th 1995 one-hour telecast in the Gold Series, produced by **Jim Risinger** of San Jose and **Fred Aber** of Foster City.

• The Road Runner Club of America (RRCA), a 160,000-member organization devoted to the promotion of distance running, announced the "Roads Scholars" program to assist U.S. open distance runners. With over 560 chapter clubs, RRCA has resource booklets on beginning running, how to find a running coach, how to start a running club, children's booklets, etc. Contact RRCA at 1150 S. Washington St., #250, Alexandria VA 22314. Phone: 703-836-0558.

• A former IAAF official says he altered results of voting on its 1994 Athlete of the Year Awards under instruction from higher-ups, reports **Dick Patrick** in *USA Today*. The IAAF denied the allegations by **Christopher Winner**. Winner, who resigned from the IAAF in June after 15 months as a press officer, said **Sally Gunnell** of Britain was the top vote-getter among women in 1994 but wound up fourth as the USA's **Jackie Joyner-Kersey** was named winner. Winner said results were changed because Gunnell did not plan to attend the '94 event, and the IAAF wanted to ensure the top three vote-getters were present to make it more attractive to TV. The show is televised to 74 countries. Winner said **Colin Jackson** was dropped from second to fourth among the men because he also did not plan on attending. IAAF general secretary **Istvan Gyulai** said IAAF has given the award to athletes not present. "I take full responsibility for executing orders," Winner told Patrick. "I can only express shame for participating in gross vote rigging. I should have resigned then. I can offer only apologies to the athletes penalized."

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.
- Chart your own performance progress.

- 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.
- Compiled by the World Association of Veteran Athletes.

Send \$6.00 plus \$1.25 postage and handling to:

NATIONAL MASTERS NEWS
P.O. Box 50098
Eugene, OR 97405

Name _____

Address _____

City _____ State _____ Zip _____

Schedule

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

TRACK & FIELD NATIONAL

March 29. USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C. SASE to Scott Thorn-sley, 18 Colgate Dr., Camp Hill, PA 17011-7624.

March 29-31. USATF National Masters Indoor Championships, Greensboro, N.C. Ron Foster, meet director, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402. 800/289-9009.

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. (The 14th may be added to make a five-day meet.) Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509/533-3644; fax 509/533-4128.

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

September 14. USATF National Masters Weight Pentathlon, Bozeman, Mont. Bob Sager, meet director.

EAST

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

January 5-7. 27th Dartmouth Relays, Leverone Field House, Hanover, N.H. 200m polyurethane track. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540; 646-3570.

January 7. MAC Indoor Meet, Fairleigh Dickinson U., Hackensack, N.J. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (8-10 pm EST).

January 7. Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9:30 a.m. Age 18+. Karl Castor, 215/441-8584.

January 12. MAC Indoor Meet, 168th St. Armory, Manhattan. Contact Roz Katz (see above).

January 14. 12th annual Brown University Masters Indoor Invitational, Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve).

January 14. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.

January 14 & 28. DC Road Runners Indoor Meets, Jefferson Community Center, Arlington. 8 am. No field events. DCRRC, PO Box 1352, Arlington, VA 22210. 703-241-0395.

January 14 & 28. Sugarloaf Mountain Indoor Meets, Smith College, Northampton, Mass. Bill Durkee, 413-586-0687 (eves. & Sun.).

January 19. MAC Indoor Meet, 168th St. Armory, Manhattan. Individual and team awards. Contact Roz Katz (see above).

January 20. 29th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca,

N.Y. W30+/M40+. Men's elite mile purse: 1st-\$300/2nd-\$150/3rd-\$50. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607/255-6530(d); 387-6431(e).

January 21. Greater Boston TC Indoor Invitational, Harvard U., Allston, Mass. Includes 4x220y relay/invitational W40+ mile/invitational senior men's 2 mile. Jim O'Brien, GBTC, PO Box 183, Back Bay Annex, Boston, MA 02117-0183. 617/282-5537.

January 27. MAC Indoor Meet, Manhattan College, Bronx. Contact Roz Katz (see above).

February 11. New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. All events, incl. George Sheehan Open Invitational Mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201/261-7756.

February 11. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.

February 25. MAC Masters Championships, 168th St. Armory, Manhattan. Association and non-association awards. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (8-10 p.m. EST).

March 9. Philadelphia Masters Indoor Championships, Haverford College, Pa. 3 p.m. Age 18+. Contact TBA.

March 10. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.

March 17. East Regional Masters Indoor Championships, Brandeis U., Waltham, Mass., (near Boston). Steve Vaitones, USATF New England, 617/566-7600.

SOUTHEAST

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

January 9-12. Heart of Florida Senior Games, Haines City. Alice Rogers, PO Box 1507, Haines City, FL 33845. 813/421-1893.

April 5-6 (tentative). Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lulis, Brian Oldfield, Yuri Syedikh. Peter Farmer, PO Box 8521, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

April 12-13. Norfolk Invitational Relays, Norfolk St. U., Va. Joe Mack, Masters Coordinator, 804-482-5558. For pre-entry, contact Steve Riddick or Simon Hodnett, 804-683-8801.

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

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

June 1. Nashville TC/Striders Meet, Vanderbilt U., Nashville. 1:30 p.m. 19+.

MIDWEST

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

January 6. "The Athlete's Foot" Indoor Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

January 27. Lincoln-Way Masters Indoor Meet, Lincoln-Way HS, Central Campus, Route 30, New Lenox, Ill. Mike Davis, 815/485-2879(e); 485-7676(d).

February 3. NIFS Open Indoor Meet. 19 yrs. and up. Age division heats. Fast, banked 200m track. Field events 5 pm/running 6 pm. National Institute for Fitness & Sport, 250 University Blvd., Indianapolis, IN 46202. 317/274-3432.

February 3 (tentative). Illinois Masters Championships, Proviso West HS, Hillside. USATF, Ray Vandersteen, PO Box 7019, Villa Park, IL 60181. 708-953-2052.

February 17. NIFS All-Comers Indoor Meet. See Feb. 3.

March 3. Kent State University Masters Championships, Kent, Ohio. Masters and submasters only; 300m indoor track. Doug Molnar, Track Office, Kent State U., Kent, OH 44242. 216/672-3991.

MID-AMERICA

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

February 4. Early Morning "R" Indoor Meet, Bethel College, Minneapolis, Minn. Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612/574-9661.

February 25. USATF Colorado Indoor Championships, USAF Academy, Colorado Springs. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-471-1650; fax 719-471-1663. Linda Sinclair, 1434 S. Zang St., Lakewood, CO 80228. 303-988-5930; fax 303-989-3613.

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

June 27. Denver TC Meet, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 14. Magnolia Indoor Meet, Jackson, Miss. M&W 30+. Open mile for m&w 20-39, \$200 winners; masters mile for m&w, \$100 winners. Magnolia Express TC, PO Box 54143, Pearl, MS 39208. Butch Ard, 601/939-3331.

February 3. Sooner State Games Indoor Sportsfest '96. Shawnee Expo Center, Century Center, 100 W. Main, Suite 287, Oklahoma City, OK 73102. Katrina Means, 405/235-4222.

June 1. USATF Southwest Association Open & Masters Meet, Loos Field, Dallas, Texas. John Pritchett, PO Box 821113, Dallas, TX 75382. 1-800-GO-RUN.

August 3. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 821113, Dallas, TX 75382. 214/979-0246.

WEST

Arizona, California, Hawaii, Nevada.

January 13. KELfield Throws Meet, Santa Cruz, Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

January 27. College of the Desert Meet, Palm Desert, Calif. 10:30 a.m. Grass track. No pre-registration. \$10 covers all events. Mike Castaneda, 619/321-9299.

ON TAP FOR JANUARY

TRACK AND FIELD

The Dartmouth Relays from the 5th through the 7th open the month indoors, while the Athlete's Foot, Rock Island, Ill., on the 6th, and the Philadelphia Meet on the 7th provide added pleasure. The 14th boasts indoor meets in Jackson, Miss., Providence, R.I., and Rochester, N.Y. The Hartshorne Memorial Masters Mile is set for the 29th time in Ithaca, N.Y., on the 20th. The Boston Indoor commences on the 21st at Harvard, and the Lincoln Way Meet is slated for the 27th in New Lenox, Ill. Indoor activity is available in the NYC area practically every weekend. For outdoor action, visit the Florida Senior Games, Haines City, starting on the 9th, or the College of the Desert Meet in Palm Springs on the 27th.

LONG DISTANCE RUNNING

On the 7th, the Jackson Day 9K hits the road for the 89th time in New Orleans, which also hosts the Mardi Gras Marathon on the 20th. A longer challenge is available on the 8th in the Walt Disney Marathon, Orlando. The Paramount 10K in California features a World Masters Division as well as a regular race for men and women 40+. On the 21st, runners can select a race from the 10K through the 50K in the Trackathon in Sacramento, or go with the flow in the Houston Marathon.

RACEWALKING

Almost every masters indoor meet includes a 1500, mile, or 3000 racewalk.

February 3. Olympic Developmental Clinic, James Logan H.S., Union City, Calif. 9 am - 5 pm. All ages; all levels. \$10. Lee Webb: 510-505-9557(h); 510-471-2520; 5113(o).

February 10-11. California Senior Olympics, Palm Springs. 55+. Ben Green, 480 South Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

February 18. Silver State Indoor Masters Classic, Reno, Nev. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

February 24-27. Running Springs Winter Games. 55+. Harry Lund, PO Box 2656, Running Springs, CA 92382. 909/867-2411.

April 13-14. 32nd annual Phoenix Invitational, Arizona State U. From youth through masters. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 602-949-1991.

April 14. Orange Spring Games (25+) & John Ward Masters Meet, Rancho Santiago College, Santa Ana. Al Siddons, 714-564-6936.

April 28. Crown Valley Senior Games (50+), Occidental College, Los Angeles. Christel Miller or Cynthia Vaughan, 818-397-4064.

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

Continued on next page

Continued from previous page

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

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

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

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

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

July 20. USATF West Regional Masters Championships, Cerritos College, near Los Angeles. Marvin Thompson or Doug Wells, 213-380-5409.

NORTHWEST

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

June 29-30. Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., 97405. 503/998-2858; 346-1073. Entry forms available in March.

August 3-4. USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

INTERNATIONAL

March 2. British Veterans Athletics Federation Indoor Championships, Birmingham Arena. Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

April 14-17. Senior Games, Bermuda, 50+. Also 10K road race. Senior Games, 460 Summer St., Stamford CT 06901. 800/867-5935.

July 7-13. WAVA Oceania Regional Championships, Papeete, Tahiti. Andy Galloway, Sports Alive, Box 19-052, Hamilton, N.Z. Ph: 07-838-0584; Fax 07-839-1785 or Box 2020, Papeete, Tahiti. Deadline: May 10.

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

August 21-24. WAVA North American Regional Championships, Eugene, Ore. M&W30+. 8K RR; 10K roadwalk for m&w. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 503/687-1989.

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

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

November 19-23. WAVA South American Regional Championships, Concepcion, Chile.

OPEN

March 1-2. USATF Indoor Championships, Atlanta.

June 14-23. USA Olympic Trials, Atlanta.

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

LONG DISTANCE RUNNING NATIONAL

February 11. USATF National Masters Half-Marathon Championships, Las Vegas. Al Boka, race director, PO Box 81262, Las Vegas, NV 89180. Phone/fax 702/876-3870.

March 31. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619/488-9556.

April 13. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvania Ln., Plainview, NY 11803. 516-433-0919.

September 15. USATF National Masters 48 Hour (or 24 Hour) Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

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

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

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

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

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

EAST

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

March 31. Cherry Blossom 10 Mile, Washington, D.C. Entry deadline March 1. SASE to NCB, PO Box 884, Middletown, MD 21769. 301-340-6699.

April 15. 100th BAA Boston Marathon. Qualifying by times and application. SASE with 55¢ stamp to Boston AA, PO Box 1996, Hopkinton, MA 01748.

SOUTHEAST

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

January 7. Walt Disney World Marathon, Orlando. 407/939-7810.

January 20. Plantation Prime 5K, Leesburg, Fla. Exclusively for 50+ runners. Track Shack, 1322 N. Mills Ave., Orlando FL 39803. 407/898-1313; 407/896-5473.

February 10. Carolina Marathon (U.S. Women's Olympic Trials), Columbia, S.C. SASE to Carolina Marathon, PO Box 5092, Columbia, SC 29250. 803/929-1996.

February 11. Hampton Coliseum Half-Marathon/5K. Coliseum Road Race, Hampton Building Dept., 22 Lincoln St., Hampton, VA 23669. 804/728-3235.

February 17. Charlotte Observer Marathon/NationsBank 10K (U.S. Men's Olympic Marathon Trials). Marathon, Box 30294, Charlotte, NC 28230. 704/358-5425.

February 24. Gasparilla Distance Classic 15K, Tampa. Gasparilla '96, PO Box 1881-RT, Tampa, FL 33601.

February 24. Blue Angel Marathon, Pensacola Naval Air Station. MWR, Code 22000, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 904-452-4391.

February 25. Colonial Half-Marathon, Williamsburg, Va. PO Box 399, Williamsburg, VA 23187. 801/221-3362.

March 16. Shamrock Marathon/8K/Masters 8K, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. 804-481-5090.

March 23. Azalea Trail Run 10K, Mobile. SASE to Azalea Trail Run, PO Box 6427, Mobile, AL 36660.

MIDWEST

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

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 7. 89th Annual Jackson Day 9K Race, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

January 20. Mardi Gras Marathon/Half-Marathon/5K. SASE to New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6681; 468-1488.

January 21. Houston-Tenneco Marathon & 5K, 5900 Memorial Dr., Suite 200, Houston, TX 77007. 713/864-9305; 800/409-6334.

February 4. Elmwood Classic 5K/10K, Metairie, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

February 18. Motorola Austin Marathon & Relays. SASE to Marathon, PO Box 684456, Austin, TX 78768. Lyle Clugg, director, 512/478-4608.

WEST

Arizona, California, Hawaii, Nevada

January 13. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

January 13. Paramount 10K World Masters Division. Qualifying standards for each age division. See above.

January 21. Trackathon, Sacramento, Calif. Runner selects race from 10K/20K/30K/marathon/50K on certified course. No race day entries. Paul Reese, 308 Forest Ct., Auburn, CA 95603. 916/823-0276.

January 28. Redondo Beach Super Bowl Sunday 10K. Conte Productions, 212 Yacht Club Way, Suite A-12, Redondo Beach, CA 90277. 310-798-2488.

February 11. Las Vegas Marathon, Half-Marathon, 5K/10K, Team Relay. Las Vegas Marathon, Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. Phone/Fax 702/876-3870.

February 18. L.A. County Race For The Cure 5K, Rose Bowl, Pasadena. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 619-434-1601.

February 19. Great Aloha Run 8.25 Miles, Honolulu. 1-800-528-7385.

March 3. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310/444-5544.

NORTHWEST

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

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

INTERNATIONAL

March 17. British Veterans Athletics Federation Cross-Country Championships, Coventry. Midland Vets, 111 Cooks Lane, Kings Hurst, Solihull, B376NU, Great Britain.

June 29-30. 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

OPEN

February 10. USA Women's Olympic Marathon Trials, Columbia, S.C.

February 17. USA Men's Olympic Marathon Trials, Charlotte, N.C.

RACE WALKING

March 29-31. USATF National Masters Indoor 3000 Championships, Greensboro, N.C. See T&F National Schedule.

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

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

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

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

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

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

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

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

Five Years Ago January, 1991

- Larry Almborg, 43, Christel Miller, 55, and Phil Raschker, 43, Named Top 1990 U.S. Masters T&F Athletes at TAC Convention in Seattle
- Norm Green, 58, and Ed Benham, 83, Voted Best Masters LDR Performers
- Eugene Kitts, 43, and Viisha Sedlak, 42, Named Top U.S. Masters Racewalkers
- Barbara Kousky Picked as Best T&F Administrator

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

M40-44			
Bruce Minard	1500M	4:17.01	07-21-95
Michael Mitchell	110H	16.75	06-17-95
Michael Skoflanc	Triple Jump	39-0½	03-25-95

M45-49			
John Casey	5K	16:42	09-16-95
Seldon Cooper	Shot Put	13.38	06-24-95
Bill Gale	200M	24.6	07-26-95
	400M	53.0	07-26-95
	800M	2:08	08-02-95
	1500M	4:23	07-21-95
	Mile	4:51	07-12-95
Paul Montgomery	200M	24:40	07-08-95

M50-54			
Bob Krummert	5000M	17:14	07-19-95

M55-59			
Andrew Almaraz	High Jump	5-0	10-28-95
Jim Clark	800M	2:24.01	05-20-95
	800M	2:26.58	07-14-95
	1500M	5:00.23	07-21-95
Robert Miller	100M	12.9	07-26-95
Al Salmon	Shot Put	37-1½	10-08-95

M60-64			
Bailey Abernathy	800M	2:34.72	09-30-95
Jim Platis	Long Jump	17-3½	07-16-95
	Triple Jump	34-8½	07-16-95
	Shot Put	36-4	07-16-95
	Discus	135-6½	07-16-95

Jim Peterson			
100H	17.97	08-06-95	
300H	51.88	06-17-95	
Long Jump	15-3½	09-17-95	
Discus	132-10	09-17-95	
Triple Jump	30-5	08-06-95	
Pentathlon	3182 Pts.	02-11-95	
Decathlon	5757 Pts.	07-14-95	

M65-69			
Bill Brobst	2000SC	10:26.88	07-22-95
Bob Higginbotham	100H	18.4	05-14-95
	Long Jump	4.21	02-26-95
Bill Pardue	100M	13.54	06-17-95
	200M	29.28	06-06-95
	100H	20.09	06-17-95
	300H	53.03	07-08-95

M75-79			
Harold Bach	400M	1:21.3	07-21-95
Joseph Perrin	5K RW	34:02	05-02-95
Ted Yenari	Pole Vault	7-0	06-09-95

M45-49			
Karen Davis	5K RW	27:43	07-06-95
Mary Lou Platis	Shot Put	29-1	07-16-95

M50-54			
Madeline Tingle	Shot Put	29-2	10-07-95

M60-64			
Carol Montgomery	5000M	25:30	09-24-95

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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

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

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

	1.5K	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	26:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:46	5:37:30
F35	7:22	8:03	16:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:56	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:16:01	1:56:49	2:39:54	3:27:38	4:18:30	5:00:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:16:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
F90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:26	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:06:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48</

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 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Maryland Senior Olympics Towson, MD; Oct. 6-8

Table of results for Maryland Senior Olympics, listing events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m, 400000m, 800000m, 1000000m, 1500m Racewalk, 5000m Racewalk, 10000m Racewalk, 20000m Racewalk, 50000m Racewalk, 100000m Racewalk, 200000m Racewalk, 400000m Racewalk, 800000m Racewalk, 1000000m Racewalk, 1500m Javelin, 5000m Javelin, 10000m Javelin, 20000m Javelin, 50000m Javelin, 100000m Javelin, 200000m Javelin, 400000m Javelin, 800000m Javelin, 1000000m Javelin, 1500m Shot Put, 5000m Shot Put, 10000m Shot Put, 20000m Shot Put, 50000m Shot Put, 100000m Shot Put, 200000m Shot Put, 400000m Shot Put, 800000m Shot Put, 1000000m Shot Put, 1500m Discus, 5000m Discus, 10000m Discus, 20000m Discus, 50000m Discus, 100000m Discus, 200000m Discus, 400000m Discus, 800000m Discus, 1000000m Discus, 1500m Hammer, 5000m Hammer, 10000m Hammer, 20000m Hammer, 50000m Hammer, 100000m Hammer, 200000m Hammer, 400000m Hammer, 800000m Hammer, 1000000m Hammer, 1500m Triple Jump, 5000m Triple Jump, 10000m Triple Jump, 20000m Triple Jump, 50000m Triple Jump, 100000m Triple Jump, 200000m Triple Jump, 400000m Triple Jump, 800000m Triple Jump, 1000000m Triple Jump, 1500m Shot Put, 5000m Shot Put, 10000m Shot Put, 20000m Shot Put, 50000m Shot Put, 100000m Shot Put, 200000m Shot Put, 400000m Shot Put, 800000m Shot Put, 1000000m Shot Put, 1500m Discus, 5000m Discus, 10000m Discus, 20000m Discus, 50000m Discus, 100000m Discus, 200000m Discus, 400000m Discus, 800000m Discus, 1000000m Discus, 1500m Hammer, 5000m Hammer, 10000m Hammer, 20000m Hammer, 50000m Hammer, 100000m Hammer, 200000m Hammer, 400000m Hammer, 800000m Hammer, 1000000m Hammer, 1500m Triple Jump, 5000m Triple Jump, 10000m Triple Jump, 20000m Triple Jump, 50000m Triple Jump, 100000m Triple Jump, 200000m Triple Jump, 400000m Triple Jump, 800000m Triple Jump, 1000000m Triple Jump.

Table of results for Philadelphia Masters Runner's Pentathlon, listing events like 3000m, 800m, 200m, 1500m, 400m, and Score.

Philadelphia Masters Runner's Pentathlon Swarthmore, PA; Oct. 29

Table of results for Philadelphia Masters Runner's Pentathlon, listing Name/age, 3000, 800, 200, 1500, 400, and Score.

SOUTHEAST

Florence TC Hot Feet Series Florence, SC; Sept. 23

Table of results for Florence TC Hot Feet Series, listing events like Weight Pentathlon, Shot Put, Discus, Hammer, and Javelin.

One-Hour Decathlon Atlanta, GA; Dec. 3

Table of results for One-Hour Decathlon, listing Name/age and Score.

Table of results for Hammer events, listing Name/age and Score.

WEST

Sri Chinmoy Masters Track & Field Meet Long Beach, CA; Oct. 29

Table of results for Sri Chinmoy Masters Track & Field Meet, listing events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m, 400000m, 800000m, 1000000m, 1500m Racewalk, 5000m Racewalk, 10000m Racewalk, 20000m Racewalk, 50000m Racewalk, 100000m Racewalk, 200000m Racewalk, 400000m Racewalk, 800000m Racewalk, 1000000m Racewalk, 1500m Javelin, 5000m Javelin, 10000m Javelin, 20000m Javelin, 50000m Javelin, 100000m Javelin, 200000m Javelin, 400000m Javelin, 800000m Javelin, 1000000m Javelin, 1500m Shot Put, 5000m Shot Put, 10000m Shot Put, 20000m Shot Put, 50000m Shot Put, 100000m Shot Put, 200000m Shot Put, 400000m Shot Put, 800000m Shot Put, 1000000m Shot Put, 1500m Discus, 5000m Discus, 10000m Discus, 20000m Discus, 50000m Discus, 100000m Discus, 200000m Discus, 400000m Discus, 800000m Discus, 1000000m Discus, 1500m Hammer, 5000m Hammer, 10000m Hammer, 20000m Hammer, 50000m Hammer, 100000m Hammer, 200000m Hammer, 400000m Hammer, 800000m Hammer, 1000000m Hammer, 1500m Triple Jump, 5000m Triple Jump, 10000m Triple Jump, 20000m Triple Jump, 50000m Triple Jump, 100000m Triple Jump, 200000m Triple Jump, 400000m Triple Jump, 800000m Triple Jump, 1000000m Triple Jump.

SOUTHWEST

Waterloo Weight Meet Buda, TX; Nov. 11

Table of results for Waterloo Weight Meet, listing events like Shot Put, Discus, Hammer, and Javelin.

Table of results for Hammer events, listing Name/age and Score.

WEST

Sri Chinmoy Masters Track & Field Meet Long Beach, CA; Oct. 29

Table of results for Sri Chinmoy Masters Track & Field Meet, listing events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m, 400000m, 800000m, 1000000m, 1500m Racewalk, 5000m Racewalk, 10000m Racewalk, 20000m Racewalk, 50000m Racewalk, 100000m Racewalk, 200000m Racewalk, 400000m Racewalk, 800000m Racewalk, 1000000m Racewalk, 1500m Javelin, 5000m Javelin, 10000m Javelin, 20000m Javelin, 50000m Javelin, 100000m Javelin, 200000m Javelin, 400000m Javelin, 800000m Javelin, 1000000m Javelin, 1500m Shot Put, 5000m Shot Put, 10000m Shot Put, 20000m Shot Put, 50000m Shot Put, 100000m Shot Put, 200000m Shot Put, 400000m Shot Put, 800000m Shot Put, 1000000m Shot Put, 1500m Discus, 5000m Discus, 10000m Discus, 20000m Discus, 50000m Discus, 100000m Discus, 200000m Discus, 400000m Discus, 800000m Discus, 1000000m Discus, 1500m Hammer, 5000m Hammer, 10000m Hammer, 20000m Hammer, 50000m Hammer, 100000m Hammer, 200000m Hammer, 400000m Hammer, 800000m Hammer, 1000000m Hammer, 1500m Triple Jump, 5000m Triple Jump, 10000m Triple Jump, 20000m Triple Jump, 50000m Triple Jump, 100000m Triple Jump, 200000m Triple Jump, 400000m Triple Jump, 800000m Triple Jump, 1000000m Triple Jump.

SOUTHWEST

Waterloo Weight Meet Buda, TX; Nov. 11

Table of results for Waterloo Weight Meet, listing events like Shot Put, Discus, Hammer, and Javelin.

Table of results for Hammer events, listing Name/age and Score.

WEST

Sri Chinmoy Masters Track & Field Meet Long Beach, CA; Oct. 29

Table of results for Sri Chinmoy Masters Track & Field Meet, listing events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m, 400000m, 800000m, 1000000m, 1500m Racewalk, 5000m Racewalk, 10000m Racewalk, 20000m Racewalk, 50000m Racewalk, 100000m Racewalk, 200000m Racewalk, 400000m Racewalk, 800000m Racewalk, 1000000m Racewalk, 1500m Javelin, 5000m Javelin, 10000m Javelin, 20000m Javelin, 50000m Javelin, 100000m Javelin, 200000m Javelin, 400000m Javelin, 800000m Javelin, 1000000m Javelin, 1500m Shot Put, 5000m Shot Put, 10000m Shot Put, 20000m Shot Put, 50000m Shot Put, 100000m Shot Put, 200000m Shot Put, 400000m Shot Put, 800000m Shot Put, 1000000m Shot Put, 1500m Discus, 5000m Discus, 10000m Discus, 20000m Discus, 50000m Discus, 100000m Discus, 200000m Discus, 400000m Discus, 800000m Discus, 1000000m Discus, 1500m Hammer, 5000m Hammer, 10000m Hammer, 20000m Hammer, 50000m Hammer, 100000m Hammer, 200000m Hammer, 400000m Hammer, 800000m Hammer, 1000000m Hammer, 1500m Triple Jump, 5000m Triple Jump, 10000m Triple Jump, 20000m Triple Jump, 50000m Triple Jump, 100000m Triple Jump, 200000m Triple Jump, 400000m Triple Jump, 800000m Triple Jump, 1000000m Triple Jump.

SOUTHWEST

Waterloo Weight Meet Buda, TX; Nov. 11

Table of results for Waterloo Weight Meet, listing events like Shot Put, Discus, Hammer, and Javelin.

Table of results for Hammer events, listing Name/age and Score.

WEST

Sri Chinmoy Masters Track & Field Meet Long Beach, CA; Oct. 29

Table of results for Sri Chinmoy Masters Track & Field Meet, listing events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m, 400000m, 800000m, 1000000m, 1500m Racewalk, 5000m Racewalk, 10000m Racewalk, 20000m Racewalk, 50000m Racewalk, 100000m Racewalk, 200000m Racewalk, 400000m Racewalk, 800000m Racewalk, 1000000m Racewalk, 1500m Javelin, 5000m Javelin, 10000m Javelin, 20000m Javelin, 50000m Javelin, 100000m Javelin, 200000m Javelin, 400000m Javelin, 800000m Javelin, 1000000m Javelin, 1500m Shot Put, 5000m Shot Put, 10000m Shot Put, 20000m Shot Put, 50000m Shot Put, 100000m Shot Put, 200000m Shot Put, 400000m Shot Put, 800000m Shot Put, 1000000m Shot Put, 1500m Discus, 5000m Discus, 10000m Discus, 20000m Discus, 50000m Discus, 100000m Discus, 200000m Discus, 400000m Discus, 800000m Discus, 1000000m Discus, 1500m Hammer, 5000m Hammer, 10000m Hammer, 20000m Hammer, 50000m Hammer, 100000m Hammer, 200000m Hammer, 400000m Hammer, 800000m Hammer, 1000000m Hammer, 1500m Triple Jump, 5000m Triple Jump, 10000m Triple Jump, 20000m Triple Jump, 50000m Triple Jump, 100000m Triple Jump, 200000m Triple Jump, 400000m Triple Jump, 800000m Triple Jump, 1000000m Triple Jump.

SOUTHWEST

Waterloo Weight Meet Buda, TX; Nov. 11

Table of results for Waterloo Weight Meet, listing events like Shot Put, Discus, Hammer, and Javelin.

Continued on next page

Continued from previous page

5000m RW
M55 Bob Nyman 29:57
M60 Bob Meader 30:45
M65 John Kelly 30:39
M70 Bob Davidson 45:49
M75 Jorge Newberry 37:00
W50 Jolene Steigerwalt 30:26
W55 Ena Dubenoff 36:15
W70 Joann Beers 37:13

KELfield Meet #43
Santa Cruz, CA; Nov. 18

Shot Put
M30 Tim Gleeson 37-3 1/2
M35 Eric Hodgdon 40-2 1/2
M45 Gary Kelmenson 36-1 1/2
M50 Rick Bahrons 38-10 1/2
M60 Stew Thomson 42-6 1/2
M70 GeeGee Toscano 27-9 3/4
Discus
M30 Shawn Gleeson 121-8
Tim Gleeson 96-10

M45 Gary Kelmenson 112-11
M50 Rick Bahrons 106-6
M60 Stew Thomson 165-5
M70 GeeGee Toscano 63-4
M30 Shawn Gleeson 125-0
M35 Chas Black 103-5
M40 Magnus Thordarson 120-11
M45 Gary Kelmenson 138-2
M50 Rick Bahrons 86-4
M60 Stew Thomson 164-7
Don Hughes 80-10
Javelin
M30 Shawn Gleeson 132-7
Tim Gleeson 130-0
M45 Gary Kelmenson 99-3
M50 Rick Bahrons 80-5
M60 Stew Thomson 83-5
Weight Throw
M35 Chas Black 38-11
Eric Hodgdon 38-4 1/2
M45 Gary Kelmenson 42-7 1/2
M60 Stew Thomson 54-6
Don Hughes 37-8 1/2
56# Weight
M35 Eric Hodgdon 26-4 1/2
Chas Black 25-10
M45 Gary Kelmenson 42-7 1/2
M60 Stew Thomson 27-2
Don Hughes 17-9 3/4

Club Northwest (Stenberg/O'Brien/Moore/Allison/Billett) 2:14:37
Tri Valley Frontrunners (O'Mara/Olsen/Chasen/Salamone/Zarenski) 2:15:49
Jamal Toads 2:16:21
Greater Lowl RR2:16:43
Maine Mstrs 2:16:55
50-59 Boston RC (Bernal/Comier/Laurent/Beaudin/Szawloski) 2:30:52
Cambridge Sports U (Brown/Burgos/Shalom/Stern/Pittman) 2:33:13
Merrimack Val 2:33:31
Syracuse Chrg 2:35:47
60-69 Snohomish TC (Iffrig/Mahaffey/Hilton) 1:36:58
Syracuse Chrg 1:41:07
New Eng 65+ 1:48:31
70-79 New Eng 65+ (Toabe/Bradley/Folsom) 2:01:30
Syracuse Chrg (Buckley/White/Zecher) 2:11:39

W40
1 Rita Cecil MA 30:18
2 Sheila Purves MA 31:04
3 Eileen Troy CT 32:31
4 Debbie Judge MA 32:53
5 Marilynn Bright MA 33:00
6 Mary Camire RI 34:00
7 Lisa Doucett MA 34:16
8 Pat Robinson MA 34:20

W45
1 Deb Bullerjahn MA 32:02
2 Susan Gustafson MA 34:01
3 Sharon Dobbyn MA 39:44
4 Peggy Hilton WA 39:58

W50
1 Jo Marchetti CT 33:12
2 Janet Bober MA 34:30
3 Nancy Frisillo NY 34:48
4 Heidy McGaffigan NH 35:19
5 Charlene Francis MA 37:06
6 Mardi Reed MA 37:18
7 Andrea Hatch MA 38:02

W55
1 Carrie Parsi MA 34:25
2 Madeline Bost NJ 36:38
3 Zofia Turosz CT 37:39

W60
1 Liz Szawloski NH 40:40
2 Mary Harada MA 41:56
3 Suzi MacLeod OR 42:14
Team Titles
40-49 Liberty AC (Cecil/Bullerjahn/Judge) 1:35:13
Cambridge Sports U (Purves/Doucett/Robinson) 1:39:40
Boston RC 1:44:07
50-59 Liberty AC (Parsi/Reed/Hatch) 1:49:45
Boston RC 1:52:16

EAST

SWR Middle School Halloween 5K
Shoreham, NY; Oct. 28

Overall
Tom Monahan 16:08
Linda Bowman 19:14
M40 Kim Spelman 20:50
Charles Mucci 23:17
M45 Bill Kish 19:15
George Skrivanek 19:32
M50 Maury Dean 17:26
Mike Service 18:31
Dan Ingegno 19:33
Joe Fitzgerald 20:05
Mike Polansky 27:01
M55 Joe Cordero 18:54
Jose Mendez 19:48
M60 Fred Blackburn 22:03
M65 John Moran 25:17
M70 Bill Merz 28:32
M75 Mel Freidell 30:47
W40 Pat Dorowski 20:12
Mary Stawski 26:42
W45 Thea Greene 25:30
W50 Gale Capone 29:43
W55 Daisy Mendez 32:56
W65 Jos Curtin 32:21
67°/w15mphSW/rain

Rockville Centre 10K
Long Island, NY; Nov. 4

Overall
John McKim 37 32:40
Ellen Giambalvo 37 39:03
M40 Mike Baard 34:42
Chris McKnight 35:32
Edward Nolan 36:08
John Lupski 37:26
Peter Skelos 37:46
M45 Bill Backe 35:11
Richard Games 39:43
Walter O'Brien 40:37
M50 Maury Dean 35:37
Mike Service 38:47
Dave Schechter 42:12
M55 Mike Goldman 41:19
Richard DePalma 46:17
Alfred Faro 47:14
M60+ Colin Harris 67 42:27
William Evans 61 44:45

Dick Sanborn 60 56:50
Don Resnick 67 57:30
M70 Herb Silber 57:19
Martin Handlers 61:55
M75+ Bill Benson 76 60:35
Mel Freidell 75 61:54
Waltler Moritz 77 67:48
W40 Jane McGraw 44:38
Mary VonBevern 45:00
Robin Kelly 46:04
Dennis Crowley 46:18
W45 Maureen Barry 48:21
Eliz Droel 50:39
Lorraine Desposito 50:44
W50 Hilary Boucher 46:31
Clodagh Murray 49:38
Annie Perry 50:29
W55 Barbara Evans 55:15
Gail Pisciotta 63:34
W60+ Barbara Libman 60 59:30
W70 Eileen Duggan 98:12
43°/sunny/w18-25mph NW

Schenectady Gazette
Stocked-athon 15K
Schenectady, NY; Nov. 5

M40 Ken Lally 50:10
Chip Button 52:53
Rob Picotte 53:04
M45 John Thorpe 51:56
Pat Glover 53:55
Ron Bagnoli 54:51
M50 Ed Frisillo 58:09
John Bradley 60:47
Doug Freese 61:03
M55 Fay Bradley 56:33
Sam Graceffo 59:10
Vincent Golgan 60:03
M60 Gerald Barney 61:52
Wade Stockman 62:26
Richard Shook 65:07
M65 Bob Gauvreau 64:43
Pat Fitzgerald 77:48
M70 Bob Hennig 72:48
Ed Buckley 72:51
M75 Nate White 78:25
Dan Geer 94:02
M80+ Dudley Healy 81 85:12
W40 Theresa Maguire 62:05
Char Davidson 69:00
Marcia Whitney 71:53
W45 Judith Swasey 70:46
Laura Clark 71:14
Candi Schermerhorn 73:53
W50 Nancy Frisillo 62:07
Jayne Zinke 63:23
Margaret Ferrara 73:49
W55 Margaret Betz 63:28
Marge Rajczewski 73:26
M60 Anny Stockman 76:29
Lois Bell 81:25
W65 Delores Quinn 83:16

Turkey Classic 5-Miles
Central Park, NYC; Nov. 18

Overall
Jerry Marcari 35 25:56
Gillian Horovitz 40 29:56
M40 Theodore Truet 29:55
U Conrado 30:06
Keeton Geer 31:34
M45 Jack Porzio 28:12
Peter Gambaccini 29:49
John Trifoi 30:18
M50 Maury Dean 28:52
John Lothrop 32:31
Christopher Jurkiewicz 34:19
M55 Michael Goldman 32:17
Jerry Kirschner 35:32
Andrew McKnight 35:34
M60 Dan Sokal 32:25
Alfred Finger 33:42
Minhone Valdomiro 34:49
M65 Joseph Burns 36:20
Joseph Simonte 38:57
Jack Ryan 41:19
M70 John McManus 35:57
Thomas Gibbons 40:54
Sab Koide 41:08
M75 Albert Goldstein 45:52
Wilfredo Rios 47:41
Vincent Carnevale 57:21
W40 Gillian Horovitz 29:56
Ann Hyman 34:07
Victoria Phillips 36:40
W45 Rita LaBar 40:18
Patricia Hyland 41:38
Ann Darby 42:41
W50 Cynthia Portella 39:27
Karen Hodell 40:40
Bonnie Dietrich 41:42
W55 Sara Herz 42:29
Billie Moten 44:06
Isobel Contento 44:38
W60 Wen-Shi Yu 37:29
Rosa Nales 39:11
Ruth Kassanga 42:57
W65 Toshiko D'Elia 38:22
Mendonca Adelaide 43:08
Dolly Finkelstein 46:58
W70 Joly Neulinger 1:00:23

Bohemia TC 5 Miler
Long Island, NY; Nov. 19

Overall
Cameron Stracher 25:13
Bea Huste 28:52
M40 Paul Mascali 25:45
Dan Brach 29:14
Steve O'Shaughnessy 29:41
M45 Bryan Pearsall 30:41
Dariusz Luniewski 30:50
Pat Viola 31:16
M50 Maury Dean 28:26
Bob Pike 30:28
Mike Service 30:58
M55 Gary Muhrcke 30:35
David Smith 31:42
Jose Mendez 32:14
M60 George Shreck 40:42
Tom Shaughnessy 41:48
M65+ Colin Harris 34:41
W40 Helen Visgauss 33:05
Linda Uttaviano 33:38
Kathy Oehrlein 34:16
W45 Estella Clasen 35:38
Pauline Gray 38:50
Krystyna Turzewska 38:53
W50 Nancy Tischler 34:04
Betty Horstmann 34:29
W55 Annette Frisch 37:14
W60 Alexandra Finger 47:24
W65+ Lillian Hamill 47:42

Syosset Sprint 4 Mile
Syosset, NY; Nov. 19

Overall
Don Di Donato 38 20:08
Dina Alborano 29 23:43
M40 Paul Mascali 21:00
Steve Calidonna 21:26
Mike Baard 22:43
Chris McKnight 23:26
M45 Bob Moritz 22:29
Jim Walsh 22:40
Joe Porcaro 22:50
M50 Maury Dean 23:19
Hugh Sweeny 24:28
Dan Badalament 24:31
M55 Lance Hugelmeyer 23:48
Joe Cordero 25:24
Mel Cowgill 26:13
M60 Geza Feld 26:24
Dick Opsahl 28:55
M65 John Corrigan 30:07
Jim Scovel 30:10
M70 John McManus 29:05
Herb Silber 37:00
M75 Bill Benson 76 38:00
Walter Moritz 77 45:09
W35 Ellen Giambalvo 26:30
Suzanne Shoen 27:00
W40 Burke Kancelik 24:46
Linda Uttaviano 27:05
Helen Visgauss 27:28
W45 Mary Rosado 26:53
Jacquie Gow 27:59
Judy Carroll 28:14
W50 Nancy Tischler 28:21
Betty Horstmann 28:36
Mary Nathan 29:32
W55 Annette Frisch 29:26
Billie Gail Moten 36:19
W60 Thelma Wilson 33:41
W65 DolyAnn Finkelstein 37:19
W70+ Althea Wetherbee 76:47:47
hilly/w20-35mph SSE

Manchester Road Race
(4.75 miles)
Manchester, CT; Nov. 23

M40 Geary Daniels 24:22
Ed Sparkowski 24:27
Bob Clifford 25:02
M50 Chas Parmalee 28:26
John Brittain 28:42
Laurence Chaves 28:55
M60 Joe Fernandez 29:57
Charles Dyson 32:39
Walt Gale 32:45
M70+ Phil Mongillo 35:21
Francis DiMarco 35:22
Charles Robbins 36:33
W40 Mary Dunn 29:49
Barbara Deubel 30:13
Karen Saunders 30:30
W50 Jo Marchetti 29:50
Jane Arnold 32:07
Zofia Turosz 35:28
W60 Jeanette Cyr 40:37
Gail Goddard 42:44
Ann Gillis 43:14
W70+ Adeline Kearney 44:07
Fran Tracy 54:02
Charlotte Lepak 59:21

Thanksgiving 10 Mile & 5K
(Florida RRCA Championships)
DeLand, Nov. 23

--10 Mile--
Overall
Denis Newman 26 53:39
Mary Alico 32 57:28
M40 Enrique Alvarez 54:44
Brian Peroni 41 58:34
Carl Musante 61:44
M45 Kevin Donnelly 65:45
William Smith 67:16

M50 Pete Weishaar 61:35
M55 Don Ardell 61:21
M60 Frank French 83:40
M65 Jim Blount 70:36
W40 Rissie Thieler 74:22
Carol Hansen 76:22
W45 Pat Beidelschies 77:46
W50 Bonny Wolff 76:58
Age-Graded Standings
Don Ardell 57 50:48
Enrique Alvarez 42 50:57
Mary Alico 32 51:08
Gary Cohen 38 51:36
Chris Cooper 37 53:00
Jim Blount 26 53:12
Denis Newman 66 53:39
Pete Weishaar 50 54:13
Rich Newman 37 54:45
Brian Peroni 41 54:52

5K
Overall
Justin Sarafin 18 17:37
Lori Diego 31 19:15
Masters
Joe Guthrie 44 18:39
Joe Filipczak 42 18:58
Hugh Wilson 55 18:59
Phil Brennan 44 19:12
Dana Morris 42 20:29
Linda Kline 44 22:39
Wendy Peroni 40 22:47
Susan Sides 48 24:04
Kathleen Wilson 48 25:41
Jane Curtis 45 38:22

Memphis Marathon
Memphis, TN; Dec. 4

Overall
Trent Morrell 25 2:26:24
Brenda Walton 38 2:49:39
M40 Doug Kurtis 2:31:19
Allen Choma 2:35:09
Gary Holda 2:35:29
Vladimir Urivoy 2:33:36
Richard Weeks 2:42:38
Ignacio Jimenez 2:46:42
M50 Doug Saari 3:05:06
Tom Finnegan 3:06:34
Dale Johnson 3:18:05
M55 Jerry McGath 3:00:22
Thomas Mayfield 3:02:28
Jim McElroy 3:20:01
M60 Malcolm Gillis 2:59:21
Louis Joline 3:27:03
Carlos Baldwin 3:49:15
M65 Frederick Connors 3:33:56
Hugh Sweeney 4:20:29
Jim Carter 4:40:20
W40 Marina Jones 2:56:43
Maureen Griffith 3:09:45
Terri Frost 3:10:51
W45 Judith Hine 2:57:40
Catherine Wides 3:19:46
Nina Bovio 3:26:10
W50 Renita Wallack 3:57:08
Bonnie Sanders 3:57:36
Gloria Cofer 4:00:53
W55 Marge Potter 4:05:53
Merion Knight 4:13:36
Doris Urbain 4:14:11
W65 Mabel Velge 5:19:18
Vera Whiteside 5:26:52

MIDWEST

Columbus Marathon
Columbus, OH; Nov. 12

Overall
Abdel Haki 23 2:15:56
Christine McNamara 29:23:38:45
M40 Gary Romesser 2:36:46
K Holzmueller 2:39:01
Kerry Brodert 2:39:29
Tim Hewitt 2:41:17
Jeff Brandt 2:44:57
Tim Reed 2:47:46
Wm Shultz 2:49:40
Eddie Smith 2:49:45
Steve Crane 2:50:00
Mike Brennan 2:50:16
Greg Szklarz 2:50:49
Tom Miller 2:52:23
David Bruning 2:54:00
Richard Cleary 2:54:03
Steve Briggs 2:54:15
Pat Gannon 2:54:28
Luigi Montagna 2:54:33
Robert Titus 2:54:35
W Munsey 2:55:22
Kim Kavluk 2:55:30
Robert Dunfey 2:56:25
Bradley Ross 2:57:07
Doug Leary 2:57:11
Tony Swentosky 2:57:32
Steven Shattis 2:57:49
Steve Burrows 2:57:59
Chris Mooney 2:58:07
Robbie Black 2:58:17
Jorge Arias 2:58:17

LONG DISTANCE RESULTS

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

NATIONAL

USATF National Masters 8K
Cross-Country Championships
Franklin Park, Boston; Nov. 18

M40
1 Wayne Jacob CT 25:48
2 Clay Stenberg WA 25:57
3 Ed Sparkowski CT 25:59
4 Geary Daniels MA 26:00
5 Rob O'Mara MA 26:09
6 Dave Raunig CT 26:13
7 John Quinn MA 26:15
8 Ken Leinbach MA 26:17
9 Bob Hodge MA 26:20
10 Kevin McCarey CA 26:34
11 Bob Clifford MA 26:43
12 Vladimir Krivoy MA 26:46
13 Bill Randall CA 26:53
14 Craig Moore WA 26:55
15 Joe Hall RI 26:56
16 Steve Calidonna NY 26:56
17 Phil Riley MA 26:57
18 Danny Paul ME 27:01
19 Allan Muir ME 27:02
20 Tom Bulger CA 27:04
21 Mike Allison WA 27:07
22 John Goodwin MA 27:10
23 Bob Chasen MA 27:13
24 Chris Farmer MA 27:18
25 Steve Gates CT 27:24
26 Ken Mercier MA 27:26
27 David Reik CT 27:31
28 Don Alvey MA 27:35
29 Don Salamone MA 27:37
30 Mike Mulloy MA 27:43
31 Rob Spaulding ME 27:44
32 Sam Hajj CA 27:46
33 Ed Zarenski RI 27:50
34 Cliff Matthews MA 27:54
35 Mark Billett WA 27:57
36 Jim Morriseau NH 28:00
37 Frank Whittenmore CA 28:04
38 Rene Charland CT 28:18
39 Rich Oviaan MA 28:21
40 Brent Hawkins CT 28:22
M45
1 Richard O'Brien -- 26:41
2 Al Swenson CT 26:54
3 Jerry Learned MA 26:58
4 Larry Olsen MA 27:00
5 Roger Price NJ 27:08
6 Jack Fultz MA 27:20
7 Ralph Fletcher ME 27:21
8 Dick Puckerin MA 27:39
9 Tom Carroll MA 27:42
10 Grant Ritter CT 27:45
11 Ron Newbury ME 27:47
12 Wayne Alukonis MA 28:02
13 Bob Hermes NY 28:10
14 Bob Enright CT 28:15
15 Peter Dane MA 28:16
16 Jim McGill WA 28:23
17 Judge Jones NH 28:42
18 Kevin McDonald ME 28:50
19 Chip Morgan NH 29:00
20 Henry Finch MA 29:04
21 Nick Caswell NY 29:15
22 Bob Pertak NY 29:31
23 Richard Murray MA 29:33
24 Anthony Galfano NY 29:40
25 Brian Kivlan NY 29:48
26 Jamie Gomez CT 30:15

M50
1 Terry Delph PA 28:17
2 Sumner Brown MA 29:04
3 Jon Stableford MA 29:19
4 Monserrate Burgo MA 29:23
5 James Laurent RI 29:58
6 Ron Kiba NH 30:04
7 Chuck Keating MA 30:09
8 Bill Marlow MA 30:14
9 Doug Brown NJ 30:19
10 Paul Rose NY 30:20
11 Ray Beaudin MA 30:21
12 Ed Frisillo NY 30:39
13 Chas Farrington MA 30:41
14 Isadah Shalom MA 30:51
15 Bob Lance NY 30:59
16 Richard Auger MA 31:16
17 Ted McKnight VT 31:24
18 Pete Szawloski NH 31:26
19 Robert Graham CT 31:28
20 Mark Stern MA 31:31
M55
1 Dave McGregor NH 28:39
2 Gabriel Bernal MA 29:30
3 Roland Cormier MA 29:37
4 Colman Mooney NY 29:56
5 Chas Kellogg NY 30:06
6 Bill Borla CT 30:16
7 Ken Mueller MA 30:24
8 Vince Colgan NY 31:07
9 Sam Graceffo NY 31:10
10 H Fankhouser NY 31:21
11 Bill Spencer NH 31:33
12 Robert Ludwig MA 31:35
13 Jerry Levasseur CT 32:06
14 Dan Cohen NY 32:31
15 Denis Daly NY 32:41
16 Martin Duffy MA 32:44
M60
1 Bill Iffrig WA 31:25
2 Derek Mahaffey WA 31:56
3 Bob Milner NY 32:09
4 Bob Brock NY 33:01
5 Jim Hilton WA 33:37
6 Jim O'Toole MA 33:38
7 Jack Kick MA 34:04
8 David Maxcy ME 34:49
9 Dana Sumner RI 35:05
10 Mel Preedy WA 36:08
11 Dick Sullivan MA 36:23
12 Fred White MA 36:46
M65
1 Joe Fernandez MA 31:58
2 Howard Rubin NY 35:57
3 Jerry Crockett OK 36:10
4 Fred Messina MA 38:18
5 Herb Hardman NH 38:46
6 John Nofle NH 44:06
M70
1 Ed Buckley NY 38:11
2 Sid Toabe MA 38:15
3 Russ Bradley ME 41:11
4 Ken Folsom NH 42:04
5 Carlton Mendell ME 42:19
6 George Brown CT 45:10
M75
1 Nate White NY 43:13
2 Bob Knowlton MA 44:10
3 Phil Campbell MA 45:29
4 Bob Matteson VT 46:53
5 Sid Zecher NY 50:15
Team Titles
40-49 Central Mass Striders (Jacob/Daniels/Raunig/Hodge/Hall) 2:11:17

Continued from previous page

Table with columns for runner name, age, and time. Includes runners like Kim Christian, Ken Kovacs, Vladimir Krivoy, etc.

SOUTHWEST

St. Eugene's Vineyard Run Oklahoma City, OK; Oct. 21

Table with columns for runner name, age, and time. Includes runners like Norman Roper, Shannon Compton, Stephen Owen, etc.

Table with columns for runner name, age, and time. Includes runners like M65 Perry Tension, Bob Alsbrook, M70 Fisher Lewis, etc.

Tulsa Run 15K

Tulsa, OK; Oct. 28

Table with columns for runner name, age, and time. Includes runners like Johannes Mabite, Lieve Slegers, M40 Doug Bell, etc.

WEST

Alhambra Moonlight 8K Alhambra, CA; Oct. 28

Table with columns for runner name, age, and time. Includes runners like Top 40+, Honor Featherston, Carol McLatchie, etc.

Monster Mash Dash 5K

Costa Mesa, CA; Oct. 29

Table with columns for runner name, age, and time. Includes runners like Steve Frisone, Kristin Farmer, M40 Dave Parsel, etc.

Santa Barbara Half-Marathon

Santa Barbara, CA; Nov. 4

Table with columns for runner name, age, and time. Includes runners like Adolfo Lopez, Misty Allen, M40 Gregg Horner, etc.

Dempsey Cancer Center 10K

Tucson, AZ; Nov. 5

Table with columns for runner name, age, and time. Includes runners like Kirk Bronander, Lisa Warneke, M40 Steve Foree, etc.

Hawaii Kai 5K

Honolulu, HI; Nov. 11

Table with columns for runner name, age, and time. Includes runners like Joel Peck, Jeannie Wokasch, M40 Michael Jinnett, etc.

Table with columns for runner name, age, and time. Includes runners like W40 Ellen Lucas, W45 Roki McMillian, W50 Roberta Medina, etc.

Mission Bay 25K

San Diego, CA; Nov. 18

Table with columns for runner name, age, and time. Includes runners like M40 Farley Simon, Jamie Kocher, Tyrone Farley, etc.

Diamond Head 8K

Honolulu, HI; Nov. 26

Table with columns for runner name, age, and time. Includes runners like Richard Matsumoto, Jeannie Wokasch, M40 James Munday, etc.

Sam's 5K

Honolulu, HI; Dec. 3

Table with columns for runner name, age, and time. Includes runners like Dan Winterroth, Jeannie Wokasch, M40 Frank Pugliese, etc.

California International Marathon

Sacramento, CA; Dec. 3

Table with columns for runner name, age, and time. Includes runners like Bruce Deacon, Michaela Reger, M40 Farley Simon, etc.

Table with columns for runner name, age, and time. Includes runners like M55 Herb Phillips, Robin Rogerson, Rolf Nebelung, etc.

Masters Female

Table with columns for runner name, age, and time. Includes runners like W40 Julie Coleby, Kathy Ward, Christine Kennedy, etc.

Chrevon 5K

San Ramon, CA; Dec. 3

Table with columns for runner name, age, and time. Includes runners like M40-49 Bryan Davis, Mark Ramirez, Eric Van Standifer, etc.

NORTHWEST

Willamalane Turkey Stuffer 5K Springfield, OR; Nov. 23

Table with columns for runner name, age, and time. Includes runners like Steve Ave, Maria Mutola, Gene Solomon, etc.

INTERNATIONAL

British-Irish Cross-Country Invitational (M9K/W6K), Dublin, Ireland; Oct. 18

Table with columns for runner name, age, and time. Includes runners like M40 Nigel Gates, Jerry Kiernan, Barry Atwell, etc.

Table with columns for runner name, age, and time. Includes runners like Team: Eng 14/Wales 43/Ire 50, M45 Mike Hager, Alun Roper, etc.

Dutch National Championships

Marathon Etten-Leur; Oct. 29

Table with columns for runner name, age, and time. Includes runners like M40 Wim Sterrenburg, M45 Victor Maliy, etc.

RACE WALKING

Henry Laskau 5K Racewalk Coconut Creek, FL; Oct. 28

Table with columns for runner name, age, and time. Includes runners like Linda Stein, John Fredericks, M40 Carey Weikon, etc.

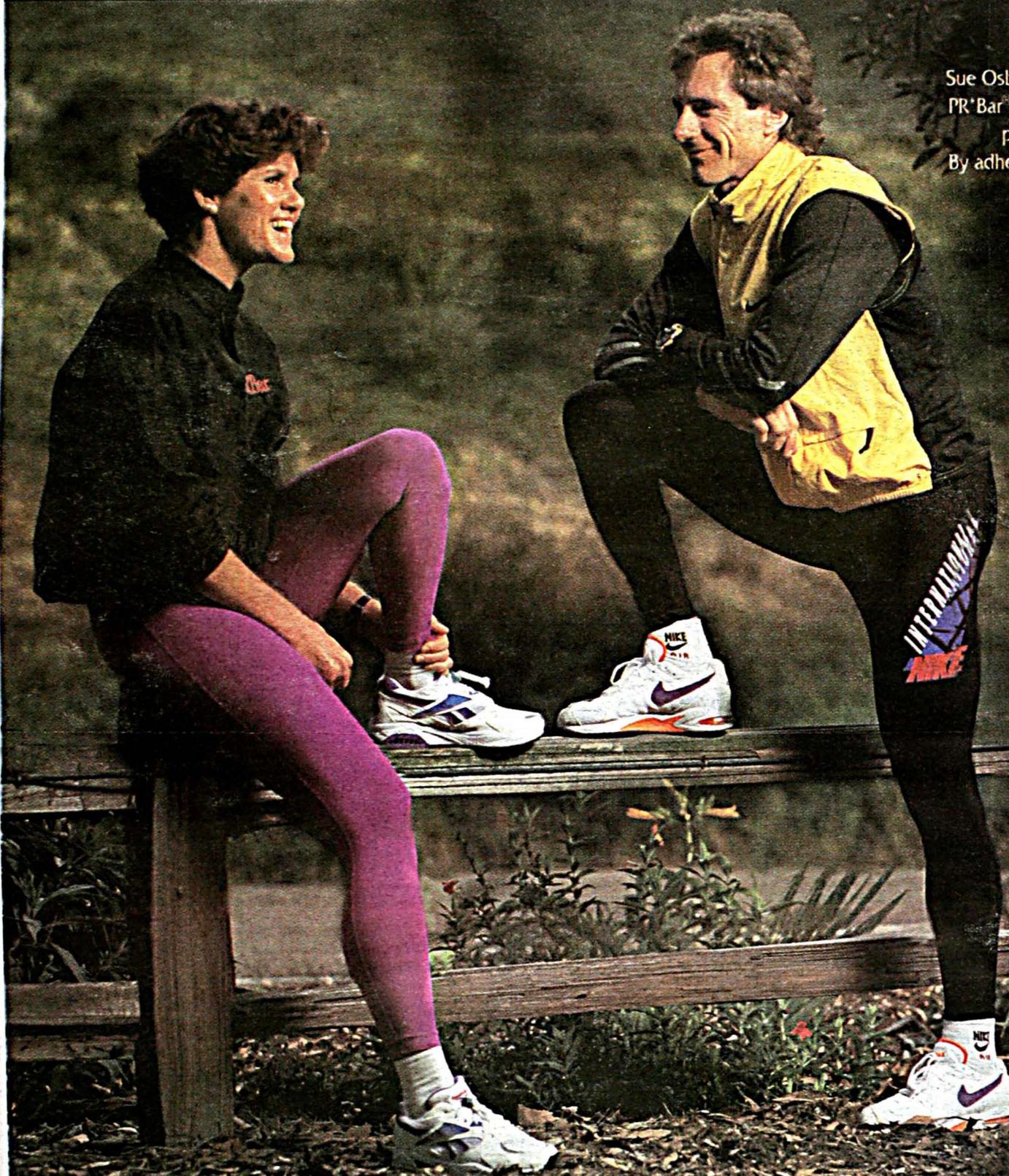
Grand Prix #1 5K Racewalk

Central Park, NYC; Nov. 26

Table with columns for runner name, age, and time. Includes runners like Overall Khang Vo, Harriet Carter-Range, M40-49 Nicholas Bdera, etc.

HAPPY HOLIDAYS AND A HEALTHY NEW YEAR!

Burn It Off.



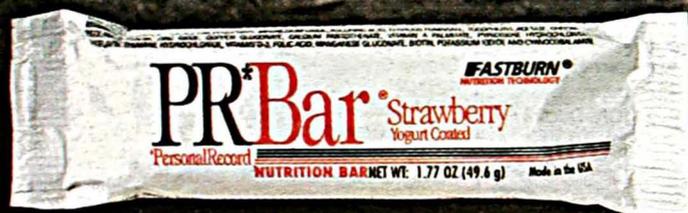
Sue Osborn, runner and triathlete, used the PR*Bar® and Nutrition Program to lose nine pounds of body fat in just six weeks. By adhering to the 40/30/30 program, Sue knows she can easily lose those off-season pounds.

Are you having trouble losing body fat or achieving the athletic goals you want? If you're working out three, four, five, or more times a week and eating a high-carbohydrate, low-fat diet, but still aren't getting the results you want, maybe it's time to consider a new approach.

The basis of the PR*Bar® and Nutrition Program is to burn more stored body fat by moderating carbohydrate intake, resulting in a body with less stored fat and more endurance and energy. The average athlete has enough energy stored as body fat to do two marathons back-to-back. A diet high in carbohydrates not only inhibits your body's utilization of stored body fat, but increases fat storage and limits your endurance. The PR*Bar® and Nutrition Program provides a well-balanced ratio of carbohydrates, proteins, and fats to help you access stored body fat for energy.

If you are ready to make a commitment, the PR*Bar® and Nutrition Program is for you.

This program provides a complete personalized plan, whether your goal is to lose excess body fat or enhance your athletic performance. Isn't it time you make the call?



We'll Change the Way You Look with Nutrition!
Voted best-tasting bar.

Call Today. **1-800-397-5556**
PR*Bars® are not available in stores.

PR*Nutrition, Inc. 5825 Oberlin Dr., San Diego, Ca 92121 Ph: 619.658.9200 Fax: 619.658.0577 Made in the USA © 1996 PR*Nutrition, Inc.
PR*Nutrition on Internet: <http://www.the.group.net/prbar/prhome.htm> * E-mail: prbar@thegroup.net