Matthews, LaVeck Top Racewalkers

Stookey, Libal Named Best 1996 T&F Athletes; Matson, Keston Top LDR Picks

Honors Also Go To Butler, Hilliard, Thornsley, Harvey, and Valien

James Stookey, 65, of Dickerson, Md., was named the outstanding age-40-and-over male track and field athlete of 1996 by the Masters Track and Field Committee of USA Track and Field, the national governing body for athletics in the United States.

Mary Libal, 46, of Corvallis, Ore., was voted the top female masters performer by the same group at the 18th annual convention of USATF in San Francisco on December 6.

The top racewalking awards went to Jonathan Matthews, 40, of Bloomington, Ind., and Bev LaVeck, 60, of Seattle.

The best single-performance-of-the-year awards were shared by Walt Butler, 55, of Altadena, Calif., for his M55 world record 14.49 in the 100m hurdles at the WAVA North American Regional Championships in Eugene, Ore., Aug. 21; and by Vanessa Hilliard, also 55, of St. Petersburg, Fla., for her W55 world record hammer throw of 21.4.

Continued on page 22

Utes, Ottaway, Romesser, Vasquez Among 27 Runners Honored at USATF Convention

Shirley Matson, 56, and John Keston 71, were among 27 runners honored by the Masters Long Distance Running Committee of USA Track and Field at its 18th annual convention in San Francisco on December 6.

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

Matson, of Moraga, Calif., set six U.S. age 55-59 age records during the year and was unbeaten in her division. She set marks in the 5K (18:27, 93.7%), 10K (37:28, 95.3%), 12K (45:41, 94.5%), 10-mile (1:04:46, 90.5%), 25K (1:41:01, 92.1%), and half-marathon (1:23:09, 93.6%).

Keston, 71, of McMinnville, Ore., again nearly became the first sub-3-hour age 70+ marathoner with a 3:00:58 (94.1%) at Twin Cities, Oct. 6. He logged a 19:18 5K (92.4%), 32:07 10K (90.9%), and 39:28 10K (93.5%).

Warren Utes, 76, of Park Forest, Ill., bettered his own U.S. record in the 5K (19:40, 97.0%), and had outstanding times in the 8K (33:22, 93.6%), 10K (41:55, 94.3%), and marathon.

Continued on page 23

Ken Weinbel Elected Masters T&F Chairman

by AL SHEAHEN

Ken Weinbel of Seattle was elected the new Chairman of the Masters Track and Field Committee at the annual convention of USA Track and Field in San Francisco, Dec. 6.

In the closest vote in the history of masters T&F, Weinbel, who has served as weight-events chairman for three years, upset incumbent Barbara Kousky of Eugene by a vote of 27-26.

Kousky had served as chair for seven years, and was seeking her fifth term.

Weinbel, who captured the M65 hammer throw bronze medal at the 1996 National Masters T&F Championships in Spokane, waged a successful campaign on a platform of pursuing national corporate sponsorship, improving communication between national, regional and association levels, and promoting visibility and image.

"It's time to put this organization on a business level," Weinbel told the INSIDE:

• Entry form for Indoor Nationals  — page 7
• Entry form for World Championships — pages 20-21
After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?
January 1997

National Masters News

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40. + 50 or + 55 (+ please check the schedule for details). Some events require advance registration. Some require a current USATF card and $10 to $15 per year, depending on the region. To inquire about a USATF card, call USATF in your area, or 317-2621-0500. There are no qualifying standards for most masters athletics events.

NATIONAL MASTERS NEWS

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

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Association of Master Athletes - USA

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

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LYING ABOUT YOUR AGE
This is an open letter to the letter by the Ravenscrofts, (Dec. issue) who was in response to Madeline Bost's "Speakers Corner" article (Nov. issue). Recapping very briefly, runner Parks (40-44 age group) asked runner Franky during a race what her age was. Franky, who beat Parks by a few seconds, told Parks she was actually 41. Bost's article was justifiably critical of such poor sportsmanship.

The Ravenscrofts don't agree with Bost's interpretation. They first question whether Parks had the right to even ask the question. Clearly there is nothing that does or should prevent one runner asking another runner a question. Freedom of speech applies even during a race. I agree with the Ravenscrofts that the runner being asked the question is not obligated to answer, but from there on the Ravenscrofts go very far off the mark in their analysis of the situation.

Franky could have simply not responded at all to the question or could have put the questioner with a response like "Just run your own race." Neither seems very friendly but both are acceptable. To intentionally lie about your age is quite a different matter. It seems to me clearly to be very unsportsmanlike conduct, not just "engaging in strategy" which is how the Ravenscrofts view it.

The Ravenscrofts then criticize Parks for running the race at less than her greatest effort. This seems completely irrelevant to the point of Bost's article. There are many legitimate situations where you run a race at less than full effort. You might be doing a 10K at marathon pace as training, testing your legs after recovery from an injury, or saving for a more important race, which in fact Parks did have coming up two days after the 10K in question.

The Ravenscrofts view both parties as being on equal moral footing when they say "We find neither action particularly admirable, but believe Franky did not violate any implicit agreement between herself and Parks." Surely this is a small minority view. Except for being too trusting of an opponent's good sportsmanship, Parks didn't do anything wrong. Franky did. I'd rather make Parks "mistake" anytime.

The Ravenscrofts then write "What if Parks had asked Franky 'Do you intend to run really fast at the end?' and Franky had said no and then really kicked in for a final sprint ... would Parks be justified in complaining about poor sportsmanship? Of course not."

What the Ravenscrofts may not realize in posing this question, which they intend to have such an "obvious" answer, is that in bicycle racing the situation they describe is a fairly common occurrence. Often a small group of cyclists will manage to break away from the main race body. By working together they can sometimes maintain or even open their gap. It is common and acceptable practice for cyclists in such a group to "cut deals" amongst themselves. Sometimes a relatively weaker rider in the breakaway group will tell the others that he doesn't intend to contest the final sprint as they near the finish line. He still stands to get a relatively high finish and doesn't threaten the others in the group for the top position. If that cyclist then does partake in the final sprint, either from a change of mind or it was his intent all along to do so, he would be held in very low regard by all who knew what he did. So if he didn't finish high in the sprint, and the story would get around very quickly in the local cycle racing community.

The Ravenscrofts do make some good points about how the problem of age group identification could best be solved by the race directors themselves. It doesn't seem very hard to do (inking on calf with age, a small age-mark tagged pinned to the back of shirt, etc.) but it seems to be done only at very high level races (national, world championships, etc.)

James Turner
Menlo Park, California

NIKE MASTERS GAMES
In 1998, the Athletics (track & field and road running) portion of the Nike World Masters Games will be held in Eugene-Springfield. We are honored to be hosting this prestigious international event.

In order to avoid any overlap with the USATF Masters National Championships in Maine, the first Athletics events in the Nike World Masters Games will begin on Monday, August 10, 1998. This supersedes any previously published schedule.

Tom Jordan & Barbara Kousky Co-Commissioners, Athletics Eugene, Oregon

POLLY CLARKE
Goodbyes are always hard to say. That is especially true when it comes to masters track and field. Because of a bad fall at age 86, I can no longer participate.

Many thanks to all directors, officials, participants, and the National Masters News. I'm very grateful to all, including my coach and husband, John Clarke.

My experiences in the running/race-walking segments of my life will never be forgotten, and the people I've met will always be very special.

PULSING TRAINING
My training buddies and I are trying to make a training schedule for the coming year. We want to train by pulse rate, but can't find literature that is helpful. If you can help us with information or suggestions, contact me at Denver TC, PO Box 9723, Denver, CO 80209.

George Linn
Denver, Colorado

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Scott, Kennedy Win National 10K X-C

by PHIL PHYTHIAN, Pacific Association LDR Chair

A big cross-country entry was held Dec. 7 on the farm – the Leland Stanford Junior University farm, that is, in Northern California.

Steve Scott, 40, of Leucadia, Calif., the U.S. open and masters mile record holder, and Chris Kennedy of Sunnyvale, Calif., were first overall in their respective 10K events at this year's USATF National Championships.

The two masters races capped a day of competition on a challenging, hilly course over the Stanford golf links. Earlier in the day, men's and women's junior and open championship races were held.

The event, jointly hosted by USATF Pacific Association and Stanford U., was a major undertaking with over 800 runners of all ages competing in seven different races of distances varying from 5.3K to 10K. The youngest was age 14, and the oldest was 82-year-old Dudley Healey of New Jersey.

A strong field made for an exciting M40 race that saw Scott take it out hard with Miguel Tibaduiza, 40, of Reno, Nev., on this shoulder for the first few miles. Scott's Toddy Toads teammate, John Konigh, wasn't far behind.

When the runners reached the fairly steep fairway hills in the third mile, Scott opened a gap and extended it as the race progressed. He won in 32:09 with Konigh second (32:24) and Tibaduiza third (32:30). Fifteen M40 runners were under 34 minutes on a tough course.

As a side note, 17 hours later, Tibaduiza ran the 6-lane, lightly-banked, 200-meter Mondo track, 800-meter race that saw runners were under 34 minutes on a tough course.

Indoor Nationals Set for Boston

With less than three months to go, Boston is anticipating up to 800 athletes – age-30-and-over, from most of the 50 states – to participate in the 1997 USATF National Masters Indoor Track and Field Championships.

The meet will be held in the Reggie Lewis Track & Athletic Center in Roxbury, a Boston suburb, on March 21-23.

The track is a 6-lane, lightly-banked, 200-meter Mondo track, 8 lanes on the straightaway.

TRACS, Inc., a professional athletic consulting company, will direct the meet, which is hosted by the Boston Running Club in cooperation with USATF New England.

The Sheraton Boston, located at 39 Dalton St. in the Back Bay section of Boston (800-325-3535), will be the meet headquarters ($115/night). The hotel is six miles from Logan Airport. A shuttle will take athletes the three miles from the Sheraton to the track. The airport is only two miles from downtown Boston.

Marathon Tours (800-444-4097) has available information for air travel and accommodation needs. ( Mention the meet.) Or call the Boston Convention & Visitors Bureau at 800-888-5515. For meet info, call 800-761-5787. (In Mass., dial 617-332-3919) Web site: http://www.brc.org Fax: 617-964-8536.

The only qualifications required to enter the meet are to be age 30 or older on March 21, 1997, be a member of USA Track & Field (if a U.S. citizen; foreigners are not required to join USATF), and be physically able to compete.

The official entry form is printed on page 7.
Revisiting the D-D-D-Dynamic Ds

As we move into a new year, I thought it an appropriate time to revisit the 25 Dynamic Ds that I first presented here in 1981, and then revised in this column 12 years ago. This one is revised even more. The intent is to use these 25 Ds as a check list in making your resolutions for 1997 or in setting your athletic goals. You might want to rate yourself on the following scale and then grade yourself at the end by using this scale: 5-absolutely; 4-fairly certain; 3-I think so; 2-not sure; 1-doubt it; 0-no way.

1. Define - Have you defined your goals? Have you spelled out exactly what you hope to achieve? Do you desire and are determined? Are you prepared to dedicate yourself to pursuing commitment to carry it out. Are you being realistic?

2. Destiny - Now that you've defined it, ask yourself if you really have what it takes to do it. Maybe you're too big, too small, too young, too old, or too busy with other things to carry it out. Are you being realistic?

3. Desire - Are you really hungry for it? Do you wake up thinking about it and go to bed with it still on your mind?

4. Determination - Wanting it is one thing; being prepared to make all the necessary sacrifices is something else. Are you really determined?

5. Dedication - If you have the desire and are determined, are you ready to dedicate yourself to pursuing the goal? This means making adjustments in your lifestyle and eliminating as many conflicts as possible.

6. Decision - If you haven't placed a "5" after each of the above categories, then go no further. You won't succeed. If you have, then this is the commitment step, the one in which you decide to go for it or retreat and think about something else. Is the commitment made?

7. Dream - You must now begin to visualize yourself doing it in perfect rhythm and harmony. Can you see it?

8. Design - Have you designed a plan or program? Is it specific enough?

9. Division - Have you established intermediate goals so that you don't lose interest or momentum as you pursue your ultimate goal?

10. Discipline - Are you prepared to exercise self-control in ways that are correct, mold, or strengthen your habits?

11. Dare - Are you aware of all the risks that must be undertaken? Are you prepared to take all necessary risks?

12. Defy - Are you prepared to stand up to those who try to obstruct your progress?

13. Diligence - While assuming risks and standing up to others who get in your way are often necessary, wanton disregard for one's safety, health or well being is not. Can you walk the thin line between recklessness and superfluous caution?

14. Development - This means long, arduous training. Do you have the patience necessary to undergo this training?

15. Drive - You can't effectively develop in a plodding manner. Are you prepared to pursue your goal with vigor, spirit, and intensity?

16. Depth - There will be times when you must dig deep into your reserves and hurt a little. Are you willing to do this?

17. Distance - Is this the quantity aspect to the training? Do you have the time to put in the hours or miles necessary to achieve your goal?

18. Dash - Quality is the other side of the coin. Does your training program have enough quality time built into it?

19. Distribute - This is the pacing aspect. Are you prepared to distribute your efforts in an effective manner - not only in the workout itself, but throughout the week, the month, the year?

20. Diet - You don't run a high-powered engine on low-grade gasoline. Have you worked out a dietary plan to be sure you get the right nutrients and proper amount of calories?

21. Document - Do you plan to document your progress, noting what seems to be working and what doesn't?

22. Discern - Are you flexible enough that you'll be able to effectively monitor your progress and make changes in your program along the way?

23. Divine - You can interpret this one in your own way, but you might stop and ask yourself if, in spite of the perhaps selfish nature of your pursuit, you'll still have enough time and energy "to give unto others . . ." Will you?

24. Delight - "Drudgery" is not one of the Ds. Although it's going to be a lot of hard work and involve a lot of discomfort and inconvenience, will you be able to take pleasure in the pursuit, savoring those moments of complete release that follow a hard workout?

25. Divine - You can interpret this one in your own way, but you might stop and ask yourself if, in spite of the perhaps selfish nature of your pursuit, you'll still have enough time and energy "to give unto others . . ." Will you?

Now, score yourself. There are 145 possible points. If you have scored 140 or better, there are three possibilities: (1) Your goals are not tough enough; 2) You are not being very realistic; 3) You have what it takes and should go for it. If your score is under 140, you should rethink your goals.
NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
March 21-23, Reggie Lewis Track & Athletic Center, Boston, MA
Directed by TRACS, INC., Hosted by the Boston Running Club
In cooperation with USATF-New England

MEET SCHEDULE
FRIDAY, March 21
4:30 PM Track Registration 3 PM Field
3000 Meters All
4:00 PM Pole Vault Men 60+ Women
Weight Women
Triple Jump Men
6:00 PM Pole Vault Women
Weight Women
Triple Jump Men 60+
SATURDAY, March 22
9:00 AM Track Registration 8 AM Field
60 Meters Preliminary Women
11:00 AM 60 Meters Women
11:45 AM Mile Women
2:00 PM 400 Meters Men
6:00 PM 400 Meters Women
5:00 PM 4 x 400 All
MEET INFORMATION:
• ELIGIBILITY: Open to ALL men & women 30 years of age & older, including non-US citizens. Individuals will compete in 5-year age groups, relays in 10-year age groups. 1997 USATF members are eligible at no meet for $15. USATF competition rules.
• ENTRY: Deadline is March 1, 1997. Fees: $25 for the first event, $15 for each additional event. Late fee of $10 per event after March 1st. No entries accepted after March 14. Relay registration on site only ($40). Entry fees are non-refundable and must be included with entry application. Entry fee includes admission for 2 to the Championships, additional tickets are $5/day, children under 12 free. No additions/changes after entry deadline.
• AWARDs: USATF Championship medals will be awarded to the first three places in each age group/event.
• RELAYS: Maximum: 6 lane, lightly banked 200 meter Mondo track, 8 lanes on the straights.
• EQUIPMENT: Spikes acceptable only. Spikes, weights, bag weights, bags, and pole vaults must be commercial quality. Spikes, weights, and bag weights must weigh no more than 40 pounds, and be soft-shelled. Spikes: 7/8 inch (18mm) or more. Pole vaults: 30 lb., and be commercially acceptable. No hexagonal elements.
• RESULTs: Mailed to all competitors, on line. http://www.brc.org. Automatic timing by FinishXyl operated by Flash Results.
• SOUTENORS: A wide variety of meet apparel & memorabilia will be available.
• MEET HOTEL: Sheraton Boston, (617) 236-2000, 39 Dalton St, Boston 02119. 2 miles from track. A world class hotel located near all the attractions. Mention the Championships at the time of your reservation in order to get the special rate.
• TRAVEL INFORMATION: Marathon Tours, (800) 444-4097 has available information for your air travel and accommodation needs, mention the National Masters. Boston Convention & Visitors Bureau at (800) 888-5515.
• MEET INFORMATION: Call (617) 332-3919, outside MA (800) 761-5787; web site: http://www.brc.org. (617) 964-8356.
• FRIENDS of THE NATIONAL MASTERS CHAMPIONSHIPS: Help ensure the high quality of these Championships and future meets with a donation. There are three levels from which to choose: GOLD $100, SILVER $50, BRONZE $25. Gold level contributors will receive a meet event shirt and pin. Silver level contributors receive a meet T-shirt and lapel pin. Bronze level contributors receive a meet T-shirt, lapel pin and receive a full set of meet results.

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March 21-23, Reggie Lewis Track & Athletic Center, Boston, MA
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9:00 AM Track Registration 8 AM Field
60 Meters Preliminary Women
11:00 AM 60 Meters Women
11:45 AM Mile Women
2:00 PM 400 Meters Men
6:00 PM 400 Meters Women
5:00 PM 4 x 400 All
MEET INFORMATION:
• ELIGIBILITY: Open to ALL men & women 30 years of age & older, including non-US citizens. Individuals will compete in 5-year age groups, relays in 10-year age groups. 1997 USATF members are eligible at no meet for $15. USATF competition rules.
• ENTRY: Deadline is March 1, 1997. Fees: $25 for the first event, $15 for each additional event. Late fee of $10 per event after March 1st. No entries accepted after March 14. Relay registration on site only ($40). Entry fees are non-refundable and must be included with entry application. Entry fee includes admission for 2 to the Championships, additional tickets are $5/day, children under 12 free. No additions/changes after entry deadline.
• AWARDs: USATF Championship medals will be awarded to the first three places in each age group/event.
• RELAYS: Maximum: 6 lane, lightly banked 200 meter Mondo track, 8 lanes on the straights.
• EQUIPMENT: Spikes acceptable only. Spikes, weights, bag weights, bags, and pole vaults must be commercial quality. Spikes, weights, and bag weights must weigh no more than 40 pounds, and be soft-shelled. Spikes: 7/8 inch (18mm) or more. Pole vaults: 30 lb., and be commercially acceptable. No hexagonal elements.
• RESULTs: Mailed to all competitors, on line. http://www.brc.org. Automatic timing by FinishXyl operated by Flash Results.
• SOUTENORS: A wide variety of meet apparel & memorabilia will be available.
• MEET HOTEL: Sheraton Boston, (617) 236-2000, 39 Dalton St, Boston 02119. 2 miles from track. A world class hotel located near all the attractions. Mention the Championships at the time of your reservation in order to get the special rate.
• TRAVEL INFORMATION: Marathon Tours, (800) 444-4097 has available information for your air travel and accommodation needs, mention the National Masters. Boston Convention & Visitors Bureau at (800) 888-5515.
• MEET INFORMATION: Call (617) 332-3919, outside MA (800) 761-5787; web site: http://www.brc.org. (617) 964-8356.
• FRIENDS of THE NATIONAL MASTERS CHAMPIONSHIPS: Help ensure the high quality of these Championships and future meets with a donation. There are three levels from which to choose: GOLD $100, SILVER $50, BRONZE $25. Gold level contributors will receive a meet event shirt and pin. Silver level contributors receive a meet T-shirt and lapel pin. Bronze level contributors receive a meet T-shirt, lapel pin and receive a full set of meet results.

ENTRY FORM

NAME
ADDRESS
CITY ST ZIP PHONE
AGE/SEX DATE/SEX/ BIRTH
$USATF
MALE FEMALE
TOTAL NUMBER
AMOUNT
T-SHIRT ORDER (1 PER EVENT)
SM MED LG XL XXL
TOTAL FEES
$5.00

MAKE CHECKS PAYABLE TO: National Master Indoor Championships (NMIC). Fees must be paid prior to meet & checks must be drawn from US banks. No faxed entries. No additional events may be entered once entry deadline has passed 3/14/97. Fill out entry form completely or it will be returned.

MAIL TO: National Masters Indoor Championships, 79 Main Rd, Chestnut Hill, MA 02167.


Assumption of Risk: I hereby declare that I am in good health & properly conditioned for the competition & that I am the stated age on this application. I also verify that I am registered with USATF. In consideration of my acceptance for participation in the National Masters Indoor Championships in Boston, MA, I hereby, for myself & anyone entitled to compensation from, waive & release & agree to hold harmless the organizers, sponsors & officials of the championships, in the event of any kind which may arise or be occasioned in any way or by reason of my travel, participation in the competition. I authorize & grant permission to request emergency medical treatment or any necessary treatment or care by any medical doctor or any dentist, or any other medical officer & I hereby acknowledge that I am fully aware of and consent to all of the above.

APPLICANT SIGNATURE
DATE

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Black Toenail Syndrome

Q I'm a 63-year-old runner. A few months ago, I decided to increase my speed workouts and mileage. Everything has been going along fine except that lately I've noticed several of my toes on both feet have started turning black. What's going on and what can I do to stop it?

A Black toenail syndrome or "runners' toes" is one of the most common ailments among masters runners. These are thick, discolored toes that usually develop in the manner you described — after an increase in speed and mileage.

The blackness usually occurs on the first and second toes. The cause is often a poorly-fitted shoe. The toe is forced to rub up against the end of the shoe, and the nail — and the nail bed — become traumatized. This results in bleeding beneath the toenail which creates the "blackish-blue" appearance.

When this happens, the toe becomes very sore to the touch. The best treatment is to make a small hole under the nail and drain out the bloody residue. Afterwards, apply an antibiotic such as Betadine to reduce the chance for infection. If the nail is in very bad shape, I would also suggest removing it. Apply an antibiotic and sterile dressing or band aid.

Obviously, to avoid this condition in the future, purchase better-fitting shoes. Allow at least 1/4" between the end of the toe and the end of the shoe. Apply vaseline to the toe area before running, and be sure to wear a good sock with a high cotton content for even more protection.

Keep the nail filed down as thinly as possible. This will prevent fungus from invading the traumatized area and creating that thick, discolored look.

Some runners are more prone to this condition than others — especially those with an elongated second toe (Morton's Syndrome) that protrudes out further than the others. If you are among this group, the most important aspect of treatment is to size your shoes properly and apply heavy layers of vaseline to the area before running.

(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 97403.)
Weinbel Elected

Continued from page 1

January 1997
National Masters News

Continued from page 1

group before the vote. "We have a big opportunity to bring the baby boomers into our program, and we need a business plan to prepare for them."

A successful businessman, Weinbel has had 20 years experience in design, manufacturing and construction of athletic facilities. He has been the President of the Rekortan Sports Corporation of Seattle, the Director of Marketing of Rubatuf Sports, and a Vice-President of Martin Surfacing, Inc., among other executive positions.

He was the head track and field coach at Dartmouth College in New Hampshire, and has 40 years experience as an athlete, coach and administrator. He is a certified USATF official.

Weinbel promised he could deliver sponsorship during his term in office.

Kousky's role in that campaign may ultimately have had an effect on her masters T&F position. In talking with more than 15 delegates after the one-vote margin was announced, few were willing to be quoted, for fear of offending either party.

No One Over-riding Issue

They all agreed, however, that there was no one over-riding reason for Weinbel's narrow win, but rather an accumulation of things.

Among the reasons cited were:
1) Weinbel's speech before the vote, promising sponsorship and a business-like approach to bringing in new participants to the program.
2) The belief that the meetings were run too leisurely and with not enough attention paid to Robert's Rules of Order.
3) The perception that appointments by the Chair were sometimes made to achieve gender balance rather than on merit.

Continued on page 25
1996 Masters Racewalk Report

This month's column is by Bev LaVeck, the racewalking liaison between the USATF Masters T&F Committee, which has jurisdiction over masters racewalking, and the USATF Racewalking Committee, which has jurisdiction over the youth and open divisions in racewalking.

The main topic of this year's report has to do with the identity of racewalking. In recent years there has been an influential belief in measuring "progress" by the increasing numbers of recreational walkers, by the growth of racewalk clinics in local associations and by the exposure of walking in health-related publications and on other media. Growth may be becoming a substitute for competitiveness in international racing as a measure of progress.

The USATF Racewalking Committee is composed of people who are energetically motivated to contribute to the sport. The most likely way to contribute is to promote racewalking locally by holding clinics and events. Many are very successful in developing large clubs or programs with many walkers. The people most likely to be drawn to these events are near age 40, many considerably older. And a number of these may be neither motivated or encouraged to learn correct, legal racewalking technique. In other words, an increasing number of racewalkers are health/fitness/recreational walkers (which is fine and worthwhile), or obsessed with speed. However, their satisfaction with judged, competitive racewalking, as we know it, is questionable.

Serious Judging

Although I haven't heard much talk of this, I suspect a parallel development is the gradual willingness to judge masters racewalkers seriously. It used to be common for judges to leave while masters were competing, to look away, and to hold a sort of patronizing "at least you're out there" or "they came so far" attitude.

I am sure I'm not the only judge to tire of constantly reinventing the degree of illegality I'll permit in a masters racewalker (with a significant number of racewalkers violating the straight-leg rule). And I am tired of developing criteria for "excusing" some bent knees (e.g., the walker isn't gaining an advantage).

I have tolerated some bent knees because they weren't quite as bad as others. And I'll admit that I've let affection for some of my favorite "emeritus" walkers restrain my calls. But, over time, this is even more uncomfortable than making hard calls.

Walkers are attributing the increasing numbers of DQ calls to the change in the rules. True, the straight-leg-on-contact rule makes bent knees clearer and sometimes more uncomfortable than making hard calls.

Walkers are attributing the increasing numbers of DQ calls to the change in the rules. True, the straight-leg-on-contact rule makes bent knees clearer and sometimes more uncomfortable than making hard calls.

We're seeing a strong negative reaction to tougher judging by some high-level vocal racewalkers as well as meet directors who are inclined to want to manage the DQs so as to have happier competitors. These protesters are very detrimental to the willingness of judges to volunteer their time, money, good intentions and expertise.

Participation vs. Competition

Both Masters T&F and The Racewalking Committee are going to have to decide whether their main mission is to provide participation opportunities for a large number of people, or to provide high quality development and competitive opportunities for (probably) fewer. A lot can be said for both missions, but they are different.

A large fitness-walking body won't help the emergence and development of young competitive racewalkers, unless youth development is also a priority of the organizers of fitness walkers. There is not much evidence that young elite racewalkers bubble up out of recreation/fitness racewalking.

Most racewalkers in local programs are too busy with jobs, family, "life", and/or too serious about their own training, to form a consistent support system (coaching, officiating, etc.) for young racewalkers.

Perhaps a significant amount of committee energy can be devoted to both "elite" and "mass" programs, but...
Racewalking

Continued from page 10

There were 39 masters records ready to be submitted for ratification at the Convention and an additional 20 or so that lacked satisfactory documentation. This brings the total of possible new USATF masters and age 35-39 marks to approximately 60 - the same as in the past two years. A few possible records set on foreign soil are in the "maybe-you-shouldn't-hold-your-breath" pile, verifying that course certification, laps and timing are especially problematic for races abroad.

Masters Statistics

Although there were fewer race-walkers competing in the 1996 Masters T&F Championship in Spokane than in 1992 (Spokane) and 1994 (Eugene), the total number of participants in the meet was also less. Proportionally, the number of race-walkers has remained the same: the 5000 meter racewalk drew 11-12% of the total number of competitors in all events each year and the 10K/20K road walks drew 8-9%.

Looking at the ages of competitors all 1996 USATF masters championships, the 45-49-year-old men and women are the largest group - same as in 1995 - with most men between 45-75 and most women between 35-65.

In consideration of my entry in the Reno Nevada Silver State Indoor Masters Classic at the University of Nevada Bill Cosby Wooden Track (the same facilities used in the 1995 National Masters Indoor Championships).

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

WHEN: February 16, 1997 (SUNDAY) TIME: 7:30 a.m.

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

FEES: $15.00 for first event, $10.00 each thereafter - Relays $20.00 per team.

DEADLINES: Registration must be received by Saturday Feb. 8, 1997 for final schedule.

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

RUNNING EVENTS

3000m Racewalk - 8:30
3000m Run - 9:15
60m Dash - 10:00
800m Run - 10:45
Relays as requested (4 X 200, 4 X 400, 4 X 800) - 2:00

200m Dash - 11:15
1500m Run - 11:45
60m Hurdles - 1:00
400m Dash - 1:30

FIELD EVENTS

Weigh-In and measure - 8:45
Pole Vault - 9:30
Long Jump - 9:30, followed by Triple Jump
Shot Put - 9:30, followed by Wt. Throw then Super Wt. Throw
High Jump - 10:45

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

NAME ______________________

ADDRESS _______________________________________________________

CITY/STATE ______________________________________________________

CLUB AFFILIATION ___________________ USA/T&F *

DATE OF BIRTH ____________________ AGE ______ PHONE # ____________

EVENTS ENTERED: 1ST 2ND 3RD 4TH 5TH

BEST RECENT PERFORMANCE: ________________________________

COMPETITORS # Official Use

WAIVER AND MEDICAL TREATMENT AUTHORIZATION

In consideration of my entry in the Reno Nevada Silver State Indoor Masters Classic at the University of Nevada Bill Cosby Track, Reno, Nevada, on February 16, 1997, I intend to be legally bound, and I do hereby for myself and anyone entitled to act in my behalf, waive and release the University of Nevada, the Silver State Striders, the City of Reno, all Sponsors and their Representatives and Successors from all claims and/or liabilities of any kind arising from my travel to and participation in the meet. I grant permission to all of foregoing parties to use any photographs, video or motion pictures, record of any other record of the meet for any legitimate reason. I understand that all entry fees are final with no refunds. It is understood that this meet will entail physical activity and that various injuries may result. I certify that I am properly conditioned and have no physical injuries or defects that will preclude me competing. I authorize the Track Committee and its agents permission to request emergency medical treatment or care as necessary to assure my well-being.

Applicant Signature __________________________ Date ____________
Revolution in San Francisco

I was hosting a Chat Room session for Runner's World Daily on America Online. About a dozen runners had accessed the session via their home computers on a Wednesday evening. The sports news that morning had carried the story of Ollan Cassell having been deposed as executive director of USA Track & Field at that organization's annual convention in San Francisco. I asked those who had met me online to chat what they thought about Cassell's ouster.

I stared at my computer, waiting for their responses.

Cassell, the long-time head of the Amateur Athletic Union (AAU) – then the Athletics Congress (TAC) and renamed USA Track & Field (USATF) – lost in a 52-34 vote of the organization's board of directors that Runner's World Daily reporter Jim Fersle described as both "intense" and "tense." The board in San Francisco voted not to renew Cassell's contract, search for a new director. Retiring president Larry Ellis stated: "We've got to learn to cooperate and work with each other." Women's long-long distance running chairman Julia Emmons told Fersle: "Many of us, privately, have been thinking about the vote and worrying about the aftermath."

Ironically, the following day, convention delegates ousted Emmons from her position, replacing her with Houston's Carol McLatchie, a three-time competitor in the Olympic Marathon Trials. To complete the carnage, delegates later removed Barbara Kousky from her position as chairman of the masters track and field committee. The new chairman is Seattle's Ken Weinbel, previously chairman of Weight Events. In another vote, Suzy Hess replaced Marilyn Mitchell as secretary of the masters committee. "This is the strangest convention I've ever seen," commented Pete Cava, the USATF media director.

Juicy Stuff

This was juicy stuff, I thought, wondering what if those who had joined me in the Runner's World Daily Chat Room agreed. As moderator, I had decided to introduce the subject by typing into my computer: "How many of you know who Ollan Cassell is?" As my question appeared online and on my own computer screen, I continued to wait for a response. It was slow in coming.

Inevitably, only one person correctly identified Cassell as executive director of USATF. Nobody else apparently knew, or seemed to care. What had appeared to me monumental changes for USATF failed to trigger the interest of at least this small group of runners, who preferred talking about their most recent knee injuries or their next marathons.

Discussing the changes initiated in San Francisco later by email with Runner's World columnist Joe Henderson, I commented that replacing Cassell as executive director probably would have little effect on the organization, or our sport. "Cassell did not cause all of the problems associated today with the marketing of track and field, nor will removing him cure them," I said. One of the main problems is the indifference not merely of the American public, but the indifference of rank-and-file runners, who are more interested in training for their next 5K or marathon than watching Carl Lewis and Michael Johnson compete for glory and bucks, either in person or on TV.

As both an athlete and a reporter, I have had no love for Ollan Cassell. Our relationship has been at worst contentious, at best tolerant of each other, at no times particularly friendly. Yet, I also had no great desire or interest in seeing him deposed. That could be a sign of the indifference felt by my fellow road runner.

Common Coach

Coincidentally, Ollan and I shared the same coach in the early 1960s: Fred Will, an Olympic distance runner, FBI agent and, later, women's coach at Purdue University. I came close to making the Olympic team in the marathon in 1964; Ollan made that team as a member of the 4x400 meters relay. Cassell, who preferred talking about their most recent knee injuries or their next marathons.

ironically, several years later, it was Cassell who spearheaded the split that resulted in TAC (now USATF) separating itself from the old AAU. Some years later, I was assigned by The Runner to write an article about Cassell. We met in his office in Indianapolis. Neither of us mentioned our previous angry exchanges. I didn't feel it was worth opening old wounds; apparently, neither did he. Later encounters between the two of us have been reasonably cordial. The most recent one was last year at the

On The Run

Continued from page 12

Women’s Olympic Trials in Columbia, South Carolina, walking along the street after Jenny Spangler’s surprise victory. We shared comments on how exciting the race had been. It was about a 30-second encounter, and then our paths separated.

Gently into the Night

Ollan Cassell may or may not go gently into that good night, as described by Dylan Thomas. I suspect Cassell will not stick around until the March 31, 1998 expiration date of his contract. Because of his longevity at the top of USATF, as well as because of his contacts within IAAF circles, he probably will smoothly shift to a job with some sports organization that will bring him more money, if not more power.

If you’re looking for a precedent, consider how quickly, after Spiro Angew was removed as Vice President of the United States, he was able to obtain consulting assignments with various international oil moguls. Emmons and Kousky probably will not do quite as well, but that’s the difference between retiring as a Lieutenant and retiring as a General.

Will the passing of Cassell (and Emmons and Kousky) signal any change in the marketing and administering either of track and field or distance running and their masters equivalents? The bureaucracy remains. How did the rock group The Who put it in song? “Meet the New Boss! Same as the Old Boss!”

Whoever takes over the leadership of USATF and its various committees certainly will try to cure what everybody acknowledges is our sport’s major problem: the indifference of the general public and sponsors. But maybe a greater problem, which may be more difficult to solve, is the indifference of those participating in the Runner’s World Daily Chat Room, who didn’t hear of Ollan Cassell, didn’t really care to discuss him and his troubles, and would just as soon talk about training for their next 5K or marathon.

And, in retrospect, that’s not entirely bad. (Hal Higdon is Senior Writer for Runner’s World and a four-time world masters champion in the 3000 meter steeplechase and marathon.)

Subscription Problems?

Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Richard Magana, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.
The Weight Room
by JERRY WOJCIK

Shake Up in Baghdad By The Bay

Two shocks jolted San Francisco's Westin St. Francis Hotel during the 1996 USATF Annual Meeting. The first one hit about midday on Tuesday, Dec. 3, when the Board of Directors voted 52-34 not to extend the contract of Ollan Cassell, who has held the office of USATF Executive Director for over 30 years. Prior to the meeting, the USATF Executive Committee had voted 12-9 to terminate his contract, which runs through March 1998.

The second tremor hit on Friday, Dec. 6, when, coming out of the forest (those that haven't been clear cut) of the Northwest - actually, Seattle - like the elusive Sasquatch, Ken Weinbel challenged Masters T&F Chair Barbara Kousky, who had held the office for seven years. Unlike the evasive, malodorous Bigfoot, however, Weinbel won't be disappearing into the misty groves of the Northwest after Regional Championships, and served as consultant and contractor for the Montreal and Los Angeles Olympic venues.

In another surprise, Suzy Hess, also an active thrower, was elected as Masters T&F Committee Secretary. Throwing Rules

In between the voting jolts, less tremulous decisions on rules and regulations affecting throwers were acted on by the committee.

A proposal to delete the super-weight as a mandatory indoor championships event was rejected. Opponents argued that because the superweight is rarely contested indoors for lack of adequate facility anyway, why require it on the indoor schedule? Opponents argued that, historically, the SW was rarely thrown indoors; neither, for that matter, was the weight. However, the committee adopted a proposal to remove the SW as mandatory in regional and association level meets, reasoning that such a requirement was an economic and facility burden on directors of small meets.

The pre-1991 600g javelin is no longer legal, in conformance with IAAF and WAVA specifications; the submission stated that six years was sufficient time to come into compliance.

An amendment to make the 20-lb. weight the standard for all women age-30-and-over was defeated. Proponents stated that the 16-lb. indoor weight is not readily available. The weight specs for women - when contested as an individual event and not in a weight pentathlon - remain at 20-lb. for W30-49, and 16-lb. for W50+.

These amendments to rules regarding the shot were adopted: the maximum diameter for all outdoor shots shall be 130mm for men and 110mm for women; and (I'm quoting from the "1996 Rules Committee Report - Amended Items" sheet available at the end of the convention). "The diameter for a synthetic covered indoor shot can be a maximum of 15mm larger than the corresponding outdoor men's shot and 20mm larger than the corresponding outdoor women's shot. Weight bags have no diameter requirement."

A proposal, mentioned in my November column, to change the M50-59 javelin from 800g to 700g never hit the floor, nor did any discussion on combining the national weight pentathlon championships with the outdoor championships.

Throwing Laurels

Congratulations to Vanessa Hilliard, W55, Florida, whose age-graded 100+% 156-8 hammer toss was the Outstanding Single Performance by a woman in 1996. Other women throwers honored were Carole Finsrud, W50, Texas; Joan Stratton, W40, Arizona; Margaret Hinton, W75, Texas; and Betty Jarvis, W80, Colorado.

Male throwers selected for age-group awards were Tom Gage, M50, Montana; Vince Sempronio, M70, Oregon, who was chosen as outstanding field eventer for his AR high jump but is a highly-ranked thrower and beat me at the 1995 Hayward Meet before he did me a favor by graduating Colorado.

We're Going to Disney World!

A group from the Orlando, Fla., area, which won the bid for the 1999 Masters Outdoor Championships, is expected to bid for the 1997 Weight Pentathlon to take place sometime in the late fall or early winter.

COMING NEXT MONTH

- 5-Year Age-Group World and USA Indoor T&F Records
NMN Subscribers Reach 7836

A total of 7836 readers subscribe to the National Masters News as of Dec. 1, 1996.

This is a slight increase over the 7828 at this time last year, and an increase of 31% from 5950 subscribers at the end of 1994.

Much of the increase has resulted from the monthly insert card in Runner's World. Of the first 7707 Runner’s World readers who accepted our offer to receive a free issue, 2559 (33%) have become paid subscribers.

Of the first 1379 Runner's World subscribers who came up for renewal, 542 (39%) converted and paid.

The average renewal rate for all subscribers for the past six months is 72%.

On this page are state-by-state and regional breakdowns of all subscribers.

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

The East is the largest region with 1832 subscribers – 23.4% of the total. Next comes the West with 1661 (21.2%). The Midwest (1104) is the third largest, followed by the Southwest (600), Southeast (595), and Northwest (595).

The West showed the biggest increase (5.3%) from last year, followed by the Northwest (3.1%), Southeast (2.6%), Mid-America (2.1%), and Southwest (1.1%). The East and Midwest both showed decreases of 2.9%.

California has the most subscribers (1375) of any state, followed by New York (547), Texas (390), Florida (300), and New Jersey (299).

Nevada showed the biggest increase (30%) from last year, followed by Arizona (15.8%), Rhode Island (15.2%), North Carolina (14.4%), West Virginia (12.9%), and Idaho (12.1%). The biggest drops came from D.C. (13.3%), Oklahoma (11.4%), Arkansas (9.8%), Indiana (7.9%), and Pennsylvania (7.9%).

USA subscribers comprise 94.3% of the total. Canada (157, 2.0%) and foreign subscribers (288, 3.7%) make up the rest. Canadian subscribers fell off 11.3% from 1995, while foreign readership dipped 10%.

On page 28 are the USATF membership totals by association as of October 31, 1996. Total membership is 125,039, up a startling 29.2% from 1995. The largest increases were from Maine (718%), Oklahoma (298%), Wyoming (210%), and New England (105%).

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**Training Advice**

by ROSS DUNTON

Mechanics of Track and Field

By education and experience, my background is in mechanical engineering. I have studied mechanics and used those basic fundamentals when doing engineering design. Not until I attended the USATF Level II coaching school did I ever consider applying mechanics to participation in track and field.

Newton's Law Number III states that a body in motion continues in motion in the same direction. When running a curve, you do not continue in motion in the same direction. You need to change direction slightly on every stride. The problem is how to get the body to do this more easily and efficiently. In accord with Law Number III, what needs to be done is to cause an action that will produce the wanted reaction.

The next time you run a curve at a relatively high rate of speed, the motion of your right arm should be down and out, away from the body. The hand should go below the waist, behind and out from the hip. By throwing the arm outward, you are forcing the body to produce an equal and opposite reaction. This actually forces the left knee and foot inward and propels the body into the curve. Simple as this is, it works.

Heel Lift

Another critical item relating to mechanics is heel lift. To get a maximum turnover rate, it is necessary to get a proper heel lift. However, this does shorten the distance from the hip pivot-point to foot as the foot comes forward and passes under the body. Since the lever length (pivot-point to foot tip) is shorter, the foot will come through more quickly and produce a quicker stride. Be careful not to exaggerate the back kick because this will produce a skewed motion. The foot should produce a circular path that is bisected by the long axes of the body.

To produce maximum heel lift, the runner must work on producing strength and flexibility in the knee joint. 'Butt kicks' and full squats with weights are recommended drills to help produce this strength and flexibility.

**Hurdles**

Direction of the arm swing is another major item involving mechanics. The forward arm motion should be slightly inward, but should never go beyond the 'belly button'. By going slightly inward, because of the 'action/reaction' effort, the feet will land more in line. However, on a downhill cross-country or road course, it is better to raise the elbows outward so that they are from eight to twelve inches from the body. This will cause the feet to also spread out and produce the needed stability on a down hill.

Controlled arm/shoulder action is critical during hurdling. As the arm/shoulder goes behind the body when going over the hurdle, the foot is thrown out of alignment, causing an unbalanced landing. It usually takes another stride to recover from this. Watch hurdlers, and whenever you see one who staggers slightly on the first two steps after a hurdle, you will see a hurdler who is putting his arm and shoulder behind when crossing the hurdle.

**Hurdling**

In hurdling, the lead arm and the lead leg begin movement bent at the elbow and knee, respectively. The arm and leg must then extend simultaneously. If this does not happen, technical and balance problems will occur.

Over and over, action/reaction is involved in track and field. That is why one has to 'drive out of the blocks' on a start. That starting block pushes back on the foot just as hard as the foot pushes on the block. Push that block hard and it will push you hard. I used to have an instructor who would throw a piece of chalk across the classroom and into the blackboard. Then he would ask 'how hard did the blackboard hit that piece of chalk?'

As you train, make a point of analyzing the mechanics of relative action and reaction, and you may find some room for improvement.

In a future article we will look at how some of Newton's Laws are involved in the mechanics of the high jump.

---

**TEN YEARS AGO**

January, 1987

- Jack Greenwood, 60, and Christel Miller, 51, named Top T&F Athletes of the Year by TAC
- Laurence Olson, 40, Defeats Atlaw Belligne, 41, in the National 15K Cross Country 49:43 to 52:06
- TAC Names 40-year-olds Web Loudat and Barbara Filutze Outstanding Long Distance Runners of the Year
- Deon Dekkers, 40, of Houston, Wins National 8K Title in 25:37

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*WAVA USATF Hurdles and Implements Specifications*
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN. 1997

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
</tr>
</thead>
<tbody>
<tr>
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Entry Form in This Issue

The entry and housing forms for the XIII WAVA World Veterans Athletics Championships are published in this issue (pages 20-21). The event will be held in Durban, South Africa from July 17-27, 1997, for men age 40-and-over and women age 35-and-over. It will feature all the common track and field events, as well as racewalks, a marathon and cross-country runs.

More than 5000 participants from over 75 nations are expected to attend. The official deadline is April 30, and will be strictly adhered to. However, the effective deadline for USA athletes is really April 10, because all USA entries must be first sent to USA Track & Field to be approved and forwarded to Durban by April 30.

Completed entry forms, together with a copy of your birth certificate or current passport showing date of birth, as well as a photocopy of your 1997 USATF membership card, and the appropriate entry fees (payable as outlined on the entry form) must be sent to Sandy Pashkin, USATF Team Manager, 301 Cathedral Parkway, #6U, New York, NY 10026.

Once the entry forms, proof of birth and USATF membership have been verified and stamped, the entries will then be forwarded to the organizers in Durban. Any entry sent directly to Durban without the USATF Masters Stamp will be returned to the athlete. All confirmations will be sent directly to the athlete by the Durban organizing committee.

Several masters tours are being arranged at relatively low cost (see ads in this issue).

Monthly Newsletter

Linda Barron, the chief executive officer of the championships, says plans are on schedule. "We sent a newsletter to all national governing bodies in mid-December," she said. "The stadium upgrade, in terms of the electronic scoreboard, is almost completed. We start a provincial awareness campaign for the event during the second week of January, consisting of newspaper ads and street posters."

The Games are continually updating their website: http://www.wava.org.za.

"We have expanded our staff to include Fikile Mtolo, the wife of Willie Mtolo, the 1992 winner of the New York Marathon," Barron said.

Cross-Country Course:

"I traveled over the cross-country route in a golf cart and am happy to report it is simply stunning," she raved. "There's something for everyone - ups, downs river views, bird life and great vistas. Another great plus is the spectator vantage points which make watching a pleasure." Vince O'Donogue, who was part of the organizing committee for the IAAF World X-C Championships held in Cape Town in 1996, designed the course; in his opinion, it is far better than the Cape course and one of the best he has ever done. Barron said she met with the Durban Metro Council, which is providing the financial underwriting for the event. "The city is 100% behind our efforts." □

Typical view of downtown Durban, South Africa.

WAVA COMPETITORS DURBAN '97

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Fax: 46-42-128-956

TREASURER:
Ali Sheahan
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Van Nuys, CA 91404 USA
Phone: 1-818-981-1996
Fax: 1-818-981-1997

WOMEN'S DELEGATE:
Hannelore Guichmann
Sart Andriesdreef, 5
B - 8000 Bruges - St. Michaels
Phone: 32-50-387612
Fax: 32-50-393032

IAAF DELEGATE:
Carlos Moreno Bravo
Camino a la Piedra del Concol No. 24 Col. Tepepa
16020 Xochimilco, D.F.
Mexico
Fax: 52-5-653-3159

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Fax: 65-241-3116

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1403 Delmenhove
South Africa
Fax: 27-11-827-7590
Great Britain vs. Ireland X-C

England again took most of the honors when the ninth Great Britain vs. Ireland Cross-Country Championships took place at Beach Park, Irvine, Scotland, Nov. 9. England’s sequence in the M50 was broken by a strong Republic of Ireland team, who, in turn, lost their W35 title to Scotland.

England’s Derek Mullen, M40, well up at Brugges, took the overall title in 34:01, ahead of a posse of Englishmen, led home by M45 winner and Brugges silver medalist Mike Hager, 34:11. Pete Yeomans, M40, 34:13, and Jim Estall, M40, 34:20, followed.

World M50 champion Alun Roper, Wales, kept his title in 35:03. England’s Graham Patton was the M55 victor in 36:44.

Scotland’s Lynn Harding, W35, who represented her country in the 1990 Commonwealth Games, was the women’s winner in 18:48 over last year’s runner up, Welshwoman Frances Gill, W35, 18:54. Harding led the Scottish W35 team to a rare victory. Denise Hoogesteger, England, repeated her 1994 W40 victory with a 19:29. Pat Gallagher overcame months of injury to take the W50 race in 20:05 from fellow world champion Elaine Statham, 20:42, adding the team title for Wales along the way.

Namibia Hosts Africa Regionals

by LEO BENNING

WINDHOEK, Namibia – The WAVA Africa Regional Track and Field Championships were held here Sept. 20-21.

The well organized meet attracted only about 170 participants – mainly South Africans (75%) and Namibians. A handful came from Angola, Botswana and Kenya.

Due to the South Africa National Veterans Championships held in May, most South Africans could probably not afford to travel to Windhoek in September, as most are no doubt saving to go to Durban next July.

Age-graded performances in the world-class 90% range came from Monty Hacker, 61, RSA, in the 100 (12.99) and 200 (26.50); Raj Rathedi, 40, Botswana, in the 800 (1:58.20); and Juergen Spencer, 55, RSA, in the 20K walk (1:41:44).

Esca Taljaard, 38, RSA, broke a national record in the 100mH with a 16.08. Events included a decathlon, heptathlon, and weight pentathlon.

Jim Blair, WAVA Stadia Vice-President, of New Zealand, also participated.
**COMPETITION ENTRY FORM**

Surname: ___________________________ First Name: ___________________________

Date of Birth: Day: ______ Month: ______ Year: ______ Initials: ______

Age: ______ as of 17 July 1997

Gender: M/F ______

Postal Address: ___________________________ ____________________________

City: ___________________________ State: ___________________________ Zip Code: ___________________________

Country Code: ______ Fax No: ___________________________

Telephone: ___________________________ City: ___________________________ State: ___________________________

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<td>High Jump</td>
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To verify your requests, please write out NAME OF EACH EVENT ENTERED:

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7. ______
8. ______
9. ______

**Payment**

1. Bank draft or cheque in U.S. Dollars ($) Payable to: XII World Veterans' Championship
2. Visa [ ] Mastercard [ ] American Express [ ] Name: ___________________________

Enclose Bank Draft (no personal checks) payable to World Veterans' Championship. Be sure to include all credit card information, including your signature.

***Waiver***

I hereby declare that I am in good health and am properly conditioned for the competition. I understand that this application must be received by the XII World Veterans' Championship Committee no later than 31 March 1997. Travel agents may submit entry forms to the Team Manager as a service to their athletes, however, all information must still be provided.

When completing your entry application please remember to:

- Sign the Waiver and Drug Testing Authorization.
- Enclose Payment: Bank Draft (no personal checks) payable to XII World Veterans' Championship.
- Enclose Proof of Birth.
- Enclose Photocopy of 1997 USA Membership Card.

**COMPETITION SCHEDULE: XII WORLD VETERANS ATHLETIC CHAMPIONSHIPS**

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<td>Long Jump</td>
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<td>W 400m</td>
<td>Team Event</td>
<td>Team Event</td>
<td>Team Event</td>
</tr>
<tr>
<td>DAY 9</td>
<td>Friday</td>
<td>W 400m</td>
<td>Team Event</td>
<td>Team Event</td>
<td>Team Event</td>
</tr>
<tr>
<td>DAY 10</td>
<td>Saturday</td>
<td>W 1500m</td>
<td>Team Event</td>
<td>Team Event</td>
<td>Team Event</td>
</tr>
<tr>
<td>DAY 11</td>
<td>Sunday</td>
<td>M 5000m</td>
<td>Team Event</td>
<td>Team Event</td>
<td>Team Event</td>
</tr>
</tbody>
</table>

**OPENING CEREMONY: SATURDAY 19 JULY**

**BANQUET: WEDNESDAY 23 JULY**

**CLOSING CEREMONY: SUNDAY 27 JULY**
Travel and Housing

You are responsible for making your own arrangements. Housing information is included in the Entry Booklet and there are several travel agencies arranging group tours to Durban. Please do not send your housing reservation form to the Team Manager.

All rates are quoted on a per night charge. Most hotels have an 11.00 a.m. check-out and all have private bathrooms. Meals at the various hotels are available at between US$27.50 and US$30 for lunch and dinner. Furthermore, breakfasts, where not provided for at the Deluxe and budget hotels at all approximately US$7 to US$12 for a full English style breakfast. Arrangements can be made to claim and recover the VAT portion included in the hotel and entry accommodation rates provided that these claims are made by foreign visitors. A claims bureau will be set up for the benefit of non-South African visitors and a nominal processing fee will be charged on VAT recoveries. Room reservation form instructions to be placed on reverse of room reservation form.

ROOM RESERVATION FORM INSTRUCTIONS

Please use only Room Reservation Form for each room reserved. Copies accepted. Fill in the last name of the person in whose name the room reservations will be made, then first name. Write in your complete address (including apartment number), and your daytime telephone number (include any country codes).

If you are planning to be involved with or are booking through your TVO or NGB, please do not fill out this form.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrival and departure dates.

Circle the date of each night you plan to stay in your choice of accommodations.

Housing Preference: Various types of housing are available. Use 1, 2, & 3 to indicate your preference for housing. If you wish to room with a particular person, you must provide us with the name of the other housing occupant and include a deposit for two people.

The person whose name appears at the top of this form will be responsible for the payment by both persons.

Indicate any disability/physically challenged request.

Deposit Requirements: A deposit for the first night must accompany the reservation as follows: Luxury US$150.00 per room, deluxe US$100.00 per room, tourist US$75.00 per room. Individual invoices will be sent with your confirmation, listing your hotel assignment, daily rate, and balance due. Please see the Payment and Refund Schedules below for an additional explanation.

Payment Schedule

31 January 1997 25% of total housing package due
1 May 1997 Balance in full due for housing/accommodation packages.

Accommodation Refund Schedule

1 December 1996 28 February 1997 Full refund with US$50.00 per room cancellation fee.
1 March 1997 Full refund less US$20.00 per room cancellation fee, however, should the accommodation be rebooked by the LOC, the LOC will consider accepting a US$50.00 per room cancellation fee.
16 June 1997 onwards No refund, however, should the accommodation be rebooked by the LOC, the LOC will consider accepting a US$50.00 per room cancellation fee.

NOTE: This refund policy applies per room and not per person per room. Substitutions will not constitute cancellations.

Postmarks will determine order of acceptance for housing and for refunds due if applicable.

Deposit for first choice (housing reservation will not be accepted without deposit)
US Dollars ($) —

Deposit must be by bank draft in US Dollars ($), or by MasterCard or Visa credit card.

Name of credit card VISA [ ] MASTERCARD [ ]
Name as it appears on credit card

Credit Card Number
Expire Date

Credit Card holder's signature

This signature authorizes the Local Organizing Committee 1997 World Veterans' Athletic Championships Durban to debit the card holder through his Visa/MasterCard with the amount specified above and if no amount is specified, with the amount of the deposit currently due by the party named in the above reservation form in accordance with the abovementioned payment schedule.

Please enclose the appropriate deposit for your first housing choice (payable in U.S. Dollars) and mail to:

1997 World Veterans' Athletic Championships
Durban
PO Box 1014
DURBAN
REPUBLIC OF SOUTH AFRICA

NOTE: NO TELEPHONE RESERVATIONS WILL BE ACCEPTED. BECAUSE OF DURBAN'S TEMPERATE WINTER (JULY) CLIMATE WHICH COINCIDES WITH WINTER SCHOOL AND UNIVERSITY HOLIDAYS, THE CHAMPIONSHIPS WILL BE TAKING PLACE DURING THE MIDWINTER TOURIST SEASON. IT FOLLOWED THEREFORE THAT ONLY A LIMITED QUANTITY OF HOTEL ACCOMMODATION IS AVAILABLE AND THAT THE LOC WILL BE HARD PRESSURED TO RELEASE BLOCK BOOKED ACCOMMODATION WHICH IS NOT TAKEN UP PUNCTUALLY. TO AVOID THROUGH BLOCK BOOKINGS IS NOT AVAILABLE. FURTHERMORE, ALL RESERVATIONS WILL BE ASSIGNED ON A FIRST-COME, FIRST-SERVE BASIS AND IT FOLLOWS THAT THE SOONER YOU SEND IN YOUR RESERVATION FORM WITH DEPOSIT, THE BETTER WILL BE YOUR PROSPECTS OF SECURING YOUR PREFERRED CHOICE.

Quality of accommodation Rates
1. Luxury - 1 person 1 bed$275.00 - $899.50
2 persons 2 beds or 2 persons 1 bed$149.50 - $586.50
These rates include breakfast
All meals at luxury hotels including large air-conditioned rooms, restaurants, cocktail lounges, swimming pool and gymnasium
2. Deluxe - 1 person 1 bed$407.00 - $856.50
2 persons 1 bed$212.50 - $835.00
Large rooms with air-conditioning, restaurants, lounges and swimming pools, and some with health centres
3. Tourist - 1 person 1 bed$225 - $300.00
2 persons 1 bed$105 - $150.00
2 persons 2 beds$149.50 - $223.00
3 persons 2 or 3 beds$165.00
4 persons 2 or more beds$212.50 - $300.00
These rates may be or may not include breakfast, depending on the hotel.

Clean, affordable air-conditioned rooms with colour TV, restaurants, lounges, and some may have swimming pools.

5. Self Catering/kitchens at R300.00 - R124.00 per night per person per apartment, subject to subcontract maximum occupancy 2 - 3 persons. These apartments are air-conditioned, have colour TV, restaurants, and tennis centres and some also have swimming pools.

6. University and Technikon Dormitories at R100.00 per person per night, which includes 3 meals per day. Linen is provided with beds made up upon arrival and linen service/limited bathrooms are available on each floor. Dormitory accommodation is situated some distance from the stadium and is not in close proximity to the beach front hotels. Rates on the quoted rate of R300.00 per person per night will be available for those athletes not wishing to avoid themselves these meals per day. These rebates of R25.00 per meal would be applicable to lunch and dinner which can be taken as optional. Dormitories are only available for single occupancy.

It will be in interest to note that the beach front hotels are situated between 1 and 2 km (0.6 - 1.25 miles) from the stadium. Furthermore, the city hotels are situated about 5 to 5.5 kilometres (2.5 - 3.5 miles) from the stadium depending on the particular dormitories in which athletes are housed. Furthermore, the budget hotels and the dormitories will provide breakfast and can, if necessary, provide lunch and dinner as well as optional extras.

NOTE: All rates quoted above include Value Added Tax (VAT).

ACCOMMODATION ROOM RESERVATION FORM

Surname
Address
City
State
Country
Postal Code

Daytime Telephone
Home Telephone
Office Telephone

Day Time

Name of all persons occupying room:

1. (FIRST NAME) (MIDDLE INITIAL) (LAST NAME)
2. (FIRST NAME) (MIDDLE INITIAL) (LAST NAME)
3. (FIRST NAME) (MIDDLE INITIAL) (LAST NAME)
4. (FIRST NAME) (MIDDLE INITIAL) (LAST NAME)
5. (FIRST NAME) (MIDDLE INITIAL) (LAST NAME)

Does anyone in party smoke? Y/N

Arrival Date: Day , Month . Departure Date: Day , Month .

Circle date of each night you are staying:

14 17 18 19 20 21 22 23 24 25 26 27 28 29

HOUSING PREFERENCE

Use numbers 1, 2, 3 to indicate your first, second and third preference for housing and sleeping arrangements.

NOTE: Information provided by athletes on this form will constitute the basis upon which they will be referred to throughout the competition. Case should therefore be taken to ensure that correct information is furnished, particularly with regard to the names by which athletes wish to be referred to.

Hotel Options:

All rates are quoted in South African Rand. Exchange Rate Guide: US$ 1 = R 4.30

NOTE: Rates quoted are per person and the compulsory state hotel grading key is applicable only to hotels and is charged per night per room, irrespective of the number of occupants.
OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

GWILYM BROWN AWARD

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>Brian Oldfield, 40</td>
<td>Shot put, 70-3</td>
</tr>
<tr>
<td>1986</td>
<td>Jack Greenwood, 60</td>
<td>100m hurdles, 14.98</td>
</tr>
<tr>
<td>1987</td>
<td>John Powell, 40</td>
<td>Discus, 236-6</td>
</tr>
<tr>
<td>1988</td>
<td>Larry Stuart, 50</td>
<td>Javelin, 215-9</td>
</tr>
<tr>
<td>1989</td>
<td>Al Oeter, 52</td>
<td>Discus, 205-10</td>
</tr>
<tr>
<td>1990</td>
<td>Larry Almberg, 43</td>
<td>Mile, 4:06.70</td>
</tr>
<tr>
<td>1991</td>
<td>Payton Jordan, 74</td>
<td>100, 12.91</td>
</tr>
<tr>
<td>1992</td>
<td>Jack Greenwood, 46</td>
<td>300 hurdles 45.20</td>
</tr>
<tr>
<td>1993</td>
<td>Philips Raschker, 44</td>
<td>PV, 9-10</td>
</tr>
<tr>
<td>1994</td>
<td>Payton Jordan, 75</td>
<td>100, 13.4</td>
</tr>
<tr>
<td>1995</td>
<td>Shirley Matson, 51</td>
<td>10,000, 30.79</td>
</tr>
<tr>
<td>1996</td>
<td>Phil Raschker, 61</td>
<td>Decathlon, 8546 points</td>
</tr>
<tr>
<td>1997</td>
<td>Ross Carter, 50</td>
<td>Shot Put 12.27 (40-3)</td>
</tr>
<tr>
<td>1998</td>
<td>James Barrineau, 40</td>
<td>Pentathlon, 4715 points</td>
</tr>
<tr>
<td>1999</td>
<td>Mary Libal, 45</td>
<td>High Jump (5-11, 2.11m)</td>
</tr>
<tr>
<td>2000</td>
<td>Walt Butler, 55</td>
<td>400m (56.82)</td>
</tr>
<tr>
<td>2001</td>
<td>Vanessa Hilliard, 55</td>
<td>100m hurdles 14.49</td>
</tr>
</tbody>
</table>

Special recognition goes to the relay team of Denise Foreman, Jacqueline Board, Irene Thompson, and Mary Libal, who set a new world W40 4X400 record of 3:58.7.

OUTSTANDING MULTI-EVENTS ATHLETE

1985 | Boo Morcom | 1985 Gary Miller |
| 1986 | Gary Miller | 1986 Gary Miller |
| 1987 | Rex Harvey | 1990 Christel Miller |
| 1991 | Rex Harvey/Note Vosburgh | 1992 Boo Morcom/Phil Raschker |
| 1993 | Phil Mulkey/Phil Raschker | 1993 Phil Mulkey/Phil Raschker |
| 1995 | Dale Lance/Phil Raschker | 1996 Rex Harvey/Johnnny Valien |

1996 AGE-GROUP AWARDS

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Track</th>
<th>Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-35</td>
<td>Kemmel Berry, CA</td>
<td>Greg Coons, OH</td>
</tr>
<tr>
<td>35-40</td>
<td>Anselm Lebourne, NJ</td>
<td>Bill Halverson, CA</td>
</tr>
<tr>
<td>40-45</td>
<td>Kevin Morning, CA</td>
<td>Jim Barneau, VA</td>
</tr>
<tr>
<td>45-50</td>
<td>Bill Collins, TX</td>
<td>Ed Lipscomb, OR</td>
</tr>
<tr>
<td>50-55</td>
<td>Stan Whitey, CA</td>
<td>Tom Gage, MT</td>
</tr>
<tr>
<td>55-60</td>
<td>Walt Butler, CA</td>
<td>Emil Pawlik, WI</td>
</tr>
<tr>
<td>60-65</td>
<td>Bobby Thomas, CA</td>
<td>Phil Felten, CA</td>
</tr>
<tr>
<td>65-70</td>
<td>Jim Sutor, CA</td>
<td>James Sutro, MD</td>
</tr>
<tr>
<td>70-75</td>
<td>Mel Larsen, IL</td>
<td>Vincent Semproioso, OR</td>
</tr>
<tr>
<td>75-80</td>
<td>Mel Silverstein, AZ</td>
<td>Don Cumley, NV</td>
</tr>
<tr>
<td>80-85</td>
<td>Frank Finger, VA</td>
<td>Ross Carter, OR</td>
</tr>
<tr>
<td>85-90</td>
<td>Tony Castro, CA</td>
<td>Ted Hatlen, CA</td>
</tr>
<tr>
<td>90-95</td>
<td>Everett Hosack, OH</td>
<td>Everett Hosack, OR</td>
</tr>
</tbody>
</table>

Track and Field Awards

Continued from page 1

156-8 (47.76m) in Gainesville, Fla., April 27.

Scott Thorsmoy of Troy, Ala., was named the outstanding W40 athlete by USA Track & Field. He won gold medals in the triple jump and long jump at the 1996 National Championships. Libal won the 100, 200, and 400 in three major meets – the Canadian Nationals in Vancouver, the USA Nationals, and the North American meet. Her best times, respectively, were 12.73 (92.3%), 25.81 (92.6%), and 58.68 (91.4%). Libal also won the 100m age-handicap race at the USA Nationals in 11.81 (91.3%). In Eugene, she also anchored the USA 4X400 relay team to a new world W40 record of 3:58.7 with a blazing 56.9 leg.

That race was awarded “special recognition” by the committee as one of the most outstanding and thrilling performances of the year.

Runners-up in the outstanding athlete balloting were Stan Whitey, 50, of Altadena, Calif., who won three events at the nationals – the 100 (11.44, 96.5%), 200 (23.07, 96.7%), and age-handicapped 100 (10.36, 95.2%). And Libal won the 100m age-handicap race at the USA Nationals in 11.81 (91.3%). In Eugene, she also anchored the USA 4X400 relay team to a new world W40 record of 3:58.7 with a blazing 56.9 leg.

Continued on page 23
Track and Field Awards

Continued from page 22

Pentathlon (3324).

Thornsley was recognized for his outstanding work as national indoor and outdoor meet coordinator for the past six years. Thornsley’s job is to solicit bids for indoor and outdoor national championships and to then work closely with the winning bidders to ensure quality meets. Thornsley has been able to attract multiple bids for most championships, and deserves most of the credit for the successful staging of the meets over the past several years.

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

The winners were announced at the USATF Awards breakfast at the Westin St. Francis Hotel in San Francisco, Dec. 6. Personalized plaques will be presented to each winner at the 30th annual USATF National Masters T&F Championships in San Jose, Calif., on Aug. 9.

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 San Jose.

—Al Sheahen

LDR Awards

Continued from page 1

(3:18:10, 91.9%).

Joan Ottaway, 51, of Sonora, Calif., set a new U.S. W50 half-marathon mark of 1:18:42 (95.2%) in the USATF National Masters Championships in Las Vegas. She also turned in winning W50 times in the 5K (18:06, 91.1%), 8K (29:42, 90.8%), and 10-mile (62:53, 89.9%).

Gary Romesser, 45, of Greenwood, Ind., led the M45 runners with a 10K in 31:07 (92.9%), 8K in 25:45 (88.9%), and 5K in 15:45 (88.8%).

Sal Vasquez, 56, of Suisun City, Calif., again took M55 honors with a 16:16 5K (93.9%), 27:24 8K (91.2%), 36:01 10K (86.9%), and 1:55:04 30K (86.9%).

Brad Hawthorne, 40, of Oakland, Calif., won the M40 award with a 2:18:22 marathon (93.2%) in Virginia, March 16. He added an 8K in 25:26 (86.8%) and 31:24 10K (88.7%).

Jane Welzel of Boulder, Colo., was the top W40 female runner, turning in solid times in the 10K (34:18, 91.0%), 5K (16:28, 91.7%), 8K (28:16, 87.4%), 25K (1:29:47AR), and marathon (2:44:54, 86.4%).

June Machala of Washington state took W65 honors with solid efforts at 10K (46:44, 85.3%), 12K (55:39, 86.6%), and 5-mile (37:07, 85.1%).

Other division winners included Rebecca Stockdale-Woolley (W45, CT), Ken Sparks (M50, OH), Bill Orlrich (M60, KY), Wen-Shi Yu (W60, NY), Joe Fernandez (M65, MA), Mary Storey (W70, CA), Gerry Davidson (W75, CA), Dudley Healy (M80, NJ), Judy Simon (W80, CA), Harry Polites (M85, NJ), Anne Clarke (W85, IL), and Max Popper (M90, NY).

For the first time ever, an award went to a runner in the age 100+ division — Herb Kirk of Portland, Ore.

The ultra-runners of the year were Kevin Setnes, 42, of Eagle, Wis., and Sue Ellen Trapp, 50, of Lehigh Acres, Fla.

The Otto Essig Award for meritorious service went to Basil and Linda Honikman, directors of the Road Running Information Center in Santa Barbara, Calif., and to Carole Langenbach of SeaTac, Wash., who is retiring as Secretary of the Committee after many years of devoted and productive service. The complete awards by five-year age groups are listed on this page. The awards were coordinated by John Boyle (men) and Ruth Anderson (women). Final choices were made by the full committee at the convention. —Al Sheahen

USATF MASTERS LONG DISTANCE RUNNING COMMITTEE — 1996 ATHLETES OF THE YEAR

<table>
<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>State</th>
<th>Female</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-44</td>
<td>Brad Hawthorne</td>
<td>CA</td>
<td>Jane Welzel</td>
<td>CO</td>
</tr>
<tr>
<td>45-49</td>
<td>Gary Romesser</td>
<td>IN</td>
<td>Rebecca</td>
<td>Stockdale-Woolley</td>
</tr>
<tr>
<td>50-54</td>
<td>Ken Sparks</td>
<td>OH</td>
<td>Joan Ottaway</td>
<td>CA</td>
</tr>
<tr>
<td>55-59</td>
<td>Sal Vasquez</td>
<td>CA</td>
<td>Shirley Matson</td>
<td>CA</td>
</tr>
<tr>
<td>60-64</td>
<td>Bill Orlrich</td>
<td>KY</td>
<td>Wen-Shi Yu</td>
<td>NY</td>
</tr>
<tr>
<td>65-69</td>
<td>Joe Fernandez</td>
<td>MA</td>
<td>June Machala</td>
<td>WA</td>
</tr>
<tr>
<td>70-74</td>
<td>John Keston</td>
<td>OR</td>
<td>Mary Storey</td>
<td>CA</td>
</tr>
<tr>
<td>75-79</td>
<td>Warren Utes</td>
<td>IL</td>
<td>Gerry Davidson</td>
<td>CA</td>
</tr>
<tr>
<td>80-84</td>
<td>Dudley Healy</td>
<td>NJ</td>
<td>Judy Simon</td>
<td>CA</td>
</tr>
<tr>
<td>85-89</td>
<td>Harry Polites</td>
<td>NJ</td>
<td>Anne Clarke</td>
<td>IL</td>
</tr>
<tr>
<td>90-94</td>
<td>Max Popper</td>
<td>NY</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>95-99</td>
<td>None</td>
<td></td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>100+</td>
<td>Herb Kirk</td>
<td>OR</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>

Ultra Runners of the Year:

Kevin Setnes, 42 | WI | Sue Ellen Trapp, 50 | FL |

Otto Essig Award for Meritorious Service:

Basil and Linda Honikman | CA |

Carole Langenbach | WA |
Goal: To Exceed Expectations

The 18th Annual Meeting of USA Track and Field has come and gone. Elections were held and gavels passed. I am honored to have been elected to Chair the Masters Committee and wish to thank those who nominated and supported me. My goal is to exceed your expectations.

Deserving accolades to Barbara Kousky, past chairman, for her devotion and contributions to USA Masters Track and Field. Barbara responsibly and successfully officiated the masters program during her tenure. Her efforts and accomplishments are genuinely appreciated.

We now move forward, enforced with knowledge from the past and energized with vision to the future. Evaluation of “where we are at” prompts an active agenda. An overall identification of our mission and reaffirmation of fundamental commitments of the masters program is in order. As we have grown in participating numbers, our needs have progressively changed. Only youth athletics exceeds the number of participants in master athletes. We need now to evaluate if we are promoting satisfactory programs for our master athletes and are ready to attract and embrace the mass of Baby Boomers eligible for masters track and field.

It is timely and vital that we strive to elevate masters track and field to a prominent level of recognition within the athletic and public communities. Event performances being achieved by today’s master age athletes are truly outstanding. It is important to share their prodigious efforts with the public media.

A nation-wide program needs to be developed to attract the attention of the media to obtain more comprehensive coverage of our events and recognition of our accomplishments. It is most important that we promote the image of masters competitors as vibrant, skillful, active athletes and escape the stigma of geriatric participants.

This Chair advocates a Listen, Learn andRespond administration. Recent communications with Regional and Association Representatives revealed an array of concerns, requests and recommendations. I propose to prepare a prioritized agenda to address all issues – most importantly improving the lines of communication between National, Regional and Association levels.

Our membership is composed of dynamic, competent individuals. It is important to tap this source of expertise, experience and energy as we prepare through a unified agenda for the future betterment of masters track and field. I invite your participation and involvement.

Thanks For The Memories
by BARBARA KOUSKY

Chairing the final meeting of the Masters Track & Field Committee at Convention this year reminded me a lot of when I dropped my daughter off at UC-Davis for her first term of college. It hurt, and I cried a lot, but the further I got away from Davis, the less it hurt, and by the time I’d returned home to Eugene, I (like most parents going through the process) was feeling much better and looking forward to the changes this step would bring to both our lives. Now I am looking forward to another series of change.

I consider it a privilege to have served as your representative these past seven years. It gave me an opportunity to work closely with some wonderful volunteers and USATF staff members who are devoted to our sport. I especially want to acknowledge the time and effort put forth by the members of your Masters Track & Field Committee, many of whom will continue to serve in their same positions. We owe a debt of gratitude to each of them, and in particular, to Marilyn Mitchell. Marilyn, in addition to her responsibilities as secretary for six years and chairing the Hall of Famer Committee, has personally introduced hundreds of athletes to our masters program.

I would also like to publicly thank my husband Edgar. His constant support, shown in so many ways, made it possible for me to devote the time to a volunteer job I loved.

When I was Co-Director of the 1989 World Veterans’ Championships, I received wise advice from the Director of the ’87 Championships, Peg Smith. She said when you have a difficult problem, remember to ask yourself, “is it in the best interests of the athletes?” We followed that advice for the Championships, and when I assumed the responsibility of being your representative, I continued to follow it, but with one change – I added the word all. Adding “all” to the equation (“is it in the best interests of all the athletes?”) made making decisions more difficult, but I believe it made them more equitable.

Difficult decisions seemed to be the norm this year, particularly the last one dealing with Ollan Cassell’s contract renewal. There were many issues and factors to consider, some which I believe weren’t given proper consideration. As with other decisions made during my tenure, I would be happy to answer any questions regarding my involvement or the process.

I won’t miss the contentious atmosphere brought on by the difficult decisions, but I will miss the regular contact with the people of whom I’ve grown very fond. I sincerely hope you will support Ken in the same manner in which you have supported me these past years.

Best wishes for good training and competition in the new year. Ed and I look forward to seeing you in Boston at the Indoors.
Weinbel Elected

Continued from page 9

Elected...

the basis of ability.

4) The feeling that Kousky never consulted with, sought the advice of, or disclosed her opinions to the Committee re the attempts to remove Cassell in 1992 and 1994, and prior to the crucial vote on Cassell in San Francisco.  

5) A miscalculated effort not to defeat Kousky but to simply send her a message that not all was well.  

One exception to the desire to remain anonymous was Steve Thornsley, the Masters National T & F Meet Coordinator, who has served on the Masters T & F Executive Committee since 1989.

Thornsley made several observations:

1) The weight throwers community has grown in number and influence over the last several years, and has been successful in voicing its concerns.

2) The multi-event community felt slighted last year when the executive committee ignored its recommendation as to where the 1996 National Decathlon Championships should be held.

3) The perception that Kousky was involved in too many activities at the national level which did not pertain exclusively to masters athletics.

4) The perception that there was often-times a possible conflict of interest with Kousky as both committee chair and professional meet promoter, under the umbrella of Northwest Event Management.

5) That with the 1996 election of Tom Jordan as WAVA Executive Vice-President, Northwest Event Management had become too influential in the masters movement.

6) A general mood among some members that having served seven years as chair, a change for change’s sake was not inappropriate.

7) That Kousky simply waited too long to formally announce her intention to serve one last two-year term.

While Thornsley acknowledged these issues, he did not feel, when viewed separately or combined, that they justified the removal of the existing leadership.

Instead, he and others viewed Kousky’s close defeat as the result of her active support of Cassell.

Support of Cassell a Factor

“Having the courage to speak out against the procedure used to oust Cassell, Kousky suffered the consequences,” Thornsley said. “First, there was a strong effort to remove all attending masters athletes who had last year been elected to serve as ‘active athletes,’ and replace them with open active athletes who would then vote in a block against Kousky.

“Second, there was an effort by several USATF Association and other organizations to have representatives attend the voting session with the sole intent to not necessarily vote for Weinbel, but to vote against Kousky.”

Thornsley said on the day before the election, he personally was approached by “unknown individuals who were sent to the wrong masters committee meeting in which to vote against Kousky.”

Even Kousky, herself, admitted that John McArdle of the Athletics Advisory Committee confronted her in the hallway in front of witnesses saying, “We’ll be there Friday to vote you out.”

Finally, Thornsley admitted to being in a public place and, along with several others, overheard a comment from a nationally elected USATF office holder exclaim pleasure at seeing Kousky defeated in the wake of her support for Cassell.

Voting Procedures Questioned

Sandy Pashkin, the USA team manager who has served in that role since 1989, charged that the USATF by-laws, a three-person panel from the Member Services Committee was supposed to oversee the election, which it did.

“But there were irregularities,” Pashkin said. “First, the rules say none of those three is permitted to vote, but one did. Second, no proxy voting is allowed, but at least one ballot was accepted from a person who had left to catch a plane. Third, any Association delegate not listed in the ‘Directory’ is supposed to have a letter on Association stationary authorizing him or her to substitute for the listed delegate, but some substitutes turned in only a scratch of paper and got a ballot, anyway.”

Masters T & F secretary Marilyn Mitchell agreed: “There probably were some irregularities; the national office normally sends us a revised list of voting delegates like they normally do.”

Kousky said a review of the daily sign-up sheets revealed that nine people who voted were those in the book,” he said. “We never sent anyone in to vote against Barbara.”

Nancy Ditz, the representatives representative to the USATF Executive Committee who made a key motion at the Board of Directors meeting which ousted Cassell, agreed that no tampering had taken place.

“Barbara and I have had our disagreements, but she is a strong woman and I respect her,” Ditz said. “The open athletes had no influence in her election.”

Prior to the vote, Ed Koch, USATF Law and Legislation Chairman, ruled that the by-laws give us the right to appoint 20 percent of the voting delegates of any sport committee. We tried to do that, but Kousky wouldn’t accept our people, so we didn’t pursue it. I decided it wasn’t worth a fight.”

David Greifinger, a board member active in the dump-Cassell movement, agreed with Holman.

The (USATF) Law and Legislation Committee ruled that the Athletics Advisory Committee does have the right to appoint voting delegates to any sport committee,” he said, “but AA didn’t want to fight it when Kousky refused. The only AA person who voted in the masters T & F election was Doug Nordquist, who had a vote of his own, anyway.

“I know some of the athletes were upset with Barbara for her role in the Cassell affair,” Greifinger continued, “but I was in the room for the masters vote, and every vote cast was by someone over age 40.”

McArdle also denied the charge he was out to get Kousky.

“...the only people who voted were those in the book,” he said. “We never sent anyone in to vote against Barbara.”

The figures of 19 active athletes was arrived at as being 20% of the “total authorized membership of the committee.”

Of the 19 athletes elected in 1995, only 13 were present in San Francisco. Originally, this would not have mattered, as it was the intention of the committee to elect 19 new members, based on who was at the convention.

However, there is another, contradictory clause in the USATF bylaws (Article 13-B-3a): “The Athletics Advisory Committee chair may appoint active athletes to fill vacancies and/or serve as a voting alternate.”

Based on 13-B-3a, Steve Holman, chair of the Athletics Advisory Committee, appointed 17 people and gave the list to chairman Kousky. She refused to accept the list, citing Articles 14-D-8, as well as Article 13-B-3c, which states: “The group selected by phone from New Jersey that the Athletics Advisory Committee did not have the right to appoint 19 “active athlete” delegates.

“I wasn’t at the convention,” he later said, “but my opinion was that the 19 athletes legally elected by Masters Track & Field in 1995 were the ones who should vote.”

(See “Who Are Active Athletes” sidebar for details.)

Bob Langenbach, the head of the three-person Member Services panel which conducted the election, agreed with Pashkin that the letter of the law was not followed, but for good reasons.

Who Are “Active Athletes”

When the Masters Track and Field Committee met in San Francisco, there was confusion as to which “active athletes” would be allowed to vote in the meetings. At the 1995 convention in Atlanta, 19 masters athletes were elected by the Masters T & F Committee to be voting members of the Committee. This was based on the USATF bylaws (Article 14-D-8), which state the-make-up of each sport committee shall include: “Active athlete members; that number of active athlete members which shall be at least 20% of the total authorized membership of the committee, such active athletes to be selected by those registered attendees at the meetings of this NGB who are active athletes engaged in the particular sport discipline of the committee.”

The make-up of the committee also includes:

1) One member to be named by each Association;

2) One member to be named by each amateur sports organization (such as NCAA, ARRA, etc., which rarely send a rep to the committee meetings);

3) One member from Athletes for the Disabled;

Continued on page 29
18th Annual Convention of USA Track and Field

Summary of Masters Track and Field Committee Meetings

BARBARA KOUSKY, Chair, Presiding
Active Athletes
(see separate story)
Age-Grading
Age-grading is becoming accepted. Boston may use age-grading as a financial incentive at the national indoor meets. The Santa Cruz Track Club is staging an age-graded meet on June 28. Hy-Tek will update its computer program to include a single-age option as well as its current five-year AG. The committee mandated the use of single-age-grading in any meet which uses age-grading.

Awards
The final sub-committee consisted of Don Austin (Chairman), Suzy Hess, Christel Miller, Jerry Wojcik, Pete Mundle, Joan Stratton, and Marty Skaer. (See separate story and charts.)

Budget
USATF tentatively allocated $36,000 to the committee for 1997, a 3% increase over the $34,800 1996 grant (see separate chart).

However, that figure may be reduced pending a further review of overall USATF 1997 projected revenues (anywhere from $7 million to $9 million) in January.

Championships - 1999 Indoor
Boston edged Chicago, 23-17, for the right to host the 1999 Indoor Nationals. TRACS, Inc., a professional athletic consulting firm, promised multiple sponsors, media coverage on ESPN-2 or a local network affiliate, and the experience from hosting the same event in 1997 and 1998. The meet will be held on the Reggie Lewis track in Roxbury, a Boston suburb. Some voters felt three straight years in the same city would be an advantage in terms of know-how and experience by the organizers; others felt the event should be moved around the country each year. Chicago's bid was hampered by the fact that the bidders could not guarantee the six-lane West Provise High School track, and might be forced to use an alternate four-lane track, instead.

Championships - 1999 Outdoor
The Walt Disney World Sports Complex in Orlando, Fla., was the sole and successful bidder for the 1999 Outdoor Nationals, on Aug. 15-18. "We intend to become the World's premier multi-sport venue designed for athletes and fans alike," the presenters said. The facility has a 400m polyurethane track with nine 48-inch lanes, 2000 seating capacity, and electronic scoreboard. An $8 daily fee ($25 per meet) will be charged to spectators. (Spouses/friends of athletes are admitted free.) Brooks Johnson will direct.

Championships - 1997 Indoor
As reported last month, TRACS, Inc., stepped in after Columbia, Mo., dropped out and will stage this year's meet in Boston, March 21-23. (See entry form on page 7 and separate story.)

Championships - 1997 Outdoor
The meet will be held in San Jose, Calif., Aug. 7-10. The facility has been resurrected. The Hyatt will be meet headquarters; rooms are available for $79 per night San Jose will also host the West Regionals on Sat., July 11.

Championships - 1997 Multi-Events
1) The Decathlon/Heptathlon will be held in Thomasville, N.C., Sept. 20-21.
2) The Outdoor Pentathlon will be held at the Nationals in San Jose, August 7.
3) The Indoor Pentathlon is set for Chapel Hill, N.C., March 1.
4) The Indoor Heptathlon (men and women) takes place in Chicago, April 5-6.
5) The Weight Pentathlon is set for Orlando (Disney World) in October or November.

Representatives for the winning TRACS, Inc., bidders for the 1999 Masters Indoor Championships, Boston, Mass., from left: Mike Pieroni, Fred Tresseler, and Mike Cook, at the 1996 USATF Convention, San Francisco. Photo by Jerry Wojcik

Treasurer: Madeline Bost of Ironia, N.J., ran unopposed and was unanimously re-elected.

Election of WAVA Delegates:
The USA is entitled to five delegates at the biennial WAVA General Assembly, T&F traditionally selects three, and LDR two. The T&F chair is an automatic delegate. Ten candidates were nominated for the remaining two spots. A minimum of 50 percent of the 58 ballots cast was necessary to be elected.

First ballot: Barbara Kousky 27, Joan Stratton 19, Scott Thornley 16, Bob Fine 12, Madeline Bost 6, Marilyn Mitchell 6, George Mathews 5, Pete Mundle 5, Ed Daniels 4, John Cosgrove 3. A second ballot was held among the top four candidates: Forty ballots were cast: Kousky 25, Thornley 21, Stratton 18, Fine 14.

Active Athletes
Continued from page 25
... selecting members of any committee, may designate an alternate," and another sentence in 13-B-3a, which reads: "Vacancies in a committee shall be filled by the committee...."

No action was taken by the Committee at its first meeting on Tuesday.

After a delay of over one hour on Wednesday evening, Kousky announced that, after heated discussions with members of the Athletes' Advisory Committee and a phone conversation with Ed Koch, USATF Law and Legislation Chairman, the 19 athletes elected in 1995 would remain as voting members. No elections were held to choose the missing six.

However, in the Friday morning meeting, Kousky announced that, after further negotiations with the Athletes Advisory Committee, a compromise had been reached so those six spots could be filled, four by the Masters T&F Committee and two by the Athletes Advisory Committee.

Those six were then permitted to vote in the Friday election for 1997-98 officers.

Koch later admitted the by-laws need clarification. He had ruled the AA Committee did not have the right to appoint all 19 members of the Masters T&F Committee. Sections 14-A-3, 13-B-3d, and one sentence in 13-B-3a, all of which give the committee the right to select its own delegates, seem to overrule the sentence in 13-B-3a which says the AA "may" fill a vacancy.

Koch invited interested parties to send suggestions for new language to him at: 14 Canterbury Lane, New Milford, N.J. 07646.

USATF NATIONAL MASTERS T&F CHAMPIONSHIPS

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Continued on page 28

Scott Thornley was named the outstanding masters track & field administrator of the year by USATF at its San Francisco convention. Photo by Jerry Wojcik

USATF MASTERS TRACK & FIELD COMMITTEE BUDGETS - 1996/1997

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Submitted by Madeline Bost, Treasurer

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Al Sheahan
San Francisco, California – December 3-7, 1996

Minutes of Masters LDR Committee Meetings

Tues. Dec. 3, 9 a.m., Executive Committee
Chuck DesJardins, Chairman, reported on the funding of Masters Road Circuit. The reason for the cut back is reduced from $9 million to $7.6 million by Indianapolis Life, a company interested in supporting masters. So far there are eight races on the circuit: one or two more will be added. Chuck will be circuit administrator.

Chuck reported on the USATF Executive Committee meeting. Last Tuesday the Directors will vote whether to renew Olinn Cassell’s contract. Other concerns are that USATF has a current budget deficit of $825,000, and the projected budget for 1997 may be reduced from $9 million to $7.6 million if certain revenues don’t materialize. We all need to spend carefully in the first quarter.

Carole distributed the first draft of our committee’s operating procedures, a document which needs to be completed for the 1997 Board. It was noted that Masters T&F used USATF’s main bylaws as the basis for their first draft of operating procedures.


Liaisons were named for our 1997 Championships: One mile road, Jan. 12, and 5K on March 23; Norm; 8K X-C on Sept. 1: Chuck Jaenicke; 5,000 on March 9: Jerry; 10K on Feb. 9: Jerry; 12K on Feb. 22: Mick; 8K road on March 23: Norm; 8K X-C on Sept. 1: Chuck Jaenicke. Cassell’s contract .

WAVA delegates elected were Ruth Anderson and Norm Green, with Chuck DesJardins as alternate. For our representa­tive to the IAAF Veteran Committee (Chuck), Norm Green announced his candidacy for treasurer of WAVA; a motion passed that we support his candidacy.

Item 134: Madiee Bost presented her new­wording for the rule proposal which would allow an athlete to be a member of the IAAF Veteran Committee (Chuck). Norm Green was appointed an ad hoc committee.

Thur. Dec. 5, Joint Masters T&F and LDR, 2:30 p.m.

WAVA requested that Norm state there will be a postal vote next year or the decision to hold a 25K road run instead of a half-marathon at North Carolina Championship (Chuck). And the 1997 WAVA regional Road Championships at the NCCWAVA Regional T&F Championships in Eugene this past August were worthy of running. The results from Carlsbad have been revised, but the Pittsburgh Marathon incident has not yet been resolved.

Several members reported on the late arrival of their ballots for the Masters Hall of Fame.

Barbara Kousky explained that all uniforms in the relays must be identical. A motion was passed that the U.S.A. team uniform currently in use be the team uniform for Durant.

Masters Road Circuit: Newly elected LDR Director Jerry Crockett gave a presentation on the 1997 Masters Road Circuit to be sponsored by Indy Life Insurance Co. See National Masters News, December 1996, for more details. The point to note is that Chuck DesJardins, not the USATF staff, procured the sponsor. He is interested in getting input on improving the circuit and is already looking ahead to 1998 events.

Trust Funds: Bob Fine made a presentation on the Masters Sports Association, a group formed in New York City in the mid 1970s to sponsor events. Prior to the WAVA Championships in Eugene in 1989, donations were collected through the MSA to aid the championships. After $70,000 was turned over to the Eugene event, the remaining funds (about $250) were held in trust in the MSA. Bob sug­gested that if our committees want to set up any kind of a trust fund at this time, we could use the MSA by modifying its bylaws, which currently do not restrict its activities to just track and field or long distance running. Peter Stasz suggested that we use our own organization, USATF, for collection of trust monies. This was reinforced by Chuck DesJardins who explained that Masters LDR has been receiving a donation from Otto Essig for the last several years, route through the USATF’s books but deposited directly into our account. Bob Fine made a motion that our joint masters committee establish a trust fund with the USATF. Peter Stasz moved to work out later (by the executive committees). Nate White suggested that the executive committees should be the ones choosing the wording for the recommendation to the joint committee at a future time. After discussion of the options for setting up a trust fund (either through the MRA or USATF), the motion passed (31 to 13).

Hall of Fame: Marilyn Mitchell reported on the procedures set up two years ago by our committees and approved by USATF in June 1995. Because of complications of data collecting and ballot distribution for the inaugural hall of fame class, most of the ballots were mailed in late November, with a return deadline of November 30. Since many ballots had not been received in time for calculation at this convention, Barbara Kousky appointed an ad hoc committee which met yesterday to discuss the next step. A motion passed to accept the recommendations of that ad hoc committee which are as follows: 1) The tabulation deadline for the current class will be extended to January 1, 1997. 2) The current class will be selected under the procedures voted on by our committees at the 1994 and 1995 conventions, 3) A successful candidate must receive a minimum of 50% of the ballots cast, and 4) There will be no run-off for male track and field athlete for this inaugural class (candidates must receive 50% of the ballots cast).

Barbara further explained that the ad hoc committee met a second time (without LDR, Kousky, or Mitchell) and came up with additional suggestions. Bob Fine presented those suggestions, and after discussion and amendment, the motion was passed (31 to 5) to accept the new plan for the 1997 class. The main points are as follows: 1) Masters T&F and LDR must have separate halls of fame, 2) There should be a nominating committee to help collect data and nominate worthy candidates, 3) June 1 will be the deadline for nominating with voting to be done in September, and 4) The 1997 class will have a maximum of 28 inductees with no distinction between athlete and administrator.

National Masters News: Al Sheahan gave a recommendation on a newspaper with details on ownership, circulation, revenues, staff, etc. Al asked for more LDR participation regarding results and articles. The question came up about

Continued on page 28

The Tentative Schedule for the 1997 Indy Life Circuit:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Feb 9</td>
<td>Las Vegas Half-Marathon</td>
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<td>March 8</td>
<td>Gate River Run 15K</td>
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<td>Indiana Festival 500</td>
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<td>May 31</td>
<td>Freifisher’s Run for Women 5K (women only)</td>
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<td>July 20</td>
<td>Chicago Distance Festival 5K (men only)</td>
<td>Chicago, IL</td>
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<td>Oct 5</td>
<td>Twin Cities Marathon</td>
<td>Minneapolis/St. Paul</td>
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<td>Oct 25</td>
<td>Tulsa Run 15K</td>
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<td>March 22</td>
<td>Azalea Trail 10K</td>
<td>Mobile, Alabama</td>
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<tr>
<td>July 12</td>
<td>Bastille Day 5K</td>
<td>Newport, California</td>
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</table>

USATF NATIONAL MASTERS LDR CHAMPIONSHIPS – 1997

- February 9: One Mile Road - Santee, CA
- February 9: Half-Marathon - Las Vegas, NV
- February 22: 12 km Road - Tomball, TX
- March 23: 8 km Road - Chicago, IL
- April 12: 10 km Road - Plainview, NY
- April 12: 100 km Road - Pittsburgh, PA
- April 13: 5 km Road - Carlsbad, CA
- April 13: 8 km X-C - Pasco, WA
- October 5: Marathon - Minneapolis, MN
- October 25: 15 km Road - Tulsa, OK
Track & Field

Continued from page 26

Thus, Kousky and Thornley are the delegates. Alternates, in order, are Stratton, Fine, and Bost or Mitchell (tie).

Election of WAVA Women's Delegates:

Using the same procedures, six women were nominated for three spots on the Women's Committee. Only one ballot was needed. Of 35 ballots cast: Stratton 26, Bost 24, Christel Miller 19 are the delegates. Alternates are Sandy. Pashkin 17, Becky Sisley 9, and Mitchell 7.

Hall of Fame

(See Masters LDR minutes.)

Records

Seventeen pending U.S. five-year-age-group records were questioned by the USATF Records Committee because the WAVA record form was used instead of the USATF form, which has been designated by USATF as the only official form which can now be used. (In the past, the WAVA form was acceptable.) The Committee referred the pending marks back to the Masters T&R Committee to review for further action. The USATF form will shortly be published in the National Masters News and should be used by all athletes and officials submitting forms for U.S. records. For world records set by U.S. athletes, the USATF form should also be used.

Regional Reports

Regional chairs passed out written reports. A motion that regional chairs be elected by their regions rather than appointed by the national chair was tabled.

Relay Selection in Durban

As in the past, an athlete who wants to represent the U.S. in the WAVA relay competition must first run the 100 or 400 at the WAVA meet in Durban, with the four fastest in each age group automatically selected. The committee gave Pashkin the authority to consider other athletes (from other events or higher age-brackets) to fill a team when less than four runners in an age division are able to participate.

Rules

The following new rules of competition were recommended by the group and later approved by the USATF General Session:

1) When it is not feasible to hold an event listed as a standard championship event, the Sport Committee may authorize the elimina-

USATF MEMBERSHIP TOTALS BY ASSOCIATION AS OF OCTOBER 31, 1996

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LDR Minutes

Continued from page 27

USATF's $5,000 contribution to the newspaper; since this money does not come from our masters committees and because AI needs the money for operations, no action was taken to change this.

WAVA: Chuck DesJardins announced that Norm Green is running for treasurer of WAVA and has received the support of Masters LDR. A motion was passed that the joint group endorse Norm as a candidate. Barbara Kousky explained that technically the U.S. must actually nominate him, so a new motion unanimously passed that the U.S. place in nomination the name of Norm Green for treasurer of WAVA. An additional motion unanimously passed that the U.S. place in nomination the name of Al Sheahan for president of WAVA.

Rey Harvey, president of North American WAVA (NCCWAVA), reported on an upcoming change in the site for the 1998 regional meet. Monterey, Mexico, will not be hosting the meet, but Barbados is very interested. Freida Nichols from that country's Athletic Association made a presentation to host the event. A formal bid will be presented later.

Masters History: Carole Langenbach, new chair of the Committee on Masters LDR, distributed copies of a first draft of historical information regarding our two masters committees, with a later slant toward LDR. She is looking for additions and corrections, so the story can be printed in National Masters News in early 1997.

Nike World Games: Becky Sisley made a presentation of behalf of this masters event scheduled for August 9-22, 1998 in Portland, Oregon. The track and field portion will be conducted in Eugene. There was concern from the group that this event will not be sanctioned by USATF, since it is one of those events not connected to USATF or WAVA or the IAAF. Barbara Kousky, representing Northwest LDR Management, assured us that it will be USATF sanctioned and that the organizing committee is working with the Oregon Association. Another concern was raised that the scheduling will be in conflict with our national championships in May of the same year.

Fri. Dec. 6, 3:30 p.m.

Records: Basii and Linda Honikman's recommendations for our approval of masters distance records was accepted. The Honikmans were congratulating on winning the Otto Eisig Award for 1996. Basii brought up a question for our approval and after discussion, a motion was passed that the RRIC be directed to put out a report to the national office for consideration this year. We will have a separate discussion, a motion passed to award the 1998 5K road event to Friehofer's for women and to Carlshen for men. See list of LDR championships for details.

Law & Legislations: Our representative to L & L, Mick Midkiff, reported that all items up for consideration this year have been tabled.

Sports Psychology: Teddy Foy, our representative to the Sports Sciences committees, briefly reported on the effect of anxiety on competition. He will review the materials handed out this year and send a written report to Carole Langenbach. Contact her if you would like a copy of Teddy's report.

New Business: Mick Midkiff explained why we saw different bid forms for our championships this year. Our committee has our own bid form, but the national office also send out forms for masters LDR events. Chuck commented that our form has been approved by the national office, but Carole suggested that we give them the additional information we want on the form and let them produce the official form with contract language, etc. our form does not have. This idea will need to be formulated by the executive committee.

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

Association: Jack Moran

Budget & Finance: Chuck DesJardins

Communications: John Boyle

Cultural Exchange: Demetrio Caballanis

L & L: Mick Midkiff

Member Services: Bob Langenbach

Officials: Lonna Lee Williams

Recordists: Basil Honikman

Rules: George Kleeman

Coaching Education: no appointment

Medical, Scientific, and Psychological Services: Teddy Foy

Closing Remarks: New chairman Jerry Carter thanked all for making suggestions for our committee from all interested persons. He thanks the outstanding officers Chuck DesJardins and Carole Langenbach, who were given a standing ovation by the committee. Mick Midkiff mentioned two of our championships coming up in early 1997 which were added during the year: the Steve Scott Festival of Miles in Santa Fe, on January 12; and the Tembell country classic 12Km in Tomball, TX, on February 22.

The meeting was adjourned at 6 p.m.

Submitted by Carole Langenbach, Secretary

National Masters News

January 1997

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Closing is the 10th of the month prior to the cover date.

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Weinbel Elected

Continued from page 25

"The only people available from Member Services to supervise the election was Ruth White, Peggy Wehr and myself," he said. "Peggy did vote as a member of the Masters T&F Committee. But the integrity of the elections was beyond reproach. The vote was counted three ways.

Langenbach said he was unaware of any proxy voting, that Mitchell had passed out the ballots only to those on her authorized list, and that there had been no objections from anyone at the time to any ballot.

He further stated there is nothing in the USATF-by-laws requiring a letter on authorized stationery.

"It just takes a note from the chairman of an Association's delegation," he said.

Langenbach admitted more scrutiny could be paid to virtually every election within USATF, but he added:

"We have to assume that all our people are basically honest and will do the right thing. Marilyn worked very hard and did the best she could. So did we."

Despite the closeness of the vote, most delegates agreed the future of the masters T&F program was what really mattered. Most everyone promised their full support to Weinbel, and promised to continue to work as hard as ever in their respective areas.

Hess New Secretary

In the only other contested vote for a Masters T&F office, Suzy Hess defeated Mitchell, 33-17, to become the new Secretary.

Hess has been Secretary of the Board of the Oregon Track Club and Oregon Track Club Masters. She's a certified USA TF official, with 30 years experience as an athlete. She won the W50 hammer throw bronze medal in Spokane at the Nationals last August.

She was previously visitor services manager of Lane County (Eugene, Oregon) Convention and Visitors Association, and is currently officer manager and photographer for the National Masters News. New Look to USATF Exec

The convention was an emotional and challenging time, not just for masters track and field, but for the entire structure of USA Track and Field.

The new USATF Executive Committee, which voted, 12-9, in October to recommend Cassell's ouster, will have a dramatic new look:

1) A new president - Pat Rico - was elected with 53% of the vote.
2) Dennis Mitchell edged Patti Sue Plummer by one vote to become the new Athletes Advisory Chair.
3) Carol McLatchie defeated incumbent Julia Emmons, 40-35, to become the Women's LDR Chair.
4) Incumbent George Regan lost to Jose Rodriguez for the Associations' chairmanship.

5) Jerry Crockett is the new Masters LDR Chair following Chuck DesJardins' resignation.

"Every USATF committee chair who ran for re-election was defeated," Ditz observed. "It was a case of out-with-the-old, in-with-the-new. Throw out the baby with the bath water."

Most everyone at all levels agreed it was time to stop focusing energy on political in-fighting and begin again to manage the sport and work together to achieve the common goal of providing athletic opportunities for people of all ages.
### Schedule

**Track & Field**

#### National

**March 1.** USATF National Masters Indoor Pentathlon Championships, Chapell Hill, N.C. C.Rex Harvey, 216-446-0559(h), 216-531-3000, x3306(w).


**April 5-6.** USATF National Masters Indoor Men’s & Women’s Heptathlon Championships, Proviso West HS, Hillside/Chicago. USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 630-953-2053.


#### East


**January 10-12.** Dartmouth Relays, Lev­ erone Field House, Hanover, New Hampshire. Carl Wallin, Meet Director, Dart­ mouth College, Alumni Gym, Hanover, NH 03755. 603-646-2848, 646-2540, 646-3570.

**January 12 & 26.** DCRRC Indoor Meet Series, Jefferson Community Center, Charlottesville, Va. 8 am-12 noon. Top 4 M&W40+ milers on 26th will be invited to run in masters mile at Grand Prix, George Mason U., Feb. 23.


**January 14.** Mac Indoor Meet, 16th St. Armory, Manhattan. SASE to ROX Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233(7-9:30 pm EST).


**February 9.** DCRRC Indoor Meet Series, Jefferson Community Center, Arlington, Va. 8 am-12 noon. Top 4 M&W40+ milers will be invited to run in masters mile at Grand Prix, George Mason U., Feb. 23.

**February 9.** New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

**February 10.** MAC Indoor Masters Championships, 168th St. Armory, Manhattan. SASE to ROX Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233(7-9:30 pm EST).

**March 3.** USATF East Regional Masters Indoor Championships, 168th St. Armory, New York City. SASE to ROX Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233(7-9:30 pm EST).


**August 6-9, 1998.** 31st annual National Masters Championships, Orono, Maine.

### ON TAP FOR JANUARY

**Track and Field**

Activity this month is mostly an indoor, “back East” affair, opening with the Athlete’s Foot Meet, Rock Island, Ill., on the 4th and the Philadelphia Masters Meet on the 5th at Swarthmore. The Dartmouth Relays open on the 10th for three days in Hanover, N.H. On the 18th, the Harthorne Memorial Mile returns to upstate N.Y., and Cornell U. for the 30th book, while Manhattenites head for the 168th St. Armory for a MAC meet. The Greater Boston TC Invitational gathers at Harvard U. on the 19th. Lincoln-Way H.S., Lenox, Ill., is the venue for a Midwest meet on the 25th.

**Long Distance Running**

The USATF National Masters One Mile Road Championships on the 12th in San­ tee, Calif., offering winners’ and age­ graded money, is the feature race this month. Mar­ thons in Charlotte, N.C., on the 4th and Orlando on the 5th start things off, along with an exciting California Day Race of 9K in its 90th year on the 5th in New Orleans. The L.A. suburb of Paramount hosts a Special Masters 10K requiring that runners meet qualifying times to compete for cash on the 11th. More marathons in Houston on the 12th, New Orleans on the 18th, and San­ Diego, on the 19th. Two massive, wild-and-crazy events close out the month: the Gasparilla 15K, Tampa, on the 25th, and the Super Bowl Sunday 10K, Redondo Beach, Calif., on the 26th.

**RaceWalking**

Many races include a racewalking category, and some indoor meets offer walks at the mile, 1500, or 3000m distances.

### RACEWALKING

Many races include a racewalking category, and some indoor meets offer walks at the mile, 1500, or 3000m distances.
National Masters News

December 1996

Continued from previous page

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

June 28-29. Hayward Classic. Hayward field, Eugene, Ore. Ruth BreMiller, 590 West 29th Ave., Eugene, OR 97405. 541-687-9675(h); 346-4923(w); e-mail #brem @uoneuro.uoregon.edu.

CANADA

INTERNATIONAL
February 22. British Masters Indoor Championships, Glasgow, Scotland. Henry Morrison, 40 Arden St., Edinburgh, Scotland EH9 1BQ.

LONG DISTANCE RUNNING

NATIONAL

EAST
Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, N.C., Pennsylvania, Rhode Island, Vermont

April 13. Cherry Blossom 10 Mile, Washington, D.C. SASE to Cherry Blossom, PO Box 884, Middletown, MD 21769. 301-340-6699.

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

April 25. Gasparilla 15K & 5K, Tampa. SASE to Gasparilla, PO Box 1881-RT, Tampa, FL 33601-1881.

28th Annual LONGEST DAY
Marathon, Half Marathon, 10K, 5K, and 5K Race Walk
Saturday, April 19, 1997
Brookings, S.D.

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

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

ALL PROFITS AND FUNDING TO EASTER SEAL SOCIETY.
MIDWEST
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia


JULY 20. Chicago Distance Festival 5K, Chicago, Ill. Indy Life Circuit Race (counts for men only). Carey Pinkowski, 54 W. Hubbard #600, Chicago, IL 60610. 312-527-2200.

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas


February 16. Austin Marathon. SASE to Marathon, P.O. Box 684587, Austin, TX 78768. Lyle Clugg, race director, 212-505-8304.

February 22. Cowtown Marathon & 10K, Fort Worth, Texas. Cowtown Runs, PO Box 9066, Fort Worth, TX 76147. 817-735-2033.


RICH MURRAY, IPSWICH, MASS., was second M50 in the USATF New England Gran Prix with top three finishes in events ranging from 5K to 30K, and won the bronze (17:04) in the 5000 at the 1996 Masters Championships in Spokane. Photo by Jack Fleming.

WEST
Arizona, California, Hawaii, Nevada


May 11. Great Trans Kaloo K Triathlon, 1/2 Mile, Hawaii. Meet officials expect 100,000. $3 non-refundable fee for commemorative race entry booklet to Race Headquarters, 50 S. Beretania St., Suite C-211A, Honolulu, HI 96813. 808-521-4351.

March 18. Examiner Bay To Breakers 10K, San Francisco. SASE to BTB, PO Box 452920, San Francisco, CA 94142. 415-887-5000; fax: 473-8105.


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

April 12. Pear Blossom Run 10 Mile, Medford, Ore. Jerry or Zellah Swartsley, PO Box 146, Medford, OR 97501. 541-535-1205.


May 4. Lilac Bloomsday 12K, SASE April 15 to Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579.


INTERNATIONAL

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, South Africa. P.O. Box 1044, Durban 4000, South Africa. Fax: 27-31-304-6196.

RACEWALKING


March 21. USATF National Masters Indoor Championships 3000m Racewalk. See National T&F.


July 17-27. XII WAVA Championships, Durban, South Africa. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National Schedule.


## U.S. Masters Standards of Excellence for Men

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**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**

**NAME:** [AGE GROUP]

**ADDRESS:** [SEX: M | F]

**CITY:** [STATE: ] [ZIP: ]

**DATE OF MEET:**

**MEET SITE:**

**EVENT:** [MARK: ]

**HURDLE HEIGHT:**

**WEIGHT OF IMPLEMENT:**

[ ] CERTIFICATE

[ ] PATCH

[ ] PATCH TAG

Enroll as an All-American, National Master, News, P.O. Box 32000, Eugene OR 97405.
LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 5000, Eugene, OR 97405. At present, we do not publish results more than 3 months old. Results that are typed on blue paper are from the same event in previous issues. Deadline is the 10th of the month prior to issue date.

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**GE Championships**

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<td>2:36:17</td>
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