

NATIONAL MASTERS NEWS

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

174th Issue

February, 1993

\$2.50



These five masters have completed all 16 Rocket City Marathons. They are, L to R, Dean Godwin, Aiken, SC; Ray Giles, Birmingham; James Foreman, Huntsville; Garry Elkins, Gadsden; and Larry Boots, Birmingham.

Photo by Jay Oaks

Coghlan to Make Debut at Millrose

Ireland's Eamonn Coghlan, who turned 40 on November 24, will make his indoor masters debut in the annual *Runner's World* Masters Mile at the Millrose Games, February 5, in New York City's Madison Square Garden.

Coghlan's goal is to become the first runner over age 40 to run a sub-4-minute mile.

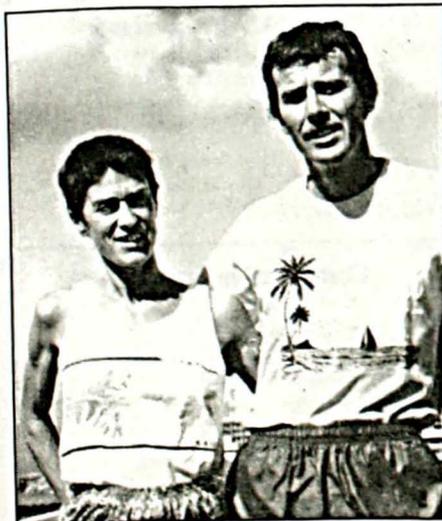
Considered the greatest indoor miler ever, Coghlan won a record seven Wanamaker Miles at Millrose. In 1983, at the Meadowlands in New Jersey, the "Chairman of the Boards" set an indoor world mile mark of 3:49.78 which still stands today.

Marc Bloom, director of the Masters
Continued on page 5

Beurskens Stars in Honolulu

by MIKE TYMN

Carla Beurskens of The Netherlands became the fourth fastest female



Carla Beurskens (40, 2:32:13) of The Netherlands, overall women's winner of the Honolulu Marathon, Dec. 13, with her husband/coach Jac Roerman.

Photo by Mike Tymn

masters marathoner of all time when she recorded 2 hours, 32 minutes, 13 seconds in winning overall the women's division of the 20th annual Honolulu Marathon on Sunday, December 13.

It was Beurskens' sixth victory in Honolulu and her third fastest time in the race. She set the race record of 2:31:01 in 1986 and was timed in 2:31:50 in 1989.

Only Priscilla Welch of Great Britain (2:26:51), Joyce Smith of Great Britain (2:29:43), and Evy Palm of Sweden (2:35:35) have run faster times after turning 40. While weather conditions in Honolulu were cooler than normal, they were far from ideal running conditions; therefore, Beurskens' effort is believed to equate to at least a 2:28 in cooler weather and on a faster course.

"I did not expect this kind of time," said Beurskens, whose best marathon was a 2:26:34 while finishing second in

Continued on page 12;

Romesser, Ciavarella Win in Rocket City Marathon

by JIM OAKS

HUNTSVILLE, Alabama — Gary Romesser, 42, of Indianapolis, led the traditional strong male masters field at the WZYP Rocket City Marathon on December 12, with a 2:26:01 at the 16th running of the southeast's largest marathon.

Claudia Ciavarella, 43, of Arlington, Va., won the female masters title with a 3:04:39 on a cold and slightly windy day for the front runners.

Romesser won \$1250 (\$250 open and \$1000 masters), while Ciavarella took home \$1000.

The male masters race split into two levels within the first mile. Romesser and Leonard Hill, 40, of Oregon, went out with the lead pack. A second group of masters including the top 45-49 contenders, Bob Schlau, Ken Sparks, and Don Coffman, along with Terry McCluskey, 44, of Brookfield, Ohio, and Mark Hunter, 41, of Houston, Tx., formed a second group with some other open runners.

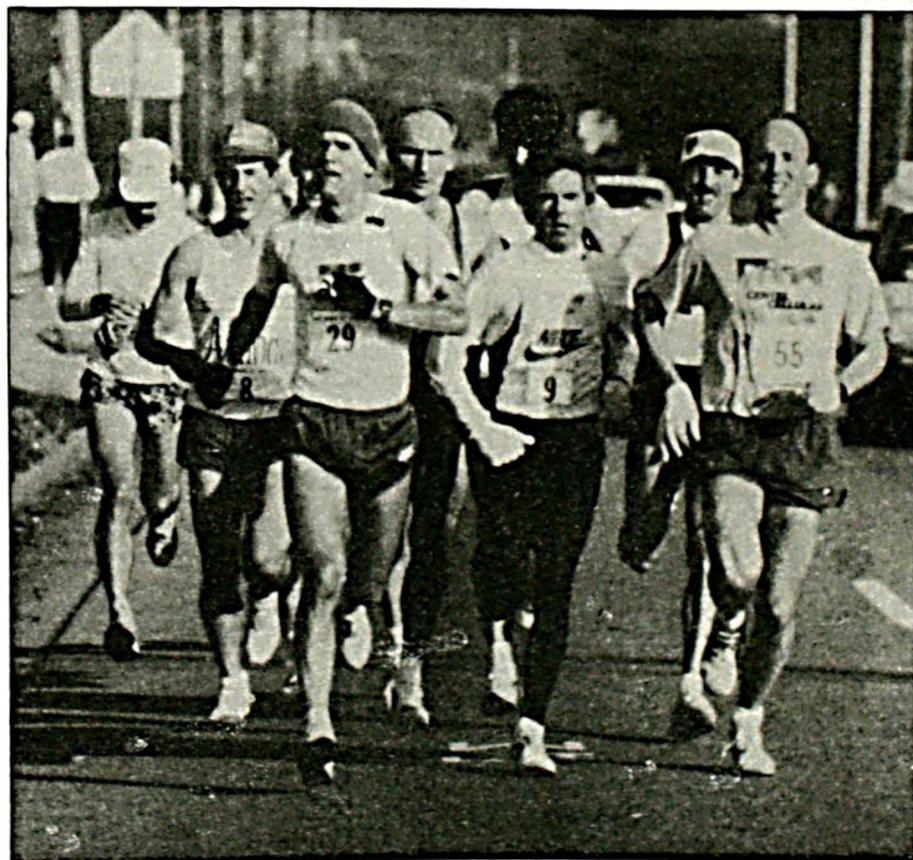
Romesser, a hazardous waste inspec-

tor for the state of Indiana, was very pleased with his run. "Leonard beat me by two minutes at Twin Cities, so I knew this race would be tough," he said after the race.

Romesser took the pair through the first seven miles in 37:40 (5:23 pace). "I felt good around the seventh or eighth mile and pushed the pace a little," he said. "I remember my half-marathon split was 1:09:48 (5:20 pace), and I had built a pretty good lead on Leonard by then. But I could feel the wind when we turned back north around mile 15, and by mile 17 I started falling off my pace pretty much." Although Romesser slowed in the last half, he still finished 6th overall.

Hill was a gracious runner-up and his time of 2:28:15 was good enough for 9th overall for which he collected \$250 to go along with his \$500 master money for second. "It was a long trip from Oregon, but I enjoyed the race very much," Hill said. "I was expect-

Continued on page 11



Don Coffman (29) leads a group of masters at 10 miles in the 1992 WZYP Rocket City Marathon. Included in the group are Bob Schlau (9), Ken Sparks (between Coffman and Schlau), Terry McCluskey (far left in hat) and Mark Hunter (with hat, second from right.)

Photo by Charlie Scott, The Huntsville News

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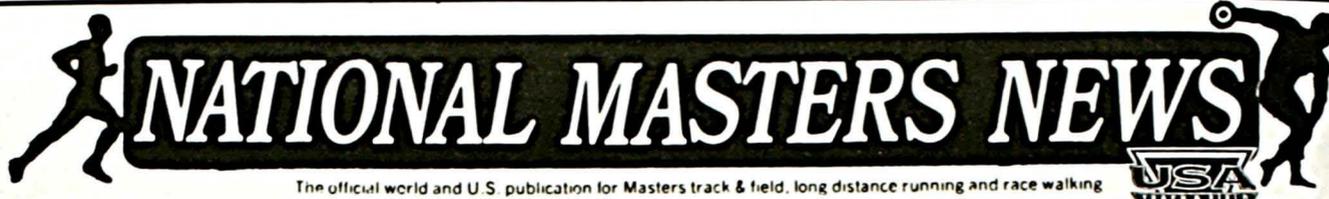
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The official world and U.S. publication for Masters track & field, long distance running and race walking

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The National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President; Ollan C. Cassell, Executive Director.

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

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

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

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

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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

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Sunmart Texas Trail Endurance Run Held

by JAMES RAIA and JOHN WELCH

HUNTSVILLE, Texas — Defending overall champion Steve Mahieu and 100K national team member Debbie Peebles claimed masters titles, while Tom Johnson and world record-holder Ann Trason captured overall victories in course-record times December 19 at the Sunmart Texas Trail Endurance Run.

Mahieu, 45, of Albuquerque, N.M., who held the previous course record of 6:17:31, finished fourth in 6:17:22 in the featured 50-mile event in Huntsville State Park, some 60 miles north of Houston.

Peebles, 40, of Tyler, Texas, who had run in the marathon division last year, went off course for nearly an hour. But she still finished as the sixth among women finishers in 8:11:40.

Johnson, 33, of Loomis, Calif., the course record-holder and two-time Western States 100 winner, passed former Olympian Roger Soler after 27 miles and then ran unchallenged en route to winning in a course record 5:49:37.

Trason, 32, of Kensington, Calif., the women's world record-holder for

50 miles, led the women's field from start to finish and placed seventh overall in a women's course record 6:31:02.

Mahieu was second for more than 36 miles until his thighs started cramping up. He said he averages less than 50 miles per week in training.

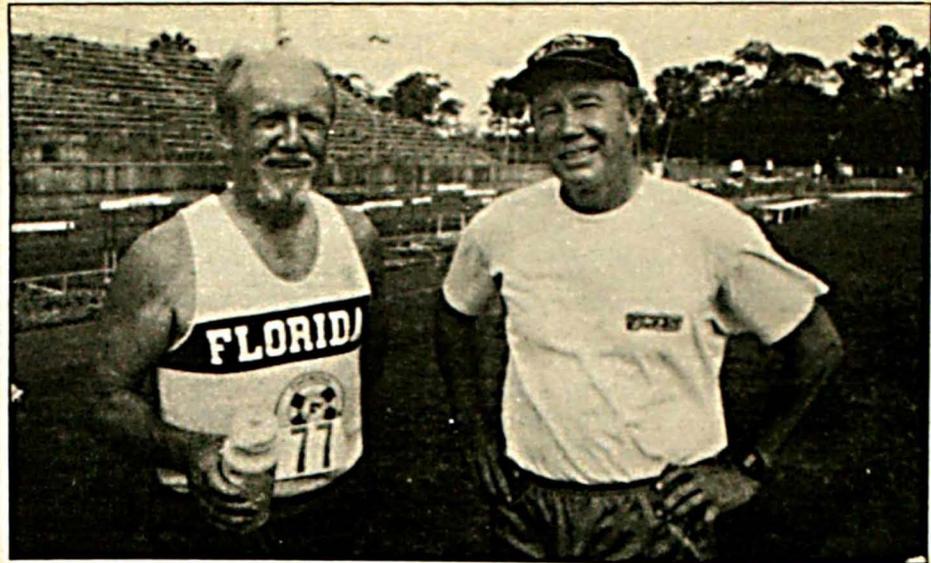
The next two masters behind Mahieu were Fred Shufflebarger, 44, of Laguna Beach, Calif., (6:24:10), and Jerry Martinez, 43, of Velarde, N.M., (6:25:48).

Runners-up to Peebles were Teresa Brown Rice, 40, of Tyler (9:56:46) and Thelma Richardson, 49, of San Antonio (9:59:03).

A field of nearly 400, about twice as many as last year, competed in the third annual event, a combined marathon and 50-miler on an overcast mild day.

The event provided another strong example of the popularity of trail running among over-40 runners. Eighty-five of the 136 finishers in the 50-miler and 85 of 194 marathon finishers were 40 or over.

The masters winners of the marathon were John Barnes (40, 3:10:26) and Alice Fuentes (43, 3:46:30).



Sprinters Ray Armstrong (1), M65, and Rudy Enders, M60, at a meet in Florida. Enders has been out of the track scene recently because of calcium deposits from his football playing days.

Photo by Bill Gentry

Runners in the 50-mile race began at 6 a.m. and ran four 12.5-mile loops. Marathon runners began three hours later, completing a 1.2-mile circuit before encountering two loops of the 50-mile circuit.

Entrants were provided with a wide variety of merchandise, including race T-shirts, water bottles, baseball caps, Tyvek jackets, carrying bags, as well as bountiful pre-race and post-race meals. □

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.



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REDUCING THE WEIGHTS

Regarding Burt DeGroot's letter in the December edition; it's difficult to argue with his reasons for wanting a reduction in the weights of the implements for the over 80s. The hammer and shot are reduced by 1k as throwers get to M50, M60 and M70 so it looks as though the 80s are due a reduction. That would mean coming down to 3k, which is the gear the over-50 women use, and they could use the 400g javelin too.

I'm a 57-year-old runner and I don't have an outstanding interest in throwing, but I do have an interest in the image of our sport. When the degree of difficulty of an event is changed to accommodate age, it can get ridiculous if we're not careful. Do we want to see somebody shot putting with a tennis ball? I've never been convinced that the reduction in weight for the throwers, which begins at M50, is because they might injure themselves. I'm inclined to think they want to register a distance something like they did twenty years ago. Having said that, you'll find it is runners who make the decisions about throwing implements. Check the WAVA line-up. How many throwers are there?

Presenting a favorable image to the general public is not all-important but it should be considered. At the World Games in New Zealand in 1981, local TV transmitted film of hurdlers crashing through barriers they were

really too old to attempt. At the stadium the following day the announcer thought we should protest at the way veteran athletics was being portrayed by writing to the TV people. Maybe the hurdles should have been low enough and the distance short enough to allow those hurdlers to look like hurdlers. In Britain there is talk of making steeplechase barriers lower so veteran women can do the event. What are the motives of our administrators -to create a playground for old people? If age makes an event too difficult, then it's time to find another event, and there are plenty of them.

*Wilfred Morgan
Birmingham, England*

MORE TRAINING ARTICLES

I'd like to see more in-depth and up-to-date training info than you provide. I'm tired of your 'jowler' columnists who don't really deal with real issues.

I do think you provide a wonderful service of networking and information unavailable elsewhere. I'm just bored with results, race announcements, and elite runners — the ones who win all the time.

How about in-depth reports of research on aging and training-technique articles on throws and jumps?

*J.A. Sandoz
Olympia, Washington
(We agree we should provide more training and research information and*

we'll make extra efforts to do so. One problem is that many top masters athletes are sometimes reluctant to share their training "secrets" with their fellow competitors. So we encourage anyone who is willing to share some successful training advice to write it up and send it to us. — Ed.)

CORRECTIONS

I spotted a few errors in the otherwise excellent minutes of the Masters T&F meeting at the Convention. (Jan. NMN).

Item 143, proposing to change the 1500 to the mile, was rejected. The 1500 will continue to be the championship distance. NMN presented it the other way around.

Item 150 was approved. Flat javelin throws are no longer allowed. (I thought the paragraph in NMN was confusing, in that it was not clear that the "mark" amendment was rejected while the "flat throw" prohibition was accepted.)

Item 158 would have discontinued Race Walk championships for age 60+ and replaced them with "Speedwalking" championships. It was rejected. NMN reported merely that the proposal sought to distinguish Speedwalking from RWing.

There was nothing in the minutes about the decision to ask our record keepers (Mundle and LaVeck) to begin collecting M&F 35-39 potential records in all events, in anticipation of their being eventually ratified by USATF. I think this is a significant development, especially since the impetus apparently came from submasters athletes.

I resigned as Awards Coordinator, and believe the position is available.

*Bev LaVeck
Seattle, Washington*

There was a misprint in my letter (Jan. NMN), on All American standards. I suggested the M55 35# weight



Bill Olrich, 57, M55 winner (17:40) and age-graded champion (88.6%), National Masters 5K Cross-Country Championships, Columbus, Ohio, November 8.

Photo by Karen Goldman

throw standard of 9 meters is too low and should be raised to 10 meters, not 12 as you printed.

*Lloyd G. Smith
Lawrenceburg, Indiana*

ALL-AMERICAN STANDARDS

Can you tell me how the criteria for the U.S. Standards of Excellence were established?

*Verne Scott
Davis, California*

(A sub-committee of USATF's Masters Track & Field Committee, headed by Gary Miller, reviewed 20 years of performances, and set the standards at a level that only a small

Continued on page 15

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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.

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Paul Edens, 51, of Oregon, shades Walt Butler, 51, of California, 11.88 to 11.89 for the M50-54 gold in the 100, TAC National Masters T&F Championships, Spokane, Wash. Alby Williams, 52, of Maryland (out of picture), finished third in 12.38, with Hugh Adams, 52, of California (lane 3), fourth in 12.38.

Photo by Harold Willis

SCHEDULE SURVEY

Below is a survey re the National Masters Outdoor Track & Field Championships schedule. With the authority of USATF's Masters T&F Committee, Jeff Schaller has prepared and will compile the results of the survey. He'll report to the Committee at its meeting at the nationals in August.

CURRENT PERMANENT OUTDOOR SCHEDULE AS OF 1990

Day #1		Day #2	
Pentathlon	Pentathlon	5k Walk	Shot
5000 m. F.	Hammer	Short Hurdles	Triple Jump
800 m. T.	High Jump (M)	100 m. T.	Pole Vault
400 m. T.		100 m. F.	(50-90+)
		400 m. F.	
		Steeplechase	
		1500 m. T.	

Day #3		Day #4	
10000 m. F.	Long Jump	10k, 20k Walk	Javelin
Long Hurdles	Discus	1500 m. F.	
200 m. T.	Pole Vault	4x100 Relay	
200 m. F.	(30-49)	4x400 Relay	
800 m. F.	High Jump (W)	4x800 Relay	
General Meeting		Age-graded 100 m.	

**ATHLETES SURVEY
NATIONAL CHAMPIONSHIPS EVENTS SCHEDULING**

THE PURPOSE OF THIS SURVEY IS TO HELP DETERMINE FROM THE ATHELETES THEMSELVES IF ANY IMPROVEMENTS CAN BE MADE WITH THE EVENTS SCHEDULING OF OUR NATIONAL CHAMPIONSHIPS MEET TO MAXIMIZE PARTICIPATION, PERFORMANCE, AND ENJOYMENT LEVELS. YOUR ANSWERS AND COMMENTS WOULD BE GREATLY APPRECIATED.

Name _____ City/State _____
 Age _____ Gender M F

- Have you competed in one or more National Championships meets?
 Yes No
- If you compete in the 200 m.: the trials and finals are both now held on the same afternoon, with about 2 1/2 hrs. break between trials and finals races for age groups requiring trials. Would you prefer to add another 1 1/4 hrs. of breaktime by running the 800 m. between the 200 m. trials and finals?
 Yes No Doesn't matter comments _____
- If you triple and long jump: would you rather long jump after triple jumping (as is now scheduled), or would you rather long jump first? triple jump first Long jump first Doesn't matter comments _____
- If you compete in the pentathlon: the pentathlon is currently held normally on Wednesday, the meet's first day, along with the first day of single events competition. Would you like the pentathlon to be held a day earlier, on Wednesday, by itself?
 Yes No Doesn't matter comments _____
- Please list all the events in which you would want to compete, if it were possible. Please underline events of primary importance, if any.
- Please make comments below regarding National Championships meet events scheduling.

Please return to: Jeff Schaller, SW 435 State St., Pullman, Wa. 99163

Coghlan to Make Master Debut at Millrose

Continued from page 1

Mile, said Coghlan, who ran a 4:06.2 mile on the road in Edinburgh last September, pulled a hamstring in December and lost about three weeks of training.

"But he's doing intervals in Gainesville, and is in about 4:10 shape," Bloom said.

If so, Coghlan will break the world indoor masters mile record of 4:13.05, set by Wilson Waigwa in the 1991 Millrose race. Waigwa, now 43, will also be in this year's race, and will be going for his third straight Millrose title. The Kenyan, who holds the world outdoor masters mile mark of 4:05.39, is not likely to be intimidated by Coghlan's reputation.

Coghlan and Waigwa will be joined in the race by Ken Popejoy, the world and U.S. masters 1500-meter champion from Illinois; Swag Hartel of Kentucky, winner of the USA National 5K and 10K cross-country races; Albie Swenson, winner of last year's Fifth Avenue Masters Street mile; Charles McMullen, Byron Dyce and Paul Mascali, coach of the New York Athletic Club who just turned 40.

Two days later, the second race in the Masters Mile series will be held at the Mobil meet in Fairfax, Va. Popejoy will defend his title, and will be joined by Dyce, Mascali, McMullen and others. Waigwa will skip Mobil. Coghlan said he might compete, but would wait till after Millrose to decide. □

**USA Track & Field
National Masters Indoor Pentathlon Championship & Southeastern Masters Indoor Track & Field Championship**

February 19 - 20, 1993
Murphy Center, Murfreesboro TN



Pentathlon
Friday February 19th

3:00	Warmup
4:15	55M Hurdles Women
	55M Hurdles Men
	LJ (Men), HJ (Women)
	SP (Women & Men)
	HJ (Men), LJ (Women)
	800M (Women), 1000M (Men)

Fees: Postmarked Feb 12 or before \$20
 Postmarked Feb 13 or after \$40
 Entry Deadline: Feb 17th. No entries will be accepted after this date.

Track & Field
Saturday February 20th

9:45	PV, Outdoor WT (25, 35, 56)	1:30	55M Dash trials/finals
	HJ		55M Hurdles finals
	LJ		55M Dash finals
	TJ		1 Mile Run
	SP		1 Mile Racewalk
			300 Yd Dash
			400 M
			3000M
			800M
			200M
			4 X 440 Relay

Fees: Postmarked Feb 12 or before \$8 first event; \$5 each additional
 Postmarked Feb 13 or after \$10 first event; \$7 each additional
 Entry Deadline: Feb 17th. No entries will be accepted after this date.

Age Divisions: 30+ In 5 year age groups Men & Women
 Awards: Medals to top 3 finishers in each age group
 Rules: WAVA/USA T & F
 Facility: 280yd Sportred surface. 1/8"-3/16" spike recommended
 Meet Hotel: Garden Plaza Hotel, 1850 Old Fort Parkway, (615) 895-5555
 \$45/night room rate; 1-4 people/room
 Note: \$2.00 of each entry fee goes to the USA T&F Southeastern Regional Masters fund

Entry Blank

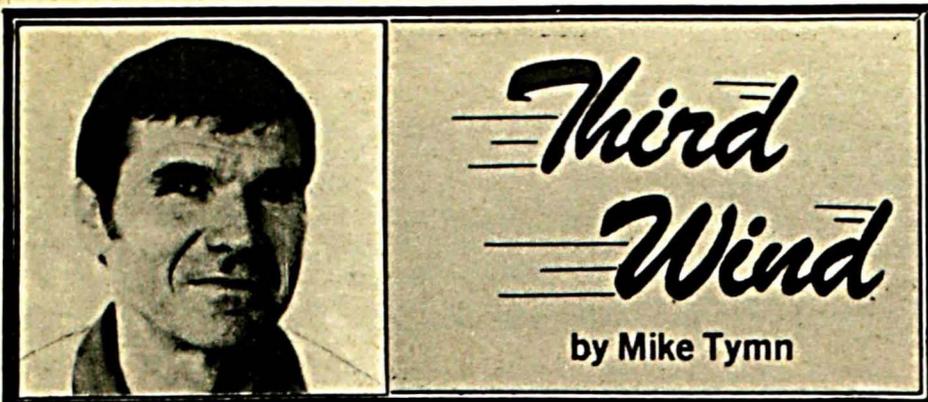
Name: _____ Age: _____
 Address: _____ City: _____
 State & Zip: _____ Male or Female (circle) _____
 Events: (1) _____ (2) _____
 (3) _____ (4) _____

1993 USA T & F No. _____ (May be purchased for \$12 at meet)
 Amount Enclosed: \$ _____

Waiver: In consideration of your acceptance of my entry I do hereby for myself, my heirs, and executors waive, release, and forever discharge any and all claims for damages which may have or which may hereafter accrue against Nashville Track Club, MTSU, Tennessee Chiropractic Sports Council, USA Track & Field, and all volunteers associated with the meet.

Signature: _____ Date: _____

Mail Entry & Fees To: NTC, 2709 Linmar Ave. No. 5, Nashville, TN 37215
 For Information Call: Randall Brady, (615) 383-6733



Predicting Your Marathon Time

Many veteran marathon runners can tell you within a matter of a minute what his or her finishing time will be in the 26.2-mile endurance test.

When you expect to be running at least 126 minutes, a prediction within a minute seems pretty remarkable. But experience allows the runner to gauge his condition with an increasingly high degree of accuracy, especially at the elite level where runners are constantly pushing their limits.

But what about the novice marathoner? How can she or he know what kind of pace to set?

The best indicator is one's performances at shorter distances. For example if you have run a recent 10K, you can multiply your time in that race by 4.65 to arrive at your marathon potential. That factor takes into account not only the extra distance but the extra fatigue. For example, let's say your 10K time is 45 minutes, 15 seconds (45.25 minutes). Multiply 45.25 by 4.65 and you get 210.41 minutes or 3 hours, 30 minutes, 25 seconds as your predicted marathon time.

To convert a 15K time to a marathon, multiply by 3.03. For a half-marathon, the factor is 2.12.

But what if you haven't run any short races? What if you're a non-runner just wondering how fast you might be able to run a marathon? Well, here's my recently revised uncopy-righted method for figuring out your marathon ability:

Ultimate: To begin with, use 127 minutes as your base time. We arrive at that by taking the fastest marathon ever run, 2 hours, 6 minutes, 50 seconds by Belayneh Densimo of Ethiopia in 1988 and rounding it off. That currently represents the ultimate in human potential. From there, you take it step

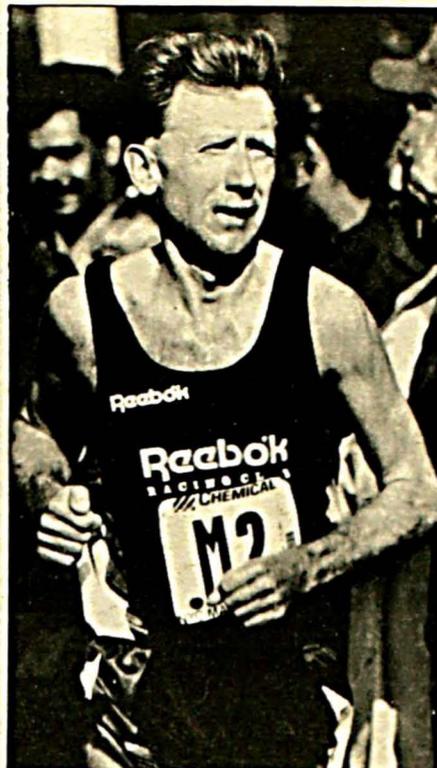
by step and begin making the following adjustments:

Gender: Women should add 12 minutes. While the current fastest time by a woman is 2:21:06, a difference of more than 14 minutes, scientific data indicates that the women's record is still a bit soft and should be down to around 2:19 to equal the men's record in quality.

Age: For every year you're over 35, add a minute and half. Thus, a 60-year-old should add 37.5 minutes.

Early Environment: If you grew up in a rural environment, walking or running many miles to school while subsisting on a basic diet of gruel and goat's milk, add nothing. If, however, you were driven to and from school, ate hamburgers and fries for lunch, and then came home to roost in front of the tube while eating more junk food, add at least 12 minutes. Even if you reformed in later years, you'll most likely never get those 12 minutes back. If you continued as a couch potato in your adult years, add one minute for every year beyond 18 until you began reversing the trend.

Weight: Dr. Kenneth Cooper of the Aerobics Center in Dallas has devised a formula to determine a person's ideal running weight. According to Cooper, men should take their height in inches



Poland's Ryszard Marczak finished third M40 (2:22:58), NYC Marathon, November 1.

Victor Sailer/Agence Shot

and multiply by four, then subtract 128. For example, a man 70 inches tall would have an ideal weight of 152 pounds ($70 \times 4 = 280 - 128$). A woman should determine her ideal weight by taking her height in inches, multiplying by 3.5 and then subtracting 108.

Cooper doesn't mention how much time to add for excess weight to determine one's marathon time, but my research reveals you should add a minute a pound. Actually, I think Cooper's a little generous, at least for men, when it comes to determining one's ideal running weight. I find that simply doubling your height in inches is a better gauge. Thus, that 70-inch tall man would have an ideal weight of 140 rather than 152. Of course, bone size should be factored in and could easily make up the difference between 140 and 152.

Adaptation: Generally, it takes 5-10 years for a distance runner to fully adapt to the sport. If you've been running only one year, add 20 minutes, two years 10 minutes, three years 5 minutes, four years 2½ minutes.

Burnout: A marathoner begins to feel the effects of wear and tear along with mental burnout after about 10 years. Add a minute for every year over 10 years that you've been com-

COMING NEXT MONTH

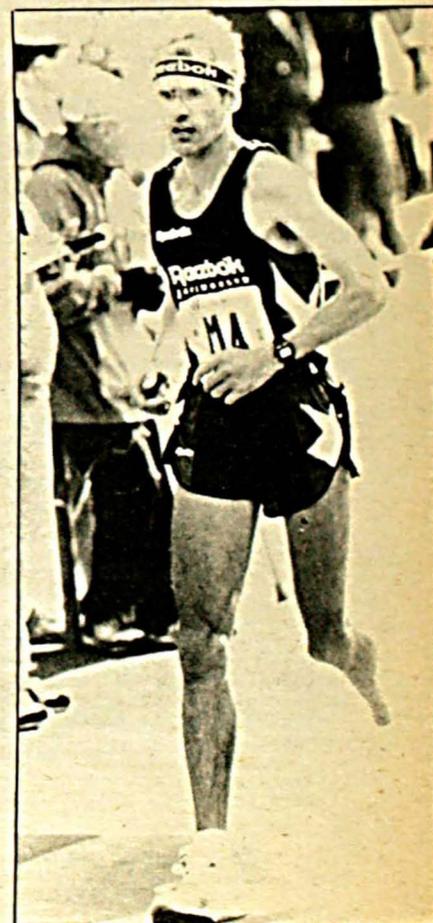
- World and U.S. Indoor T&F Records
- History of Masters LDR: Part II
- Report on Coghlan's Sub-4-Mile Attempt
- Preview of U.S. Indoor Nationals

peting intensely. Add two minutes for every year over 15 years and four minutes for every one over 20 years.

Training: Most elite marathoners average around 100 miles a week of training in the eight weeks preceding the race. If you've put in at least 90, add nothing. If, however, you've averaged 70-89 miles, add two to three minutes; 50-69 miles, add three to six minutes; 30-49 miles, add six to 12 minutes; 10-29 miles, add 12 to 36 minutes; 1-10 miles, add 37-60 minutes.

Climate/Course: If you're planning to run on a good flat, fast course under cool conditions (less than 55 degrees and low humidity), add nothing. If it's a tough course, add up to three minutes. For every five degrees warmer than 55, add a minute.

Now add all the adjustments and you have your probable marathon time. If that's not fast enough for you, consider beginning your next life with gruel and goat's milk. □



Frenchman Pierre LeVisse edged Jean-Michel Charbonnel, 2:19:42 to 2:20:23, to win the M40 title, NYC Marathon, November 1.

Victor Sailer/Agence Shot

KEL FIELD

Opening Fall 1993

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Barry Brown Caught in Financial Web

An investigation by the *Gainesville Sun* into the December 14 suicide of Barry Brown reveals a "tangled web of financial dealings that went wrong."

The 48-year-old three-time U.S. masters age-group runner-of-the-year was revered by fellow runners in the Gainesville, Fla., area. Four of the U.S. masters road racing marks he set in the 1980s still stand. He made the cover of the March, 1991 *Runner's World*.

Yet a darker side of the insurance salesman has turned up. *Sun* sources said Brown used his good looks, charisma, and athletic ability to foster "questionable business deals."

"We now know he had a double life," said Olympian and sports broadcaster Marty Liquori, who owns the Athletic Attic shoe chain, based in Gainesville.

Brown and Liquori were good friends. They trained daily between 1972 and 1980, when Liquori retired.

"His financial life did not meet the ideals we saw in his running life," Liquori said.

Brown's wife, Bobbi, declined to

speak to *Sun* reporters and could not be reached by NMN.

The *Sun* said Brown was also a registered securities broker who had a penchant for money brokering in hopes of making the big score. His dealings in both realms of business had spawned investigations by the Florida Department of Insurance and Comptroller. Gainesville police also began an investigation of Brown's financial affairs.

The *Sun* reported a local space research company was an unwitting victim of Brown's money brokering schemes.

"We had a legitimate relationship as far as we knew, and he clearly used it for other purposes," Jerry Weinberg, President of the Institute for Space Science Technology, Inc., told Jud Magrin and Aaron Hoover of the *Sun*.

Weinberg said he arranged with Brown in 1991 to secure loans from investors to ISST to help with an ISST cash-flow problem.

"We paid the loans back, but he didn't pay them. And he got money on our behalf, which we never saw,"

Weinberg said.

Four people are suing Brown for a total of \$170,000. Another out-of-state man said he was missing over \$100,000 invested with Brown.

The Florida Department of Insurance recently began investigating Brown after several of his clients complained about their life insurance policies. Questions surrounding his insurance dealings go back to the early 1980s, the *Sun* reported, and include one brush with the law and disciplinary actions by state agencies.

In 1987, Brown was arrested in Glens Falls, N.Y. on a larceny charge when a doctor charged Brown had sold him a bogus \$70,000 life insurance policy. Brown returned the money and the charge was dropped.

Glens Falls residents Ray and Myrna Tabor also believe Brown sold them a bogus \$100,000 insurance policy, but they never pressed charges. Brown returned all but \$10,000.

"He kept saying he would pay, but we never got the money," said Myrna Tabor.

In 1984, the New York Department of Insurance fined Brown \$1000 for placing four clients with insurers not licensed in New York and for lying to the state about where he finalized nine applications.

"I think he always felt he was going to pay people back," Liquori said. "But his financial dealings were like his running ambitions to the point of being unachievable. He deluded himself into thinking that a tremendous case of bronchitis couldn't affect him in a race, and the same went for his business transactions."

In his suicide note, Brown says he was let down in his financial dealings.



Barry Brown

He wrote that he felt bad about owing friends money, and he didn't feel he could face them anymore. He mentioned a life insurance policy that he hoped would pay back some of his friends.

The note said something to the effect: "I just don't see how I can go on living any more when I know that I cannot restore the money to these people." □

Montana to Host Indoor Nationals

The 1992 USATF National Masters Indoor Track and Field Championships move west this year. The annual event will be held in Bozeman, Montana on the weekend of March 19-21.

More than 400 athletes, age 30-and-over, are expected to make the journey to the first indoor national meet ever to be held in the Northwest.

The event will be held in the Brick Breeden Fieldhouse at Montana State University. Through a deal with Continental Airlines, masters participants can receive a discounted airfare.

Most motels are within a two-mile radius of the Fieldhouse. There will be

a Fieldhouse Shuttle service available at no charge departing from the Holiday Inn, meet headquarters.

The Holiday Inn will run a shuttle bus to the airport for athletes staying there. The GranTree Inn and The Comfort Inn also provide airport shuttles for their guests.

Competition gets under way Friday at 5:30 p.m. and continues through 5 p.m. on Sunday.

The entry form, schedule, and other details are on the back page of this issue. The early deadline is February 26. □

Top Women Masters To Run in Las Vegas

Sharlet Gilbert, 41, who won \$27,450 prize money in 1992 road races — near-



Shirley Smith, 55, St. Petersburg, Fla., warming up before a 17.00 discus throw at a Florida meet.

Photo by Bill Gentry

ly double that of any other U.S. masters woman — will defend her overall women's title in the February 6 running of the Las Vegas International Marathon.

Race director, Al Boka, has received over 350 applications from female runners, representing more than 12 countries.

A total of \$78,000 will be paid to top finishers, including a substantial amount for masters runners.

Carol McLatchie, 40, of Houston, will be the favorite in the newly-added half marathon. McLatchie was named TAC Runner of the Year in the W40 division in 1992.

Over 4500 men and women runners are expected at the starting line for the marathon, five-person relay, and half-marathon events. The marathon is expected to draw more than 2500 runners.

NMN will report on the race next month. □

Older and Better! 24th Annual LONGEST DAY Marathon, 10K, 5K, and 5K Race Walk

Brookings, SD
Saturday,
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Pagliano's Podiatric Pointers

THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Jones' Fracture

Q. I am a 55-year-old cross-country runner. Because of the rough terrain I traverse, I occasionally stumble and fall while running. Recently, I developed a fracture in my foot which my doctor called a Jones' fracture. Can you explain what this injury is and the best way to treat it?

A. Jones' fracture, which is located at the base of the 5th metatarsal, usually occurs in masters runners who fall on uneven terrain. It also may occur in those who have serious sprains or fractures — and is often overlooked by examining physicians.

There is some dispute in medical circles as to whether this injury should be called a "Jones" fracture, which usually refers to a fracture of a shaft of the bone, or by its medical entity — fracture of the diaphysis of the 5th metatarsal.

No matter what you call it, the resulting pain is usually quite severe, and the athlete is unable to run. There is swelling, and in some cases, a black-blue discoloration.

X-rays should be taken to determine the severity of the fracture. I have seen cases where the bone is fractured in three separate segments. In most cases, the break is an incomplete one and the bone is merely "cracked." However, if the athlete continues running, the frac-

ture can widen and spread medially.

The fracture can usually be treated with a below-the-knee cast, with the leg kept in a non-weight bearing position for 6-8 weeks. This should be followed by a rehabilitation program involving physical therapy. In severe cases, surgical intervention may be the only recourse. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



John Lawson won the M50 long jump (15-9) Club West Meet. Santa Barbara, October 3. NMN/Jerry Wojcik

Faster Master Blasters at Rockville

by MAURY DEAN

Though red-gold oak leaves skittered in the whipping western winds of the Rockville Centre 10K on November 14, masters bloomed. It was a day for speed. Nifty course, this. It's a fast, flat promenade down mansion-lined byways, hanging a few swift turns on soggy-leaf puddles.

At the awards ceremony afterwards, run by super Cosgrove and Co. officials and flawless timer David Katz, you got the feeling that everybody won the race. So who won overall? Records will credit Don DiDonato, 35, with a supersonic 30:46 and Sandra Natal, W30, with a swift 36:34, but the real masters word is Giambalvo. For two reasons: one, a submaster effort by Ellen Giambalvo, 38, whose 37:18 glommed second overall. The other reason is husband, Bob, whose 32:43 once again points to his unqualified domination as Long Island's top masters runner at age 42.

After setting all of L.I.'s records at 40, the greatest of which was a 19:58 in the Glove Run 4 Mile, Bob settled back to reel off times that would make other masters fidget furiously but, for Bob Giambalvo, were a little below his best. But hey — what about Hilton Gor-

Mendez, Rohr First in National 15K Cross-Country

by JERRY WOJCIK

Sadot Mendez, 41, and Suzanne Rohr, 42, overcame the hills of Van Cortlandt Park in the Bronx, NYC, to take firsts in the National Masters 15K Cross-Country Championships on November 29.

Mendez, a native of Puerto Rico, who teaches Spanish in a North Carolina elementary school, traded the lead with runner-up Bob McCusker, 40, until forging ahead at the end of the second loop of the three-loop race to win by 75 yards with a 51:24. McCusker, an airline pilot from Simsbury, Conn., finished in 51:39. Jack McShane, 40, Durham, Conn., was third in 54:28.

"I trained for this race by doing a lot of hill work," Mendez said. McCusker noted Mendez's performance, "He ran a smart race. Once he caught me at six miles on the flats, he just slowly pulled away when he hit the hills for the third time."

M45 division winner Sumner Brown, 48, Belmont, Mass., was fourth with a 54:42. Jerry Smith, 50, Manlius, N.Y., won the M50 race in 56:23.

Other division champions were M55 Ken Mueller, 56, Bellingham, Mass., 57:51; M60 Bill Fortune, 64, Pearl River, N.Y., 65:11; M65 John McManus, 69, Sunnyside, N.Y., 72:41; M70 William Coyne, 71, NYC, 77:00; and M75 Austin Newman, 77, Westfield, N.J., 81:14.

Team winners were M40+ Hartford TC; M50+ Sneaker Factory; and M60+ and M70+ Millrose AA.

New Yorker Suzanne Rohr, running her first cross-country because her Central Park TC team needed another member, led all the way to win in 68:34. Belinda Saunders, 41, NYC, was second in 70:22.

Mary Anne Leahy, 46, Seaford, N.Y., won the W45 race in 71:42. The other women's winners were W50 Jessie-Lea Hayes, 50, NYC, 76:14; W55 Tami Graf, 56, Lusby, Md., 76:46; W65 Janine Maltas, 66, Clifton, N.J., 88:46; W70 Althea Wetherbee, 73, Huntington, N.Y., finishing her first-ever cross-country race in 1:46:20; and Adrienne Salmini, 77, Harrington Park, N.J., 2:52:45. The Central Park TC took the W40+ team title. Of the 224 finishers, 37 were women.

This was the fifth time in the 35-year history of the race that it has hosted the masters championships. The race, which originated as the New York RRC Nine Mile Cross-Country Race in 1958, was renamed the Peter McCordle Cross-Country Classic to honor McCordle, a U.S. marathoner in the 1964 Tokyo Olympics, who died of a heart attack in 1985 while running in Van Cortlandt.

The primary sponsors of the championships were the NYRRC, Millrose AA, and the Joe O'Neill family. Kurt Steiner was the meet director. □



New Zealander Roger Robinson, 53, a resident of Vienna, Va., won the M50 race (56:31). Watermen's Museum 10 Mile, Yorktown, Va., November 15.

Photo by Rick Platt



Making Every Step Count

Ian Whatley is the recently elected Sports Science Rep for the National RW Committee as well as being a member of the Men's National RWing Team. His presentation of Training Techniques at the Louisville TAC Annual Convention was of such interest that, with his permission, I have taken his written outline and combined its highlights with those of a tape transcription made of his lecture. This is the first of a two part series.

Introductory Remarks

Fast racing comes from the combination of talent with hard physical training. To continue improving times requires more talent or more training. Since "talent" is largely defined by genetics, additional training is the route to better racing performances.

However, there is a level of training beyond which *damage* rather than improvement, occurs. This is termed overtraining and limits the total training load tolerable. This means that every step of every training session needs to be as effective as possible in improving racing ability.

Know what works for you. Individuals differ and there is no one training regime that will affect all athletes in the same way. Learn as much as you can about training, but balance this with experiments to see how different stresses affect your body.

Set goals and work towards them. Every training session should have a purpose which should lead toward a long-term objective. You must always be able to answer the question: "What is the purpose of this training session?"

Focus on good technique. Every step you take must be efficient and legal, or you are learning bad habits and wasting your workouts.

Learn speed. You can't run a four-minute mile if you can't run a quarter in sub-60 seconds. A masters walker can't walk a 1:40 20K unless he/she can walk a kilometer in 5 minutes.

There are five key training velocities.

Other training speeds have less effectiveness in race improvement.

Supra Maximal Workout

Objective: High stride rate. Velocity: Peak velocity for 100 to 200 meters. Time: Work periods of 20 to 50 seconds with full recovery.

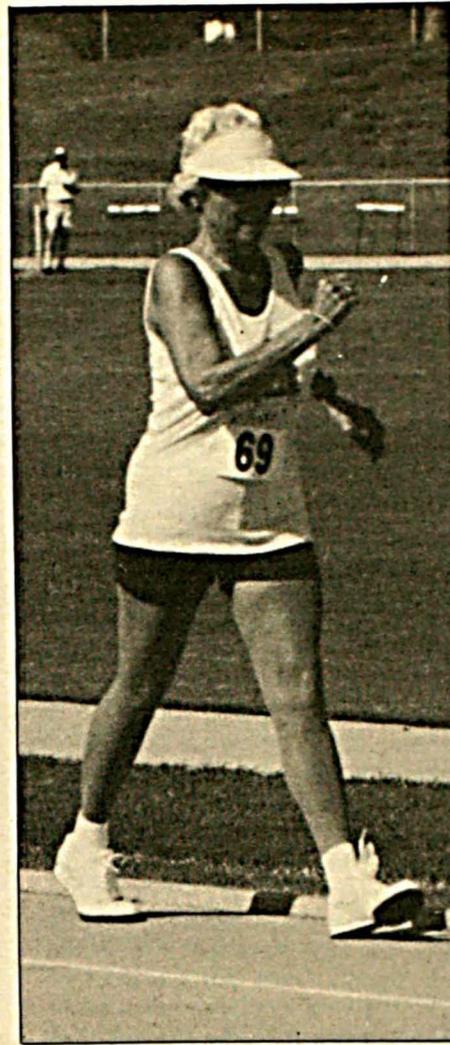
To me this means, you stand on a line, mentally focus and say, "OK, here's my technique, this is exactly how I am going to do it. Go." You are moving as fast as you can. It is an extremely short burst in which you may not even have time to breathe. What you are trying to do is get your muscles twitching as fast as they can so it will feel as though your legs are trying to keep up.

Between bursts, you take full recovery. Some athletes may need 1:30, some 2:00, some 5:00 minutes. For some people it might even involve 10 minutes. It's when you feel rested, but haven't gotten cold. For me, that's going down to about 80 heart beats per minute. A typical workout should include 12 x 120 meters with a 2:00 - 3:00 minute recovery period between.

VO2 Max Workout

Objective: Increase oxygen uptake at maximal exertion. Velocity: Mile race pace. Time: Work periods of 2 to 6 minutes with equal periods of recovery. Heart Rate: 98% to 100% of maximum.

VO2 Max is a calculus expression which literally means how much oxygen you can take out of the air when you are going as fast as you possibly can. As oxygen is taken from the air, it burns sugars and fats in the muscles to give you energy. These are your fuel



Jean Cotner, wearing her age, finished the 5000 racewalk in 40:28.7, Western Regional Championships, Hayward, Calif.

Photo by Jerry Wojcik

sources.

Velocity and heart rate are probably close to 100 percent maximum. It is about what you can tolerate between 2 and 6 minutes. You need to include some walking at VO2 Max in your training. A typical workout should be: five repetitions for 5 minutes with 5 minutes of recovery between. You go off as fast as you can go for 5 minutes, rest and start again.

Lactate Threshold Velocity

Objective: Increase lactate threshold. Velocity: About an 8K race pace. Time: Work periods range from reps of 5 minutes to single efforts of 25 minutes. Any recovery between reps is brief, permitting only the mental recovery needed to maintain technique. Heart Rate: Small band of heart rates that vary between individuals. Perceived exertion: "medium discomfort."

This workout is very important. When you burn sugar using oxygen, your body turns it into carbon dioxide and water. When you get going fast enough, it doesn't have time to do all the chemical processing. It takes a bit of sugar, which is like a ring, pulls it in half, and throws the pieces away instead of turning it into carbon dioxide. These pieces float around in the blood as lactates. When you get enough of them, enough concentration, you slow down. That concentration in the blood remains fairly constant as you go faster until you get to a certain velocity and then the curve goes up almost exponentially. That break point is what is called

lactate threshold velocity.

The lactate threshold velocity is the speed you can race an 8K that causes about 4MMol of lactate to build up in the blood. It corresponds to a perceived exertion of "medium discomfort." Training for it on a heart rate monitor is extremely effective. The unfortunate thing is, to ascertain exactly what your lactate level is, you really need some treadmill testing and somebody sticking pins in you. For this reason, there is increasing use of perceived exertion as a monitor.

Perceived exertion is a scientific term for how hard something feels. Your body literally integrates all the information and says I am working about 17 out of 19 at the moment. You are not even conscious of it. Your body picks up clues like your heart rate, breathing rate, blood acidity, body temperature, local muscle stretching and integrates the information and says, "This is hard work. I am going to stop." Or "I'm not really enjoying this, but I can go on." This is medium discomfort and appropriate for the lactate threshold workout.

A typical workout should consist of the following: (1) A 20 - 30 minute tempo walk at a 5K race pace. (2) 3 x 8 minutes with a very short recovery of 1 minute between. The recovery is mainly to let you mentally recover and re-focus on technique.

In one week you need to have at least 25 minutes of lactate threshold work to maintain a high threshold; and you need to do more than 25 minutes training in a week to make improvements.

The kind of figures you see for total distance or total time in the literature range from 20 minutes to 50 minutes. So there is a lot of debate still about what is the best amount of time. I have found 3 x 10 minutes, with a minute between, works very well for me. Everyone needs to experiment because individuals differ and you need to test them on yourself. 3 x 10 minutes, 3 x 8 minutes, 4 x 8 minutes with 1 minute recovery between. You can even do stuff like 5 x 5 minutes with 1/2 minute of recovery between. Breaking them up in different ways helps make it more interesting.

In terms of percentage of workout time a week, figures vary from 10 percent up to 25 percent. My answer is: "If you are really going to focus on it, you need two sessions, possibly three a week. I don't think you can tolerate more than that. The total amount for each of these is between 20-30 minutes.

The time you want to maximize Lactate Threshold Velocity workouts is the six weeks leading up to a key race because researchers are finding that you can improve your lactate threshold by about 5 percent a week for four or five weeks. It also tends to fall back in a hurry so this six weeks of emphasis is important.

If you have specific training questions related to Supra Maximal workouts, VO2 workouts or Lactate Threshold workouts, send them to Elaine Ward, North American Racewalking Foundation, PO Box 50312, Pasadena, CA 91115-0312. □

Funkhouser Sets World 5K Mark

Ray Funkhouser, 41, of Tom's River, N.J. set a new world masters best in the 5K racewalk with a stunning 20:35 in the Jake Williams Memorial Race in Seabright, N.J., November 29.

Funkhouser, the U.S. male masters racewalker-of-the-year in 1992, lowered the existing U.S. masters 5K road mark of 22:25, set by Robert Keating, 45, last year; and bettered the

existing masters U.S. 5000 track walk record of 21:27, established by Larry Walker, 45, in 1988.

The race was held on a USATF-certified course. Funkhouser's time is an age-graded performance of 97.0%, which earned him the honor as co-masters-athlete-of-the-month. (See separate story on page 12.)

Romesser, Ciavarella Win in Rocket City

Continued from page 1
 ting a little warmer weather in the south, and I think I could have run better if it had not been cold."

Don Coffman, a five time masters winner of this race, led the second pack through 10 miles in 58:00. "We were all having a good time for the first ten miles," he said.

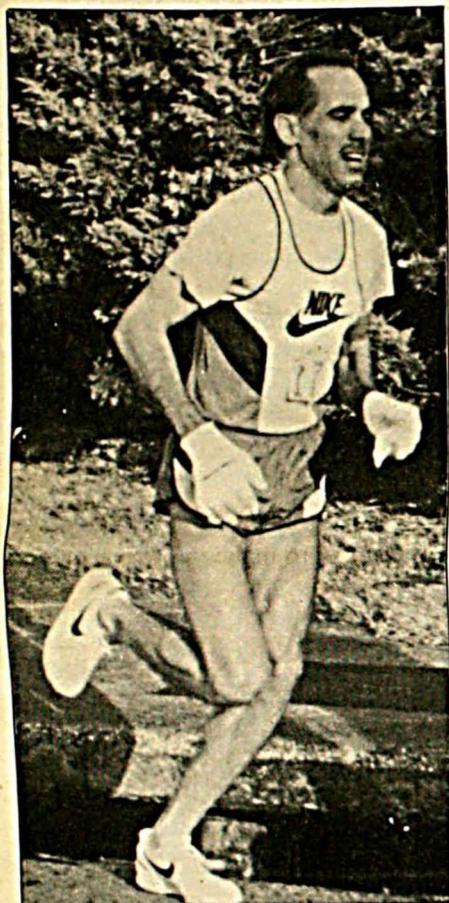
From that point it became a three-man race for third place, with McCluskey taking the honor in 2:34:03 (\$250). He was followed closely by Schlau (1st 45-49) in 2:34:19 (\$250) and Hunter in 2:34:55 (\$250). Ken Sparks was 6th master in 2:36:22 to take the last \$250 check, the first time since

1982 that six master runners have broken 2:37 in this race. Coffman tightened up as they turned into the wind, and pulled out of the race at mile 17.

When defending female master champion Jane Hutchison and 1990 runner-up Barbara Filutze had to withdraw from the race in the last week due to injuries, Claudia Ciavarella became the odds-on favorite to win this year's title. Ciavarella, the race director of The Army Ten Mile Road Race in Washington, was unchallenged for the entire run with her nearest competitor, Mary Preisel of Signal Mountain, Tenn., over ten minutes back in 3:15:12.

Ken Brewer of Oxford, Al., won the 50-54 division in 2:48:00, and Dick Ruzicka of St. Petersburg, Fla., took the 55-59 division in 2:55:45.

With 1180 entrants, the WZYP Ruzicka of St. Petersburg, Fl., took the largest marathon in the southeast in 1992. □



Gary Romesser near mile 7 of the 1992 WZYP Rocket City Marathon.

Photo by Jay Oaks



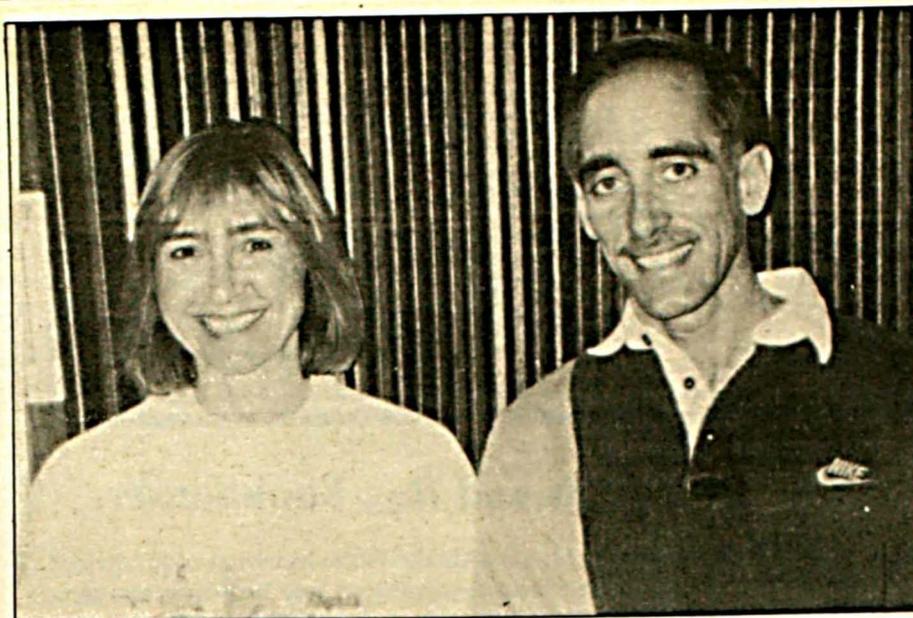
Mary Preisel, second female master at the 1992 WZYP Rocket City Marathon.

Photo by Jay Oaks



Leonard Hill, second master and 9th overall at the 1992 WZYP Rocket City Marathon.

Photo by Jay Oaks



Master winners Claudia Ciavarella and Gary Romesser at the 1992 WZYP Rocket City Marathon. Photo by Jim Oaks



Master prize money winners at the 1992 WZYP Rocket City Marathon. L to R: Gary Romesser, Claudia Ciavarella, Leonard Hill, Mary Preisel, Loretta Hoffmann, Terry McCluskey, Bob Schlau, Sandy Padgett, Mark Hunter, Michie Pitts, and Ken Sparks.

Photo by Jim Oaks

THE COMPETITIVE ROAD RACER DECEMBER 1992
 P.O. BOX 1765 BROOKLINE, MA 02146

Masters Women Sub 30 Minute 8K - 1992

Name	ST	Place	Time	Pt
Binder, Laurie	CA	Shamrock	00:27:42	2
Grayson, Nancy	SC	Naples	00:28:00	2
Grayson, Nancy	SC	Shamrock	00:28:08	1
McLachie, Carol	TX	Maggie Valley	00:28:25	1
Filutze, Barbara	PA	Shamrock	00:28:26	3
Binder, Laurie	CA	Northwest Gas	00:28:47	1
Ottoway, Joan	CA	Fiji	00:28:54	1
Grayson, Nancy	SC	Maggie Valley	00:29:09	2
Lempeis, Catherine	SC	Shamrock	00:29:05	4
Mieszczak, Nancy	NY	Shamrock	00:29:08	5
Stockdale, Rebecca	CT	99 Classic	00:29:12	1
Virga, Carol	FL	Maggie Valley	00:29:22	3
Jordan, Janet	OR	Nordstrom	00:29:34	1
Stockdale, Rebecca	CT	Po-Jack's	00:29:47	1

Masters Women Sub 2:50 Marathon - 1992

Name	ST	Place	Time	Pt
Roden, Anne	GBR	Boston	02:37:37	1
Gilbert, Shariet	CA	Grandma's	02:38:00	1
Portanski, Bernadine	NZL	Boston	02:39:55	2
Gilbert, Shariet	CA	Twin Cities	02:40:19	1
Portanski, Bernadine	NZL	Twin Cities	02:41:43	2
Ray, Suzanne	AK	Twin Cities	02:41:50	3
Gilbert, Shariet	CA	San Francisco	02:42:08	3
Virga, Carol	FL	Twin Cities	02:43:39	4
Smakhnova, Raisa	CIS	Boston	02:43:48	3
Hubbard, Karen	MI	Detroit	02:45:21	1
Matsuda, Chie	JPN	Boston	02:45:41	4
Gilbert, Shariet	CA	Pittsburgh	02:47:19	1
Virga, Carol	FL	Vermont City	02:47:28	1
Smakhnova, Raisa	CIS	Twin Cities	02:49:58	5

Masters Men Sub 30 Minute 10K - 1992

Name	ST	Place	Time	Pt
Levise, Pierre	FRA	Azalea Trail	00:29:00	1
Nzau, Joseph	KEN	Peachtree	00:29:09	1
Levise, Pierre	FRA	Peachtree	00:29:12	2
Navarro, Artemio	MEX	Peachtree	00:29:27	3
Rose, Nick	GBR	Azalea Trail	00:29:32	2
Levise, Pierre	FRA	Sallee Mae	00:29:33	1
Vera, Manuel	MEX	Azalea Trail	00:29:37	3
Rose, Nick	GBR	Peachtree	00:29:45	4
Campbell, John	NZL	Citrus Classic	00:29:45	1
Vera, Manuel	MEX	Peachtree	00:29:51	5
Rose, Nick	GBR	Cooper River	00:29:52	1
Rose, Nick	GBR	Charlotte	00:29:57	1

Masters Men Sub 2:20 Marathon - 1992

Name	ST	Place	Time	Pt
Nzau, Joseph	KEN	Twin Cities	02:18:12	1
Levise, Pierre	FRA	Boston	02:18:46	1
Navarro, Artemio	MEX	Las Vegas	02:18:53	1
Kurtis, Doug	MI	Boston	02:17:03	2
Stahl, Kjell-Erik	SWE	Las Vegas	02:17:27	2
Levise, Pierre	FRA	Twin Cities	02:17:52	2
Navarro, Artemio	MEX	Boston	02:18:06	3
Lopez, Luis	CRC	Las Vegas	02:18:48	3
Tibaduiza, Domingo	COL	Las Vegas	02:18:51	4
Kurtis, Doug	MI	Detroit	02:19:25	1
Kurtis, Doug	MI	Pittsburgh	02:19:31	1
Levise, Pierre	FRA	New York	02:19:42	1
Navarro, Artemio	MEX	Twin Cities	02:19:50	3

Five Years Ago

- Irishman Patrick Murphy (M40, 2:31:57) and Bobbi Rothman (W40, 2:49:34) Are First Masters in Rocket City Marathon
- Bill Rodgers Edges Frank Shorter - 30:49 to 31:10 - to Take the M40 Title in Charlotte Observer 10K
- 900 Japanese Masters Compete in the All Nippon T&F Championships in Hiroshima

Sorbothane
A VISCO ELASTIC POLYMER II

**MASTERS
ATHLETE
OF THE
MONTH**

Carla Beurskens and Ray Funkhouser

Once again, the Sorbothane Masters-Athlete-of-the-Month award is divided between two outstanding performers — runner Carla Beurskens and race-walker Ray Funkhouser.

Beurskens, 40, of Holland, ran a sensational 2:32:13 in the Honolulu Marathon, December 13 to finish as first woman overall.

It was the fourth-fastest female masters marathon time ever run. Only Priscilla Welch (2:26:51), Joyce Smith (2:29:43) and Evy Palm (2:31:35) have gone faster.

"I was surprised by my time," Beurskens told NMN's Mike Tymn. "I think this was my best race ever."

Beursken's time was an impressive 95.0% on the age-graded scale.

Funkhouser, 41, of Tom's River, N.J., raced to a new U.S. masters 5K road walk record of 20:35 in Seabright,

N.J., November 29 — 97.0% on the age-graded scale.

Funkhouser, TAC's 1992 master male race walker of the year and an Olympic Trials participant, broke the old M40 5K road mark by over four minutes and lowered his own official U.S. M40 5K track road record of 22:21.

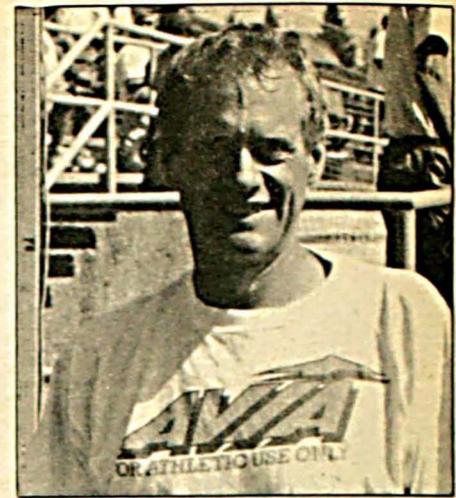
Runners-up for the \$100 award, given bi-monthly by Sorbothane to a U.S. citizen or foreigner who competes in a U.S. race, were:

- Michigan's Doug Kurtis, who ran marathons of 2:19:52 (93.0%) in St. Louis on November 22, and 2:24:34 in Memphis on December 6. His St. Louis time was the 67th sub-2:20 marathon. The record is 69, held by Sweden's Kjell-Erik Stahl.

- Kenya's Wilson Waigwa, 43, who was first 40+ in the Charlotte Observer 10K, January 9, in 30:47 (92.7%).

- Francie Larrieu-Smith, 1992 U.S. Olympic marathoner who just turned 40, who was first 40+ woman at Charlotte in 34:55 (91.3%).

- Gary Romesser, 42, of Indianapolis, who clocked a strong



Ray Funkhouser

2:26:01 at the Rocket City Marathon in Huntsville, Ala.

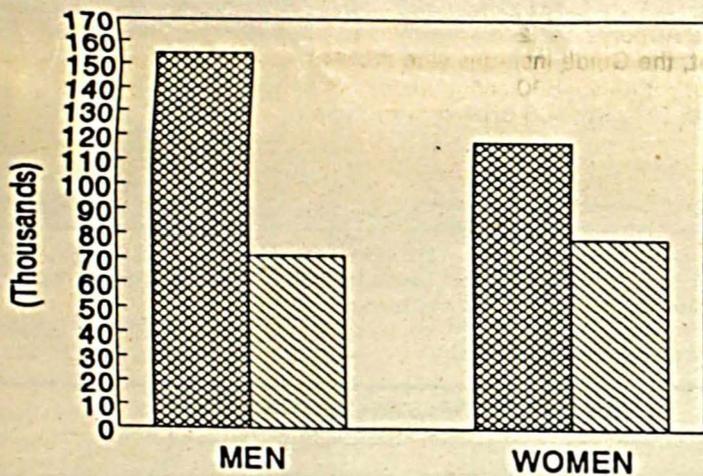
- Larry Jesse, 40, of El Paso, Tex, who set a world masters pole vault record of 17¼ in a local meet, December 11.

Sorbothane produces lightweight, shock-absorbing, air-infused insoles which can be found at most sporting goods stores.

For their efforts, Beurskens and Funkhouser will each receive \$50 from Sorbothane. □

THE COMPETITIVE ROAD RACER DECEMBER 1992
P.O. BOX 1765 BROOKLINE, MA 02146

**Masters Prize Money Distribution
United States Races 1992**



■ Top 10 Masters 1992 ▨ Other Masters 1992

**PRIZE MONEY LEADERS MAST WOMEN
1992**

RKNAME	ST/N	1992 \$	#
1 Gilbert, Shariet	CA	\$27,450	7
2 Grayson, Nancy	SC	\$15,325	20
3 McLatchie, Carol	TX	\$12,900	15
4 Roden, Anne	GBR	\$10,900	1
5 Filutze, Barbara	PA	\$10,450	17
6 Portanski, Bernadine	NZL	\$9,500	2
7 Welch, Priscilla	GBR/CO	\$9,200	11
8 Hubbard, Karen	MI	\$8,450	3
9 Ray, Suzanne	AK	\$6,950	5
10 Hine, Judith	NZL	\$5,900	7
11 Virga, Carol	FL	\$4,800	8
12 Unknown, Runner	NA	\$3,525	5
13 Silverio, Cheryl	PA	\$3,500	3
14 Lempeis, Catherine	SC	\$3,325	14
15 Hutchison, Jane	MO	\$2,800	5
16 Smekhnova, Raisa	CIS	\$2,500	2
17 Binder, Laurie	CA	\$2,400	5
18 Hall, Sherri	CA	\$1,900	4
19 Jordan, Janet	OR	\$1,750	3
20 Wood, Mary	CO	\$1,550	2
21 Matsuda, Chie	JPN	\$1,500	1
22 Mieszczack, Nancy	NY	\$1,450	3
23 Vestal, Alendina	NC	\$1,425	9
24 Stockdale - Wolley, R	CT	\$1,150	5
25 Hughes, Janice	OH	\$1,000	1
25 Matson, Shirley	CA	\$1,000	3
25 Emo, Adele	NA	\$1,000	1
25 Oshier, Nancy	NY	\$1,000	1

**PRIZE MONEY LEADERS MASTERS MEN
1992**

RKNAME	ST/N	1992 \$	#
1 Levisse, Pierre	FRA	\$30,550	17
2 Kurtis, Doug	MI	\$27,700	14
3 Nzau, Joseph	KEN	\$24,750	8
4 Navarro, Artemio	MEX	\$18,850	9
5 Rose, Nick	GBR	\$9,150	12
6 Tibaduiza, Domingo	COL/NV	\$8,000	16
7 Waigwa, Wilson	KEN/TX	\$6,550	9
8 Bell, Doug	CO	\$5,125	11
9 Romesser, Gary	IN	\$5,075	14
10 Stahl, Kjell-Erik	SWE	\$4,000	1
11 Owens, Earl	GA	\$3,600	11
12 Charbonnel, Jean-M	FRA	\$3,500	2
13 Campbell, John	NZL	\$3,450	8
14 Hill, Leonard	OR	\$3,100	2
15 Wheway, John	GBR	\$3,000	1
16 Marczak, Ryszard	POL	\$2,950	4
17 Vera, Manuel	MEX	\$2,700	6
18 Lopez, Luis	CRC	\$2,600	5
19 McMullen, Charlie	NY	\$2,550	7
20 Klecker, Barney	MN	\$2,500	2
21 Rodgers, Bill	MA	\$1,750	7
22 Paul, Don	CA	\$1,675	3
23 Schlaue, Bob	SC	\$1,540	6
24 Froment, Mike	GBR	\$1,500	2
24 Queneil, Claude	CAN	\$1,500	1

Beurskens Stars in Honolulu

Continued from page 1
the 1987 Tokyo International Marathon. "I was not able to train for almost one year (due to a stress fracture in the hip) until last April and I did not think I was in this kind of condition. I thought maybe 2:35 or 2:36 would be my best now. I am very surprised. I think this was my best race ever."

The first male masters finisher was Ted McLachlan, 40, of New Zealand, finishing in 17th place overall with a 2:28:07, well off the masters race record of 2:17:24 by Jack Foster, also of New Zealand, in 1975.

The women's masters record in Honolulu had been 2:48:00 by Minoru Muramoto of Japan in 1982.

A record 23,515 runners and walkers finished the race. Of the 30,905 who signed up for the event, 18,286 were from Japan.

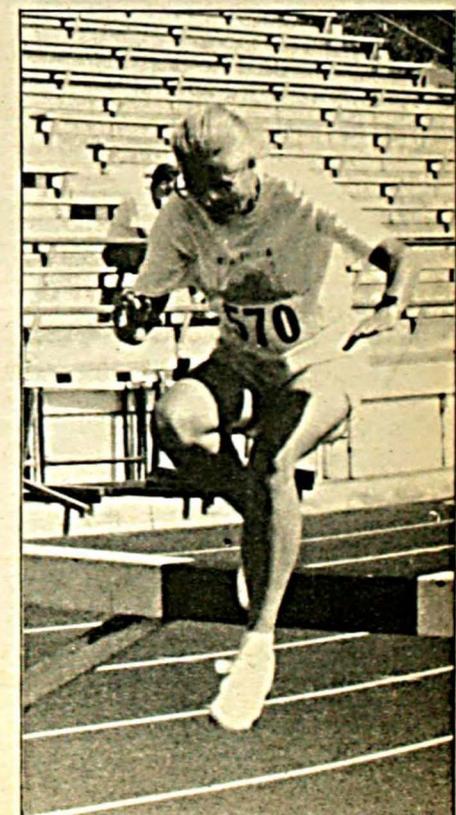
Among the Japanese age-class winners was Keizo Yamada, the 1950 Boston Marathon winner and a 1952 Olympian. He captured the M65-69 division in 3:15:01.

Three-time Honolulu Marathon winner and former Olympian Duncan Macdonald finished fourth in the M40-44 division with a 2:40:57, while former Olympic marathon gold medalist Frank Shorter took second in the M45-49 competition with 2:43:52. Two other former Olympians, Kjell-Erik Stahl and Gary Fanelli, did not finish.

One of the best age-class times was turned in by Oddvar Hausken of Nor-

way, winner of the M50-54 division with a 2:38:05.

Paul Reese of Auburn, Calif. won the M75-79 division in 4:10:56, while Gerald and Miki Horton of Maui won their respective divisions, Gerald taking the men's 70-74 (3:39:24) and Miki the women's 65-69 (4:16:51). □



Bigalita Egger, W50, in the 2000m steeplechase, Club West Meet, Santa Barbara. NMN/Jerry Wojcik

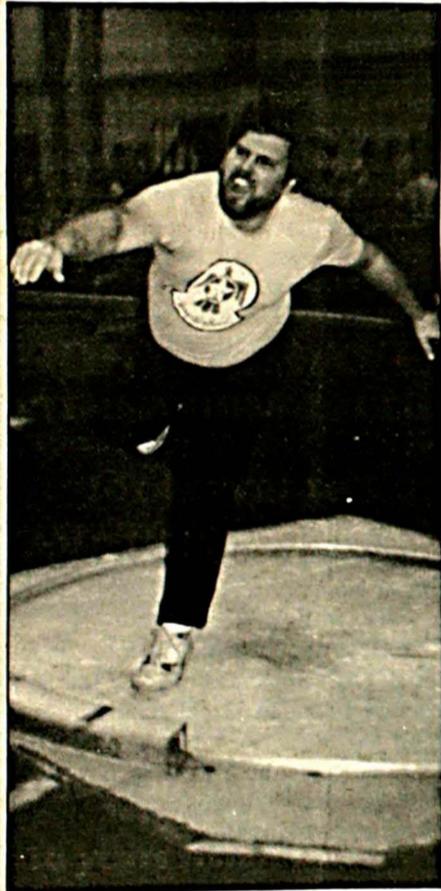
CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

SPORT QUILTS. Personalized quilts made from your favorite T-Shirts. Ideal birthday gift. For brochure send SASE to Anne Tifanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

26th Athens Marathon & 3rd Half-Marathon. Sunday, April 4, 1993, 12 noon. Athens, Ohio. USATF certified, rural, out & back courses. Cash awards. \$17 entry fee before March 28. Send SASE to Athens Marathon, P.O. Box 2282, Athens, Ohio 45701 or call (614) 594-8669.

PEAR BLOSSOM RUN - 17th annual - April 10 - 10 mile, Mayor's Cup Mile & 2 mile - 4,000 entries - Parade - Street Faire - Barbecue - 'EVERYONE'S A WINNER' - Closes March 15 - Long SASE: Pear Blossom Run - PO Box 146 - Medford, Oregon 97501 - Jerry & Zellah Swartsley (503) 535-1205 eves.



Randy Fox, M35, of Indiana, in the shot, 1992 TAC/USA National Masters Indoor Championships, Columbus, Ohio. The 1993 championships will be held in Bozeman, Mont., March 20-21.

NMN/Jerry Wojcik



PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1991. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00	\$ _____
_____	Masters Track & Field Rankings Men's and women's 1991 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$5.00	\$ _____
_____	Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. \$5.95.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of April 15, 1992; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Competition Rules for Athletics (1992) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
_____	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
_____	Time Master Calculator Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$45.00.	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1992 Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$46.00.	\$ _____
_____	TAC Patches. Embroidered, 4" x 3" - \$3.50	\$ _____
_____	U.S. Track and Field Team Patches. Embroidered, 3½" x 2½". \$3.50.	\$ _____
_____	U.S. Track and Field Team Lapel Pins, Cloisstone enamel, 1½" x 5/8" bar pin with safety catch. \$3.50.	\$ _____
_____	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	\$ _____
_____	Run Fast by Hal Higdon How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95.	\$ _____
_____	Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.	\$ _____
_____	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. \$16.00 per year.	\$ _____
_____	Back Issues of National Masters News Issues: _____ \$2.50.	\$ _____
	Postage and handling	\$ 1.25
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____

Send to: National Masters News Order Dept.
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MASTERS TRACK & FIELD REPORT

by BECKY SISLEY

How To Conduct A Track & Field Meet

Last summer I served as the meet director for the Hayward Classic Master Track & Field Championships held in Eugene, Oregon on June 20 and 21. I had only been a participant in track and field for four years. However, as a university administrator and former director of women's athletics, I believed I had the organizational skills to take on the challenge. I felt this was a wonderful avenue to be in service for track and field.

The main purpose of this article is to provide guidelines which might be useful to meet directors and encourage others to take on this responsibility. A secondary purpose is to present some innovative ideas that were incorporated into the management of the 1992 Hayward Classic.

Planning

The most important factor in the success of any event is good planning. This involves the what, who, when, where and how of getting things done.

First, by looking through past meet reports, I was able to review data on entry forms and miscellaneous correspondence from which I gleaned the names of some officials. From these data, I developed a list of tasks and deadlines. The initial list, created during the seven months before the meet, was constantly updated. This will be invaluable for this year's meet director for it provides critical data: names, phone numbers, recommendations, etc.

Selecting a strong committee is essential and this was done before

Christmas, 1991. Members came from our Oregon Track Club Masters, some of whom had been on previous meet committees and some of whom were new club members eager to get involved.

It is important to match assignments with the particular skills of committee members. Some did a variety of small tasks, while others took on major responsibilities, e.g., soliciting event sponsors, preparing a program, recruiting officials and volunteers, soliciting food donations, coordinating computer operations, handling publicity and promotion, determining awards, designing T-shirts, etc. We had seven meetings of the full committee and four of the sub-committee which dealt with volunteers, officials and hospitality. Agendas were prepared for all meetings, tasks delegated, deadlines determined and people were accountable for their areas of responsibility.

Volunteers And Officials

Another necessary factor for a successful meet is an adequate number of

competent officials and volunteers. We were fortunate in having a list of officials who worked the university meets. This served as a starting point. In addition to the list of University of Oregon officials, which was organized by events and responsibilities, we secured a current listing of certified TAC officials from the Oregon Association office.

The sub-committee discussed key assignments, then began making contacts to get commitments. One member handled track officials and another officials for field events; other key volunteers were also solicited for registration, hospitality, awards distribution, etc. We began in February, but probably could have waited until April 1st. We put announcements in our club newsletter and in the community sports section of our local newspaper. In addition, I attended most of the college track meets and personally recruited many of the officials. They were given meet schedules so they would know the time commitment well in advance.

I developed a database for all volunteers. First I made a list of all assignments, which included everything such as distribution of entry forms to all of the officials, clean-up crew, medical staff, etc. Once spots were filled, the names were put on a spreadsheet. The database included name, phone numbers, type of assignment (e.g., track, volunteer, support staff), specific assignment, and time to report to the meet. These two lists were updated constantly until June 1st when all assignments were completed. The spreadsheet database was used for volunteer check-in at the meet and recording of T-shirt distribution to volunteers. Here again, a helpful reference is available for next year.

Meet Management Preparations

Prior to the meet, the committee discussed paper flow, check-in and scratch procedures, public address announcements, and hospitality set-up (we supplied a buffet lunch for the 200 volunteers). Specifics relating to competition appeared in the program on the *important information* page.

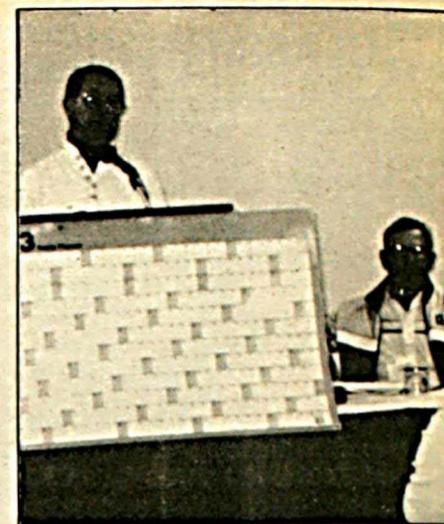
Here are other details which need to be addressed:

- * Write out registration procedures; cover important elements related to TAC membership, money due, T-shirt distribution, etc.

- * Determine procedures for late registration and adding events.

- * Prepare record sheets. We developed a page for each event which included the current Hayward Classic, American, and World records for all age groups, men and women. (The American and World records were in the May edition of NMN.) These sheets went to the recorder of records, public address announcer, promotions person, and each head official. The meet records also appeared in the program for the athletes' reference.

- * Prepare clipboards for each field event. These were labeled for head of-



Rick McGuire successfully bidding for the 1994 Masters Indoor Championships at TAC Convention, December 1-5, Louisville, Ky. The 1994 championships will be held at the U. of Missouri, Columbia, March 25-27. To his right is Max Goldsmith, Masters Site Selection Chairperson. NMN/Jerry Wojcik

ficial, communications, and wind gauge if required. The head official had the records for the event and information on metric conversion and increments by which to raise the bar.

- * Prepare written procedures for awards distribution.

- * Prepare directional and informational signs: e.g., volunteer check-in, packet pick-up, medical, weights and measures, awards, etc.

- * Discuss needs and concerns with meet referees and clerk of the course. It is critical that these people, as well as head officials, are knowledgeable of rule differences which affect masters competition. The meet referee needs a TAC rule book (he/she might only have done college meets and require a rules refresher).

- * Clarify hurdles and steeplechase specifications and put appropriate markings on the track before the meet begins.

- * Determine how the local newspaper wants results submitted.

Selected Keys To Success

- * Determine the date before the annual TAC convention in late fall so it can be included in calendar information.

- * We sent our May club newsletter and an entry form to all Hayward Classic participants over the previous three years and to members of the Portland Master Track Club.

- * Announcements about the meet appeared in regional running magazines and were sent to all TAC registered master clubs within approximately 1,000 miles.

- * Front page feature articles appeared in the April and June issues of our state-wide monthly *Senior News* and in other senior publications in the spring.

- * Do early the things that can be done early! We had sponsor ads and copy for the program (except time schedule and list of participants) due six weeks before the meet. Thus the program was essentially done when at-

Continued on page 15

1st SOUTHEAST REGIONAL INDOOR CHAMPIONSHIPS Murfreesboro, TN. — February 23, 1992

INCOME:	
ENTRY FEES	\$1,100.00
REGIONAL SURCHARGE	210.00
SPONSORSHIP (NATIONS BANK)	1,000.00
SPONSORSHIP (ATHLETS) - BUSBY	100.00
BROBST	100.00
MULKEY/RASCHKER	100.00
TOTAL	\$2,610.00
EXPENSES:	
FACILITY RENTAL	\$500.00
CLEAN UP AND SECURITY	252.53
EMERGENCY MEDICAL SERVICE	100.00
T-SHIRTS (REQUIRED BY SPONSOR)	437.50
MEDALS	648.00
SANCTION	25.00
OFFICIALS	200.00
FOOD FOR OFFICIALS/VOLUNTEERS	133.00
REPLACEMENT OF STEEL TAPE (UNIVERSITY PROPERTY)	46.00
SECTOR MARKING TAPE	49.50
.32 CAL. BLANK SHELLS	23.95
POSTAGE	31.97
PHONE CALLS	47.14
EQUIPMENT RENTAL	50.00
TOTAL EXPENSES	\$2,544.59
NET PROFIT	\$65.41

Prepared by Phil Raschker, TAC Southeast Masters Co-Coordinator

Masters Track and Field Report

Continued from page 14

tention needed to be focused on last minute details. We also developed and edited and reedited the *important information* page long before the meet.

* Detailed files were developed for all aspects of the meet organization.

Ideas To Enhance The Meet

One innovative idea that worked well for us was event sponsorships. In addition to one major and several smaller sponsors, we solicited \$50 sponsors for each of the 24 competitive events. This gave us the chance to contact our club members, small businesses and agencies who could afford this amount. One of the committee members coordinated this solicitation, but all of the committee put out feelers to fill the 24 sponsorship spots. We had a handout describing event sponsorship at our annual club dinner meeting, put monthly announcements in our club newsletter indicating which events were still open, made personal phone calls, and had face-to-face contacts at club and board meetings.

For the \$50, these sponsors had their names/companies listed in the program, were mentioned a couple of times on the PA during the events, could put something in the competitors' packets and had a business card size ad in the program. We also had \$100 sponsors for the massage team and trackside trainers. Many of these professionals donate their time over and over again, so we wanted to give them some remuneration. They also accepted gratuities.

It is important that sports medicine concerns be met and this includes having a physician available at the meet, which we did. A top quality meet responds to the needs of the athletes by providing volunteers and officials who assist athletes in performing to their maximum capabilities.

The meet headquarters hotel sponsored a reception for the athletes at no cost. This was held early in the evening of the first day of the two-day meet.

The hotel provided fruit, cheese and cracker trays and a no-host bar. We advised them ahead of time of the beverages popular with the athletes.

We asked for "intentions to come" on the entry form. This reception was extremely well-received by the athletes. It also provided an opportunity for our club members assisting with the meet, but not competing, to enjoy the pleasant social gathering.

The meet had one major sponsor, the Valley River Center, a shopping mall next to the meet headquarters, which contributed \$1500 toward financing the event. In addition, the cities of Eugene and Springfield each allocated a "free day" for rental of the track and field facility which saved us about \$1200. We still had a bill of nearly \$1400 for services connected with the facility.

Follow-Up

Once the meet is over, there still is much to be done. Listed here are some of the tasks:

* Make sure all sponsors receive a copy of the program.

* Send thank-you notes to appropriate people.

* Send T-shirts to athletes who ordered them but did not show up. (This was appreciated!)

* Send a complete set of results to *National Masters News* and to Pete Mundle, keeper of masters' records.

* Send forms for broken American and World records to Pete Mundle.

* Send post-meet report to TAC office.

* Complete TAC insurance claim reports as needed.

* Send appropriate information to the rental institution. (We had to report number of participants, accident information, etc., to the University of Oregon.)

* Hold committee wrap-up meeting. (We did this four days after the meet while everything was fresh. Committee members brought written recommendations concerning their areas of

Ten Years Ago

- Comic Bill Cosby, 40, Begins His T&F Comeback with a 7.5 60y and a 5-2 HJ in the ARCO/7-Up Indoor Meet in Philadelphia
- Jack Foster (M50, 2:28:15) is First Master in Honolulu Marathon
- Alton Miguez, 42, and Ann Diaz, 42, Are Top Male and Female Masters in the Rocket City Marathon in 2:30:07 and 2:53:38

responsibility and regarding the meet in general.)

* Complete the financial report and make recommendations for next year's budget.

* Make corrections and suggestions for changes on the entry form so they're ready for next year.

Summary

From my perspective, the keys to conducting a successful meet include starting early, being organized, getting dependable people to serve on the committee, delegating responsibilities wisely, setting and keeping deadlines, having plenty of competent officials and volunteers, and having fun in the process.

Being a meet director is a big commitment in terms of time and energy. However, there are many positive benefits. I met many very nice people and made several very good friends. The experience was grueling, yet most enjoyable. Anyone wishing further information about meet management or details about the Hayward Classic are welcome to call me in the evenings or on the weekend at my home (503) 342-3113. □

Write On

Continued from page 4

percentage of competitors in an age group could normally achieve; in other words, tough enough to require a strong effort, but not so tough as to be impossible. - Ed.)

THANK YOU PEPSI

Thanks to Pepsi for your belief in the masters program and your sponsorship at the Nationals in Spokane last year.

They provided refreshments, and shirts and caps for all the officials, and I think this is just the beginning. I encourage all masters to support Pepsi Cola whenever possible.

Janet Wilson
Costa Mesa, California

REMEMBERING HAROLD CHAPSON

Harold Chapson looked scrawny and scared when running his first competitive masters race: a sub-six-minute mile about age 71 in Honolulu. In a humid Honolulu marathon, he ran well under four hours at well over age 70.

Hal was very well read, knowledgeable, opinionated, courteous and strong for his size. He was one of Hawaii's best known hikers. He often led a group of young women on weekend jaunts (they were known as Harold's harem).

We were privileged to share some wonderfully warm times with him and Mabel, who survives him in Kaneohe. Hal died of a recurrent cancer in November 1992, less than two months after his contemporary, Herb Anderson. Though each was small in stature, they were truly giants of the formative and middle years of worldwide masters track and field.

Neil King
Skokie, Illinois

FAX-A-SUB

A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 818-782-1135. We'll start your subscription immediately.

Please start my one-year subscription to the National Masters News. Bill me later for the \$24 subscription price.

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1991 U.S. Masters Outdoor T&F Rankings Book

- Men's and womens 1991 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.
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Send \$5.00 plus \$1.25 postage and handling (\$5.00 foreign) to:

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8 Months To Go
**Countdown
 to
 Miyazaki**

Japan Offers Scenery and Tourist Attractions

As mentioned last month, entry booklets are available for the 10th WAVA World Veterans Athletics Championships. To receive a booklet, send \$2.50 (to cover postage) to Barbara Kousky or Marilyn Mitchell (addresses on page 2), or to any of the U.S. masters travel agents who are conducting tours.

The event will be held in Miyazaki, Japan from October 7-17, 1993. The Japanese organizers expect more than 6000 athletes from over 60 nations.

"Miyazaki is blessed with mild weather and scenic beauty," says Mikio Oda, President of the Miyazaki Organizing Committee. "The Miyazaki Prefectural Sports Park, the greatest of its kind in Asia, not only has first class facilities but is also abundant in greenery. I am thus confident that all athletes will fully enjoy their events in Miyazaki."

The event is open to men age 40+ and women age 35+. Competition will be held in five-year age groups in all track & field events, as well as in two

racewalks, a 10K cross-country and a marathon. There are no qualifying standards for entrance.

Miyazaki is a city of 290,000 on the island of Kyushu — the southernmost of the four islands which comprise Japan.

"These Championships are significant for being the first to be held in Asia," said Suketaka Matsukata, Governor of Miyazaki Prefecture. "Miyazaki prides itself in offering some of Japan's best tourist attractions. This year, a wide range of leisure facilities are scheduled to open here, including the world's largest 'ocean dome.' We are confident that participants will be able to enjoy the resort

Continued on page 17



Relay Competitors on the victory stand at the IX WAVA World Veterans Championships in Turku, Finland in 1991. The 10th Championships will be held October 7-17, 1993, in Miyazaki, Japan.

**X WORLD VETERANS CHAMPIONSHIPS
 MIYAZAKI, JAPAN — OCTOBER 7-17, 1993
 TRAVEL TOGETHER AND SAVE!!!**

Complete package includes: round-trip airfare, selected accommodations, transfers, personal escort by Paul Geyer, masters racewalker (1991 Turku trip). Optional local tours and other destinations.

Package will cover to and from all destinations in USA and Canada.

Please write or call Paul Geyer for all information which will be available soon. Don't wait. Do it now!

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Report from Britain

By ALASTAIR AITKEN
of *Athletics Today*, and
MARTIN DUFF
of *Athletics Weekly*

On Jan. 3, at the Tadworth 10 Mile Road Race in Surrey, age-graded prizes and recognition were given to runners for the first time in U.K. history.

Using a computer software package called Racemaster, which was developed by Rob Champion of Sport Systems, the race directors produced results sheets conventionally and by age-grading. Very few marks were world class (over 90%). On an age-graded basis, the men's race winner and runner-up placed 5th and 6th.

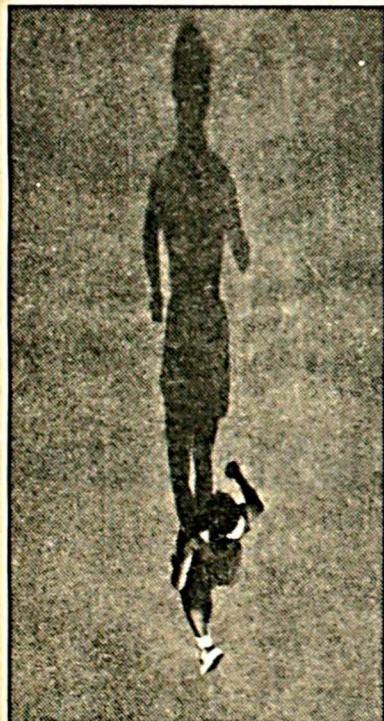
Top age-graded performer was Dennis Wright, M50, of Worth (54:42, 92.38%), followed by Anne Roden, 46 (1:00.14, 90.73%), Steve Sear, W40 (52:07, 90.5%), and Tony Verdie, M55, of Belgium (58:20, 90.34%).

Overall, the age-grading scheme was adjudged a success by a majority of the veteran competitors. □

Countdown to Miyazaki

Continued from page 16 and tourist attractions between their competitions."

NMN will update the preparation for the Championships each month in this column. □



SEE WHAT TAKES SHAPE.
EXERCISE.



© 1992, American Heart Association



The 15-member WAVA Council met last May in Miyazaki. Bottom row, from left: Al Sheehen (Treasurer, USA); Torsten Carlius (Secretary, Sweden); Jacques Serruys (V-P, Non-Stadia, Belgium); Bill Taylor (V-P, Stadia, England); Cesare Beccalli (President, Italy); Bob Fine (Exec V-P, USA); Cesar Moreno Bravo (IAAF rep, Mexico); Don Farquharson (Past President, Canada); Bridget Cushen (Women's Delegate, England). Top row, from left, the six regional delegates: Jim Blair (Oceania, New Zealand); Hans Axmann (Europe, Germany); Brian Oxley (North America, Canada); Mouassiposo Mackonguy Pascal (Africa, Congo); Hari Chandra (Asia, Singapore); Jose Figueras (South America, Uruguay). Since the photo was taken, Rex Harvey (North America) and Jorge Alzamora (South America) are the new delegates from their areas.

MASTERS ATHLETIC GROUP TOUR TO MIYAZAKI, JAPAN 10TH WORLD VETERANS CHAMPIONSHIPS OCTOBER 7 — OCTOBER 17, 1993



The 10th
World Veterans' Athletic
Championships
MIYAZAKI JAPAN 1993

We have obtained two (2) excellent air & hotel packages from All Nippon Airways, ANA, the 8th largest airline in the world, and Travel Facilities, Inc., the land operator for our group. For those athletes and their families & friends who will be going to Japan for the 10th World Veterans Championships in 1993, we invite you to come along with us and we offer the following options: Miyazaki/Tokyo/Hong Kong and travel through the Japanese countryside for those of you who wish to travel on your own. Those who wish to travel on their own, can take the basic tour (plan #1) with a return on ANA from Tokyo five (5) days after the Championships are over at no additional cost. (See plan #3).

1. **14 DAYS & 12 NIGHTS.** Roundtrip air transportation from L.A., Chicago, N.Y., or Washington D.C. to Miyazaki, Japan. Includes 12 nights hotel accommodations, Tourist or Deluxe, from October 6, to October 18, 1993. Transfers between airport & hotel & portage of two (2) bags each person.

A. From Los Angeles with Tourist class hotel accommodations.	\$ 1,995.00
B. From Los Angeles with Deluxe class hotel accommodations.	\$ 2,250.00
C. From Los Angeles - Roundtrip Air transportation only.	\$ 1,200.00
Departure from Chicago: Add \$ 205.00 From N.Y./Wash D.C. \$ 205.00	
 2. **18 DAYS & 16 NIGHTS.** Includes plan #1 plus one (1) day & one (1) night in Tokyo and four (4) days & three (3) nights in Hong Kong

A. From Los Angeles to Miyazaki/Tokyo/Hong Kong Tourist hotel.	\$ 2,660.00
B. From Los Angeles to Miyazaki/Tokyo/Hong Kong Deluxe hotel.	\$ 2,970.00
Departure from Chicago: Add \$ 205.00 From N.Y./Wash. D.C. \$ 205.00	
 3. Plan #1 plus travel by rail, bus or air, on your own, in Japan for five (5) days after the Championships are over, returning to the U.S.A. from Tokyo with the Hong Kong group on October 23, 1993. Cost is the same as plan #1.
- (Above cost does not include \$18.00 departure tax)

Masters Athletic Group Tour
1801 Ave. of The Stars, Suite 1116
Los Angeles, Ca. 90067

Telephone: 310-557-3550

Attn: Bill Adler

I/We _____ are going to Miyazaki, Japan to attend the 10th World Veterans Championships. Enclosed please find \$ 25.00 per person non-refundable deposit registration fee for _____ persons to hold reservations until March 1, 1993 when a deposit of \$500.00 per person is due and payable. Please make checks payable to: W.E. Adler Masters Tour.

Plan Number 1.	A. _____	B. _____	C. _____	Departure City _____
Plan Number 2.	A. _____	B. _____	C. None	Departure City _____
Plan Number 3.	A. _____	B. _____	C. _____	Departure City _____

MASTERS SCENE

NATIONAL

- An opening ceremony is planned for 6 p.m., March 19, at Brick Breeden Fieldhouse, site of the National Masters Indoor T&F Championships, Bozeman, MT. A general meeting and get together for masters is scheduled for 7:30 p.m., March 20, at the Holiday Inn, meet headquarters.
- Meet organizers will furnish implements for the weight and 56-lb. weight throws at the Championships. No other implements may be used.

EAST

- **Al Swenson**, 45, was first of 130m in the masters section (ages 40-and-up) of the RRCA Age Group X-C (5000m) Championships, Van Cortlandt Park, Bronx, Nov. 15. **John McManus**, 69, placed 71st in 22:49. **Nancy Adler**, 40, was first of 27 W40+ with a 20:55. Top masters clubs were the men's Taconic Road Runners and the women's Central Park TC. In other NYC races, **Sadot Mendez**, 41, topped the 190 M40+ field of the 35th annual NYRRRC Pete McCordle 15K X-C with a 51:25 at Van Cortlandt, Nov. 29. **Sumner Brown**, 48, placed fourth (54:43). **Suzanne Rohr**, 42, was first of 37 in the W40+ race in 68:35. The race, for

age 40-and-over runners, had a remarkable finish rate, with 187 of 190 men check-ins completing, and 37 of 38 women finishing. On Dec. 6, **Michael O'Malley** (40, 34:06) and **Mary Ryan** (46, 39:58) won masters laurels in the NYRRRC Members Only 10K, Central Park. **Bill Fortune**, 64, strode to a lively 39:55 to win the M60 race.

- **Harold Nolan**, 45, Middleton, NJ, broke the US M45 record for the 5K with an overall first of 15:05 in the Jake Williams Memorial Race, Sea Bright, NJ, Nov. 29. The old record of 15:17 was held by the late **Barry Brown**.

- **Jeff Bradley**, 40, Lancaster, PA, with a 32:57, and **Leslie Cens-McDowell**, 46, West Chester, PA, in 39:23, collected \$250 each for 40+ wins in Brian's Run 10K, West Chester, Dec. 6.
- **Erlene Michener**, 50, Lincoln, PA, was third W40+ with a W50 course record 40:53. 2000 runners braved cold (35°) and windy conditions.
- **Bob Giambalvo**, 43, Shirley, L.I., and **Mary Anne Leahy**, 46, Seaford, L.I., galloped to masters firsts in the Plainview-Old Bethpage RRC Jingle Bells 5K, Bethpage, L.I., Dec. 19. Giambalvo finished third in 15:48; Leahy, third female in 19:53. The race drew 1200 runners and walkers, including lots of elves, reindeer and Santa Clauses, and raised \$2500 for local charities.
- **Lawrence Torella**, 43, with a 56:26, took the M40 race from **Michael O'Malley**, 40, by 20 seconds, Metro USATF 10 Mile Championships, Central Park, Dec. 13. **Barbara Anderson**, 40,

won the W40+ contest in 67:06. **Charles Feldman** (77, 1:37:29) outdueled **Alfredo Rios** (76, 1:37:44) for the M75+ title.

- Ireland's **Eamonn Coghlan**, a recent 40, said before the Manchester, CT, 4.77 Mile, Nov. 26, that he could beat **Bill Rodgers'** 1991 40+ course record by a minute. He beat it by 1:07 with a 15th-place 22:42, equal to about a 23:50 8K.

- **Lol Fearon**, M40, Chester, CT, with a 28:34, and **Jan McKeon**, W45, Prospect, CT, in 35:51 sailed to firsts in the Pearl Harbor Day Masters 5 Mile, Waterford, CT, Dec. 7. **Carl Hammen** (M65, 37:23), Sauderstown, CT, was best of the age-60s contingent in the Waterford Rec. & Parks/VFW-sponsored race.

- **Kevin O'Connor** (40, 21:15) and **Diane Hawkins** (41, 28:01) blasted to 40+ firsts in the NYRRRC 4 Mile, Central Park, Dec. 20. **John McManus** (69, 27:27) and **Jack Haar** (65, 27:29) staged the best duel of the day. **Toshiko d'Elia**, 62, took the W60 race swiftly in 30:33. In the lesser-attended Metro USATF 30K Championships, run earlier in the day, **Robert Briglio** (43, 1:55:28) and **Pamela Cook** (43, 2:21:53) hastened to masters wins. **Sam Skinner**, 50, was second M40+ in 1:55:59.

SOUTHEAST

- **Earl Owens** (43, 31:53), Dunwoody, GA, and **Catherine Lempesis** (41, 38:17), Columbia, SC, flashed to 40+ firsts in the 10K portion of the Vulcan Run Weekend, Birmingham, AL, Nov. 21. In the marathon, delayed by a downpour and lightning, on the 22nd, **Ken Brewer** (51, 2:55:22), Oxford, AL, and **Nancy Nail** (42, 3:49:02), Anniston, AL, emerged with masters wins. The 10K drew 2500; the marathon 350.

- **Sadot Mendez**, 40, Hertford, NC, and **Claudia Ciavarella**, 43, Arlington, VA, each won \$100 with masters course records, Watermen's Museum 10 Mile, Yorktown, VA, Nov. 15. **Mendez**, who often races in the NYC area, ran a 53:31. **Ciavarella**, director of the Army 10 Miler, finished in 62:27. In Yorktown on Dec. 6, **Thom Suddeth**, (44, 32:36), Richmond, VA, and **Linda Gulick** (41, 39:45), Richmond, took masters honors. **Joyce Ploeger**, 49, Norfolk, VA, was second W40+ with a sparkling 39:49.

- **Carol Virga**, 42, Boca Raton, FL, was first female (37:10), Orange Bowl 10K, Miami, Dec. 19.

- **Doug Kurtis**, 40, Northville, MI, collected \$1000 for runner-up overall (2:24:34) and \$1000 for the masters first in the First Tennessee Memphis Bank Marathon, Dec. 6. **Ellen Murphy**, 45, Memphis, was the W40+ winner in 3:04:01. **Dave Vent**, 56, Spokane, WA, completed a goal of running in all 50 states, the District of Columbia, 10 Canadian Provinces, and two Canadian territories, with an 111th-place 3:54:06.

- **Wilson Waigwa**, 43, of Kenya/Texas, was the first master (30:47, \$2000) in the Charlotte Observer 10K, January 9, in Charlotte, NC. **Charles McMullen** (41, NY, 31:54, \$1000) was second. **Francie Larrieu-Smith**, who just turned 40, debuted with a female masters-winning 34:55 (\$2600), followed by TAC's 1992 female age 40-44 runner of the year, **Carol McLatchie** (41, TX, 35:37, \$1200). Complete results and photos next month.

SOUTH WEST

- **Larry Jessee**, 40, El Paso, TX, cleared 17-¾ for an M40 PV WR at an outdoor meet in El Paso, Dec. 11. The old record of 16-6, set in July 1990, was held by **Steve Hardison** of Califor-



Dave Wilson, 60, Lawrence, Kans., set an M60-64 state record of 62:26 in the Turkey Trot 10 Mile, Wichita, November 21.

Photo by J. Wilson

nia. **Jessee**, NCAA indoor champion in '74, who did a world-best indoor 19-2¼ in '85, is planning to compete in Australia, the U.S., and Europe on his way to Miyazaki in October.

- The East Texas Track & Field Club kicked off the indoor season at the 7th annual Jackson Indoor Track and Field Classic held at the Mississippi Coliseum, Jan. 10, 1993. Double winner was **Robert Hahn**, 41, Tyler, Texas in the 55 HH (8.7) and 55 (7.37). Teammate, **Rick Easley**, 38, Greenville, Texas, took the 800 (2:05.5).

WEST

- **Chuck Smead** (1:13:22), Mesa, CO, and **Shirley Durtschi** (1:32:58), Salt Lake City, were the first masters to cross the finish line in the 26th annual Las Vegas Lite Half-Marathon. The event, with masters support by **Sorbothane**, included Clydesdale and relay divisions, and, in true Las Vegas style, a wedding of two runners at the finish.

NORTHWEST

- **Pat Phillips** of Eugene, Ore., was incorrectly identified as **Frances Phillips** on p. 19 of the January NMN. Pat was a member of a Eugene group at the 1992 Convention in Louisville, Ky., which successfully bid for the 1994 USATF National Masters Outdoor Championships.

INTERNATIONAL

- The La Vega Association of Masters Athletes, founded in April 1991, staged its first meet, in La Vega, Dominican Republic, Nov. 21-22, drawing 78 athletes, including 15 women, from Mexico, Puerto Rico, and the Republic.
- The Russian Veterans Indoor Meet in Penza, about 700 kilometers southeast of Moscow, lists a 2000m steeplechase. See T&F International schedule.

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
30-39	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69					
70 plus					

MEN

30-39		.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.
50-59	6.00k	1.50k	6.00k	800 gms.
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.



schedule

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



TRACK & FIELD NATIONAL

February 19. USATF National Masters Indoor Pentathlon Championships, Middle Tennessee St. U., Murfreesboro. SASE to: Randall Brady, Nashville TC, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733.

March 19-21. USATF National Masters Indoor Championships, Bozeman, Mont. Bob Sager, 545 Coulee Dr., Bozeman, MT 59715. 406/587-1141.

April 17. USATF National Masters 56-lb. Weight Throw Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 312/551-3720.

July 10-11. USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

August 11-14. USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

September 25. USATF National Masters Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 312/551-3720.

EAST

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

February 7. Metro USATF Indoor Meet, Fordham U., Bronx. 1:00 p.m. Pentathlon/selected running events. Post entry only. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (7-10:30 p.m. EST).

February 13. Philadelphia Masters Meet, St. Joseph's U., Philadelphia, Pa. 9:30 a.m.

February 14. Metro USATF Indoor Meet, Fordham U., Bronx. 9 a.m. Post entry only. See Feb. 7.

February 20. Metro USATF Indoor Masters Championships, USMA, West Point. 5 p.m. Post entry only. See Feb. 7.

February 21. Greater Rochester TC Indoor Meet, U. of Rochester, N.Y. 3 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116h/359-5257w.

February 21. DCRRC Indoor Track Series, Jefferson Community Center, Arlington. 8:30 a.m. DCRRC, P.O. Box 1352, Arlington, VA 22210. Meet Director, J.J. Wind, 703/920-5193.

February 28. New Jersey USATF Championships, Fairleigh Dickinson U., Hackensack. M&W30+. SASE to: James Manno, 792 Schaefer Ave., Oradell, NY 07649.

February 28. Buffalo Belles & Brawn Indoor Meet, Buffalo St. College, N.Y. 9

a.m. Chuck LaChiusa, 59 Mona Dr., Buffalo, NY 14226. 716/833-9071.

March 7. USATF Eastern Regional Masters Indoor Championships, Lehigh U., Bethlehem, Pa. 10 a.m. SASE to Peter Taylor, 3120 School House Ln. JA9, Philadelphia, PA 19144. 215/842-3807.

March 21. Greater Rochester TC Indoor Meet, U. of Rochester, N.Y. 3 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116h/359-5257w.

April 22-24. Penn Relays, Philadelphia. Pole vault (age-graded, elite only), Runner's World Masters Mile (M40+, elite), 4x100, 4x400, 100m for M75+. Peter Taylor, 3120 School House Ln., J-A9, Philadelphia, PA 19144. 215/842-3807. Deadline March 26.

June 6. New Jersey USATF Championships, Monmouth College, West Long Branch. SASE to: Sandy Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 27. Garden State AC International Meet, Randolph HS, N.J. Morton Hahn, GSAC, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

SOUTHEAST

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

February 7. Tri-State TC Indoor Classic, Hagerstown JC, Md. 12:30 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

February 13. Manasota TC Meet, Sarasota, Fla. J. C. Shenk, 1718 Jefferson Ave. S., Sarasota, FL 34239. 813/365-0005.

February 20. 2nd Annual USATF Southeast Regional Masters Indoor Championships, Middle Tennessee St. U., Murfreesboro. See entry form on p. 5.

March 27 (tentative). Florida AC Meet, Ft. Lauderdale. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

April 17. Florida AC Meet, Naples, Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

April 24 (tentative). Florida AC Meet, Palm Beach Gardens. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

April 30, May 1-2. Southeastern Masters International Championships, North Carolina St. U. Pentathlon/wt pentathlon/5K and 20K walks. Raleigh Parks & Rec., P.O. Box 590, Raleigh, NC 27602. Ray Fulghum/Dale Smith, 919/831-6640, M thru F, 9 to 5, EST.

May 8. Jacksonville Meet. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 22 (tentative). Florida USATF Masters Championships, Showalter Field, Orlando. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

May 29. Tennessee Masters Championships, U. of Tenn. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 483-7743(eve).

May 29. Birmingham TC Classic. Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

June 12. USATF Southeast Regional Masters Championships, Emory U., Atlanta, Julia Emmons, Atlanta TC, 3097 E.

Shadowlawn Ave., Atlanta, GA 30305. 404/231-9065.

June 12. Miami Northwest Express Meet. Jesse Holt, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

July 10. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839(eve).

July 17. Nashville TC Meet. Vanderbilt U. Open/masters. Randall Brady, 2709 Linmar Ave., #5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

February 14. Illinois Indoor Championships, Proviso West HS, Hillside/Chicago. SASE to: Illinois USATF, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303; 833-5162.

February 20. USATF Midwest Regional Masters Indoor Championships, Glenbrook South HS, Glenview, Ill. Harry Brown, 708/526-7686.

March 6. Illinois Indoor USATF Meet, Proviso West HS, Hillside. Paul Masse, 312/539-1644; Mon. & Wed. 6-8 p.m. Do not call high school.

June 19. Cleveland Track Classic, site TBA. Jeff Gerson, 4173 Wilmington, South Euclid, OH 44121. 216/382-2656.

July 31. Midwest Masters Championships, Marshall U., Huntington, W.Va. (Not the regional championships.) David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

MID-AMERICA

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

March 28. Lincoln TC Indoor Challenge, Knight Field House, 12 p.m. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. SASE.

June 12-13. Lincoln TC Decathlon/Heptathlon, Ed Weir Track. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 26. USATF Mid-America Regional Masters Championships, Lincoln, Neb. See June 12-13.

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

March 6. 4th annual Lubbock Christian U. Masters Indoor Meet. Submasters/masters. Continued on next page

1993 21st USATF (TAC) EASTERN MASTERS INDOOR REGIONAL TRACK AND FIELD CHAMPIONSHIPS SPONSORED BY THE PHILADELPHIA MASTERS TRACK CLUB

DATE: Sunday, March 7, 1993 10:45 A.M. Track - 10:00 A.M. Field
SITE: Rauch Field House, Lehigh University, Bethlehem, Pennsylvania
DIRECTIONS: US 78 West to the Hellertown exit; left(south) onto Rt 412 (Main St.); right at 2nd light(Roma Pizza) 1 mile to stop sign; turn right & follow signs to Rauch FH.
FACILITY: 6-lane artificial surface - hard. Maximum 1/8" pin spikes. All runways.
TIMING: All running events will be FAT.

AWARDS:TAC Regional medals with custom ribbons to 1st,2nd,3rd in each event by five year age divisions. One eastern patch per winner. Custom ribbons 4th to 6th.
DIVISIONS: Five year age groupings for men and women (30 - 80+).
TEAM AWARDS: Total scores for men & women in 5-year age groups combined into ten year divisions; 30-39,40-49,50-59,60 Plus, & Overall. Scoring - 5/1st,3/2nd,2/3rd,1/4th.

ENTRY FEES: Pre-entries are \$12 for the first event (includes a \$2 surcharge for the Eastern Regional Fund.). Second and third events are \$8, and each additional event is \$6. Relays are \$20. Must be received by Wednesday, March 3rd.
POST ENTRY FEES: Entries received after March 3rd or the day of the meet are \$5 additional for each event, provided additional heats are not needed. Relays \$20.

TAC REGISTRATION: Post entrants must show a current TAC (USA T&F) card or buy one. TAC (USA T&F) SANCTIONED AND OFFICIATED. MEET DIRECTOR: PETER TAYLOR.

TRACK EVENT ORDER (FAT)

60 M* Hurdles 10:45
 60 M* (Trials/Finals) 11:20
 1,500 Meter Run 12:15
 400 Meter Dash 1:00
 Official's Break 1:30
 3,000 Meter Run 1:45
 200 Meter Dash 2:30
 800 Meter Run 3:15
 4 x 200 Meter Relay 3:45
 3,000 Meter Racewalk 4:00
 4 x 800 Meter Relay 4:45
 4 x 400 Meter Relay 5:00
 * May have to be 55 meters

FIELD EVENT SCHEDULE

EVENT/GROUP	30-39	40-49	50-59	60 PLUS	WOMEN
Long Jump	10:00	11:00	12:00	1:00	2:00
Triple Jump	All Ages (M&W) After LJ - about 3PM				
High Jump	2:00	1:00	10:00	12:00	11:00
Pole Vault	1:00	12:00	11:00	10:00	10:00
Shot Put	11:00	10:00	1:00	2:00	12:00
Weight Throw	12:00	2:00	2:00	11:00	1:00

For example, Men 50-59 will LJ from 12 to 1 P.M.

FIELD ATHLETES WILL HAVE TO COMPETE WITH THEIR AGE GROUPS. PLAN AND ENTER ACCORDINGLY. NO EXCEPTIONS.

TRACK EVENTS TAKE PRECEDENCE. TIMES ARE BEST ESTIMATES. TIMES WILL BE ADVANCED IF POSSIBLE - KEEP ADVISED. PLEASE COOPERATE AND DON'T ASK FOR EXCEPTIONS.

HOTELS: Rooms set aside at discounted rates - you must make your reservations early. Both hotels are located on Rt 22 in Bethlehem. Ask for the EASTERN MASTERS REG. CHAMP. HOLIDAY INN (\$69) 215-866-0941. COMFORT INN (\$54) 215-865-6300 (Punch-up P32533-00).

PLEASE PRINT

NAME _____ PHONE _____ SEX _____
 ADDRESS _____ CITY & STATE _____ ZIP _____
 AGE(ON 3/7/93) _____ BIRTHDATE _____ CLUB _____ TAC# _____

EVENT	BEST RECENT MARK	EVENT	BEST RECENT MARK	EVENT	BEST RECENT MARK
1. _____	4. _____	7. _____	_____	_____	_____
2. _____	5. _____	8. _____	_____	_____	_____
3. _____	6. _____	9. _____	_____	_____	_____

	PRE-ENTRY	POST-ENTRY	
AMOUNT 1st event (includes surcharge)	\$12.00	\$17.00	MAKE CHECK PAYABLE & MAIL TO: PHILADELPHIA MASTERS C/O PETER TAYLOR 3120 SCHOOL HOUSE LANE JA 9 PHILADELPHIA, PA 19144 215-842-3807
ENCLOSED: 2nd & 3rd events @ \$8.00	\$16.00	\$21.00	
Additional events @ \$6.00	_____	_____	CIRCLE SIZE: M L XL YOL Limited quantities.
TAC(USA T&F) Reg.(PENDING NOT GRAY) (12.00)	(12.00)	(12.00)	
Relay entry @ \$20.00	_____	\$20.00	
Eastern T-shirt @ \$7.00	_____	\$7.00	
TOTAL AMOUNT ENCLOSED	_____	_____	

WAIVER: In consideration of your accepting this entry, I do hereby legally bind myself, my heirs, executors, and administrators to waive, release, and discharge any and all rights, claims and damages that I may have against The Athletics Congress/USA, United States Track & Field, the Masters Track & Field Committee, The Philadelphia Masters, Lehigh University, etc., their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

DATE: _____ SIGNATURE: _____

Continued from previous page

walking & running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/792-6430.

March 28. Savings of America Senior Olympics. Butler Stadium, Houston. 55+. 5K/10K runs on March 29. Terri Riha, Coordinator, Jewish Community Cntr, 5601 S. Braeswood, Houston, TX 77096. 713/551-7250.

WEST

Arizona, California, Hawaii, Nevada

January 2-February 27. Los Gatos Winter Meets. Every Saturday, 12 p.m. Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95030. 408/354-7333.

February 6. CSU-Bakersfield Invitational. Limited masters events; masters can also enter other events. Feb. 1 deadline. CSUB Invitational, Charles Craig, Director, Track Office, 9001 Stockdale Hwy., Bakersfield, CA 93311-1099.

February 13. Throws Series #12, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

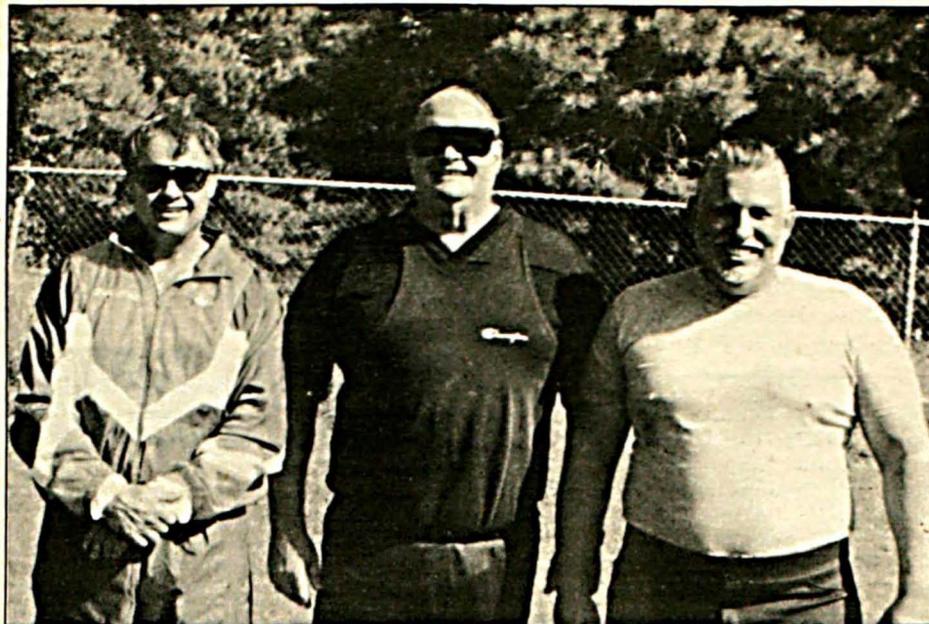
February 13-14. California Senior Olympics, Palm Springs, 55+. Qualifying Games. Ben Green, 480 S. Sunrise, Palm Springs, CA 92262. 619/523-5689.

February 20. Arizona Senior Olympics, Phoenix. 55+. Qualifying Games. Irene Stillwell, 1202 N. 3rd St., Phoenix, AZ 85004. 602/495-5490.

February 20. 17th Annual John Ward Masters Meet, Santa Ana, Calif., 25+. Al Siddons, Rancho Santiago College, 17th at Bristol, Santa Ana, CA 92706. 714/564-6936.

February 28. Arizona Indoor Classic, Flagstaff. Youth thru Masters. 602/949-1991.

March 13. LACC All-comers meet, Los Angeles. 10 a.m., \$3 all events. ("Indoor"



The top three shot putters in the M55 age group, Flagstaff Senior Olympics, September 12, from left: Ben McGrady, 58, 41-7; Ben Clark, 59, 41-11; and Bob Beck, 55, 40-7. Clark moved into the M60 age group on September 22.

Photo by B. Clark

distances will be run outdoors). L.A. Patriots, 213/662-1062.

March 13. Throws Series #13, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

March 27. River City Spring Track Festival. Sacramento St. U. SASE to Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

May 8. River City Invitational. Sacramento St. U. SASE to Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

May 15. Southern Calif. Striders Meet, CSU-Long Beach. Open/Submasters/Masters. John Cosgrove, 310/823-9448.

Masters Age-Graded Tables

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

- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
- Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
- Shows how to conduct an age-graded track & field meet, road race or race walk.

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NATIONAL MASTERS NEWS

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Van Nuys, CA 91404

CZZMN

Name _____

Address _____

City _____ State _____ Zip _____

June 12. USATF/Pacific Masters Championships, Los Gatos HS. (Open events). Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95031. 408/354-7333.

June 19. SCA/USATF District Pentathlon Championships, Occidental College, Los Angeles. Men's & women's pentathlons & weight pentathlon. SASE to: Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

July 11. Trojan Masters Classic, USC, Los Angeles. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818/917-6289.

NORTHWEST

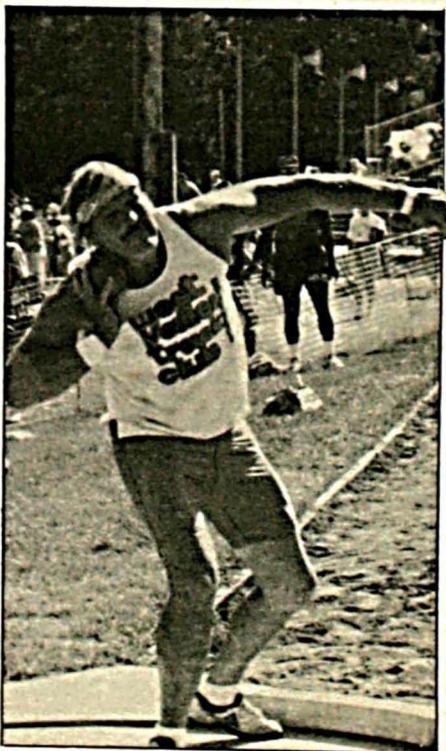
Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

June 12. Volcano Classic. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 26. Inland Empire Masters Classic. Stan Johnson, City of Richland, 650 George Washington Way, Richland, WA 99352. 509/943-2689.

July 10. Helena Masters & Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 17-18. USATF Northwest Regional



Dick Hotchkiss, 53, of California, fifth (46-5) in the M50 shot put, 1992 National Masters T&F Championships, Spokane, Wash.

NMN/Jerry Wojcik

ON TAP FOR FEBRUARY

TRACK AND FIELD

The USATF National Masters Indoor Pentathlon Championships are scheduled for Middle Tennessee St. U., Murfreesboro, on the 19th, followed by the Southeast Regional Masters Indoor Championships at the same locale on the 20th, also the date of the Midwest Regional in Glenview, Ill.

The rest of the slate is composed primarily of indoor meets in the East, except for some pre-season action in the warmer climes of Florida, Arizona, and California.

LONG DISTANCE RUNNING

Two USATF National Masters Championships are the short and long of it, with the 5K Cross-Country (along with the U.S. Open Trials) in Sandy, Ore., on the 6th, and the 100K Championships in Central Park, NYC, on the 27th.

The Las Vegas Marathon is a sure bet for a star-studded array of top U.S. and international masters on the 6th. In California, the Long Beach Marathon is set for the 7th, as is the Pomoco Half-Marathon in Virginia.

The gala Gasparilla 15K reigns in Tampa on the 27th, the same day of the Blue Angel Marathon, also in the Sunshine State at Pensacola. The Colonial Half-Marathon reprises in Williamsburg, Va., on the 28th.

RACEWALKING

The indoor meets in the Metro area on the 14th at Fordham and the 20th at West Point include walks, as do many of the track meets and road races in the schedule.

Masters Championships (Hayward Classic), Eugene, Ore. Timothy Shelley, 2748 Agate, Eugene, OR 97403. 503/896-3210.

July 30-31. 15th Montana Masters Meet, MSU, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132.

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

CANADA

March 6. Ontario Masters Indoor Championships, York U., Toronto. M&W35+. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416/252-7047.

INTERNATIONAL

March 6-7. Russian Veterans Sports Association Indoor Meet, Penza, Russia. February 15 deadline. Vadim Marshev, Russia, Moscow Region, 141400 Hlmky, Kudryavtseva Str., 10.

Continued on next page

Continued from previous page

March 12-14. New Zealand Masters Championships, Auckland. Rosalie Green, 92 Kiwi Esplanade, Mangere Bridge, Auckland, N.Z.

April 9-12. Australian Veterans Athletic Championships, Adelaide. February 22 deadline. Dot Browne (Hon. Sec. AAVAC), Victory St., Mitcham 3132 Victoria.

May 28-30. All Japan Masters Athletic Championships, Kobe. Kobe Branch, Kintetsu International, 6F Kobe Kotsu Center Bldg., 10-1 I-chrome, Sannomiya-cho, Chuo-ku, Kobe-shi, 650 Japan. 078/391-4891; FAX 078/391-4559.

October 3. Athletic Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392.

October 7-17. 10th WAVA World Veterans Athletics Champions, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. 10th World Veterans Championships, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-985-32-3376; Fax: 81-985-31-1153.

LONG DISTANCE RUNNING NATIONAL

February 6. USATF National Masters 5K Cross-Country Championships, Sandy, Ore. (with U.S. Open X-C trials) Oregon USATF, Harry Simonis, 10514 NE Halsey St., Portland, OR 97220. 503/253-2639.

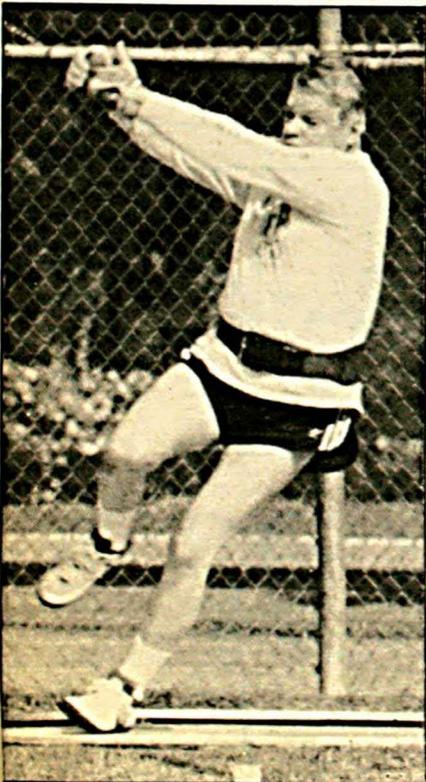
February 27. USATF National Masters 100K Championships, Central Park, NYC. 4-mile certified loop, rolling hills. Rich Innamorato, P.O. Box 1239, Long Island City, NY 11101. 718/361-7970.

March 20. USATF National Masters 8K Championships, Virginia Beach. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 28. USATF National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

April 24. USATF National Masters 5K Championships, Anchorage, Alaska. Roy Reisinger, 2630 Forest Park Dr., Anchorage, AK 99517. 907/277-7279.

June 27. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Mick Midkiff, 32 Summit Rd., Riverside, CT 06878. 203/324-9822.



Abe Sheinker, M50, at the Sri Chinmoy Games, Long Beach, Calif. Photo by Nibir Cole



Gary Oliphant topped all M50s in the UJ (17-10 1/2), Senior Games, St. George, Utah.

September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.

October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 31. USATF National Masters 10K Cross-Country Championships, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207. 502/897-3772.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

EAST

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

February 6. NYRRC Snowflake 4 Mile, Central Park. Separate races for m & w. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

March 21. New Bedford Half-Marathon, New Bedford, Mass. Half-Marathon, P.O. Box 79546, No. Dartmouth, MA 02747. 508/999-5005.

April 19. 97th Boston Marathon. Must meet qualifying times. Deadline March 8. SASE to Boston Athletic Assn., P.O. Box 1993, Hopkinton, MA 01748. 508/435-6905.

SOUTHEAST

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

February 7. Pomoco Group/Hampton Coliseum Road Race/Half-Marathon, Hampton, Va. Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669. 804/727-6140.

February 7. Winter Flight 8K. Masters money. Salisbury Rowan Runners, P.O. Box 1825, Salisbury, NC 28145. Roger Bowman, 704/633-6887.

February 27. Gasparilla 15K/5K. Susan Harmeling, Director, Gasparilla Classic, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

February 27. Blue Angel Marathon/5K. Marathon, Bldg. 632, NAS, Pensacola, FL 32508-5000. 904/452-2159.

February 28. Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, Colonial Half-Marathon, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362.

March 6. Reedy River Run 10K/5K, Greenville, S.C. Reedy River Run, SCN Bank, P.O. Box 969, Greenville, SC 29602.

March 13. River Run 15,000. River Run, 3853 Baymeadows Rd., Jacksonville, FL 32217.

March 20. Emerald City 8K. Masters money. Greenwood RC, P.O. Box 1352, Greenwood, SC 29648. Bob Drinkard, 1-800-726-0341.

March 20. Lightning 10K. Masters money. Brian Doby, race director, 1100 Woodward Ave., Montgomery, AL 36106. 205/240-8650.

MIDWEST

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

February 14. Columbus Roadrunners Winter 15 Mile/3 Mile. Milton Puckett, 155 W. Main St., Suite 200, Columbus, OH 43215. 614/224-2795.

MID-AMERICA

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

March 28. Kansas City Ekiden Marathon/25K Relays, Overland Park, Kans. Categories include age-graded and masters at both distances. Bill/Jean Buchanan, 8575 W. 110th, #100, Overland Park, KS 66210. 913/681-8171.

April 17. 24th annual Longest Day Marathon/10K/5K/5K RW, Brookings, S. Dak. Charles S. Roberts, Jr., M.D., 1345 First St., Brookings, SD 57006. 605/692-2334.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 7. Austin Marathon/Marathon Relays. SASE to Marathon, P.O. Box 684456, Austin, TX 78768. 512/472-3272.

WEST

Arizona, California, Hawaii, Nevada

February 6. Las Vegas International Marathon/5-Person Relay/Half-Marathon. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. 702/876-3870.

February 7. Long Beach Marathon. Marathon, 1825 Redondo Ave., Long Beach, CA 90804. 310/494-2664.

February 20. Great American Adventure 2.8 & 4.8 Mile Cross-Country. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

March 7. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., #100, Los Angeles, CA 90025-3329. 310/444-5544.

March 21. 10th annual 50+ 8K Championship Run. Stanford U. Stadium, Calif. Plus 5K Race & Fitness Walks. Lee Haskell, P.O. Box D, Stanford, CA 94309. 415/323-6160.

RACE WALKING

February 13-14. Racewalk & Training Clinic, Portland, Oregon. John Hanan, 503/692-2787 or ARWA, 303/447-0156.

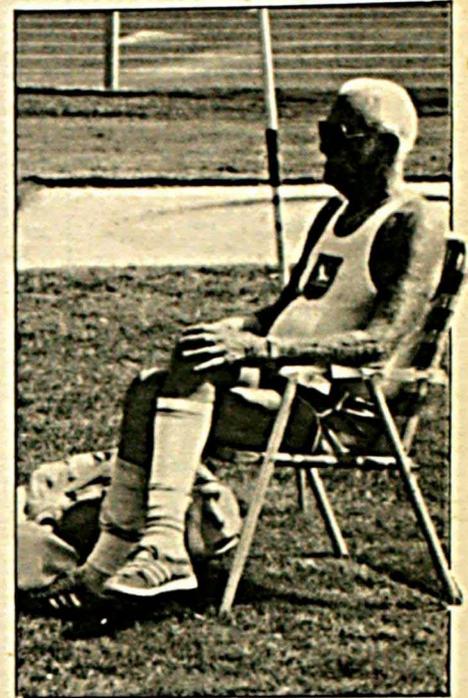
February 14. NYRRC Valentine's Day One Mile, Fordham U., Bronx. Metro USATF, 212/227-0071; Stella Cashman, RW Chair, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

February 20. Metro USATF 3000m/one mile Championships, West Point, N.Y. Metro USATF, 212/227-0071; Stella Cashman, RW Chair, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

March 5. Racewalk Technique & Training Clinic, Portland, Oregon. John Hanan, 503/692-2787 or ARWA, 303/447-0156.

March 19. USATF National Masters 3000m Indoor Championships, Bozeman, Mont. See National T&F Indoor Championships in schedule.

March 21. USATF Texas State 5K Racewalk Championships. 5K fun walk. Richard Charles, POB 3948, Austin, TX 78764. 512/448-0118.



John Whittemore, 93, Montecito, Calif., relaxes between events, Club West Meet Santa Barbara, October 3.

NMN/Jerry Wojcik

April 3. RW Technique & Training Clinic, Kalamazoo, Mich. ARWA, 303/447-0156.

May 16. USATF National Masters 50K Championships, Monmouth College, West Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764.

May 27-31. ARWA RW Training Camp, Boulder, Colo. ARWA, 303/447-0156.

July 1-4. Elite Racers Training Camp, Boulder, Colo. Must be prior AWRA attendee or referred by ARWA instructor. ARWA, 303/447-0156.

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

August 11-14. USATF National Masters Championships, Provo, Utah. 5000m track/women 10K road/men 20K road. See National T&F Championships in schedule.

August 15. USATF National Masters Championships, Albany, N.Y. Women 20K/men 25K. Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946. 518/523-2240(h); 523-3764(b).

September 11-12. Walkers Getaway Weekend, Winter Park, Colo. AWRA, 303/447-0156.

September 12. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 Locust Ave., West Long Branch, NJ 07764. 908/222-9213.

September 18. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/349-6406.

September 25-26. USATF National Masters 100K/100 Mile Championships, Xenia, Ohio. Jack Blackburn, 690 Home Ave., Xenia, OH 45385. 513/376-8019; 372-6908.

October 3. USATF National Masters 1-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.

October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.

RECORDS SET AT INDOOR EASTERN REGIONAL CHAMPIONSHIP MEETS THROUGH 1992

PREPARED BY HAIG BOHIGIAN

60 YARD-55 METER MEN'S HURDLES

AGE	YEAR	MARK	NAME
30-34	1982	7.13	BOB RUDROW
35-39	1985	7.87	DAJAD SALEEM
40-44	1981	7.80	JAMES O'HARA
	1988	7.80	KEN BRINKER
45-49	1983	7.80	CHARLES PRATT
50-54	1983	8.10	LARRY PRATT SR.
55-59	1985	8.87	CLIFFORD MURPHY
60-64	1982	9.20	BOO MORCOM
65-69	1987	9.59	ED LUKENS
	1990	9.6	ED LUKENS
70-74	1992	9.8	ED LUKENS
75-79	1980	10.70	RUSSELL MEYERS

60 YARD-55 METER MEN'S DASH

AGE	YEAR	MARK	NAME
30-34	1988	6.50	JOHN BROOKS
	1992	6.50	REMO BIAGIONI
35-39	1992	6.30	BEN JAMES
40-44	1986	6.55	STAN WHITLEY
45-49	1982	6.50	ED LUKENS
50-54	80,81&83	6.90	BERT LANCASTER
55-59	1983	7.20	RUDY VALENTINE
60-64	1982	7.34	DAVID LAWYER
65-69	1985	7.93	DAVID LAWYER
70-74	1991	8.1	MARLEN MC WILLIAMS
75-79	1983	8.70	BYRON FIKE
80-84	1983	9.10	EVERETT HASACK
85-89	1991	12.3	EVERETT HASACK

200 METER MEN'S DASH

AGE	YEAR	MARK	NAME
30-34	1991	22.9	EUGENE VICKERS
35-39	1992	22.9	BEN JAMES
40-44	1991	23.9	KEN BRINKER
45-49	1990	24.3	ROGER PIERCE
50-54	1989	24.28	LARRY COLBERT
55-59	1992	26.1	RICHARD RIZZO
60-64	1990	28.9	TOM BROOKS
	1992	28.9	THEODORE SWANSON
65-69	1992	29.2	ROBERT NAYLOR
70-74	1992	29.6	ED MATTHEWS
75-79	1992	35.3	SPARKS SORLEIN
80-84	1991	32.9	BARRY IVERS

400 METER MEN'S DASH

AGE	YEAR	MARK	NAME
30-34	1991	52.2	EUGENE VICKERS
35-39	1989	51.9	MORACE HUDSON
40-44	1992	52.4	RALPH PENN JR
45-49	1990	53.5	ROGER PIERCE
50-54	1989	54.0	LARRY COLBERT
55-59	1990	57.7	CLIFF PAULING
	1992	57.7	RICHARD RIZZO
60-64	1990	65.4	JOE KELLY
65-69	1992	66.3	ROBERT NAYLOR
70-74	1992	69.1	ED MATTHEWS
75-79	1991	85.3	JERRY WIBLE

800 METER MEN'S RUN

AGE	YEAR	MARK	NAME
30-34	1992	1:58.8	RICK SMITH
35-39	1986	1:56.20	WALTER HAWKINS
40-44	1987	2:01.40	ALBIN SWENSON
45-49	1987	2:04.40	DAVID FARLEY
50-54	1986	2:10.65	CLIFF PAULING
55-59	1990	2:14.5	CLIFF PAULING
60-64	1990	2:32.6	BILL COONEY
65-69	1989	2:27.1	ARCHIE MESSENGER
70-74	1986	2:41.94	AUSTIN NEWMAN
75-79	1990	3:26.4	JERRY WIBLE
80-84	1990	3:50.0	HENRY ZACHMAN

MEN'S HIGH JUMP

AGE	YEAR	MARK	NAME
30-34	1989	6-9	2.055 JERRY CROCKETT
35-39	1981	6-0	1.83 MIKE O'NEARA
	1986	6-0	1.83 ERIC HOWARD
	1990	6-0	1.83 LARRY GOSTKOWSKI
40-44	1976	5-11	1.80 NASCOCK
45-49	1977	5-8	1.725 WALT HUTCHINS
	84 & 85	5-8	1.725 GERALD COUNIHAN
	1988	5-8	1.725 PAUL DORSEY
50-54	1974	5-4	1.625 BOO MORCOM
	1990	5-4	1.625 JERRY COUNIHAN
55-59	1977	5-0	1.525 BOO MORCOM
	1981	5-0	1.525 SPOTTY HALL
60-64	83&85	4-10	1.47 BOO MORCOM
	1986	4-10	1.47 DENVER SMITH
65-69	1983	4-8	1.42 IAN HUME
70-74	1985	4-8	1.42 IAN HUME
75-79	88 & 91	3-10	1.17 CLAUDE HILLS
	1990	3-10	1.17 GEORGE BRACELAND

MEN'S POLE VAULT

AGE	YEAR	MARK	NAME
30-34	1986	15-5.75	4.72 ROBERT MEYERS
35-39	1982	15-6.5	4.735 CHARLES POLHAMUS
40-44	1983	14-6	4.42 WALLY SOKOLOWSKI
45-49	1986	13-6	4.115 GERALD COUNIHAN
	1987	13-6	4.115 WALLY SOKOLOWSKI
50-54	1974	13-0	3.96 BOO MORCOM
55-59	1977	13-1	3.99 BOO MORCOM
60-64	83&85	12-0	3.66 BOO MORCOM
65-69	1987	9-0	2.74 BOO MORCOM
70-74	1985	9-0	2.74 IAN HUME
75-79	1990	7-0	2.13 GEORGE BRACELAND

MEN'S LONG JUMP

AGE	YEAR	MARK	NAME
30-34	1988	21-9	6.63 EUGENE CACCIATORE
35-39	1988	21-11	6.68 AL WALTON
40-44	1988	22-0.25	6.71 KEN BRINKER
45-49	1992	20-4	6.20 JOE JOHNSON
50-54	1986	18-10.25	5.745 EARL CLINE
55-59	1988	18-7.75	5.68 RUDY ENDERS
60-64	1982	17-6.5	5.345 BOO MORCOM
65-69	1987	16-5	5.00 BOO MORCOM
70-74	1992	15-3.5	4.66 ED LUKENS
75-79	1992	12-9	3.89 SPARKS SORLEIN
80-84			
85-89	1991	7-4	2.23 EVERETT NOSACK

1500 METER MEN'S RUN

AGE	YEAR	MARK	NAME
30-34	1986	4:17.10	FREDERICK KOLTHAY
35-39	1986	4:05.60	MAROLD NOLAN
40-44	1991	4:11.00	AL SWENSON
45-49	1991	4:27.70	MICHAEL WILSON
50-54	1991	4:26.3	SID HOWARD
55-59	1990	4:37.6	JOHN CONNER
60-64	1990	5:04.9	BILL COONEY
65-69	1989	5:05.0	ARCHIE MESSENGER
70-74	1986	5:27.40	AUSTIN NEWMAN
75-79	1991	6:44.4	DUDLEY HEALY

3000 METER MEN'S RUN

AGE	YEAR	MARK	NAME
30-34	1988	8:54.80	ROBERT PETRILLO
35-39	1991	8:56.3	DAVE PATTERSON
40-44	1988	9:04.00	ALBIN SWENSON
45-49	1987	9:26.60	TIMOTHY SIMPSON
50-54	1989	9:55.4	BOB MILNER
55-59	1992	10:12.6	SAM GRACEFFO
60-64	1992	11:18.2	HOWARD RUBIN
65-69	1990	12:18.9	CARL HAMMEN
70-74	1987	11:27.50	SCOTTY CARTER
75-79	1991	14:31.6	DUDLEY HEALY

MEN'S TRIPLE JUMP

AGE	YEAR	MARK	NAME
30-34	1987	44-10.75	13.685 NATHAN TAYLOR
35-39	1987	44-10.75	13.685 DAVID PRUITT
40-44	1984	40-10	12.45 GRANT KROW
45-49	1991	36-4	11.09 MICHAEL MILOVE
50-54	1987	35-7	10.845 HAIG BOHIGIAN
55-59	1988	33-9.5	10.30 RUDY ENDERS
60-64	1985	36-3.5	11.06 ED LUKENS
65-69	1987	35-7	10.845 ED LUKENS
70-74	1992	31-9.89	9.70 ED LUKENS
75-79	1992	27-5.5	8.37 SPARKS SORLEIN

MEN'S SHOT PUT

AGE	YEAR	MARK	NAME
30-34	1987	52-2.75	15.92 JOHN DUPUIS
35-39	1977	47-7.5	14.515 ERNIE MCCOMBS
	1980	47-7.5	14.515 ED HILL
40-44	1983	46-2	14.07 LARRY PRATT
45-49	1987	48-5	14.755 CARL WALLIN
50-54	1983	48-10.5	14.89 LEN OLSON
55-59	1989	46-2.25	14.08 CLIFF BLAIR
60-64	1981	45-9	13.945 BILL COLEMAN
65-69	1980	38-6	11.735 GEORGE BRACELAND
	1984	38-6	11.735 MURRAY OGUSS
70-74	1988	37-9.25	11.51 ELMER SHAW
75-79	1990	26-9	8.15 GEORGE BRACELAND
80-84	1987	21-6	6.55 HARRY MCDARLE

MEN'S WEIGHT THROW

AGE	YEAR	MARK	NAME
30-34	1992	51-5	15.67 JOSEPH BENOIT
35-39	1976	52-1	15.875 STEW THOMPSON
40-44	1983	44-9.5	13.65 NORM CYPRUS
45-49	1976	58-8	17.88 BOB BACKUS
50-54	1979	59-0	17.98 BOB BACKUS
55-59	1982	47-1	14.35 LEV MOZHAEV
60-64	1982	44-11	13.69 BILL GILLIGAN
65-69	1985	45-6	13.87 TOM MCDERMOTT
70-74	1988	36-11	11.25 ELMER SHAW
75-79	1990	25-4	7.72 ALFRED SKONBERG
80-84	1983	15-9	4.80 EVERETT NOSACK
85-89	1991	15-4.5	4.64 EVERETT NOSACK

3000 METER MEN'S RACEWALK

AGE	YEAR	MARK	NAME
30-34	1988	13:40.00	DAVID LAWRENCE
35-39	1990	14:59.7	JAMES BROCHIN
40-44	1987	13:26.60	ROBERT KEATING
45-49	1992	13:16.1	GARY MULL
50-54	1988	15:55.50	WILLIAM PRESTON
55-59	1990	14:59.4	JACK BOITANO
60-64	1987	17:32.00	JOHN GRAY
65-69	1992	17:03.0	EDWARD GAVINSKI
70-74	1987	20:39.10	ROBERT MULIKEN
75-79	1990	18:55.4	JERRY WIBLE

60 YARD-55 METER WOMEN'S HURDLES

AGE	YEAR	MARK	NAME
30-34	1984	8.80	PATRICIA COLLINS
35-39	1982	8.56	CARMEN BROWN
40-44	1984	8.50	CARMEN BROWN
45-49	1989	11.40	BARBARA STEWART
50-54	1987	11.06	SUSAN REDFIELD
55-59			
60-64	1988	13.50	PATRICIA PETERSON

60 YARD-55 METER WOMEN'S DASH

AGE	YEAR	MARK	NAME
30-34	1984	7.30	PATRICIA COLLINS
35-39	1982	7.15	PHIL RASCHKER
40-44	1983	7.40	CARMEN BROWN
45-49	1992	7.6	LORRAINE TUCKER
50-54	1982	8.65	CHRIS MCKENZIE
	1990	8.6	MARILYN FITZGERALD
55-59	1991	8.6	MARILYN FITZGERALD
60-64	1988	9.10	PATRICIA PETERSON
65-69	1992	9.2	PATRICIA PETERSON
70-74	1986	11.20	VIVIAN NELSON

200 METER WOMEN'S DASH

AGE	YEAR	MARK	NAME
30-34	1992	26.1	STEPHANIE VEGA
35-39	1992	27.2	IRENE THOMPSON
40-44	1989	27.57	JENNIFER PINTO
45-49	1989	29.02	MARILYN MITCHELL
50-54			
55-59	1991	31.4	MARILYN FITZGERALD
60-64	1989	35.28	PATRICIA PETERSON
65-69	1992	35.4	PATRICIA PETERSON
70-74	1990	46.4	MARJORIE SMITH
75-79	1990	57.7	VIVIAN NELSON

400 METER WOMEN'S DASH

AGE	YEAR	MARK	NAME
30-34	1992	57.7	STEPHANIE VEGA
35-39	1989	63.6	LYNNE DIEZI
40-44	1991	63.9	BETTY CLAIR-SEARCY
45-49	1992	72.4	MADINE LOMENSTEIN
50-54	1990	72.9	MARILYN FITZGERALD
55-59	1991	73.3	MARILYN FITZGERALD
60-64	1989	91.0	PATRICIA PETERSON
65-69	1992	90.7	PATRICIA PETERSON
70-74	1990	1:52.0	MARJORIE SMITH

800 METER WOMEN'S RUN

AGE	YEAR	MARK	NAME
30-34	1991	2:23.10	JOAN STERRETT
35-39	1988	2:33.70	JAMINE LEE
40-44	1987	2:29.60	ELAINE PHILLIPS
45-49	1987	2:31.30	BARBARA PIKE
50-54	1987	2:46.50	SUSAN REDFIELD
55-59	1990	2:55.9	GERT OWENS

1500 METER WOMEN'S RUN

AGE	YEAR	MARK	NAME
30-34	1986	5:00.30	WENDY SCHER
35-39	1986	5:08.80	LORETTA MCCARTHY
40-44	1986	4:59.70	LINDA UPTON
45-49	1989	5:09.3	ELAINE MEADOWS
50-54			
55-59	1990	5:51.6	GERI OWENS
60-64			

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

M30-34			
David Lee Smith	400M	51.00	8-1-92
M35-39			
Peter J. Collins	Hammer	150-8	7-30-92
Rick Easley	400M	52.2	7-25-92
	800M	1:59.14	8-15-92
	Mile	4:31	11-18-89
	Mile	4:29	3-03-91
	Mile	4:33	9-22-91
Michael Pannell	400H	59.13	9-06-92
M40-44			
Arnold Martinez	Pentathlon	2696 pts.	8-16-92
Tom Thompson	100M	10.93	6-19-92
	200M	22.51	5-30-92
M45-49			
Oron Lott	Long Jump	5.65	7-16-92
Douglas Spencer	100M	11.64	7-25-92
	200M	24.28	7-25-92

M50-54			
Edgar J. Evans	Discus	136-2	8-01-92
	35# Wt.	33-5 1/2	8-01-92
	100H	18.0	6-06-92
M55-59			
Bruce Mills			
Douglas Alberts	100H	17.0	8-01-92
Ken Baker	400M	55.53	7-11-92
	800M	2:08.9	3-22-92
Turk Markishtum	Javelin	145-6	7-16-92
	Discus	122-6	6-13-92
Charles Richard	Long Jump	15-9	5-23-92
	Long Jump	16-7 1/2	6-28-92
	High Jump	5-3	7-12-92
Floyd Smith			
M60-64			
Roger Hocker	200M	28.05	6-13-92
Bill Pardue	100M	13.10	6-22-91
	200M	28.00	6-22-91
	100H	18.11	6-16-90
	300H	50.82	7-18-91
	Pentathlon	2616 pts.	2-16-91

Harold Willis	2000 SC	9:16	8-13-92
W50-54			
Dorothy Withem	5K	29:32	9/26/92
W60-64			
Patricia Nesley	100M	16.3	7-26-92
	200M	35.6	5-24-92
	3000 RW	19:29.6	9-06-92
	Mile RW	9:55.8	6-14-92
	5K RW	32:36	9-26-92
	10K RW	65:42	7-11-92
	15K RW	1:46:12	8-07-92
Dorothy Pavacic	Shot Put	7.10	8-01-92
W70-74			
Fan Benno	Mile RW	10:14	5-29-92
	2Mile RW	21:53	5-29-92
W95+			
Margaret White	Shot Put	11-11 1/2	9-07-92

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

Event	MEN												
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	8:54	9:24	9:54	10:24	10:54
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			

WOMEN

1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:29	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

A minimum of two judges must be present and the competition must be limited to racewalkers (i.e. no runners)

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9	
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7	
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
32-10	30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2	
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2	
Jav	29.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4	
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4	
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7	
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 50+: 3k.
 4) Javelin: 30-49: 600gm; 50+: 400gm.
 5) Hammer: 30-49: 4k; 50+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:03	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
6-4 1/2	6-3 1/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1	
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11	

TRACK & FIELD RESULTS

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

EAST

Finger Lakes RC Indoor Meet Ithaca, NY; December 6

800m	
Ed McLaughlin 44	2:27.9
Ken Zeserson 45	2:30.1
Joe Reynolds 48	2:33.9
Don Farley 59	2:34.2
Ken Florence 38	2:37.4
Jim Bilik 43	2:38.7
Tony Kasenga 44	2:39.3
Tony Farrand 57	2:50.6
Dan Mittler 52	3:16.2
Ralph Jones 63	3:39.0
1500m	
Reinhold Wotawa 43	4:41.1
Rich Bernstein 40	4:52.3
Bob Congdon 47	5:07.0
Ken Florence 38	5:09.8
Jim Bilik 43	5:13.1
John McMurry 50	5:14.7
Joe Reynolds 48	5:26.0
Tom Rishel 51	5:28.1
Dan Mittler 52	5:40.3
Tony Farrand 57	5:42.0
Harvey Chernosky 47	5:57.7
Tony Kasenga 44	6:07.2
James VanEvery 51	6:23.7
Dave Talcott 32	7:44.8
3000m	
Reinhold Wotawa 43	9:48.4
Ben Cardamone 30	9:52.0
Ray Kneer 50	10:02.0
Jim Zollweg 32	10:16.3
Don Farley 59	10:37.5
Ken Congdon 47	10:48.3
Bob Florence 38	10:49.4
Jim Bilik 43	10:55.2
Joe Reynolds 48	11:08.2
Mark Smith 37	11:45.9
Tony Kasenga 44	12:11.6
Tony Farrand 57	12:23.6
Harvey Chernosky 47	12:31.6
Diane Sherrer W41	12:51.6
Tom Dyckman 60	13:10.3
Ralph Jones 63	15:23.9

Philadelphia Masters Track Association Haverford, PA; December 13

55m Dash	
F35 Mary Ellen Malloy	8.5
M35 Ross Donolow	6.9
Phil Conzentino	6.9
Jim Craig	7.5
Mark Gershon	7.6
M40 Karl Castor	6.9
John P. Jones	7.4
Phil Felton	7.4
Rick McMullin	7.4
Ed Laurelli	7.8
Taylor Tunstall	8.1
F45 Jillian Kelly	8.9
M45 Joe Johnson	7.0
Paul Henry	7.3
Bill Henry	7.4
Rab Hagin	8.8
F50 Karen Haber	9.2
M50 Jim O'Hara	7.8
M60 Geo. Taylor	9.6
M65 J. Walker Plerson	8.5
M70 Bud McGarvey	9.1
Ed Matthews	8.4
M75 Gar Schoener	9.5
200m	
M30 Tom Yunker	29.0
F35 Mary Ellen Malloy	30.2
M35 Phil Conzentino	26.3
Mark Gershon	27.3
M40 Greg Florant	24.6
Phil Felton	25.4
Karl Castor	25.7
John P. Jones	27.2
F45 Jillian Kelly	32.7
M45 Joe Johnson	24.6
Paul Henry	25.8
Rab Hagin	26.8
M65 J. Walker Plerson	30.9
Oscar Harris	31.6
M70 Ed Matthews	30.9
Bud McGarvey	33.6
Geo. Blyn	43.4

400m	
M40 Greg Florant	53.7
Phil Felton	55.8
Karl Castor	55.9
Gary Tompkins	59.3
Ben Draper	60.0
M45 Paul Henry	57.1
Tim Dickens	57.9
Rab Hagin	58.1
Gary Gordon	58.8
M60 Bill Mullin	1:12.3
M65 Oscar Harris	1:14.2
Bob Parsons	1:14.9
M70 Ed Matthews	1:12.9
Geo. Blyn	1:29.0

800m	
M30 Lewis Kessler	2:25.1
Tom Yunker	2:38.4
M35 Warren Walker	2:30.9
M40 Gary Tompkins	2:12.0
Bill Krieger	2:18.9
Ben Draper	2:18.9
Jim Yester	2:23.8
M45 Gary Gordon	2:22.0
Bill Henry	2:28.3
Tim Dickens	2:28.4
Dwayne Wartman	3:24.6
M50 Jerry McFadden	2:25.1
M70 George Blyn	3:41.4

1 Mile	
M30 Lewis Kessler	5:03.5
Tom Yunker	5:27.6
M35 Bob Reynolds	5:03.2
Warren Walker	5:25.5
Gary Papazian	5:30.1
Bob Salmon	5:44.3
M40 Phil Yoder	4:50.1
F40 Diane McManus	7:18.0
M45 Bob Weiner	4:55.2
Dwayne Wartman	5:22.1
Geo. Sanders	5:22.6
Carl Grossman	5:36.8
Joel Dubow	5:43.7
F45 Betsy Granite	8:35.0
M50 Jerry McFadden	5:20.6

3000m	
M30 Joe Wesolowski	8:55.0
M35 Gary Papazian	10:49.2
F40 Diane McManus	14:44.2
M40 Phil Yoder	9:34.5
Fred Dedrick	10:20.2
Larry Hart	10:53.7
M60 Bill Mullin	12:58.3
M70 Geo. Blyn	14:38.8

2 Mile	
M35 Larry Balick	12:20.9
M45 Dwayne Wartman	12:02.6
Carl Grossman	12:21.7
M50 Jerry McFadden	12:02.6

55m Hurdles	
M40 John P. Jones	8.4
Steve Harlins	9.0
Gene Hoffman	9.1
M50 Hake Byrd	9.6
M60 Geo. Taylor	12.8

Philadelphia Masters

4x200	
M40 Phil Felton	
Karl Castor	
Bill Krieger	
Greg Florant	1:43.0

Triple Jump (in meters)	
M35 Mark Gershon	10.83
M40 Ed Laurelli	9.22
M60 Geo. Taylor	6.55
M70 Ed Matthews	7.59
Bud McGarvey	6.77

Pole Vault	
M45 Rich Holmes	10'6"
Jeff Blatt	10'0"
Tom Randolph	9'6"
M60 Geo. Taylor	6'0"

Long Jump (in meters)	
M35 Mark Gershon	5.01
M40 Ed Laurelli	4.87
Rick McMullin	4.43
M60 Geo. Taylor	3.17
M70 Ed Matthews	3.68
Bud McGarvey	3.21

Shotput	
M40 Rick McMullin	35'10-1/4"
M50 Paul Morrone	41'9-1/4"
M60 Geo. Taylor	30'4"
M70 Ed Matthews	28'2-1/2"
Bud McGarvey	7'10-1/2"
M75 Eugene Wood	30'0-1/2"

High Jump	
M35 Mark Gershon	5'2"
M40 Steve Harkins	6'4-1/2"
Ed Laurelli	4'10"

3000m Race Walk	
M40 Greg McCoy	19:05.7
M45 Larry Simmons	14:46.7
M50 Joe Stefanowicz	17:48.4
M65 Ed Gawinski	17:16.1

Tri-State TC Indoor Meet Hagerstown, MD; December 19

55m	
M30 Eddie Mose 37	6.8
M40 Paul Bell 42	7.3
M55 Joe Hemler 58	7.6
M60 Jim Stookey 62	7.9
M70+Ed Matthews 72	8.3

400m	
M35 Archie Glaspy 38	55.7
M40 Paul Bell 42	57.3
M55 Richard Durham 54	79.9
M60 Tom Morris 62	72.9
1500m	
M30 Ted Poulos 31	4:42.7
M45 Bill Schrantz 47	5:07.9
3000m	
M30 Ted Poulos 31	9:33.7
M40 Don Forgiore 41	10:11.7

55mH	
M40 Pat Crandall 42	8.9
M50 Barry Kline	8.7
M55 Doug Alberts 57	9.9
High Jump	
M40 Pat Crandall 42	5-4
M45 Palmer Sweet 48	4-2
M50 Barry Kline	5-2
M55 Doug Alberts 57	4-8
M60 Bill Bergen 64	4-2
Shot Put	
M30 Glen Evelyn 38	34-1
M40 Bob Feeney 40	33-3
M45 Palmer Sweet 48	34-9 1/2
M50 Barry Kline	33-4 1/2
M60 Pay Carstensen 60	40-2 1/2

Metro USATF Indoor Season Opener USMA, West Point; December 19

55m	
M30 Don McNeill	6.92
M40 Bob Davis	7.30
Phil Felton	7.32
Mike Milove	7.46
M50 Roosevelt Weaver	7.42
M60 John Darrell	8.58
W40 Lorraine Tucker	8.34
W60 Pat Peterson	9.40
200m	
M30 Don McNeill	24.19
M40 Phil Felton	24.93
Thad Morris	26.08
Mike Milove	26.12
M50 Cliff Pauling	27.74
M60 John Darrell	30.95

400m	
M30 Vance Rangers	54.80
M40 Phil Felton	55.70
Ron Johnson	56.34
Errol Lee	56.35
M50 Cliff Pauling	62.90
M60 Aneshansley	66.62
800m	
M30 Seth Okrend	2:18.26
M40 Mike Wilson	2:15.20
M50 Cliff Pauling	2:29.64
M60 Joe Kernan	3:05.30

One Mile	
M30 Alex Quozzo	4:49.28
M40 Victor Broushet	5:58.36
W30 Paula Dickson-Taylor	6:21.27
3000m	
M30 Seth Okrend	9:52.13
M40 Dan Gonzalez	9:45.92
55mH	
M40 Curtis Pittman	8.69
M50 Dave Connolly	11.16
Long Jump	
M30 Rockdale Hudson	17-11
M40 Ivan Black	16-3 1/2
M50 Bob O'Brien	14-9
M60 John Darrell	12-3 1/2
W40 Lorraine Tucker	13-9 1/2

Triple Jump	
M40 Ivan Black	34-10
High Jump	
M30 Ed Fern	6-0
M40 Ivan Black	5-2
M50 Dave Connolly	3-6
Shot Put	
M40 Rich Dunphy	11.91
M50 Dave Connolly	6.25
W40 Lorraine Tucker	8.84
W50 Anne Cirulnick	8.82
Weight Throw	
M40 John Casamassina	12.80
M50 Bob Decker	11.96
W50 Roslyn Katz	8.74
Anne Cirulnick	8.32

Metro USATF Christmas Indoor Classic Princeton U.; December 27

55m	
M30 Don McNeill	6.90
M40 Mel Fields	7.03
Paul Henry	7.46
M50 Roosevelt Weaver	7.45
Allen Watson	7.74
M60 John Darrell	8.60
W40 Lorraine Tucker	8.45

200m	
M30 Val Barnwell	24.13
Don McNeil	24.19
M40 Ron McDonald	25.34
P G Felton	25.50
Paul Henry	25.58
M50 Cliff Pauling	28.33
M60 John Darrell	30.16
W30 L Clark	27.62
W40 Lorraine Tucker	30.19

400m	
M30 Vance Rogers	54.30
M40 Duane Green	56.00
P G Felton	56.63
Paul Henry	57.01
M50 Cliff Pauling	62.16
M60 John Darrell	67.71

800m	
M30 Lewis Jefferson	2:10.40
M40 Rob Jackson	2:10.34
M50 Ed Small	2:17.76
M60 Joe Kernan	3:04.42

1000m	
M50 Dave Connolly	4:19.13
One Mile	
M30 Lewis Jefferson	4:58.04
M40 Rob Jackson	4:56.84
3000m	
M40 Hugh Sweeny	9:38.73

55mH	
M40 Curtis Pittman	8.65
Long Jump	
M30 Rockdale Hudson	16-6 1/2
M40 Ivan Black	16-3
M60 John Darrell	12-2
W40 Lorraine Tucker	14-0
Triple Jump	
M30 Leroy Carver	43-3
M40 Ivan Black	36-2

Shot Put	
M40 Rick Dunphy	38-9 3/4
M50 Bob Decker	40-3 3/4
M60 John Darrell	23-8
W40 Lorraine Tucker	29-2 1/2
Weight Throw	
M40 John Casamassina	42-4 1/2
M50 Bob Decker	34-9 1/2
One Mile Racewalk	
M50 John Orr	12:53.82
M70 Jay Charles	12:22.46

Greater Rochester TC Meet U. of Rochester, NY; December 27

45m	
M30 Barry Grimes	5.8
M40 Ray Panek	6.3
M50 Alfred Schroth	8.8
300m	
M30 Barry Grimes	40.5
R Watson	42.9
M40 Tom Brocker	46.3
R Lesser	46.5
M50 Jim Palmeri	47.1

3000m	
M30 Dan Oleary	9:36
D Prindle	10:03
D Antonetty	10:14
M40 Derck Frechette	9:38
D Ladd	9:43
T Carr	9:45
M50 Jim Palmeri	11:18
W30 Beth Declantis	10:13
M40 Kathy Brown	11:23

High Jump	
M30 Barry Grimes	4-10
M40 Ray Panek	4-4
Long Jump	
M30 Mike Jones	15-4
M40 Ray Panek	16-3
M50 Alfred Schroth	9-4 1/2
Shot Put	
M40 Tom Carr	29-9
M50 Alfred Schroth	25-8

Philadelphia Masters Indoor Meet Kutztown, PA; January 3

55mH	
M40 John Jones	8.5
Pat Crandall	8.7
M50 Barry Kline	9.0
M65 Oscar Harris	11.9
55m	
M35 Phil Conzentino	6.9
Mark Gershon	7.5
R Hudson	7.5
M40 Karl Castor	7.4
John Jones	7.5
Ivan Black	7.5
Rick McMullin	7.5
M45 Paul Henry	7.3
M55 Dick Ocker	7.6
M60 Jack Lance	8.4
M65 Oscar Harris	8.6
M70 Ed Matthews	8.4
M80 Claude Hills	10.2
W35 MaryEllen Malloy	8.5

200m	
M35 Phil Conzentino	26.6
M40 Errol Lee	25.5
Karl Castor	25.6
M45 Ron Johnson	25.7
Paul Henry	26.0
M50 Bob O'Brien	28.6
M55 Dick Ocker	27.4
Joe Heuler	27.5
M60 Jack Lance	31.9

M65 Oscar Harris	31.8
M70 Ed Matthews	30.4
Bud McGarvey	33.9
400m	
M35 Warren Fisher	60.4
M40 Phil Felton	57.1
M45 Paul Henry	57.4
Ron Johnson	57.8
Rab Hagin	58.4
M50 Bob O'Brien	62.1
M55 Ron Bilski	79.4
M65 Oscar Harris	75.3
M70 George Blyn	1:34.1

800m	
M30 Joe Wesolowski	2:03.6
M40 F Dedrick	2:24.0
M45 George Sanders	2:29.5
Dwayne Wartman	2:30.8
M70 George Blyn	3:45.5
W35 MaryEllen Malloy	2:33.5

1 Mile	
M30 Joe Wesolowski	4:33.8
M35 Joel Hoffsmith	4:44.1
M40 Gary Tompkins	4:42.6
F Dedrick	5:09.4
M45 Dwayne Wartman	5:28.1
George Sanders	5:29.0
M70 George Blyn	7:36.0
W35 Paul Dickson-Taylor	6:1

Continued from previous page

Shot Put (4kg)
M35 R True 15.69m
M60 Bob Barton 10.40
M70 Tom McDermott 10.10
M75 Chas Hirshey 7.76
Discus
M60 Bob Barton 36.90
M70 Tom McDermott 33.80
M75 Chas Hirshey 18.75

Hammer (4kg)
M75 Chas Hirshey 20.63
25m Weight
M70 Tom McDermott 74 11.30
(single-age WR)
M75 Chas Hirshey 4.74
Mile Racewalk
W65 Barbara Keddie 12:48.6

WEST

San Bernardino Senior Olympics San Bernardino, CA; October 10

100m
M55 Harold Love 13.89
M60 Ted Vick 14.00
M65 Tom Pico 16.00
M70 Karlis Smiltens 19.68
M75 Stephen Martin 19.90
W55 Barbara Covert 22.19
W75 Natalie Gamney 35.35
200m
M55 Lee Crawford 45.00
M60 Ted Vick 25.56
M65 Tom Pico 34.62
M70 Karlis Smiltens 45.50
M75 Pete Ganahl 37.00
W55 Barbara Covert 46.69
W75 Natalie Gamney 82.97
400m
M60 Ollie Harker 79.70
M65 Harold Willis 77.80
M70 Karlis Smiltens 1:47.10
M75 Pete Ganahl 80.40
800m
M60 Efrlan Sanchez 2:45.80
M65 Harold Willis 2:55.60
M70 Karlis Smiltens 3:52.90

1500m
M60 Efrlan Sanchez 5:49.60
M65 Harold Willis 6:10.80
M70 Karlis Smiltens 7:42.70
W70 Carol Prichard 16:56.40
Long Jump
M55 Devon Lauderbaugh 11-10
M60 Harry Lund 8-10
M65 Tom Pico 8-3
M75 Ken Gibbons 10-8 1/2
Shot Put
M55 Devon Lauderbaugh 46-6
M65 Tom Pico 40-8
W75 Natalie Gamney 12-7
1500m Racewalk
M55 Walter deRothe 10:17.00
M60 Ted Greiner 9:09.20
M65 Mel Granttham 9:44.00
M70 Walt Heppner 11:02.80
M75 Ralph Franzen 12:55.20
W55 Audrey Singer 10:51.00
5000m Racewalk
M55 Walter deRothe 36:11.70
M60 Ted Greiner 31:22.50
M65 Mel Granttham 33:33.70
M70 Walt Heppner 36:42.60
M75 Stephen Marten 38:11.00
W55 Barbara Covert 37:28.00
W70 Marj Tindler 43:33.00
(all events hand timed)

Long Beach Winter Heptathlon/Decathlon Long Beach, CA; December 12-13

Masters: 40-49 Total
Lorraine Tucker 3079
Sub-Masters: 20-39 Total
Ted Campbell 5929
Geng Charles 4525
Bob Schwarz 3941
Steve Barba 2029
Scoring: All scoring was based on 1985 IAAF Tables.
Conditions: Hand-timing, no wind information.

Masters: 40-49
Karl Harz 3458
Neal Schuster 2967
Bill Siani 2792
Masters: 60-69
Darrold Skarvedt 2190

INTERNATIONAL

La Vega Championships La Vega, Dominican Republic November 21-22

100m
M30 R Hernandez DOM 11.49
M35 J Garcia DOM 11.37
M40 R Gonzalez MEX 12.05
M45 R Javier DOM 13.52
M50 A Alvarado PUR 13.29
M55 S Cosme DOM 13.77
M60 S Michel DOM 13.91
W30 C Ulloa DOM 14.31
W35 D Camarena DOM 14.76
W55 M Reyes PUR 21.70
W60 P Polanco DOM 24.70
200m
M30 R Hernandez DOM 23.29
M35 M Castillo DOM 25.67
M40 R Gonzalez MEX 24.09
M45 R Javier DOM 28.23
M50 A Lopez MEX 26.74
M55 N Florentino DOM 31.00
M60 S Michel DOM 28.80
W30 D Camarena DOM 31.99
400m
M30 R Hernandez DOM 50.63
M35 R Cruz DOM 53.81
M40 R Gonzalez MEX 53.54
M45 R Javier DOM 62.03
M50 A Lopez MEX 61.18
M55 N Florentino DOM 67.56
M60 S Michel DOM 69.17
M65 L Arayo PUR 81.84
W30 M Payano DOM 77.63
800m
M30 R Polanco DOM 2:16.39
M35 E Gonzalez DOM 2:23.93
M40 J Zorrilla DOM 2:59.81
M45 B Contreras MEX 2:17.07
M50 F Villa DOM 2:41.40
M55 N Florentino DOM 2:49.21
M60 J Alonso PUR 3:04.71
W30 M Payano DOM 2:59.85
W65 C Rodriguez MEX 3:42.28
1500m
M30 G d La C DOM 4:39.84
M35 P Rodriguez DOM 4:37.12
M40 R Rodriguez DOM 4:42.04
M45 B Contreras MEX 4:45.26
M50 F Villa DOM 5:04.16
M55 N Florentino DOM 5:47.47
M60 L Vega PUR 6:22.62
W30 M Payano DOM 6:20.04
W65 C Rodriguez MEX 7:59.52
5000m
M30 P DeLa Mota DOM 17:29.9
M35 P Rodriguez DOM 17:04.9

M40 R Rodriguez DOM 17:24.1
M45 P Rodriguez DOM 21:32.4
4x100m Relay
M30 Dom Rep (Castillo/Garcia/Garcia/Rodriguez) 48.14
M40 Mexico (Gomez, Gonzalez/Contreras/Lopez) 50.22
M50 Puerto R (Alvarado/Alonso/Arroyo/Crespo) 62.11
Long Jump
M30 R Hernandez DOM 6.35m
M35 R Cruz DOM 5.65
M40 A Gomez MEX 4.62
M50 J Crespo PUR 4.45
M60 S Michel DOM 3.93
M65 J Aguirre MEX 4.40
Shot Put
M30 M Reynoso DOM 10.12m
M35 J Rodriguez DOM 11.10
M40 E Cruz PUR 10.75
M55 V Garcia DOM 7.95
M60 P De La Mota DOM 11.07
W30 R Cruz DOM 7.63
W35 T Lugo DOM 4.87
W45 H Matos PUR 6.83
W55 M Reyes PUR 6.40
W60 I Velez PUR 7.77
Discus
M30 M Concepcion DOM 20.76
M35 J Rodriguez DOM 26.76
M40 E Cruz PUR 30.71
M55 L Alvarez DOM 20.00
M60 P De La Mota DOM 31.62
W30 M Fernandez DOM 12.32
W45 H Matos PUR 13.12
W55 M Reyes PUR 13.90
W60 I Velez PUR 11.18
Javelin
M30 M Concepcion DOM 47.35
M35 E Gonzalez DOM 41.09
M40 E Cruz PUR 42.34
M55 V Garcia DOM 28.15
M60 P De La Mota DOM 25.41
W30 R Cruz DOM 22.61
W45 H Matos PUR 10.36
W55 M Reyes PUR 10.97
W60 I Velez PUR 13.32
W65 P Polanco DOM 9.25
3000m Racewalk
W30 M Mata DOM 21:12.40
W35 T DeAlvarez DOM 34:49.59
W60 I Velez PUR 27:49.37
W65 P Polanco DOM 27:26.47
5000m Racewalk
M30 J Rosario DOM 27:36.27
M35 J Escobar MEX 22:22.16

LONG DISTANCE RESULTS

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

NATIONAL

TAC/USA National Masters 15K Cross-Country Championships Van Cortlandt Park, Bronx, NY November 29

M40 Sadot Mendez 51:24
Bob McCusker 51:39
Jack McShane 54:28
Scott Abercrombie 54:52
Rich Pieschel 54:59
Mari. J. J. 55:25
Brian Kivlan 55:58
Robert Carter 56:30
Bob Hemesch 56:36
James Terry 56:41
Richard Shaver 56:48
Frank Russo 56:52
Nicholas Caswell 57:16
Daniel Gonzalez 57:39
Rich Puckerin 57:48
Ernesto Ayala 57:50
Joseph Porcaro 58:02
Jack Cubbiso 58:55
Keith Sullivan 59:00
Dan Schiesel 59:11
M45 Sumner Brown 54:42
Bill Pape 55:41
Peter Dane 56:01
Anthony Gafalno 57:27
Timothy Shay 57:27
Edgar Sandoval 57:52
John Holland 59:02
Michael Wilson 59:56
Tony Gonzalez 60:30
John Mylius 60:46
Ambrose Salmini 61:20
Alan Turner 61:54
Kevin O'Connor 62:50
Gerry Janssen 62:57
Richard Helmer 63:28
M50 Jerry Smith 56:23
Colman Mooney 57:28
Victor Cruz 58:19
Fay Bradley 59:13
Peter Madden 59:23
Pat Cosgrove 59:40
Dan Hammer 60:49
Sid Howard 60:51
Keith Dupree 61:26
David Buddington 61:29
M55 Ken Mueller 57:51
Fritz Mueller 63:05
Bob Ford 64:49
Hans Hartman 65:42
Erich Guenter 66:55
George Reilly 68:01
M35 R Cruz 70:26
Noel Byrne 71:44
Paul Marcus 73:14
Robert Selya 75:16
M60 Bill Fortune 65:11
Ken Karcher 67:34
George Studzinski 67:35
Joe Burns 68:38
George Wodicka 75:59
Leo Schonauat 77:09
Joe Caldwell 78:27
Robert Gallanty 82:50
M65 John McManus 72:41
Jack Haar 73:20
Tom Dwyer 77:30
Terence McGinnis 80:14
Des Margetson 82:30
Jerome Olitt 83:47
M70 William Coyne 77:00
Tom Gibbons 84:32
Jack Finger 87:59
M75 Austin Freeman 1:21:14
Charles Feldman 1:40:36
W40 Suzanne Rohr 68:34
Belinda Saunders 70:22
Janet Piez 70:46
Roslyn Schloss 71:14
Carol Lanza 73:15
Diane Hawkins 73:33
Jacqueline Seltzer 73:50
Gilda Serrano 75:39
W45 Mary Anne Leahy 71:42
Marjorie Kos 73:01
Laurie Baker 73:52
Marjorie Travaline 73:57
Mary Spera 74:41
Marilyn Greeley 74:53
Irene Jackson 75:00
Betty Marolla 75:56
W50 Jessie-Lea Hayes 76:14
Edith Jones 80:10
Janet Johnson 80:59
Rosemary Riccardi 81:59
Joan Bondell 85:38
W55 Tami Graf 76:46
Rita Alles 81:47
Billie Moten 1:43:22

W65 Janine Maltas 1:28:46
W70 Althea Wetherbee 1:46:20
W75 Adrienne Salmini 2:52:45
Teams
M40+ Hartford TC 4:41:23
(McCusker/McShane/Carter/Schiesel/Hawley)
Taconic RRC 4:44:15
(Abercrombie/Hemesch/Caswell/Galfano/Porcaro)
Central Park TC 4:47:07
(Pieschel/Shaver/Gonzalez/Ayala/Batista)
M50+ Sneaker Factory 5:07:33
(Cruz/Cosgrove/Martin/McIntyre/Marsh)
Hartford TC 5:10:47
(Madden/Dupree/Buddington/McClendon/Shipway)
Central Park TC 5:17:12
(Hammer/Howard/Mueller/Bassett/Guenter)
M60+ Millrose AA 3:26:31
(Fortune/Burns/McManus)
M70+ Millrose AA 4:22:--
(Coyne/Gibbons/Feldman)
W40+ Central Park TC 3:34:49
(Rohr/Schloss/Jackson)
Millrose AA 3:37:25
(Piez/Kos/Hawkins)
Pineland Striders3:49:00
(Lanza/Travaline/Johnson)

EAST

NYRR Computer Run 8K Central Park, NYC; October 25

Overall
Kevin Sullivan 26 24:28
Kamila Gradus 25 26:26
M40 Rick Pieschel 41 26:40
M50 Pat Cosgrove 50 28:51
M60 Bill Fortune 64 32:05
M70 Al Goldstein 72 40:21
W40 Mary Ryan 46 31:39
W50 Anna Thornhill 52 32:19
W60 Toshiko d'Elia 62 37:29
W70 Althea Wetherbee 73:48:23

Veterans Day 4 Mile Cross-Country Long Island, NY; November 7

Overall
Paul Kehoe 22:45
Linda Bohman 27:34
M40 Ed Trentowski 23:56
M50 Mel Cowgill 26:00
M60+Colin Harris 28:52
W40 Cynthia Bermudez 28:27
W50 Barbara Flores 35:17
W60+Althea Wetherbee 41:46

Benefit 5K Oceanside, NY; November 8

Overall
Brian Roman 15:26
Barbara Gubbins 17:27
M40 Hob Giambalvo 16:08
M45 Maury Dean 17:21
M50 Julian Goldsmith 18:11
M55 Witold Bialokur 18:34
M60+George Marr 21:30
Art Bowen 21:57
W40 Robyn Goldstein 22:22
W45 Carolyn Lindsley 22:43
W50 Sue Pisowski 25:44
W55 Joyce Klein 37:52
W60+Chickie O'Toole 26:11
Shirley Miller 26:18

Rockville Centre 10K Rockville Centre, L.I., NY November 14

Overall
Don DiDonato 35 30:46
Sandra Natal 36:34
M40 Bob Giambalvo 32:43
Jim Walsh 34:43
Jay Hildrebrand 35:49
John Lupski 36:08
Ed Nolan 36:10
M45 Maury Dean 34:51
John Ferrero 35:02
Peter Garrity 39:43
Charles White 40:39
M50 Julian Goldsmith 36:46
Richard Roth 38:42
Alex Flyntz 39:45

M55 Hilton Goring 37:38
John Boyle 38:57
Bill Evans 42:04
M60+Colin Harris 41:06
Harry Irwin 42:26
George Marr 45:17
Len DeGrace 68 46:43
W40 Robin Ornstein 44:20
Brenda Cooper 47:20
Rebecca Wandrusch 51:34
W45 Kathy Lindsley 47:26
Lesley Jacobs 48:49
Edith Mandel 50:38
W50 Rosemary Riccardi 46:06
Mary Browne 56:39
Anne Marie Brull 56:40
W55 Nancy Fraser 48:08
Barbara Evans 56:34
Finishers: 678
Weather: 38°/clear/w12-15Ww

Syosset Sprint 5K Syosset, L.I., NY November 21

Overall
Andrew Whitney 15:37
Jeanne Peterson 17:21
M40 Bob Giambalvo 15:48
M45 John Ferrero 17:03
M50 Lance Hugelmeier 17:20
M55 Hilton Goring 18:12
M60 Colin Harris 19:57
M65 John Corrigan 20:46
M70+Leo Karmin 24:22
William Benson 24:33
W40 Susan Curtis 20:07
W45 Irene Robinson 24:29
W50 Annette Frisch 21:09
W55 Alexandria Finger 27:15
W60 Cecile Miller 25:51
W65 Sylvia Zinn 36:00
W70+Sallie Festa 29:22
Althea Wetherbee 29:43

Upstate NY 5K Cross-Country Rochester, NY; November 21

M40 Rick Hoebeke 30:10
Derck Frechette 31:54
Tom Lanne 32:15
M50+Charlie Kellogg 32:54
Bill Kehoe 38:52
W40 MaryBeth Hasenauer 23:38
Sue Zytho 24:17
Denise Everitt 25:44
W50+Mary Shaver 24:52

Festival Of Trees 5K Long Island, NY; November 28

Overall
Mike Anderson 15:28
Lori Jorgensen 17:32
M40 Rick Hollman 19:04
M50 Hilton Goring 18:18
M60+Colin Harris 20:31
Walt McCarthy 20:41
W40 Karen Hodell 24:09
W50 Annette Frisch 21:58
W60+Chickie O'Toole 26:56
Althea Wetherbee 29:45

NYRR Members Only 10K Central Park; December 6

Overall
Michael Keohane 27 31:48
Natalia Apiazu 26 35:18
M40 Mike O'Malley 34:06
Richard Shaver 35:12
James Harmon 35:49
M45 Edgar Sandoval 36:13
Radames Acosta 36:26
Adolf Lawrowski 37:11
M50 Ramon Ruiz 39:07
Julio Lugo 39:30
Jeremiah O'Connor 40:20
M55 George Reilly 42:07
Arthur Reilly Jr 42:41
Gene Carbine 42:53
M60 Bill Fortune 39:55
Joe Burns 41:41
Don Bergman 46:37
M65 John McManus 43:32
Jack Haar 43:51
George Thompson 46:14
M70 Bill Coyne 46:58
Al Goldstein 53:01
Stephen Trepac 57:34
M75+Jim Keeney 76 56:38
Wilfredo Rios 76 58:41
Charles Feldman 77 59:43
W40 Kathy Horton 41:55
Belinda Saunders 43:21
Elsa Gonzalez 44:33
W45 Mary Ryan 39:58
Laurie Baker 44:36
Flora Flores 44:36
W50 Zofia Turosz 43:01
Joan Bondell 50:53
Sara Herz 51:03
W55 Lynn Sherman 49:40
May Chou 50:46
W60 Toshiko d'Elia 47:00
Thelma Wilson 53:28

W65 Jozi Neulinger 67:31
Marcella Tobias 82:49
W70+Althea Wetherbee 73:61:29
Althea Jureidini 7477:26
Finishers: 808m/363w
Weather: 29°/h48w/sW9mph

Brian's Run 10K West Chester, PA; December 6

M40 J Bradley 32:37
D Patterson 32:58
R DiSebastian 33:52
B Robinson 34:30
S Madres 34:54
P Kircher 34:58
D Anderson 35:11
N Rosen 35:36
W Young Jr 36:03
S Bergmann 36:32
M45 K Gaunt 35:26
R Webb 36:00
J Weiss 36:39
M Hayfield Jr 36:46
R Carl 36:47
M Metague 37:24
C Wagner 39:12
R Santiago 39:14
E Feeny Jr 39:18
G Sanders 39:42
M50 J Martin 36:51
M Mangano 37:25
S Bridges 38:56
T Giano 39:01
V Boyle 40:26
J Williams 41:30
B Norton 41:41
D Fessman 41:52
M55 J Flanagan 39:07
W Kriebel 40:29
D Larson 42:01
F Palacio 42:39
B McClellan 42:51
M60+P Nutt 62 42:37
H Morgan 70 43:40
G Van Rossum 60 45:19
E Butler 60 45:22
L Wonderly 61 46:06
W40 L Jones 40:18
R Jordan 48:09
D Green 48:49
W45 L Cens-McDowell 39:23
J Hampton 42:21
E Portz-Showl 42:23
W50 E Michener 40:52
C Lelli 44:44
C DiGiambatis 45:55
W55 S Patton 48:28
H DeReamus 54:49
N Sharpless 57:49
W60+B Ackerman 61 54:16
M MacIver 63 58:47
P Schofield 62 64:31

Pearl Harbor Day Masters 5 Mile Waterford, CT; December 7

M40 Lol Fearon 28:34
Don Roy 30:07
Paul Rabenold 30:34
Tony Strazzo 31:32
Marvin Sherriff 31:44
M45 Bob Graham 30:17
Guy Pulino 31:38
Al Chapman 32:02
M50 Fred Zuleger 33:25
Jon Thomas 33:43
Dick McDonald 34:21
M55 Tom McCoy 34:21
Joe Riccio 35:14
Tim Wright 36:20
M60 Don Werling 38:51
Chuck Cary 39:10
M65 Carl Hammen 37:23
Herb Silander 39:08
M70 Anthony Campo 51:55
W40 Rose Buckingham 38:22
Ellen Belliechi 39:07
Melanie Seaman 40:45
W45 Jan McKeon 35:45
Diane Gladstone 37:10
Geraldine Palonea 39:21
W50 Judith Anderson 43:31
W55 Bettine Delea 52:02
W65 Alice Campo 64:01

Metro USATF 10 Mile Championships Central Park, NYC December 13

Overall
Michael Keohane 27 51:58
Anne Marie Letko 23 55:32
M40 Lawrence Torella 56:26
Mike O'Malley 56:46
Richard Shaver 58:38
M45 Edgar Sandoval 59:14
Mike Wilson 61:38
Adolf Lawrowski 61:42
M50 Sam Skinner 60:22
Sid Howard 62:08
Julio Lugo 64:37
M55 Bob Ford 66:57
Philmore Brewer 70:23
Bob Dolphin 72:27

Continued on next page

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M60 Joe Burns 69:47, M70 Bill Coyne 77:29, W40 Barbara Anderson 67:06, W45 S Rae Baymiller 70:35, W50 Zofia Turosz 71:55, W55 Lisa Praskins 72:50, W60 Thelma Wilson 1:25:43, W65 Janine Maltas 87:17, W70+Althea Wetherbee 731:41:33.

Plainview-Old Bethpage RRC HOHOHO Jingle Bells 5K Bethpage, L.I., NY December 19

Table with 2 columns: Name and Time. Includes Overall section with entries like Brian Roman 27 15:18, M40 Bob Giambalvo 15:48, M45 Maury Dean 17:17, M50 Lance Hugelmeyer 17:16, M55 Mike Goldman 19:03, M60 Colin Harris 20:20, M65 John McManus 20:07, W40 Pat Nunnenkamp 23:23, W45 Mary Anne Leahy 19:53, W50 Annette Frisch 21:26, W55 Nancy Fraser 23:49, W60 Cecele Miller 25:52, W65 Blanche Ascher 38:08, W70+Sallie Festa 71 29:00.

NYRR Holiday 4 Mile/Metro USATF 30K Championships Central Park: December 20

Table with 2 columns: Name and Time. Includes --4 Mile-- Overall section with entries like Khalid Kairouani 26 19:09, M40 Kevin O'Connor 21:15, M45 Tom Mahon 23:25, M50 Calvin Ziegler 24:20, M55 Gene Carbine 26:21, M60 Martin Smith 28:26, M65 John McManus 27:27, M70 Al Goldstein 32:01, M75+James Keeney 76 33:47, W40 Diane Hawkins 28:01.

Table with 2 columns: Name and Time. Includes W45 Marilyn Greeley 28:33, W50 Harriet Oster 30:00, W55 May Chou 31:45, W60 Toshiko d'Elia 30:33, W65 Marcella Tobias 55:29, W70+Althea Jureidini 7447:24, --30K-- Overall section with entries like Michael Slinske, 23 1:40:37, M40 Robert Briglio 1:55:28, M45 Adolf Lawrowski 2:00:06, M50 Sam Skinner 1:55:59, M55 George Reilly 2:21:39, M60 Joseph Burns 2:21:07, M65 Jerome Solin 3:09:13, M70 Peter Harangoza 2:52:47, W45+Wilfredo Rios 76 3:23:43, W40 Pamela Cook 2:21:53, W45 Marjorie Kos 2:31:50, W50 Zofia Turosz 2:22:27, W55 Lisa Praskins 2:27:55, W70+Althea Wetherbee 733:32:01.

Hamilton Hangover 5 Mile Hamilton Square, NJ January 1

Table with 2 columns: Name and Time. Includes M40 Robert Griffin 43 30:04, M40 Bob Hyde 41 30:08, M50 Maury Dean 50 29:18, M60+Dick Snedecker 65 35:10, W40 Barbara McKee 46 39:30, W50 Cindy Clark 53 37:08, W60+Helen Dempsey 66 44:24.

SOUTHEAST

Bull Run 10K Tampa, FL; November 8

Table with 2 columns: Name and Time. Includes Overall section with entries like Yakov Tolstikov 29:52, M40 Jim Pearson 33:07, M45 Ken Brasher 35:46, M50 Joe Burgasser 36:50, M55 Jim Larson 37:41, M60 John McGowan 40:22, M65 Emery Jewell 46:32, W40+Millard Shumate 48:30, W45 Lenore Rupert 44:16, W50 Glenda Walker 46:27, W55 Joanne Brown 54:34, W60+Marjorie Arnade 57:03.

Watermen's Museum 10-Miler/ RRCA Virginia Masters 10-Mile Championships Yorktown; November 15

Table with 2 columns: Name and Time. Includes Top M40+ section with entries like Sadot Mendez 40 53:31, M40 Larry White 41 56:50, M45 John Thelin 45 58:12, M50 Roger Robinson 56:31, M55 Frank Wagner 54 1:00:33, M60 John Bashara 56 1:04:25, M65 Eddie Blanks 57 1:05:43, M70 Neil Wilson 63 1:10:42, M75+James Keeney 76 1:14:37, Top W40+ section with entries like Claudia Ciavarella 43 1:02:27, W40 Peggy Frederick 1:12:51, W45 Joyce Rankin 45 1:06:08, W50 Joyce Ploeger 49 1:08:25, W55 Barbara Biasi 45 1:11:26, W60 Kathrine Switzer 1:12:49, W65 Mary Thibodeaux 1:15:50, W70 Karin Stronach 1:10:48, W75 Betty Dameron 57 1:23:58, W80 Alice Wilson 57 1:26:27.

Vulcan Run Weekend Birmingham, AL 10K-November 21 Marathon-November 22

Table with 2 columns: Name and Time. Includes --10K-- section with entries like M40 Earl Owens 31:53, M45 Bill Tucker 37:23, M50 Morgan Looney 37:16, M55 Jerry Morrison 44:50, M60 Gerry Williams 42:47, M65 Gordon English 45:35, M70+Ollen Rhodes 70 53:54, W40 Catherine Lempesis 38:47, W45 Linda McDuffie 44:26, W50 Lis Villadsen 42:29, W55 Susie Klutz 43:39, W60+Maryanne Woodring 6154:12, --Marathon-- section with entries like M40 John Petelos 2:55:22, M45 Kent Destenstad 3:07:59, M50 Ken Brewer 51 2:54:30, M60+Jay Grove 66 4:36:08, W40 Nancy Nail 42 4:39:02, W50 Dot Richter 55 4:18:09.

First Tennessee Memphis Marathon; December 6

Table with 2 columns: Name and Time. Includes Overall section with entries like Gary Gargasz 36 2:20:22, M40 Doug Kurtis 2:24:34, M45 Bill Fanning 2:50:24, M50 Robert Glazier 2:54:32, M55 Mike Cody 3:09:28, M60 Ethan Busby 3:07:33, M65+Bill Halm 65 4:13:24, W40 Sue Townsend 3:11:40, W45 Ellen Murphy 3:04:01, W50 Linda Sparrow 48:36, W60 Sylvia Weiner 49:24.

Table with 2 columns: Name and Time. Includes W50 Martie Ulmer 3:35:45, Lou Wintroath 4:14:48, Gail Tyler 4:57:47.

Coast Guard Semper Paratus 10K Yorktown, VA; December 6

Table with 2 columns: Name and Time. Includes Overall section with entries like Tim Covington 26 31:16, M40 Thom Suddeth 44 32:36, M45 John Thelin 45 35:19, M50 Mel Williams 54 35:46, M55 Charles Flynn 57 40:44, M60 Neil Wilson 63 44:46, M65 John Burton 3:52:16, W40 Marg Loyd-Allison 3:20:37, W45 Margie Rogers 3:30:19, W50 Erika Hull 3:46:43.

Rocket City Marathon Huntsville, AL; December 12

Table with 2 columns: Name and Time. Includes Overall section with entries like Dave Dunham 28 2:20:51, M40 Gary Romesser IN 2:26:01, M45 Bob Schlaw SC 2:34:19, M50 Ken Brewer AL 2:48:00, M55 Dick Ruzicka FL 2:55:45, M60 Don Sheumaker TN 3:14:18, M65 C. Ciavarella VA 3:04:39, M70+Leo Karmin 70 24:14, M75+James Keeney 76 33:47, W40 Diane Hawkins 28:01, W50 Wendy Luscombe 28:56, W60 Christy Summerson 29:33.

Turkey Trot 10 Mile Wichita, KS; November 21

Table with 2 columns: Name and Time. Includes Overall section with entries like D Smithhisien 51:41, M40 Tom Conley 12:11, M45 Larry Helling 12:58, M50 John Munch 13:24, M55 Bill Stewart 13:09, M60 Joe Bell 14:48, M65+Paul Schmitt 70 16:41, W40 Peggy Steinbruegge 21:25, W45 Barb Reich 19:58, W55 Ann Wilson 20:52.

Orange Bowl 10K Miami; December 19

Table with 2 columns: Name and Time. Includes Overall section with entries like Jeff Wentworth 32 31:08, M40 Alan Miller 36:03, M45 Bob Marren 37:19, M50 Bill Springer 37:47, M55 Don Magyari 38:56, M60 Jack Cabot 42:43, M65+Joel Matos 66 46:54, W40 Karen Macharg 38:59, W45 Sharon Beal 42:51, W50 Linda Sparrow 48:36, W55 Bobby Ross 63:47, W60 Sylvia Weiner 49:24.

Table with 2 columns: Name and Time. Includes Racewalk section with entries like M40 Gene Opheim 46 55:13, M50 Bob Cella 55 59:43, M60+Gerald Gomes 60 61:29, W40 Alba Campbell 45 57:28, Linda Stein 45 57:33, W50 Junenarie Provast 5964:33, W60+Miriam Gordon 67 68:40.

MID AMERICA

Humana Prime-Health Marathon/10K St. Louis, MO; October 25

Table with 2 columns: Name and Time. Includes --Marathon-- Overall section with entries like Jerrold Wynia 32 2:25:24, M40 Klaus Goldammer 402:27:23, M45 Richard Ebel 2:58:34, M50 Vern Ryan 3:10:30, M55 Art Corbin 3:22:16, M60 Glen Zirbel 3:54:54, M65 John Burton 3:52:16, M70+Ed Burnham 73 4:45:16, W40 Marg Loyd-Allison 3:20:37, W45 Margie Rogers 3:30:19, W50 Erika Hull 3:46:43.

St. Louis TC 2 Mile Cross-Country St. Louis, MO; October 25

Table with 2 columns: Name and Time. Includes Overall section with entries like Mike Davies 33 10:20, Carol Bellora 45 13:31, M40 Tom Conley 12:11, M45 Larry Helling 12:58, M50 John Munch 13:24, M55 Bill Stewart 13:09, M60 Joe Bell 14:48, M65+Paul Schmitt 70 16:41, W40 Peggy Steinbruegge 21:25, W45 Barb Reich 19:58, W55 Ann Wilson 20:52.

Turkey Trot 10 Mile Wichita, KS; November 21

Table with 2 columns: Name and Time. Includes Overall section with entries like D Smithhisien 51:41, M40 Tom Conley 12:11, M45 Larry Helling 12:58, M50 John Munch 13:24, M55 Bill Stewart 13:09, M60 Joe Bell 14:48, M65+Paul Schmitt 70 16:41, W40 Peggy Steinbruegge 21:25, W45 Barb Reich 19:58, W55 Ann Wilson 20:52.

SOUTHWEST

Sunmart Texas Trail 50-Mile Run Huntsville, TX; December 19

Table with 2 columns: Name and Time. Includes Overall section with entries like Tom Johnson 33 CA 5:49:37, Ann Trason 32 CA 6:31:02, M40-49 Steve Mahieu 45 NM 6:17:22, F Shufflebarger CA 6:24:10, Jerry Martinez 43 NM 6:25:48, Dana Miller 41 ID 6:59:52, David Horton 42 VA 7:27:09, M50-59 Jack Johnson 52 TX 8:18:21, Don Adolf 55 IL 8:54:07, Jay Norman 54 TX 9:01:24, Richard Miller 50 WI 9:03:42, Carl Gross 54 TX 9:13:12, M60+ John Stowers 64 TX 10:28:27, T Waltzer 70 OK 10:40:53, Bob Horner 60 TX 10:45:38, W40-49 Debbie Peebles 41 TX 8:11:40, Teresa Rice 40 TX 9:56:46, T Richardson 49 TX 9:59:03, W50F Sue Haley 50 TX 10:25:49, Helen Klein 70 CA 10:40:54, Ann Moore 51 AR 11:30:00.

WEST

Veterans Day 10K Tucson, AZ; November 7

Table with 2 columns: Name and Time. Includes Overall section with entries like Jim Riccitello 33:14, Traci Newman 39:36, M40 Bob Gagliardo 36:38, M45 Earl Evans 38:39, M50 Larry Ettinger 39:08, M55 Herb Seegert 44:14, M60 Bill Chapelain 46:48, M70+Bob Martin 52:24, W40 Valerie Kock 43:00, W45 Shirley Hester 47:34, W50 Sandra Heater 51:46, W55 Lucy Sandoval 59:02.

Freedom 10K Tucson, AZ; December 6

Table with 2 columns: Name and Time. Includes Overall section with entries like Greg Wenneborg 25 31:35, Katie Williams 23 35:38, M40 Hayden Smith 36:14, M45 Earl Evans 38:30, M50 David Mellady 38:26, M60+Frank Patania 60 42:16, W40 Holly Keppel 45:17, W45 Carrie Calvert 47:34, W50 Sue Fletcher 46:24, W55 Lucy Sandoval 59:34.

Honolulu Marathon Honolulu, HI; December 15

Table with 2 columns: Name and Time. Includes Overall section with entries like Renson Masya 2:14:19, Carla Beurskens 40 2:32:13, M40 1 Ted McLachlan NZL 2:28:07, 2 Tom Bulgor NY 2:37:52, 3 Morio Ito JAP 2:40:10, 4 D E MacDonald HI 2:40:57, 5 T Nagamatsu JAP 2:41:55, 6 Michael Georgi III 2:42:13, 7 Ernst Brussel GER 2:42:46, 8 Thomas Bernard DC 2:42:52, 9 Tsutomu Nimura JAP 2:44:57, 10 Ken Swanson HI 2:48:46, 11 Juza Kuroda JAP 2:49:24, 12 Tetsu Baba JAP 2:49:41, 13 Takao Kanekawa JAP 2:51:12, 14 Frank Pugliese HI 2:51:54, 15 Toshio Sato JAP 2:52:25, 16 Kenneth Meeks HI 2:53:54, 17 Dallas Workman UT 2:54:36, 18 S Duckworth AUS 2:55:11, 19 Shigeo Sudo JAP 2:56:45, 20 Chris Labadz GER 2:56:57, M45 1 Bruce Blair NZL 2:38:55, 2 Frank Shorter CO 2:43:52, 3 Yves Seigneur FRA 2:49:24, 4 Bengt Olafsson SWE 2:51:39, 5 Manfred Luginer GER 2:53:40, 6 Takushi Akai JAP 2:54:17, 7 Dave Digrandi HI 2:57:00, 8 Jun Asami JAP 2:57:02, 9 Manfred Vietje GER 2:57:02, 10 Horst Fehlberg GER 2:57:06, 11 Robert Grant CAN 2:57:27, 12 Kazushi Tanaka JAP 2:57:37, 13 Herm Fountain CA 2:58:29, 14 Tony Banbrook NZL 2:58:41, 15 Tom Iredale WA 2:58:58, M50 1 Oddvar Hausken NOR 2:38:05, 2 Alberto Rivas HI 2:47:02, 3 Mitsuo Takauchi JAP 2:49:42, 4 Siegfried Reichert GER 2:54:39, 5 Shigeo Tamano JAP 2:54:56, 6 Werner Veite GER 2:56:57, 7 Akira Amakasu JAP 3:00:05, 8 Rein Evenhuis AUS 3:00:07, 9 Toshi Miura HI 3:00:21, 10 Warren Finke OR 3:01:52, M55 1 Kiyoshi Tanaka JAP 2:46:18, 2 T Takahashi JAP 2:55:06, 3 Fumio Onozuka JAP 2:58:08, 4 Yoshi Suzuki JAP 2:58:19, 5 Katsu Nagao JAP 3:00:10, 6 Robert Barber HI 3:00:24, 7 H Wessling GER 3:06:09, 8 Ian Douglas NZL 3:09:38, M60 1 Shogo Suzuki JAP 2:58:49, 2 K Morishita JAP 3:01:46, 3 Sadao Nagai JAP 3:09:24, 4 Hal Sullivan CA 3:14:37.

Continued on next page

Continued from previous page

M65	1 Keizo Yamada JAP 3:15:01
	2 John Tanzer MI 3:38:07
	3 Karimez Godek HI 3:38:58
M70	1 Gerald Horton HI 3:39:24
	2 Atsumi Fukuda JAP 3:45:52
	3 Kaoru Seko JAP 3:55:06
W40	1 CarlabeurskensNET 2:32:13
	2 Steph Barfoot NZL 3:06:56
	3 E E Phillips CAN 3:07:22
	4 Salaalii Aio HI 3:08:27
	5 Ange BoettcherGER 3:08:40
	6 Takase Awano JAP 3:11:21
	7 Britt Mosby CA 3:17:44
	8 Angela StelkenGER 3:18:08
W45	1 Mizue Matsuda JAP 3:13:45
	2 Naomi Ando JAP 3:27:01
	3 Marcia Winger CAN 3:32:03
	4 Hiroko Homma JAP 3:34:02
	5 Junko Suzuki JAP 3:36:44
	6 Phyllis Hensley HI 3:44:01
W50	1 Ilgel Reschke GER 3:32:13
	2 Judy Carroll OH 3:35:48
	3 Mae B Palm CAN 3:37:20
	4 Satsuko SuzukiJAP 3:43:45
W55	1 Miyo Ishigami JAP 3:09:52
	2 Diana Trafell CA 3:47:08
	3 Eva SoderstromSWE 3:50:34
	4 Wen-Shi Yu NY 3:54:42
W60	1 Ursula SchmitzGER 3:42:07
	2 Ritsuko NadachJAP 4:16:12
	3 Barb ZamparelliHI 4:23:54
W65	1 Miki Horton HI 4:16:51
	2 Ellen Humphrey HI 4:45:46
	3 Hisako Katori JAP 5:18:50

Las Vegas Line Half-Marathon Las Vegas, NV; December 19

Overall	Paul Pilkington 1:02:54
	Kathleen Smith 1:13:47
Masters Overall	Chuck Smead 1:13:22
	Shirley Durtschi 1:32:58
M40	Carlos Munoz 1:16:34
	Bill Sumner 1:18:36
	Gerald Kochman 1:20:05
	Joe Kieyoomia 1:21:08
	Jim Carter 1:21:17
M45	Ron Jensen 1:15:49
	Juan Cabeza 1:16:33
	Branch Brady 1:19:40
	Hal Gensler 1:20:46
	Steve Collis 1:22:59
M50	Tom Curry 1:17:04
	Richard Greene 1:20:45
	Jim Romero 1:28:35
	Mike Reago 1:28:40
	Thom Weddle 1:30:42
M55	Walt Wozniak 1:31:26
	Roy Nelson 1:33:04
	Roger Hammond 1:35:11

M60	Bob Vitale 1:39:28
	Art Fredericks 1:40:06
	Bernie Bly 1:47:53
M65	Mas Sadahiro 1:54:16
	Tom Cornell 1:56:21
	Menas Tashjian 2:16:27
M70	John Dopierala 2:41:38
W40	Linda Bennett 1:36:35
	Debra Kovarik 1:40:48
	Christa Peterson 1:41:56
W45	Amy Fredericks 1:34:50
	Charleen Stipe 1:41:35
	Janet Boughner 1:49:24
W50	Becky Whitehead 1:57:41
	Barb Bromwelle 1:59:42
	D J Barrett 2:06:00
W55	Wen-Shi Yu 1:45:13
	Atsuko Fujimoto 1:56:59
W60	Nessie Hollicky 1:52:22
	Mary Ann Cotton 1:57:17

Roy Campanella 5K/10K/5K RW; Northridge, CA; December 6

--5K--	Overall	Norbert Berenyi 23 15:19
		Tracy Rose 30 17:34
		M40 Tim Knappen 17:39
		M45 Roger Weingartner 18:37
		M50 Ted Noller 19:54
		M55 Paul Freidin 22:26
		M60 Bob MacGregor 23:05
		M65 Louis Beadle 23:49
		M70+Eddie Lewin 76 23:12
		W40 Nora Dickerson 25:28
		W45 Yoko Eichel 21:01
		W50 Carol Gilson 26:40
		W55 Barbara Whitebirch 30:40
		W60 Marjorie West 28:36
		W65 Doris Gordon 27:48
--10K--	Overall	Mark Laplant 28 32:02
		Linda Hinckson 32 42:59
		M40 Jose Nuno 39:57
		M45 Bill Sampson 43:56
		M50 Bill Little 42:10
		W40 Christina Zeidel 45:16
		W45 Lynn McTaggart 45:40
		W50 Barbara Camp 49:54
		W55 Diane Warren 44:54
	Overall	Steven Colman 56 32:32
		Carol Ferris 57 36:29

RACE WALKING

VA Health 5K RW Jackson, MS; November 7

M40	Steven Fletcher 29:18
M45	Pat Rosella 28:55
M50	Thomas Jones 37:16
M55	David Maple 34:38
M60	Lester Badaux 30:13
M65	Buddy McCraine 37:32
W40	Deborah Von Seutter31:13
W45	Emily Youmans 30:15
W50	Sue Greer 32:48
W55	Martha Keenum 33:25

Holiday Gran Prix #1 5K RW Central Park, NYC; November 15

Overall	Dave McGovern 26 21:49
	Meg Ferguson 42 30:06
M40	Luis Canepa 45 28:52
	Kirit Shah 46 30:21
	Andres Fernandez 4031:28
M50	Robert Barrett 58 27:25
	Herbert Zeydek 53 27:52
M60	Avram Finger 64 31:48
	Len Scheer 67 32:51
M70+Jay	Charles 70 37:58
W40	Gale Lichter 40 31:12
	Luba Nemcow 42 37:53
W50	Iris Mishkin 55 34:26
	Ora Julie 53 35:55
W60	Joan Rowland 66 33:54
	Laverne Jones 65 37:46
W70+Queenie	Thompson70 38:04

Holiday Gran Prix #2 5K RW Central Park, NYC; November 29

Overall	Marc Varsano 27 21:22
M40	Norm Frable 47 25:10
	Luis Canepa 45 28:56
M50	Herbert Zeydek 53 27:13
M60	Daniel Pinu 63 32:39
M70+Frank	LaMorte 71 33:15
W40	Kathy Frable 47 28:59
	Meg Ferguson 42 30:22
W50	Elton Richardson 5428:55
	Iris Mishkin 55 34:01
W60	Joan Rowland 66 33:54
	Minna Charles 68 39:09

Holiday Gran Prix #3 5K RW Central Park, NYC; December 13

Overall	Michael Korol 34 23:33
	Kaisa Ajaye 28 26:54
M40	Luis Canepa 45 29:29
	Michael Nixon 49 30:24
M50	Herb Zeydek 53 28:12
M60	Joe Labruno 61 32:28
M70+Jay	Charles 70 39:44
W40	Meg Ferguson 42 30:32
W50	AnneMarie Kunz 5133:13
W60	Joan Rowland 66 34:48
W70+Q	Thompson 70 39:49

Metro USATF Indoor One Mile RW; West Point, NY; December 19

Overall	Gary Null M45 7:02.96
	Lisa McKenzie 9:01.80
M50	John Orr 12:53.82
M70+Jay	Charles 12:22.46
W60	Minna Charles 12:22.67



Peggy Wiltberger, 40, Buffalo, N.Y. was the first W40+ (1:22:28), Sauerkraut 20K, Phelps, N.Y.

Photo by Ed Cloos

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1993 USATF National Masters Indoor Track and Field Championships



Friday, Saturday and Sunday, March 19-21, 1993

Brick Breeden Fieldhouse, Montana State University, Bozeman, Montana



MEET RULES

The meet will be conducted according to the 1992 TAC rulebook with the following changes:

In the LJ, TJ, SP, and weight throw, if there are more than 12 contestants in an age group, preliminary flights will be used.

WAVA implements and hurdle specifications will be used as published in the National Masters News.

Athletes must report to the marshalling area 1/2 hour prior to the scheduled starting time. Pole Vault Athletes should report one hour prior to the scheduled start of the event.

In age groups where there are less than five entrants, participants may be combined with another age group.

THROWS and JUMPS

Implement weigh-in and measurement will be located in the South Conference room next to the Women's locker room. The 35lb. and 56 lb. Weights will be provided and no others may be used.

In the Shot Put, Weight Throw, Long and Triple Jump events, 7 participants will advance to the Finals, provided each has achieved a fair mark in the prelims. TJ - all women and men 65-9 and 70+, HJ - men 70+, and PV - 60-69 will be on Friday evening.

HJ and PV initial heights will be set as requested.

The 90 Second Rule will be strictly enforced (2 minutes will be allowed for the Pole Vault).

1/8th" cone spikes only are allowed on the track and for long jump, triple jump, High jump, and pole vault. Spiked shoes with the rubber waffle bottom are more effective on the tartan surface than the plastic bottom shoes. In shoes which have a recessed spike plate 1/4" cone spikes will be acceptable.

The Shot Put and Weight Throw will be from a wooden surface. The Weight Throw will be contested in Shroyer Gym which adjoins the Fieldhouse.

The 56 lb. Weight Throw will be conducted outdoors and no formal awards will be given.

TRACK EVENTS

60 Meter Dash and M Hurdles are run in lanes with prelims and finals where there are more than 8 runners in an age group. Starting blocks will be provided.

200 Meter Dash will be run in lanes, top 5 on time go to the finals, as needed. 6th place will be awarded by time.

400 Meter Dash will be run with a two turn stagger, in seeded sections as finals on time.

800 Meter Run will start with a two turn stagger in alleys of 3 per alley, and, where there are over 7 runners in an age group, will be conducted as finals on time in seeded sections.

1500 Meter Run will employ a waterfall start with up to 10 per section.

3000 Meter Run and 3000 Meter Race Walk will employ a waterfall start with up to 18 per section. The 3000 Race Walk will be contested on Friday evening with oldest age groups first working down to the youngest age groups. In both events participants will be seeded in rows by time.

4x 400 M Relay - First leg will be run in staggered lanes. 5 teams per section, as finals on time.

4x800 M Relay - 5 Teams per section on time, first leg - two turn stagger. Relay events will be in 10 year age groups. 30-39, 40-49, etc. Relay team entries or changes will not be accepted later than three hours prior to the scheduled starting time of the event. See late fee schedule for cost. Relay members must be member of the same club, or be from the same TAC association.

All lanes in the first round will be selected randomly unless otherwise indicated above.

Where the number of competitors permit, age groups may be combined to fill all available lanes.

1/8" cones spikes only are allowed on the track, the rubber bottomed spiked shoe works better on the tartan surface than the plastic bottom. In shoes with the recessed spike plate 1/4" cones spikes will be acceptable.

AWARDS:

TAC National medals will be awarded to the first three places in each age group. Ribbons will be awarded to the 4th, 5th, and 6th place finishers. National Champion patches (one per athlete) will be awarded to first place winners. No medals or ribbons will be awarded in the 56 lb. weight throw.

AIRPORT TRANSPORTATION:

The Bozeman Holiday Inn (1-800-366-5101) is meet headquarters and will run a shuttle bus to the airport for athletes staying there. In addition The Gran Tree Inn (1-800-624-5865) and The Comfort Inn (1-800-424-6423) also provide airport shuttle for their guests. Cab service is also available.

LODGING:

If you do not plan to rent a car we strongly suggest you try to stay at the following motels as the Fieldhouse shuttle will be running from the Holiday Inn and all these motels are within easy walking distance of meet headquarters. Make sure to get reservations early as this will be the end of ski season and rooms fill quickly.

- Holiday Inn - Bozeman (1-800-366-5101)
 - Best Western CranTree Inn (1-800-624-5865)
 - Bozeman Inn (1-800-648-7515)
 - Comfort Inn (1-800-424-6423)
 - Days Inn (1-800-325-2525)
- Additional lodging and rental service information is available upon request.

TENTATIVE SCHEDULE

Friday, March 19

- 5:30 p.m. TJ - all women
- PV - M60-69
- HJ - M70+
- 6:00 p.m. Opening Ceremonies
- 7:00 p.m. 3000 race walk
- 7:30 p.m. PV - M70+, all women
- TJ - M70+
- 8:30 p.m. TJ - M65

Saturday, March 20

- 8:00 a.m. LJ - M35
- 9:00 a.m. LJ - M40
- HJ - M55
- SP - M30
- 60m- All
- 10:00 a.m. SP - M35
- 11:00 a.m. LJ - W50+
- HJ - M50
- PV - M30
- SP - M40
- WT - M60 (Shroyer gym)
- 12:00 noon SP - M50
- WT - M65 (Shroyer gym)
- 12:30 p.m. 60m finals (as needed)
- 1:00 p.m. LJ - M70+
- HJ - M45
- SP - M55
- WT - M30 (Shroyer gym)
- 1500 - All
- 2:00 p.m. LJ - W30-49
- PV - M35
- SP - M45
- WT - Women (Shroyer gym)
- 3:00 p.m. LJ - M50
- HJ - M40
- SP - M60
- WT - M35 (Shroyer gym)
- 400 - All
- 4:00 p.m. PV - M55
- SP - M65
- WT - M40 (Shroyer gym)
- 5:00 p.m. LJ - M45
- HJ - M30
- WT - M45 (Shroyer gym)
- 60m hurdles - All
- 6:30 p.m. LJ - M60
- 7:30 p.m. 4x800 Relay - All
- 8:00 p.m. LJ - M65
- 9:00 p.m. LJ - M30

Sunday, March 21

- 8:00 a.m. LJ - M55
- HJ - All women
- PV - M50
- 3000 - All
- 9:00 a.m. SP - W30-49
- WT - M70+ (Shroyer gym)
- 9:30 a.m. TJ - M45
- HJ - M60
- 10:00 a.m. SP - W50+
- WT - M50 (Shroyer gym)
- 11:00 a.m. TJ - M30
- TJ - M35
- PV - M45
- SP - M70+
- WT - M55 (Shroyer gym)
- 56#WT - All
- (MSU Track & Field complex - weather permitting)
- 11:30 a.m. HJ - M65
- 200 - All
- 12:30 p.m. TJ - M50
- 1:30 p.m. Closing Ceremonies
- 2:00 p.m. TJ - M55
- PV - M40
- HJ - M35
- 2:15 p.m. 800 - All
- 3:00 p.m. TJ - M60
- 4:00 p.m. TJ - M40
- 4:15 p.m. 200 finals - All
- 5:00 p.m. 4x400 Relay - All

Final schedule will be posted at the packet pick-up area in the Brick Breeden Fieldhouse. Age groups may be merged into one race if there are not adequate entries for a full field.

Shroyer Gym is north of and adjacent to the Worthington Arena. Only the 35# weight throw event will be held there.

Running events will be women to men, oldest to youngest.



TEE-SHIRTS:

Quality Masters Championship Tee-Shirts are now available for \$10.00 each by ordering on the entry blank. Tee-Shirts will also be available at the meet for \$12.00 each.

MASTERS TRACK MEETING:

There will be a general meeting and get together for Masters Athletes at The Holiday Inn on Saturday night at 7:30 pm. Our apologies to those athletes who will still be competing.

CHANGING FACILITIES:

Locker rooms will be available at no charge at the Brick Breeden Fieldhouse. However, lockers and towels will not be provided and neither Masters Track or Montana State University will accept responsibility for lost or stolen items.

FIELDHOUSE SHUTTLE SERVICE:

Most motels are within a two mile radius of the Fieldhouse. However, there will be a Fieldhouse Shuttle service available at no charge departing from the Holiday Inn. The first bus will leave the Holiday Inn at 6:45 am on Sat. and Sun. morning and the service will continue throughout the meet on a half hour basis. On Friday evening the first shuttle will depart at 4:00 pm and continue on a half hour basis.

PACKET PICK-UP:

Meet packets will be available for early pick up on Thursday March 18th at on-site headquarters located in the Brick Breeden Fieldhouse from 3:00 - 6:00 pm and Friday, March 19th from 4:00 - 8:00 pm and, Saturday and Sunday, March 20-21 from 6:45 am - 4:00 pm.

AIRFARE DISCOUNT:

Through arrangements with Continental Airlines, Masters Track Meet participants can receive a discounted airfare. Call The Travel Station (1-800-522-8747) or Montana Travel (1-800-247-3538) for information. Car rentals are also available.

1993 TAC NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM

Please fill out completely, and return with your entry fees to:
TAC National Meet
Womens Athletics - MSU
#1 Bobcat Circle - Breeden Fieldhouse
Bozeman, MT 59717-0328

Please make checks payable to: "MSU - TAC"

NAME _____ AGE: _____ M ___ F ___
ADDRESS _____ PHONE () _____
CITY _____ STATE _____ ZIP _____

1993 TAC CARD NUMBER _____ BIRTHDATE _____
** TAC Cards will be available at the meet payable with a separate check.

TAC ASSOCIATION _____ CLUB _____

Requested starting height: HJ _____ PV _____

EVENTS ENTERED:

1st Event _____ 2nd Event _____ 3rd Event _____ 4th _____
Recent Performance _____

If you desire a Masters Championship T-shirt, circle your size and include \$10.00 per shirt. S M L XL XXL

Relay Entry: 4x400 m _____ 4x800 m _____

Relay Team Members: _____

ENTRY FEE SCHEDULE:

	Early (prior to 2/26)	Regular (2/27-3/6)	Late (After 3/6)
First Event	\$15.00	\$18.00	\$30.00Ea.
2nd Event	\$10.00	\$13.00	\$20.00
Subsequent Event	\$5.00	\$10.00	\$20.00
Relay teams (per team)	\$32.00	\$32.00	\$40.00

ALL ENTRIES MUST BE ACCOMPANIED BY FEE OR THEY WILL NOT BE ACCEPTED. Please make checks payable to MSU - TAC.

Entries must be post-marked by the above given dates and all early and regular registration entries will be confirmed by mail.

\$ _____ + \$ _____ + \$ _____ + = \$ _____
Individual Relay Fees T-Shirts Tl. Amount
entry fees enclosed

** No phone or fax entries will be accepted.

ATHLETIC AND PUBLICITY RELEASE:

In consideration of your acceptance of my entry, I hereby for myself, my successors and assigns, release and forever discharge any and all claims for damages which I may have or may hereafter accrue against TAC/USA, The Montana Athletics Congress, Montana State University, Big Sky Wind Drinkers, and meet sponsors, organizers, officials and workers, for any damages suffered by me. I certify that I am physically fit and that my level of training is sufficient to compete.

I hereby grant my permission to the use of films, videotape, and photographs for news coverage and meet publicity in which I appear.

Date _____ Athlete's Signature _____