

Carter, Raschker Named Best 1994 T&F Athletes; Kurtis, Green Top LDR Picks

DeNoon, Richardson Best Racewalkers; Honors Also Go To Mulkey and Busby

Ross Carter, 80, of Eugene, Oregon, was named the outstanding age-40-and-over male track and field athlete of 1994 by the Masters Track and Field Committee of USA Track & Field, the national governing body for athletics in the United States.

Philippa (Phil) Raschker, 47, of Atlanta, Ga., was voted the top female masters performer by the same group at the 16th annual convention of USATF in St. Louis on December 1.

The top racewalking awards went to Don DeNoon, 51, of Carbondale, Ill., and Elton Richardson, 55, of New York City, while Phil Mulkey, 61, of Atlanta, and Raschker were again named the outstanding multi-event athletes.

Carter and Raschker shared honors for the top single performance of the year: Carter for an M80 world record 12.27m (40-3) shot put; Raschker for a 4615-point pentathlon.

Bill Busby of Thomasville, N.C., was named the year's top T&F administrator.

For Carter, it was the first time a pure thrower had won the male award since Ed Burke (hammer) and Parry O'Brien (shot and discus) shared the honor in 1984. At age 80, Carter is the oldest athlete ever to receive the award.

In addition to his prodigious shot put effort, Carter also won the shot (11.77) and discus (35.50) at the USATF National Masters T&F Championships in Eugene.

For Raschker, it was the eighth time

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Rodgers, Baymiller, Frisby, Bradley Among 19 Runners Honored at USATF Convention

Doug Kurtis, 42, and Norm Green, 62, were among 19 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 16th annual convention in St. Louis on December 1.

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

Kurtis, of Northville, Mich., was brilliant again in 1994, logging his record 75th career sub-2:20 marathon. He was the USA National Masters Marathon champion with a 2:20:00 at Twin Cities. He clocked 2:19:46 at Grandma's Marathon in Duluth, and set a 1994-best of 2:15:48 at Boston, an age-graded 96.3% and only 33 seconds shy of the late Barry Brown's U.S. masters record of 2:15:15.

Green, 62, of Wayne, Pa., was consistent throughout the year with outstanding performances at various distances, including 15K (55:46,

91.7%), marathon (2:49:06, 91.3%), 10 miles (58:57, 93.4%), and half-marathon (1:18:18, 93.6%).

Bill Rodgers (46, MA) led the M45 group with an 8K in 24:43 (93.2%) and 30K in 1:40:02 (93.0%). S. Rae Baymiller (50, NY) topped the W50 bracket with a 5K (17:58, 91.7%), 8K (30:30, 88.4%), 15K (57:36, 90.2%), 10 mile (1:03:52, 87.5%), 25K (1:38:36, 90.0%), and marathon (2:51:44, 90.3%).

Jan Frisby (50, CO) was M50 best, narrowly, over Sal Vasquez with three

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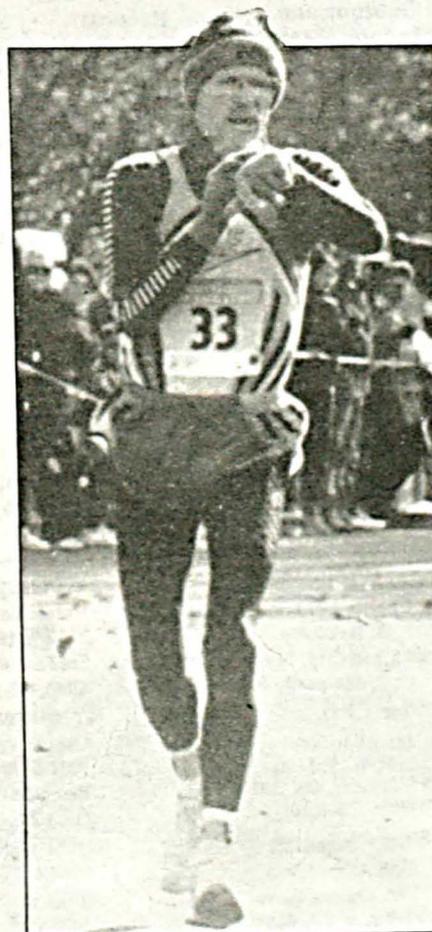
Ross Carter

Photo by Jerry Wojcik



Phil Raschker

Photo by Jerry Wojcik



Norm Green

Photo by Paul Murray



Elton Richardson

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

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

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

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

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Reno to Host Indoor Nationals

by SCOTT THORNSLEY, USATF National Masters Meet Coordinator

The 1995 USATF National Masters Indoor Track & Field Championships will be held in Reno, Nevada, at the U. of Nevada/Bill Cosby Track, Feb. 24-26.

The actual competition will take place at Reno's Livestock Events Center. It will be open for registration at 8:00 a.m. Friday, with early preference given to racewalkers and women pole vaulters. Opening ceremonies will commence at 4:45 p.m., with the Nevada governor scheduled to attend. The 3000-meter racewalk and pole vault for women will both start at 5:00 p.m. The "Western Barbecue & Dance" social function will start at 7:00 p.m.

Events will start at 7:30 a.m. on Saturday, and 8:30 a.m. on Sunday. A copy of the meet schedule is listed with the entry form on the back page of December's NMN.

Generally, planning for the meet is going very well. As of Nov. 17, approximately 450 people had requested packets, and 200 people had booked rooms at the Holiday Inn, the meet headquarters.

Reno is preparing a 48-page meet booklet; a significant number of ads (totalling \$900) have already been sold; it will contain competitors by name and age group. Officials' names will

also be listed.

The meet will provide the normal medals for awards, and will also have available for sale pins and patches as souvenirs. Each first place finisher will also receive a free pair of WWADDA sport lenses. A limited number of USATF watches will be available for sale.

The meet will employ a "finish/evaluation" group to expedite the awards, which will only take 30 minutes, in order to accommodate the filing of protests. Forty feet of bulletin boards will post the results. Booths have already been rented to vendors. A massage area will be available.

The shuttle transportation is ready; a welcome banner will be at the airport; and the airport authority will have a marquee welcoming the masters as well.

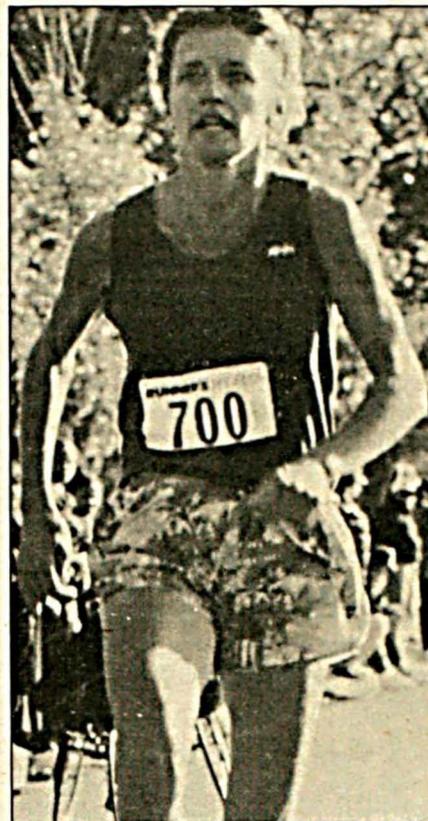
The local newspaper has run articles on the upcoming meet. There will be no spectator fees. The travel agency coordinating the transportation and housing has tours already booked and they are selling well.

Bill Bowser, the meet director, is putting together a packet outlining everything he has done to prepare for the meet, and he will share this with the committee and the 1995 meet directors. □

Vietnam Veterans 10K Draws 2100

by GEORGE BANKER

On Sunday, November 13, not far from "The Wall" in Washington, DC,



Rose Malloy, 46, looking strong on her way to a masters win, Nov. 13, at the Vietnam Veterans Memorial 10K in Washington, D.C.

Photo by George Banker

a battle of a different sort was undertaken at the 2nd Annual Vietnam Veterans 10K. Some 2100 runners took part in this memorial event. Low 60s and sunny skies provided ideal racing conditions.

Exceptional performances were turned in by the first three male masters. Chuck Moesser, 43 (6th overall and first master), scorched the course in 32:03. Right on Moesser's tail was Paul Peterson, 40 (8th overall and second master), in 32:14, with David Webster, 43 (10th overall), rounding out the top three just seconds back in 33:00.

Vietnam veteran Ed Doheny fittingly took first place in the M50 group with 35:53, and Gerry Ives led the M55 group with 36:26.

Not to be outdone, the women's masters winner was also impressive. Rose Malloy, 46, making a gradual return from an injury, turned in a fine 37:35 (8th overall). Second master was Patricia Donohue, 40, with 40:33, and placing third was Karen Erb, 43, with 41:21.

Overall winners were Darrell General (28, 30:28) and Bonnie Barnard-Lopez (35, 35:04).

The Friends of the Vietnam Veterans Memorial (FVVM) continue their efforts to play a vital role in the never-ending healing process. They can be contacted at 703/525-1107. □

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LONG BEACH SENIOR OLYMPICS

I was very disturbed that the Long Beach, Calif., Senior Olympics, scheduled for Nov. 12, were postponed to Nov. 19 with no notice to out-of-town competitors.

On Thursday, Nov. 10, we left Eugene to fly to Long Beach. We checked into our room and went to the track the next day to look around. The weather was clear and warm and the track in excellent condition.

Later that day, we were told the track and field competition would not take place on Sat. Nov. 12 but would be held a week later. There were no reasons given for this postponement on the posters that hung in the hotel or on the Veteran's Stadium gate.

On the phone, we were told the reasons for the postponement were "a 70% chance of rain forecast" and "to secure the athletes' safety." That afternoon, we videotaped a local TV weather forecast as proof that only sunshine was predicted.

On Sat. Nov. 12, the track was "perfect." Other athletes showed up, not having been notified of the postponement. Some were very angry. Many had arrived from New York, Iowa, Ohio, etc. Obviously, out-of-town athletes could not afford to fly back to their homes and back the following week.

The decision to postpone the meet was absolutely ruthless and the reasons given were utter nonsense. The organizers showed no respect to the athletes, to their efforts to practice and compete, to their time, their financial status or to their aspirations.

Organizers had no right to make such a call. It was premature, unprofessional, thoughtless, and showed a great deal of inexperience.

I have requested reimbursement of my considerable airfare and hotel expense from the organizers. Their action has caused me much stress. After a medical checkup, I plan to consult my attorney for advice, should litigation become necessary.

Ladislav Filip
Eugene, Oregon

(Meet directors have a difficult job, and should be commended for assuming the often thankless task of staging a meet. However, once scheduled, it is inexcusable to postpone or cancel a meet without sufficient notice to participants. — Ed.)

INDOOR NATIONALS

The 1994 Indoor National Masters T&F Championships were my first national masters meet and maybe my last.

The cost was heavy, and they ran out of gold medals by Sunday afternoon. I was told the medal would be mailed, but, eight months later, I still haven't received my triple jump gold medal. I've written two letters, but to no avail.

Charles Richard
Lafayette, Louisiana

BILL BOWERS

Bill Bowers of Plano, Texas, died of a massive heart attack on December 1. He was 67.

Bill was a member of the Dallas Masters Track Club. Track was Bill's life and the masters program provided a real meaning to it.

He ran for Oklahoma A&M during his college days but only began competing as a master about five years ago. He met the All-American standards in the 100m sprints. His hard work and training raised him from obscurity to a national 1993 ranking of 9th in the 200 and 14th in the 100.

In every sense of the word, Bill Bowers was a "Competitor."

Wayne Bennett
Arlington, Texas

ONE-HANDERS

By this time, the rules will probably have been changed to disallow one-handed (Scottish style) weight throws, but I'm going to object anyway.

I have more errant throws throwing with two hands than with one. The reason is simple; my balance is better

with a discus style turn than with hammer style turns.

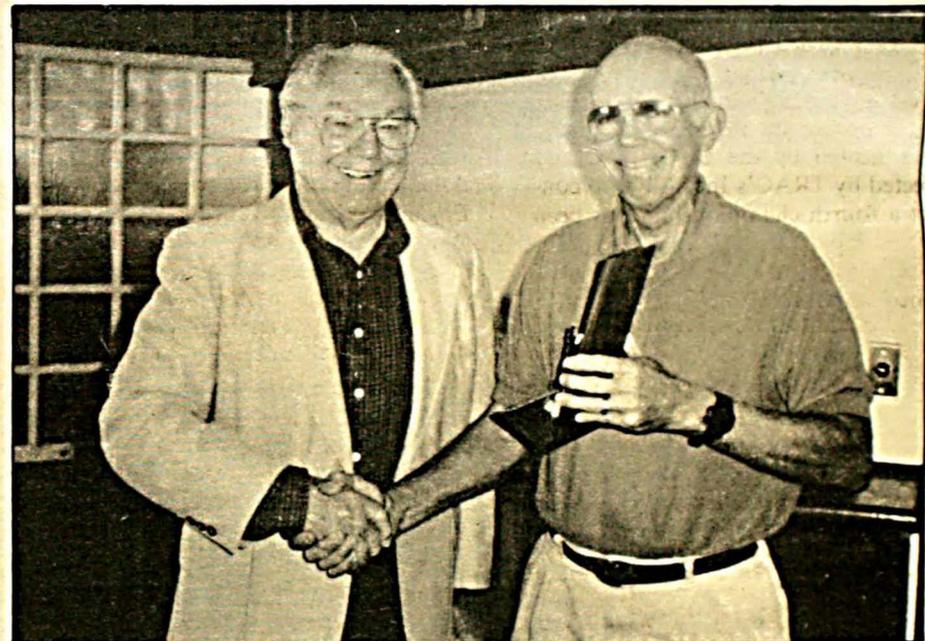
Several years ago at the National Indoor in Baton Rouge, Danny Roberts, a super discus thrower from Texas, took his prelim throws in the weight two-handed and was all over the place. Between the prelims and the finals, he visited with me about the one-handed style. He threw one-handed in the finals, improved dramatically; all three throws were down the middle, and he had never thrown the weight one-handed before. Sounds dangerous to me.

Highland Games competitors throw the 56-lb. one-handed (including 60-year-olds), and it's too dangerous for us to throw 16-to-35-lbs. one-handed? Get serious!

There are so few of us who throw one-handed that I know we're shafted, but the one-handed weight throw is no more dangerous than the rotational shot put. Are they going to ban that too?

Bill Walmroth and I won't win this argument, but we reserve the right to comment on it.

Tom Wesselowski
Wichita, Kansas



Club West president Gordon McClenathen (r) pictured presenting the High Point Field trophy to winner Ted Hatlen (l) at a recent Club West monthly meeting. Hatlen, of Santa Barbara, won the award after compiling points scored while competing at Club West's annual masters' meet last Oct. 8 in Santa Barbara. He won the M80 Javelin (13.63) as well as being second in both the M80 Discus (19.72) and M80 Shot Put (7.57).
Photo by Beverly Lewis

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Special thanks this month go to:

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Betsy Millington, 40, Terre Haute, Ind., first W40+ (3:55:55), St. Louis Marathon, Oct. 23. Photo by Hank Kiesel

Age-Group Prize Money Brings Records in St. Louis Marathon

by TOM ECKELMAN,
Race Director

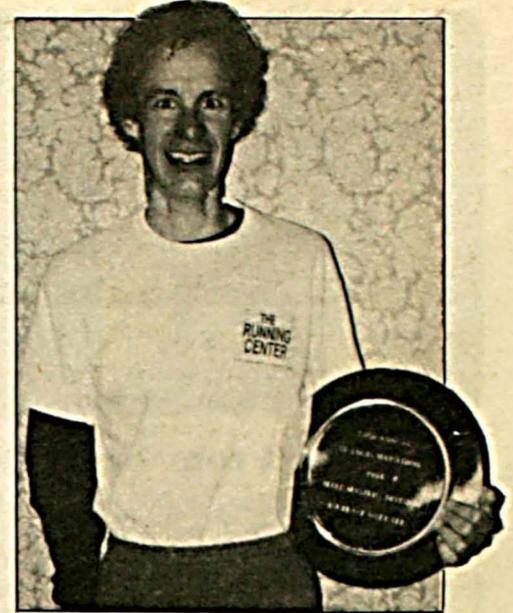
When race organizers decided to award \$10,000 of the total \$17,750 prize money to masters runners, they hoped to attract some of the better over-40 runners to the 23rd annual Deaconess St. Louis Marathon on Oct. 23. They were rewarded with eight single-age race records, seven by masters.

Male masters winner Dave Daum, Chesterfield, Mo., bettered the age-42 record by over two minutes with a 2:39:33 to win the \$750 first-place masters money. Robert Glazier, 56, Toronto, Canada, was the seniors (50+) winner with an age record 2:52:30, good for \$500.

No one was more surprised than first-time marathoner Betsy Millington, 40, Terre Haute, Ind., when she was presented the \$750 first-place W40+ money for her 20th overall 3:35:55. Sue Fay King, 59, Ballwin, Mo., holder of three St. Louis Marathon age records, won the W50+ prize with a 4:08:52.

For the first time in the 23-year history of the race, prize money was awarded in five-year age groups through 70+, with the depth of the awards determined by the amount of runners in each age group.

Of the 906 entrants, nearly half (428) were masters runners, with 101 of those attempting the marathon distance for the first time. □



Dave Daum, 42, St. Louis, Mo., masters winner (2:39:33), St. Louis Marathon, Oct. 23. Photo by Hank Kiesel

Boston Draws 250 for USATF National 8K Cross-Country Championships; Teams Share \$2500 Grand Circle Travel Prize

by KIRK RANDALL

Beautiful weather for late fall greeted 250 competitors in Boston's Franklin Park for the USATF National Masters 8K Cross-Country Championships on Nov. 19. A Timex watch was awarded to each age-division winner, and major sponsor Grand Circle Travel gave \$2500 for team competition. This was the third edition of the event hosted by the Boston RC and directed by TRAC's Inc. A bid to conduct a fourth championships has been approved by the Masters LDR Committee. With New England being a hotbed of cross-country competition,

Boston is a natural to have one of the three championships (5K, 8K or 10K) each year.

The first race of the day, for M40 and M45 divisions (119 finishers), was the most exciting. A pack of four M40s broke away early — Rick Becker, Yakima, Wash., Mike Layman, Hamilton, Mont., John Barbour, Lowell, Mass., and Keith Woodward from Craftsbury, Vt. Barbour, the dominant masters runner on the New England Grand Prix Circuit, and Woodward, National Biathlon champion and renowned mountain runner, continued to race shoulder-to-shoulder until Woodward pulled away for the third time on Bear Cage Hill. He lengthened his lead in the final 500 meters to 30 meters before Barbour produced a furious kick to finish only one second behind Woodward's winning 25:41.

Club Northwest teammates Becker, Layman, and Clay Stenberg, Redmond, Wash., finished third, fourth, and fifth. First in the M45 race was Larry Olsen, Millis, Mass., with a 26:45 for seventh place, representing the Tri Valley Frontrunners. Richard O'Brien, Selan, Wash., was second M45 and tenth overall in 27:05. Former Boston Marathon winner Jack Fultz, Lincoln, Mass., was third M45, five seconds behind O'Brien.

In the all-important M40-49 team competition, Club Northwest triumphed by 1:35 with a five-man total 2:14:35 over the best of New England, the Greater Lowell RR. Third, in 2:18:06, of the 13 teams was the Tri Valley squad led by Olsen and M40 Robert Chasen, Weymouth, Mass., eighth.

The second race saw 55 men in the M50 and M55 divisions toe the line in what turned out to be runaways in both the individual and team competition. In the M50 and M55 race, Sumner Brown, Belmont, Mass., pulled away from Ray Kneer, Cortland, N.Y., who was in his fourth national championships in six weeks, to win by 52 seconds

with a 28:27. M55 winner Gabriel Bernal, Brighton, Mass., finished fourth in this race in 29:49, with Colman Mooney, NYC, second M55 in 30:28.

The M50-59 team winner was the Boston RC, bolstered by third, fourth, and fifth place finishes led by Jim Laurent (29:32), for an eight-minute margin in 2:31:38 over the Mohegan Striders of Connecticut spearheaded by Bill Borla, Torrington, Conn., in 30:27.

The third race, for all the women (39) and M60+ divisions (34), produced some excellent competitive races. The W40 winner, Catherine Dowling, San Marcos, Texas, came off the early pace set by second-place finisher Rebecca Stockdale-Wooley, Chaplin, Conn., to take a 20-second victory in 30:28. The third and fourth finishers among the women were W45 winner Ann Sipka, Nashua, N.H., 31:32, and W45 runner up Jan Vermilye, New Paltz, N.Y., 32:16.

Jan Bober, Boston, Mass., won the W50 race in 35:58. Carrie Parsi, 55, Lexington, Mass., was the first woman-over-50, with the W55 win in 35:41 over Madeline Bost, Ironia, N.J. Liz Szawowski, Marblehead, Mass., won the W60 race, uncontested, in 41:27.

Stockdale-Wooley's Central Massachusetts Striders trio won the W40-49 team title from the six teams competing, with a 1:39:56. The W50-59 winner was the Parsi-led Liberty AC with a 1:50:03.

The M60 race went to experienced national competitor and cross-country runner Derek Mahafey, Woodinville, Wash., in 32:38. Howard Rubin, New Hartford, N.Y., was victorious in the M65 group with a 33:42. Sid Toabe, Brookline, Mass., 37:12, and Nate White, Fayetteville, N.Y., captured the five-man M75 race in 41:58.

Team championships went to the Syracuse Chargers in the M60-69 division, and the New England 65+ RC in the M70-79 contest.

All-in-all it was a terrific champion-

ships. Two teams — Club Northwest and Snohomish TC — traveled a long distance, and three more — Syracuse Chargers, Westchester TC, Raritan Valley RR — came from outside the immediate New England area. But the competition could be so much stiffer and the rewards of competing so much more satisfying if more clubs would accept the challenge of national cross-country championships.

For some excellent individual and especially team competition in 1995, make your plans to attend one or more of the USATF national masters cross-country championships. Get involved and have fun with the wonderful sport of cross-country running. □



Norman Cromwell won the M45 400 (52.4) and 800 (2:01.2) at the Visalia, Calif., Classic.



First W40+ Joyce Adams, 40, Reston, Va., in 59:38, George Washington Parkway 15K, Alexandria, Va. Photo by George Banker



Third Wind

by MIKE TYMN

Bits From Bethlehem to Boothill

While flying some 40,000 miles between Paradise and the Promised Land during 1994, I was able to fill a full journal with observations and thoughts. Five separate trips took me to places ranging from the Big Island (of Hawaii) to the Big Apple (New York) to the Big Orange (Tel Aviv), from San Francisco to Springfield, from Sacramento to Sedona, from Bethlehem to Boothill, from Jerome to Jerusalem, from Oatman to Oakland, from Tuscon to Tombstone, from the Grand Canyon to the Great Lakes, from Los Angeles to Las Vegas. Here are a few of those observations and thoughts.

Guinness Record: Flying home to Honolulu on my most recent trip, I watched the in-flight short subjects preceding the movie. One segment featured 71-year-old Tom Anberry, a retired podiatrist from Long Beach, Calif. Anberry apparently became bored with life during his retirement and took up shooting baskets from the freethrow line at a school near his home. After two years of averaging 500 freethrows a day, he set a verified record for consecutive freethrows made. The NBA record is 97, but Anberry made — can you believe this? — 2,750 consecutive baskets. It took him 12 hours to do it and he didn't quit because of a miss but because they wanted to close the gym. That's what you call focus and nerves of steel.

Old Men Can't Jump: Maybe old men can shoot baskets from the freethrow line, but they shouldn't jump too much. I learned that at the Basketball Hall of Fame in Springfield, Mass., where they have a machine that measures your "hang time." You stand on a platform, jump (activating the clock) and then land (stopping the clock). As I recall, the record is .94 seconds by Dr. J. I managed .42 seconds on my first jump and .46 on my second. Determined to break .50, I gave it everything I had, stopped the clock at .49 and aggravated my plantar fasciitis. I learned at least ten years ago that I no longer have any springs or shock absorbers in my legs. Why couldn't I remember that?

Running In Circles: Paul Reese of Auburn, Calif., ran across the U.S. at age 73 a few years ago. With guys like Reese and freethrow shooter Anberry performing such amazing feats, what is there left for an old guy to do if he wants to make into the Guinness Book of Records? While occupying a window seat on one of my flights, I found myself looking down and counting running tracks in one metropolitan area. I began wondering how many tracks there are in the U.S. I concluded there must be at least 4,000, possibly more than 5,000. So, here's the challenge if you want to do something different: run a mile around every track in the country in a year's time. If

no one else does it, maybe I'll try it in a dozen or so years if I find myself in Anberry's frame of mind.

No More Dozing: Until this year, I could never sleep for any length of time while flying. The most I could do was doze for a few minutes now and then. However, I tried one of those "C"-shaped inflatable neck cushions on an eight-hour flight from Honolulu to Chicago and slept soundly for five straight hours. It really made a difference. I wish I had known about those things in 1977 when I ran the New York City Marathon. I couldn't sleep at all during the flight from Honolulu to New York and ended up with a relatively slow second half, most likely the result of lack of proper rest before the race.

Aisle Seats: For flights over two hours, I usually opt for an aisle seat these days. That's because you're supposed to hydrate well to avoid jet lag and that conflicts with the weakened bladder and/or prostate that seems to develop after around age 50. I don't like climbing over people to head for the restroom.

Baggage Buttheads: That's what I call people who carry full-size luggage on the planes and attempt to store it all in the overhead compartments. Before the last 20 or 30 passengers board, there's no room left in the overheads. Don't be a baggage butthead. Be considerate of others and check everything but your "small" handcarry.

Mud Baths: Who said mud baths are good for you? After taking a mud bath at the Dead Sea in Israel, I itched all over for a day. They say the mud draws all the poisons out of the body. I think a good sweat does it a lot better. Most of the people I saw at the mud bath looked like they needed much more than a mud bath for health and fitness' sake.

Beer Bellies: Most of the men I saw at the mud bath had beer bellies, but that's just one of the characteristics I associate with a typical male resident of Sacramento. My stereotyped Sacramentoan is characterized by 4 B's — baseball hat, beard, beer belly, and boots. I know there are quite a few runners in the Sacramento area, but I



Getting rid of poisons on the Dead Sea?

Photo by Gina Tymn

didn't see very many in my five-day stay there.

Bad Karma: Gotta be more understanding of buttheads and beerbellies. Actually, I'm a pretty unbiased guy, but I often find myself feeling disgust when seeing a grossly overweight individual or when sitting next to one on the plane with blobs of fat hanging into my space. While reading a book on reincarnation on one of the flights, I thought about the possibility of coming back in my next life as a 500-pound Sumo wrestler if I don't become more tolerant and understanding of fatties.

Patience Pays: Most athletes eventually learn that it takes patience to succeed. While doing some research for a travel feature on Tombstone, I found that Wyatt Earp fully recognized that 100 years ago. "The most important lesson I learned from those proficient gunfighters was that the winner of a gunplay usually was the man who took his time. The second was that, if I hoped to live long on the frontier, I should shun flashy trick shooting — grandstand play — as I would poison," Earp is credited with saying in his biography.

Actually, my research on Earp indicated that he was more myth than man, more heel than hero. He was nothing like Hollywood has made him out to be.

Bagels: I'd never eaten a bagel in my life until I got to Jerusalem and found that there was no toast available for breakfast. After having a bagel, I doubt I'll have another one until I get back to Jerusalem. Will someone tell me why they are so popular? They say they're healthy, but they taste like plain old hard dough to me.

It's a Small World: The very first person I met in Jerusalem, outside of the taxi driver and hotel personnel, recognized my name when I introduced myself. He said he had read a number of my columns in *Runner's World* magazine. His name is Reuven Bruner, a health, fitness, and nutrition consultant I ran into while on a run my first morning in Israel.

Smokeless Casinos: Well, not quite, but many of the casinos in Las Vegas

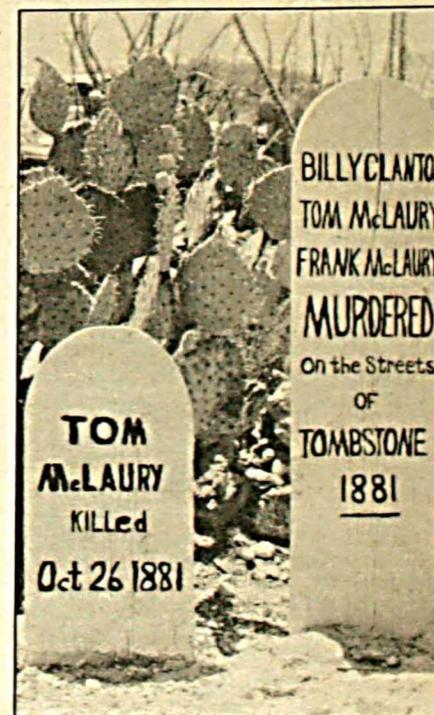
now have no-smoking sections. However, they're so small and so much of the smoke from the rest of the casino flows into them that there's not much point in even having them.

Dry Heat vs. Wet Heat: I ran in dry 120 degree weather a few times in Arizona. I think I prefer hot, humid weather to the dry stuff. I'd sure like to tackle some of those trails in Sedona and in the Grand Canyon at a cooler time of the year.

Best Run: Out on Bay Farm Island, part of Alameda, Calif., my old hometown with my old buddy Joe King. You can see the San Francisco skyline and the sun setting over the Golden Gate. Joe introduced me to road racing back in 1957 and he's still going strong at 68, recently setting a world age record at 3,000 meters.

Worst Run: Downtown Springfield. I ran on the treadmill in the Sheraton health club for the remainder of my stay there. The Sheraton Springfield does have the largest and best equipped fitness facility of any hotel I've been in.

Happy New Year! □

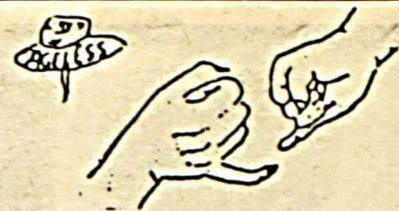


Victims of the OK Corral shootout. No patience or Doc Holliday's shot gun?

Photo by Mike Tymn

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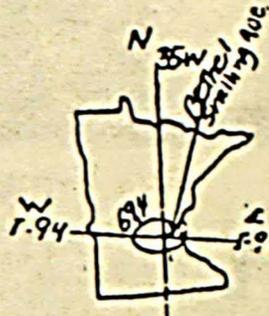


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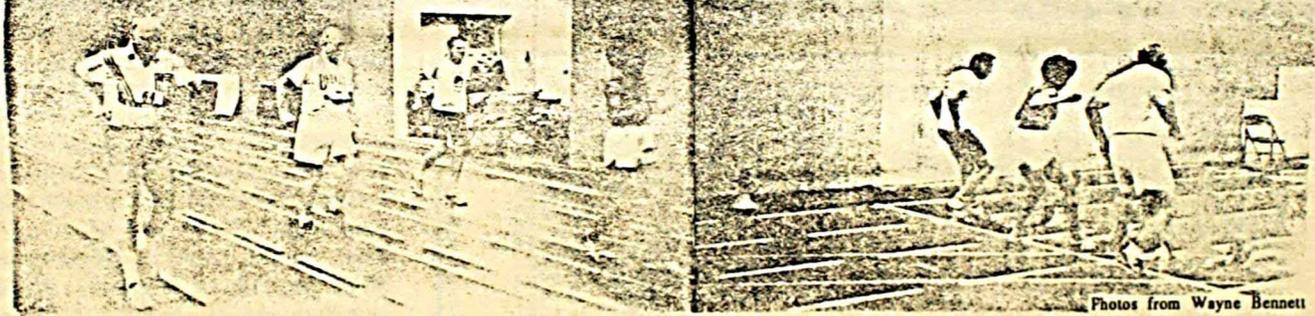
A PLACE for
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55m Hurdles	
MOPEN Steve Dolan, Bloomington	8.0 (91)
M30 Bill Jahner, W. St. Paul	7.50 (94)
M45 John Ewing, (WI)	9.45 (89)
M50 John Ewing, (WI)	9.21 (91)
M50 George LaBelle, Ham Lake	9.50 (93)
M55 Jim Peterson, Aitkin	9.74 (89)
M55 Don Amery, (IL)	10.91 (94)
M60 Bill Jankovich, (WI)	10.38 (94)
M60 Emmett Edwards, St. Paul	11.99 (89)
M65 Bob Warwick, Sr. (OK)	11.45 (89)
M70 Mel Buschman, (MI)	11.43 (91)
W30 Cathy Gorecki, Brooklyn Center	10.06 (93)
W50 Sr. Rachel, Twin Cities (U)	11.84 (88)
W55 Sr. Rachel, Twin Cities	12.80 (93)
55m Sprint	
MOPEN Stan McClure, Golden Valley	6.52 (92)
M30 Bill Jahner, W. St. Paul	6.93 (94)
M35 Ken Pazdernik, Brooklyn Park	6.84 (89)
M35 Ted Bielefeld, (IA)	7.33 (93)
M40 Michael Sharratt, Shorewood	6.90 (91)
M40 Jim Dolezel, (OK)	7.69 (93)
M45 Lloyd Cordner, St. Louis Park	6.83 (91)
M50 John Ewing, (WI)	7.40 (91)
M50 George LaBelle, Ham Lake	7.50 (93)
M55 Jim Peterson, Aitkin	7.12 (91)
M55 Wayne Bennett, (TX)	7.41 (94)
M60 Bill Jankovich, (WI)	7.52 (94)
M60 Ray Eiland, Mpls.	8.02 (94)
M65 Bob Warwick, Sr. (OK)	8.59 (89)
M65 Chuck Olson, Nevis	8.83 (91)
M70 Mel Buschman, (MI)	11.43 (91)
M75 Ben Bjergo, Mpls.	31.72 (93)
M103 Arnold Bing, Mpls.	37.47 (93)
W30 Cathy Gorecki, Brooklyn Center	7.90 (93)
W40 Kathy Marino, Apple Valley	9.09 (93)
W50 Sr. Rachel, Twin Cities (IL)	8.69 (88)
W55 Sr. Rachel, Twin Cities	8.81 (91)
Backward 55m	
M55 Wayne Bennett, (TX)	12.75 (94)
M60 Don Sibigtrouh, (IL)	16.66 (94)
W55 Sr. Rachel, Twin Cities	15.98 (94)
800m	
M30 Brian Bohne, Fridley	2:23.02 (89)
M35 Brian Bohne, Fridley	2:20.56 (91)
M40 Michael Seaman, St. Louis Pk.	2:19.00 (93)
M45 Richard Jones, Burnsville	2:24.45 (89)
M55 John Houle, Moundsview	2:51.96 (94)
M70 Lloyd Young, Pine City	2:49.26 (94)
W40 Kathy Marino, Apple Valley	2:57.65 (91)
One Mile	
M30 Brian Bohne, Fridley	6:06.81 (89)
M35 Larry McDonough, St. Paul	5:21.02 (94)
M35 Al Westman, St. Paul	5:22.75 (93)
M40 Michael Seaman, St. Louis Pk.	4:57.91 (93)
M45 Richard Jones, Burnsville	5:25.31 (89)
M60 Lloyd Young, Pine City	5:50.70 (89)
M60 Bill Jankovich, (WI)	7:19.81 (94)
M70 John Burton, Wayzata	7:12.12 (93)
W35 Julie Kelley, (NM)	7:11.03 (94)
W40 Marcy Gilles, Eden Prairie	5:49.56 (94)
200m	
MOPEN Chad Nelson, Fridley	32.75 (93)
M35 Shawn Regan, Mpls.	26.00 (89)
M35 Ted Bielefeld, (IA)	27.66 (93)
M40 Jim Dolezel, (OK)	28.42 (93)
M40 Murray Portnoy, Apple Valley	31.09 (93)
M45 Jim Lee, (WI)	25.4 (91)
M45 Randy Clevon, Mpls.	26.26 (89)
M55 Ray Eiland, Egan	29.68 (91)
M60 Budd Hamilton, (AZ)	35.53 (93)
M65 Bob Warwick, Sr. (OK)	37.61 (89)
M65 Ray Skotte, Mpls.	41.04 (89)
M70 Bob Warwick, Sr. (OK)	37.78 (91)
W50 Sr. Rachel, Twin Cities	34.40 (87)
W55 Sr. Rachel, Twin Cities	35.97 (91)
400m Fastwalk	
M40 Deb Vestal, Mpls.	2:58.78 (93)
M55 George LaBelle, Ham Lake	2:12.05 (93)
M60 Don Sibigtrouh, (IL)	2:06.89 (94)
400m	
MOPEN Stan McClure, Golden Valley	52.45 (91)
M30 Brian Bohne, Fridley	58.64 (89)
M35 Brian Bohne, Fridley	57.78 (91)
M35 Ted Bielefeld, (IA)	1:02.74 (93)
M40 Dick Riser, St. Paul	59.73 (89)
M40 Jim Dolezel, (OK)	1:04.15 (93)
M45 Steve Oalligan, Egan	1:07.65 (93)
M50 Dick Peterson, Belle Plaine	1:15.31 (93)
M55 Wayne Bennett, (TX)	1:09.63 (94)
M55 Ray Eiland, Egan	1:21.72 (91)
M60 Bill Jankovich, (WI)	1:21.45 (94)
M65 Bob Warwick, Sr. (OK)	1:24.80 (89)
M70 Bob Warwick, Sr. (OK)	1:27.03 (91)
W30 Cathy Gorecki, Brooklyn Center	1:10.00 (93)
W50 Sr. Rachel, Twin Cities (WI)	1:20.21 (89)
W55 Sr. Rachel, Twin Cities	1:38.01 (93)
4X100m Relay	
Michael Sharratt, John Ewing,	48.3 (91)
Randy Clevon, Lloyd Cordner	

Pole Vault	
MOPEN Steve White, St. Louis Pk.	14-6 (91)
M30 Kevin Hansen, Foley	13-0 (89)
M40 Michael Sharratt, Shoreview	11-6 (91)
Phil Johnson, Wayzata	11-6 (91)
M55 Joseph Griffin, (WI)	9-0 (93)
M55 Jim Peterson, Aitkin	7-6 (89)
M60 Bill Jankovich, (WI)	8-0 (94)
M65 Bob Warwick, Sr. (OK)	7-6 (89)
M70 Bob Warwick, Sr. (OK)	7-7 (91)
W50 Sr. Rachel, Twin Cities (IL)	6-6 (88)
W55 Sr. Rachel, Twin Cities	6-0 (91)
High Jump	
M30 Bill Jahner, W. St. Paul	5-7 (93)
M35 Patrick Boulay, Mpls.	5-6 (91)
M40 Patrick Boulay, Mpls.	5-2 (94)
M40 Jim Dolezel, (OK)	4-10 (93)
M50 Tom Langenfeld, Edina	5-2 (89)
M55 Tom Langenfeld, Edina	5-2 1/2 (91)
M60 Emmett Edwards, St. Paul	4-2 (91)
M60 Don Sibigtrouh, (IL)	3-10 (94)
M65 Edward Failor, Sr. (IA)	4-0 (94)
M65 Emmett Edwards, St. Paul	4-0 (94)
M70 Mel Buschman, (MI)	4-2 (91)
W50 Sr. Rachel, Twin Cities	3-10 (88)
W55 Sr. Rachel, Twin Cities	3-10 (91)
Triple Jump	
M45 John Ewing, (WI)	34-3 (89)
M50 George LaBelle, Ham Lake	26-11 (91)
M55 Jim Peterson, Aitkin	32-1 (89)
M60 Chuck Olson, Nevis	26-6 (89)
M60 Don Sibigtrouh, (IL)	25-5 (94)
M65 Edward Failor, Sr. (IA)	25-11 (94)
W50 Sr. Rachel, Twin Cities	23-10 (89)
W55 Sr. Rachel, Twin Cities	24-2 (93)
Long Jump	
MOPEN Steve Dolan, Bloomington	20-5 (91)
M30 Bill Jahner, W. St. Paul	18-3 (93)
M40 Jim Dolezel, (OK)	16-8 1/2 (93)
M40 Michael Sharratt, Shorewood	16-2 (91)

!!sec. a up hold, fellows Hey! Record Back55: Sibigtrouh, Amery, Lyga, Bennett.



Photos from Wayne Bennett

See '94 NMN Jan. Pg-9 & July Pg-5, for USMSO "Rules of Fairness."

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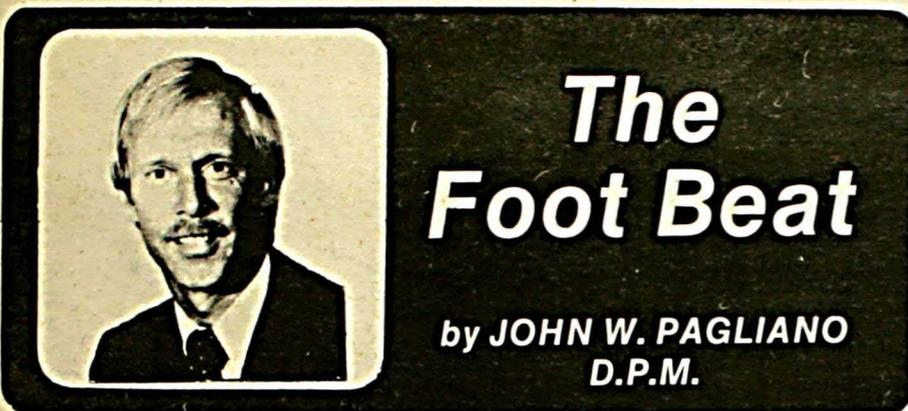
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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Achilles Tendinitis

Achilles tendinitis is the most common injury in running athletes over age 40. It is usually due to lack of circulation to the Achilles area and to repetitive trauma that places stress on the Achilles, resulting in inflammation and stiffness.

This trauma is usually the result of training errors such as running up hills, excessive mileage, poor training shoes, over stretching, hard or uneven surfaces, and rapid increase in speed or distance. Add these factors to an overpronated foot and Achilles tendinitis may occur.

Obviously, the initial treatment should be rest. Usually 5-10 days in mild cases is more than enough. Regulate the training program and eliminate hill running.

Choose a good training flat with at least a half-inch heel lift with a good rigid heel counter. You may want to add a 1/8 inch additional heel lift to the inside of the shoe. Soak the Achilles in hot water at night for at

least 20 minutes.

If you are to continue running, ice the heel after the run for 5-7 minutes then follow up with hot water in the evenings.

Non-steroidal anti-inflammatories such as Advil are quite useful if taken within 72 hours of the irritation.

Correct any biomechanical abnormalities, replace stretching with a slow walk prior to running, and then go to your training program. □

(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.)

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN. 1995

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LARRY BRIDGES (ALBUQUERQUE, NM)	1-27-40	55-59
NORMAN BRIGHT (SEATTLE, WASH)	1-29-10	85-89
AMELIO COMPRI (ITA)	1-31-25	70-74
ROLAND CORMIER (WESTFIELD, MA)	1-16-40	55-59
WILHELM DIETRICH (WG)	1-24-10	85-89
GERT EKKMAN (SWE)	1-12-25	70-74
VOITTO ELO (FIN)	1-8-15	80-84
RAY FITZHUGH (IRVINE, CA)	1-26-35	60-64
ROGER FRENCH (HACIENDA HTS, CA)	1-3-30	65-69
KOZO HARAGUCHI (JPN)	1-17-10	85-89
HUGO HARTENSTEIN (BOULDER, CO)	1-4-35	60-64
WILLIAM HOSS (US)	1-9-35	60-64
JOSEPH JOHNSON (FLORENCE, NJ)	1-1-45	50-54
JAN KYSTAD (NOR)	1-30-25	70-74
BOB LAWSON (US)	1-5-35	60-64
WOLFGANG LINKMANN (WG-BRENTWOOD, CA)	1-5-40	55-59
CARL MERRITT (SANTA MONICA, CA)	1-5-20	75-79
JAN MIRAZEK (CZE)	1-27-25	70-74
WOLFGANG MUELLER (WG)	1-30-15	80-84
LOTHAR PLASSMANN (WG)	1-29-30	65-69
JOHN POTTS (GB)	1-30-45	50-54
HERBERT SCHMIDT (WG)	1-11-10	85-89
KEN SPARKS (CHAGRIN FALLS, OH)	1-25-45	50-54
MAURICE TARRANT (CAN)	1-4-30	65-69
ROY TURNER (RICHARDSON, TX)	1-7-40	55-59
GIANPAULO URLANDO (ITA)	1-7-45	50-54
FRANS VANDERSHOEVEN (BELGIUM)	1-20-30	65-69
KIMMIE ALLEGRE (KEIZER, OR)	1-29-55	40-44
MARY BROWN (CA)	1-15-30	65-69
FEI-MEI LEE CHOU (SUNNYVALE, CA)	1-2-35	60-64
TOSHIKO D'ELIA (RIDGWOOD, NJ)	1-2-30	65-69
NANCY MCCORMICK (OMAHA, NB)	1-17-35	60-64
CHRISTEL MILLER (GLENDALE, CA)	1-20-35	60-64
OLIVE PATTERSON (US)	1-15-15	80-84
YVETTE LA VIGNE (LOS ANGELES, CA)	1-30-40	55-59
JENNIFER YOUNG (TUCSON, AZ)	1-24-45	50-54
RUTH BAUM (WG)	1-24-40	55-59
CAROLYN BILLINGTON (GB)	1-15-45	50-54
DOYA BOWDREY (NZ)	1-12-15	80-84
INGE DUERR (WG)	1-14-35	60-64
JANICE FARRY (GB)	1-28-50	45-49
ANNE FORWARD (NZ)	1-11-40	55-59
MAVIS GIBBS (AUS)	1-27-25	70-74
ROSARIO IGLESIAS (MEX)	1-20-10	85-89
LISBETH KAMMERMEIER (WG)	1-2-20	75-79
JUDITH KAZDAN (CAN)	1-1-20	75-79
ROSE LAMECH (IND)	1-31-25	70-74
MAGDA LLANDS (BEL)	1-16-50	45-49
LENORE MARVIN (CAN)	1-19-20	75-79
CLARE MCKERR (AUS)	1-1-30	65-69
ANGELNA MULLINGER (GBR)	1-26-55	40-44
AUDREY REID (RSA)	1-19-15	80-84
REIDUN RUSHFELDT (NOR)	1-26-45	50-54
ERIKA SAUER (FRG)	1-12-40	55-59
JUTTA SCHOEPPE (WG)	1-6-55	40-44
PAMELA SPIERS (NZ)	1-27-25	70-74
PEGGY TAYLOR (GBR)	1-4-20	75-79
OLGA VYSKOVSKA (CZE)	1-1-30	65-69
LANCE PIERCE	1-5-45	50-54

Compiled by Peter Mundle, World and USA Records Chairman

Keenan, Gilles Tops in National 15K; Green Best Age-Graded

by PAUL MURRAY

Forty-four-year-old Dale Keenan, Selkirk, N.Y., and 45-year-old Marcy Gilles, Eden Prairie, Minn., were the first masters finishers in the USATF National Masters 15K Championships/Schenectady Gazette Stockade-Athon on Nov. 13.

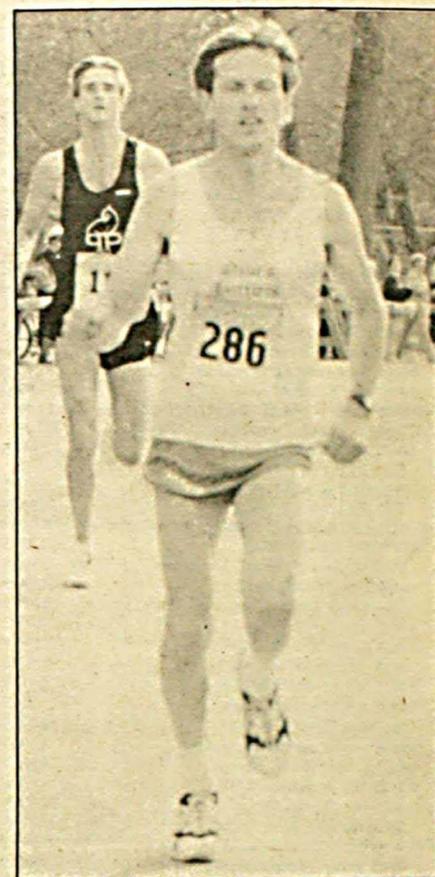
Keenan, who missed last year's race with an Achilles' tendon injury, was timed in 50:09, well off the masters course record of 46:22 by Barry Brown in 1984. Gilles led all women for the first five miles but faded on the long State Street hill to finish fifth in 60:14.

Gilles, who ran nearly four minutes faster just six weeks before, blamed her relatively slow time on the weather, which at the start of the race was cool with overcast skies but about half way "the sun came out and then I started to lose it," she explained.

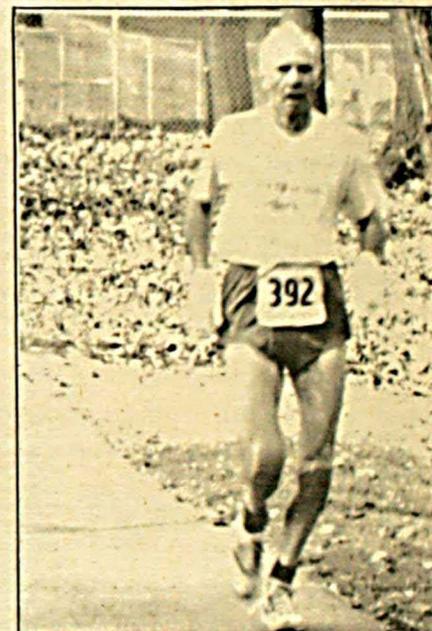
Norm Green, 62, Wayne, Pa., won the M60 division in 55:46 and took home \$500 in prize money with the top age-graded time of 45:12. It was the second straight year Green won age-graded honors. Fay Bradley, 56, Washington, D.C., clocked 53:50 to earn \$350 for his second-place age-graded time of 46:01. Jan Frisby, 50, Grand Junction, Colo., turned in a speedy 51:20 to claim the third age-graded prize of \$300 (46:16). (The age-graded times are determined by multiplying a runner's actual time by the factor for his or her age.)

Joan Butler, Cazenovia, N.Y., was the second masters woman and W40 winner in 60:57. Margaret Betz, Conklin, N.Y., turned in one of the day's best efforts with a 63:05 to place fourth among the W40+ and win the W55 race. Loretta Sheehan, West Seneca, N.Y., took the W70 crown in 88:30.

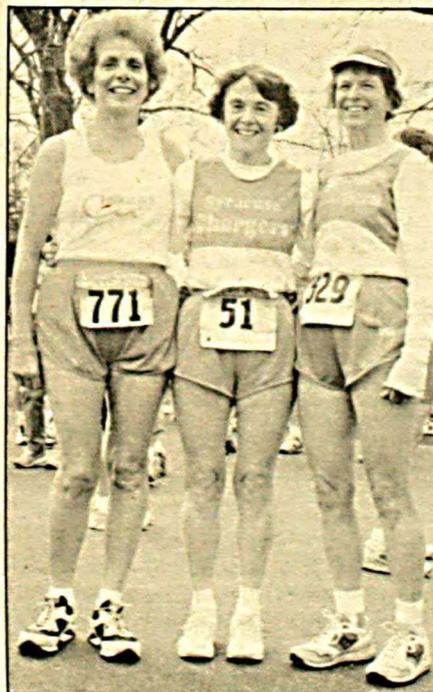
Bob Stineford, Oneonta, N.Y., won the M45 contest with a 51:12. Eighty-



Dale Keenan, 44, Selkirk, N.Y., finishes the Schenectady Gazette Stockade-Athon in 50:07 to win the USATF National Masters 15K Championships, Nov. 13. Photo by Art Tetrault



Nate White, Fayetteville, N.Y., on his way to the M75 victory in 77:37, USATF National Masters 15K Championships. Photo by Art Tetrault



The Syracuse Chargers W60-69 team took 1st place in the USATF National Masters 15K Championships in Schenectady, N.Y., Nov. 13. From left: Mary Ann Ruzs (80:45), Gloria Brown (70:47), Lois Ball (79:40).

Photo by Evelyn White

year-old Dudley Healy, Chatham, N.J., was the oldest finisher and M80 winner in 85:36.

The Syracuse Chargers won team titles in the M50, M60, M70, W40, and W60 divisions, while the Troy RC entries were victorious in the M40 and W50 competition.

Masters runners were 53% of the finishers in this 19th annual run through Schenectady's historic Stockade section. The race was organized by the Hudson Mohawk RRC and sponsored by the Gazette Newspapers. Chris Rush was the race director. □



Women's Corner

by MADELINE BOST

Wilma Rudolph

When I heard the sad news that Wilma Rudolph, 53, Olympic triple gold medalist, had died on November 12, it brought back a flood of memories for me. No, I never met her. Our paths never crossed.

Rudolph was a year younger than me—a woman of my own generation. Only she lived a much different life than I, and went where I never dreamed a woman could go.

I grew up in Washington state, on an island in Puget Sound that was isolated and yet near the bustling cities of Seattle and Tacoma. We lived on a small berry farm surrounded by giant Douglas firs—a perfect environment for the tomboy that I was.

When I wasn't doing chores, I was free to run and explore and play. My dad was an amateur athlete—a good boxer, diver, and gymnast. My sister and I were willing students and he taught us how to box and do basic gymnastics. At school I looked forward to playground where tag was a staple game and where we sometimes held impromptu races.

In a game of tag I could never be caught. In a race, no girl could beat me and there were two boys who could only sometimes outrun me. On field days I would win all my events. It was my favorite day of the school year. I was in heaven.

Then I moved up to the high school and everything changed. Girls were no longer encouraged to participate in sports. Indeed, I learned that running and jumping would somehow injure me.

My grade school running rivals became stars of the football and basketball teams where their leg speed was put to good use. Me, well, eventually I learned how to twirl a baton and became a majorette.

Oh, we girls could play volleyball, tennis, baseball and basketball in our physical education classes and intramural sports. That was because they weren't considered too vigorous and didn't involve serious running.

Girls' basketball allowed only three steps with the ball. No running and dribbling down the court—you must pass almost as soon as you receive the ball.

I would look with envy as the boys played their basketball and puzzle with resentment at the restrictions placed on me because of my gender.

On my own time, when no one was looking, I did run. I ran on the logging trails near my home with my horse. There I was safe from prying eyes that might find me foolish or unfeminine.

Then, when I probably first became aware of the Olympics, I heard and

read of this Wilma Rudolph—an American girl who was competing with other women in track running events. It blew my mind. How did it happen? Who let her and the others run?

Obviously they had been encouraged to do so by adults who were coaching and training them. But why had my school and all the others that I knew, never allowed girls to run or compete in serious sports?

Because of her height, Rudolph was encouraged to play basketball at her high school and from there was invited by Ed Temple of Tennessee State to train in track. She competed at the Melbourne Olympics in 1956 when a mere teen of 15.

Four years later, at the Olympics in Rome, she won gold medals in the 100 and 200 meters. She and three others won a gold and set a world record 44.4 in the 4x400 meter relay. Rudolph set several world records in the sprints before retiring in 1952.

While Rudolph was blazing down the track, except for those occasional

New Club Honors Last Place Finishers

For all the runners who have ever asked themselves, "What if I come in last?" now there's an answer. Join the Caboose Club! The Caboose Club is an organization that honors runners who finish last.

"There is too much emphasis on winning in our sport," says Jeff Lea, Caboose Club founder. "Too many runners are reluctant to enter races because they are concerned that they will do poorly. I founded the Caboose Club so that runners who give it their all, but happen to come in last, can get some of the recognition they deserve."

To qualify for the Caboose Club, runners must have tried their best, and must be the last official finisher, either of the entire race or of their division, sex, or age group. There is no charge, and members will receive a certificate honoring their achievement.

Interested runners should contact: The Caboose Club, P.O. Box 3122, Madison, WI 53704-0122. □



Mixed age-group 800, Boston Masters Meet, Dedham, Mass., with #256 Jennifer Frost, W30, 2:32.7; #246, Liz Szawloski, W60, 3:01.0, and #242 Anne Schmitt, W45, 2:29.9.

Photo by Steve Schmitt

runs with my horse, I had long abandoned my tomboy ways. If I was not quite a demure young miss, I was certainly not an athlete. That didn't come for twenty more years. My first competition in a road race was in 1982 when I was a master.

By 1982 Katherine Switzer had already waged her battle with Jock Semple to run in the Boston Marathon. Nina Kusick's 10-minute sit-down strike at the start of the 1972 New York Marathon, to thwart an AAU ruling

requiring women to start 10 minutes before the men, was old history.

Those and other courageous women had fought for the right to compete and be recognized as athletes. Beginning with young women from Tennessee, they brought recognition to women's sports, so that today any schoolgirl in the land can fulfill her own destiny.

It is too late for this schoolgirl, but to Wilma Rudolph I raise my head and I salute you. □

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Masters Racewalking

by ELAINE WARD

1994 Masters Report

Following is the 1994 Masters Racewalk Report by Bev LaVeck, USATF Masters Racewalking Coordinator — EW.

1994 Records

There were more than 60 record submissions in 1994, an increase from 1993. The 1994 Championship Meet Directors (Justin Kup, Ginger Mulanax, Elliott Denman, Dave Lawrence, Bob Ryan, Bobby Baker, Dottie Clemmer) were all wonderfully conscientious and timely about getting necessary papers, results, lap sheets, etc., to me.

The one-hour racewalk is being added to the USATF masters racewalk records since it is a USATF championship distance and has been conducted with high standards and accuracy in Cambridge, Mass., in recent years.

I am beginning to compile separate lists of indoor and outdoor 3000 meter racewalk records, which may, at some point, be printed separately in the USATF Rules Book. Of interest is that most of the men's fastest 3000s have occurred in the indoor meets, while the women's fastest 3000s have been recorded outdoors.

I have been getting requests to submit women's age 35 marks to USATF for ratification as official records. In the past, submasters members of USATF national teams have not been interested in official submasters records, but this appears to be changing.

The first step may be to obtain approval from the Racewalk Committee for such records. Currently, I maintain single-age U.S. and world "bests" for age 35+ women, and 5-year age-group world best performances beginning with age 35 for women, age 40 for men, consistent with WAVA age groupings.

1994 Championships

The racewalk in the USATF National Masters Indoor Track & Field Championships, held in Columbia, Mo., drew 85 registrants — at least double the number of the previous year.

There were 161 starters in the 5000 meters and 130 in the 10K/20K at the National Outdoor Meet in Eugene.

Major masters racewalk road events were also well-attended. Of the 181 who registered for the USATF 10K in Niagara, about 70% were masters. Over 40% of the finishers at the WAVA 20K Racewalk Championships in Toronto were from the USA, which won the M45, M50, M60, M65, W55 and W65 team championships.

Masters T&F uses a permanent event schedule in its four-day National Outdoor Meet. The 5000 racewalk is on the second day, and 10K/20K racewalks are on the fourth day. The 10K/20K have always occurred simultaneously. In 1994, there were 67 women starting the 10K and 63 men in the 20K. The 130 starters resulted in spotty judging early in the event, the men being judged in the last half of the 20K with much greater scrutiny than the women in their

10K, excessive demands on the recorder, and delays in getting results out because of the need to carefully check all judging calls.

The racewalks are more labor-intensive than other track/road events. It has been recommended that the 10K and 20K be held on separate days, or several hours apart. This presents scheduling problems. If the track walks were on day #1, and the road walks on days 3 and 4, would judges agree to be present on all three occasions? What impact would such a schedule have on other events? If the 20K were begun later on the same morning as the 10K, would that make too-warm temperatures for the men? Could the recorder and judges complete their part of the 10K before the start of the 20K?

1994 Postal "Ladder"

The 5K-10K-20K "ladder," organized through the Racewalk Associations Committee and compiled by Donna Stanton, has (thankfully) replaced the list of racewalkers printed in the Masters T&F Rankings Book, making it no longer necessary for me to compile such a list.

Masters T&F meet directors and/or individuals exclusively focused on masters T&F should be made aware of the necessity of sending the results to Donna. The 3000 indoor rankings will continue to be compiled by Jerry Wojcik and will appear in his Rankings Book. He is also planning to include 5000m track racewalks that have appeared in the National Masters News.

5K Racewalk Club Challenge

Organized by Bob Fine, this event drew 11 clubs from around the country. The winning club was determined by age-graded scoring. Responses were positive, and there have been requests to repeat the event. Before that, however, a clear means of determining the winner is necessary. Quality of performances and depth of participation are both important. I'd like to hear suggestions for the 1995 event. (Editor's note: see LaVeck's address on page 2.)

Convention Report

1. The Masters T&F Committee adopted a set of by-laws setting forth policy and

operating guidelines. Included is the following description of the tasks of the racewalk subcommittee:

"Establish procedures for selecting championships held outside the t&f championships, ensure that racewalk records are maintained, coordinate selections of annual racewalk awards, and serve as a resource to championships' organizing committees. The chair of this subcommittee shall be a representative to the USATF Racewalk Committee. Note: regional racewalk championships may be administered by racewalk coordinators delegated by the Masters T&F Regional Coordinators."

For several years, the procedure for selecting National Masters Racewalk Championships has been through the Racewalk Site-Selection Subcommittee. By giving the Racewalk Subcommittee responsibility for establishing procedures, this by-law gives permission for doing what we have done. Masters T&F then votes to approve the masters championships recommended by the Racewalk Site-Selection Committee.

USATF Masters Championships Racewalks awarded: 5K Road, Men's 10K, 15K, Women's 20K, Men's 25K, 40K, One-Hour.

2. A procedure was established for awarding regional masters racewalk championships via masters regional racewalk coordinators delegated by masters T&F regional coordinators.

3. A USATF rules change was passed specifying three USATF certified racewalk judges are necessary for any event to be considered a competitive racewalk.

Another rules change requires a minimum of four certified judges be present for a track record, six for a road record, and that at least half of the judges have national-level judging certification or higher, and at least one of these hold masters level or IAAF certification.

4. Any possible impact on masters racewalking by the proposed IAAF rules change is speculative. If the rules change is adopted, racewalkers will be expected to straighten the knee longer than "momentarily," which can be very brief and currently given the benefit of the doubt. It seems prudent to spread the word that a technique change may be necessary, and to begin working now on a heel-first point of contact, with straightened leg.

Someone said there seemed to be more racewalkers than runners at the Delegates' Race at the convention. Masters racewalkers won the racewalk divisions. Thanks to Ginger Mulanax and Ozark judges for making it a good walk. □



Norman Frable, M50 20K RW bronze medalist (1:49:45), WAVA Championships, Miyazaki, Japan, October, 1993.

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the USATF Masters Track and Field Committee.

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

OUTSTANDING RACEWALKERS — 1994

Selected by the Masters Track & Field Committee of USATF

Age	Men	Women
30-34	Michael Blanchard CO	Jackie Kerkby-Moore NM Victoria Herazo NV
35-39	Albert Leibold KS Jonathan Matthews CA	Karen Stoyanowski CA
40-44	Enrique Camarena CA	Sally Richards-Kerr CO
45-49	Bob Keating NH	Gayle Johnson MO
50-54	Don DeNoon IL	Jolene Steigerwalt CA
55-59	Edward Whiteman LA	Elton Richardson NY
60-64	Jack Bray CA	Ruth Eberle MO
65-69	Bob Mimm NJ	Ruth Leff WI
70-74	Don Gladding AZ	Ruth Van Sandt CA
75-79	Bill Tallmadge KY	Fan Benno TX
80-84	John Besson OR	Dorothy Robarts CA

FIFTEEN YEARS AGO

December, 1980

- Ernie Billups, 42, and Irene Obera, 45, named U.S. Masters T&F Athletes of the Year.
- Herb Lorenz, 40, and Dorothy Stock, 47, voted top U.S. LDR 1979 Performers.
- Wendy Miller (T&F), Ken Bernard (LDR) chosen to head Masters Committees at TAC Convention in Las Vegas.
- At age 64, Clive Davies runs 2:42:44 in Portland Marathon.



The Weight Room

by JERRY WOJCIK

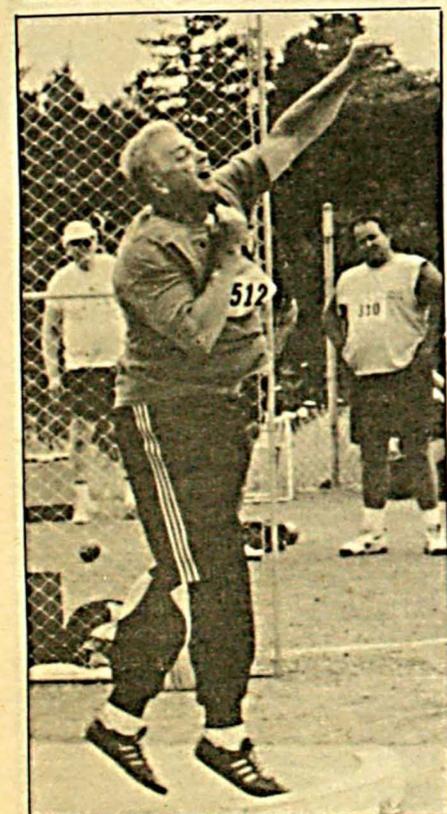
On The Move

On Monday, Nov. 21, I left Eugene (that's a place, not a person) on my way to the 16th annual USATF Convention in St. Louis, Nov. 29-Dec. 3. I was traveling with Suzy Hess, a W50 thrower and Oregon Association delegate and Oregon TC Masters representative.

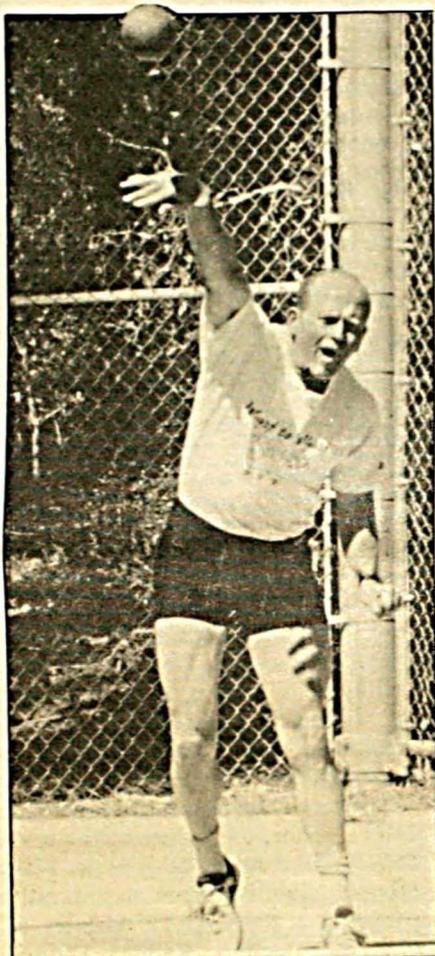
Our journey east included flying to NYC through Denver to visit my son in Manhattan, taking the Amtrak out of Penn Station to Hartford, Conn., to spend Thanksgiving with Suzy's daughter, a grad student at UConn, the three of us leaving New London on the ferry to Orient Point, L.I., headed for Shelter Island, via another ferry, for a few days, and back to NYC on the L.I. Expressway in a Jeep Grand Wagoneer to fly to St. Louis.

After planes, trains, buses, vans, ferries, plenty of cabs, and elevators and escalators at Bloomingdale's and Barney's in NYC, we were ready to just sit when we hit St. Loouy, and did we ever. The three-and-a-half days of masters meetings were chaired by Barbara Kousky, who was re-elected chairperson of the T&F Committee. The liveliest meeting, as usual, was the rules session, deftly but firmly presided over by Rules Coordinator Graeme Shirley.

Without reference to book, chapter, and verse, here's a rundown on new rules affecting throwers:



Russ Hodge, 54, Tacoma, Wash., took second in the M50 shot put (44-1/2/13.42), USATF Northwest Regional Masters Championships, Tacoma. Photo by Jerry Wojcik



Shot putter Wayne Shaffer, 46, KELfield 1st Anniversary Meet, Santa Cruz, Calif. Photo by Gary Kelmenson

1. Using the one-armed or "Scottish games" technique in the hammer and weights is out.
2. No longer will approved, privately-owned implements become public property during the course of the event. If you don't own implements that will pass specs, you had better throw properly or be a helluva nice guy.
3. The world "heavy" has been eliminated in reference to the weight. The WAVA specified weights — 35/25/20/16/12-lb. for the men and 20/16/12-lb. for the women — will be used in the weight segment of the weight pentathlon, but the traditional 35/25-lb. for men and 20/16-lb. for women are prescribed when the individual event is contested, both indoors and outdoors.
4. The superweight implements now are M30-69, the 56-lb.; M70+, the



King of the Hill TC M60-69 relay members from the New Orleans area: Charlie Wimberley, 60, Joe Fuselier, 64, Al Rieke, 65, and Don Lee, 60. The track club's M60 teams have broken or set four world and U.S. relay records since June, including the U.S. 4 x 1600m with a 24:06.

Photo from Al Rieke

35-lb.; W30-49, the 35-lb.; and W50+, the 25-lb.

5. The official order for the weight pentathlon is SP/HT/DT/JT/WT. The proposal to amend the WAVA/IAAF rule to allow four instead of three throws in the event was withdrawn.

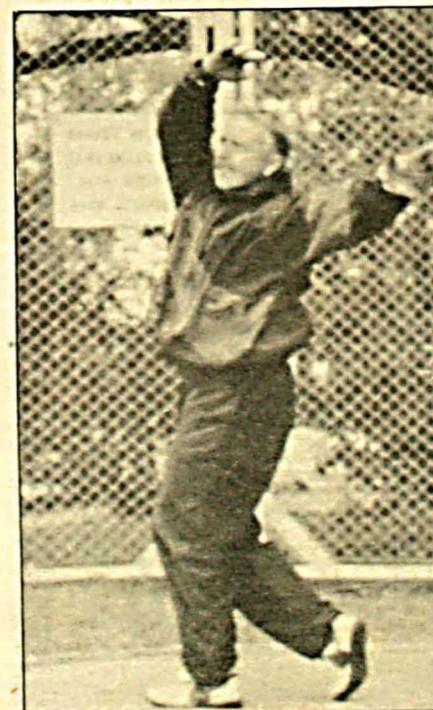
6. A proposal to allow multi-eventers to skip events and still remain eligible to participate further for final placing and scoring was rejected. "Integrity of the event" was a popular phrase among opponents, who painted scenarios of decathletes skipping four or five events but scoring well enough to medal anyway. Athletes can still show up and go through the motions (running a lap in the 1500 before feigning injury) and withdraw. If the words "in the weight pentathlon" replace "in the competition," this might fly in 1996.

7. Approved was a rule stating that consolidated age groups in the throwing events should use the same implement weight. For example, M60 and M65 may compete simultaneously in the shot put, since both groups use a 5kg shot, but M65 and M70 should not compete simultaneously since M70 uses a 4kg shot. Notice the verb "should." This may work for large meets, but it would be ludicrous if applied to meets



Donna Ricks, Minnesota, W35, in the pentathlon high jump, USATF National Masters Championships, Eugene, Ore.

Photo by Jerry Wojcik



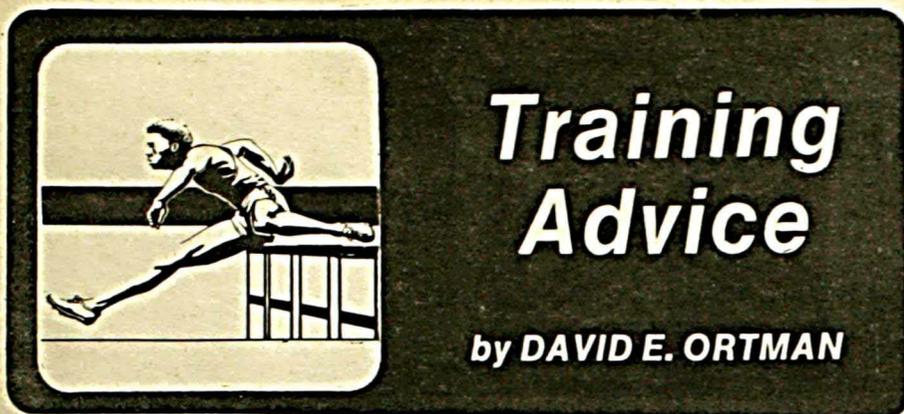
Bob Sager, 46, Bozeman, Mont., in the hammer, 1994 NCCWAVA Championships, Edmonton, Alberta, Canada. Photo by Rex Harvey

where only six throwers show up. You could conceivably have one or two throwers in action while the others stand around instead of being in the flight.

Outside the hermetically-sealed hotel room, the area surrounding the convention headquarters' Adam's Mark Hotel was the cleanest big city downtown I've seen in a long time. Directly across the street stood the very impressive Gateway Arch on the banks of the Mississippi.

After a long, fruitless search during our trek before St. Louis, we found a stuffed Donald Duck (unavailable in Eugene stores because of Rose Bowl fever) at the Disney Store in the Union Station, a refurbished train station replete with shops and eateries, so the entire trip was really a success.

To complete our adventure in travel, we took the Metrolink between the airport and the hotel — a bargain at \$1. About the only transportation mode we didn't use was the NYC subway. Darn! □



Training for Masters Multi Events

(David E. Ortman is a 41-year-old multi-eventer who figures variety is the spice of track and field. He was a San Diego high school high hurdles champion (15.0) and a Kansas college conference 440 yd. hurdles champ (54.6), and still has school records in both events. In 1993, he ranked in the US top ten (M40) in the following events: long jump (19-11½); high jump (5-10¼); 200 meters (23.42); 400 meters (52.9); 400 meter hurdles (57.2) and pentathlon. He won the pentathlon (3242 pts.) and took 2nd in the 400m hurdles, 4th in the long jump, and 5th in the high jump at the 1994 National Masters Championships in Eugene, OR. He has medaled in eight different events in M40 regional and national masters competition.)

First off, masters track is hard work. In South Dakota, we once had school called off on April 15 because of snow. The state track meet was four weeks after that. Now, one has to keep in shape for winter indoor track, spring open outdoor track, and summer masters track, and peak in mid-August for the national meet.

In 1991, I decided it took too long to get back in shape from a Seattle winter layup (rain and cold, no snow), so I began running a flat 2.5 mile course once a week in November and December (sometimes timed, sometimes not) with a step up to 3-4 times a week in whatever month (Jan-Feb) our one U. of Washington indoor track meet takes place. My indoor 400 time (2-lap/non-banked) gives me some idea of my conditioning (Dec. 1991 - 54.2; Feb. 1993 - 54.5; Jan 1994 - 55.5), as well as my high jump and long jump. Interestingly, without practicing for 4-5 months, my indoor high and long jumps are generally as good as my outdoor marks.

Around mid-February, and as the barely cinder track .7 miles from my house permits due to rain, I begin my 60-minute standard track workout:

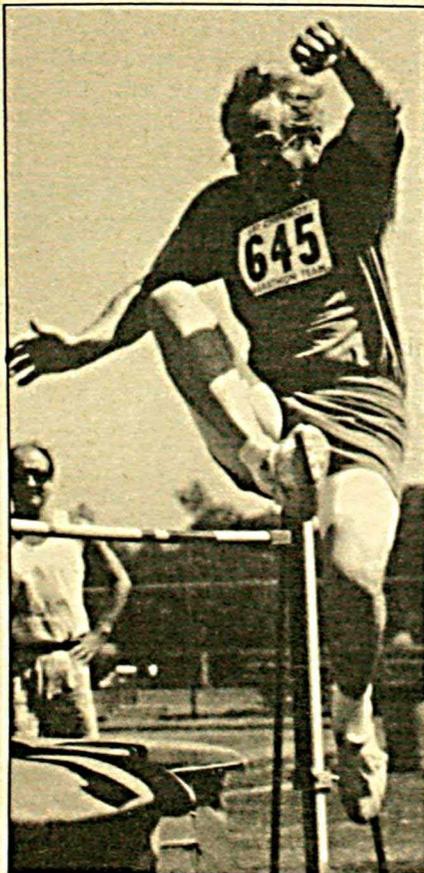
- Jog .7 miles to track.
- Stretch - Achilles tendon, hamstrings - 5 minutes.
- Run a timed 800m. (Under 2:30, good. Over 2:30, bad.)
- Rest 5-10 minutes.
- Run 8-12 100m sprints - run straight away, walk curves, etc. or run 6 200m sprints - run, walk 100m, etc.
- Option - work on throwing events (e.g. javelin, discus) as part of recovery time, or practice running over 36" hurdle (if I can find one).
- Run 3-6 300m sprints - run, walk 100m, etc. or run 4 400m sprints - run, rest two minutes.
- Jog .7 miles back home.

I run in a few March/April college-university open meets, as permitted to check conditioning (unfortunately, some of my season-best times have occurred during these meets - I peaked too early!). All-comers track meets in the Seattle area run Wednesdays, June through early August. So by June I will

be running my 2.5 miles 2-3 times a week (sometimes timed, sometimes not) and my one-hour track workout once and sometimes twice on week-ends. I would say that when I can run the 4th 400m hard, I'm back in shape.

In addition, in February I will be back to commuting to work by bike (10 miles a day). However, I have found bike riding under-develops the hamstrings, so I do not do heavy bike workouts.

Recovering from injuries is a major chore. Jumping and hurdling are hard on the body, on top of sprinting. In high school and college I was plagued with shin splints from high hurdling. Interestingly, as a masters runner, intermediate hurdling has never bothered my shins. However, they did recur after two efforts at high hurdles in



John Laux, M60 high jumper, Sri Chinmoy Masters Games, Long Beach, Calif.

Photo by Bigalita Egger

1992. And I have had to learn about all the other ailments I avoided in my youth: groin pull (from javelin and discus), hamstrings (from long jumping), Achilles tendon and neck (from high jumping), and knees (from God knows what). Our high school did not have a track for practice, so most field events were "practiced" at meets. Little has changed. I still have to "practice" high jumping, a full-flight of hurdles, etc., during meets.

I try, sporadically, to stretch in the evenings after my 2.5 mile run, especially for the hurdling position. I have a cheap spring gadget that goes over the feet and, while sitting on the floor, do arm pulls toward my chest to build up arm strength for sprinting; otherwise, no real weight work besides occasional push-ups.

Oh, yes, in 1990 I ran (and finished) the Goodwill Games Marathon in Seattle, although it didn't start or end on the track. The only T&F events I haven't done are: hammer throw, 10,000 meters, and steeplechase. □



David Ortman

Photo by Jerry Wojcik

Entry List for M50+ Mile Grows

by HUGH SWEENEY

"I got my job through the *New York Times*" ran the old ad for the *Times* classified. But if recent results are an indicator, "I got my all-star field through *National Masters News*" is an up-to-date variation on the same theme.

The December *NMN* included a piece indicating that some of the nation's leading 50-year-olds would be competing in a pair of indoor "over-50" mile runs to be held this winter at Harvard's fast, banked 200m facility. Within days of publication of the article, a quartet of greybeard, greyhound milers had called me requesting entry.

The speedy half-centurians included: John Connor, 59, holder of the world M55 indoor mark at 4:53.3; Wally Herrala, 50, fresh from an impressive triumph in the USATF Masters 5K X-C in Columbus; Ramsay Thomas, 52, second in the M50 1500 in Eugene with a 4:25.04; and Tom Sullivan, 52, fourth in the 1500 at Eugene and remembered by long-time track fans as the U.S. high school mile record holder prior to Jim Ryun, with a 4:03 in 1961.

Additional later entries included: Jan Frisby, 50, 1994 national M50 outdoor champion in the 1500 and 5000, and Jim Sutton, 63, holder of many current records including U.S. M60 mile (4:58.2) and indoor 1500 (4:43.75).

Previously, invitations had been accepted by other leading milers, such as Vic Heckler, current world indoor M50 record holder with a 4:40.6, Ken Sparks, Bill Stewart, Dan Conway, Mike Heffernan, Sid Howard, Fay Bradley, Ray Kneer, Sal Vasquez, and Richard Hamner. All say that they will run if healthy.

The Harvard meets featuring 50-plus milers are the Jan. 21 Commonwealth Invitational, a Mobil Grand Prix event, and the Feb. 21 Greater Boston TC Invitational. Not all runners will

come to Boston for both races, and because cancellations are inevitable, there may be room for additional entries with 5:00 as a flexible qualification standard.

Potential runners and sponsors for the as-of-yet unsponsored events may phone me in New Jersey at 201/798-4480. If all goes well, as hoped, the hub mile series promises to produce new world indoor mile standards at M50, M55, and M60, and world indoor 1500 bests at M50 and perhaps M55 and M60. □



Sumi Onoderá-Leonard, W65, Huntington Beach, Calif., won four gold medals, 1994 USATF National Masters T&F Championships, Eugene, Ore.

Photo by Robert Leonard

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Quantity		Total (US\$)
_____	Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1993. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.	\$ _____
_____	Masters Track & Field Rankings Men's and women's 1993 U.S. outdoor track & field 5-year age group rankings. 52 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (5000, 10K, 20K). Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.	\$ _____
_____	Masters Age-Graded Tables (1994) Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	\$ _____
_____	Time Master Calculator Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$29.95	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1994; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of January 31, 1994. 3 pages. \$1.00.	\$ _____
_____	Competition Rules for Athletics (1994) U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$12.00.	\$ _____
_____	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$12.00.	\$ _____
_____	Videos of 1994 Nationals in Eugene:	
_____	Finals of 100s and 200s; 4x100 relays; age-graded 100s. \$20.00.	\$ _____
_____	Finals of men's 400s; W30, W35, W40 400s; 4x400 relays; 400H for M30-55. \$20.00.	\$ _____
_____	Finals of 800s; 4x800 relays. \$20.00.	\$ _____
_____	Finals of 1500s. \$20.00.	\$ _____
_____	USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.	\$ _____
_____	USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$ _____
_____	USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$ _____
_____	USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.	\$ _____
_____	USATF Decal. 3-color. 3" x 2 1/2" \$1.50.	\$ _____
_____	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	\$ _____
_____	Run Fast by Hal Higdon How to train for a 5K or 10K race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.	\$ _____
_____	Marathon by Hal Higdon The ultimate training and racing guide. \$14.95	\$ _____
_____	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$16.00 per year.	\$ _____
_____	Back Issues of National Masters News Issues: _____ \$2.50 each.	\$ _____
	Postage and Handling	\$ 1.25
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____

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Top 1994 T&F Athletes

Continued from page 1

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

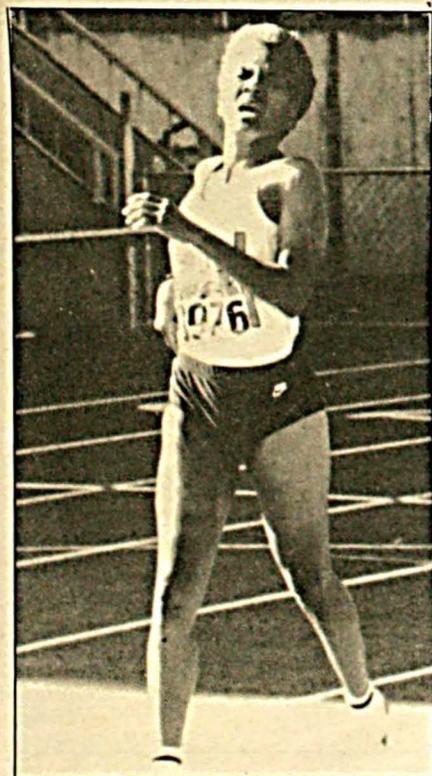
She set a world W45 pole vault record of 3.38 (11-1), a new U.S. open record at the time, and placed second in the U.S. Open T&F Championships in Knoxville in June with a vault of 10-8. She set two other world W45 records during the year: a 26.03 200 at the Southeast Regionals; and a 12.22 80m hurdles at the North American Championships in Edmonton in August, shortly before she injured her ankle and was out for the season.

DeNoon won USATF national



DeeDee Grafius, California, won the W45 400, with a U.S. record (59.84), 800, and 1500, USATF National Masters Championships, Eugene, Ore., Aug. 11-14.

Photo by Jerry Wojcik



Irene Obera, California, broke two W60 world records in the 100 and 200 with 13.91 and 29.67 at the Nationals. Photo by Jerry Wojcik

masters racewalk championships in the 3000 indoor (12:45.39, 95.8%), 5000 (21:55.49AR, 96.1%), and 10K (45:00AR, 96.1%). He won the World Vets 20K in Toronto in 1:36:33. He had a season best and U.S. M50 record 12:34.86 (97.1%) in the 3000. He competed in the USATF Open Indoor 5000 Championships, clocking 21:42.71 (97.0%). In the Outdoor Mobil Open, he walked 20K in 1:33:28AR (94.7%). Finally, he set a 15,000 track AR of 1:08:54 (95.8%).

Richardson won seven USATF National W55 racewalking championships: 3000 indoor (17:35.06), 5000 (27:29.68AR, 89.2%), 10K (57:24AR, 86.9%), 15K (1:33.16, 83.0%), 20K (2:02:55, 86.0%), 40K (4:28:40, 87.8%), and one-hour (10.228 miles). She also set a pending AR at 20K (2:00:39), and clocked 16:24 for 3K on the road.

Mulkey led the competition with 7882 points in the USATF National Decathlon in Joplin, Mo., more than 600 points ahead of his nearest rival, to win the multi-event award for the second straight year.

Busby, an orthopedic surgeon, was honored for staging masters meets and multi-event competitions on a track he personally bought in Thomasville, N.C.

The awards were coordinated by Don Austin (track & field) and Bev LaVeck (racewalking). Prior to the convention, LaVeck mailed out ballots and biographical information on potential racewalking candidates to a 32-person committee. The ballots were returned to LaVeck, who tallied the results before she left for St. Louis (see complete list on page 10).

Due to personal and scheduling conflicts, the T&F selections were made at the convention by a sub-committee of only four: Austin, Mulkey, Rex Harvey, and Joan Stratton.

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

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

The winners were announced at USATF's Awards Luncheon at the Adam's Mark Hotel in St. Louis. Personalized plaques will be presented to each winner at the 28th National Masters T&F Championships in East Lansing, Mich., on July 8.

Following the convention, in a series

of conference calls by Chair Barbara Kousky, the Committee selected outstanding T&F athletes in each five-year age division for both men and women in track and field (see separate charts below). Those winners will receive personalized certificates at the Nationals in Michigan. □

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

GWILYM BROWN AWARD

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

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

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot put, 70'3"
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236' 6"
1988	Larry Stuart, 50	Javelin, 215' 9"
1989	Al Oerter, 52	Discus, 205' 10"
1990	Larry Almborg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100, 12.91
	Jack Greenwood, 46	300H, 45.20
	Philippa Raschker, 44	PV, 9'10"
1992	Payton Jordan, 75	100, 13.4
	Shirley Matson, 51	10,000, 37:39
1993	Phil Mulkey, 61	Decathlon, 8546 points
1994	Ross Carter, 80	Shot Put 1227 (40-3)
	Phil Raschker, 47	Pentathlon, 4715 pts.

OUTSTANDING MULTI-EVENTS ATHLETE

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

1994 AGE-GROUP AWARDS

Age	MEN		WOMEN	
	Track	Field	Track	Field
30	Kettrell Berry	Paul Babits	Joy Upshaw-Margerum	Elana Goldberg
35	John Prather	James Barrineau	Louise Clark	Carol Finsrud
40	Kevin Nance	Keith Witherspoon	Deby Sweezy	Joan Stratton Janet Wilson
45	Fred Sowerby	Jerry Cash	DeeDee Grafius Phil Raschker	Phil Raschker
50	Steve Robbins	Tom Gage	Joan Ottaway	Vanessa Hilliard
55	Jim Mathis	Richard Hotchkiss	Carolyn Cappetta	Joan Grissom
60	Marion Sanchez	Stew Thomson	Irene Obera	Lucy Anne Bancroft
65	Jim Law Chuck Sochor	Jim Gillcrist	Sumi Onodera-Leonard	Leonore Daniels
70	Mel Larsen	Ed Lukens	Elizabeth Van Battum Louise Adams	Margaret Hinton
75	Rod Parker	Tom McDermott	Marie Stafford	Katharine Gradick
80	Dudley Healy	Ross Carter	None	None
85	Russell Randall	Gordon Powell	None	None
90	Buell Crane	Buell Crane	None	None

Top 1994 LDR Performers



Fay Bradley Photo by Charlie Klutz

Continued from page 1
 national M50 championship wins at 5K (16:06, 90.2%), 10K (33:54, 88.6%), and 15K (51:20, 89.5%). Fay Bradley (55, DC) edged Ohio's Jim O'Neill for M55 honors with a national title at 15K (53:50, 89.0%) and marathon in 2:93:47 (90.6%).

Other division winners included Barbara Filutze (W45, PA), John Keston (M65, OR) Lou Lodovico (M70, PA), Margaret Betz (W55, NY), and Rebecca Stockdale-Wooley (W40, CT).

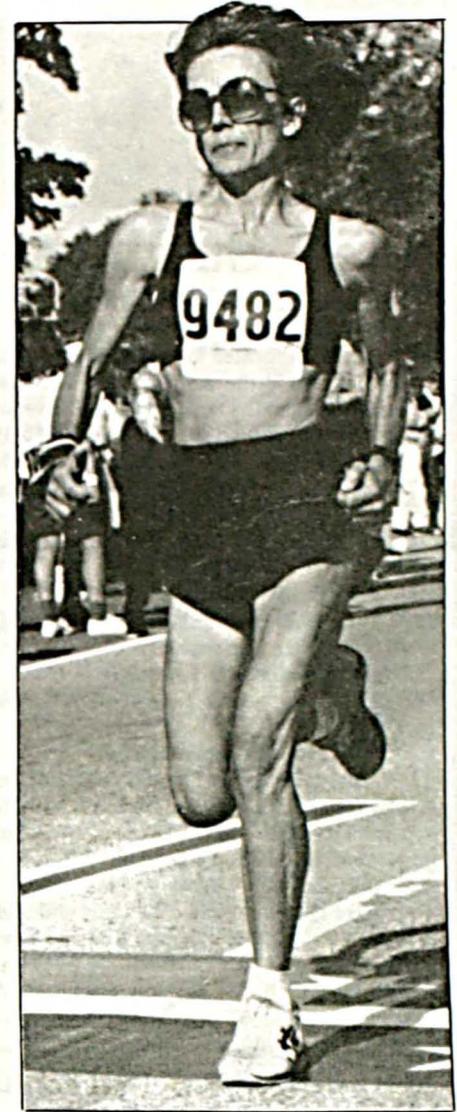
The complete awards by five-year age groups are listed on this page. The awards were coordinated by John Boyle (men) and Ruth Anderson (women). Final choices were made by the full committee at the convention and announced at USATF's Awards Luncheon.

Special Paul Spangler Awards went to the oldest male and female recipients, Mel Shine (OR) and Anne

Clarke (IL). The Otto Essig Award for meritorious service went to Jerry Crockett (OK), the Committee's Vice-Chairman. □



Doug Kurtis (#102) runs with the leaders en route to winning the USA Masters Marathon title. Photo from Scott Schneider



Rae Baymiller Photo by Marathon Foto



Members of the group from San Jose, Calif., which successfully presented its bid for the 1997 National Masters T&F Championships at the 1994 USATF National Convention in St. Louis (from left): Irene Obera, Co-chairperson (with Bruce Springbett and Payton Jordan), Dean Monroe, Buz Schulte, Debbie Hall, Jan Hutchins, all from the San Jose Sports Authority; and Cheryl Wright, San Jose Convention Bureau. Photo by Suzy Hess

Masters Age-Graded Tables

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□

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OUTSTANDING LONG DISTANCE RUNNERS — 1994 Selected by the Masters Long Distance Running Committee of USATF

Age	Men	Women	
40-44	Doug Kurtis	MI	Rebecca Stockdale-Wooley CT
45-49	Bill Rodgers	MA	Barbara Filutze PA
50-54	Jan Frisby	CO	Rae Baymiller NY
55-59	Fay Bradley	DC	Margret Betz NY
60-64	Norm Green	PA	Gloria Brown NY
65-69	John Keston	OR	Whayong Semer OH
70-74	Lou Lodovico	PA	Mary Storey CA
75-79	Nate White	NY	Hedy Marque VA
80-84	Dudley Healy	NJ	Anne Clarke IL
85-89	Mel Shine	OR	Anne Clarke IL
Otto Assig Award (for meritorious service): Jerry Crockett			OK

16th Annual Convention

St. Louis, Mo. — November

Summary of Masters Track and Field Committee Meetings

Barbara Kousky, Chair, Presiding
Budget

USATF allocated \$34,000 to the committee for 1995, the same as for 1994 (see separate chart). Overall USATF revenues for 1995 are projected at \$9.3 million, a 3% decrease from 1994's \$9.6 million, due mainly to a projected dip in TV revenues.

1995 Indoor Pentathlon

The meet will be held Feb. 11 at Proviso West High School in Chicago.

1995 Weight Throw

The event will be staged Aug. 19 at the U. of Washington in Seattle.

1995 Decathlon/Heptathlon

The meet is set for June 17-18 in Eugene, Ore.

1995 Indoor Championships

National meet coordinator Scott Thornesley reported that everything looks good for the Feb. 24-26 meet in Reno. As of early November, 250 had signed up.

1995 Outdoor Championships

Meet Director Randy Williams said additional throwing and jumping facilities will be constructed at Michigan State U. in East Lansing, Mich. for the July 5-9 event. At Williams' request, the Committee approv-

ed a five-day schedule for this meet only (see chart).

Northwest Airlines is the official meet airline, and will give a 5% discount. Williams may schedule a bus from East Lansing to Buffalo for the World Championships. Tom Jordan will act as a consultant. Eric Zemper and Frank Alongi will help coordinate.

1996 Indoor Championships

This meet was awarded last year to Greensboro, N.C., March 29-31.

1996 Outdoor Championships

This meet was awarded last year to Spokane, Wash.

1997 Indoor Championships

The sole and successful bidder was Columbia, Mo. Meet director Don Dobson said entry fees will remain at the 1994 level.

1997 Outdoor Championships

A record four cities bid for 1997. San Jose, Calif. (21 votes) won over Santa Barbara, Calif. (11), Pittsburgh (3) and Salt Lake City (2).

Senior/Masters Competitions

There is a plethora of international and national senior and masters games, and

competitors should not confuse them:

1) World Masters Games, 30+, Portland, Ore., '98. Multi-sports.

2) International Senior Games, 50+, Bermuda, '96. Multi-sports.

3) AAU/Disney Senior Games, 55+, date and site unknown. Multi-sports.

4) National Senior Sports Classic, 55+, San Antonio, May '95. Multi-sports.

5) USATF National Masters T&F Championships, 30+, East Lansing, Mich., July '95.

6) WAVA World Veterans Athletics Championships, M40+, W35+. This is the official world T&F, LDR and RW Championships, Buffalo, N.Y., July '95.

Publicity

1) Kousky showed a 10-minute video of the 1994 National Masters T&F Championships in Eugene which was featured on the TV show, E.T.

2) Masters athlete John McManus will appear in a Nike TV commercial, arranged by the Metropolitan Association.

U.S. Relay Teams in Buffalo

The Committee voted to continue the relay policy currently in effect for U.S. teams at WAVA World Championships:

1) Relay team members will be selected from the best performance marks posted at the games in Buffalo.

2) There will be no interpolation of marks, i.e., an athlete must run the 100 and the 400 for qualifying times. Marks in the hurdles, 200 and 800 will not be adjusted.

3) Performances in multi-events will count.

4) Competitors may run a heat and not run further rounds to get a qualifying mark.

5) Relay members will compete in their own age group. That means an older but faster runner will not displace a runner in a younger age group.

WAVA Delegates

Barbara Kousky, Jerry Donley, and Scott Thornesley were voted as delegates to represent the U.S. at the WAVA General Assembly in Buffalo. Alternates, in order, are: Ken Weinbel, Joan Stratton, and Marilyn Mitchell.

WAVA Delegates to Women's Meeting

Chosen were Joan Stratton, Becky Sisley, and Madeline Bost. Alternates, in order, are Christel Miller, Marti Skaer, and Roz Katz.

WAVA Officers

The Committee voted to nominate Tom Jordan for the position of WAVA Executive Vice-President.

Who's Who

USATF has produced a book titled Who's Who in USA Track and Field. Several masters athletes, including Jim Law, Ken Popejoy and Phil Raschker are included.

Rules

Action was taken on the following proposed rules (A = approved by the committee and later ratified by the full USATF Assembly; R = rejected by the committee):

1) To admit athletes aged 25-29 to national masters competition (R).

2) To prohibit an athlete or a team from

Continued on page 18

USATF MASTERS TRACK & FIELD COMMITTEE BUDGETS — 1994/1995

	1994 Budget	1994 Expenses	1995 Budget
1. Chair	\$5500	\$6317.51	\$5700
2. Vice-Chair	700	.00	700
3. National Meet Coordinator	2000	1998.37	2700*
4. Multi-Events Coordinator	2100	2100.00	2100
5. Regional Coordinators:			
a. East	1300	1500.00	1300
b. Southeast	1300	1500.00	1300
c. Midwest	1300	1003.87	1300
d. Mid-America	1300	1500.00	1300
e. Southwest	1300	1500.00	1300
f. West	1300	1245.00	1300
g. Northwest	1300	1500.00	1300
6. Records Coordinator	2000	2000.00	2000
7. Rankings Coordinator	2000	2000.00	2000
8. Secretary	2000	2593.96	2000
9. Treasurer	1450	1450.00	1450
10. Rules Coordinator	0	480.00	0
11. Racewalking Coordinator	950	601.99	900
12. Awards Coordinator	950	1100.00	900
13. Team Managers	250	400.00	2000
14. Board of Directors Rep	500	500.00	500
15. Miscellaneous	0	218.62	0
16. Site-Selection Coordinator	700	382.59	0*
17. Meet Manual	500	500.00	300
18. Printing Brochures	350	350.00	0
19. Substance Abuse Committee	0	.00	300
20. Data-Base Start Up	0	.00	300
21. Outdoor Games Committee (Technical Oversight Advisors)	650	650.00	750
22. Indoor Games Committee	600	.00	0
23. By-Laws Preparation	200	.00	0
24. Market Research	1500	608.09	300
Totals	\$34,000	\$34,000.00	\$34,000

Category Summary:

1) Travel & lodging	\$17,007.03
2) Postage, phone, fax, etc.	5,110.57
3) Meet support	7,463.30
4) Secretarial help for Chair	250.00
5) Awards	600.00
6) Market research	608.09
7) Convention registration	410.00
8) Rankings	319.00
9) Records	1164.00
10) Printing brochures	350.00
11) Meet manual	500.00
12) Miscellaneous	218.01
Totals	\$34,000.00

*Combined in 1995

1995 USATF NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS SCHEDULE OF EVENTS

WEDNESDAY; JULY 5th

A.M....5000 Meters (W)
5000 Meters (M)
Pentathlon (W)
Pentathlon (M)

THURSDAY; JULY 6th

A.M....5000 Meters Track Walk (W)
5000 Meters Track Walk (M)
800 Meters-Trials (W)
800 Meters-Trials (M)

Javelin (W)
Pole Vault (M50-65)
High Jump (M30-59)

P.M....400 Meters-Trials (W)
400 Meters-Trials (M)

Long Jump (W)
Long Jump (M60+)
Hammer (W)
Hammer (M)

FRIDAY; JULY 7th

A.M....High Hurdles (W)
High Hurdles (M)
1500 Meters-Trials (W)
1500 Meters-Trials (M)

Discus (M)
High Jump (W)
Pole Vault (M40 & 45)

P.M....400 Meters-Finals (W)
400 Meters-Finals (M)
100 Meters-Trials (W)
100 Meters-Trials (M)
Steeplechase (W)
Steeplechase (M)

High Jump (M60+)
Pole Vault (M30 & 35)

SATURDAY; JULY 8th

A.M....10,000 Meters (W)
10,000 Meters (M)
IH Hurdles (W)
IH Hurdles (M)

Shot Put (W)
Javelin (M60+)
Long Jump (M30-59)

P.M....100 Meters-Final(W)
100 Meters-Final(M)
800 Meters-Final(W)
800 Meters-Final(M)
200 Meters-Trials(W)
200 Meters-Trials(M)
4 X 100 Reg. Relay(W)*
4 X 100 Reg. Relay(M)*

Pole Vault (W)
Pole Vault (M70+)
Shot Put (M60+)
Javelin (M30-59)

SUNDAY; JULY 9th

A.M....10K Road Walk (W)
10K Road Walk (M)
1500 Meters-Final(M)
1500 Meters-Final(M)
200 Meters-Final(W)
200 Meters-Final(M)

Triple Jump (W)
Triple Jump (M)
Discus (W)
Shot Put (M30-59)

P.M....Age Graded 100M (W)*
Age Graded 100M (M)*
4 X 800 Relay (W)
4 X 800 Relay (M)
4 X 100 Relay (W)
4 X 100 Relay (M)
4 X 400 Relay (W)
4 X 400 Relay (M)

*Non-Championship Events

Minutes of USA Track & Field

November 29 - December 3, 1994

Minutes of Masters LDR Committee Meetings

Tue. Nov. 29, 9 a.m., Executive Committee

Chuck DesJardins, Chairman, reported the Executive Committee of USATF voted, 12-8, to recommend to the Board of Directors that Executive Director Ollan Cassell's contract be extended for three more years, beginning in March, 1995.

Chuck also announced:

1) There's a new USATF medal supplier: Maxwell Co. of Michigan.

2) There'll be an International Senior Games in Bermuda in spring, 1996, (a group not affiliated with any of the governing bodies).

3) We all need to help spread the word to LDR folks about the marathon and cross-country events at the WAVA Games in Buffalo next July.

4) Grievances recently filed against Ollan will be handled by USATF's Executive Committee.

Dan Brannen, chairman of our ultra sub-committee, suggested we work on a system for local club or Association team champions to progress to a national championship. No action taken.

Tue. Nov. 29, 6 p.m.

Chairman's Report: Chuck reported the Board of Directors renewed Ollan's contract, 44-24, not an especially high vote of confidence.

Awards: Ruth Anderson and John Boyle presented the nominees for Outstanding Athletes of 1994. They asked us to urge reps and athletes from our areas to send in results for next year's possible nominees. Voting will take place Thursday morning.

Statistics: Norm Green distributed and explained his statistical report of the winners of 1994 masters LDR championships to date.

Rules: George Kleeman led a review of proposed rule changes which might affect masters LDR. (The convention later passed a rule that team championships in cross-country shall be conducted in 10-year age divisions for men and women: 40+, 50+, 60+, and 70+. Team championships in these same divisions may be conducted in other masters long distance events.)

General LDR Issues: As a result of the Road Summit '94, USATF will add an LDR Commissioner in the future. A '95 men's road circuit will pay prize money only to U.S. citizens, with a \$25,000 purse for circuit winners. Masters will be incorporated into the circuit in 1997.

John Boyle described the difference between running as an activity and running as a sport. As an activity, it's alive and well. But as a sport, more promotion needs to be done. Jack Moran said we do have good participation and well-run events now, but John pointed out a lot of big sponsors are gone.

Thu. Dec. 1, 8:30 a.m.

Records: Basil and Linda Honikman presented the masters road records for our approval.

Athletes-of-the-Year: See separate story and charts.

Thu. Dec. 1, 3 p.m., Joint Session with Masters T&F

Drug Testing: Bob Hersh, USATF General Counsel, gave a presentation on drug testing. "In competition" testing is easy but expensive. "Out of competition" testing has problems with notification,

athlete excuses, and chain of custody of the sample. The big question is philosophical: What's the advantage of drug testing? A Substance Abuse Committee is being set up with members from both masters committees to deal with questions and problems re any future testing program.

WAVA Championships in Buffalo: Vito Borrello, Executive Director, and Dick Barry, Meet Director, gave a progress report on next July's event. Major sponsors are in place, and 6000 athletes are expected. Of the dorm rooms available, 1000 have been set aside for U.S. athletes. The IAAF has announced it will conduct drug testing.

LDR concerns: the marathon will start at 6 a.m. The 10K X-C will begin at 7 or 7:30 a.m. There will be free airport and venue shuttles throughout the championships.

WAVA By-Laws: Al Sheahan, WAVA Treasurer, explained how the 14-member WAVA Council sets the budget. After discussion about the appropriateness of this, a motion passed that USATF's five WAVA delegates propose a formal motion to WAVA that the General Assembly approve the budget. (The five delegates are Ruth Anderson and Norm Green from LDR; Barbara Kousky, Jerry Donley, and Scott Thornsley from T&F.)

A motion passed that Chuck and Barb finalize wording and submit a rule-change proposal that would require the WAVA General Assembly to approve all WAVA rule changes. Another motion passed which proposed a change to the way WAVA records are listed.

National Masters News: As editor of NMN, Al explained future plans for the publication. Because of earthquake damage, the office operation will be moving to Eugene, Oregon, with Jerry Wojcik continuing as Senior Editor and Suzy Hess as office manager. The actual printing will still be done in Los Angeles. Al may be selling the publication in the near future, but, if he does, he will maintain editorial control for three more years, and there will not be noticeable changes.

Multi-Sport Events: Several masters events which include track meets are coming up (e.g., 1996 in Bermuda; 1998 in Portland, Ore.). We must keep in mind that these events are not affiliated with USATF or any other governing body with which we are associated.

IAAF Veterans Committee: The four candidates for this position spoke for 90 seconds each (Rex Harvey spoke for Bob Fine, who was not at the convention). Other candidates were Bob Boal, Jerry Donley, and Chuck DesJardins. (Note: Chuck was elected by the Congress the next day.)

Masters Hall of Fame: Marilyn Mitchell presented a detailed proposal for establishment of a Masters Hall of Fame. After discussion, criteria were established. Marilyn will draft a final proposal for a sponsor who already has expressed interest in funding this.

Fri. Dec. 2, 3:30 p.m.

Treasurer's Report: George Vernosky accounted for monies spent in 1994 to date. For 1995, we asked for \$38,000 and were granted \$34,000:

Administration	\$4000
Awards	1200
Championship support	8000

Championship statistics	1000
Attend RRCA Convention	740
Attend Association workshops	1310
WAVA meetings	5715
NGB and Board of Directors meetings	12,540
Ultra sub-committee support	3495
Amount requested	\$38,000
Amount granted	\$34,000

Championship Bids: Mick Midkiff presented the bids received so far for 1995 and 1996. Because several cross-country bidders were able to conduct 5, 8 or 10Ks, Mick was able to meet with them in the hall and arrange a schedule where each bidder would get an event. The 5K road bidder for 1996, John Boyle, offered to withdraw in favor of the 1995 event being our championship two years in a row. This was agreed to by Tracy Sundlun. (See chart for championship sites.)

The 1996 10K X-C event will also be the site of the open championship and the site of the USATF convention, either on the Saturday or Sunday the convention ends. A motion that our committee require the masters championship to be on Sunday failed.

As of now, no masters championship is scheduled for next year's Atlanta convention, but we'd still like to have one. The 8K, 10K, 15K road events are still open.

New Business: John White's motion to have a male and female ultra award each year passed. His motion to have a male and female cross-country award each year failed. (It was felt that cross-country runners are considered in selection of the regular athlete-of-the-year awards.)

Midkiff's motion to have a cross-country team award each year failed.

Sat. Dec. 3, 9 a.m. Chuck made the annual appointments of masters LDR reps to other committees within USATF (with consent of the appointed):

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

Associations: Jack Moran.

Budget and Finance: George Vernosky.

Communications: John Boyle.

Cultural Exchange: John Boyle.

Law and Legislation: Norm Brand.

Member Services: Bob Langenbach.

Officials: John White.

Records: Basil Honikman.

Rules: George Kleeman.

Medical, Scientific, and Psychological Services: Teddy Foy.

RRTC: Norm Green.

WAVA Delegates: Norm Green and Ruth Anderson.

Ultra: Ruth Anderson, Rae Clark, and Roy Pirrung.

Athletes Advisory: Ruth Anderson, Rae Clark, Carol McLatchie, and Roy Pirrung.

Women's LDR Rep: Carol McLatchie.

Men's LDR Rep: Jerry Crockett.

Elections: The current committee officers were re-elected.

Chairman: Chuck DesJardins.

Vice-Chair, Men: Jerry Crockett.

Vice-Chair, Women: Ruth Anderson.

Treasurer: George Vernosky.

Secretary: Carole Langenbach.

New Board of Directors Rep: Jerry Crockett.

WAVA Report: Green and Anderson briefly critiqued the successful WAVA World Road Championships in Scarborough, Ontario, July 30-31. The NCCWAVA T&F Championships in Edmonton, Alberta, Aug. 4-7 had some organizational problems, but succeeded with Norm's and Ruth's help, as well as other WAVA personnel. Norm and Ruth were re-elected to NCCWAVA Non-Stadia Chair and Women's Chair, respectively.

Upcoming WAVA events:

1995: July 13-23, WAVA T&F Championships, Buffalo, N.Y.

1996: June 29-30, WAVA World Road Championships, Brugge, Belgium.

1996: August, NCCWAVA Regional T&F Championships, Eugene, Oregon.

Continued on page 18

1995 USATF NATIONAL MASTERS LDR CHAMPIONSHIPS

RACE	DATE	SITE
5K Road	April 2	Carlsbad, CA
5K X-C	November 11	Landen, OH
8K Road	---	---
8K X-C	November 18	Boston, MA
10K Road	---	---
10K X-C	October 8	Canandigua, NY
15K Road	---	---
Half-marathon	February 4	Las Vegas, NV
25K Road	---	---
Marathon	October 8	Minneapolis, MN
50-Mile	---	---
100K	February 18	Sacramento, CA
24-hour	September 16	Sylvania, OH

1996 USATF NATIONAL MASTERS LDR CHAMPIONSHIPS

5K	March 31	Carlsbad, CA
5K X-C	November 3	Columbus, OH
8K X-C	October 27	Louisville, KY
10K X-C	December 7	San Francisco, CA

Track and Field Committee Meetings

Continued from page 16

competing in a younger age division (A).

3) To determine an athlete's age based on year of birth rather than date of birth (R).

4) To conform to open rules by permitting either a 1500 or a mile in the national masters indoor championships (A).

5) To permit foreign national relay teams as guest competitors in the nationals (A).

6) To allow a meet official to remove an athlete from an event for safety reasons (R).

7) To eliminate current language re steeplechase style restrictions (A).

8) To allow the fastest non-qualifier to fill a lane if a qualifier withdraws (A).

9) To allow only one false start, instead of the current two, in multi-events (R).

10) To allow multi-events to skip an event and remain in competition (R).

11) To limit the number of competitors in a field-event flight to 12 (A).

12) To limit the total number of competitors on the track to the same as open rule 75.1 (c). The total number in any racewalk should not exceed 24 (A).

13) In events starting in lanes, all competitors in a given age division must start in contiguous lanes (A).

14) To allow privately owned throwing implements to be exempt from the loss of identity rule (Rule 92.1) (A).

15) To prohibit non-resident aliens from displacing otherwise-qualified USATF members for national titles, team scoring, championship awards, and advancement from heats (Tabled).

16) To lower the steeplechase barriers for M60+ and women from 36" to 30" (Tabled).

ed).

17) To allow a fourth throw of each implement (Withdrawn).

Several throwing rule changes are explained on page 11.

Awards

(See separate story.) A motion to eliminate all awards was rejected with no discussion. A motion to change the name of the Gwilym Brown Award to the Payton Jordan award was rejected with no discussion (due to time pressures).

By-Laws

New committee by-laws were adopted and are available from the co-authors, Becky Sisley and Barbara Kousky.

Committee Restructuring

The Committee was restructured in line with the newly accepted committee by-laws, to be in accord with the USATF by-laws. The major changes are:

a) Four elective positions, instead of one, to be chosen in even-numbered years. The following were the only candidates for their respective offices and were elected by acclamation:

1. Chair: Barbara Kousky
2. Vice-Chair: Graeme Shirley
3. Secretary: Marilyn Mitchell
4. Treasurer: Madeline Bost

b) The establishment of an Executive Committee, composed of the following:

1. Chairman
2. Vice Chairman
3. Secretary
4. Treasurer
5. The Committee rep to the USATF

Board of Directors.

6. The site-selection sub-committee chair.

7. An active masters athlete selected by and from the active member athletes.

8. One regional coordinator selected by and from the seven regional coordinators.

9. One additional member to be appointed by the Chair.

Demographics

A demographic survey from athletes at the 1994 nationals was presented (see

separate chart).

Hall of Fame

The joint masters T&F/LDR committees approved the establishment of a Hall of Fame. The Hall would bear the name of a benefactor who would bear the costs, estimated at \$4500 per year and \$12,000 in the first year, for travel and housing expenses for the chosen members. The committee approved a 21-point criteria for selecting the members.

— Al Sheahen and Marilyn Mitchell

LDR Committee Meetings

Continued from page 17

1997: WAVA T&F Championships, Durban, South Africa.

1998: WAVA World Road Championships. Only bidder so far is Japan.

Associations Committee: Crockett reviewed the member dues proposal suggested by this committee, with a \$15 maximum fee to be charged for athlete memberships. Curtis Stitt was elected chair.

Communications Committee: Boyle was active in tele-conferences this past year regarding the need for USATF to do a better job of releasing positive info/results to the media. The Communications Committee is seeking funding for a system where anyone can send info to USATF which will, in turn, distribute info to 50 selected newspapers. They are also working on a sponsor to get info on ESPN in the form of a running tape along the bottom of the screen.

Suggestions from the committee:

1) When the media does print something, give positive feedback (readers should write or call with praise).

2) Give the media info ahead of time to alert them of an important competition or

news item.

3) Provide a news service to your local papers (e.g., Madeline Bost is self-employed as a Runners News Service).

John maintains USATF should be doing more to communicate positive newsworthy items.

Course Measurement: Pete Riegel from Road Running Technical Council announced he can be contacted for info on local measurers and course certification around the country: 3354 Kirkham Rd., Columbus OH 43221. Home: 614-451-5617.

Veneration Cup: Andy Boyajian reported on a cross-country team idea being done successfully in New Jersey, whereby the fastest runner in each of four age categories scores for the team. The winning team retains the Cup until next year. For more info, contact NJ-USATF.

Ultra-Running: Ruth passed out Dan Brannen's Ultra Sub-Committee report and commented on the successful women's trip to Victoria in late August for which she acted as manager.

Meeting adjourned 11:20 a.m.

Respectfully submitted,
Carole Langenbach, Secretary

1994 USA Track & Field Masters Multi-Event Report (last year's numbers in parenthesis)

Indoor Pentathlon:

Site: Proviso West High School, Chicago, IL
Date: 5Mar94
Director: Jeff Watry/Paul Masse
Sub-Master Men: 8(6)
Master Men: 36(25)
Guest Men: 3(1)
Sub-Master Women: 0(1)
Master Women: 6(4)
Guest Women: 1(1)
Total: 54(38)

Men's Decathlon and Women's Heptathlon:

Site: Missouri Southern State College, Joplin, MO
Date: 16-17Jul94
Director: Charles Nodler
Sub-Master Men: 16(11)
Master Men: 42(39)
Guest Men: 11(9)
Sub-Master Women: 2(0)
Master Women: 4(7)
Guest Women: 0(2)
Total: 75(68)

Outdoor Pentathlon:

Site: University of Oregon, Eugene, OR
Date: 11Aug94
Director: Mark Stream
Sub-Master Men: 11(9)
Master Men: 42(44)
Guest Men: 3(5)
Sub-Master Women: 1(2)
Master Women: 6(6)
Guest Women: 0(1)
Total: 63(67)

Weight Pentathlon:

Site: Michigan State University, East Lansing, MI
Date: 3Sep94
Director: Judy Brown
Sub-Master Men: 3(0)
Master Men: 20(18)
Guest Men: 2(0)
Sub-Master Women: 2(2)
Master Women: 8(4)
Guest Women: 0(0)
Total: 35(24)

Rex J. Harvey
Multi-Event Coordinator

USATF MASTERS TRACK & FIELD DEMOGRAPHIC SURVEY 1994 NATIONAL OUTDOOR CHAMPIONSHIPS

RESULTS

GENDER		EMPLOYMENT TYPE	
Male	67.2%	Clerical/Secretarial	2.1%
Female	32.8%	Managerial/Administrative	12.9%
AGE		Non-Managerial Employee	7.2%
x = 53.6		Owner	8.5%
MARITAL STATUS		Professional	38.8%
Married	69.8%	Sales	4.9%
Single	14.3%	Retired	24.9%
Divorced	10.7%	Other	0.7%
Separated	1.3%	INCOME	
Widowed	3.8%	< \$20,000	3.8%
EDUCATION		\$20,000 - \$29,999	8.6%
High School (non-grad.)	0.5%	\$30,000 - \$39,999	9.9%
High School graduate	4.3%	\$40,000 - \$49,999	14.2%
College (non-grad.)	13.3%	\$50,000 - \$59,999	12.0%
College graduate	19.6%	\$60,000 - \$74,999	13.4%
Graduate work (non-degree)	15.8%	\$75,000 - \$99,999	18.7%
Masters Degree	28.3%	> \$100,000	19.8%
Doctoral Degree	18.1%	TRAVEL TO MEET BY:	
EMPLOYMENT		Auto/Recr. vehicle	42.5%
Arts & Entertainment	2.3%	Airline	55.9%
Education	18.6%	Train	1.0%
Government	6.4%	Bus	0.5%
Hotel/Restaurant/Tourism	1.0%	TRIP BUDGET	
Legal	3.3%	< \$200	18.1%
Manufacturing	6.9%	\$200 - \$399	17.8%
Medical/Dental	10.2%	\$400 - \$599	16.8%
Research/Consulting	6.9%	\$600 - \$799	13.9%
Retail	0.8%	\$800 - \$999	7.9%
Service	13.2%	\$1,000 - \$1,199	8.4%
Transportation	1.8%	\$1,200 - \$1,399	3.9%
Retired	24.7%	\$1,400 - \$1,599	3.1%
Other	4.1%	> \$1,600	10.2%



International Scene

by **CESARE BECCALLI**,
WAVA President

Report from South Africa

As I briefly reported last month, I visited South Africa from November 8-16 to meet with the organizers of the 1997 WAVA World Veterans Athletics Championships.

I was very satisfied with my talks with the Mayor of Durban, the City Management, Mr. Harry Naidu of the Durban Unlimited (the city's marketing authority), and our South African Masters, who are very competent and enthusiastic people.

As for the facilities, the Durban Council and the Mayor personally have promised to: 1) upgrade the secondary track at the Old Kings Park Stadium, 2) install an electronic scoreboard at the main stadium, and 3) provide adequate funding guarantees.

Athletics South Africa (ASA) the IAAF's national governing body, has furnished its written support and sanction for the Championships, under the condition that the South African Masters Association (SAMA) is seen to represent all South African regions and groups, and that a partnership, or integration, between ASA and SAMA is realized at the national level.

I was told by Basil Carnie, SAMA

Vice-President, that this should be just a formality, but I have asked him to confirm such agreement with ASA by the first of January. Without such agreement, the Championships could be in jeopardy.

Assuming this is done, we can all look forward to participating in Durban in 1997. I have been very satisfied with the facilities and accommodations in the University area.

African Council

Regarding the matter of the WAVA Africa Regional Veterans Association, I reached a fair agreement with Hannes Booysen, Africa Regional President, and Monty Hacker, Africa Regional Secretary General.

In May, at the Africa Regional T&F Championships, most of the people elected to the Africa Council were from South Africa. The WAVA African delegate, Pascal Mouassiposo MacKonguy, did not attend the meeting, and was not re-elected. Booysen was



Floyd Smith, 59, Clinton, Iowa won the M55 high jump (5-1) at the Russian Veterans Championships in Moscow, Sept. 9. Smith is a member of the Midwest Masters Track Club.

Photo by Amy Smith

elected as the new Africa delegate to the WAVA Council.

Even though this was proper from a legal point of view, an African Council made up almost exclusively of South Africans cannot work for a real promotion of Veterans athletics in that area, and would not be accepted by almost all other African countries.

So I propose to recognize the elected African Council (only with the position of the Botswana member pending as long as Botswana isn't a WAVA affiliate), and to also include Pascal, who would remain the WAVA Africa delegate until July, 1995. Due to the peculiar situation, I have proposed that WAVA pay 50% of Booysen's travel and accommodation in Buffalo.

Then, in Buffalo, a new African Assembly will take place and new elections will be held. The Council elected at that time, whatever it may be, will be finally recognized by WAVA. □

First Age-Handicap Marathon Set for Spain

The First Worldwide Age-Handicap Marathon will take place in Valencia, Spain, Feb. 5.

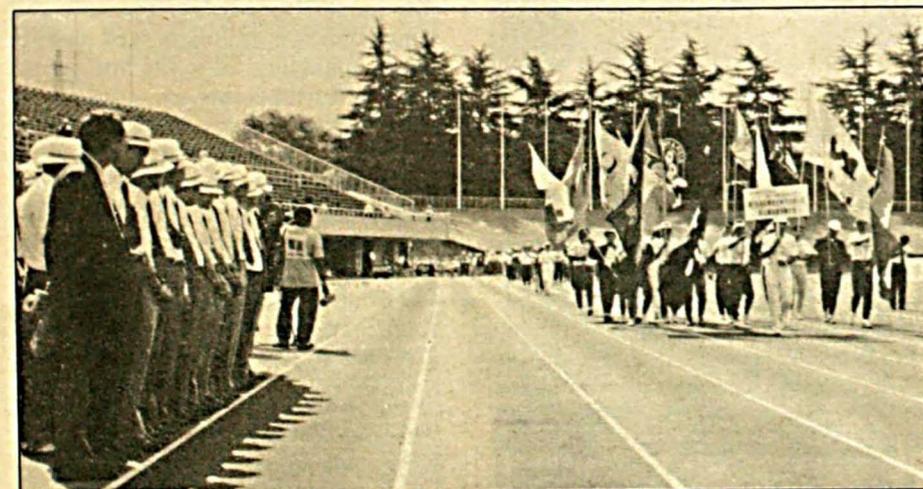
Using age standards prepared by the World Association of Veteran Athletes (WAVA), the race will feature different starting times for each runner based on age.

For example, women 60+ will start at 8:30 a.m., men 60-64 will begin at 8:50:42 a.m., open runners will start 48:55 after the 60+ women. The first one to the finish line is the winner. (See chart for starting times.)

"We are really enthusiastic about this idea," said Francisco (Paco) Borao, Press Information Officer of the event.

Sponsors include Coca-Cola, Reebok, and Canon. Substantial prize money is available. The race is limited to 2500 entries. For info, contact Borao at Pinto Peyro, 10-7a, Valencia, Spain, or race director Toni Lastra, fax: 96/362 68 23. □

AGE STANDARDS		
Ref.: World Association of Veteran Athletes		
STARTS		
Hour	Women	Men
8:30:00 AM	60+	70+
8:32:45 AM		
8:39:14 AM	55-59	
8:42:22 AM		65-69
8:46:46 AM	50-54	
8:50:42 AM		60-64
8:52:51 AM	45-49	
8:58:06 AM	40-44	55-59
9:03:05 AM	35-39	
9:03:58 AM		50-54
9:05:15 AM	18-34	
9:08:51 AM		45-49
9:13:12 AM		40-44
9:17:09 AM		35-39
9:18:55 AM		18-34



Opening ceremony of the Japan Masters Athletics Championships, Ageo City, Sept. 16-18. Photo from Saeko Matsuo

1654 in Japanese Championships

by **HIDEYO KAWASATO**

The Japan Masters Athletic Union held its 15th anniversary All Japan Masters Athletics Championships at Saitama Prefectural Ageo Sports Park Stadium on Sept. 16-18. Sixteen hundred and fifty-four athletes — the largest number ever — gathered to compete at the meet in Ageo City, which is included in the Tokyo metropolitan area.

With favorable weather, four age-group world records were set: in the

long jump by Mazumi Morita, M80, 4.16, and Kameo Jin, M85, 3.19; the 5000 by Mihar Ueda, M85, 25:50.97; and the triple jump by Hiroshi Aoyama, M85, 6.53. Sixty-five Japanese records were also set. The best athlete awards went to Ueda and Midori Yamamoto, W60.

The 16th All Japan Masters Athletics Championships will be held in Hiratsuka City, Kanagawa Prefecture, Oct. 8-10. □

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6 Months to Go
 B U F F A L O

 XI WORLD VETERANS' ATHLETIC CHAMPIONSHIPS
Countdown to Buffalo
 by BOB CHASE

Four Major Sponsors Added

Organizers of the XI World Veterans Athletics Championships announced in November the addition of Oldsmobile, Russer Foods, the Buffalo Hilton, and Continental Airlines to its ever-growing list of sponsors for the competitions to be held July 13-23, 1995 in Buffalo, N.Y.

The WAVA World Veterans Athletics Championships are the premier international track and field competition for women 35 years of age and over and men 40 years of age and over. More than 6000 athletes and another 6000 spectators are expected to come to Buffalo next summer for competitions at the U. of Buffalo, Niagara Falls, Akron Falls Park and the Skylon Marathon Route.

"The support of these sponsors represents their confidence in Buffalo as an international sports site and visitor destination," said Vito J. Borrello, executive director of the Championships. "This announcement is indicative of the widespread support in the business community we are receiving for the Championships."

The response of the corporate community has been enthusiastic, since the 1995 Championships in Buffalo will represent only the second Championships held in the U.S., and the first ever held east of the Rockies. The only other time they were held in the U.S. was in 1989 in Eugene, Oregon.

More than 50% of the value of the

four new sponsorships combined is derived from cash contributions.

Oldsmobile has committed to a major sponsorship role and is the official automobile of the Championships. They are supplying the Championships' staff with a fleet of autos, each of which will bear the logo of the games. They are also making an undisclosed cash contribution toward the local organizing committee's efforts.

Russer Foods has also committed to a major sponsorship and enjoys two special designations for the Championships. Russer is the official cold cut, and Frey's, a division of Russer, is the official hot dog of the Championships. They are making an undisclosed cash contribution towards the operating expenses of the local organizing committee and will supply food products during the competitions.

The Buffalo Hilton is underwriting the cost of office space for the Championships and will be the home of the Championships Organizing Committee. They are the third hotel to join the Championships as a sponsor, representing the large commitment of the local hospitality industry in positioning Buffalo as an international sports and visitor destination.

Continental Airlines will enjoy the designation as official airline of the Championships. They will underwrite the travel needs of the Championships, including international and domestic travel for staff and VIPs, and provide special discounts and packages for



Organizers of the XI WAVA World Veterans Athletics Championships and the new sponsors are pictured here celebrating with Frey's Hot Dogs, the official hot dog of the Championships in front of the Buffalo Hilton, the Official Home of the Local Organizing Committee. Behind car from left: Neal V. Fatin III, president of TR Services Business Telephone Systems and a co-chair of the Championships; William Coad, manager of human resources for Russer Foods; Robert M. Greene, managing partner of Phillips, Lytle, Hitchcock, Blaine & Huber and a co-chair of the Championships; Vito J. Borrello, the Championships' executive director. Also (in front of car from left): Robyn Hudson, marketing manager for Continental Airlines; Roger Tunmore, president and owner of Tunmore Oldsmobile; and Rudi Reiner, general manager of the Buffalo Hilton.



Dick Barry, Meet Director, XI WAVA Championships, Buffalo, N.Y., addresses the masters meeting, 1994 USATF National Convention, St. Louis. Photo by Suzy Hess

travelers to Buffalo.

These sponsors will be providing both cash and in-kind goods and services in support of the Championships, joining Budget Car and Truck Rental, the Hyatt Regency and the Radisson Hotel & Suites as corporate supporters

of next summer's Championships. Stovroff & Taylor Travel, Ltd. is the official travel agency and the Travel Team/American Express is the official tour operator.

Representatives from the XI World Veterans' Athletics Championships visited the annual USA Track & Field convention in St. Louis in December in order to promote the Buffalo Championships to key USATF delegates. Championships' organizers also joined with representatives from the Greater Buffalo Convention and Visitors Bureau to host a reception for about 400 guests in order to promote the competitions next July as well as Buffalo's suitability as a site for future track and field events.

Organizers of the Championships have moved into their new offices at the Buffalo Hilton. For more information about participating in the Championships, contact: XI World Veterans' Athletics Championships, 120 Church Street, Buffalo, New York 14202. Phone: (716) 849-0704. Fax: (716) 849-0737. □

(Bob Chase is a member of the Buffalo Organizing Committee.)

10 & 25 KM
 SUNDAY 25th JUNE 1995
 BRUGGE - BELGIUM


 MEN AND WOMEN
 AIMS CERTIFIED
 Reebok
 BRUGGE 25 JUNI 1995
 22nd EDITION

AGE GROUPS
 MEN : 40 - 45 - 50 - 55 - 60 - 65 - 70 - 75 - 80
 WOMEN : 35 - 40 - 45 - 50 - 55 - 60 - 65 - 70 - 75

COURSE : FLAT AND FAST
 ENTRIES : TILL 15 MAY 1995
 NO ENTRIES THE DAY OF THE RACE

ENTRY FORMS AND INFORMATION WRITE TO :
 JACQUES SERRUYS
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Buffalo Picks Hy-Tek

Hy-Tek's Track & Field Meet Manager has been selected as the software package to be used at the 1995 WAVA World Veterans Track and Field Championships in Buffalo, N.Y.

In addition to providing all the meet operational reports and results, Meet Manager's new "Pre-Registration" package will handle the accounting information associated with entry fees and required waiver forms.



Report from Britain

from MARTIN DUFF & BRIDGET CUSHEN

Mike Neary, M45, won the British Veterans Half-Marathon Championships, held in conjunction with the Bridlington event on Oct. 25. Neary won in 70:19 on the windy, seaside course.

The M40 times were poor and reflected the delay the BVAE experienced in setting up some of the 1994 championships due to a change of championships secretary. However, there were some good times down the

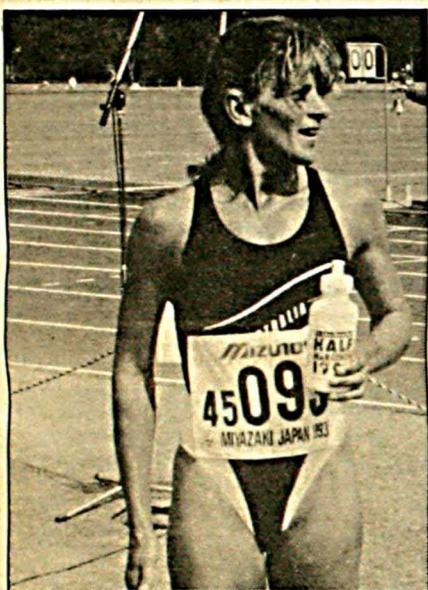
age groups. Steve James was outstanding in the M55 class, with a 75:04 as were Len Jones, M75, 1:53:30, and Gordon Porteous, who set his second British best this year in the M80 division with a 1:45:17.

Sue Endersby, W35, headed the women with a 79:20.

There were some better half-marathon times in the popular Stroud (Gloucestershire) race the same day. Keith Brackstone took the M40s in 68:24 to Tim Hughes' 69:37, while Les Presland's 74:59 bettered James' M55 effort at Bridlington.

Karen McLeod won the W35 section at Stroud in 73:52 to top the women veterans lists for the year. Paula Fudge, 42, ran 77:11 for second, ahead of former world champion Bronwyn Cardy-Wise, 42, 78:59.

Surrey is one of the growing number of counties which now hold veterans cross-country championships in recognition of the importance of veterans athletics. In this year's race, held in picturesque Richmond Park, a stiff hill on each of the four laps caused the older age groups in the record-field 123 to fall back quickly to the rear. Barry Attwal, just turned 40, had a runaway win in 32:17. Jane Davies, W45, dominated the race from the start, running her younger peers into



Australia's Judy Bandiera broke Anne McKenzie's 23-year-old 800-meter record of 2:19.2 for women 45-49 with a 2:17.06 at the World Veterans Championships in Miyazaki. She also won the 1500 in 4:52.81.



Lesley Taylor, #407, finished second W35 (20:11), and Jane Bell third W35 (20:33), Surrey County Cross-Country Championships, England, Oct. 8. Photo by Bridget Cushen

the ground over the two laps, with a 19:01.

The British & Irish Veterans Cross-Country Championships between selected teams from England, Northern Ireland, Scotland, Wales, and Ireland was held Nov. 12 in Sunderland. Heavy, incessant rain made conditions treacherous but suited mudlark Bob Threadwell, M40, of England, a previous winner of this race

and now nearing the end of his age group, who won in 35:03 over Martin Higginbottom, England, winner of the BVAE 10K in October.

Stamina was the key ingredient in a very exciting women's race as Denise Hoogesteger, W40, England, held off a strong challenge with a 20:36 from the much in-form, London-based Irish nurse Teresa Tuohy, W35, who finished in 20:40. □

WAVA/USATF Hurdles and Implements Specifications

HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN		
Women						
30-49	4.00k	1.00k	4.00k	600gms.		
50 plus	3.00k	1.00k	3.00k	400 gms.		
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.		
50-59	6.00k	1.50k	6.00k	800 gms.		
60-69	5.00k	1.00k	5.00k	600 gms.		
70 plus	4.00k	1.00k	4.00k	600 gms.		

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

FIVE YEARS AGO January 1990

- Jack Greenwood, 62, and Philippa Raschker, 42, voted top U.S. 1989 Masters T&F Athletes at TAC Convention in Washington, DC.
- Bob Schlau, 41, and Laurie Binder, 42, named best U.S. 1989 Masters LDR performers.
- Awards Also Go To Jim Puckett, Rex Harvey, Larry Walker, and Joann Nedelco.
- Barbara Kousky, 48, of Eugene, Ore., elected Chairman of TAC's Masters Track & Field Committee over David Pain, 67, of San Diego.
- John Damski, 75, receives Israel's Prestigious "Righteous Among Nations" Award.
- Top 1989 Masters Prize Money Winners Are John Campbell (\$84,700) and Priscilla Welch (\$29,080).

3RD WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



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Walk : 20 Km Women
30 Km Men

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Korte Zilverstraat 5
8000 Brugge - Belgium
Tel. 00 32 50 341 781
Fax : 00 32 50 334 325



Health and Fitness

Low Back Pain, Vitamin C, and Cholesterol

Most people with severe low back pain can be treated with over-the-counter medication and exercise, according to new U.S. federal guidelines for doctors. In 90% of cases, the pain goes away within a month. The report, issued Dec. 8 by the Agency for Health Care Policy and Research, is based on a review of 3900 studies.

The report said acetaminophen, aspirin, or ibuprofen work as well as prescription drugs. Low-stress exercise, such as walking, biking, or swimming should be started gradually in the first two weeks; then exercises to strengthen trunk muscles should begin. Spinal manipulation can relieve pain in the first weeks. Diagnostic tests and surgery should be reserved only for cases in which a serious underlying condition is suspected.

The report found no scientific basis for remedies such as spinal traction, acupuncture, or electrical stimulation. More than four days in bed, oral steroids, anti-depressants, and injections of local anesthetics do not work and have adverse side effects, the report concluded.

Vitamin C

- Take Vitamin C twice a day, says Roc Ordman, a biochemistry professor at Beloit College in Beloit, Wis. "If vitamin C really does work as an antioxidant," says Ordman, "then taking a supplement only once a day might be like wearing a condom half the time."

Ordman's findings were published in the gerontology journal *Age*. He said because the body eliminates vitamin C in 12 hours, the only way to keep levels up is to take 500 milligrams every 12 hours. The late Nobel laureate Linus Pauling took 10,000 milligrams a day. He died in 1993 at the age of 93.

Cholesterol

- High cholesterol levels in the elderly pose little or no danger, according to a new study by researchers who recommend that doctors abandon screening and cholesterol-lowering therapies among people over age 75. The report in the *Journal of the American Medical Association* found no link between high cholesterol levels and an increased risk of heart attack in a study of 997 people, ages 71 to 102, in New Haven, Conn.

- Italian researchers have found a simple mutation in a protein of so-called good cholesterol that lets people eat red meat, sausage and butter without artery-clogging deposits.

"Eventually it is not inconceivable that the gene could be transferred to the liver or other organs of high-risk people who could then end up manufacturing it on their own," said

Dr. Prediman Shah, director of the cardiac care unit at Cedars-Sinai Medical Center in Los Angeles.

In the October issue of the American Heart Association journal *Circulation*, Shah reports that injections of a genetically engineered version of the protein, called Apo Milano, dramatically reduced the relogging of coronary arteries in rabbits. □

Fast As My Chubby, Stubby Legs Can Carry Me . . .

by MAURY DEAN

Amid red-gold leaves skittering along soggy horsepaths and highways, the Long Island running stampede stomped on. The frosty roads got scorched once again by the fast pack of masters. Three key contests erupted, in upbeat Rockville Centre, bedroom boomtown Bohemia, and on the horsey outback trails of Old Westbury.

Another Ides of November brought us back to the soft rainbow-hued shadows of St. Agnes Cathedral for the Rockville Centre 10K on Nov. 12. Timed by NYC Marathon timing commander David Katz and offering Arizonan weather, the race offered ideal conditions for fast times. Forty-nine-year-old Hilary Boucher slammed a lifetime PR 42:49. Young Mike Baard, 39, sailed to a PR 34:30 for seventh of 700+ finishers. Battling all the way for the masters title, this writer, 51, snuck by Jack Porzio, 46, with a 35:13, despite Porzio's PR 35:28.

Ever wonder how body build determines race place? Me, too. It's a continuing mystery. John Conner, world champ 55+ miler five years back (about 4:53), told me I had the second-worst running form he'd ever seen: I have no stride, I take baby steps, I run like a duck and walk like a penguin. Could be 100% accurate, I admit.

Semi-blessed with a 29-inch inseam and size 10½ chubby, webbed feet, I waddle on, plodding and flopping my weary way to catch the long, lithe, deer-stride pack up beyond me. Maybe I exaggerate.

My point is this: body build is but one obstacle to overcome. Training, diet, and speedwork can often even out the playing field. If you're a Penguin Plodder, I urge you to avoid cross-country races — they favor the

Gray, Northrop Win National 10K in St. Louis

Charlie Gray, 40, and Kathleen Northrop, 44, were overall winners in the USATF National Masters 10K Championships at Forest Park in St. Louis, Mo., on Dec. 4. Gray, of Lee's Summit, Mo., took a lead of about 45 seconds at the halfway mark and was never challenged, finishing in 31:30.

Bobby Williams, 42, Florissant, Mo., was the runner-up in 33:26. Jan Frisby, 50, Grand Junction, Colo., was third overall in 33:54.

Gray, a top-notch runner for 20 years after a college career which culminated in an NCAA Division III Steeplechase title, wasn't satisfied with his time.

"I think I'm in shape to get under 31 minutes," he said. "But it's hard with nobody pushing you."

Northrop, Durham, N.H., took the W40+ first with a 38:58 from Donna Spencer, 43, Indianapolis, who also broke the 40-minute barrier with a 39:33, as did Marcia Dowling, 42, Kansas city, Mo., in 39:39.

Northrop began running at 31 to get

into shape and has just recently returned to competition after being sidelined with injuries. She was seventh in the W40 5000 in the USATF National Masters Championships at Eugene, Ore., in August.

"This is really a surprise," she said. "I've been feeling good, and I've added more discipline to my training. Now, I'm looking forward to moving up to 45."

Norm Green, Jr., 62, Wayne, Pa., M60 winner, won the top age-graded award of \$100 with a 37:01 (90.2%). Bill Olrich, 59, Lexington, Ky., M55 winner in 36:21 (89.3%), took the second prize of \$75. Frisby, M50 champion, also collected \$75 for his 33:43 (88.6%).

The sponsoring St. Louis TC won all four team championships. The race, held in conjunction with the USATF Convention in St. Louis, Nov. 29-Dec. 3, was directed by Thomas J. Eckelman.

USATF-registered finishers were 50 men and 13 women. □

gazelles. Penguins must scrunch down many more times into the mud, grass, sand, and puddles; on pavement, you can skim and scoot with much less resistance.

In the Bohemia TC 5 Mile, Nov. 13, the M55 Mel Cowgill-Joe Cordero showdown was damped a bit by their X-C race the previous day. Cowgill outstrode Cordero by nine ticks with a 30:30. In the M65s, speedy Mike Reidy vanquished the seven-minute monster with a 34:45. Big Bohemia TC laurels went to their female masters. Not only did Diane Gordon vie for first with a third overall 31:40 but teammates Laura Schay and Judy Carroll whopped the W45 crew with their respective 34:55 and 35:05. M40+ gold (29:04) went to a 51-year-old *NMN* scribe who ran the day before and decided not to run this race . . . until seven minutes before the start. Ever do that? This running obsession makes illogical penguins of us all.

In the Festival Of Trees 5K in Old Westbury, Nov. 26, Mike Baard, 39, seventh in the Rockville Centre, won overall in 16:53. John McManus, 71, beat all M60+ with a 22:08. First

Brach, Ryan Take Syosset Masters Titles

by MIKE POLANSKY

Dan Brach, 43, Hicksville, N.Y., finished 11th of 554 runners to win the masters title in the 15th annual Syosset Sprint 4 Mile, held Nov. 19, in Syosset, L.I. Brach ran the hilly course in 21:15. Hometown Jerry Miller, 42, was second in 22:23.

The amazing Maury Dean, 51, Patchogue, L.I., was the top 50+ runner, with a 22:55 to beat out Sam Skinner

Continued on page 23



Maury Dean, M50 winner (22:55), Syosset Sprint 4 Mile, Long Island, N.Y., Nov. 19.

Photo by Mike Polansky

Masters Scene

NATIONAL

• The first-ever seminar designed for senior athletes (55+) was held at the Cooper Institute in Dallas last April. It was jointly sponsored by the Cooper Institute, USNSO, and the Brousseau Company of Oklahoma City. The purpose of the seminar was to provide senior athletes the basic fundamentals of health and wellness; individual physical and well-being assessments; a personalized exercise plan; and training strategies for athletic competition. The next scheduled Senior Athletics Seminar will be held March 2-4 at the Cooper Institute. For more information or for the scheduling of an on-site seminar in your own state, call Bob Brousseau, 405/722-6780, or write to 11320 Cedar Hollow Rd., Oklahoma City, OK 73162.

• **Bill Reef**, Director of the Boulder Boulder 10K, received an award for Race Director of the Year at the November RRM's Race Directors' Meeting. **Phil Stewart** had this to say about Reef: "Our winner this year has taken one of the nation's great running events and made it better through his great attention to detail. . . Besides extraordinary organizational abilities, our winner is a real student of the sport."

• **Michael Malloy's** name was erroneously omitted from results in the December issue (NMN). At the USATF National Masters 5K Cross-Country Championships, Columbus, Ohio, Nov. 6, Malloy placed fifth in the M50 age

group with a 16:45.

EAST

• Correction to the Marine Corps Marathon results (Dec. NMN): The listed W60 winner, **Doris Dean**, (3:22:59) is a racewalker. The walkers started two hours ahead of the runners, so her actual time was 5:22:59.

• **Harry Abrams**, who twice ran between L.A. and NYC in the late 1920s, died in November in New York, at age 87. Abrams secured a small part in U.S. sports history and a citation in Ripley's "Believe It or Not" when at age 21 he ran 84 days and 3422 miles coast to coast, finishing 11th, in the 1928 Trans-Continental Race, later known as the Bunion Derby. In 1929, Abrams finished 9th of 299 men, winning \$1500, averaging 41 miles a day. He traced his running exploits to his childhood on Manhattan's Lower East Side, where he worked as an errand boy for a lithographer and would walk for blocks instead of taking a streetcar. "I could walk faster than the streetcar anyway," he recalled in an interview in The New York Times in 1991. "I pocketed that carfare."

• **Bill Krieger**, 42, was top scorer with an age-graded 392.7 points in the Philadelphia Masters Polar Bear Running Pentathlon (3000/800/200/1500/400) with times of 10:53.3/2:20.2/25.0/5:05.3/55.4, Swarthmore College, Dec. 4. **Ken Kring**, 42, was second with 385.6 points.

• On October 30, 1400 runners took part in the Computer Run 5-Miler in Central Park where **Nicholas Caswell**, 44, (27:50) and **Cheryl Ralya**, 48, (31:29) led the masters on a clear, 58 degree day.

SOUTH WEST

• The Senior Olympics in Hot Springs, AR, held Sept. 29-Oct. 2, produced some fine results. Among them were **Wayne Bennett**, M55 (25:72) and **Roderick Parker**, M75 (29:91) in the 200; **Jack Gentry**, M65, doubling in the 800 and 1500 (2:39.84 and 5:28.35); and **William Bell**, M72 (9-3) in the high jump. Competitors from sixteen states competed in these games.

WEST

• **Don Hegberg**, Pasadena, CA, broke the US age-65 record for the 1.5kg discus with a 35.74/117-3, Irvine, CA, Meet in July.

• **Stew Thomson**, 61, Atascadero, CA, became the first person over the age of 60 to throw a 56-lb. weight more than 30 feet, with a 30-3/4 heave, KELfield Meet, Santa Cruz, CA, Nov. 16.

• **Stuart May**, 41, Rancho Mirage, CA, was first M40 in a field of 108 M40-44 in the 1400+ finishers, Running Wild 10K, Sept. 18, with a 36:45. **Sandy Robbins**, 43, Apple Valley, CA, took the W40+ title with a second-female 39:57.

• **Robert Iles**, 42, Dallas, TX, in 17:38, and **Julia Guetz**, 41, Encinitas, CA, with a 20:45, were 40+ firsts, Encinitas Days 5K, Sept. 24. **Ann Walker**, 49, Carlsbad, CA, was next finisher in 20:49.

INTERNATIONAL

• The 5th Australia Masters Games, featuring 53 different sports for men and women over age 30, will take place in Melbourne, Oct. 5-14, 1995. For info, contact the official U.S. tour operator, Sports Travel International (619-225-9555) or Masters Games, GPO Box 1271L, Victoria 3001, Australia.



Alan Oman, 45, Babylon, N.Y., first master (18:16) in the Rob's Run Cross-Country 5K, Oyster Bay, N.Y. Photo by Mike Polansky

Brach, Ryan Take Syosset Masters Titles

Continued from page 22

of Brooklyn (23:36) and Dan Badalament (23:52) of the host Plainview-Old Bethpage RRC. **George Jaffe**, 79, the oldest runner in this year's Sprint, took the M75+ title in 41:11.

The first female master was **Mary Ryan**, W45, Floral Park, L.I., in 26:07, beating out **Mary Rosado** (27:10), Central Park TC, and **Lois Polesky** (27:46) of the Roadmasters.

The POBRRC's **Lynn Kotler** served as the race director (her first year on the job!). "It was very exciting for me to be a first-time race director," observed Kotler, "and I was really appreciative of the support given to the Sprint by the great Long Island masters runners! . . . The Sprint was a success this year, and with the continued support of the running community we look forward to it being even better in 1995."

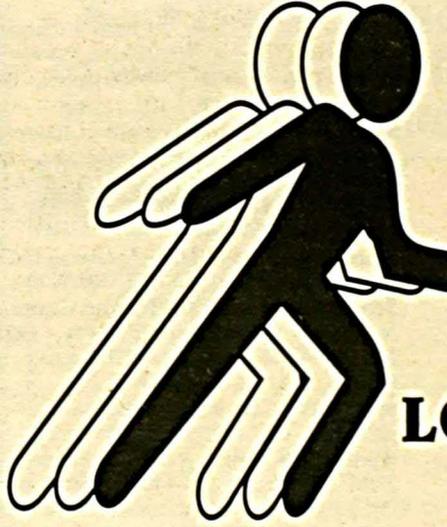
The primary financial sponsor was The Long Island Savings Bank, with additional support provided by The Athlete's Shop of Woodbury, Polar Heart Monitors, U.S. Sprint, and Power Bars. **David Katz** of Finish Line Productions served as the technical director. The Nassau County Police Department did its usual outstanding job of assuring the safety of the runners, and a crew of volunteer race officials from the Road Runners Club took care of the rest.

Runners were all asked to donate canned and packaged food for L.I. Cares when they showed up to register. They responded in a big way, filling three giant canisters with food for the hungry and needy of L.I. □



Geza Feld, M60 winner (26:15), Syosset Sprint 4 Mile, Long Island, N.Y., Nov. 19.

Photo by Mike Polansky



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Saturday, April 22, 1995

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Schedule

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

TRACK & FIELD NATIONAL

February 24-26. USATF National Masters Indoor Championships, Reno, Nev. Bill Bowser, U. of Nevada-Reno, Dept. of Athletics, Reno, NV 89557-0041. 702/784-4870.

May 17-24. U.S. National Senior Sports Classic V, San Antonio, Texas. USNSSO, 14323 South Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

June 17-18. USATF National Masters Decathlon/Heptathlon Championships, Eugene, Ore. Mark Stream 503/346-5321.

July 6-9. 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

EAST

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

January 6-8. 26th Dartmouth Relays, Leverone Field House, Hanover, N.H. New Martin Surfacing 200m polyurethane track. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540; 646-3570.

January 6, 13, 19, 26. Syracuse U. Noon-time Running League, Manley Fieldhouse. Nick Wetter, Recr. Services, 241 Archbold Gym, Syracuse U., Syracuse, NY 13244. 315/443-4386.

January 7. 3rd Annual Joe Yancey Memorial Meet, 169th St. Armory, New York City. Ed Levy or Ed Small, (212) 927-4194.

January 8. MAC "USAir Invitational," Fairleigh Dickinson U., Hackensack, N.J. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6223, 8-10 pm.

January 8. USATF New Jersey Indoor Championships, Princeton U. 12:30 pm. Masters only weight throw, M&W. USATF—N.J., PO Box 10120, New Brunswick, NJ 08906-0120. 908/463-8444.

January 8. Philadelphia Masters Developmental Meet, Swarthmore College. M&W 18+. 9:30 a.m. Karl Castor, 215/441-8584 before 8:30 p.m. 44 N. Penn St., Hatboro, PA 19040.

January 8, 22, 29. DCRRC Indoor Track Meet Series, Jefferson Community Center, Arlington, Va. 8 a.m. (Top 3 masters in mile on 22nd & 29th qualify for Mobil Invitational Meet, George Mason U., Feb. 25.) Meet Director J.J. Wind, 703/920-5193. Hotline, 703/241-0395.

January 15. MAC "Crown Trophy Invitational," Manhattan College, Riverdale, N.Y. See Roz Katz above.

January 15. 11th annual Brown University Masters Indoor Invitational, Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve).

January 20. MAC "USAir Championships," 168th St. Armory, Manhattan. 6 pm. See Roz Katz above.

January 21. 28th annual Hartshorne Masters Mile, Cornell University, Ithaca, N.Y. 11 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607/255-6530 (d), 387-6431 (e).

January 27. MAC "NYRR Invitational," 168th St. Armory, Manhattan. 6 pm. See Roz Katz above.

January 29. MAC "Chemical Bank Open," Fairleigh Dickinson U., Hackensack, N.J. See Roz Katz above.

February 5. MAC "USAir/MAC Pentathlon Championships," SUNY-Stony Brook, N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233, 8-10 pm.

February 5. Philadelphia Masters Developmental Meet, Lafayette College. M&W 18+. 10 a.m. Karl Castor, 215/441-8584 before 8:30 p.m. 44 N. Penn St., Hatboro, PA 19040.

February 12. Greater Rochester TC Meet, U. of Rochester Fieldhouse. 1 pm. 716/872-6652.

February 12. DCRRC Indoor Meet Series, Jefferson Community Center, Arlington, Va. J.J. Wind, 703/920-5193. Hotline, 703/241-0395.

February 12. New Jersey Sub-Masters & Masters Indoor Championships. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201/261-7756.

February 18. Tri-State TC Indoor Classic. 1 p.m. Hagerstown JC. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 301/733-6076.

March 3. MAC Masters Indoor Championships, 168th St. Armory, Manhattan. 6 pm. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233, 8-10 pm.

March 4. Philadelphia Masters Indoor Games, Haverford College. M&W20+ in 5-yr. age-groups. 3000 RW. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584 (before 8:30 pm); Bill Krieger, 215/656-7617, X245.

March 19. East Indoor Regional Championships, U. of Delaware, Newark.

April 27-29. Penn Relays, Philadelphia. 27th: age-graded PV (40+); 28th: 4x100 (M40+, M50+ and other)/100 (M40, M50, M60), 4x400 (M50+ and other); 29th: 4x400 (M40+), 100 (M75+). Peter Taylor, 4014 Hallman St., Fairfax, VA 22030. 703/385-4392.

June 24. USATF East Regional Masters Championships, Central Dauphin HS, Harrisburg, Pa. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385.

SOUTHEAST

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

January 6-8. University of North Carolina Masters & Seniors Winter Training Clinic, Chapel Hill. \$145 includes room & board at Holiday Inn, plus instruction, hat, and T-shirt. UNC T&F, PO Box 2126, Chapel Hill, NC 27515.

January 21. Manasota TC Meet, Riverview High School, Sarasota, Fla. J.C. Shenk, 365-0005.

February 4. Dick Lacey's Running Pentathlon (13th Annual). Clearwater H.S. Track, Clearwater, FL. Must run all five events. Open and masters. 5 year groups, 15 to 80 plus. 8 a.m. Dick Lacey 813/447-7161.

March 4. Virginia Masters Indoor Championships, VMI Fieldhouse, Lexington. Out-of-state athletes welcome. Mile RW. John Tucker, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 703/463-8667; fax 703/463-8669.

MIDWEST

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

January 14. 11th Annual Athlete's Foot Indoor Masters Meet, Augustana College, 639 38th St., Rock Island, IL. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

MID-AMERICA

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

January 8. SmithKline Beecham Indoor Championships, Devaney Center, Lincoln, Nebr. SASE to Gary Bredehoff, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

February 5. U.S. Masters-Senior Olympic EM "R" Winter Indoor Meet. SASE to Rachel Lyga, 122 63½ Way NE, Minneapolis, MN 55432. 612/574-9661.

May 12-13. Western Slope Senior Games. 55+. Open to out-of-state. Norwest Bank Montrose, PO Box 730, Montrose, CO 81402. Evelyn Lawson 303/249-2000 or 1-800-873-0244.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 29. Sooner State Games Sportsfest, Myriad Convention Center, Oklahoma City, Sooner Games, 405/235-4222.

WEST

Arizona, California, Hawaii, Nevada

January 7, 14, 21, 28. Los Gatos Meets, Los Gatos HS, Calif. 408/354-7365.

January 20-February 17. Yuma Senior Olympics. 50+. Don Fishel, 1793 1st Ave., Yuma, AZ 85364. 602/343-8685; 343-8672.

January 21. KELfield Throws Meet #35. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

ON TAP FOR JANUARY

TRACK AND FIELD

The first major indoor meet for masters starts on the 6th for three days at Dartmouth, Hanover, N.H. The Philadelphia area offers a meet at Swarthmore College on the 8th. The Athlete's Foot Meet, Augustana College, Ill., is set for the 14th. The Brown U. Meet is slated for the 15th, Providence, R.I. One of the oldest masters events in the books — the 28th Hartshorne Masters Mile — is scheduled on the 21st at Cornell, Ithaca, N.Y. The Sooner State Indoor Games goes off on the 29th, Oklahoma City. MAC meets in the NYC area happen on the 8th, 15th, 20th, and 27th.

LONG DISTANCE RUNNING

The Charlotte Observer Marathon (open men's championships) is listed for the 7th, as are the Tucson and Houston Marathons on the 8th, also the date for the venerable 88th Jackson Day 9K, New Orleans. The Crescent City also hosts a marathon on the 21st. The Redondo Beach Super Bowl 10K kicks off on the 29th.

RACEWALKING

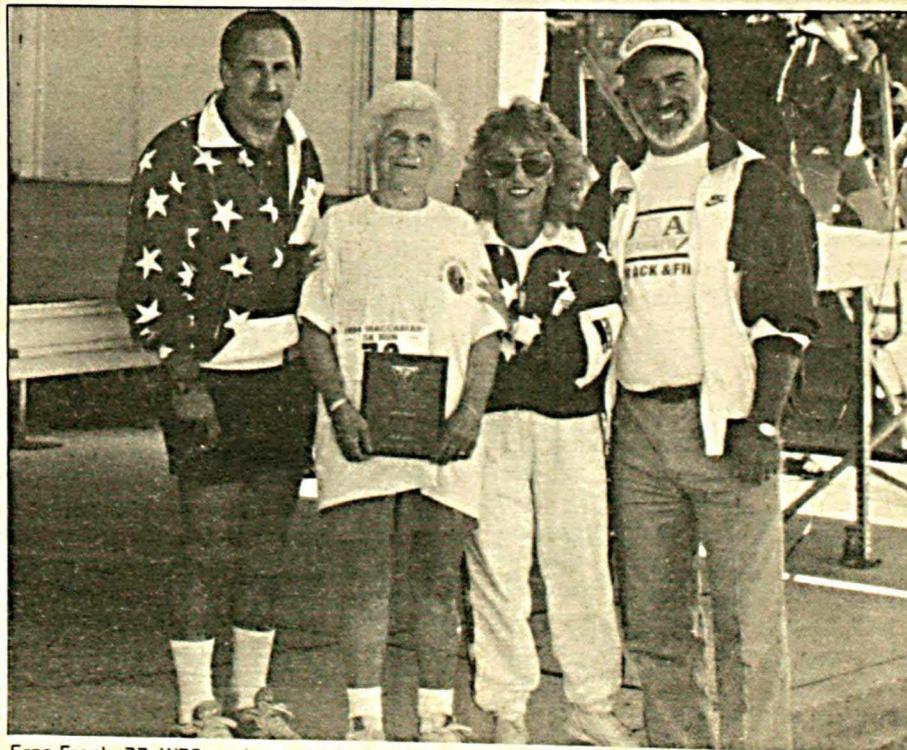
Most masters indoor meets now include a 1500m or mile or 3000m racewalk.

January 21-28. Tucson Senior Olympic Festival, U. of Arizona. 50+. Ray Hoyt/Virginia Martinez, 220 S. 5th Ave., Tucson, AZ 85701. 602/791-4865.

January 28. College of the Desert Meet, Palm Desert, Calif. Grass track. Mike Castaneda, 619/321-9299.

February 10-19. California Senior Olympics VIII, Palm Springs. 55+. Mizell Senior Center, 480 S. Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

Continued on next page



Erna Frank, 77, W75+ winner (45:09), accepts her award plaque from (l to r) Maccabiah 5K sponsors Arnold Minkoff, Toni Wortman, and Ed Slade of the U.S. Committee, Sports for Israel, Plainview, N.Y.

Photo by Mike Polansky



Peter Wayte of Cincinnati finished 2nd M50 in the National Masters 5K, X-C Championships.

Continued from previous page

February 25-28. California Senior Winter Games. 55+. Harry Lund, PO Box 96, Running Springs, CA 92382. 909/867-2411.

March 11. Orange Spring Games/John Ward Masters Meet, Rancho Santiago College, Santa Ana, Calif. Al Siddons, 714/564-6936.

March 11-12. Decathlon/Heptathlon, Occidental College, Los Angeles. Gary Miller, 818/843-2139 (until 9 p.m. PST).

April 8. USATF/SCA Meet, Occidental College, Los Angeles. 818/843-2139. Entry form in March issue.

April 23. Steve Scott Open Invitational & Masters Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942 (eve).

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

May 20. Visalia Classic Masters T&F Meet. 30+. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 28. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942(eve).

June 10. Los Gatos Open & USATF Pacific Association Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

June 24. USATF West Regional Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

TEN YEARS AGO December, 1985

- Ed Burke (44), Parry O'Brien (52), and Irene Obera (50) voted top U.S. 1984 Masters T&F Athletes at TAC Convention in San Diego.
- Barry Brown (40), and Shirley Matson (43) named best American Masters LDR performers.
- Athletes from 21 Nations Run in World Veterans (IGAL) LDR Championships in San Diego.
- WAVA and IAAF Hold First Meeting in San Diego.

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

February 5. Eugene Indoor Meet. Allen Tarpenning, 2813 Firwood Way, Eugene, OR 97401. 503/343-7355.

April 13-14. Oregon Invitational Decathlon/Heptathlon, Masters Division. Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 503/342-3113.

June 24-25. Hayward Masters Classic, Eugene, Ore.

INTERNATIONAL

July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone: (716) 849-0704; Fax: (716) 849-0737.

October 5-14. 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.

LONG DISTANCE RUNNING NATIONAL

February 4. USATF National Masters Half-Marathon Championships, Las Vegas, Nev. Al Boka, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

February 18. USATF National Masters 100K Championships, Sacramento. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

April 2. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121.

September 16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 8. USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

October 8. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

October 8. USATF National Masters 10K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd. #309, Cincinnati, OH 45246. 513/860-2253.

November 18. USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

EAST

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

April 17. B.A.A. Boston Marathon. Qualifying times. SASE to Boston Athletic Association, PO Box 1996, Hopkinton, MA 01748. 617/236-1652.

SOUTHEAST

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

January 7. Charlotte Observer Marathon/5K. (Open Men's Championship.) Marathon, Box 30294, Charlotte, NC 28230. 704/358-5425.

February 4. Dick Lacey's Running Pentathlon (13th Annual). Clearwater H.S. Track, Clearwater, FL. Must run all five events. Open and masters. 5 year groups, 15 to 80 plus. 8:00 a.m. Dick Lacey 813/447-7161.

February 12. Pomoco Group/Hampton Coliseum. RRCA Eastern Regional Half-Marathon Championships, Hampton, Va. Road Race, Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669. 804/727-6140 (weekdays, 9-5); or Rick Platt, 804/229-7375(h), 804/220-2601(off).

February 26. Colonial Half-Marathon, Williamsburg, Va. Bonita Fleisher, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362, or Rick Platt, 804/229-7375(h), 804/220-2601(off).

MID-AMERICA

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

April 1. YMCA Midwest Masters Classic XIII annual (35+) 8K Run (certified) and 2 Mile Walk. 9 a.m. N.P. Dodge Park, Omaha, NE. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 8. 88th Jackson Day 9K, New Orleans. Chuck George, PO Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

January 15. Houston-Tenneco Marathon. Kathleen Pope, Houston-Tenneco, 5900 Memorial Dr., Suite 200, Houston, TX 77007. 713/864-9305.

January 21. New Orleans Mardi Gras Marathon/5K/Half-Marathon. Chuck George, PO Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

WEST

Arizona, California, Hawaii, Nevada

January 8. Tucson Marathon. Southern Ariz. Roadrunner, 602/326-9383.

January 29. 17th annual Redondo Beach Super Bowl 10K Run/5K Fun Walk, Redondo Beach, Calif. 310/376-6913 or 310/798-2488.

February 4. 29th Las Vegas International Marathon. Al Boka, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

February 19. Desert Classic Marathon, Scottsdale, Ariz. Arizona RR, PO Box 37876, Phoenix, AZ 85069-7876. 602/954-8341.

February 19. San Dieguito Half-Marathon. SD Half-Marathon, 7801 Mission Center Court, Suite 200, San Diego, CA 92108. Kathy Loper, coordinator, 619/298-7400.

February 20. Great Aloha 8.25 Mile Run, Honolulu. 808/735-6092.

April 2. Fifty Plus 8K, Stanford, Calif. USATF Pacific Assoc. Championships. Don Carpenter, 2485 Bryant, Palo Alto, CA 94301. 415/327-8043.

INTERNATIONAL

January 15. Vietnam Marathon, Hanoi. Sports Asia Ltd., 14 Trinh Hoai Duc, Hanoi, Vietnam. (84-4) 231763.

February 5. Valencia Marathon, Valencia, Spain. First-ever age-handicap marathon. Deadline Jan. 23. S.D. Correcaminos, Pintor Peiro, 10-7^a - 46010 Valencia, Spain. Phone: 96/369 20 71. Toni Lastra, race director.

June 25. 22nd Veterans Grand Prix 10K & 25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 00 32 50 33 43 25.

July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+, WVC, 120 Church St., Buffalo, N.Y. 14202. Phone (716) 849-0704; Fax: (716) 849-0737.

RACE WALKING

February 19. USATF South Regional 10K & Florida Association State Championships, U. of Central Florida, Orlando. Verne Buchs, 585 Via Lugano, Winter Park, FL 32789. 407/645-4706.

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

W40-44				
Annella Smith	5K	26:57	5-28-94	
W55-59				
Roddie Larsen	Long Jump	11-4	7-23-94	
W75-79				
Fan Benno	1600M RW	11:57	7-17-94	
	1500M RW	10:40	5-21-94	
	1500M RW	10:35	4-16-94	
	5K RW	38:55	6-16-93	
W45-49				
Judy Heller	5000M RW	18:02.56	8-12-94	
W50-54				
Bonnie Harkins	5K	21:59	9-17-94	
Dorothy Withem	5K RW	29:06	7-31-94	
W60-64				
Anne Yudell	100M	16.4	9-24-94	
	200M	34.8	9-24-94	

W70-74				
Imogene Watkins	5K RW	36:37	10-01-94	
M35-39				
Stephen J. Winkel	Decathlon	5483	10-08-94	
M40-44				
Michael Skoflanc	Long Jump	19-9	7-30-94	
Bubba Sparks	Pole Vault	15-1 1/2	9-20-94	
M45-49				
Jerry Bowersox	Wt. Pent.	2701	9-03-94	
Borrey Daniel	Shot Put	12.13	8-11-94	
	Pole Vault	4.30	9-10-94	
M50-54				
Max Walker	5K RW	24:58	10-22-94	
Michael J. Wiggins	3K	13:40.81	3-25-94	
M50-54				
Ross C. Higgins	10K	35:15.7	8-11-94	

M55-59				
Joe Cordero	10K	37:39.5	4-02-94	
	Mile	5:22	5-92	
	1500M	4:53	8-07-94	
	3000SC	12:31:6	8-06-94	
	5K	18:19	8-94	
Larry Judd	High Jump	1.56	4-23-94	
Robert E. Miller	100M	12.98	6-11-94	
	200M	26.8	7-06-94	
Charlie Richard	Triple Jump	36-8	7-16-94	
	400M	1:07.24	4-23-94	
M60-64				
Ken Combs	800M	2:25.14	8-11-93	
	1500M	4:58.12	8-11-93	
	1500M	4:58.63	8-11-94	
	10K	39:02.60	8-11-94	
Lawrence Dickerson	5K	19:32	7-24-94	

Stan Giles	100m	13.5	9-18-94	
John B. Gregson	Mile	5.43	12-22-91	
Marvin Smoller	200M	28.24	9-10-94	
	400M	64.89	9-10-94	
M65-69				
Rodney A. Brown	800M	2:41.48	8-12-94	
	400M	1:08.74	8-12-94	
Albert Rieke	100M	13.91	6-28-94	
	400M	68.19	6-14-94	
	800M	2:48.0	6-07-94	
Ken Weinbel	Hammer	125-1	8-04-94	
	25# Weight	39-8	8-20-94	
	35# Weight	30-10 3/4	8-20-94	
	56# Weight	19-2	3-25-94	
M70-74				
Tim Murphy	100M	12.85	5-21-94	
	200M	29.24	2-13-94	

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	37:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	70:00
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

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

Event	WOMEN											
	1.5K	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	26:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:45	5:37:30
F35	7:22	8:03	16:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:50:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:36
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
F90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:46	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded times/.8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

U.S. MASTERS STANDARDS OF EXCELLENCE FOR

TRACK & FIELD RESULTS

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

EAST

Maryland Masters TC Bill Jameson South Atlantic Weight Throw Championships Catonsville, MD; Sept. 10

Shotput	
Ed McComas 60	42.10
Scott Bull 36	39.5
John Berry 49	39.4 1/2
J Hoppenstein 54	35.8 1/2
Jimmy Jones 50	34.6
Pete Collins 37	32.1 1/2
Joe Flynn 48	29.4
Bob Leishear 65	27.10
Bill Bergen 66	27.1
Bud McCarvey 72	25.7 1/2
Howard Cohen 58	24.8 1/2
Elly McComas 55	21.11 1/2
Lize Claggett 61	19.0 1/2
Sharon Good 61	17.11 1/2
B Kleinschmidt 72	17.8
Bobbie McCarvey 66	17.1 1/2
Polly Harris 78	13.7 1/2
Hammer	
Pete Collins 37	134.0 1/2
Ed McComas 60	129.9 1/2
Bob Leishear 65	101.
Jimmy Jones 50	98.8 1/2
Scott Bull 36	89.
Bud McCarvey 72	75.3
J Hoppenstein 54	74.7 1/2
John Berry 49	72.5 1/2
Bill Bergen 66	64.8
Elly McComas 55	61.5
B Kleinschmidt 72	54.3 1/2
Sharon Good 61	53.11 1/2
Discus	
Ed McComas 60	155.6
Jimmy Jones 50	148.7
Scott Bull 36	118.7 1/2
John Berry 49	114.4 1/2
Bob Leishear 65	108.10
Jack Hoppenstein 54	101.1
Bill Bergen 66	90.6
Bud McCarvey 72	76.9
Howard Cohen 58	73.5
Lize Claggett 61	51.10
Elly McComas 55	51.2
B Kleinschmidt 72	46.5
Sharon Good 61	44.9
Bobbie McCarvey 66	41.8
Polly Harris 78	32.8
Javelin	
Bull Scott 36	165.9
Jimmy Jones 50	135.0
John Berry 49	130.10
Joe Flynn 48	114.2
Ed McComas 60	98.7
Bud McCarvey 72	98.3
Bob Leishear 65	96.2
Jack Hoppenstein 54	90.0
Bill Bergen 66	69.2
Bobbie McCarvey 66	52.8
B Kleinschmidt 72	49.7
Elly McComas 55	49.5
Lize Claggett 61	44.1
Sharon Good 61	40.4
Polly Harris 78	27.3
Weight Throw	
Ed McComas 60	51.8 1/2
Scott Bull 36	34.10
Jimmy Jones 50	33.11 1/2
Pete Collins 37	33.6 1/2
John Berry 49	33.4
Bob Leishear 65	30.6 1/2
Elly McComas 55	27.3
Jack Hoppenstein 54	26.5 1/2
Bill Bergen 66	24.8 1/2
Sharon Good 61	22.5 1/2
Lize Claggett 61	21.8
B Kleinschmidt 72	20.9 1/2
Bud McCarvey 72	20.3 1/2
Weight Pentathlon	
Age Graded	
Ed McComas 60	3896
Jimmy Jones 50	3202
John Berry 49	3030
Bob Leishear 65	2957
Scott Bull 36	2940
Jack Hoppenstein 54	2487
Bud McCarvey 72	2415
Bill Bergen 66	2287

Weight Pentathlon Hanover, NH; Oct. 8

(HT/SP/DI/JT/WT; 4 throws, old tables, age factored)

Bob Mead 50 4559 (50.32/15.55/44.24/38.46/18.69-25#)	
Carl Wallin 53 4554 (45.44/15.79/39.16/37.06/18.52-25#)	
Mike Grisko 47 3498 (40.92/10.66/36.24/26.43/13.41)	

Don Filkins 40 3401 (36.57/12.25/36.42/39.00/12.18)	
Carmen Letizia 41 2939 (32.17/11.70/34.38/30.30/9.76)	
Ed Daniels 42 ---- (38.79/10.20/30.70/20.80/10.80)	
5th Throw: Mead HT 166-2; Wallin HT 151; Mead SP 51-4 1/2	
6th Throw: Mead WT 61-6 3/4	
16# SP: Wallin 46 7 3/4; Mead 45 9 1/4; Grisko 38-9 3/4	

Syracuse University Nontime Running League Manley Field House Track Syracuse, NY; Nov. 11

1500 meters	
Overall:	
Robin Wheelless (34)	4:22.7
Betsy Knoele (29)	5:14.9
M30 Robin Wheelless	4:22.7
Russell Houck	4:31.8
Ken Mann	4:33.0
M35 Doug Christensen	4:34.5
Frank St. Dennis	4:38.5
Monty Dibattista	4:40.9
M40 Rick Cleary	4:48.8
John Capoccia	4:50.9
Phil Riposo	5:06.4
M45 John Condon	4:57.2
Bob Micho	4:58.0
Wendall Dawson	5:00.2
M50 Steve Murphy	5:00.9
John Allen	5:04.0
Joe Reynolds	5:10.6
M55 Bob Milner	5:10.5
Jack Ucci	5:12.1
Tom Fondy	5:22.2
M60 Bob Brock	5:11.8
Fred Schlereth	5:22.4
Roger Bohn	5:47.9
M65 Ed Stabler	5:19.6
Howard MacMillan	6:16.7
M75 Nate White	7:07.8
W35 Phil Ford	6:11.0
Amy Morss	6:19.2
Marta Bennett	7:56.2
W40 Barbara Blaszk	5:23.5
Irene Thompson	5:52.3
Karen Carrino	6:20.5

Syracuse University Nontime Running League Manley Field House Track NY; Nov. 23

800 meters	
Overall:	
Robin Wheelless (34)	2:05.5
Barb Blaszk (44)	2:35.2
M30 Robin Wheelless	2:05.5
John Nelson	2:12.6
Ken Mann	2:14.4
M35 Frank St. Dennis	2:10.7
Doug Christensen	2:12.6
Monty Dibattista	2:15.8
M40 Rick Cleary	2:21.2
Bruce Rush	2:23.9
Peter McClure	2:25.0
M45 Wendall Dawson	2:22.5
John Condon	2:30.4
Jeff Straussman	2:35.1
M50 John Allen	2:23.2
Steve Murphy	2:28.1
Tom Collins	2:30.5
M55 Tom Fondy	2:29.9
Jack Ucci	2:32.6
Sam Clemence	2:56.0
M60 Fred Schlereth	2:25.6
Bob Brock	2:35.3
Wally McRae	2:40.2
M65 Ed Stabler	2:41.0
Howard MacMillan	2:54.2
M70 Russ More	3:43.7
W30 Ruth Yanai	2:42.4
W35 Patti Ford	2:55.8
Amy Morss	3:03.1
W40 Barb Blaszk	2:35.2
Nancy Lee Scott	2:50.2
Karen Carrino	3:01.5

Syracuse University Nontime Running League Manley Field House Track NY; Dec. 2

400 meters	
Overall:	
Irene Thompson (23)	49.8
Irene Thompson (40)	63.0
M30 Russell Houck	56.8
Mark Strong	58.2
Ken Mann	59.1
M35 Doug Christensen	59.2

Monty Dibattista	60.7
Steve Stehman	65.3
M10 Terry McConnell	59.2
Philip Griffin	60.3
Bob KlineTop	62.1
M15 John Condon	63.4
Lead Nafie	63.9
Jeff Straussman	68.3
M50 John Allen	62.7
Steve Murphy	65.1
Larry Abrahamson	61.9
M55 Tom Fondy	67.0
Rene Willett	64.3
Jack Ucci	70.0
M60 Andy Branch	69.2
Bob Brock	69.8
Wally McRae	71.7
M65 Ed Stabler	71.0
M70 Tom Walnut	82.3
Russ More	83.1
W30 Leatha Hamron	73.0
Karen Bodard	80.8
W35 Karen Laquidari	75.3
Amy Morss	79.5
Sheila O'Hara Coug.	81.0
W40 Irene Thompson	63.0
Barb Blaszk	74.1
Karen Carrino	75.8
W45 Ruth Ripley	85.9
W50 Yvonne Tasker	87.0

SOUTHEAST

North Carolina Senior Games Raleigh, NC; Sept. 26-29

100	
M55 Raynah Adams	13.0
M60 Bobby Moore	14.2
M65 Dick Taylor	14.2
M70 Paul Dziezyc	15.8
M75 Bill Alexander	17.2
M80 Bill Stanford	16.3
M85 Harold Hoffmann	23.6
W55 Betty L. Ross	17.8
W60 Anne Yudell	16.4
W65 Julia Manigo	20.6
W70 Catherine Pritchard	20.3
W75 Arlene Harrington	23.8
W85 Kate Phillips	31.0
200	
M55 Raynah Adams	26.5
M60 Bobby Moore	29.9
M65 Dick Taylor	29.6
M70 Paul Dziezyc	32.8
M75 Bill Alexander	36.6
M80 Bill Stanford	36.6
M85 Harold Hoffmann	57.3
W55 Betty L. Ross	40.4
W60 Anne Yudell	34.8
W65 Julia Manigo	48.1
W70 Helen T. Carroll	48.7
W85 Kate Phillips	1:17.8

400	
M55 George Duley	2:32.5
M60 Don Lein	2:38.4
M65 William Allgood	2:47.8
M70 Charles Dotson	2:53.4
W55 Susie Kluttz	2:59.7
W60 Peggy Bliss	3:54.6
W65 Heda vanDeventer	4:24.5
W70 Margaret Hagerty	4:20.7
1500	
M55 George Duley	4:58.1
M60 Don Lein	5:23.7
M65 Seth Warner	5:52.1
M70 Charles Dotson	6:05.4
W55 Susie Kluttz	5:58.8
W60 Peggy Bliss	7:56.9
W65 Jean Dotson	10:05.9
W70 Margaret Hagerty	9:02.1
5K	
M55 George Duley	18:13.3
M60 Don Lein	20:16.0
M65 Dick Griffith	21:55.5
M70 Charles Dotson	23:03.0
M75 Herb Appell	27:59.4
W55 Joan Acker	29:12.7
W60 Marilyn Griffith	25:45.7
W65 Jean Dotson	32:00.2
W70 M Hagerty	29:06.1
10K	
M55 George Duley	38:30
M60 Don Lein	42:36
M65 Charles Ellis	51:33

M70 Harold Stephens	56:10
W60 Peggy Bliss	60:57
W70 Margaret Hagerty	70:32
LONG JUMP	
M55 Nathaniel Carter	14-6
M60 Bobby Moore	13-8 1/2
M65 William Allgood	12-11
M70 Archie Carroll	10-1
M75 William Willis	7-3 1/2
M80 Oscar Roberson	7-1 3/4
W55 Beth Carrin	9-0 1/2
W60 Lucy Bancroft	10-4
W65 Lonnie Proctor	7-7 3/4
W70 Jean Spalding	7-2 1/2
W75 Ruth Mayhew	2-9 1/2
W80 Viola George	4-8 1/2
SHOT PUT	
M55 Nathaniel Carter	33-3
M60 Larry Horne	43-7 3/4
M65 Darwin Newton	32-8 1/2
M70 Floyd Simmons	36-3
M75 Harold Slaugh	30-2
M80 Jack Wood	26-2 1/2
M85 Harold Hoffmann	21-4
M90 Kenneth Monroe	10-5 3/4
M95 Lawrence Bischof	5-2
W55 Penny Weaver	25-6
W60 Harriet Carter	24-4
W65 Lonnie Proctor	23-11
W70 Hazel Trexler	20-4 1/2
W75 Johnnie Cooper	19-0
W80 Mary Rutledge	16-5 1/2
W85 Kate Phillips	11-7
DISCUS	
M55 Wyatt Aiken	99-7 1/2
M60 Larry Horne	140-11
M65 Bill E. Smith	101-1
M70 Lloyd Hudnall	112-8 1/2
M75 Harold Slaugh	82-1
M80 Jack Wood	72-11
M85 Harold Hoffmann	55-6
M90 Kenneth Monroe	31-0
M95 Lawrence Bischof	15-6 1/2
W55 Penny Weaver	75-3
W60 Harriet Carter	59-9
W65 Lonnie Proctor	66-0
W70 Hazel Trexler	58-4
W75 Geneva Gillis	47-11
W80 Mary Rutledge	40-8
W85 Kate Phillips	26-3

1500M WALK	
M55 Charles Loughery	8:49.3
M60 Madho Singh	8:23.0
M65 Elon Bradford	9:11.0
M70 Harold Stephens	9:23.3
M75 Herb Appell	9:41.5
M80 Bill Stewart	12:18.7
M85 Harold Hoffmann	12:34.6
M90 Phil Caughey	20:42.3
W55 Judy Clarke	10:25.9
W60 Bonnie Vaughn	9:58.9
W65 June Megill	11:03.8
W70 Celia Trivette	11:34.3
W75 Eleanor Miller	11:16.5
W80 F Hargraves	12:00.2
W85 Mae Kanipe	14:16.3
W90 Mel Lyda	16:47.6

5K WALK	
M55 Bob Robertson	32:38
M60 Madho Singh	29:24
M65 Ben Wilson	32:05
M70 Eldridge Lloyd	33:48
M75 Herb Appell	33:54
M80 Bill Stewart	42:30
M85 Harold Hoffmann	36:46
W55 Judy Clarke	36:46
W60 Trish Speers	35:33
W65 Polly Moose	38:44
W70 Margaret Hagerty	41:53
W75 Eleanor Miller	38:44
W80 Frances Hargraves	40:19

MID AMERICA

LTC Fall Classic Lincoln, NE; Sept. 18

100	
M30 Jeff Hageman	11.5
M40 Milton Scurlock	12.9
M45 Jeff Evangelisti	11.8
M50 Roger Williams	13.0
M60 Stan Giles	13.5
M65 Bob Thomas	15.2
W40 Linda Peniska	17.6
W55 Lois Giles	18.2
W65 Dorothy Ekblad	23.2
200	
M30 Jeff Hageman	23.5
M40 Milton Scurlock	26.9
M45 Jeff Evangelisti	24.6
M50 Ross Greathouse	28.9
M60 Stan Giles	28.6
M65 Byron Winter	36.3
W40 Linda Peniska	45.6
W55 Lois Giles	42.7
400	
M30 Jeff Hageman	54.0
M40 Milton Scurlock	56.7
M45 Mark Peniska	1:04.7
M50 Ross Greathouse	1:06.2
W65 Dorothy Ekblad	2:53.0
800	
M35 Kent Adamson	2:18.2
M40 John Clark	2:11.0
M55 Howard Weisser	2:19.7
1500	
M40 Jerry Houschen	5:05.2
3000	
M40 Lou Soukup	12:20.5
M45 Mark Peniska	13:50.7
110 HURDLES	
M40 Milton Scurlock	16.1
100 HURDLES	
M50 Roger Williams	16.9

M60 Richard Wieland	18.9
M65 Byron Winter	23.1
HIGH JUMP	
M40 Kevin Carper	5-8
M45 Bob Everoski	4-2
M50 Roger Williams	4-10
M60 Bill Butterworth	4-10
W30 Vickie Sintek	4-4
LONG JUMP	
M40 Steven Joe	13-6
M50 Roger Williams	17-3 1/2
M60 Richard Wieland	15-1
M65 Bob Thomas	13-0
W30 Vickie Sintek	14-2
W55 Lois Giles	9-4
W65 Dorothy Ekblad	7-5
SHOT PUT	
M55 Tom Wesselowski	38-7
M65 Harold Kroeker	31-10 1/2
M75 Scott Herman	38-8 1/2
W65 Dorothy Ekblad	20-1 1/2
DISCUS	
M35 Erik Korshoj	148-8
M45 Bob Everoski	84-2
M50 Tom Wesselowski	126-7
M60 Bill Butterworth	117-6
M65 Harold Kroeker	131-5
M75 Scott Herman	107-4
W65 Dorothy Ekblad	55-6
JAVELIN	
M40 Kevin Carper	141-9
M60 Richard Wieland	104-6
M65 Harold Kroeker	80-10
W30 Vickie Sintek	59-1
W65 Dorothy Ekblad	41-4

SOUTHWEST

Oklahoma Senior Olympics Hot Springs, AR; Sept. 29-Oct. 2

50m	
M50 Benny Lane	7.19
Chird Bobbitt	7.44
Don Rowe	7.44
M55 Tony Deathreage	6.68
Wayne Bennett	6.84
Gene Barrell	7.09
M60 Glen Stone	6.78
Bob Santine	7.09
Estes Redditt	7.22
M65 Bill Bowers	7.22
Robert Hewitt	7.94
Richard Burleson	8.47
M70 James	

Continued from previous page

Table of athletic results for various events including 500m RW, Shot Put, Pole Vault, and Long Jump, listing names and times.

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Huntsman Senior Games St. George, UT; Oct. 19-21

Table of athletic results for the Huntsman Senior Games, listing names and times.

Continued on next page

Continued from previous page

Table of race results for 5K ROAD RACE, 10K ROAD RACE, and TRIPLE JUMP, listing names, times, and distances.

Table of race results for 1500 RACEWALK, 5K RACEWALK, and 10K ROAD RACE, listing names, times, and distances.

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USATF National Masters 10K Championships

Table of race results for USATF National Masters 10K Championships, listing names and times.

Table of race results for USATF National Masters 10K Championships, listing names and times.

LONG DISTANCE RESULTS. Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NATIONAL

USATF National Masters 15K Championships

Table of race results for USATF National Masters 15K Championships, listing names, times, and distances.

Table of race results for USATF National Masters 15K Championships, listing names, times, and distances.

USATF National Masters 8K Cross-Country Championships

Table of race results for USATF National Masters 8K Cross-Country Championships, listing names, times, and distances.

Table of race results for USATF National Masters 15K Championships, listing names, times, and distances.

EAST

Boston Mayor's Cup Reebok XC Oct. 23

Table of race results for Boston Mayor's Cup Reebok XC, listing names, times, and distances.

Continued from previous page
Peter Dane 28:20
Steve DeSisto 28:22
Gary Wallace 28:36
M50-59
Jim Laurent 28:41
Gabriel Bernal 29:56
Charlie Pratt 30:58
Peter Szawlowski 31:06
Robert Clarke 31:37
M60+
Dick Sullivan 38:10
Women (4850 meters)
Overall
Lynn Jennngs 15:45
W40-49
Deb Bullerjahn 19:15
Paula Holm 19:44
Betty Conover-McCull 20:04
Pat Robinson 20:19
Carrie Scheer 20:46
Ann Igoe 20:53
Lisa McLane 21:04
Ann Schmitt 21:32
Doris Hearty 21:51
W50-59
Linda Upton 20:39
Regina Wright 21:44
Janet Bober 21:49
Charlene Francis 21:55
Marlena Yanetti 22:26
W60+
Liz Szawlowski 24:27
Joyce Hals 25:23

Upstate New York Cross-Country Series (3.5 miles) Rochester, Oct. 29
Overall
Scott Bagley 31 18:11
Loren Mooney 22 21:03
M40+Rick Hoebeke 45 19:36
Joe Contario 41 20:02
Bill McMullen 41 21:00
Joe Chimino 40 21:02
John Walsh 42 21:13
Reinhold Wotowa 45 21:23
W40+Jane Iaculli 47 31:30
M40+ Teams
Blade Runners3/4/5/9/10 31

Computer Run 5-Miler Central Park, NYC, Oct 30
Overall
Kiernan Stack 31 24:06
Gordon Bakoulis 33 28:04
M40 Nicholas Caswell 44 27:50
Vincent Shaw 41 28:14
Scott Abercrombie 44 28:21
Sheldon Karlin 44 28:24
Robert Briglio 45 28:34
Ernesto Ayala 42 28:41
M50 Hugh Sweeney 50 28:28
Roger Gocking 51 30:23
Hector Rivera 51 30:53
Ramon Ruiz 54 31:56
Witold Bialokur 59 32:24
Jozef Soffa 53 34:16
M60 Martin Winter 60 32:46
William Fortune 66 33:13
Eric Seiff 61 33:49
George Reilly 61 34:50
William Smith 60 35:43
Max Schindler 62 35:58
M70 Sab Koide 71 39:40
Wilfredo Rios 78 45:57
Frank Brownstein 76 70:53
Sidney Asch 75 74:44
W40 Cheryl Ralya 48 31:29
Mary Ryan 48 32:48
Diane Magnani 40 35:20
Gloria Averbuch 43 35:51
Jean Perry-Wolf 47 35:52
Susan Snyder 40 35:57
W50 S Baymiller 51 30:34
Susanna Beltrandi 51 37:01
Margaret Carinci 58 39:37
May Chou 58 40:31
Janette Westerling 55 41:10
Delia Galeano 51 41:16
W60 Daisy Klein 68 48:00
Charlotte Goldblatt 61 48:50
Bertha McGruder 66 49:48
Jean Fisher 64 49:54
Arlene Kernis 68 52:52
Ginny Castellana 63 53:14
W70 Jozi Neulinger 70 57:00
Althea Jureidini 76 62:50
Evelyn Ilavens 78 72:28
Amy Asch 70 74:34

Upstate New York Cross-Country Series (4 miles) Ithaca, Nov. 5
Overall
Dennis Cullinan 29 20:46
Loren Rooney 22 23:54
M40+Rick Hoebeke 45 22:06
Joe Chimino 40 23:37
Bill McMullen 41 23:44
Reinhold Wotowa 45 23:47
John Walsh 42 24:09

Tom Iamie 47 24:22
Mike Watson 46 24:51
Tom Carr 49 25:01
W40+Janet Stein 43 31:48
Deb Stokes 42 nta
Jane Iaculli 47 36:19
M40+ Teams
Blade Runners2/3/5/9/14 -33

Rockville Centre 10K Rockville Centre, L.I., NY; Nov. 12
Overall
John Krumholz 29 32:13
Gretchen Murphy 22 38:03
M40 Steve O'Shaughnessy 36:17
John Lupski 37:38
John Mulcahy 38:44
Charles Hamilton 39:34
M45 Jack Porzio 35:27
Jim Walsh 35:52
Steve Conroy 37:29
M50 Maury Dean 35:13
Peter Garrity 38:05
Alex Flyntz 39:11
M55 Mike Goldman 40:29
Richard DePalma 42:45
Bob Schugman 43:07
M60 William Evans 42:16
Ray Fletcher 42:42
M65 Colin Harris 41:40
M70 Leonard DeGrace 48:43
M75+Walter Moritz 68:47
W40 Mary VonBevern 44:20
Robin Kelly 45:39
W45 H Boucher-Carl 42:49
W50 Annemarie Brull 53:33
W55 Flora Butcher 56:08
W60 Chickie O'Toole 54:26
Finishers: 700+
Weather: 45°/no wind

Bohemia TC 5 Mile Bohemia, L.I., NY; Nov. 13
Overall
John McGorry 36 27:15
Katherine Damon 31 30:27
M35 Ian Bevern 27:45
John Del Maestro 28:29
M40 Rick Hollman 31:30
Ken O'Donnel 32:13
M45 Radhames DelGado 29:59
Steven Trudel 31:15
M50 Maury Dean 29:04
Robert Brooks 31:26
M55 Mel Cowgill 30:30
Joe Cordero 30:39
M60 Fred Blackburn 38:45
M65 Mike Reidy 34:45
W35 Phoebe Anderson 34:09
W40 Diane Gordon 31:40
W45 Laura Schay 34:55
W50 Helma Clabin 44:09
W55 none
W60 Alexandra Finger 46:35
W65+Josephine Centin nta
Finishers: 300
Weather: 50°/w7pmhNW

USATF-NJ Cross-Country 10K Championships Readington, NJ; Nov. 13
M40 Jaime Fonseca 35:38
Robert Rounsaville 36:08
Dan Brannen 36:27
M45 Harold Nolan 34:42
Roger Price 35:15
Rolando Castro 36:28
M50 Victor Cruz 37:04
John Nowatowski 40:13
M55 Gene Chase 40:43
M60 Walt McConnell 45:26
Stan Chodnicki 46:25
Joe LaBruno 47:04
M75 Austin Newman 51:38
W40 Kuniko Hurley 44:43
W45 Betty Conover 41:57

Reebok-USATF New England Cross Country Championships Boston, MA; Nov. 13
Weather - high 50's, breezy
Men - 7950 meters
M40-49
Geary Daniels 26:25
Jack Fultz 26:37
Dr. Roert Chasen 26:41
Walt Murphy 26:52
Phil Riley 27:15
Teams (5 score)
1. B.A.A. 2:18:42
2. Central Mass. Str. 2:19:00
3. CambridgeSptsUnion 2:20:49
4. Boston RunningClub 2:29:21
5. Greater Boston TC 2:55:32
M50-59
Jim Laurent 28:55
Gabriel Bernal' 29:36
Chuck Keating 30:12
Charlie Pratt 30:13
Ray Beaudin 30:25
Teams (5 score)
1. Boston RunningClub 2:29:21
M60-69
M70-79
Sid Toabe 37:34
Women - 5890 meters
Overall
Cathy O'Brien 19:18

Turkey Classic Central Park, NYC; Nov. 20
Overall
Jerry Macari, 35 26:03
Gillian Horovitz, 39 29:31
M30 Michael Henschel 26:05
Ole Morck 26:39
Jeffrey Hunt 27:41
M35 Elliott Chapman 27:58
Theodore Peterson 28:31
M40 Spencer Brown 29:13
Julian Alvarez 29:38
David Toberisky 29:58

W40-49
Rebecca Stocdale 21:44
Eileen Troy 23:12
Carol Hogan 23:59
Debbie Judge 24:08
Carrie Scheer 24:36
Teams (3 score):
1. Boston RC 72:26
2. Central Mass. Str. 72:40
3. Run to Win Maine 74:21
4. Liberty AC 75:07
W50-59
Janet Bober 25:30
Mardi Reed 26:14
Regina Wright 26:34
Laura Beckwith 26:35
Barbara Pike 27:40
Team: Liberty AC 1:20:28
W60-69
Liz Szawlowski 29:44

Vietnam Veterans Memorial 10K Washington, DC; Nov. 13
Overall
Darrell General 28 30:28
Bonnie Barnard-Lopez 35 35:04
M40 Chuck Moeser 32:03
Paul Peterson 32:14
David Webster 33:00
M45 John Sherlock III 36:28
John Whitlock 36:49
M50 Edward Doheny 35:53
Patrick Griffith 37:01
M55 Gerry Ives 36:26
Chan Robbins 38:22
W40 Patricia Donohue 40:33
Karen Erb 41:21
W45 Rose Malloy 37:35
Susan Humphries 41:01

Giralda Farms 10K Run Madison, NJ; Nov. 14
Top Age-Graded Masters with Adjusted Times:
M1 Mark Will-Weber, 40 31:26
M2 N Bohorquez, 44 31:53
M3 H Claviso, 44 31:57
M4 B Langenkamp, 45 32:43
M5 Gary Rosenberg, 47 33:42
W1 Debbie Adams, 48 37:08
W2 Madeline Bost, 55 37:11
W3 Ann Gillespie, 51 39:20
W4 Jane Parks, 41 40:05
W5 Chiara Becchi, 47 40:14
M40 Mark Will-Weber 32:29
Nestor Bohorquez 33:55
Humberto Claviso 33:59
M45 Bruce Langenkamp 35:04
Gary Rosenberg 36:40
Mitch Monchinski 37:11
M50 Jeff Guttenberger 40:04
Vincent Madison 41:02
Paul Krentar 43:04
M55 Henry Pontious 43:42
Harry T. Jones 43:49
Larry Smith 44:38
M60 Herb Milchmeier 44:27
Mark Lannigan 46:32
M75 Robert Hull 68:08
W40 Jane Parks 42:11
Carol Roetzler 43:31
Pam Schottenfeld 44:19
W45 Debbie Adams 41:29
Chiara Becchi 44:33
W50 Ann Gillespie 45:10
W55 Madeline Bost 44:22
W65 Janine Maltas 60:52
(700 Finishers)

Syosset Sprint 4 Mile Syosset, L.I., NY; Nov. 19
Overall
Mike Going 22 19:43
Carole Zajac 22 21:51
M40 Dan Brach 21:15
M45 Robert Briglio 22:46
M50 Maury Dean 22:55
M55 Mel Cowgill 25:15
M60 Geza Feld 26:15
M65 Colin Harris 27:26
M70 John McManus 27:47
M75+George Jaffe 41:11
M40 Lois Polesky 27:46
W45 Mary Ryan 26:07
W50 Melanie Benvenue 28:53
W55 Renate Rhein 31:01
W60 Thelma Wilson 31:21
W65 Vera Allen 38:04
W70 none
W75+Althea Wetherbee 41:41

Airfleet 5K Deland FL; Nov. 12
Overall
Jim Stark 29 16:18
Julie Pushwa 31 20:40
M40 Tom van Newkirk 20:44
M45 Alan Herbst 21:27
M50 John Bryant 20:20
M55 Paul Gadbois 25:27
W45 Judy Geisler 27:25
W50 Rose Cherry 32:18

M45 Julio Aguirre 29:53
Michael Wilson 29:55
Steven Yurgel 32:07
M50 Pat Cosgrove 29:37
Richard Hamner 30:36
Jeremiah O'Connor 31:05
M55 Michael Goldman 31:54
Stuart Minsky 32:34
Louis Nicoll 34:24
M60 George Hirsch 32:05
Martin Winter 32:41
Arnie Green 33:13
M65 Joseph Simonte 40:37
Leslie Clark 42:48
Donald Preven 44:36
M70 Sab Koide 39:55
Stefan Skoczek 1:10:51
M75 James Keeney 44:15
Wilfredo Rios 45:26
George Jaffe 46:52
W30 Alison Barbi 31:40
Elizabeth Murray 32:46
Colleen Cummins 33:00
W35 S Montouchet 31:44
Ann Hyman 32:47
Marie Wickham 33:50
Liz Forker 34:43
Kim Nichols 38:08
Sandra Olivo 39:41
W45 Sylvie Kimche 35:45
Flora Flores 35:48
Carol Zanon 37:08
W50 Susan Sternheimer 36:55
Cynthia Portella 39:20
Helene Samuelson 39:26
W55 Helene Bedrock 35:03
May Chou 40:07
Judy Tulchin 43:33
W60 Toshiko d'Elia 37:33
Annie Zinker 54:25
R Warshawsky 56:56
W65 Muriel Merl 42:35
Daisy Klein 48:59
Adelaide Mendonca 49:52
W70 Edith Farias 42:38
Amy Asch 1:14:26

Festival Of Trees 5K Old Westbury, L.I., NY; Nov. 26
Overall
Mike Baard 39 16:53
Linda Filer 19:27
M40 Ed Gallagher 18:53
Bryan Pearsall 19:01
Victor Medina 19:12
M50 Maury Dean 17:38
Walter Kueffner 19:42
Dave Schechter 20:09
M60 George Marr 65 22:15
Gus Likos 22:53
M70 John McManus 71 22:08
W40 Judy Neff 23:53
P Nunnekamp 24:29
Camille Tarotto 25:11
W50 Julie Shapiro 28:01
Susan Cacciuto 29:21
Jean Kingsley 33:52
Finishers: 407
Weather: 39°/w15-18pmhNW

Aberdeen Golf & Country Club 5K Run and Racewalk Boynton Beach, FL; Nov. 5
Run
Overall
Dror Vaknin 26 14:47
Katie Webb 31 17:51
M40 Dick Bohrer 17:58
M45 Jerry O'Connor 19:13
M50 Al Hoffman 30:31
M55 Bernard Sharitz 21:18
M60 James Lamb 24:10
M70+ Eugene Schwartz 32:30
W40 Annette Terhorst 22:03
W45 Gloria Austgen 25:20
W50 Lois Reimer 47:55
W55 Donna Johnston 28:33
W65 Charlotte Baker 47:59
RW
Overall
John Fredrick 46 27:16
Linda Stein 47 28:38
M40 John Fredrick 46 27:16
M50 John Curtin 51 34:22
M60 Buddy Effman 65 39:54
M70 Louis Levitt 78 42:55
W40 Linda Stein 47 28:38
W50 Diana Dettmering 52 36:21
W60 Soni Braun 65 42:58
W70 Mary Epstein 72 41:43

Julian 10K Run Julian, CA; Nov. 5
M40 Jeremiah Reid 41:30
M45 Steve Levon 41:41
Jim Pool 41:56
Stephen Sick 43:07
M50 Stan Kotanan 41:30
Terry Vogel 45:11
Hilario Hernandez 46:04

Gobble Wobble Boca Raton, FL; Nov. 20
Overall
Joshua Logan 17:07
Kristin Lawten 18:47
M40 Don Torok 19:34
M45 Tom Dixon 19:27
M50 Ed Ruby 21:10
W40 Phyllis Brooks 24:36

Thanksgiving 10 Mile and 5K Deland, FL; Nov. 24
10 Mile
Overall
Mark Friedrich 56:02
Cindy Barfield 1:03:55
M40 Brian Peroni 59:51
Joe Pilipczak 1:02:39
M45 Jim Hansen 1:03:49
M45 Derek Brown 1:04:55
M50 Jack Wicks 1:03:30
Ron Lough 1:06:33
M55 Patrick Zier 1:07:51
Bernie Sher 1:10:29
M60 David Long 1:07:37
Fuzzy Wilson 1:18:12
M65 Jim Blount 1:08:08
Elo Sexton 1:26:51
M70 Bart Ross 1:18:55
W40 Linda Musante 1:09:33
Carol Hansen 1:11:35
W45 Pat Beidelschies 1:16:53
Carol Hafner 1:23:58
5K
Rick Ingerson 39 17:55
Jessica Blundell 17 20:26
M40 Joe Guthrie 18:35
M45 Harry Shoff 18:30
M50 Hugh Wilson 18:38
M55 Carl Brace 26:58
M60 Walter Blair 24:56
M65 Lee Miner 23:42
M70 Bill Hahenberc 25:03
W40 Janet Martinez 32:55
W45 Betty Lou Murphy 21:55
W70 Elaine Geyer 30:22

St. Louis Marathon St. Louis, MO; Oct. 23
Overall
Rick Cummins 28 2:28:01
Melinda Stock 27 2:55:38
Top M40-49
Dave Damm 42 \$750 2:39:33
Steven Weame 43 500 2:46:01
Candy Bernie 46 400 2:49:04
M40 John Meehan 2:49:54
Terry Wiese 2:53:23
Joe Page 2:55:09
Mario Vazquez 2:58:21
Tom DeBenedetti 3:03:28
Steven Leyton 3:03:54
Bob Kuntz 3:04:41
Bernard Shore 3:04:55
M45 James Faulkner 2:59:40
Dean Schultz 3:00:42
Jose Lopez 3:01:15
Gary Krosch 3:02:04
Dick Rosenfeld 3:07:07
Top M50+
Robert Glazier 6 \$500 2:52:30
Dennis Simmons 50 400 2:59:12
Ken Benson 52 300 3:10:01
M50 Bill Logan 3:14:06
Richard Madsen 3:17:05
Tom Jordan 3:20:29
Harold Salmon 3:20:45
M55 Harold Dix 3:22:19
Jim Norval 3:31:35
Bill Tushaus 3:34:41
M60 Ethan Busby 3:16:38
Arnold Mueller 3:45:31
M65 Ernie Hirschfeld 3:25:47
Top W40-49
Betsy Millington 40 \$750 3:35:55
Jenine Eberschlag 145 500 3:38:18
Susie Moon 42 400 3:38:51
W40 Leea Huskey 3:45:46
Kay McVey 3:48:23
Debbie Lusk 3:56:06
W45 Debbie Stiles 3:39:43
Joanne Niehay 3:53:42
Brenda Patton 4:02:11
Top W50+
Sue Fay King 59 \$500 4:08:52
Linda Strubel 50 400 4:10:40
Cheryl Billick50 300 4:26:11
W50 Carol Peluso 4:42:15

MID AMERICA
St. Louis Marathon
St. Louis, MO; Oct. 23
Overall
Rick Cummins 28 2:28:01
Melinda Stock 27 2:55:38
Top M40-49
Dave Damm 42 \$750 2:39:33
Steven Weame 43 500 2:46:01
Candy Bernie 46 400 2:49:04
M40 John Meehan 2:49:54
Terry Wiese 2:53:23
Joe Page 2:55:09
Mario Vazquez 2:58:21
Tom DeBenedetti 3:03:28
Steven Leyton 3:03:54
Bob Kuntz 3:04:41
Bernard Shore 3:04:55
M45 James Faulkner 2:59:40
Dean Schultz 3:00:42
Jose Lopez 3:01:15
Gary Krosch 3:02:04
Dick Rosenfeld 3:07:07
Top M50+
Robert Glazier 6 \$500 2:52:30
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Jim Norval 3:31:35
Bill Tushaus 3:34:41
M60 Ethan Busby 3:16:38
Arnold Mueller 3:45:31
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Top W40-49
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W40 Leea Huskey 3:45:46
Kay McVey 3:48:23
Debbie Lusk 3:56:06
W45 Debbie Stiles 3:39:43
Joanne Niehay 3:53:42
Brenda Patton 4:02:11
Top W50+
Sue Fay King 59 \$500 4:08:52
Linda Strubel 50 400 4:10:40
Cheryl Billick50 300 4:26:11
W50 Carol Peluso 4:42:15

WEST
Julian 10K Run Julian, CA; Nov. 5
M40 Jeremiah Reid 41:30
M45 Steve Levon 41:41
Jim Pool 41:56
Stephen Sick 43:07
M50 Stan Kotanan 41:30
Terry Vogel 45:11
Hilario Hernandez 46:04

M55 Jerry Albert 42:31
Roger Montanus 44:56
M60 Warren Osborn 45:43
W40 Donna Duffy 47:30
Melinda McGinn 51:57
Bonnie Esterbrook 53:58
W50 Pat McGann 54:21
Mary McCalister 55:50
Sylvia Bresnik 56:05
W55 Maxine Tomisser 56:19
Martha Walker 58:48

Hard Rock Run for Cover 5K Newport Beach, CA; Nov. 6
M40 Jose Aponte 17:21
Mike Wolf 20:16
Ed Liebhauer 20:23
M45 Herman Sanchez 17:18
Don Irvine 17:38
Rex Hall 19:21
M50 Bill Theriault 19:44
Bill Sokol 19:44
Dale Brando 19:49
M55 Derek Wharton 18:47
Thomas Baker 21:16
M60 Paul Saucedo, Jr. 20:18
Bill Billiter 24:26
Terry Fujinaga 26:01
M70 Roberta Mendoza 25:50
Hugh Intriago 43:14
Jim Coon 50:55
M80 Frank Xonzales 34:21
W40 Kim Strong 21:07
W45 Taffe Semenza 24:10
Pamela Fisher 23:12
Kathy Perrin 23:48
Sue Robbins 24:25
Barbara Moore 25:10
W50 Colleen Baum 26:16
Vivian Clecak 29:17
W55 Denise Deporter 25:22
Helen Ryhlick 28:40
Elaine Cook 29:11
W60 Connie Abang 39:38
Elaine Innmon 40:01
Sharon Lee 48:58
W65 Margaret Baney 38:23
Irene Lomasney 49:37
W70 Dorothy Fogg 49:37
Arloine Fleming 49:38
Elaine Long 49:39

Hard Rock Run for Cover 10K Newport Beach, CA; Nov. 6
M40 Klaus Goldammer 33:57
Steve Kellmyer 37:20
Martin Ward 40:47
M45 Michael Dove 35:05
Rick Villa 40:38
Barry Rittbera 40:53
M50 Loren McKnight 38:45
John Ganahl 39:35
Neville Pearson 40:02
M60 George McGaffigan 45:32
Burt Sorota 53:12
M65 Richard Hochschild 48:19
Sam Emer 51:15
Frisco Yamaski 52:55
M70 Sal Avila 55:45
W40 Carol Wimbish 47:33
Annette Watt 48:11
Jacqueline Whittle 48:44
W45 Darla Duran 45:49
Valerie Henning 47:46
Deborah Strickland 49:50
W50 Cindy Allen 53:05
Michele Schaeffer 58:29
Cynthia Meza 58:31
W55 Marilyn Hansard 51:52
Marcia Martyn 55:35

Clarksburg Country 5K Fun Run Clarksburg, CA; Nov. 13
M40 Geoff Gronolis 6:31
Manuel Munoz 6:58
Jim Farrell 7:07
Jeffrey Bell 7:07
Lloyd Saito 7:13
M45 Mike Ammon 5:40
Karl Bacon 5:42
Bob Whitehead 5:43
Fabio Hernandez 5:50
Bryce Hori 6:09
M50 Dave Samsel 6:18
Brian Newell 6:28
Bill Knierim 6:41
Timothy Stone 6:54
John Heath 7:14
M55 Gary Hollinger 7:11
Chuck Serpas 7:18
Michael Otten 7:23
John Brown 7:38
John McColligan 8:10
W40 Marylou Cullen 6:25
Toni Mounts 6:45
Debbie Hawke 7:23
Deborah Kanner 7:29
Diane Fechter 7:55
Cathy Rohm 7:59
Mary Ellen Murillo 8:21
Judy Soh 9:12
Linda Prizmich 9:48
Carolyn Wacker 9:59
W50 Georgina Riley 7:26
Ann Hardman 7:41
Marilyn Won 9:17
Patricia Brown 11:03
Barbara Lauszus 11:06

Continued from previous page

W55	Marlene Kinser	8:59
	Geri Brown	10:48
	Judy Barnum	13:53
	Joan Jackson	17:44
	Donna Hall	18:24
W60	Doris Aronson	8:02
	Guadrin Naschak	9:04
	Jean La Fever	9:45
	Shirley Ogilvie	9:56
	Barbara Farren	12:55
W65	Chris Cleveland	11:10

Clarksburg Country Run - 30K Championship Clarksburg, CA; Nov. 13

M40	Francis Gailson	5:42
	Charles Thompson	5:43
	Brook Hinzmann	5:51
	Joe Schieffer	5:56
	Bill Knapp	6:04
	David Stancliffe	6:09
	Frank Noto	6:16
	Barry Turner	6:24
	Kim Lilot	6:26
	Ronald Souza	6:29
M45	Jim Gorman	6:00
	Alphonzo Jackson	6:20
	Tim Frawley	6:22
	Allan Stanbridge	6:38
	Dennis Meidinger	6:40
	Mark McGinnis	6:42
	Peter Franks	6:44
	Ken Shoop	6:45
	Thomas Winter	6:53
	George Forman	6:54
M50	Jon MacPherson	6:11
	Jim Reitz	6:11
	Dan Preston	6:12
	Gordon Abbott	6:13
	Tim Rostege	6:14
	Ronald Nelson	6:16
	Jim Williams	6:23
	Martin Jones	6:24
	Peter White	6:25
	Joe Hurtado	6:27
M55	Bernie Hollander	6:59
	Martin Hillyer	7:11
	Edward Frisch	7:24
	Clark Herzog	7:25
	Steve Galvan	7:30
M60	Carl Ellsworth	7:05
	Rudy Schneider	7:55
	Ron Ogilvie	8:00
	Richard Carp	8:11
	Mack Martinez	8:11
M65	Robert Herrera	11:59
	Loren Prohaska	12:57
	Vic Lyons	13:13
M70	Gary Toji	8:24
W40	Honor Fetherston	6:49
	Leslie McHampton	6:47
	Elizabeth Edwards	7:02
	Darlene Wallach	7:09
	Julie Minton	7:11
W45	Cyndi Calvin	7:15
	Nancy Ruffner	7:26
	Irene Herman	8:06
	Patty Jacquez	8:11
	Sophie Rheinheimer	9:15
W50	Rusty Barnett	8:13
	Barbara Brady	8:51
	Lucia Khan	9:06
	Anitra Seitamo	9:10
	Marianne Hawkes	9:11
W55	Barbara Miller	7:15
	Louise Walters	7:46
	Khartoon Tudhope	8:38
	Dina Fields	9:17
	Maureen McColligan	9:46
W60	Myra Rhodes	8:38
	Lois Cook	12:07
W65	Ruth Anderson	9:14
	Marcia Worden	9:38
W70	Po Adams	11:17

Clarksburg Country Run - 30K Championship Clarksburg, CA; Nov. 13

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Clarksburg Country Run - 30K Championship Clarksburg, CA; Nov. 13

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Clarksburg Country Run - 30K Championship Clarksburg, CA; Nov. 13

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	David Stancliffe	6:09
	Frank Noto	6:16
	Barry Turner	6:24
	Kim Lilot	6:26
	Ronald Souza	6:29
M45	Jim Gorman	6:00
	Alphonzo Jackson	6:20
	Tim Frawley	6:22
	Allan Stanbridge	6:38
	Dennis Meidinger	6:40
	Mark McGinnis	6:42
	Peter Franks	6:44
	Ken Shoop	6:45
	Thomas Winter	6:53
	George Forman	6:54
M50	Jon MacPherson	6:11
	Jim Reitz	6:11
	Dan Preston	6:12
	Gordon Abbott	6:13
	Tim Rostege	6:14
	Ronald Nelson	6:16
	Jim Williams	6:23
	Martin Jones	6:24
	Peter White	6:25
	Joe Hurtado	6:27
M55	Bernie Hollander	6:59
	Martin Hillyer	7:11
	Edward Frisch	7:24
	Clark Herzog	7:25
	Steve Galvan	7:30
M60	Carl Ellsworth	7:05
	Rudy Schneider	7:55
	Ron Ogilvie	8:00
	Richard Carp	8:11
	Mack Martinez	8:11
M65	Robert Herrera	11:59
	Loren Prohaska	12:57
	Vic Lyons	13:13
M70	Gary Toji	8:24
W40	Honor Fetherston	6:49
	Leslie McHampton	6:47
	Elizabeth Edwards	7:02
	Darlene Wallach	7:09
	Julie Minton	7:11
W45	Cyndi Calvin	7:15
	Nancy Ruffner	7:26
	Irene Herman	8:06
	Patty Jacquez	8:11
	Sophie Rheinheimer	9:15
W50	Rusty Barnett	8:13
	Barbara Brady	8:51
	Lucia Khan	9:06
	Anitra Seitamo	9:10
	Marianne Hawkes	9:11
W55	Barbara Miller	7:15
	Louise Walters	7:46
	Khartoon Tudhope	8:38
	Dina Fields	9:17
	Maureen McColligan	9:46
W60	Myra Rhodes	8:38
	Lois Cook	12:07
W65	Ruth Anderson	9:14
	Marcia Worden	9:38
W70	Po Adams	11:17

Clarksburg Country Run - 30K Championship Clarksburg, CA; Nov. 13

M40	Francis Gailson	5:42
	Charles Thompson	5:43
	Brook Hinzmann	5:51
	Joe Schieffer	5:56
	Bill Knapp	6:04
	David Stancliffe	6:09
	Frank Noto	6:16
	Barry Turner	6:24
	Kim Lilot	6:26
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Clarksburg Country Run - 30K Championship Clarksburg, CA; Nov. 13

M40	Francis Gailson</
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Energy Bars - 1 Box of 24-\$24.00
 (Peanut, Chocolate & Mountain Berry)
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Protein Repair Formula - Retail \$14.00
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Cytomax (1.5 lb.) - Retail \$20.99
 1-\$16.99, 6-\$95.94 (\$15.99 each)
Cytomax (4.5 lb.) - Retail \$43.99
 1-\$34.99, 6-\$197.94 (\$32.99 each)
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 1-\$16.81, 3-\$41.97 (\$13.99)
Cyto Bar - Retail \$1.69
 1-\$1.50, 24-\$32.40 (Cocoa, Vanilla Crunch, Jazz Berry)
Heavyweight 900 - Retail \$24.50
 1-\$21.69, 3-\$56.82 (\$18.94 each)
 (Vanilla, Strawberry & Chocolate)
Metabolol 2 (1 lb. can) - Retail \$15.15
 1-\$12.12, 6-\$68.22 (\$11.37 each)
Metabolol 2 (2.2 lb. can) Retail \$29.45
 1-\$23.56, 6-\$130.98 (\$21.83 each)
- Excel**
 Excel is the Guaranteed Highest Potency
 Energy Product in the Market
Ultra High Performance & Anti Fatigue
 14-Retail \$14.99 Our Price \$11.99
 40-Retail \$39.99 Our Price \$31.99
 100-Retail \$91.99 Our Price \$73.99
- Tigers Milk**
Sports Bar - Retail \$1.29/Bar
 12-\$13.20, 24-\$24.00
 (Chocolate Blast, Coffee Rush & Vanilla Rush)
- Nature's Life**
Ultra Hair - 90 Tablets \$18.95 - At Elite \$15.16
Oxy Nectar - Ten Stage Anti Oxidant Beverage
 (1.3 lbs.-Powder) Retail \$28.95 - At Elite \$23.16
Spirulina Energy Bar - Retail \$1.50
 12-\$16.20, 20-\$23.00 (\$1.15 each)
Energy Elixir (20-7.5 ml. servings) - Retail \$20.00 - At Elite \$16.00
 (American, Korean & Siberian Ginseng, Royal Jelly,
 Bee Pollen, Guarana & More)
Super C Complex-Sustained Release - 60 Tablets 1000 mg. C,
 500 mg Bioflavonoid Complex - \$11.30 - At Elite \$9.00
Calcigizer (20-.7 oz. Paks) - \$19.95 - At Elite \$15.96
 Calcium, Magnesium, Potassium & Buffered Vit. C
- Country Life**
Life Span 2000 - 50 Tablets \$19.95 - At Elite \$15.96
 (A Mind And Body Formula)
Super 10 Anti-Oxidant - 60 Tablets \$19.95 - At Elite \$15.96
 Calcium, Magnesium, Potassium - 90 Tablets \$9.50 - At Elite \$7.60
 500/500/99mg
- Good 'N Natural**
Green Barley - 120-500 mg. Tab. - \$9.60 - At Elite \$7.60
Broccoli - 90-500 mg. Tab. - \$9.60 - At Elite \$7.60
Chlorella - 120-500 mg. Tab. - \$17.90 - At Elite \$14.30
SOD (Super Oxide Dimutase) -100-2000 Units
 \$11.40 - At Elite \$9.10
Pycnogenol - 30-30 mg. Cap. - \$15.00 - At Elite \$12.00
Co Enzyme Q 10 -30-75 mg. Capsules - \$27.40 - At Elite \$20.40
Co Enzyme Q 10 - 50-30 mg. Softgels - \$17.30 - At Elite \$13.85



- Nature's Life**
Alfalfa - 250-1000 mg. Tablets \$8.45 - At Elite \$6.75
Formula 600 Plus For Men - 100 Tablets \$12.95
 *Prostate Health Is Important - At Elite \$10.35
Chromium Picolinate - 100-200 mcg. Capsules \$7.45 - At Elite \$5.95
Cranberry - 100-800 mg. Capsules - \$13.95 - At Elite \$11.15
Ultra-Mega-Vite Multi Vitamin/Mineral - Time Released
 (One A Day Tablets)
 30 - \$11.45 - At Elite \$9.15 90 - \$29.95 - At Elite \$23.95
- POWER BARS**
 1 Box of 24-\$24.00
 (Apple, Berry, Chocolate & Malt-Nut)
Avocet Cliff Bars
 12-\$14.99, 24-\$28.99, 48-\$56.99
 4 Boxes of 24-\$13.99 per dozen
 (Apple/Cherry, Apricot, Date/Oatmeal, Chocolate)
- Edge Bars**
 12-\$15.99, 24-\$29.99, 48-\$57.99
 6 Boxes of 24-\$13.99 per dozen
- Pines**
Wheat Grass - (500 Tablets) - Retail \$26.95
 1-\$21.56, 3-\$60.00 (\$20.00 each)
Wheat Grass (7 oz.) - Retail \$31.50
 1-\$25.20, 3-\$70.05 (\$23.35 each)
Barley Grass (7 oz.) - Retail \$25.50
 1-\$20.40, 3-\$56.70 (\$18.90 each)
- Stopain Spray**
 2 oz. \$4.99 - At Elite \$4.00
 4 oz. \$6.89 - At Elite \$5.50
 8 oz. \$9.89 - At Elite \$7.90
- Sportenine - Homeopathic Pain Relief**
 Retail \$9.79 - At Elite \$7.84
- Zand**
Insure Herbal - 100 Tablets Retail \$11.49 - At Elite \$9.20
 2 oz. Retail \$10.49 - At Elite \$8.40
Active Herbal - 60 Capsules Retail \$12.95 - At Elite \$10.36
 4 oz. Retail \$11.95 - At Elite \$9.56
PMS Formula - 60 Capsules Retail \$12.95 - At Elite \$10.36
- Universal**
Forza Bars - For High Performance Athletes
 Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)
- Pep Products**
Sports Pep Thunder Bars - Chocolate, Tropical
 Retail \$1.69/Bar, 24-\$32.40 (\$1.35 each)
Brain Pep - 60 Tablets Retail \$12.95
 1-\$10.36, 3-\$28.80 (\$9.60 each)
- Quantum**
Extra Edge Performance Formula - 60 Tablets
 Increases Endurance, Stamina... Extends Peaks
 Retail \$16.95 - At Elite \$13.56

- Cybergenics**
Quick Trim 14 Day Plan - Retail \$49.95
 1-\$39.96, 3-\$111.00 (\$37.00 each)
- Icopro**
Oxy-Blast - 120 Capsules - Retail \$19.95
 1-\$15.96, 3-\$44.40 (\$14.80 each)
Wind (21 oz.) - Retail \$19.95
 1-\$15.96, 3-\$44.40 (\$14.80 each)
- Unipro**
Carbo Plex - Orange (2.4 lbs.) - Retail \$17.99
 1-\$14.40, 3-\$40.05 (\$13.35 each)
Endura - Lemon (2 lbs.) - Retail \$23.95
 1-\$19.16, 3-\$53.31 (\$17.77 each)
Endura Optimizer - Orange (2.8 lbs.) - Retail \$32.95
 1-\$26.36, 3-\$73.35 (\$24.45 each)
DMG - 2 oz. Retail \$14.95
 1-\$11.96, 3-\$33.30 (\$11.10 each)
- Next Nutrition**
ProOptibol (2.2 lbs.) - Retail \$26.95
 1-\$21.56, 6-\$119.76 (\$19.96 each)
 (Chocolate, Vanilla, Very Berry & Original)
2 Gro 2000 (4.55 lbs.) - Retail \$29.95
 1-\$23.96, 6-\$133.20 (\$22.20 each)
 (Chocolate, Strawberry & Vanilla)
Pro Opti Bar - Chocolate Retail \$1.59/Bar
 12-\$16.80, 24-\$30.00 (\$1.25 each)
Hypro Cell Energy Exercise Drink (1.51 lbs.)
Fruit Punch Retail \$19.95, 1-\$15.96, 6-\$88.80 (\$14.80 each)
Ultimate Whey Designer Protein (2 lbs.)
 68% Better Than Egg Whites * Absorbs 200% Faster
 Vanilla Retail \$39.95, 1-\$31.96, 6-\$168.00 (\$28.00 each)
- Optimum Nutrition**
Pro Amino Sports Bar - Retail \$1.50/Bar
 24-\$32.40, 36-\$43.20 (\$1.20 each)
 (Chocolate, Peanut, Butter Pecan, Burgundy Cherry
 & Blueberry Cheesecake)
- Strength Systems USA**
Ultra Paks - Special 30 Day Multi-Vit/Mineral And More For Runners
 And Endurance Athletes - Retail \$26.99, Our Price \$21.60
Gold Paks - Special 44 Day Multi-Vit/Mineral And More For Power
 And Strength Athletes - Retail \$37.99, Our Price \$30.40
Yohimbe Bars - Chocolate Raisin Nut
 Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)
- Twin Lab**
Ultra Fuel Bars (Vanilla & Chocolate)
 Retail \$2.69/Bar 12-\$25.99, 24-\$49.99
Ultra Fuel (Powder)
 Retail \$17.99, 1-\$14.99, 6-\$80.94 (\$13.49 each)
 (Orange, Tropical Fruit, Lemon & Grape)
Carbo Fuel (43 oz - Powder)
 Retail \$19.99, 1-\$15.99, 3-\$44.46 (\$14.82 each)
Phosfuel (180 Capsules)
 Retail \$18.99, 1-\$14.99, 3-\$41.97 (\$13.99 each)
Metabolift Thermogenic Formula
 120 Capsules \$21.95, 1-\$17.56, 3-\$48.90 (\$16.30 each)
- Alacer**
Emergen C - 35 Paks \$12.65 - At Elite \$10.00
Emergen C - Lo Cal - 36 Paks \$12.65 - At Elite \$10.00
Emergen C - Lite - 36 Paks \$11.55 - At Elite \$9.20
Super Gram II - 100 Tabs. \$19.25 - At Elite \$15.00
Super Gram III - 100 Tabs. \$20.85 - At Elite \$16.50
Emergen C Sports Pak - Makes 3 gallons \$13.85
 1-\$11.08, 3-\$30.75 (\$10.25 each)
Pro Lysine Ascorbates - 90 Tabs. \$17.95 - At Elite \$14.25
- Leppin**
 Apple, Banana, Grape, Lemon-Lime, Peach,
 Pineapple, Strawberry & Vanilla
 Squeezy Box of 10 \$7.99 - Regular Price \$10.99
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 10 carbohydrate concentrate packets can be used
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