

DeNoon, Richards-Kerr Top Racewalkers

Mulkey, Raschker Named Best 1993 T&F Athletes; Rodgers, McLatchie Top LDR Picks

Phils Also Sweep Multi-Event Awards; Harvey Named Top Administrator

Phil Mulkey, 60, of Atlanta, Ga., was named the outstanding age-40-and-over male track and field athlete of 1993 by the Masters Track and Field Committee of USA Track & Field, the national governing body for athletics in the United States.

Philippa (Phil) Raschker, 46, also of Atlanta, was voted the top female masters performer by the same group at the 15th annual convention of USATF in Las Vegas on December 2.

Mulkey and Raschker were also named the year's best multi-event athletes, while Mulkey won the award for the best single performance of the year for his 8546-point decathlon victory at the World Veterans Championships in Miyazaki, Japan.

Rex Harvey, 46, of Mayfield Heights, Ohio, was named the outstanding administrator of the year for the second straight year, while the top

racewalking awards went to Don DeNoon, 50, of Carbondale, Ill., and Sally Richards-Kerr, 41, of Evergreen, Colo.

It was the first athlete-of-the-year award for Mulkey, who represented the USA as a decathlete on the 1960 Olympic team.

For Raschker, it was her seventh honor as female masters athlete of

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Matson, Filutze, Cummings, Green Among 22 Runners Honored by USATF at Convention

Bill Rodgers, 46, and Carol McLatchie, 41, were among 22 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 15th annual convention in Las Vegas on December 2.

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

Rodgers, of Sherbourne, Mass., dominated his M45 division in races from 5K to the half-marathon. He set four new U.S. M45 road records at 8K (24:32 in Boston on April 10), 10K (30:50 in Cleveland on May 16), half-marathon (1:08:05 in Kansas City on June 6), and 30K (1:39:18 in Hamilton, Ontario on March 28). His age-graded percentage average in the four races was a superb 96.1%.

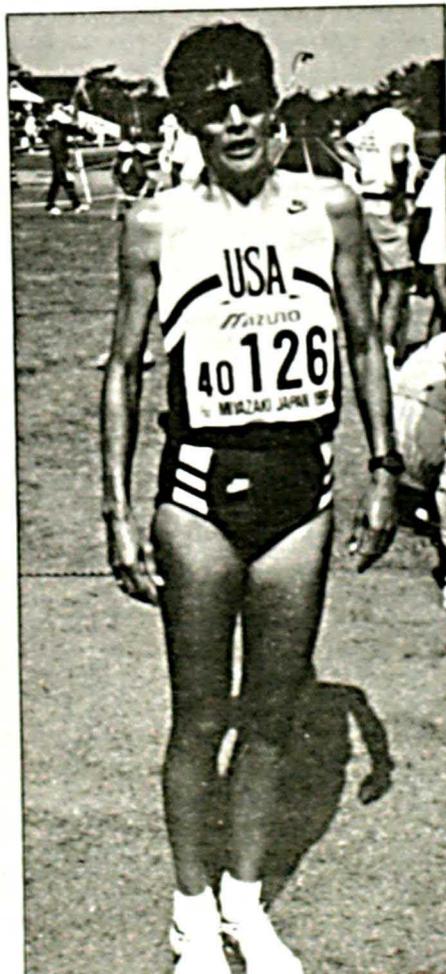
McLatchie, 41, of Houston, was

voted the top U.S. W40-44 runner. In 1993, she recorded times of 16:51 (5K), 28:51 (8K), 34:17 (10K), 42:47 (12K), 53:19 (15K), and 1:14:49 (half-marathon). In addition, she won two world track titles in Miyazaki, Japan, in the 1500 and 5000. Through October, McLatchie was the top prize-money winner among the world's female masters runners with \$15,900, more than double that of her nearest

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Phil Mulkey and Phil Raschker



Carol McLatchie



Bill Rodgers

Photo by Sailer, Ltd.

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Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Managing Editor: Sylvia Stoller
Contributing Editor: Jane Dods
Circulation Manager: Stark Services
Advertising Manager: Will Decker, 714/770-8050
Production Manager: Carol Covey
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Track & Field Records: Pete Mundle
Long Distance Records: Road Running Information Center
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Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), John Boyle (FL), Bob Fine (FL), Carl Hammen (RI), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Tim Murphy (TX), Pete Taylor (PA), Mike Tymn (HI), John White (OH), Maurey Dean (NY), Phil Raschker (GA).

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Photographers: Vic Sailer (NY), Tesh Teshima (HI), Jerry Wojcik (CA), Hank Kiesel (MO).

Creative Art: Eugene Paasinen, Herb Parsons

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

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

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

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

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Norm Green, Jr., 61, Wayne, Pa., winning the M60 race (54:47) and \$500 for the best age-graded performance, USATF National Masters 15K Championships.

Photo by Paul Murray

Green Tops Field in National 15K

by PAUL MURRAY

Norman Green, Jr., 61, Wayne, Pa., posted the top age-graded time of 43:35 in the USATF National Masters 15K Championships at the Schenectady Gazette Stockade-athon, Schenectady, N.Y., on Nov. 7, with a 54:47, which earned him \$500 in prize money. Vinny Reda, 41, Voorheesville, N.Y., was the first masters finisher, placing sixth overall in 49:38. His time was fourth (46:30) on the age-graded list, good for \$250.

Reda trailed Joseph Nzau, 44, currently living in Scotia, N.Y., for most of the race, but passed the Kenyan star with a strong kick in the last 300 meters. Nzau finished in 49:41, but was declared ineligible for the USATF awards because he does not have permanent resident status.

Ray Kneer, 51, Sunny Hill, N.Y., won the M50 bracket and pocketed \$400 for placing second (46:09) in the age-graded rankings with a 52:50. Ed Stabler, 61, North Syracuse, N.Y., had the third-best age-graded time (60:00/46:14), good for \$300. Fifth place in the age-graded competition and \$200 went to Atlaw Belilgne, 48, of NYC.

The first masters woman was Joan

Continued on page 5



Joan Butler, 41, Cazenovia, N.Y., first masters woman (61:04), USATF National Masters 15K Championships.

Photo from Paul Murray



Vinny Reda, 41, Voorheesville, N.Y., first master runner (49:38), USATF National Masters 15K Championships.

Photo from Paul Murray

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WORLD CHAMPIONSHIPS

I wanted to compliment you on the outstanding coverage of the World Championships (Dec.).

Not only was the competition accurately and competently reported, but the feel of the meet and mood of the environment and the atmosphere of Japan was magnificently reproduced --much better than I thought that it could have been reproduced in writing. It really was a spectacular championship, and although I came back with silver instead of gold, it was a thrill to be a part of it and to participate at Miyazaki.

Thank you once again for you and your staff's outstanding reporting of Miyazaki, as well as your continued support and reporting of masters track and field. We all greatly appreciate your efforts.

Kenneth L. Popejoy
Wheaton, Illinois

(Popejoy will run a few of the indoor Runner's World Masters Mile races next spring and formally wind up his masters career at the USATF National Masters Indoor Championships on March 27 at Columbia, Mo. This will be his 30th year of track and field competition. -- Ed.)

AGE-GRADING

I am interested in the infatuation some in our sport seem to have for age-graded results. I don't need to "level the field" if I want to see how I would do against others in the 100/200 meters, all I need do is drop down one age group and let Hugo, Mathis,

Weaver and others show me how I would fare.

That is not necessary, however, as I get all the "recognition" I want when I compete against Harry Brown, Dick Marlin, Huel Washington, Bruce Springbett, Sanchez, Hitt, and a long list of others who have "slam dunked" me on occasion. The joy of this sport is to line up on a given day, and go against whoever is there - win or not.

I am not a 20-year old sprinter at Bradley U. any more, and I am not an open runner today. I am a 63-year old sprinter, who loves to compete against all who run my events.

No paper competition for me, give me the real thing please.

John S. Poppell
Panama City, Florida

Given the opportunity to direct the biggest prize-money race in the Washington, D.C. area (the Central Fidelity 8K on Sept. 12), I took a hunk of the \$25,000 and put it to Masters, and further put it against the age-graded tables.

I truly think this is the wave of future running. I want to congratulate you, Norm Green, Rex Harvey, and others for the hard work it must have taken to create these tables. They are certainly accurate and, as I said at our press conference when I explained them to the audience, not soft. You have to be a real runner to do well on them.

It has certainly been an educational process, however. Incredible to me are the number of women masters who've

never heard of them and, once given the idea, do a math-panic at figuring out their times. Those over 45 are wild with excitement.

One master, about 41, doing well, called to refuse my invitation and a full-fare ticket to say running against the tables was (I quote her) "for shit." I wanted to say back, "sounds like you don't want to lose to a better runner," but I was nice and said we'd talk again when she was 50.

Some people don't get it. Once you accept the principle that you deserve money at all over age 40, you accept the whole bag. Anyway, being a race director isn't easy, although the athletes are mostly wonderful, especially the masters.

Kathrine Switzer
Vienna, Virginia

I was interested to see the age grading of the events from the USATF National Masters Track meet in Provo, compiled in the October NMN. However, I noticed that in the event I raced, the 10,000 meters, some of the listed runners (including the "winner") were runners I do not remember seeing, and who do not appear in the meet results.

Even in age-graded competitions, I think it is only fair that actual participation be a requirement for placing. What are the true age graded results, after the ghosts are removed?

Roland T. Rust
Nashville, Tennessee

(Thank you for noticing, and we apologize for the error. The correct men's 10,000 results are: 1. Charles Williams (60, 31:21), 2. Darrell Natter (55, 31:43), 3. John Brennard (55, 31:54), 4. Norman Roper (35, 32:04), 5. Ken Valasquez (30, 32:10).)

STEVE REEVES

Mike Tymn's article on bodybuilder/actor Steve Reeves in the November 1993 issue of *National*

Masters News was interesting and informative. The accompanying photo of Reeves and Tommy Kono was a nice addition.

Kono, however, was not an Olympic diver but a weightlifter. Kono was a two-time Olympic champion, eight-time World champion, three-time Pan-American champion, and twelve-time U.S. champion. During his competitive career he set twenty-six world weightlifting records and in 1983 was voted the greatest weightlifter in history by the International Weightlifting Federation.

Fred Lowe
Lansing, Michigan

(The caption was a typesetting error by NMN, not Tymn. Thanks for the correction. --Ed.)

GEORGE SHEEHAN

Masters runners will be forever indebted to George Sheehan. We both owe and share our inspiration in our sport with him.

Sheehan was one of us, sharing his own goals and pain. His words provided the inspiration of a teacher, to help us become something better than we thought possible. Because of him, we can share the excitement of new-found strength and the ease of cruising through our own personal barriers.

Alan Bangs
West Los Angeles, California

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We have travelled to several national meets -- most recently in Provo, Utah, and Kingsport, Tenn. -- and, no matter where we are, we tell our new and old friends about the wonderful *National Masters News*.

We will pass out the subscription cards everywhere we go.

Thank you again. We all appreciate what you are doing for us.

Dolores Rogers
Alpharetta, Georgia

(You're very kind. If anyone else would like to pass out subscription cards, let us know and we'll happily send you a bunch. --Ed.)

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Hunter, Ireland Win National 25K

by JERRY WOJCIK

Mark Hunter, 42, Houston, Texas, and Mindy Ireland, 42, Encinitas, Calif., turned in masters firsts in the USATF National Masters 25K Championships, held along with the Mission Bay 25K, in San Diego on Nov. 20. Hunter, fifth overall in 1:29:36, left second place to Bob Hawker (40, 1:30:42), La Mesa, Calif., and third to M45 race winner Hayden Smith (45, 1:32:47), Tucson, Ariz.

Herb Phillips, 53, Burnaby, British Columbia, was first in the M50 division with a 1:32:51. Larry Worth, 55, Highland Village, Texas, won the M55 contest in 1:36:53. Pat Devine, 65, was

the gold medalist in the M65 race with a 1:49:54.

Ireland, took the W40+ title in 1:42:14, with Sarah Rees (43, 1:42:47), San Diego, second. Cathy Kaechele, 47, San Diego, won the W45 race with a 1:53:17.

Phillips, among the men, and Ireland, for the women, produced the best age-graded performances with adjusted times of 1:19:47 and 1:25:07, respectively.

The race, run on a scenic, flat, fast course around Fiesta Island, and in its 27th year, was directed by Joni Shirley and hosted by the San Diego TC. □



Winning W40+ team, Fleet Feet: (from left) Frances Clark, Barbara Ekstrom, Beverly Pritts, Nancy Smith, Karen Erb and Ecris Williams, Annapolis 10 Mile. Photo by George Banker

Sparks, Semer Age-Graded Bests in Columbus Marathon

by JERRY WOJCIK

Ken Sparks, 48, Chagrin Falls, Ohio, and Whayong Semer, 65, Fremont, Ohio, both won \$500 for the best M40+ and W40+ age-graded performances in the Columbus Marathon on Oct. 24.

Sparks won the M45-49 race in 2:32:55 for an age-graded 2:18:34. Semer, W65-69 winner in 3:36:57, won

her prize with an age-adjusted 2:42:44.

Overall masters firsts Allen Choma, 40, Columbus, and June Schlabach, 45, Bexley, Ohio, both took second-place, age-graded honors, worth \$300; Choma finishing in 2:27:30 (2:21:00) and Schlabach in 2:58:51 (2:44:07).

Running in moderate temperatures — 48° to 64° — and calm conditions, 3630 runners finished. □

National 15K

Continued from page 3

Butler, 41, Cazenovia, N.Y., with a 61:04. Jayne Grout, 50, Niverville, N.Y., the second masters woman, finished in 64:36. Marieta Gill, 41, Saugerties, N.Y., placed third in 66:08. Gloria Brown, 61, Grand Island, N.Y., won the W60 division in 69:45 and

posted the top female age-graded time but did not crack into the top-ten cash prize winners.

The Troy RC won team titles in both the M40 and M50 divisions. The Syracuse Chargers won the M60 and M70 titles as well as the W40 team championship. □

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(Orange, Tropical, Lemon & Fruit Punch)

Carbo Fuel (powder) - Retail \$19.99

1-\$15.99, 3-\$45.99

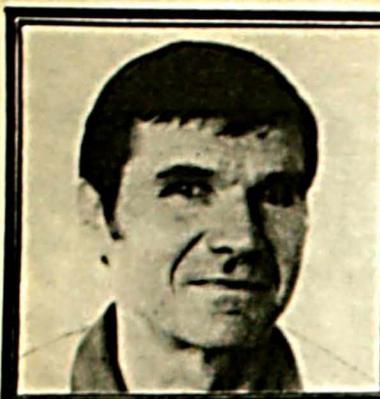
Phosfuel - Retail \$18.99 - 1-\$14.99, 3-\$41.99

Pro Optibol

Chocolate, Vanilla, Very Berry & Original
Retail \$26.99 Our Price \$21.59, 6-\$19.99 each

Leppin

Apple, Banana, Grape, Lemon-Lime, Peach, Pineapple, Strawberry & Vanilla
Squeazy 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



Third Wind

by Mike Tynn

Running a Race is not as Easy as Running in it

“Press ‘1’ to get the menu in English; press ‘2’ to get the menu in Japanese.”

Those are the recorded instructions you’ll get if you dial the number in the phone book for the Honolulu Marathon Association during the week preceding the race.

If you opt for the English menu, you’ll be told to press ‘1’ for information on registration, ‘2’ for race and course information, ‘3’ for packet pickup information, ‘4’ for race week activities, ‘5’ for travel and hotel information and ‘6’ if you’d like to volunteer to help out.

If there is something else you’d like to ask about, leave your name and number and someone will call you.

All that is part of modern-day race administration for a big event.

I can recall when you needed only a few dozen tongue depressors with numbers on them, a clipboard with two sheets of paper, a stopwatch, a pocketful of medals, and three or four volunteers to put on a road race.

Not any more. These days, the logistics of race administration are much more demanding and complex. A race director needs a truckload of equipment, an army of volunteers,

months of preparation, and some benevolent sponsors.

Crisis in Hawaii

As a result of increased demands placed upon race organizers, there appears to be a crisis of sorts here in Hawaii. We’ve had several popular races fail, not because of lack of interest, but because of lack of volunteers and/or sponsors. I’ve heard of similar problems on the Mainland, most recently the cancellation of next year’s Cascade Runoff in Portland, Ore.

“The problem seems to be severe burnout among race organizers and administrators,” said Tom Smyth, a retired Marine Corps colonel who has directed many races in Hawaii. “That, and a lack of a cadre of young people coming in to take the place of those leaving.”

Scott Hamilton, a former national president of the Road Runners Club of



The early part of the Bowling Green 10K Classic held Oct. 16 in Bowling Green, Ky. Among the lead runners is Nick Rose (#1), the top-ranked masters distance runner in the world. He’s running alongside John Doherty, who won the race in 28:43. Rose 41, a former All-America runner at Western Kentucky University, finished sixth overall in 29:43 and was the first masters runner.

Photo by Don Sargent

America and long a prime mover in the Hawaii running community, agrees with Smyth.

“It’s administrative fatigue,” Hamilton said. “What motivation is there for someone to volunteer to help out in a race? If you’re a runner, you’d probably prefer to run in the race than run it. Administering a race is not that much fun after you’ve done it a few times; it’s a chore. Who wants to get up at 4:30 on a Sunday morning to go out and set up cones along the road? Then, if things don’t come off perfectly, you get a lot of flack from the participants.”

Directing is Time-consuming

Directing a major event these days involves much more than working the day of the race.

“You’ve got to start about six months in advance of race day,” offered Ruben Chappins, who directed a major triathlon in Hawaii until the sponsor pulled out. “As the race approaches, you spend more and more time. Within two months of the race, it becomes pretty much a full-time job. Jon Cross (Honolulu Marathon race director) is my son’s dentist, and he’s not in his office a good month before the marathon.”

Cross, who has been connected with the Honolulu Marathon in one position or another for 10 years, admits that at the conclusion of the event every year he has reservations about serving again the following year. He admits to enjoying the association with the runners, but finds himself increasingly questioning himself as to whether that’s enough to offset the headaches and the financial losses that are forced upon him by the needs of the event.

Lack of Volunteers

Jim Barahal, Honolulu Marathon Association president, said that the biggest problem in recent years is finding volunteers to assist in putting on the race. While there are seven board members who volunteer their time year round, the demands during race week

far exceed the supply of volunteers.

“You can find people willing to put in a few hours here and there, but very few that will take the whole week off from their jobs to assist us,” Barahal said. As a result, Barahal has had to fly in volunteers from the Mainland — people who are willing to help out in exchange for a free trip to “Paradise.”

No One Has a Solution

No one seems to have any solutions to the problem. I sure don’t. It would be nice if all communities supported events as the Japanese did in Miyazaki, but I suspect that if the people of Miyazaki had to do it every year, they’d eventually tire of it and gradually withdraw support.

Even if the community rallied behind the major event of the year, what about all the smaller events? If all the support crews needed could be paid for their time, there might not be a problem. The problem there, however, is finding sponsors to do the funding, and there are just not enough of those around.

Then again, maybe I do have a solution: Take all the people receiving welfare payments and require them to serve in some capacity, such as handing out cups, cleaning up the streets, putting out the cones, serving as course marshalls, whatever. If they refuse or don’t do it right, they don’t get their next welfare checks.

Beyond that, we can only hope that more people press ‘6’ to volunteer. □

What It Takes to Put On A Road Race

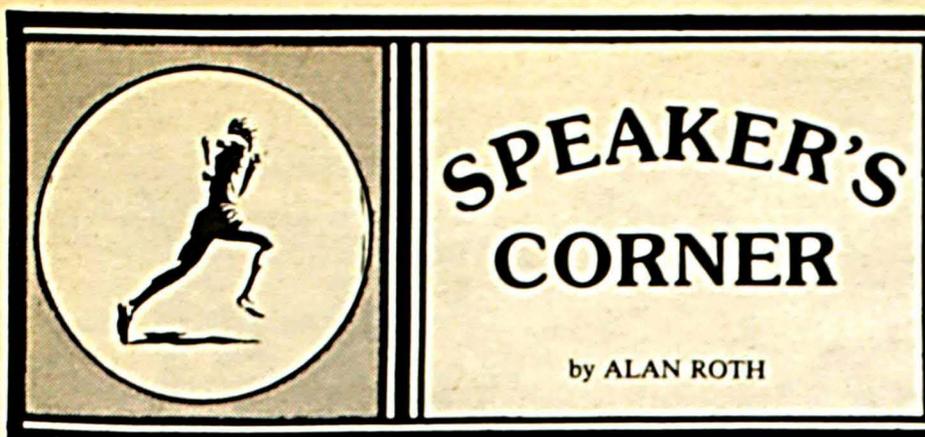
If you’re going to put on a road race in Hawaii and do it right, you must:

- Obtain a permit from the city to use the streets and/or a park.
- Have race applications printed and distributed throughout the state.
- Estimate the number of entrants and order T-shirts for all finishers.
- Purchase awards for about two dozen age groups.
- Chart the course and arrange for course certification.
- Hire off-duty police officers to control traffic.
- Procure liability insurance to protect yourself in case of an accident.
- Recruit (or beg for) dozens of volunteers to staff aid stations, the finish line, and to handle other duties.
- Arrange for a media vehicle and a pace vehicle with a digital clock mounted for the lead runners.

- Set up aid stations along the race route and be sure there is a selection of fluids.
- Have a doctor and nurse in attendance at the finish.
- Place cones, directional signs, course marshalls and split timers along the route.
- Obtain the services of a computer company to handle the finish line and results.
- Hire an announcer to call out names at the finish line and act as an emcee during the award ceremony.
- Set up finish-line chutes.
- Persuade some companies to donate prizes for drawings and/or refreshments for runners.
- Arrange for entertainment before the award ceremony.
- Clean up the mess after everyone has gone home.
- Finally, be prepared for all kinds of negative criticism if things don’t go as planned.

—Mike Tynn

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.



Running with the President

The invitation to run with the President was totally unexpected. The run was arranged by the New York headquarters of the Achilles Track Club. I was asked to join three New York Achilles members and a volunteer and to bring three members from the local chapter. We required that everyone from Achilles be able to run at least the first mile with the President. And we also wanted a good array of disabilities to fully represent the diverse membership of Achilles.

We were all cleared by the White House the week before the run. The schedule was for us to pass through security at 6:45 a.m. and be ready to run at 7 sharp. By 7:00 we were inside and ready but where was the President? An advance person showed up and explained that we were to run in East Potomac park (Haines Point) and the President would meet us there. We made our way down to the park and got ready to run.

When the President arrived, we were lined up at the side of the road for a formal introduction and hand shake. Then the President moved out to the road and we joined him as he started to run very slowly. Two large press vehicles were moving slowly in front of us and the Secret Service people brought up the rear.

The President explained that he starts out slowly as he has allergies and it takes a little time for him to adjust to running and the environment. The first few hundred yards were probably at a 10 minute pace. It was photo-op time for the press just in front of us. Then the press vehicles sped up and were quickly out of sight.

The President picked up the pace to about 9 minutes a mile and even our slower runners were still with us. The President gave a short history lesson on buildings we could see across the channel from the park.

We then talked with the President about the road we were on and the important role it plays in the Marine Corps Marathon, the Cherry Blossom 10 Miler and other local races. The President then asked the various Achilles members about their running experiences. Brenda Levy spoke of the gold medals she had just won at the Maccabiah Games in Israel. The President showed real interest in each individual.

As we neared Haines Point, we could see the press gathered for another photo-op. We had a near accident as our blind runner slightly tripped on the wheel of one of the wheelchairs just as the cameras were

shooting. I was moving to the outside to give more room next to the President for our members and slightly tripped as my right foot hit the curb. Of course the footage used on TV that night was of that wonderful moment.

We were now getting into mile two and the pace was about 8:30 to 8:45 per mile. Jeff Pledger, who is totally blind, was running alongside the President, Jeff was being guided by Andy Tisch who is on the Achilles Board of Directors and was instrumental in setting up the run with the President.

We spoke a bit about personal bests. Jeff is one of the nation's top blind runners with a 3:16 marathon, a 39:20 10K and a 19:30 5K. The President said he has done a 47:20 10K. He expressed his admiration for Jeff's accomplishments.

We were running along Ohio Drive with the Potomac River on our left. The two wheelchairs were just a little ahead. Jeff, Andy, Helene and I were running alongside the President and one Secret Service agent was running just behind us. That was it! It was an isolated area that went a little over a mile. Two more Secret Service agents were running about 20 yards behind us, and a Secret Service convoy was following them, but their presence was barely felt.

Our little running group gave us a very comfortable feeling. The President was completely with us. He was focused. The conversation was smooth and natural. We talked about running. The President said he was feeling a slight twinge in his thigh so he was not going to push the pace. He also explained that he had been in Arkansas the previous week for the Foster funeral and had not been able to run all week. Usually he runs five days a week and does about 4 to 5 miles. Today was a shorter run because he hadn't been training.

We asked him about the track that was built for him. He said he will sometimes warm up on it or use it to cool down after a run. Sometimes he does some sprinting on it, but for most of his runs, he likes to be out on the roads. If he is pressed for time, he will run on the mall. When he has a little more time, he'll go to the park.

There was about a minute's silence and I turned to him and said, "Here you are running with us and you must have a thousand things on your agenda today." I was implying "Don't you have more important things to do?" He answered, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was total-

ly with us now. I was so surprised how well he could focus on his running and on his running mates. That ability is probably one of his greatest assets. He wasn't carrying all of the troubles of the world out on his run with us. Later that day he would be dealing with the destruction of the Midwest Floods.

We were nearing Buckeye Drive where we would turn right and finish the loop we were on around the golf course. Andy was dropping back and I took over for him guiding Jeff. While Jeff had not been training much and was carrying around 30 lbs more than he should, he was not struggling at all. The pace was probably about 8 minutes per mile the last mile. The President also seemed to be doing fine. His face gets quite red when he runs, and since his skin is very white (no sign of a tan), it is a contrast.

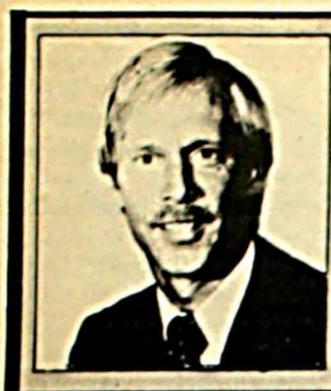
We finished about ¼ mile from the area we started. The Secret Service vehicles were waiting for us as was the President's limo. After stretching, the President came over and invited us back to the White House. We were not expecting that. We waited a while for the other runners to come in. A Secret Service agent ran over and said that the President was already waiting for us in the Rose Garden. We hopped into a large Secret Service van and in less than five minutes we were back at the White House and joined the President in the Rose Garden. He spent about fifteen minutes with us there.

The White House photographer came out and took some formal pictures and finally we said goodbye. I left with a very different picture of our President. Now I saw a man who was personable, caring about others, who took the time to listen to others and converse naturally with them. And he is a real runner! □



President Clinton poses with members of the Achilles Track Club at the White House. Author Alan Roth is at the extreme left.

Photo from MCRRC



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Compartment Syndrome of the Lower Leg

One of the lesser-known running injuries is pain and swelling on the outside of the lower leg. It's called *Compartment Syndrome*, or, more specifically, *Anterior Compartment Syndrome*.

The malady is usually caused by increased fluid pressure within a closed space. This causes inflammation, reduced circulation, damage to muscle and nerves, and pain.

Exercise may cause a compartment syndrome, especially in the peroneal muscles and tendons of the lower leg. There may be a related numbness down into the top of the foot.

Upon resting, the athlete will notice a reduction in pressure. During exercise, pressure will rise.

The initial treatment is a reduction in mileage or complete rest for 6-8 weeks. Anti-inflammatory medication may help.

If the pain persists, see your physician for more treatment. In severe cases, a fasciotomy is recommended to decompress the compartment.

Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American Col-

Masters Runners Shine in 12th Annual Syosset Sprint

by MIKE POLANSKY

Some very impressive performances by local masters runners highlighted the 1993 edition of the Syosset Sprint - Long Island's annual November celebration of running and physical fitness. Held on Nov. 20, it featured a new four-mile course through the roads of Syosset and Laurel Hollow, and the beautiful autumn morning provided just the right accent for a great event.

Top masters finisher was Paul Mascali, 41, third overall, with an impressive 20:47. Top female masters honors went to Diane Ditchfield, 40, second woman overall, with a 25:36.

Also finishing in the top ten on the women's side was the indomitable Maddy Harmeling, 48, easily capturing her age group by covering the hilly 4-mile course in 26:38. Delivering a great one-two-three punch in the men's 55-59 age group were Hilton Goring (24:38), Joe Cordero (25:29), and John Boyle (25:40), all well under a 6½ minute mile pace.

In the racewalk division, John Shilling, 57, posted a strong third place finish overall with a 38:00. □

lege of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404. □

USATF Masters 8K Cross-Country Championships

by FRED TRESELER

The Boston Running Club played host for the second year to the largest USATF National Masters 8K Cross-Country Championships ever held, on a brisk Saturday afternoon Nov. 20 at Franklin Park in Boston.

This year's event, which was once again sponsored by Grand Circle Travel of Boston, attracted 363 athletes from over 15 states, almost doubling last year's entrants.

To further facilitate athletes travelling from out of town, the meet directors contracted a meet hotel, the Days Inn in Newton, which offered a special room rate to all athletes. The meet directors also provided a hospitality suite at the Days Inn Friday night before the event, which allowed for last minute entries, number, and T-shirt pick up, as well as a chance to mingle with other athletes from all over the United States.

One athlete expressed her appreciation, "The hospitality suite on Friday was an excellent addition and was certainly the place to hang out in town that night. I think it's great to have the



First master, Terry Elsey, 40, Farmington Hills, Mich., in 34:27, Thanksgiving Turkey Trot 10K, Detroit, Nov. 25. Photo by Phil Katz



Start of the USATF National Masters 10K Cross-Country Championships, Louisville, Ky., Oct. 31. Clay Stenberg, M40, Seattle, Wash., (third runner), was overall winner in 33:01. Temperatures were in the 30's. Photo by Stan Denny

opportunity to meet a few of the out-of-town competitors."

The first race of the afternoon was the M40-49 race, which included a special guest athlete, the reknowned Bill Rodgers, among the 163 masters men who toed the starting line. Repeat winner, Charlie McMullen, 26:08, representing the Rochester TC of New York, took an early lead and was followed by a tight pack, which included Rodgers, who placed second overall in 26:30. Chris Farmer of the Sugarloaf Mt. Athletic Club followed Rodgers with a 26:36. Greater Lowell took the 40+ team championships by seven seconds over Maine "A" Masters.

High noon found the Boston Running Club's 50+ seniors team once again defending their title against challengers from Greater Lowell and the Hartford Track Club. Although Greater Lowell's Doug MacGregor won the overall race, the strong efforts by Roland Cormier (2), Chuck Keating (5), Gabriel Bernal (6), Kirk Randall (13), and Bob Clark (24) provided the outstanding depth for the BRC to win by two minutes.

The M55-59 race was won by Victory AC member, Bill Olrich, in a time of 30:00. He and his teammates had travelled quite a distance the night before, having experienced flight delays from Lexington, Kentucky, and still managed to reach the Hospitality Suite in time to register more teammates for the race.

Despite inclement weather during the men's 50+ race, the sun promptly reappeared in time for the day's third and final race, 60+ men and all women. From gun to tape, Joe Fernandez, M65, of the Greater New Bedford Track Club, and Rebecca Stockdale-Wooly, 42, of the Central Mass Striders keyed off one another and ran away from the field, averaging 6:18 and 6:19 per mile, respectively. Unfortunately, Fernandez had an incomplete team, and the Men's 60+ team title went to the Syracuse

Chargers with a total time of 1:40:04 followed by the Maine Masters in second, and the BAA in third

Stockdale-Wooly's CMS team of Sue Aronvitz and Peg Buxton captured the women's title by a comfortable six minutes over second-place Run to Win-Maine. Ann Igoe, returning to racing form, led the BRC team (Schmitt and Francis) with a swift 34:29. Miyazaki gold medalist Liz Szawlowski, who was still officially in "active rest," once again came away with gold, winning the W60 age group. This race also featured the meet's oldest competitors, Bob Boal, 81, from Wake Forest, N.C., and 80-year-old Bill Brobston from Saugerties, N.Y. BRC 40+ women's competitor, Anne Schmitt, commented after her finish, "I know that it is no easy task to put on multiple events and races, particularly as the competitors in each race need to feel that their event is as important as the ones that preceded it. The consideration we were given couldn't have been higher. There was plenty of water and fresh fruit at the finish, not to mention cheers for us and the older men throughout the race. This was definitely a first class event; the Boston Running Club should be proud!"

The meet directors and the host club took great pride in fine tuning the course layout as well as providing an abundance of course marshalls. One competitor recognized, "The course was extremely well-marked this year, with no chance of anyone taking a wrong turn. I felt all that yellow tape helped considerably."

Kirk Randall, team captain of the BRC 50+ team and USATF Masters LDR Chairman, commented, "I would like to pass along my appreciation to the meet directors and all the BRC volunteers who helped to make this championship a most successful event. It was undoubtedly the best National Masters Championship (LDR) of the year. Maybe we can attract a field of 500 next year; a worthy goal, don't you think?" □

U. S. M. S. O.

U. S. MASTERS/SENIOR OLYMPIC

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55 meter Hurdles	Pole Vault
OPEN Steve Dolan, Bloomington 8.0 (91)	OPEN Steve White, St. Louis Mo. 14-6 (91)
M30 Bill Jahnke, So. St. Paul 8.27 (93)	M30 Kevin Hanson, Foley 13-0 (89)
M45 John Biring, WI 9.45 (89)	M40 Michael Sherratt, Shorewood 11-6 (91)
M50 John Biring, WI 9.21 (91)	M45 Phil Johnson, Weyzata 11-6 (91)
M50 George LaBelle, Ham Lake 9.50 (93)	M55 Joseph Griffin, WI 9-0 (93)
M55 Jim Peterson, Aitkin 9.74 (89)	M55 Jim Peterson, Aitkin 7-6 (89)
M60 Emmett Edwards, St. Paul 11.99 (89)	M65 Bob Warwick, Sr. (OK) 7-6 (89)
M65 Bob Warwick, Sr. (OK) 11.45 (89)	M70 Bob Warwick, Sr. (OK) 7-7 (91)
M70 Neil Buschman, (MI) 11.43 (91)	M50 Rachel Lyga, Twin Cities (IL) 6-6 (88)
M30 Cathy Gorecki, Brooklyn Center 10.06 (93)	M55 Rachel Lyga, Twin Cities 6-0 (91)
M50 Rachel Lyga, Twin Cities 11.84 (88)	
M55 Rachel Lyga, Twin Cities 12.80 (93)	

55 meter Sprint	Twin Cities
OPEN Stan McClure, Golden Valley 6.52 (92)	M30 Bill Jahnke, So. St. Paul 5-7 (93)
M30 Bill Jahnke, So. St. Paul 7.25 (93)	M35 Patrick Boulay, Mpls. 5-6 (91)
M35 Ken Pazdernik, Brooklyn Park 6.84 (89)	M40 Jim Dolzell, (OK) 4-10 (91)
M35 Ted Bielefeld, (IA) 7.33 (93)	M50 Tom Langenfeld, Edina 5-2 (89)
M40 Michael Sherratt, Shorewood 6.90 (91)	M55 Tom Langenfeld, Edina 5-2 1/2 (91)
M40 Jim Dolzell, (OK) 7.69 (93)	M60 Emmett Edwards, St. Paul 4-2 (91)
M45 Lloyd Cordner, St. Louis Mo. 6.83 (91)	M65 Bob Warwick, Sr. (OK) 4-0 (89)
M50 John Biring, WI 7.40 (91)	M70 Neil Buschman, (MI) 4-2 (91)
M50 George LaBelle, Ham Lake 7.50 (93)	M50 Rachel Lyga, Twin Cities 3-10 (88)
M55 Jim Peterson, Aitkin 7.12 (91)	M55 Rachel Lyga, Twin Cities 3-10 (91)
M60 Chuck Olson, Nevis 8.33 (89)	
M60 Budd Hamilton, (AZ) 8.81 (93)	
M65 Bob Warwick, (OK) 8.59 (89)	
M65 Chuck Olson, Nevis 8.83 (91)	
M70 Neil Buschman, (MI) 11.43 (91)	
M103 Arnold Bing, Mpls. 7.90 (91)	
M30 Cathy Gorecki, Brooklyn Center 9.09 (93)	
M40 Kathy Marino, Apple Valley 8.69 (88)	
M50 Rachel Lyga, Twin Cities (IL) 8.81 (91)	
M55 Rachel Lyga, Twin Cities 8.81 (91)	

800 meter Run	Triple Jump
M30 Brian Bohve, Fridley 2:23.02 (89)	M45 John Biring, WI 34-3 (89)
M35 Brian Bohve, Fridley 2:20.56 (91)	M50 George LaBelle, Ham Lake 26-11 (91)
M40 Michael Semman, St. Louis Mo. 2:19.00 (91)	M55 Jim Peterson, Aitkin 32-1 (89)
M45 Richard Jones, Burnsville 2:24.45 (89)	M60 Chuck Olson, Nevis 26-6 (89)
M70 John Burton, Weyzata 3:28.02 (91)	M50 Rachel Lyga, Twin Cities 23-10 (89)
M40 Kathy Marino, Apple Valley 2:57.65 (91)	M55 Rachel Lyga, Twin Cities 24-2 (93)

One Mile	Long Jump
M30 Brian Bohve, Fridley 6:06.81 (89)	OPEN Steve Dolan, Bloomington 20-5 (91)
M35 Al Westman, St. Paul 5:22.75 (93)	M30 Bill Jahnke, So. St. Paul 18-3 (93)
M40 Michael Semman, St. Louis Mo. 4:57.00 (00)	M40 Jim Dolzell, (OK) 16-6A (93)
M45 Richard Jones, Burnsville 5:25.31 (89)	M40 Michael Sherratt, Shorewood 16-2 (91)
M60 Lloyd Young, Pine City 5:50.70 (89)	M45 John Biring, WI 15-6 (89)
M70 John Burton, Weyzata 7:12.12 (93)	M55 Jim Peterson, Aitkin 15-3 (89)
	M60 Ed Hillman, (TN) 14-6 (89)
	M65 Chuck Olson, Nevis 10-9 (91)
	M65 Bob Warwick, (OK) 9-9 (89)
	M70 Bob Warwick, (OK) 12-2 1/2 (91)
	M40 Bob Vestal, Mpls. 8-6 (93)
	M50 Rachel Lyga, Twin Cities 12-3 1/2 (89)
	M55 Rachel Lyga, Twin Cities 12-3 (91)

Shot Put #16 #2 4E 3E	Shot Put #16 #2 4E 3E
M30 Joe Fierst, Rogers 29-0 (91)	M30 Joe Fierst, Rogers 29-0 (91)
M40 Jerry Senter, (IA) 44-8 (93)	M40 Jerry Senter, (IA) 44-8 (93)
M40 Timothy Puchner, Mpls. 25-5 (93)	M40 Timothy Puchner, Mpls. 25-5 (93)
M45 Jim McClelland, New London 29-0 (91)	M45 Jim McClelland, New London 29-0 (91)
M50 George LaBelle, Ham Lake 34-5 (91)	M50 George LaBelle, Ham Lake 34-5 (91)
M55 Larry Marsh, (AZ) 37-2 1/2 (89)	M55 Larry Marsh, (AZ) 37-2 1/2 (89)
M60 Emmett Edwards, St. Paul 34-8 1/2 (91)	M60 Emmett Edwards, St. Paul 34-8 1/2 (91)
M65 Bob Warwick, Sr. (OK) 27-0 (89)	M65 Bob Warwick, Sr. (OK) 27-0 (89)
M65 Ray Skotte, Mpls. 25-5 (89)	M65 Ray Skotte, Mpls. 25-5 (89)
M70 Neil Buschman, (MI) 32-8 (91)	M70 Neil Buschman, (MI) 32-8 (91)
M50 Rachel Lyga, Twin Cities 25-4 (88)	M50 Rachel Lyga, Twin Cities 25-4 (88)
M55 Rachel Lyga, Twin Cities 22-7 (93)	M55 Rachel Lyga, Twin Cities 22-7 (93)

Weight Toss #35 #25 #20	
M30 George LaBelle, Rogers 29-0 (91)	M30 George LaBelle, Rogers 29-0 (91)
M40 Emmett Edwards, St. Paul 34-11 (91)	M40 Emmett Edwards, St. Paul 34-11 (91)
M70 Neil Buschman, (MI) 29-0 (91)	M70 Neil Buschman, (MI) 29-0 (91)
M55 Rachel Lyga, Twin Cities 19-2 1/2 (91)	M55 Rachel Lyga, Twin Cities 19-2 1/2 (91)

400 meter Fastwalk
M40 Bob Vestal, Mpls. 2:58.78 (93)
M55 George LaBelle, Ham Lake 2:12.05 (93)

400 meter Run
OPEN Stan McClure, Golden Valley 52.45 (91)
M30 Brian Bohve, Fridley 58.64 (89)
M35 Brian Bohve, Fridley 57.78 (91)
M35 Ted Bielefeld, (IA) 1:02.74 (93)
M40 Dick Ritter, St. Paul 59.73 (89)
M40 Jim Dolzell, (OK) 1:04.15 (93)
M45 Steve Calligan, Eagan 1:07.65 (93)
M50 Dick Peterson, Belle Plaine 1:15.31 (93)
M55 Ray Eiland, Eagan 1:21.72 (91)
M65 Bob Warwick, Sr. (OK) 1:24.80 (89)
M70 Bob Warwick, Sr. (OK) 1:27.03 (91)
M30 Cathy Gorecki, Brooklyn Center 1:10.00 (93)
M50 Rachel Lyga, Twin Cities (WI) 1:20.21 (87)
M55 Rachel Lyga, Twin Cities 1:38.01 (93)

4x100 meter Relay
Michael Sherratt (42) John Biring (51) 48.3 (91)
Bandy Cleven (48) Lloyd Cordner (47)

"Fastest Family" Fun Relay
PORTNOT-Werray (41) Kathy (40) 1:17.89 (93)
Nichelle (12) Jackie Holmgren (11)*
Adepton (7) or -12/13/14/15

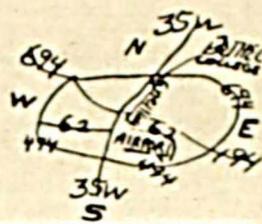
CHRIST
the LORD

"Blessed are the peacemakers..."

Dear God, Bless all thy little people who still believe in you-those who do and those who don't. And Father, Thank You for all you have sent our way. Amen

USMSO EM-R-T&F is not associated with any religious cult. It is assoc. with "Bible Buddys" - a telephone friendly prayer line began in 1973. It is dedicated to "Our Lord" of Lords; as ancient greek olympians honored their gods. All faiths (or none) are Welcome.

Hotels
1(800)777-2232
1(800)465-4329
1(800)428-3438
1(800)221-2222



↑ Arnold Bing, MN, USMSO'S oldest competitor (104 April 21, '94) receives Congrats. from AZ Champion, M63, Budd Hamilton -'93.

WEATHER GOOD, BAD, OR FAIR, "R" MEETS NEVER CANCEL
Suggested entry donation is \$8-one event, \$15-unlimited & family. For the 4x100 family fun relay, list names and ages under one family name on backside of entry, and include any track history you care to share. Mail to: Rachel Lyga, 122-63 1/2 Way NE MPLS, MN 55432 612/574-9661

ENTRY FORM Pre-registration

Name _____ Birthdate _____ Age on 3/5/94 _____ W() M()

Please print

Home address _____ City _____ St. _____ Zip _____

No P.O. please

Phone () _____ (WOMEN SENIOR OLYMPIANS 55+)

= NO ENTRY FEE =

EVENTS (circle) HI LI TI WT SP PY 55H 55 200 400 800 1600 55kwd relay

BESTMARK '92-'93 _____

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

Signature _____ Date _____

SAVE your NMN-Copy and Post this record entry form.



10th World Veterans Championships

(The following comments are from masters men. Women next month — E.W.)

DON DENOON (20K 1st overall & M50 gold medalist with a pending M50 American record time of 1:34:55; Temp: Around 85°, Humidity: 60%):

The race went off at 12:30 midday, and the heat and humidity were strong factors affecting everyone. There was a massive group at the start line because the course was very narrow. I think it was only nine meters wide and that included both going out and coming back. About 200 to 300 meters out, the course funneled down to about 4.5 meters. It was an English traffic course so we were walking on the left going out and coming back. It made it somewhat tough on the turns because in the U.S. our orientation is always to turn to the left, but here we were turning to the right. And the turns were miserably tight, a traffic cone type, so it was necessary to slow down.

At the beginning of the race the guy from Colombia took off like he was shot out of a cannon, and I just watched him go. I was in second place right from the start. At 600 meters, I went right by him. When we got to the first turn at the 1000 meter point, I could see everybody behind me, and at that particular stage, I had about a 40 meter lead. There were four 40-year-olds right there in a big pack. I was really feeling good and just said to myself, "Hey, go for it. It's what you want.

Go for it!" So I kept pressing until I built up a 1:45 to 2:00 minute lead by the 15K marker.

At this point I made a cautious decision. There was one area on the course where either the same judge or a couple of judges showed me the paddle for loss of contact. I kept looking at the DQ board as I went by every 2500 meters and at 10,000 meters one red card went up. At 15K I said to myself, "Why screw it up right now and keep pressing like I am." So I dropped my center of gravity a bit and concentrated on technique and on where the competition was at each turn, to make sure they were not catching me. The guys in the pack behind me were competing against each other and put on a big surge the last 2500 meters. They closed one to one-half minutes of the distance between us. But I knew where they



John Shilling, 57, strides to 3rd place overall in the Syosset Sprint 4-Mile Racewalk, Long Island, Nov. 20. Photo from Mike Polansky

were all along and just eased in. It felt really good to go across the finish line.

MAX GREEN (M60 20K gold medalist with a time of 1:52:34):

It was a good race, but there were people running. The judging was loose, but the medal winners were legal walkers. Sin Nakamichi of Japan was 2nd in the race, and Jack Bray was 3rd. Sin led for about 8K when Jack and I caught him. It went back and forth with the three of us changing position. The last lap, I was in the lead and had slowed up a little, but Sin and Jack had slowed up more. I thought I had a sufficient lead, but when I was nearing the final turn to the finish line, a Japanese man came up behind me and wanted to pass. Thinking it might be Sin, I didn't let him, but I also knew that I couldn't keep the speed up, and I was afraid to take the time to look at his number. When I finally saw that he was in the M55 age group and not the M60, I relaxed a little, and he did go by me.

Before the 5K race, the chief judge, an IAAF judge, came up to routinely give us the rules. He said he didn't want to disqualify anybody, and he told us about the DQ board. Then he said, "When you go by and look at the board, if you don't see your number say, 'Thank you, God.' If you see your number, say, 'God help me'."

JACK BRAY (5K gold medalist with a pending American M60 record time of 25:09):

In the 5K, there were close to 47 racewalkers in M60, so they split us into two heats. Because Max and I were anxious to race with the Japanese gold medal winner in Turku, we wrote a petition requesting this and gave it to Sandy Pashkin, our U.S. rep. She said she would do what she could. One hour before the race, all 47 of us are lined up, and we learn that Sin is in the first heat and we are in the second. Sin virtually raced by himself because he lapped the field many, many times finishing in an excellent time of 25:19, which broke the old American record of 25:43.

Max and I watched him in the first heat and, of course, knowing his finish time, knew exactly what we had to do to win. I pulled the pole position and Max was in the 4th position on the start line. I went through the first 220 and heard breathing over my right shoulder



Sally Richards-Kerr, 40, Evergreen, Colo., first W40 (50:50), 10K racewalk, 1993 USA National Masters T&F Championships, Provo, Utah, was named top female masters racewalker of the year.

and looked back. It was Max. I went through the 440 at 1:55, and again Max was right behind me. From that moment on, I said, "Oh, my God, I'm going to have a race on my hands." Max never let his breathing or footsteps leave my side at any time. He tried to pass me several times, and I felt the push, but had made a bond with myself not to let him pass. I said to myself, "I've come all this way. I didn't get the gold in the 20K. It's my turn."

When I heard the bell for the last lap, I pulled out all the stops and gave a spurt to lengthen the distance. Coming to the last 220, I kept telling myself, "I'm fine. I'm fine. I'm fine." I made the turn towards the finish line and gave it another little kick. I could see Max a little farther back. Then all of a sudden, he's right behind me as I cross the finish line. He almost caught me at the end. I did a 25:09 and Max did a 25:11. □

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the TAC 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 La Veck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Giulio 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 De Noon	Sally Richards-Kerr

OUTSTANDING RACEWALKERS — 1993

Selected by the Masters Track & Field Committee of USATF

Event	Men	Women
30-34	Ian Whatley (SC)	Victoria Herazo (NV)
35-39	Albert Leibold (KS)	Peggy Miller (CO)
40-44	Ray Funkhouser (NJ)	Cindy Paffumi (CA)
45-49	Norm Frable (TX)	Sally Richards-Kerr (CO)
50-54	Don DeNoon (IL)	Viisha Sedlak (CO)
55-59	Paul Johnson (AR)	JoAnn Nedelco (CA)
60-64	Jack Bray (CA)	Bev LaVeck (WA)
	Max Green (MI)	Ruth Eberle (MO)
65-69	Bob Mimm (NJ)	Miriam Gordon (FL)
70-74	Don Gladding (AZ)	Ruth VanSandt (CA)
75-79	Richard Stark (NM)	Althea Jureidini (NY)
80-84	Giulio dePetra (CA)	Estelle Frendberg
90-94	George Conway (MA)	



Interval Training

by JON LOMAX

Scientific research has proven that interval training is the single best way to improve running performance. What is it, and how is it done? Simply stated, interval training consists of alternating short bursts of fast running with easy jogging or walking. The system was developed in the late 1930s by a German coach in cooperation with a cardiologist.

There are five components to a workout, and it is the ability to vary these components that makes interval training such a powerful tool. The five variables are:

1. **Distance:** How far you run during each repeat.
2. **Interval:** How long you rest between repeats.
3. **Repetitions:** How many times you run each repeat.
4. **Pace:** How fast you run each repeat.
5. **Rest:** Whether you walk or jog during each interval.

Based on these five components, a sample workout might consist of five 400 meter repeats in 90 seconds, each with a 90-second jog between repeats.

1. **Distance** - 200 and 400 meter repeats will help build your anaerobic capacity for more explosive speed, while 800 meters and up helps develop endurance. Runners need both to improve.
2. **Interval** - The easiest method is to jog the same distance interval that you ran during the repeat. A more sophisticated method is to use your pulse rate to tell you when to run the next repeat.

3. **Repetitions** - This number depends on your conditioning. Try these as a starting point and then adjust them as needed: 200s-8, 400s-5, 800s-3.

4. **Pace** - Interval training is not all-out running, but rather steady and controlled. Again, use these only as a starting point: 200s - 47 seconds, 400s - 1:40, 800s - 3:30. Whatever pace you settle on, you should be able to run the last repeat just as fast as the first.

5. **Rest** - Beginners may need to walk between repeats. But your goal should be an easy jog. Never stop completely, as this will defeat the purpose of the workout.

One of the great advantages of interval training is that it offers an endless variety of combinations which can be adjusted to match your particular conditioning and needs. For example, increasing the number of repeats will help build endurance, while running the same number of repeats but at a faster pace will improve your speed. As with all types of workouts, always jog and stretch before beginning.

Happy training. □

(Jon Lomax, 53, is President of the Southern California Striders.)



Top women masters, Maggie Valley Moonlight 8K, N.C., Nov. 9: from left, Carol McLatchie, second (29:00), Barbara Filutze, first (28:42), Diana Tracy, third, and Judith Hine, fourth.

Photo from Carol McLatchie

Atlanta Marathon Turns 30

by JULIA EMMONS

The first Atlanta Marathon was run in March, 1963 when, six months before the Kennedy assassination, 10 schoolboys ran the regulation 26.2 miles, doing laps around a golf course. Those schoolboys, including Olympian Jeff Galloway, are now in their mid-40s, but time has done little to dim them or the event. Jeff ran this year, beating the time he posted so long ago; while the event itself, now held every Thanksgiving morning, flourishes brightly.

The marathon and the accompanying half-marathon lack pretension. Though meticulously organized, they are designed for local heroes, and put little stress on expansive media attention or deep prize purses. Nonetheless, the events continue to grow, with the half attracting a record 6000+ entrants and the full close to 900. Runners from 45 states and 13 foreign countries, took part.

As usual, both events attracted spirited competition from top area masters runners. Rich Schick, 44, a noted Atlanta ultra-marathoner, showed he could handle the shorter stuff as well by winning the marathon in 2:49:25. Distaff honors went to Atlantan Marsha Raeber, 41, who ran a solid

3:20:49. Top master in the half-marathon was Josep-Maria Antentas, 47, of Barcelona, Spain. Antentas, who was the technical director of the 1992 Olympic Marathon, was in town on holiday. The women's masters field was also taken by a non-Georgian, with Florida's Karen Miles, 40, taking top honors in a fine 1:22:49. □

TEN YEARS AGO January, 1984

- Jack Greenwood, 57, and Polly Clarke, 73, Named U.S. Masters Track & Field Athletes-Of-The-Year. Jim Weed Voted Top Administrator
- At Age 54, Sister Marion Irvine Makes Olympic Trials By Running 2:51:01 Marathon
- John Knifton, Bev LaVeck Named Top U.S. Masters Racewalkers of 1983
- Bill Stewart, Cindy Dalrymple Voted Best Age 40-44 Long Distance Runners
- Jerry Donley Elected Chairman of TAC Masters T&F Committee; Bob Boal Heads Masters LDR

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN. 1994

ATHLETE (RESIDENCE)	BIRTH DATE	AGE GROUP
EDUARDO ASTOREKA (SPA)	1- 5- 9	85-89
BILL BANGERT (ANAHEIM, CA)	1-14-24	70-74
MIKE BOIT (KEN)	1- 6-49	45-49
ALAN BRADFORD (AUS)	1-31-39	55-59
PAUL BRIDGES (WICHITA, KS)	1-22-14	80-84
MANUEL RAMOS CAMBA (SPA)	1-15-39	55-59
ALBERT CLARK (ORANGE, CA)	1-22-18	80-84
DAN CONWAY (CHETEK, WI)	1-28-38	55-59
GERALD COUNIHAN (US)	1-10-39	55-59
BOB CREIGHTON (ATWOOD, KS)	1-10-34	60-64
RAY HUGHES (MT. BALDY, CA)	1-26-39	55-59
BARRY JAHN (SALEM, OR)	1- 7-49	45-49
J. A. JAMIESON (NZ)	1-31- 9	85-89
MERV JENKINSON (AUS)	1-18- 9	85-89
IVAN KABANOV (URS)	1- 1-39	55-59
ERKKI KNAPP (FIN)	1- 1-34	60-64
JACK KNEBEL (ORINDA, CA)	1-28-39	55-59
YRJO LOIKKANEN (FIN)	1-10-14	80-84
THOMAS MALIK (GREEN, SC)	1- 9-49	45-49
DUNCAN McDONALD (KULA, HI)	1-15-49	45-49
MAX MCKAY (AUS)	1- 2-24	70-74
CLIFF MCPHERSON (GUY)	1-14-29	65-69
SAM NICHOLSON (LA CRESCENTA, CA)	1-30-29	65-69
JAMES O'HARA (HADDON FIELD, NJ)	1-20-39	55-59
EMIL PAWLAK (JACKSON, MS)	1-14-39	55-59
TOM ROBINSON (SCARSDALE, NY)	1- 9-44	50-54
WILLI RUMIG (WG)	1-29-14	80-84
JOHN SATTI (SAN FRANCISCO, CA)	1-29-14	80-84
WOLFGANG SCHMIDT (FRG)	1-16-54	40-44
EMIL SCHOTTLE (WG)	1- 4-14	80-84
DAVID WEE (NORTHFIELD, MN)	1-20-39	55-59
CHARLES WIMBERLY (N. ORLEANS, LA)	1-25-34	60-64
GRACE BUTCHER (CHARDON, IL)	1-18-34	60-64
MARY CULLEN (HOUSTON, TX)	1- 5-39	55-59
JANET GLASSMAN (ALLENTOWN, PA)	1- 5-29	65-69
SALLY GOODHUE (WESTON, MA)	1-26-34	60-64
PATRICIA HEWITT (MA)	1-21-44	50-54
RAYE JOHNSON (TONOPAH, US)	1-10-24	70-74
NINA KUSCSIK (US)	1- 2-39	55-59
CONNIE MANLEY (EUGENE, OR)	1-26-44	50-54
MAE MAYHEW (HONOLULU, HI)	1- 1- 4	90-94
MARY ANN MCBRAYER (HOUSTON, TX)	1- 1-34	60-64
JENNIE MORRIS (NAPLES, FL)	1-15-34	60-64
ANN NEELEY (US)	1-21-39	55-59
KAY PORTER (EUGENE, OR)	1-29-39	55-59
MARY SCHANZLE (PALATKA, FL)	1- 7-24	70-74
MARCIA SPAETH (CORTLAND, NY)	1-18-29	65-69
SALLY STRAZDINS (NEW MILFORD, PA)	1-26-34	60-64
ELLEN SWEET (TUCSON, AZ)	1- 5-44	50-54
WENDY WATSON (US)	1-16-44	50-54
WILLYE WHITE (US)	1- 1-39	55-59
CHRISTINE BATTERSBY (AUS)	1-14-44	50-54
VIVIAN BEISTY (AUS)	1-11-39	55-59
J. BYRNES (AUS)	1- 5-44	50-54
ROSAMUND DASHWOOD (CAN)	1-13-24	70-74
NADEZHDA GUMEROVA (URS)	1-11-49	45-49
EILEEN HINDLE (AUS)	1- 2-49	45-49
NADIA LOZKINA (URS)	1-21-49	45-49
FAY MCCracken (NZ)	1-17-29	65-69
HELGI PEDEL (CAN)	1-21-24	70-74
MARCIA PETLEY (NZ)	1-13-29	65-69
INGEBORG MELLO DE PREISS (ARG)	1- 4-19	75-79
BRIGITTE SCHMITT (WG)	1- 5-39	55-59
ANNEMARIE SCHOLTEN (WG)	1-17-34	60-64
EMI SCHUMACHER (WG)	1- 2-34	60-64
BETTY SMITH (NZ)	1-21-24	70-74
EMMA SULTER (FRA)	1-19-54	40-44
ADA TURCI (ITA)	1-17-24	70-74
MARIANNE WERNER (WG)	1- 4-24	70-74
THELMA WHARTON (AUS)	1-23-39	55-59
TOKIKO YAMAGUCHI (JPN)	1- 1-39	55-59



MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Masters T&F Chairman

Convention Report

Generally, I use my birthday in late October as a time to reflect back and to make my new year's resolutions. I didn't this year and instead found myself going through this process as I prepared for our week-long USA Track and Field Convention in Las Vegas.

This year I have logged too many air miles and, to be perfectly honest, I wasn't really enthusiastic about being gone for another week from my family and the office. I found myself looking at Convention as an obligation to get through, instead of an opportunity for revitalization.

I can't tell you the exact moment when my feelings changed, but they did, and I came away from this year's Convention excited again about track and field and the opportunities for our masters program. It could have happened when putting together the agenda: I realized again how much was accomplished in a year's time by a relatively small group of committed volunteers; and I knew we had three eager bidders for our indoor championships, when a few years back we had to practically beg for sites to host the championships. It might have been our first meeting at Convention when we sent around a sheet for people to indicate areas in which they would be willing to serve in 1994, and I realized I

would have to make choices in the various appointments, instead of twisting arms to get people to serve.

In retrospect, I believe it was a combination of factors that changed my feelings. There was a good mixture of new and old masters athletes in the meetings - we looked at and listened to new ideas, some of which were adopted, some of which were rejected. We kept in mind the needs of the athletes, as well as our resources, when we made our decisions. We combined the positions of indoor and outdoor coordinator and eliminated the position of Women's Representative. We added a Vice Chair position, and beginning in 1994 will inaugurate a Games Committee for our indoor and outdoor championships. Following discussion and a lot of preliminary work on the part of Jeff Schaller, we adopted a revised daily schedule for our outdoor championships.

In making appointments to the Masters Track & Field Committee, I tried to allow for a good mix of old and

new representatives. I look forward to working with each member during the next two years.

The following persons were appointed to represent your interests. I encourage you to contact them with any issues where you want input.

Vice Chair (TBA)

Secretary: Marilyn Mitchell

Treasurer: Al Sheahen

Regional Coordinators: Haig Bohigian - East, Phil Mulkey and Phil Raschker - Southeast, Mel Larsen - Midwest, Tom Thorne - Mid-America, Danny Thiel - Southwest, Hugh Cobb - West, Marti Thielman - Northwest

Indoor/Outdoor Coordinator: Scott Thornsley

Multi-Event Coordinator: Rex Harvey

Weights Coordinator: Ken Weinbel

Rankings: Jerry Wojcik

Racewalking: Bev LaVeck

Site Selection: Max Goldsmith

Team Manager: Sandy Pashkin

Awards: Don Austin

Bylaws: Becky Sisley

Masters Track and Field Committee At-Large Members: Christel Miller, Randolph Williams, Max Goldsmith, Joan Stratton, Sandy Pashkin

USA Track and Field Board of Directors: Jerry Donley

Masters Representative to:

Associations Committee: Ben Stowell

Budget & Finance Committee: Al Sheahen

Communications Committee: John Cosgrove

Law & Legislation Committee: Bob Fine

Member Services Committee: Roslyn Katz

Officials Committee: Eric Zemper

FIVE YEARS AGO January, 1989

- Gary Miller, 51, Stan Whitley, 41, and Phil Raschker, 41, Named Top USA Masters T&F Athletes of The Year
- Bill Rodgers, 40, and Laurie Binder, 41, Chosen Outstanding Masters Long Distance Runners of 1988
- David Pain and Chuck Phillips Named Top T&F Administrators
- Bob Mimm, 60, and Marie Henry, 64, Picked as Best Racewalkers
- Bob Schlaw (41, 2:19:48) and Laurie Binder (41, 2:42:29) Win National Masters Marathon Titles in Sacramento
- Patrick Devine, 60, and Gina Faust, 50, Turn In Best Age-Graded Times in National 15K X-C in Irvine, Calif.
- At Age 56, Norm Green Wins National Masters 20K Overall in Record 1:10:11 in East Meadow, N.Y.

Equipment & Facilities Committee: Eddie Seese

Records Committee: Pete Mundle

Rules Committee: Graeme Shirley

Coaching Education Committee: Sanford Kalb

Cultural Exchange Committee: Josephine Cross

Medical Services Committee: Joan Stratton

Sports Sciences Committee: Lewis Maharam

Masters Committee Express

Appreciation to Springbett and Miller
Prior to Convention, Bruce Springbett, who has served as Outdoor Coordinator for the past twelve years, resigned his position. Bruce, who underwent by-pass surgery in 1993, indicated in his letter that he is looking forward to "just being a competitor," starting with our Indoor Championships in '94.

We will miss Bruce on the Committee. We are glad he is once again healthy and will continue to be an active participant in our program. I consider Bruce a major part of the foundation of our program. I can think of no greater tribute to Bruce and our other early leaders, than for us to continue to expand on their ideas to make a stronger masters program.

The Women's Representative position was created at a time when it was important to have specialized representation on the Masters Committee. Christel Miller served in this position since its inception and during this time she coordinated activities directly related to women's participation. With the restructuring of the Committee it was felt this position was no longer necessary. We are indebted to Christel for her role as an advocate for women in our program. She will remain on the Committee, serving as a member at-large. □

A Sport For Everyone — For Life

"A Sport For Everyone — For Life" fits no other level of USATF better than the Masters. Masters is an important group within USA Track & Field — with a large membership, and with strong corporate and potential sponsorship ties. Masters is also the main group within the sport working as officials. Moreover, Masters events such as the Penn Relays 100 meters are starting to develop public interest.

The major challenge facing Masters is to educate the public and even those in the sport about Masters competition and where they participate. Tapping into the fact that America's population is growing older, Masters should work to showcase its relationship to fitness and health care and to attract new interest.

Over the next year, areas to explore include:

• Tying into the fitness and health care debate with "proac-

tive" and "preventative" solutions; Masters should work to assemble a panel of experts to testify in congressional, state and local forums.

• Link up to groups such as the AARP and magazines such as *Modern Maturity* with the positive message of the sport.

• Utilize the strong in-roads Masters athletes have with corporations to find specialized sponsorship support.

• Attempt to use Masters in advertising campaigns, perhaps focusing on "lifelong fitness," with both Masters and youth athletes featured — making the linkage between the adults and youth.

• Examine how to expand Masters clubs and participation. □

—Statement from the USATF Report: *Atlanta and Beyond, Part II*, by David Morey and Eric Bass



Ken Withee, 81, put the 4k indoor shot 30-4 at the 1993 Dartmouth Relays. A javelin thrower (165-0) as a young man, Withee, a resident of Hanover, N.H., now trains with Carl Wallin, who says of Withee, "He's a natural. He has developed a great technique and is a competitor." This year's meet will be held Jan. 7.

Photo by Carl Wallin

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

SPORT QUILTS. Personalized quilts made from your favorite T-Shirts. Ideal birthday gift. For brochure send SASE to Anne Tifanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

USA T&F CERT COACH will coach limited number of NMN subscribers free. 800m-3000m. Ross (714) 524-9966, Fax (614) 671-4503 or write c/o NMN.

Books for Runners, 250 titles. Free catalog. Masters, Youth, Women in Sports, Training, Injuries, Distance, Track & Field, Nutrition. The CAVU Company, 386 Portlock Rd., Dept. NM, Honolulu HI 96825-2027.

PERSONAL TRAINER for the 400m/200m. Six time 400m ('81, '82, '85, '86, '87) and 3 time 200m ('81, '82, '85) champion at National Masters Championships. World Age Record Holder 400m (age 37, 47.6). Start with Fall training. For information call (213) 7-JUNKIE or write The Track Junkie, P.O. Box 62009, Dept. PT, L.A., Ca. 90062-2539.

27th Athens Marathon & 4th Half-Marathon. Sunday, April 10, 1994, 12 noon. Athens, Ohio. USATF certified, rural, out & back courses. Cash awards. Send SASE to Athens Marathon, 44 Grosvenor St., Athens, OH 45701 or call (614) 594-3042.



DEADLINE

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

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Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1992. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records. \$4.00.

\$ _____

Masters Track & Field Rankings

Men's and women's 1992 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, 5000, 10K, 20K). Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News \$4.00.

\$ _____

Masters Age-Graded Tables (1989)

Single-age factors and standards from age 21 to 90 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. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. \$5.95.

\$ _____

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, 1993; 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 February 7, 1993. 4 pages. \$1.50.

\$ _____

Competition Rules for Athletics (1993)

U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$10.00.

\$ _____

IAAF Scoring Tables (1985)

Official world scoring tables for men's and women's combined-event competitions. \$12.00.

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Time Master Calculator

Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$45.00.

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Guide to Prize Money Races and Elite Athletes 1993

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. \$47.00.

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WAVA Handbook

Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of April 15, 1992. 170 pages. \$5.00.

\$ _____

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USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin. (nail pin back with military clutch). \$5.50.

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The Masters Running Guide by Hal Higdon

160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.

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Run Fast by Hal Higdon

How to train for a 5K or 10K race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.

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Marathon by Hal Higdon

The ultimate training and racing guide. \$14.95

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Winning Secrets by Dr. Ladislav Pataki and Lee Holden

180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.

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Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. \$16.00 per year.

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Masters Health and Fitness

A Profile of the Masters Track and Field Athlete - Part II

by RUSSELL LaMAR ACEA

(Russell Acea is a masters athlete who lives in Seattle. His research paper: "A Profile of the Masters Track and Field Athlete" was accepted for presentation at the Northwest American College of Sports Medicine's annual meeting. In a two-part series, NMN presents excerpts from that paper. In Part I, Acea reviewed various surveys taken on older athletes. Part II reveals the results of Acea's own survey of 94 masters track and field athletes in 1991.)

Data on 74 male and 20 female masters track and field athletes were gathered during the 1991 summer track season at six masters meets:

- 1) TAC National Masters Decathlon/Heptathlon in Lincoln, Neb., June 22-23.
- 2) Northwest Summer Sports Festival in Seattle, July 5-8.
- 3) Big Sky State Games in Billings, Mont., July 20-21.
- 4) Northwest Senior Sports Festival in Billings, July 27-28.
- 5) The Montana Masters Meet in Bozeman, August 9-10.
- 6) The Rocky Mountain Games in Boulder, Colo., August 31-September 1.

Similar information was gathered from 36 male and 30 female non-masters competitors.

Subjects filled out a questionnaire and were measured for skinfold thickness.

The average age of the male masters was 48 and ranged from 30 to 95; the women's average age was 52, ranging from 31 to 76.

The average male body fat levels were: middle/long distance (10.5%), sprinter/jumper (13.1%), pentathlon/decathlete (13.9%), throwers (18.8%). The respective women's levels were 18.3%, 25.5%, 26.0%, and 30.3%. (See Tables 1 and 2.)

The average resting heart rate was 54.5 beats per minute (men) and 59.4 (women).

Only 10 (13.5%) of the men and five (25%) of the women answered, "yes," to the question: "Do you have a special diet?"

Most of those 15 said they were on low fat, low sugar and/or low calorie diets. A high percentage of athletes reported taking various vitamins, but a far smaller percentage were taking mineral supplements. (See Table 3.)

Only 7.4% smoked. The majority drank (69% of men; 85% of women).

Of the men, 63.5% competed in track & field in high school; 37.8% competed in both high school and college; 21.6% took up the sport for the first time as masters.

Eight (40%) of the women ran track in high school; only one (5%) ran in college.

Socialization and Good Health

Virtually none of the competitors said they were competing to win races or medals. The top three answers were socialization (57.1%), good health (47.1%), and enjoyment of competition (24.3%). A majority (70.6% of the men; 56.3% of the women) said be-

Continued on page 15

Survey of 1688 Masters Athletes

In a study of 1688 masters athletes at the World Masters Games in Toronto (1985), Kavanagh et al. (1988) found that most of the masters athletes began to exercise regularly in middle age, and were attracted to masters competition mainly for recreational and social reasons.

Less than half the subjects (42.1% of the men, 36.6% of the women) had participated in their chosen sport regularly since leaving school. The remainder had started training seriously for masters competitions at an average age of 39 for men and 38 for women. Types of training varied. Endurance training was done by 72% of men and 80% of women. Stretching was performed by 70% of men but only 19% of women. Weight training was done by 30% of men and 31% of women. The average weekly training period was 7.5 hours (men) and 6.8 hours (women).

The main medical problem for the

masters athletes was injury; 37% of men and 30% of women had sustained an injury over the course of their involvement with masters competition. Leg injuries occurred with 45% of men and 38% of women. The arms (26% and 32%) were the next major injury area.

The athletes were very health conscious. Most were concerned about the nature of the food they ate and attempted to follow a low-fat/low-cholesterol diet. A small number (5% of men; 10% of women) were vegetarians. A high percentage (31% of men and 40% of women) were taking multi-vitamins. Only 3% of men and 5% of women smoked. A total of 42% men and 38% women were ex-smokers. The majority (83% of men and 60% of women) were currently married. The average age was 49 for men and 45 for women.

—Russell Acea

Table 3. Athletes reporting regular use of nutritional supplements.

Supplement	men (%) n=74	women (%) n=20
multi-vitamins	33.8	30.0
multi-minerals	8.1	5.0
vitamin B	5.4	10.0
vitamin C	13.5	15.0
vitamin E	4.1	15.0
beta carotene	0.0	10.0
calcium	6.8	25.0
iron	1.4	10.0
protein products	5.4	5.0
ginseng	2.7	0.0
bee pollen	2.7	0.0
misc.	8.1	5.0

Table 4. Types of training systems used by Masters track & field athletes.

training system	men (n=74)		women (n=20)	
	number of athletes reporting %		number of athletes reporting %	
weights	50	67.6	12	60.0
sprint	47	63.5	7	35.0
jog	35	47.3	11	55.0
distance running	33	44.6	7	35.0
hill work	29	39.2	7	35.0
cycle	27	36.5	6	30.0
throw	26	35.1	5	25.0
jump	24	32.4	3	15.0
Fartlick	20	27.0	3	15.0
swim	15	20.3	7	35.0
aerobics	3	4.1	3	15.0
walking	0	0.0	2	10.0

Table 5. Location of injuries with Masters athletes due to training in last decade.

Injury site	number of male athletes reporting (n=74)		number of female athletes reporting (n=20)	
		%		%
hamstrings	19	25.7	1	5.0
foot (non-specific)	10	13.5	0	0.0
knee	9	12.2	3	15.0
calf	8	10.8	0	0.0
ankle	7	9.5	0	0.0
achilles	7	9.5	1	5.0
heel	7	9.5	0	0.0
back	6	8.1	0	0.0
quadriceps	4	5.4	0	0.0
ilio-tibial band	4	5.4	0	0.0
hip	4	5.4	2	10.0
shins	3	4.1	1	5.0
groin	3	4.1	0	0.0
elbow	3	4.1	0	0.0
shoulder	3	4.1	1	5.0
abdominal	2	2.7	0	0.0
pelvis	2	2.7	0	0.0

Table 1. Average anthropometric variables of 74 male Masters competitors by event.

event	n	age	wt (kg)	ht (cm)	chest (mm)	abdominal (mm)	thigh (mm)	body fat (%)
middle/long distance	23	44.4	70.2	177.8	6.1	14.1	10.3	10.5
sprinter/jumper	22	49.1	72.7	177.9	7.0	16.5	12.8	13.1
pentathlon/decathlon	18	49.0	77.5	180.3	9.6	18.4	11.7	13.9
throwers	11	50.5	90.4	181.5	11.4	27.0	18.3	18.8

Table 2. Average anthropometric variables of 20 female Masters competitors by event.

event	n	age	wt (kg)	ht (cm)	tricep (mm)	supra (mm)	thigh (mm)	body fat (%)
middle/long distance	7	54.0	50.6	160.7	13.6	10.7	18.3	18.3
sprinter/jumper	6	42.0	58.8	164.7	14.0	12.8	25.5	22.2
thrower	3	56.0	69.0	168.5	18.7	15.0	26.0	25.2
race walker	4	63.5	59.3	163.2	18.8	13.8	30.3	26.1

Table 6. Comparisons between male competitors and non-competitors

	(n=74) competitors	(n=23) exercisers	(n=13) non-exercisers
age	48.4 yrs	44.2 yrs	62.5 yrs
height	178.96cm	179.79cm	176.48cm
weight	75.87kg	76.46kg	80.39kg
resting HR	54.5 bpm	63.9 bpm	77.4 bpm
resting BP	120.2/74.7	124.0/75.1	138.9/81.1
chest skinfold	8.04 mm	7.98 mm	12.35 mm
abdominal	17.88 mm	20.00 mm	25.23 mm
thigh	12.58 mm	13.72 mm	18.12 mm
skinfold sum	38.50 mm	41.70 mm	55.70 mm
percent body fat	13.44%	14.33%	19.24%
hrs/wk training	7.30	6.07	0.38
smoke cigarettes	6.8%	8.7%	38.3%
drink alcohol	67.5%	82.6%	69.2%
married*	74.3%	45.5%	50.0%

Table 7. Comparisons between female competitors and non-competitors

	(n=20) competitors	(n=15) exercisers	(n=15) non-exercisers
age	52.6 yrs	48.6 yrs	66.1 yrs
height	163.56cm	165.10cm	162.62cm
weight	57.56 kg	68.52 kg	75.86 kg
resting HR	59.4 bpm	59.7 bpm	69.2 bpm
resting BP	114.8/70.3	120.8/78.2	133.5/76.0
tricep skinfold	15.50 mm	24.07 mm	26.60 mm
suprailium	12.60 mm	19.03 mm	21.60 mm
thigh	24.00 mm	36.53 mm	38.00 mm
skinfold sum	52.10 mm	76.63 mm	86.20 mm
percent body fat	22.13%	30.28%	32.09%
hrs/wk training	6.43	4.04	0.30
smoke cigarettes	10.0%	20.0%	7.7%
drink alcohol	85.0%	73.3%	69.2%
married*	50.0%	53.3%	33.3%

* Widowed counted as unmarried.

PROFILE

Ten Million Steps — The Paul Reese Adventure

For ordinary runners, one or two marathons a year is quite enough. The event is too demanding, and it can take weeks to fully recover from the beating that running 26.2 miles inflicts upon the body.

But Paul Reese is no ordinary runner. Three-and-a-half years ago, at the age of 73, Reese averaged 26 miles a day — a marathon a day — for 124 consecutive days as he covered 3,192 miles in crossing the continental United States.

Reese's adventure run was reported in some length in the December 1990 issue of *National Masters News*. Now, the full story is available in *Ten Million Steps*, a 218-page book written by Reese along with well-known running writer Joe Henderson and published by WRS Publishing of Waco, Texas.

"Each day as I went across the country, a different drama played out," Reese writes. "Each day was awash with suspense, action, and the conflict of dealing with weather, traffic, and bad roads."

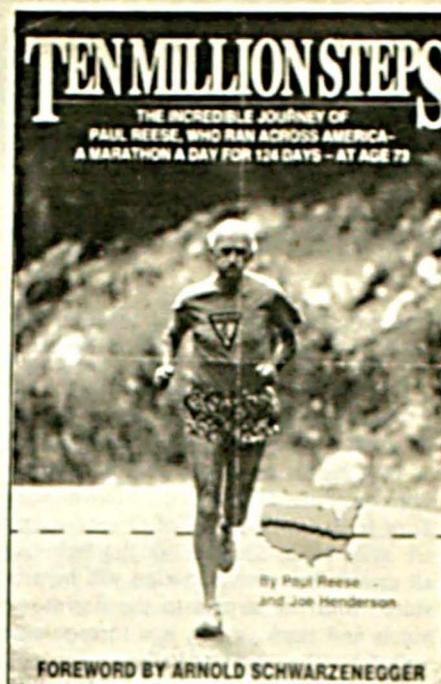
But Reese wrote the book not so much as a journal of the challenges facing him on his cross-continent trek,

but more to hopefully demonstrate to people over 65 that they don't belong in rocking chairs, that they are capable of more physical activity than they realize.

Moreover, you don't have to be a superjock to accomplish such a goal. Reese did it in spite of a bad back and treatment for prostate cancer.

Further, there are messages of marital harmony and spirituality related by Reese.

Reese tells the story day by day. On day 88 he observed: "I'd rate young men as the most alert drivers . . . young women as driving beyond their capabilities, often misjudging speed and curving . . . old ladies as dangerous because of their poor reaction time, judgment of distance and tendency to panic. As for old men, their driving spans so wide a range — from the downright dangerous to being on a par with young men — that they can't be



categorized."

On day 98, he noted: "As I made my morning assessment of aches and pains, I philosophized that if I run into trouble it will first be because of joints, second because of bones, third because of tendons, and fourth because of muscles."

Back to day 64: "Elaine and I have noticed that all the Kansas farmers have a standardized wave as they drive past. The hand barely leaves the steering wheel as they hoist two fingers, a gesture which expends a modicum of energy."

There are numerous observations, anecdotes, yarns, experiences, and discoveries made by Reese, who, with Henderson's help, tells it in such a way

Softball For Senior Players

Senior Softball-USA News is the leading publication for senior softball players (from age 50 on up). The largest circulated senior softball publication in the country, the *SS-USA News*, a quarterly tabloid-size newspaper, enjoys a distribution among more than 12,000 senior softball players and, as its motto declares, is: "Dedicated to informing and uniting the senior softball players of America and the world."

Regular features include general news, interesting and unusual News Briefs, information on upcoming softball-playing international tours, *SS-USA Health Report*, *Our Featured Team*, *Our Featured Player*, a listing of senior softball tournaments throughout the USA, pre- and post-coverage of Senior Softball World Championships, and sparkling humor in *Heard in the Dugout* quips, as well as "how to play the game better" hints and suggestions.

To subscribe, send \$6 for one year or \$15 for three years, plus legibly-printed name, age, and mailing address, to: Senior Softball-USA News, 9 Fleet Court, Sacramento, CA 95831.

that you find it hard to put down the book once you've started. It's both inspiring and entertaining. —Mike Tymn

Master's Health and Fitness

Continued from page 14

ing healthy was their main goal. The next most popular goal was being able to set personal records (24.0%). Only 7.4% of the men and 12.5% of the women said that one of their goals was to win. Only three of the men, and none of the women, said that a goal was to lose weight.

The average number of training days per week was 4.4 (men) and 4.7 (women.) The men spent an average of 7.3 hours per week training, while the women spent 6.4 hours. Weight training, distance running, and sprinting were the most widely used training systems. (See Table 4.)

Injuries hit 78.4% of the men and 30% of the women in the past 10 years. The most common men's injury was with hamstrings (25.7%). (See Table 5.)

Non-Competitors

Of the 36 male non-competitors who volunteered for this study, 23 were regular exercisers, ranging in age from 30 to 75. Of the 30 female non-competitors, 15 regularly exercised, age 30-77. See Tables 6 and 7 for comparison between the masters athletes and the non-competitors. The percent body fat in the non-exercisers was 19% (men) and 33% (women).

Caution must be used in the inter-

pretation of data due to the small sample size, and because the average age of the non-exercisers is 15 years higher than the masters athletes.

The mean income for the male athletes was \$44,910, far above the national mean income for males (\$24,054). Economic status may play an important role in an individual's ability to compete in masters meets. The mean income for women (\$29,500) was well above the mean national income for women (\$12,311).

Helps Slow Increases in Body Fat

Comparative data from this study as well as from other studies suggest that track & field competition helps slow down increases in body fat associated with aging.

Weight training was the most widely chosen training technique used by the athletes. In this study, 67.6% of the men and 60% of the women used weight training. That's a much higher figure than that found by Kavanagh et al. (1988), who found only 30.2% of the men and 31.0% of the women used weight training among 1688 masters athletes of various sports.

It may be that track & field athletes value weight training as more productive to their sport than do athletes involved in swimming, cycling and other sports.

The risk of hamstring injury is higher when an imbalance between the quadriceps and hamstrings exists. The hamstring muscles should be 60% to 70% of the quadricep muscle's strength. Subjecting the hamstrings to rapid eccentric movements during sprinting by a much stronger quadricep can cause injury to the hamstring muscle. Hamstring strains or pulls have a reputation for recurring and becoming chronic. Considerable atrophy and weakness of the hamstring muscle groups occur following a hamstring injury. Athletes have been made aware of the importance of hamstring stretching and flexibility after an injury. However, many athletes concentrate their efforts on stretching and not on strengthening. The solution for the chronic hamstring pull is a comprehensive rehabilitation program utilizing both stretching and strengthening techniques.

Recommendations

1) Further long term prospective studies of masters track & field athletes need to be completed to better determine the retarding effects on aging.

2) A survey of track & field athletes during their scholastic and collegiate careers should be completed to determine the interest in post-graduate competition.

3) More track & field competition should be available for the non-elite post-collegiate/pre-masters-level athlete as an incentive for continuous competition.

4) Insurance companies should provide more definitive criteria for health behaviors to provide the incentive for lower rates for those who qualify.

5) More articles should be written in masters track & field publications.

6) Regular training clinics should be held at track meets regarding proper muscle rehabilitation and improvements in muscle strength, endurance and flexibility. □



There are no small victories in the fight against heart disease.

 American Heart Association

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15th Annual Convention Las Vegas, Nev. — November

Summary of Masters Track & Field Committee Meetings

Barbara Kousky, Chair, presiding.
Budget

USATF allocated \$32,000 to the committee for 1994, a 13% increase over 1993's \$30,000 (see separate chart). Overall USATF revenues for 1994 are projected at \$9.6 million, a 27% increase over 1993's \$7.5 million, due mainly to a joint marketing venture between the 1996 Atlanta Olympic Committee and all NGBs.

1994 Indoor Championships

The meet is set for Columbia, Mo., on March 25-27. Meet director Don Dobson said Columbia is a 1 1/2 hour drive from St. Louis or 2:15 from Kansas City. TW Express and Lone Star Air fly directly to Columbia. Rick McGuire, USATF's Sports

Psychology head, will hold a seminar. The entry form is on the back page of this issue.

1994 Outdoor Championships

The meet will be held in Eugene, Oregon, on August 11-14, the week following the WAVA North American T&F Championships in Edmonton, Canada. Meet director Tom Jordan said 400 U. of Oregon rooms are available at \$39/day (single) including all meals. Free transportation will be provided from the airport to the downtown hotels and track, which is a three-minute walk from the residence halls.

1994 Indoor Pentathlon Championships

The event is set for Proviso West High School in Chicago on March 5.

1994 Outdoor Pentathlon Championships

To be held in conjunction with the nationals in Eugene.

1994 Decathlon/Heptathlon

Set for Missouri State College in Joplin on July 16-17.

1994 Weight Pentathlon

Set for Chicago in mid-to-late September.

1994 Weight Throw Championships

Seattle defeated South Carolina, 20-4, for the right to host these championships on August 20.

1995 Indoor Championships

Scott Thornsley, Indoor Coordinator, said indoor meets are content to break even, since the meet brings in tourist dollars to the local area. Columbia, Mo., and Reno, Nev., bid for 1995, with Reno winning, 26-8. The meet will be held on February 24-26, with Saturday's action running from 4 p.m. to 10 p.m., following a college meet.

1995 Outdoor Championships

The Committee awarded the 1995 meet to the only bidder, East Lansing, Mich. The Committee voted, 18-11, to hold the meet one week before the XI WAVA World Veterans T&F Championships, slated for Buffalo, July 13-23, to enable hundreds of foreign athletes to participate. Michigan agreed, and the meet will be held at Michigan State U. on July 6-9, 1995. Free shuttle bus service will be provided from the hotels to the track. Hundreds of University residence halls will be available at low cost.

1996 Indoor Championships

Three cities — Columbia, Mo., Reno, and Greensboro, N.C. — bid for 1996. Greensboro (March 29-31) won with 26 votes to four for Reno and three for Columbia. Greensboro offered a new facility. It's 300 miles from both Washington and Atlanta.

1996 Outdoor Championships

Spokane, Wash., site of the 1992 Outdoor Nationals, was the sole and successful bidder. The meet is planned for the first or second weekend in August with a budget of \$100,000. The Spokane organizers promised they would solve the 1992 problems of lack of transportation to the stadium, lack of hotel space and lack of rental cars. The 100° heat, however, would be out of their control.

Joint Meeting With Masters LDR

(See minutes of Masters LDR Meetings.)

1995 WAVA World Championships

To avoid a conflict with the IAAF World T&F Championships in Goteborg, Sweden, August 4-13, the dates of the WAVA World Veterans Championships in Buffalo have been changed to July 13-23. Buffalo offers 3000 hotel rooms, most within walking distance of the tracks. The U. of Buffalo residence halls are enclosed in an "Athlete's Village," within walking distance of both tracks. Niagara Falls is a 20-minute drive. Toronto is a 90-minute drive.

Contrary to previous reports, the second track is eight lanes, not six. A shuttle will operate between the tracks, which are about a mile apart.

Records

Chairman Pete Mundle announced WAVA will only recognize automatic times for world records in distances of 400 meters or less, beginning July 1, 1994. This conforms to U.S. policy adopted in 1989.

Racewalking Chair Bev LaVeck announced the racewalking course in Miyazaki has been certified by USATF, so records set there will be accepted.

Vice-Chair

The Committee agreed the Chair has authority to appoint a Vice-Chair, and approved a line-item budget expense for the position.

A motion for the Chair to appoint a sub-

committee to write by-laws was approved.

Gwilym Brown Award

The annual award for Masters Athlete of the Year has long been called the Gwilym Brown Award. By a vote of 15-4, the group voted to change the name to one more closely associated with the masters program. Several names were proposed, and it was agreed a survey would be taken of athletes through the *National Masters News* to choose a suitable person's name for the award.

Rules

Rule changes are only made in even-numbered years. Anyone who wants to propose a rule change should write Graeme Shirley, Rules Chairman, before Sept. 30, 1994. Two suggestions were to establish a platform for older steeplechase competitors, and to exempt masters from the "use any implement" rule.

Spectator Charge

Should national meets charge fees for spectators? A motion to provide a free pass for "athletes' spouses" was defeated, 20-4. A motion to provide one free "family pass" to each competitor, beginning in 1997, passed.

All-American Standards

Rex Harvey volunteered to chair a committee to revise the All-American Standards, since Gary Miller, the former head of the AA Committee, is no longer active in the program. Roz Katz, Marti Thielmann, George Mathews and Al Sheahen agreed to assist.

Rankings

Jerry Wojcik, Rankings Coordinator, said all 1993 indoor rankings were published in the *National Masters News*. Outdoor 1993 rankings will be published in the annual Rankings Book, available in March, 1994.

Meets in Cuba and Russia

An independent tour operator is attempting to schedule multi-sport masters meets in Havana and St. Petersburg, but the Committee showed no particular interest.

Multi-Events

Rex Harvey reported attendance at 1993 multi-event championships was: Indoor Pentathlon: 32 men, 8 women; Weight Pentathlon: 18 men, 6 women.

Membership

A total of 24,122 over-age-40 athletes are registered with USATF — 19,277 men (80%) and 4845 women (20%). T&F: 8750; LDR: 18,002; RW: 2334 (many sign up for more than one sport). Total USATF membership: 92,917. Thus, masters registrants comprise 26% of the total. (see chart).

—Al Sheahen

Additional Highlights of Masters T&F Meetings:

Complete minutes will be mailed to all attendees who indicated address on sign-in sheets at Convention, and will be available to all others from the Secretary (address on page 2).

Age-Grading

Rex Harvey and Al Sheahen completed

Continued on page 18



Christel Miller, California, Women's Representative, and Pete Mundle, California, Records Coordinator, at the 1993 USATF Convention, Las Vegas.

USATF MASTERS TRACK & FIELD COMMITTEE BUDGETS — 1993/1994

	1993 Budget	1993 Expenses	1994 Budget
1. Chairman	\$4900	\$4986.58	\$5500
2. Outdoor Coordinator	1100	532.14	} 2000
3. Indoor Coordinator	900	900.00	
4. Multi-Events Coordinator	1900	1850.00	2100
5. Regional Coordinators:			
a. East	1100	1100.00	1300
b. Southeast	1100	1100.00	1300
c. Midwest	1100	680.65	1300
d. Mid-America	1100	1100.00	1300
e. Southwest	1100	1100.00	1300
f. West	1100	343.35	1300
g. Northwest	1100	1000.00	1300
6. Records Chairman	2300	2300.00	2000
7. Rankings Coordinator	1900	1900.00	2000
8. Secretary	1400	1670.31	2000
9. Treasurer	1000	1000.00	1450
10. Women's Representative	400	400.00	0
11. Racewalking Coordinator	500	173.55	950
12. Awards Coordinator	500	354.47	950
13. Team Manager	2400	2400.00	250
14. Board of Directors	500	642.21	500
15. Miscellaneous	100	55.13	0
16. Site-Selection Coordinator	450	665.86	700
17. Meet Manual	500	.00	500
18. Printing Brochures	250	.00	350
19. Microfilm Records	400	.00	0
20. Site Selection - WAVA '95	900	3745.75	0
21. Vice-Chair	0	.00	700
22. Indoor Games Committee	0	.00	600
23. Outdoor Games Committee	0	.00	650
24. By-Laws Preparation	0	.00	200
25. Market Research	0	.00	1500
Totals	\$30,000	\$30,000.00	\$34,000
Category Summary:			
1) Travel & lodging		\$17,364.48	
2) Postage, phone, fax, etc.		4,267.61	
3) Meet support		4,989.52	
4) Awards		293.55	
5) Miscellaneous		55.84	
6) Secretarial help		275.00	
7) Records		1,914.00	
8) Rankings		300.00	
9) Convention Registration		540.00	
Total		\$30,000.00	

Minutes of USA Track & Field

November 30-December 4, 1993

Minutes of Masters LDR Committee Meetings

Tue. Nov. 30 — 9 a.m.

Chairman Chuck DesJardins presiding.

The site of our next Masters LDR executive meeting will either be Washington, D.C., just prior to the RRCA Convention, April 7-10, or at the National Masters Indoor T&F Championships in Columbia, Mo., March 26.

Tue. Nov. 30 — 6 p.m.

Chairman's Report: Chuck attended eight USATF executive meetings and two Masters LDR executive meetings in 1993. He was also active in the Balmoral group, made up of LDR leaders from across the country, who meet to discuss the future of the sport with regard to economy and health. A large-scale planning meeting will take place in Washington, D.C. in February.

Chuck reported on the many good experiences from Miyazaki — friendly hosts, good off-time activities, special frivolities — but said some essential services were lacking (translators not knowledgeable about the sport, distance events not spaced out, rigid decision-making). He will pass these lessons along to the 1995 Buffalo organizers.

Chuck said he was approached to ask our Committee to change our 1995 marathon championship from Twin Cities to the WAVA Marathon to be held in Buffalo. He was unwilling to ask for such a change.

Law and Legislation: A motion was passed to reject a Law & Legislation item which would allow USATF's Executive Committee to set new athlete membership fees instead of decision by the general assembly.

Championship: Bill Nault of Louisville, Ky., reported the turnout at the Oct. 31 National 10K X-C Championships was not representative of a national championship. He said we should perhaps have only one national X-C event, instead of a 5K, 8K and 10K. Jerry Crockett said we have the same problem in all our championships, not just X-C. Ruth Anderson suggested making our races into a Grand Prix series might help attendance. Another idea was to have regional championships, like track & field, which might or might not lead to a national event. No action was taken.

Wed. Dec. 1 — 1 p.m.

Awards: John Boyle and Ruth Anderson presented the men's and women's nominees for outstanding athletes of 1993. Reps and athletes are urged to send in results for next year's possible nominees. (See separate chart for winners.)

Thu. Dec. 2 — 8:30 a.m.

Mick Midkiff presented the bids for 1994 championships. (See separate chart.)

Miyazaki: Norm Green critiqued the LDR events from Miyazaki, agreeing that some services to athletes were not good. He reported on a "deal" that WAVA made with the Miyazaki organizers that Japanese entrants who entered only the marathon or cross-country would only have to pay \$7.50 WAVA fee, instead of \$15. A motion passed to direct WAVA not to allow such "deals" again.

Go Metric: Chuck announced the U.S. will go completely "metric" by 1996, so we'd better start practicing our centimeters.

Thu. Dec. 2 Joint Session LDR and T&F 3 p.m.

Atlanta & Beyond: A presentation was made by David Morey and Eric Bass, who did the *Atlanta and Beyond* project for USATF. The goal of Part One had been to resolve an internal conflict of confidence and to build a strategic foundation for promoting all aspects of the sport. Part Two, released at this convention, stresses grassroots development and promotional marketing. The bottom line is that we don't promote ourselves enough, and specifically, masters don't get enough assistance from the national organization. The report lists 30 recommendations for achieving the overall goals of USATF.

WAVA T&F in Buffalo: Chuck reported Thomas McLean from the National Office was extremely helpful in the bid process for Buffalo. Barbara Kousky, T&F Chair, said that USATF gave banners, etc., to give as gifts in Japan, and she thanked all those who helped promote the U.S. bid.

Vito Girrello briefly reviewed some aspects of the bid. The Buffalo delegation consisted of nine people who stayed 10 days in Japan and were the only bidders to host a reception. The meet will be held July 13-23 at the University of Buffalo, and will use 3000 dorm rooms and 3000 hotel rooms. There will be complimentary shuttle service to/from the airport and to/from all venues. Niagara Falls will be a major tourist attraction, and Toronto a major airport.

Dick Barry, University of Buffalo track coach, said there are two tracks on campus. The main stadium, which was built for the World University Games this year, seats 17,000, and houses the field events inside (though not on the infield). The second track has 4000 seats, but no shower facilities. The cross-country course is about a 20-minute drive, and has grass, trails, and roads. Both the racewalk course and marathon will go through Niagara Falls. Competition entry packets will be ready in June, 1994.

WAVA Reports: Sandy Pashkin, team leader in Miyazaki, reviewed her experiences in Turku as a liaison between athletes and organizers, and in Japan as the athlete rep for team events. It was difficult to get athletes entered on the proper teams, because of the rigid way the procedure was set up there.

Rex Harvey, President of NCC WAVA, listed the three events slated for next summer: July 30-31 WAVA Road Championships in Toronto, Ontario; August 4-7 NCC WAVA Regional T&F Championships in Edmonton, Alberta; and the USATF Masters T&F Championships in Eugene, Oregon on August 11-14. The Edmonton meet will include a men's and women's outdoor pentathlon and a weight pentathlon (official WAVA event). Over 300 competitors are expected. NCC WAVA elections will take place.

Ruth Anderson, rep to the WAVA women's committee, announced that group's newly elected delegate to the WAVA council is Hannelore Guschmann from Belgium (Jacques Serruys' wife). Since it was an election year, not much "business" was conducted by the women's committee, but Ruth tried to promote ultra running, which is her first love in this sport. Norm Green, as NCC WAVA's non-

stadia chairman, reviewed the main problems with the road walk, the marathon, and the cross-country races in Miyazaki. Basically, there was a scheduling problem because the Japanese did not use the normal WAVA schedule, races were conducted in the heat of the day with no shower amenities, and there was a basic lack of communication, especially with regard to awards. The next non-stadia event will be the WAVA World Veterans Road Championships in Scarborough, near Toronto, on July 30-31, 1994, with a 10K run on Saturday, and a 25K and 20K racewalk on Sunday. The non-stadia events scheduled for the NCC WAVA meet in Edmonton, August 4-7, 1994, include a 15K road run, an 8K cross-country run, and a 10K road racewalk.

In 1996, the World Road Championships will be held in Brugge, Belgium. The proposal to hold a world championship veterans event at the IAAF World Cross Country Championships was withdrawn.

Barbara Kousky presented an overview of the relationship between WAVA and the U.S. Unlike our organization's democratic procedure for making rules, WAVA's Stadia (technical) Committee has been given that responsibility. Barbara would like to see a more democratic rule change procedure within WAVA, as well as better follow-up on contracts (e.g., the Japanese not paying the full \$15.00 WAVA fees) and other promises (drug testing). These comments initiated a discussion on drug testing at world championships.

Phil Mulkey suggested that all gold medalists go into a pool for testing with a specified number to be actually tested, depending on funds available, and that only performance-enhancing drugs be tested for. Marilyn Mitchell asked why the IAAF didn't pay for the testing in Miyazaki, as they were supposed to. Bob Fine, WAVA Executive V-P, explained that testing was not done because of the expense; it would have cost \$250 per test, and only 5 tests were actually scheduled by WAVA. Another problem was that some athletes had permission to be on certain medications, but knowing which amounts were allowable was too complicated. In Buffalo,

50 tests are being scheduled, but Bob warns that once IAAF testing begins, the athletes must be willing to live by the mandatory bans imposed by the IAAF. Barbara conducted a straw vote, which passed unanimously, that our organization make a formal request to WAVA that drug testing be done.

Al Sheahan as WAVA Treasurer offered to work on rule changes. The current process is for the Stadia Committee to make recommendations to the 14-member Council. By voice vote in our joint meeting, it was agreed that USATF Masters request that WAVA adopt a process where the General Assembly would vote on rule changes, not just the Council. The next meeting of the Council is in Buffalo in April of 1994. Marilyn Mitchell proposed a WAVA bylaw change, but no action was taken. Instead, both masters executive committees will propose any changes to the WAVA Council.

Barbara also asked for more equity in paying rights fees for WAVA championships. In 1989, Eugene paid \$12,000 in rights fees yet only made \$10,000 profit, while Turku in 1991 paid only \$6,000 in rights fees yet profited \$250,000. Miyazaki and Buffalo will each pay \$15,000 in rights fees. To end the WAVA topics on a positive note, Barbara reiterated that the people of Japan were very friendly and hospitable.

Age-Grading: Rex Harvey and Al Sheahan have worked with 25 other people around the world to revise the age-graded tables. In Rex's words, "The principle of decreasing performance in an increasing manner." The main change is that the standards for age 75+ have been eased, and for age 30-39 they are tougher.

National Masters News: Owner and editor, Al Sheahan, gave a report on the status of the newspaper. For 13 years, it has been an independent publication, even though it is an "official" publication of USATF and WAVA. It operates slightly in the black, with 68% of revenues coming from subscriptions and 13% from advertising. A new advertising director has just been hired to hopefully upgrade and in-

Continued on page 23

1994 USATF NATIONAL MASTERS LDR CHAMPIONSHIPS

RACE	DATE	SITE
5K Road	October 2	Syracuse, NY
5K X-C	November 6	Columbus, OH
8K Road	***	***
8K X-C	November 19	Boston, MA
10K Road	***	***
10K X-C	October 16	Canandaigua, NY
15K Road	November 13	Schnectady, NY
Half-marathon	June 26	Fairfield, CT
25K Road	----	----
Marathon	October 2	Minneapolis, MN
50 Mile	----	----
100K	February 12	Sacramento, CA
24-Hour	September 17	Sylvania, OH

*** Possibly December 4 in St. Louis

1995 USATF NATIONAL MASTERS LDR CHAMPIONSHIPS

Half-marathon	February 4	Las Vegas, NV
Marathon	October 1	Minneapolis, MN

T & F Meetings

Continued from page 16

new age-graded tables which were used at the WAVA Championships in Miyazaki in October, 1993. Single-age standards and the new book should be available in early 1994.

Award Certificates

Would the following please contact Barbara Kousky, Chairman, for their award certificates from past years: Diane Friedman, Susan Hughes, Martin Krule, Margaret White.

Demographic Study

At the request of Scott Thornsley, the Committee decided to appropriate money for a demographic study of the athletes, which would facilitate obtaining sponsorship for the nationals and other activities.

Law and Legislation

Unknown to our Committee, a piece of legislation went into effect in January, 1993, which changed the definition of eligible relay team members, enabling masters to have national teams, though this was contrary to the prevailing philosophy of the majority of the Committee. Therefore, the Committee amended that item, restoring the former concept of club and relay team eligibility, as the only major piece of legislation affecting Masters Track and Field in this session. The new item was passed decisively by our Committee, accepted by the Law and Legislation Committee, and by the Convention body without comment.

Committee Structure

As it was felt that women seem to have achieved parity with men in the U.S. program on the track and on the field, it was determined that the position of Women's Coordinator was unnecessary and the budgetary line item was omitted from the 1994 budget.

At the same time in an unrelated matter, Bruce Springbett rendered his resignation as Outdoor Coordinator, whereupon the positions of Indoor Coordinator and Outdoor Coordinator were merged and the function will be undertaken by the current Indoor Coordinator, Scott Thornsley.

The Masters Track and Field Committee

was unanimous in wishing to go on record in expressing their gratitude and appreciation for the past service given by both Ms. Miller and Mr. Springbett.

Respectfully submitted
by Marilyn J. Mitchell, Secretary

Outdoor Events Schedule

by JEFF SCHALLER, Inland Northwest USATF Masters Rep.

A year and a half ago, after noticing continued events scheduling inconsistencies on my entry form and attending the '92 Spokane Championships meet, I decided to do an event scheduling study, which gained in importance after the Provo meet.

My resulting recommendations for changes were then sent to our national chair, Barbara Kousky, who then had a meeting with Phil Mulkey, Philippa Raschker, Marilyn Mitchell, Eddie Seese, and Max Goldsmith on the first day of this year's USATF Convention to look over and refine my recommended schedule.

That evening, at the first executive committee meeting, both the original and revised proposals were presented and discussed, and, later that evening in general committee session, the following Outdoor Championships schedule was adopted:

The first day: the 5000m run will start earlier (during cooler temps), allowing for an earlier start for the 800m trials and more rest time between the 800m and the 400m trials, with the women's pentathlon starting later.

The mid and long distances: aside from the earlier starts for the 5k run and the 1500m finals, there are virtually no changes in these events.

The throws: because the hammer was conflicted with the pentathlon, it has been moved to the 2nd day, while the men's shot put was moved from the 2nd to the 4th day. The women's shot put was moved from day 4 (a long day when combined with the m. shot), to day 1, along with the women's javelin (from day 2 - conflict with the hammer). Thus, for both sexes, the shot and javelin (a less likely double, with non-conflicting throwing sectors) are paired and

Day 1

7am	5k Run	5pm (after W. Pen)
8am	M. Pent.	Shot Put (W90+ -50)
11am	W. Pent.	Javelin (W49-30)
noon	800m T.	
5pm	400m T.	

Shot Put (W49-30)
Javelin (W90+ -50)

Day 2

5k Walk	8am	Hammer
High Hurd.	8am	Long Jump (W, M90+ -60)
100m T.		
1500m T.	9am	Pole Vault (M69-60)
400m F.		High Jump (M59-30)
Steeplech.		
	1pm	Pole vault (M44-40)

Day 3

10k Run		Discus
Long Hurd.	8am	Long Jump (M59-30)
800m F.		
100m F.	9:30	Pole Vault (M59-50)
200m T.		High Jump (W, M90+ -60)
Relay		
General Mtg.	1pm	Pole Vault (M49-45)

Day 4

Roadwalk	8am	Triple Jump (M, W)
1500m F.		
200m F.	9am	Pole Vault (W, M90+ -70)
lunch		
Age-Gr.	1pm	Pole Vault (M39-30)
100m		
4X100m R.	8am	Javelin (M90+ -60)
4X400m R.		Shot Put (M59-30)
4X800m R.		Javelin (M59-30)
		Shot Put (M90+ -60)

Tentative starting times are suggested.
Shot and javelin age groupings are suggested.
Tent. starting time, 1500m finals - 9:30 am
Tent. starting time, 200m finals - 11:30 am
Sexes, ages indicated in order of competition

the throws are finished in three days.
The jumps: this category of events is the most radically changed, with competition in each event spread over more time to shorten days (particularly the 2nd) and minimize conflicts between events, such as the long jump and sprints, as well as between the jumps themselves.
At the Provo meet, I polled the triple



Max Goldsmith (l), Texas, Masters T&F Site Selection Coordinator, and Eddie Seese, California delegate, discuss strategy, 1993 USATF Convention, Las Vegas.

Photo by Jerry Wojcik

jumpers who also long jump and found a definite desire for running the long jump first (by 2 to 1 over the triple jump 1st), as is reflected in the new schedule. This change also brings us in line with virtually all other championship meets in track and field, including the Masters World Championships.

The sprints and hurdles: the sprints have been shifted, so that the 100m finals are on day 3 rather than 2, and the 200m finals fall on day 4, instead of day 3, to produce a number of improvements. First, it shortens day 2, the length of which has been a problem. It also eliminates hangups involving determination of finals after the prelims, which caused problems in Provo such as the delay of some finals races.

Many sprinters have expressed the definite preference for running the 200m finals in a different time frame from the trials. By now running the 200m finals on day 4, performances should be enhanced, and participation in the relays could increase. Overall, the sprints should also be more audience-friendly by being less lengthy.

Along with solving basic problems, our goals were to enhance opportunities for higher levels of participation and performance through minimization of event conflicts, while considering facility variations and the needs of organizers and officials.

It should, however, be understood by all athletes that, although event scheduling conflicts can be minimized, the results can never be perfect; there will always be some athletes whose desires cannot be fully met. This is a fact of life for a group of athletes that is as events diverse as masters athletes tend to be.

While the throws scheduling, for example, is now a day shorter, there have been compromises made that make the schedule work.

And while the sprints are now improved for management and competition, the compromise is a one day sprints extension.

Although individual costs and participation (event entry levels, at all levels of competition) are of great importance to masters track and field and this meet, it is the National Championships Meet, with its accompanying objectives of quality competition and high performance levels.

I believe that our new events schedule is a good balance of the involved interests that will positively contribute to the success of our future Championship meets, including Eugene '94, where an analysis during and after the meet will evaluate its problems and successes.

P.S. Special thanks to the aforementioned convention sub-committee for their added expertise in refining my recommendations. □



Ric Banning (52:27) and Linda Banning (65:18), Alexandria, Va., were first masters in the Army 10 Mile, Washington, D.C., Oct. 17.

Photo by George Banker

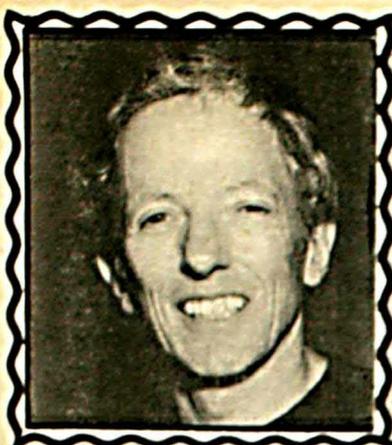
MEMBERSHIP STATISTICS

USATF MEMBERSHIP STATISTICS AS OF OCTOBER 31, 1993 ** REP: 02 93/11/02

ASSOCIATION #	GRAND TOTALS				MALE				FEMALE				TOTAL				
	MEMBERS PER CATEGORY	20-39	1-19	40+	TOTAL	20-39	1-19	40+	TOTAL	20-39	1-19	40+	TOTAL	20-39	1-19	40+	TOTAL
SPORT EVENT		20140	22034	19277	61451	8791	17830	4845	31466	28931	39864	24122	92917				
TRACK & FIELD		8925	20997	7109	37031	3623	17093	1641	22357	12548	38090	8750	59388				
LONG DIST RUNNING		14867	4785	14429	34081	6537	3651	3573	13761	21404	8436	18002	47842				
RACE WALKING		1181	1255	1617	4053	596	1041	717	2354	1777	2296	2334	6407				
NO SPORT		1193	227	1031	2451	581	156	236	973	1774	383	1267	3424				

USATF MEMBERSHIP STATISTICS AS OF OCTOBER 31, 1993 ** REP: 02 93/11/02

ASSOCIATION #	TOTALS BY ASSOCIATION CLAIMING MEMBER
1 MAINE	900
2 NEW ENGLAND	4,906
3 ADIRONDACK	1,260
4 NIAGARA	1,434
5 CONNECTICUT	2,184
6 METROPOLITAN	12,925
7 NEW JERSEY	5,956
8 MID ATLANTIC	2,320
9 ALABAMA	763
10 POTOMAC VALLEY	2,188
11 THREE RIVERS	1,117
12 VIRGINIA	673
13 NORTH CAROLINA	1,567
14 FLORIDA	2,575
15 TENNESSEE	293
16 INDIANA	1,002
17 OHIO	3,367
18 LAKE ERIE	1,316
19 MICHIGAN	1,381
20 WISCONSIN	1,017
21 ILLINOIS	2,955
22 OZARK	917
23 ARKANSAS	153
24 SOUTHERN	1,282
25 GULF	2,051
26 SOUTHWESTERN	1,453
27 OKLAHOMA	1,505
28 MISSOURI VALLEY	980
29 NEBRASKA	1,333
30 MINNESOTA	1,467
31 MONTANA	31
32 COLORADO	1,764
33 SOUTHERN CALIFORNIA	4,343
34 UTAH	1,194
35 INLAND EMPIRE	883
36 PACIFIC NORTHWEST	1,636
37 OREGON	1,862
38 PACIFIC	4,565
39 HAWAII	639
40 IOWA	1,172
41 KENTUCKY	566
42 NEW MEXICO	1,187
43 SOUTH TEXAS	1,427
44 SAN DIEGO-IMPERIAL	1,058
45 GEORGIA	2,479
46 CENTRAL CALIFORNIA	573
47 WEST TEXAS	350
48 ARIZONA	1,445
49 NEVADA	578
50 WYOMING	104
51 WEST VIRGINIA	388
52 DAKOTA	139
53 BORDER	371
54 SNAKE RIVER	197
55 SOUTH CAROLINA	869
56 ALASKA	496
57 UNIQUE ASSOCIATION	0
58 NATIONAL MEMBERSHIP CE	15
59	0
60 GRAND TOTALS	92,917



On The Run

by Hal Higdon

World Vets Marathon Needs Changes Before Buffalo

Touring the marathon course by bus on Saturday, the day before that race at the World Veterans Championships in Miyazaki, Japan, I feared doom and disaster, not only for myself as a competitor, but for others in the crowded field. I also felt the World Veterans Athletics Association had abdicated its responsibility in failing to instruct the otherwise well-organized Japanese hosts in how to do their job.

First, there was the starting line on a relatively narrow, four-lane street, which might have proved adequate for most previous World Vets marathons, but in Miyazaki, early 6000 had entered the race!

Second, was the course, which in its first few kilometers suffered two quick turns and progressively narrowed from four to three to two to one lane, then offered a U-turn with runners heading back at each other, one lane each.

Third, was the starting time of 9:00 a.m., convenient for marshalling volunteers, but difficult for marathoners, most of whom would be finishing after noon in expected hot and humid weather.

Fourth, was the arrangement of water stations at five-kilometer intervals with sponges at equal intervals between. Those intervals conform with international regulations, but while an elite runner can cover that 5K gap in 15 minutes, a slower master might be forced to run (and/or walk) anywhere from 30 to 60 minutes without relief, particularly if fading in the closing stages on a hot day.

Riding in the seat opposite me on the bus were two individuals charged with organizing the marathon at the next World Vets in Buffalo, New York in

1995. Resignedly, I told them, "I hope you do a better job with your marathon than what I expect will happen tomorrow."

They responded by promising an earlier (7:00 a.m.) start, but I wondered if they, or WAVA, understood the totality of the problem in staging a marathon in which all participants are masters?

The next day's race proved both better and worse than I had expected.

Crowded Starting Line

The starting line did prove crowded, but volunteers stood on the grid holding signs indicating predicted finishing times. Runners were on their honor to respect those signs while choosing a place on the grid, but even arriving 15 minutes before the gun, you could line up near the front. After that, it became very crowded, although I suspect that fewer appeared than the 6000 entered.

Not wishing to lose time getting to the line, yet also not willing to stand in front of faster runners, I used an aging road runner's trick. I started outside the grid on the sidewalk despite invitations by a half dozen officials to join the jam. Other than one other runner, who appeared to be Finnish, nobody else thought to do the same. This per-



The USA delegation marches in at the opening ceremonies in Miyazaki.

mitted me to start even with the front line, then, after some weaving around pedestrians, rejoin the pack on the street once they had begun to thin out.

After the race, I spoke with Ruth Anderson, who had less luck at the start. Positioning herself on the grid, honestly, next to the sign showing her predicted time, Ruth lost two minutes before crossing the starting line, then spent the first several kilometers unable to run full speed because of the crowd around her.

Yet, the central four lanes at the start were bracketed by narrow grassy areas with extra lanes on each side. On the course tour, we had been told that those extra lanes also would be utilized, but they were not. Why wasn't WAVA watching?

The out-and-back, however, proved less a problem than I had anticipated. We U-turned back on ourselves near 16 kilometers; by that time the field had strung out enough so that I never had to break stride because of crowds around me. Others behind might have

had different experiences.

Late Starting Time

Concerning the starting time, a bad case of sunburn suffered by me serves as evidence that it should have been earlier. Running at high noon is no fun, and a 9:00 start guarantees that anyone failing to break three hours will be on the course at noon.

At the Honolulu Marathon, with weather conditions similar to those in Miyazaki (and with more Japanese than American runners), the race begins in the dark at 5:30 a.m. to limit time in the sun.

Ironically, if the World Vets marathon had begun at 1:00 p.m., we would have run the race in a cooling rain, which began around then. As it happened, all that rain did was chill us afterwards.

Not Enough Water

Getting water was more of a problem, particularly because of crowding at the stops. Volunteers seemed to have trouble getting cups on the table fast

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The USA M40 400-meter relay team placed second (44.71) in Miyazaki, Japan. From left: Randy Kruse, Robert Bowen, Tom Thompson and Robert Hahn.

PRESIDENT:

Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy

EXECUTIVE

VICE PRESIDENT:

Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
USA

VICE-PRESIDENT

(Stadia):
Bill Taylor
17 Poplar Farm Close
Milton-under-Wychwood
Oxford, OX7-6LX
Great Britain

VICE PRESIDENT

(Non-Stadia):
Jacques Serruys
Postbox 7
B8000, Brugge, Belgium

SECRETARY:

Torsten Carlus
Smalandsgatan 25
S-25276 Helsingborg, Sweden

TREASURER:

Al Sheahan
P.O. Box 2372
Van Nuys, CA 91404
USA



WOMEN'S Delegate:

Hannelore Guschmann
Postbox 7
B8000, Brugge, Belgium
Phone: 050/38 76 12

IAAF Delegate:

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

DELEGATE OF: NORTH AMERICA

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

SOUTH AMERICA

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

ASIA:

Hari Chandra
#24-12 Block 44,
Marine Crescent, Singapore

EUROPE:

Hans Axmann
Eichendorffstrasse 2
D-8800 ANSBACH
Germany

OCEANIA:

Jim Blair
43 Emslie Road
Pinhaven, Upper Hutt
New Zealand

AFRICA:

Col. Pascal Mackonguy
BP 1222 Brazzaville
Rep Pop Du Congo

On the Run

Continued from page 19

enough. Because of the out-and-back feature of the course, they only offered water from one side instead of two.

Tea was available at the sponge points, but it probably suited Japanese tastes better than mine. Toward the end of the race, as heat and cramps forced me to drift backwards in the field, I arrived at several water points to find them out of water. Ruth Anderson said the same, and we finished in the top quarter of the field! Woe to those behind.

Air Pollution

Another problem I had not anticipated was air pollution. My lungs began to burn almost from the beginning. Cars ran beside us in nearby lanes, although it may have been less their exhaust that caused my breathing problems than the general poor air quality of the Japanese city. Masters coach Cathy Twomey Bellamy also commented about air pollution. Controlling emissions is not WAVA's duty, although seeking courses that can be closed to adjacent vehicle traffic might help.

Advice for Buffalo

Given the experiences of the marathon in Miyazaki, what can we anticipate in Buffalo? What advice can I offer the organizers from that city who were beside me on the tour bus?

1. **Starting Line:** Eliminate the mass start in favor of a wave start divided by age groups. This sounds radical, but

wave starts are common in triathlons and international cross-country ski races in which I have competed, as well as a select number of road races.

I feel strongly about this for competitive reasons as well as to alleviate crowding. The major attraction of master sports is that it allows us to compete against our age peers. But in a mass start marathon, you may not even be able to see, much less identify, your competition.

By adopting a wave start, each age group starts together with an appropriate interval between groups. Eventually in a race 26 miles long, runners will come together, but by that



New Zealanders Judy Chandler (left) and Margaret Orman. Chandler won the W55 800 (2:43.49), while Orman captured the W50 800 (2:28.97), 1500 (5:13.26), and 2000SC (7:46.90).



Teams from Australia (3rd), Great Britain (1st) and the USA (2nd) on the victory stand for the M40 1600 relay.
Photo by Shirley Dietderich

time you will know your relative position in the field, and you won't need to suffer the delay experienced by Ruth Anderson.

The Bolder Boulder 10K race in Colorado features a wave start with computers sorting out who finished where and when. Cincinnati has a 15K that divides its field into four start times. Other road races have done the same, but the Buffalo organizers might best spend time seeking guidance next February in Hayward, Wisconsin at the American Birkebeiner, America's largest cross-country ski race with 6000 starters. The Birkie utilizes a dozen waves with three-minute gaps. I've skied the Birkie on numerous occasions, and its organizers have fine-tuned their starting procedures. We need to borrow their expertise.

At Miyazaki, I spoke with WAVA officials Bob Fine and Norm Green about shifting to a wave start in the marathon. Both Bob and Norm seemed receptive to the idea. WAVA should mandate a wave start for marathons at all its future championships, not merely Buffalo.

2. **The Course:** This should be less a problem in 1995, where the marathon course will be the same as that used annually for the Skylon Marathon as well as the 1980 and 1984 Olympic Trials.

I attended the 1984 Trials and remember a course that starts in Buffalo, but quickly crosses into Canada across the Peace Bridge, with most of its route on a tree-shaded parkway along the Niagara River, ending near the Falls. The parkway, I am told, will be closed to traffic. Pollution should not be a problem.

Nobody expects 6000 runners to enter the marathon in 1995, but why not? If the event is planned, organized and promoted properly, why wouldn't masters runners throughout North America want to attend?

Regardless of numbers, WAVA needs to assume control to assure adequate course design at all future championships. During the selection for the

1995 and 1997 Championships at the WAVA General Assembly in Miyazaki, president Cesare Becalli pointedly and repeatedly informed each bidder publicly before their presentation that WAVA will control the running of its championships. Bravo, Cesare: Just do it!

3. **Starting Time:** The 9:00 a.m. start at Miyazaki in October proved unacceptable. Is 7:00 a.m. in Buffalo in July much better? Marginally so, but the sun rises early in mid-summer, and Buffalo's northern latitude (and promised cooler weather) may not be enough to ensure a safe or comfortable race. It's less a problem for those contending for medals, but slower masters

Continued on page 21



Oregon's Carol Jackson took 8th in the W45 10,000 in 44:43 in Miyazaki, and came back to run the 5000 in 20:44.

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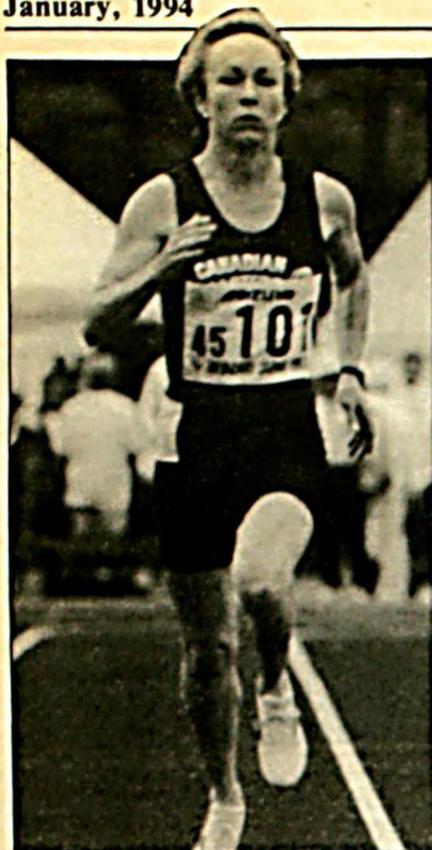
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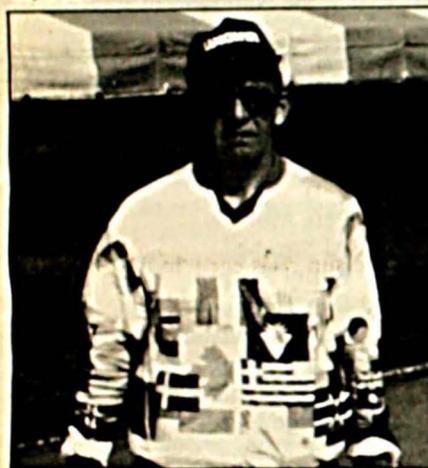
1994 International
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Avril Douglas, 47, of Vancouver, B.C. medaled in the 400 (bronze, 60.46) and 800 (silver, 2:18.75) in the World Veterans Championships Miyazaki.



Chile's Jorge Alzamora, WAVA South American delegate and decathlete, models the WAVA jacket with flags of many nations.

On the Run

Continued from page 20

may require five to six hours to finish.

Not everybody likes getting up in the middle of the night to either race or provide support for a race. Starting in the dark poses its own problems. Given a wave start, starting older (and slower) runners first might offer one option, except it's no fun being continually passed by faster runners.

Buffalo's organizers need to give a start earlier than 7:00 a.m. serious consideration, and WAVA should guide them in their deliberations.

4. Water Stations: Water was provided at precise five-kilometer points to conform with, what I suspect, are IAAF standards. That's fine for elite runners, but most major marathons in the U.S. that cater to the masses offer water, and other liquids, more frequently.

If international regulations now dictate where water can be offered, WAVA needs to adopt rules relevant to its constituency. One rule I'd like to see eliminated is that you cannot offer fluids except at official stations. This prohibits what the South Africans refer to as "seconding," where individuals offer support beyond that at official points.

The reason is to place everybody at an equal level, particularly runners who might not have friends or relatives with transport who could conveniently serve as seconds. Yet, the nature of the Buffalo course might make seconding in various forms a viable option, particularly for those far back. I'd like to see an army of sprinters and javelin throwers on rented bicycles accompanying their marathoning comrades. If we don't see seconding in Buffalo, maybe we'll see it in South Africa. In the meantime, relax the regulations



Scoreboard in Miyazaki.

that prohibit such support.

Will the officials from Buffalo who sat across the aisle from me during the course tour in Miyazaki learn from what they saw before and during the race? They seemed willing, but every two years there's a new world championships and a new marathon and a new set of officials. WAVA needs to

take control so that future marathoners at its world championships find a race worth running. □

Hal Higdon is a Senior Writer for Runner's World and a regular contributor to National Masters News. About his time and place in the marathon at Miyazaki, he says, "Don't even ask."



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T&F Awards

Continued from page 1

the year. She also won in 1982, 1987, 1988, 1989, 1990, and 1992.

Mulkey won five gold medals in the U.S. National Masters Indoor Championships in Bozeman, Mont., in the 60-64 age group, and won seven gold medals in the National Masters Outdoor Championships in Provo, Utah.

In Miyazaki, the retired businessman-turned-motivational-speaker captured four world championship M60 titles in the 100m hurdles, high jump,

pole vault, and decathlon. During the year, he set U.S. M60 shot put records twice, and established M60 world marks in the 100 hurdles (twice) and decathlon (three times).

Raschker, an accountant, won seven gold medals in each of the National Indoor, National Outdoor and World Championships, collecting a record total of 10 medals in Miyazaki. She set a new world W45 pole vault record of 3.14m (10-3¼), and set several indoor and outdoor world and U.S. marks throughout the year.

Harvey was honored for his outstanding work as national multi-events coordinator, for helping to establish



Medalists in the 1993 Masters Indoor Pentathlon Championships: (from left) Ken Troy, Seattle; Rex Harvey, Cleveland Heights, Ohio; Fred Johnston, Fremont, Calif.; and Tom Thorne, Neosha, Mo. The 1994 Indoor Championships will be held near Chicago, March 5. Photo by Chuck Sochor

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	Irene Obera
1979	Ernie Billups	Joann Grissom
1980	Al Oerter	Judy Fox
1981	Jim Burnett	Phil Raschker
1982	Al Oerter	Polly Clarke
1983	Jack Greenwood	Irene Obera
1984	Ed Burke/Parry O'Brien	Polly Clarke
1985	Jim Burnett	Christel Miller
1986	Jack Greenwood	Phil Raschker
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almborg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phil Raschker
1993	Phil Mulkey	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 Almborg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100, 12.91
	Jack Greenwood, 46	300H, 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	Decathlon, 8546 points

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	

1993 AGE-GROUP AWARDS

Age	Track	Field	Track	Field
30	Peter Grimes	Mark Jaqua	Deborah Yurth	Debbie Eckhardt
35	Ben James	Jim Barrineau	Irene Thompson	Carol Finsrud
40	Ken Popejoy	Dennis Umshler	Carol McLatchie	Joan Stratton
	Tom Thompson			
45	Stan Whitley	Rex Harvey	Phil Raschker	Phil Raschker
	Ken Brinker			
50	Steve Robbins	Tom Gage	Linda Upton	Joann Grissom
55	Larry Colbert	Joe Keshmiri	Carolyn Cappetta	Christel Miller
				Joann Grissom
60	Marion Sanchez	Phil Mullkey	Liz Szawlowski	Lucy Anne Brobst
65	Jim Law	Al Brenda	Johnnye Valien	Leonore McDaniels
	Chuck Sochor			
70	Walter Dahlin	Ed Lukens	Louise Adams	Margaret Hinton
75	Dan Bulkley	Jim Vernon	Pearl Mehl	Betty Jarvis
		Manuel White		
80	Bob Boal	Claude Hills		
	Fred White			
85	Russell Randall	Burt DeGroot	Marilla Salisbury	
90	Paul Spangler	Buell Crane		
95		Everett Hosack		

the weight pentathlon as an official event, and for aiding the effort to revise the WAVA multi-event scoring system and age-graded tables. He also won a gold medal in Japan in the M45 pole vault, and placed second in the decathlon in both Provo and Miyazaki.

DeNoon set U.S. M50 records in the 3000, 5000, 5K, 10K and 20K. He won the National M50 5K, 10K, and 20K, and was first overall in the WAVA 20K in Miyazaki. His place in the Mobil USATF Open 20K Championships qualified for the U.S. team.

Richards-Kerr set W40 AR's in the 5K, 10K, and 15K, and won the U.S. W40 5000, 5K, and 10K. Her place in the Mobil USATF Championships also qualified for the U.S. team.

The Awards were coordinated by Don Austin (track & field) and Bev LaVeck (racewalking). The winners were announced at USATF's Awards Luncheon at the Riviera Hotel in Las Vegas. Personalized plaques will be presented to each winner at the 27th annual National Masters T&F Championships in Eugene, Ore., on August 13.

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 Eugene. □

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 Wojick
- Nate & Evelyn White
- 1992 Rex Harvey
- 1993 Rex Harvey



The Three Amigos (from left): Bob Broadbent, M70; Sami Daniels, W65; and Floyd Riddle, M55; winners of 13 medals, 1993 New Mexico Senior Games, Las Vegas. Photo by Bernadette Riddle

LDR Meetings

Continued from page 17

crease revenues. Al's goal is to be the publisher, not the editor. He would also like to include more articles on training and nutrition.

Bob Fine suggested that Al get the newspaper incorporated and sell stock to reduce liability risks. Another suggestion was to have an editorial board; several people volunteered. John Boyle offered to pass along any input from us to USATF's new communications committee. Al is willing to sit down with Chuck and Barbara to work on other improvements. Joint session adjourned: 6 p.m.

Fri. Dec. 3 — 3:30 p.m.

The Committee approved records recommended by Basil and Linda Honikman of the Road Running Information Center. A motion passed to approve six 20-mile split marks at the 1990 Twin Cities Marathon. Basil reported that seven courses failed validation procedures in 1993, so those marks were rejected. Courses certified more than 10 years ago will not be kept on the permanent RRTC list, though the course can be re-listed after communication between the race director and RRTC.

Treasurer's Report: George Vernosky distributed copies of our 1994 budget, explaining that our request was cut \$4000 in the funding for Bob Boal's IAAF Veteran Committee expenses; USATF will now pick up the cost, as it does with other IAAF committees.

Administrative	\$3,970
Awards	1,200
Championship support	7,000
National governing body meetings	14,070
WAVA meetings and coordination	3,420
RRCA convention	805
IAAF coordination	4,000
Championship statistics	1,000
Association workshops	1,340
Develop award guidelines	1,610
Amount requested	\$38,415
Granted	\$34,000

Special Resolution: Jerry Donley from Masters T&F asked for our approval of a joint masters resolution to be presented to the general meeting on Saturday. The gist of the resolution as passed: because of the many contributions Dr. George Sheehan made to our sport before his death on November 1, USATF should convey our sympathy to his family.

Association Report: Jerry Crockett summarized three new programs from the

Associations Committee. There will be a new insurance category for clubs, which will include liability coverage for meetings, clinics, and social runs. A new sanction fee option will be available for clubs that put on a lot of races. Because applications were never out in a timely manner for investment trust funds, a three-month lead-time requirement will soon be in effect.

Sat. Dec. 4 — 10 a.m.

Communications Committee: One mandate from *Atlanta and Beyond* was to improve communications within USATF, so a new committee was formed last year, and John Boyle is our representative. He and chairman Steve Anderson will work with *National Masters News* to improve the promotion of masters sports and the sports information network. It is the current goal of many groups to create a healthy lifestyle, and masters athletes can be in the forefront. If masters news gets put on the "wire" it can be picked up and printed by local newspapers. The communications committee can do a lot to promote the sport.

Sports Medicine: Teddy Foy reported this committee has added a "psychology" dimension which has been helpful to athletes. It focuses on eating disorders, erratic performance, loss of bone calcium, success of the East Germans and Chinese because of early training techniques and no competition until after the growth spurt, the problems inherent when young athletes are pushed into early competition, and premature psychological burnout.

New Business: Midkiff suggested our sport standardize the names for various age divisions (e.g. masters vs. veterans, etc.). We should make proposals for next year's convention.



Sue Ellen Trapp, 44, was named the outstanding Ultra-Runner of 1993 by USATF at its Las Vegas convention. She set a new world 48 hour road record of 223.7 miles in November in Sacramento.

Norm Green's motion (at the request of Hal Higdon) that our committee recommend to the Buffalo organizers that there be an age-group wave start in the 1995 WAVA Marathon passed, 16-1.

Committee Appointments: Chuck made the following appointments:

Board of Directors (besides chairman): Bob Boal;

At-large voting members to our committee: Bill Nault, Dudley Healy, Evelyn White, Teddy Foy, and Rick Recker;

Associations Committee: Jack Moran;

Budget and Finance: George Vernosky;

Communications Committee and Cultural Exchange: John Boyle;

Law & Legislation: Norm Brand;

Member Services: Bob Langenbach;

Officials: John White;

Equipment and Facilities Specifications: Jim Grey;

Records: Basil Honikman;

Rules: George Kleeman;

Coaching Education: Pat Vigil;

Medical Services Subcommittee and Sports Sciences: Teddy Foy;

RRTC: Norm Green;

WAVA Delegates: Norm Green and Ruth Anderson;

Ultra Committee: Ruth Anderson, Dick Good, and Roy Pirrung;

Athletes Advisory: Ruth Anderson, Rae Clark, Carol McLatchie, Pat Vigil;



Dee Nelson, 50, Gaithersburg, Md., first W40+ (19-05), Run With Lynn Jennings Cross-Country 4K, Rockville, Md., Nov. 13.

Photo by George Banker

Men's LDR Rep: Jerry Crockett.

Meeting adjourned: 11:45 a.m.

Respectfully submitted,
Carole Langenbach, Secretary

OUTSTANDING LONG DISTANCE RUNNERS — 1993

Selected by the Masters Long Distance Running Committee of USATF

Age	Men		Women	
40-44	Paul Cummings	UT	Carol McLatchie	TX
45-49	Bill Rodgers	MA	Barbara Filutze	PA
50-54	Sal Vasquez	CA	Shirley Matson	CA
55-59	Jim O'Neill	OH	Barbara Betz	NY
60-64	Norm Green	PA	Gloria Brown	NY
65-69	John Keston	OR	Helen Dick	CA
70-74	Warren Utes	IL	Ellen McCoy	MN
75-79	Dudley Healy	NJ	Hedy Marque	VA
80-84	Bill Brobston	NY	Anne Clarke	IL
85-89	John Kelley	MA	Susie Hughes	
90-94	Paul Spangler	CA	Ruth Rothfarb	FL

Special Ultra-Running Award: Sue-Ellen Trapp

Otto Essig Award: Charles DesJardins

LDR Awards

Continued from page 1

U.S. rival, Francie Larriue-Smith (\$7900).

Other award winners included Shirley Matson (51, CA), Barbara Filutze (47, PA), Paul Cummings (40, UT), and Norm Green (61, PA).

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 Committee at the convention and were announced at USATF's Awards Luncheon.

A special "ultra running" award went to Sue-Ellen Trapp, 44. The Otto Essig Award for meritorious service went to Charles DesJardins, Chairman of the Committee. □

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MASTERS SCENE

NATIONAL

- The 15th annual USATF convention drew nearly 1200 delegates to Las Vegas, Dec. 1-5, up from the 900+ that came to Louisville in 1992. **Joni Shirley**, 47, of San Diego, was first woman overall in the delegates' 5K race.
- Twelve activists received USATF's prestigious President's Award, including masters meet directors **Tom Jordan** and **Dixon Farmer**.
- **Gail Devers** edged **Michael Johnson** and **Mark Plaatjes** for open athlete-of-the-year honors, while **Mac Wilkins**, **Rod Milburn**, **Stan Wright**, and **Jean Shirley Newhouse** were inducted into the National Track & Field Hall of Fame.
- Correction to the names of USA runners of the winning (69:39) W65 400 relay in the WAVA results, p. 41, December issue: **Valien**, **Barnes**, **Dietderich**, and **McDaniels** (not **Onodera-Leonard**, who withdrew because of injury). Also, in that issue, the caption for the W65 1600 relay, gold-medalists picture, p. 18, should read **Johnnye Valien**, **Diane Friedman**, **Marian Gordon**, and **Sumi Onodera-Leonard**.
- **Leon Joslin**, 81, Seattle, was incorrectly identified as **Leon Jarvis** in the National Weight Pentathlon Results, p. 25, November issue. Joslin was high scorer in his division with a 3361.
- **Dr. Norman Green, Jr.**, was elected to his third year as president of the American Running and Fitness Association (ARFA). Green, of Valley Forge, PA, is a multiple U.S. record holder in the M50, M55, and M60 age groups.

EAST

- **Michael Zeigle**, 42, Sun Prairie, WI, and **Sandra Jensen**, 44, Milwaukee, WI, took 40+ firsts in the Marine Corps Marathon, Washington, DC, Oct. 24. Zeigle, 28 of some 13,000 finishers, captured his title in 2:34:32. Jensen, with a 3:01:45, finished in the 472nd spot. The race, in its 18th year, was marred by tragedy and controversy when **Julius Becza**, 58, of New Jersey, an education professor at Monmouth College, collapsed at the 23-mile mark and was airlifted to the Washington Hospital Center, where he was pronounced dead at about 1:30. Becza was the third runner to die while running in the MC marathons. The controversy arose after the winner, **Dominique Bariod**, 29, of France, was observed cutting corners at several points. Race officials decided that Bariod shaved only a few seconds from his time in the race, which he won by 23 seconds in 2:23:52, and he was awarded the victory.
- **Jim Disciullo** (40, 36:00), Columbia, MD, and **Patty Shackleton** (42, 40:16), Vienna, VA, ran to masters victories in the 2nd Friends of the Vietnam Veterans Memorial 10K, Washington, DC, Nov. 14. **Bernie Gallagher**, 53, Rockville, MD, was top M50+ in 37:11. Almost 1700 runners showed their support for the FVVM.

• A two-day masters relay meet, with a Penn Relays format, is planned for June 18-19, in Middletown, CT, at Wesleyan U. **Michael Augeri**, meet director, hopes to include an invitational mile, an age-graded 100, featuring ex-Olympians, and a walkers relay, with events in 10-yr. age groups.

• On November 21, a brisk 37° sunny morning in Central Park, **Ernesto Ayala** (42, 28:23) and **Suzanne Rohr** (43, 33:48) gobbled up top honors in the Turkey Classic 5-miler. **William Fortune**, 65, also finished very strongly with a division-winning 32:27.

• Topping the masters field in the Computer Run 5-miler, Central Park, November 7, were **Paul Mascali** (41, 25:32) and **Cheryl Ralya** (47, 32:22). **Toshika E'Elia**, 60, also continued her division-winning ways posting a 37:37, and **John McManus**, 70, steamrolled over his competitors with an outstanding 34:24.

- **Peter Blomquist** (2:35:26) and **Jan Vermilye** (3:04:45) outdistanced the masters field at the Rhode Island Marathon, Providence, October 31. Both runners also placed ninth overall.
- **James Moreland** (40, 14:59), Rockville, MD, and **Dee Nelson** (50, 19:05), Gaithersburg, MD, nabbed 40+ firsts in the Run With Lynn Jennings 4K Cross-Country, Rockville, MD, Nov. 13.

SOUTHEAST

- **Pete Farmer**, M40, two-time Olympian, threw the 16-lb. hammer 187-7 in the USATF South Carolina Weight Pentathlon, Florence, Dec. 4. His throw would have won that event at the recent WAVA Games in Miyazaki, Japan.
- On January 22, six legendary milers will compete against one another in the Miami Mile. A handicapping system will be used based on each runner's current training time. Staggered starts along Biscayne Boulevard should give this unique field equal footing, despite disparity in age and fitness. The invited runners are **Rod Dixon**, **Marty Liquori**, **Jim Ryun**, **Frank Shorter**, **Peter Snell**, and **Wilson Waigwa**. This race celebrates the 40th anniversary of Roger Bannister's breaking the 4-minute mile on May 6, 1954. In addition to the featured race, there will be an elite men's and women's mile as well as a "people's" 5K, according to race director **Mike Marcus**.

MIDWEST

- **Terry Elsey** (40, 34:27), Farmington Hills, MI, and **Vickie Putnam** (45, 41:30), Dearborn, MI, flew to master victories in Detroit's Thanksgiving Day Turkey Trot. About 4500 runners contested in 34° weather.

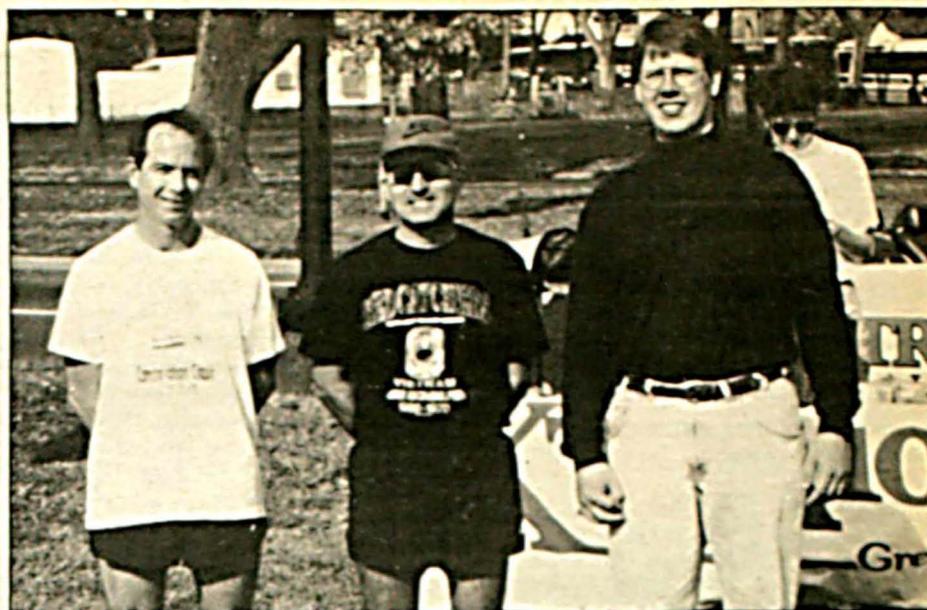
MID AMERICA

- Two Kansas age-group records were set in late fall races, when **Jim Peller**, Pittsburgh, KS, set a new mark of 17:57 in the M50-54 bracket in the Jingle Bell 5K, Overland Park, and **Paul Heitzman**, Eudora, KS, established a record of 11:44 for the M60-64 group in the Turkey Trot Two Mile, Wichita.



James Moreland, 40, Rockville, Md., first M40+ (14:59), Run With Lynn Jennings Cross-Country 4K, Rockville, Nov. 13.

Photo by George Banker



Jim Disciullo, 40, Columbia, Md., first masters runner (36:00), Friends of Vietnam Veterans Memorial 10K, Washington, D.C., Nov. 14, with **Bob Oberti**, 46, Waldorf, Md., second (36:17), and **Jerry Stagmaier** of the FVVM.

Photo by George Banker

SOUTH WEST

- **Tim Murphy**, 71, Irving, TX, who, with his wife, **Hermia**, traveled to Miyazaki for the WAVA Championships, where he took a silver in the M70 100 and a gold in the 400 relay, met a **Mr. Chuhei Nambu**, 90, in Japan, who said he had been in the 1932 Los Angeles Olympics. Upon returning home and checking the Olympic history, Murphy discovered that Nambu was not only in the triple jump but set a WR of 51-7. Murphy, busy getting the word out on masters T&F, has been interviewed on three different TV stations in the Dallas area.
- Masters marathoners are cashing in at the finish lines in Texas. Last month, the Dallas White Rock Marathon offered a \$750 first prize to the first 40+ man and woman. On Jan. 16, the Houston-Tenneco Marathon offers a total of \$7500 through the top five 40+ men and women. The Motorola Austin Marathon, March 6, has a \$6500 total purse for the first three men and women 40-and-over, plus \$1200 in prizes for the first three m&w ages 60-and-up.

WEST

- **Jack Miller**, 48, Spences Bridge, BC, scampered to a masters victory with a 2:35:18 in the California International Marathon, Sacramento, Dec. 5. **Sandra Mewett**, 44, Smith Parish, Bermuda, took the W40+ race in 2:51:36. **Herb Phillips**, 53, Burnaby, BC, was third 40+ in 2:37:39.
- **Bess James**, 83, whose W75 WR for 3000 (17:37.2) still stands after eight years, is

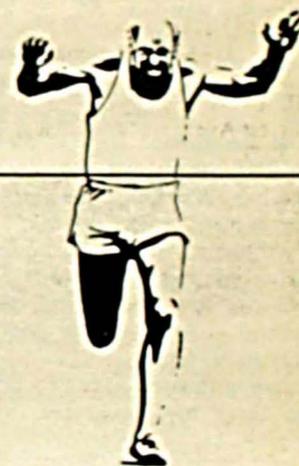
residing in the Point Loma Convalescent Hospital in San Diego. If you'd like to write, the address is 3202 Duke St., San Diego, CA 92110.

NORTHWEST

- The Cascade Run Off 15K, a 16-year-old Portland, OR race and the first to openly give prize money to road racers, has folded for lack of sponsorship.

INTERNATIONAL

- The 13th Juan J. Lopez Veterans Meet in Montevideo, Uruguay, drew 227 participants, Nov. 13-14. The host country led in number of participants (91), but Brazil, with 78 athletes, led in gold medals (77).



Southern Masters Indoor Championships

Saturday, February 12, 1994 - Decatur, Alabama

Come to north Alabama for the inaugural Southern Championships for athletes age 30 and over on a super fast 200 meter banked board track.

Full age-divisions for both men and women with awards in all divisions & events
Events: 55m, 200m, 400m, 800m, Mile, 3000m, 5000m, 55m Hurdles, 4x200, 4x400, High Jump, Pole Vault, Long Jump, Triple Jump & Shot Put. Auto timing.

For entry information call John Jarmon at (205) 871-9100.

An age-group championship for athletes 29 and under will also be held.

Come Experience The Thrill Of Running On The Boards

schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



TRACK & FIELD NATIONAL

March 5. USATF National Masters Men's & Women's Indoor Pentathlon Championships, Proviso West HS (near O'Hare Airport), Chicago. 3 p.m. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414/843-3567 (h); 708/473-3700.

March 25-27. USATF National Masters Indoor Championships, Columbia, Mo. Don Dobson, U. of Missouri, 344 Hearnes Center, Columbia, MO 65211. 314/882-4087, 882-6501.

June 17-19. USNSO Senior Open, Washington U., St. Louis. 55+. No local qualifying required. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

July 16-17. USATF National Masters Decathlon/Heptathlon Championships, Joplin, Mo. Tom Thorne, 417/451-7417.

August 11-14. 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10826, Eugene, OR 97440. 503/687-1989.

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

EAST

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

January 7. 25th Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540.

January 7-April 7. Syracuse U. Noontime Indoor Running League, Manley Field House. Different event weekly. Patti Ford, 2458 Swift Rd., Lafayette, NY 13084-9576.

January 9. Philadelphia Masters Indoor Development Meet, Swarthmore College. 10 am. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584.

January 9, 23, 30, February 20. DC Road Runners Indoor Track Meet Series, 8:30 a.m. Thomas Jefferson Community Center. D.C. Road Runners Club, P.O. Box 1352, Arlington, VA 22210. 703/241-0395.

January 13. West Penn TC Indoor Championships, Slippery Rock U. 9 a.m. Ray Sanchas, 428 Center Ave., Carnegie, PA 15106. 412/281-4136 (d); 429-1410(e).

January 16. Greater Rochester RC Indoor Meet, U. of Rochester Fieldhouse. 3 pm. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116 (h); 359-5257 (w).

January 16. Brown U. Masters Indoor Championships, Providence, R.I. Send SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

January 22. 27th annual Hartshorne Masters Mile, Cornell U., Ithaca, N.Y. M40+/W30+. Rick Hoebeke, director, 2706 Agard Rd., Trumansburg, NY 14886. 607/255-6530(d); 387-6431(e).

February 13. New Jersey USATF Indoor Championships, Fairleigh Dickinson U., Hackensack. M&W30+. SASE to James Manno, 792 Schaefer Ave., Oradell, NJ 07649. Featuring the George Sheehan Memorial Invitational Mile.

February 13. Philadelphia Masters Indoor, Kutztown. Full schedule/Tom Robinson Mile. 10 a.m. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584.

March 5. Philadelphia Masters Indoor Games, Haverford College. Karl Castor, 44 North Penn St., Hatboro, PA 19040. 215/441-8584.

April 28-30. Penn Relays, Philadelphia. Thurs.: age-graded PV; Fri.: 4x100 (M40+, M50, other) /100 (M60, M50, M40); Sat.: 4x400 (M50+, M40+, other); 100 (M75+). Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584. Runners World Masters Mile, 30th, Marc Bloom, 908/308-9701.

June 5. New Jersey USATF Submasters/Masters Championships, TBA. Sanford Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 18-19. Masters Relay Meet, Middletown, Conn. Wesleyan U. Invitational masters mile. Age-graded 100m, featuring ex-Olympians. 10-year age groups. Michael Augeri, 468 Mile Lane, Middletown, CT 06457. 203/632-2378.

June 26. Garden State AC International Submasters/Masters Meet, Randolph HS. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

SOUTHEAST

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

January 23. USATF Southeast Regional Masters Indoor Championships, Murfreesboro, Tenn. SASE to Randall Brady, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733.

February 12. Southern Indoor Championships, Decatur, Ala. Not regional championships. 200m, banked-board surface. Automatic timing/USATF officials. John Parks, 205/956-5009.

May 6-8. Southeastern Masters Invitational, North Carolina St. U., Raleigh. New t&f facility. Pentathlon/weight pentathlon/5K & 20K walks. SE USA Masters, Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919/831-6640, M-F 9-5, Eastern time.

May 21. Birmingham TC Classic, Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

May 28-29. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/weight pentathlon on 28th; all other events on 29th. Dean Waters, 615/483-7743 (e).

June 25. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

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

MIDWEST

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

January 9. Lake Erie Association Indoor Championships, Baldwin-Wallace College, Berea, Ohio. Lake Erie Indoor Meet, 1595 Elmwood Ave., Lakewood, OH 44107. Ed Wilson, 216/792-5472; Joann Kitchen, 216/221-6689.

January 15. Athlete's Foot Masters Indoor Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

March 5. USATF Illinois Masters Indoor Championships, Proviso West HS, Hillside. USATF Illinois, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303.

March 19. USATF Midwest Regional Masters Indoor Championships, Glenbrook HS, Glenview, Ill. Bruce Mills, 395 Catbird Ln., Deerfield, IL 60015. 708/541-3905.

May 29. Wolfpack Pentathlon, Upper Arlington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

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

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

February 13. USATF Oklahoma Masters/Open Indoor Meet, Mosier Fieldhouse. U. of Okla.-Norman. 11 a.m. Rick Rosser, 212 S. Trail Ridge Rd., Edmond, OK 73034. 405/341-0164.

WEST

Arizona, California, Hawaii, Nevada

December 19, January 2, February 13, March 5-6. Pacific Association Indoor Pole Vault Development Grand Prix, Horace Crow PV Center, 2317 Central Ave., Alameda, Calif. Eddie Seese, 1144 Holly St., Alameda, CA 94502-7061. 510/523-8618.

January 8-February 26. Los Gatos Winter All-Comers. Los Gatos HS. Every Sat., 11 a.m. Willie Harmatz, 20 High School Ct., Los Gatos, CA 95032. 408/354-7365.

January 29. College of the Desert Meet, Palm Springs, Calif. Mike Castaneda, 619/321-9299.

February 11-20. California Senior Olympics, Palm Springs. 50+. Mizell Sr. Center, 480 S. Sunrise Way, Palm Springs, CA 92262. Douglas Brown, 619/322-4475.

February 12. Inner-City Outdoor Meet, Los Angeles City College Stadium, 10 a.m. \$3.00. 6-lane brick/clay surface. Divisions: open, masters, novice, youth, etc. Events: 5000, 55, 55H, 1000, 400, 3000, 300H, 4x400, 8x200, JT, HJ, SP, LJ, DT, TJ. Marv Thompson, 213/666-9126.

February 19. KELfield Throws Series #25. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

March 12. (tentative). John Ward Masters Invitational, Rancho Santiago College. Al Siddons, Rancho Santiago College, 17th & Bristol, Santa Ana, CA 92706. 714/564-6936.

March 19. Inner City Relays, Los Angeles City College. Marv Thompson, 213/662-1062.

April 23. Bob Watanabe Memorial Meet, UCLA. Bill Adler, 619/325-6307.

April 24-May 7. Crown Valley (Pasadena) Senior Games, Occidental College. 50+. Christel Miller, t&f director, Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly

ON TAP FOR JANUARY

TRACK AND FIELD

The 25th Dartmouth Indoor Relays on the 7th play host to a large contingent of masters. The Philadelphia Masters Meet at Swarthmore, and the Lake Erie Association Championships at Baldwin-Wallace College, Berea, Ohio, take place indoors on the 9th. The Athlete's Foot Masters Indoor, Augustana College, Rock Island, Ill., is scheduled for the 15th. The Brown U. Masters Indoor is set for the 16th in Providence. The 22nd lists an indoor meet in Eugene, Ore., and the 27th annual Hartshorne Masters Mile at Cornell, Ithaca, N.Y. The 29th shows the SC Striders Midwinter Classic in Palm Springs.

LONG DISTANCE RUNNING

The slate includes the 87th Jackson Day 9K, New Orleans, on the 9th; the Paramount World Masters 10K in California on the 15th; and the Walt Disney World and Houston-Tenneco marathons on the 16th. The 30th offers two Super Bowl Sunday 10Ks, one in Redondo Beach, Calif., and the other in Las Vegas, Nev.

RACEWALKING

Most of the t&f meets, indoor and outdoor, include a racewalk, as do many of the LDR events.

St., Pasadena, CA 91103. 818/795-4331; 397-4062.

May 14. Southern Calif. Striders Meet, CSU-Long Beach. Hugh Cobb, 619/436-7696.

May 21. Visalia Classic, Sunkist Stadium, Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 29. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9982(eve).

June 11. USATF-SCA Championships, Occidental College. Christel Miller, 818/843-2139.

June 11. Los Gatos Pacific Classic, Los Gatos HS. Rick Mylem, meet director, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365.

July 2-3. USATF West Regional Masters Championships, site TBA. Hugh Cobb, 619/436-7696.

July 10. Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 818/917-6289.

NORTHWEST

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

January 22. Eugene Indoor Meet, Lane County Fairgrounds, Oregon. 6 p.m. Registration at site. Larry Norris, 503/687-0588.

June 11. Volcano Classic, St. Helens HS. Emil Torquato, 28 Sunset Place, St. Helens, OR 97051. 503/397-4102(eve).

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

Continued on next page

Continued from previous page

INTERNATIONAL

March 12-13. WAVA South American Regional Championships, Cali, Colombia. Easter, 1994. Australian Veterans Championships, Sydney. Kerry & Jean Thew, (047) 841761.

April 21-23. WAVA African Regional Championships, Durban, South Africa.

July 2-12. WAVA European Regional Championships, Athens, Greece. Europeans only.

July 11-16. WAVA Oceania Regional Championships, Fiji.

August 4-7. WAVA North American Regional Championships, Edmonton, Alberta, Canada. Liz McBlain, 10427 21st Avenue, Edmonton, Alberta, Canada, TJ6 5E9. 403/438-2911.

September 4-October 8, 1994. Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland, Australia 4001. 617/405-0999. TBA. WAVA Asian Regional Championships, Jakarta, Indonesia.

LONG DISTANCE RUNNING NATIONAL

February 12. USATF National Masters 100K Championships, Sacramento, Calif. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

June 26. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Stephen Lobdell, 69 Beverly Ln., Fairfield, CT 06430. 203/374-7759.

EAST

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

February 27. Hudson Mohawk Marathon, Albany, N.Y. Carl Poole, P.O. Box 1026, Albany, NY 12201. 518/783-1729.

SOUTHEAST

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

January 16. Walt Disney World Marathon, Orlando. 407/827-7200.

January 22. Miami Mile-Legends of Running (invitational), also "People's" 5K. Rick Stern, 305/384-7521.

February 27. Metro-Dade Miami Marathon/Half-Marathon. Miami RC, Michael Peyton, Tropical Park Stadium, 7920 S.W. 40th St., Miami, FL 33155. 305/227-1500.

MIDWEST

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

February 13. Columbus Roadrunners Winter 15 Mile/3 Mile. Judith Asmus, 1457 Crest St., Reynoldsburg, OH 43068. 614/759-7654.

March 13. Nike Sportmart Shamrock 8K, downtown Chicago. Jan Canepa/Carolyn Cannady, The Eventors, Inc. 312/944-6667.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 9. 87th annual Jackson Day 9K. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.

January 16. Houston-Tenneco Marathon. Marathon, 5900 Memorial Dr., Ste. 200, Houston, TX 77007. 713/864-9305.

January 22. Mardi Gras Marathon. New Orleans TC, PO Box 52003, New Orleans, LA 70152. 504/482-6682; 468-1488.

**THE COMPETITIVE ROAD RACER DECEMBER 1993
P.O. BOX 1765 BROOKLINE, MA 02146**

**Masters Winning Prize Money in Open USA
Women 1993**

Portanaki, Bernadine	NZL	\$10,800	Boston	26.22	02:41:18	13
Bondarshuk, Irina	RUS	\$5,500	Boston	26.22	02:43:15	15
Portanaki, Bernadine	NZL	\$5,000	Twin Cities	26.22	02:41:25	8
Ray, Suzanne	AK	\$5,000	Twin Cities	26.22	02:46:22	18
Larrieu-Smith, Françoise	TX	\$3,200	Falmouth	7.1	00:36:42	15
Virga, Carol	FL	\$3,000	Charlotte	6.21	02:55:40	9
Larrieu-Smith, Françoise	TX	\$2,800	Charlotte 10K	6.21	00:34:55	5
Bourakina, Carla	HOL	\$2,000	Cascade	8.33	00:51:06	4
Larrieu-Smith, Françoise	TX	\$1,500	Peachtree	6.21	00:33:48	8
Cleaver, Claudia	TN	\$1,400	Charlotte	6.21	03:02:10	8
Flitza, Barbara	PA	\$1,400	New Haven	12.44	01:14:27	8
Grayson, Nancy	MI	\$1,225	Parkersburg	13.11	01:20:32	11
Gareau, Joqueline	CAN	\$1,200	River Run	8.33	00:54:58	10
McLachie, Carol	TX	\$1,200	Charlotte 10K	6.21	00:35:44	8
McLachie, Carol	TX	\$1,000	Bloomaday	7.45	00:43:19	14
McLachie, Carol	TX	\$1,000	Bay To Break	7.45	00:42:47	7
Grayson, Nancy	MI	\$500	Hospital Hill	13.11	01:20:45	4

THE COMPETITIVE ROAD RACER 617-888-8888

**Masters Winning Prize Money in Open USA
Men 1993**

Kurtis, Doug	MI	\$15,000	Las Vegas	MAR	02:18:55	1
Lopez, Luis	CRC	\$10,000	Las Vegas	MAR	02:18:38	2
Kurtis, Doug	MI	\$7,800	Grandma's	MAR	02:18:28	1
Tibeduz, Domingo	COL/NV	\$7,000	Las Vegas	MAR	02:18:57	9
Navarro, Artemio	MEX	\$5,000	Twin Cities	MAR	02:17:07	8
Cummings, Paul	UT	\$5,000	Twin Cities	MAR	02:20:14	13
Kurtis, Doug	MI	\$4,000	Fox Cities	MAR	02:20:34	3
Birnie, Tom	NZL	\$3,750	Las Vegas	MAR	02:20:44	5
Kurtis, Doug	MI	\$3,000	Pittsburgh	MAR	02:23:45	12
Levisse, Pierre	FRA/CO	\$2,750	Old Kent Bank	25K	01:18:24	5
Kurtis, Doug	MI	\$2,500	Detroit	MAR	02:22:48	3
Rose, Nick	GBR	\$2,100	Cooper River	10K	00:30:21	5
Lopez, Luis	CRC	\$2,000	Grandma's	MAR	02:19:51	6
Kurtis, Doug	MI	\$2,000	Charlotte	MAR	02:23:08	2
Navarro, Artemio	MEX	\$1,500	Las Vegas	MAR	02:22:00	7
Charbonnel, Jean-M	FRA	\$1,500	Pittsburgh	MAR	02:24:53	14
Birnie, Tom	NZL	\$1,200	San Francisco	MAR	02:29:26	8
Bayre, Ric	OR	\$1,150	Parkersburg	HM	01:06:41	18
Rose, Nick	GBR	\$800	Great Peace	10K	00:30:04	11
McLeod, Mike	GBR	\$750	Gum Tree	10K	00:30:05	2
Navarro, Artemio	MEX	\$750	Old Kent Bank	25K	01:20:29	9
Levisse, Pierre	FRA/CO	\$700	Elby's	20K	01:05:00	10
Rose, Nick	GBR	\$600	Bowling Green	10K	00:29:48	6
Kurtis, Doug	MI	\$600	Fairfield	HM	01:07:16	5
Cummings, Paul	UT	\$500	Great Peace	10K	00:30:22	13
Kurtis, Doug	MI	\$500	Austin	MAR	02:18:07	3

WEST

Arizona, California, Hawaii, Nevada

January 15. Paramount 10K, Paramount, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648, 714/841-5417.

January 15. Paramount 10K World Masters Division. Pre-registration only, by Jan. 9. Must meet qualifying standards: M40 34:00/M45 36:00/M50 38:00/M55 40:00/M60 43:00/M65 47:00/M70 52:00/M75 65:00/M80 90:00/M85 100:00/M90 110:00/W40 40:00/W45 42:00/W50 44:00/W55 47:00/W60 52:00/W65 60:00/W70 75:00/W75 90:00/M80 100:00. See Jan. 15 above.

January 23. Tucson Parks & Rec. Sr. Olympics 5K/10K. 602/791-4865.

January 30. Redondo Beach Super Bowl Sunday 10K Run/5K Walk, Redondo Beach, Calif. Deke Houlgate Enterprises, 21311 Hawthorne Blvd., #102, Torrance, CA 90503. 310/540-5001.

January 30. Super Bowl Sunday 10K, Las Vegas, Nev. Green Valley AC. Call TRI-A-RUN at 702/870-8269.

February 5. 28th Las Vegas Marathon/Half-Marathon/5-Person Marathon Relay. Masters money. Las Vegas Marathon, Al Boka, director, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

February 6. Long Beach Marathon. Robert Fernald, director, 1825 Redondo Ave., Long Beach, CA 90804. 310/494-7089; 494-2664.

March 6. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., No. 100, Los Angeles, CA 90025-3329. 310/444-5544.

INTERNATIONAL

January 14-16. Bermuda International Race Weekend (marathon/half-marathon/mile). The Bermuda Marathon Secretary, PO Box DV397, Devonshire DV BX, Bermuda. 809/238-2333.

July 30-31. 2nd WAVA Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30th/25K & 20K RW, 31st. WAVA RR Championships, 1220 Sheppard Ave. East, Rm 218, Willowdale, Ontario, Canada, M2K 2X1.

RACE WALKING

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

February 3-6. ARWA Training Camp, Puerto Vallarta, Mexico. All levels. Beginners welcome. ARWA, 303/447-0156.

April 24. Crown Valley (Pasadena) Senior Olympics. See April 24, T&F schedule.



Marcia Trent, 75, Anchorage, Alas., and her running pal, Karen Ide, 43, Reno, Nev., finished the Big Sur Trail Marathon in 8 hours, 11 minutes, Oct. 30. John Trent, 75, is on the left, and Gary Ide, 43, who ran the half-marathon, is on the right. Photo from John Trent

Masters Age Records 1992

(1993 Edition)

Compiled by WAVA and TAC 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, 1992.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

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NATIONAL MASTERS NEWS

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

W55-59	Annelia Smith	5K RW	15:45	9/25/93
W70-74	Jean Cotner	5000M RW	39:25	9/17/93
M50-54	Bailey Harris	400M Hurdles	57.4	6/12/93
M40-44	Michael W. Brown	110M HH	17.6	6/26/93
		110M HH	16.9	7/25/93
		110M HH	17.26	8/12/93
	Johnnie Thomas	100M	11.55	8/22/93
	Tom Thompson	100M	11.2	10/07/93
		200M	23.04	10/07/93
		400M	51.47	10/07/93
M45-49	Michael Dove	5000M	16:57	4/25/93
		10,000M	33:57	5/02/93
		1500M	4:51.4	6/12/93
		5000M	16:40.4	6/12/93
		Mile	4:49.2	7/30/93
	Thomas Light	High Jump	1.70	8/11/93
	Bob Sager	55# Weight	12.00	10/16/93

M50-54	Hans W. Ehrnstrom	55# Weight	11.18	2/28/93
		55# Weight	11.00	3/07/93
		55# Weight	10.76	6/06/93
		55# Weight	10.77	6/27/93
		Shot Put	40-11 3/4	7/07/93
		Shot Put	40-11 3/4	7/21/93
		Shot Put	40-9	7/28/93
		55# Weight	13.54	8/22/93
		55# Weight	10.43	9/18/93
	Denny Faler	400M	55.5	8/11/93
	Tom O'Hara	Triple Jump	11.54	8/11/93
	Ken Winters	100M HH	16.23	8/11/93
		400M IPh	66.22	8/11/93
M55-59	Wayne Bennett	100M	12.05	5/22/93
		200M	24.73	5/22/93
		400M	59.15	6/15/93
		Shot Put	11.62	8/22/93
		800M	2:19.12	8/14/93
	Jay Edwards	Long Jump	19-2 1/2	8/20/93
	Jack Miller	200M	26.99	4/30/93
	Richard W. Otzman	Discus	127-2	6/27/93
	Charlie Richard	55# Weight	9.60	4/17/93
	William L. Smith	55# Weight	6.58	4/17/93
	Bob Warren			

M60-64	Bill Brazelton	Javelin	143-3	6/12/93
	Stan Giles	100M	13.4	9/12/93
	Robert T. Litton	Triple Jump	29-7 1/2	8/13/92
	Mark R. Richards	100M Hurdles	19.9	9/01/91
		100M Hurdles	19.4	7/05/92
		100M Hurdles	19.85	8/22/93
M65-69	Tom Maloy	High Jump	4-5	8/06/93
	Harold W. Willis	Steeplechase	9.43	8/12/93
M70-74	Donald Cotner	5000M RW	30:07	8/19/92
		1500M RW	8:52	9/17/93
		Javelin	102-2	8/27/93
		Discus	106-8	5/22/93
		Javelin	114-6	5/22/93
		Hammer	106-4	5/22/93
		High Jump	4- 1/2	8/11/93
	Ken Wheeler			
M75-79	Donald D. Hull	High Jump	1.27	9/25/93
		Hammer	32.25	9/25/93
M85-89	Harold E. Hoffmann	High Jump	3-4	6/12/93
		Shot Put	21-10	6/12/93
		Discus	61-8	6/12/93

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	10:17
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	37:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	77:17
110M	15.3	16.4	17.75	18.75								
100M					18.0	19.0	20.0	21.3				
80M									18.0	21.0	25.0	30.0
400M	57.6	59.7	62.0	64.4	67.2	70.6						
300M					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
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	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
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	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	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-10 1/2	11-0	9-10	8-8 1/2
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
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-4	18-1 1/2
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
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	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	70-2 1/2	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
35Pvt.	15.00	14.00	13.00	12.00	10.00	9.00						
25Pvt.							11.00	10.00	9.00	8.00	7.00	6.00
56Pvt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100M	17.2	18.2									
80M			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400M	75.5	79.9	84.4	88.8							
300M					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/2	7-10 1/2	6-11	5-11	4-11	3-11	3-7 1/2	3-3 1/2	2-11	2-7 1/2	2-3 1/2
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-1 1/2	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	29.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Pvt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

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

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
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36
3000	13:59	14:23	14:46	15:12	15:36	1						

TRACK & FIELD RESULTS

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

EAST

Dartmouth Weight Meets Hanover, NH; Aug. 29

Shot Put	
Don Filkins 39	38-2
Carl Wallin 51 16#	46-5
Hammer	
Carl Wallin 51 16#	135-0
Carl Wallin 51 6k	147-7
Discus	
Don Filkins 39	113-0

Sept. 5

16# Shot Put	
Carl Wallin 51	47-9 3/4
Bob Mead 49	44-11 1/2
Don Filkins 39	39-5 1/2
Shot Put	
C Wallin 51 6k	51-11
Don Filkins 39 6k	43-3/4
Bill Garrahan 64 5k	39-5 3/4
Denise Houseman 31	36-5 3/4
16# Hammer	
Bob Mead 49	148-1
C Wallin 51	138-3
Ed Daniels 41	137-7
Denise Houseman 31 4k	126-2
C Wallin 51 6k	150-8
Discus	
Bill Garrahan 64	150-11
Bob Mead 49	132-8
Don Filkins 39	125-5
Denise Houseman 31	107-5
Ed Daniels 41	104-1

Sept. 25

Shot Put	
Carl Wallin 51 6k	53-6 1/2
(single-age WR)	
C Wallin 16#	48-3
Don Filkins 39 16#	35-10
16# Hammer	
Mike Grisko 46	144-3
C Wallin 51	138-1
C Wallin 51 6k	155-9
Discus	
C Wallin 51 1.5k	142-3
Mike Grisko 46 2k	120-2
Don Filkins 39 2k	113-3

Oct. 3

Shot Put	
C Wallin 51 16#	46-9 1/2
Bob Mead 49 16#	46-3 1/2
Don Filkins 39 16#	38-5 1/2
Denise Houseman 31	4k 36-7 3/4
C Wallin 51 6k	51-10 1/2
35# Weight	
Bob Mead 49	50-1 1/2
Mike Grisko 46	46-1 1/2
Cliff Blair 63	45-6 1/2
(single-age WR)	
16# Hammer	
Bob Mead 49	155-3
C Wallin 51	137-8
Mike Grisko 46	136-2
C Blair 63	133-10
Denise Houseman 31	4k 124-8

Oct. 9

Weight Pentathlon (SP/DT/HT/WT/JT)	
Carl Wallin 52 (*16.04/41.12/47.82/15.11/37.54)	3581
Pia Iacova 32 (12.18/46.66/40.46/13.44/16.15)	2832
Denise Houseman 31 (11.10/32.26/40.72/12.57/18.26)	2451
Mike Grisko 46 (10.71/35.64/39.56/13.89/26.58)	2749
C Wallin 16# SP	*47-10 1/2
Cliff Blair 63 35#WT	*48-4
(single-age WR)	

Golden Games Tenafly, NJ; Oct. 24

100m	
M55 Ken Baker	13.02
M60 Oscar Taylor	13.06
200m	
M55 Ken Baker	26.03
M60 Alex Johnson	26.92
W75 Martha Parry	57.2
400m	
M55 Ken Baker	62.0
M60 Alex Johnson	70.0
M65 Kelsey Brown	80.0
800m	
M55 Ken Baker	2:26
M60 Joe LaBruno	3:07
M70 Jim Hanno	3:27
Mile	
M55 Frank Haviland	6:02
Long Jump	
M55 Stan Feldman	6-3
Frank Haviland	6-3
M60 Mike Murphy	7-2

M65 Ed Kirwan	6-9
M70 James Vislocky	6-2
M75 Len Vandermark	---
M80 Frank Bernstein	5-0
W55 Glenda Murphy	5-3
W75 Martha Parry	4-1

Shot Put	
M55 Irv Smith	29-9
M60 Jonas Cowles	35-7
M65 Ed Kirwan	33-6
M70 Ted Dostanko	36-9
M75 John Isaacs	29-9
M80 F Bernstein	22-4
W55 Glenda Murphy	19-11
W60 Joan Dash	24-5
W65 G Vislocky	15-1
W70 Annie Ryan	24-10
Discus	
M55 John Hnath	74-11
M60 George Chiavelli	110-6
M65 Ed Kirwan	61-4
M70 Ted Dostanko	119-0
M75 John Isaac	50-6
M80 Frank Bernstein	41-0
W55 Glenda Murphy	37-5
W60 Joan Dash	63-9
W65 Genevieve Vislocky	34-5
W70 Ann Ryan	24-10

Mile Racewalk	
M60 Joe LaBruno	10:49
M65 John Nervetti	9:08
M70 Al Rubenstein	13:12
M75 Len Vandermark	11:30
W60 Jos Fracolossis	13:32
W65 Minna Charles	12:10
W70 Edith Reich	16:30
W75 Martha Perry	15:29

Shot Put	
C Wallin 51 6k	51-11
Don Filkins 39 6k	43-3/4
Bill Garrahan 64 5k	39-5 3/4
Denise Houseman 31	36-5 3/4
16# Hammer	
Bob Mead 49	148-1
C Wallin 51	138-3
Ed Daniels 41	137-7
Denise Houseman 31 4k	126-2
C Wallin 51 6k	150-8
Discus	
Bill Garrahan 64	150-11
Bob Mead 49	132-8
Don Filkins 39	125-5
Denise Houseman 31	107-5
Ed Daniels 41	104-1

Shot Put	
Carl Wallin 51 6k	53-6 1/2
(single-age WR)	
C Wallin 16#	48-3
Don Filkins 39 16#	35-10
16# Hammer	
Mike Grisko 46	144-3
C Wallin 51	138-1
C Wallin 51 6k	155-9
Discus	
C Wallin 51 1.5k	142-3
Mike Grisko 46 2k	120-2
Don Filkins 39 2k	113-3

Shot Put	
C Wallin 51 16#	46-9 1/2
Bob Mead 49 16#	46-3 1/2
Don Filkins 39 16#	38-5 1/2
Denise Houseman 31	4k 36-7 3/4
C Wallin 51 6k	51-10 1/2
35# Weight	
Bob Mead 49	50-1 1/2
Mike Grisko 46	46-1 1/2
Cliff Blair 63	45-6 1/2
(single-age WR)	
16# Hammer	
Bob Mead 49	155-3
C Wallin 51	137-8
Mike Grisko 46	136-2
C Blair 63	133-10
Denise Houseman 31	4k 124-8

Weight Pentathlon (SP/DT/HT/WT/JT)	
Carl Wallin 52 (*16.04/41.12/47.82/15.11/37.54)	3581
Pia Iacova 32 (12.18/46.66/40.46/13.44/16.15)	2832
Denise Houseman 31 (11.10/32.26/40.72/12.57/18.26)	2451
Mike Grisko 46 (10.71/35.64/39.56/13.89/26.58)	2749
C Wallin 16# SP	*47-10 1/2
Cliff Blair 63 35#WT	*48-4
(single-age WR)	

Shot Put	
C Wallin 51 16#	46-9 1/2
Bob Mead 49 16#	46-3 1/2
Don Filkins 39 16#	38-5 1/2
Denise Houseman 31	4k 36-7 3/4
C Wallin 51 6k	51-10 1/2
35# Weight	
Bob Mead 49	50-1 1/2
Mike Grisko 46	46-1 1/2
Cliff Blair 63	45-6 1/2
(single-age WR)	
16# Hammer	
Bob Mead 49	155-3
C Wallin 51	137-8
Mike Grisko 46	136-2
C Blair 63	133-10
Denise Houseman 31	4k 124-8

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C Wallin 16# SP	*47-10 1/2
Cliff Blair 63 35#WT	*48-4
(single-age WR)	

Shot Put	
C Wallin 51 16#	46-9 1/2
Bob Mead 49 16#	46-3 1/2
Don Filkins 39 16#	38-5 1/2
Denise Houseman 31	4k 36-7 3/4
C Wallin 51 6k	51-10 1/2
35# Weight	
Bob Mead 49	50-1 1/2
Mike Grisko 46	46-1 1/2
Cliff Blair 63	45-6 1/2
(single-age WR)	
16# Hammer	
Bob Mead 49	155-3
C Wallin 51	137-8
Mike Grisko 46	136-2
C Blair 63	133-10
Denise Houseman 31	4k 124-8

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C Wallin 16# SP	*47-10 1/2
Cliff Blair 63 35#WT	*48-4
(single-age WR)	

M65 Rene Wilett	5:17.0
B. Fredrikson	5:40.7
Karl Barth	5:42.8
John Baldwin	5:44.8
Tom Fondy	5:55.5
Phil Rice	6:11.0
Martin Fried	6:12.0
M60	
Ed Stabler	5:20.0
Wally McRae	5:20.8
Fred Schlereth	5:34.8
Marty Rothenberg	5:50.8
M65	
Howard MacMillan	6:18.8
W30	
Karen Bedard	6:11.8
W35	
Patti Ford	4:44.2
E. S.-Laquidari	5:51.0
S. O'hara-Cough	6:14.0
Irene Thompson	6:39.0
W40	
Barbara Blaszak	5:18.0
Kathy Thompson	6:06.0
Loren Carrino	6:34.0
W50	
Yvonne Tasker	5:53.8
W60	
Barbara Meutz	10:28.0

Shot Put	
C Wallin 51 6k	51-11
Don Filkins 39 6k	43-3/4
Bill Garrahan 64 5k	39-5 3/4
Denise Houseman 31	36-5 3/4
16# Hammer	
Bob Mead 49	148-1
C Wallin 51	138-3
Ed Daniels 41	137-7
Denise Houseman 31 4k	126-2
C Wallin 51 6k	150-8
Discus	
Bill Garrahan 64	150-11
Bob Mead 49	132-8
Don Filkins 39	125-5
Denise Houseman 31	107-5
Ed Daniels 41	104-1

Shot Put	
C Wallin 51 16#	46-9 1/2
Bob Mead 49 16#	46-3 1/2
Don Filkins 39 16#	38-5 1/2
Denise Houseman 31	4k 36-7 3/4
C Wallin 51 6k	51-10 1/2
35# Weight	
Bob Mead 49	50-1 1/2
Mike Grisko 46	46-1 1/2
Cliff Blair 63	45-6 1/2
(single-age WR)	
16# Hammer	
Bob Mead 49	155-3
C Wallin 51	137-8
Mike Grisko 46	136-2
C Blair 63	133-10
Denise Houseman 31	4k 124-8

Weight Pentathlon (SP/DT/HT/WT/JT)	
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Denise Houseman 31 (11.10/32.26/40.72/12.57/18.26)	2451
Mike Grisko 46 (10.71/35.64/39.56/13.89/26.58)	2749
C Wallin 16# SP	*47-10 1/2
Cliff Blair 63 35#WT	*48-4
(single-age WR)	

Shot Put	
C Wallin 51 16#	46-9 1/2
Bob Mead 49 16#	46-3 1/2
Don Filkins 39 16#	38-5 1/2
Denise Houseman 31	4k 36-7 3/4
C Wallin 51 6k	51-10 1/2
35# Weight	
Bob Mead 49	50-1 1/2
Mike Grisko 46	46-1 1/2
Cliff Blair 63	45-6 1/2
(single-age WR)	
16# Hammer	
Bob Mead 49	155-3
C Wallin 51	137-8
Mike Grisko 46	136-2
C Blair 63	133-10
Denise Houseman 31	4k 124-8

Weight Pentathlon (SP/DT/HT/WT/JT)	
Carl Wallin 52 (*16.04/41.12/47.82/15.11/37.54)	3581
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Mike Grisko 46 (10.71/35.64/39.56/13.89/26.58)	2749
C Wallin 16# SP	*47-10 1/2
Cliff Blair 63 35#WT	*48-4
(single-age WR)	

Shot Put	
C Wallin 51 16#	46-9 1/2
Bob Mead 49 16#	46-3 1/2
Don Filkins 39 16#	38-5 1/2
Denise Houseman 31	4k 36-7 3/4
C Wallin 51 6k	51-10 1/2
35# Weight	
Bob Mead 49	50-1 1/2
Mike Grisko 46	46-1 1/2
Cliff Blair 63	45-6 1/2
(single-age WR)	
16# Hammer	
Bob Mead 49	155-3
C Wallin 51	137-8
Mike Grisko 46	136-2
C Blair 63	133-10
Denise Houseman 31	4k 124-8

Weight Pentathlon (SP/DT/HT/WT/JT)	
Carl Wallin 52 (*16.04/41.12/47.82/15.11/37.54)	3581
Pia Iacova 32 (12.18/46.66/40.46/13.44/16.15)	2832
Denise Houseman 31 (11.10/32.26/40.72/12.57/18.26)	2451
Mike Grisko 46 (10.71/35.64/39.56/13.89/26.58)	2749
C Wallin 16# SP	*47-10 1/2
Cliff Blair 63 35#WT	*48-4
(single-age WR)	

Shot Put	
C Wallin 51 16#	46-9 1/2
Bob Mead 49 16#	46-3 1/2
Don Filkins 39 16#	38-5 1/2
Denise Houseman 31	4k 36-7 3/4
C Wallin 51 6k	51-10 1/2
35# Weight	
Bob Mead 49	50-1 1/2
Mike Grisko 46	46-1 1/2
Cliff Blair 63	45-6 1/2
(single-age WR)	
16# Hammer	
Bob Mead 49	155-3
C Wallin 51	137-8
Mike Grisko 46	136-2
C Blair 63	133-10
Denise Houseman 31	4k 124-8

Weight Pentathlon (SP/DT/HT/WT/JT)	
Carl Wallin 52 (*16.04/41.12/47.82/15.11/37.54)	3581
Pia Iacova 32 (12.18/46.66/40.46/13.44/16.15)	2832
Denise Houseman 31 (11.10/32.26/40.72/12.57/18.26)	2451
Mike Grisko 46 (10.71/35.64/39.56/13.89/26.58)	2749
C Wallin 16# SP	*47-10 1/2
Cliff Blair 63 35#WT	*48-4

Continued from previous page

M70 Milton Silverstein	7.24
M75 Cleon Tucker	11.42
M80 Frank Herrelko	10.26
W50 Iris Tolley	8.96
W55 Jean Wheatley	8.76
W60 Betty Vickers	9.45
W70 Margaret Hinton	8.82
W80 Ivy Granstrom	14.02
100m	
M50 Robert Leeds	13.46
A J Billings	13.65
Lee Courkamp	14.11
M55 Dwayne Horton	13.02
Harold Creson	13.24
Larry Carter	13.36
M60 Ted Hansen	13.28
Darwin Grimm	13.33
Joe Summerlin	13.33
M65 Carl Orndoff	14.45
Lex Marcussen	14.46
Creed Hammond	14.67
M70 Milton Silverstein	14.04
Blair McFarlane	14.51
Keith Schofield	15.88
M75 Cleon Tucker	18.45
M80 Frank Herrelko	21.50
W50 Marquita Molina	17.69
Iris Tolley	18.17
W55 Jean Wheatley	16.76
W60 Ida Ruttler	18.67
W70 Margaret Hinton	17.84
W80 Ivy Granstrom	26.36
200m	
M50 Dennis Duffy	26:04
Robert Leeds	27.40
Ralph O'Neal	27.83
M55 Harold Creson	27.49
Dwayne Horton	27.76
Larry Carter	28.12
M60 Darwin Grimm	27.67
Jack Coy	27.76
Ted Hansen	27.81
M65 Rodney Brown	30.43
Lex Marcussen	30.63
Carl Orndoff	30.99
M70 Milton Silverstein	29.76
Blair McFarlane	30.33
M80 Sam Monastero	50.60
W50 Marquita Molina	38.20
Iris Tolley	38.38
W55 Jean Wheatley	35.98
W60 Ida Ruttler	40.61
W70 Margaret Hinton	40.27
W80 Ivy Granstrom	56.84
400m	
M50 Ralph O'Neal	1:02.70
Robert Leeds	1:03.27
M55 Harold Creson	1:02.53
M60 Jack Coy	1:03.65
M65 Rodney Brown	1:09.00
Lex Marcussen	1:11.74
M70 Keith Schofield	1:33.23
M80 Sam Monastero	1:51.70
W50 Iris Tolley	1:29.88
W60 Ida Ruttler	1:37.07
W65 Velma Earl	1:50.69
W80 Ivy Granstrom	2:10.12
800m	
M50 Dennis Duffy	2:22.36
Ralph O'Neal	2:29.03
M55 Bob Bush	3:07.64
M60 Royd Shumway	2:46.53
M65 Rodney Brown	2:46.97
M70 Ben Heath	3:53.17
M80 Sam Monastero	4:05.23
W50 Iris Tolley	3:33.94
W60 Ida Ruttler	3:58.49
W65 Velma Earl	4:08.27
W80 Ivy Granstrom	5:04.60
1500m	
M50 Dennis Duffy	5:32.75
H Van Blaricum	5:35.36
M55 Wayne Chesney	6:40.27
M60 Russell Allen	5:57.41
M65 John Cahill	5:56.20
M70 Ben Heath	8:57.08
M80 Sam Monastero	8:32.93
W60 Ida Ruttler	8:47.49
W65 Velma Earl	8:35.63
4x100m Relay	
M50 Swayze/Horton/Silverstein/Creson	52.57
W50 Ruttler/Wheatley/Molina/Hinton	1:11.43
High Jump	
M50 David Cunningham	5-5
Keith Heber	5-2
M55 Dwayne Horton	5-1
Larry Carter	4-8
Lawrence Kelley	4-6
M60 Royd Shumway	4-10
Darwin Grimm	4-8
Dave Douglass	4-6
M65 Frank Cordie	4-4
Dean Nelson	4-2
Lex Marcussen	4
Long Jump	
M50 John Lawson	17-5-3/4
Jim Swayze	16-8
Ralph O'Neal	15-11
M55 Peter Stopoulos	15-11 1/2
James Mills	15-5-3/4
Harold Creson	15-4
M60 Dale Frehner	15-6 1/4
Darwin Grimm	15-2-3/4
Ted Hansen	15-2
M65 Kenneth Yahiro	13-1-3/4
Merle Widner	13-1-3/4
Dean Nelson	13-1
Glen Alfred	11-8 1/2
M70 John Morgan	9-8-3/4

M75 Cleon Tucker	8-5 1/2
W50 Iris Tolley	8-6 1/2
W55 Jean Wheatley	10-3-3/4
W60 Betty Vickers	9-11 1/4
W70 Margaret Hinton	11-1
W75 Ivy Browne	5-6 1/4
Triple Jump	
M50 John Lawson	35-1
M55 Larry Carter	29-3 1/2
M60 Ten Hansen	33-1 1/2
M65 Dean Nelson	27-5
M70 Brady Walker	25-6 1/2
M80 Frank Herrelko	15-2
W50 Leona Shurtliff	22
W55 Jean Wheatley	23
W60 Betty Vickers	18-9 1/2
W70 Margaret Hinton	19-11 1/2
W75 Ivy Browne	10-7
Shot Put	
M50 Larry Pratt	43-9
M55 Bob Beck	40-6
M60 Fred Shanaman	39-8-3/4
Victor Vartoughian	35-3 1/4
M65 Charlie Sarver	33-7-3/4
Don Rudloff	30-3/4
M70 Brady Walker	37-5 1/2
Dale Buysse	37-2
M75 Toolson Burns	27-9 1/2
M80 Walter Brooks	19-9
Discus	
M50 Larry Pratt	166-2
Glen Passey	165-9
M55 Dwayne Horton	114-10
Bob Beck	114
M60 Walter Badorek	165-6
Royd Shumway	134
M65 Charlie Sarver	123-7
Arthur Brandt	108-8
M70 Dale Buysse	116-1
Brady Walker	112-9
M75 Burns Toolson	71-7
M80 Frank Herrelko	51-3
W50 Leona Shurtliff	68-7
W55 Dorothy O'Neal	66-8
W60 Barbara Brandt	67-1
W70 Adele McCormick	60-2
W75 Ivy Browne	40-5
Javelin	
M50 Uldis Lebedevs	157 1/4
Keith Heber	138-3-3/4
M55 Dwayne Horton	111-4 1/4
Harold Creson	109-2-3/4
M60 Bob Horlacher	117-11
Ted Hansen	112 1/2
M65 Ralph Roylance	159-5 1/4
M70 Dale Buysse	97-4
M75 Burns Toolson	67-2
M80 Walter Brooks	36-5
W50 Leona Shurtliff	60-10 1/4
Jane Mills	48-5
W55 Jean Wheatley	61-7
Dorothy O'Neal	59-4
W60 Barbara Brandt	86-6 1/2
W70 Adele McCormick	69-11-3/4
W75 Ivy Browne	30-8
1500m RW	
M50 H Van Blaricum	7:15.03
Lee Courkamp	9:08.94
M55 Gaylen Nelson	8:49.10
James Osterud	8:51.50
M60 Frank Welch	9:42.63
M65 Mel Granttham	9:12.06
George Caron	9:31.59
M70 Tom Bishop	9:59.71
Joseph Perrin	10:03.47
M80 Phil Lawrence	9:50.32
W50 Karin Harris	15:35.36
W55 Martha Yale	9:53.16
W60 Paulette Caron	9:21.62
W65 Daisy Morgan	12:57.69
W70 Gladys Sajwaj	11:57.38
W80 Isabell Lawrence	13:29.59
5000m RW	
M50 H Van Blaricum	27:16
Earl Cowell	30:30
Ray Johnson	48:23
M55 Gaylen Nelson	30:31
James Osterud	32:32
M60 Jim Taylor	30:58
M65 Mel Granttham	32:43
George Caron	33:51
Rune Wallin	37:57
M70 Tom Bishop	35:20
Jack Paulman	37:55
M75 Joseph Perrin	35:49
M80 Phil Lawrence	35:49
W50 Joanne Parsons	39:02
Ruthie Ito	48:40
Marilyn Nuffer	43:23
W55 Martha Yale	37:07
W60 Paulette Caron	32:49
Lois Anderson	39:16
Joan Blue	39:35
W80 Isabell Lawrence	58:51
5K Roadrace	
M50 Tom Miller	19:58
Ken Pierce	20:13
Lee Courkamp	20:52
M55 Ronald Gavette	19:42
Tony Gee	19:53
Wayne Chesney	22:39
M60 Paul Nance	19:30
Ray Gibson	20:47
Russell Allen	21:22
M65 John Cahill	20:06
Charles Payne	23:06
Sid Smith	23:52
M70 Woodrow Evans	28:50
Ben Heath	29:22
John Rodriguez	32:56
Wen Johnson	34:00
M85+LeGrand Nielsen	33:42

W50 Donna Woodridge	22:26
Iris Tolley	24:47
Karin Harris	32:14
M55 Marie Bouse	26:51
Janice Bluth	35:26
W60 Elaine Stuart	30:02
Ruth Payne	31:34
W65 Velma Earl	29:34
W80 Ivy Granstrom	37:49
10K Roadrace	
M50 H Van Blaricum	41:46
Ken Pierce	41:54
Tim Miller	43:06
M55 Tony Gee	40:55
Wayne Chesney	46:56
Mel Miles	47:29
M60 Paul Nance	40:01
Bob Welo	46:35
Duane Brinton	49:18
M65 John Cahill	42:30
Charles Payne	50:00
Mel Granttham	55:30
M70 Woodrow Evans	1:00:16
Ben Heath	1:01:43
John Rodriguez	1:12:13
M80+LeGrand Nielsen	1:13:11
W50 Donna Woodridge	45:45
Iris Tolley	51:41
Marilyn Nuffer	1:16:49
W55 Marie Bouse	55:26
Janice Bluth	1:17:41
W60 Elaine Stuart	1:04:02
W65 Velma Earl	1:01:48
W80 Ivy Granstrom	1:14:24

INTERNATIONAL
13th Juan J. Lopez Meet
Montevideo, Uruguay
Nov. 13-14

100m	
M40 Luis Fagundes	11.9
M45 Pablo Burity	11.8
M50 Francisco Veracruz	14.7
M55 Cesar Cabrera	13.3
M60 San Aguiar	13.5
M65 Washington Flores	14.3
M65 Luis Jauge	21.6
W35 Margarita Grun	13.6
W40 E Martiarena	15.6
W45 Marisa Fernandez	14.9
W50 Shirlei Baptista	14.8
W55 Gladis Badin	17.7
W60 Ana Tebes	17.7
W65 Sara Madera	23.0
200m	
M40 Miguel Degoraro	24.0
M45 Emilio Juri	26.4
M50 F Veracruz	29.9
M55 Artigas Flores	29.3
M60 Gregorio Sousa	27.6
M65 Washington Flores	29.9
M70 A Madeira	33.7
M75 A Palacios	40.4
W35 Margarita Grun	27.2
W40 E Martiarena	32.0
W45 Joaquina Moranda	30.8
W50 Gema Mosqueira	31.4
W55 Sofia Erguis	38.3
W65 Ana Tebes	38.3
400m	
M40 Raul Paat	55.2
M45 Miguel Ribeiro	58.4
M50 Joao Dos Santos	64.3
M55 Luis Andreani	64.1
M60 Samuel Aguiar	65.0
M65 Federico Biroz	82.8
M70 Ademar Madeira	77.1
M75 A Palacios	94.2
W40 Rogelia Pussetti	72.1
W45 Edith Rostagnol	75.9
W50 Celeste Alves	75.4
800m	
M40 P Negelsinski	2:15.9
M45 Raul Martinez	2:17.9
M50 Al Elizalde	2:24.2
M55 Ruben Sanchez	2:33.9
M60 Horts Bonetti	2:36.6
M65 Dan Miellick	3:21.6
M75 A Palacios	3:40.4
W40 Rogelia Pucetto	2:50.4
W50 Marisa Cruz	2:40.0
1500m	
M40 Jose Olivieri	4:37.6
M45 Paulo Baltasar	4:35.8
M50 Al Elizalde	5:02.8
M55 Mario Diaz	5:27.8
M60 Duarte Mendo	5:30.3
M65 B DePaula	5:39.1
M70 Ademar Madeira	6:48.6
M75 A Palacios	7:15.2
5000m	
M40 Wilson Alves	15:35
M45 Raul Martinez	17:31
M50 F Dos Santos	18:20
M55 Mario Diaz	20:14
M60 Orlando Almada	21:22
M65 Dan Miellick	23:28
10,000m	
M40 Wilson Alves	32:58
M45 Ariel Lasso	36:44
M50 F Dos Santos	38:04
M55 Mario Diaz	44:07
M60 Jose Ma. Dominquez	46:43
M65 Dan Miellick	51:43
High Hurdles	
M40 Ruben Rossi	20.3
M45 Jose L Aragao	21.0
M55 Cesar Cabrera	19.9
M60 Jorge Alzamora	21.3
M65 Jose Figueras	20.3
W45 Arlete Nietske	16.3

W50 Iris Santos	19.7
Intermediate Hurdles	
M40 Pedro Negelisky	63.6
M55 Erwin Busch	97.6
M60 San Aguiar	53.2
4x100m Relay	
M40-49 Brazil	47.6
Argentina	nta
Uruguay	51.8
W35-44 Uruguay	55.9
Brazil	59.8
W45-54 Uruguay	67.6
Brazil	77.3
M55-65 Uruguay	74.7
4x400m Relay	
M40 Uruguay	4:05.3
M50 Argentina	4:21.2
M60 Brazil	4:17.3
High Jump	
M40 Luis Moraes	1.30
M45 Juan Berger	1.45
M50 Rodolfo Diaz	1.45
M55 Hugo Hernandez	1.40
M60 Joaquin Meineke	1.40
W35 Maria Eufrazio	1.35
W40 Maria Richter	1.25
W45 Teresa Baptiste	1.25
W60 Maria Arias	1.15
Pole Vault	
M40 Gary Drennen	3.30
M45 Jose de Aragao	2.10
M50 Hector Garcia	3.20
M55 Hector Acosta	2.00
M60 Jorge Alzamora	2.40
Long Jump	
M40 Luis Moraes	5.68
M45 Anibal Pardeiro	4.92
M50 Julio Ciuffo	3.85
M55 Mario Gomes	4.64
M60 Miguel Ribeiro	4.37
M65 Francisco Abadd	3.52
W35 Maria Eufrazio	4.05
W40 Alicia Gogluska	4.25
W45 Edith Rostagnol	4.03
W50 Iris Santos	3.84
W60 Maria Aris	3.17
Triple Jump	
M40 Luis Moraes	11.54
M45 Carlos Rosales	12.52
M50 Juan Mocero	7.22
M55 Mario Gomes	10.41
M60 Miguel Ribeiro	9.50
W45 Arlette Niske	6.93
W60 Maria Arias	7.01
Shot Put	
M40 Jose Arranbide	10.43
M45 Nicanor Missaglia	10.--
M50 Hector Garcia	10.40
M55 Daniel Beatricci	9.61
M60 Joaquin Meineque	9.83
M65 Francisco Abad	7.26
M70 C Delegrave	9.00
M75 Ernesto Gundlach	8.72
M85 Luis Jauge	5.67
W35 Sonia Russo	8.90
W40 Maria Richter	7.63
M45 Maria Ribeiro	7.86
W50 Elvira Garcia	8.97
W55 Odette Valentinos	11.02
W60 Dirc Sosa	7.12
W65 Sara Rosello	6.16
W70 Marlis Flechner	5.06
W75 Dora Carter	4.45
Discus	
M40 Nestor Taylor	29.92
M45 Juan Berger	32.56
M50 Walter Morandi	35.--
M55 Hector Acosta	30.22
M60 Jorge Alzamora	32.08
M65 Miguel Herrera	25.18
M70 C Delegrave	23.56
M75 Ernesto Gundlach	24.44
W35 Sonia Russo	30.84
W40 Geila Reich	20.30
W45 C Gomes	18.50
W50 Elvia Garcia	28.88
W55 Odette Domingos	38.96
W60 Dirc Cohello	20.86
W65 Sara Rosello	13.44
W70 Marlis Flechner	12.26
W75 Dora Carter	10.82
Javelin	
M40 Valmor Giovannella	37.74
M45 Nwvassaglia	42.62
M50 Alberto Kraefft	42.12
M55 Mauricio Iglesias	45.96
M60 Joaquin Meinenke	35.28
M65 Washington Flores	28.20
M70 C Dallegrave	21.60
M75 Ernesto Gundlach	20.50
W55 Odette Domingos	28.68
W60 Griselda Couto	17.16
W65 Sara Rosello	14.86
W70 Marlis Flechner	10.84
W75 Dora Carter	9.86
W35 Sonia Russo	24.94
W40 Geila Reich	31.58
W45 Maria Ribeiro	19.00
W50 Milka Vega	17.02
Hammer	
M40 Jose Arranbide	24.90
M45 Juan Berger	22.60
M50 Hector Garcia	31.62
M55 Jose Almeida	32.52
M60 Jorge Alzamora	36.78
M65 Miguel Herrera	17.52
M70 C Dallegrave	21.88
M75 Ernesto Gundlach	21.34
W40 Helenice Lopes	11.74
W45 C Gomes	15.04
W50 Elvira Garcia	36.84
W55 Odette Domingos	23.36
W60 Lidia San Martin	21.08

W70 Marlis Flechner	13.30
W75 Carolina Bizzotto	3.46
3000m Racewalk	
M45 Jose Ogorico	15:05
M50 Hector Dianante	16:09
M55 Joao Domingos	18:11
W40 Helenice Lopes	22:47
W45 Olga Sutrigo</	

Continued from previous page

Table of race results for various events including M45 Hayden Smith, M50 Herb Phillips, M60 Jim McDade, M65 Pat Devine, M70 Tom Edwards, M75 Ken Spinks, M80 Herb Phillips, M85 Larry Worth, M90 Tom Edwards, M95 Pat Devine, M100 Herb Phillips.

EAST

New Jersey USATF Masters 10K Championships East Brunswick, Oct. 7

Table of race results for New Jersey USATF Masters 10K Championships, listing names and times for various age groups.

Long Beach Island 10 Mile New Jersey, Oct. 10

Table of race results for Long Beach Island 10 Mile New Jersey, Oct. 10, listing names and times.

Giralda Farms 10K Madison, NJ, Oct. 10

Table of race results for Giralda Farms 10K Madison, NJ, Oct. 10, listing names and times.

Table of race results for M55 Harry Jones, M60 Jim Miller, M65 William Draper, M70 Anthony Capoli, M75 Karl Hackbarth, M80 Sandra Jensen, M85 William Draper, M90 Anthony Agwan, M95 Edmond Bergele, M100 Jane Parks.

New Jersey USATF Masters 5K Championships Paramus, Oct. 10

Table of race results for New Jersey USATF Masters 5K Championships, listing names and times for various age groups.

Mohawk-Hudson River Marathon Schenectady-Albany, Oct. 24

Table of race results for Mohawk-Hudson River Marathon, listing names and times for various age groups.

Marine Corps Marathon Washington, DC, Oct. 28

Table of race results for Marine Corps Marathon, listing names and times for various age groups.

Table of race results for M70 Anthony Capoli, M75 Karl Hackbarth, M80 Sandra Jensen, M85 William Draper, M90 Anthony Agwan, M95 Edmond Bergele, M100 Jane Parks.

Upstate New York Cross-Country Series 3.25 Miles Bethany, Oct. 31

Table of race results for Upstate New York Cross-Country Series, listing names and times.

Rhode Island Marathon Providence, RI, Oct. 31

Table of race results for Rhode Island Marathon, listing names and times for various age groups.

Computer Run 5 Mile Central Park, NYC, Nov. 7

Table of race results for Computer Run 5 Mile Central Park, NYC, Nov. 7, listing names and times.

Table of race results for Carol Johnston, P L Parmalee, Harriet Oster, May D Chou, Susanna Beltrandi, Toshiko D'Elia, Janine Maltas, Daisy Klein, Bertha McGruder, Annie Zinker, R K Warshawsky, Althea Wetherbee, Althea Jureidini.

Syracuse University Nootm Running League 4th Annual PAIN Run Liverpool, NY, Nov. 13

Table of race results for Syracuse University Nootm Running League, listing names and times for various age groups.

Run With Lynn Jennings Cross-Country 4K Rockville, MD, Nov. 13

Table of race results for Run With Lynn Jennings Cross-Country, listing names and times.

Vietnam Veterans Memorial 10K Washington, DC, Nov. 14

Table of race results for Vietnam Veterans Memorial 10K, listing names and times for various age groups.

New York City Marathon Nov. 14

Table of race results for New York City Marathon, listing names and times for various age groups.

Table of race results for M70 F W Werner, Desi Valdes, Pierre Dubreuil, Moritz Stern, G M Peterson, Peter Mahta, Rudy Seydler, B Fredrickson, Gerhard Theune, Ellen Gibeon, Judith Hine, Diane Legare, Maritza Martz, Daniele Geoffroy, Barb Anderson, W50 E Rae Baymiller, Henrite Gerard, Renee Choppin, Wen-Shi Yu, C Glauser, W60 Ursula Schmitz, Thelma Wilson, Sieglnde Wind, Joy Johnson, W70 Vreni Niklaus, J Saintmarie, Loretta Shehan, W80 Mavis Lindgren.

Syosset Sprint 4 Mile Syosset, NY, Nov. 20

Table of race results for Syosset Sprint 4 Mile, listing names and times for various age groups.

Nifty Fifty Mile New England Championships Coventry, RI, Nov. 21

Table of race results for Nifty Fifty Mile New England Championships, listing names and times for various age groups.

Turkey Classic 5 Mile Central Park, NYC, Nov. 21

Table of race results for Turkey Classic 5 Mile Central Park, NYC, Nov. 21, listing names and times for various age groups.

SOUTHEAST

Atlanta Marathon/Half-Marathon Atlanta, GA, Nov. 25

Table of race results for Atlanta Marathon/Half-Marathon, listing names and times for various age groups.

Table of race results for --Half-Marathon-- M40+, M50+, M60+, M70+, M80+, M90+, M100+.



MIDWEST

Columbus Marathon Columbus, OH, Oct. 24

Table of race results for Columbus Marathon, listing names and times for various age groups.

Overall

Table of overall race results for Columbus Marathon, listing names and times.

Turkey Trot 10K Detroit, Nov. 25

Table of race results for Turkey Trot 10K Detroit, Nov. 25, listing names and times for various age groups.

MID AMERICA

Turkey Trot 2 Mile Wichita, KS, Nov. 20

Table of race results for Turkey Trot 2 Mile Wichita, KS, Nov. 20, listing names and times.

Continued on next page

Continued from previous page

M40 John Kedzif	11:58
Sam Peluso	13:02
M45 Cliff Roderick	11:32
Frank Stecklein	12:04
M50 Bill Jones	12:25
Carl Topinka	12:25
M55 Bob Ricky	17:04
Dean Troutman	17:40
M60 Paul Heitzman	11:44
Don Flickinger	14:05
M40 Nancee Weeks	12:39
Judy Cox	14:55
M45 Vera Burton	13:53
Carol Giltner	14:16
M50 Rowena Hinshaw	16:16
Lora Topinka	17:48
M55 Carolyn Buckner	15:52
M60 Faith Thornton	18:05

Jingle Bell 5K
Overland Park, KS; Dec. 5

Overall

Mark Curp	14:46
Cindy Blakely	18:26
M40 Glen Davis	17:24
M45 Rick Hogan	18:10
M50 Joe Struempf	19:35
M55 Jim Peller	17:57
Bobby Kincaid	18:38
M60 Paul Heitzman	18:53
M65 Frank Creason	24:45
M40 Marcia Dowling	18:46
M45 Mary Haley	24:52
M50 Nancy Moore	23:50
M55 Wanda Fruetting	27:22
M60 Ann Williams	24:52

M45 Jack Miller	2:35:18
John Saylor	2:47:48
Bill Sharp	2:48:00
Mike Sosnowski	2:48:12
Tim Frawley	2:48:27
M50 Herb Phillips	2:37:39
Jon MacPherson	2:47:41
Joe Hurtado	2:52:05
Skip Hook	2:53:10
Mike Hawkes	2:58:56
M55 Bob Glazier	2:53:20
George Hirsch	2:59:33
Bernard Hollander	3:02:14
Ron Kovacs	3:07:20
David Whitaker	3:14:06
M60 Jean-Louis Pelegrin	3:23:25
Dick Yeager	3:51:42
Lee Rhodes	3:56:38
Mack Martinez	3:57:08
Joe Newmyer	3:57:50
M65 Richard Cotsord	3:48:24
Randy Schachtilli	4:01:41
Leonard Ohrin	4:03:14
M40 Sandra Hewitt	2:51:36
Janet Jordan	3:07:24
Anne Velling	3:07:59
Julie Carrasco	3:13:20
M45 Christina Olson	3:13:07
Cyncl Calvin	3:19:21
Charlotte Hartwig	3:26:23
M50 Rusty Barnett	3:24:26
Ginger Bryan	3:28:32
MaryJo Feeney	3:33:09
M55 Tudhope Khartoon	3:48:09
Gloria Dake	4:09:15
M McColligan	4:21:51
M60 Myra Rhodes	3:51:59
Joyce Zytoskee	4:14:45
Juanita Kniffen	4:42:23
M65 Rhoda Dawson	4:18:52
Po Adams	5:29:06

15th Annual Bud Light Stadium Run
St. Louis, MO; Oct. 2

PLACE	NAME, AGE	HANDICAPPED	HANDICAP (MINUTES)	ACTUAL TIME
1	John Hoener, 68	29:11	12.5	41:41
2	Jack Gentry, 65	29:20	11.0	40:20
3	Ignacio Jimenez, 44	29:32	3.5	33:02
4	Dick Wilson, 61	29:43	8.5	38:13
5	Melissa Sapa, 13F	30:29	7.0	37:29
6	Leon Fernell, 61	30:40	8.5	39:10
7	Gordon Benfield, 40	31:13	2.5	33:43
8	Dan Rooney, 33	31:17	1.0	32:17
9	Dave Daum, 41	31:34	2.5	34:04
10	Larry McMahon, 42	31:46	3.0	34:46
11	Mark Mosler, 46	31:49	4.0	35:49
12	Ernie Hirschfeld, 66	31:50	11.5	43:20
13	Dick Hessler, 52	32:02	5.5	37:32
14	Mike Toolen, 48	32:15	4.5	36:45
15	Verdy Halanicek, 33F	32:25	4.5	36:55
16	Richard Ebel, 48	32:26	4.5	36:56
17	Dennis Wallach, 36	32:29	1.5	33:59
18	Doug Pohlman, 33	32:30	1.0	33:30
19	Ed Altman, 11	32:31	6.5	39:01
20	Bill Schmitt, 71	32:36	14.5	47:06
21	Marion Demuri, 65	32:51	11.0	43:51
22	Louise Kabin, 25F	32:55	3.5	36:25
23	Paul Aucolin, 48	33:07	4.5	37:37
24	Joe Bozarth, 65	33:07	11.0	44:07
25	Don White, 42	33:08	3.0	36:08
26	Darrell Mielke, 30	33:09	0.5	33:39
27	Neil Ackerman, 47	33:10	4.0	37:10
28	Bernie Candy, 45	33:11	3.5	36:41
29	Michael Nelson, 12	33:12	5.5	38:42
30	Wayne Wheeler, 54	33:15	6.0	39:15
31	Ed Tulin, 12	33:21	5.5	38:51
32	Frank Tate, 43	33:31	3.0	36:31
33	Renzo Dreon, 52	33:38	5.5	39:08
34	Gholam Peyman, 55	33:41	6.0	39:41
35	Larry Ziegler, 48	33:44	4.5	38:14
36	Dave Worful, 48	33:53	4.5	38:23
37	Vernon Bradshaw, 59	33:57	7.5	41:27
38	Tony Murray, 52	33:58	5.5	39:28
39	Wayne Shoak, 37	33:59	2.0	35:59
40	Curt Larson, 39	34:01	2.0	36:01
41	Louis Gassmann, 36	34:06	1.5	35:36
42	Carol Bellora, 46F	34:10	8.0	42:10
43	Stephen Salerno, 25	34:10	0.0	34:10
44	Derek Redmore, 55	34:12	6.0	40:12
45	Mike Frigerio, 31	34:13	0.5	34:43
46	Don Kinnison, 43	34:16	3.0	37:16
47	Pam Campbell, 35F	34:18	5.0	39:18
48	David Eatwell, 35	34:20	1.5	35:50
49	Jim Norval, 56	34:20	6.5	40:50
50	Tom Eagleson, 33	34:22	1.0	35:22

RACE WALKING

Coconut Creek 5K Racewalk
Coconut Creek, FL; Oct. 30

Overall

Eric Schmook 28	25:22
Sara O' Bannon	28:51
M40 none	
M45 Dale Nelson	26:22
Dana Sanders	33:21
M50 Sterling Kerr	28:32
M55 Bob Oella	28:34
M60 Bob Fine	28:39
Gerald Gomes	29:52
M65 Jerry Kauffman	35:32
M70 Sumner Shafmaster	33:18
M75 Sol Tannenbaum	41:09
M85 Sam Gadless	38:36
M40 Elizabeth Nelson	29:21
Bonnie Laso	38:28
M45 Linda Stein	28:57
M50 Diane Dettmering	36:10
M55 June Ranofsky	34:26
M60 June Marie Provost	30:01
M65 Miriam Gordon	32:28
M70 Blanche Waldman	44:11
M75 Rose Gargano	48:07
Best Age Graded	
M Gordon 68	32:28
June M Provost 60	30:01
B Fine 62	28:39

Park Racewalkers 5K Grand Prix #1 Racewalk
Central Park, NYC; Nov. 28

Overall

Michael Korol 34	23:50
Susan Burke 43	32:14
M40 Ron Dupre 41	30:10
M50 Jim Skinner 50	34:07
M60 Mort Malkin 61	31:46
M70 Jay Charles 71	40:55
M40 Susan Burke 43	32:14
M50 Kitty Donohue	59:37:29
M60 Minna Charles	69:40:54
M70 Queen Thompson	71:38:13

USATF South Carolina 10K Racewalk Championships
Florence; Dec. 4

Overall

Floyd Haines	69:24
Donna Pekar W35	60:34
M65 Clint Edwards	69:27
M70 E B Lloyd	74:21
M35 Donna Pekar	60:34
M45 Brenda Bauer	63:24
M35 Guy Gauvrit	75:20

California International Marathon
Sacramento; Dec. 5

Overall

Jerry Lawson 27	2:10:27
Linda Somers 32	2:34:11
M40 Gustavo Figueroa	2:36:19
Robert Bender	2:40:03
Dale Magnin	2:43:45
Tom Cushman	2:47:01
Steve Watanabe	2:47:29

WEST

Oracle Run 10K
Oracle, AZ; Oct. 30

Overall

Axly Almodova	33:32
Paula Dobler W40	45:36
M40 Tom Smith	40:26
M45 Ken Cook	40:00
M50+Adello Percic	48:24
Volker Beer	51:21
M40 Paula Dobler	45:36
M45 Laura Orrey	57:39
M50+Shirley Hester	52:49
Sue Smith	76:22

Santa Barbara Half-Marathon
Santa Barbara, CA; Nov. 6

Overall

Jeff Jacobs 26	70:51
Lori Russell 29	91:27
M40 Doug Davis	1:24:40
Bill Mason	1:24:53
Frank Ogilvie	1:26:02
M45 Bill Norman	1:25:43

1993 INDOOR RANKINGS CHANGES

EVENT	MARK	CHANGE	W35 Denis Willett	60.91	1st of 9
-55m/60y-			-800-		
M50 Steve Robbins	6.78	1st of 20	M75 Bob Matteson	3:08.05	3rd of 4
-200m-			-1500-		
M50 Ed Small	25.20	3rd of 20	M75 Bob Matteson	6:523.68	2nd of 2
M65 Bill Bowers	29.35	6th of 19	-Mile-		
M35 Denis Willett	27.17	2nd of 8	M50 Vic Heckler	4:40.6	1st of 12
-400m-			-High Jump-		
M50 Ed Small	56.3	3rd of 21	M35 Jim Taylor		not M30-34
M75 Bob Matteson	78.74	2nd of 4	-Shot Put-		
			M35 Jim Taylor		not M30-34

THE COMPETITIVE ROAD RACER DECEMBER 1993
P.O. BOX 1785 BROOKLINE, MA 02148

Prize Money Leaders 1993 Masters Men						Prize Money Leaders 1993 Masters Women					
RANK	NAME	ST/N	1993 \$	#		RANK	NAME	ST/N	1993 \$	#	
1	Kurtis Doug	MI	\$42,450	17		1	McLachlin, Carol	TX	\$18,900	17	
2	Lopez, Luis	CAC	\$17,300	6		2	Portanski, Bernadine	NZL	\$12,900	3	
3	Rosa, Nick	GBR	\$14,325	13		3	Filiza, Barbara	PA	\$10,950	12	
4	Charbonnel, Jean-M	FRA	\$10,500	2		4	Larnue-Smith, Franc	TX	\$8,900	6	
5	Lavisse, Pierre	FRA/CO	\$8,950	8		5	Grayson, Nancy	MI	\$7,950	10	
6	Weigens, Wilson	KEN/TX	\$8,900	11		6	Bondarshuck, Irina	RUS	\$7,000	2	
7	Tiboduz, Domingo	COL/NV	\$8,200	4		7	Ray, Suzanne	AK	\$6,950	3	
8	Navarro, Antonio	MEX	\$8,700	7		8	Portanski, Bernadine	NZL	\$5,900	2	
9	Nzau, Joseph	KEN/WY	\$8,400	6		9	Hine, Judith	NZL	\$5,100	6	
10	Cummings, Paul	UT	\$8,000	3		10	Goreau, Jacqueline	CAN	\$5,000	5	
11	Vera, Manuel	MEX	\$4,700	5		11	Vrta, Carol	FL	\$4,500	4	
12	Barnie, Tom	NZL	\$3,950	2		12	Blackford, Karen	MI	\$4,050	4	
13	McMullen, Charles	NY	\$2,900	4		13	Gibson, Ellen	UT	\$3,000	1	
14	Bayre, Ryo	OR	\$2,950	2		14	Bourakona, Carla	HOL	\$2,500	2	
15	Belche, Keesa	ETH/MN	\$2,100	5		15	Rodan, Anne	GBR	\$2,250	1	
16	Podgers, Bill	MA	\$2,075	6		16	Sanderson, Danielle	GBR	\$2,000	1	
17	Oates, Nigel	GBR	\$1,900	3		17	Matson, Shirley	CA	\$1,900	5	
18	Hill, Leonard	OR	\$1,750	1		18	Falick, Louise	AUS	\$1,800	4	
19	Romesser, Gary	IN	\$1,750	4		19	Cleaveland, Claude	TN	\$1,800	2	
20	Owens, Earl	GA	\$1,700	3		20	Tracy, Diana	CA	\$1,700	3	
21	Shoad, Chuck	CO	\$1,500	5		21	Dodge, Candy	CA	\$1,500	1	
22	Moseyev, Leonid	RUS	\$1,500	1		22	Marshall, Zina	GBR	\$1,500	1	
23	Bohiau, Bob	BC	\$1,400	4		23	Binder, Laurie	CA	\$1,350	3	
24	McLeod, Mike	GBR	\$1,250	1		24	McWhelan, Jane	MO	\$1,250	3	
25	Mendez, Badot	TN	\$1,200	2		25	Kidd, Christina	L	\$1,000	2	
26	Vargas, Miguel	MEX	\$1,000	1		26	Hall, Brent	NA	\$1,000	1	
27	Gschwend, Peter	SUI	\$1,000	1		27	Wesch, Priscilla	GBR/CO	\$900	2	
28	Vigil, Pablo	CO	\$950	4		28	Coker, Lori	CA	\$900	2	
29	Olsen, Larry	MA	\$975	3		29	LeGars, Diane	CAN	\$700	2	
30	Tiboduz, Domingo	COL/NV	\$950	3		30	Nalapa, Ruth	TX	\$600	2	
31	Boil, Doug	CO	\$950	3		31	Carroll, Judy	OH	\$550	2	
32	Gomez, Rodolfo	MEX	\$900	1		32	Ottoway, Joan	CA	\$525	2	
33	Unknopn Runner	NA	\$750	2		33	MacHarg, Karen	FL	\$500	3	
34	Rubin, Joe Luis	NA	\$750	1		34	Lampola, Catherine	BC	\$500	2	
35	Kneer, Ray	NA	\$575	2		35	Hollman, Lena	NA	\$500	1	
36	Klecker, Barney	MN	\$550	2		36	Jones, Marie	NA	\$500	1	
37	Roa, Carlos	NY	\$500	2		37	Ray-Smith, Andrea	NA	\$500	1	
38	Haida, Gary	L	\$500	1		38	Stoakdale-Walley, R	CT	\$500	2	
39	Reimer, Rick	NA	\$500	1		39	Bemer, Whayong	OH	\$500	1	
40	Sparks, Ken	OH	\$500	1		40	Fansell, Patricia	NA	\$400	1	
41	Bradley, Fay	DC	\$450	2		41	Jordan, Janet	OR	\$400	1	
42	Metzmaker, Pete	MT	\$400	2		42	Bowman, Jessie	TX	\$350	2	
43	Wilson, David	MI	\$400	1		43	Brown, Gloria	NA	\$350	2	
44	Pino, Manuel	NA	\$300	1		44	Lampa, Carol	NA	\$300	1	
45	Campbell, John	NZL	\$300	1		44	Bhea, Christ				