Green, Richardson Top Racewalkers

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

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

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

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

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

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

Robbins had a sensational year. At the USATF National Masters Indoor Continued on page 22

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

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

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

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

He has pending marks of 40:12 for 10K (96.8%) and 19:24 for 5K (96.9%).

Keston, of McMinnville, Ore., nearly became the first sub-hour 70+ marathoner with a 3:02:50 in Spain.

He logged a 31:20 8K (92.0%), 38:33 10K (94.5%), 47:36 12K (92.6%), and 1:27:23 half-marathon (91.4%).

Bill Rodgers (47, MA) again led the M45 group with a 5K in 14:19 (92.6%), 10K in 31:30 (93.2%), and 15K in 48:00 (93.5%).

Norm Green (63, PA) topped the M60 bracket with an 8K (29:16, 91.2%), 10K (37:01, 91.1%), 15K (56:00, 92.1%), 10-mile (59:50, 92.9%), and half-marathon (1:18:18, 94.5%).

Continued on page 23
Good news: It's a leap year. You can run 366 days.
LONG DISTANCE RUNNING

Chairman:

Secretary:

Race Walking:

Regional Coordinators:

Chairman:

Vice Chairman Women:

Champion:

2010 World Road Champions:

2018 World Road Champions:

2023 World Road Champions:

2024 World Road Champions:

2025 World Road Champions:

2026 World Road Champions:

2027 World Road Champions:

2028 World Road Champions:

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2068 World Road Champions:
YARDS vs. METERS

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

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

Bring back the three- and six-mile? Why not? There’s a renewed interest in the two-mile international track as the eight-minute barrier seems due to fall. Besides, the 440yd/400m track lends itself to races measured in miles, not meters. The start and finish line can be in the same place and one can easily project a finish time by multiplying a lap time by four, eight, twelve, etc. To this day, if I tell people that I’m running a ten kilometer race, I’ll multiply four, eight, twelve, etc. To this day, if I tell people that I’m running a ten kilometer race this weekend, they will invariably ask me how far that is. That’s a little like asking a golfer how far a fifteen foot putt is. The race distance is only meaningful to non-runners if it’s expressed in miles.

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

Richard Englehart
Newbury Port, Massachusetts

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

Mike, wake up to the 21st century. The world is changing to metrics, and distances, but it will come quickly that such a great writer like Mike Tymn would convert to stones and pounds. If Mike Tymn’s irritated by metric heights and distances, can he imagine what it’s like to pick up an aerosol can and read that he should hold it 18cm away before he presses the button?

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

Dick Glasgow
Prescot, Arizona

In the December issue, Philip Found asks: “Whose brain child was the 1500?”. It came about because the founding fathers of the modern Olympic Games were European. The concept of running in Europe at the time were 500m rounds. The IAAF was not formed until 1913, when it endorsed the metric system for track and field. Incidentally, the track for the 1908 Games in London was three laps to the mile! Yes, even though the track was specially laid for the Olympics and they knew the events were metric.

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

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

WORLD CHAMPIONSHIPS

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

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

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

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Friday, March 29</td>
<td>5:30 PM</td>
<td>Opening Ceremonies</td>
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<td>6:00 PM</td>
<td>PV-M60+</td>
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<td>7:00 PM</td>
<td>10,000 Meter Run - All</td>
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<td>LJ-M50-59</td>
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<td>9:00 AM</td>
<td>60 Meters Prelims - All</td>
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<td>Holiday Inn - Four Seasons</td>
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<td>Sunday, March 31</td>
<td>8:00 AM</td>
<td>TJ-M30-49</td>
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<td>9:00 AM</td>
<td>3000 Meter Race Walk - All</td>
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<td>10:00 AM</td>
<td>HJ-Women</td>
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<td>Super WT - All</td>
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<td></td>
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<td>4000 Meter Relay</td>
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### General Information

Eligibility is open to all men and women 30 years of age and older. Individual in 5-year age groups. Relays in 10-year age groups.

USATF competition rules will be used in the conduct of the meet. USATF championship medals will be awarded to the first three places in each age division/event.

Registration will close on March 22, 1996 for all events except the relays which will be on-site only-tmes of registration for relays will be posted at the track site. Order of competition will generally be women followed by men - oldest to youngest. There will be some exceptions to this to allow for multiple event participation. This information will be posted at the meet site. Age groups may be combined to fill sections.

Starting blocks will be provided. 3/16 inch spikes only may be used.

Warm-up area will be provided, separate from the competition track. There will be 2 shot/weight throw circles on to a dirt surface.

Packet pickup will be available at the Greensboro Coliseum beginning at 12:00 noon on Friday March 29, 1996.

## Travel Information

Carolina Travel has available information for your travel and accommodation needs, which includes discounted air fare through Delta Airlines, many excellent and varied room rates, accommodation packages, special car rental rates and a selection of area sight seeing attractions.

Call Laurie at 800-289-9009 for information.

Entry forms and detailed information will be sent with your travel packet.

---

### Fees Due:

- **1996 USATF Track & Field Championships**
- **T-Shirts**

Make checks payable to: Greensboro Sports Commission and mail to: PO Box 3222, Greensboro, NC 27402

Entry deadline is March 10, 1996 - Late fee of $10.00 per event after 3/10

No entries after March 22, 1996.

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am the stated age in this application. I also verify that I am registered for the 1996 year with USATF. In consideration of my entry in the Masters Indoor Track & Field Championships in Greensboro, North Carolina I do hereby, for myself and anyone entitled to act in my behalf, waive and release

Greensboro Track & Field, the Meet Director and the Organizing Committee, the Greensboro Sports Commission, USA Track & Field, the Greensboro Coliseum, the City of Greensboro and all sponsors and their representatives and successors from all claims and/or liabilities of any kind which may arise or be occasioned as a result of my travel and participation in the 1996 USATF Masters Indoor Track & Field Championships.

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

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

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

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

A Vietnam vet and psychiatric social worker for the Veterans Administration, Barker met Snow White while on a workout in the central highlands of Vietnam. "I was part of a small delegation of seven Americans that went over there in 1989 on a mission of advocacy for Amerasian children and their mothers," Barker, a 2:25 marathoner two decades ago, explained. "I needed a good workout and broke away from the delegation. I met Snow White walking down the hill to the marketplace in the town of La Dat, which is in the lower central highlands. We talked for just a few minutes and really seemed to hit it off. I gave her my card and we went our separate ways." Under Surveillance

A year-and-a-half later, Barker, who speaks fluent Vietnamese as a result of attending the Army language school in Monterey, Calif., during the Vietnam War, received a letter from Snow White. "I didn't realize until then that she had been under surveillance and even harassed by the police there because of our brief encounter. I guess they thought that she had some mysterious contact with a CIA agent." A relationship began to develop by correspondence, but it wasn't until 1992 that Barker and Snow White would again meet. "I went over with the disabled vets for the Ho Chi Minh City (formerly Saigon) Marathon," Barker continued his story. "The race organizers didn't speak English at all and so I went along mostly as an interpreter. I met Snow White at the airport. She was dressed in this white angelic traditional costume. We had dinner that night, but had no privacy as she was still under surveillance. We had lunch two days later, but that was the extent of it."

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

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

Eluded Authorities

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

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

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

Red Tape

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

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

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

"I keep wondering when I'm going to wake up."
December, 1995  National Masters News  page 7

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Cytosol - $20.99
1-59.99, 3-19.99 (15.99 each)
Tropical Fruit, Apple & Cirus
Muscle Nutra - Retail $15.12
1-59.99, 6-11.99 (11.99 each)

Cyto Bar - Retail $1.69
1-51.50, 24-34.30 (Coco, Vanilla, Crunch Jazz, Berry Bar)

Heavyweight 900 - Retail $24.50
1-24.50, 5-38.90 ($7.94 each)

(Vanilla, Strawberry, Chocolate)
Metabolol 2 (1 lb. can) - Retail $15.15
1-15.15, 12-11.99 (11.99 each)
Metabolol 2 (2 lb. can) - Retail $29.45
1-29.45, 6-16.90 (16.90 each)

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Oxy-Nest - Ten Stage Anti Oxidant Beverage
(1.3 lbs. Powder) Retail $28.95 - At Elite $23.16
(American, Korean & Siberian Ginseng, Royal Jelly, Bee Pollen, Ginsana & More)
Spirulina Energy Bar $4.50
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Super C Complex - Sustained Release - 60 Tablets $100 mg C,
500 mg Bioflavonoid Complex - $11.30 - At Elite $9.00
Calcitrol (20, 7 oz. Packs) - $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 Antioxidant - 60 Tablets $19.95 - At Elite $15.96
Calcium, Magnesium, Potassium - 90 Tablets $9.95 - At Elite $7.60
500/500mg

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
Chlorophyll - 120-500 mg. Tab. - $17.90 - At Elite $14.30
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Endura Optimizer - Orange (5 oz.) - Retail $32.95
3-9.00, 3-53.31 ($17.77 each)

DMG - 2 oz. Retail $14.95
1-11.95, 3-33.30 ($11.10 each)

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ProPepolipol (2.2 in.) - Retail $26.95
1-21.26, 3-19.95 ($13.96 each)
(Chocolate, Berry & Original)

2 GRow (4.5 in.) - Retail $29.95
1-10.26, 3-13.35 ($22.20 each)
(Chocolate, Strawberry & Vanilla)

Pro Opti Bar - Chocolate Retail $1.99/Bar
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Vanilla Retail $19.95, 3-51.96, 6-88.80 ($14.00 each)

Ultimate Whey Designer Protein (2 lbs.)
68% Better Than Egg Whites - Absorbs 200% Faster
Vanilla Retail $29.95, 3-81.96, 6-164.00 ($28.00 each)

Optimum Nutrition
Pro Amigo Sports Bar - Retail $1.50/Bar
24-$32.40, 36-$43.20 ($1.02 each)
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Plantaris Tendon Rupture

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

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

In order to hasten your recovery, I would recommend physical therapy under your doctor's supervision as soon as the pain subsides. This would include moist heat treatments, direct ultrasound to increase the healing process at the molecular level, and perhaps some electrical stimulation. Avoid ice treatments and do not do any stretching that causes discomfort. You can also try a heel lift in your shoes of up to 1/2-inch to reduce some of the stress on the calf muscles. In addition, a few research studies suggest that adding calcium, magnesium, and potassium supplements to your diet promotes faster healing.

Once you are pain-free, you can return to a gradual workout schedule that avoids stretching. Take a 1/2-mile walk, followed by a 1/4-mile jog. Do this every other day for ten days. If this is successful, you may increase your daily mileage 1/4 to 1/2 mile every two weeks. Change to a highly-cushioned, stable training flat. Avoid hill running and keep your speed slow to moderate. This gradual approach should get you back on the running track in the shortest possible time. [Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.]

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ALL PROFITS AND PLEDGES TO EASTER SEAL SOCIETY.

Jacob, Cecil 8K X-C Winners in Boston

by JERRY WOJCICK

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

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

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


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

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

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

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

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

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

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

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

Philadephia Runner's Pentathlon

by PETER TAYLOR

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

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

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

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

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

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

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

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

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Jim Carmines — Part II

Jim Carmines began racewalking in 1990 and started to compete seriously in 1991. He burst on the national scene quickly, setting for silver medals only when Don DeNoon was racing. In 1995, M50, he won the 5K gold medal at the Nationals in East Lansing in 23:43:66. He won the 5K silver medal at the Worlds in Buffalo in 24:01:97, and was fourth in the 20K, 1:52:24.

EW: Do you use a heart rate monitor?
JC: I have trained with a heart rate monitor. Let me digress a moment. I am a civil engineer, so I am one to be critical, but I pretty much know what effort I am putting out when I train. I know how my turnover affects my heart rate or how my arms affect it.

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

EW: What kind of intervals do you do?
JC: I do my speed workouts generally for a 20K race. I do eight-to-ten half-mile repeats because the course I use is marked for a half-mile rather than one kilometer. I feel the longer interval is much better when you are training for a 20K, because doing 100 and 200 meter repeats just gets you off the start line. If I do 10 quarters I have only gone 2 1/2 miles. When I do ten halves, I have gone five miles, and I have done almost half of a 20K in interval training. At the same time, by training with 800 meter intervals for a 20K, when I am in a 5K, the race is only six intervals. I will do two to three quarter-mile or 3 x 400 meter intervals two days before a race to tune up my muscles. But I feel the half-mile is much better the rest of the time.

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

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

I have a half mile course around my housing development and the downhill part of it is very steep. I will go down with a bent leg. I don't break into a full jog, but I will creep to protect myself. The downhill is only 30 seconds; the up part is 4 to 4 1/2 minutes. Injury prevention is my goal as there is no other way that I can get around the course.

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

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

OUTSTANDING RACEWALKERS — 1995

Selected by the Masters Track & Field Committee of USA Track & Field

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Women</th>
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<tr>
<td>30-34</td>
<td>Herman Nelson</td>
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<tr>
<td>35-39</td>
<td>Gary Morgan</td>
<td>MI</td>
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<tr>
<td>40-44</td>
<td>Warrick Yeager</td>
<td>CA</td>
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<tr>
<td>45-49</td>
<td>Don Keating</td>
<td>NH</td>
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<tr>
<td>50-54</td>
<td>Eugene Kitts</td>
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<td>55-59</td>
<td>Dave Romansky</td>
<td>NJ</td>
</tr>
<tr>
<td>60-64</td>
<td>Max Green</td>
<td>MI</td>
</tr>
<tr>
<td>65-69</td>
<td>Vance Genzlinger</td>
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<td>70-74</td>
<td>Bob Minn</td>
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<td>75-79</td>
<td>Bill Patterson</td>
<td>NC</td>
</tr>
<tr>
<td>80-84</td>
<td>John Hanna</td>
<td>CA</td>
</tr>
</tbody>
</table>

California's Warrick Yeager was voted top M40 racewalker of the year by USA Track & Field. Photo by Melanie Spoo

EW: Haven't you competed in most of the major masters races the last two or three years?
JC: I consider myself a national competitor in the masters division. I try to do as many national races as I can from the 3K to the 25K, indoors and outdoors. These races give me goals all year long.

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

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

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the USA Track & Field Committee.

<table>
<thead>
<tr>
<th>Age</th>
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<th>Women</th>
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<td>1978</td>
<td>John Allen</td>
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</tr>
<tr>
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<td>Ron Laird</td>
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<td>1980</td>
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<td>1981</td>
<td>Gordon Wallace</td>
<td>CA</td>
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<td>1982</td>
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<td>1983</td>
<td>John Kniffen</td>
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<td>1986</td>
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<tr>
<td>1995</td>
<td>Max Green</td>
<td>CA</td>
</tr>
</tbody>
</table>

Women racewalkers in a mixed age-group 3000 final. 1996 Masters Indoor Championships, Reno, Nev. The 1996 championships will be held in Greensboro, N.C. Photo by Jerry Wojcik
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Early Morning "R" Track and Field

**INDOR RECORDS**

- Minnesota Resident-Plus 12 mos.
- All-American Masters Performance
- Outstate National Champion
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**3m**

- MOPEN: Steve Dolan, Bloomington 8:00 (91)
- M30: Bill Jabber, W. St. Paul 7:46 (95)
- M45: John Ewing, (WI) 7:49 (95)
- M50: John Ewing, (WI) 7:52 (91)
- M60: Jim Peterson, Aitkin 9:01 (94)
- M70: Don Shigehiro, (IL) 10:50 (99)
- M80: Jim Peterson, Aitkin 9:43 (94)
- W30: J. Bill Jabber, W. St. Paul 8:50 (95)
- W45: Bob Jabber, Sr. (OK) 10:38 (45)
- W50: Bob Jabber, Sr. (OK) 11:45 (45)
- W60: Mel Buschman, (MN) 12:37 (91)

- M50: Stan McClure, Golden Valley 6:52 (92)
- M60: Bill Jabber, W. St. Paul 8:22 (92)
- M70: Ken Pederson, Brooklyn Park 8:54 (94)
- M80: Ted Biefeld, (IA) 7:33 (95)
- M90: Tom Delkirk, (OK) 8:08 (80)
- M100: Michael Sharratt, Shorewood 6:00 (90)
- M110: Lloyd Coster, Sr. Louis Park 7:53 (92)
- M120: Jim Lee, (WI) 7:32 (93)
- M130: Mike Sharratt, Shorewood 8:50 (90)
- M140: Lee, (WI) 9:34 (91)
- W50: George Lattlever, Zimmerman 7:50 (95)
- W60: Jim Peterson, Aitkin 9:01 (94)
- W70: Wayne Bennett, (TX) 10:36 (91)
- W80: Bob Jabber, Sr. (OK) 8:50 (95)
- W90: Harvey Dewitt, Eden 8:30 (90)
- W100: Mel Buschman, (MN) 11:25 (93)
- W110: Ben Jorgensen, Mpls 11:00 (95)
- W120: M. Kinn, (MN) 11:31 (92)
- W130: J. Leach, (WI) 11:57 (92)
- W140: Donna Jabber, Zimmerman 12:14 (91)
- W150: Sue Jabber, Zimmerman 12:55 (91)

- M50: Kevin McCarthy, Bloomington 6:35 (95)
- M60: Michael Sharratt, Shorewood 6:30 (90)
- M70: Lloyd Coster, Sr. Louis Park 7:12 (90)
- M80: Bob Jabber, Sr. (OK) 7:27 (90)
- M90: Randy Bennett, Zimmerman 6:45 (95)
- M100: Dave Jabber, Sr. (OK) 8:00 (90)
- M110: Brian BoMc, Shorewood 8:57 (90)
- M120: Mike Sharratt, Shorewood 9:40 (90)
- M130: Jim Lee, (WI) 10:25 (91)
- M140: Mike Sharratt, Shorewood 11:00 (95)
- M150: Joseph Goff, (MN) 11:25 (95)
- M160: Mike Sharratt, Shorewood 11:50 (95)
- W50: Maxi Johnson, (MN) 7:00 (95)
- W60: Bob Jabber, Sr. (OK) 8:00 (90)
- W70: J. Leach, (WI) 8:10 (90)
- W80: Sue Jabber, Zimmerman 9:00 (95)
- W90: Bob Jabber, Sr. (OK) 9:50 (95)
- W100: Mary Jane, (MN) 10:50 (95)
- W110: Bob Jabber, Sr. (OK) 11:40 (95)
- W120: Sue Jabber, Zimmerman 12:30 (91)
- W130: J. Leach, (WI) 13:20 (91)

**5000m Freestyle**

- M50: George Lattlever, Zimmerman 2:12.05 (95)
- M60: Don Shigehiro, (IL) 2:06.97 (90)
- M70: W. Amsden, Minnesota 2:57.86 (93)
- W50: Susan Jabber, Twin Cities 25.69 (91)
- W60: Rachel Jabber, (WI) 25.69 (91)
- W70: Rachel Jabber, (WI) 25.69 (91)
- W80: Rachel Jabber, (WI) 25.69 (91)
- W90: Rachel Jabber, (WI) 25.69 (91)
- W100: Rachel Jabber, (WI) 25.69 (91)
- W110: Rachel Jabber, (WI) 25.69 (91)
- W120: Rachel Jabber, (WI) 25.69 (91)
- W130: Rachel Jabber, (WI) 25.69 (91)

**1.25 Mile Relay**

- M50: Michael Sharratt, Shorewood 1:09.65 (90)
- M60: Jim Lee, (WI) 1:09.65 (90)
- M70: Lloyd Coster, Sr. Louis Park 1:09.65 (90)
- M80: Bob Jabber, Sr. (OK) 1:10.60 (90)
- M90: Sue Jabber, Zimmerman 1:10.60 (90)
- W50: Maxi Johnson, (MN) 1:09.65 (90)
- W60: Bob Jabber, Sr. (OK) 1:09.65 (90)
- W70: Sue Jabber, Zimmerman 1:09.65 (90)
- W80: Sue Jabber, Zimmerman 1:09.65 (90)
- W90: Sue Jabber, Zimmerman 1:09.65 (90)
- W100: Sue Jabber, Zimmerman 1:09.65 (90)

**50:C] SANCTIONED ORIGINAL**

- "Certificate of Thanks" Standard immediately for your contribution to this event.
- "NONPOLITICAL/SOCIAL GIFTS MEAN A LOT TO US"
Old John Still Can Entertain

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

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

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

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

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

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

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

"The vendor reached into his freezer and produced a glistening popsicle. "I'll take it!" said Kelley. "That'll be 10 cents," announced the vendor. Kelley suddenly paled. "I don't have any money."

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

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

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

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

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

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

I am beyond the age when I care, however. Focused more on a fall marathon, I entered Falmouth mainly to enjoy the experience. Starting from my motel, I jogged the 4.5 miles to the starting line at Woods Hole, then positioned myself well toward the back of the pack. Because Falmouth begins on a narrow street, the race features a wave start. I waited 10 minutes after the leaders to begin.

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

(Hal Higdon's latest book, "Boston: A Century of Running," has now been published. The elegant coffee-table book is a narrative history of that race, aimed at Boston's 100th running on April 15, 1996. The book costs $40 and is available at most book stores, or (autographed) directly from Higdon at P.O. Box 1034, Michigan City, IN 46361-1034. (Add $2 to cover postage and handling.)

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

California International Marathon

by DOUG THURSTON

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

England's Julie Coleby placed fourth overall in an outstanding time of 2:38:25, the fastest women's masters time in the 13-year history of the race. But the performance of the day might have been Sacramento's Kathy Ward, who qualified for the Olympic Trials in her debut marathon, running 2:46:21 at age 41.

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

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

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

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racewalking

Continued from page 10

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

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

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

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

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

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

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

EW: Have you always been very competitive?

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

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

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

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

Using Hy-Tek’s Meet Manager computer program, Pearce allowed the competitors six throws (the first three were used for scoring) and was able to measure the percent of difference between each thrower’s first three and last three throws. These are his conclusions: "I was surprised how many of the competitors had only modest improvement in the final three throws. With more practice at ‘three throw meets’ perhaps the few who improved 10% with the extra throws would become more adept at getting their big throws in the first three attempts. It is obvious that a sample of 12 throwers at one meet is not a very significant number from which to draw conclusions, but on the evidence so far, I see no reason to complain about three attempts for the weight pentathlon. I think it is a rule that throwers can adapt to."

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

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

I don’t get it. I must have developed a block on this whole question. What’s the point of four throws if the first or last one doesn’t count? We can’t take the best three of the four. A fourth throw increases meet time by 33%, I suppose the first one of four could be a serious practice throw or the last one of four could be a post-performance, relaxed this-is-the-way-I-shudda-done-it throw.

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

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

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

East Lansing throws sites had a positive effect on non-throwing voters, who may have realized the importance of adequate conditions for all competitors at a national championships. Downtown Atlanta appeared to be rebuilding itself in preparation for this summer’s Olympics — streets, building facades, and parks are undergoing renovation.

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

Track & Field Rankings Report

by JERRY WOJCICK

USATF Masters T&F Rankings Coordinator

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

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

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

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

100, 200, 400, 1500, 5000, 4x100, 4x400 relays: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.
800: William Benson, 6 Eton St., Valley Stream, NY 11581.
3000, 10,000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145.
HJ, TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.
LJ: Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132.
SP: Russ Rebold, 1125 N. Stimson Ave., La Puente, CA 91744.
DT: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905.
Mile, both hurdles, SC, PY, HT, JT, WT, SW: Jerry Wojcik, 186 Brookside Dr., Eugene, OR 97405.
Decathlon, heptathlon, pentathlon, weight pentathlon: Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124.
Master Racewalking

Continued from page 13

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

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

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

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

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

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

New Masters Indoor Meet For Western States

by GREG BELANCIO

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

On Feb. 18, the U. of Nevada Track department and the Silver State Striders Club will host the first annual Reno Nevada - Silver State Indoor Masters Classic T&F meet, utilizing the same track and facilities.

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

Grand Prix Frenzy at Bohemia 5 Miler

by MAURY DEAN

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

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

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

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

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

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

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

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

Fall Schedule (Sept-Nov)

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

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

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

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

Friday: Day off

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

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

Winter Schedule (Nov-Mar)

Monday:
• Warm-up jog ½ mile
• Stretching + 3 x (3 x 50)
• Power speed drills
• Hills on an 80 indoor ramp
• 3-4 x (3 reps)
• Jog back/reps; walk back/sets
• Warm-ups: bench press, half-squats or incline leg press, hamstring curls, step-ups, arm swings with a 1/2 lb. plate
• Start with 4 x 8 60% max progressing to 4 x 5 x 80% and 3 x 3 x 90%.

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

Wednesday:
• 10 min. continuous circuit
• Medicine Ball sit-up circuit
• Weights

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

Friday: Day off

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

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

Masters Women Shine in Stockade-athon 15K

by PAUL MURRAY

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

Theresa Maguire, W40, Schenectady, N.Y., was the eighth woman with a 56:33. Paula Murray, W35, led the 50-year-olds with a 51:56. Fay Conkle, W40, Sherrill, N.Y., was ninth woman and tenth woman and eighth masters spot.

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Would You Believe?...

• The winning height in the 1924 Olympic pole vault was 12 ft. 11 1/2 in. In 1981, at age 59, Boo Morcom vaulted 13-0 1/4.

• In the 1900 Olympics, the marathon was won in 2:58:45. In 1981, at age 66, Oregon's Clive Davies ran 2:42:48.

• In 1975, at age 90, Scotland's Duncan MacLean ran 100 meters in 19.9 seconds.

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

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

The multi-medaled world W45 champion was the only female in the eight-person competition. Her total of 6533 points outscored Rex Harvey (50, OH, 6112). Steve Winkle (38, TN, 5625) took the bronze.

Dick Moss, the lead multi-event official in the USAF Georgia Association, brought along 46 hopeful Olympic officials who spread out over the 10-event area, allowing the athletes to move from one event to another as quickly as they deemed necessary.

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

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

Bah! Humbug 8K Held

by JANE DODS

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

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

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

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

and Exhausted Order of the Humbug (HEOH).

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Steve Robbins — Athlete of the Year

by JIM WHITING

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

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

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

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

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

"I was immature," he says frankly. But a funny thing happened: he caught fire academically. The kid who never quite moved on to the next level.

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

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

The lifting is especially important.

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

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

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

In 1972, when an assistant professor at Nebraska and in his athletic prime at age 28, he entertained hopes of making the U.S. Olympic team.

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

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

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

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

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

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

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

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

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### WOMEN'S WORLD INDOOR RECORDS

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### 800 Meters

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**Notes:**

- The page is titled "World Track & Field Indoor Age-Group Records" and compiled by Jack Fitzgerald and Pete Mundle of the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of December 1, 1995.

- The page contains tables listing indoor records for various distances, including names, nationalities, and dates.

- The records are listed in order of distance, with records for 60, 200, 400, 800, 1500, 3000, 5000, and 10000 meters.

- The records are marked with a symbol indicating whether they are verified or pending verification of date, birth, wind velocity, etc.

- The records are color-coded for different ages and genders, with older records highlighted in a different color.

- The page includes a footer note indicating that the records are subject to verification and may be updated.
USA Track & Field Indoor Age-Group Records
Compiled by Peter Mandle and the Records Subcommittee of the USAFT Masters T&F Committee through performances verified as of December 1, 1995

MEN'S USA INDOOR RECORDS

40 Meters

Date
NAME (RESIDENCE)
GEO
AGE MEET DATE
1995 2-24
Bill C. Garris
CA
10 1-18-88
1995 2-25
Steve Blake
(TX)
6 1-25-86
1995 3-26
Michael Butner
CT
51 3-27-83
1995 3-26
Craig Redburn
WA
5 3-27-83
1995 3-26
Fred Sullivan
AR
37 3-27-83
1995 3-26
Herb Krick
CA
1 3-27-83

60 Meters

Date
NAME (RESIDENCE)
GEO
AGE MEET DATE
1995 3-26
Eckart Hoffmann
GER
3 3-27-83
1995 3-26
Tom Griesinger
GER
37 3-27-83
1995 3-26
Herb Krick
CA
1 3-27-83

80 Meters

Date
NAME (RESIDENCE)
GEO
AGE MEET DATE
1995 3-26
Eckart Hoffmann
GER
3 3-27-83
1995 3-26
Tom Griesinger
GER
37 3-27-83
1995 3-26
Herb Krick
CA
1 3-27-83

High Jump

Date
NAME (RESIDENCE)
GEO
AGE MEET DATE
1995 3-26
Eckart Hoffmann
GER
3 3-27-83
1995 3-26
Tom Griesinger
GER
37 3-27-83
1995 3-26
Herb Krick
CA
1 3-27-83

2000 Meter Walk

Date
NAME (RESIDENCE)
GEO
AGE MEET DATE
1995 3-26
Eckart Hoffmann
GER
3 3-27-83
1995 3-26
Tom Griesinger
GER
37 3-27-83
1995 3-26
Herb Krick
CA
1 3-27-83

USA Indoor Track & Field Records

Continued from previous page

January, 1996

USA Indoor Track & Field Records

Continued from next page
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1.6 k - $39.00

1.5 k - $39.00
1.0 k - $34.00

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* Meets all specifications
* Great for training or competition

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- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1994.
- U.S. Age Bests for Men & Women for "walking" distances, age 40 and up.
- Men's U.S. Masters Outdoor Championship Records.
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NATIONAL MASTERS NEWS
P.O. Box 50098
Eugene, OR 97405
**Top 1995 T&F Athletes**

Continued from page 1

Championships in Reno, he won the 60-meter dash in 7.42 and set a new U.S. M50 record of 23.68 in the 200. At the outdoor nationals in East Lansing, Mich., he again took both the 100 (11.81) and 200 (23.29). But he sav­ed his best for the World Champion­ships in Buffalo where he won the 100 (11.24), the 200 (23.68), and the 400 in an amazing 51.63 to set a new world M50 record. He added a fourth gold with an anchor leg in a WR 45.04 for the M50 400 relay (see Profile on page 18). For Raschker, it was the ninth time she has won the top T&F honor. She also won in 1982, 1987, 1988, 1989, 1990, 1992, 1993 and 1994.

She was the outstanding performer at the indoor nationals where she broke four world W45 records and one U.S. record — all her own — in the 200 (26.18), 600H (9.18), high jump (1.58/5-2/14), pole vault (3.23/10-7), and the U.S. 60m (8.02). She captured the national indoor W45 pentathlon in Chicago and the na­tional outdoor W45 heptathlon in Eugene.

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

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**OUTSTANDING MASTERS TRACK AND FIELD ATHLETES**

Selected by the USATF Masters Track & Field Committee

**GWYLM BROWN AWARD**

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>1978</td>
<td>George Ker</td>
<td>Irlene Obera</td>
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<tr>
<td>1979</td>
<td>Ernie Billups</td>
<td>Joann Grissom</td>
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<tr>
<td>1980</td>
<td>Al Oert</td>
<td>Judy Fox</td>
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<td>1981</td>
<td>Jim Burnett</td>
<td>Phil Raschker</td>
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<tr>
<td>1982</td>
<td>Al Oert</td>
<td>Polly Clarke</td>
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<tr>
<td>1983</td>
<td>Jack Greenwood</td>
<td>Irene Obera</td>
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<tr>
<td>1984</td>
<td>Ed Burke/Parry O'Brien</td>
<td>Polly Clarke</td>
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<td>1985</td>
<td>Jim Burnett</td>
<td>Christel Miller</td>
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<tr>
<td>1986</td>
<td>Jack Greenwood</td>
<td>Phil Raschker</td>
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<td>1987</td>
<td>Tom Pattails</td>
<td>Phil Raschker</td>
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<td>1988</td>
<td>Gary Miller/Stan Whiteley</td>
<td>Phil Raschker</td>
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<td>1989</td>
<td>Jack Greenwood</td>
<td>Phil Raschker</td>
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<td>1990</td>
<td>Larry Almberg</td>
<td>Christel Miller/Phil Raschker</td>
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<td>1991</td>
<td>Jack Greenwood</td>
<td>Betty Vosburgh</td>
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<td>1992</td>
<td>Stan Whiteley</td>
<td>Shirley Matson/Phil Raschker</td>
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<td>1993</td>
<td>Phil Mulkey</td>
<td>Phil Raschker</td>
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<tr>
<td>1994</td>
<td>Ross Carter</td>
<td>Phil Raschker</td>
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<td>1995</td>
<td>Steve Robbins</td>
<td>Phil Raschker</td>
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**OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR**

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<td>Brian Oldfield, 40</td>
<td>Shot put, 70-3</td>
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<td>1986</td>
<td>Jack Greenwood, 60</td>
<td>100m hurdles, 14.98</td>
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<td>1987</td>
<td>John Powell, 40</td>
<td>Discus, 236-6</td>
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<td>1988</td>
<td>Larry Sturti, 50</td>
<td>Javelin, 215-9</td>
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<td>1989</td>
<td>Al Oert, 52</td>
<td>Discus, 205-10</td>
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<td>Larry Almberg, 43</td>
<td>Mile, 4:06.79</td>
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<td>Payton Jordan, 74</td>
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<td>Jack Greenwood, 46</td>
<td>300 hurdles 45.20</td>
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<td>1993</td>
<td>Philippas Raschker, 44</td>
<td>PV, 7-6</td>
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<td>Payton Jordan, 75</td>
<td>100, 13.4</td>
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<td>Shirley Matson, 51</td>
<td>10,000, 37:39</td>
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<td>Phil Mulkey, 61</td>
<td>Decathlon, 8,546 points</td>
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<td>Ross Carter, 80</td>
<td>Shot Put 12.27 (40-3)</td>
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<td>Phil Raschker, 47</td>
<td>Pentathlon, 4,715 points</td>
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<td>James Barrineaux, 40</td>
<td>High Jump (6-0, 7.11m)</td>
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<td>1995</td>
<td>Mary Libal, 45</td>
<td>400 (56.82)</td>
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**OUTSTANDING MULTI-EVENTS ATHLETE**

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<td>Gary Miller</td>
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<td>Christel Miller</td>
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<td>1995</td>
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**1995 AGE-GROUP AWARDS**

**Masters Track & Field Administrator of the Year**

1978 Pete Mundle
1979 Al Shahan
1980 Kathy Braiger
1981 Ruth Anderson
1982 Bruce Springbett
1983 Fred Mannis
1984 Jerry Donley
1985 Gary Miller
1986 Pete Mundel
1987 Rex Harvey
1988 Frank & Dorothy Anderson
1989 Jack Greenawald
1990 Christel Miller
1991 Jerry Wojcik
1992 Rex Harvey
1993 Phil Mulkey
1994 Phil Mulkey
1995 Sandy Pashkin

---

**Masters Track & Field Administrator of the Year**

1978 Pete Mundle
1979 Al Shahan
1980 Kathy Braiger
1981 Ruth Anderson
1982 Bruce Springbett
1983 Jack Greenawald
1984 Jerry Donley
1985 Gary Miller
1986 Pete Mundel
1987 Rex Harvey
1988 Frank & Dorothy Anderson
1989 Jack Greenawald
1990 Christel Miller
1991 Jerry Wojcik
1992 Rex Harvey
1993 Phil Mulkey
1994 Phil Mulkey
1995 Sandy Pashkin

Gateshead, England in August.

At the World Championships in Buffalo, she turned in one of the greatest performances ever seen in masters competition, winning an unprecedented nine gold and two silver medals. She captured all four jumps, the 100, 200, 60H, heptathlon and a leg of the 1600 relay, and took silver behind Libal in the 400 and in the 400 relay.

She capped a brilliant season with a world W55 100-meter record of 12.50 in Atlanta.

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

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

She also won this award in 1992 and 1994.

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

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

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

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

The Committee also selected outstanding T&F athletes in each five-year age division for both men and women in track, field, and racewalking categories (see separate charts). Those winners will receive personalized certificates at the Nationals in Spokane.
Top 1995 LDR Performers

Continued from page 1

Sal Vasquez (55, CA) was M55 best with an 8K (7:57) and 10K (33:16), and half-marathon (1:17:27, 88.7%).

Charlie Gray (40, CA) led the M40 contenders with a 5K (14:47), 10K (30:33), and half-marathon (1:08:39, 89.1%). He clocked 51:28 for 10 miles at Crim, 4:11 in the Cherry Dam 20K, and threw in a 5K (17:46, 88.6%), 10K (33:16, 88.9%), and half-marathon (1:25:37, 88.2%).

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

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

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Jim Barrinnae’s 6-11 World M40 high-jump record set at the WAVA Championships in Buffalo was voted the top single male T&F performance of 1995.

Muggy Memphis Marathon

by JANE DODS

The First Tennessee Memphis Marathon, Dec. 3, drew a record field of 1822. A revised course took runners with a 5K (18:36, 89.4%), 8K (30:19, 89.9%), and half-marathon (1:25:37, 88.2%).

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

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Krivoy, Given Top Masters in Columbus

by JERRY WOJCIECH

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

First masters runners to finish were Vladimir Krivoy, 45, of the Ukraine, who resides in Massachusetts, and Sue Given, 42, Roanoke, VA. Krivoy, 32nd overall, won with a 3:06:31. However, Sue Given on the age-graded level, 79.6% to 77.9%. Deb Caudill, 43, Cincinnati, was third with a 3:11:51.

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

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

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

**RESULTS**

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<table>
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<tr>
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<tr>
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<tr>
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<tr>
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<td>2.5%</td>
</tr>
<tr>
<td>Widowed</td>
<td>9.0%</td>
</tr>
</tbody>
</table>

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

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

A Picture Emerges

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

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

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

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

Approximately eighty-five percent of own stocks, bonds or similar investments, nearly 90% own their own home, and 48% own additional property for personal use or as an investment. These masters athletes purchase an average of 3.2 pairs of running shoes per year, nearly 60% consume soft drinks and spring or bottled water, and 45% consume alcoholic beverages.

Leisure Activities

For leisure activities, approximately 60% of these athletes spend up to 10% of their annual income, while 40% spend more than 10%. They take an average of two vacations per year, plus, there was less emphasis on reminding participants to complete the form at the 1995 meet. Over the two years, this survey has been done, all but three states have been represented, plus three foreign countries. Two-thirds of the respondents are male and one-third female.

With regard to participation in masters track and field, these athletes attend an average of 4 out-of-town competitions per year, usually accompanied by one other individual. About 55% use air travel to attend the masters championships. Of those from outside the state where the championships take place, close to 60% take part in local or regional vacation activities beyond participation in the competition. Nearly 25% spend more than $1,000 on their stay, with an additional 40% spending $400-$1,000.

An Interesting Profile

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

(Eric D. Zemper, Ph.D., is President, Exercise Research Associates of Oregon.)
International Scene
by JACQUES SERRUYS,
Vice President, WAVA
Non-Stadia Committee

WAVA Non-Stadia World Championships


The massive attention the Championships are receiving is especially based on the annual, very successful Veterans Grand Prix, held annually in Brugge at the end of June. Ever since its inaugural in 1973, this famous competition has been the meeting point for the world's leading veteran road runners. Indeed, winners of the Veterans Grand Prix include the legendary Piet Van Alphen (NED), Gaston Roelants (BEL), John Robinson (NZL), Antonio Villanueva (MEX), Tim Johnston (GBR), Gunther Mielke (USA), Mike Hurd (GBR), Omer Van Noten and Francois Blommaerts (BEL), and Klaus Goldhammer and Herbert Steffay (GER).

Based on current sign-ups, we can assure a record attendance. The original target of 4000 to 5000 participants will undoubtedly be reached. All top veterans from any age category will have the opportunity here to meet both as friends and competitors.

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

Besides the 10K and 25K, a lot of attention is directed toward the World Championship Road Walk, involving the 20K for women and 30K for men. All participants will receive the familiar, beautiful medal and the participants' listings. The final results will be available during the prize-giving ceremony on Sunday. A huge banquet ball will be held on Saturday for all participants and their families. Animation and the exquisite Belgian gastronomy should guarantee an unforgettable evening.

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

The Championships are open to all men born on June 29, 1956 or before, and to all women born June 29, 1961 or before. All competition will be held in five-year age categories, as usual. Entry forms can be obtained from Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 0-32-50-341781. Fax: 0-32-50-334325.

Executive Directors of the Championships are Jacques Serruys, WAVA Non-Stadia Vice-President, and Ms. Hannelore Guschmann, WAVA women's delegate. Also involved in the organizing committee are Non-Stadia Committee members Norm Green, Brian Keaveney, Jose Antentas and Barbara Dunsford, who will be in charge of the WAVA officials, together with Marina Hoernicke-Gil.

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

Come to Brugge and enjoy yourself.
Report From Britain

by MARTIN DUFF

The big race in the British Isles this fall was the British and Irish Cross-Country Invitational, when masters teams from the Irish Republic, Northern Ireland, England, Scotland, and Wales met at Malahide Castle, just outside Dublin, on Oct. 18. A men's race over 9K was preceded by a 6K women's competition, with nine age groups involving each country selecting, on merit, teams of six for the

HURDLES
1-16 75-79

WAUSAFT Hurdles and Implements Specifications

WOMEN

Age
Race Distance
Hurdle Distance
To 1st Hurdle
To Finish
Number of Hurdles

30-39
100m
840m
18.0m
21.0m
8.5m
10.5m
7

30-49
80m
6.72m
60.5m
50.0m
8.0m
30.0m
8

50-59
80m
6.72m
60.5m
50.0m
8.0m
30.0m
8

70 Plus
400m
762m
30.0m
45.0m
147.71m
35.0m
114.95m
40.0m
131.26m
7

MEN

Age
Race Distance
Hurdle Distance
To 1st Hurdle
To Finish
Number of Hurdles

30-39
100m
991m
39.0m
13.72m
9.14m
14.02m
10

50-59
100m
36.0m
22.0m
11.35m
8.50m
10.50m
34.5
10

60-69
100m
840m
36.0m
22.0m
11.35m
8.50m
10.50m
34.5
10

70 Plus
80m
6.72m
22.0m
11.35m
8.50m
10.50m
34.5
10

IMPLEMENT

Age
Shot Put
Discus
Hammer
Javelin

30-49
4.000
1.000
4.000
600.000

50 Plus
3.000
1.000
4.000
600.000

Men

30-49
4.000
1.000
4.000
600.000

50-59
3.000
1.000
4.000
600.000

60-69
3.000
1.000
4.000
600.000

70 Plus
3.000
1.000
4.000
600.000

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

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

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

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

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

HYTEK

Software Written for Track & Field People

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

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

FREE DEMO - (919) 633-5111
A total of 7828 readers subscribe to the National Masters News, as of Nov. 15, 1995. This is an increase of over 30% from the 6000 subscribers at the start of the year.

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

On this page is a state-by-state and regional breakdown of all subscribers. The Masters Track and Field Committee divides the USA into seven regions, each with a regional chairman. The East is the largest region with 1887 subscribers — 24.1% of the total.

NMN Subscribers Reach 7828

Next comes the West with 1577 — 20.1%. The Midwest (1137) is the third largest, followed by the Southeast (897), Mid-America (861), Southwest (858), and Northwest (577).

California has the most subscribers of any state (1335), followed by New York (858), Texas (368), Pennsylvania (318), and Florida (295).

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

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

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DEADLINE

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

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- **Results, Schedule, All-American, Letters, Publications, Editorial:**
  - Phone: 1-541-343-7716 (Jerry Wojcik, Suzi Hess & Jane Dods)
  - Fax: 1-541-343-2436
  - Mail: PO Box 50098, Eugene OR 97405
  - Shipments: 1675 Willamette Ave., Eugene, OR 97401

- **Publisher/Editor, International**
  - Phone: 1-818-981-1996 (Al Sheehan)
  - Fax: 1-818-981-1997
  - Mail: PO Box 2372, Van Nuys CA 91404
  - Shipments: 14155 Magnolia Blvd., #338, Sherman Oaks, CA 91423

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  - Phone: 1-888-760-8983 (Richard)
  - Fax: 1-888-985-1213
  - Mail: PO Box 16597, North Hollywood CA 91615
Summary of Masters Track and Field Committee Meetings

BARBARA KOUSKY, Chair, Presiding

Active Athletes

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

All-American

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

Awards

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

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

Budget

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

By-Laws

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

Championship Sites

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

SITEs of USATF NATIONAL MASTERS T&A CHAMPIONSHIPS

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<th>Meet</th>
<th>Site</th>
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<td>Greensboro NC</td>
<td>March 29-31</td>
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<tr>
<td>1996</td>
<td>Outdoor</td>
<td>Spokane WA</td>
<td>August 15-18</td>
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<td>TBA</td>
<td>March 29-31</td>
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<td>Outdoor Pentathlon</td>
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<td>Weight Throw</td>
<td>Orono ME</td>
<td>September 14</td>
</tr>
<tr>
<td>1996</td>
<td>5K Road Racewalk</td>
<td>Kingport TN</td>
<td>September 14</td>
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<td>Spokane WA</td>
<td>August 15-18</td>
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<tr>
<td>1997</td>
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<td>Columbia MD</td>
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<tr>
<td>1998</td>
<td>Outdoor</td>
<td>Orono ME</td>
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1996 Indoor Championships

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

1996 Outdoor Championships

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

1996 Decathlon/Heptathlon

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

1996 Weight Pentathlon

Set for Sept. 14 in Bozeman, Mont.

1996 Weight Throw

Set for Aug. 31 in Seattle.

Championship Rights Fee

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

Communications

John Cosgrove reported the USATF Communications Committee has disbanded.

Guests

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

Hall of Fame

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

Law and Legislation

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

Market Research

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

Masters Sports Association Trust

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

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

Continued on page 30
Minutes of Masters LDR Committee Meetings

Tues. Nov. 28, 9 a.m., Executive Committee
Chuck DeJardins, Chairman, reported on general business, including the USATF Executive Committee. Two U.S. cities are bidding for the 1999 World T&F Championships, San Jose/Stanford and Seattle. The Executive Committee will decide which city to submit at the March meeting. Bids are due April, 1996.

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

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

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

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

Tue. Nov. 28, 6 p.m.

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

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

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

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

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

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

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

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

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

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

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

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

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

Masters Hall of Fame: Marilyn Mitchell distributed the Masters Hall of Fame Guidelines and Nomination Forms which were approved at the convention last year. Marilyn read a list of those nominated so far, and after much discussion, it was agreed that a name submitted would not be a "real" nomination until documentation was also received. The nomination will remain in the database for five years.

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

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

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

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

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

![SITES OF NATIONAL CONVENTIONS](chart)

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LDR Committee Meetings

Continued from page 29

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

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

NCWAVA: Newly elected WAVA Executive Vice-President, Tom Midkiff reported on the upcoming WAVA regional track & field championships to be held in Eugene, OR, from Aug. 21-24, 1996. A new set of rules was planned for the track meet, as well as changes to the Field. There will be shuttle service from the airport, and dorms are close to the stadium.

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

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

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

WAVA Championships in South Africa: Rex Harvey previewed some tentative plans for improving the next world championships. In addition to enforcing existing rules (e.g., personal equipment need only be shared with those athletes in one's own age division), the actual competition will be expanded by a rule that a road race must be run for any better to be official. There is a new rule for multi-event athletes: it is not necessary to "attempt" every event to be scored.

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

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

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

Another complaint is that there is just so much money to go around in support of world meets, and these groups are competing with our organizations for support and participation. A motion was made that USATF seek sanctions (approval) for the Track & Field and LDR portions of national and international multi-sport events held in the U.S. and, if such sanctions are not achieved, we will publicize this fact and discourage participation. In discussing this motion, it was pointed out that it is not enforceable because the legal stand of USATF is that other organizations have the right to put on events within our sport jurisdiction. The motion was defeated. Barbara suggested that we try to work with the administrators of these events. Becky Sidney is on the steering committee of the World Games slated for Portland, OR, in mid-August of 1998. Contact her with input.

Joint session adjourned at 6 p.m.

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

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

Championship Bids: Mick Midkiff presented the bids received so far for 1996 and 1997. Approved bids are included in the total list on page 29. A motion was passed to award the Twin Cities Marathon our championship for the next five years. This precedent was set with the bid for our 1996 and 1997 bid was accepted as it was a women-only event. A motion was passed to empower our Executive Committee to accept the bid from the Army 10-Miler for 1996 and 1997, and if the Association President is able to sign an agreement with the Army on the (pending compliance with the Army of certain requirements). (See separate chart.)

Sat. Dec. 2, 9 a.m.

Meet Coordinator's Report: George Vernosky distributed copies of our 1996 budget with a current accounting of monies spent in 1995 so far. We asked for $15,000 and were granted $34,000 for 1996. The Executive committee will make the necessary adjustments. The nine previous categories have been reorganized into four. In addition to the monies from USATF, we have an additional $1,985 from the 1996 Eugene games. Administration: phone, postage, fax machine ($1,985)

Nominations/Regional meetings: executive committee, WAVA, etc. $20,515

Championships administration: awards, support, monitoring ($10,000)

Program administration: meet stats, workshops, RRCA, ultra ($7,500)

Amount requested $30,000

Granted $34,000

Budget and Finance Committee: Chairman Fred Newhouse made a short presentation about budget goals. His committee looks at how money budgeted for each USATF committee was really used. If a committee doesn't use the allotted monies one year, this doesn't mean it will be cut back the next year. A quadrennial budget plan is being considered.

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

Submitted by Carole Langenbach, Secretary

Track & Field Committee Meetings

Continued from page 28

Regional Coordinators

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

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

Relay Selection at WAVA

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

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

Meet Schedule

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

Seniors Competitions

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

WAVA North American American Championships

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

Weight Report

The Committee voted to keep the two weight championships separate at the request of Coordinator Ken Weibel.

— Marilyn Mitchell and Al Sheehan

Hawaii’s Joy Uphal-Margerum was named best W20 track and field athlete of 1995. Photo by Melanie Spoo

USATF MASTERS TRACK & FIELD COMMITTEE BUDGETS — 1995/1996

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50+ Runners To Race 2-Miles in Boston

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

Last year at GBTC, eight half-centurians covered the one-mile Sparks indoor mile mark of 4:32.84. Race Director Hugh Sweeny gave several reasons for switching the 50+ race to 2 miles this year. “Sparks took the 50+ indoor mile mark down pretty far last year, and the 50 + 2-mile record (10:07) is soft. Harvard’s 220-yard track is well suited for 2 miles and old guys our age never learned to convert from 3000 to 2 miles, but mainly I’m better at 2 miles, so 2 miles it is.”

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

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

Also on tap on the Harvard track the same weekend is the Jan. 20 Commonwealth Invitational featuring a masters (40+) mile, while the Jan. 21 GBTC fixture includes 40+ masters races at 455m, 200m, 600m, 800m, mile, shot, and 4 x 220.

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

New Jersey’s Dudley Healy was named the top M50 long distance runner of the year at the USATF Convention in Atlanta. Photo by Jerry Wojcik

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Write On!

Continued from page 4

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

Ruth Anderson
Oakland, California

Janet Pionkowski, 45, W40+
Washington, D.C. Photo by George Banker

an M70+ race to be run around 11 a.m., provided we meet two criteria: (1) put a 1/4-page ad in the race program (cost is $100, which means about $14 per runner if we can get seven runners) and (2) guarantee a minimum of seven runners for the event — but the more the better.

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

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

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

WEIGHT TRAINING

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

Mark Cwiek
Mt. Pleasant, Michigan

PRIDE OF THE FATHER

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

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

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

Not all of us can be first-place finishers, but we can be winners. For you see, a son just taught his father a lesson.

Alfonzo Wilson
Cleveland Heights, Ohio

AGE-GRADING

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

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

There would be a minimum number of points given just for finishing, points for top 10% finish, top 20%, etc. Thus, an ongoing national ranking could be developed.

Mark Haesloop
San Carlos, California

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

KUDOS

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

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

I hope to begin competing soon.

Keep up the good work.

Carlos Fraundorfer
Tampa, Florida

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

Dennis Martz
West Bloomfield, Michigan

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

Randy Ivey
C.W. Teens
Florence, South Carolina
June, 1996

**NATIONAL**

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

**EAST**

- Geary Daniels, M40-49 winner in 24:22, and Mary Dunn, W40-49 winner with a 29:49, chalked up 40 + firsts in the 500+ Mile, CT, Thanksgiving Day Road Race. The race began as a five miler, but later, official certification measured the original course as 4.748, and meet directors decided out of respect for tradition to keep the course intact. This year's race drew 10,277 registrants with 8994 finishers. Jo Marchetti lost the W40+ race to Dunn by one second with a W50-59 course record 29:50. Adeline Kearney had a CR in the W70+ race with a 4:40:17.

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

- The masters share of the 1996 Boston Marathon: total prize of $420,000 will be $47,500, $23,000 for both men and women, and $12,000 to the first 40-plus finishers.

**SOUTHEAST**


- Miriam Gordon, 70, set a U.S. W70-74 record for the 5K RW with a 32:58 in the Henry Laskai 5K, Coconut Creek, FL, Oct. 28. Overall winners were Linda Stein (46:24-26) and John Fredericks (47:25:13).

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

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

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

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

**MID AMERICA**

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

**NATIONALS**

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

**SOUTHWEST**

- Doug Bell, 44, Greeley, CO, tied his national M40-44 record with a 14:36 overall win in the New Times Phoenix 5K, Nov. 27, then ran a 32:23 in the 10K, only to be beaten for the masters title by Ken Wilson, 40, Albuquerque, who finished in 32:12. Peter Jansson, 40, of Colorado, was third (32:40). Carol McLaughlin, 44, Houston, hastened to the W40+ first in 36:53.

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

**WEST**

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

- The 1998 California Senior Games Championships have been awarded to Pasadena. Some 2000 age 50+ athletes are expected to compete in 20 events.

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

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


- The 8th annual Fay Hobbs Memorial 10K, Nov. 19, in Santa Barbara, Calif., was age-graded with Barry Molony, 44, winning in 30:54 (actual time 32:52). Gregg Horner, (41:31, 32:00AG) was second, with Pedro Gutierrez (32:45, 32:31) third.

**NORTHWEST**

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

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**Masters Age-Graded Tables**

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

- Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
- Shows how to conduct an age-graded track & field meet, road race or racewalk.
- 60 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes.

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**OPEN**

- The Cal International Marathon, held in Sacramento, Dec. 3, will be televised on the Prime Sports Network on Jan. 1 at 2pm ET/11am PT, and again that evening at 9 pm ET/6pm PT. On Jan. 2 it re-airs at midnight ET/9pm PT and on Jan. 15 at 5am ET/2am PT.
- The last course served as an Olympic qualifier for several countries and for the 100th Boston Marathon, which will also air on Prime. The event is the 10th 1995 one-hour telecast in the Gold Series, produced by Jim Raising of San Jose and Fred Aber of Foster City.

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

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

**Track and field events feature competition for men and women over 30, unless otherwise noted. Long distance events generally 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 NMM, P.O. Box 30098, Eugene OR 97405.**

#### Track & Field National

- **March 29:** USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C. SASE to Scott Thomsen, 18 Colgate Dr., Camp Hill, PA 17011-7624.
- **March 29-31:** USATF National Masters Indoor Championships, Greensboro, N.C. Ron Foster, meet director, Greensboro Sports Commission, P.O. Box 3102, Greensboro, NC 27402. 800/289-9009.
- **August 15-17:** 29th annual USATF National Masters Championships, Spokane, Wash. (The 14th may be added to make a five-day meet.) Spokane Sports Unlimited, West 3140 Fort George Wright Dr., MS 3070, Spokane WA 99204. 509/333-6344; fax 509/333-4128.
- **August 31:** USATF National Masters Weight & Sprint Weight Championships, Seattle. SASE to Ken Weinberg, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.
- **September 14:** USATF National Masters Weight Pentathlon, Bozeman, Mont. Bob Sager, meet director.

#### EAST

- **Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont:**
  - **January 5-7:** 27th Dartmouth Relays, Leweone Field House, Hanover, N.H. 200m polyurethane track. Carl Wallin, meet director, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540; 646-3570.
  - **January 7:** MAC Indoor Meet, Fairleigh Dickinson U., Hackensack. All events, incl. George Sheehan OpenInvitational Mile. SASE to Jim Mann, 722 Schaefer Ave., Oakland, NJ 07601. 201/261-7756.
  - **February 11:** Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.
  - **February 25:** MAC Masters Championships, 168th St. Armory, Manhattan Association and non-association awards. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-4233 (8 to 10 p.m. EST).
  - **March 9:** Philadelphia Masters Indoor Championships, Haverford College, Pa. 3 p.m. Age 18-Contact TBA.
  - **March 10:** Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.

#### SOUTHEAST

- **Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee:**
  - **January 9-12:** Heart of Florida Senior Games, Haines City, Alice Rogers, PO Box 1507, Haines City, FL 33845. 813/421-1893.
  - **April 5-6:** Saturday, Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibbonville, N.C. Invited guests: Janis Lutts, Brian Oldfield, Yuri Syediuk. Peter Farmer, PO Box 5821, Greensboro, NC 27419; or Jeff Gorkis, 1130 Hwy S W, Chapel Hill, NC 27516.
  - **April 22-13:** Norfolk Invitational Relays, Norfolk, Va. Joe Mack, Masters Coordinator, 404-842-5558. For pre-entry, contact Steve Riddick or Simon Hodnett, 404-843-8801.
  - **March 3-5:** 26th Southeastern Masters Meet, Raleigh, N.C. Age 20+. Includes pentathlon, weight pentathlon, 80K walk, jumps and throws clinics. Southeastern Masters, c/o Raleigh Parks and Recreation, PO Box 590, Raleigh NC 27602. Dale Smith: 919-831-6640.
  - **May 11:** Atlanta TC Meet, Julia Emmons, 1591-A, 3037 E. Nell Hurley Ave., Atlanta, GA 30305. 404-231-9065; fax 404-364-0708.
  - **June 1:** New York TC/Striders Meet, Vanderbilt U., Nashville, TN 37203. 615/742-3991.

#### MIDWEST

  - **February 27:** Lincoln-Way Masters Indoor Meet, Lincoln-Way HS, Central Campus, Route 30, New Lenox, Ill. Mike Davis, 815/485-2876(e); 815/485-7676(d).
  - **February 3:** NIFS Open Indoor Meet, 19 yrs. and up. Age division heats. Fast, banked 200m track. Events 5 pm running 6 pm. National Institute for Fitness & Sport, 250 University Blvd., Indianapolis, IN 46202. 317/274-3432.
  - **February 3:** Tennis, Illinois Masters Championships, Proviso West H.S. Hillside. USATF, Ray Vandersteen, PO Box 7019, Villa Park, IL 60181. 708-953-2052.
  - **February 17:** NIFS All-Comers Indoor Meet, 6 p.m. USATF, 7461/212/672-3991.

#### SOUTHWEST

- **January 4:** Early Morning "R" Indoor Meet, Bethel College, Minneapolis, Minn. 9 a.m. Meet in NE 36/37, Way, Minneapolis, MN 55452. 612/574-9661.
  - **May 23:** Denver TC Mile & Two Mile Runs, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).
  - **June 27:** Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).

#### ON TAP FOR JANUARY

**TRACK AND FIELD**

- The Dartmouth Relays from the 3th through the 7th open the month indoors, while the Athlete’s Foot, Rock Island, Ill., on the 6th, and the Philadelphia Meet on the 7th provide added pleasure. The 14th boasts indoor meets in Jackson, Miss., Providence, R.I., and Rochester, N.Y. The Hartford Memorial Masters Mile is set for the 29th time in Ithaca, N.Y., on the 20th. The Boston Indoor commences on the 21st at Harvard, and the Lincoln Way Meet is slated for the 27th in New Lenox, Ill. Indoor activity is available in the NYC area practically every weekend. For outdoor action, visit the Florida Senior Games, Haines City, starting on the 9th, or the College of the Desert Meet in Palm Springs on the 27th.

#### RACEWALKING

- Almost every masters indoor meet includes a 1500 mile, or 3000 racewalk.

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February 3. Olympic Developmental Clinic, James Logan H.S., Union City, Calif. 9 am 5 pm. Age levels: $10. SASE to: 305-905-9557(b); 510-471-2520;5113(c).


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Continued on next page.
February 11, USATF National Masters Half-Marathon Championships, Las Vegas, Al Boka, race director. PO Box 81262, Las Vegas, NV 89180. Phone/fax 702/876-3870.

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January, 1996

National Masters News

Page 37

M60 Roger Tsuda
M60 Edward Martin
M60 John Hagobian
M60 Thomas Pico
M60 Clarence Trang
M60 Frederick Craig
M60 Ranjana Ghose
M60 Barbara Strauss
M60 Brian Wood
M60 John Yahne

Triple Jump

M60 Walter Watson
M55 Roger Trujillo
M55 William Wood
M55 Charles Marquez
M55 Clarence Trang
M55 Frederick Craig
M55 Barbara Strauss
M55 Brian Wood
M55 John Yahne

Long Jump

M60 Walter Watson
M55 Roger Trujillo
M55 William Wood
M55 Charles Marquez
M55 Clarence Trang
M55 Frederick Craig
M55 Barbara Strauss
M55 Brian Wood
M55 John Yahne
Please send results to: National Masters News, P.O. Box 70008, Eugene, OR 97403, and to the International Masters Newsletter. Results generally do not publish results more than 3 months old. Results that are not received in final form by the deadline are listed in the general column. Deadline is the 10th of the month prior to issue date.

National Masters News

January, 1996

SOUTHEAST

Thanksgiving 10 Mile & 5K (Florida RRA Championship)

Location: Land, Nov. 23

-10 Miles

Overall

1 Steve Manen 26 5:39:12
2 Mary Aliso 32 5:39:28
3 Antonio Barrios 41 5:39:34
4 Pat Behlendorf 71 5:39:55
5 Pat Steinhorst 76 5:40:02
6 Scott Winton 61 5:40:12
7 John Giddings 51 5:40:14
8 Doug Nelson 50 5:40:15
9 Steve Vitek 62 5:40:16
10 Alistair Taylor 59 5:40:18

-5K

Overall

1 Janelle Olivas 20 17:45
2 Lisa Siegel 19 17:47
3 Lisa Pozzi 19 17:49
4 Mary Knapp 20 17:51
5 Kim Lindsley 20 17:53
6 Kathy Sandhu 20 17:55
7 Susan Boakes 21 17:57
8 Judy Mackie 21 17:59
9 Susan Brown 21 18:01
10 Dianna Lebowitz 21 18:03

NATIONAL

USATF Masters All States Cross-Country Championships Franklin Park, Boston, Nov. 18

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EAST

SWR Middle School Halloween 5K Shoreham, NY, Oct. 28

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Rockville Centre 10K Long Island, NY, Nov. 4

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NATIONAL MASTERS 8K

Cross-Country Championships Franklin Park, Boston, Nov. 18

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**January, 1996**

**Masters News**

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**SOUTHWEST**

**St. Eugene’s Vineyard Run**

**Oklahoma City, OK, Oct. 21**

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**M56 Perry Tensioin 22:24**
**M57 Bob Alboebok 27:48**
**M60 Fisher Lewis 25:37**
**M65 Robert White 36:20**
**W60 Joe Wade 30:19**

---

**Saturday Night Run**

**Tulsa, OK, 25th**

---

**Overall**

**M40 John Grieves 36:46**
**M45 Steve Fournier 34:15**
**M50 Rick Farmer 31:59**
**M60 Larry Cook 36:20**
**W50 Bob Grum 29:09**
**W60 Glenn Ball 32:22**

---

**Mission Bay 25K**

**San Diego, CA, Nov. 18**

---

**W45 Allen Lucas 19:31**
**W50 Roberta McMillian 21:41**
**W60 Heidi Finch 25:08**
**W55 Fay Wilcox 30:03**
**W70 Marie Hands 44:33**

---

**Chevron 5K**

**San Ramon, CA, Dec. 3**

---

**M40 Bryan Davis 21:07**
**M45 Mark Ramirez 17:08**
**M50 Ken Grippen 16:31**
**M60 Fred Marck 18:29**
**M70 Robert Jusk 23:09**

---

**HEALTHY NEW YEAR!**

---

**NORTHWEST**

**Wilamette Turkey Stuffer 5K**

**Siegfried, OR, Nov. 23**

---

**Overall**

**Steve Abe 14:58**
**Maria Munta 16:46**

---

**California International Marathon**

**Sacramento, CA, Dec. 3**

---

**Overall**

**Elisha Paul 2:38:31**
**Robin Rogers 2:34:27**
**Ron Henderson 2:30:19**
**Ralph Holt 2:25:39**
**John Henderson 2:20:53**

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**TALL TIMES**

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**January, 1996**

**Masters News**

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**Ralph Holt 2:25:39**
**John Henderson 2:20:53**
Sue Osborn, runner and triathlete, used the PR'Bar and Nutrition Program to lose nine pounds of body fat in just six weeks. By adhering to the 40/30/30 program, Sue knows she can easily lose those off-season pounds. Are you having trouble losing body fat or achieving the athletic goals you want? If you're working out three, four, five, or more times a week and eating a high-carbohydrate, low-fat diet, but still aren't getting the results you want, maybe it's time to consider a new approach.

The basis of the PR'Bar and Nutrition Program is to burn more stored body fat by moderating carbohydrate intake, resulting in a body with less stored fat and more endurance and energy. The average athlete has enough energy stored as body fat to do two marathons back-to-back. A diet high in carbohydrates not only inhibits your body's utilization of stored body fat, but increases fat storage and limits your endurance.

The PR'Bar and Nutrition Program provides a well-balanced ratio of carbohydrates, proteins, and fats to help you access stored body fat for energy. If you are ready to make a commitment, the PR'Bar and Nutrition Program is for you. This program provides a complete personalized plan, whether your goal is to lose excess body fat or enhance your athletic performance. Isn't it time you make the call?

Call Today. 1-800-397-5556

PR'Bars are not available in stores.

We'll Change the Way You Look with Nutrition! Voted best-tasting bar.

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