Stookey, McDaniel Named Best 1998 T&F Athletes; Wysocki, Rodgers Top LDR Picks

Honors Go to Stuart, Lehane, Ricciardi, Romansky, Brubaker and Weinbel

James Stookey, 68, Dickerson, Md., the USA Track & Field Masters honoree as outstanding male track and field athlete in 1996, was again honored as the outstanding age-40-and-over athlete for 1998 by the Masters T&F Committee of USA Track & Field, the national governing body for athletics in the U.S.

Leonore McDaniel, 70, Virginia Beach, Va., was voted the top female masters performer, and was doubly honored by her selection for the outstanding female multi-event award by the same group at the 20th annual convention of USATF in Orlando on Dec. 4.

Armando Ricciardi, 78, Reno, Nev., was the outstanding male multi-event award recipient.

The top racewalking awards went to Larry Stuart, 60, El Toro, Calif., and Leslie Lehane, 35, Boston, Mass.

Ken Weinbel, Seattle, Wash., the Masters T&F Committee Chairman was named the outstanding T&F administrator.

The versatile Stookey, a multiple champion both indoor at Boston and outdoor at Orono, Me., was unbeatable in his specialties, the flat jumps, and won the indoor pentathlon and heptathlon in his division. He competed in meets coast-to-coast, from the Hayward Classic, Eugene, Ore., to the Southeastern Meet, Raleigh, N.C.

His prowess is best understood by his performance in the team competition in the Hayward Meet, where scoring was based not on simply finishing.

Ruth Wysocki, 41, and Bill Rodgers, 50, were among 23 runners honored by the Masters Long Distance Running Committee of USATF at its 20th annual convention in Orlando on Dec. 4.

The LDR Committee offers awards in five-year categories, plus the outstanding male and female ultra runners of the year.

Wysocki, Canyon Lake, Calif., won the one-mile championship in January 1998 with a 4:42 (94% age-graded) and the 10-mile championship in August with 57:21 (90.2%). Her 34:49 10K led the other five nominees for the W40 award. Although third behind Joan Samuelson and Jane Welzel at the Freihofer’s 5K championship, her other performances were sufficient to give Wysocki the nod.

Rodgers, Sherborn, Mass., easily outpaced six other nominees in the M50 category. While he won only one national championship, the 8K at Chicago in March with 26:23 (90%), he raced from 5K to 10 miles with nine performances ranked faster than any of the other nominees by the Road Running Information Center (RRIC) in its 10K equivalencies.

Craig Young, 42 Colorado Springs, Colo., and Warren Utes, 78, Park Forest, Ill., finished 1-2 in the age-graded standings of the Indy Life Circuit. Utes took top money for age-graded, since Young also won the overall men’s competition. Young was named M40 winner over Steve Plascencia, Jon Sinclair, John Tuttle, Jim Hage, and Paul Pilkington in tight voting, while Utes walked away with the M75 title for the fourth year in a row.

Continued on page 20

Young, Ottaway, Utes, Baymiller Among 23 Runners Honored at USATF Convention

Ruth Wysocki, 41, and Bill Rodgers, 50, were among 23 runners honored by the Masters Long Distance Running Committee of USATF at its 20th annual convention in Orlando on Dec. 4.

The LDR Committee offers awards in five-year categories, plus the outstanding male and female ultra runners of the year.

Continued on page 21
15 Elected to USATF Masters Hall of Fame

Fifteen more masters athletes have been elected to the USATF Masters Hall of Fame, bringing the total to 29 since the Hall was inaugurated in 1996.

The regular Hall of Fame Committee selected 10 new members: Bob Boal, Ross Carter, Max Green, Marion Irvine, Shirley Matson, Bob Mimm, Pete MundIe, Jim O'Neil, Pat Peterson, and Al Sheahen.

Norm Green, who coordinated the voting, said ballots with supporting data were sent to persons listed in the USATF Directory as members of the Masters T&F and Masters LDR committees. Sixty-three persons voted, casting 574 votes. Each electee received at least 50% of the votes cast.

Five others were chosen by a special "Old Timers" committee, which was established in 1998 to elect athletes who were active many years ago and may not be familiar to current voters.

Those five are Herb Anderson, Harold Chapsion, Polly Clarke, Clive Davies, and George Sheehan.


The Hall now contains 18 men and 11 women.

Due to lack of funds, the only award presented to date is Spangler’s.

Ken Weinbel said the Martin

Continued on page 8
NO FALSE START RULE
After some of the animosity, hostility and divisiveness that formed part of the debate over the no false start rule during the past year, I must admit to some trepidation as we met at the convention in Orlando. I would like to thank everyone who was present Dec. 2 for keeping the discussion at a high level. Louise Tricard, Edie Dennis and Eric Zemper in particular presented excellent arguments on both sides of the issue.

For those who have suggested some rigidity on the part of the Masters Track & Field Committee delegates, the overwhelming vote four years ago (about 33-1), which retained the no false start rule, was replaced by a 28-16 vote to remove it. Given the number of familiar faces, I would guess that close to two dozen people listened and reversed their positions.

I am convinced that at this time in Masters Track & Field, the elimination of this rule will be very positive for our sport. I hope we never revisit this issue, and encourage sprinters to assist in not giving anyone an excuse to submit a proposal to revert to what we had for more than a decade. Educate the novices. Put a little peer pressure on anyone playing games.

Again, thanks to all who participated. I look forward to the Indoor and Outdoor Championships to validate our action.

Graeme Shirley Masters Track & Field Coordinator

I have been informed that the No False Start Rule was voted out, 28 to 16, at the USATF convention in Orlando. Congratulations to Hank Nottingham and Louise Tricard of Florida, who spearheaded the drive to get rid of the rule. Now we'll be in sync with the rest of the world. As they say, "Better late than never."

Al Guidet California City, California

IRONMAN ORIGINS
Mike Tymn, coming from Hawaii, can be forgiven for stretching the facts (NMN, November 1998) when he claims Tom Knoll "was present at the discussion that gave rise to the birth of the Ironman and the sport of Triathlon" and that John Collins "then a Navy officer, is considered the Father of the Ironman and the Triathlon."

It is true that Collins is considered the Father of the Ironman and justifiably so. But, contrary to popular belief, he did not invent the sport of triathlon. Credit for that belongs to members of the San Diego TC, who started a run-swim in 1972, and run-bike-swim in 1973. Collins, who was then stationed in San Diego and a San Diego TC member, participated in the 1973 event. Apparently his participation in the truly first triathlon, not with him, for he and some other Honolulu residents came up with the concept of the athletically demanding Ironman. As noted by Tymn, the first Ironman came into existence in 1978, which was some six years after the first triathlons were conducted in San Diego.

David Pain San Diego, California

FIRST CENTENARIAN
In response to Tom Hartshorne's letter (November 1998), his dad, Jim, a close friend of mine, did win the mile in the 1968 Masters Nationals in San Diego in 4:50.5 but did not defend his title in the 1969 Nationals in San Diego. Instead, he came in third to me and Don Pickett in the two-mile.

Larry Lewis (purportedly the first 100-year-old competitor) was the honorary referee but did not compete in the M60+ 100y, nor did he ever compete in a masters meet. His age was never verified, and many thought he was much younger.

So, Ben Levinson is the first verified, over-age-100 masters competitor ever. I have his birth certificate to prove it. There is one masters athlete from India who claimed he was over 100, but it was obvious to onlookers that he was probably in his 80s. He had no valid birth certificate.

Pete Mundle Venice, California USATF Masters T&F Records Coordinator

TULSA 15K
I went to Tulsa, Okla., for the National 15K Championships, looking forward to being seeded or given a fair start as I usually place between second and eighth in the M65 division. The officials said they couldn't do that. I asked for a number to indicate my age group on my back. The officials said they were not doing that. In the race, I passed a man with his number on his back (60-64), and he said he understood that they gave them to some and not others.

My starting position was a block back. It was 52 seconds before I got to the starting line and another half to three-quarters of a mile of slow jogging before I could break free. I estimated I lost 1 1/2 minutes.

Later, I received a postcard saying I was second of 42 in my age group, and a western style picture frame with no certificate.

The December issue of the NMN shows some results of the Tulsa Run, but other than knowing that Paul Heitzman tore the course up, as usual, there is no information for the M65 group. Since neither Dick Wilson nor others from that area who beat me with ease are not mentioned, I wonder if I was in the right race to be second, even when penalized more than a minute.

This was the worst scenario for a national championships that I have been involved in. All I look for is a correct time for me, and the names and times of my competition.

Robert T. Coffey Fort Worth, Texas

Drugs Testing
Hal Higdon's article ("Cancel all Records," Dec. NMN) implies there was no drug testing at the WAVA World Championships in Durban, July 20, 1997.

Phil Mulkey Marietta, Georgia

Rapid City, South Dakota
Panama, Panama
Tulsa, Oklahoma
Cary, North Carolina
Scottsdale, Arizona
Basking Ridge, New Jersey
Depoe Bay, Oregon
Hamilton, Ohio
Oradell, New Jersey
Lisle, Illinois
Woonsocket, Rhode Island
Metairie, Louisiana
Warrensburg, Missouri

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

Special thanks this month go to:
Mary Ellen Bennett
H. A. Chandeck
Richard Donley
Miriam Dye
Warren Gillette
Archie Glassy
Gene Harte
C. R. Lukens
B. J. Manno
Daniel Patt
Russell Ridolfi
Ted Tenari
James Young

Or Call: 818/766-8983

Phil Mulkey

Drugs Testing
Masters Indoor Championships Return to Boston

For the third consecutive year, Boston, Mass., will host the National Masters Indoor Track & Field Championships, which will take place March 26-28.

TRACS, Inc., the athletic consulting firm which first brought the meet to Boston in 1997, will again manage the event. As in 1997, TRACS will work closely with USATF-NE Association Director Steve Vaitones, who managed the event in 1998, and with the Boston Running Club, which will again act as meet host. The collaborators are thrilled that the championships are returning to Boston for the third consecutive year.

Based on their experiences managing the last two championship meets and valuable feedback from past competitors, TRACS and USATF-NE have instituted a number of modifications in the meet format. "As meet managers, we are here to serve the athletes," said Fred Treseler, president of TRACS, Inc. "Our goal is to create a meet that allows the athletes to have their best possible performances."

Among the changes and improvements in this year's meet is the addition of the indoor pentathlon to the schedule of events. The men's and women's pentathlons will begin at 9 a.m. on Friday. Further details on the pentathlon can be found on the TRACS web site (www.tracs.net). Also found at this web address will be meet hotel and transportation information, printable entry forms, and another innovation, a list of entries by event posted in the week prior to the meet.

As in 1997 and 1998, the meet will be held at the Reggie Lewis Track & Athletic Center, ranked among the top five indoor tracks in the United States. This facility has been the stage for numerous record-setting performances in the past two years. In 1997 alone, 26 world national records were set, along with an additional 15 U.S. records.

As in 1997, competitors may take advantage of the opportunity to stay at one of Boston's finest hotels at an incredibly discounted rate of over 50% off the regular room charge. Complimentary shuttle service will be provided between the headquarters hotel and the meet site. In addition, the hotel offers complimentary round trip shuttle service to many of the top attractions around Boston. The Seaport Hotel can be contacted at 1-800-982-4683. Reservations must be made prior to Feb. 25, to take advantage of this offer.

In both 1997 and 1998, record numbers of competitors joined together in Boston to compete in the meet. TRACS looks forward to once again welcoming between 800 and 1000 masters athletes from across the nation and around the world to this Championship event. For more information visit the TRACS website or call the automated event hotline at 617-964-8356.

(Note: At the 1998 USATF Convention, in Orlando, Fla., the Masters Committee voted unanimously to grant the bid for both the 2000 and 2001 National Masters Indoor Track & Field Championships to the city of Boston for unprecedented fourth and fifth consecutive years. USATF-NE will manage the event in 2000, with the assistance of TRACS, and TRACS will assume management in 2001, assisted by USATF-NE.)

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SILVER STATE TRACK MEET
February 14, 1999
MASTERS CLASSIC

The fourth annual Indoor Masters Track and Field meet is sponsored by the University of Nevada, Reno and the Silver State Striders. The Track is the University'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:  Sunday, February 14, 1999  TIME: 7:30 a.m.

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

FEES:  $20.00 for first event, $10.00 each thereafter - Relays $20.00 per team. (Sorry, no refunds.)

DEADLINES:  Registration must be received by Saturday, Feb. 6, 1999 for final schedule. (Walk in registration is limited to lane & time availability.)

REQUIRED:  1999 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 - $45.00 a night (1-800-448-4555, two blocks from track).

HOLIDAY INN - Hotel / Casino - $49.00 a night (1-800-648-4877, three blocks from track).

Running Events  
3000m Racewalk - 8:00  
3000m Run - 9:15  
60m Dash - 10:00  
800m Run - 10:15  
Relays (4 x 200, 4 x 400, 4 x 800) - 2:00

Field Events  
200m Dash - 11:15  
500m Run - 11:45  
60m Hurdles - 1:00  
400m Dash - 1:30  
Weight-In and measure - 8:45  
Pole Vault - 9:30  
Long Jump - 9:30, followed by Triple Jump  
Shot Put - 9:30, followed by Wt. Throw then Super Wt. Throw  
High Jump - 10:45

Send completed application and entry check payable to the Silver State Striders, P.O. Box 21771 Reno, NV 89515 (702)832-4428

NAME:  
ADDRESS:  
ZIP:  

CITY/STATE:  
DATE OF BIRTH:  1999 USATF #:

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 Silver State Indoor Masters Classic at the University of Nevada, Reno, Bill Cosby Track, on February 14, 1999, 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, Reno, the Silver State Striders, the Reno-Sparks Convention and Visitor's Authority, 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 the foregoing parties to use any photographs, video or motion pictures, sound recording or any other record of the meet for any legitimate reason. 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:  

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JERRY WOJCIC
Sharon Vas, #689, Connecticut, placed second (11:03.69) in the W40 3000 at the 1998 National Indoor Championships, Boston. April Capwill, 47, Pennsylvania, was third (13:03.10) in the W45 group The 1999 Championships return to Boston on March 26-28.
Many False Heroes

Before I began an interview with Ron Amundson for a story in The Honolulu Advertiser, he requested that I not make him out to be either a victim or a hero. “Basically, I’m doing the same damned thing every other over-50 runner is,” said Amundson, a 51-year-old wheelchair racer from Hilo, Hawaii. “I’m denying my mortality. Please don’t make me out to be a poster child.”

Amundson recalled a story about another Hawaii wheelchair jock, who was made out to be heroic, noble, courageous, and a victim. “The difference between the wheelchair racers and the biped runners is not who’s more noble or something I had thought about off and on,” he added. “The difference is just that the wheelchair racers go faster.”

Questionable Qualifications

Amundson’s comments touched upon something I had thought about off and on during the preceding two months, namely, the qualifications for “hero” status, as well as the meaning of “courage.” My musings began with the frequent references to sluggers Mark McGwire and Sammy Sosa as heroes.

About the time McGwire and Sosa were surpassing Ruth and Maris, I noticed a magazine on the newsstand with Muhammad Ali on the cover and a caption that he was the “top sports hero of the 20th Century” or something to that effect. Then, I heard the late actor John Wayne referred to on some TV program as “America’s greatest hero.” A week or two later, it was astronaut John Glenn, made out to be a hero, especially to those of us who are chronically challenged. Following that, I received a media advisory announcing the ARETE “awards for courage in sports.” It mentioned that past honorees had included Ali, golfer Tiger Woods, and baseball manager Joe Torre.

Ambiguous Terms

My dictionary says that a hero is “a man of distinguished courage or ability, admired for his brave deeds and noble quality.” The definition is a bit confusing and ambiguous, since it first indicates that either courage or ability is essential, but then it indicates that some bravery must be connected with the ability, even if that ability is separate from the courage. It seems clear that courage and heroism go together.

It was the media’s portrayal of Glenn as a hero that really had me thinking. As author Malcolm Godwin sees it, a hero is one who leads us toward transformation, and that transformation is likely to call for a radical change in consciousness. “Heroes and heroines are those who give their lives to something bigger than themselves,” Godwin writes. “But this can transpire only when the hero is no longer identified with the ego. Only then can there be as truly heroic transformation of consciousness.”

Not Even Close

With that definition in mind, Muhammad Ali certainly fails the test. At the Atlanta Olympics opening ceremony, Ali was revered by the media as nothing less than the “Second Coming.” The rest of the media jumped on the bandwagon and it seems they can never offer enough praise for him. Rather than set aside the ego, Ali glorified and celebrated the ego while pioneering arrogance in sports. Before Ali, we had humbleness in sports, as best characterized by boxer Floyd Patterson and baseballer Sandy Koufax.

Realistic Contenders

It seems to me that people like John Keston, who finished a marathon in 3:00:58 at age 71, and Paul Reese, who ran across every state of the nation during his 70s, after battling prostate cancer, would have more to offer than Glenn. Why is science more interested in how the chronologically challenged hold up in space than it is in how they hold up on earth? Why don’t the Kestons and Reeses of the world get the attention that Glenn got?

If fact, Reese, an 81-year-old resident of Auburn, CA, was honored by the ARETE people this year for having survived cancer while continuing his trek across all 50 states. Still, there is no comparison between the attention given to Reese and that to Glenn.

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Lost Meaning

I discussed the subject further with Amundson, a professor of philosophy at the University of Hawaii at Hilo. He suggested that the term “hero” has lost its meaning when it comes to celebrities and sports figures. “It just seems to mean something like ‘idol’ or ‘favorite player’,” he offered. “I can see Jackie Robinson as a genuine hero, because of the pressures he had to put up with and how gracefully he did it. But not Tiger Woods. I mean Tiger’s a great player, and a relative novelty in golf because of his skin color, but his celebrity status doesn’t add up to heroism.”

Amundson points to actor Christopher Reeve as a more complicated case. “Barbara Walters loves Chris because he continues to insist that he’s going to walk again. Everyone knows this is bullshit, but Barbara and most of the country love Chris for publicly lying to himself about it. It’s considered ‘noble’ and ‘courageous’ to lie to yourself.”

Amundson refers to himself as a disability activist. “Heroizing disabled people is just an embarrassed, hyper-sensitive way of saying how horrible you think their lives are. Heroizing Reeve, especially, is a way of saying how much you like disabled people who agree with you about how horrible their lives are.”

The bottom line, it seems to me, is that the mainstream media is way too anxious to use superlatives in order to embellish their stories and deliver something awesome that would otherwise be pretty ordinary. Ordinary things don’t sell papers or attract advertisers. □
November is Prime Time for L.I. Runners

by MAURY DEAN

November? Prime time for road warriors, rampaging at time-warp speed on the wind-swept asphalt of Long Island. With plump pigskins aloft and burly dudes crashing in a swirl of whirling maple leaves, the real action was over the concrete ribbons of Rockville Centre in a 10K on Nov. 7.


After the Rockville Centre race, the Boemia TC 5-Mile, hampered by westerly 18-25 mph winds on Nov. 5, was treated to speedy results. Masters gold was handily won by John Williams, 42, Freeport, N.Y., with a 25:07, and Lori Harfenes-Melnik, 42, Plainview, N.Y., with a 33:19. Hugh Dwyer, 54, Jersey City, N.J., was first in the M50 race with a 29:28. Geza Feld, 65, Farmingdale, N.Y., captured the M65 title in 35:19. Dolly Finkelstein, 68, Rego Park, N.Y., was the oldest female finisher, with a 47:46.

DATE & TIME
Saturday, February 20, 1999
3:00pm: 3k Fun Run & Walkabout
3:30pm: 12k Run (7.4 miles)
5:30pm: Joey Run (Kids run distances vary)

LOCATION AND PARKING
Lake Eola Park, Central Boulevard, Downtown Orlando

ENTRY FEE (Credit cards accepted)

Your entry fee includes rental of the Track Shack Foundation

PACKET PICK UP
Pick-up race number, T-shirt, and information at Race Headquarters, Track Shack, Wednesday February 17, through Friday, February 19 from 10am to 7pm. Packets may also be picked up on race day at race site beginning at 1:30pm.

RACEWALKERS
Racewalker Age Divisions: 39- under, 40-49, 50-59, 60-Over

AGE DIVISIONS
11-13 14-15 16-17 18-19 20-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 M 65-69 M 70-74 M 75-79 M 80+ M 12K AWARDS

TOURNAMENT

All entrants must be USA Track & Field members to be eligible for the prize money and must supply USA Track & Field numbers on entry forms.

AT ATTENTION RUNNERS...

THE CHAMPIONSHIP

This race will be scored using the ChampionChip. All participants must pick up their Chip on the afternoon of the event prior to the race. Please arrive early. Your entry fee includes rental of the ChampionChip for accurate "real time" scoring.

PRIZE MONEY

The Outback Steakhouse Distance Classic presented by Home Depot is pleased to host the USA Track & Field 12K Championship. Prize money totaling $5000 will be awarded. Entrants must be USA Track & Field members to be eligible for the prize money and must supply USA Track & Field numbers on entry forms.

Proceeds from the event will benefit Boys & Girls Clubs of Central Florida and the Orlando Runners Club Scholarship Fund.

OUTBACK DISTANCE CLASSIC

Make check or money order payable to: Track Shack Foundation
Mail completed entry form to: Track Shack • 1104 N. Mills Ave. Orlando, FL 32803 (407)898-1313

$2 discount to ChampionChip owners.

Click here to download ChampionChip owners.

ID like to donate an additional $ to one of the two race charities.

Restrictions: For safety reasons, baby buggies, strollers, pets, parents, phone, e-mail addresses, credit cards, dogs are not permitted in the race.

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.

Method of Payment: Cash Charge Check Visa MasterCard Amer Exp

Expo Date: 12K 7:00 Adult Finish Time: Monday, 3:30 Adult Finish Time: Sunday, 4:00 ChampionChip Number: USA Track & Field

Amount Enclosed: $
Prevention is Key to Injury-Free Running

Running is one of the most popular and visible athletic activities in the world today. Probably there are more masters athletes in running than in any other sport. We do it to avoid obesity, to relieve stress, to improve cardiovascular fitness, and to participate in the competitive aspects of the sport.

Unfortunately, due to aging, overuse and other factors, injuries are quite common among masters runners. The material presented in this article and future articles is based on a clinical study of clinical cases, approximately 40% of which involve masters runners.

It is essential that masters runners understand the etiology of running injuries if they are to stay healthy. Prevention is probably the key to a healthy and long athletic career.

There are five major causes of injury:

1. Training methods. In general, we run too hard, too fast. We do not allow for physiological adaptation. It takes time for the body to adjust to training. We need to give ourselves several months of training prior to intensive racing. We do not pay attention to specificity of conditioning. Sprinters train to be sprinters and marathoners train for the marathon. We fail to recognize individual response to training. We need to train, not strain.

2. Training surfaces. Running on hard concrete is not advisable. We need a shock-absorbing training surface. Hard concrete is not advisable. We need a shock-absorbing training surface. Racing shoes should only be used to race in. They do not absorb enough shock. Shoes to become rundown. Rotate shoe for wear and tear. We need a training surface that will absorb shock.

3. Muscle dysfunction and inflexibility occur as we get older. We are more "brittle." Stretching, especially for the gastrocnemius and Achilles, is a must.

4. Improper biomechanics. Most runners are biomechanically inefficient and need a coach or trainer to point out their irregularities. Poor lower extremity biomechanics often lead to lower extremity injuries.

With these points in mind, the master runner can better understand the concepts behind the causes of running injury. Probably 70-80% of all running injuries can be eliminated by avoiding the big five.

When planning out the year's training schedule, make sure you have included a proper program that will slowly allow the body to adapt to the rigors of running. Make sure you have the correct training flat. Do not allow the shoes to become rundown. Rotate shoes every three days and do not wear a shoe for more than 3-4 months.

Stretch properly. Review your running mechanics and eliminate any deviation that might be causing stress to the foot, shin or knee areas. With this in mind, you can have a pain-free training program.

Two new electees to the Masters Hall of Fame, Pete Mundle (l), USATF Masters T&F Records Coordinator, and Al Sheehan, National Masters News Editor and Publisher, with Suzy Hess, who was re-elected as Secretary of the Masters T&F Committee in Orlando.

Masters Hall of Fame

Continued from page 3

Surfacing Co. has contributed $1,000 to produce awards for the other 28 electees.

The same procedures will be used to select the class of 1999, which will be announced at the 1999 USATF convention in Los Angeles.

Nominations should be sent to George Green (address on page 2) by March 15, 1999.

chers question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)
Don DeNoon

(Last month, we featured Sandy DeNoon. This month we're happy to feature Don DeNoon, Sandy's husband, whose 1998 achievements include: National Masters Indoor 3K (M50, 2nd), 13:21:86; National Masters Outdoor 5K (M55, 1st), 23:29:51 and 20K (2nd), 1:44:52.)

EW: You and Jim Carmine had some great races in 1998, starting with the Masters National Indoors.

DD: My training and racing were spotty all year. I worked 80 to 100 hours a week from January 1st to the end of May. I didn't have much time to train, maybe getting in 20 miles a week. In spite of this, the National Indoors was a good race. I led Jim Cannines up until the last lap, and a half. Then he went by me and won by about two seconds. At the National Outdoors, we traded firsts. I won the 5K, he won the 20K.

EW: How do you like racing indoors versus outdoors?

DD: I don't care. Some people complain about the sharp curves, the banking, and the heat indoors. When they go outside, they complain about the weather, the uneven road surface, the hills, or whatever. Just let me tie my shoes, put me on the starting line and away from me; sometimes I will try to break away from home; sometimes I try to break away from me. We just battle it out.

DD: He has definitely improved dramatically in the last month or so because his times have been tumbling down. We did a 5K a few weeks ago. I walked 23:20 and he broke into the 22s — maybe 22:50. Jill Zenner was there, and all I could do was watch Jill and Scott's battle. I just really haven't been able to break away from Scott to make him pay his price. He has been able to hang right there with me. In Maine, I went out and did 7:03 for the first mile, and there wasn't anyone in sight. I picked up a couple of DQs along the way, so in the last 1K, I strode in as I didn't want to take any chances.

If I get DQs, I just lower my center of gravity a bit. I think the judges stop looking at me once I do that. My leg lock is very good and my contact is generally very good at high speeds.

EW: Will you be able to get more training in now that you have a coaching assistant?

DD: I take it day to day. I don't know what is going to happen. Sometimes, I just feel totally burned out. Sometimes the only reason I go to a race is because my wife Sandy is going strong. I'll tag along to support her, and, by the way, race. There have been many occasions when Sandy has driven up to the Indianapolis races by herself.

Then on other days, I start thinking about the Olympic Trials. There was a little picnicking after the race in Kingsport. Curt Clausen and I got talking. I told him that if I could keep away from little injuries, I really think I could get myself in shape to walk under 1:30 in the 20K. I thought I could do it the year I pulled a hamstring up in Oregon. I was on my way then to walk under 1:30 in that race as I went by the 10K mark in under 45:00. A thousand meters later, I was on the ground.

EW: In spite of last year's stress, you must feel pretty strong to be thinking about doing a 20K in under 1:30.

Are you still taking GO?

DD: I swear by it just as much as I did several years ago. Sandy takes GO. Cheryl Reffinger takes it. Jim Carmine takes it. Jim is probably more sold on it than anyone. The company has been bought out two or three times. You can buy GO directly now from Systems Go International out of Atlanta. They are now distributing it directly to universities and hospitals all over the country by the trainload. They have hired a big P.R. firm to start marketing on TV.

They really have a better product than Ensure and those other drinks. GO has a lot better formula and a good taste. A banana and a GO for breakfast, and I am off. Some of my athletes are taking it as well. The toll free order number is 1-888-383-3603. You get 27 cartons for $20. It's 75 cents a carton versus $1.25 for Ensure.

Outstanding Masters Male & Female Racewalkers

Selected by the USATF Masters Track and Field Committee

MEN

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<tr>
<th>Age</th>
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<th>Age</th>
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<td>Joan Nadelco</td>
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<td>Bill Tallmadge</td>
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<td>Lyn Bruhaker</td>
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Productivity Prevails in Orlando

I am pleased to report that the 1998 USATF Annual Meeting was productive for USATF and Masters Track and Field. We accomplished much, had the usual battles, but, in the end, enjoyed harmonious productivity. Here is a brief synopsis:

Restructuring

The USATF restructuring program's new format was approved and will go into operation in the year 2000. Masters and Youth committees' diligent persistence and lobbying resulted in an acceptable format that guarantees our direct representation on the national governing body.

Rules

The hard work of Louise Tricard and proponents for elimination of the No False Start rule paid dividends. The committee voted to support their proposal for the elimination of this controversial rule.

Partnering

The committee agreed to pursue the concept of partnering with the National Senior Games Association. As a first step, we have awarded the 2001 Outdoor Championships to Baton Rouge, La. Our championship will be conducted in its entirety under our rules and format, as a part of the NSGA 2001 Senior Games, giving our members an opportunity to participate in the Senior Olympic festival and celebration of athletes.

There is much to do as we move toward a working partnership with NSGA, but we took the first step. I want to commend the masters committee for setting aside natural personal agendas and supporting the partnership concept for the future betterment of masters track and field. I will keep you informed as we move forward with dialogue and negotiations.

Election

I want to thank the committee for the confidence and support afforded all the officers who were re-elected. We welcome Gary Miller as the new Vice Chair. Serving masters track and field in any capacity is not an easy job. It is very demanding and, at times, not appreciated. Our rewards come from knowing that we are doing a necessary job to the best of our abilities.

Committees

I am in the process of establishing some new committees to better serve our program and will announce them accordingly. It is my intent to involve more people in the operation of the masters program as we move toward the new millennium.

Me - We Mentality

Masters track and field's future is ours to mold. We have the opportunity to do great things for our program. To do so, we need to foster a WE mentality and avoid having our vision clouded by a ME mentality. Too often the temptation to evaluate things according to how they affect ME becomes paramount, when it might be much better to evaluate according to how it affects the group.

In the coming years, let us all strive to adopt the WE philosophy. I can guarantee you will personally feel better for it and our organization will prosper from newly found cooperation.

Martin, Putnam Win in Jingle Bell 5K

by RON MARINUCCI

An uncharacteristically warm morning greeted 1325 runners at the 11th annual Jingle Bell 5K Run For Arthritis, Birmingham, Mich., Dec. 6. Thanks to La Nina, runners in shorts and T-shirts (December? Michigan?) enjoyed 60 degree temperatures and high humidity. Race director Molly Conway credited the warm weekend for nearly 425 race day entries.

The race featured a downtown Birmingham start, a long downhill stretch in the first half-mile, and a two-mile loop, which took runners through quaint residential neighborhoods of the posh Detroit suburb.

Jeff Martin, 40, was masters first in 16:18, good for second overall. Chuck Block, 41, was second with an eighth-place 16:40. James Carlton, 55, broke the six-minute pace with an 18:16 (A-G 15:41). Jim Ramsey, 91 of Detroit, the USATF Masters LDR M90-94 Runner of the Year for 1998, finished in 46:56.


Many runners were dressed for the holidays. Festive hats and reindeer antlers were mingled amid Santas, elves, and toy soldiers. The costume contest was won by a pair of "Candy Canes."
The buses ran like, well, like they do at the steeplechase was sent an extra lap.) meet's final races to run an hour late. Runners to trip. Technical problems and patched and wavy, causing some track. The running surface was hard soccer field and a velodrome (bicycle) too many WAVA events: sporadically. chose to participate in Barbados as were the people of Barbados. in the islands. The hosts were friendly, not wanting to spoil a pleasant holiday heard very few complaints," remarked outgoing NCCWAVA President Rex Harvey afterwards. to Barbados to have a good time, and far off the beaten track, and with the more common ' when Portuguese tropical breezes. Steel-drum music reverberating in the background. Makes A Pleasant Stay Despite all that, those masters who chose to participate in Barbados seemed to take everything in stride, not wanting to spoil a pleasant holiday in the islands. The hosts were friendly, as were the people of Barbados, "I heard very few complaints," remarked outgoing NCCWAVA President Rex Harvey afterwards. "Everybody came to Barbados to have a good time, and they weren't going to allow a few technical glitches to spoil that time."

Barbados gets its name from the leaves of the banyan tree, a species more common when Portuguese explorer Pedro a Campos first visited in 1536. Noting the resemblance of the drooping fig leaves to whiskers, Campos called the smallish (14 by 21 miles) island "Los Barbados," Arawak Indians were present on the Island when the Portuguese visited, but in 1625 when Great Britain occupied the island, it was vacant, the Indians having died or vanished. The Brits dropped "Los" from the island's name and brought slaves to work in the sugar plantations. Sugar and tourism are the island nation's main source of income today. Most of today's "Bajans" (as they call themselves) are descendants of those slaves who obtained their freedom in the early 19th century, just before the American Civil War. Barbados obtained its independence in 1966, while remaining part of the British Commonwealth of Nations. 

Local Winners Bajans won both masters divisions of the 8k cross-country race that opened the four-day meet on Thurs., Nov. 19. Although submaster Freddie Concepcion from Puerto Rico was the first finisher over the rough-surfaced course in 31:56, Jeff Burrows of Barbados (32:52) won the M40 division and Christine Coy, W45, of Barbados (42:05), was first woman across the line.

Bajan Leslie Estwick jumped 6.06 in the long jump to erase a W35 NCCWAVA record held by Phil Raschker.

On the final Sunday, Bajan runners dominated the running of the relays. The local 4x400 team featured on its anchor Olympian Seibert Straughn, who had not competed in half-a-dozen years. "Bringing a NCCWAVA Meet to the Caribbean kindled a lot of local interest," said Harvey. "I'm sure we'll be seeing more runners from Barbados and other parts of the Caribbean at our meets in the future."

If so, they will have to travel long distances. Barbados is the most south-east and most distant island in the Caribbean, not far from the coast of Venezuela with only Africa to its east. At the NCCWAVA Executive Council meeting held during the track meet, officers confirmed Kamloops, British Columbia, as site for the NCCWAVA Championships in the year 2000, so the competition moves from one corner to the other. The meet will be held in August either the weekend before or the weekend after the USATF Masters Championships in Eugene, Oregon. In 2002, the Championships will be held during June in Leon, a city in Mexico's state of Guanajuato.

New Officers With Rex Harvey retiring as NCCWAVA President, Canadian Brian Oxley won election to that job, beating Mexico's Hector Chavez in a 14-to-8 vote. Chavez, in turn, defeated incumbent vice-president Don Farquharson, who looks back on three decades of service to masters athletics.

Farquharson was among the small group of over-40 runners from Canada, who began competing among each other at the end of the 1960s even before the term "masters" was coined. Farquharson recalls: "We began traveling to some of the meets just beginning to get started down in the United States, including those in San Diego begun by David Pain."

Farquharson was with the Canadian team that traveled to London in 1972 to compete with Americans, Australians, New Zealanders, athletes from the United Kingdom, and a handful of Europeans in the first major international masters meet at Crystal Palace. He was present at the legendary "Pub Meeting" several days before the track meet where Pain and representatives from the countries competing laid the groundwork for the first masters championships, held three years later in Toronto, Canada. Farquharson helped organize that track meet and became WAVA's first president, serving in that job for ten years. Though losing his position as an officer in the Association, Farquharson plans to continue as a competitor. In Barbados, he competed in the M75 cross-country and 1500.

Other NCCWAVA officers elected in Barbados include: Ralph Romain, Trinidad/Tobago, secretary; Jack Castle, Canada, treasurer; Sandy Pashkin, USA, stadia chair; Brian Keaveney, Canada, non-stadia chair; Rex Harvey, USA, multi-event chair; Bob Fine, USA, racewalking chair; and Monica Tang-Wing, Trinidad/Tobago, women's chair. Ironically, Fine was disqualified from the 5000 racewalk on the track, but joked that he plans "no recriminations."

Errant Bovine

Best story about racewalk judging, however, belongs to Jo Presser, a M70 competitor from Michigan City, Ind. Competing in the 10,000 racewalk on the roads, Presser was temporarily distracted and broke stride when a racewalking judge shooed a cow that had wandered onto the road out of her path. "As soon as the cow was out of the way, the judge turned and gave me a red-card warning," said Presser. Since that was the only warning she received, Presser continued and finished third. "I thought I might have done better traveling all the way to Barbados, but my two main age-group rivals also decided to attend the meet." Those who failed to attend the NCCWAVA Championships in Barbados missed the rainbow that signaled both the end of the rain delay on Sunday and the end of a memorable meet. Those who did attend will have steel-drums music ringing in their ears as they prepare for the WAVA Championships this summer in Gateshead, England. Or if you're looking for an excuse to visit the Caribbean next fall, a Tropical Masters International Meet is scheduled for Oct. 29-30, 1999, in Curacao.
PUBLICATIONS ORDER FORM

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<td>Men's and women's official world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1997. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&amp;F Records Chairman.</td>
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<td>Men's and women's 1997 U.S. outdoor track &amp; field 5-year age group rankings. 52 pages. 125-deep in some events. All T&amp;F events. Compiled by Jack Lance, USATF Masters T&amp;F Rankings Chairman.</td>
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<td>Masters Track &amp; Field Indoor Rankings (1998)</td>
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<td>Same as above, except indoor rankings for 1998. 4 pages.</td>
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<td>Masters Age-Graded Tables</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters.</td>
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<td>USATF Directory (1998/99)</td>
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<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc.</td>
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<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages.</td>
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<td>Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor &amp; outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4&quot;x6&quot;). $12.00.</td>
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<td>Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward.</td>
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<td>Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men &amp; women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington &amp; Barry Perrill.</td>
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<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more, $60.00.</td>
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<td></td>
<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
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DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, 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
Track and Field Rule Changes

The headline in the September issue of National Masters News described the 1998 Masters National Outdoor Track and Field Championships as “The Best Ever.” It should come as no surprise then that Masters Track and Field had a record number of proposed amendments, 27, to the Rules of Competition.

The following describes the two-thirds of the items which passed:

1) The term “sub-masters” no longer appears in the Rules. The divisions formerly described by that term will henceforth be known simply as the 30-34 and 35-39 age groups. They are not masters divisions, but we do conduct their championships.

2) The general rule concerning the 2000m steeplechase was modified to continue to allow, but not mandate, a 10 ft. long (versus 12 ft) water jump with the lower barriers.

3) A series of changes took the old all-around weight competition rule and recast it in the weight pentathlon. The order of the first two events was reversed (hammer, shot, discus, javelin, weight), weight descriptions were removed (making the rules general to men, women, senior and masters), and the prohibition against advertisement as a championship event was lifted. This was inappropriate since, obviously, if the governing body has not awarded a championship, no event may use that designation.

4) Most controversially, the former exception which allowed four throws for masters in each event was lifted to achieve WAVA compliance. (A later note described the WAVA to go the U.S. would quickly comply.)

WAVA compliance was reached by modifying some implement dimensions.

5) The maximum diameter of the shaft of the 400g javelin is now 23 mm (versus 25 mm for all others).

6) Of more significance to throwers was the reduction of the maximum diameter of the 1.5 kg discus from 211 mm to 200 mm. The practical effect is that it is no longer legal to modify a 1.6 kg discus to meet the 1.5 kg discus specifications.

7) Current practice was codified to continue to mandate prizes for the top three U.S. citizens at championships, but to now also recommend ribbons or equivalent for places 4-6 at nationals and regions. In nationals, duplicate awards will be provided to non-U.S. citizens who place 1-6.

8) The pentathlon is now optional for regional indoor meets.

9) At association indoor championships, the 1500m racewalk may be substituted for the 3000m.

10) In Deen with suspicion, WAVA-style: “In combined events, it is not required that the attempts attempt each event in order to continue in the competition and to be included in the final placing and scoring.”

11) The final event for women in the national indoor heptathlon is 800m (versus 1000m)

12) The rule for the hurdles (1st hurdle, at each hurdle, both feet must be off the ground for at least an instant in continuous motion”) is gone. That eliminates the last of the four form rules (hurdles, steeplechase, pole vault, high jump) which mock the serious efforts that masters athletes exert. And yes, we are not in compliance with WAVA. In this case they can comply with us.

13) In a nod to a former editor who told me to take my best material and buy it three-quarters of the way down my column, I note here that the no-false-start rule is history. More details are probably to the left, right, above and below.

14) The maximum size for a throwing or horizontal jumping event is 12 (versus 15 in the general rule) before the first three rounds are conducted in flights. (As before, vertical jumping events use rotating flights until 12 or fewer remain.)

15) Addressing a problem from Orono, and complying with WAVA, “In the high jump and the pole vault masters competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the field judge.”

A different typo confirms the 12 lb. weight at 9.08 kg.

17) A new note clarifies that the 300m hurdles are placed on the same markings as the last seven flights of the 400m hurdles, not those of the eight flights of the high school event. (As to this last item, I have held up for years putting it in the book. Don’t any competitors check the track before they run a race?)

The Weight Room

by JERRY WOJCik

Orlando, Or Are We Landing Yet?

C ongratulations to the throwers whose performances were recognized with awards by the Masters Committee at the annual USATF-meeting in Orlando. Larry Stuart (Please, Larry, stop with the four-page letterhead already) especially deserves more press for the selection of his 213+ heave with the javelin, which age-grades at a phenomenal 1074%, as the Outstanding Performance by an M40+ for 1998. Larry has been around since the discovery of electricity, setting records with enviable marks. Recently, he has been sharing his experience and knowledge through free clinics in Southern California.

If he was in the field when I was throwing the javelin in California, I usually looked forward to a brouhaha precipitated by him, but I thought it was pure fun. At the WAVA-Buffalo championships he was competing against the legendary Janis Lusis with a 93.8% 188-2, and later he was compared with a 93.8% 198-2. I said to Stuart, “That wasn’t too smart.” He replied with “What do you expect? I graduated from USC.”

Throwers Catch Awards

I won’t list all of the men and women throwers who were selected age-group Athletes of the Year, but the numbers were significant. Two throwers and I were included in the seven or eight members of the Awards Sub-Committee. One thrower left very early to attend another meeting; therefore, we can’t be accused of bloc voting or nepotism. So, no anonymous phone calls or letter bombs. Actually, the awards are made largely on the basis of age-graded performances at USATF national, regional and association meets, with other factors (records, age-graded perfonnances at the 14 field event awards presented to M30-34 through M95-99, 11 went to throwers. Of the 11 field awards presented to W30-34 through W80-84, six went to athletes who are primarily throwers, while some of the others are part-time throwers, and one – Becky Sisley, W55 – has records in the javelin, discus, shot and hammer.

Is there an intrinsic imbalance in age- grading field events? Perhaps. Why? I don’t really know, but I suspect that the age-grading tables, as good as they are, do not reflect the differences between jumping and running as athletes age. The concept of age-grading is relatively new, and the data on which age-grading is based may have a bias that we can perhaps speculate on, but for which there may be no scientific justification.

As a proposition: Do throwers retain the essentials for good performance longer or better than jumpers as both groups advance in age? Does anybody know of a comparative study? On the other hand, maybe throwers are just plain-old better athletes.

Rules, Regs, and Dregs

Some rules and regulations affecting masters throwers were changed. Time and space do not allow me to treat them adequately here. However, I have to mention that the unattractive four-throwers per event in the weight pentathlon in the U.S. (versus the three throws per event for the rest of the world) was junked. Then, later, a motion was passed that calls for our WAVA delegates at Gateshead to introduce the four throws as a possible change to the WAVA rule. It seems that athletes from Australia, New Zealand, and other countries have indicated an interest in legalizing another attempt per event in the WP. Stay tuned.

Granted, this is not as exciting as the presidential impeachment hearings, but it may be just as unfathomable.

The Orlando weather was a balmy 84 degrees when I left on Saturday. After connecting in Cincinnati for Portland, we had to stop to refuel in Boise, where the wings underwent de-icing. We left Orlando at 12 noon and walked in the door in Eugene at 11:00 p.m. Who was it that said “Travel is broadening”? I’d like to stick him in a Nickle 727 for a couple of days. Los Angeles in 1999 doesn’t sound that bad now.

Ken Weinbal, pictured here at the 1998 Reno Indoor Meet, was re-elected as Chairman, Masters T&F Committee in Orlando.

TEN YEARS AGO

January, 1989

- Bill Rodgers, 41, and Laurie Binder, 41, Chosen Outstanding Masters Long Distance Runners of 1988
- Bob Schlu (41, 2:19:48) and Laurie Binder (41, 2:42:29) Win National Masters Marathon Titles in Sacramento

Everett Hosack of Ohio, 1998 M95 Masters Athlete of the Year in both track and field.
Smooth Operations Expected for 13th Championships

The legendary professionalism and efficiency of the British is already visible in the planning for the XIII WAVA World Veterans Athletics Championships this year in Gateshead, England.

In November, two national team managers from each of WAVA’s six regions were flown to Gateshead for meetings. Charlie Hodgson, Hy-Tek’s computer genius, was also present and will be an integral part of the Gateshead affair. This should ensure a smooth computer operation, in contrast to Durban (1997) when computer problems snarled the first four days of competition.

The event will be held from July 29 to August 8. The competition is open to any man age 40-and-over and any woman age 35-and-up. There are no qualifying standards needed for any athlete, with a total of more than 8000 participants expected.

Gateshead’s central location, with its excellent road, rail, sea and air links, puts it within easy reach of anywhere in the world. Gateshead is 448 km (280 miles) north of London (2-40 by train) and 160km (100 miles) south of Edinburgh (1:30 by train). The region’s international airport is close by, and offers 82 weekly flights to London, only one hour’s flying time away.

In Gateshead, a first-rate internal transport system will shuttle competitors and friends between hotels and all competition venues, at no charge.

The people of Gateshead will welcome athletes with a “Host a Vet” service, matching local residents with athletes for sightseeing, dining or other social functions.

Organizers plan for a record turnout of foreign athletes, with a total of more than 8000 participants expected. More details will be forthcoming in each issue of NMN leading up to the event.

Members of the USA M70-74 4x100 relay team, which ran a 54.84 to erase the previous world record of 56.04 at the NCO/WAVA Championships in Barbados, Nov. 19-22, from r to l: Chuck Sochor, Bill Melville, Rodney Brown, and Bill Daprazzo.

Entry Deadline is April 19

Entry forms for the WAVA World Championships in Gateshead are available from the local organizing committee (see schedule section or ad on back page), from any of the U.S. masters travel agents, or from USA team manager, Sandy Pashkin, at 301 Cathedral Pkwy, #60, New York, NY 10026.

All USA athletes must send their entry forms to Pashkin no later than April 19. She will process each entry, making sure the birthdate, citizenship and USATF membership are correct. USA athletes who send their entries directly to Gateshead will have their forms returned.

Despite numerous proofreadings, there is an error in the entry booklet. The women’s walk is 10km, not 20km as stated on page 13. The correct distance is shown on the entry form.

XIII WAVA CHAMPIONSHIPS
GATESHEAD, ENGLAND
July 29-August 8, 1999
Travel Together and Save!!!

To get on mailing list, please mail or fax your address to Paul Geyer, Master Race Walker, at the address listed below. Many optional tours all over Europe available. Package will cover to and from all destinations in USA and Canada. As soon as a package is ready, you will receive the completed information. The Durban Trip in ‘97 was a great success. Be a part of the Trip to Gateshead!

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20th Annual Convention of USA Track and Field

Summary of Masters Track and Field Committee Meetings

Ken Weinbel, Chair, President
Active Athletes
The committee elected all 19 people who agreed to vote in the meetings as "active athletes." Three at-large voters were also selected.

Award
See separate story (p.1).

Budget
Treasurer Madeline Bost reported USATF allocated $30,000 to the Committee for 1998, an increase of one-third over 1997's $22,700.

Chairman's Report
Weinbel outlined the potential in "partnering" with the National Senior Games Association and reviewed the progress made in two summits held in August and November.

Championships
Three cities presented bids for the 2001 Outdoor Championships, with Baton Rouge, La. (27 votes) prevailing over Decatur, Ill (11) and Orlando, Me. (7).

The vote for Baton Rouge was a vote to "partner" with the National Senior Games. Dave Hull and Phil Godfrey of the NSGA explained their biennial event will be held in Baton Rouge on July 14-28, 2001. Our champions would be held at the end of the Games, July 25-28.

The 2000 and 2001 indoor championships were both awarded to Boston. A motion to accept bids four years in the future was defeated. Scott Thomlsley was named chair of the Championships Games Committee.

(See chart of national championship dates and sites below.)

Elections
Biennial elections were held. Elected by acclamation were:
- Chair: Ken Weinbel; Vice-Chair: Gary Miller; Secretary: Suzy Hess; and Treasurer: Madeline Bost.

WAVA delegates elected were Al Sheehan, Rex Harvey and Scott Thomlsley. Alternates, in order, are Bob Fine, Joan Stratton, Barbara Kousky, Marilyn Mitchell, and Pete Mundle.

Hall of Fame
See separate story (p. 3).

Law and Legislation
See separate story (p. 19).

Meet Manual
A committee, including Gary Miller, Courtland Gray and Graeme Shirley, will be formed to put together a manual.

Officials
A proposal to pay key officials to travel to major meets was defeated.

Prize Money
The committee will establish criteria for the possible distribution of prize money to outstanding athletes in national, regional and association championships.

Rankings
A major problem in producing the rankings book is the time required to convert feet and inches to meters. Jerry Wojcik will take over as indoor rankings coordinator. Jack Lance will continue to produce the outdoor rankings book.

Records
Records submitted by Pete Mundle were approved. A motion passed to have records be accepted when they are within .14 seconds (for 400 meters) and .24 seconds (for 300 meters and down) of the current hand-timed records. The hand time will become a notable performance.

Relays
The selection process for the USA relay teams at the World Championships in Gateshead will remain the same as it was in Durban.

Surcharge
A motion passed by one vote to establish a surcharge on national championships, not to exceed $5 for the indoor meet and $10 for the outdoor meet, effective in 2002. Any national championship prior to 2002 may also voluntarily include an athlete's surcharge, as Boston is doing in 1999.

— Al Sheehan
and Suzy Hess

Bob Langenbach, Seattle, Wash., was one of the recipients of the President's Award for his long-time contribution to USATF as an official and administrator.

Rights Fees
The committee has never required bidders to pay a rights fee to host our national championships. However, Baton Rouge volunteered to pay a rights fee of $10,000 for the 2001 outdoor meet. The concept of a voluntary rights fee was approved, but no set fee was agreed to.

Rules
Louise Tricard presented 815 petitions for rescinding the no-false-start rule. Her motion to rescind passed, 26-16. A proposal to change an athlete's age from the first day of competition to the last day was rejected.

A motion to reserve a minimum number of lanes for USA citizens in championship finals was defeated, 14-24.

For further rules changes, see separate story (p. 14) by Rules Chairman Graeme Shirley.

Scott Thomlsley tallies votes for the 2001 Outdoor Championships, won by Baton Rouge, at the USATF meeting in Orlando.

USATF NATIONAL MASTERS T&F CHAMPIONSHIPS

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<tr>
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<tr>
<td>Indoor</td>
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<tr>
<td>Indoor Heptathlon (M&amp;W)</td>
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<td>Outdoor</td>
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<td>Baton Rouge, LA</td>
<td>July 25-28</td>
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Scott Thomlsley tallies votes for the 2001 Outdoor Championships, won by Baton Rouge, at the USATF meeting in Orlando.
Minutes of Masters LDR Committee Meetings

Jerry Crockett, Chair, presiding.

Chairman's Report

Despite budgetary constraints, we have managed to survive, largely through the efficient handling of our resources and members bearing expenditures personally. This year was more positive than 1997. The Restructuring Task Force (RTF) has done a terrific job. The Indianapolis Life $85,000 grant has helped rescue the operation. In the past, we would provide a $1000 support for races. Now, we ask races to pick up the expenses and put up at least $5000 award monies. We also get housing and transportation expenses for elite age-group runners. The Twin Cities Marathon has a five-year contract.

We are examining ways to diminish the headaches of race directors, e.g., treasurer had represented us on the Budget & Finance Committee, but the RTF expects the budget committee to be a group of professionals not associated with committees, thus making a treasurer obsolete. We might better have an Executive Committee based on functional positions.

A masters Athletics' Communication Center has been established to generate bids for race directors, with Barbara Arvesson in charge. Barbara noted that athletes must provide information to her for the Center to be successful.

Board of Directors

Restructuring was the principal topic. Masters T&F and Youth Athletics were unhappy with the RTF provisions but have now reached a compromise. The three LDR committees wanted to be together since we line up on a race's starting line together and we have achieved that goal. A straw poll on the RTF report revealed about 1 (low) to 5 (high) scale, the overall evaluation was 4.2. The proposed USATF 1999 budget is $12,800,000.

Indy Life Circuit

The Indy Life Circuit (ILC) and championships have produced 30 records this year and 60 a year ago.

Charles DesJardins, circuit manager, discovered the sponsor and was asked to manage the circuit. We have just completed our second season and expect very few changes in 1999. Indy Life has agreed to maintain its sponsorship at $85,000. Prize money is 50,000 for both over-40 and age-graded competitions. The final standings for 1998 were published in the November National Masters News.

We do not have a full circuit confirmed for 1999 and expect 10 events with the schedule built around the Indy Life Half-Marathon and Twin Cities Marathon. The season will start in Florida with the Outback 12K, Feb. 20, followed by the Shamrock 8K, March 28, and Indy Half-Marathon, the Saturday before. We are working with USATF staff to get more sponsors to deepen prize money and add travel and housing support. We will not have a season without sponsors and support of Road Running Information Center's Linda and Basil Honikman and, particularly, Ryan Lippma. WAVA.

Norman Green submitted his report, noting that the non-stadia committee had met in Philadelphia in October with effective results in the program further. The production of a Bidder's Handbook was a major accomplishment. He described the non-stadia events at the NCCW MAA meet in Barbados, and indicated that he had chosen not to stand for re-election as regional non-stadia chair, which was won by Brian Keaveney of Canada. Ruth Anderson discussed the six finalists presented at Barbados for the NCCW MAA female athlete of the year, which was won by Debbie Brill of Canada for a 1.75m high jump at the World Masters Games in Eugene.

IAIA Veterans Committee

Charles DesJardins said that his four-year term expires in 1999 and he is running unopposed for re-election. He had planned to attend Barbados but a 14-hour flight from London through his travel agent killed his plans. The Veterans Committee, which meets once a year, wants regional communications improved. There are 12 nations in our region. Most activity occurs in the U.S., Canada, and Mexico. Europe has dominated WAVA, so there is no need for the Veterans Committee to maintain a balance on the world level. At the 1998 committee meeting in Monaco, DesJardins was questioned as to the World Masters Games entry fee of $200, despite a major corporate sponsor, Nike.

Championship Statistics

Norm Green distributed his Championships Statistics report, noting their similarity to last year. He expressed disappointment that the USATF Membership Directory failed to include birthdates, thereby decreasing its value to him by 80% since he cannot confirm that a name shown is the same individual.

Other Items

Jerry Crockett asked members to inform him of their interest and how the Executive Committee could better serve them. Discussion ensued regarding the difficulty some representatives in sending LDR representatives, Linda Honikman suggested a possible solution of restructuring could be enough budget to pay for representatives to attend conventions.

Wed., Dec. 2, 5:30 p.m.

Jerry Crockett opened the meeting with some 20 members in attendance.

Ultra Distance

A subcommittee with three representatives of each LDR committee has been formed under the title: Ultra, Mountain, and Trail Running. Of the nine members, six or seven are of masters age. This committee will work by e-mail and has been provided up to $200 from each LDR committee.

It was noted that most ultra runners are masters. Discussion of potential subdivisions in the restructured USATF ensued, including interest in a separate cross-country committee. Bill Quinn has proposed his proposal for a cross-country athlete-of-the-year award. A motion to recommend a separate cross-country committee in the restructuring was defeated.

Otto Essig Award

After discussion, the award was given to Indianapolis Life.

Athletes of the Year

(See separate chart below.) A suggestion was made that for future awards age-graded now expect a single vice president elected by the whole body. Bill Nault believes the compromise will achieve downsizing, eliminating some levels of hierarchy. Associations are rightly placed because they provide championships for all ages.

Budget and Finance

Charles DesJardins suggested that the Budget Committee could be even smaller than proposed. There have been no appeals from the Newark committee decisions, so we have our assigned $30,000 for 1999; 90% of the new sponsor support for USATF in 1999 is designated for specific programs. The USATF national staff has increased from 17 to 32. Jerry Crockett's budget request was cited as a model by the B&F Committee. USATF expects a $300,000 to $400,000 deficit this year, increasing the deficit close to $2,000,000.

Law & Legislation

DesJardins stated that there appears to be no opposition to maintaining the LDR Committee. There are 32 nations in our region; most ultra runners are aged 20 to 25.

Twin Cities Marathon

John Carnahan, race director, reported that TCM has restructured its board, and added elements to the race weekend, including a mid-range race event. When asked why TCM bid five years when others bid for two, Dave Coyne replied that they were in it for the long haul as an expression of TCM's commitment to masters. John Boyle, chairing this portion of the meeting, added that having a fixed date for the marathon helps in planning the rest of the year. Jerry Crockett noted that last inquiries by phone and letter were not answered. Carnahan apologized for the failures of 1998, citing a decrease in the TCM board and that the event had been without a race director for an extended period. The date for the event is the first full weekend of October, changing only when it conflicts with the high holy days of Judaism.

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Athletes of the Year

(See separate chart below.) A suggestion was made that for future awards age-graded percentages and RRIC 10K comparable times be used.

Other Business

Andy Bottay announced a New Jersey track event. Carole Langenbach announced the Feb. 13 U.S.-Canada cross-country challenge. Questions about the National Masters 10K Cross-Country Championships scheduled for Sunday were answered.

Joint Meeting - Masters T&F and Masters LDR

Dec. 3, 2:30 p.m.

Jerry Crockett, Masters LDR Chair, opened the meeting.

Continued on page 18
LDR Meeting Minutes

Continued from page 17

WAVA

Jerry Wojcik, Senior Editor, said NMN was honored to have received a bequest from the Charles McMahon estate. McMahon was a thrower from the Southern California area. The bequest enabled NMN to enhance its website, which had been dormant. NMN is involving bequest enabled NMN to enhance its website, which had been dormant. NMN is involving

Wojcik was asked if NMN is pursuing a separate team manager. LDR had not been consulted when Sandy Pashkin was appointed to replace Dick Lee earlier this year. When Ken Weinbel was asked about it, he responded that T&F had always made the appointment, and if LDR was not happy, it could create its own position. Therefore, LDR appointed Charles Deslards as its manager and asked the national office to process applications since it has the updated membership file and would be bonded to handle money. Pashkin has 1000 entry books and has already sent out 200, including an insert page describing the process. The manager must validate proof of birth dates, 1999 USATF membership numbers, and proper payment of fees. The manager puts the entries into Hy-Tek Team Manager and forwards the data electronically to Gateshead. Since data entry is being handled here, we should not have the problems that occurred in Durban. Pashkin has the official stamp to validate entry forms. Entries are returned to the team manager by Gateshead and passed on to the athlete. WAVA has a technical meeting for managers before the championships with a follow-up each morning, so that changes can be reported at daily team meetings. Pashkin expects the LDR committee to determine criteria for moving athletes in age groups having fewer than three competitors for the marathon, cross-country, and road walks. Regarding entry deadlines, Pashkin wants entries by April 19 to meet the April 29 official deadline. Asked if an NGB is limited to one team manager, Pashkin responded that only one person can be the final signatory but that person can be assisted by others. Bob Fine reported that the U.S. is the only country with two masters committees. LDR has the marathon and cross-country, while all other events are T&F, which is why Pashkin's way is paid by the T&F committee. Fine suggested that attempts to have entries processed by Indianapolis may involve long delays and we should not change what has worked before. Crockett noted that LDR has clearance from Ron Bell for adding its own manager and is concerned about having funds handled by someone who is not bonded. Pashkin is willing to be bonded as long as the organization pays for it. Pashkin said that she wants to serve the whole U.S. delegation and proposed that Weinbel, Crockett, McLean, and herself meet at daily team meetings. Pashkin expects the LDR committee to determine criteria for moving athletes in age groups having fewer than three competitors for the marathon, cross-country, and road walks. Regarding entry deadlines, Pashkin wants entries by April 19 to meet the April 29 official deadline. Asked if an NGB is limited to one team manager, Pashkin responded that only one person can be the final signatory but that person can be assisted by others.

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Restructuring Plan OK'd by USATF

by TOM LIGHT
Masters T&F Law and Legislation
Chairman

Restructuring was the major goal of the 1998 USATF National Convention. "The theme was appropriately enough, "Putting the pieces back together." Last year we voted for change, this year we needed to define what that change would be. The restructuring task force under the leadership of Ed Koch (the lawyer, not the mayor) spent months trying to redefine the structure of the organization in such a way that the demands of all could be addressed.

The draft of their proposal was released in September, and not unexpectedly drew great criticism as well as support from the varied concerns of such a diverse range of interests.

Excessive and often intensive, negotiations followed the release of the draft proposal, right up to the wee hours the night before the opening of the convention. In the spirit of compromise for the good of the organization, it was agreed that the proposed Executive Committee would be eliminated; that the eight sports committees plus Associations and Officials would all have equal representation on the Board of Directors; and that the committee chairs in the General Competition Division would be represented on the Board of Directors.

The High Performance and LDR Divisions would retain the somewhat confusing process of electing a Division Chair to coordinate communications throughout the Division. This person would also represent their home committee on the Board of Directors. The other committees (the ones that the Division Chair was not from) would also elect someone to sit on the Board of Directors. The General Competition Committee will not have a Division Chair. The Administrative Division will be represented on the Board of Directors by the USATF Secretary.

The general mood of the delegation was high optimism and in favor of restructuring. Everyone realizes that we don't have all the answers, but that we are moving in the right direction. The overall sentiment was about 85-90% in favor of the revised proposal, and the plan was passed at Saturday's meeting with minimal opposition. The structural changes will take effect on January 1, 2000 (referred to by some as the 'Millennium' effect).

USATF Revenues Up 70 Percent in 1999

Fred Newhouse, USATF Treasurer, said USATF lost more than $3 million in 1996 and 1997 ($2.7 million in 1997 alone), but cash flow increased in 1998, with losses of about $250,000 through Sept. 30, 1998.

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2. Bob Hersh, USATF's general counsel, was elected to the IAAF Council, the seat previously held by former USATF Executive Director Ollan Cassell. Hersh beat out Cassell and USATF President Patricia Rico. He was also selected IAAF Technical Delegate.

3. Former Denver school superintendent Dr. Evie Dennis won a second-round run-off with USATF secretary Darlene Hickman to be the U.S. delegate to the IAAF.

4. Dee Jensen topped Lynn Cannon in a run-off for the IAAF Women's Committee spot.

5. Two-time Olympic track and fielder Plumer was elected chair of USATF's Athletes Advisory Committee, taking over from sprinter Dennis Mitchell. Plumer, a lawyer, is returning to competition after giving birth in 1996.

6. In other elections, Bob Bowman retained his position on the IAAF Racewalk Committee and Carol McLatchie won another four-year term as chair of USATF's Women's LDR Committee. Kim Haines retained his chairmanship of the Youth Athletics Committee, while Alan Roth defeated Jose Rodriguez for chair of the Associations Committee. Anne Timmons (IAAF Cross-Country and Road Running Committee) and Dr. C. Harmon Brown (IAAF Medical Committee) ran unopposed.

7. World Cup champions John Godina and Marion Jones received USATF's Jesse Owens awards, presented annually to the top male and female athletes in the fields of track and field, racewalking and road running.

8. George Kleeman, president of USATF's Pacific Association, is the 1998 recipient of the Robert Giegengack Award, which is presented annually to an individual who excels in contributing to the excellence and high standards of the sport.

9. Olympic champion hurdler Allen Johnson and middle distance ace Joetta Clark were named Visa Humanitarian Athletes of the Year.

SITs of NATIONAL CONVENTIONS

USATF MEMBERSHIP TOTALS BY ASSOCIATION


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, 60 or 70 (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). There are no qualifying standards for most masters athletics events.

January 1999

National Masters News

page 19

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SITs of NATIONAL CONVENTIONS

USATF MEMBERSHIP TOTALS BY ASSOCIATION

1. Maine 531
2. New England 4,417
3. Adirondack 1,645
4. Niagara 1,641
5. Connecticut 2,187
6. Metropolitan 14,566
7. New Jersey 7,037
8. Mid Atlantic 2,862
9. Alabama 672
10. Potomac Valley 3,112
11. Three Rivers 192
12. Virginia 1,077
13. North Carolina 1,763
14. Florida 6,223
15. Tennessen 591
16. Indiana 1,447
17. Ohio 2,872
18. Lake Erie 835
19. Michigan 1,533
20. Wisconsin 881
21. Illinois 2,972
22. Ozark 1,002
23. Arkansas 98
24. Southern 991
25. Gulf 2,327
26. Southeastern 1,797
27. Oklahoma 1,353
28. Missouri 1,061
29. Nebraska 1,560
30. Minnesota 2,204
31. Montana 506
32. Colorado 659
33. Southern California 1,956
34. Utah 1,260
35. Inland Northwest 1,061
36. Pacific Northwest 1,979
37. Oregon 2,187
38. Pacific 3,823
39. Hawaii 813
40. Iowa 1,201
41. Kentucky 340
42. New Mexico 1,311
43. South Texas 540
44. San Diego-Imperial 1,058
45. Georgia 1,071
46. Central California 511
47. West Texas 464
48. Arizona 1,912
49. Nevada 463
50. Wyoming 113
51. West Virginia 181
52. Dakota 244
53. Border 816
54. Snake River 340
55. South Carolina 869
56. Alaska 266
57. Unique Association 0
58. National Membership CE 41

Grand Total 96,765
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.

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>1978</td>
<td>George Ker</td>
<td>Irene Obera</td>
</tr>
<tr>
<td>1979</td>
<td>Ernie Billups</td>
<td>Judy Grissom</td>
</tr>
<tr>
<td>1980</td>
<td>Al Oerter</td>
<td>Joann Grissom</td>
</tr>
<tr>
<td>1981</td>
<td>Jim Burnett</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1982</td>
<td>Al Oerter</td>
<td>Jack Greenwood</td>
</tr>
<tr>
<td>1983</td>
<td>Jack Greenwood</td>
<td>Polly Clarke</td>
</tr>
<tr>
<td>1984</td>
<td>Ed Burke/Parry O'Brien</td>
<td>Irene Obera</td>
</tr>
<tr>
<td>1985</td>
<td>Jim Burnett</td>
<td>Polly Clarke</td>
</tr>
<tr>
<td>1986</td>
<td>Jack Greenwood</td>
<td>Christel Miller</td>
</tr>
<tr>
<td>1987</td>
<td>Tom Patalski</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1988</td>
<td>Gary Miller/Stan Whitley</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1989</td>
<td>Jack Greenwood</td>
<td>Christel Miller/Phil Raschker</td>
</tr>
<tr>
<td>1990</td>
<td>Larry Almberg</td>
<td>Betty Vosburgh</td>
</tr>
<tr>
<td>1991</td>
<td>Jack Greenwood</td>
<td>Vanessa Hilliard, 56 Hammer, 155-6 (47.76m)</td>
</tr>
<tr>
<td>1992</td>
<td>Stan Whitley</td>
<td>Shirley Matson/Phil Raschker</td>
</tr>
<tr>
<td>1993</td>
<td>Phil Mulkey</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1994</td>
<td>Ross Carter</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1995</td>
<td>Steve Robbins</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1996</td>
<td>James Stookey</td>
<td>Mary Libal</td>
</tr>
<tr>
<td>1997</td>
<td>Bill Collins</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1998</td>
<td>James Stookey</td>
<td>Leonore McDaniel</td>
</tr>
</tbody>
</table>

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1983</td>
<td>Brian Oldfield, 40</td>
<td>Shot Put, 70-3</td>
</tr>
<tr>
<td>1984</td>
<td>Jack Greenwood, 60</td>
<td>100m hurdles, 14.98</td>
</tr>
<tr>
<td>1985</td>
<td>John Powell, 40</td>
<td>Discus, 236-6</td>
</tr>
<tr>
<td>1986</td>
<td>Larry Stuart, 50</td>
<td>Javelin, 215-9</td>
</tr>
<tr>
<td>1987</td>
<td>Al Oerter, 52</td>
<td>Discus, 205-10</td>
</tr>
<tr>
<td>1988</td>
<td>Larry Almberg, 43</td>
<td>Mile, 4:06.70</td>
</tr>
<tr>
<td>1989</td>
<td>Payton Jordan, 74</td>
<td>100, 12.91</td>
</tr>
<tr>
<td>1990</td>
<td>Jack Greenwood, 46</td>
<td>300 hurdles, 45.20</td>
</tr>
<tr>
<td>1991</td>
<td>Phil Mulkey, 61</td>
<td>PV, 9-10</td>
</tr>
<tr>
<td>1992</td>
<td>Payton Jordan, 75</td>
<td>10,000, 37.39</td>
</tr>
</tbody>
</table>
| 1993 | Shirley Matson, 51 | Shot Put, 12.27 (60.3-)
| 1994 | Ross Carter, 80 | Pentathlon, 4715 points |
| 1995 | James Barrineau, 40 | High Jump, 6-11 (2.11m) |
| 1996 | Mary Libal, 45 | 400, 56.82 |
| 1997 | Walt Butler, 55 | 100m hurdles, 14.49 |
| 1998 | Vanessa Hilliard, 55 | Hammer, 156-8 (47.6m) |

BEST T&F ATHLETES

Continued from page 1

in the top six (10-8-6-4-2-1) in your age group but by age-grading of all entrants in the entire event, so that only six people in each event scored points.
Stookey, the sole male representative for the Maryland Masters TC, scored 68 points in his seven events, placing his team third of 16, meaning he was the top age-graded performer of all entrants in six of his events.

McDaniels — sprinter, hurdler, jumper, and vaulter — compiled indoor and outdoor world and U.S. records and national championship titles after turning 70, with age-graded performances in the 95% range. She, too, traveled widely. At the Raleigh meet in May, she high jumped 4-0, a 96.8%, and came close later in the season with three jumps of 3-11½ (95.2%). She ended her season by finally clearing 7-1 in the pole vault in Eugene in August.

Ricciardi capped off a busy multi-event season with the M75 victory at the Weight Pentathlon Championships in Azusa, Calif., in September.

Stuart earned the best performance award for his javelin throw of 213-10 at a USATF meet in Irvine, Calif., in May, which age-graded to an off-the-chart 1074%. The mark was approved as a U.S. age-group record by the USATF Awards Committee, giving Stuart his third world record if approved by the WAVA records committee.

Lehane provided the spectators at the National Championships in Orono with perhaps the most exciting, if not historical, performance of the meet.

Masters TRACK & FIELD ADMINISTRATOR OF THE YEAR

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978</td>
<td>Pete Mundle</td>
<td>Al Sheehan</td>
</tr>
<tr>
<td>1979</td>
<td>Kathy Braiger</td>
<td>Bob Fine</td>
</tr>
<tr>
<td>1980</td>
<td>Ruth Anderson</td>
<td>Al Sheehan</td>
</tr>
<tr>
<td>1981</td>
<td>Bruce Springbett</td>
<td>Fred Mannis</td>
</tr>
<tr>
<td>1982</td>
<td>George Hazfeld</td>
<td>Jerry Donley</td>
</tr>
<tr>
<td>1983</td>
<td>Jack Kelly</td>
<td>Gary Miller</td>
</tr>
<tr>
<td>1984</td>
<td>Jim Weed</td>
<td>Pete Mundle</td>
</tr>
<tr>
<td>1985</td>
<td>Jerry Donley</td>
<td>Jim Weed</td>
</tr>
<tr>
<td>1986</td>
<td>David Pain &amp; Chuck Phillips</td>
<td>Ken Weinbel</td>
</tr>
<tr>
<td>1987</td>
<td>Frank &amp; Dorothy Anderson</td>
<td>Jerry Donley</td>
</tr>
<tr>
<td>1988</td>
<td>Tim Wendell Palmer</td>
<td>Ken Weinbel</td>
</tr>
<tr>
<td>1989</td>
<td>Jerry Wojcik</td>
<td>Ken Weinbel</td>
</tr>
<tr>
<td>1990</td>
<td>Mervyn Lloyd</td>
<td>Ken Weinbel</td>
</tr>
<tr>
<td>1991</td>
<td>Jerry Wojcik</td>
<td>Ken Weinbel</td>
</tr>
<tr>
<td>1992</td>
<td>Rex Harvey</td>
<td>Ken Weinbel</td>
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<tr>
<td>1993</td>
<td>Rex Harvey</td>
<td>Ken Weinbel</td>
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<tr>
<td>1994</td>
<td>Bill Busby</td>
<td>Ken Weinbel</td>
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<tr>
<td>1995</td>
<td>Sandy Pashkin</td>
<td>Ken Weinbel</td>
</tr>
<tr>
<td>1996</td>
<td>Scott Thomsen</td>
<td>Ken Weinbel</td>
</tr>
<tr>
<td>1997</td>
<td>Don Austin</td>
<td>Ken Weinbel</td>
</tr>
<tr>
<td>1998</td>
<td>Ken Weinbel</td>
<td>Ken Weinbel</td>
</tr>
</tbody>
</table>

Masters T&F Committee Chairman at the 1996 annual meeting, was able to summon the leaders of international and national track & field governing bodies for a summit meeting four months ago, in Portland, Ore., to discuss the future of masters track. This was followed up by a recent meeting in Baton Rouge, La., of USATF masters representatives and officials of the National Senior Games to examine the potential of partnering for the mutual advantage of both groups.

The awards were coordinated by Masters Committee Members Don Austin (track & field) and Bev LeVeck (racewalking) and were chosen by members of the respective awards sub-committees at the annual meeting. The winners were announced at the Awards Breakfast at the Clarion Hotel in Orlando on Friday, Dec. 4.

The Committee also selected outstanding track & field athletes in each five-year age division for men and women in track, field, and racewalking (see separate charts).

—Jerry Wojcik
Top LDR Picks

Continued from page 1

Joan Ottaway, 54 Sonora, Calif., and S. Rae Baymiller, 55, NYC, won their respective age groups. Ottaway was a second-year winner of the Indy Life age-graded women's competition and won three national championships. She set a single-age record of 19:00 at the Carlsbad 5000. Baymiller's 62:39 for 10 miles and 1:18:44 for 20K were accepted at Orlando as W55-59 age-group records. Her 2:52:14 (94.4%) at the Chicago Marathon is pending but stands as an awesome mark that helped her win over strong performances by Shirley Matson and Barbara Miller in 1998.

Gary Romesser repeated in the M45 category on the strength of four national championship titles (half-marathon, 10 mile, marathon, 15K) and fifth-place masters finish at Gasparilla 15K in 48:35.

Steve Lester, out with injury for part of the year, managed enough early season marks to take the M55 category. Fay Bradley put together five national titles to take the M56. Paul Heitzman, Eudora, Kans., held off Dick Wilson, Charles Rose, and several others in the M65 to prevail.

The Paul Spangler award goes to the oldest male and female athletes. James Ramsey of Detroit, on the strength of a 7:52:46 marathon and a fastest of which was 41:26.

Other age-group winners included Vicki Crisp (IN, W45), Susie Klutz (NC, W60), June Machala (WA, W65), Joy Johnson (CA, W70), Gerry Davidson (CA, W75), and Hedy Marque (VA, W80). Among the men are Jim Forshee (MI, M70), Henry Sypniewski (NY, M80), and Ernest Van Leeuwen (CA, M85).

The Ultra Athlete female award was voted to Sue Olsen, 41, Burnsville, Minn., whose accomplishments include winning the 100K national championship overall in 9:11:00, first woman at the 48-hour championship in Surgeries, France, and third scoring member of the USA 100K team in Japan. The male award went to Ray Piva, 71, South San Francisco, Calif., who won his age group in two 50Ks, three 50-milers, a 100K trail run, a 12-hour run, and the 100-mile Western States with 28:09:00, well ahead of the limit of 32 hours.

The Otto Essig Award for Meritorious Service to Masters LDR was awarded for the first time to a sponsor rather than an individual. The winner was Indianapolis Life Insurance Company for its sponsorship of the Indy Life Circuit in 1997 and 1998, and its planned sponsorship for 1999.

The awards were coordinated by

USATF MASTERS LONG DISTANCE RUNNING COMMITTEE – 1998 ATHLETES OF THE YEAR

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>State</th>
<th>Women</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-44</td>
<td>Craig Young</td>
<td>CO</td>
<td>Ruth Wysocki</td>
<td>CA</td>
</tr>
<tr>
<td>45-49</td>
<td>Gary Romesser</td>
<td>IN</td>
<td>Vicky Crisp</td>
<td>TN</td>
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<tr>
<td>50-54</td>
<td>Bill Rodgers</td>
<td>MA</td>
<td>Joan Ottaway</td>
<td>CA</td>
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<tr>
<td>55-59</td>
<td>Steve Lester</td>
<td>UT</td>
<td>S. Rae Baymiller</td>
<td>NY</td>
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<tr>
<td>60-64</td>
<td>Fay Bradley</td>
<td>DC</td>
<td>Susie Klutz</td>
<td>NC</td>
</tr>
<tr>
<td>65-69</td>
<td>Paul Heitzman</td>
<td>KS</td>
<td>June Machala</td>
<td>WA</td>
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<tr>
<td>70-74</td>
<td>Jim Forshee</td>
<td>MI</td>
<td>Joy Johnson</td>
<td>CA</td>
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<tr>
<td>75-79</td>
<td>Warren Utes</td>
<td>IL</td>
<td>Gerry Davidson</td>
<td>CA</td>
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<tr>
<td>80-84</td>
<td>Henry Sypniewski</td>
<td>NY</td>
<td>Hedy Marque*</td>
<td>VA</td>
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<tr>
<td>85-89</td>
<td>Ernest Van Leeuwen</td>
<td>CA</td>
<td>Anne Clarke</td>
<td>IL</td>
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<tr>
<td>90+</td>
<td>James Ramsey</td>
<td>MI</td>
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</table>

Ultra Runners Of The Year

Ray Piva, 71

Sue Olsen, 41

*Paul Spangler Athlete of the Year

Otto Essig Award for Meritorious Service: Indianapolis Life Insurance Company

FIVE YEARS AGO

January, 1994

• Phil Mulkey, 80, and Philippa (Phil) Roscher, 46, Named Top T&F Athletes of the Year at USATF Convention

• Bill Rodgers, 46, and Carol McClatchie, 41, Chosen Outstanding Masters Long Distance Runners of 1993

• Don DeNoon, 46, Named Outstanding Administrator

• Rex Harvey, 46, Named Outstanding Administrator

• Norm Green, Jr., 61, Posts Best Age-Graded Time (43:35) with 54:47 in National 15K

• Charles McMullen (M40, 26:08) and Rebecca Stockdale-Wooley (W40, 31:18) First in National 8K Cross-Country
Soup: Is it good food?

In winter, I make big pots of soup to smell up the house. I love having the aroma greet me when I get home from my workout. "Is soup bad for us? It is so high in sodium....." Does canned soup have any nutritional value?

Winter and warm bowls of soup are synonymous. But many active people question the nutritional value of soup. Is soup really a good food? Obviously, most cream-based soups and chowders offer more cholesterol and calories than constructive nutrition. But what about broth and bean soups? How do they fit into your sports diet? The purpose of this article is to address the soup questions commonly asked by active people.

Sodium: Soup is also synonymous with sodium (a part of salt that may be linked to high blood pressure in some people). Canned soup, in particular, is loaded with sodium. The recommended Daily Value (DV) listed on food labels is 2400 milligrams of sodium. One can of Campbell's Chicken Noodle Soup provides 2450 milligrams. There goes your salt budget for the day!

But keep in mind the DV for sodium is based on the average couch potato who is overweight and has high blood pressure. Athletes who lose salt in sweat can appropriately consume more salt. After all, one pound of lost sweat contains 400 to 700 milligrams of sodium. That adds up to 800 to 2800 milligrams in two to three hours of hard, sweaty exercise.

Water Retention: Fluids. To get adequate fluids, active people commonly think eight glasses of water per day. You can also think soup. Soup, after all, is made with water and counts toward your fluid intake. Plus, the sodium in soup enhances water retention, so the water doesn't just go in one end and out the other. That's one reason why sports drinks have sodium. Soup can do the same job. Enjoying a big bowl of broth soup after a chilling winter workout is a fine choice.

Canned vs Homemade: Campbell claims "soup is good food." How accurate is that claim? Debatable, and depends on the type of soup. Let's look at vegetable soup, for example. Vegetables are nature's vitamin pills, rich in vitamin C and beta-carotene (the precursor to vitamin A). A can of Campbell's Minestrone Soup offers 5% of the vitamin C you need for a day and 50% of the vitamin A (the amount in 1/4 of a carrot).

A homemade soup chock full of carrots, peas, broccoli, tomatoes and other colorful vegetables, offers significantly more nutrients due to increased quantity of the vegetables. Some, but not all, nutrients diminish during periods of cooking. For example, the 30 milligrams of vitamin C in two cups of raw spinach drops to 10 milligrams when cooked. Some nutrients leach into the water; you eat them in the broth. For example, broth cooked from bones has more calcium than does plain vegetable broth.

Choose Chinese: Nutrientally speaking, the best vegetable soups tend to be Chinese-style soups -- a broth filled with dark green vegetables such as bok choy, spinach, or broccoli. Because the vegetable is added at the end of the cooking process, most of the nutrients are retained.

In winter, I often make what I call a hot salad: a nutrient-dense vegetable soup created by heating chicken broth (homemade, canned, or from bouillon cubes; regular or low sodium), adding a hefty portion of chopped broccoli, bok choy, snow peas, Chinese cabbage and whatever else is handy, and then boiling the vegetables for only one to two minutes until they are heated but still crunchy. Light and refreshing, but warm and cozy and deliciously healthful.

Protein-rich soups: If you are interested in vegetarian cookery, soups are an easy way to include more beans, lentils, and tofu into your diet. These plant proteins lend themselves nicely to soups. One can of Progresso Hearty Black Bean Soup has 16 grams of protein; the same number of calories of plain pasta has 11 grams of protein. Beans offer more protein, to say nothing of other vitamins and minerals. One can of Progresso Hearty Black Bean Soup has 16 grams of protein; the same number of calories of plain pasta has 11 grams of protein. You can also use bean or lentil soups in place of tomato sauce as a pasta topping.

Explosive Workouts: One obvious problem with bean soups is flatulence. Your workouts may become jet propelled! That's because beans contain fiber that forms a gas as it gets digested. The solution is to gradually increase your bean intake over time, or use Beano. (This product reduces gas when you take it with bean meals; it is available at drug stores.)

Appetite control: If you are trying to lose weight or control your appetite, soup is a good choice. Just think of the times you've had soup as a first course in a restaurant and when the main meal arrives, you scrape at it thinking, "I'm not even hungry for this." Research suggests people who first eat soup are likely to eat less at the meal.

Conclusion: Yes, soup is good food for active people, especially bean and homemade vegetable soups. Get cooking, and enjoy the aroma!
Masters Scene

EAST

• Kathy Martin, 47, was first female overall with an 18:49; Veterans Day 5K Cross-Country, in her hometown of Northport on L.I. Mark Soderstrom, 40, Setauket, NY, nabbed the M40+ win in 17:25. Top age-graders overall were Martin (15:12), and Joe Cordero, 60, M60 winner (19:12/25:44).

• Patti Shull, 40, Ashburn, VA, continued to burn up the roads in the D.C. area with a race with a winner (19:12/25:44). M40+ Soderstrom, January 1999 National Masters News page 23

• The Topazom Valley Track Club's Cranberry Crawl 5K and 10K races were contested Nov. 21 on Hains Point, Washington, D.C. The SK masters champions were George Busschel, 41, 15:59 (A3 85%) and Bernardette Flynn, 41, 20:01. Taking top honors in the 10K were Mike Conter, 48, 39:26, and Anne Viviani, 46, 46:47.

SOUTHEAST

• Peter Hople, 40, Palm Coast, FL, with a 58:12, and Sara Flynn-Kramer, 40, Orlando, FL, with a 68:51, featherboxed to overall wins, Thanksgiving 10 Miler, Deland, FL, Nov. 26. Linda Musante, 44, Tampa, FL, was second female in 72:24; Jim Blount, 69, Bushnell, FL, won the M65 division with a 74:49 in an adjunct SK. Gary Cohen, 41, Apopka, FL, 16:56, and Deborah Freeland, 40, New Smyrna, FL, were masters firsts.

• Lanny Doan, 42, Virginia Beach, VA, fought his way to a second-place 56:41, and Sheri Segal, 21, Virginia Beach, conquered the entire women's field with a 64:54, Yorktown Battlefield 10-Mile, Yorktown, VA, Nov. 14. In the 5K, Sharon White, 42, Langley AFB, was the female victor in 19:31. Chris Slominski, 40, Seafield, VA, was third male in 17:56.

• This is the 1 (Available mid-Oct).•

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WAVA/USATF Hurdles and Implements Specifications

HURDLES

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USATF/IAAF Meets

| STEEPLECHASE: men 30-39: 3000m/36" (914m); men 60+ and women: 2000m/30" (762m)
| WAVA weights are used for USATF weight classifications.

NORTHWEST

• Suzanne Morris, 41, California, was overall women's winner with a 2:44:41 in the St. George Marathon, Utah, Oct. 3. Angela French, W40, Arizona, was second W40+ in 2:49:27.

• Barbara Miller, California, won the W55 contest with a 3:01:18. Mark Holland, M40, Utah, took the M40+ race in 2:31:34.

CANADA

• Herb Phillips, 58, Burnaby, BC, knocked nearly 10 minutes off his existing course record and qualified for the Canadian national team for the 1999 World Challenge 100K in France with a 7:52:21 in his 100K debut race at the Haney Harrison 100K, Nov. 7.

• Art Meany, 54, St. John's, Newfoundland, ran 16:58 at the Santa Shuffle 5K, Toronto, Dec. 5, for top M50+ and 11th overall.

INTERNATIONAL

• England's Bridget Cussen was among 438 women to be awarded a special IAAF medal commemorating The Year of Women in Athletics. Well-known USA recipients included Joan Benoit-Samuelson, Marion Jones, Lashinda Llewellyn, and Pat Rice. The medals were awarded as a "sign of gratitude towards all the women who have contributed to make 1998 so special."
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of masters. Long distance events are generally limited to men over 35. Entry blanks for national and regional championships will generally be in the newspaper 30-60 days prior to the event. Please send any corrections to R.M. P.O. Box 50098, Eugene OR 97405.

**Schedule**

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### NATIONAL

**March 26.** USAATF National Masters Indoor Pentathlon Championships (M&W), Boston, Mass. Held in conjunction with the Indoor Championships. See below.

**March 26-28.** USAATF National Masters Indoor Championships, Reggie Lewis Center, Boston, site of the 1997 & ’98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02467. 617-332-3919; e-mail: tracs@earthlink.net.

**April 10-11.** USAATF National Masters Indoor Heptathlon Championships (M&W), Proviso West H.S., Hillside/Chicago, Ray Vandersteen, USAATF Illinois, P.O. Box 7019, Villa Park, IL 60181-7019. 630-953-2052, fax: 953-2053.

**June 12.** USAATF National Masters Weight Pentathlon Championships, U. of Northern Colorado, Greeley (50 miles n. of Denver). Scott Hall, UNCG Head Track Coach, 970-351-1721; fax: 351-2018. Tim Edwards, 6440 Magnolia St., Commerce City, CO 80022. 303-315-9107; email: tedwall51@concentric.net.

### EAST

- **Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, New, Pennsylvania, Rhode Island, Vermont**
- **JANUARY 7.** 8th annual Joseph Yancey Invitational Indoor Meet, Armory & T&F Center, 168th St. & Fort Washington Ave., Manhattan. 7 p.m. SASE to Ed Levy, NY Pioneer Club, 70 W. 95 St., Apt. 26H, New York, NY 10025. 212-749-7099.
- **JULY 3-4.** USAATF National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.
- **AUGUST 26-29.** 32nd annual USAATF National Masters Championships, Orlando, Fla.
- **SEPTEMBER 1-5.** TBA. USAATF National Masters Weight & Superweight Championships, Seattle, Wash.

### SOUTH EAST

- **Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia**
- **February 14.** 32nd Hartshorne Memorial Invitational. Harvard Stadium, Boston, Mass. 617-327-2444; fax: 387-6431(e).
- **February 26.** USAATF Indoor Championships, Armory T&F Center, 168th St. & Fort Washington Ave., New York, NY 10025. 212-227-0071; fax: 978-3388.
- **March 19.** 21st annual USAATF East Regional Masters Indoor Championships, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 10 a.m. Haig Boghian, 225 Hunter Ave., Sleepy Hollow, NY 10591. 914-631-1547 (10 a.m.-8 p.m.).

### MIDWEST

- **Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia**
- **February 23.** Mid-America Regional Indoor Championships, Grand Valley State U., Allendale (Grand Rapids area). Jerry Ellings, 616-895-3360; Chuck Schorr, 616-984-3358; fax: 984-2809.

### MIDE-MERICA

- **Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, Dakota, Nebraska, Wisconsin**
- **February 7.** Ageless Games, Minneapolis, Minn. Rachel Lyga, 122 NE 63rd Way, Minneapolis, MN 55420.
- **February 21.** USAATF Mid-America Regional Masters Championships, Wichita, Kansas. 316-684-5292; fax: 320-9373; email: mizzle@cybergilt.com.
- **February 14.** Silver State Masters Indoor Classic, Reno. Entry form in January.
Continued from previous page issue. Silver State Masters, PO Box 21171, NV 89515. 702-852-4428; email: jwmann@ix.netcom.com; www.silverstateliders.com

February 20. Kel Field Throws Meet, Santa Cruz, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 832-458-0202; email: kfilmus@comcast.com


LONG DISTANCE RUNNING

NATIONAL


May 1. USATF Masters Half-Marathon/Indy Life Circuit Race, Indianapolis, Ind. Don Carr, 4314 Mere St., Indianapolis, IN 46254. 317-328-1632.


October 23. USATF National Masters Marathon/Twincities Marathon, Minneapolis, MN. Paul Minn, 708 N. First St. CR-33, Minneapolis, MN 55401. 612-673-0777.


EAST

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


SOUTHEAST

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


January 10. Walt Disney World Marathon, Orlando, Florida. INADM, PO Box 10000, Lake Buena Vista, FL 32830. 407-993-7810.


February 23. Gasparilla Distance Classic 15K, Tampa, SASE #10 to GDCA-RJ, PO Box 1881, Tampa, FL 33601-1881. 813-229-7860.


February 27. Myrtle Beach Marathon. MBM, PO Box 8780, Myrtle Beach, SC 29579. 843-878-6000; email: runedge@usa.net.

February 27. Blue Angel Marathon, Pensacola, Fl. BAMA MWR, Code 22000, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 850-452-4391; 452-3318.

March 6. USATF Masters Half-Marathon/Indy Life Circuit Race, Ventura, Calif. No fees charged. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 832-458-0202; email: kfilmus@comcast.com.

March 17. USATF Masters Indoor 3000m RW Championships, Boston, Mass. See T&D schedule.


August 27. USATF National Masters 5000 (track) RW Championships, Orlando, Fla.


### U.S. MASTERS STANDARDS FOR ATHLETES

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

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1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. A copy of this results or a note stating in which event your results appeared must accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both certificate and patch ordered at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
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GATESHEAD, ENGLAND

29th July - 8th August 1999

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