

NATIONAL MASTERS NEWS

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

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January 1998

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Collins, Raschker Named Best 1997 T&F Athletes; Plasencia, Matson Top LDR Picks

Honors Go to Conley, Hilliard, Austin, Vegar, Romansky and Dana

Bill Collins, 47, of Houston, Texas was named the outstanding age-40-and-over male track and field athlete of 1997 by the Masters Track and Field Committee of USA Track and Field, the national governing body for athletics in the United States.

Philippa Raschker, 50, of Marietta, Ga., was voted the top female masters performer by the same group at the 19th annual convention of USATF in Dallas on December 5.

The top racewalking awards went to Dave Romansky, 55, of New Jersey, and Jane Dana, 75, of California.

Stan Vegar, 42, Greenbrae, Calif., and Raschker were selected as the outstanding multi-event athletes of 1997.

The best single-performance-of-the-year awards were shared by Glen Conley, 40, of Newburgh, N.Y., and Vanessa Hilliard, 56, of St. Petersburg, Fla.

Don Austin, San Antonio, Texas, the Masters Awards Coordinator, was named the top T&F administrator.

Collins won the Indoor M45 60m (7.33) and 200, which he ran in 23.03 but had a phenomenal 22.89 in the

prelims for an indoor age-graded 94.7% for age 46. In San Jose, he won the 100 (11.44) and 200 (23.12).

After turning 50 on February 21, Raschker started her assault on W50 records a week later at the European Veterans Indoor Championships, Birmingham, England, where she broke seven world records (60m, 200, 60H, HJ, PV, LJ, TJ). A month later at the USATF Masters Indoors in Boston, she bettered eight listed records by adding the 400 to the seven she broke at Birmingham.

In Durban, Raschker won ten gold medals and one silver, in the high

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Utes, Ottaway, Welzel, Keston Among 26 Runners Honored at USATF Convention

Steve Plasencia, 40, and Shirley Matson, 57, were among 26 runners honored by the Masters Long Distance Running Committee of USA Track and Field at its 19th annual convention in Dallas on December 5.

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

Plasencia, of Minneapolis, set two U.S. masters records with a 45:14 15K and a 1:05:33 half-marathon, 94.2% and 93.3%, respectively, on the age-graded scale. He won the USA National Masters Marathon Championship with a 2:19:06 at Twin Cities.

Matson, of Moraga, Calif., set a U.S. W55 8K record of 30:10 (95.7%), and logged outstanding times in the 5K (18:32, 95.3%), 10K (39:08, 93.1%), half-marathon (1:23:53, 94.8%), and 12K (47:36, 92.6%).

Warren Utes, 77, of Park Forest, Ill., clocked a 1:30:19 half-marathon (97.2%) and 25:40 4-mile to win M75 honors.

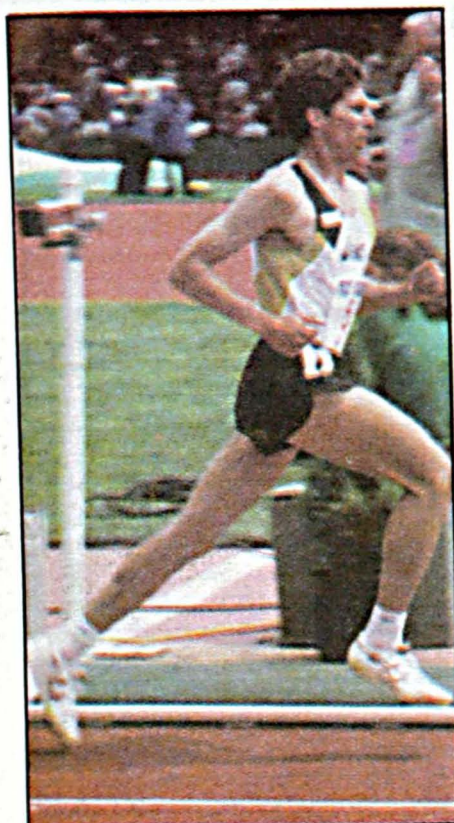
Joan Ottaway, 52, of Sonoma, Calif., turned in winning W50 times in the

10K (38:53), marathon (3:12:10), half-marathon (1:23:09), 5K (18:19), 8K (29:52), and 15K (59:43), and was voted top W50 runner.

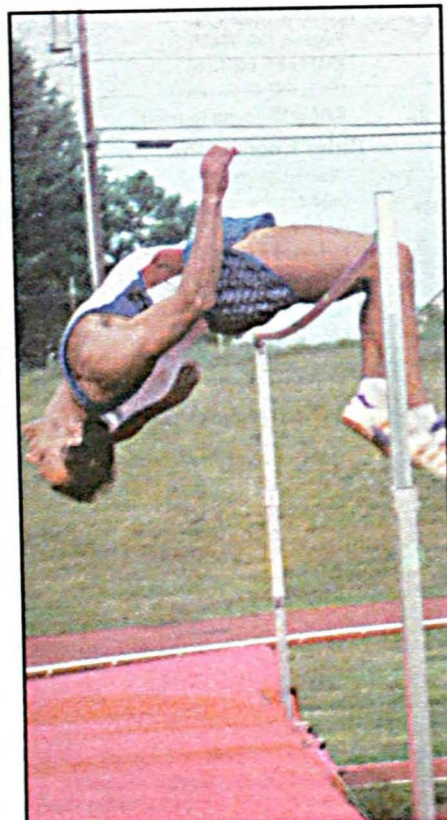
Jane Welzel, 42, of Fort Collins, Colo., won the women's title in the Indy Life Masters Circuit series, and was remarkably flexible with W40 wins in the marathon (2:42:31), half-marathon (1:14:32), 10-mile (57:22), 15K (53:32), 10K (34:38), 8K (27:28), and 5K (16:28). She edged out Ruth Wysocki, who set three U.S. W40 records in the 10K (33:22), 8K (26:19), and 5K (16:06), for W40 laurels.

John Keston, 72, of McMinnville, Ore., turned in a sparkling 3:08

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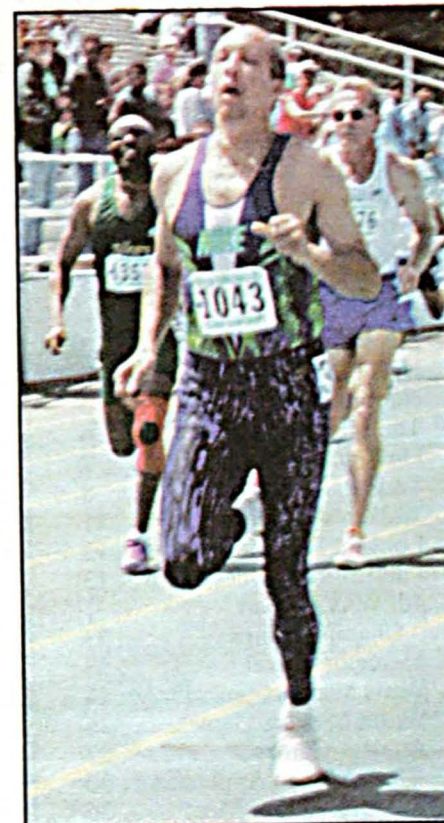
Steve Plasencia



Stan Vegar



Vanessa Hilliard



Bill Collins

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NATIONAL MASTERS NEWS

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

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

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Seven Elected to USATF Masters Hall of Fame in Dallas

Seven more masters athletes have been elected to the USATF Masters Hall of Fame. They are:

Ed Benham, Jack Greenwood, Christel Miller, Boo Morcom, David Pain, Phil Raschker and the late Paul Spangler.

The seven join the initial seven selected last year: Payton Jordan, Irene Obera, Norm Green, Ruth Anderson, Toshiko d'Elia, Miki Gorman, and Beverly LaVeck.

The Hall now contains seven men and seven women.

An ex-jockey, Ed Benham, 90, Glen Burnie, Md., in the LDR category, won his age group races 49 times, more than any other runner, in national LDR championships. His events ranged from the 5K to the marathon and included four world and over two dozen U.S. records, with an age-graded best of 100% in the 15K in 1991. He was elected Masters LDR Runner of the Year fourteen times in age groups M70 through M80.

Jack Greenwood, 71, Aurora, Colo., a Track category winner, competed primarily from 1972-1991 as a pre-eminent hurdler and quarter-miler, who recovered from 1987 heart bypass surgery to achieve world-record performances, indoor as well as outdoor. The USATF Masters Male T&F Athlete in 1991, Greenwood broke world age-group records 12 times in the high and intermediate hurdles in M45 through M60, topped by a 99.9% 43.49 in the 300H in 1989. He garnered 13 gold medals in WAVA Championships in 1983, 1989, and 1991.

Christel Miller, 63, Glendale, Calif., another Track electee, is a versatile athlete, whose skills on the track as well as in the field events have made her one of the top women multi-eventers, in both indoor and outdoor competition, in the world. She has held eight world and 30 U.S. records from W45 through W60 in a wide range of events from the long jump to the 80H and the pentathlon. Voted USATF Masters Female T&F Athlete of the year in 1986 and 1990, Miller is active in other areas of t&f, serving as a certified masters official and on the USATF Masters T&F Committee in 1983-89, and directing the USATF Southern California Masters Championships for last ten years.

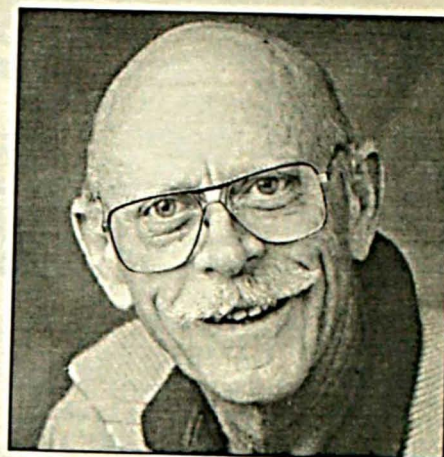
Richmond (Boo) Morcom, 76, Wilmot Flats, N.H., in the Field category, is an outstanding pole vaulter and decathlete with world records still in place after 20 years. He was the first decathlete to score 9000 points (9006 in 1986) and scored an age-graded 100% with a 3.77/12-4½ vault indoors in 1986. That year, he accomplished All-American status in 16 events, and was the Masters Outstanding Multi-Event Male Athlete in 1985 and 1992.

David Pain, 75, San Diego, Calif., in the Administrator category, is considered the founder of masters t&f age-group competition in the U.S. and the world, having conceived and organized the first masters meet in San Diego. He

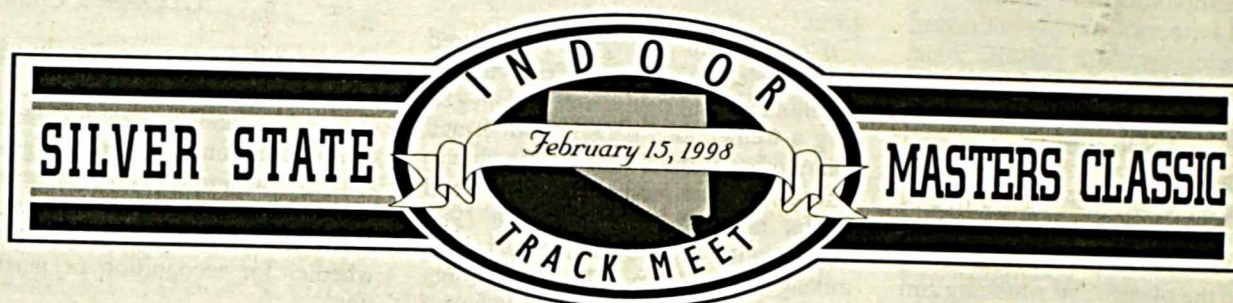
also helped organize the first world masters championships in Toronto, Canada, which resulted in what we now recognize as the WAVA Championships. Sharing his administrative talents with other organizations, Pain directed the San Diego Indoor Games in 1971-73, organized a coalition to raise \$350,000 for an all-weather track at San Diego's Balboa Stadium in 1986, and became involved with masters cycling as a competitor and director, after knee problems ended his track career.

Philippa (Phil) Raschker, 50, Marietta, Ga., a Track category Hall of Famer, has dominated her age groups for a decade and is arguably considered the most talented t&f masters athlete, man or woman, in the world. Her world and U.S. age-group records, starting at W40, fill an entire single-spaced, type-written page and range from the indoor 60H to the outdoor pole vault, where her accomplishments earned her an invitation to compete when she was in her late 40s in the pole vault in an open

Continued on page 26



David Pain



The Third annual Indoor Masters Track and Field meet is sponsored by the University of Nevada and the Silver State Striders. The Track is the University of Nevada's Bill Cosby Wooden Track (the same facilities used in the 1995 National Masters Indoor Championships).

- WHERE:** Reno Livestock Events Center (Exit Wells Ave. off Interstate 80, proceed north on Wells for two blocks).
- WHEN:** February 15, 1998 (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. 7, 1998 for final schedule. (Walk in registration is limited to lane & time availability).
- REQUIRED:** 1998 USATF Membership Card must be shown or purchased at registration. (USATF rules of competition will be used to conduct meet).
- AWARDS:** Medals, top 3 places, in all 5 year age divisions, all events.
- HOST HOTELS:** DAYS INN - \$39.00 a night 1-800-448-4555, Two blocks from track. (SILVER STATE STRIDERS / U.N.R. RATES)
HOLIDAY INN - Hotel / Casino - \$49.00 a night 1-800-648-4877, Three blocks from track.
TRUCKEE RIVER LODGE - Non Smoking / Kitchenettes - \$40.00 a night 1-800-635-8950, Down town Reno.

3/16 SPIKES ONLY

Schedule and the order of events are tentative.

Running Events		Field Events
3000m Racewalk - 8:00	200m Dash - 11:15	Weigh-In and measure - 8:45
3000m Run - 9:15	1500m Run - 11:45	Pole Vault - 9:30
60m Dash - 10:00	60m Hurdles - 1:00	Long Jump - 9:30, followed by Triple Jump
800m Run - 10:15	400m Dash - 1:30	Shot Put - 9:30, followed by Wt. Throw then Super Wt. Throw
Relays as requested (4 X 200, 4 X 400, 4 X 800) - 2:00		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 _____ Male _____ Female _____

ADDRESS _____ ZIP _____

CITY / STATE _____

DATE OF BIRTH _____ AGE _____ PHONE _____

EVENTS ENTERED: 1ST _____ 2ND _____ 3RD _____ 4TH _____ 5TH _____ 6TH _____

BEST RECENT PERFORMANCE: _____

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 15 February 1998, 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 insure my well-being.



Applicant Signature _____

Date _____





Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

NIKE WORLD MASTERS GAMES

I'd like to relate my concern about the \$200 entry fee for the upcoming Nike World Masters Games ("World Masters Games Expecting 25,000, NMN, December 1997) to my observations on the 1997 USATF Masters Indoor Championships in Boston.

There I witnessed two very encouraging developments for masters track: (1) the continuing entry into our program of younger women, many of them with collegiate experience and great talent and spirit, and (2) on a somewhat smaller scale, the participation of many outstanding young male high jumpers. In the past several years, we've had the pleasure of watching Jim Barrineau (6-11 at Buffalo in 1995); Dwight Stones (if only for a short time); and the first master to clear seven feet, Glen Conley (7-0 1/2 at the Empire State Games in August).

Let me focus on the high jumpers. At Boston, only one of the five submasters failed to clear six feet; in M40-44, two jumpers cleared 6-6 1/4. Not one of the four submasters who bettered 6-0 and neither of the M40-44s (Barrineau and Conley) who went 6-6 1/4 competed in any other event.

I hope that the Nike World Games will be a success. I know from personal experience that the oversight of Barbara Kousky and Tom Jordan can only help the meet, but this competition is not user-friendly to the specialist,

whether he/she be a high jumper, a high hurdler who eschews the intermediates, a pole vaulter, or anyone else who's very good (or wishes to be good) at one event and enters no other.

I know that competitors will get something other than entry (bag, T-shirt, party, etc.), but the point remains that it will cost \$200 to get into the meet.

Consider this analogy. If I'm offered a 1998 Mercedes for \$22,000 with the stipulation that I can't resell it, I'm getting a tremendous bargain. But I, and many other people, may not be able to afford that much automobile. It would be far better for me to buy a 1993 Toyota with a good engine and great mileage for, let's say, \$7,000. No doubt many of the young women to whom I refer at the beginning of this letter, not to mention our more veteran athletes, will find the Mercedes too pricey as well.

Peter L. Taylor
Fairfax, Virginia

If the purpose of the organizers of the Nike World Masters Games is to limit the competition to wealthy athletes, then they have succeeded. With the cost of transportation, hotels, and meals for two track & field athletes from Aug. 10 to Aug. 22, the \$200 registration fee is extremely exorbitant. "Free" Opening Ceremonies in Eugene, World's Largest Athletes' Party in Portland, Special Athletes'

Party in Eugene, Closing Ceremonies, Celebration City, and Nike athletic bag (I use the bag I want), etc., are simply empty fillers to justify the high cost.

I would love to compete against other masters athletes from around the world, but this one is too rich for my blood.

Kathy Bergen
La Cañada, California

OLDER AGE GROUP AWARDS

I see some good points on both sides of the older runners' awards debate. Let us not forget one of the major goals of running: to improve the fitness and health of people. Racing provides a motivation for many people to run, whether for recognition or participation.

As director of the Redstone Arsenal Ten Miler & 5K for the last five years, I felt that motivation for older runners to train and run was one of my goals. In both races we offered five-year age groups for every participant. Although these are low key, no T-shirt, \$2 pre-registration fee races, they are growing in participation. We have had runners from age 4 to age 82 compete. With a better advertising budget, probably more older runners would come.

As race director of the WZYP Rocket City Marathon, starting in 1997, I have added older age groups to that race. Let's keep offering older age group awards to keep those older folks on the roads.

Malcolm Gillis
Toney, Alabama

NEW AGE-GROUPERS

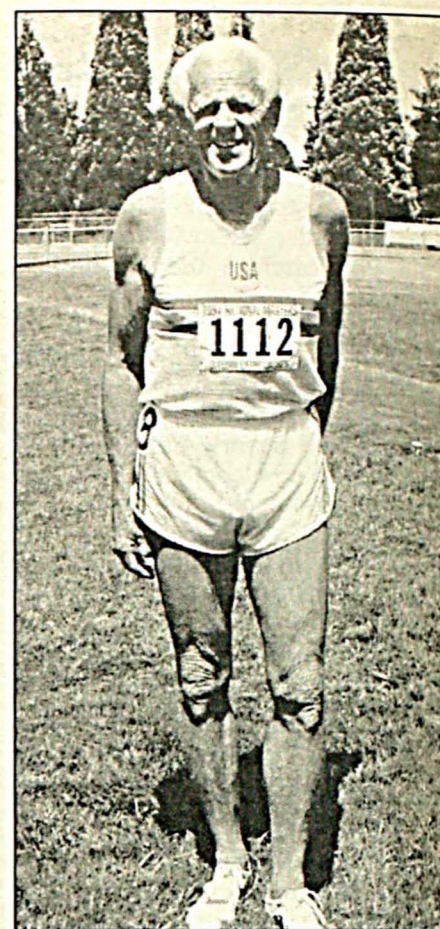
I agree with your decision to discontinue the NMN New Age Group monthly listing. I never could really understand its value, even though I missed being listed.

John McCarthy
Waymart, Pennsylvania

You will be losing a few subscribers, including myself, if you are no longer publishing the list of "Athletes Who Enter a New Division."

Jack Stevens
Hawthorne East, Australia

(We're amazed that a quiet little feature like this should generate such controversy. The feature has been a staple of NMN for more than 10 years. It's produced by Pete Mundle, world and USA masters T&F Records Chairman. His data base includes more than 50% of masters women and those men who have set a single-age record at one time or another. Some people complain when their name is not listed, which we find peculiar, since the purpose of the



SUZIE HESS
Payton Jordan, USATF 1997 M80 Track Athlete of the Year, broke world records in winning the 100 and 200 at the Nationals-San Jose.

list is to let readers know when others are changing age divisions. We presume readers know the date of their own birthday. We have twice asked USATF for a more complete list of birthdates, but it has refused, claiming such information is "private." Perhaps the new management at USATF will be more enlightened and provide us the data. Meanwhile, what's your opinion? Do you like the feature? It's listed on page 35. Do you think it should continue? Should we drop it? Do you care? Let us know if you have an opinion, one way or the other. —Ed.

WORLD ROAD RACE CHAMPIONSHIP

We invite all veteran runners and walkers to the 4th WAVA Veterans' Road Race Championship to be held in Kobe, Japan on March 28 and 29, commemorating the completion of the Akashi Kaikyo Bridge, the world's longest suspension bridge.

As of October 10, the local organizing committee had received more than 5000 entries and 10,000 inquiries. The original closing date is Dec. 31, 1997, but the LOC has decided to accept entries until January 16, 1998 to accommodate the requests of those interested.

There is a lot to see and do in Kansai area where the races will be held. Needless to say, Kyoto and Nara are among them. Not only the athletes but their accompanying families will surely find their stay enjoyable.

Don't miss this exciting event and see you in Kobe in March!

Kiyoshi Kounoike
Chairman, Japan Masters

Continued on page 13

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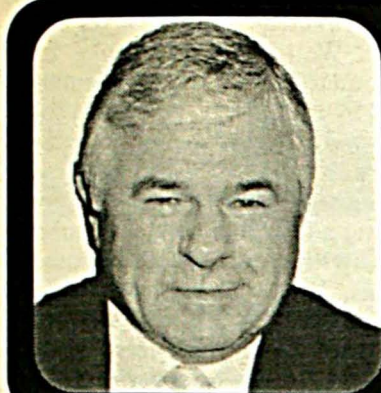
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Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

USATF - Changes Afoot

Change-Restructure-Marketing: the three words most heard at the 1997 Dallas USATF Annual Meeting. Over the coming years, USATF will be facing change from within and without. All sport and administrative committees are busily preparing for the change. Our committee must be alert to take advantage of the opportunities that arise from change to ensure that Masters Track and Field will come out the other side better for the effort.

New CEO, Craig Masback, was relentless and unwavering in his efforts to impress attending officers and delegates that it is now time to restructure USATF and embrace forth-

coming change.

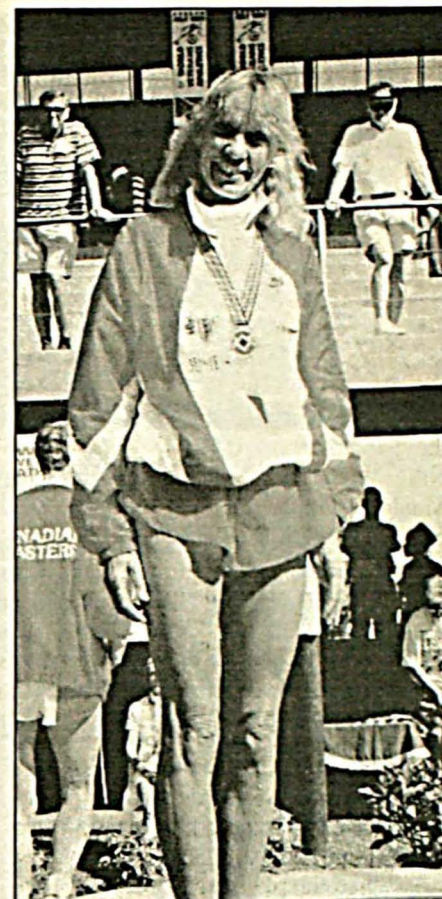
Masback was also emphatic that the means to a financially successful operation is aggressive marketing. USATF's present budgetary woes are

the result of poorly orchestrated past efforts. Track and Field has long undersold its product. Masback intends to change all that.

Our CEO has embarked on an extensive visitation tour of corporate sponsors. His product to sell is total USA track and field: Youth, Open and Masters. I was pleased to learn that Masters Track and Field is considered a major cog in Masback's marketing wheel. I was not pleased to discover that some masters athletes have a strong negative attitude toward change and are content to remain mired in the same-old, same-old way of doing things.

It is important that the Masters Committee support Masback's efforts with pro-active programs of our own. This undoubtedly will require some attitude change. I am confident we can all put aside personal agendas and work together with the national office to achieve the positive results to which we aspire.

The future is exciting and we are invited to be a part of it. Let us not miss the party. □



SUZY HESS

Jeanne Hoagland, USATF 1997 W60 Track Athlete of the Year, took three firsts in the 400, 800 (WR), and 1500 at the WAVA-Durban Championships.

Record 100m in Space Coast Games

by HANK NOTTINGHAM

The high point of the Space Coast Senior Games in Palm Bay, Fla., on Nov. 23, was the single-age world record of 79.55 in the 100, established by Marie Norbury, 94, of Melbourne, Fla. Norbury hopes to break the W95 age-group world record after she has her 95th birthday this month.

The meet was distinguished by another athlete in the 90s - Leonard Stone, 91, who propelled the shot a fine 21-2.

Other excellent performances were also recorded. Bill Wright, M60, zoomed to a 6.91 in the 50m and a 12.98 in the 100. Jim Stookey, M65, had the best long jump of the day with

a 15-8 $\frac{3}{4}$. Mike Stallings, M50, topped all other discus throwers, with a 124-10.

Ann Makoske, W50, ran a solid 6:14.0 in the 1500. The husband and wife team of John, M55, and Darlene Backlund, W50, did the 1500 racewalk in 9:04.7 and 9:42.2, respectively.

An experimental No Elimination False Start Rule (where no one was eliminated for false starts) worked well. Out of 102 "possible" in the four sprints (50, 100, 200, and 400) there would have been only eight runners eliminated if we had enforced the No False Start Rule. Three were novice runners, and a fourth was the victim of an extended "Set Point" by the starter.

About 70 athletes were in attendance. The weather cooperated with a good day, with a light quartering headwind for the sprinters. □

Mascali, Visgauss Win in L.I. Five Mile

by MAURY DEAN

Paul Mascali, chief organizer of the Fifth Avenue Mile in Manhattan, showed he can go the distance, with a spectacular M45 Long Island record 26:26 in the Bohemia Airport 5 Mile, Bohemia, N.Y. Not since the days of Dave Wilson and Gary Muhrcke has Long Island seen runners who crushed 27:00. Mascali just missed vanquishing Harry Penn, 36, 26:22, for the overall win in this competitive Grand Prix race with 300 excellent area runners.

Bohemia TC's masters phenom Helen Visgauss, 42, fresh from breaking (19:45) the W40-44 Van Cortlandt Park record for the 5K cross-country course, wrested the overall bronze with her 32:29. On the semi-senior side, Bohemia speedster Betty Horstmann, 52, smashed the seven-minute barrier with a 34:14, good for 10th female overall.

Joe Cordero continued to ruffle the ranks of the senior silver wave, as he looks forward to clobbering the Big 6-0 next March. His outstanding 31:04

scorched the autumn pavement.

Except for one annoying hill into the third mile, the course winds through suburban flatlands, buffered by ranch homes and chrysanthemums, with a few dinky factories strewn about. All in all, a speedy stampede of masters road warriors ricocheted the torrid tangents of Bohemia, spanking a Nike/Saucony tattoo on the sizzling asphalt of frosty November on the Lengthy Isle. □

DEADLINE

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

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Third Wind

by MIKE TYMN

Frank Shorter at 50

Turning 50 is a lot easier than turning 40, according to Frank Shorter, the 1972 Olympic marathon champion, who turned 50 on Halloween. "When I turned 40, it was more like I was still pretty close emotionally and physically to being an elite athlete," said Shorter in a telephone interview during November. "This time I've had 10 years to adjust to it. The biggest problem when you turn 40 is that you still have a mind that wants to run 120 miles a week and a body that can run about 90. You're still trying to operate at a 24-year-old intensity."

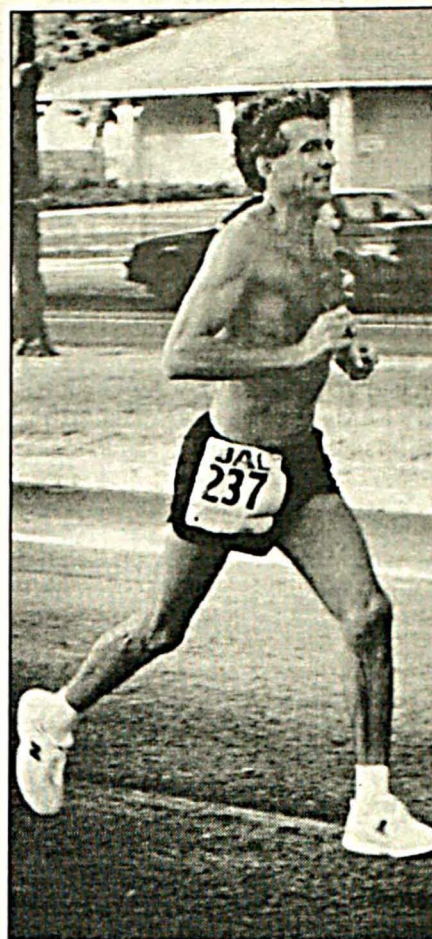
"Between (ages) 40 and 50, you learn how many miles a week your body can handle, and you learn to be satisfied with that."

As a result of his victory in the Munich Olympics, the first by an American in 64 years, Shorter emerged as something of a hero to Americans. His win and the television coverage of it is often credited with greatly fueling the running boom that had begun a few years earlier with Dr. Kenneth Cooper's book,

Aerobics, and igniting the widespread interest in the marathon distance of 26.2 miles.

Timing is Everything

"It was one of those days when everything just came together," Shorter said of that day in Munich 25 years ago. "Everybody has had one of those days, but I was fortunate in having mine on the day of the Olympic marathon. I was a half-mile into the race and I said to myself, 'Oh, man, this is it.' I could feel it."



Frank Shorter

In contrast to Munich, Shorter said everything went wrong for him four years later in the Montreal Olympic marathon, even though he finished second. "My foot was broken, it was raining, the stars just weren't lined up right for me, but my belief is that if you mentally hang in there the whole way, then, in a sense, Montreal is the worst thing that can happen to you."

While 120-mile weeks were common during his Olympic years, Shorter said a good week of training these days is about 70 miles. "My son Alex (19) and I run intervals twice a week," he offered. "We do a lot of stuff on the grass at five, four, three, two minute duration at a pace that

probably averages a little over five minutes. We're probably doing 80-second quarters on the five-minute run and by the time we get down to a minute we're running at 70-72 second pace."

Switching Energy

Shorter added that he also regularly trains with weights with his other two sons, Nick, 17, and Mark, 16, both soccer players. "What I've done, essentially, is take the energy that I would have otherwise put into running and I do weight training. I'm in the weight room four or five days a week for between 45 minutes and an hour. I'm about 8-10 pounds heavier, which is probably why I'm not running quite as fast as I'd like to for 10K. But I think it's been good for me. Those 10 pounds are all in my upper body. The tradeoff has been worth it."

"The other part of the realism is that I'm at a point where one of my major goals is not to look as old as I am. That not only has to do with your face but with the rest of the body as well. If you stay running, you're going to perform better than 99 percent of the people your age. That's not an issue with me. I'm willing to take a little away from that and put it somewhere else."

Shorter considers himself in good running shape but not in marathon shape. "What I'm not doing now is the weekly long run. I haven't done that for a while. The longest I run now is about an hour to 70 minutes at seven-minute (mile) pace. You can't run a marathon off that."

"Right now, I'm at about 35 minutes for 10K and I think I'm probably in 2:40 to 2:45 marathon shape. If I can find two more minutes at 10K, then I should be able to get back down to the 2:30s in the marathon, which would be good for a 50-year-old guy. But I think I'll wait until next year (late 1998) to try that."

In winning the Olympic marathon, Shorter clocked 2:12:19.8 but his best time was 2:10:30, recorded at the Fukuoka Marathon three months later.

Still a Contender?

Shorter joked that the way American distance men are running these days, he might even have a chance to make the next Olympic team.

"After Jerry Lawson, the next two spots are up for grabs. We have a lot of guys who talk a good race at the press conferences but then they don't follow up. You can only preserve your shoe contract for so many years by talking. Heck, I can talk a fast race as good as anybody, so let's just give the second two slots on the American team next time around to those who can best expound on their own capabilities."

What Shorter enjoys most now is being able to train with his three sons. "It just happened to work out that we're pretty much at the same level now," he said. "It's a coincidence it happened when I turned 50. It made turning 50 pretty easy." □

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- Warren Utes, 72, and Doug Kurtis, 40, Top LDR Runners of the Year
- Ray Funkhouser, 42, and Elton Richardson, 53, Voted Best Racewalkers
- Rex Harvey, 45, Named Best T&F Administrator
- Boo Morcom, 71, and Phil Raschker Chosen Top Multi-Eventers

PROFILE

John Martel – His Biggest Hurdle Was Not on the Track

John Martel of the Santa Cruz Track Club had to defeat 1997 WAVA champion Marion Sanchez and Jim Stookey, 1996 Masters Men's Athlete of the Year, to win the M65 national championship in the 100m hurdles at the 1997 Masters Championships in San Jose. He had never defeated either of them in six years of competition as a masters athlete.

But that's not the story.

In 1991, at the end of his first year of competition as a master, Martel suffered a *LisFranc* foot injury at the Club West Meet in Santa Barbara, Calif. His team of surgeons described the injury as an "exploded foot." It was so shattered that they had to put his left foot under a fluoroscope and reconstruct his right foot, using his left as a model before drilling and inserting metal to hold what was left of his metatarsal bones together and re-attach them to the main major arch tendon. He was told he might be able to jog again, perhaps even play doubles tennis.

Breaking the "Bad" News

Before he came off crutches seven months later, Martel began work on a stationary bicycle and broke the bad news to his wife that he would be making a comeback after a year of convalescence. Not in doubles tennis, not in racewalking or a throwing event. He would run the high hurdles. Once off the crutches, he began a training program consisting of the stationary bike, Stairmaster, and weights.

In 1993, he did come back, and by 1994 was cruising for a silver medal in the Nationals at Eugene when he hit the last hurdle, badly spraining his left ankle and crawling across the finish line for fourth place. His 1995 and 1996 years were plagued with hamstring and plantar fasciitis injuries, though he was running close to his 1991 personal best of 17.6.

His workout regimen during the '96 season consisted of weights and running in a redwood grove near his home in the Santa Cruz Mountains in California, plus hurdle drills with teammate M40 Don Roberts and workouts with the SCTC. He interspersed 400m "sprints" on soft ground with high-skipping and other plyometric drills.

"Running the hurdles is not so much about speed as it is power and rhythm," says Martel. "I knew that if I could three step at least nine of the ten hurdles I could medal at the Nationals. I thought that if I could do those things and run faster than I ever had, I could win the gold."

How Did He Do That?

Martel won the race on a warm Saturday afternoon, with a 16.69, probably the fastest M65 time in the world in 1997. How did he get faster?

"Ten days before the Nationals, a five-day business trip took me to Hawaii, usually a great place to go but the last place I wanted to be in at that particular time," said Martel. "I asked Coach Marty Kruger what I should do and how I could best avail myself of a nearby golf course."

Kruger surprised him. "Find a gentle downslope and do nothing but run downhill. Run in bursts of 200 meters, walk back and do it over again for about 45 minutes," he told Martel.

The advice surprised Martel, but as an ex-U.S. Air Force pilot (1951-55), he was used to following orders. He credits Kruger's words with improving his "turnover" speed. When he was warming up just before the race in San Jose, he had to check the marks on the track to be sure the hurdles weren't spaced too close together. "I knew at that minute that I might be able to do it," said Martel.

He describes his high school and collegiate athletic career as that of a "decent journeyman athlete, nothing special." He lettered in football, basketball, and track at Modesto Junior College and played basketball at the University of Oregon. His planned 1950 track season at Eugene was interrupted by the Korean War.

An Accomplished Career

After the service, Martel focused on his studies, which have served him pretty well. He has been described by the National Law Journal as one of the top ten trial lawyers in the U.S. He is a member of the Board of Regents of the American College of Trial Lawyers and has tried 100 jury trials, 96 of them victories.

He is author of the best-selling novel *Partners* (Bantam, 1988) and *Conflicts of Interest* (Pocket Books, 1995). He is currently finishing his third novel, which he considers his best yet.

So, which of his major accomplishments is he most proud of?

"Winning the gold in San Jose, of course. Nothing else is even close." □

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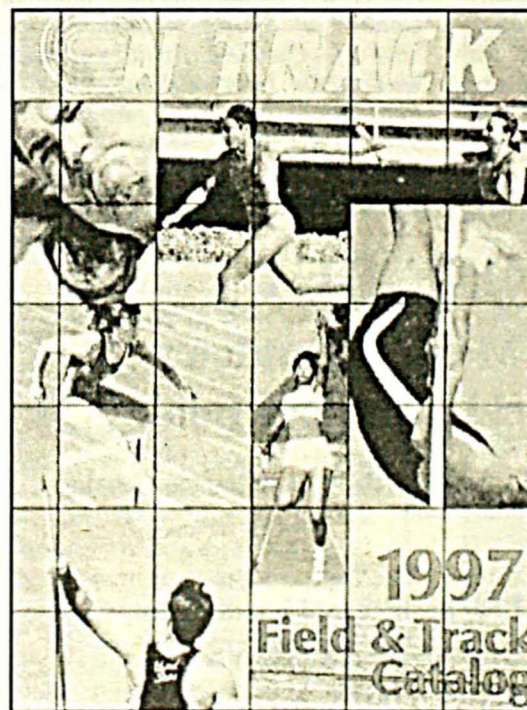
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JERRY WOJCIK

John Martel, winning the M65 100H, 1997 USATF National Masters Championships, San Jose, Calif.

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Plantar Fasciitis – A Painful Problem

Q I am a 63-year-old runner who has been bothered throughout my career with bouts of plantar fasciitis. I've heard there have been some new ways of treating this injury, and would like to know what they are.

A Plantar fasciitis is one of the most common running ailments, accounting for more than 12% of all running injuries. The plantar fascia can best be described as a gristly, white, fibrous band that runs along the bottom of the foot. It extends from the toes to the inner border of the heel.

The plantar fascia can be easily damaged, and there is growing medical evidence suggesting that the major cause of the injury is an over-pronated foot. This can cause excessive internal rotation of the heel bone, placing a great deal of stress on the area where the plantar fascia is attached. The pain associated with this rotation is often referred to as a bone bruise in the heel.

Usually, the best treatment is prevention. Running in good, well-cushioned shoes and avoiding hard concrete surfaces helps. Stretching well before interval work is also recommended, and using a foot orthosis to afford some protection to the rear foot area is also a good idea.

Once the condition has set in, treatment should begin immediately. Stop running for at least 10 days to determine the severity of the injury. Self-treatment includes the use of hot water soaks with epsom salts twice a day for 20 minutes each. Taping the foot every day helps reduce stress on the heel, and using an over-the-counter liniment

such as Mineral Ice often brings relief.

In severe cases, I now advocate the injection of a steroidal agent along with Novocaine. This seems to bring down the swelling and speed up the healing process. It also prevents the formation of scar tissue.

If the condition persists, you should seek help from your sports medicine specialist. In most cases, it is advisable to x-ray the foot to rule out the possibility of bone spurs which often form at the plantar fascial attachment.

Once the pain has diminished, you may return to running on an asymptomatic basis. The key to treatment is related to morning pain. Once that pain is eliminated, the condition is most likely cured. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

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Rankings Report

by JACK LANCE, Masters T&F
Rankings Coordinator

The last issue of the *National Masters News* from which marks will be taken for inclusion in the 1997 outdoor track & field rankings is January 1997, this issue. The deadline for submission of 1997 marks not published in the NMN is Jan. 31. Those marks should be sent, with proper verification, to Jack Lance, P.O. Box 276, Long Valley, NJ 07853; fax: 908-876-5856.

Unpublished 1997 marks, both indoor and outdoor, for the weight (U.S. specifications) and super-weight should be sent to Jerry Wojcik, P.O. Box 50098, Eugene, OR 97405; fax: 541-345-2436.

For the 5K, 10K, and 20K race-walk rankings procedures, contact Elaine Ward, P.O. Box 50312, Pasadena, CA 91115-0312.

Multi-eventers with unpublished marks and totals in a multi-event should contact Rex Harvey, Multi-Events Coordinator, whose address and phone numbers are listed on p. 3.

Deadlines for the 1998 indoor season rankings will be published in a later issue. □



JERRY WOJCIK
Jack Lance, M65, of New Jersey, running a relay leg, 1997 Masters Indoor Championships, Boston. Lance, a sprinter and hurdler, is the newly-appointed USATF Masters T&F Rankings Coordinator.

Throwers Initiate "Challenge Donations" for Cash Awards

Joe Keshmiri, M55, Reno, Nev., and Fred Shanaman, M60, Tacoma, Wash., have each donated \$1000 for prize money to be awarded for their own favorite events at track meets of

their choice.

Keshmiri, a shot putter and discus thrower, has offered prize monies for the top three age-graded performances in the shot and discus at the National Outdoor Championships, the Hayward Classic, and meet to be named later, and for the best three efforts in the shot at the National Indoor Championships and Reno Indoor Meet. First places will be worth \$65, second \$35, and third \$25. The awards apply to men's performances only and are limited to one prize per athlete per meet. Keshmiri is excluded from any prize money.

Shanaman, a hammer and weight thrower, has elected to support the Seattle Masters Athletic Club's new annual Weight Throwers Pentathlon (weight, hammer, shot, discus, super-weight). Prizes will be awarded to the best three age-graded performers in each group of M30-39, M60+, and W30+. First places will be worth \$100, second \$50, and third \$25.

Both men have offered their donations as a challenge to other masters track & field, LDR, and racewalk athletes to come forth with their donations or incentives, no matter how large or small, to create interest in masters athletics.

Masters T&F Chair, Ken Weinbel commends Keshmiri and Shanaman for their generous actions and original ideas, "Such innovations are what is needed to stimulate desired vitality in our sport. I encourage others to follow their lead and become creative with other ideas and activities." □



SUZIE HESS
Johnnye Valien, USATF 1997 W70 Field Athlete of the Year, was a gold medalist in the long jump and pole vault at WAVA-Durban and the Indoor and Outdoor Nationals.



From The Editor

by AL SHEAHEN

Political Infighting in Big D

Some disturbing actions took place during the 19th annual USATF Convention in Dallas, Dec. 2-6. First, some members of USATF's Executive Committee proposed kicking the masters and youth programs out of USATF so the organization could focus solely on elite athletes.

This might not be as bad as it sounds, since masters programs in Canada, Great Britain, and other nations are run separately from the national governing body.

But it was a decidedly minority view, not supported by most EC members or by Craig Masback, the new CEO of USATF, who wants USATF to promote T&F from the cradle to the grave, as mandated by Congress in the 1978 Amateur Sports Act.

But it was a wake-up call and an indication of why the Masters Track and Field and Long Distance Running Committees have always struggled in the past to achieve adequate funding from the USATF hierarchy.

For more details, see Norm Green's LDR minutes (page 19) and Ken Weinbel's Masters T&F Report (page 5).

Dissension in Masters T&F

Second, there was dissension within the Masters T&F Committee, itself. For more than 20 years, this committee has moved the USA masters T&F program forward with a minimum of the political infighting that has often sabotaged some of the USATF open committees.

Nearly everyone involved in masters T&F has put the best interests of the athletes first. Most have worked selflessly in cooperation with other committee members because they loved the sport and wanted to make a contribution of their time and energy.

Alas, this may no longer be the case.

A year ago, Ken Weinbel unseated incumbent Barbara Kousky for the chairmanship of MT&F by a close vote of 27-26.

Regrettably, rather than shaking hands and moving forward for the good of the program, a few supporters of both candidates have been taking verbal pot-shots at supporters of the other throughout the year.

In Dallas, some committee members admittedly cast their votes on important issues not on the merits of the issue but on trying to stick it to the other camp.

Team Manager

Case in point: Sandy Pashkin has been the USA team manager for the past five WAVA World

Championships. Nearly everyone agrees she has done an outstanding job. She was voted the MT&F outstanding administrator of the year in 1995.

At the 1997 Championships in Durban, she worked 16-hour days to try to solve the myriad of problems that affected USA athletes. Using her extensive knowledge and experience as a T&F official, athlete, meet director and administrator, she held daily meetings, coordinated the thankless task of selecting relay teams, and put out dozens of fires in an efficient, professional manner. Prior to Durban, she took on the additional responsibility of collecting and approving all USA entries (required by WAVA) and forwarding them to Durban.



JERRY WOKCIK
Denise Foreman, USATF 1997 W40 Track Athlete of the Year, won the 60m, 200, and 400 at the National Indoors-Boston, and was fourth in the 100 at WAVA-Durban.

Historically, the post of team manager has been difficult to fill. It takes someone who is familiar with the logistics of WAVA Championships, yet does not plan to compete; it's a full-time job at the event.

In 1988, calls for volunteers went unheeded, so then-Chairman Jerry Donley appointed Pashkin and Scott Thornsley as co-team managers for the 1989 WAVA meet in Eugene. After that, Pashkin was routinely selected for the WAVA meets in 1991, 1993, 1995, and 1997. Phil Greenwald was named co-manager in 1995 for the Buffalo meet.

Normally, matters related to the WAVA Championships are discussed every even-numbered year, prior to the upcoming world meet. Surprisingly, this year, the selection of the team manager came up in Dallas - 19 months before the next WAVA meet in Gateshead, England.

"There were no guidelines," said Weinbel, who did not go to Turku, Miyazaki, or Durban and was unable to see Pashkin in action. "I thought it was better to make a choice sooner to get a head start on all that has to be done. I notified all the regional chairs that it was on the agenda, and asked for nominees."

Pashkin and Lee Volunteer

Pashkin agreed to serve again.

Dick Lee, a highly respected official and current president of the Oregon Track Club, also volunteered. Lee is head discus official for the U. of Oregon, a football and basketball announcer, a field-event referee for many local meets, and Eugene's Pro Rodeo event Chairman, among his many accomplishments. He also did not go to Turku, Miyazaki or Durban.

Curiously, rather than being discussed at the MT&F meeting, or even at the joint Masters T&F/LDR meeting (the LDR community is affected as well), the matter was brought up only in the Masters T&F Executive Committee meeting on Tuesday night before many MT&F members had arrived.

Observers said this was "proper procedure" according to the masters by-laws approved three years ago when Kousky was chair.

Only Seven Vote

Only seven members of the executive committee were present and voted: Weinbel, George Mathews, Suzy Hess, Scott Thornsley, Madeline Bost, Rex Harvey and Mel Larsen.

In a secret vote, Lee won.

Many were upset that the vote count was kept secret, known only to those who counted the ballots. But reliable sources said the vote was 4-3.

Why all the secrecy?

When asked who they voted for, one member said: "Sandy is too close to Barbara. She's part of that clique. I know she's done a good job, but I voted for Dick. We should open up jobs to new people."

New York's Roz Katz said: On credentials, Sandy is the best. She's active in WAVA and has been to several world championships. If their names

had been cut off the tops of their resumes, she would have won easily."

"Sandy has done an excellent job," agreed Harvey. "She's getting more deeply involved at the international level; she's one of the stadia committee members who will fly to Gateshead in January to plan technical details."

A few members criticized Pashkin for soliciting money from athletes to help defray her expenses to Durban after her initial budget was cut due to USATF's budget crunch last year.

"Other people paid money out of their own pockets, why couldn't she?" asked one member who requested anonymity.

Still others said no athlete was forced to give money to Pashkin.

"They did it voluntarily, because they admire and respect her work," said one. "They didn't want to be stuck in Durban without her."

The Masters LDR Committee was

Continued on page 29

Controversy Over 2000 Championships

At the USATF convention in Dallas, Eugene, Ore., was selected by the Masters T&F Committee as the site for the 2000 National Masters Outdoor Championships.

But, like the selection for the team manager, there was heated controversy which some ascribed to "a fight between the two factions."

Representatives of Eugene, including ex-masters-T&F-chair Barbara Kousky, had prepared a bid for 2000 to present to the committee, which normally picks sites three years in advance.

However, current chair Ken Weinbel and others wanted to postpone the 2000 selection until 1998 to give the marketing committee another year to try to get a sponsor for the event.

Eugene felt it had come in good faith with its bid and deserved to be heard. It felt he "other faction" was trying to jettison a legitimate bid in the hope of some "pie in the sky next year" to the detriment of the athletes.

Marketing manager George Mathews disagreed. "The most significant product we have to market is our national meets," he said, "and these are only of value if the sponsor can have the meet for a significant period or time - five to seven years - and if the number of participants increases from the current 1500 to 3000-5000 in the future."

When the vote went to the full Masters T&F Committee, the motion to postpone the selection to 1998 was defeated. Eugene was then chosen to host the 2000 event. □



Masters Racewalking

by ELAINE WARD

Racewalking in Hawaii – Barbara Steffens

The following is condensed from an interview with Barbara Steffens, founder and coach of the walking club, Great Strides, based in Honolulu, Hawaii. The club sponsors a premier racewalking event annually, the Sam Martz Memorial 10K held at the University of Hawaii Track in January or early February. See 1998 details below.

Thanks to Dan Fitzpatrick who left Hawaii prior to my arrival, there were racewalking divisions in every Hawaiian event. Unfortunately, there were no racewalkers in some of them. After a few years of classes and building numbers, another strong competitive group now exists. The 30 or so members of my club, Great Strides, like to compete in the 5K and 10K distances, and enter every race because racing makes them feel alive. They enjoy both the excitement and the focus.

The men and women both like the nice people they meet. As time goes on, they find a comfort zone, which for many is a turning point. Greedy minds become addicted to feeling good and want reasons to keep that addiction going.

Races are great motivators. They give us goals and help keep us from succumbing to those days when we think: "Why bother," "I'm too tired," "I'm too hungry," "I don't want to get up." There are a million reasons. But

when the group says, "Come on. Let's all do this together. This will be great," you think instead, "Okay, I can do this."

That push factor is what races are for most people. There are a few people who are really competitive, but they are the minority. Most people just want to have a reason to train. They want to think, feel and walk like an athlete. They love it.

One of my group members had been a nurse in Vietnam. She wasn't a very

good racewalker in the sense of being fast, but she had good technique for her ability and was very enthusiastic. One day, she went to her doctor for an annual checkup. The nurse taking her blood pressure said, "Wow! You have low blood pressure, a great heart rate, you must be an athlete." My student felt very rewarded.

Every instructor has different goals. Some want champions. Some want their group to compete on national or international levels. Those are all valid goals. We all look for golden nuggets. Coming from an athletic background in running and tennis, it was very hard at first for me to deal with the fitness mentality. It was hard to understand why people won't push.

One day, returning from a walk, my shoes were covered with blood. Someone asked, "What happened to you? You only walked 10 miles." And I replied, "I must have the wrong socks. I have never worn them before." I had blisters on top of my toes and they were bleeding.

I was then asked, "Why didn't you just stop?"

I answered, "Well, I had to finish. Who was going to come and get me?" I hadn't even thought of stopping. My focus was on finishing.

People think in different ways. We all have different areas in which we push hard or back off. I have a tendency to want to impose my world view of "shoulds" and "should nots" on the group. This may work in terms of ethics, but it doesn't work with motivation. You cannot create motivation. You can only guide it. Individuals have to motivate themselves.

Those walkers who enter my classes are motivated to begin with. They just have different levels of intensity which have to be considered and accepted. I think competitors have to make a special effort to remember that fitness walkers are equally important as individuals.



JERRY WOJCIK

Lyn Brubaker, USATF 1997 W40 Racewalker of the Year, on her way to a world-best 23:57.93 in the 5000 in the Nationals-San Jose.

Sam Martz Memorial Race, Hawaii. Anyone ready to escape the cold weather? Join us in sunny Honolulu and compete in the Sixth Annual Sam Martz Memorial Race – the only all racewalking event in Hawaii. This year's race is on Sunday, February 1, at the University of Hawaii track: two 5K races (coed) with the first race limited to walkers able to compete in 32 minutes or less.

Prizes will be three deep with age groups starting at under 29 to 60+. Entry fee is \$15 by January 15, and \$20 thereafter. No t-shirts. Between races, participants will have an opportunity to see a racewalking demonstration by Coach Bohdan Bulakowski who will be in Honolulu to conduct a racewalking camp (sorry but it's sold out). Weather on race day should be in the 70s to low 80s. Come join the fun. Aloha and Mahalo. □

– Barbara Steffens

(For more details call Barbara at 808-942-9567.)

USATF NATIONAL MASTERS RACEWALKING CHAMPIONSHIPS IN 1998

March 29	3000 (indoor)	Boston, MA
May 3	Men's 30K & Women's 20K	Albany NY
May 24	15K	Elk Grove, IL
July 11	Men's 10K	Niagara, NY
July 31	5000 (track)	Orono, ME
August 2	Men's 20K & Women's 10K	Orono, ME
September 12	5K	Kingsport, TN
September 13	40K	Long Branch, NJ
October 4	One-Hour	Worcester, MA

OUTSTANDING RACEWALKERS – 1997

Selected by the Masters Track & Field Committee of USATF

Age	Men	State	Women	State
35-39	Keith Luoma	GA	Victoria Herazo	CA
40-44	Jonathan Matthews	IN	Lyn Brubaker	PA
45-49	Enrique Camarena	CA	Marianne Martino	CO
50-54	Rich Friedlander	MO	Joann Nedelco	CA
55-59	Dave Romansky	NJ	Elton Richardson	NY
60-64	Jack Bray	CA	Bev LaVeck	WA
65-69	Max Green	MI	Grace Moreman	CA
70-74	Bil Flick	PA	Miriam Gordon	FL
75-79	Tim Dyas	NJ	Jane Dana	CA
	Paul Geyer	MN		
80-84	Bill Tallmadge	KY	Mary Lathram	VA
85-89	None		None	
90-94	Sam Gadless	FL	Dorothy Robarts	CA

OUTSTANDING MASTERS MALE & FEMALE RACEWALKERS

Selected by the USATF Masters Track and Field Committee.

Men	Women
1978 John Allen	
1979 Ron Laird	Lori Maynard
1980 None	
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly LaVeck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Giulio de Petra	Beverly LaVeck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	Joann Nedelco
1990 Eugene Kitts	Viisha Sedlak
1991 Max Green	Viisha Sedlak
1992 Ray Funkhouser	Elton Richardson
1993 Don DeNoon	Sally Richards-Kerr
1994 Don DeNoon	Elton Richardson
1995 Max Green	Elton Richardson
1996 Jonathan Matthews	Bev LaVeck
1997 Dave Romansky	Jane Dana

LaVeck Honored by USATF

Beverly LaVeck, National Masters Racewalking Chair, was named the Outstanding Racewalking Contributor of the Year by USA Track and Field at its annual convention in Dallas, Dec. 5.

NMN columnist Elaine Ward received a "Special Athletes Appreciation Award" from racewalking athletes.

NMN Subscribers Total 7546

A total of 7546 readers subscribe to the *National Masters News* as of Dec. 1, 1997.

This is a four percent drop over the 7836 at this time last year, but an increase of 26% over the 6000 subscribers at the end of 1994.

Much of the latter increase resulted from the monthly insert card in *Runner's World*. Of the first 11,177 *Runner's World* readers who accepted our offer to receive a free issue, 3558 (32%) became paid subscribers.

Of the first 2560 of those who came up for renewal, 898 (35%) converted and paid.

The average renewal rate for all subscribers for the past six months is 69%.

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 1774 subscribers – 23.5% of the total. Next comes the West with 1601 (21.2%). The Midwest (1022) is the third largest, followed by the Southeast (896), Mid-America (636), Southwest (605) and Northwest (566).

The Southwest showed the only increase (1%) over last year. The Midwest declined by 7.4%, followed by Mid-America (7.2%), Northwest (4.9%), East (3.2%), West (3.6%), and Southeast (2.0%).

California has the most subscribers (1300) of any state, followed by New York (538), Texas (392), Florida (301), and Pennsylvania (277).

The District of Columbia showed the biggest increase (31%) over last year, followed by Arizona (15%), Maine (13%) and Oklahoma (11%). The biggest drops came from North Dakota (54%), West Virginia (29%), Utah (23%) and South Dakota (17%).

USA subscribers comprise 94.1% of the total. Canada (147, 1.9%) and foreign subscribers (299, 4.0%) make up the rest.

Of 1357 subscribers who checked the box on the form, 887 (65%) participate in T&F, 682 (50%) in LDR, and 383 (28%) in RW. (Totals add to more than 100% because many participate in more than one discipline.)

At the recent USATF convention in Dallas, several suggestions were offered as to how to turn the subscription decline around. We plan to mail a sizeable number of "free trial" subscription cards to meets and races during the next six months.

On page 20 are the current USATF membership totals by association. Total membership is 113,440, down 9.2% from 1996. Most associations had a decline in membership, but Florida and Pacific increased by 57% and 27%, respectively. □

Walking Lean: Healthy Weight Loss for Faster Speeds

by VIISHA SEDLAK

Every experienced track and road athlete knows that fast means lean. Whatever your racing goals, leanness contributes to longevity, resistance to disease, and less stress on the spine and joints.

The leaders of a top-class walk field have a physical commonality – they all are lean. This peak is achieved by: (1) proper physical training, (2) a nutrient-dense diet of adequate calories, (3) consistent recovery care (sleep, adequate water intake, massage, stretching, etc.), and (4) a mental training program.

What are some of the common obstacles that face the overfat walker and how can they be overcome?

Problem #1: We live in a nation of overfat individuals. One of every two Americans is now overweight. We are surrounded by sedentary overeaters and a social structure that encourages these behaviors. To be healthfully lean, you must be the exception to the rule.

Solution: #1: Be the oddball. Think for yourself in social situations. You don't have to eat everything that is placed in front of your nose, or stand at a party with a drink in your hand. Every time you choose a healthy behavior, you might be the odd man out, but remember your upcoming race and picture yourself getting leaner.

Problem #2: Habits are deeply ingrained and change is always difficult. This is especially true for the masters athlete, because we have decades of habitual behavior digging a rut in our psyches. Many of us quit at the wafting aroma of a Big Mac after we skipped breakfast. We stick with false or outdat-

ed beliefs ("I don't have any will power." "My parents were fat, I'll be fat. It's genetic.")

Solution #2: Create a support system. Hypnotize yourself with positive affirmations. Ask your friends for support. Tell them to not offer you junk food or seconds. Make arrangements to train with others. You're more likely to get out of bed when someone is waiting to train with you. Make a commitment to the new ways and don't spend time re-thinking the decision. Don't stand in the open doorway of the fridge debating whether or not to eat that snack. When I was training for the '88 Olympic Trials, I committed to clean nutrition. This meant cold-turkeying my addiction to Dr. Pepper.

Problem #3: You might forget the importance of your goals and succumb to the old ways. It's fine to be motivated on a fast track day but the reality is the daily grind.

Solution #3: Self-image is critical to your success. Imagine yourself lean and remember the reward: speed. Re-read solution #2. No one is successful all the time, but the lean machine is committed to success in spite of normal limitations.

Problem #4: Logistics can work for you or against you. The mechanics of getting leaner will mean structural changes that require some effort, so look for ways to make things easier on yourself.

Solution #4: Take a hard look at your environment and habits and make the necessary logistical changes as soon as possible. This doesn't necessarily mean a divorce, but you can ask your spouse to avoid bringing home poor food choices. Join a gym. Make new friends who are serious athletes and who set a healthy example.

Extra fat is excess baggage for the engine of your muscles to haul over the road. Think of a 1998 Ferrari as opposed to a 1958 Cadillac. Too little fat carries its own set of problems but, since those are problems few of you will ever face, suffice it to say that 7% for men and 10% for women is probably the bottom end of lean health. Health and consistency are the highest goals, especially for a racer. Live lean, train mean, recover clean, and be the exceptional athlete. □

Viisha Sedlak is the national director of the American Walking Association. She was a seven-year member of the open-age USA Track & Field Team as a master athlete, and #1 world-ranked master walker for eight years. For more information contact her at AWA, P.O. Box 4, Paonia CO, 81428-0004. PH: (970) 527-4557 FAX (970) 527-4607 Email: viisha@onlinecol.com



State & Regional Breakdown of Subscribers to *National Masters News* as of December 1, 1997

ST	TOTAL	%	ST	TOTAL	%
CT	109	1.4	CO	144	1.9
DE	22	0.3	IA	54	0.7
MA	223	3.0	KS	92	1.2
MD	124	1.6	MN	76	1.0
ME	34	0.4	MO	124	1.6
NH	53	0.7	ND	6	0.1
NJ	269	3.6	NM	72	1.0
NY	538	7.1	NE	53	0.7
PA	277	3.7	SD	15	0.2
RI	31	0.4	MA	636	8.4
VT	23	0.3	AR	37	0.5
DC	17	0.2	LA	82	1.1
VA*	54	0.7	MS	25	0.3
E	1774	23.5	OK	69	0.9
AL	46	0.6	TX	392	5.2
FL	301	4.0	SW	605	8.0
GA	139	1.8	AZ	172	2.3
NC	129	1.7	CA	1300	17.2
SC	74	1.0	HI	54	0.7
TN	103	1.4	NV	75	1.0
VA	106	1.4	W	1601	21.2
SE	896	11.9	IL	241	3.2
IL	241	3.2	AK	23	0.3
IN	127	1.7	ID	31	0.3
KY	62	0.8	MT	29	0.3
MI	219	2.9	OR	208	2.8
OH	241	3.2	UT	34	0.5
WI	107	1.4	WA	231	3.1
WV	25	0.3	WY	10	0.1
MW	1022	13.5	NW	566	7.5
E + East			USA	7100	94.1
SE = Southeast			CAN	147	1.9
MW = Midwest			FOR	299	4.0
MA = Mid-America			TOTAL	7546	100.0
SW = Southwest					
W = West					
NW = Northwest					
*Northern Virginia					

AMERICAN WALKING ASSOCIATION TUCSON AZ APRIL 3,4,5, 1998

WALKER'S TRAINING CAMP

COME SEE HOW GOOD A WALKER YOU CAN REALLY BE!

Your head coach is Viisha Sedlak, six-time Gold Medalist in the World Veterans Championships, a two-time participant in the US Olympic Trials, and undefeated in eight years of world-wide competition. AWA certified coaches and other health professionals staff this camp for walkers of all abilities.

ANYONE IS WELCOME! Join us if you are:

- Eight or older and want to walk for fitness or competition
- Looking for an activity that can get you fit without injury
- Experiencing running injuries, knee, hip or back problems
- Looking for a healthy and fun competitive sport
- Want to have a good time!

WHAT IS THE SCHEDULE?

DAY ONE: Dinner at the Hotel
DAY TWO: 8AM-5PM
Twice Daily Walks
Daily Seminars
Videotaping
Training Instruction
DAY THREE: 8AM-NOON
Morning Workout
Morning Seminar
Videotaping
Voting: Most Improved!

FEE: \$175 for AWA members, \$185 for non-members. \$20 discount for 8-16 years and over 60 years.

Bring a VHS 1/2" video tape cassette with you please!

For travel and hotel information contact AWA. A non-refundable deposit of \$100 is required to reserve your place. For more information call us at (970)527-4557 or FAX us at (970)527-4607. Registration fee covers all materials including workbooks, video sessions, seminars, workouts, and individual sessions with coaches. Hotel and food arrangements are separate. Ask for information!

YES! Please register me for Tucson!

Name _____ Phone (day) _____
Address _____ (eve) _____
City/State/Zip _____ FAX _____

Deposit \$100 enclosed: _____ Full Payment enclosed: _____ I'm a current member: (Y or N) _____
AWA annual fee enclosed: (1 year: \$25/single, \$45/family) _____ Total enclosed: _____

I AM AN EAGLE! I attended the AWA _____ (location) Camp in _____ (year)

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On The Run

by HAL HIGDON

Winter Workouts: A Chat With Dave Smith

At 6 feet 7 inches and 215 pounds, Dave Smith towers over most endurance athletes. The personal training director for Chicago's East Bank Club, Smith was a basketball center for the University of Illinois before getting a master's degree in exercise science at the University of Illinois in Chicago. He competes in triathlons and has finished one marathon (Chicago in 1993). "The last three miles were very long," admits Smith. (His time was just over four hours). In late 1997, I interviewed Smith on the subject of winter workouts.

Hal Higdon: How should runners train during winter? Not everybody wants to bundle up and battle cold winds, particularly on slippery sidewalks.

Dave Smith: Winter is a good time to back off and relax your leg muscles. It's also an excellent time to train those and other muscles in the weight room. One of the pluses of strength training is that you can target specific muscle groups. You can prevent injuries by concentrating on strength imbalances. Or strengthen areas of the body where you had a previous injury.

One advantage of strength training

is that you can be very specific to an area of the body or muscle group. When you think of strength training, you think of stronger muscles, but connective tissues also become stronger: the tendons, the ligaments, the cartilage. That's a huge *plus* for athletes.

HH: How do you identify what body part to strengthen? Some people may need more upper-body work. Some may need a specific knee-strengthening exercise. What does the average runner do if he doesn't belong to a health club and have the services of someone like you?

29th Annual LONGEST DAY

*Marathon, Half Marathon,
10K, 5K, and 5K Race Walk*



Saturday, April 18, 1998
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DS: If you can work with a fitness instructor with running knowledge, that's important, because some people staffing health clubs have more of a body-building background, or they have participated in another sport. If they don't understand a runner's needs, they won't be able to design a program specifically for a runner. So that's a question to ask any professional you work with.

HH: The old Nautilus approach was to always seek improvement, starting with eight repetitions, moving gradually up to 12, then increasing the load and backing down to eight, always pushing against your maximum. But that seems too generalized for runners. One approach suggested to runners is lighter weights and higher reps so you can maintain quickness, but does that make sense?

DS: The research is cloudy on this issue, and the big mistake everyone makes is to assume that one program is best for everybody, and that simply is not true. Everyone is different, even though there are general principles that apply.

A mistake some runners make with strength training is that they do lift light weights, seeking to increase muscle endurance. In my mind that doesn't make sense, because you are in the weight room to build strength. That doesn't mean you lift extremely heavy weights for one or two repetitions — which is something that power lifters do.

Using light weights to build endurance is like picking up a screwdriver and trying to drive a nail. You're not using the tool for the right purpose. You still want to build strength in the weight room, and for most people that means eight to 15 repetitions.

HH: How heavy should the weights be?

DS: Heavy enough so that whatever number of repetitions you choose, the last one to two reps should be very difficult, maybe even impossible to finish. You need to work to your capacity. Now, you may not start out pushing yourself that hard. You have to respect your fitness level when you start any

workout routine.

So if you've never lifted weights before, you don't jump in and start pushing to the limit. You gradually adapt the body to this new activity. Go back to the idea of strengthening connective tissues. That process takes a while. The last thing you want to do as a runner is injure yourself in the weight room. You are there to *avoid* injury. Lifting too heavy a weight, using improper form, lifting too fast, jerky motions — those should be avoided.

HH: Are there any specific body areas that runners should concentrate on? Many runners think we should focus more on the upper body, because that's what doesn't get exercised when we run. Others feel you need to do lower body exercises to strengthen running muscles.

DS: Both approaches are right. Do both. The upper bodies of runners traditionally don't get a lot of work, yet the upper body can be very important. There should be a focus on the shoulders and arms, as well as some of the postural muscles, such as the upper back. As runners become fatigued and slouch forward, this can affect their breathing and running form. These muscles should be addressed.

As for the lower body, even though you use your legs in running, you need to keep the joints and the connective tissues strong. You need to strengthen your thigh muscles to avoid knee problems. You need to develop the quads and hamstrings that surround the knee joints. If you want to avoid shin splints, you need to achieve a balance between your calf muscles and those in front of the lower leg. If you strengthen the muscle that pushes the foot down, you also need to strengthen the muscle that pulls the foot back up.

HH: Readers of *National Masters News*, are becoming more interested in health and fitness than in fast 5K times. Are the needs of those people different, or varied, from those of us who like to race?

DS: The higher you move up the ladder of sports performance, the more your fitness becomes specialized. Obviously Olympic-caliber runners do not carry a lot of muscle, because they're not running for purposes of health; they're running for performance. When you take any activity to its extreme, it becomes somewhat unhealthy.

There are three basic components to fitness: 1) cardiovascular endurance, 2) strength, and 3) flexibility. Aerobic-type exercises will address your cardiovascular fitness, but will do nothing for strength or flexibility. So if a person is interested in good health, they must address some sort of resistance training: free weights, machines, tubing, different modalities. You can't achieve overall fitness only with aerobic exercise. □

(Hal Higdon, a Senior Writer for *Runner's World*, is organizing a trip to the Comrades Marathon in June, 1998. For information, contact him c/o Roadrunner Tours, P.O. Box 1034, Michigan City, IN 46361-1034; Tel: 219/879-0133; www.halhigdon.com.)

TEN YEARS AGO January, 1988

- Melbourne, Australia, Hosts 4817 Athletes Who Set 92 WRs in VII World Veterans Games
- Tom Patsalis, 65, and Phil Raschker, 40, Named Top T&F Athletes of the Year By TAC
- Larry Olsen, 42, and Barbara Filutze, 42, Chosen Outstanding Long Distance Runners of 1987
- Norm Green, Jr., 55, Battles Harsh Weather to Win TAC National Masters Half-Marathon Championships in 1:15:35

Write On

Continued from page 4

STUART'S JAVELIN SCHOOL

As a 70-year-old novice, I took advantage of Larry Stuart's invitation in the August 1997 NMN to attend his javelin clinic on Sundays and have increased my throws from the 84-0 range to a PR 108-0 after just three sessions. Larry is very supportive, knowledgeable, and attentive to each individual. At our last session, 18 "students" of all ages showed up. At one meeting, world-record holder Del Pickarts attended, and we got to watch both Larry and Del throw.

The clinic meets in Mission Viejo, Calif., and as far as I know, will continue through the winter. Anyone interested should call Larry at 714-586-8995. I asked him why he doesn't charge a fee, and he said he had gotten a lot out of the sport and wanted to give something back.

Earl Johnson
Orick, California

PUTTING VS. THROWING
THE SHOT

I feel a need to clarify my position (July 1997 Training Advice) regarding putting vs. throwing the shot as mentioned in Ed Chynoweth's letter in the December issue. My writings were relative to how to get the maximum distance within the rules and without the possibility of causing problems with your rotator cuff. It was not intended to be a rules interpretation.

It's my observation that, in general, the shot and discus masters have unusually bad form, probably because most are self-taught and haven't had any coaching. It was interesting for me to note that the July column had the least response of all the columns I have done.

Since the subject has been brought up, it is incumbent on me to point out that Ron McKee and Terry Holland pictured on p. 14 and Harry Hawke pictured on p. 5 in the December issue are all throwing the shot rather than putting it, and the motion which they are using does enhance the probability of doing rotator cuff damage.

I do not point this out to put them down, but hopefully, if they will improve their form, they will improve their distances and lessen chances of injury. I have a newly published paper by a top-line throwers' coach on how to coach a beginning discus thrower. It is very basic, but I believe that it would help most masters discus throwers. If anyone wants a copy, they can contact me at 512 Somerset, Placentia, CA 92870; 714-524-9966; fax: 524-9992; e-mail: coachr@pacbell.net.

Ross Dunton
Placentia, California

PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	Masters Age Records (1997 Edition) Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1996. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.	\$ _____
_____	Masters Track & Field Rankings (1996) Men's and women's 1996 U.S. and world track & field 5-year age group rankings. 56 pages. 150+ events. All T&F events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. \$4.00.	\$ _____
_____	Masters Track & Field Indoor Rankings (1997) Same as above, except indoor rankings for 1996. 4 pages. \$1.50.	\$ _____
_____	Masters Age-Graded Tables Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 1, 1997; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of August 1996 (world) and January 31, 1997 (USA). 4 pages. \$1.00.	\$ _____
_____	Competition Rules for Athletics (1997 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	\$ _____
_____	USATF Directory (1997) U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. \$12.00.	\$ _____
_____	IAAF Scoring Tables Official world scoring tables for men's and women's combined-event competitions. \$12.00.	\$ _____
_____	IAAF Handbook 1996/1997 rules and regulations handbook. \$15.00.	\$ _____
_____	Masters Racewalking Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	\$ _____
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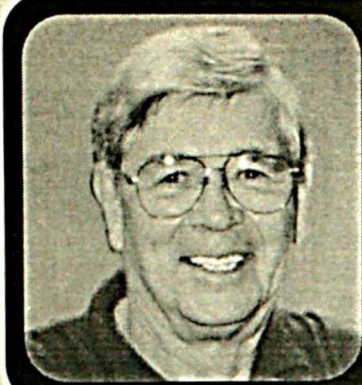
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The Weight Room

by JERRY WOJCIK

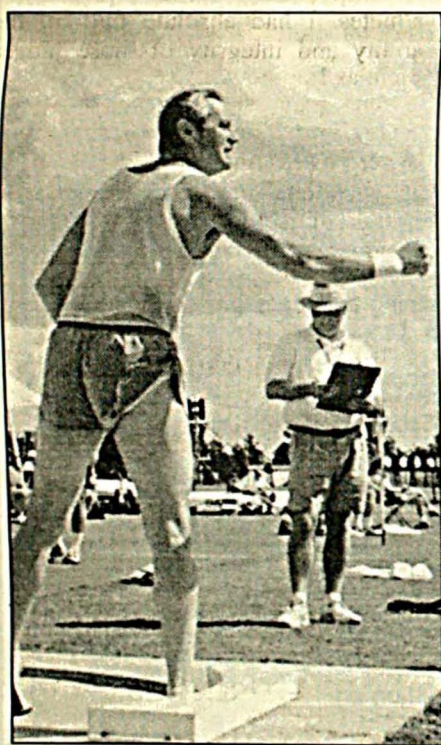
Big Doings in The Big D

As far as the 1997 USATF Convention is concerned, I'm not going to start off by complaining about the \$35 cab fare, plus tip, from the Dallas-Fort Worth Airport to the convention headquarters Fairmont Hotel in a smallish vehicle in which the heating system wasn't working in the rain, so that the cabbie wiped the condensation off the windshield with his hand, nor will I mention having to pay \$2.25 for coffee and about the same for a bagel for breakfast at the hotel. Both the cabbie and the bagel would have been rejects in NYC.

"Just because USATF is broke, doesn't mean its members are," must have been the rationale for this convention site selection. Dallas does have a big-time downtown skyline and a well-stocked museum, both free of charge.

Stash Another Spear and Put Away That Yardstick

Complaints, if any, may come from throwers who will have some new rules to follow, starting like right now.



REX HARVEY

Richard Watson, 45, Yuma, Ariz., in the shot put, 1997 USATF National Masters Weight Pentathlon, Orlando, Fla.

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First, the center of gravity of the 600g javelin has been moved forward three (3) centimeters, limiting the maximum distance from the tip to the center of gravity to 92 centimeters rather than 95 centimeters.

Throwers will have until Jan. 1, 2004, to raise enough money to buy the "new" version for compliance.

Meanwhile, they can throw either the "old" or the "new" one. What happens if a record is broken with the "old" one before 2004? I suppose it will be treated as records already in existence are, and if it's still on the books when 2004 rolls around, I haven't the slightest idea what will happen to it.

The buzz at the meeting was that shifting the c. of g. forward will aid the javelin in landing point first, rather than flat, and most throwers, masters in particular, will avail themselves of the new one quickly.

Secondly, Rule 63-2-b-1, which applies to measuring distances in the field events, has been changed regarding the discus, hammer, and javelin. Now, those events will be measured to the lower centimeter, or 0.01 meter unit.

Until this adoption, the measurements for those events, sometimes called "the long throws," were recorded to the lower even centimeter, or 0.02 meter unit. A javelin throw of 55.63, for instance, was adjusted to 55.62. Following this rule change, a throw measuring a millimeter below 55.64 will be 55.63, not 55.62.

However, a throw of 55.63 will not erase a record of 55.62. That mark must be eliminated by a 55.64 or better.

In my discussions with the rules gurus at Dallas, this change is based on the triangular measurement system, which some of us remember seeing used in recent Olympic Games, and may need some amending before it's successfully employed.

Two other rule changes alter the minimum outside diameter of the 1.5 kg discus to 200 millimeters, and allow a bandage to be worn at the wrist to prevent injury in the shot put. Send questions and comments on any of

Masters T&F Rule Changes

by GRAEME SHIRLEY, Masters T&F Rules Chairman

During the first week of December, USA Track & Field held its annual meeting in Dallas. Since this was an odd-numbered year, it was an "off-year" for proposing amendments to the Competition Rules. Nonetheless, we considered forty items: 36 due to IAAF changes, two for WAVA, and two which were tabled in 1996. Except as noted, the adopted changes became effective January 1.

The WAVA items obviously affect the masters program. The first relaxes the minimum outside diameter of the 1.5 kg to 200 mm. The second reduces the height of the steeplechase barrier to 76.2 cm (30 inches) for the 2000m events. The remaining items affect all

levels of the sport: senior, youth, and masters.

The convention accepted 30 amendments to the Rules, including:

1) All field events shall be recorded to the nearest 0.01 meter below the distance covered. (Formerly, the discus, hammer, and javelin throws were measured to the nearest even cm below the distance covered.)

2) The remedies for fouls in races (advancement, rerunning) have been rewritten, giving the referee more discretion, even if there is no disqualification.

3) Athletes may not leave the area of an event to have discussions with persons outside the area. This includes competitors crossing from the infield to the outside of a track during the competition.

4) Athletes may not use video or cassette recorders or players, TVs, radios, CD players, phones, computers or the like in the competition area.

5) The length of the water jump for 30-inch steeplechase barriers is 10 feet, rather than 12. (This may be accomplished by using an insert or having a movable barrier.)

6) In most cases, the time limits for field event trials have been reduced.

7) To prevent injury in the shot put, a bandage may be worn at the wrist.

8) It is a foul if a vaulter, during the vault, steadies or replaces the bar.

9) The 600g javelin specification will change to limit the maximum distance from the tip to the center of gravity to 92 cm (vice 95 cm). This change will take effect January 1, 1999 for all but masters. It goes into effect January 1, 2004 for masters. (Either implement is legal before that date.)

I encourage competitors to consult the 1998 Competition Rules when available for other minor changes and for more details on the above. □

(Editor's note: The no-false-start rule was not discussed this year, but likely will be on the agenda at the 1998 convention in Orlando.)



JERRY WOJCIK

Joe Keshmiri, USATF 1997 M55 Field Athlete of the Year, was first at the WAVA-Durban Championships in the discus, and won the shot put at the Nationals-San Jose.

these rule changes to Graeme Shirley or Tom Light of the Masters T&F Committee, addresses on p. 3, and not to me, please.

East is East and West is West and Never the Strain Shall Meet

While the Northeast in 1998 has both the Indoor Championships, Boston, and the Outdoor Championships, Orono, Me., the West Coast will host the Weight Pentathlon Championships in Los Angeles, with the date probably after the Nationals, and site to be announced, and the Northwest will handle the Weight and Superweight in Seattle, Aug. 29. □

1996 Track & Field Award Winners

Some winners of USATF Masters T&F Awards for 1996 have not received their certificates because they were not present for the awards presentation at the Athletes' Meeting during the 1997 National Championships in San Jose, or their addresses are not known for mailing. The following athletes should contact Don Austin, Awards Chairman, P.O. Box 39148, San Antonio, TX 78218, to make arrangements to receive their 1996 awards: Kettrell Berry, CA; Milt Silverstein, AZ; Greg Coats, OH; Ed Lipscomb, OR; Kim Jones, WA; Joy Upshaw-Margerum, CA; Vicki Bigelow, CA; Mabel O'Hare; Myra Fromme, OR; Anne Jennings, MA; and Carol Finsrud, TX. □



Speaker's Corner

by RON DANIEL

Racewalking Rules – No Excuses

Ron Daniel has been a racewalker since 1959. He competed at the national level for over 20 years. He is a national open champion, open U.S. record holder and a member of several U.S. international teams. He also has won national masters championships.

He coaches walkers of all ages, several to national and international success. He is a co-author of the USATF's Coaches Level II racewalking curriculum. With degrees in physics and engineering, he is an "avid student of biomechanics and exercise physiology and its application to racewalking."

He has been judging races since the late 1960s and became an IAAF judge in 1984. From 1992 to 1996, he chaired the USATF racewalk officials sub-committee, with the main focus on education and training of judges. He has given judging clinics throughout the U.S. for many years.

In the Nov. *National Masters News*, the article by Elaine Ward, "Judging Controversies," should have been more correctly titled: "Excuses for Masters Racewalkers."

The article conveniently ignores any responsibility on the part of the athlete for his/her performance. Furthermore, it generally misleads the reader with fundamental mistakes about the rules, judging and racewalking technique.

The Older Racewalker

Ward assumes there is some widespread problem that aging athletes experience that makes them unable to straighten their legs while racewalking.

In reality, a very small minority of masters racewalkers have a legitimate physical restriction. However, using this hypothesis as justification, the article focuses on changing rules and controlling judging panels as the answer to improving performance.

Who Sets the Rules

Ward is correct in saying the IAAF sets the rules for racewalking. However, one should recognize that the IAAF does so only for international events that it sanctions. It is the USATF that chooses to adopt these rules. And it is the USATF Masters Committee that also chooses to follow the same rules.

The Rules of Racewalking

Ward has inadvertently reversed the leg-straightening requirement for the "old" vs. "new" rule. We should understand the historical evolution of the leg-straightening rule. There was a time when there was no straightening rule. Yet photos of races from the 1920s show walkers adhering to the present rule when there was no requirement. They basically used a technique that was commonly expected.

Regarding the "continuous contact with the ground" rule, there is no change. The racewalker is still expected to maintain continuous contact. The new language simply makes it clear that judging is done by the

unaided human eye. To some, the old language somehow gave the impression that one could use videos or photos after the fact. The new language simply acknowledges that the judge may not see all infractions (same as most other sports) and is required to call only what is seen. Some believe the old language encouraged a judge to guess in order to protect against what would most likely show up on a video or photo.

If one has to choose, the contact rule would be the defining rule for racewalking, not the leg-straightening rule as Ward states. It's amazing how much attention has been given to unaided human eye judging, when all sports have a similar difficulty and there's no outcry to change those sports' rules.

Shall We Change the Rule?

Most of the masters walkers who are having difficulty with the current rule had difficulty with the previous rule. Therefore, altering the rule to only requiring straightening in the vertical position would change very little. The reference to the altering of the rules for the hurdles and throws as a precedent for rule-changing is a misrepresentation of the changes. In those events, the change is in the hurdle height and the implement weight affecting strength and endurance, not technique. The athlete still has to correctly run over the hurdle and properly throw the weight. A comparable racewalking change would be to shorten the competition distance. In my experience, very few masters walkers cannot straighten. Their real complaint is having to slow down in order to walk legal.

As far as the disqualification process, one can always tinker. But whatever is selected, it should maintain a high degree of rigor or the race becomes a farce.



JERRY WOJCIK

Karen Davis, W45, of Arizona, the 1997 indoor champion at 3000m, was third in the 5000 racewalk (27:50.82), National Masters Championships, San Jose, Calif.

Judging Options

Ward also suggests a judge may have options when judging. If she or any judges really believe there are options to be strict, less strict, or lenient, then she and those judges need educating. One of the primary complaints about judging is the lack of consistency.

Precise judging need not be considered strict. However, consciously being otherwise is an injustice to the individual, unfair to the other contestants, and dishonest.

Too Fast to be Seen

It's because the human eye cannot see separate events that occur too close together in time that loss of contact is missed. Likewise, the expectation of seeing ruler-straight legs at the moment of contact is a false expectation. Observing leg-straightening at that finite moment of contact with the ground requires the judge be focused on two points of reference at the same time (ground and knee joint) and know that straightening and contact both happened at the same time. An impossibility.

At best, the judge will only know after the moment of contact whether the leg is straight. What is easy is observing whether the walker's leg stays straight until the vertical; exactly the reason for the rule change.

As for San Jose

In Ward's discussion on conflict of interest, she uses the National Masters meet in San Jose as her model. What is left out are the circumstances that led to the forming of the panel of judges in the affected race.

In that instance, I take full responsibility for the perceived error. As the volunteer coordinator, I had a limited number of judges from which to choose. In making the assignments for the seven back-to-back 5Ks, my main concern was to have five judges on the



JERRY WOJCIK

Teresa Aragon, of New Mexico, W35 winner (27:32.83) in the 5000 racewalk, National Masters Championships, San Jose, Calif.

track, meet the requirements for setting records, and move smoothly from race to race. The assigning was done without malice or introspection as to who was in which race and what relationship existed between judges and athletes. I had absolute faith in the ability and integrity of those judges then, as I do now.

One may (should) ask why there were limited judges available. First, according to the USATF rule book, only national or masters level judges are permitted to judge in a championship meet. Second, the judges are all volunteers (appearing at their own expense), so they can't be assigned but merely invited.

Moreover, I know of many judges who refuse to judge masters events because of the unsportsmanlike behavior directed toward them. Consequently, the quality of judging at masters meets is likely to continue to erode to the detriment of the many legal walkers.

In Closing

Most masters walkers have no problem competing within the current rules. Many others who have difficulty could correct their problem (that might include going slower) if they really wanted.

In the Pacific Association, one of our leading 80+ walkers was frequently disqualified only four years ago. Instead of complaining and finding fault with the rules and officials, he sought assistance. I gladly worked with him, showing him drills to strengthen his legs so he could meet the straightening rule. Today he is a WAVA and USATF gold medalist. He rarely gets warnings.

Yes, it's tough to get "old" and not be as fast as yesteryear, but those are the facts of life. Changing the rules is an artificial way to hold back the clock. □

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

Presented to the outstanding male and female T&F athletes in the masters program.

Year	Men	Women
1978	George Ker	Irene Obera
1979	Ernie Billups	Joann Grissom
1980	Al Oerter	Judy Fox
1981	Jim Burnett	Phil Raschker
1982	Al Oerter	Polly Clarke
1983	Jack Greenwood	Irene Obera
1984	Ed Burke/Parry O'Brien	Polly Clarke
1985	Jim Burnett	Christel Miller
1986	Jack Greenwood	Phil Raschker
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stam Whitley	Phil Raschker
1989	Jack Greenwood	Christel Miller/Phil Raschker
1990	Larry Almberg	Betty Vosburgh
1991	Jack Greenwood	Shirley Matson/Phil Raschker
1992	Stan Whitley	Phil Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Phil Raschker
1996	James Stookey	Mary Libal
1997	Bill Collins	Phil Raschker

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot put, 70-3
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236-6
1988	Larry Stuart, 50	Javelin, 215-9
1989	Al Oerter, 52	Discus, 205-10
1990	Larry Almberg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100, 12.91
	Jack Greenwood, 46	300 hurdles 45.20
	Philippa Raschker, 44	PV, 9-10
1992	Payton Jordan, 75	100, 13.4
	Shirley Matson, 51	10,000, 37:39
1993	Phil Mulkey, 61	Decathlon, 8546 points
1994	Ross Carter, 80	Shot Put 12.27 (40-3)
	Phil Raschker, 47	Pentathlon, 4715 points
1995	James Barrineau, 40	High Jump (6-11, 2.11m)
	Mary Libal, 45	400 (56.82)
1996	Walt Butler, 55	100m hurdles, 14.49
	Vanessa Hilliard, 55	Hammer, 156-8 (47.76m)
1997	Glen Conley, 40	High Jump, 7-1/2 (2.15m)
	Vanessa Hilliard, 56	Hammer, 155-6 (47.4m)

OUTSTANDING MULTI-EVENTS ATHLETE

1985	Boo Morcom	1986	Gary Miller
1987	Gary Miller	1988	Gary Miller
1989	Rex Harvey	1990	Christel Miller
1991	Rex Harvey/Betty Vosburgh	1992	Boo Morcom/Phil Raschker
1993	Phil Mulkey/Phil Raschker	1994	Phil Mulkey/Phil Raschker
1995	Dale Lance/Phil Raschker	1996	Rex Harvey/Johnnye Valien
1997	Stan Vegar/Phil Raschker		

1997 AGE-GROUP AWARDS

Men			
Age	Track	Field	
30	Art Anderson	OR	Ken Hall CA
35	Anselm Lebourne	NJ	Lavell Davenport CA
	Jeff Lindsay	OK	
40	Kevin Morning	CA	Bill Halverson CA
45	Bill Collins	TX	David McKenzie CA
50	Harold Nolan	NJ	Ladislav Pataki CA
55	Emil Pawlik	MS	Joe Keshmiri NV
60	Larry Colbert	CA	Phil Fehlen CA
65	James Stookey	MD	Wendell Palmer TX
70	Rodney Brown	UT	Phil Brusca MO
75	Tim Murphy	TX	Edwin Lukens NY
80	Payton Jordan	CA	Ross Carter OR
85	Anthony Castro	CA	Carol Johnston CA
90			Burt DeGroot CA
95			Everett Hosack OH
Women			
30	Aletha Morris		Anne Jennings MA
35	Adina Valdez	NY	Joy Margerum CA
40	Denise Foreman	WA	Carol Finsrud TX
45	Mary Libal	OR	Joan Stratton AZ
50	Phil Raschker	GA	Phil Raschker GA
55	Melody Anne Schultz	CA	Vanessa Hilliard FL
60	Jeanne Hoagland	CA	Christel Miller CA
65	Betty Vosburgh	GA	Leonore McDaniels VA
70	Pat Peterson	NY	Johnnye Valien CA
75	Louise Adams	CO	Libby Hagemann MA
80	Mary Haines	CT	Betty Jarvis NC
85	LaGrand Nielsen	CA	

T&F Honors

Continued from page 1

jump, which was being conducted at the same time that she was involved in running the 400, and broke seven world and three U.S. records in the process. She also competed in other meets, producing her best mark of the year, a 99% age-graded 12.40 in the 100, at the Penn Relays in April.

Racewalker Romansky won the USATF Masters M55 championships in the 10K and 40K, with record performances in both, and placed second in the open men's Two-Hour Championships. Dana won the USATF Masters W75 championships in the 5000 track, 5K, and 10K, all in national age-division record times.

Vegar won the M40 national pentathlon championship in San Jose and



JERRY WOJCIK

Mary Libal, USATF 1997 W45 Track Athlete of the Year, won the 100, 200, and 400 in the Nationals-San Jose.

the national decathlon in Thomasville, N.C., with a new U.S. record 7551 points, and was second M40 in the WAVA Championships, Durban, South Africa.

Raschker won the W50 indoor heptathlon championship in Chicago and was the WAVA heptathlon champion with a record 5587 points.

Conley was relatively unknown until he competed in the 1997 National Indoor Masters Championships in Boston, narrowly losing the M40 title to James Barrineau on misses, not height (2.00m/6-6 3/4).

On Aug. 2, at the Empire State Games in New York, Conley did what no other masters high jumper, not even Barrineau or Dwight Stones, had ever done. He became the first 40+ athlete to clear seven feet, with a 2.15m/7-1/4.



JERRY WOJCIK

Glen Conley, 40, winner of the 1997 USATF Masters Men's Best Single Performance of the Year Award for his record-breaking seven-foot high jump, the first ever by a master.

Hilliard won the award for her W55 world-record hammer throw of 49.48/162-4, an age-graded 100%, in Naples, Fla., April 5. The mark bettered her world record of 47.76/156-8, which also earned her top female performance honors in 1996.

Besides compiling awards data and coordinating the selection process for several years, Austin, in 1997, worked as an official for the National Championships in San Jose and rescued the USATF Southwest Regional Championships on about a week's notice when the original meet director quit.

The awards were coordinated by 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 Fairmont Hotel in Dallas, Dec. 5. Personalized plaques will be presented to each winner in attendance at the 31st annual USATF National Masters T&F Championships in Orono, Me.

The Committee also selected outstanding track & field 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 Orono. □

- Jerry Wojcik



JERRY WOJCIK

Masters T&F Awards Coordinator, Don Austin, was honored with the 1997 USATF Masters Administrator of the Year Award at the USATF Convention in Dallas.

LDR Awards

Continued from page 1

marathon (Grandma's) and 1:27:44 half-marathon to easily capture the M70 award.

Doug Kurtis (MI) and Gary Romesser (IN) just about split even in head to head competition, with Kurtis finishing 10 minutes ahead of



STEVE OTTAWAY

Joan Ottaway, 52, of Sonora, Calif., USATF 1997 W50 Road Runner of the Year, also excelled on the track, with wins in the 5000 (18:34) and 10,000 (38:04) at the Nationals in San Jose.

Romesser at Twin Cities. They were both voted top M45 runners-of-the-year.

In the M50 group, Larry Olsen (MA) won out over Ken Sparks (OH), while Fay Bradley (DC) took M55 honors.

Bill Riley (MA), with a 1:20:34 half-marathon was the top M60 vote-getter, while Norm Green (PA), with a 58:56 among his many quality marks, was named best in the M65 bracket.

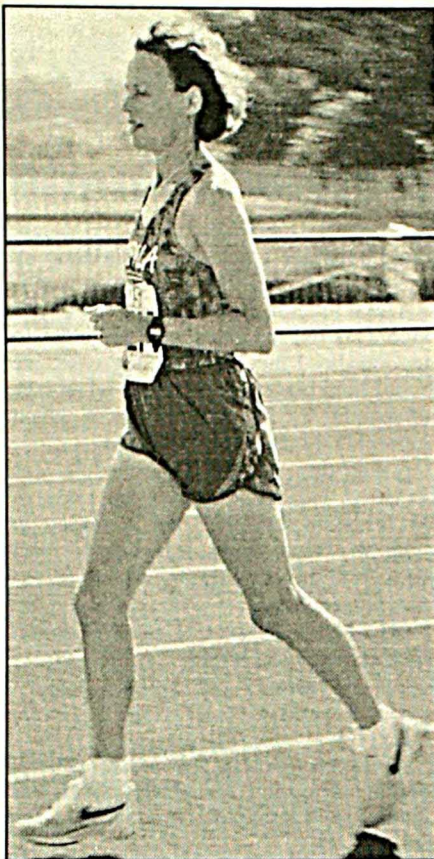
Nancy Grayson (MI) led the W45 group, with solid times in the 10K (38:00), 5K (18:25), and half (1:23:16).

Eve Pell (CA) took W60 laurels with her 3:27:21 marathon, 1:36:43 half, 20:30 5K, and 54:04 12K.

June Machala (WA) topped the W65 division with three U.S. W65 records in the half (1:39:49), 5K (22:07), and 8K (35:29).

Mary Storey (CA) was best in the W70 class with a 55:36 10K, 26:28 5K and 1:25:06 15K.

Other division winners included Hedy Marque (VA) in both the W75



SUZY HESS

Eve Pell, USATF 1997 W60 LDR Athlete of the Year, was first in the 5000 and cross-country at the WAVA-Durban Championships and smashed the world record for the 10,000 with a 43:07.45 at the Nationals-San Jose.

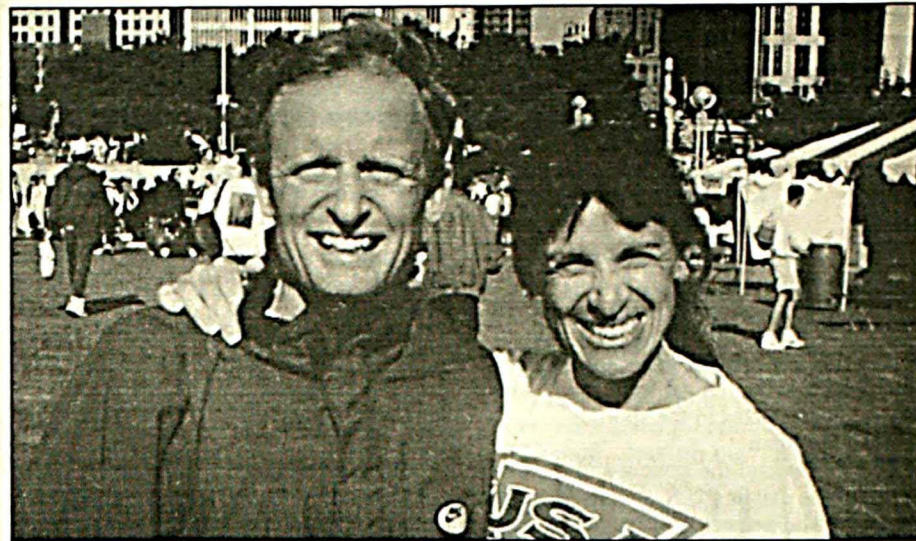
and W80 groups; Anne Clarke (IL, W85), Mavis Lindgren (CA, W90+), Bill Nice (CA, M80), Abraham Weintraub (NY, M85), and Sam Gadless (FL, M90+).

The ultra-runners of the year were repeaters Kevin Setnes, 43, of Eagle, Wis., and Sue Ellen Trapp, 51, of Leigh Acres, Fla.

The Otto Essig Award for meritorious service went to Ryan Lamma of the Road Running Information Center



Shirley Matson, 57, USATF 1997 W55 Road Athlete of the Year.



DICK JONES

First masters in the 1997 Detroit Marathon, Doug Kurtis, M45, 2:27:28, and Marina Jones, W45, 2:53:02.

in Santa Barbara, Calif.

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

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

1978	Pete Mundle
1979	Al Sheahen Kathy Brieger
1980	Bob Fine Ruth Anderson
1981	Bruce Springbett Fred Mannis
1982	George Hatzfeld Jack Kelly
1983	Jim Weed
1984	Jerry Donley
1985	Gary Miller
1986	Pete Mundle
1987	Frank & Dorothy Anderson
1988	David Pain & Chuck Phillips
1989	Jim Puckett
1990	Barbara Kousky
1991	Jerry Wojcik Nate & Evelyn White
1992	Rex Harvey
1993	Rex Harvey
1994	Bill Busby
1995	Sandy Pashkin
1996	Scott Thornsley
1997	Don Austin

FIFTEEN YEARS AGO January, 1983

- Al Oerter, 45, and Phil Raschker, 35, Named Top T&F Athletes of the Year
- Mike Manley, 40, and Cindy Dalrymple, 40, Chosen Best LDR Athletes of 1982
- Ed Benham Becomes First Person Over 75 to Break Two Hours (1:56:18) in National 25K
- Kirk Randall (41, 33:29) and Shirley Matson (41, 39:49) Take National 10K Cross-Country Titles

USATF MASTERS LONG DISTANCE RUNNING COMMITTEE – 1997 ATHLETES OF THE YEAR

Age Group	Men	State	Women	State
40-44	Steve Plasencia	CA	Jane Welzel	CO
45-49	Doug Kurtis Gary Romesser	MI IN	Nancy Grayson	MI
50-54	Larry Olsen	MA	Joan Ottaway	CA
55-59	Fay Bradley	DC	Shirley Matson	CA
60-64	Bill Riley	MA	Eve Pell	CA
65-69	Norm Green	PA	June Machala	WA
70-74	John Keston	OR	Mary Storey	CA
75-79	Warren Utes	IL	Hedy Marque	VA
80-84	Bill Nice	CA	Hedy Marque	VA
85-89	Abe Weintraub	NY	Anne Clarke	IL
90+	Sam Gadless	FL	Mavis Lindgren	CA

ULTRA RUNNERS OF THE YEAR

Kevin Setnes, 43	WI	Sue Ellen Trapp, 51	FL
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Otto Essig Award for Meritorious Service: Ryan Lamma

19th Annual Convention of USA Track and

Summary of Masters Track and Field Committee Meetings

Ken Weinbel, Chair, Presiding Active Athletes

The Committee elected all 18 people who agreed to vote in the meetings as "active athletes." Rules chairman Graeme Shirley said an "active athlete" is one who actively participates in the sport.

All-American

Len Olson said the review and modification of the existing U.S. standards are in progress. The project will be completed by the end of December and published thereafter.

Budget

Madeline Bost reported USATF allocated \$22,700 to the committee for 1998, the same as 1997. The only changes will be in the team manager's allotment, reduced to \$480 since 1998 is a non-WAVA-competition year; and the regional chairs, whose budgets will each be increased to \$1090.

Chairman's Report

Weinbel reported the USATF Executive Committee meetings were energized by the new CEO, Craig Masback, who wants the USA to be number one in the world in T&F. He's encouraging each committee to pick up on his vision of transition and change. Some on the Executive

Committee felt USATF's entire focus should be on elite athletes. Weinbel opposed that idea, saying we were worthy of a place within USATF. Masback supports the masters program, recognizing we are a vital part of USATF. He intends to help with the growth and marketing of our program.

Championships

A motion to defer the bid for the 2000 outdoor championships until next year to allow the marketing committee more time to market the meet was defeated.

A motion to accept the sole bid for the 2000 outdoor championships from Eugene, Ore., passed.

The 1998 Indoor and Outdoor Championships were updated by representatives from Boston and Orono, Me., respectively.

The previously announced dates of Aug. 15-18, 1999 for the outdoor championships in Orlando are incorrect. Scott Thornsley will determine the correct dates as soon as possible.

A motion to recommend to Orlando that the 1999 meet be staged on July 22-25, the weekend before the WAVA Championships in England, was defeated. Supporters of the motion felt the July dates

would boost the attendance in Orlando by attracting U.S. and foreign athletes wanting a final tune-up for the Gateshead event. Opponents felt the dates were too close to the Gateshead meet and, in any case, we should hold our championships when it is convenient for us, regardless of when international meets are scheduled.

A four-day vs. five-day schedule was discussed. Jeff Schaller proposed a new 4-day schedule for 1998, but a motion to retain the same basic schedule of past years (adding semi-finals where necessary) passed.

(See separate charts of national championship dates and sites.)

Hall of Fame

(See separate story.)

Hy-Tek

A motion that Hy-Tek be the official computer program for Master T&F was tabled due to doubt if the committee has such authority.

Law and Legislation

USATF legislative items are voted upon every odd-numbered year. But Tom Light reported all the restructuring items were tabled by USATF until next year.

The Masters T&F by-laws were amended so five at-large members will be chosen by committee members as the first item of business so they can vote.

A motion to restructure the composition of the Masters T&F Executive Committee so as to allow more voting members was tabled.

A motion to recommend to the USATF L&L Committee to drop the official masters age from 40 to 30 was passed by the committee, but later tabled by L&L.

Marketing

George Mathews said he and Ken Weinbel had attended seminars on sports marketing and met with potential sponsors such as Disney.

He said the most significant product we have to market is our national meets. These are only of value if the sponsor can have the meet for a significant period of time - five to seven years - and if the number of participants increases from the current 1500 to 3000-5000.

Most potential sponsors want to re-market the meet to cable television and to other sponsors.

Mathews said, "We cannot continue to give our most valuable product away," and that we must find ways to tap into the participant base of the U.S. Senior Games and other "festivals" now springing up around the country.

He recommended we do not award the 2000 outdoor championships until the 1998 convention (motion defeated, see "Championships," above).

The marketing sub-committee is working with five major entities to help them develop a package that will financially benefit USATF masters T&F. We should continue to analyze our strengths and weaknesses and package our sport into something of value to the business world. We should make it an inviting environment to the large number of baby boomers who are looking for physical activities. We need to change the perception that we are an organization of elite ex-Olympians.

Officials

Eric Zemper said there is a need for



SUZY HESS

Dick Lee, Eugene, Oregon, the new USATF Masters T&F Team Manager elected at the 1997 USATF Masters T&F Meeting in Dallas.

officials at the 1998 Outdoor Championships in Maine. Interested persons should contact the meet organizers (address on page 27).

Racewalking

Bev LaVeck said that since 1995 there has been a marked decrease in women's participation in the National Masters Indoor Championships, but a substantial increase of women in the outdoor meet. Men's participation has changed little over the same period. In LDR championships, participation has held fairly constant except for a decrease in the 10K. Men outnumber women almost 2-1.

Among men, the largest participating age group in championships is 55-59, among women, 40-44. LaVeck announced the 1997 racewalkers of the year (see separate awards story).

Rankings (See separate story.)

Records

The committee approved Pete Mundle's submission of new records.

Regional Reports

Reports were given by the West, Northwest, and Southwest regions.

Gary Miller (West) said he received a dozen letters from athletes complaining that upon arrival in San Jose for the Nationals, they were required to purchase a second USATF card if they did not have their original with them even though they sent a copy. This was a major inconvenience and improper practice.

Miller also proposed an athlete's age group should be determined by his age on the date of his/her competition, not on the date of the meet's first event. He cited Ralph Romain having to compete in Durban in the 60-64 group even though he was age 65 on the day of his events.

Becky Sisley (Northwest) said her region created a quarterly "Blue Streak" newsletter, developed a regional directory, established a regional advisory group, corresponded with all masters clubs in the region, and picked a site for the 1998 regional championships.

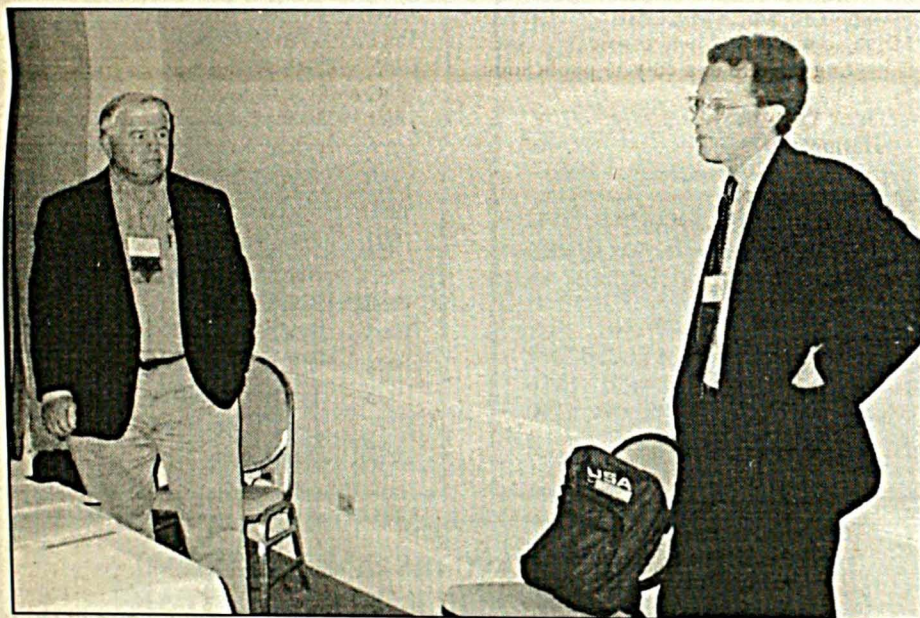
Rules (See separate story.)

Showcase Masters Events

John Cosgrove detailed the advantages of encouraging major open meet directors to include masters events in their meets:

- 1) Broaden spectator base.
- 2) Maintain interest in track legends.

Continued on page 20



JERRY WOJCIK

Craig Masback (r), new CEO of USA Track & Field, answers questions after addressing the Masters Executive Committee Meeting at the 1997 Convention in Dallas. Ken Weinbel, Masters T&F Committee Chair, looks on.

USATF NATIONAL MASTERS T&F CHAMPIONSHIPS

Meet	Site	Date
	1998	
Indoor	Boston, MA	March 27-29
Indoor Heptathlon(m&w)	Chicago, IL	April 4-5
Outdoor	Orono, ME	July 30-August 2
Decathlon/Heptathlon	Neosho, MO	July 25-26
Pentathlon	Orono, ME	July 30
Weight/Superweight	Seattle, WA	August 29
Weight Pentathlon	Los Angeles, CA	TBA
	1999	
Indoor	Boston, MA	TBA
Outdoor	Orlando, FL	TBA
	2000	
Outdoor	Eugene, OR	August 10-13

Field – Dallas, Texas – December 2-6, 1997

Minutes of Masters LDR Committee Meetings

Tues. Dec. 2 – 5:30 p.m.

Chairman's Report

Jerry Crocket, Chair, said 1997 has not been a fun year, due to the budget adversity. People expected the committee to provide financial support similar to the past when it had 40% more budgeted funds.

Jerry said he was excited by the leadership of Craig Masback who expresses an interest in all dimensions of USATF. We still have budget battles to fight. Some USATF entities have more clout and get more dollars, which are allocated according to one's power base. In 1997, USATF ended with a \$7.9 million budget. The projection for 1998 is a further reduction to \$7.1 million. Fortunately, neither Masters T&F nor Masters LDR will receive further budget cuts in 1998.

Our 1997 budget was helped by having only one cross-country and a reduced number of road races along with four ultra-distance events.

Indy Life's support of \$85,000 helps but does not meet all financial needs of its circuit. All participants were elated to compete against each other, yet we made many mistakes as part of the start-up.

Board of Directors

The meeting featured a strong move by long-term leaders who believe USATF's only focus should be support for Olympic and World Championship teams. It was proposed that both Masters T&F and Masters LDR leave USATF. However, the National Sports Act mandates that USATF be responsible for athletics from the cradle to the grave. Fortunately, we have the support of our new CEO against such narrow thinking.

Our committee's budget request for 1998 was \$56,000; we will receive only \$22,700, the same as in 1997. There was a proposal to abolish youth and masters representation on the Executive Committee, but we believe the proposal is "dead," at least temporarily.

Jerry reported Craig spent 100 days on the road contacting potential sponsors. Some new sponsors have come aboard and others are expressing interest.

Jerry expressed appreciation to the members of his executive committee who have personally covered many of their expenses this year in order to keep the program moving ahead.

Indy Life Circuit

Charles Desjardins, Circuit manager, said we have had a great relationship with the Indianapolis Life Company in 1997. He is now working with two possible sponsors, each of whom could provide greater support than Indy Life. The Indy Life CEO has removed the geographical restriction limiting where circuit races could be held. Charles hopes a second sponsor could fund the female circuit and perhaps Indy Life would fund the male circuit. The third possible sponsor is a major airline, which would ease the financial burden of transporting athletes to the events.

Charles said Craig Masback reports sponsors such as VISA are interested in masters athletics.

The 1997 circuit had many problems, normal for a start-up year. For example, Gate River Run in Jacksonville used the Belgian chip technology without providing a back-up system. That chip proved

inadequate for such a high-density event, and we will not return to Jacksonville. The Champion Chip had no significant problems in Boston, Marine Corps and other major USA events.

Charles said Ryan Lamppa of the Road Running Information Center has gone beyond the call of duty in scoring the Indy Life Circuit.

The Las Vegas half-marathon uses an aided course. Although the race director wants us back, we will eliminate this race on the circuit to remove the conflict with our title sponsor's own event – the Indy Life half-marathon – which will be serving as our 1998 and 1999 championships.

The third event this year was Azalea Trail in Mobile, Ala. We are still negotiating with race management as to whether it will be on the 1998 circuit.

Freihofer's Women's 5K will also be our women's 5K championship in 1998. Bastille Day 8K in California proved to be a great event, featuring an elite masters race around two loops with TV coverage.

The 5K for men in Chicago did not work out and will not be renewed. Twin Cities Marathon is our standard. We are waiting for a full Board of Director's approval before announcing our 1998 circuit schedule.

The final event this year was the Tulsa 15K. Jack Wing, director, did a great job and this race will remain on the circuit.

The circuit featured two categories of competition: overall (mainly 40-year-olds) and age-graded. Doug Kurtis won the age-graded competition by one-half point. The overall winners were Craig Young and Jane Welzel. Joan Ottaway won the women's age-graded competition.

Races to be added in 1998 include: Pacific Sun 10K (Kentfield, CA) on Labor Day and Joanie's 10K (Portland, ME) on August 1.

Charles also said Athletics Australia asked about our circuit, since it's planning to organize a similar program. A concern is that the circuit might overwhelm the prestige of our championship races and possibly could be resolved by having them the same. Charles expressed agreement, while noting it may take until 1999 to accomplish the idea.

Charles said the circuit received many suggestions from its participating athletes after the Tulsa race. In 1998, athletes will score only their best six events. There will be no double dipping between the overall and the age-graded categories.

Jerry added that the purpose of the circuit is to enable the best masters athletes to compete head-to-head. Many participants have said it has made racing fun again.

WAVA

Norman Green said that following Ron Bell's election to WAVA Non-Stadia Vice-President four months ago, more items have been passed to the WAVA Council than in the previous four years. Norm also noted that neither Al Sheahan (candidate for WAVA President) nor he (candidate for Treasurer) had been elected.

He reviewed the upcoming WAVA Non-Stadia championships: 1998 at Kobe, Japan, March 28-29; and 2000, Valladolid, Spain, probably May 13-14. The 1999 World T&F Championships will be in Gateshead, England, while the 2001 Championships will be in Brisbane,

Australia.

Norm described his site visit and positive reaction to Barbados which will host our regional championships, Nov. 19-22, 1998. The non-stadia events will be an 8K cross-country and a 10K road race. The latter will use the Run Barbados course, while the former will use a cane field under the leadership of a Hash House Harriers club.

IAAF Veterans Committee

Charles said the IAAF Veterans Committee meets annually in Monaco and a lot of communication occurs throughout the year. It has 10 members plus an appointed chair. A big issue this year has been the NIKE World Masters Games scheduled next August in Portland, Ore. Concern is for the high entry fee and if WAVA rules will be used. USATF has no involvement in the games.

Our NCCWAVA region and the IAAF region for this area contain the same 32 countries, although only a dozen or so are WAVA-affiliated. At Barbados next November, our regional chair position, now held by Rex Harvey, will be vacant, as Rex cannot run again.

Championship Statistics

Norm said he hopes the forthcoming National Membership Directory and assistance from association Masters LDR representatives will enable him to fill the blanks now found in his statistical data. He is looking forward to a 20-year publication in 1999.

Wed. Dec. 3 – 6:30 p.m.

During the course of the evening, 33 people attended the meeting. Jerry introduced Steve Plasencia as one of the very successful runners participating in the Indy Life Circuit. Steve praised the committee for the circuit and pledged to participate as much as possible.

Jerry said a weakness in our sport is lack of publicity. He is looking for someone who likes to communicate with others and is willing to develop a biographical form with photos so we can provide background information on our Indy Life Circuit leaders, our champions, and our athletes-of-the-year. He also feels such a person could collect information about the road running media writers (whether employed by major papers or as stringers).

Treasurer's Report

Charles Desjardins said the budget crisis was a result of mismanagement. The Executive Committee had no idea we would face a 1996 deficit of \$1.3 million. USATF used to have an investment fund with more than \$2 million, left from the Los Angeles Olympics of 1984. We started

1997 with about \$1 million in the investment fund. In spite of an effort to operate in 1997 with a balanced budget, we expect to deplete the investment fund and perhaps incur a greater deficit.

Further, USATF (Ollan Cassell) borrowed over \$1 million from USOC without Executive Committee approval. A \$220,000 cleaning bill from the Atlanta Olympic Trials is still outstanding. Since the stadium was not cleaned, there is argument against paying that bill.

Charles spent 7½ hours the past two Sundays in conference phone calls as the Budget & Finance Committee prepared the 1998 budget. Our committee was given \$22,700 in 1997 and the same in 1998. We also have \$85,000 from Indy Life to operate the circuit. \$50,000 was used for prize money, and the remainder for administration, including some race support to provide the needed geographical spread for the circuit.

Charles said USOC is doing a "forensic" audit of USATF for 1995 and 1996. Carole Langenbach raised a concern about the process by which the delegates that morning had approved the 1998 budget without having a copy in their hands. Charles said that as a member of B&F, he had not received the final 1998 budget until more than two hours after it had been adopted.

A motion to recommend that Cassell's salary be suspended pending results of the USOC audit was defeated.

Ultra-Distance

Jerry has appointed Roy Pirrung as our liaison to the ultra races. Ruth Anderson reported the Sunmart 50K and 50 mile event held last December was one of our first trail events. She said the 100K championship was held in Pittsburgh, the 50-mile championship in Sacramento, and the 24-hour championship in Columbus, Ohio. A high proportion of the finishers in these events are masters. In the 24-hour event, the winner was 41, while Pirrung, 49, was second.

Ruth noted the incredible performance of Sue Ellen Trapp, 51, who set a world open record in the 48-hour race in France, as well as several record performances by Pirrung during the year. Trapp is a full-time dentist. She is now ranked by the international ultrarunning community as #1 in the world and would be #3 on the all-time male list.

Many favored a cross-country event related to an open championships, such as happened last year in Palo Alto. Jerry noted we have 1998 bids at cross-country

Continued on page 20

USATF National Masters LDR Championships – 1998

February 1	One Mile Road	Santee, CA
March 22	8K Road	Chicago, IL
March 28	10K Road	Las Cruces, NM
March 28	100K Road	Pittsburgh, PA
March 29	5K Road - Men	Carlsbad, CA
May 1	Half-Marathon	Indianapolis, IN
May 30	5K Road - Women	Albany, NY
October 4	Marathon	Minneapolis, MN
October 11	5K X-C	Rochester, NY
October 25	8K X-C	Louisville, KY
October 31	15K Road	Tulsa, OK

LDR Minutes

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distances of 4K, 5K, 6K, 8K, 10K and 12K. Charles proposed we solicit a cross-country bid from Florida so we could coincide with the Orlando convention and the open X-C event next year.

We normally seek to avoid conflict with the Masters T&F outdoor championships, but otherwise have made no effort to coordinate our race dates with Masters T&F. In fact, we find we sometimes have conflicts with our own events. The 10K in New Mexico in 1998 will conflict with the Masters Indoor T&F Championships and with the WAVA Non-Stadia Championships in Japan.

Law & Legislation

Mick Midkiff reported all restructuring items have been tabled.

Thu. Dec. 4 - 7:30 a.m.

Awards

Athletes-of-the-Year were chosen (see separate story). It was noted that cross-country gets little attention in our athlete-of-the-year voting because RRIC is unable to provide 10K equivalencies. Jerry suggested we consider a special award to honor the specialists of that discipline.

Information Data Bank

Jerry announced Barbara Arveson of Minnesota has agreed to serve as our "bio" person and will move to establish a Masters LDR athlete information data bank.

Mick renewed his request for suggestions about a Mission Statement.

Thu., Dec. 4, Joint Masters T&F and LDR - 2:30 p.m.

WAVA

Sandy Pashkin, Team Manager, said the processing of entries changed this year, requiring the validation of each entry by the national governing body. That meant all entries were confirmed by Sandy, herself, giving her access to data that proved helpful in Durban, since there were many errors in event listings. Our U.S. team had 112 women and 227 men.

In spite of many meet management problems, there was great competition and many records. We experienced unusual problems of street crime, contributing to anxiety by most visitors. Results have been slow in arriving and full of errors. Sandy has received 334 pages of unformatted results on a computer disk she is unable to read. Durban city reneged on its contract which may mean the results book will not be delivered. Photos were supposed to have been mailed, and many medals also have not been received.

Sandy expressed appreciation to the athletes who contributed toward her Durban expenses. She said she had received \$2100 from USATF and another \$2200 from contributions, while her expenses were \$4500. She then related that the Masters T&F Executive Committee had elected Richard Lee as the manager for the next WAVA Championships.

Ken Weinbel presented Sandy with a crystal vase as an expression of appreciation for her work as manager for the past several championships.

Tom Jordan reported on a recent visit to Gateshead, as the WAVA Council determined after Durban's problems to take a more pro-active role. Jordan, Torsten Carlus, Jim Blair, and Ron Bell visited Gateshead last month. They found the local organizing committee to be experienced and working well. There will be three stadia which, unfortunately, are far apart. Shuttles will be needed on 30-minute intervals. They expect between 8000 and 10,000 athletes.

Sandy noted the behind-the-scenes efforts in Durban of Tom Jordan, Scott Thornsley, and Rex Harvey. She thanked Barbara Kousky for filling in as team manager at those times when Sandy had to handle other responsibilities.

Sandy and Norm Green visited Barbados and were pleasantly surprised. It's a tourist-oriented nation. The meet director and the executive director are experienced with international meets. One can pay \$2000 per night for a hotel room on the west coast or \$10 per night in a dormitory and about everything in between.

The dates will be Nov. 19-22, 1998, coming after the hurricane season. Entries for this regional meet do not have to be routed through the national body. They may be sent directly to Barbados. To date there is no airline discount arranged.

Indy Life Circuit

(See above)

Masters Hall of Fame

(See separate story)

Masters Trust Fund

The committee voted to "give the chairs authority under USATF to establish a trust fund."

National Masters News

Al Sheahen reported *National Masters News* is the official USATF and WAVA publication. Three years ago it was acquired by Rodale Press, with Al remaining as editor and publisher. Suzy Hess is the office manager; Jerry Wojcik has been senior editor for the past 14 years. Printing is still done in Los Angeles. The paper obtains its contents from such persons as here assembled along with regular columnists.

Subscriptions are down 4% to 7546. Advertising is down 35%. Book sales are down 25%. There has been an overall 11% decline in revenue. In 1997, USATF deleted its \$5000 annual support.

Over 11,000 readers of *Runner's World* have ordered free copies of NMN; 32% of them subscribe but only 35% of that group then renews after the first year. Distributing copies at road races is difficult, but easier at T&F meets.

Discussion elicited the suggestion that NMN distribute "free copy" cards rather than magazines, themselves, at events and/or with association and club leaders. Many thought such a system would be more effective on the LDR side of the sport. Asked about reader demographics, Al replied subscriptions are heavy on the West Coast (1300 in California with about 500 in New York). He suspects that the 30-39 group is smaller now than 10 or 20 years ago. Readership is 4 to 3 in favor of T&F over LDR, probably because T&F athletes need the publication for race schedules.

Others suggested promotion with the Association LDR and T&F representatives and more marketing overseas. Al said the renewal rate of long-term subscribers is 80%.

World Masters Games

Tom Jordan said the games will be held August 10-21, 1998. T&F will provide all the usual events except 10,000 on the track. There will be both 10K and 20K road events. They will follow WAVA rules. As usual, U. of Oregon dorms in Eugene will be used. The area offers many amenities. He suggested anyone concerned about the \$200 entry fee look at the information in the December issue of *National Masters News* and reminded the group that one has an unlimited number of events for that single fee.

After a Hy-Tek presentation, the meeting was adjourned.

Fri., Dec. 5 - 3:30 p.m.

Jerry reported the joint Men's/Women's LDR committees agreed that LDR needs to continue to be responsible for its own governance and to remain part of USATF.

Championship Bids

(see separate chart)

Records

Charles DesJardins noted we go year after year with Illinois marks failing to be ratified. Anne Clarke and Warren Utes are two athletes particularly jeopardized by the failure of Illinois race directors to follow through with the necessary paperwork.

Committee Assignments

Dudley Healy, Carole Langenbach, Jack Moran, Bill Nault, and Evelyn White were named at-large members of our committee.

New Business

Bill Quinlisk presented a proposal for one male and one female cross-country athlete-of-the-year based on age-grading. Jerry noted we are unable currently to age-grade cross-country events. Jerry appointed Bill, Phil Phythian, and Warren Ring to serve as a committee to develop a proposal on this matter.

The committee adjourned at 6:05 p.m. □

- Submitted by Norman Green,
Secretary

USATF MEMBERSHIP TOTALS BY ASSOCIATION

1 MAINE	1,544	31 MONTANA	446
2 NEW ENGLAND	10,484	32 COLORADO	1,607
3 ADIRONDACK	1,515	33 SOUTHERN CALIFORNIA	3,514
4 NIAGARA	995	34 UTAH	0
5 CONNECTICUT	1,180	35 INLAND NORTHWEST	963
6 METROPOLITAN	15,309	36 PACIFIC NORTHWEST	1,388
7 NEW JERSEY	4,532	37 OREGON	1,916
8 MID ATLANTIC	2,357	38 PACIFIC	8,776
9 ALABAMA	694	39 HAWAII	922
10 POTOMAC VALLEY	1,978	40 IOWA	1,081
11 THREE RIVERS	220	41 KENTUCKY	645
12 VIRGINIA	529	42 NEW MEXICO	1,207
13 NORTH CAROLINA	1,155	43 SOUTH TEXAS	112
14 FLORIDA	7,877	44 SAN DIEGO-IMPERIAL	903
15 TENNESSEE	36	45 GEORGIA	943
16 INDIANA	1,301	46 CENTRAL CALIFORNIA	561
17 OHIO	4,115	47 WEST TEXAS	463
18 LAKE ERIE	804	48 ARIZONA	1,562
19 MICHIGAN	1,176	49 NEVADA	484
20 WISCONSIN	756	50 WYOMING	30
21 ILLINOIS	2,359	51 WEST VIRGINIA	207
22 OZARK	1,260	52 DAKOTA	172
23 ARKANSAS	93	53 BORDER	584
24 SOUTHERN	1,213	54 SNAKE RIVER	253
25 GULF	2,069	55 SOUTH CAROLINA	657
26 SOUTHWESTERN	1,322	56 ALASKA	256
27 OKLAHOMA	1,456	57 UNIQUE ASSOCIATION	0
28 MISSOURI VALLEY	802	58 NATIONAL MEMBERSHIP CE	11,654
29 NEBRASKA	1,122	59	0
30 MINNESOTA	1,881	60 GRAND TOTALS	113,440

SITES OF NATIONAL CONVENTIONS

TAC:		
1	1979	Las Vegas
2	1980	Atlanta
3	1981	Reno
4	1982	Philadelphia
5	1983	Indianapolis
6	1984	San Diego
7	1985	Houston
8	1986	Tampa
9	1987	Honolulu
10	1988	Phoenix
11	1989	Washington, D.C.
12	1990	Seattle
13	1991	New Orleans
14	1992	Louisville
USATF:		
15	1993	Las Vegas
16	1994	St. Louis
17	1995	Atlanta
18	1996	San Francisco
19	1997	Dallas
20	1998	Orlando
21	1999	Los Angeles
22	2000	Mobile
23	2001	Kansas City

T&F Minutes

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3) Introduce an exciting new event.

4) Publicize masters program.

5) Unify masters and elite programs.

Cosgrove has staged successful age-graded 100s as part of the annual Mt. SAC Relays in California. It's good to have at least one "name" masters athlete, either nationally or locally known. Age-handicap races enable athletes of different ages to compete against each other. The first one to the finish line wins, improving spectator appeal. Include an age-handicap 200 or 800. The events should be part of the main schedule, not shunted to a different day or a poor time. Include both legends and current stars. Have alternates ready because some will scratch with injuries. Schmooz with the officials. Get backup help. Arrange publicity. Make contact with the announcer. Prepare a press release. Arrange photos and results. The recent Trump Masters Mile in New York got more news coverage than the elite race.

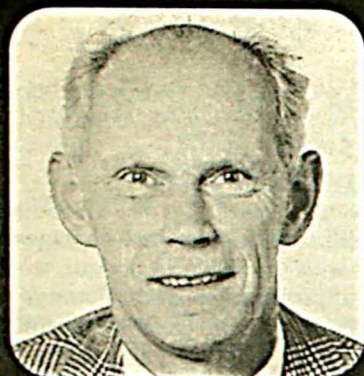
Substance Abuse

Joan Stratton said DHEA is now a banned substance.

Team Manager

(See separate story) □

- Al Sheahen



International Scene

by **TORSTEN CARLIUS**
WAVA President

Report from the President

Another month has passed filled with WAVA activities. The transition between myself as former WAVA Secretary and our new Secretary, Monty Hacker, has taken place and Monty is now operating with full force. His address/phone and fax numbers are:

Monty Hacker, c/o Wertheim Becker, P.O. Box 2277, Houghton 2041, South Africa, phone: 27-11-483-3313 (office), 27-11-444-4011 (home), Fax: 27-11-483-3392 (office).

Our new Treasurer, Giuseppe (Peppo) Galfetti, has taken over his office and he can be reached at: Giuseppe Galfetti, Bahnhofstrasse 1, CH-8956 Killwangen, Switzerland, Phone: 41-56-401-2311, Fax: 41-56-401-2319.

Result Books/Videos From Durban

The organizers have unfortunately had some problems with the result books and videos from last summer's Stadia Championships in Durban. However, these problems are now resolved and the result books and videos will be mailed in January. We are very sorry for this delay but are happy that the unexpected problems are solved.

Doping Tests in Durban

As most of you know, a number of doping tests were taken in Durban. The lab reports that no test was positive.

WAVA will continue to conduct random doping tests at each championships and it is our hope that future results will, like Durban, also be negative.

Records Committee

Chairman

Africa
Asia
Europe
North America
Oceania
South America

Discipline Committee

Chairman

Africa
Asia
Europe
North America
Oceania
South America

The remaining three committees will be formalized soon and will be presented in the next issue of NMN.

I want to thank you all for a successful 1997 and wish veterans all over the world **MERRY CHRISTMAS and HAPPY NEW YEAR!** ☐

Women's Athletics Year 1998

This year will be the Women's Athletics Year organized by IAAF. WAVA is invited to take part. The first activity of the Women's Athletics Year 1998 will be a seminar in the middle of March in Marrakesh, Morocco. WAVA will participate with some delegates. Bridget Cushen, our women's representative, will perhaps give an address on female veterans' activities.

IAAF Development Centers

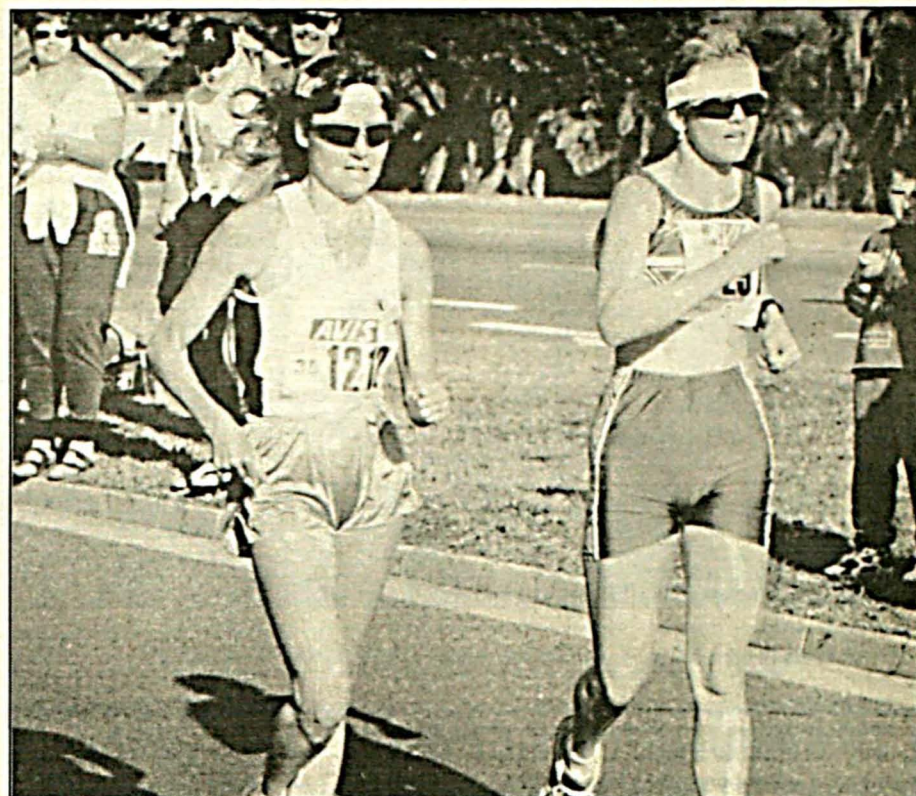
Today, IAAF has nine development centers all over the world and will soon open one more in Moscow. The programs vary between the centers but the overall purpose is to promote athletics in as many areas as possible. WAVA has asked if there is any possibility for us to organize activities for veterans at these development centers. The question received a positive answer but it is up to WAVA to define and organize suitable courses and education. For this purpose I have asked our Area Delegates on the WAVA Council to contact the centers and discuss what can be done and then report at the WAVA Council meeting in April. Any ideas to promote veterans athletics are welcome.

WAVA Committees

More WAVA Committees are being formed and the following have now been appointed:

K. Wilhelm Koster, Germany
Leo Benning, South Africa
M.K. Jacob, Malaysia
Ivar Soderlind, Sweden
Bill McIlwaine, Canada
Colleena Blair, New Zealand
Hector Acosta, Uruguay
Pete Mundle, USA, will continue as "Committee Secretary"

Cesar Moreno Bravo, Mexico
Hannes Booysen, South Africa
Wang Yu Feng, People's Rep. of China
Dr. Hans Axmann, Germany
Ralph Romain, USA
Jim Tobin, New Zealand
Juan H. Kulzer, Argentina



Debra Benton, 39, USA (left) and Lili-Ann Kriegler, 39, South Africa, giving it their all in the last few meters of the 10K racewalk, WAVA Championships-Durban. Kriegler prevailed, for the gold medal, 55:30.1 to 55:30.6.

LEO BENNING

1998 Designated International Year of Women in Athletics

1998 will be a milestone in women's athletics. The IAAF has designated this the Year of Women in Athletics and has set up a sub-committee to promote and develop all aspects of women's athletics on a worldwide basis, while at the same time celebrating the history of women in athletics. The role of women in administration, officiating and coaching will also be highlighted.

Bridget Cushen

WAVA Women's Representative

PRESIDENT:

Torsten Carlius
Smalandsgatan 25
S-25276 Helsingborg, Sweden
Fax: 46-42-128-956

EXECUTIVE VICE PRESIDENT:

Tom Jordan
P.O. Box 10825
Eugene OR 97440 USA
Phone: 1-541-687-1989
Fax: 1-541-687-1016

VICE-PRESIDENT: (Stadia)

Jim Blair
43 Emslie Road
Pinchaven, Upper Hutt
New Zealand
Fax: 64-4-528-2992

VICE-PRESIDENT: (Non-Stadia)

Ron Bell
25 Llwyn Menlli, Ruthin
Denbighshire LL15 1RG
Great Britain
Phone/Fax: 441-182-470-5250

SECRETARY:

Monty Hacker
PO Box 2277
Houghton 2041, South Africa
Phone: 27-11-444-4011 (h)
27-11-483-3313 (o)
Fax: 27-11-483-3392



TREASURER:

Peppo Galfetti
Bahnhofstrasse 1
CH 8956 Killwangen
Switzerland
Phone: 41-56-401-2311
Fax: 41-56-401-2319

WOMEN'S DELEGATE:

Bridget Cushen
156 Mitcham Rd., West Croydon
Surrey CRO 3JE, England
Phone: 441-181-683-2602 (h)
Phone: 441-171-261-8685 (o)
Fax: 441-171-928-6093

PAST PRESIDENT:

Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy
Fax: 39-45-742-0661

IAAF DELEGATE:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F. Mexico
Fax: 52-5-653-3159

DELEGATE OF: AFRICA

Hannes Booysen
P.O. Box 5180
1403 Delmerville
South Africa
Fax: 27-11-827-7590

SOUTH AMERICA

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

ASIA

Hari Chandra
15 C Jalan Haji Salam
Singapore 1646
Phone: 65-2424967
Fax: 65-241-3116

EUROPE

Wilhelm Koster
Haydnstrasse 28
D-64347
Griesheim, Germany
Fax: 011-49-6151-770811

OCEANIA

Stan Perkins
106 Silkwood St.
Algerist, Queensland
Australia
Phone: 61-7-3222-1021
Fax: 61-7-3221-1684

NORTH AMERICA

Rex Harvey
160 Chatham Way
Mayfield Heights, OH 44124
USA
Home Phone: 1-440-446-0559
Business: 1-440-954-8122
Fax: 1-440-954-8111
E-mail: Rexjh@aol.com



SUZY HESS

Athletes at the Shoppers Village, 12th WAVA Championships, Durban, South Africa.

TREASURER'S REPORT

January 1, 1996 to December 31, 1997



REVENUES:

Grant from IAAF	\$40,000.00
Entry fees - Stadia (3484 x \$15; 2304 x \$5)	63,780.00
Entry fees - Non-stadia (2836 x \$10)	28,360.00
Sanction fee - Stadia	6,000.00
Sanction fee - Non-Stadia	1,000.00
WAVA Handbook	75.00
Bank interest	14,396.06
TOTAL REVENUES	\$153,611.06

EXPENSES:

1. Office Expenses (phone, postage, etc.)		
President (Beccalli)	\$6758.00	
Executive V-P (Jordan)	1475.70	
V-P Stadia (Blair)	1851.61	
V-P Non-stadia (Serruys)	2000.00	
Secretary (Carlus)	7793.10	
Treasurer (Sheahan)	1749.26	
Women's rep	1000.00	22,627.67
2. Communications/Statistics:		
Records	1000.00	
National Masters News	7200.00	
Multi-events Committee	500.00	
3. Regional development:		8,700.00
Europe	5000.00	
Africa	5000.00	
North America	5000.00	
South America	5000.00	
Asia	5000.00	
Oceania	5000.00	
4. Durban, 1996 - Council expenses:		30,000.00
Air fare	16894.90	
Daily expenses (\$50/day)	5000.00	
5. Durban, 1997:		21,894.90
Air fare	19914.15	
Daily expenses (\$50/day)	9900.00	
Presentations/gifts	1937.21	
General Assembly - Luncheon	952.94	
Women's meeting	121.85	
General Assembly - Agenda book	2709.00	
Shipping materials	262.76	
Athlete support - Mansour Dia	759.49	
Bank fees	410.47	
6. Travel:		36,967.87
Secretary (Durban '97)	1565.25	
V-P Stadia (Durban '97)	2451.81	
V-P Stadia (Gateshead '97)	306.87	
Carlus (Athens '97)	1278.46	
Barbara Dunsford (Durban '97)	500.00	
7. Stadia Committee Meeting '96		6,102.39
8. Non-stadia Committee Meeting '96		9,336.18
9. Drug Testing		7,000.00
10. Miscellaneous:		5,379.00
Bank charges	527.89	
Legal fees	1888.80	
Auditor fees	2000.00	
Stationery	600.00	
Pins	1845.27	
Flags	2059.00	
Scoring tables	1966.12	
TOTAL EXPENSES		158,895.09
SURPLUS (DEFICIT)		(\$5,284.03)

SUMMARY:

Beginning balance 1/1/96	\$200,511.99	ASSETS:	
Revenues 1/1/96-12/31/97	153,611.06	USA Checking Account	\$ 59,715.62
	335,123.05	USA Money-Market Fund	141,774.34
Expenses 1/1/96-12/31/97	158,895.09		\$201,489.96
	\$195,227.96	LIABILITIES	6,262.00
		NET WORTH	\$195,227.96

WAVA Treasurer's Report

On this page is the final financial statement for the World Association of Veteran Athletes (WAVA) for the two-year period 1996-97.

Total revenues in 1996-97 were \$153,611.06. Total expenses were \$158,895.09. Thus, the deficit for 1996-97 was \$5284.03.

The revenues were four percent lower than 1994-95, mainly because only \$63,780 was received from athletes' fees at the WAVA World Championships in Durban, South Africa. In 1995, fees from the Buffalo Games totalled \$80,025.

In Durban, 3484 athletes each paid a \$15 fee, while 2304 South African athletes who competed only in the marathon paid \$5 each. This was an agreement reached in 1996 between the WAVA Council and the Durban Organizing Committee to enable more South Africans to participate in the event.

Total expenses were up seven percent over 1994-95, mainly because of the higher air fares to Durban.

WAVA's net worth on December 31, 1997 was \$195,227.96, compared to \$200,511.99 two years ago - a decrease of 2.6 per cent.

A comparison between 1996-97 and 1994-95 is also published on page 23, along with the 1998-99 budget, which was approved by the Council in Durban prior to the General Assembly.

The 1998-99 budget anticipates revenues of \$202,000, nearly a third above 1996-97, mainly because of the higher number of entries expected for the 13th WAVA Championships in Gateshead in 1999. The budget conservatively predicts revenues of \$90,000 from Gateshead entry fees (6000 x \$15), but some are predicting more than 8000 athletes will compete next year.

Since 1996-97 was my fifth and final term as WAVA Treasurer, I have transferred all the funds - \$201,489.96 - to a new WAVA account in Switzerland, under the direction of the new Treasurer, Peppo Galfetti.

It has been an honor to serve as WAVA treasurer, and I look forward to seeing you again in Gateshead next year. □

-Al Sheahan

Approved WAVA Budget 1998-1999

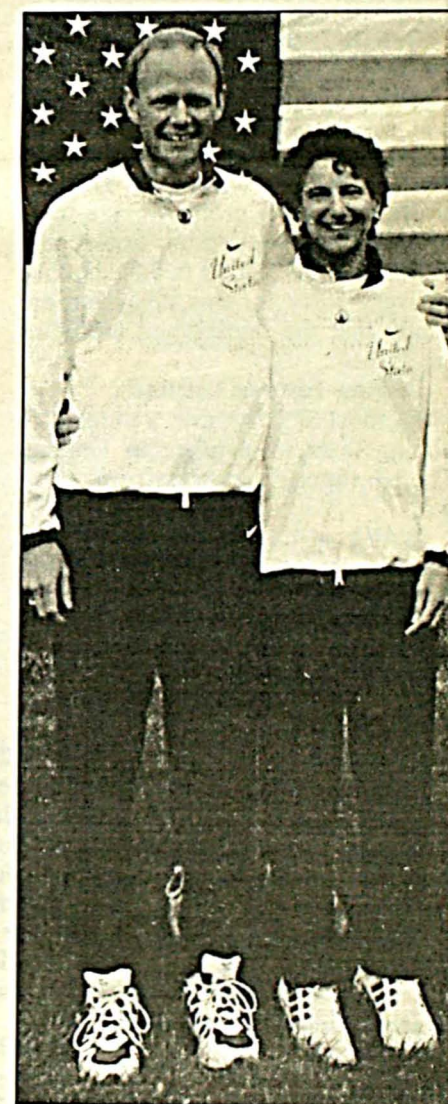
REVENUES:

1. IAAF GRANT	\$40,000
2. Entry fees - Stadia	90,000
3. Entry fees - Non-Stadia	30,000
4. Sanction fee - Stadia	25,000
5. Sanction fee - Non-Stadia	1,000
6. Miscellaneous Sales	1,000
7. Bank Interest	15,000
TOTAL REVENUES	\$202,000

EXPENSES:

1. Office Expense (phone, etc.)	
President	\$10,000
Executive V-P	3,000
V-P Stadia	3,000
V-P Non-Stadia	2,000
Secretary	8,000
Treasurer	2,000
Women's rep	1,000
Past President	2,000
	31,000
2. Communications:	
Records	2,000
National Masters News	7,200
Multi-events Committee	500
Age-graded Committee	500
Council Computer Network	12,000
Marketing/Promotional Material	5,000
Program Development	12,000
	39,200
3. Regional Assistance	36,000
4. Council Meeting (even-year)	
Air fare	13,000
Daily cash expenses (\$50/day)	4,500
	17,500
5. Council Meeting (odd-year)	
Air fare for Council members	14,000
Daily expenses (\$50/day)	10,500
Presentations/gifts	1,000
General Assembly	2,000
Simultaneous translation	6,000
Women's meeting	1,000
Miscellaneous	1,300
	36,300
6. Travel:	
President	1,500
Executive V-P (Gateshead '99)	2,000
V-P Stadia (Gateshead '99)	2,000
V-P Non-Stadia (Kobe '98)	2,000
V-P Non-Stadia ('99)	2,000
Brisbane ('98&'99)	4,000
Past President	2,000
	15,500
7. Stadia Committee (Gateshead)	5,000
8. Non-Stadia Committee ('99)	5,000
9. Drug Testing	5,000
10. Miscellaneous:	
Bank Charges	500
Legal fees	0
Auditor fees	0
Patches/Pins	1,000
Other	2,000
	6,500
TOTAL EXPENSES	197,000
SURPLUS (DEFICIT)	\$ 5,000

Prepared by: Al Sheahan, Outgoing Treasurer



BRUCE GUTER

Lorraine Gersitz, 43, Fullerton, Calif., and Kevin Setnes, 43, Eagle, Wisc., were the only masters on the 12-person 1997 USATF National 100K team, representing the U.S. in the 1997 World Challenge 100K in Winschoten, Netherlands, in September 1997, and winners in the USATF National Masters 50 Mile Championships, Sacramento, Calif., Nov. 15, in 7:38 and 5:36, respectively.

4th WAVA World Veterans' Championships

Road Race/Half Marathon/10K • Road Walk/20/30K

Events: Half Marathon March 28, Akashi Kaikyo Bridge
10K Run March 28, Akashi Kaikyo Bridge
Walk, 30K for men and 20K for women March 29, Village of Happiness, Kobe

Entry Fees: One event - Yen 4,000 Two events* - Yen 5,000
*Walk must be one of the two events

Deadline: January 20, 1998

Qualifications: Membership in Veteran Athletes Association (valid USATF number)
Birthdate: March 28, 1958 or before (men), March 28, 1963 or before (women)

MERCATOR TRAVEL, in cooperation with Japan Airlines and Japan Travel Bureau, is offering special tour packages starting at \$1,869 per person from the West Coast and \$2,169 per person from New York to this exciting event, including:

- Roundtrip airfare in economy class on JAL from New York/Los Angeles to Osaka, Japan
- Depart March 25, return April 2, 1998
- Accommodations in selected hotels, including breakfast, based on double rooms
- Transfers and personal tour escort (Anne Marie Kunz, Master Racewalker)
- Optional local sightseeing tours and excursions

For information on how to register, please contact:

Mercator Travel, Inc., 122 East 42nd Street, Suite 3006, New York, NY 10168-0072
Anne Marie Kunz, Tel. 212-682-6979, 800-294-1650, FAX 212-682-7379

The 4th Veterans' World Road Race Championship 1998 JAPAN

Two and a half years after the Great Hanshin Earthquake, reconstruction is moving forward steadily and new projects are underway as well. The Akashi Kaikyo Bridge in western Kobe, which will be the world's longest suspension bridge when it is completed in the spring of 1998, will serve as the stage for the 4th Veterans' World Road Race Championship.

This Championship, in addition to being a celebration of lifelong physical activity and sportsmanship, will have a special flavor as a charity event aimed at bringing vitality to an area still recovering from a terrible disaster. A portion of the participation fees will be donated to the reconstruction effort.

OVERVIEW

Events

March 28 10:00 am Half marathon, Akashi Kaikyo Bridge
12:00 am 10 km run, Akashi Kaikyo Bridge
March 29 7:00 am Walk (30 km for men, 20 km for women), Village of Happiness Kobe

Application procedure

The competition application form and entry fees must be received no later than January 16, 1998. Evidence of your date of birth, such as a copy of your driver's license or passport, should be attached to your application form.

Entry fee

One event ¥4,000 Two events* ¥5,000

*Walk must be one of the two events.

Participation fees should be remitted in Japanese yen into the following bank account.

Participation fees paid are not refundable under any circumstances.

Qualifications for entry

1. Membership in a Veterans Athletes Association
2. Birth date of March 28, 1958 or before for men, and March 28, 1963 or before for women

Donations

A portion of the participation fees will be donated to the earthquake reconstruction effort in the Hanshin-Awaji area.

Prizes

Gold, silver and bronze medals will be awarded to the first three finishers (male and female) in each age group. Race results in each age group will also be ranked by nationality, and gold, silver and bronze medals awarded to participants from the three top countries. All participants will receive a souvenir and certificate of participation.

Confirmation

An entry certificate will be sent to you upon receipt of your completed application form and entry fees. Please bring this certificate with you, as it must be presented in Kobe for you to receive your competitor number and program. If the certificate has not reached you by February 1, 1998, please contact the OC.

Reception

We hope you will join us at the get-together reception which will be held near the finish line of the half marathon/10km on March 28, 1998, from 14:00 to 17:00. Participation in the party costs ¥3,000 per person, which must be paid together with your participation fee.

Result book

To receive a Result Book of the competition, please add ¥2,000 to your participation fee.

Kaijima Bldg. K-14, Dojima 2-3-4, Kita-ku, Osaka 530 Japan

APPLICATION FORM

FAMILY NAME		FIRST NAME	
ADDRESS		TELEPHONE NO.	
CITY		STATE / REGION	
COUNTRY		POSTAL CODE	
NATIONALITY		AGE (AS OF MARCH 28, 1998)	
DATE OF BIRTH (DAY / MONTH / YEAR)		SEX (M / F)	
VETERAN ATHLETES ASSOCIATION MEMBERSHIP NO.			

PARTICIPATION EVENTS

MARCH 28, 1998	9:30 A.M. HALF MARATHON RUN	"X"
	11:30 A.M. 10 KM RUN	
MARCH 29, 1998	7:00 A.M. 30 KM WALK FOR MEN	
	20 KM WALK FOR WOMEN	

* Only one of the runs can be entered.

PARTICIPATION FEES, RECEPTION, AND RESULT BOOK PAYMENT

ONE EVENT (4,000 YEN)	"X"
TWO EVENTS (5,000 YEN)	
RECEPTION (3,000 YEN)	
RESULT BOOK (2,000 YEN)	
TOTAL	YEN

Event and Reception participation fees, as well as result book payment should be added and remitted in Japanese yen into the following account no later than January 16, 1998

Dai-ichi Kangyo Bank, Dojima Branch (Branch No. 507)
Address: Osaka, Kita-ku, Dojima 1-5-17, Japan 530
Account Number: 1639462
Account name: 4th Veterans' Road Race Championship OC

The completed entry form and evidence of your date of birth must arrive at the following address prior to January 16, 1998
Veterans' World Road Race Championship OC
Kaijima Bldg. K-14, Dojima 2-3-4, Kita-ku, Osaka 530 Japan



WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF



Comparison of WAVA Revenues for 1996-97 and 1994-95

REVENUES:	1996-97	1994-95	Percent increase (decrease)
IAAF Grant	\$40,000.00	\$44,000.00	(9)
Entry fees, stadia	63,780.00	80,025.00	(20)
Entry fees, Non-stadia	28,360.00	5,580.00	376
Sanction fee, Stadia	6,000.00	15,000.00	(60)
Sanction fee, Non-stadia	1,000.00	1,000.00	0
Merchandise sales	75.00	1,000.00	(92)
Bank interest	14,396.06	13,151.46	9
TOTAL REVENUES	\$153,611.06	\$159,756.46	(4)

EXPENSES:

1. Office Expense (postage, phone, etc.)			
President	\$ 6,758.00	\$ 9,677.00	(30)
Executive V-P	1,475.70	2,452.90	(40)
V-P Stadia	1,851.61	1,619.51	14
V-P Non-stadia	2,000.00	2,000.00	0
Secretary	7,793.10	7,814.26	0
Treasurer	1,749.26	1,985.27	(12)
Women's representative	1,000.00	725.00	27
	\$22,627.67	\$26,273.94	(14)
2. Communications/Statistics:			
Records	1,000.00	1,000.00	0
National Masters News	7,200.00	7,200.00	0
Multi-events Committee	500.00	1,000.00	(50)
Age-graded Committee	.00	452.60	(100)
	\$ 8,700.00	\$ 9,652.60	(10)
3. Regional Development:	\$30,000.00	\$42,093.75	(29)
4. Even-year Council Meetings:			
Air fare	16,894.90	7,307.27	131
Daily expenses	5,000.00	3,500.00	43
	\$21,894.90	\$10,807.27	103
5. World Championships:			
Air fare for Council	19,914.15	16,115.52	24
Daily expenses	9,900.00	10,100.00	(2)
Presentations/gifts	1,937.21	225.00	761
General Assembly	3,661.94	343.71	965
Women's meeting	121.85	500.00	(76)
Other	1,422.72	381.02	276
	\$36,987.87	\$27,665.25	34
6. Travel	\$ 6,102.39	\$ 4,476.88	36
7. Stadia Committee Meeting	\$ 9,336.18	\$ 5,263.13	77
8. Non-Stadia Committee Meeting	\$ 7,000.00	\$ 5,052.73	39
9. Drug testing	\$ 5,379.00	\$ 5,686.81	(5)
10. Miscellaneous	\$10,887.08	\$ 5,638.40	93
11. Site-Selection	.00	\$ 5,325.73	(100)
TOTAL EXPENSES	\$158,895.09	\$147,936.49	7
SURPLUS (DEFICIT)	(\$ 5,284.03)	\$ 11,819.97	

Prepared by Al Sheahan, outgoing Treasurer

1998 NIKE World Masters Games Update

The 1998 World Masters Games in Portland, Oregon has set May 31 as the official deadline for registration. Opening Ceremonies will commence August 9. Track & field competition is scheduled for August 10-22 in Eugene. Over 20,000 registration applications have been requested, with athletes from Australia and the Pacific Rim leading the charge of 34 countries already represented.

Track & field will be staged at the University of Oregon's Hayward Field. Site of the '89 WAVA Championships, numerous NCAA championships, Grand Prix events and Olympic Trials, Hayward Field is cov-

eted by track & field officials. Athletics co-commissioners Tom Jordan and Barbara Kousky, based in Eugene (Tracktown USA) are busy preparing for 4500 athletes.

Athletes will be able to compete in as many track & field events as they choose. Also included in the \$200 registration fee are credentials for admittance to: Opening Ceremonies featuring celebrity entertainment - August 9; The World's Largest Athletes' Party - August 15; Closing Ceremonies - August 22; Competition and Spectator Areas of Registered Sport; Spectator Areas at all Sport Venues; Celebration City - Entertainment and Interactive

Exposition.

Athletes will also receive a certificate of participation, official 1998 NIKE World Masters Games T-shirt, NIKE athletic bag, official souvenir program and athlete handbook, daily events schedules and results, a free visit to Nautilus Plus Fitness Center and discount on additional visits, product samples from games partners, language services at all venues, maps and local tourist information.

A special opening ceremony will be

held at Hayward Field for the 4350 athletes who will call Eugene home during the two weeks of competition. Numerous cultural and social events are also being planned for Lane County.

Every four years, the World Masters Games bring together thousands of athletes from around the globe for the largest participatory multisport competition in the world.

The 25 sports consist of athletics (track & field), badminton, basketball, baseball, bowling, canoe/kayak, cycling, diving, fencing, football (soccer), golf, orienteering, rowing, rugby, sailing, softball, squash, swimming, table tennis, tennis, triathlon, volleyball, water polo, weightlifting and windsurfing.

The 1998 NIKE World Masters Games is a not-for-profit affiliate of the Portland Oregon Sports Authority (POSA).

Registration materials are available by calling (503) 226-1998, visiting the games' website at www.worldmasters.org, or E-Mail at info@worldmasters.org. You can also fax at (503) 226-7700. From track & field at Eugene's legendary Hayward Field to windsurfing in the famous Columbia River Gorge, the state of Oregon combines a setting of environmental beauty and world-class sports venues perfectly suited for international competition. Don't miss out on this fantastic event. □

— Susan Carpenter,
Director of Communications



1998 NIKE WORLD MASTERS GAMES REGISTRATION INFORMATION

The World Masters Games brings together thousands of athletes for the largest international participatory multisport competition in the world. Inspired by the ideals of the original Olympic movement, the Games celebrate the simple joy of athletic competition. The competition will be held August 9-22 amid the natural beauty and urban sophistication of Portland, Oregon.

25 Sports: Athletics + Canoe/Kayak + Orienteering + Softball + Triathlon + Badminton + Cycling + Rowing + Squash + Volleyball + Basketball + Diving + Rugby + Swimming + Water Polo + Baseball + Fencing + Sailing + Table Tennis + Weightlifting + Bowling + Golf + Soccer + Tennis + Windsurfing

All competitors who meet the minimum age requirement in their sport (30 years old in most sports) are welcome. The Games are open to: past champions, people who have never competed at an elite level, and others returning to their sport after retiring. Athletes compete as individuals or as teams. The deadline for registration is May 31, 1998. Registration costs \$200 and includes entry into competition as well as numerous entertainment events, athletic bag and T-shirt.

Mailing Address:

1998 NIKE World Masters Games

55 SW Yamhill, Portland, Oregon USA 97204-3331

Phone: (503) 226-1998 • Fax: (503) 226-7700

Website: www.worldmasters.org • E-Mail: info@worldmasters.org

To register, complete all information and mail or fax it to the above location.

Sport of Competition: _____

Last (Family) Name: _____ First Name: _____ Middle Initial: _____

Street Address: _____

City: _____

State/Province: _____ Zip/Postal Code: _____

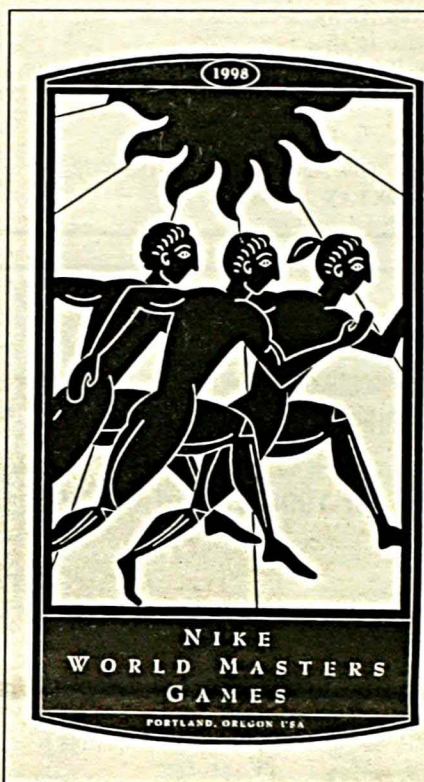
Country: _____

Gender: ☐ M ☐ F

Date of Birth (day-month-year): _____

Daytime Telephone Number: _____

Fax Number or E-Mail Address: _____



England Dominates British/Irish Cross-Country Championships

by MARTIN DUFF

Northern Ireland played host to the annual five-way match between the countries of the British Isles and, once again, England dominated in Ballymena on Nov. 8.

The English were, however, thwarted in the youngest women's age group, the W35s, where Ann Carroll, 18:02, led the green-vested Republic of Ireland team to a narrow victory. Carroll headed a good field and won by 50 yards over World Cup Marathon representative Trudi Thompson of Scotland, 18:12, and the English pair of Sheila Allen, first W40 in 18:13, and new world masters one-hour track record holder, Alison Fletcher, 18:15.

Former London Marathon masters winner Zina Marchant, 18:43, was dominant in the W45s, while multi-

world track & field record holder and medalist Elaine Statham, the English team captain, had a good W50 victory in 19:56.

The men's race went to British Vets' 10K and 5K champion, Rob Wise, by nearly 100 yards in 31:37, as the first five home were all in the red and white England colors. Jim Estall, 31:55, pulled out second place over M45, Mike Hager, 31:57. The first non-Englander home was Ireland's Gerry Brady, who led for a short while on the opening lap, in sixth place overall.

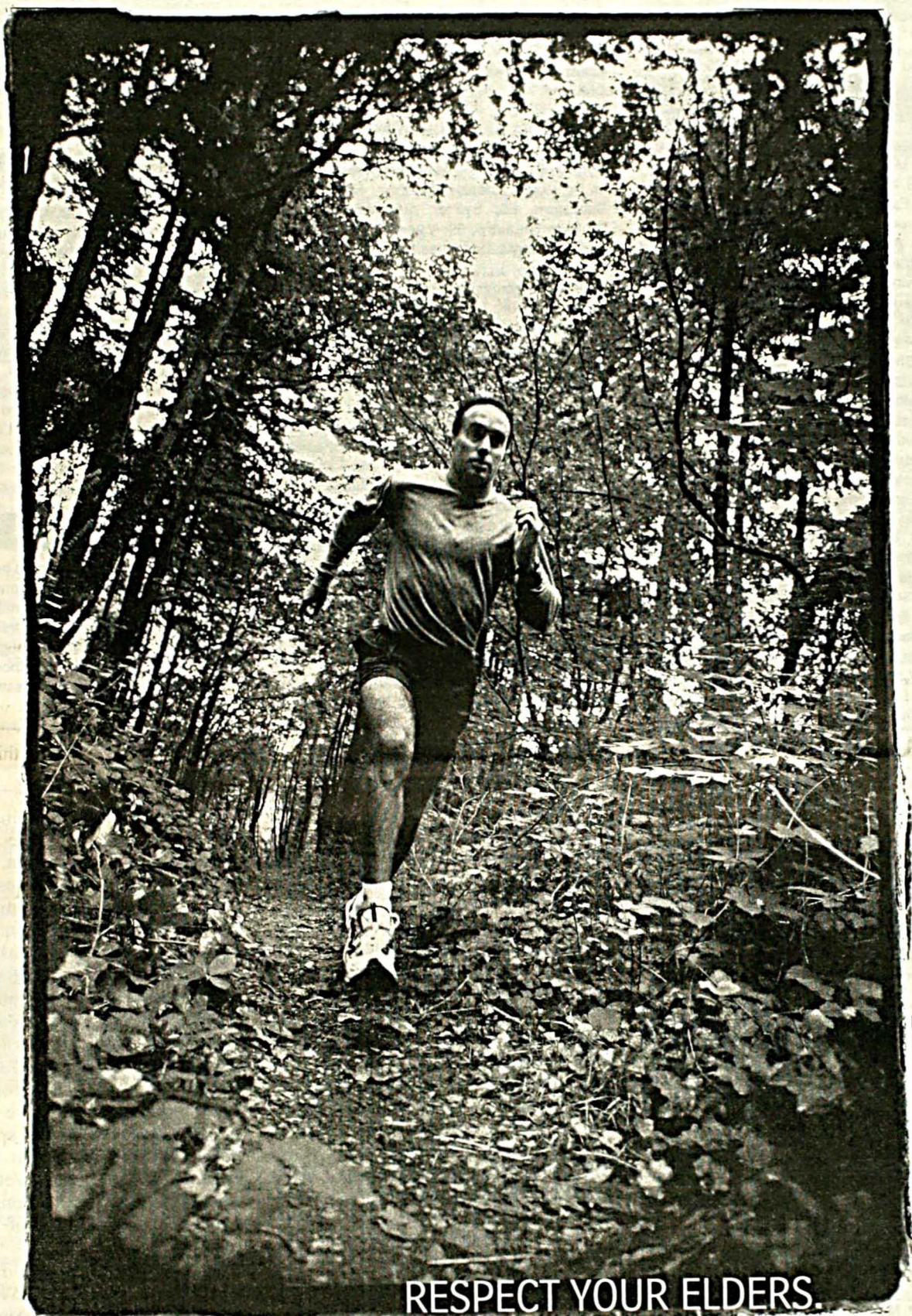
Eugene and Brugges World 10K championships winner, Alun Roper, 33:02, took the M50s from Ireland's John Buckley, 33:16, as Phil Lancaster, M55, 34:41, and Dave Spencer, M60, 37:01, rounded out the age group winners. □

The Demise of British Athletics

by BRIDGET CUSHEN

The sad news that the British Athletics Federation had gone into receivership with debts of nearly £1 million sent shock waves reverberating throughout the country. I attended their last Council meeting, as a non-voting

member, on September 27, when the parlous financial situation was discussed. Gross underfunding and the loss of key sponsors were largely to blame. However, the veterans are a separate organization and we continue uninterrupted. □



RESPECT YOUR ELDERS.
PARTICULARLY IF THEY CAN STILL RUN A 4-MINUTE MILE.



THE 1998 NIKE WORLD MASTERS GAMES

Every four years the finest masters athletes gather together to compete in 25 world-class athletic events.

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Masters Scene

EAST

• **Richard Webb**, 53, was the top scorer in the Philadelphia Runner's Pentathlon, Oct. 26, at Germantown Academy, with a total 409.94, and an age-graded 82.0% average for the five events contested 30 minutes apart. Webb's times were 3000 10:05.5; 800 2:21.4; 200 29.0; 1500 4:53.3; and 400 64.4. **Steve Rook**, 48, was second with a 393.92 total and a 78.7% average, bolstered by an A-G 82.4% 2:19.5 in the 800. The top W40+ was **Karen Rossino**, 44, with a 338.98 total and 67.8% average.

• **John Del Maestro**, 42, with a brilliant 17:03 over the rolling hills of Syosset, Long Island, scored a third overall in the St. Mary's 5K, Nov. 29. **Sharon Zuhoski**, 44, W40+ winner in 22:08, was fifth female. On Nov. 30, **Al Oman**, 48, and **Helen Visgauss**, 42, were top masters in the Rob's Run 5K Cross-Country in Syosset. Winning masters teams were Plainview-Old Bethpage RRC, led by **Alan Porter**, 40, 17:59; **Bohemia TC Women**, paced by **Betty Horstmann**, 51, 22:34; and the Coed Bohemia TC quartet.

• **Road Race Management**, the newsletter for race officials, has named **Allan Steinfeld**, NYC Marathon Director and NYRR President, as its 1997 Race Director of the Year. Steinfeld accepted the award, presented by *Running Times* magazine, at the annual Road Race Management Race Directors' Meeting and Trade Show, Washington, DC, Nov. 15.

• Pocketing \$100 savings bonds at the Yorktown Battlefield 10-Miler, Yorktown, VA, Nov. 15, were masters winners **Lanny Doan**, 41, 53:46, and **Sharon White**, 41, 1:05:55.

• Earning \$50 apiece (enough to treat some pals for breakfast), **Thad Jones**, 41, 16:11, and **Sharon White**, 41, 19:14, came out top masters at the Governor's Cup 5K, Williamsburg, VA, Nov. 22.

• Due to major flooding on Hains Point the morning of the race, the Vietnam Veterans Memorial 10K, Washington, DC, Nov. 9, was shortened, ensuring everyone a PR. Sloshing home first were masters **David Webster**, 44, 32:54, and **Linda Wack**, 41, 37:48. **Olga Rojo**, 60, thundered past her division in 48:54, finishing nearly ten minutes ahead of her nearest competitor.

The top masters at the Greenbelt Jingle Bell 8K for Arthritis, Greenbelt, MD, Nov. 23, were two 55-year olds - **Charles Rapper**, 33:18, and **Janet Newburgh**, 41:17.

• Competing in her hometown of Northport, NY, **Catherine Oehrlein**, 44, 22:59, was the first female finisher in the Veterans Day Cross-Country 5K, Nov. 1. **Peter Pohlet**, 42, E. Northport, NY, claimed the men's masters title in 20:43. Some 280 runners braved "bone chilling temperatures, a howling wind, and rain that turned the course into a muddy slop."

• Masters runners made up 10 of the top 27 finishers at the South Shore Sprint 4-Mile, Bayshore, NY, Nov. 1. **Donald DiDonato**, 40, Hicksville, NY, 20:19, snatched the top masters spot and fifth place overall. **Kathryn Martin**, 46, Northport, NY, won the women's masters race in 23:46, finishing second overall and just 10 seconds behind the overall women's winner. Other top performances included **Samuel Skinner**,

first M55, 23:11; **Michael Goldman**, first M60, 25:43; and **Mary Nathan**, first W55, 26:55.

SOUTHEAST

• **Roger Rouiller**, 59, Fort Pierce, FL, captured the M40+ title with a third-place 17:58 (A-G 87.3%), Golden Games 5K, Palm City, FL, Nov. 15. Palm City's **Pat Shelly**, 41, won the W40+ crown in 22:01 on a flat, fast course.

• **Don Ardell**, 59, ran 60:00 (89.1% AG) to sweep the entire masters field at the Thanksgiving 10 Miler, DeLand, FL, Nov. 27. The women's top master was **Lynn Monahan**, 40, 1:12:34. **Bart Ross**, 74, topped his division with an 84:21.

• **Ed Sheehan**, 40, 72:13, took home \$100 for his masters win at the Hampton Coliseum Half-Marathon, Hampton, VA, Dec. 7. **Diane Legare**, 46, 81:60, pocketed \$200 as third woman overall, as well as first master.

• Masters claimed overall victories at the Alan Ranofsky 10K Racewalk, Cooper City, FL; Nov. 15. Leading the way were **Rod Vargas**, 48, 58:29, and **Roswitha Sidelko**, 45, 58:48. **Bob Cella**, 60, 59:17, cruised in not far behind to take his division.

• **Vickie Johnson**, 49, Atlanta, GA, 3:16:06, and **Karl Steinichen**, 43, Marietta, GA, 2:46:29, sped to first place masters victories in the Atlanta Marathon on Nov. 27. **Nancy Stewart**, 41, Atlanta, 86:50 and **Tom Dooley**, 53, Toccoa, GA, 77:17 claimed half-marathon masters wins.

MID-WEST

• Masters champions **Allen Choma**, 44, 2:30:58, and **Joan Ellis**, 48, 3:03:31, took home \$500 each at the Columbus Marathon, Nov. 9. In the M65 division, **Ed Whitlock** steamrolled over his competition in 2:54:06 (92.7% AG).

Masters starred at the Big Bird 10K, Roseville, MI, Nov. 9. Men's winner **Chuck Block** (4th overall), M40, ran a 34:12 (82% AG), **Peter Hallop** (5th overall), M50, turned in an outstanding 34:30 (87% AG), and **Gerard Malaczynski**, shattered the M55 division in 36:51 (85% AG). **Robin Harris** was the top women's master in 41:09.

MID-AMERICA

• **Ron Keller**, 41, Cape Girardeau, MO, with a 2:48:38, and **Marla Rhoden**, 42, Topeka, KS, with a 3:02:07, earned \$500 apiece for their masters firsts in the 26th St. Louis Marathon, Oct. 12. Senior Division (50+) winners of \$250 each were **Gary Julin**, 50, Omaha, NE, 2:56:21, and **Barbara Stephens**, 52, St. Peters, MO, 4:27:13.

• **Paul Heitzman**, 66, blazed to a 38:38 finish (90.1% AG), second master overall, in the Derby Derby 10K, Derby, KS, Nov. 8. Runner-up in the M65 division was **Bobby Kincaid** in a speedy 40:19.

• **Clent Mericle**, M40, Corpus Christi, TX, 2:46:06, and **Maria Yeung**, W40, San Antonio, 3:19:36, turned in masters bests in the San Antonio Marathon, Nov. 9.

WEST

• Santa Barbara's long-running Easter Relays to be held March 1998 at Santa Barbara City College, site of the annual Club West Masters Meet, will include three masters events - the 100y, mile, and pole vault. The 100y sprint is expected to attract a great deal of interest, especially among masters sprinters who recall this event with fond memories, as do distance runners the mile, long replaced by the 1500. In 1996, vaulter **Ed Lipscomb** set an M45 world record (15-8 1/2) at SBCC, and a spectacular PV meet was held on the beach sands last year. For

more information, contact **Russell Smiley**, Westmont College, Athletic Dept., 955 La Paz Rd., Santa Barbara, CA 93108. 805-565-6108; fax: 565-6221.

• **Charles Thompson**, M45, 34:08, and **Christine Kennedy**, W40, 37:17, sped to masters victories at San Francisco's Run to the Far Side 10K, Nov. 30. **Sal Vasquez**, M55, turned in a speedy 35:10 for the age group victory. 5K masters racers couldn't catch top masters **Lloyd Stephenson**, M40, 15:37, and **Yaeko Childers**, W45, 19:59.

• Capitalizing on sunny and mild Southern California fall weather, **Brian King**, 40, Dana Point, CA, 2:54:15, and **Susan Enlow**, 42, Corona, CA, 3:26:34, powered to masters wins in the Santa Clarita Marathon, Nov. 9. **Bill Sampson**, 50, Sylmar, CA, 2:59:22, and **Barbara VaLaastro**, 59, Valencia, CA, 3:50:05, turned in impressive times for age-group victories.

• Flying across the finish line in the Davis Turkey Trot 10K, Davis, CA, Nov. 22, were first masters **Chuck Block**, 41, 34:16, and **Dee Dee Grafius**, 48, 39:27. **Myra Rhodes**, 65, 48:02, darted to victory in her division. In an accompanying 5K, **Jeff Clark**, 42, 16:36, grabbed the men's masters title, barely edging out **Jim Gorman**, 48, 16:37, who topped the M45 division. **Bev Marx** led the masters women across the line in 19:14.

• Masters track events are available at the Bill Cosby Track, U. of Nevada, Reno indoor facility, 9 a.m. on Jan. 24 and 31, and Feb. 7, 14, and 21. Athletes M30+ can compete in the 200, 400, 800, mile, and racewalk. Contact **Jeff Mann**, 702-626-3677. The Cosby track, in the Reno Livestock Events Center, is available for practice Monday-Thursday from 5 to 6 p.m. The upper concourse in the Arena will be open from 8 a.m. to 6 p.m. for workouts. Officials are needed for the U. of Nevada Indoor T&F season, Reno Livestock Events Center, Saturdays, from

Jan. 24 through Feb. 28. No experience necessary. Contact **Bill Bowser**, 702-747-0639.

NORTHWEST

• **Michael Cassella-Blackburn**, 40, Vashon, WA, 2:44:27, and **Patricia Shipley**, 43, Anchorage, AK, 3:14:15, hurried to masters firsts in the Seattle Marathon, Nov. 29. **Steve Jones**, 42, Boulder, CO, 1:06:34 (5:05 pace), grabbed a masters first and second place overall in the half-marathon. **Rainey Kay Stolp**, 40, Bremerton, WA, crossed the half's finish line as the top masters woman in 1:25:05.

INTERNATIONAL

• An experienced thief was unpleasantly surprised when the elderly man whose wallet he stole on Government Avenue in the Company Gardens in Cape Town, South Africa, gave chase and apprehended him. The thief, 31 years old, pleaded not guilty to stealing the wallet containing more than R2000 in US dollars but was found guilty in the Cape Town Magistrate Court. The victim, **Malcolm Gillis**, 64, an American tourist from Toney, AL, under cross-examination said that he was an LDR record holder in the U.S. Gillis, who finished seventh M60 (2:57:37) in the marathon at the WAVA Championships in Durban, holds the US M60-64 record for the 50K (3:35:51) and 50 Mile (6:43:48).

OPEN

• The next few months could be a great time for buying sneakers. The stock prices of the top shoe companies are down dramatically in 1997 (Reebok 38%, Nike 37%, Converse 75%) as the \$12 billion industry remains caught in a major slowdown. Analysts predict the shoe makers and retailers will offer hefty price discounts to move the unsold shoes.

USATF Masters Hall of Fame

Continued from page 3

U.S. championships. She has won 40 gold and numerous silver and bronze medals in WAVA Championships against world-class competition, starting in W35 in 1983 and recently in 1997 as a W50 (ten gold and one silver). Testament to her versatility is her selection as the Masters Age-Group Female Athlete of the Year in both the Track and the Field categories from 1987 through 1995.

Elected in the Old Timer category, **Paul Spangler**, who lived in San Luis, Obispo, Calif., until his death in 1994 at age 95, was looked upon by runners of all ages as "The Grand Old Man" and ambassador of masters running throughout the world. A navy surgeon, who began running at age 67 for his health, he was often the invited motivational speaker at races, where he usually backed up his words with his deeds, amassing a dozen world and 20 U.S. records in everything from the 400 on the track to the marathon. Spangler was selected Masters LDR Runner of the Year eleven times in the M80 through M90 age groups, and won six gold medals, from the 800 to the cross-country, as an M90 in the 1989 WAVA Championships. He captured his story in his book *Running Through Life: The Philosophy of America's Oldest Marathon Runner*.

The results were announced by **Norm Green**, Hall of Fame coordinator, at the Joint Masters Track & Field

and Long Distance Running committee meeting in Dallas, Dec. 4, at the annual USATF convention.

In reviewing the process used in 1997, **Green** said **Louise Mead Tricard**, **Bob Fine**, and **Len Olson** had been appointed from Masters T&F, while **Dudley Healy**, **Charles DesJardins** and himself were the LDR representatives.

All except **Tricard** met in Durban, as reported last month, to set criteria for the balloting. The group agreed that a nominee must have competed or been involved in the sport for at least 10 years and must receive a majority of votes cast. Voters had a maximum of 10 votes among 25 nominees, with a maximum of 10 people to be chosen.

Of 144 ballots mailed, 70 replied. Many voted for 10; some for as few as three. Thus, 36 votes were required to be selected to the Hall.

Green proposed the same process be followed in 1998, reviewing the remaining 18 nominees, and adding others to reach 25.

A motion passed to create a committee of 10 members, including the current six plus the two committee chairs and one other appointed by each chair, as an Old Timers Committee to elect five persons in each of the next three years as a means of "catching up with our history."

Green defined an "old-timer" as one inactive in the sport for at least five years and/or deceased. □

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Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are generally limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

March 27-29. USATF National Masters Indoor Championships, Boston, Mass. Steve Vaitones, New England Association, 2001 Beacon St., Suite 207, Brookline, Mass. 617-566-7600; Fax: 617-734-6322.

April 4-5. USATF National Masters Heptathlon Championships, Proviso West H.S., Hillside/Chicago. SASE to USATF Illinois, P.O. Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

July 25-26. USATF National Masters Decathlon & Heptathlon Championships, Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-2655(w).

July 30-August 2. 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: <http://www.ume.maine.edu/~track/trackfield.html>

August 29. USATF National Weight & Superweight Championships, Seattle, Wash.

EAST

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

January 2. NY Pioneer Club Joseph Yancey Jr. Memorial Meet, 168th St. Armory, NYC. 3 pm. Ed Levy, 212-749-7099.

January 9-11. 29th annual Dartmouth Relays, Leverone Fieldhouse, Dartmouth College, Hanover, N.H. Carl Wallin, meet director, Dartmouth Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

January 11. Philadelphia Masters Developmental Meet, Swarthmore College. 9:30 am to 12:30. PMTA, c/o Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19301. Tom Yunker, 610-828-4672(eve); e-mail: tyunker@netreach.net.

January 11 & 25. DCRRC Indoor Meets, Jefferson Community Center, Arlington, Va. 8 am-noon.

January 16. MAC Indoor Meet, 168th St. Armory, Manhattan. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233. (7:30-9:30 pm, Eastern time).

January 18. Greater Boston TC Invitational, Harvard U. Indoor Track, Allston, Mass. 40+. Jim O'Brien, GBTC,

PO Box 183, Boston, MA 02117-0183. Various running & some field events for masters. 617-282-5537; e-mail: JIM-OBRIEN@JUNO.COM.

January 18. Philadelphia Masters Indoor Meet, U. of Delaware, Newark, 1:00 p.m. Bill Krieger, 215-722-8859 (6-8:30 pm), or Tom Yunker, 610-828-4672.

January 18. Finger Lakes RC Indoor Meet, Barton Hall, Cornell U., Ithaca, N.Y. 12 noon. Limited events. Chris Mansfield, 607-225-2734(w), or Ken Packman, 607-273-6822(h).

January 24. 31st Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Prize purse for Men's Elite Mile; bonus for new record (M&W40+). 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886, 607-255-6530(d); 387-6431(e); fax: 607-255-0939.

February 1. MAC Indoor Meet, 168th St. Armory, Manhattan. Limited masters events. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7:30-9:30 pm, Eastern time).

February 8. DCRRC Indoor Meet, Jefferson Community Center, Arlington, Va. 8 am-noon.

February 8. New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. One Mile Open. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

February 14. Philadelphia Masters Indoor Meet, U. of Delaware, Newark. 1:00 pm. Bill Krieger, 215-722-8859 (6-8:30 pm), or Tom Yunker, 610-828-4672.

February 15. Finger Lakes RC Indoor Meet, Barton Hall, Cornell U., Ithaca, N.Y. 12 noon. Limited events. Chris Mansfield, 607-255-2734(w), or Ken Packman, 607-273-6822(h).

February 27. MAC Indoor Masters Championships, 168th St. Armory, NYC. Business-size SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7:30-9:30 pm Eastern time).

March 15. Finger Lakes RC Indoor Meet, Barton Hall, Cornell U., Ithaca, N.Y. 12 noon. Limited events. Chris Mansfield, 607-255-2734(w), or Ken Packman, 607-273-5822(h).

April 24-25. 104th Penn Relays, Philadelphia. Masters: 100 (M40/M50/M60/M75+/W40+); 4x100 relay (M40+/M50+/W40+); 4x400 relay (M40+/M50+/W40+). Karl Castor, 44, North Penn St., Hatboro, PA 19040. 215-441-8584. Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030. 703-385-4392. Deadline: March 31.

SOUTHEAST

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

March 7. Virginia Indoor Masters Meet, Lexington. SASE to John Tucker, Dept. of

Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-5667.
May 8-10. 28th Annual Southeastern U.S. Masters Meet, North Carolina State, Raleigh. Pentathlon & Weight Pentathlon. Alex Almasy 5K & 20K RWs. SE U.S. Masters Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919-831-6640, M-F 9 am-5 pm, Eastern time.

MIDWEST

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

January 3. Athlete's Foot Indoor Masters Meet, Augustana College, Rock Island, Ill. Fred Whiteside, 309-794-7524(w).

January 10 & 24. Westwood Indoor Meets, Westwood Sports Ctr., Sterling, Ill. Y/HS/O/M. Kevin Davern, 815-622-5201.

January 11. Oak Park Indoor Meet, River Forest HS, Oak Park, Ill. Al Wright, 708-763-0635(h).

January 24. Lincoln-Way Masters Meet, Lincoln-Way Central Campus Fieldhouse, New Lenox, Ill. Mike Davis, 815-485-2879.

February 7 & 14. Westwood Indoor Meets, Westwood Sports Ctr., Sterling, Ill. Y/HS/O/M. Kevin Davern, 815-622-6201.

February 15. Byron Masters Meet, Byron HS, Byron, Ill. Mike Elliott, 815-234-8435.

March 7. USATF Midwest Regional Masters Indoor Championships, Indianapolis. Open to all competitors 20+ yrs.; 5-yr. age-groups. Very fast 200, moderately banked MONDO track. The National Institute for Fitness & Sport, Indianapolis, Ind. Vern LaMere, 317-274-3432.

March 15. USATF Illinois Masters Indoor Championships, Westwood Sports Ctr., Sterling. USATF Illinois, 630-953-2052.

April 4-5. Masters Indoor Open Meet, Hillside/Chicago. Same site as Heptathlon Championships.

MID-AMERICA

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

January 31. Sooner State Games, Shawnee Exposition Center, Shawnee, Okla. 405-235-4222.

February 1. 21st Century AGELESS Games, Minneapolis. SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

June 26-27. Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 404 Jesse Hall, Columbia, MO 65211. 573-882-1462.

ON TAP FOR JANUARY

TRACK AND FIELD

The perennial Athlete's Foot Indoor opens the month in Rock Island, Ill., on the 3rd. It's followed by the long-lived Dartmouth Relays in its 29th year at Hanover, N.H., on the 9th. The Philadelphia Masters hosts indoor meets on the 11th and 18th, also the date of the Greater Boston Invitational at Harvard, with a MAC meet sandwiched in between on the 16th at the 168th St. Armory. Another golden-oldie, at 31 years of age, the Hartshorne Memorial Masters Mile takes place at Cornell U., Ithaca, N.Y., on the 24th. The Sooner Games, Shawnee, Okla., are later, on the 31st. Arizona heats up with three Senior Games for the 50+ set.

LONG DISTANCE RUNNING

The Charlotte Observer Marathon, Charlotte, N.C., is scheduled for the 10th, as is the Walt Disney World Marathon in Orlando for the 11th. The Mardi Gras Marathon in the Big Easy on the 17th, and the Houston and San Diego marathons on the 18th should keep runners on the streets during the weekend. Naples, Fla., lures early snowbirds to a half-marathon on the 25th.

Although not quite as exotic as Florida, Malta, on the 17th-18th, and New Zealand, on the 17th-28th, offer action for both T&F and LDR types.

RACEWALKING

Some indoor meets include a 1500, mile, or 3000 walk, and many road races have a walk category.

WEST

Arizona, California, Hawaii, Nevada

January 9-13. Sierra Vista Golden Games. Danny Frasier, SVGG, 3020 E. Tacoma St., Sierra Vista, AZ 85635. 520-458-7922.

Continued on next page

THE 21st CENTURY AGELESS GAMES, USA

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ENTRY FORM INFO

Pre-registration:

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Pronounce, spell your name, Home address (No P.O. Please) Birthdate and age on A.D. Mar. 5, '98; and events you THINK TO ENTER. Cancellations are no problem. or SASE to: 122-NE 63 1/2 Way, MPLS. MN 55432 \$8-One event \$15-unlimited, incl. Family Fun Relay & Power Arms (wrestle). Spectator fee. Drive ya crazy Race Day Procrastinators: Add \$50 R Records Update-MN/Outstate/Internatl./ & WAIVER at sign in. Your Hurdles: W60&M75-27" W65&M80-24" W70&M85-21" W75&M90-18"

WEATHER - WHATEVER R MEETS NEVER CANCEL

Continued from previous page

January 19-February 12. Yuma Senior Games. Joe Cox, 1793 1st Ave., Yuma, AZ 85364. 520-343-8686; 343-8672.

January 24-31. Tucson Senior Games Festival. Virginia Martinez or Eileen Miller, 220 S. 5th Ave., Tucson, AZ 85701. 520-791-4865.

February 15. Silver State Indoor Masters Classic, Reno, Nev. See entry form with schedule this issue. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

February 21-March 8. Arizona State Senior Games, Phoenix, 50+. Senior Games, 1202 N. Third St., Phoenix, AZ 85004. 602-495-5490; 602-261-8765.

May 2. Arizona Masters Invitational Meet, McClintock HS, Tempe. Entry to USATF Arizona, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1991; Information: Clifton McKenzie, meet director, 777-8503.

May 9. Southern California Striders Meet of Champions, Cal State Long Beach, Calif. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

May 24. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714-586-9942.

June 13-14. California State Senior Games Championships, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062.

June 28. Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 626-917-6289.

July 18-19. USATF West Regional Masters Championships, Santa Barbara CC, Calif. Robin Paulsen, 805-965-0581; 805-563-1498(h).

October 3. Club West Meet, Santa Barbara CC, Calif. Beverley Lewis, 805-969-5851.

October 11. Sri Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

February 7-8. Eugene Indoor Meet, Lane County Fairgrounds, Eugene, Ore. Masters compete on 8th. Erin Regali, PO Box 932, Eugene, OR 97440. 541-345-3285.

March 1. Great Northwest Indoor Championships, Portland Exposition Center. College/Open/Masters. USATF Oregon, Harry Simonis, phone/fax: 503-668-0998; e-mail: runjumpthrow@compuserve.com, or Pam Reynolds, 503-239-4244; e-mail: PamPV@aol.com

May 23. Oregon Senior Games, Silverton. Amy Castle, Box 783, Silverton, OR 97381. 503-873-8577.

June 6. Seattle Parks Dept. Masters Meet, West Seattle Stadium. Paula Petesch, 206-684-7093.

June 13-14. Portland Masters Classic/USATF Oregon Association Championships, Mt. Hood CC. Paul Stepan, 503-666-8950.

June 18-20. Montana Senior Olympics, MSU, Missoula. 50+ Entries: Don F. Tivolacci, 465 Freedom, Billings, MT 59105; 406-252-2795, or Evelyn King, 406-542-1868.

June 25-28. Wyoming Senior Games, Riverton. WSG, PO Box BD, Riverton, WY 82501. 1-800-856-4398.

June 27-28. Hayward Masters Classic/

USATF Northwest Regional Championships, Hayward Field, U. of O., Eugene. Ruth BreMiller/Frank Lulich, Co-directors, 590 W. 29th Ave., Eugene, OR 97405.

July 11-12. Oregon State Games, Mt. Hood CC, Gresham. Ron Allen, 503-520-1319.

July 17-19. Big Sky Games, Billings, Mont. 406-254-7426.

July 24-25. Seattle Masters Classic/USATF Pacific Northwest Association Championships, West Seattle Stadium. Ken Weinbel, 206-932-3923.

October 3-4. Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-227-5020.

INTERNATIONAL

January 17-28. 9th Oceania Veterans Games, Hawkes Bay. Jim Tobin, Box 7144, Taradale Napier. Phone/fax: 06-844-5072; mobile phone: 025-240-8880.

January 18. Malta Masters Meet. M40+/W35+. Limited events. Tony Chircop, Chairman, Malta Veterans Committee, Primrose 25 Spring St., Qormi QRM 10, Malta. 356-487704; fax: 356-247675.

August 9-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax 687-1016.

October 14-18. X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

November 19-22. North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados.

July 29-August 8, 1999. XIII World Veterans Athletics Championships, Gateshead, England.

LONG DISTANCE RUNNING

NATIONAL

February 1. USATF National Masters One-Mile Championships, Steve Scott Festival, Santee, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

March 22. USATF National Masters 8K Championships/Shamrock Shuffle, Chicago. David Patt, 203 N. Wabash, Suite 1104, Chicago, IL 60601. 312-666-9836; fax: 312-781-1736; e-mail: cararuns@aol.com.

March 28. USATF National Masters 10K Championships/Run Old Mesilla, Mesilla, N.M. Don Shepan, 3007 Ronna Dr., Las Cruces, NM 88001. 505-524-7824.

March 28. USATF National Masters 100K Championships, Pittsburgh, Pa. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-560-6406.

March 29. USATF National Masters 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

May 1. (Fri.). USATF National Masters Half-Marathon Championships/Indianapolis Life 500 Festival Mini-Marathon, Indianapolis. Applications available Feb.

1. \$10,000 masters prize money. SASE to 500 Festival, 201 S. Capitol Ave., Suite 201, Indianapolis, IN 46225. 317-636-4556; 800-638-4296; fax: 317-264-5693.

May 30. USATF National Masters Women's 5K Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

October 4. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 11. USATF National Master 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620.

October 25. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

October 31. USATF National Masters 15K Championships, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

EAST

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

February 22. Hudson-Mohawk Marathon, Albany, N.Y. Sharon Bochlke, 314 New Scotland South Rd., Slingerlands, NY 12159. 518-435-4500.

April 20. Boston Marathon. SASE to Boston AA, One Ash St., Hopkinton, MA 01748-1897. Qualifying window: Oct. 1, 1997 through March 1, 1998.

SOUTHEAST

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

January 1 (Thurs.). Sentara 5K, Hampton, Va. 1 pm. Scott Tunstall, 757-766-2658; Peninsula TC Hotline, 757-868-3975.

January 10. Charlotte Observer Marathon/ NationsBank 10K. Marathon, Box 30294, Charlotte, NC 28230. 704-358-5425.

January 11. Walt Disney World Marathon, Orlando. WDW, PO Box 22094, Lake Buena Vista, FL 32830.

January 25. Naples Half-Marathon. Masters money. SASE to Perry Silverman, 224 6th Ave. So. Naples, FL 33940. 941-262-5653/263-0934.

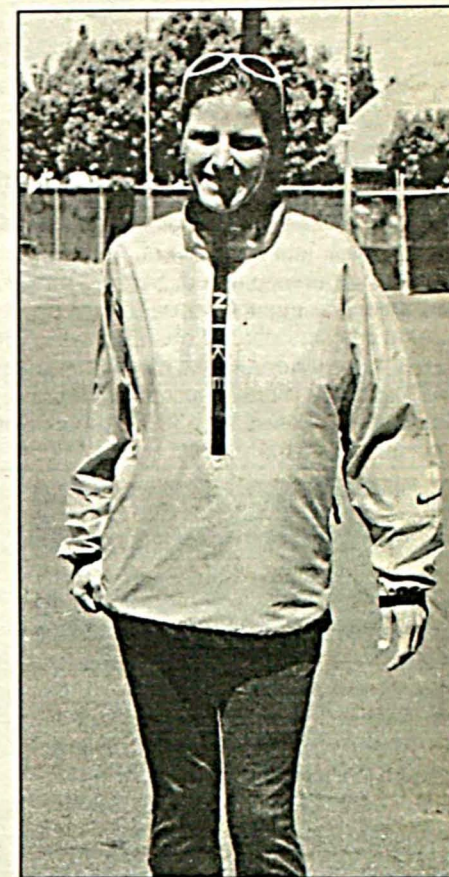
February 7. Carolina Marathon, 10K, & Women's Open 8K National Championship, Columbia, S.C. CM, PO Box 5092, Columbia, SC 29250. 803-929-1996.

February 14. Gasparilla Distance Classic 15K, Tampa. SASE to GDCA-RT, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

February 22. Colonial Half-Marathon, Williamsburg, Va. CH-M, PO Box 399, Williamsburg, VA 23187. William and Mary Special Events, 757-221-3362; or Rick Platt, 757-229-7375; e-mail: rick.platt@juno.com.

February 28. Myrtle Beach Marathon & Marathon Relay, Myrtle Beach, S.C. Myrtle Beach Marathon, PO Box 8780, Myrtle Beach, SC 29578-8780. 803-349-2733.

March 7. PrimeHealth Red Cross 8K,



SUZY HESS

Joy Upshaw-Margerum, USATF 1997 W35 Track Athlete of the Year, won gold medals in the 100, 200, both hurdles, and the long jump in the Nationals-San Jose.

Mobile, Ala. Kathie Barton, 334-438-2571.

March 21. Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K RW, Virginia Beach, Va. SASE to Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. 757-481-5090; fax: 757-481-2942.

MID-AMERICA

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

April 18. 29th Longest Day Marathon/Relay/Half-Marathon/10K/5K/5K Racewalk, Brookings, S. Dak. Brenda Algood, 46731 210th St., Brookings, SD 57006-6214. Kurt Osborne, 605-696-2479.

SOUTHWEST

Arkansas, Louisiana, Mississippi,
Oklahoma, Texas

January 17. Mardi Gras Marathon, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268.

January 18. Houston Marathon & 5K. HM, Suite 335, 720 N. Post Oak Rd., Houston, TX 77024. 713-957-3453.

February 14. Conoco 10K Rodeo Run, Houston. Conoco 10K, PO Box 4584, Houston, TX 77210. 281-293-2447.

February 15. Austin Marathon. AM, PO Box 684587, Austin, TX 78768. 512-505-8304.

February 28. Cowtown 10K & Marathon. Cowtown 10K, PO Box 9066, Fort Worth, TX 76147. 817-735-2033; fax: 735-2449.

March 29. Austin American Statesman-Capitol 10,000. Capitol 10K, Box 2936, Austin, TX 78768. 512-445-3596.

WEST

Arizona, California, Hawaii, Nevada

January 18. San Diego Marathon &

Continued on next page

Continued from previous page

Half-Marathon, Carlsbad, Calif. 619-792-2900.

February 16. Great Aloha Run, Honolulu. Aloha Run, N. Nimitz Hwy., Bldg. A, Suite 152A, Honolulu, HI 96817. 808-528-7388.

March 1. Napa Valley Marathon/RRCA National Championships, Calistoga, Calif. James Raia Communications, 2301 J St., #205, Sacramento, CA 95816, 916-448-5122.

March 1. Los Angeles Marathon & 5K. L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025. 310-444-5544; fax: 473-8105.

INTERNATIONAL

January 17. Malta Masters 10K. M40+/W35+. Tony Chircop, Chairman, Malta Veterans Committee, Primrose 25 Spring St., Qormi QRM 10, Malta. 356-487704; fax: 356-247675. Air Malta ticket and cash awards based on age-graded performance.

January 16-18. Bermuda International Race Weekend: Marathon, Half-Marathon, 10K, and Mile. Marathon Committee, PO Box DV 397, Devonshire DV BX, Bermuda, 441-236-8086.

February 28. BVAFF Indoor Meet, Kelvin Hall, Glasgow, Scotland. Contact Henry Morrison, 40 Arden Street, Edinburgh, Scotland EH9 1BW.

March 15. BVAFF 10K Championships, Eastleigh (near Southampton). Contact Road Race Organizer, Civic Offices, Leigh Road, Eastleigh, Hampshire SO50 9YN.

March 28. BVAFF Cross-Country Championships, Croydon, Surrey. W35+/M40+. Entry Secretary, 8A Heather Park Parade, Heather Park Dr., Wembley, Middlesex, HA0 1SL, England.

March 28-29. IV WAVA World Veterans Road Race Championships, Kobe, Japan. Mercator Travel, 122 E. 42nd St., #3006, New York, NY 10168; 800-294-1650; Fax 212-682-7379; World Veterans Championships, Kaijima Bldg., K-14, Dojima 2-3-4, Kita-Ku, Osaka 530 Japan.

April 11. Two Oceans Ultra-Marathon (56K) & Half-Marathon, Cape Town,

South Africa. T-O Marathon, PO Box 2276, Clareinch 7740, Cape Town, South Africa. 27-21-61-9407; e-mail: twooceans@iafrica.com.

RACEWALKING

February 1. Sam Martz Memorial Race, Honolulu, HI. Two 5K races, prizes. Contact: Barbara Steffens, 808-942-9567.

February 15. Silver State Indoor Masters Classic, Reno, Nev. M&W30+. 3000 race-walk. See entry form with schedule this issue. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

March 7. Lavonne Hottensmith Memorial 5K Racewalk, John Prince Park, Lake Worth, Fla. K. Coburn, 561-969-0677.

March 29. USATF National Masters Indoor 3000 Championships, Boston, Mass. See National T&F.

May 3. USATF National Masters Men's 30K & Women's 20K Championships, Albany, N.Y. George Regan, USATF Adirondack, 233 Fourth St., Troy, NY 12180. 518-273-5552.

May 24. USATF National Masters 15K Championships, Elk Grove, Ill. Diane Graham-Henry, USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052.

July 11. USATF National Masters Men's 10K Championships, Niagara, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6361.

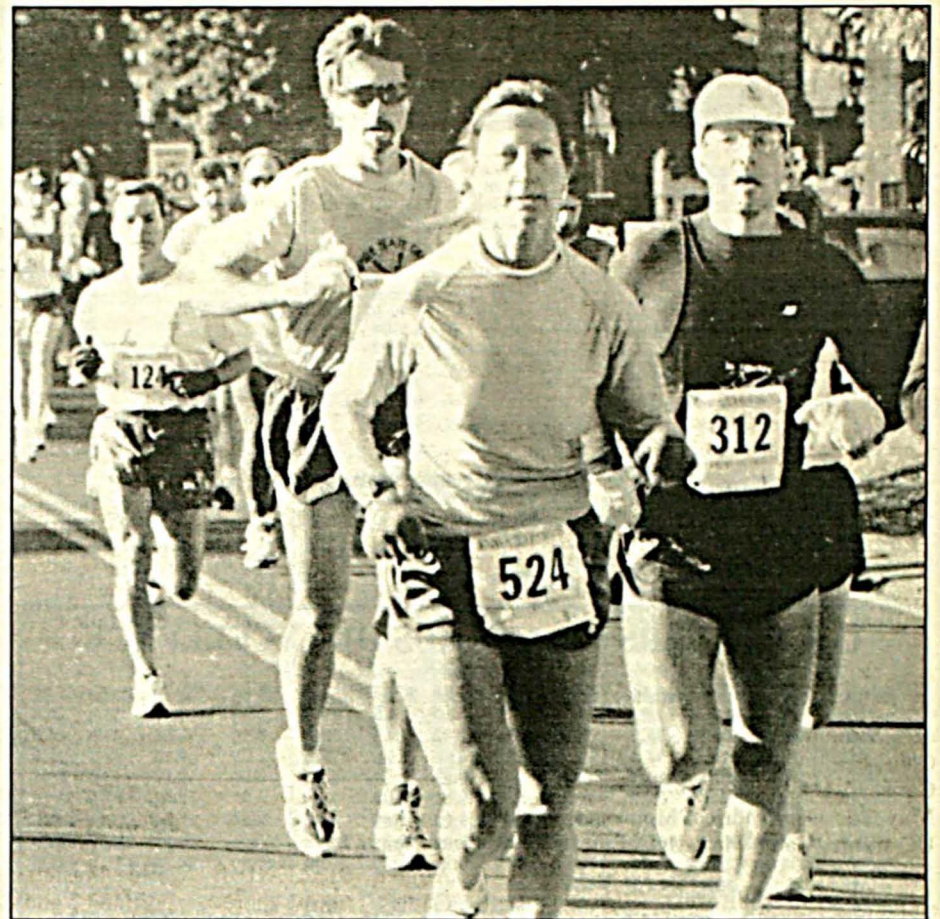
July 31. USATF National Masters 5000 (track) Championships, Orono, Me. See National T&F.

August 2. USATF National Masters Men's 20K & Women's 10K Championships, Orono, Me. See National T&F.

September 12. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-229-4364.

September 13. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 4. USATF National Masters One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.



ART TETRAULT

Jo-Ann Spinelli, Latham, N.Y., third W40-44 (3:16:40), 1997 Mohawk-Hudson River Marathon, Albany, N.Y.

Political Infighting in Big D

Continued from page 9

reportedly not consulted by MT&F on the selection process because it refused to provide any funds to Pashkin last year and because most of the job revolves around the T&F competition. Some LDR members felt Pashkin was "too abrasive and not attentive to our needs." One LDR officer said the MT&F Committee seems to be "moving in a unilateral direction without giving much consideration to LDR."

Still others felt it was good that Lee wanted to get involved, but that making a change just for change's sake was not in the best interests of the athletes.

"The job takes experience and know-how," said Katz. "My people in New York rave about Sandy. They tell me if it wasn't for her, they wouldn't even have run their races in Durban, it was so chaotic."

So Now What?

So what should happen now? More than 300 USA athletes participated in Durban. More than double that number are expected to go to Gateshead in 1999, mainly due to far lower air fares.

It would seem to be in the best interests of the athletes if the USA had two team managers as it did in 1995 in Buffalo and 1989 in Eugene when there was a large USA presence.

Pashkin and Lee should be co-team managers. Pashkin could bring her vast experience to the job. Lee could bring his considerable skills to the role and learn some of the fine points from Pashkin for the future.

Money should be found in the MT&F budget to pay for both their trips. Because of lower air fares, the cost for both should be less than the cost for Pashkin, alone, to Durban.

The Masters T&F Executive Committee should meet or confer by phone as soon as possible and appoint Pashkin as co-team manager. If that doesn't happen, then the matter should be brought up at the Joint Masters T&F/LDR Meeting at the 1998 USATF convention in Orlando for a vote of all the athletes.

MT&F members should forget about politics and perceived slights. They should bury the hatchet for the good of the program. They should do what's best for the athletes who pay their dues and have a right to expect sensible decisions to be made by the leaders of our sport. □

Hulda Crooks

Hulda Crooks, who made more than 20 climbs up 14,495-foot Mt. Whitney between the ages of 66 and 91, died Nov. 23 at age 101 in Loma Linda, Calif. In 1991, she took a helicopter to the top of Mt. Whitney for a special ceremony — designation of the second peak to the south as Crooks Peak.

She climbed 11,502-foot Mt. Gorgonio in the San Bernardino Mountains about 20 times before challenging Mt. Whitney for the first time

in 1962.

Crooks started hiking as a solace after the death of her husband in 1950. At age 72, she began jogging and running because "it made climbing so much easier." At 82, she ran 1500 meters in 10:58, a record at the time.

In 1996, Crooks published her memoirs "Conquering Life's Mountains."

"Good health doesn't always happen by accident; sometimes you have to work at it," she said. □

Paul Ritschel

Paul Ritschel, longtime masters road racer, was killed Nov. 9 when his car apparently skidded on ice and crashed near Julesburg, Colo., as he was returning home to Los Angeles from visiting his family in Minnesota. He was 76.

Ritschel ran 40 marathons after the age of 50 and led the monthly Griffith

Park Friday moonlight hikes for 26 years. On Nov. 14, more than 50 of his running colleagues met in Griffith Park for a memorial service, complete with lighted candles and musicians.

A retired industrial designer, Ritschel was editor of the San Fernando Valley Track Club's monthly newsletter. □

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

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

M35-39			
Mark Carver	800	1:59.8	6-28-97
Ray Blackwell	400 Hurdles	58.36	8-9-97
	400	49.68	8-8-97
	800	2:02.9	8-17-97
	200	23.2	7-30-97

M40-44			
Matt Byrnes	Shot Put	47.9	7-26-97
	Shot Put	47.3 3/4	7-12-97
Rick Easley	400 Hurdles	59.31	6-7-97
	800	2:01.82	5-3-97
	800	2:01.66	7-1-97
	400	53.23	7-7-97
Michael Mitchell	110 Hurdles	17.6	9-13-97



M50-54			
Jerry Boswell	Long Jump	19.2	7-20-97
Bill Walsh	Weight	10.04	1-19-97
	Triple Jump	10.84	3-21-23-97
	Super Weight	6.07	4-5-6-97
	Javelin	47.42	7-12-97
	Weight Pentathlon	3476	8-9-97
	Discus	40.80	8-30-31-97
Dave Walter	400	54.30	6-14-97
	200	24.52	6-15-97
	100	12.27	7-18-97

M55-59			
Darrell Huey	100	12.56	10-18-97
Gerard Malaczynski	10K	36.54	11-9-97
Al Salmon	Shot Put	39.7	7-20-97
John Sloan	Pentathlon	2663	5-25-97

M65-69			
James Duncan	Pentathlon	3477	8-7,10-974
Robert Kahn	10K	5:43.47	9-27-97

M70-74			
Ed Hooker	Discus	145.4	8-17-9

M85-89			
Leon Joslin	Long Jump	8-10 3/4	5-23,28-97
	Javelin	59.7	5-23,28-97
	Hammer	79-10 3/4	6-7-97
	Weight	24-3 3/4	6-7-97
	High Jump	.94	6-28-97
	Discus	84-7 3/4	6-28-97
	Super Weight	15-9 3/4	8-16-97
	Shot Put	26-5 3/4	9-28-97
	Hammer	61-5	11-16-97

W45-49			
Ranjana Ghose	Shot Put	8.28	4-10-97

W50-54			
Susan Siderman	10K	48:30	3-16-96
	10K	48:43	5-4-96
	10K	48:55	4-26-97
	5K	23:07	5-11-97
Ruth Thelen	100	15:05	6-21-97
	200	31:55	5-27-97

W55-59			
Jonl VanderVeen	5K	22:46	11-16-97

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6			66.5	74.5	84.0	95.0
300H					48.0	51.0	55.0	60.0				
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20			12:00	14:00	16:30	19:30
2K-SC							9:30	10:30				
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 1/2	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-3 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	118-1	118-1	108-3	95-2	82-0	72-10	60-0	50-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250
Wt. Pen	2800	2800	2800	2900	3000	3000	3000	3000	2900	2800	2700	

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

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN												
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	52:14	1:25:30	1:47:18	2:48:13	3:51:12				

MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-adjusted time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).												

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

SOUTHEAST

Space Coast Senior Games Palm Bay, FL; Nov. 23

50m	
M50 Graham Hockaday	7.11
Ron Cooper	8.12
M55 Lawrence Judd	7.12
David Pereda	7.56
M60 Bill Wright	6.91
Joe Hemler	7.22
M65 E Haridopolous	8.16
M75 Pat Carolan	9.41
Richard Vesey	9.75
W60 Louise Tricard	9.26
100m	
M50 Graham Hockaday	13.50
Ron Cooper	16.63
M55 David Pereda	14.46
Ed Box	14.68
M60 Bill Wright	12.98
Joe Hemler	13.93
M65 Jim Stookey	13.24
M70 Jes Rudy	15.97
Jim Georgas	23.44
M75 Pat Carolan	19.60
William Thomas	21.06
W50 Ann Makoske	17.11
W60 Louis Tricard	18.45
W95 M Norbury	1:19.55
200m	
M50 Ron Cooper	40.68
M55 David Pereda	31.58
Dick Criche	31.99
M60 Joe Hemler	27.69
Bill Wright	27.70
M65 Jim Stookey	28.10
E Haridopolous	34.08
M70 Jim Georgas	51.58
M75 William Thomas	46.40
John Evans	56.10
W50 Willy Moolenaar	39.20
W60 Louis Tricard	42.08
400m	
M50 Wayne Redoway	1:26.16
David Pereda	1:12.65
Miro Mitusina	1:28.34
M60 Richard Croak	1:07.28
Joe Shanahan	1:17.24
M65 Bill Hubner	1:38.47
M70 Jim Georgas	2:12.78
M75 William Thomas	2:08.12
W55 Willy Moolenaar	1:30.62
800m	
M50 Lindsay Modden	2:29.4
M55 Miro Mitusina	3:21.0
M60 Jack Sayles	3:31.4
M65 Bill Hubner	3:46.5
M70 Jim Georgas	3:55.2
1500m	
M50 Lindsey Bodden	5:30.1
Wayne Redoway	6:32.2
M55 Miro Mitusina	6:30.0
M60 Jack Sayles	6:30.9
M65 Bill Hubner	7:18.0
M70 Jim Georgas	6:19.2
W50 Ann Makoske	6:14.0
W55 Willy Moolenaar	6:40.4
W0 Pat Melmont	9:52.0
High Jump	
M50 Reginald Mahler	5
Graham Hockaday	4-6
M55 Lawrence Judd	4-8
M65 Jim Stookey	4-6
Arthur Kearney	4
M70 Les Rudy	3-10
M75 John Moale	3-4
Long Jump	
M50 Reginald Mahler	15-6
Ronald Cooper	10-2
M55 Lawrence Judd	14-7
Richard Criche	12-3

M60 Dick Elmlad	13-2
M65 Jim Stookey	15-9
Sam Orr	11-11
M70 Les Rudy	12-9
M75 John Moale	8-11
W60 Mary Stookey	6-8
W65 Gloria Bortell	8-10
Triple Jump	
M55 Richard Judd	28-7
M65 Jim Stookey	32-7
W65 Gloria Bortell	17-4
Shot Put	
M50 Mike Stallings	41-8
Graham Hockaday	27-5
M55 Lawrence Judd	31-8
Ed Box	30-10
M60 Richard Fields	33
Paul Moores	31-11
M65 Reed Quinn	36-11
Earl Heninger	34-4
M70 Roger Federes	32-3
Les Rudy	28-3
M90 Leonard Stone	21-2
W65 Gloria Bortell	26
Discus	
M50 Mike Stallings	124-10
M55 Ed Box	106-11
Lawrence Judd	106-6
Richard Criche	69-4
M60 Paul Moores	112-9
M65 Reed Quinn	117-7
Earl Heninger	95-4
M70 Les Rudy	95-10
Roger Federes	47-1
M90 Leonard Stone	42-11
W65 Gloria Bortell	61-2
Javelin	
M55 Lawrence Judd	102-4
Ed Box	97-8
M60 Paul Moores	105-2
M65 Reed Quinn	104
Arthur Kearney	101-8
M70 Les Rudy	92-3
M90 Leonard Stone	43-6
W65 Gloria Bortell	70-8
1500m RW	
M55 John Backlund	9:04.7
Miro Mitusina	9:42.6
M60 Bob Hall	10:35.7
M75 John Evans	11:24.2
W50 D Buckland	9:42.2
W60 Marv Stookey	11:19.0

Florida Senior State Championships Sarasota, FL; Dec. 6

100m	
M50 Eric Hill	14.27
Bruce Byrne	14.28
William Benford	14.80
M55 Marion Harrison	13.18
Bill Wheelock	14.86
Bobby Fulcher	14.94
M60 Joe Hemler	14.27
Fred Pinkston	15.38
M65 John Wall	14.45
Harold Oliver	14.46
James Hollensteiner	15.52
M70 Blair McFarlane	15.73
Charlie Baker	15.97
Mort Goldstein	16.55
M75 Tom Kennell	15.75
Edwin Krakenberg	17.38
Sid Duckman	17.56
M80 Lurrell Loy	17.36
W55 Barbara Cleveland	16.80
Betsey Fish	21.90
W60 Pat Kelly	24.07
W65 Ethel Lehmann	18.51
W70 Ann Edgington	21.94
Jean Udell	22.79
W75 Hope Fage	27.35
W80 Kathryn Anson	29.27

200m	
M50 Eric Hill	28.42
Bruce Byrne	28.79
William Benford	29.73
M55 Marion Harrison	26.50
J C Shenk	28.21
Lionel Bonck	28.21
M60 Michael Davidson	30.97
Joe Hemler	31.34
Joe Shanahan	32.82
M65 Don Gsell	31.01
John Wall	31.27
James Hollensteiner	31.43
M70 Blair McFarlane	33.06
Charlie Baker	33.19
Gene Nowell	34.76
M75 Tom Kennell	37.18
James Skinner	37.46
Sid Duckman	1:20.39
M80 Murrell Loy	46.65
Wayne Wakefield	47.10
W50 Lucia Schatteley	36.70
W65 Ethel Lehmann	40.10
W70 Ann Edgington	50.07
W75 Hope Fage	1:05.80
400m	
M50 Anthony Roque	1:03.68
Eric Hill	1:08.63
M55 J C Shenk	1:01.82
Lionel Bonck	1:03.72
John Klos	1:08.03
M60 Michael Davidson	1:09.72
Jim Larson	1:14.38
Joe Shanahan	1:14.55
M65 J Hollensteiner	1:13.22
Jack Lockett	1:14.16
Juan Phillips	1:16.69
M70 Charlie Baker	1:13.71
M75 John Anoka	1:22.02
Edwin Krakenberg	1:14.14
M80 Wayne Wakefield	1:51.13
W50 Lucia Schatteley	1:15.43
Linn Smith	1:25.54
Judy Cole	1:47.11
W65 Ann Kahl	1:28.15
W75 Melanie Paschal	1:54.60
Hope Fage	2:34.77
800m	
M50 Anthony Roque	2:22.50
Lindsey Bodden	2:26.45
Ignacio Mella	2:29.96
M55 J C Shenk	2:33.00
Fred Fiala	2:56.18
Miro Mitusina	3:01.17
M60 E Vander Heuvel	2:41.86
Jim Larson	2:47.72
Charles Hill	3:05.71
M65 Juan Phillips	2:55.35
Jack Lockett	3:00.19
Kent Wiley	3:21.36
M70 Bob Arthur	3:12.14
Carl Hammen	3:14.98
Robert Williams	3:20.76
M75 Bart Ross	3:14.34
Edwin Krakenberg	3:22.03
John Anoka	3:25.92
W50 Lucia Schatteley	3:00.61
Linn Smith	3:22.69
Judy Cole	3:26.42
W65 Ann Kahl	3:17.47
W75 Melanie Paschal	4:24.40
Hope Fage	5:56.23
1500m	
M50 Anthony Roque	5:00.07
Ignacio Mella	5:10.11
Dave Burke	5:25.64
M55 Richard Quevillon	5:10.14
Fred Fiala	6:12.60
Miro Mitusina	7:06.66
M60 Jim Larson	5:41.43
Tony Matthews	6:01.74
Charles Hill	6:31.97
M65 Kent Wiley	6:55.30
Robert Tedford	6:56.44
C Finocchiaro	6:58.27
M70 Carl Hammen	6:49.25
Robert Williams	6:53.65
Bob Arthur	7:09.24
M75 Bart Ross	6:49.98
Joseph Belshe	7:46.11
W50 Linn Smith	7:00.42
Judy Cole	7:02.13
W65 Ann Kahl	7:18.11
W75 Melanie Paschal	8:34.77
High Jump	
M50 Glenn Palmer	1.42

M55 Larry Judd	1.42
Vincent Remson	1.22
M60 Michael Davidson	1.37
Rudy Hout	1.37
M65 Octavian Opris	1.35
Samuel Orr	1.27
Kent Wiley	1.17
M70 Charlie Baker	1.17
Jim Hayes	1.07
Les Rudy	1.07
M75 Sid Duckman	1.17
Howard Hall	1.12
Bill Ethington	1.07
M80 William Acton	.97
Nathaniel Heard	.97
W55 Barbara Cleveland	1.22
W60 Mary Melehn	1.07
Long Jump	
M50 Eric Hill	4.77
Bruce Byrne	4.53
Glenn Palmer	3.96
M55 Vincent Remson	4.81
Larry Judd	4.40
Jerry Frank	4.08
M60 William Rothley	4.49
Ronald Cremo	4.21
James Mills	4.14
M65 Samuel Orr	3.43
Bill Schreiner	3.40
M70 Les Rudy	3.55
Charlie Baker	3.39
Blair McFarlane	3.30
M75 Tom Kennell	3.56
Sid Duckman	3.25
Bill Ethington	2.65
M80 William Acton	2.37
Nathaniel Heard	1.27
Shot Put	
M50 Carter Lord	13.40
Glenn Palmer	12.46
Karl Birms	10.90
M55 Charles Fennelle	11.50
Harold Tessier	10.03
Richard Criche	9.40
M60 Rudy Houg	12.61
Don Gunther	11.50
Ken Nielsen	10.99
M65 Leonard Olson	11.98
Octavian Opris	11.56
Reed Quinn	10.93
M70 Les Rudy	8.56
Dennis Edgington	7.98
Jim Hayes	7.94
M75 Robert Ettig	9.04
Thomas McDermott	8.64
Robert Horsley	8.57
M80 Nicholas Lichatz	6.26
Nathaniel Heard	3.20
W50 Myran Barraza	6.84
W55 Vanessa Hilliard	11.82
Jane Mills	6.38
Betsey Fish	5.77
W60 Erika Messner	10.22
Mary Reifsuider	4.93
W65 Gloria Bortell	8.00
Kathryn Worischek	4.75
W70 Harriett Boyd	6.64
Helen Lindsey	5.08
Jean Udell	4.94
W75 Hope Fage	5.06
W85 Hetty Lange	3.37
Discus	
M50 Glenn Palmer	35.02
Karl Birms	33.26
Eric Hill	16.76
M55 Larry Judd	31.02
Monty Andrews	27.20
Edward Fleck	27.00
M60 Rudy Houg	49.64
Don Gunther	37.16
Max Schindler	32.34
M65 Leonard Olson	42.06
Octavian Opris	38.76
Reed Quinn	36.94
M70 Les Rudy	24.76
Adrian Lambert	20.66
Jim Hayes	13.74
M75 Thomas McDermott	26.94
Robert Horsley	25.74
William Strong	25.58
M80 Nathaniel Heard	19.02
Nicholas Lichatz	15.54
W50 Myran Barraza	16.08
W55 Vanessa Hilliard	32.96
Barbara Cleveland	20.54
Betsey Fish	13.44

W60 Erika Messner	25.16
W65 Gloria Bortell	17.54
Ethel Lehman	16.44
Ann Kahl	12.88
W70 Harriett Boyd	13.28
Helen Lindsey	12.02
Jean Udell	10.00
Javelin	
M50 Karl Birms	37.70
M55 Harold Tessier	35.44
Larry Judd	31.06
Jerry Frank	25.04
M60 James Mills	37.52
William Rothley	36.60
Paul Moores	32.50
M65 Leonard Olson	36.00
John Pakulis	32.36
Reed Quinn	32.14
M70 Les Rudy	28.06
Jim Hayes	27.98
Adrian Lambert	20.10
M75 Sid Duckman	26.18
Howard Hall	23.16
Tom Kennell	22.30
M80 Nicholas Lichatz	15.10
W50 Myran Barraza	15.14
W55 Vanessa Hilliard	30.38
Barbara Cleveland	22.50
Jane Mills	14.76
W60 Erika Messner	26.84
W65 Ethel Lehmann	22.66
Gloria Bortell	20.86
Mary Grace Ritter	9.60
W70 Harriett Boyd	13.18
Joan Udell	12.30
Anita Zetts	11.74
W75 Hope Fage	7.62
W85 Hetty Lange	5.86
1500m RW	
M50 Douglas Brown	13:07
M55 Sterling Kerr	10:43
Paul Cole	12:00
Miro Mitusina	12:27
M60 Brian Bulpin	12:30
Bob Hall	13:54
M65 Sandy Crawford	14:44
Charles Worischek	14:50
M70 Norman Piersma	13:04
Robert Moore	14:38
M75 Howard Hall	14:07
Carter Wattman	18:16
Joseph Belshe	NTA
M80 William Acton	16:32
W50 Marjorie Pilla	14:27
W60 Ruth Finocchiaro	14:35
W65 Henen Amazeen	12:08
Mary Grace Ritter	14:54
5000m RW	
M50 Douglas Brown	34:01
M55 Sterling Kerr	29:04
Paul Cole	33:20
Kenneth Johnson	33:52
M60 Brian Bulpin	31:20
M65 Harry Cain	37:40
Charles Worischek	41:18
M70 Norman Piersma	34:49
M75 John Ross	36:10
Carter Wattman	50:23
Louis Aiello	37:18
W50 Marjorie Pilla	35:39
Sandra Kositzka	40:19
W55 Mary Jane Zuknick	34:45
Jill Brown	38:53
W60 Joy Clingman	34:47
Ruth Finocchiaro	39:38
W65 Helen Amazeen	31:20
Margaret Crishal	35:10
Mary Grace Ritter	39:12
W70 Barbara Keddie	43:27
W85 Arda Perkins	53:38
WEST	
Sri Chinmoy Masters Games Long Beach, CA; Oct. 12 (Corrected Results)	
200m	
M75 Alfred Guidet	35.7
M80 Bert Morrow	38.5
80mH	
M80 Bert Morrow	18.5
Phoenix Senior Olympics Phoenix, AZ; Nov. 8	
50m	
M50 Ronald Jorday	6.84
M55 Antonio Chavez	6.99

M60 Fred Kjer	6.84
M65 Dusty Wright	7.50
M70 Bob McDonald	7.79
M75 Milton Silverstein	7.76

Continued from previous page

W65 Bernice Wagner	18-2.50
W70 Norma Elliott	18-11.50
A McCormick	18-11

Discus

M50 Dick Upson	29.74
M55 Paul Taylor	34.23
M60 Bob Bergfeldt	42.96
M65 Paul O'Leary	31.10
M70 Harold Kroeker	35.39
Wes Goodwin	35.31
M75 Stanley Sadofsky	28.07
M80 Charles Roloff	22.20
W50 Marge Doerrier	19.11
W55 Karen Bergfeldt	17.27
W65 Barbara Brandt	18.32
W70 Adele McCormick	16.15
W75 Renee Roloff	13.94

Javelin

M50 Joe Hilbe	48.50
M55 Bufo Morrison	34.60
M60 Bob Bergfeldt	41.33
M65 Dick Weaver	15.62
M70 Doug Cochran	29.45
M75 Charles Obye	30.64
M80 Charles Rice	22.09
M85 Robert Daughin	15.35
W55 Karen Bergfeldt	19.73
W60 Mary Eppensteiner	10.07
W65 Barbara Brandt	24.86
W70 Adele McCormick	21.02
W75 Renee Roloff	6.08

1500m RW

M50 Phil Davis	9:58.23
M55 Bufo Morrison	12:00.93
M60 Ray Anderson	9:45.04
M65 Dick Weaver	9:21.09
M70 Darrell Stewart	9:50.76
M75 Donald Gladding	9:57.59
M80 Roy Clark	12:14.10
M85 Phil Lawrence	11:20.62
W50 Elke Davis	10:15.56
W55 Mary Morrison	11:00.32
W60 Joann Deiner	10:23.42
W65 Alice Pickett	10:57.68
W70 Marion Mahoney	10:40.29
W75 Helen Coyte	12:25.47
W85 Estelle Frendberg	12:02.11

Southland Senior Olympics
Long Beach, CA; Nov. 15

50m

M50 David Naylor	6.3
Thomas Curtis	6.4
Norman Jones	6.5
M55 Walt Butler	6.3
John Chacon	6.4
John Carr	6.5
M60 Delos Eyer	6.9
Edward Johnson	7.0
Maynard Morris	7.1
M65 Jim Shelby	7.2
Robert Harms	7.7
Bill Vaughan	7.9
M70 Dewey Vroom	7.0
Ted Leonard	7.2
Taki Nagao	7.6
M75 Thomas Pico	8.2
M80 Clarence Trahan	8.2
M85 Harvey Anderson	11.1
W50 Auril Naylor	7.3
Cora May Johnson	7.5
Cindy Watson	7.7
W55 Kathy Bergen	7.1
Darlene Crittendon	7.8
Bobbi Binder	9.4
W60 Tomasa Schultz	8.1
Nina Wood	8.4
Ellen Brannigan	8.5
W65 Magdalena Kuehne	8.1
Ruth Hudgeon	14.4
W70 Marjorie Lawson	9.6

100m

M50 David Naylor	11.0
Dale Herring	11.3
Thomas Curtis	11.5
M55 Walt Butler	11.5
John Chacon	11.7
Lee Gillespie	11.9
M60 Frank Hollier	12.1
Delis Eyer	12.4
Edward Johnson	12.7
M65 Jim Selby	13.1
Robert Harms	14.5
Jerry Hamilton	29.1

M70 Ted Leonard	15.3
Ray Crawford	15.5
M75 Thomas Pico	16.8
M80 Fred Tompkins	16.6
W50 Auril Naylor	13.1
Cora May Johnson	13.9
Cindy Watson	14.7
W55 Kathy Bergen	13.2
Darlene Crittendon	16.0
W60 Nina Wood	15.8
Patricia Willis	18.4
W65 Magdalena Kuehne	15.5
W70 Marjorie Lawson	18.9

200m

M50 David Naylor	25.2
Michael Kahn	25.4
Dale Herring	25.7
M55 Lee Gillespie	17.1
Levi Patterson	27.2
John Carr	31.3
M60 Frank Hollier	28.4
Delos Eyer	28.8
M65 Jim Selby	30.2
Robert Crittendon	31.8
Bill Vaughan	35.2
M70 Ray Crawford	38.3
M80 Fred Tompkins	38.7
W50 Auril Naylor	30.7
M J McMaster	53.7
W55 Kathy Bergen	33.3
W60 Patricia Willis	48.6
W65 Magdalena Kuehne	39.5

400m

M50 Steve Shepherd	1:02.2
Jorge Birnbaum	1:05.0
Dale Herring	1:05.8
M55 John Clare	1:05.1
Fred Hartman	1:07.2
M60 Gary Sims	1:03.2
David Glasspiegel	1:27.0
Fred Voss	NTA
M65 Jim Shelby	1:07.5
Jerry Jefferson	1:07.7
Jim Hinton	1:21.3
M70 Robert Bergen	1:31.6
Harry Hirakawa	1:39.1
M80 Fred Tompkins	1:32.0
W50 M H McMaster	1:53.1
W55 Bobbi Baker	1:35.0
W60 Patricia Willis	1:56.8
W70 Marjorie Lawson	1:55.0

800m

M50 Bob Russell	2:15.5
M55 John Clare	2:30.2
Fred Hartman	2:54.5
M60 Gary Sims	2:50.3
Ray Archibald	2:55.2
David Glasspiegel	3:33.8
M65 Jim Selby	2:37.0
Jerry Jefferson	2:38.0
Robert Holmes	2:58.1
M70 Parker Tshako	3:17.5
Robert Bergen	3:37.3
Roy Murano	3:42.9
W50 M J McMaster	4:11.3
W55 Bobbi Binder	3:43.1
W60 Patricia Willis	4:33.0
W70 Marjorie Lawson	4:45.8

1500m

M50 Bob Russell	5:03.3
M55 John Clare	5:13.4
Fred Hartman	6:38.4
M60 Ray Archibald	6:13.9
M65 Robert Culling	5:34.8
Jerry Jefferson	5:57.4
Jim Hinton	7:01.9
M70 Parker Tshako	6:42.5
Robert Bergen	7:23.8
Roy Murano	7:33.6
W50 M J McMaster	8:20.5
W60 Patricia Willis	9:36.5
W70 Marjorie Lawson	9:56.1

5000m

M55 John Clare	18:45.3
Mike McCormick	20:49.9
M60 Ken Purucker	22:47.1
Chuck Cobb	24:21.8
Ray Archibald	25:05.2
M65 Robert Culling	20:25.9
Jerry Jefferson	22:30.1
Jim Hinton	24:58.2
M70 Roy Murano	22:51.4
Parker Tshako	25:31.9
W70 Marjorie Lawson	31:00.4
Mary Coropoff	34:23.6

High Jump

M50 Roberto Pozzi	5-6
Dale Herring	4-10
Glenn Palmer	4-10
M55 Davie Perry	5
M60 Jerry Sullivan	4-10
Ira Ramjoo	4-8
Jerry Chase	4-2
M65 Robert Harms	3-10
Robert Holmes	3-8
M70 Frank Burke	4
Donald Roser	3-10
Edward Failor	3-10
M75 Philip Dettmer	3-11.25
W50 Cindy Watson	3-10
W60 Ellen Brannigan	3-2

Long Jump

M50 Will Northcal	4.68
Norman Jones	4.59
Ronald Jordan	4.22
M55 John Chacon	4.16
Al Valera	2.29
M60 Edward Johnson	3.93
Jerry Chase	3.70
James Shaw	3.11
M65 Jim Shelby	3.74
Robert Harms	3.50
M70 Dewey Vroom	3.65
Taki Nagao	3.44
Frank Burke	2.94
M75 Thomas Pico	2.81
Jimmie Okura	2.60
M80 Clarence Trahan	3.02
W50 Auril Naylor	3.88
W60 Nancy Stephens	2.93
Tomasa Schultz	2.87
Ellen Brannigan	2.39
W65 Magdalena Kuehne	3.22

Shot Put

M50 Glenn Palmer	12.97
Louie Cesena	11.61
David Smith	11.33
M55 Dennis McCraven	12.03
Floyd Harris	11.22
Arthur Altschiller	9.48
M60 Ray Hiscok	12.23
Douglas Cronin	11.66
Edward Johnson	10.83
M65 Arnie Gaynor	12.11
Don Hegberg	9.68
George Meyer	7.63
M70 Robert Bonnell	10.82
Dewey Vroom	10.51
James Glynn	9.78
M75 Thomas Pico	9.34
Jimmie Okura	8.91
W50 Connie Sarver	8.91
Ingrid Mancini	8.31
Patricia Hunter	7.24
W55 Bonnie Kiefer	6.61
M60 Mary Hirst	6.93
Carolyn Tatum	5.15

Discus

M50 Glenn Palmer	34.30
David Smith	31.78
Larry Lloyd	26.90
M55 Floyd Harris	35.92
Dave Israelsky	20.88
M60 James Coen	38.54
Douglas Cronin	35.64
Ray Hiscok	25.50
M65 Arnie Gaynor	42.48
Don Hegberg	39.92
M70 Dewey Vroom	30.92
Edward Failor	29.66
Donald Roser	27.24
M75 Wilbur Thompson	32.30
Thomas Pico	23.54
M85 Clarence Trahan	20.42
W50 Connie Sarver	28.92
Patricia Hunter	19.94
Jane Serra	16.80
W55 Bonnie Kiefer	18.24
W60 Shirley Bailey	18.62
Tomasa Schultz	16.90
Ellen Brannigan	15.14

Javelin

M50 Louie Cesena	34.60
David Smith	31.74
Dan Newmire	26.66
M55 Roger Martin	32.70
Al Valera	22.06
Larry Tiffin	19.48
M60 Fred Hunter	29.52
Joe Durrenberger	24.28

Leon Barette	21.32
M65 Allan Trefry	35.12
Grant Cotter	23.00
M70 Donald Roser	30.06
Edward Failor	28.28
Robert Bonnell	27.30
M75 Harry Watson	25.30
Thomas Pico	18.18
W50 Jane Serra	23.04
Connie Sarver	20.18
Patricia Hunter	19.80
W60 Shirley Bailey	20.90
Ellen Brannigan	18.48
Tomasa Schultz	13.60

1500m RW

M50 Michael Blakeman	9:34.4
Will Northcal	9:41.6
M55 C G Steck	8:38.0
Stuart Ray	9:09.0
M60 Arvid Role	9:03.2
Wally de Rothney	10:48.7
M65 Lloyd McGuire	8:53.5
Gene Connor	10:51.9
Jerry Hamilton	11:20.7

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Bay State Half-Marathon/USATF
New England Championships
Lowell, MA; Oct. 19

Overall

Scott Cody	1:06:46
Lisa Senatore	1:19:22
M40 John Barbour	1:09:44
M45 Bob Ruel	1:12:57
M50 Larry Olsen	1:12:51
M55 Frank Scherer	1:27:15
M60 Bill Riley	1:20:34
M65 Mike Sullivan	1:28:47
M70 Doug Blanchard	1:41:52
W40 Terry Martland	1:23:22
W45 Sue Maslowski	1:32:21
W50 Susan Gustafson	1:29:36
W55 Carrie Parsi	1:34:06
W65 Marj Rosiello	2:27:23

Boston Mayor's Cup
Cross-Country
Franklin Park, Boston, MA;
Oct 26

Men: 7935m

Overall	
Silah Misoi	22:53
M40 John Barbour	24:47
M45 Tom Carroll	26:19
M50 Rich Murray	28:35
M55 Harold Hatch	32:31
Women: 5017m	
Overall	
Kathy Francy	16:22
W40 Mary Lammi	17:59
W45 Elizabeth Riordan	21:27
W50 Andrea Hatch	24:28
W55 Carrie Parsi	21:07
W65 Joyce Hals	26:11

South Shore Sprint 4 Miler
Bayshore, NY; Nov. 1

Overall

Mike Guastella	19:47
Barbara Gubbins	23:36
M40 Donald DiDonato	20:19
Phil Richey	20:39
John Williams	21:44
M45 Paul Mascali	21:11
Rudolph Pekorek	22:20
Nick Caswell	22:42
M50 Hugh Sweeney	22:13
Julio Aguirre	24:10
Lutz Hoffman	24:23
M55 Samuel Skinner	23:11
Joe Cordero	24:39
Arthur Brunelle	29:03
M60 Michael Goldman	25:43
Mel Cowgill	26:31
Geza Feld	27:11
M65 Harry Irwin	29:13
Guy Froehlig	29:58
Sam Soccoli	32:29
M70 Bert Jablon	31:58
John Niesen	38:24
George Dennis	38:37

M70 Jewett Pattee	12:15.6
M80 Harley Priddy	14:43.7
M85 Adam Hefner	15:18.0
W50 Patricia Willis	11:05.2
Doris Eiler	13:54.4
W70 Doris Murphy	17:04.0

5000m RW

M50 Michael Blakeman	33:13.6
M55 C G Steck	30:32.0
Stuart Ray	31:08.2
Larry Tiffin	43:04.2
M60 Arvid Rolle	31:32.8
James Shaw	37:15.7
Wally de Rothney	38:56.5
M65 Lloyd McGuire	31:40.7
Jerry Hamilton	39:09.6
Grant Cotter	47:37.4
M70 Jewett Pattee	39:03.1
W50 Sandye Clare	38:10.0
W55 Ena Dubnoff	36:43.2
Barbara Rathbun	39:11.4
Jeannette Mahoney	40:41.4
W60 Patricia Willis	36:12.3
Barbara Gilbert	48:21.2

M75 Manfred Gundell	40:37
Edward Finkelstein	41:10
Walter Moritz	47:42
W40 Margarita Marascia	26:38
Linda Ottaviano	26:58
Suzanne Schoen	27:02
W45 Kathryn Martin	23:46
Mary Wagner	28:18
Joanne Gallo	28:54
W50 Betty Horstmann	27:14
Nancy Tischler	28:09
MaryAnneGoldman	28:26
W55 Mary Nathan	26:55
Annette Frisch	30:18
Wendy Burns	32:00
W60 Margaret Carinci	33:22
Billie Moten	38:12
Alexandra Finger	38:18
W65 Dolly Finkelstein	38:35
Josephine Curtin	42:36
Camilla Cesarini	50:45
W75 Sallie Festa	42:14

Veterans Day Cross-Country 5K
Northport, NY; Nov. 8

Overall

Overall		
Charlie Hornak	29	19:38
Catherine Oehrlein	44	22:59
M40 Peter Pohl		20:43
William Fleming		21:16
Anthony Rebolini		21:54
M45 Albert Jensen		21:28
Peter Martin		21:42
Joseph Brennan		22:42
M50 Peter Mugglestone		21:27
Daniel Badalament		21:51
Philip Roth		22:13
M55 Thomas Shay		22:22
Jose Mendez		22:33
Ronald Helig		26:58
M60 Mel Cowgill		22:47
Charles McGowan		28:04
Jim Mahoney		28:16
M65 Alfred Givins		24:42
Sam Soccoli		28:15
John Moran		31:02
M70 Bert Jablon		27:48
Chester Smiley		34:52
Cosmos Marentis		36:13
W40 Catherine Oehrlein		22:59
Mona Rechner		27:05
Janice Leone		27:29
W45 Michele Powers		28:30
Brett Jensen		39:45
W50 H Boucher-Carlin		27:30
Mary Trotto		30:41
Sandra Farabaugh		31:40
W55 Nancy Schaa		32:08
Nina Kuscsik		33:59
Marge Smith		38:31

Continued from previous page

W40 Mary Burns-Prine	2:54.01
W45 Sophie Merrill	3:30.03
W50 Sue Gustafson	3:16.30
W55 Eleanor Whitney	4:36.26
W60 Jeanne Cyr	4:30.40
Teams	
W40 Boston AA	9:50.51

Finest Sports Turkey Trot 5K
Queens, NYC; Nov. 15

Overall	
Alfonso Polania	15:39
Juana Vazquez	18:12
M40 Anibal Rivera	16:40
Amador Ibanez	17:02
M50 Maury Dean	18:43
Hector Rivera	19:22
M60 Jose Rodriguez	23:33
Max Cabezas	24:19
M70 John McManus	24:49
W40 Jackie Setzer	22:23
Cynthia Chin	23:47
W50 Carolyn Cornell	28:57
Jackie Jeffrey	29:38
(flat/dry/38deg/w15W)	

USATF New England Cross-Country
Franklin Park, Boston, MA; Nov. 16

Men: 7935m	
M40 John Barbour	27:28
M45 Phil Riley	29:01
M50 Jon Stableford	33:00
M55 Charles Kellogg	33:03
M65 Dana Sumner	37:33
M75 Ed Buckley	44:20

Teams	
M40 Gr Lowell RR	23
Cent MA Str	53
Taconic RR	61
M50 Merrimack Val Str	NA
Women: 6017m	

Overall	
Lynn Jennings	20:48
W40 Karen Boen	25:13
W45 Ann Sipka	26:19
W50 Katherine Ives	28:18
W55 Carme Parsi	28:31
W65 Joyce Hals	36:30

Teams	
W40 Liberty AC	NA
W50 Liberty AC	NA

Bohemia Airport 5 Mile
Bohemia, L.I., NY; Nov. 16

Overall	
Harry Penn 36	26:22
Donna McMahon 27	31:38
M40 John DelMaestro	28:09
Scott McArdle	29:24
Chris McKnight	29:37
M45 Paul Mascali	26:26
Ted Truet	29:28
Radhames Delgado	30:23
M50 Lutz Hoffman	30:45
Julio Aguirre	31:06
Ron Reader	32:22
M55 Joe Cordero	31:04
Jose Mendez	32:20
Pat Krenan	33:41
M60 Mel Cowgill	32:50
David McEvoy	34:00
John Conner	34:12
M65 Guy Froehling	37:50
Ira Brotman	43:30
M70 Cosmos Marentis	55:09
W40 Helen Visgauss	32:29
Cathy Oehrlein	33:13
Anastasia Stekas	33:48
W45 Mary Wagner	34:33
Diane O'Donnell	36:12
Estella Clasen	36:51
W50 Betty Horstman	34:14
Hilory Boucher	39:40
Irene Robinson	42:41
W55 Annette Frisch	37:48
Eleanor Hall	45:21
W60 BillieGail Moten	47:59
Gail Pisciotto	56:27
W65 Thelma Wilson	43:00
(38deg/w10NNW)	

St. Mary's 5K
Syosset, NY; Nov. 29

Overall	
Mike Anderson 26	15:17
Donna McMahon 27	18:36
M40 John Del Maestro	17:02

Golden Games 5K
Palm City, FL; Nov. 15

Overall	
Bob Haviland	17:03
Nina Timm	19:28
M40 Glenn Reed	18:16
Hall Solomon	19:14
M45 Spencer Crawfis	18:25
Keith Ingram	19:20
M50 Frank Holley	20:25
M55 Roger Rouiller	17:58
M60 George Delaney	23:20
M65 Bill Jones	26:53
W40 Pat Shelly	22:01
W45 Deborah Fowler	23:05
W50 Eleanor Hanley	27:58
W55 Bente Sandvik	26:55
W60 BilleJane Schwartz	26:31
W65 Marilyn Walter	27:04

Governors' Land 5K
Williamsburg, VA; Nov. 22

Overall	
Tommy Holland 24	15:19
Leslie Willis 33	18:12
M40 Thad Jones 41	16:11
Jim Groggin 43	18:03
Gregory Baker 42	18:07
M50 Patrick Griffith 53	18:09
Peter Sim 50	19:11
James Journigan 51	19:36
M60 Tony Matthews 61	21:39
Tom Ray 64	21:49
John Essery 61	22:06
M70+ Jim Johnson 72	29:33
W40 Sharon White 41	19:14
Linda Gulick 46	19:59
E Hungerman 44	21:21
W50 Joan Coven 56	24:00
M Broadus 55	26:15
Pauline Ely 59	26:39
W60 Nancy Patron 61	26:31
Alice Wilson 62	27:30

Atlanta Marathon & Half-Marathon
Atlanta, GA; Nov. 27

Overall	
Paul Deaton 28	2:32:58
Karen Miles 44	3:15:23
M40 Karl Steinichen	2:46:29
Jerry Stephenson	2:50:35
Sam Norman	2:51:55
Thomas Shinnick	2:54:56
Junichi Arataki	3:06:29
Kenneth Baker	3:06:51
Michael Sinkoski	3:08:58
Jon Ludwig	3:10:29
John Hawley	3:10:46
Neal Stubblefield	3:13:14
Mike Adams	3:13:19
Jim Whitaker	3:13:20
Joe Robinson	3:16:05
Jeff Kuhl	3:16:28
Thomas Ghezzi	3:17:44
Jerrold Dubner	3:19:58
Robert Muething	3:22:18
John Hurne	3:23:34
John Turner	3:23:47
Nicholas DiLuzio	3:23:57
M45 Sam Boyd	3:10:32
Michael Popick	3:10:43
Richard Schick	3:12:49
Russell Keith	3:14:16
Patric Jordan	3:14:24
Juan Pina	3:15:42
Robert Harper	3:16:56
Phil Henry	3:21:06
Arnold Whitman	3:21:19
Anthony Lopetrone	3:22:57
F Rodriguez	3:23:43
Frank Spicer	3:26:11
Gary Evans	3:27:46
Jim Crawford	3:27:55
George Whitley	3:28:01
M50 Earl Thomas	3:18:06
Richard Hodge	3:23:47
Mark Stogsill	3:26:54
Rick Cushing	3:27:38
Charles Harrelson	3:42:53
Wayne McAmis	3:43:21
Jon Johnson	3:47:08
Dave Broad	3:47:49
Gene McGrady	3:48:00
John Bostwick	3:48:08
M55 Charlie Viers	3:18:31
Don Griffin	3:46:10
John Karon	3:55:45
Hugh Carter	4:00:18
Alfred Enloe	4:02:48
Roger Talbert	4:03:37
M60 Dick Green	3:34:20
Charles Kielkopf	3:43:21
CM Brasfield	3:49:20

Robert Anderson	4:04:20
Charles Teague	4:06:57
M65 Grant Egley	4:10:44
John Bittinger	4:12:41
M70 Joe Petrolino	4:54:02
W40 Vickie Johnson	3:16:06
Charlotte Johnson	3:34:47
Pamela Butler	3:39:30
Sue Damera	3:47:44
Patricia Crater	3:53:50
Patricia Brewer	3:54:21
Kathy Slight	3:56:05
Rebecca Schaper	3:59:42
Beth Neidenbach	4:03:48
Marlene Hillermann	4:06:12
W45 Carmen Moore	3:34:48
Marsha Raeber	3:49:57
Janis Bowen	4:03:53
Kris Spain	4:46:01
W50 Soon Williams	4:00:56
Linda Walker	4:01:15

Half-Marathon Results**Overall**

Japeth Kirui 22	1:06:29
Jill Hargis 37	1:18:23
M40 Barry Halligan	1:17:21
William Parmelee	1:18:05
Neil Feather	1:18:26
Michael Beeson	1:18:29
William Wood	1:20:04
Mike Macchione	1:21:10
Robbie Burton	1:21:29
Kurt Schaum	1:21:41
Larry Minar	1:22:50
Joe Schroeder	1:23:57
Rick Franklin	1:24:01
Robert Cowdick	1:24:31
Ronald Sims	1:24:32
Danny Keeton	1:25:24
Eric Hargis	1:25:45
Howell Hall	1:26:06
Andrew Boskoff	1:26:24
Terry Irrgang	1:26:40
Frank Colubiale	1:26:53
Timothy Geis	1:26:54
M45 Henry Wolfe	1:21:31
Scott Wilson	1:21:25
Tom Millen	1:21:34
Larry Gordon	1:22:09
David Mauterer	1:22:45
Felix Wright	1:22:59
Joel Majors	1:23:49
Gregory Rucker	1:24:18
Ian Dickson	1:24:22
Tom Crofton	1:24:29
Jerry Marcec	1:26:02
Robert Wilson	1:26:33
John Lewis	1:27:09
John Anderson	1:27:10
Kirk Rosenbach	1:27:14
M50 Tom Dooley	1:17:17
Marris Johnson	1:22:18
Bruce Labudde	1:24:49
Gary Jenkins	1:25:40
Greg Brandon	1:25:48
Tom Collier	1:25:59
Dan Hardy	1:26:06
Ed Bligh	1:26:48
Billy Burke	1:29:09
Bill Fuller	1:29:42
M55 Joe Waters	1:25:06
Bruce Buchanan	1:29:28
George Sharp	1:33:16
Lee Wilcox	1:36:09
Steve O'Brien	1:37:50
Fred Motz	1:38:19
Philip Limonciello	1:39:31
Gary Cochrane	1:40:53
M60 Jon Adamsen	1:32:14
Paul Wojnowiak	1:34:04
John Livingston	1:37:54
Marcos Alegre	1:39:09
Arthur Bigelow	1:39:36
Eric Jacobsen	1:41:04
M65 Charles Williams	1:29:38
Casey Jones	1:31:06
Richard Cheney	1:33:11
William Stryker	1:55:17
M70 John Burke	1:55:44
Charles Scott	1:58:34
W40 Nancy Stewart	1:26:50
Debbie Davis	1:31:26
Shelia Haire	1:31:53
Beverly Coville	1:32:26
Kay Harrison	1:34:50
Patti Patterson	1:37:11
Patti Minton	1:37:31
Barbara Beach	1:37:36
Barbara Horwitz	1:39:13
Terry Ozell	1:39:21
Brenda Moore	1:39:32
Teresa Hearn	1:40:25
Lori Cox	1:41:06
Sandra Stark	1:41:12
Sara Harrison	1:41:41
W45 Nancy Oshier	1:33:35
Denise Optekar	1:33:38

Carolyn Mather	1:34:51
Trish Vlastnik	1:37:25
Susan Ganitt	1:40:35
Lynn Massey	1:41:13
Michie Pitts	1:41:21
Jo Adamson	1:41:32
Jodie Skorecki	1:41:33
Adri Herman	1:42:39
W50 Birgit Horn	1:34:09
Kim Ashworth	1:40:58
Gayle Barron	1:47:27
Gail Sharber	1:47:29
Gloria Cofer	1:47:59
Diane Hines	1:48:03
Vicki Piedmont	1:49:35
Nancy Meyers	1:52:54
W55 Liz Watkins	1:44:48
Shirley Carter	1:52:39
MaryJane Kennedy	1:57:02
Barbara Field	2:17:42
W60 Bertice Muddiman	2:07:48
Marilyn Nelson	2:15:30
Wendy Simonetti	2:17:21
W65 Diane Wender	3:43:09
W70 Tina Anderson	2:39:04

Thanksgiving 10 Mile
DeLand, FL; Nov. 27

Overall	
Enrique Alvarez 44	56:08
Cherise Thiel 27	1:03:05
M40 Tom Lincul	1:01:35
Jim Musants	1:01:55
Brian Peroni	1:02:01
M45 Ignacio Leon	1:03:37
James Taylor	1:04:15
Thomas Dunkle	1:07:48
M50 Dave Erdman	1:10:05
Alan Kossow	1:10:58
Danny Rudd	1:11:55
M55 Don Ardell	1:00:00
Angus Smith	1:13:39
Roger Jennings	1:13:56
M60 Dave Young	1:11:16
Dave Tribbey	1:18:56
Walter Pharr	1:22:23
M65 Gerald Gilbertson	1:36:41
Amando Payas	2:07:50
M70 Bart Ross	1:24:21
W40 Lynn Monahan	1:12:34
Marilyn Bertot	1:14:44
Marla Zell	1:26:52
W45 Janet Rudd	1:25:27
Gerry Miller	1:37:27
Carmen Ramos	1:38:24
W50 Rissie Thiel	1:15:42
Joan Hyde	1:23:25
Joyce Beck	1:30:44
W75 Elaine Geyer	1:51:09

Hampton Coliseum Half-Marathon/5K
Hampton, VA; Dec. 7

Half-Marathon	
Overall	
L'Houssine Siba 24	1:06:12
Jennifer Stearns 29	1:19:02
M40 Ed Aheehan 40	1:12:13
Bill Bustin 40	1:17:01
Jeff Douglas 42	1:17:29
C Papile 43	1:18:42
Don Kardong 48	1:22:15
M50 Harve Goldstein 50	1:21:53
Ben Dyer 54	1:24:16
Daniel Turner 50	1:24:49
John Haubert 55	1:27:58
M60 Tom Ray 64	1:36:22
Bill Spruill 63	1:38:07
R Williams 62	1:40:56
M70 Dixon Hemphill 72	1:45:28
Robert White 74	1:52:40
Coke Daman 78	2:02:46
W40 Diane Legare 46	1:21:00
Cecil Astrop 43	1:26:24
Sheri Segal 40	1:27:17
Sharon White 41	1:29:59
B Mathewson 48	1:30:51
Linda Gulick 46	1:33:09
W50 Jeanne Kruger 50	1:33:29
Barbara Biasi 50	1:44:53
Barbara Ivey 51	1:46:16
Kathy Lewis 56	1:47:28
W60 Tami Graf 61	1:54:28
Pat Ewell 64	2:03:25
Lois Johnson 61	2:17:13

5K	
Overall	
Daniel Tepovich 18	16:11
Julia Smith 29	19:49

M40 Rick Platt 47	16:53
Jim Goggin 42	18:18
Rob Astrop 45	18:51
M50 Robert Wright 56	19:06
Ken Clark 50	20:49
Cecil Davis 54	20:59
M60 Chan Roberts 60	19:19
Bob Ferguson 61	21:04
John Cholith 68	23:57
W40 Susan Cieslak 43	23:10
Ginny Maxwell 49	24:39
W50 Margaret Halley 53	32:54

MIDWEST**Big Bird 10K**
Roseville, MI; Nov. 9

Overall	
Keith Stopen	33:07
Jennifer Goodpaster	36:18
M40 Chuck Block	34:12
M45 Larry Parker	36:50
M50 Peter Halpe	34:31
M55 Gerard Malaczynski	36:54
M60 John Renaud	43:44
M70 John Patton	51:27
W40 Robin Sarris	41:09
W45 Donna Swanson	43:23
W50 Ellen Nitz	45:01

Columbus Marathon
Columbus, Ohio; Nov. 9

Overall	
Jonathan Ndambuki 21	2:14:51
Lyubov Klotchko 38	2:40:20
M40 Allen Choma	2:30:58
Dennis Hammond	2:33:07
Alan Van Meter	2:36:14
Timothy Hewitt	2:40:35
Isha Murphy	2:43:44
S Mark Courtney	2:43:48
Steve Webster	2:44:02
Michael Frank	2:44:28
Tim Anstaett	2:46:07
Thomas Estabrook	2:46:29
M45 Terry Mc Cluskey	2:37:46
David Blakenship	2:43:41
Dennis Kollai	2:44:41
Bennett Beach	2:48:46
George Tabor	2:48:56
John Austin	2:51:22
Jim Carter	2:52:33
Bob Jordan	2:52:49
Dave Hunter	2:52:50
M50 Wally Herala	2:49:37
Ken Hedrick	2:53:23
Rich Davis	2:54:34
Dale Johnson	3:03:17
John Farah	3:04:13
James Shelton	3:06:11
Terry Ringle	3:07:56
Aiden Mc Conville	3:09:00
M55 Ed Thomas	2:56:44
Tony Mauro	3:04:23
Bill Zehner	3:07:05
James Siefring	3:11:42
Bob Crawford	3:14:23
David Egger	3:17:55
Les Vaughn	3:20:38
M60 Michael Folan	3:08:06
Charles Kielkopf	3:36:15
Bill Tushaus	3:38:34
Leonard Morgan	3:40:03
Norm Roof	3:46:09
George Stump	3:51:06
M65 Ed Whitlock	2:54:06
Matt Norris	3:42:25
Peter Vivoli	4:08:18
Roy Miller	4:08:39
M70 Robert Thompson	4:13:43
Joe Schwaiger	4:13:57
Robert Thompson	4:34:33
W40 Laurel Cihak	3:04:15
Robin Smith	3:05:58
Ellen Coyne	3:08:06
Renee Steele	3:18:03
Beth Onines	3:31:37
Terry Yarian	3:35:01
M Trowbridge	3:36:37
Jan Suttmiller	3:38:07
W45 Joan Ellis	3:03:51
Ruta Kunevicius	3:13:08
D Foster-Jones	3:21:00
Astrid Varga	3:26:03

Continued from previous page

Maggy Zidar	3:27.05
Patricia Hoffman	3:27.19
Pat Lock	3:35.17
W50 Jan Daker	3:18.50
Janice Creuz	3:28.34
Nina Bovio	3:34.40
Merle Hines	3:44.35
V Matuszewski	3:54.45
Donna Sandefur	3:55.50
W55 Louise Miklovic	3:57.59
Janet Newburgh	4:16.11
Beatrice Downey	4:33.00
Beverly Stockton	4:36.39
Gatha Meadows	4:38.06
W60 Virginia Farneman	4:33.29
Ann Briggs	4:45.26
Ruth Fleck	5:26.25
W65 Whayong Semer	4:03.08
Sarann Mock	4:50.35

MID-AMERICASt. Louis Marathon
St. Louis, MO; Oct. 12

Overall	
Wesley Brown 35	2:38:18
Roxi Erickson 34	2:50:28
M40 Ron Keller	2:48:38
Tom Dougherty	2:58:40
Brad Rhoden	3:03:12
Richard Liebault	3:05:25
Wayne Shook	3:08:04
Terry Spoo	3:11:55
M45 Garry Barnes	3:03:25
Tony Lopetrone	3:19:46
John Finkenkeller	3:21:30
Jim Gunderson	3:23:20
M50 Gary Julin	2:56:21
Phil Davis	3:01:31
Terry Duke	3:12:32
Mike Toolen	3:15:53
John DeVries	3:16:23
Ron Newell	3:17:41
M55 Glen Roth	3:27:05
Rich Madsen	3:34:28
Tom Reich	3:52:37
M60 Carl Pegels	3:32:33
Pete Stauffacher	3:33:44
Robert Hill	3:39:41
M65 none	
M70+Pat Gallagher 72	3:51:27
W40 Maria Rhoden	3:02:07
Gail BettisFord	3:19:58
Kathy Cuta	3:26:45
Carolyn Smith	3:34:04
W45 Jenine Ebersohl	3:45:11
Jayne Dreher	4:31:07
Nancy Staley	4:33:54
W50 Barb Stephens	4:27:13
KathBoulayEaton4	4:34:11
W55 Suk Yoon	4:56:55
W60 SueFay King	4:56:05

Derby Derby 10K
Derby, KS; Nov. 8

Overall	
Randy Hasenbank	35:24
Christine Sleaf	41:56
M40 Vince Luebbers	38:46
Rick Curless	45:30
John Lee	47:17
M45 Tom Trusdale	36:30
Dave Bryan	41:38
Greg Records	42:46
M50 Larry Schmidt	38:38
Paul Shimon	40:00
Leon Mattocks	42:35
M60+ Paul Heitzman	38:38
Bobby Kincaid	40:19
Virgil Love	45:27
W40 Mary Mohr	45:33
Carol Boorady	46:57
Roxann Baumfalk	47:16
W45 C Little	58:21
Tammy Behtisen	59:23
Vicki Walton	1:00:20
W50 Holly Alexander	45:22
Sheryl Drevo	49:20
Eliz Rodgers	52:47
W60+ Virginia Ricky	60:31

SOUTHWESTSan Antonio Marathon
San Antonio, TX; Nov. 9

Overall	
Rene Guillen	2:22:40
Claudia Kasen	2:47:33

Overall Masters Winners (M)

Client Mericle	2:46:06
Randall Milstead	2:49:58
Ty Schmalz	3:01:42

Overall Masters Winners (W)

Maria Yeung	3:19:36
Aline Tucker	3:25:40
Linda Tortora	3:30:56

M40 Pau Nicolaides

Joel Ruiz	3:01:21
Michael Rodriguez	3:01:42
Julio Reyes	3:02:18

Rich Hadley

Ronney Lovelace	3:06:51
Carlos Martel	3:06:59
Rafael Martinez	3:07:01

Kevin Browne

Roberto Desantis	3:10:11
Ernesto Salas	3:10:57
Dennis Doyle	3:12:06

Vicente Ledesma

M Vordenbaum	3:13:41
David Robinson	3:13:45
Jack Torrey	3:15:36

Paul Wummer

Guadalupe Ortiz	3:18:26
James Kane	3:19:27
Ken Swygard	3:19:35

M45 Ken Koestner

Victor Aguirre	3:03:44
Patrick Shannon	3:07:15
Hector Mendoza	3:12:30

Robert Deane

Paul Paese	3:15:54
Bob Wuest	3:16:37
Joe De La Rosa	3:17:11

Reynaldo Salinas

Jose Flores Jr	3:20:59
JD Woods	3:21:41
Brad Cramer	3:22:25

Juan Pina

Raul Rioscarrillo	3:23:26
John Rogers	3:24:14

M50 Gary Julin

Jimmie Jones	3:00:48
Alex Robles	3:10:48
Harvey Kunz	3:12:51

Eric Skogland

Mark Rindflesh	3:23:24
Ponciano Buentello	3:27:00
David Braje	3:27:09

Daryl Keltz

Thomas Rooney	3:27:54
Bill Blackburn	3:11:23
Doug Saari	3:13:15

Bill Harding

Richard Teitz	3:17:55
Jose Silva	3:23:58
Marv Bradley	3:32:06

Frank Schmidt

Phillip Dunne	3:36:46
M60 Martin Houg	3:34:19
Werner Klamroth	3:53:55

Dan Shuff

Jerry Sombke	4:08:45
M65 C Redepinning	3:19:31
Ray Boytim	3:52:51

M70 Alfredo Limon

W40 Marlene Peterson	3:41:07
Mary Clark	3:49:38
Helen Crittall	3:51:26

Sarah Martinez

Brenda Hicks	3:57:58
Charlene Hicks	4:00:10
Lori Davisson	4:00:14

Debby Stintzi

Jungeborg Kirmeyer	4:09:34
Mary Thiesse	4:11:01
W45 Charlotte Lindley	3:32:09

Judy Martin

Dorris McManus	4:03:37
Jeniece Burns	4:05:37
Delilah Garza	4:10:56

Sue Jett

W50 Therese Jochum	3:44:09
Jean Harrison	4:06:30
Marie Silva	4:10:05

Thelma Richardson

W55 Joseline Brestle	4:56:41
W60 Wen-Shi Yu	4:15:10
W65 Julia Wilkerson	5:13:40

WESTSanta Clarita Marathon
Santa Clarita, CA; Nov. 9

M40 Brian King	2:54:15
Craig Davidson	2:54:27
Takashi Yagisawa	2:55:09
Steven Watanabe	2:56:09
Bruce Kennedy	2:58:29
Joe Asuncion	3:07:39
Ruben Acuna	3:08:00
Bill Kissell	3:09:20
Levi Locke	3:11:42
John Shillings	3:12:28
Michael Ball	3:12:46

Christopher Fourie	3:13:32
Abel Contreras	3:14:13
Andrew Altman	3:14:42
Bruce Guter	3:16:47
Craig Landsverk	3:20:32
Scott Schweitzer	3:21:06
Nicholas Florio	3:22:47
Adolfo Carrillo	3:24:50
Fidel Diaz	3:26:34
M45 Barry Molony	3:04:00
Jim Rucker	3:09:05
Jerry Kisling	3:14:51
Bill Braun	3:15:22
Kris Ohlenkamp	3:19:24
Joseph Rizza	3:20:05
Ming Quon	3:20:20
Edward Fonda	3:24:16
John Scribner	3:27:43
Darrel Jones	3:28:21
Mark Russak	3:29:33
Phillip Snyder	3:29:49
Timothy Lynch	3:31:49
Richard Robertson	3:33:20
Gary Grierson	3:36:07
M50 Bill Sampson	2:59:22
Don McLean	3:03:43
Larry Owens	3:08:02
Mel Sandvig	3:20:36
Ronald Eichler	3:35:41
Joel Correa	3:41:42
David Sanders	3:45:58
Bruce Mauldin	3:46:15
Francisco Aranda	3:46:50
Ken Best	3:50:27
M55 Fred Perez	3:24:47
Jim Boyd	3:26:17
Keisuke Inoue	3:41:47
Sandy Waddell	3:51:58
Russell Cheney	3:54:33
Frank Rapallo	3:54:38
Regis Theriault	3:57:43
Robert King	3:58:33
M60 John Marshall	3:52:52
Preben Poulsen	4:05:34
Mike McKane	4:25:45
M65 Miguel Chinae	4:03:10
Stanley Block	4:20:50
Robert DeVita	4:36:13
W40 Susan Enlow	3:26:34
Paula Brierton	3:35:40
Lorraine Gersitz	3:36:22
Tannaz Ramezani	3:44:38
Susie Collieran	3:55:08
Terry Heintz	3:57:22
Ruth Hiltner	3:57:49
Gloria Touza	4:02:35
Victoria Rose	4:05:00
Vicki DeVita	4:05:07
W45 Joann Jung	4:25:27
Sandi Mulliner	4:32:15
Loraine Westhafer	4:33:07
Dara Fairchild	4:48:18
W50 Sandy Israel	3:56:44
Ann Tack	3:57:30
Ria Rugg	4:10:20
Irma Cunningham	4:29:54
W55 Barbara Valastro	3:50:05
Christie Edinger	4:21:49
Jo Ellen Sanders	4:34:29
W60 Judith Miller	5:25:17
W65 Bobbi Pollock	5:05:24

Davis Turkey Trot 5K/10K
Davis, CA; Nov. 22

5K	
Overall	
Will Allen 23	15:05
Diana Harlick 28	18:03
M35 Tim Minor	15:39
Mauricio Maia	16:34
Bill Mum Ma	16:47
Mike Galligan	17:01
Thom Pearman	17:22
Frieder Schurr	18:27
M45 Jim Gorman	16:37
Howard Price	17:08
Tim Carpenter	18:24
Michael Johnson	19:18
Howard Price	20:03
Dennis Lindsay	20:26
M50 Gary Brooks	18:26
Joe Romo	19:34
Roger Willmarth	20:10
Laurin Beckhusen	20:13
James Rooke	21:13
M55 Neal Carpenter	18:09
Jon Shelgren	18:50
Tim Rostegge	18:53
Walt Schafer	18:54
Ty Nelson	19:25
M60 Bill Wilson	21:19
Bryan Holmes	21:55
Yoshio Kobayashi	23:25
Russ Albright	28:41

M65 Wil King	21:57
Peter Yuen	24:24
Robert Miller	26:27
Russ Albright	28:41
M70+ Jim Sullivan 74	26:39
George Billingsley	27:41
Bob Burns 79	27:51
W40 Bev Marx	19:14
Ellen Lucas	19:38
Sharell Katibah	20:05
Christine Iwahashi	20:58
W45 Donna Pane	21:32
Kay Bolla	22:39
Alison Roe	25:47
Sandi Erba	25:55
Patricia Selsky	26:17
W50 Julie Yaffee	22:18
Mattie Jones	25:36
Karen Shepard	27:33
W55 Rusty Barnett	22:43
Lucia Khan	30:14
Pris Scanlon	33:46
W60 Joyce Takahashi	27:45
Marylou Koth	35:31
W65 Geri Sullivan	34:30
Charlotte Davis	36:27
W70+ Po Adams 73	31:22
Reva Rubler 74	50:20

10K
Overall

Alan Dehlinger 36	31:33
Mary Coordt 28	36:50
M35 Alan Dehlinger	31:33
Andreas Soeffker	33:50
Eric Wolfe	35:03
Gustavo Hernandez	25:06
Bryan Thoreson	35:11
Michael Tuffly	36:19
M40 Chuck Block	34:16
Marlene Eldridge	35:02
Mark Drake	36:04
Mike Deatherage	36:05
Bob Sharman	36:59
Bob Landry	37:23
M45 Dan Donohoue	36:27
Dick Ratliff	37:11
Daniel Ortiz	39:28
King Wayman	41:06
Greg Rousseve	41:07
Joseph Domagalski	41:53
M50 Jim Souza	39:36
Peter Davis	39:54
Wally McGrath	41:06
Alfred Murillo	41:52
Rich Howell	44:15
M55 Gary Walton	38:21
Howard Ferris	38:43
Mike Hawkes	39:58
Ben McCoy	40:28
Jerry Yaffee	41:16
M60 Joe McCladdie	47:50
Joseph O'Flaherty	57:07
Jon Stevens	57:51
M65 Jack Sohl	47:29
Neil Moore	54:28
Hank Gonzales	58:48
M70+ Ken Zacher	52:50
Bill Ballantine	56:25
W35 Luanne Park	37:38
Connie Kondo	39:15
Fumie Tatsuta	40:55
Deb Devome	41:09
W40 Debboe Jalamsspm	42:55
Leslie Vitale	43:38
Laurie Piner	46:02
Patty Ernst	47:08
W45 Dee Dee Grafius	39:27
Cindy Ainsworth	47:28
Barbara Ashe	47:49
Susan Wheeler	47:49
W50 Jeanne English	49:57
Betty Jordan	51:31
Patty Jacquez	51:51
Marianne Hawkes	52:24
Cynthia Hayes	53:04
W60 Marlene Kinser	1:02:19
Nova Poff	1:02:58
W65 Myra Rhodes	48:02
Marian McKone	1:00:34
W70+ Betty Hill	1:04:50

Run to the Far Side 10K & 5K
San Francisco, CA; Nov. 30

Overall	
David Welsh 26	30:38
Miriam Schmidt 28	36:40

M40 Antonio Corgas	34:23
Doug Rasmussen	35:46
Butch Alexander	35:50
Bruce Minard	36:32
John Hirschberger	37:03
M45 Charles Thompson	34:08
Artie Alvidrez	36:44
Antonio Garcia	36:59
Arthur Mitchum	38:00
M50 Jack Burns	39:23
Gary MacPherson	39:33
John Allanson	40:30
Thomas Estill	40:45
M55 Sal Vasquez	35:10
Brian Fernee	40:19
Jim Buck	40:30
M60 Patrick Ferguson	41:53
Don German	48:20
Bruce Horwitz	50:38
Peter Royce	52:29
M65 Ronald Blastland	44:29
Chris Denny	49:46
Dick Yaeger	50:35
Lee Jones	50:53
M70 Jim O'Neil	44:26
Jack Friedlander	58:44

Continued from previous page

Martha Wintermute	3:49:15
NancyLee Lees	3:52:26
Cass Newell	3:59:32
Barbara Lippincott	4:02:56
W55 Diane Palmason	3:25:56
Mae Palm	3:41:21
W60 Nancy Rathe	4:01:52
Anita Warner	4:18:13
Half-Marathon Results	
M40 Steve Jones	1:06:34
John Prins	1:15:21
Michael Dennison	1:15:27
James Mahar	1:16:04
Ted Pawlak	1:17:28
Al Schurman	1:19:23
John Carroll	1:20:00
David Penilton	1:20:40
Bob Walker	1:21:28
Richard Harris	1:23:12
Joe Grisett	1:24:26
Robert Sims	1:24:38
Wayne Pumphrey	1:25:20
Dwight Ellett	1:25:25
Timothy Leque	1:26:23
Athol Symonds	1:26:54
Kevin Sanford	1:27:55
Marshall Peabody	1:28:11
John Degel	1:29:32
Tom Loranger	1:29:42
M45 Jack Igarashi	1:13:07
Mark Mochon	1:19:13
George McWilliam	1:19:36
Neil Gelblum	1:22:04
Hajo Brumund	1:22:48
Keith Levien	1:22:48
Roger Twedt	1:23:00

Stan Grochowski	1:23:53
David Cook	1:24:55
Phil Bell	1:25:00
John Schulte	1:25:30
Peter Chimich	1:26:29
Jay Gainer	1:26:35
Tony Vanger	1:27:15
Greg Easton	1:29:04
William Warnekros	1:29:59
Neil Richardson	1:30:23
Jim Boer	1:30:25
Don James	1:30:44
Rick Lambert	1:30:57
M50 Jeff Corkill	1:16:45
Allan Kerr	1:20:02
Ron Miller	1:23:05
Ron Taylor	1:26:06
Mike Mullaley	1:26:11
Steve Jones	1:26:18
Wayne Bayer	1:26:34
Phillip Moritz	1:26:53
John Strait	1:27:13
Mike Frank	1:27:24
Duane Murphy	1:28:13
Steve Moe	1:28:38
Mike Lovejoy	1:29:14
TJ Pempel	1:31:24
Jeff Votaw	1:31:43
M55 Jon Houghton	1:33:28
Mickey Beary	1:35:00
Jim Price	1:40:57
Seppo Tuominen	1:42:00
Larry Williams	1:42:23
Henry Wiebe	1:42:24
Isaac Oram	1:43:11
Mike Lewis	1:43:59
Kenneth Lont	1:45:44
Christopher Fryer	1:46:12

M60 Bill Iffrig	1:31:28
Peter Marshall	1:37:53
Herm Eerkes	1:39:21
Cecil Stearns	1:40:13
Larry Wright	1:40:15
Bill Robbins	1:44:32
Chark Nipp	1:45:12
William Butler	1:45:50
Roger Mix	1:46:49
Robert Glenn	1:53:09
M65 Robert Reed	1:41:56
Murray Andrews	1:45:26
Ralph Riddick	1:47:50
David Gossard	1:48:57
George Lundin	1:52:35
M70 Robert Pugmire	2:12:01
Howard Stamp	2:23:56
Jule Crabtree	2:59:54
W40 RaineyKay Stolz	1:25:05
Verlene Fletcher	1:31:17
Ellie Matheson	1:33:27
Beth Regehr	1:35:12
Cindy Brokens	1:36:05
Norva Osborn	1:37:40
Jan McAvoy	1:39:19
Mary Steinberg	1:39:35
Cynthia Spraggs	1:41:09
Jean Bryant	1:42:32
Janice Korsmo	1:42:52
Pauline Stynes	1:43:26
Heidi Peyton	1:44:11
Bonnie Beaman	1:44:21
Valerie Konnerup	1:44:55
Joan Brookhyser	1:45:00
Pam Pedlow	1:45:55
Trudy Shaw	1:46:32
Cindy Norman	1:46:57
Cyndi Goldberg	1:47:02
W45 Ann Bell	1:35:20

Lyn Polson	1:35:43
Jane Senda	1:37:43
Bobbi Fyten	1:38:31
Cecilia Bay	1:42:18
Janice Gannon	1:43:05
Carol Barany	1:44:09
Susan Franck	1:45:12
Ann Hayes	1:46:30
Dorothy Henry	1:48:23
Wendy Lee	1:50:29
Connie Bischoff	1:53:38
Patti Leveille	1:53:45
Judy Smith	1:54:05
Martha Nero	1:54:20
Irene Gane	1:36:44
Phyllis Nelson	1:42:32
Barbara Travis	1:45:22
Jean Crecelius	1:47:33
Joani Wright	1:48:44
Nancy Pendergraft	1:51:30
Carolyn Hodovance	1:51:47
Kathy Brady	1:54:05
Sandra Fryer	1:54:13
Karen Morrow	1:54:15
Mindee Morning	1:55:24
Diane Wilson	1:55:29
Hilda Wiebe	1:55:48
Linda Viskberg	1:56:40
W55 M Christensen	1:55:53
Carolyn Baker	1:56:49
Sandy Johnson	1:58:53
Nadine Rushfeldt	2:01:54
Charlotte Mooney	2:02:09
Sharon Connolly	2:06:10
Lyn Rawlinson	2:06:35
Gwen Lee	2:08:27
Rosemary Spate	2:10:03
Jean Moore	2:10:06
W60 Joan Landis	1:45:16
Sue Stipe	1:45:39
Sarah Babbitt	2:01:42
Barbara Macklow	2:02:17
Arlene Ameson	2:06:55
W65 Inge Hendron	2:06:26
W70 June Curry	2:36:04

INTERNATIONAL

British & Irish Cross-Country Championships

Ballymena, Northern Ireland; Nov. 8

10K Results

M40 Rob Wise ENG	31:37
Jim Estall ENG	31:55
DWilsonEvansENG	32:14
M45 Mike Hager ENG	31:57
Ken Moss ENG	32:31
Archie Jenkins SCO	32:47
M50 Alun Roper WAL	33:02
John Buckley IRE	33:16
C Youngson SCO	33:23
M55 Phil Lancaster ENG	34:41
R Highnam ENG	35:00
Les Haybnes IRE	35:27
M60 Dave Spencer ENG	37:01
Cyril Leigh WAL	37:07
Len Evans WAL	38:25

5K Results

W35 Ann Carroll IRE	18:02
T Thompson SCO	18:12
Alison Fletcher ENG	18:15
W40 Sheila Allen ENG	18:13
Moir O'Neill IRE	18:18
Jan Moorekile ENG	18:37
W45 Zina Marchant IRE	18:43
J Heffernan ENG	19:19
Edwina Turner WAL	19:30
W50 Elaine Statham ENG	19:56
M Auerback ENG	20:17
Evelyn McNellis IRE	20:19

RACEWALKING

Alan Ranofsky 10K/5K Racewalks

Cooper City, FL; Nov. 15

10K

Overall

Rod Vargas 48	58:29
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Roswitha Sidelko 45	58:48
M40 Bob Cella	59:17
M45 Juan Mora	1:02:21
M50 Phil Valentino	1:02:29
M55 John Backlund	1:08:16
M60 Bob Cella	59:17
M65 Bob Fine	1:02:42
M70 Sumner Shafmaster	1:17:51
W35 Judy Heidrick	1:15:45
W40 Linda Stein	1:03:45
W45 Roswitha Sidelko	58:48
W50 Linda Stein	1:03:45
W65 Ruth Perraud	1:14:11

5K

Overall

Jason Wettlin 10	32:30
Linda Talbot 35	31:37
M40 Arthur Salerno	36:11
M50 Jay Caplen	37:18
M60 John Sears	36:42
M70 Jerry Kauffman	36:17
W40 Beth Gustafson	35:52
W50 Barbara Grand	32:33
W60 June Ranofsky	36:28
W70 Charlotte Baker	55:18

USATF Pacific Association

One-Hour Racewalk

Championships

Los Altos, CA; Nov. 23

Meters

M40 Art Klein	9917
John Doane	9256
M55 Stu Kinney	8047
M60 James Fisher	8947
M65 Bill Moreman	9187
M70 Rich Hansen	8320
W40 Therese Iknoian	10,570
W45 Ann Gerhardt	10,259
W50 Bonnie Turner	7259

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DECEMBER 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DAVID BROWN (WHITTIER, CA)	12-22-22	75-79
BRUD CLEVELAND (US)	12-10-17	80-84
ALEX CORPACIOUS (HONOLULU, HI)	12-25-77	90-94
ROBERT DELLWO (SPOKANE, WA)	12-10-17	80-84
ELIGIO GALICIA (MEX)	12-1-22	75-79
HAROLD HITT (PORTLAND, OR)	12-23-32	65-69
IVAN IVANCIC (YUG)	12-6-37	60-64
HELLMUTH KLIMMER (GER)	12-30-37	60-64
STEPHEN LESTER (VT)	12-29-42	55-59
NORMAN LLOYD (PALO ALTO, CA)	12-3-32	65-69
JAMES VAN MANNEN (CA)	12-15-32	65-69
DOUGLASS MCFETTERS (PLEASANT VAL, AZ)	12-1-32	65-69
DENNY MEYER (SEATTLE, WA)	12-27-32	65-69
PIERO NASE (ITA)	12-11-17	80-84
JAMES OLESON (SANTA MONICA, CA)	12-29-17	80-84
JACK PENNINGTON (AUS)	12-11-22	75-79
MAX PICKL (CANADA)	12-24-17	80-84
BILL ROGERS (SHERBORN, MI)	12-23-47	50-54
ROGER RUTH (US-VICTORIA, CAN)	12-23-27	70-74
ROSS SMITH (RENO, NV)	12-11-27	70-74
GUNTHER STOLZENBURG (WG)	12-13-7	90-94
RANDY TAYLOR (LITTLE ROCK, AR)	12-13-47	50-54
TORSTEN VON WACHENFELDT (SWE)	12-24-27	70-74
HAROLD WALLACE (ANAHEIM, CA)	12-17-27	70-74
JAY WALLACE (RICHMOND, VA)	12-8-27	70-74
SAMMY WHITE (EAST POINT, GA)	12-23-37	60-64
POLLY BAILEY (ST. LOUIS, MO)	12-15-22	75-79
MARY ANN BERG (LAKE OSWEGO, OR)	12-5-52	45-49
FRANCES BRADFORD (MILL VALLEY, CA)	12-22-22	75-79
CAROLANN CASTEL (KIRKLAND, WA)	12-21-47	50-54
BARBARA DURAND (THOUSAND OAKS, CA)	12-30-32	65-69
AMY HICKS (US)	12-12-32	65-69
SUSAN HINZ (PULLMAN, WA)	12-30-47	50-54
VEALLON HIXSON (SUN CITY, AZ)	12-2-7	90-94
CHRIS JOHNSTON (HOOPER, US)	12-25-47	50-54
EVA KARL (US)	12-26-22	75-79
ELAINE KIRCHEN (NEW YORK CITY, NY)	12-1-42	55-59
MARY JANE MILLER (ST. LOUIS, MO)	12-28-27	70-74
JEAN MITCHELL (PORTLAND, OR)	12-29-22	75-79
MARYLIN MITCHELL (NYC, NY)	12-23-42	55-59
GINGER SMITH-PARKS (DE)	12-28-47	50-54
MARY PARSONS (GARLAND, TX)	12-11-12	85-89
FRAN PATTERSON (ST. JAMES, MO)	12-15-12	85-89
BETTY POPPERS (DENVER, CO)	12-17-42	55-59
PHYLLIS SMITH (SAN DIEGO, CA)	12-4-37	60-64
JOAN STERRETT (E. MEADOW, NY)	12-17-57	40-44
MARCIE TRENT (ANCHORAGE, AK)	12-22-17	80-84
EDNA VALENCIA (US)	12-30-22	75-79
HAROLINE WALTERS (EL TORO, CA)	12-5-42	55-59
NAOKO ARASHI (JPN)	12-7-42	55-59
LIDA BERKHOUT (HOL)	12-21-52	45-49
INA BLAUW (HOL)	12-1-47	50-54
JEANNE GRUT (DEN)	12-13-27	70-74
ELSE HUMMER (WG)	12-16-12	85-89
ANTONINA IVANOVA (URS)	12-25-32	65-69
PRIYADARSHINI KANWAR (IND)	12-29-32	65-69
MARIANE MAIER (AUT)	12-25-42	55-59
EVA-MARIA MICHAEL (WG)	12-22-52	45-49
KIMIKO NAKAMURA (JPN)	12-7-37	60-64
ARLEY NICHOLLS (AUS)	12-19-12	85-89
ANTIONETTE SHAW (AUS)	12-1-47	50-54
RAE WENMOTH (NZ)	12-7-32	65-69
EVAUN B. WILLIAMS (GB)	12-19-37	60-64
L'NNE WILLIAMS (AUS)	12-14-47	50-54
CHRISTIANE WIPPERSTEG (WG)	12-25-27	70-74

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JANUARY 1998

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WILLIAM ADLER (WOODLAND HILLS, CA)	1- 2-33	65-69
HEINRICH ARIANS (WG)	1-26-28	70-74
GARY BANE (ANAHEIM, CA)	1-15-38	60-64
BOB BILLINGS (EL CENTRO, CA)	1-21-33	65-69
JOHN BOWLES (AUS)	1-13-13	85-89
FAY BRADLEY (WASH. DC)	1-13-38	60-64
WILLIAM BROBOSTON (SAUGERTIES, NY)	1-13-13	85-89
PAUL CARMICHAEL (SAN FRANCISCO, CA)	1-22- 8	90-94
BILL CLARK (SICKERVILLE, NJ)	1- 8-33	65-69
SYDNEY CLARKE (GB)	1- 5-33	65-69
DON CLAXTON (GB)	1-19-38	60-64
RON FRANKLIN (GB)	1- 7-28	70-74
ARNIE GAYNOR (ORANGE, CA)	1-19-28	70-74
GEORGE GLUPPE (CAN)	1-19-33	65-69
KEN JANSSON (WICHITA, KS)	1-20-58	40-44
GEORGE KER (GRANADA HILLS, CA)	1-15-23	75-79
CLARENCE KILLION (DINUBA, CA)	1-26-18	80-84
HENRY KUPCZYK (CAN, NASHVILLE, TN)	1- 2-33	65-69
JOHN LAFFERTY (SAN DIEGO, CA)	1-14-18	80-84
SERGEY LITVINOV (RUS)	1-23-58	40-44
FRANZ MEIER (SWI)	1-21-18	80-84
PHIL MULKEY (ATLANTA, GA)	1- 7-33	65-69
BILL NICHOLSON (NZL)	1-13-23	75-79
MASON O'NEIL (NEW YORK CITY, NY)	1- 2-38	60-64
LOUIS PERESYNYI (MONTEREY, CA)	1-16- 8	90-94
WILLIAM PHILLIPS (SAN DIEGO, CA)	1-22-28	70-74
DONALD PICKETT (TIBURON, CA)	1-11-28	70-74
STEPHEN ROBBINS (DEL MAR, CA)	1-31-43	55-59
BOB SAGER (US)	1-14-48	50-54
LARRY SALLINGER (ORANGE, CA)	1-17-43	55-59
HAROLD SMITH (GB)	1- 5-18	80-84
BILL STEWART (ANN ARBOR, MI)	1- 6-43	55-59
BOB WARREN (OTTUMWA, IA)	1- 6-38	60-64
FRED WHITE (DUNCANVILLE, TX)	1- 3-13	85-89
KEITH WITHERSPOON (US)	1- 2-53	45-49
WILLIAM WOLF (MINNETONKA, MN)	1- 1-28	70-74
ALASTAIR WOOD (GB)	1-13-33	65-69
DOT CALLAN (HI)	1- 4-18	80-84
FENYA CROWN (BEVERLY HILLS, CA)	1-25-13	85-89
FLORENCE FAWLEY (WESTERVILLE, OH)	1-29-23	75-79
KATE FULKERSON (DURHAM, NC)	1- 4-48	50-54
KATHARINE GRADICK (MARATHON, FL)	1-30-18	80-84
PRISCILLA LIBBY (LOS ANGELES, CA)	1-12-18	80-84
SUSAN MEANS (MCMINNVILLE, OR)	1- 7-33	65-69
MARYLIN PAUL (PORTLAND, OR)	1-20-38	60-64
DENISE ROGERS (ST. LOUIS, MO)	1-11-23	75-79
MILDRED ROSS (US)	1- 4-28	70-74
FLORENCE RUTLEDGE (ST. LOUIS, MO)	1-21-23	75-79
MARY RYAN (MA)	1-19-53	45-49
ANNE VANDERHOFF (BOTHELL, WA)	1- 2-38	60-64
MARTHEL VON DER BERGE (WG)	1- 6-28	70-74
YELIZAVETA CHERNYSHOVA (RUS)	1-26-58	40-44
YELIZAVETA CHERNYSHOVA (RUS)	1-26-58	40-44
LYNNE CHOATE (AUS)	1-14-53	45-49
ALICE GOMES COELHO (BRA)	1-23-28	70-74
LORE EIFLER (WG)	1-28-23	75-79
INGE FALDAGER (DEN)	1- 8-48	50-54
HANNA GELBRICH (WG)	1-19-13	85-89
ANA GOLDMANN (ARG)	1-10-48	50-54
GEAN HEMMING (CAN)	1-18-43	55-59
PENNY HUNT (NZ)	1-18-48	50-54
GUN JOHANSSON (SWE)	1- 6-43	55-59
HIDEKO KOSHIKAWA (JPN)	1- 2-33	65-69
ANNA MANDLER (WG)	1-14-23	75-79
LIZ MCLAIN (CAN)	1-30-48	50-54
REIKO NARUICHI (JPN)	1-28-38	60-64
MARINA PROTZ (GER)	1- 2-58	40-44
NANDA RAJAPAKSE (SRL)	1-31-43	55-59
HELENA RANTAKARI (FIN)	1-15-53	45-49
MARIA MELANIA DOS SANTOS (POR)	1-19-28	70-74
VELTA TOMSONS (CAN)	1- 7-28	70-74
BARBARA TURBOTT (NZL)	1-16-38	60-64
KEIKO UCHIDA (JPN)	1-26-43	55-59



1998 NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center, Boston, Massachusetts

March 27 - 29, 1998

Presented by USA Track & Field - New England



ELIGIBILITY. Open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age-groups, relays in 10-year age-groups. Meet will be run in accordance with USATF Competition Rules and Regulations. 1998 USATF membership will be required for all US residents. Membership may be obtained through your local association, or on-site at the meet for \$15.

ENTRY. March 8, 1998 is the deadline for the early entry fee, and a guarantee that confirmation of your entry and final instructions will be mailed to you. **No entries, additions or changes will be accepted after March 20, 1998.** The entry fee includes admission for two to the Championships. Additional tickets will be available at \$5 per day, children under 12 free. Relay registration will take place on-site only (\$20 per team).

AWARDS. USATF Championship medals will be awarded to the top three places in each age-group of each event final. Foreign athletes will receive a duplicate award.

FACILITY/IMPLEMENTS. Six lane, lightly banked 200 meter Mondo track, eight lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. There will be one weight and two shot circles, throwing onto a synthetic surface. Softshell shot and bag weight implements only, except for the Superweight (men 30-59), which will be contested outdoors. Pole vaulters should bring their pole, rated to their bodyweight.

HOTEL and TRAVEL INFORMATION. Headquarters: Back Bay Hilton, 40 Dalton Street, Boston, (617)236-1100 - \$139, a world class hotel located near all area attractions (shuttle to track); Howard Johnson Kenmore, 575 Commonwealth Avenue, Boston (617)267-3100 and Howard Johnson Fenway, 1271 Boylston Street, Boston, (617)267-8300 - \$109 (both shuttle to track); Holiday Inn, 399 Grove Street, Newton, (617)969-5300 - \$69 (must have car, or use trolley). **To get the special rates make reservations at least 30 days prior to meet and mention the National Masters Championships.**

MARATHON TOURS, (800)444-4097, has information for your air travel and accommodation needs. Boston Convention and Visitors Bureau: (800) 888-5515

FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS. Help ensure the high quality of these Championships and future meets with a donation. All contributors will be listed in the official meet program and receive a set of meet results. Please consider:

GOLD \$100 contributors receive an event polo shirt and pin.

SILVER \$50 contributors receive a meet T-shirt and pin.

BRONZE \$25 contributors receive a pin.

THANK YOU.

FRIDAY MARCH 27

3:00 pm Registration

TRACK

4:30 pm 3000 Meters All

FIELD

4:00 pm Pole Vault Men 60+
Weight Women
Triple Jump Women
6:00 pm Pole Vault Women
Weight Men 60+
Triple Jump Men 60+

SATURDAY MARCH 28

8:00 am Registration

TRACK

9:00 am 60 Meters Trials, All
11:00 am 60 Meters Finals, All
11:45 am Mile All
2:00 pm 400 Meters All
4:00 pm 60 m. Hurdles, Trials/
Finals, All
5:00 pm 4 x 800 m Relays, All

FIELD

9:00 am Shot Put Women
Shot Put Men 50-59
Long Jump Men 30-39
10:00 am Pole Vault Men 40-49
Long Jump Men 40-49
11:00 am Shot Put Men 40-49
Shot Put Men 70+
Long Jump Men 50-69
12 noon High Jump Men 30-39
High Jump Men 70+
Pole Vault Men 50-59

Saturday, March 28 - continued

1:00 pm Shot Put Men 60-69
Shot Put Men 30-39
1:30 pm High Jump Men 40-49
High Jump Men 60-69
Long Jump Men 70+
2:00 pm Pole Vault Men 30-39
2:30 pm Weight Men 50-59
3:00 pm High Jump Men 50-59
4:00 pm Long Jump Women
4:30 pm Weight Men 40-49
6:00 pm Weight Men 30-39

TBA General Meeting

SUNDAY MARCH 29

8:00 am Registration

TRACK

9:00 am 3000 M. Racewalk All
11:00 am 200 Meter Trials, All
1:00 pm 800 Meter Final
3:00 pm 200 Meter Final
3:30 pm 4 x 400 M Relays, All

FIELD

10:00 am Triple Jump Men 30-39
Superweight Women 60+
to follow Superweight Women 30-59
to follow Superweight Men 70+
High Jump Women
11:00 am Superweight Men 60-69
to follow Superweight Men 50-59
to follow Superweight Men 30-49
11:30 am Triple Jump Men 40-49
1:00 pm Triple Jump Men 50-59

COMPETITION/ORDER. Women followed by men, oldest to youngest. Age groups may be combined to fill sections. Starting heights will be determined by facility equipment. If the number of entrants in an age-group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. **NOTE** that field event starting times may need to be adjusted due to the size of fields.

FinishLynx Automatic Timing

MEET INFORMATION

Call USA Track & Field-New England at (617) 566-7600

<http://www.coolrunning.com/usatf.htm>

ENTRY FEE:

\$25 for first event.

\$15 each additional event.

After March 8, a late fee of \$10 per event will be added.

After March 20, no entries, changes and/or additions will be accepted.

Faxed entries will not be accepted.

PAYMENT:

Make checks payable to USATF - NE, US funds only, drawn on a US bank. All fees must be paid prior to the meet.

MAIL TO:

National Masters Indoor Championships
USATF-New England
P.O. Box 1905
2001 Beacon Street, Suite 207
Brookline, MA 02146.



1998 USATF NATIONAL INDOOR TRACK & FIELD CHAMPIONSHIPS

ENTRY FORM

First Name _____		Last Name _____	
Address _____		City/State _____ Zip _____	
Telephone _____		Club/Affiliation _____	
Male/Female _____	Date of Birth _____	Age (as of 3/27/98) _____	1998 USATF number _____
Event	Best Recent Performance	Fee	
1. _____	_____	_____	
2. _____	_____	_____	
3. _____	_____	_____	
4. _____	_____	_____	
5. _____	_____	_____	
6. _____	_____	_____	
T-shirt order (pre-event only)		Total Entry Fees: \$ _____	
S _____ M _____ L _____ XL _____ XXL _____		Total: _____ shirts x \$12 = \$ _____	
		Friends' Contribution: \$ _____	
		TOTAL ENCLOSED \$ _____	

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well-being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: _____

DATE: _____