DeNoon, Richards-Kerr Top Racewalkers

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

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 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...Continued on page 22

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...Continued on page 23
The National Masters News (ISSN 0742-2416) is published monthly, with an annual subscription rate of $24.00. Mail orders outside the USA: 6320 Van Nuns Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postpaid at Van Nuys, CA 91404.

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

USA Track & Field is a major funding supporter of NMN. Executive Officers of USA Track & Field: Larry Ellis, President; Ollan C. Caswell, Executive Director.

The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age-group 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 USA Track & Field, 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. All entries must be prepaid with a current USA Track & Field membership card. There are no tryouts or qualifying standards for most masters athletics events.

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

Advertisements: A one-year subscription (12 issues) is $24.00 (mailed 2nd class). Add $15 for 1st class (USA & Canada) or $19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818-760-9987.

Address change: At least four weeks in advance of address change, please send your new subscription and an old label from a recent issue.

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

Advertising information and rates: Please call 818-785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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

Change of Address: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.
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 Stockadeathon, 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 Belligne, 48, of NYC.

The first masters woman was Joan
Continued on page 5

Photo by Paul Murray

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 from Paul Murray

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

Request Your FREE '94 M-F Track & Field Catalog.

More quality brands to choose from and less to pay...that's what coaches and athletic directors like about the 64-page, full-color M-F Everything Track catalog. We ship most often the same day. Call for your '94 edition.

- Poles
- Javelins
- Pits
- Hammers
- Discus
- Crossbars
- Hurdles
- Runways
- Starting Blocks
- Cages
- Timing & Measuring Equipment
- and more

Write or Fax

M-F Athletic Company
P.O. Box 8090
Cranston, RI 02920-0090 USA
FAX: 1-800-682-6950

Call Toll-Free
1-800-556-7464
(from US and Canada)
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 50th 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 night-panic at figuring out their time. 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 sh*t." 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.

Katherine 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


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 typsetting 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

KUDOS

Is it possible for you to send me a few dozen of the National Masters News postal cards with all the subscription information on the back?

My husband and I have been subscribing to your publication for over a year and truly enjoy and benefit from all the outstanding information made available.

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 wish to turn 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.)

Six Join NMN Sustainers

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

Special thanks this month go to:

Robert Litton
C.R. Lukens
Stanley Polkowski
Joni Shirley
Victor Sipes
James Young

Spokane, Washington
Hamilton, Ohio
Plymouth, Michigan
San Diego, California
Detroit, Michigan
Warrensburg, Missouri
Hunter, Ireland Win National 25K

by JERRY WOJCIK

Herb Phillips, 53, Burnaby, British Columbia, was first in the M50 division, in 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.


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.

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. 25.


Overall masters first Allen Choma, 40, Columbus, and June Schlabauch, 45, Beley, Ohio, both took second place, age-graded honors, worth $300; Choma finishing in 2:27:30 (2:21:00) and Schlabauch 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

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

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

VITAMINS MINERALS HERBS HEALTH FOODS SPORTS-FITNESS SUPPLEMENTS

WEIGHT LOSS COSMETICS HOMEOPATHICS

GUARANTEED LOWEST PRICES ANYWHERE

(310) 559-9739
10738 JEFFERSON BLVD., CULVER CITY, CA 90230
(800) 540-4941

Elite Health Products, Inc.

Power Bar
1 Box of 24-$24.00
(Apple, Berry, Chocolate & Malt-Nut)
Avocado Cliff Bar
4 Boxes of 24-$13.99 per dozen
(Apricot, Date, Oatmeal, Double Chocolate)
Edge Bars
6 Boxes of 24-$13.99 per dozen

Power Bar
1 Box of 24-$24.00
(Apple, Berry, Chocolate & Malt-Nut)

LAS VEGAS FINISH MARATHON

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

Get it for less...Shop ELITE HEALTH
Serving over 10,000 Athletes Nationwide

Power Bar
1 Box of 24-$24.00
(Apple, Berry, Chocolate & Malt-Nut)

Elite Offers over 10,000 Vitamin, Bar & Drink Items at 20% to 30% off Retail
Get It For Less...Shop ELITE HEALTH
Serving over 10,000 Athletes Nationwide

(310) 559-9739 • (800) 540-4941

JERRY WOJCIK

Phosfuel - Retail $18.99 - 1-34.99, 3-41.99 (139 each)

Pro Optibol
Chocolate, Vanilla, Very Berry & Original
Retail $26.99 (Our Price $21.59, 6-$19.99 each)

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

Exceed
Fluid Replacement & Energy Drink
600 gm. cans - 1-57.99, 3-$18.99, 6-$35.99
(makes 8 Qts.)
1500 gm. pouch - 1-$12.99, 4-$48.99
(Orange & Lemon)
High Carb Powder (512 gm. cans)
1-56.99, 3-$16.99, 6-$32.99
(Citrus Punch & Golden Punch)
Exceed Bars (Chocolate)
8 Boxes of 12-$103.92 ($12.99 per dozen)
Exceed Sports Meal (Vanilla & Chocolate)

Ultra Fuel Bars (Vanilla & Chocolate)
Ultra Fuel (powder) - Retail $17.99
1-14.99, 6-80.94
(Orange, Tropical, Lemon & Fruit Punch)
Carbo Fuel (powder) - Retail $19.99
1-15.99, 3-45.99

.request your Free Samples
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 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. Administrating 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 slack 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 marshals 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 Tymn

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, a former All-America runner at Western Kentucky University, finished sixth overall in 29:43 and was the first masters runner.

Photo by Don Sergeant

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 by 7 sharp. By 7:00 we were inside and ready but where was the President? An advance person showed up to explain that we were to run in the East Security at 6:45. By 7:00 the President would be on the road and we joined him as he started to run with the President aid, "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 totally comfortable running.

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 who 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 weekend. 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 totally focused. The President said, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was totally focused. The President said, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was totally focused. The President said, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was totally focused. The President said, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was totally focused. The President said, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was totally focused. The President said, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was totally focused. The President said, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was totally focused. The President said, "Well, I do have to leave later this morning for Chicago." But clearly that was later, and he was totally focused.

We asked 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.

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

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 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 renowned Bill Rodgers, among the 163 masters men who took 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 O’Irich, 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 32:49. Miyazaki gold medalist Liz Szawolski, who was still officially in “active rest,” once again came away with gold, winning the 60+ age group. This race also featured the meet’s oldest competitor, 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?”
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

"Blessed are the peacemakers..."
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 the right by him. When we got to 600 meters, it was 4.5 meters. 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 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 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 by the TAC Masters Track and Field Committee.

Men

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978</td>
<td>John Allen</td>
</tr>
<tr>
<td>1979</td>
<td>Ron Laird</td>
</tr>
<tr>
<td>1980</td>
<td>None</td>
</tr>
<tr>
<td>1981</td>
<td>Gordon Wallace</td>
</tr>
<tr>
<td>1982</td>
<td>Bob Minum</td>
</tr>
<tr>
<td>1983</td>
<td>John Knifloon</td>
</tr>
<tr>
<td>1984</td>
<td>Larry Walker</td>
</tr>
<tr>
<td>1985</td>
<td>Bob Minum</td>
</tr>
<tr>
<td>1986</td>
<td>Gui.do de Pera</td>
</tr>
<tr>
<td>1987</td>
<td>Max Green</td>
</tr>
<tr>
<td>1988</td>
<td>Bob Minum</td>
</tr>
<tr>
<td>1989</td>
<td>Larry Walker</td>
</tr>
<tr>
<td>1990</td>
<td>Eugene Kins</td>
</tr>
<tr>
<td>1991</td>
<td>Max Green</td>
</tr>
<tr>
<td>1992</td>
<td>Ray Funkhouser</td>
</tr>
<tr>
<td>1993</td>
<td>Don De Noon</td>
</tr>
</tbody>
</table>

Women

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978</td>
<td>Lori Maynard</td>
</tr>
<tr>
<td>1979</td>
<td>Lori Maynard</td>
</tr>
<tr>
<td>1980</td>
<td>Lori Maynard</td>
</tr>
<tr>
<td>1981</td>
<td>Ruth Eberle</td>
</tr>
<tr>
<td>1982</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1983</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1984</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1985</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1986</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1987</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1988</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1989</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1990</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1991</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1992</td>
<td>Beverly La Veck</td>
</tr>
<tr>
<td>1993</td>
<td>Beverly La Veck</td>
</tr>
</tbody>
</table>
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 condition 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.)

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 to 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 Atlanta's Marsha Raeger, 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.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edward Aster (FLA)</td>
<td>1-24-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Mike Benfield (KY)</td>
<td>1-30-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Paul Bridges (KY)</td>
<td>2-21-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Alphie Clark (GR)</td>
<td>2-24-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Dan Conroy (CT)</td>
<td>2-25-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Bob Chelton (IA)</td>
<td>2-28-24</td>
<td>55-59</td>
</tr>
<tr>
<td>Ray Hughes (NY)</td>
<td>3-1-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Barry Johnson (OH)</td>
<td>3-10-24</td>
<td>50-54</td>
</tr>
<tr>
<td>John Johnson (RI)</td>
<td>3-11-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Max Lawrence (MA)</td>
<td>3-15-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Cliff McClafferty (CA)</td>
<td>3-16-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Sam Nicholle (CA)</td>
<td>3-20-24</td>
<td>50-54</td>
</tr>
<tr>
<td>James O'Hara (NJ)</td>
<td>3-21-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Emil Pawlak (PA)</td>
<td>3-21-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Tom Robison (NY)</td>
<td>3-23-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Willy Schramm (CA)</td>
<td>3-25-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Jim Slowik (IL)</td>
<td>3-25-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Waverlarge Scott (IL)</td>
<td>3-26-24</td>
<td>50-54</td>
</tr>
<tr>
<td>David Wee (MN)</td>
<td>3-27-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Chris Waters (NY)</td>
<td>3-28-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Patricia Henry (AL)</td>
<td>3-28-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Richard Johnson (CA)</td>
<td>3-30-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Nina Kusca (CA)</td>
<td>4-1-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Chuck Marlin (OR)</td>
<td>4-2-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Mae May (MN)</td>
<td>4-6-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Mike Moore (TX)</td>
<td>4-10-24</td>
<td>50-54</td>
</tr>
<tr>
<td>Jennifer Morris (FL)</td>
<td>4-12-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Jennie Morris (FL)</td>
<td>4-13-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Freda Neeley (KY)</td>
<td>4-14-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Ray Porter (OH)</td>
<td>4-16-24</td>
<td>45-49</td>
</tr>
<tr>
<td>David Schramm (IL)</td>
<td>4-19-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Marcia Spath (PA)</td>
<td>4-21-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Ellen Stewkeson (CA)</td>
<td>4-22-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Dan White (WA)</td>
<td>4-25-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Elizabeth Battersby (CA)</td>
<td>4-26-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Christine Battersby (CA)</td>
<td>5-4-24</td>
<td>45-49</td>
</tr>
<tr>
<td>J. Byrnes (IL)</td>
<td>5-6-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Richard Cashmore (CA)</td>
<td>5-9-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Nadezhda Gubareva (RU)</td>
<td>5-10-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Hina Hinoe (US)</td>
<td>5-11-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Nadia Izukina (US)</td>
<td>5-12-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Nada Izukina (US)</td>
<td>5-13-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Sherry Jansen (CA)</td>
<td>5-16-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Robert Hoffman (US)</td>
<td>5-17-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Betty Smith (WA)</td>
<td>5-19-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Tanya Telfer (WA)</td>
<td>5-20-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Tellea Whitton (US)</td>
<td>5-22-24</td>
<td>45-49</td>
</tr>
<tr>
<td>Toru Ei (JPN)</td>
<td>5-23-24</td>
<td>50-54</td>
</tr>
</tbody>
</table>

Top women masters, Maggie Valley Moonlight BK, N.C., Nov. 9: from left, Carol McClatchie, second (29:00), Barbara Filutze, first (28:42), Diana Tracey, third, and Judith Hine, fourth. Photo from Carol McClatchie
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 (T&F)
Secretary: Marilyn Mitchell
Treasurer: Al Sheehan
Regional Coordinators: Haig Bohigian - East, Phil Mulkey and Phil Rascher - Southeast, Mel Larsen - Midwest, Tom Thorne - Mid-America, Danny Thiel - Southwest, Hugh Cobb - West, Marty Thielman - Northwest Indoor/Outdoor Coordinator: Scott Thorsnely
Multi-Event Coordinator: Rex Harvey
Weights Coordinator: Ken Weinbel
Rankings: Jerry Wojcick
Racewalking: Bev LeVae
Site Selection: Max Goldsmith
Team Manager: Sandy Pashkin
Awards: Don Austin
Bylaws: Becky Saxley
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 Sheehan
Communications Committee: John Cogrove
Law & Legislation Committee: Bob Fine
Member Services Committee: Roslyn Katz
Officials Committee: Eric Zemper

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 “proactive” 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

FIVE YEARS AGO

January, 1989

- Gary Miller, 51, Stan Whitney, 41, and Phil Rascher, 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 Schau (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 Irvine, Calif.
- At Age 81, Herb 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 Science 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 serves in this position since its inception and during this time she coordinated activities directly related to women’s participation. With the restructing 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.
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 Tiffanie, Rt. 2, Box 139, Leesburg, VA 20175 (703) 338-2835.

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


PERSONAL TRAINER for the 400m/200m.
Six time 400m (81, '82, '83, '84, '85) and 3 time 200m (81, '82, '83) 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 62099, Dept. PT, L.A., Ca. 90062-2539.


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.

Need Back Issues?
Most back issues of the National Masters News are available for $2.50 each, plus $1.25 postage and handling for each order. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Masters Age Records</td>
<td></td>
</tr>
<tr>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and 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&amp;F Records.</td>
<td></td>
</tr>
<tr>
<td>Masters Track &amp; Field Rankings</td>
<td></td>
</tr>
<tr>
<td>Men's and women's 1992 U.S. outdoor track &amp; field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&amp;F events, including mile, weight, relays, and walks (1500, 5000, 10K, 20K). Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman, and the National Masters News.</td>
<td></td>
</tr>
<tr>
<td>Masters Age-Graded Tables (1989)</td>
<td></td>
</tr>
<tr>
<td>Single-age factors and standards from age 21 to 90 for men and women for every common track &amp; 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.</td>
<td></td>
</tr>
<tr>
<td>Masters 5-Year Age-Group Records</td>
<td></td>
</tr>
<tr>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; 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&amp;F Records Chairman.</td>
<td></td>
</tr>
<tr>
<td>Masters 5-Year Indoor Age-Group Records</td>
<td></td>
</tr>
<tr>
<td>Same as above, except indoor records (M40+, W35+) as of February 7, 1993. 4 pages.</td>
<td></td>
</tr>
<tr>
<td>Competition Rules for Athletics (1993)</td>
<td></td>
</tr>
<tr>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking — youth, open and masters.</td>
<td></td>
</tr>
<tr>
<td>IAAF Scoring Tables (1985)</td>
<td></td>
</tr>
<tr>
<td>Official world scoring tables for men's and women's combined-event competitions.</td>
<td></td>
</tr>
<tr>
<td>Time Master Calculator</td>
<td></td>
</tr>
<tr>
<td>Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator.</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL

Send to:
National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404
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 Masts 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.
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: 15.0%, sprinter/jumper: 17.1%, pentathlon/heptathlete: 16.3%, throwers: 18.8%. The respective women's levels were 19.3%, 25.5%, 26.0%, and 30.3%. (See Tables 1 and 2.)

The average resting heart rate was 54.5 beats per minute in 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

Veteran 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...
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 super-jock 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 cutting ... 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; 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...

Master's Health and Fitness

Continued from page 14

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 quadriceps muscle strength. Subjecting the hamstrings to rapid eccentric movements during sprinting by a much stronger quadriceps 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 relationship of 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.

Softball For Senior Players

Senior Softball-USA News is the leading publication for senior softball players (age 50 and 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 Tynan

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

American Heart Association
© 1992, American Heart Association
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 $59.6 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 America T&F Championships in Edmonton, Canada. Meet director Tom Jordan said 400 U. of Oregon rooms are available at $99/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

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 Championships

For Chicago in mid-to-late September.

1994 Weight Throw Championships

Seattle defeated South Carolina, 20–4, on August 8.

1995 Masters Track & Field Committee Meetings

Scott Thoronley, 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 VIII 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


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 spaces 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 Göteborg, 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 for 400 meters or less, beginning July 1, 1994. This conforms to U.S. policy adopted in 1989.

Rules

A motion for rule changes was defeated. A motion for the “use any implement” rule.

Spectator Charge

Should national meets charge fees for spectators? A motion to provide a free pass for “masters’ sponsors” was defeated, 20–4. A motion to provide one free “family pass” to each competitor, beginning in 1997, passed.

All-American Standards

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

Rankings


Mets 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

Res 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-40 athletes are registered with USATF — 19,277 men (64%) and 445 women (20%). T&F: 8750; LDR: 18,002; RW: 2014 (many sign up for one sport). Total USATF membership: 92,917. Thus, masters registrants comprise 26% of the total. (see chart.)

Additional Highlights of Masters T&F Meetings:

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

Age-Grading

Res Harvey and Al Sheahan completed Continued on page 18
Minutes of Masters LDR Committee Meetings

Tuesday, November 30, 1993

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, or on April 7-10, or at the National Masters Indoor T&F Championships in Columbia, Mo., March 26.

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-duty activities, special frivollities — 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 1993 marathon championship from Twin Cities to the WAVA Marathon to be held in Buffalo. He was willing 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 July 22-30, 1993 World Championships in Aachen, Germany, would be over 10,000 and the 50 plus 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. Mr. Nault has said he believes the make-up in our X-C events is not reflective of the nationals, not just X-C. Ruth Anderson suggested making our races into a Grand Prix series might help the situation. Another idea was to have regional championships, like track & field, which might or might not lead to a national event. No action was taken.

Wednesday, December 1

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.)

PRESIDENT'S REPORT

Chairman Chuck DesJardins presented for the first time the bids for 1994 championships. (See separate chart.)

Roy Anderson: Norm Green critiqued the LDR events from Miyazaki, agreeing that some services to athletes were not good. He recommended on a "dealt!" 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 a "dealt!" again.

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

Thursday, December 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 explore the entrepreneurial business, and to build a strategic foundation for promoting all aspects of the sport. Part Two, released at this convention, stresses the development of the "non-competitive" market. 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 gifts in Japan, and she thanked all those who provided a warm welcome.

Vito Giriello briefly reviewed some aspects of the bid. The Buffalo delegation considered doing the indoor meet instead, but decided to stay in Japan and were the only bidders to keep 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 site (though not on the infield). The second track, which was built for the University Games, will have no shower facilities. The cross-country course is about a 20-minute drive, and has grass, trails, and roads. Both the racewalk course and the half-marathon would be run in 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 related for next summer: July 30-31 WAVA Road Championships in Toronto, Ontario; August 4-7 WCCA Road Regionals & Championships in Dartmouth, Nova Scotia; 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 road race, (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 Hannalore Guschmann from Belgium (last on the list). 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 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 relationships between WAVA and the U.S., and the U.S.'s Unlike our organization's democratic process for making rules, WAVA's (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 changes made.

Barbara presented a motion initiated a discussion on drug testing at world championships.

Phil Mulkey suggested that six 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. 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 which were not allowable was too complicated. In Buffalo, 50 tests are being scheduled, but Boa 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 the organization that 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 committee members 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 ages 74 and under.

National Masters News: Owner and editor, Al Sheahan, gave a report on the status of the newsletter. For 13 years, it has been an independent publication, even though it is an "official" publication of USATF and WAVA. It operates strictly 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 increase...
Outdoor Events Schedule

by JEFF SCHALLER, Inland Northwest USATF Masters Rep.

A year and a half ago, after noticing continuing events scheduling inconsistencies on my entry form and attending the '92 Spokane Championships meet, I decided to do an event scheduling study, which gained importance in 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 Raschner, Marilyn Mitchell, Eddie Sease, 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:

First: 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 trials, there are virtually no changes in these events.

The throws: because the hammer has 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), and, for both sexes, the shot and javelin (a less likely double, with non-conflicting throwing sectors) are paired and

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

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 Championship.

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 finalists after the prelims, which caused problems in Provo such as the delay of some finals races.

Many sprints 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 in performances 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 and 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 convent sub-committee for their added expertise in refining my recommendations.
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 wishing 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 permitted 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 falling 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.

Continued on page 20
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 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 Skyline 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 pathway 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 Belloni 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
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 dictates where water can be offered, WAVA needs to adopt rules relevant to its constituency. One rule I'd like to see 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 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 marathons 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."
**T&F Awards**

Continued from page 1


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 (10-3¾), 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 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, 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.

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.

### OUTSTANDING MAVERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

GWLYM BROWN AWARD

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978</td>
<td>George Ker</td>
<td>Irene Obera</td>
</tr>
<tr>
<td>1979</td>
<td>Ernie Billups</td>
<td>Joann Grissom</td>
</tr>
<tr>
<td>1980</td>
<td>Al Oerter</td>
<td>Judy Fox</td>
</tr>
<tr>
<td>1981</td>
<td>Jim Burnett</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1982</td>
<td>Jack Greenwood</td>
<td>Jack Greenwood</td>
</tr>
<tr>
<td>1983</td>
<td>Jack Greenwood</td>
<td>Jack Greenwood</td>
</tr>
<tr>
<td>1984</td>
<td>Ed Burke/Parry O’Brien</td>
<td>Jack Greenwood</td>
</tr>
<tr>
<td>1985</td>
<td>Jim Burnett</td>
<td>Jack Greenwood</td>
</tr>
<tr>
<td>1986</td>
<td>Jack Greenwood</td>
<td>Jack Greenwood</td>
</tr>
<tr>
<td>1987</td>
<td>Tom Patalski</td>
<td>Jack Greenwood</td>
</tr>
<tr>
<td>1988</td>
<td>Gary Miller/Stan Whiteley</td>
<td>Gary Miller</td>
</tr>
<tr>
<td>1989</td>
<td>Jack Greenwood</td>
<td>Gary Miller</td>
</tr>
<tr>
<td>1990</td>
<td>Larry Almberg</td>
<td>Larry Almberg</td>
</tr>
<tr>
<td>1991</td>
<td>Jack Greenwood</td>
<td>Shirley Matson</td>
</tr>
<tr>
<td>1992</td>
<td>Stan Whiteley</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1993</td>
<td>Phil Mulkey</td>
<td>Phil Mulkey</td>
</tr>
</tbody>
</table>

### OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>Brian Oldfield, 40</td>
<td>Shot put, 70’3”</td>
</tr>
<tr>
<td>1986</td>
<td>Jack Greenwood, 60</td>
<td>100m hurdles, 14.98</td>
</tr>
<tr>
<td>1987</td>
<td>John Powell, 40</td>
<td>Discus, 236’ 6”</td>
</tr>
<tr>
<td>1988</td>
<td>Larry Stuart, 50</td>
<td>Javelin, 215’ 9”</td>
</tr>
<tr>
<td>1989</td>
<td>Al Oerter, 52</td>
<td>Discus, 205’ 10”</td>
</tr>
<tr>
<td>1990</td>
<td>Larry Almberg, 43</td>
<td>Mile, 4:06:70</td>
</tr>
<tr>
<td>1991</td>
<td>Payton Jordan, 74</td>
<td>100, 12.91</td>
</tr>
<tr>
<td>1992</td>
<td>Jack Greenwood, 46</td>
<td>300H, 45.20</td>
</tr>
<tr>
<td>1993</td>
<td>Phil Raschker</td>
<td>PV, 9’ 10”</td>
</tr>
</tbody>
</table>

### OUTSTANDING MULTI-EVENTS ATHLETE


### 1993 AGE-GROUP AWARDS

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Track</th>
<th>Women</th>
<th>Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Peter Grimes</td>
<td>Mark Jaqua</td>
<td>Deborah Yurch</td>
<td>Debbie Eckhardt</td>
</tr>
<tr>
<td>35</td>
<td>Ben James</td>
<td>Jim Barrineau</td>
<td>Irene Thompson</td>
<td>Carol Finnsrud</td>
</tr>
<tr>
<td>40</td>
<td>Ken Poppoe</td>
<td>Dennis Umhler</td>
<td>Carol McLaughie</td>
<td>Joan Stratton</td>
</tr>
<tr>
<td>45</td>
<td>Tom Thompson</td>
<td>Tom Thompson</td>
<td>Stan Whiteley</td>
<td>Tom Thompson</td>
</tr>
<tr>
<td>50</td>
<td>Ken Brinker</td>
<td>Ken Brinker</td>
<td>Ken Brinker</td>
<td>Ken Brinker</td>
</tr>
<tr>
<td>55</td>
<td>Steve Robbins</td>
<td>Larry Colbert</td>
<td>Steve Robbins</td>
<td>Larry Colbert</td>
</tr>
<tr>
<td>60</td>
<td>Marion Sanchez</td>
<td>Marion Sanchez</td>
<td>Marion Sanchez</td>
<td>Marion Sanchez</td>
</tr>
<tr>
<td>65</td>
<td>Jim Law</td>
<td>Jim Law</td>
<td>Jim Law</td>
<td>Jim Law</td>
</tr>
<tr>
<td>70</td>
<td>Chuck Sochor</td>
<td>Chuck Sochor</td>
<td>Chuck Sochor</td>
<td>Chuck Sochor</td>
</tr>
<tr>
<td>75</td>
<td>Walt Dahl</td>
<td>Walt Dahl</td>
<td>Walt Dahl</td>
<td>Walt Dahl</td>
</tr>
<tr>
<td>80</td>
<td>Bob Boal</td>
<td>Bob Boal</td>
<td>Bob Boal</td>
<td>Bob Boal</td>
</tr>
<tr>
<td>85</td>
<td>Russell Randall</td>
<td>Russell Randall</td>
<td>Russell Randall</td>
<td>Russell Randall</td>
</tr>
<tr>
<td>90</td>
<td>Paul Spangler</td>
<td>Paul Spangler</td>
<td>Paul Spangler</td>
<td>Paul Spangler</td>
</tr>
<tr>
<td>95</td>
<td>Everett Hosack</td>
<td>Everett Hosack</td>
<td>Everett Hosack</td>
<td>Everett Hosack</td>
</tr>
</tbody>
</table>

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 Honikan 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 $400 in the funding for Bob Boyle's IAAF Veterans Committee expenses; USATF will now pick up the cost, as it does with other IAAF committees.

**Administrative**

- Awards: $3,970
- Championship: 7,000
- National governing body meetings: 14,070
- WAV meeting and coordination: 3,420
- RRTC convention: 805
- IAAF coordination: 4,000
- Championship statistics: 1,000
- Association workshops: 1,340
- Develop award guidelines: 1,610
- Amount received: $38,415
- Grant: $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 by 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 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.

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 Boyle;
- 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;
- Members Services: Bob Langenbach;
- Officials: John White;
- Equipment and Facilities Specifications: Jim Grey;
- Records: Basil Honikan;
- 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 Pirring;
- Athletes Advisory: Ruth Anderson, Rae Clark, Carol McLaughlin, Pat Vigil;

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

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

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.

**1992 U.S. Masters Outdoor**

T&F Rankings Book

- *Men's* and *women's* 1992 U.S. 5-year track & field age-group rankings.
- *52 pages*, over 100-deep in some events.
- *All T&F events*, including 3000, 10,000, weight, relays, racewalks.

Send $4.00 plus $1.25 postage and handling to:

**NATIONAL MASTERS NEWS**
P.O. BOX 2372
Van Nuys, CA 91404

Name: ..................................................
Address: ...............................................
City: .......................... State: .......................... Zip: ..........................
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.
- Gall Devers edged Michael Johnson and Mark Platies 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: Valerie, 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 Johnny Vallen, 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 Zegel, 42, Sun Prairie, WI; and Sandra Jensen, 44, Milwaukee, WI, took 40+ firsts in the Marine Corps Marathon, Washington, DC, Oct. 24. Zegel, 28, of some 13,000 finishers, captured his title in 2:34:32, Jensen, with a 3:01:45, finished in the 472nd slot. The race, in its 18th year, was marred by tragedy and controversy when Julius Becca, 56, 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. Becca was the third runner to die while running in the MC marathons. The controversy arose after the winner, Dominique Barlao, 29, of France, was observed cutting corners at several points. Race officials decided that Barlao 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 Disciuolo (40, 36.00), Columbus, 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 Auger, meet director, hopes to include an invitational mile, an age-graded 100, featuring ex-Olympians, and a walkers relay, events in 10-yr. age groups.
- On November 21, a brisk 37° sunny morning in Central Park, Ernesto Aylas (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 Mascal (41, 25:32) and Cheryl Ralya (47, 32:22). Yoshiko Eksa, 60, also continued his division-winning ways posting a 37:37, and John McManus, 70, steamrolled over his competitors with an outstanding 34:24.

SOUTHEAST

- Pete Farmer, M40, two-time Olympian, threw the 16-lb hammer 187.7 in the USAFT 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 each unique field each footing, despite disparity in age and fitness. The invited runners are Rod Dixon, Marty Luniqi, Tim Ryan, Frank Shorter, Peter Snell, and Wilson Waigwa. This race celebrates the 40th anniversary of Roger Banister’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, Uxeda, KS, established a record of 11:44 for the M60-64 group in the Turkey Trot Two Mile, Wichita.

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 Jarmo at (205) 871-9100.

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

Experience The Thrill Of Running On The Boards
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 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

ON TOP 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. Explore your local meet. 1595 Elmwood Ave., Lakewood, OH 44077; Ed Wilson, 216-792-5472; JoAnn Kichan, 216-221-0101.


July 30. Midwest Masters Championships, Masters League Track Club, David Stokee, 19 Cheyenne Tr., Ona, WV 25545. 304-736-8474.

SOUTHWEST
Louisiana, Texas, Arkansas, Oklahoma


February 18-23. JSU Indoor Meet, Alcorn State University. 402 S. Belowe Rd., Jackson, MS 39274.

March 6-8. USATF Masters Indoor Championships, Murfreesboro, Tenn. SASE to Randall Bragg 2709 Limar Ave., #5, Nashville, TN 37215. 615-383-6733.

March 29. USATF Master Nostalgia Meet, Carl T. Allen, 12420 Florida Ave., Dallas, TX 75243. 214/411-8080.

April 28-29. Penn Relays. Philadelphia. Thurs.: age-graded PV; Fri: 4x100 (M40 + M50, other) /100 (M60, M75, other) Sat.: 4x400 (M50 + M60, other) /100 (M75 + M80). Kar4n N. Penn St., Hatboro, PA 19040. 215/441-8584.


May 30. USATF Midwest Masters Indoor Championships, Master League Track Club, David Stokes, 19 Cheyenne Dr., Ona, WV 25545. 304-736-8474.

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

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

NORTHWEST


January 22. Valhalla indoor Meet, St. Helens HS, Emil Torquato, 28 Sunset Place, St. Helens, OR 97041. 503-397-4020.


Continued on next page
West
Arizona, California, Hawaii, Nevada


January 15. Paramount 10K World Masters Division. Pre-registration only, by Jan. 9. Must meet qualifying standards: M40 3:00/M45 3:30/M50 3:45/M55 4:00/M60 4:30/M65 4:45/M70 5:00/M75 5:30/M80 6:00/M85 7:00/M90 8:00. See Jan. 15 above.


January 30. Redondo Beach Super Bowl Sunday 10K Run/5K Walk, Redondo Beach, Calif. Deke Hogue Enterprises, 2111 Hawthorne Blvd., #102, Torrance, CA 90403. 310-540-5011.


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.


International

January 14-16. Bermuda International Race Weekend (half-marathon/mile), The Bermuda Marathon Secretary, PO Box DYP72, Devonshire DV BX, Bermuda. 809-238-2333.


RACE WALKING


February 3-4. ARWA Training Camp, Puerto Vallarta, Mexico. All level walkers welcome. ARWA, 330/447-0156.

April 24. Crown Valley (Pasadena) Senior Olympics. See April 24, T&F schedule.
APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME ____________________________ AGE-GROUP __________________

CITY ____________________________ STATE ZIP __________________

MEET ____________________________ DATE OF MEET ____________

MEET SITE ____________________________

EVENT ____________________________ MARK __________________

HURDLE HEIGHT ____________________________ WEIGHT OF IMPLEMENT __________________

- □ CERTIFICATE
- □ PATCH
- □ PATCH TAG

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.

2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.

4. Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91401.

5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

<table>
<thead>
<tr>
<th>Event</th>
<th>100</th>
<th>200</th>
<th>400</th>
<th>800</th>
<th>Mile</th>
<th>Half</th>
<th>10K</th>
<th>20K</th>
<th>50K</th>
<th>100K</th>
<th>MASTERS RACE</th>
<th>MASTERS WALL</th>
<th>MASTERS TRAIL</th>
<th>MASTERS TREAD</th>
<th>MASTERS CLIMB</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>1:10</td>
<td>2:20</td>
<td>4:40</td>
<td>8:40</td>
<td>16:30</td>
<td>33:00</td>
<td>1:05</td>
<td>2:10</td>
<td>5:10</td>
<td>10:10</td>
<td>2:30:10</td>
<td>1:15:00</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
</tr>
<tr>
<td>200</td>
<td>2:20</td>
<td>4:40</td>
<td>8:40</td>
<td>16:30</td>
<td>33:00</td>
<td>1:05</td>
<td>2:10</td>
<td>5:10</td>
<td>10:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
<td>9:50:00</td>
</tr>
<tr>
<td>400</td>
<td>4:40</td>
<td>8:40</td>
<td>16:30</td>
<td>33:00</td>
<td>1:05</td>
<td>2:10</td>
<td>5:10</td>
<td>10:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
<td>9:50:00</td>
</tr>
<tr>
<td>800</td>
<td>8:40</td>
<td>16:30</td>
<td>33:00</td>
<td>1:05</td>
<td>2:10</td>
<td>5:10</td>
<td>10:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
<td>9:50:00</td>
</tr>
<tr>
<td>Mile</td>
<td>16:30</td>
<td>33:00</td>
<td>1:05</td>
<td>2:10</td>
<td>5:10</td>
<td>10:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
<td>9:50:00</td>
</tr>
<tr>
<td>Half</td>
<td>33:00</td>
<td>1:05</td>
<td>2:10</td>
<td>5:10</td>
<td>10:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
<td>9:50:00</td>
</tr>
<tr>
<td>10K</td>
<td>1:05</td>
<td>2:10</td>
<td>5:10</td>
<td>10:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
<td>9:50:00</td>
</tr>
<tr>
<td>20K</td>
<td>2:10</td>
<td>5:10</td>
<td>10:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
<td>9:50:00</td>
</tr>
<tr>
<td>50K</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
<td>9:50:00</td>
</tr>
<tr>
<td>100K</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>2:30:10</td>
<td>4:50:00</td>
<td>9:50:00</td>
<td>9:50:00</td>
</tr>
</tbody>
</table>

- Notes:
1. All standards are for foot races unless indicated otherwise.
2. Times are for standard road courses. (Courses vary).
M5 Jack Miller 2:35:18
M4 John Roraback 2:37:48
M3 Bill Sharp 2:40:00
M2 Mike Scowen 2:43:12
M1 Tim Frazel 2:47:40
M0 Herb Phillips 3:17:45
M0 Jim MacPherson 2:47:41
M0 Joe Battad 2:50:30
M0 Skip Hook 2:53:10
M0 Mike Kowalski 2:58:56
M0 Bob Glasson 3:05:51
M0 George Hirsh 3:59:33
M0 Bernard Holder 4:02:14
M0 Ron Rosema 3:07:20
M0 David Wolkman 4:16:06
M0 Jean-Louis-Pelag Iglesias 4:27:25
M2 Dick Tenney 3:55:42
M1 Lee Vanacore 3:56:38
M0 Bruce True 4:20:39
M0 Jim Neveler 3:57:50
M0 Jack Costanzo 4:30:19
M0 Randy Schiefflin 4:01:41
M0 Leonard Chin 4:03:14
M0 Sandra Sweet 3:51:36
M0 Janet Jordan 3:07:24
M0 Robert Velasquez 4:03:25
M0 Jeff Averette 4:06:22
M0 Steve Voss 4:18:24
M0 Cyril Cavin 3:59:21
M0 Kenny Wallace 4:18:43
M0 Vasile Mirea 4:20:51
M0 Tony Stewart 4:22:02
M0 Rick Parker 4:23:12
M0 John Livermore 4:30:01
M0 Don Swanson 4:40:15
M0 Margaret Friend 4:33:09
M0 Wally Teague 4:35:25
M0 Rudy Barnett 4:23:26
M0 Glenn Ryan 4:36:36
M0 Barry Kuhlman 4:36:42
M0 Steve Nafziger 4:37:40
M0 Dan Salm 4:40:01
M0 Bob Pitsch 4:40:51
M0 Bob Ziegler 4:47:24
M0 Vladimir Kulik 4:49:13
M0 Donald Hernandez 4:49:41
M0 Jim McPherson 4:50:08
M0 Ken Miller 4:42:01
M0 John Sohm 4:42:31
M0 Myra Roeder 4:37:25
M0 Joyce Sykes 4:14:45
M0 Kenita Kasab 4:39:52
M0 Russ Dowson 4:18:52
M0 Dan Omega 4:35:15
M0 Dave Knowles 4:35:49
M0 John Dorgan 4:36:30
M0 Rich Bixby 4:38:56
M0 Steven Lafferty 4:39:30
M0 Keith Fawcett 4:40:00
M0 Al Walker 4:40:51
M0 Bob Hargis 4:40:58
M0 Renee Page 4:47:17
M0 David Bower 4:47:42
M0 Tony Price 4:47:44
M0 Roger Mosher 4:47:52
M0 John Halsberg 4:48:36
M0 Les Ruby 4:49:12
M0 Chris Amsden 4:49:47
M0 Jerry Jones 4:50:06
M0 Mike Zordi 4:40:15
M0 Ken McPherson 4:50:41
M0 Bob Bokos 4:51:15
M0 John Spence 4:51:26
M0 Milton Meade 4:51:30
M0 Al Waxman 4:51:31
M0 Dave Roberts 4:51:35
M0 Ellen Cook 4:52:03
M0 John Reminger 4:52:10
M0 John Doria 4:52:13
M0 Joe Newberry 4:52:24
M0 John Douglas 4:52:25
M0 Mike Schreck 4:52:30
M0 Randy Schiefflin 4:52:41
M0 Dan Ommen 4:52:53
M0 John Moller 4:53:03
M0 John Vose 4:53:12
M0 Al Williams 4:53:16
M0 Larry Trueblood 4:53:20
M0 Jim Martinek 4:53:28
M0 John Halsey 4:53:32
M0 Bill Zinn 4:53:39
M0 Dan Goodinson 4:53:40
M0 Jim Harnett 4:53:41
M0 John Smith 4:53:43

"Everything for Track and Field Athletics"

Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandize and equipment to the athletics world. Write to us today for our complete catalog.

• TRACK & FIELD NEWS. With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: $31.00 USA, $39.00 rest of world.

• TRACK TECHNIQUE. Official TAC/USA technical quarterly with articles on training, technique, etc. Published since 1960. Now $15.00 yr., USA, $16.00 foreign.

• BOOKS. Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklet.


TRACK & FIELD NEWS
2570 El Camino • Suite 605 • Mountain View, CA 94040 • USA (415) 949-8189