



These five masters have completed all 17 Rocket City Marathons. They are, L to R, Larry Boots, Birmingham, AL; Dean Godwin, Aiken, SC; Garry Elkins, Gadsden, AL; James Foreman, Huntsville; and Ray Giles, Birmingham, AL.
photo by Jay Oaks

Schlau, Hutchison Win in Rocket City Marathon

by JIM OAKS

"Bob Dylan must have been in Huntsville for a marathon when he was inspired to write 'Blowin' in the Wind,'" Ray Giles said after finishing the WZYP Rocket City Marathon for his 17th consecutive time. "That song kept running through my mind for the last ten miles of the race."

But cold weather and a strong north wind did not keep Bob Schlau, 46, and Jane Hutchison, 47, from repeating as master winners of Alabama's oldest marathon on Saturday, December 11, 1993.

For the third straight year, contestants in this event faced cold
Continued on page 15



1993 WZYP Rocket City Marathon Master winners, Bob Schlau and Jane Hutchison.
Photo by Jim Oaks

Beurskens Wins Again in Honolulu

by MIKE TYMN

Carla Beurskens, a 41-year-old native of the Netherlands, won her seventh Honolulu Marathon title on Dec. 12.

Under rainy and windy conditions, Beurskens covered the 26.2-mile course through downtown Honolulu and central Oahu in 2:32:20, more than 11 minutes ahead of her nearest competitor.

"There's not so much pressure here, so you can run good," Beurskens told the Honolulu Advertiser. "When you run marathons for a long time, there's less pressure on you. I try to run as fast as I can."

Beurskens set the women's race record of 2:31:01 under near ideal conditions in the 1986 race. She first won in Honolulu the previous year with a 2:35:51. She won for the third straight time in 1987 (2:35:11), sat out 1988, then returned in 1989 to win her fourth title (2:31:50). She won for the fifth

Continued on page 9



Two Olympic gold medal winners — Frank Shorter, the 1972 Olympic gold medal winner in the marathon, poses with Aileen Riggin Soule, the 1920 Olympic gold medal winner in springboard diving, after the Honolulu Marathon, Dec. 12. Shorter, 46, finished 197th in 2:58:17. Soule, the only surviving gold medal winner from 1920 or before, was observing the race.

Photo by Mike Tymn

Coghlan Runs for Sub-4:00 at Millrose

by MARC BLOOM

Eamonn Coghlan of Ireland, who thrilled the track world last year with his electrifying 4:01.39 world masters record in the *Runner's World* Masters Mile at Madison Square Garden, returns to the event this winter with high expectations to become the first runner 40 or older to crack the 4-minute barrier.

Coghlan, now 41, feels his chances

are better than ever. "I'm in much better shape this year than at the same time last year," he said from his training base in Gainesville, Florida.

Coghlan, whose world indoor mile record of 3:49.78 from 1983 has been untouchable, will compete February 4 in the Chemical Bank Millrose Games, where he is a record 7-time winner of the fabled Wanamaker Mile.

Continued on page 8

Stones Breaks World High Jump Mark

Dwight Stones, 1976 Olympic high jump bronze medalist and frequent T&F network commentator, raised the world indoor masters high jump record to 2.02m (6-7½) at the Grand Prix meet in Montreal, Jan. 16. The old 40-44 mark of 2.00 was set by John Hartfield of Texas in 1986.

Stones, who turned 40 in December, hopes to become the first over-40 athlete to high jump seven feet.

"Jumping also keeps me in better touch with the athletes who I cover when I broadcast," he told NMN.

Currently a real estate agent in Irvine, Calif., Stones said he's looking forward to competing both indoors and outdoors this year.

The world outdoor HJ mark is a pending 2.07 (6-9½) by Istvan Major of Hungary in 1990 which Stones feels is "legitimate." □

6.6

No, that's not the new world masters record for the 60-meter dash. It's the magnitude of the earthquake that hit Van Nuys,

Calif., headquarters of the *National Masters News*, on Mon. Jan. 17 at 4:31 a.m.

Continued on page 9

CONTENTS

DEPARTMENTS

USATF Officers2
 Letters to the Editor4
 NMN Sustainers4
 Third Wind6
 The Foot Beat8
 Five Years Ago8
 Racewalking10
 Health and Fitness11
 Track & Field Report12
 Training Advice14
 Ten Years Ago15
 Profile - Pat Peterson16
 International Scene18
 WAVA Officers18
 WAVA/USATF Specs19
 Report from Britain19
 Masters Scene24
 Schedule25
 All-American Standards27
 Results28
 New Age-Group Athletes31

FEATURES

Rocket City Marathon1
 Honolulu Marathon1
 Millrose Preview1
 Stones Sets HJ Mark1
 St. Louis Marathon12
 First Memphis Marathon14
 Book Review14
 Rockville Centre 10K17
 Las Vegas Half-Marathon17
 Montauk 3-Miler17
 WAVA General Assembly
 Minutes21
 World Games Age-Graded22

ENTRY FORMS/RACE & PRODUCT INFO

M-F Athletic Co.3
 NMN Subscription Form4
 Bob Watanabe Memorial Meet .5
 Elite Health Products7
 North American Tarp7
 Lejeune Marathon8
 Southeastern Meet9
 United Pacific Freight11
 T&F Rankings Book12
 Hy-Tek12
 Publications Order Form13
 Classifieds13
 On Track15
 Mac Wilkins Videos17
 Age-Record Book17
 World Road Championships .18
 Bill Adler Tours19
 AICEP Tours20
 Sports Travel International ...20
 Gookinaid ERG26
 All-American Application27
 NMN Subscription Form31
 National Indoor Meet32



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

Editor and Publisher: Al Sheahen
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Managing Editor: Sylvia Stoller
Assistant Editor: Jane Dods
Circulation Manager: Stark Services
Advertising Manager: Will Decker,
Production Manager: Carol Covey
Production: American Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records: Road Running
 Information Center
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John
 Pagliano, Mike Tynn, Elaine Ward

Correspondents: Ruth Anderson (CA), John Boyle
 (FL), Bob Fine (FL), Carl Hammen (RI), Carol
 Langenbach (WA), Marilyn Mitchell (NY), Phil
 Mulkey (GA), Tim Murphy (TX), Pete Taylor (PA),
 Mike Tynn (HI), John White (OH), Maurey Dean
 (NY), Phil Raschker (GA).

International Correspondents: Alastair Aitken (GBR),
 Jorge Alzamora (CHI), Hans Axmann (GER), Cesare
 Beccalli (ITA), Leo Benning (RSA), Hari Chandra
 (SIN), Bridget Cushen (GBR), Martin Duff (GBR),
 Don Farquharson (CAN), Clem Green (NZL), Jac-
 ques Serruys (BEL).

Photographers: Vic Sailer (NY), Tesh Teshima (HI),
 Jerry Wojcik (CA), Hank Kiesel (MO),
 George Banker (MD).

Creative Art: Eugene Paasinen, Herb Parsons

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.

Subscriptions: A one-year subscription (12 issues) is \$24.00 (mailed 2nd class). Add \$15 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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.

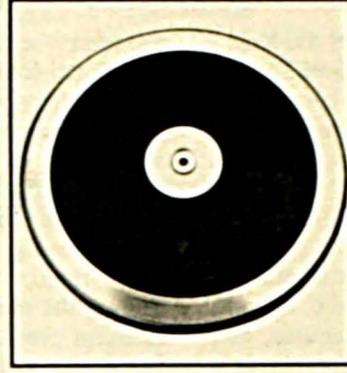
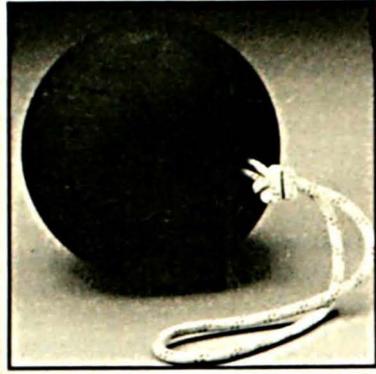
National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/782-1135.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD TRACK & FIELD

<p>Chairman: Barbara Kousky 5319 Donald St. Eugene, OR 97405 (503) 687-8787</p>	<p>Treasurer: Al Sheahen P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895</p>	<p>Race Walking: Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721</p>	<p>Southeast: Phil Mulkey & Phil Raschker P.O. Box 71022 Marietta, GA 30007 (404) 973-3825</p>	<p>Northwest: Marti Thielman 406 W 32nd St. Vancouver, WA 98660 (206) 693-2256</p>
<p>Outdoor and Indoor Meets: Scott Thornley 18 Colgate Drive Camp Hill, PA 17011 (717) 737-2385</p>	<p>Records: Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291</p>	<p>Team Manager: Sandy Pashkin 301 Cathedral Pkwy. No. 6U New York, NY 10026 (212) 666-8603</p>	<p>Midwest: Mel Larsen 2316 Willemoure Springfield, IL 62704 (217) 546-2909</p>	<p>Awards: Don Austin 3703 Electra Drive San Antonio TX 78218 (210) 826-7538</p>
<p>Multi-Events: Rex Harvey 160 Chatham Way Mayfield Heights OH 44124 (216) 446-0559 (H) (216) 531-3000 X3366 (216) 531-0038 (Fax)</p>	<p>Rankings: Jerry Wojcik P.O. Box 2372 Van Nuys, CA 91404</p>	<p>Rules Coordinator: Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (619) 455-4440</p>	<p>Mid-America: Tom Thorne 525 Oak Ridge Dr. Neosho, MO 64850 (417) 451-7417</p>	<p>Law Chairman: Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 (407) 499-3370</p>
<p>Secretary: Marilyn Mitchell 330 E. 46 St. #4C New York, NY 10017 (212) 697-8216</p>	<p>Site Selection: Max Goldsmith 481 Marcus Lewisville, TX 75067 (214) 436-6658</p>	<p>Regional Coordinators: East: Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547</p>	<p>Southwest: Danny Thiel 1459 Verna St. New Orleans, LA 70119 (504) 486-8066</p>	<p>WAVA Delegates: Barbara Kousky Jerry Donley Marilyn Mitchell Alternates: 1) Sandy Pashkin 2) Christel Miller 3) Pete Mundle</p>
<p>Weight Events: Ken Weinbel 4103 Hillcrest Ave. S.W. Seattle, WA 98116</p>				

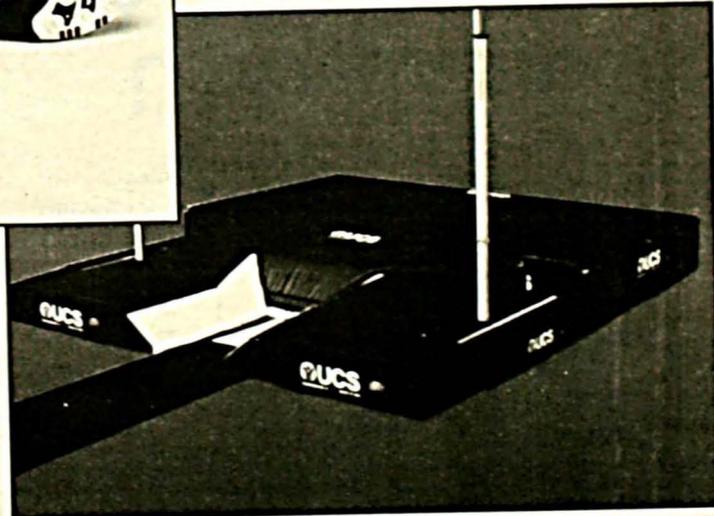
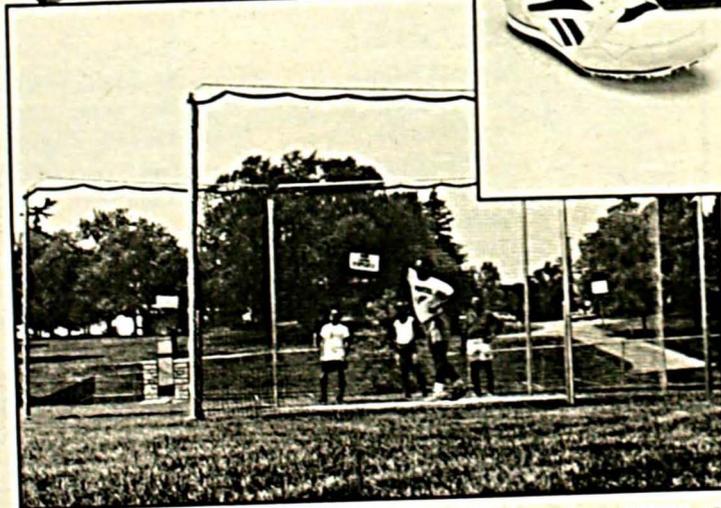
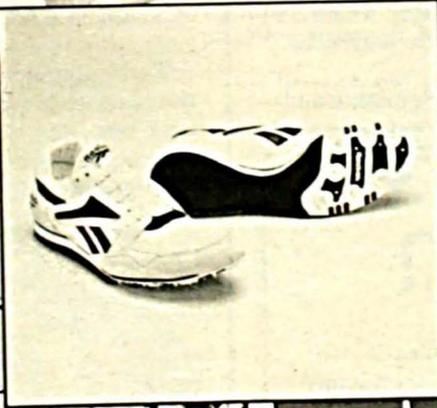
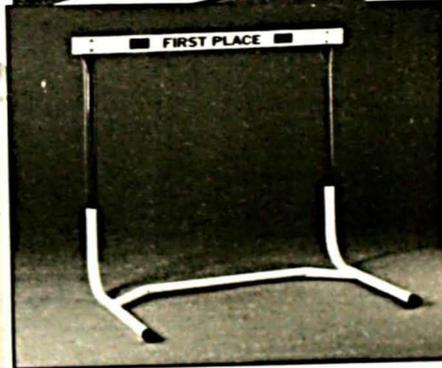
LONG DISTANCE RUNNING

<p>Chairman: Charles Des Jardins 5428 Southport Lane Fairfax, VA 22032 (703) 250-7955</p>	<p>Secretary: Carole Langenbach 4261 S. 184th Street SeaTac, WA 98188 (206) 433-8868</p>	<p>Championships: Mick Midkiff 32 Summit Rd. Riverside, CT 06878 (203) 637-1223</p>	<p>Awards: Ruth Anderson - Women (address above) John Boyle-Men P.O. Box 1824 Deland, FL 32721 (904) 736-0002</p>
<p>Vice Chairman Men: Jerry Crockett 1124 W. Eskridge Stillwater, OK 74074 (405) 372-4010</p>	<p>Treasurer: George Vernosky 5004 Glen Cove Pkwy. Bethesda, MD 20816 (301) 229-8391</p>	<p>Law and Legislation: Norm Brand 5224 Manning Pl., N.W. Washington, DC 20016 (202) 244-2218</p>	<p>Rules Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553</p>
<p>Vice Chairman Women: Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)</p>	<p>Road Records & Rankings: Basil & Linda Honikman Road Running Information Center 5522 Camino Cerralvo Santa Barbara, CA 93111 (805) 683-5868</p>	<p>Championship Stats: Norm Green 405 Curtis Ct. Wayne, PA 19087 wk (215) 768-2480</p>	<p>WAVA Delegates: Ruth Anderson, Norm Green IAAF Veterans Committee: Bob Boal 121 Sycamore Wake Forest NC 27587</p>



**AT M-F ATHLETIC COMPANY . . .
EVERYTHING TRACK AT LOWER PRICES!**

**CALL TOLL-FREE 1-800-556-7464 (In US and Canada)
FOR FAST SHIPMENT
AND FREE CATALOG**



M-F ATHLETIC COMPANY P.O. Box 8090, Cranston, RI 02920-0090 Phone 1-800-556-7464



Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

NATIONAL MASTERS 8K X-C

In a letter to NMN (March, 1993), Mary Elizabeth Norckauer complained that the 1992 National Masters 8K X-C in Boston was "the poorest organized of any I have attended."

She cited poor public transportation in Boston, a lack of maps, no "day before" check-in, the meet location in a high-crime area, no free refreshments, a poorly marked course, and bad weather as reasons for her opinion.

No wonder I felt great trepidation as my Greyhound arrived at South Station prior to the 1993 race on November 20. My fears soon turned to amazement as I observed, time after time, how the race director had apparently taken to heart Ms. Norckauer's criticisms.

Metro Boston Transit maps were offered for sale at newsstands. Subways had been built, and the Green Street stop on the Orange Line, 20-25 minutes from downtown, had been placed less than a half-mile from the course. The Riverside stop on the Green Line put me ¼-mile from race headquarters where I picked up my number and chatted with other runners the night before the race.

Golfers, zoo patrons and bird watchers had been imported on race day to replace the criminals. Nearby stores selling food, drink, gloves and patronized by law-abiding local residents had been constructed in early 20th-century style.

Or I could enjoy free refreshments after the race. Tape and guides sur-

rounded the course; winner Charlie McMullen couldn't get lost if he tried. Full results were quickly tabulated and posted, and even mailed out within two weeks.

Best of all, the mud, chilly weather and drizzle remained. It was, after all, cross-country.

My thanks to Ms. Norckauer for helping the race director make this an excellent event. I'll be back next year.

Hugh Sweeney

Jersey City, New Jersey

WAVA WORLD CHAMPIONSHIPS

I am still reeling from the extraordinary experience I was part of — the World Veterans Championships in Miyazaki.

It was absolutely fantastic. I felt embraced by the warmth and friendliness shown me by the people of Miyazaki. The Organizing Committee went all out to make this a most memorable experience for all the athletes as well as for the host country. Goodwill was everywhere.

I am very glad that I was able to attend and participate in this great happening. It leaves me with the glow of wonderful memories which will warm my heart for years to come.

Leonore McDaniels

Virginia Beach, Virginia

The 1993 World Championships (Miyazaki) set a standard by which to measure all veterans meets. Retrospective observations:

1. Facilities — Top notch quality and

in sufficient quantity.

2. Officiating — Competent, fair, and disciplined. A few glitches based on language barriers. (That problem will always be with us.)

3. Results — Accurate, timely and available.

4. Ceremonies and entertainment — Creative and spectacular, Barnum, himself, would applaud.

5. Press coverage — Best I've seen since Eugene. I was able to freely phone and fax my home town paper (three articles) and was invited to the press room sushi party on the last day.

6. Hospitality — Outgoing and outstanding. My 14-day 'home stay' with Takejiro Sekija and his family will be a long lasting pleasant memory.

7. Transportation — Shuttle buses were free, frequent, on time, clean and comfortable.

8. Cost — The only rub, some of the blue collar competitors were missing and missed.

All in all, the efforts of the kind folks in Japan rate an A+. Arigato Nippon!

Jon Hutchinson

Torrington, Connecticut

At the 10th World Veterans Championships in Miyazaki, my age-group 60-64 had 25 pre-registered pole vault

entries, and 23 actually vaulted — the greatest number of any age group.

The event started on time. You had to be ready. A two-minute timer was used. You were asked to inform the head judge where you wanted the standards set.

Those of us who normally compete in local, regional and national meets will appreciate the number of officials, judges and helpers the Japanese provided for the pole vault competition.

For men, they had three runways going simultaneously (not all in the same stadium). They had official scorers, an official caller to announce your turn, two helpers to put up the crossbar, two helpers to set the standards, one official who told the helpers where the standards would be set, an official to signal when to start the two-minute clock, and an official timer.

In addition, they had an announcement board manned by two people. One provided competitor information, the height being attempted, competitor's number, and the number of the attempt; the other posted it on the board. The number of officials and helpers came to 11 in all for each runway, and many of them were bilingual.

I would urge everyone to make plans to compete in 1995 in the XI World Games when they will be held in Buffalo, N.Y.

Tom Hinkes

Madison, Wisconsin

The World Championships in Miyazaki was simply a superb track & field meet. One could not ask for more, whether a medal winner or from back in the pack (like me).

However, I do have some opinions about some letters in "Write On."

Continued on page 5

NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

USA rates:	1st Class rates: (USA, Canada, Mexico)	Foreign rates: (Air mail)	<input type="checkbox"/> Payment enclosed
<input type="checkbox"/> 6 months \$13	<input type="checkbox"/> 1 Year \$ 39	<input type="checkbox"/> 1 year \$ 43	<input type="checkbox"/> Bill me later
<input type="checkbox"/> 1 Year \$24	<input type="checkbox"/> 2 years \$ 75	<input type="checkbox"/> 2 years \$ 83	<input type="checkbox"/> \$_____ as a
<input type="checkbox"/> 2 Years \$45	<input type="checkbox"/> 3 years \$110	<input type="checkbox"/> 3 years \$122	contribution to
<input type="checkbox"/> 3 Years \$65			your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News

Subscription Dept.

P.O. Box 16597

North Hollywood, CA 91615-6597

Or Call:

818/760-8983

CZZMN

Twenty-Three Join NMN Sustainers

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

Special thanks this month go to:

Louise Adams
Michael Brown
John Burton
Jay Edwards
William Eppright
Conrad Falvello
Josef Fodor
Edward Fox
Lawrence Greco
Ray Hagen
Joy MacDonald
Louis Magnolia
John Montoya
Gene Paasinen
Andy Pittman
Kenneth Popejoy
Alvin Ravenscroft
Steve Robbins
Jim and Laurie Rothrock
Evelyn Sanders
Jack Stevens
Bob Stone
Jeff Watry

Boulder, Colorado
St. Clair, Missouri
Wayzata, Minnesota
Vienna, Virginia
Norcross, Georgia
Sugarloaf, Pennsylvania
Akron, Ohio
Bayside, New York
Kitty Hawk, North Carolina
Syosset, New York
Fort Lauderdale, Florida
Farmingville, New York
Colton, California
Taylor, Michigan
Waco, Texas
Wheaton, Illinois
East Lansing, Michigan
Del Mar, California
Scottsdale, Arizona
Springdale, Arkansas
Victoria, Australia
Kensington, California
Salem, Wisconsin

Write On:

Continued from page 4

I can't understand why anyone would even think of "loading" relay teams with runners outside a particular age group just to win a medal. The name of the game, folks, is participate. Win if you can, but do it straight up, which means stay with age groups.

Age-grouping accounts for the success of masters running. I don't believe we need to create a group of "elite" athletes. We all need a chance to win, even if we don't very often.

The only downer in Miyazaki was the so-called "spectacular" farewell party. I'd classify it as a feeding frenzy led by freeloaders. Paying for a ticket and arriving at the announced time left one with not much to eat or drink.

Hopefully, Buffalo can improve on that. Otherwise, Buffalo will indeed have to work hard to improve on the excellence of Miyazaki.

I also thought the "Missing in Miyazaki" piece tended to demean the performances of those who won medals in Miyazaki. No one truly knows what would have happened if any of the "missing" athletes had been present from anywhere in the world.

If you had an international sponsor, who would decide who the "deserving" athletes would be? Miyazaki was a world championship and the winners were champions. Let's not change the spirit of WAVA meets.

*George Rasch, M.D.
Munster, Indiana*

AGE-GRADED NATIONALS

I am interested in the interest John Poppell (Jan '94) has taken with (and I use his words) "the 'infatuation' that some in our sport have for age-graded results." I must take personal issue with such a statement, particularly since it seems that it is I who have taken on the task of converting such results on a national level.

Essentially, it seems that John misses the point somewhat. That while I

recognize his right to be interested in those who are interested, it is not necessary that he, himself, be interested.

And another thing, believe me, it is not a work of "infatuation." Color it plain work. And while I must agree with John that he doesn't need the "recognition," methinks he belittles his ability too harshly as we have all come to know him as a very good sprinter within qualifications.

And while I recognize that age-graded national championship meet results may not be everyone's replacement for sex (especially those great souls who want only the blood, sweat, and dust of the arena), surely even those hardy lads of such a bent must realize that they are under no commitment or obligation to 1) accept as fact or fiction such results, 2) imagine that their niche in athletic history will be supplanted, 3) fear that someone will come in the dark of night and take away their hard-earned medals, or 4) believe that they will be required to put down another \$5 for an additional entry fee.

In short, nobody even has to read them. It is not my will, but thine for thee.

Actually, John summed it up rather nicely. It is indeed nothing more than a "paper" contest.

Still, without becoming totally "infatuated," I do find them interesting.

*Phil Mulkey
Atlanta, Georgia*

The January issue age-graded results for the 10,000 Nationals in Provo show Charles Williams as the winner and Darrell Natter as runner-up. Williams, in winning the M60 age group, posted a 38:59 time.

This time puzzled me as I finished in 42:19 and was about 550 meters behind Charles. The difference in our times seemed to be about one minute too long. In the 5000, Williams was pushed by Claude Robic (19:19) and finished in 19:15 (equivalent to about a 40-minute 10K). It seems more likely

Continued on page 7

**THE BOB WATANABE MEMORIAL
T&F MEET**



**UCLA DRAKE STADIUM
SATURDAY, APRIL 23, 1994**

L.A. VALLEY ATHLETIC CLUB

ENTRY FEE: ONE ENTRY FEE OF \$25 FOR ONE TO MAXIMUM OF THREE EVENTS PLUS THE RELAY. (THERE IS NO CHARGE FOR RELAY TEAM ENTRIES). NO REFUNDS.....

DEADLINE: APRIL 15, 1994

DIVISIONS: MEN & WOMEN AGE 30 PLUS

AWARDS: MEDALS FOR FIRST THREE PLACES IN EACH AGE DIVISION.

FACILITIES: SYNTHETIC ALL WEATHER TRACK. (ONE OF THE FINEST TRACK STADIUMS IN USA)

NOTE: 1994 USA T&F REGISTRATION REQUIRED. (AVAILABLE AT MEET FOR \$12)

DIRECTIONS: EXIT 405 (SAN DIEGO) FREEWAY AT SUNSET BLVD., EAST TO UCLA ENTRANCE AT WESTWOOD BLVD. & TURN IN AT GUARD SHACK TO PICK UP A PARKING PASS FOR LOT 4 (CLOSEST TO STADIUM). CAMPUS PARKING \$5.

ACCOMMODATIONS: HOTEL ACCOMMODATIONS HAVE BEEN MADE FOR A REDUCED RATE OF \$35.50 PER PERSON, DOUBLE OCCUPANCY, AT THE WESTWOOD PLAZA HOTEL (10 MIN. FROM UCLA) WITH SHUTTLE BUS SERVICE TO & FROM HOTEL & UCLA ON SATURDAY, APRIL 23, 1994.

SCHEDULE OF EVENTS

TRACK EVENTS

8:30 AM	5,000M RACE WALK	1:30 PM	400M SPRINT
9:30 AM	3,000M RUN	2:15 PM	1500M RUN
10:15 AM	800M RUN	3:00 PM	200M SPRINT
11:00 AM	80M/100M/110M HURDLES	3:45 PM	300M/400M HURDLES
11:45 AM	100M SPRINT	4:15 PM	4X200 METER RELAY

(20 MINUTE LUNCH BREAK FOR OFFICIALS)

FIELD EVENTS

9:00 AM LONG JUMP/DISCUS/POLE VAULT (20 MINUTE LUNCH BREAK FOR OFFICIALS)
11:30 AM HIGH JUMP/SHOT PUT 2:00 PM TRIPLE JUMP/JAVELIN

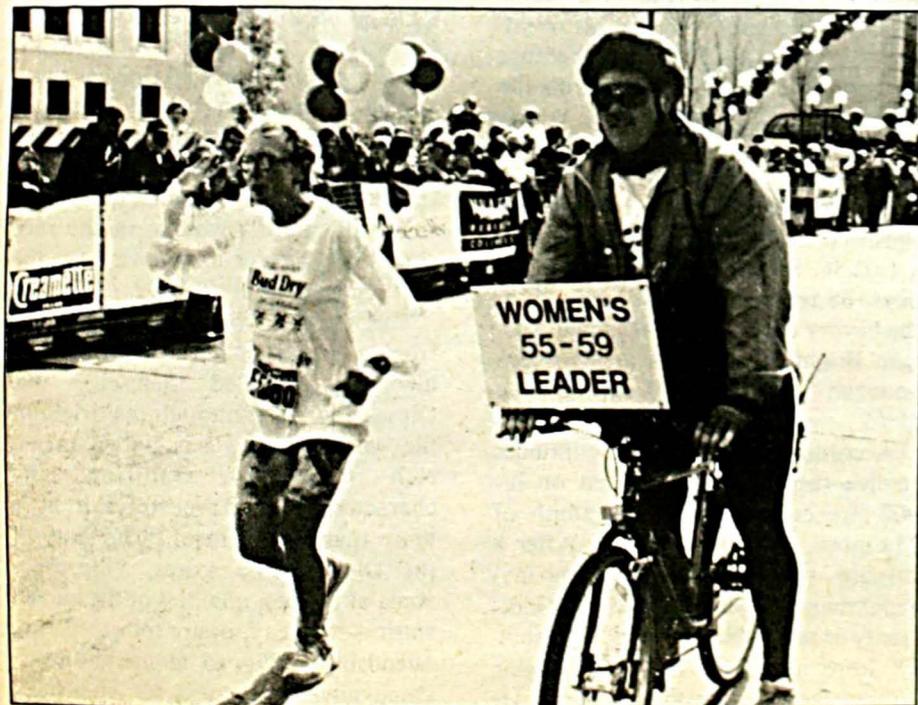
ENTRY FORM (PLEASE PRINT)

LAST NAME _____ FIRST NAME _____ PHONE _____
 ADDRESS _____ CITY _____ STATE _____
 AGE ON 4/23/94 _____ DATE OF BIRTH _____ SEX: M _____ F _____
 CLUB AFFILIATION _____ 1994 USA T&F NO. _____
 EVENTS (1) _____ (2) _____ (3) _____

\$25 ENTRY FEE ENCLOSED _____ PLEASE MAKE CHECKS PAYABLE TO: W.E. ADLER & MAIL TO:
 435 E. TAHQUITZ CYN. WAY, PALM SPRINGS, CA. 92262.
 HOTEL ACCOMMODATIONS: YES _____ NO _____ (RESERVATION REQ. WILL BE MAILED IF YES)

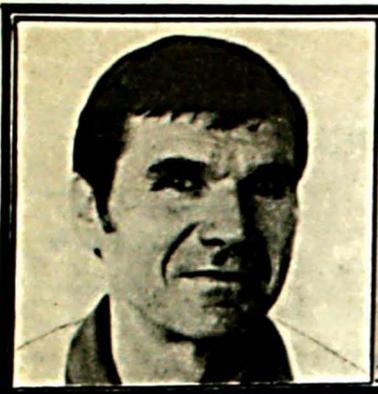
WAIVER: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTEND TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST THE UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA), THE L.A. VALLEY ATHLETIC CLUB, USA TF, THE MEET DIRECTOR AND ALL SPONSORS OF THE TRACK & FIELD MEET, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM, AND WHILE PARTICIPATING IN THE BOB WATANABE MEMORIAL T&F MEET HELD ON APRIL 23, 1994 AT UCLA DRAKE STADIUM. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS TRACK & FIELD MEET.

SIGNATURE _____ DATE _____



Peggy Drauglis on her way to 1st W55 in Columbus Marathon, 4:19:57 (age-graded 3:34:07).

Photo from Shawn Robinson



Third Wind

by Mike Tymn

Masters of the Dipsea

Were Ed Hartley and Isaac Day the first masters distance runners in the United States, perhaps in the world? If not, the person claiming that distinction must go back before 1905.

It was on November 19, 1905 that both Hartley and Day finished the first Dipsea race, then an 8.16-mile cross-country race from Mill Valley to Stinson Beach, just north of San Francisco.

That Dipsea race and all of the other 82 Dipsea races since (it was not held for four years during WWII) are reported on by Barry Spitz in his recently-released book *Dipsea: The Greatest Race*, published by Potrero Meadow Publishing Company.

Spitz updates and builds upon an earlier (1980) book authored by Mark Reese about the Dipsea, said to be the second oldest foot race, after the Boston Marathon, in the U.S. But Spitz's book is much more than a summary of each race; it is to a very large degree an historical account of the way running was before the running boom took hold after Dr. Kenneth Cooper's 1968 book *Aerobics*.

"The Most Wonderful Contest"

"It was the most wonderful contest of the kind ever seen in California," Spitz quotes the *San Francisco Chronicle* on that first Dipsea race. "Never in the history of athletics in the State has such an event taken place. It is a question if such a grueling event has ever been pulled off in any part of the world . . ."

According to the *Chronicle* report, more than 20 of the 84 finishers "dropped" after crossing the finish line and had to be carried to a nearby house to be revived. The race, which has always been a handicapped event, was won by John Hassard, an 18-year-old Oakland high school student. He had a 10-minute head start on scratch runner, Cornelius Connelly, 28, who finished second, 1:37 behind Hassard.

Spitz reports that Connelly's second-place trophy, now a collector's item, turned up a few years ago at a flea market.

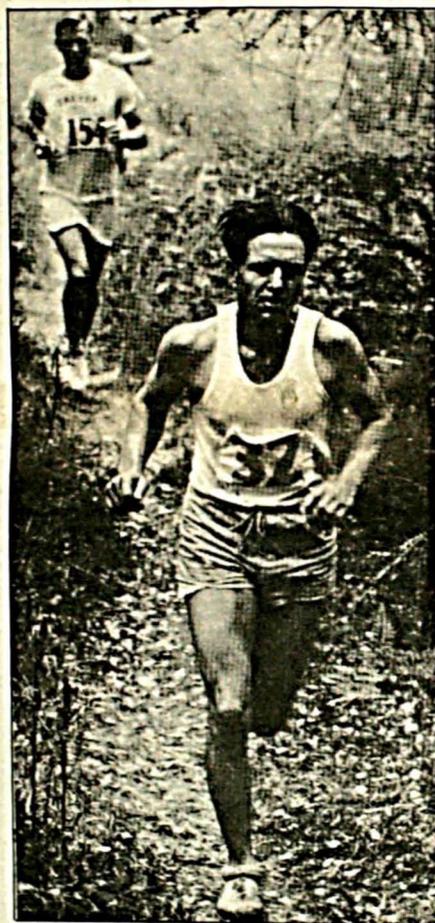
Its Share of Characters

The Dipsea has had more than its share of "characters." One of them was Day, a 47-year-old member of the Bolinas Athletic Club. He ran in corduroy trousers, a heavy woolen shirt, a wide-brimmed felt hat, and long hobnailed boots, finishing in 69th place with a five-minute handicap.

According to one newspaper account of the 1911 Dipsea, "the whole popula-

tion of Bolinas had turned out to root for "Pop" Day, the youth of 53 summers and a hero of every Dipsea race since its inception." Day finished 18th that year.

Day ran in his street attire for the first seven Dipsea races, finishing third



Jack Kirk, "The Dipsea Demon," in 1950 Dipsea. He won the race in 1951 and 1967 (age 60) and has not missed a Dipsea since 1930.

Photo from *Dipsea, The Greatest Race* by Harry Spitz

in 1909 with a 10-minute handicap. The race had been shortened to 6.83 miles in 1906 and Day's actual time over the hilly course, which calls for the runners to climb 676 steps during the first mile, was 58:40. In 1912, Day finally donned running attire, but improved his PR by less than a minute, recording 57:51 while finishing ninth and having the eighth fastest time.

Hartley, also 47 for the first Dipsea, finished 21st that year and fifth in 1907. The one-time champion swimmer ran 57:35 in that fifth-place effort and had the sixth fastest time. Spitz quotes the *San Francisco Examiner* on

Hartley's '07 effort: "The performance of Hartley is one of the most remarkable feats ever accomplished by a man of his age." However, Spitz notes that the *Examiner* had him as being 54 rather than 49.

Ran Under His Age

In 1918, Ray Locke, a 60-year-old San Francisco letter carrier, came in sixth with a 58:57 and became the first person to run under his age, a feat since matched by only two others — Norman Bright in 1970 and 1971 and Sal Vasquez in 1993.

In 1919, Hartley and Locke, both said to be 61, set new records as the oldest finishers. In 1920, Day returned to race for the last time at age 62, finishing 105th out of 124 starters while recording 1:11:41.

The first 18 winners were between 17 and 29. Oliver Millard, the 29-year-old, was referred to as "old" when he won in 1913. So it was big news when Iltred William Letcher, a 43-year-old dentist, captured the 1923 race. Letcher was running "against the advice of his brothers in the profession who scoffed at the idea of a man of 43 attempting to beat younger entrants in such a grind." Apparently, it didn't make any difference to his peers that he would get a 10-minute handicap on the fastest runners.

A former amateur featherweight boxing champion, Letcher reportedly trained hard for 18 months, running the course once a week and three times weekly the final month. He recorded 56:32 and had the 10th fastest time among the 55 finishers. The best time of 51:01 was recorded by Paul Nieman in ninth place.

Kirk Runs 58th Dipsea

No older runner would win until Jack Kirk, 44, in 1951. Kirk has become a Dipsea legend. In the 1993 race, the 86-year-old Kirk finished his 58th consecutive Dipsea. Only John Kelley, with 61 consecutive Boston Marathons until his streak ended last year, has a longer streak in a major race; however, Kelley began his streak two years after Kirk. It is only because the Dipsea was discontinued during the war years that Kirk's streak is not longer.

Kirk recorded 57:10 in his 1951 victory, the second best time among 44 finishers. In 1967, Kirk won again with a 1:02:56. At 60 years, 10 months, 24 days, he remains the oldest winner in the history of the event, although Norman Bright, also 60 but a few weeks younger, won the 1970 race with a 59:46.

According to Spitz, Kirk "continues to live rustically and isolated on his 400-acre creekside property south of Mariposa. He never married. After a dispute with a (electric company) repairman, Kirk has been without electricity or telephone for years. He usually sleeps in one of the several aging Volkswagen 'bugs' scattered about. He carved a jogging path around his own lake and now does all his running on



Norman Bright, 83, and blind, at 1993 Dipsea Dinner. He won the 1970 Dipsea at age 60 and held the course record for 33 years.

Photo by Ken Wilson

it."

Although his only victory came in 1970, Bright finished second in 1937 with the fastest time. His 47:22 in that race stood as the race record until, ironically, 1970, when the second- and third-place finishers behind Bright both broke his old record.

Bright's plan was referred to as his 60-60-60 formula — breaking 60 minutes at age 60 in the 60th Dipsea.

Many Winners Over Age 40

Over the past 15 years, there have been many winners over the age of 40. Most notably, Sal Vasquez has won five times between 1982 and 1990, the latter at age 50 with a 52:05. Running with a 19-minute head start, Eve Pell, 52, won in 1989 (1:03:56), while last year, Shirley Matson, 52, was the overall winner, getting a 16-minute head start and recording 1:00:34.

Going back to 1950, Nancy Dreyer, 44, wife of the 1941 champ Willie Dreyer, was an unofficial finisher since women were then barred from all AAU-sanctioned distance races. The Berkeley nurse covered the course in 1:36:36. According to Spitz, there is no record of another woman in the race until 1959. Dreyer may have been the first female masters runner.

The Dipsea, which gets its name from a group of turn-of-the-century hikers who called themselves the Dipsea Indians (although the origin of the word "Dipsea" is uncertain), is rich in history, tradition, and character. As Spitz portrays it, it is more than a foot race. "The story of the Dipsea," he writes, "illustrates some of the best qualities of the human spirit — tenacity, desire for excellence, friendship, ability to endure and overcome adversity, quest for challenge, competition, love of sport and the outdoors, our sense of history." □

Write On:

Continued from page 5

that Williams' 10K time was 39:59, which would make Natter the age-graded winner.

My point is not to argue who's the best age-graded runner, but to point out that timing or lap-count errors frequently occur in the 10,000 Nationals. In Spokane in 1992, Williams was one of the few runners to run the entire 10,000 distance. About 20 runners were a lap or more short. Other timing errors occurred in my 10,000 Nationals in New York and in Philadelphia.

If the raw data is flawed, age-graded comparisons are meaningless.

*Pat Devine
Rancho Palos Verdes, California*

STANDING LONG JUMP

I also support Dr. Frederick Hales' suggestion (Nov. NMN) that the standing long jump be added to all meets. In most meets where it is offered, it draws more entries than any other event.

I would also like to see the hammer and weight throw included in all meets.

*Harold Kroeker
Grant, Nebraska*

LESSEN WEIGHTS FOR 80 + GROUPS

The old men who need encouragement the most are being discriminated against in the shot and hammer events.

Men age 50+ throw lighter weights than the 40+ group; the 60+ throw lighter weights than the 50+; the 70+ throw lighter weights than the 60+; but the 80+ and 90+ throw the same



Payton Jordan (left) and Bill Weinacht.

weights as the 70+. Very tough on the old men.

Please try to rectify this unfair situation.

*John Whittemore
Santa Barbara, California*

WEINACHT HAS HEART SURGERY

Wanted to let you know, Bill Weinacht just had open heart surgery. Our good friend and world M75 100m sprint champion is out of the hospital and doing just great, but driving his wife, Vi, nuts as he gives her the "honey-do" routine.

He had a triple by-pass and a cow valve installed. Now, he'll not only be showing his heels to his fellow competitors, he will "moo" at them as he goes through the finish line.

In talking with Bill on the phone, he was his usual spirited self, and he thinks he will return to the track faster than ever now that he has his fuel lines cleaned out and the carburetor adjusted. He is a real champ. I know that all of the masters track and field gang join me in wishing Bill a speedy recovery and the best of New Year's.

*Payton Jordan
Los Altos, California*

KUDOS

Enclosed is our sustaining contribu-

tion of \$200 to NMN for 1994. We appreciate all the work you and your staff do to make this sport interesting and, above all, fun.

Without your monthly newspaper, I feel masters track & field would die out. Keep up the good work.

*Laurie and Jim Rothrock
Scottsdale, Arizona*

GIANT HEAVY DUTY TRUCK TARPULINS

12X16 \$12	18X32 \$33
16X20 \$19	20X30 \$36
18X24 \$26	26X40 \$58

As a part of an advertising test, North American Tarp Mfg. will send any of the above size tarps to anyone who reads and responds to this test before the next 30 days. Each giant heavy duty tarpaulin is constructed of extra tough, 100% waterproof, high density fabric and has nylon reinforced, roped, double-locked stitched seams, electronically welded seams, with 4 (1/2 dia.) metal grommets every 3 feet all around and reinforced triangular corner patches so it can be roped down and secured extra tight. Specifically designed for heavy duty uses on trucks carrying heavy duty bulk and pallet riding materials, tractors, extra heavy machinery, swings, tents, sports equipment, grain, hay, tools or any equipment for industrial or private use, kept outdoors in hot or sub freezing weather. Each tarpaulin is accompanied with a LIFETIME guarantee that it must perform 100% or it will be replaced free. LIMIT (10) any size tarp per address. Add \$7 handling and crating for each tarpaulin requested. Send appropriate sum together with your name and address to: Dept. T 595 North American Tarp Mfg 7095 Hollywood Blvd. Suite 761 Los Angeles CA 90028. Or for fastest service from any part of the country:

CALL FREE
7 Days a Week, 24 Hours a Day
1-800-374-2030
DEPT. T 595
HAVE YOUR CREDIT CARD READY PLEASE

*SHOP BY PHONE - WE SHIP ANYWHERE!

VITAMINS MINERALS HERBS HEALTH FOODS SPORTS-FITNESS SUPPLEMENTS
WEIGHT LOSS COSMETICS HOMEOPATHICS

GUARANTEED LOWEST PRICES ANYWHERE



(310) 559-9739

Elite Health Products, Inc.

10738 JEFFERSON BLVD., CULVER CITY, CA 90230

(800) 540-4941



- Pure Power**
- Energy Bars - 1 Box of 24-\$24.00 (Peanut, Chocolate & Mountain Berry)
- Energy & Recovery - Retail \$13.99
1-\$9.99, 3-\$26.99, 6-\$47.99 (Apples, Lemon, Tropical Fruit) Makes 12 Qts.
- Protein Repair Formula - Retail \$13.99
1-\$9.99, 3-\$26.99, 6-\$47.99 (Vanilla, Chocolate)
- Champion / Cytomax**
- Cytomax (1.5 lb.) - Retail \$20.99
1-\$16.99, 6-\$95.94 (\$15.99 each)
- Cytomax (4.5 lb.) - Retail \$43.99
1-\$34.99, 6-\$197.94 (\$32.99 each) (Tropical Fruit, Apple & Citrus)
- Muscle Nitro - Retail \$18.99
1-\$44.99, 3-\$41.97 (\$13.99 each)
- Cyto Bar** - Retail \$1.99
1-\$1.69, 24-\$34.99 (Cocoa, Vanilla Crunch, Jazz Berry)
- Heavyweight 900** - Retail \$22.99
1-\$18.99, 3-\$53.97 (\$17.99 each) (Vanilla, Strawberry & Chocolate)
- Metabolol 2 (1 lb. can) - Retail \$13.99
1-\$11.19, 6-\$62.94 (\$10.49 each)
- Metabolol 2 (2.2 lb. can) - Retail \$26.99
1-\$21.59, 6-\$119.94 (\$19.99 each)

Excel

Excel Is the Guaranteed Highest Potency Energy Product on the Market

Ultra High Performance & Anti Fatigue

- 14- Retail \$14.99 Our Price \$11.99
- 40- Retail \$39.99 Our Price \$31.99
- 100- Retail \$91.99 Our Price \$73.99

ASK FOR YOUR FREE SAMPLES



We at Elite are Athletes Serving Athletes. We guarantee the lowest prices overall and the quickest service anywhere
Frank Plass

Power Bar

1 Box of 24-\$24.00 (Apple, Berry, Chocolate & Malt-Nut)

Avocet Cliff Bar

12-\$14.99, 24-\$28.99, 48-\$56.99
4 Boxes of 24-\$13.99 per dozen (Apricot, Date, Oatmeal, Double Chocolate)

Edge Bars

12-\$15.99, 24-\$29.99, 48-\$57.99
6 Boxes of 24-\$13.99 per dozen

Elite Offers over 10,000 Vitamin, Bar & Drink

Items at 20% to 30% off Retail

Get It For Less...Shop ELITE HEALTH

Serving over 10,000 Athletes Nationwide

(310) 559-9739 • (800) 540-4941

Exceed

Fluid Replacement & Energy Drink

600 gm. cans - 1-\$7.99, 3-\$18.99, 6-\$35.99 (makes 8 Qts.)

1500 gm. pouch - 1-\$12.99, 4-\$48.99 (Orange & Lemon)

High Carb Powder (512 gm. cans)

1-\$6.99, 3-\$16.99, 6-\$32.99 (Citrus Punch & Golden Punch)

Exceed Bars (Chocolate)

12-\$15.99, 24-\$29.99, 48-\$55.99
8 Boxes of 12-\$103.92 (\$12.99 per dozen)

Exceed Sports Meal (Vanilla & Chocolate)

12-\$16.99, 24-\$29.99, 96-\$115.99

Twin Lab

Ultra Fuel Bars (Vanilla & Chocolate)

1-\$2.39, 12-\$25.99, 24-\$49.99, 48-\$96.99

Ultra Fuel (powder) - Retail \$17.99

1-\$14.99, 6-\$80.94 (Orange, Tropical, Lemon & Fruit Punch)

Carbo Fuel (powder) - Retail \$19.99

1-\$15.99, 3-\$45.99

Phosfuel - Retail \$18.99 - 1-\$14.99, 3-\$41.99

Pro Optibol

Chocolate, Vanilla, Very Berry & Original
Retail \$26.99 Our Price \$21.59, 6-\$19.99 each

Leppin

Apple, Banana, Grape, Lemon-Lime, Peach, Pineapple, Strawberry & Vanilla

Squeazy Box of 10 \$7.99 - Regular Price \$10.99 (Used by many world class athletes)

10 carbohydrate concentrate packets can be used before, during & after training and racing.
Great for Carbo-Loading



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

The Chronic Ingrown Toenail

The chronic ingrown toenail (onychocryptosis) is one of the most common foot complaints of athletes. What may start out as a minor annoyance may turn into a career-threatening condition.

Onychocryptosis occurs when the medial and/or lateral border of the nail penetrates into, and becomes embedded in, the periungual layers of the soft tissue along the nail groove. The result is inflammation of the nail border and surrounding tissue with secondary infection and granomatous tissue.

Clinical Features

The nail of the large toe is the most common site, and the athlete complains of a sharp pain along the nail borders. This is aggravated by the athletic shoe and by physical contact, and makes it difficult for the athlete to participate in any activity. The toe becomes swollen and tender, and palpation elicits pain. There may be

granulomatous tissue ("proud flesh") and pockets of infection.

The main concern of the sports physician is to reduce the infectious/inflammatory reaction and to remove the offending portion of the nail. Oral antibiotics and foot soaks are often ineffective in chronic cases.

Phenol Cauterization

I have had good success with a simple phenol cauterization procedure that can be done in about 10 minutes in the office. I use saddle block anesthesia, injecting 1.5-3.0cc of 2% lidocaine at the base of the toe, proximal to the matrix cell area. A small penrose drain is wrapped around the base of the toe for hemostasis.

The nail is then split distally with a nail splitter, following the lineal nail line and extending under the eponychium. This line should be approximately 1/8- to 1/4-inch in from the offending border. The offending nail spicule can then be removed with the nail splitter or with a Kelly forcep.

The nail spicule is then rotated toward the center of the nail until it is released from the soft tissue attachments. Any granomatous tissue or secondary matter found in the nail groove can be removed with a curette.

Care with Phenol

Next, a cotton-tip swab or toothpick with a cotton tip is dipped into a 70% phenol solution, placed in the nail groove, and rotated for 30 seconds. One must be careful not to spill excess phenol onto healthy skin. Then the nail groove and toe are flushed with 5-10 cc of isopropyl alcohol. I recommend using rubber gloves for this procedure.

The sequence is repeated two more times with a final alcohol rinse. Finally, a topical antibiotic ointment such as betadine, bacitracin, neomycin, or polymyxin B is applied. The lesion is covered with a small gauze dressing, anchored with 1/2-inch tape, and the drain is removed.

Patient Management

The athlete is instructed to leave the dressing in place until the next morning. Then he or she is told to soak the foot and dressing in a saline solution for 10 minutes, which is a simple way to remove the dressing and surgical debris. A triple antibiotic ointment is applied daily and covered with a Bandaid. Foot soaks in saline are continued for a week. The athlete can return to activity within 2-3 days.

Postoperative infection is rare, pain is minimal, and healing time is much faster than with more radical procedures. This office cauterization procedure permanently corrects chronic ingrown toenail.

This is a good technique. I have used it on Mets players, and they have done very nicely after the procedure. □

(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.)

Coghlan

Continued from page 1

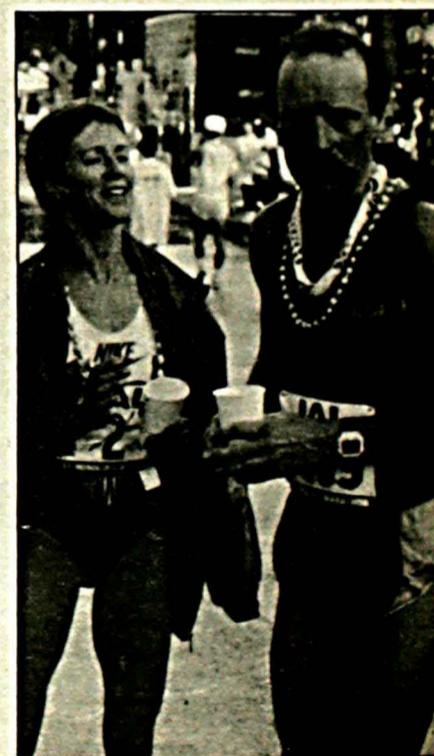
"Eamonn Coghlan and the Millrose Games — it's track magic," said Millrose meet director Howard Schmertz.

Last year, Coghlan twice broke the world masters indoor record in Runner's World races on the Garden track. First, he ran 4:05.95 at Millrose. Then, three weeks later, he ran the 4:01.39 at the USA/Mobil Indoor Nationals. At both meets, the crowd was on its feet roaring Coghlan to the finish in what track followers considered the highlight of the '93 indoor season.

The Runner's World Masters Mile, now in its eighth year, is a series of indoor and outdoor mile races for elite male runners 40 and older. In addition to Millrose, it will be held indoors this season at the Mobil meet in Fairfax, Va, Feb. 6, and possibly at the USA/Mobil Indoor Nationals March 5 in Atlanta. The outdoor events will be the Penn Relays in April and New York Games in May.

Joining Coghlan at Millrose is another all-time great, Rod Dixon of New Zealand, the 1983 New York City Marathon champion. Dixon, 43, was a 3:51 miler and 1972 Olympic 1500-meter bronze medalist before moving up in distance. In 1991, he competed in the Runner's World race at Millrose with a 4:13.32 runnerup performance.

Others in the Millrose Mile will be Ken Popejoy (43, Wheaton, IL), John Birmingham (42, Australia/Canada), Charles McMullen (42, Rochester, NY), Paul Mascali (41, Manhasset, NY), Mike Lawson (40, Australia), and Ed Spinney (40, Eugene, OR). Several of those will also compete in the Mobil meet. □



Carla Beurskens discusses her victory with husband, Jac Roerman, minutes after finishing the 21st annual Honolulu Marathon, Dec. 12. Beurskens, 41, not only won the women's race but also topped all masters, including the men, as she recorded a 2:32:20.



THE SECOND ANNUAL LEJEUNE MARATHON

USATF CERTIFICATION
NC-93026-ACL

SATURDAY, 23 APRIL 1994 ♦ 0700
GOETTGE MEMORIAL FIELD HOUSE
MCB, CAMP LEJEUNE, NORTH CAROLINA

CO-SPONSORED BY:
NAVCARE
JACKSONVILLE DAILY NEWS
PRESENTED BY MWR

ENTRY FORM

Check One: Individual Entry Team Entry
Number of people attending Prerace Dinner at \$7.50 each _____

THIS SPACE FOR TEAM ENTRIES ONLY

Team Name _____
How Many Team Members? _____
EACH TEAM MEMBER MUST SUBMIT A COMPLETED ENTRY FORM WITH A SIGNED WAIVER. ALL TEAM ENTRIES MUST BE MAILED TOGETHER. THIS ENTRY FORM MAY BE DUPLICATED.

Name _____
Address _____
City _____
State _____ Zip _____ Phone () _____
Sex _____ Age on Day of Race _____ T-Shirt size: M L XL

WAIVER MUST BE SIGNED BEFORE MAILING!

GENERAL RELEASE:
In consideration of this entry being accepted and desiring to be legally bound to myself, my heirs, assigns, executors, administrators, etc. I hereby release the sponsors, officials, Marine Corps Base, Camp Lejeune, and all those associated with this event, of all claims for injuries and damages incurred or arising from my participation in THE LEJEUNE MARATHON.

Signature _____ Date _____
SIGNATURE OF PARENT OR GUARDIAN IS NEEDED IF APPLICANT IS UNDER 18 YEARS OLD

CONTACT DR. RON GERUGHTY (910)461-6430 OR MAIL THIS APPLICATION, ALONG WITH APPROPRIATE ENTRY FEE, TO:
COMMANDING GENERAL
(ATTN: BMWR/MREC4)
MARINE CORPS BASE
PSC BOX 20004
CAMP LEJEUNE NC 28542-0004

Make checks payable to: MWR ACTIVITY (\$20 if received by Wednesday, 20 April 94; \$30 thereafter)

FIVE YEARS AGO February, 1989

- Bill Rodgers, 41, and Priscilla Welch, 44, Win ICI/USRA National 8K in Naples, Fla.
- Don Coffman, 45, and Jane Hutchison, 42, Capture Rocket City Marathon Masters Titles
- Masters Age-Graded Tables Compiled
- Norm Green Named Best Age-Graded Performer on ICI/USRA Circuit

6.6

Continued from page 1

The good news is we're all okay, physically, even though a bit frazzled, emotionally. Our office, seven miles from the Northridge epicenter, suffered no damage except for a few dozen age-record and rankings books that fell off the shelves.

The bad news is the five-story office building we're housed in sustained several structural cracks, and the city has posted a yellow "enter at your own risk" notice on the front door. Some of us are going in. Some aren't.

Fortunately, most of the work on this issue had been completed before the quake hit. And our printer — located in Tujunga, 15 miles east of the epicenter — incurred no damage to its presses. Our North Hollywood label supplier, however, is having computer problems, so you may receive this issue later than usual.

Sylvia Stoller, our managing editor, suffered significant broken-glass and some structural damage to her Sherman Oaks condominium. Angela Egremont, our associate editor, received a minor cut on the forehead when a radio fell off its shelf in her Tujunga home. Carol Covey, our production manager, suffered no damage to her

La Crescenta residence. Kim McGill, Carol's assistant, lives in Granada Hills, only two miles from "Ground Zero," and incurred minor damage to her home. My Van Nuys place was undamaged structurally, but I had to move out for five days, anyway, because the water-heater pipes ruptured upstairs and flooded both units. I still have no heat or hot water.

Senior Editor Jerry Wojcik and Assistant Editor Jane Dods both bailed out of L.A. in 1989 and are now living in Eugene. Records Chairman Pete Mundle's Venice abode survived, but four of his 50-odd trophies did not. And he's still picking up his research files which tumbled to the floor. Racewalking Editor Elaine Ward, who lives in Pasadena, was in Hawaii and missed all the excitement.

The wags were at it early. "Get your kicks on Route 6.6," said one quipster. "The traffic is stopped, but the freeways are moving," mused a radio traffic reporter.

Probably the most uttered phrase in Los Angeles when the shaker hit was "Omigod." Some shouted it at the top of their lungs. Others whispered it softly to themselves.

The terrifying thing about an earthquake is that you have no control. In a hurricane, you can go to the basement. In a tornado, you can get out of the

Continued on page 12

An Invitation to the 24th Annual Southeastern Masters International Track, Field and Race Walk Championships May 6, 7 & 8, 1994 NORTH CAROLINA STATE UNIVERSITY RALEIGH, NORTH CAROLINA

The officials and sponsors of the Southeastern Masters, invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring pentathlons, weight pentathlon, 5K & 20K* walks, Team relays* and all regular track and field events at the NCSU Campus (*only these events offer an open division). A "Race Walk" clinic and a "Throws" clinic will be held on Friday at 6:30 pm and at 7 pm respectively on the NEW NCSU Track. In case of inclement weather "Throws" clinic will move indoors at the Brownstone Hotel at 7 pm.

- OPERATED BY: Southeastern United States Masters, Inc., Box 590, Raleigh, N.C. 27602. Contact Ray Fulghum or Dale Smith (919) 831-6640 Monday-Friday 9:00 am-5:00 pm, Eastern Time.
AGE DIVISIONS: Based upon age on day of competition; all events will have 5-yr age groups from 20 to 90+.
ENTRY FEE: \$8.00 includes first event in track, field or road event, final results booklet and 1994 souvenir.
SANCTION & USATF REGISTRATION: This meet is sanctioned and certified by USATF, and USATF registration is required for all events.
AWARDS: Large medallions to first 3 places and ribbons for the next 3 places in each event.
LATE ENTRIES: Additional \$3.00 late fee required for each event if postmarked after April 22, or if received after April 29, 1994.
RUNNING SURFACE: New nine lane 400 meter Martin 2000 track for track events, and asphalt for 20 K race walk.
PACKET PICKUP: All participants must pick up their packets prior to reporting to the first event.
EVENTS FOR WOMEN: All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.

SCHEDULE OF EVENTS (Refer to Packet for Final Time Schedule)

Table with columns: Event #, Event (Notes 1 & 2), Start Times. Rows include Women's Pentathlon, Men's Pentathlon, Race Walk Clinic, Throws Clinic, and Alex Almsy 5K Walk.

Table with columns: Event #, Track Events (Notes 1 & 2), Approx. Time, Event #, Field Events (Notes 1 & 2), Approx. Time. Rows include 5000 m Run, Straight Hurdles, 1500 m Run, Curved Hurdles, Team Relays, 100 m Dash, 400 m Run, Steeplechase, 800 m Run, 200 m Dash, Throws, WT Pentathlon, Shotput, Hammer, Discus, Javelin, Weight Toss, Heavyweight, Pole Vault, Long Jump, High Jump, Triple Jump.

Table with columns: Event #, Event (Note 2), Start Times. Row includes Alex Almsy 20K Race Walk and NC USA T&F 20K Race Walking Championship.

DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 590, RALEIGH, NORTH CAROLINA 27602

(Photo Copy if Needed)

Name: Last, First, Init., Sex, Age, Birth Date (Mo., Day, Yr.)

Street, City, State, Zip Code

Tel Registration No., Daytime Telephone

Area Code

Enter relay teams on captain's entry only. (Event # means MEET Event # from list on page 2)

Meet Event #, Event Title, Meet Event #, Event Title, Meet Event #, Event Title

Number of dinner tickets @ \$13.00 each (include payment with Total) Total Amount Enclosed

Number of T-shirts @ \$8.00 Mens sizes: S, M, L, XL List sizes ordered: Where did you hear about our meet? Where did you get your entry form?

ATHLETIC RELEASE

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., Rex Hospital, USATF and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 6, 7 & 8, 1994, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

Date Athlete's Signature

Honolulu

Continued from page 1

time in 1990 (2:33:34), was out of action in 1991 with injuries, and then won again in 1992 (2:32:13).

"It is now very cold in my country, so it is always a good opportunity to come to Hawaii and run the race here," Beurskens said.

In the short history of women's distance running, only two women over the age of 40 have broken 2 1/2 hours for the marathon — Joyce Smith and Priscilla Welch, both of Great Britain. Beurskens just missed earlier in the year when she recorded a 2:30:10 in Nagoya, Japan on March 7. She also turned in a 2:31:48 in Amsterdam during September.

"There was lots of wind, lots of rain (in Amsterdam)," Beurskens said. "If the conditions were right, I think there would be no problem with running 2:30."

Beurskens' personal best is a 2:26:34 in the 1987 Tokyo International Marathon.

Some 22,000 runners, joggers, plodders, frolickers, and walkers — 18,000 from Japan — lined up for the 5:30 a.m. start of the 21st annual event. Temperatures were in the mid-60s, warming to the low 70s by the time the three-hour runners were finishing. The intermittent rain did not bother most of the runners. Although wind gusts slowed them during a portion of the race, it picked them up on the return trip.

Winner Bong Ju Lee, 23, of Korea clocked 2:13:16, running the second half of the race 46 seconds faster than



Mollie Chang, 60, of Honolulu, is all smiles after taking a third in the W60-64 division (4:26:02) in the Honolulu Marathon, Dec. 12.

Photo by Tesh Teshima

the first. Boston Marathon winner Cosmas Ndeti of Kenya took second, 24 seconds behind Lee, a surprise winner.

Beurskens bettered the male masters winner, Tetsushi Hasegawa of Japan, who finished in 2:36:34. With by far the largest representation, the Japanese accounted for many of the age-class victories. 1953 Boston Marathon winner Keizo Yamada, 66, captured the 65-69 division with a 3:07:18. The fourth woman overall was Chie Matsuda, 45, with a 2:47:10. Kiyoshi Tanaka, 58, won the 55-59 division in 2:44:40.

The oldest finisher was 88-year-old Masayoshi Nakatomi with a 8:13:00, second in the 85-89 division to 85-year-old Shigenobu Ishizawa (7:51:43). □



10th World Veterans Championships: Part 2

(Bev Laveck, masters national RWing rep, added another Age Group record to her multiple successes at the World Veterans Games in Japan with a W55 10K time of 58:37. The following highlights her training for Miyazaki. — E.W.)

BEV: Let me tell you why I think I had a good race. When we last talked it was the middle of May and I was just coming off an injury and was walking between a 12 and 13 minute mile.

I usually tell people that they should get some miles in before they do speed. But after a few weeks, I was really having trouble walking faster than a 12 minute mile, and it was hard on my morale. So I said to myself, "I have to do something to get my feet moving."

I started working on speed around the first of June, when I decided to do the mile at the weekly All Comers meets. In order to do this, I had to do a few quarter miles. I started at about a 9:30 pace. It nearly killed me, and I am sure I could not have walked any farther than a mile at that pace. However, between about the 1st of June and about the middle of July, the 9:30 mile went down to 9:20, 9:13, 9:09 and pretty soon it was down in the 8:40s. It was amazing.

I also had decided that I was going to cut my miles back to 30 miles a week. I was routinely walking 55 to 62 miles a week when I got injured, and for the prior months, I was waking up stiff and sore.

EW: How did you use the 30 miles?

BEV: I was running on gravel roads and dirt roads at the cabin in the heat and altitude. When I was in Seattle, I would go out for four or five miles. I tried various combinations. My longest workout was around eight miles. The shortest were interval workouts. I would do eight quarters, alternating a quarter at race pace with a slow quarter between a 2:30 and 3:00 minute pace. I did this once a week with a one mile warm up and one mile cool down.

About the middle of July, I thought, "At least my feet are moving, but I don't have any endurance." I hadn't done much long stuff for nearly two years and hadn't raced a 10K for over a year. I really was mileage poor, and I knew if I was going to walk a good 10K in Miyazaki, I had to get some miles in.

As an overall goal, I decided to train for the Labor Day marathon which was about six weeks before Miyazaki. I began doing 13 miles every six to ten days which worked out to be six half marathons prior to Labor Day. I tried

to keep my pace 1:30 to 2:00 minutes slower than my 10K pace the year before. During that workout, I would put in two to three miles at a pace that



Don DeNoon, M50, first overall (1:34:55) in the men's 20K racewalk, WAVA Games, Japan.

Photo by Kathryn Carmines

was about 15 seconds slower than my 5K pace. So I did two to three miles at 9:30 and the rest at 10:50 to 11:50, and it was hot.

EW: How about rest days.

BEV: Yes! Yes! I had one or two rest days a week. I always took a day off and perhaps went swimming after my long workouts. The importance of rest days is generally accepted.

EW: How about tapering.

BEV: I tapered in a way that was completely contrary to my nature. I just took a flying leap of faith and

followed a training schedule that Gwen Robertson pulled out of one of Jack Daniel's articles where you really don't do any junk miles the week before. Keep in mind when I do quarters, I do not stand around for a few minutes in between, but usually walk slowly. The tapering started six days prior to the race. The count down goes:

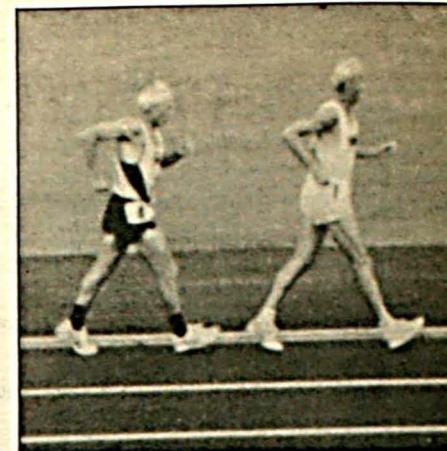
- 6 - 5 fast quarters
- 5 - 4 fast quarters
- 4 - 3 fast quarters
- 3 - 2 fast quarters
- 2 - 1 fast quarters
- 1 - none.

This was all I did, and it was really hard, especially when you were around others who said, "Oh, I am going to go out and do a couple of miles or so." I marked off a quarter mile course right in front of the hotel, and every night about 6:00 p.m., I would go out and do my taper. I think I missed one day in travel, but otherwise kept exactly to this schedule.

EW: Any other ingredient to your success?

BEV: When I got to Miyazaki, I didn't do any of the social things. I didn't go to the Opening Ceremony as I didn't want to stand around or sit around in the hot sun.

I also did not sign up for any of the dinners with the people of Miyazaki. I find that I put out an awful lot of energy on social things, just being around people. I didn't want to go over to the track and watch any other competitions or see anybody because I knew that I would begin to feel nibbled away. It starts taking energy to socialize so I wasn't friendly.



Jack Bray, gold medalist (25:09.66), 5000m racewalk, leads Max Green, silver medalist (25:11.58), WAVA Games, Japan.

Photo by Kathryn Carmines

Instead, I got a rail pass and every morning I would go over to the train station. I didn't care where I went; I simply wanted to return by 9:30 at night. If I got tired sitting, I would get off in the little towns and walk around for a mile or so to loosen up and then get back on the next train. So I stayed out of the heat, I stayed away from people, and I stayed off my feet for the five days before the race.

The morning of the race, I could see that it was getting hot. I was one of the few who took a jug of water with them. Instead of drinking one-half hour or hour before the race, I drank a good slug of water, about three cups, just before we had to line up for the start so that I would not have to urinate before the race. I had a hat on and a scarf around my neck to protect me from the sun. Besides all this preparation, I hadn't raced in so long I was really looking forward to it. □

1993 Masters RW Report

by BEV LA VECK, USATF Masters Racewalking Representative

Masters racewalking continued to grow in quality and depth in 1993. An item from Sept./Oct. USATF *On the Roads* states that membership in USATF grew 13% from 89,336 in 1990 to 101,142 for 1992. Track showed an increase of 27% and racewalking 41%. The LDR program increased 1.9% in the same time period. Graphs indicate the numbers of juniors, open, and masters members of USATF in track, LDR, and racewalking. It appears that there are approximately 5000-6000 registered as racewalkers, the majority being masters.

There were 42 new masters records submitted for ratification at the 1993 USATF Convention in Las Vegas, a 35% increase over 1992. There is keen competition in all age groups - and no longer any easy age groups. Although there were fewer women in the Masters Outdoor Championship in Provo this year than in the recent past, the numbers of men held up well - particularly ages 50-64. The masters field dominated in several U.S. championships held with senior men's and women's championships, including the 10K, 30K and 40K. The new Masters

5K Road RW Championship in Kingsport, TN was well supported by masters who appreciated the excellent treatment by the race sponsors.

The quality of U.S. masters racewalking is well demonstrated by the 17 individual medals in each 5000 meter and 10K/20K racewalks at the WAVA Championships in Japan with ten age-group teams winning medals in the 10K/20K road walks. Furthermore, U.S. masters, with rare exceptions, were well-trained and technically proficient. They supported one another and cheered racewalkers from other countries. Several volunteered to judge upon completion of their own events. One observer commented that, unlike competitors in other events, many U.S. racewalkers supported the WAVA Championship events even though they placed well out of individual medal range.

One disadvantage of the numbers of racewalkers in major T&F meets is the need to carefully schedule the racewalking events on the track. The numbers are also placing demands on road course design, requiring wider roads and turns. And certainly, the need for abundant, well-organized lap counting is critical. □

Masters Health and Fitness

Peaking Past Forty

by GERARD HARTMAN

As a physical therapist, I treat athletes of varying abilities and ages. Three such athletes, Grete Waitz, Marty Liquori and Eamonn Coghlan, who at the height of their competitive careers were household names and world-beaters in their respective events, have many similarities.

Firstly, they are in their 40s and are highly aware of the benefits of maintaining a high level of fitness for performance and longevity. They each report that the slowing down or ageing process became evident in their early-to-mid thirties.

Each athlete reports that their drive and dedication for training and competition never waned. Each was significantly hampered with multiple musculoskeletal injuries in their thirties.

By examining their experiences as well as looking at scientific data on ageing and its relevance to performance and health, I hope that this article will give masters runners a better understanding of the changes which occur with ageing and serve as an encouragement towards developing optimal fitness. Grete Waitz and Marty Liquori have retired from competitive athletics but both work-out seriously and have broadened their spectrum of activities to include other exercises in an effort to maintain a high level of cardio-respiratory fitness, strength, endurance and flexibility, and to limit the potential for injury.

"Sports injury specialist Gerard Hartmann explains the effects of age on performance and health by examining the experiences of three former world-ranked athletes."

Waitz, 40, a nine-time New York City Marathon winner, who regularly ran 90-120 miles per week now maintains excellent fitness with a schedule that includes a daily brisk walk of one-and-a-half to two hours in the morning, followed by an evening workout that involves alternating days of cycling and running in addition to doing strengthening and stretching exercises.

Liquori, 45, the world's fastest 1500/5000 runner in 1977, maintains a high level of cardio respiratory fitness, strength and flexibility with regular cycling, rollerblading, golf, windsurfing, and flexibility and strength exercises. He only runs occasionally due to osteoarthritic changes in his metatarsal joints, but nonetheless his present fitness allows him to run a mile in 4:48.

Waitz and Liquori both state that they would run more only they know the limiting factor in breakdown. They are in conclusive agreement, now more

than ever, on the value of resistance training as a means to maintaining or increasing strength along with stretching exercises to enhance flexibility.

Coghlan, at 41, runs daily with an ever-burning quest to run 5,280 feet in less than 240 seconds and be the first master to do so. Coghlan's greatest challenge is not the time of 3:59 for the mile. The feat itself is well within Coghlan's ability. The challenge lies in the ability to execute the specific training load and track work-outs without getting injured. To achieve this remarkable athletic feat which he so nearly grasped last year, Coghlan knows that he will need a good set of legs under him. He is weaning his body weight down to 140 lbs of lean muscle mass. His training consists of running 65 to 80 miles per week in the Florida sunshine, executing specific speed sessions on the track, flexibility and strength routines, regular massage and physical therapy. There is a lot more than meets the eye to breaking four minutes for the mile at 41 years of age and Coghlan, in challenging what man has never done before, is setting a whole new standard in human performance for mankind.

Diet

Waitz, Liquori and Coghlan each report that diet, now more than ever before, plays an important role in their fitness. They each became aware of decreased metabolism and resulting adipose tissue gains in their 30s. They each have altered their food intake to accommodate the decreased metabolism, and they adhere to a balanced, low fat, high-carbohydrate diet.

Working with such athletes as Waitz, Liquori and Coghlan tells me much about the ageing athlete. It is obvious that the main limiting factor for these highly motivated individuals is breakdown.

Breakdown

To understand why athletes break down with injury, it is important to understand some of the physiological changes that occur with ageing and be wise enough to implement changes in training and lifestyle patterns to limit such occurrences.

Physiological and performance measures generally improve rapidly during childhood and reach a maximum between the late teens and 30 years of age.

Functional capacity then declines with age.

Looking specifically at the musculoskeletal system we can recognize certain ageing factors.

Peak muscle strength of men and women is generally achieved between the ages of 20 and 30 years. Thereafter, there is a progressive decline in strength. The average male loses 6.6 pounds of muscle with each decade after young adulthood; the rate of loss increasing after age 45.

As we age, we are less strong because bundles of muscles and motor nerves called "motor units" have been deteriorating. Between the ages of 30 and 70, the average person loses 20 percent of the motor units in the thighs, with similar losses in all larger muscles in the body. With age, flexibility is gradually reduced.

Collagen and elastin, the primary structural components of muscle, undergo specific physical and biochemical changes with age. Collagen reflects a loss of the minimal extensibility that existed earlier and reflects an increased rigidity.

Elastin likewise changes with age. Elastic fibres lose their resiliency and undergo various alterations, including fragmentation, fraying, calcification and other mineralizations. With decreased muscle mass, along with decreased tissue regeneration, the body's metabolic rate — how many calories it needs to sustain itself — declines by 2 percent per decade after age twenty.

Between the ages of 20 and 65, the average person doubles his or her ratio of fat to muscle.

The ageing athlete can counteract the decrease in muscle mass/strength by adhering to a strength program and gains in body fat can be avoided with emphasis on diet and aerobic exercise.

It is important to realize that overtraining or overuse, especially in one given activity, leads to breakdown. Tissue generation or repair is decreased significantly after the age of 35. Injuries take longer to heal for the masters athlete.

Variety

While the above data may sound gloomy, it certainly puts the achievements of Eamonn Coghlan's masters world records in perspective.

What Coghlan and other successful masters athletes are achieving is mastering and diminishing the effects of the ageing process.

In his heyday Coghlan achieved his success with training that was sport-specific, i.e., running and more running. Grete Waitz and Marty Liquori did likewise - they ran and trained sport-specific. The masters athlete who trains sport-specific, and runs only, limits his or her potential in running and also increases the risk of breakdown.

Weak, inflexible muscle will break down far quicker than strong flexible muscle.

Masters athletes must take a more global view of their health, fitness and performance. We know the various



Chris Ralph, 42, Bothell, Wash., completed her 49th marathon, with a W40+ third (3:47:08), Northern Central Trail Marathon, Sparks, Md., Nov. 27.

Photo by George Banker

ageing factors, but science has proven, and we have athletes like Eamonn Coghlan to show, that the effects of ageing can be diminished.

Strength can be increased at any age; so too can flexibility; body composition can be changed, muscle mass can be attained.

The global view which I promote, incorporates the theme 'Use it or lose it' and it involves developing many aspects of physical fitness - stamina, strength, speed, flexibility, balance, variety, nutrition, rest and discipline.

Runners and athletes who follow this system of overall fitness not only report the many benefits from increasing their overall fitness but report that on less running mileage they not only improve performance but reduce injury significantly. □

(Reprinted from the *Irish Runner*).

PUBLIC NOTICE UNCLAIMED FREIGHT

Giant Heavy Duty 4-MAN INFLATABLE BOATS With OUTBOARD MOTORS

All boats are brand new, packed in original shipping cartons. Constructed of double thick hi-density fabric (resistant to abrasion, sunlight, salt & oil) 4 separate air chambers, for extra safety, with self locking safety valves, oar locks, bow lifting & towing handle and is approximately 9 1/2' long. All boats are recommended for ocean and fresh water. Limited quantity, first come, first served - **LIMIT** - 3 boats per address (no exceptions). If your order is received within the next 10 days, you will receive **FREE**, a hand/foot inflator/deflator. Regular cost \$327.00 - **Disposal Cost** \$167.00. \$9 handling: United Pacific Freight pays all shipping. All boats are accompanied with a **LIFETIME GUARANTEE** that they must perform 100% or you may return your boat for a complete refund. Send appropriate sum to: United Pacific Freight Warehouse #1683 16135 Leadwell St. Van Nuys CA 91406. For fastest service order by Visa or Master Card.

CALL TOLL FREE
1-800-637-8013
Have Credit Card Ready



MASTERS TRACK & FIELD REPORT

by JERRY WOJCIK
Masters T&F Rankings Coordinator

Rankings Report

The rankers for the 1993 outdoor season (Jan. 1 through Dec. 31) are listed below. If your best 1993 outdoor marks have not appeared in the results sections of the NMN as of this issue, send them before Feb. 10 to the appropriate rankers. Include verification, such as a photocopy of the results or the date and site of the event or meet director's name, phone number, address, etc.

Plans are to have the 1993 Rankings Book available for the Indoor Championships in Columbia, Mo. A small number of 1992 Rankings Books are available from the NMN for the reduced price of \$4.00, plus \$1.25 for postage and handling.

The 1993-94 indoor season compilers will be published in the March issue.

100, 200, 400, 1500, 3000, 4x100, 4x400 relays: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229,
800: William Benson, 6 Eton St., Valley Stream, NY 11581

3000, 10,000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

HJ, TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250

LJ: Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

SP: Sally Polk, P.O. Box 71, Sandia Park, NM 87047

Mile, both hurdles, SC, PV, DT, HT, JT, WT, 56#: Jerry Wojcik, 240 N. Adams #10, Eugene, OR 97402

Decathlon, heptathlon, pentathlon: Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124

5000 (track & road) racewalk, 10K & 20K racewalks: Bev LaVeck, 6633 N.E. Windemere, Seattle, WA 98115.

□

6.6

Continued from page 9

way. In the bone-chilling cold that hit the east last month, you can get inside or put on some gloves.

But an earthquake gives no warning. You can prepare by buying a flashlight, a portable radio, bottled water, a first-aid kit, etc., but it's really a matter of luck whether you survive or not. Those 16 people who died when their building collapsed could have been totally prepared. But it didn't matter.

The quake happened so fast and was so powerful, that they didn't have time to do anything. Those of us who survived aren't smarter, just luckier.

But life goes on. The one positive aspect of a tragedy like this is that it brings people together in a common cause. NMN has been contemplating a move for years, but inertia and personal responsibilities have kept us here. Will this help move us along? It might.

—Al Sheahan

1992 U.S. Masters Outdoor

T&F Rankings Book

- Men's and women's 1992 U.S. 5-year track & field age-group rankings.
- 52 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays, racewalks.

Send \$4.00 plus \$1.25 postage and handling to:

NATIONAL MASTERS NEWS
P.O. BOX 2372
Van Nuys, CA 91404

Name.....
Address.....
City.....State.....Zip.....

Mahr, Kurtis "Master" St. Louis Marathon

by HANK KIESEL

Terry Mahr, 45, of Oregon, Ohio, and Doug Kurtis, 41, of Northville, Mich., masters winners in the 1992 St. Louis Marathon, again captured the masters titles in the 22nd annual St. Louis Marathon on Nov. 3.

Mahr paced the W40+ in 3:01:41 (also fourth overall) and received \$1500 prize money. Kurtis, second overall in 2:23:08, received \$2000 for the effort.

Jerry Dunn, 47, Indianapolis, who had completed his 93rd marathon at the 1993 NYC Marathon, came to St. Louis and ran his 94th and 95th marathons on Nov. 20 and 21. His goal is to complete the 26.2 mile distance 103 times in 1993.



Jerry Dunn, 47, Indianapolis, completed his 95th marathon in 1993 at the St. Louis Marathon, Nov. 21.

Photo by Hank Kiesel



Terry Mahr, 45, Oregon, Ohio, W40+ winner (3:01:41), St. Louis Marathon, Nov. 21.

Photo by Hank Kiesel

Of the 1066 finishers, 819 were men and 159 women. Tom Eckelman was the race director. The \$12,000 in prize money was furnished by the sponsors, Deaconess Health Systems and Diet Pepsi. The 23rd St. Louis Marathon is scheduled for Oct. 16. You all come now! □

COMING NEXT MONTH

- World and U.S. Indoor 5-Year Age-Group Records
- New Club Listings
- Results of Millrose and Other Meets and Races
- Profile of Nate and Evelyn White
- And much more

TRACK & FIELD SOFTWARE

HYTEK

Written for Track & Field People

..... NOT computer people!



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

FREE DEMO - (919) 633-5111

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.

Books for Runners, 250 titles. Free catalog. Masters, Youth, Women in Sports, Training, Injuries, Distance, Track & Field, Nutrition. The CAVU Company, 386 Portlock Rd., Dept. NM, Honolulu HI 96825-2027.

PERSONAL TRAINER for the 400m/200m. Six time 400m ('81, '82, '85, '86, '87) and 3 time 200m ('81, '82, '85) champion at National Masters Championships. World Age Record Holder 400m (age 37, 47.6). Start with Fall training. For information call (213) 7-JUNKIE or write The Track Junkie, P.O. Box 62009, Dept. PT, L.A., Ca. 90062-2539.

27th Athens Marathon & 4th Half-Marathon. Sunday, April 10, 1994, 12 noon. Athens, Ohio. USATF certified, rural, out & back courses. Cash awards. Send SASE to Athens Marathon, 44 Grosvenor St., Athens, OH 45701 or call (614) 594-3042.

PEAR BLOSSOM RUN - 18th annual - April 9-10 miles, 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, OR 97501 - Jerry & Zella Swartsley (503) 535-1205 eves.

WANTED: Out-of-print books on running, T/F, triathlons. Buy and sell. Send list of titles and prices. The CAVU Co., 386 Portlock Rd., Dept. NM, Honolulu, HI 96825-2027.



Tim Murphy of Irving, Texas wears his All-American patch and patch tags on his sleeve. It was he who came up with the idea of offering the patch and patch tag.

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 races, as of Oct. 31, 1992. 56 pages. Lists name, age, record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records. \$2.00

CLOSE OUT

Masters Track & Field Rankings

Men's and women's 1992 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep lists, including mile, weight, relays, and walks (1500, 5000, 10000, 20000). Compiled by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News \$4.00.

CLOSE OUT

Masters Age-Graded Tables (1989)

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 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 March 31, 1993; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of February 7, 1993. 4 pages. \$1.50.

Competition Rules for Athletics (1993)

U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$10.00.

IAAF Scoring Tables (1985)

Official world scoring tables for men's and women's combined-event competitions. \$12.00.

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 1993

Published by Road Race Management, this guide 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. \$47.00.

WAVA Handbook

Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of April 15, 1992. 170 pages. \$5.00.

USATF Logo Patch. 3 color embroidered 4" x 3". \$4.50.

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin. (nail pin back with military clutch). \$5.50.

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.

Marathon by Hal Higdon

The ultimate training and racing guide. \$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 each.

Postage and Handling \$ 1.25

Overseas Air Mail (add \$5.00 per book) \$ _____

TOTAL \$ _____

Send to: National Masters News Order Dept. P.O. Box 2372 Van Nuys, CA 91404

Name _____ Address _____ City _____ State _____ Zip _____



Plyometric Training For Masters Athletes

by ROSS DUNTON

Plyometrics — "A set of movements or dynamic exercises which are designed to improve the explosive neuro-muscular strength and the elastic characteristics of the body's muscular system."

For masters athletes in both track and field events, there is a necessity for the body to have "explosiveness," which is the ability to combine both speed and strength. The principal of "specificity of training for power" requires that both of these elements be incorporated simultaneously. Plyometric training does just this.

Plyometrics is a type or method of training as opposed to a specific exercise. A specific exercise is accomplished in a "plyometric" manner. The main objective is to produce greater power by training the muscles to contract more quickly and forcefully.

Muscle contractions are either "concentric" or "eccentric." A normal muscle contraction, as when the lower arm is pulled upward at the elbow, is defined as "concentric." If the lower arm is quickly pulled downward from the bent position, the muscle will try to protect itself by contracting. This "reflex action" is an "eccentric contraction."

Eccentric Contraction

If an "eccentric" contraction precedes a "concentric" contraction, the "concentric" contraction will be much stronger. If you try to quickly pull the bent arm just prior to trying to bend it upward, the upward strength will be much stronger. This is the reflex action.

Again, "plyometrics" is doing a specific exercise in a "plyometric" manner. The basic exercises can be divided into three general types: rhythm, power and speed. These exercise routines are often referred to as "drills."

Some of the rhythm drills are skipping, butt kicks, running kicks, high knees, ankle bounces, rope jumping and skipping kicks. Most of us are familiar with these basic drills, but the difference is that they need to be done in a "plyometric" manner — do them quickly and with a burst of power.

Club Listings Next Month

Next month, NMN will publish an updated list of masters clubs. The last list was printed in the September, 1993 issue. If there are any changes to be made in your club's address, phone, etc., please send them to NMN Clubs Editor, Jane Dods, at 569 West "D" St., Springfield, OR 97477.

Rhythm Skipping

Rhythm skipping is one the most basic of these drills. Many of us who are masters athletes probably skipped down the street in our youth. The difference here is that the athlete must maintain proper running form, get the foot off the ground just as quickly as possible and get as much height on the skip as one can. The landing action of the foot/ankle stretches the calf muscle. The muscle tries to protect itself by contracting. Exploding off the ground allows the muscle to then contract very quickly. This action strengthens the calf muscle. In addition to the calves, this drill will help develop the quads, hip flexors, hams and ankles.

Some of the power drills are leg hops, bounding, box jumps and standing triple jumps. A current Nike commercial shows an athlete, "bounding" over hurdles. This is a plyometric drill. Again, these are basic drills, but they need to be accomplished with a very quick, almost explosive action. Box jumps, which is jumping up on a box and then back down, are not recommended except for the best-conditioned masters athlete, and even for those, the box height should be relatively low.

Downhill Running

Downhill running is an example of a speed drill. Skipping, high knee running and butt kicks can be turned into speed drills by increasing the speed with which they are done.

As with all training programs, these drills should be started slowly, with the quantity and intensity being increased gradually. The explosive nature of the exercises cause an overload to the muscular system; therefore, some basic level of strength is required prior to starting. Masters athletes must use care when starting this and should build up very slowly. The heavier athlete must use extreme caution.

It is possible for masters athletes of all ages and fitness levels to improve or at least maintain their present performance level over an extended period of time by properly training their bodies. To accomplish this, one must do the drills, the stretching, the speed work, the intervals and the base work. It is not easy, but it can be done.

(Ross Dunton is a 61-year-old masters middle- and long-distance runner who coaches middle-distance runners at Sonora High School in La Habra, Calif.)

Kurtis Cracks 2:20 in First Tennessee Memphis Marathon

Breaking the tape in 2:19:33, Doug Kurtis led the 600+ runners in the First Tennessee Memphis Marathon, Dec. 5. "It's a great way to end the year," said Kurtis, who won \$2000 for the men's open division and \$1500 for the masters victory. Pulling away at 17 miles, Kurtis won the race by two minutes. Second master, Luis Lopez, 44, placed 4th overall in 2:23:25. Marina Jones, 41, broke the 3-hour barrier to take the women's masters title in 2:56:26.

Temperatures in the 50s provided near-perfect weather conditions for much of the race which served as the Road Runners Club of America's



Doug Kurtis, 41, overall winner (2:19:33) with Marina Jones, 41, first woman master and third female, First Tennessee Memphis Marathon, Dec. 5.

Photo by Dick Jones

Southern Region Marathon Championships for 1993. □

Review: The Complete Book of Running

by BARBARA ERSKINE

As a masters runner, do you sometimes find it hard to get motivated? Do you get depressed because your race times are slower, but recovery longer? Some inspiration from a few role models might help improve your outlook. You'll find that in *The New York Road Runners Club Complete Book of Running* (1992, Random House, Fred Lebow, Gloria Averbuch and Friends, \$20.00). The book provides entertainment and guidance to runners of all abilities.

In the Aging and Exercise chapters, Frank Shorter, Priscilla Welch and Bill Rodgers reveal their feelings about life

after 40 and their future goals. Several runners from ages 50 to 80 who win their races and are in great shape share their secrets. Bob Glover gives coaching advice, and Fred Lebow, words of wisdom.

The masters information is a small portion of this excellent book. It's the best resource currently available for runners, covering all aspects of the sport from beginning a running program to training for ultramarathons. Experts discuss health problems, youth and female running concerns, nutrition, psychology and much more, giving hours of enjoyable reading. Averbuch's style is relaxed and conversational. She uses anecdotes and examples liberally. Fred Lebow adds his thoughts, bringing a human, emotional touch to the printed word.

As in the masters pages, one of the most valuable assets of the book is all of the first-person experiences related by the heroes and heroines of the sport and their coaches. You'll feel you have read a whole issue of "Runner's World" devoted to interviews with all your favorite celebrities.

The New York Road Runners Club has been a leader in so many facets of running that it's hard to credit them all. Their book is another first: a celebration of running, of being alive and able to run, of friends to share the wins and losses. A vibrant, diverse book reflecting the club membership itself, it helps promote the NYRRC's goal of making a running experience accessible to everyone. □

(Barbara T. Erskine, *Books For Runners*. For information or a free catalog, contact her at 386 Portlock Road, Dept. NM, Honolulu, Hawaii 96825-2027.)



Sandra Jensen, Milwaukee, Wisc., first woman master and military (3:01:45), Marine Corps Marathon, Washington, D.C.

Photo by George Banker

Rocket City Marathon

Continued from page 1

temperatures and wind that slowed times of the faster runners. However, the percentage of finishers was the highest in the 17 year history of the run with 890 out of 965 starters completing the scenic course for a 92.2 finish percent.

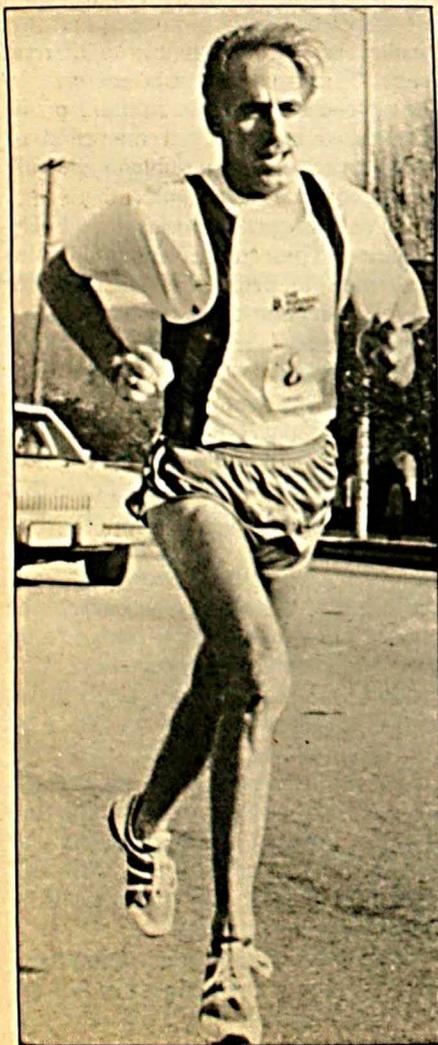
Gary Romesser, 43, of Indianapolis, the 1992 winner, fell at the start of the race, skinning his knee, elbow, and hand, but was able to get up and back into the race and led all masters at the mile mark.

By mile ten, which he passed in



Norm Frank of Rochester, NY, at 1993 WZYP Rocket City Marathon. Frank completed his 511th marathon distance in Huntsville.

Photo by Nancy Sheppard



Gary Romesser at the 10 mile mark of the 1993 WZYP Rocket City Marathon.

Photo by Jay Oaks

54:48, Romesser had a minute and a half lead over Schlau (56:15), followed by Ken Sparks (48, 56:53), Terry McCluskey (45, 59:04) and Wes Wessely (45, 59:23).

Schlau's smooth and efficient stride served him well as he ran into the wind on the return ten miles to the finish. He caught a tiring Romesser in the 25th mile and went on to win his second WZYP Rocket City title in 2:33:27 and took first prize money of \$1000. Romesser was second in 2:34:34 for \$500, and Sparks took third (\$250, 2:37:35). McCluskey was fourth (\$250, 2:41:56) and Richard Weeks, 46, of Nashville, Tenn. took fifth (\$250; 2:45:56).

The next two master finishers were grand masters James Siefring, 52, of Burkettsville, Ohio, who ran 2:47:37, and 55-year-old Jerry McGath of Tupelo, Miss., clocking a 2:51:01 in only his second marathon. They were followed by Wessely, of Lilburn, Ga., in 2:52:24, making seven of the top eight male masters age 45 or over.

"Mine was really a race of patience," winner Schlau said. "I first saw Gary at 23 miles and fortunately still had enough strength left to catch him."

Even though Romesser ran strong in the early part of the race, he admitted that he had not expected to run as fast as he had in winning here the previous year (2:26:02) since a job change had cut down on his training time.

Hutchison, still running strong at age 47, won her fourth masters title in five starts in this race with a 2:55:38 to earn the top masters prize of \$1000. Her time was also fifth best overall among females so she picked up an additional \$250 for that. Carolyn Mather of Morganton, Ga., was second (\$500; 3:10:52), and Cathie Schmidt of Pinellas Park, Fla., took third (\$250, 3:13:23).

Hutchison, who holds the course masters record of 2:45:35, completed the first ten miles in 64:12.

"I just tried to keep a steady pace the whole way," the elementary school teacher said. "My lower legs were tight the first five miles, but by the time I hit the long straight section going south (miles 11 through 15) I felt really good."

Since 1989, five masters have had the distinction of being the only people who have not missed finishing this race since it began in 1979. All five of them

Some readers provide additional support to the National Masters News 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.



Female masters prize money at the 1993 WZYP Rocket City Marathon. L to R: Cathie Schmidt, Carolyn Mather, and Jane Hutchison. Photo by Jim Oaks

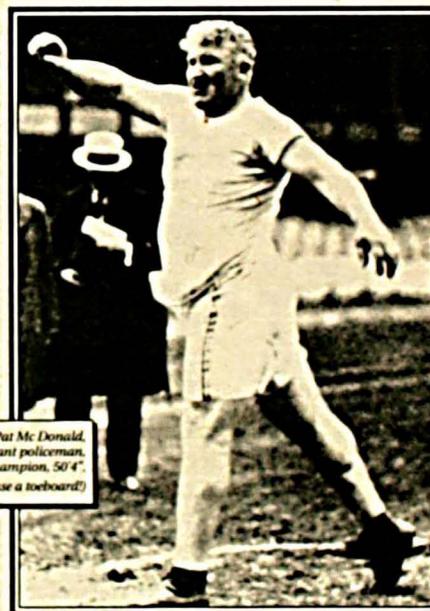
completed the race again this year. They include Giles and Larry Boots of Birmingham, Ala; Dean Godwin of Aiken, S.C.; Garry Elkins of Gadsden, Ala.; and James Foreman from Huntsville.

Norm Frank, a friend and fellow marathoner with the late Sy Mah, is attempting to run a marathon in each state. Frank, the 62-year-old owner of a lawn care business in Rochester, N.Y., added Alabama to his list with a 4:40:40 finish time as he completed the marathon distance here for the 511th (yes, 511) time. □

TEN YEARS AGO February, 1984

- Don Coffman, 40, and Nancy Parker, 47, Best Masters in Rocket City Marathon
- Fred (49, 3:16:12) and Sandra (47, 3:32:34) Kiddy Set 50K Records in Tallahassee
- Bill Reilly, 40, and Shirley Matson, 43, Win National 10K X-C in New York City; Snohomish of Seattle Takes Team Title

Excellence Through Experience



Pat McDonald, the giant policeman, 1912 Olympic shot put champion, 50'4". (They didn't use a toeboard!)

ON TRACK

OVER 70 YEARS COMBINED TRACK & FIELD EXPERIENCE TO HELP OBTAIN THE BEST EQUIPMENT FOR YOUR TECHNIQUE, PHYSIQUE AND MATURITY.

Complete line of Track and Field equipment

Vaulting Poles • Shots • Discus • Javelins • Hammers • Starting Blocks and much, much more!

Call or write for our 1994 Catalog:

ON TRACK • P.O. Box 1674 • Burbank, California 91507

1 (800) 697-2999

PROFILE

An Athlete's Ultimate Test — Beating Back Cancer

by JEANNE ALBANESE

The night sweats are gone, as are the black and red splotches that clouded her vision. The top layer of her fingernails still peels, but the white stubble on her head is growing into hair. She can read again and drive her car.

She even went for a jog. Pat Peterson is recovering, but she won't know for weeks if her latest cancer treatment has worked.

On August 6, 1993, Peterson returned from the hospital after a bone-marrow transplant and several related infections. Two months later, she jogged for the first time in almost eight months.

She didn't go far or move fast, and she dragged her feet instead of lifting her knees. Still, she checked her form in her shadow, making sure her arms pumped methodically, that her head remained straight.

She says it will take at least two years to get back to form, but Peterson, 67, is sure she will run and compete again like a champion. If she can't, there's really no point in running at all.

Peterson, five-foot-four, 106 pounds, is fighting again. For 43 years she fought for women's rights in athletics. Now she is fighting for her life, for the second time, and for her ability to compete in masters track and field, where she is internationally known.

Her own physical fitness has helped her survive this far, doctors say. No matter what happens from here, her fight against cancer already stands as a life-and-death endorsement of her guiding philosophy — that athletics can enrich a woman's life.

"I don't want women watching," she said. "I want them doing."

When the doctor told her in January, 1993, that her lymphoma had returned after three years in remission, Peterson didn't hesitate in choosing a bone-marrow transplant, even though it carries risk, pain and uncertainty. At 67, she wasn't ready to give in to the disease that also took her sister's life. She viewed it as another race to win.

"I've got too much to live for," she said.

Peterson, who lives in Albany, N.Y., worked from 1948 to 1991 as a physical education administrator — coaching, officiating, and serving on state and national committees for girls' and women's sports.

She spent the last 24 years of her career at Oswego State as the chair of the women's health and physical education department. In that time, she made friends and enemies alike while wrangling for the things women's teams were denied — laundry service for uniforms, dugouts on the softball

field and more money out of the budget.

She left Oswego in 1989 when she developed lymphoma, a cancer of the lymphatic system, one year after watching her sister die at age 66. Peterson beat the cancer after six months. She didn't have the energy to go back and do the job her way. Still, she wasn't done with the school.

Filed Civil Rights Suit

In September 1991, Peterson filed a civil rights complaint against Oswego, claiming the school discriminated against female students. Two years later, the complaint is still being investigated by the Department of Education's Office of Civil Rights. It is one of the longest-running cases of its kind.

Some evidence supporting her claim: In 1991-92, Oswego spent about \$30,000 more on men's athletics than women's, and in 1992-93, there were more opportunities for men to compete, even though more women were enrolled. To help fix the problem, the school is adding varsity lacrosse for women.

She draws both praise and criticism for filing the complaint as well as for her work at Oswego. The complaint calls into question everything from locker room space to publicity for women's teams. Her critics hint it was cowardly to wait until she left to raise issues she had some authority over for 24 years.

"Why didn't she do something about it when she was chair?" asked Grace Mowatt, who coached women's swimming for 29 years. "I personally don't see a lot of evidence of her doing things for women in general."

'The Little Things'

Others said Peterson did her best with what was available. Peterson arrived at Oswego in 1967, before the school sponsored full-scale varsity sports for women. Title IX, the federal law which requires equality in athletic programs, was passed in 1972, giving Peterson an additional threat to back up her demands.

"She argued vociferously, eagerly and frequently for upgrading of women's (athletics)," said Barbara Gerber, Peterson's supervisor for seven years. "We didn't move as fast as Dr. Peterson would have liked us to move."

Peterson hired women to coach all women's sports. (Now half of

Oswego's women's sports are coached by men.) She ensured that the women had decent facilities and services. When the college planned to shut down the women's gym because it wasn't cost-efficient, Peterson researched the problem, disproved the theory and saved the building in one day, according to several coaches.

She got a sauna put in the women's gym, new scoreboards for field hockey, softball and basketball, and new washing machines and laundry service — all because the men had them.

"It's the little things that make the difference," said Alice Struzinsky, an Oswego coach for 23 years.

Peterson said she threatened to file a Title IX complaint for 20 years but, fearing retaliation, waited until retirement. Two women who helped Peterson with her complaint claim to be the victims of that retaliation; they are suing the school.

The developments at Oswego are still important to her, but in the last two years her priorities have shifted to running and surviving.

Peterson cared for her sick mother for five years, and upon her mother's death needed to recover her energy and emotional stability.

She turned to competition and entered the 1987 Senior Games. Now she owns six American records, six Canadian records and three world records in masters track and field events for her age group. She's won 391 gold medals — 173 in the last two years. She has competed all around the country, in Finland and in Mexico.

She was running her best last winter, lowering her 200-meter world-record time with every race. In February, while on chemotherapy, she set an indoor pentathlon record with 2659 points at the Nationals in Tennessee.

Fitness' Reward

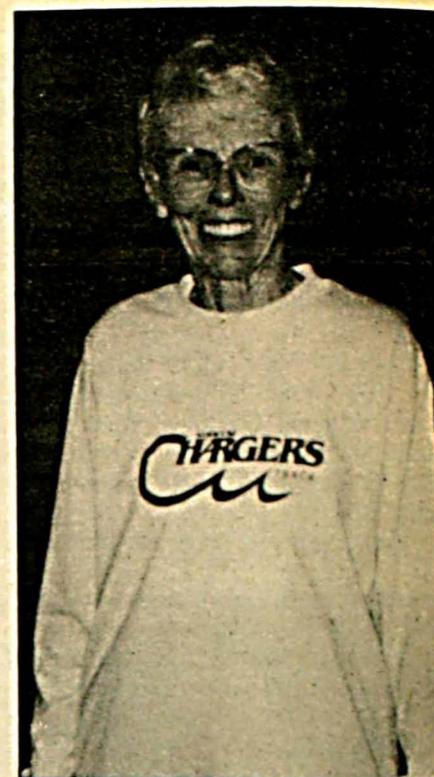
Then she threw away the calendar filled with track meets for a new one filled with doctors' appointments. The first time, the cancer spread throughout her torso and armpits before doctors caught it. This time, it had only reached her stomach. Peterson, in peak running condition, was shocked that the cancer had returned.

Without a bone marrow transplant, Peterson had at most three years to live, three years of chemotherapy. With the transplant, she'd have a 30-50 percent chance of ridding her body of the cancer for good.

"I could not picture myself dying in three years," Peterson said. "Not at the time. I was feeling pretty good. I had moments when I wondered why I was doing this and why didn't I enjoy three fairly decent years of life. Sometimes I wonder how I did face it."

She was in and out of the hospital with infections from May through July, including a one-month stay in the bone-marrow unit of the University of Rochester's Strong Memorial.

Without the mind and body of an athlete, Peterson might not have survived complications from her treat-



Pat Peterson

Photo by Jerry Wojcik

ment and wouldn't have qualified for the transplant at all, according to Dr. John DiPersio, medical director of the program.

About 500 marrow transplants have been done at Strong's unit, and five or six of those patients have been over 65, DiPersio said.

There were times when Peterson could barely move, when talking was difficult. She doesn't remember chunks of time during her illness.

"She was highly motivated and that makes a big difference," DiPersio said. "Transplantation is not easy to go through. People come to us frightened and are not interested to subject themselves to the pain and suffering to get a transplant."

"Pat was very enthusiastic and very positive. These things are intangibles and they do help. She was in better shape than almost any patient, no matter what age."

The Future?

Slowly, her own lifestyle is getting back to normal. She gained back most of the 18 pounds she lost. She is nervous about the future. A CAT scan this month will reveal if all the cancer is gone.

"I have more anxiety now than I had before that it might come back," she said. "How much longer have I really lengthened my life expectancy? If I wasn't going to get really, really better and stay well, it would be foolish to get out there and be running."

She has missed about 12 major track meets since February, including the Masters World Championships in Japan. She missed being with her friends in Japan, but knows she'll be with them soon enough.

"If I can't run and run in good form and run like a champion, I'm not interested," she said. "It's OK. I'm just glad to be alive."

(Reprinted from the Syracuse Post-Standard)

Masters Bombard Rockville Centre 10K

by MAURY DEAN

Unlike Floridians, Michiganders and Ohioans, Long Islanders are rarely treated to flat and fast 10K courses any more. The biggies — Cow Harbor and Shelter Island — box in would-be speed demons with annoyingly “challenging” hills and hummocks. A few nice South Shore flat 5Ks exist, but the 10K hilltopper quest for macho zaps the good times and fast times. So hooray for Rockville Centre — flat, fast, fired up with fall flavor, and featuring nickel-beer at McQuade’s Pub for those who indulge. All this on Nov. 6.

Though the McQuade’s of old changed to “Shark’s” this year (seemed fishy), the Saucony stampede sizzled the Rockville roads. Dan Brach (42, 32:56) and 48-year-old Maddy Harmeling (41:13) scorched the masters competition but the seniors shone as well: 65-year-old Colin Harris (40:14) triumphed over a fine 40:33 effort by birthday guy Geza Feld. Jamaican superstar Hiiton Goring, 57, blasted a 37:45,

while this semi-humble scribe busted the 50+ course record by over a minute, while trying to hold off the fabulously fast first female finisher, Barbara Gubbins (35:33 to 35:36), from whose husband, Justin (2:18, Boston Marathon, 12th in 1977), he bought his first pair of real running shoes (Nikes) in 1979.

Rockville Centre sports a mansion-lined promenade through wide autumn avenues. Rockville Centre is timed by NYC Marathon timer, David “Mr. Accuracy” Katz, and the awards ceremony is religiously sheltered by St. Agnes’ awe-inspiring cathedral, and accompanied by the incessant city-clang clackety-clack of the LIRR elevated tracks six feet from the finish line. Many of us Long Islanders won our first medals here, and Rockville Centre is always a major November homecoming — a Thanksgiving, in a sense, that the year’s hard miles have been run, and it’s time to go to the party. □

Las Vegas Half-Marathon

by BILL CALLANAN

Paul Cummings, Lehi, Utah, newly turned 40, broke the masters course record by almost seven minutes with a 1:05:07 in the 27th annual Las Vegas Half-Marathon on Dec. 18. Forty-nine-year-old Jan Frisby, Grand Junction, Colo., was second in 1:12:53.

Former world record holder Henry Rono, now 41 and an assistant coach at the Navajo Community College in Shiprock, N.M., paced one of the students from the school and finished in 1:16:20.

Margie Lindsey, 51, Fresno, Calif., was the women’s masters winner with a 1:34:36, followed by local runner Amy Fredericks, 47, in 1:35:36. Canadian Nessie Hollicky, 63, of Alberta, won

the W60-64 race in 1:47:42.

Cummings and Lindsey each collected \$150, while Frisby and Fredericks won \$100 apiece.

The race, also the Nevada State Championships, drew about 700 runners, 18 relay teams, and 15 wheelchair contestants. Finishers were treated to a free breakfast buffet at the Eldorado Casino in downtown Las Vegas. The awards ceremony was held at the Stardust Resort & Casino on the Las Vegas Strip at 2:00 p.m.

The city was booming this weekend with the opening of the new MGM Grand Hotel, and the runners had a chance to see the largest hotel and casino open its doors for the first time. □



Top Grandmasters at the Governor’s Cup 8K, Columbia, S.C., Oct. 16; from left: M55 Dick Ruzicka (30:12), M55 Jerry McGath (28:50), M55 Jim Larson (31:00), and Susie Kluttz, first W50+ (35:45). Photo by Charlie Kluttz

The Turkey Trots to Triumph

by MAURY DEAN

Thanksgiving Day, 1993, sent me to Montauk Point, home of Mick Jagger, where 121 of us turkeys chose the three-miler and a few courageous six-mile souls braved the 25° + 25mph (at least) Noreaster that bashed the little windswept summer resort town. The cross-country kids took it out, we followed, and I tucked in behind Clydesdale-master Bill O’Donnell (3rd overall, 17:17) as we picked off the pack. One lanky lad with sweat sox

over his unsweaty frozen fingers took a long, long lead (15-20 sec.). Bill and I pursued, and we caught him coming back to us on the hills. I passed him into the wind’s teeth, and for half a mile I tried to keep him from knowing how tired I really was. It worked. To my surprise, I was not only the turkey who won the Turkey, but the lad, Brian Desmond, turned out to be the #1 runner on the Suffolk College cross-country team. I teach there. □

Masters Age Records 1992

(1993 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- Men’s and Women’s World and U.S. Age Bests for all Track & Field Events, as of Oct. 31, 1992.
- U.S. Age Bests for all racewalking events, age 40 and over, as of Oct. 31, 1992.
- Men’s U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$2 plus \$1.00 postage (\$5.00 foreign postage) to:

NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____

TRAIN WITH THE CHAMPIONS

“Still the best teaching videos on the market...”

Shipping Included in Prices

MAC WILKINS	GOLD MEDAL DISCUS	\$42.45
AL FEUERBACH	BASIC 70' SHOT PUTTING	\$42.45
COMBINATION	SHOT PUT/DISCUS	\$73.50
YURIY SYDIHK	HAMMER THROW	\$52.45
WILLIE BANKS	BANKS ON TRIPLE JUMP	\$52.45

PRICE INCLUDES 2 DAY DELIVERY
VHS only - Washington residents add 8.2% sales tax

Name _____

Address _____

Order _____ Total Amount _____

Send check or money order to: **MAC WILKINS PRODUCTIONS**
P.O. BOX 5571
BELLEVUE WA 98006



The International Scene

by DON FARQUHARSON

2nd WAVA World Veterans Road Racing Championships in Toronto

The Canadian Masters Athletic Association will host the 2nd WAVA World Veterans (Masters) Road Racing Championships on July 30-31 in Scarborough, Ontario, the eastern suburb of Toronto.

The event will feature 10K and 25K runs and a 20K racewalk. The championships will be open to men age 40 and over, and women age 35 and over, as of July 30, 1994.

Competition will take place in 5-year age classes upwards to M95 and W95.

The 10K race will be run over a high-profile, 2-loop course over closed roads, starting and finishing at Scarborough Civic Centre. The 25K will feature a single-loop, closed, semi-rural route through the challenging Rouge River Basin. The 20K racewalk



New Zealand's Jim Blair (2nd from left), WAVA's Oceania delegate, who did a yeoman job as Safety Judge in Miyazaki, is flanked by his Japanese co-workers and interpreter.

will be held on the campus of Scarborough College, a division of the U. of Toronto, on an absolutely flat 2K circuit.

All courses will be exactly measured and certified to AIMS standards and will meet IAAF record criteria.

In addition to full competition in 5-year age groups, there will also be national team competition in each age class for both men and women.

Teams may comprise any number of runners, with the first three of each national team to score on a total time basis. This, alone, will call for over 500 awards. Additionally, there will be overall "top country" awards to national teams (three runners on an age-graded basis).

Finally, there will be a handsome

commemorative award and certificate to all finishers.

Joint Executive Directors for the event are Don Farquharson, Past President of WAVA, and Brian Oxley, former President of the WAVA North American region. They have promised to put on a world-class championship.

Race directors are John Craig, former Canadian sub-4-minute miler who has directed the successful Toronto Marathon for the past nine years, and Brian Keaveney, for many years a leading CMAA race director.

This quartet is backed up by an experienced team, each having responsibility for some aspect of direction. There is already considerable international interest.

Continued on page 19

ENTRY FORM 2nd WAVA Road Race Championships 1994

Please enter me in the following event(s):
 10 Km Road Race
 25 Km Road Race
 20 Km Race Walk

(Please print)
 SURNAME FIRST NAME SEX m f
 DATE OF BIRTH AGE on July 30th 1994
 day month year
 COUNTRY (by citizenship or permanent residence)
 ADDRESS
 Telephone Fax

I enclose:		Canadian entrants only.
	\$U.S.	\$Canadian
WAVA Fee	10.00	13.00
Entry to first event	25.00	32.00
Canadian federal tax	1.75	2.25
Entry to second event	12.00	15.00
Canadian federal tax	.84	1.00
Presentation banquet U.S.\$24 x number	30.00 x /
TOTAL

Please make cheque (drawn on a Canadian bank) or order payable to: "2nd WAVA Road Race Championships 1994."

WAIVER (COMPETITOR'S RELEASE):
 I, the entrant, hereby declare that I am in good health, have properly trained for this competition and am sufficiently skilled in the event(s) entered to be able to comply with all the rules of competition and I present no hazard to myself or other competitors. I accept and understand that the championships are conducted under the provisions of the WAVA Constitution and By-laws.

I, for myself, my heirs, executors, administrators, successors and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE the Organising Committee, WAVA, the CMAA, the Corporation of the City of Scarborough and its employees, Metropolitan Toronto, the Ontario Track and Field Association, the IAAF, The Metropolitan Toronto Police Force, the Durham Region Police Force, and anyone appointed by any of the foregoing, from all claims, demands, damages, costs, expenses, whether in law or equity in respect of death, injury, loss or damage to my person or property, HOWSOEVER CAUSED, arising or to arise by reason of my participation in the 2nd WAVA Road Race Championships 1994, whether as a spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event and notwithstanding that same may have been contributed to or occasioned by negligence. BY SUBMITTING THIS ENTRY, I acknowledge having read, understood and agreed to the above WAIVER, RELEASE AND INDEMNITY. (In case of doubt in translation, the English version will apply.)

DATE..... SIGNATURE.....

please reserve rooms in Scarborough College. My arrival date will be

I will leave on (Minimum stay is two nights.)

I enclose a deposit of \$... (20% of accommodation costs).

I understand that this is refundable until April 15th. I will send the balance to arrive on or before 1st May, after which date my booking may be lost.

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

EXECUTIVE VICE PRESIDENT:
 Bob Fine
 3250 Lakeview Blvd.
 Delray Beach, FL 33445
 USA
 Fax: 1-407-495-5054

VICE-PRESIDENT (Stadia):
 Bill Taylor
 17 Poplar Farm Close
 Milton-under-Wychwood
 Oxford, OX7-6LX
 Great Britain
 Fax: 44-993-831-204

VICE-PRESIDENT (Non-Stadia):
 Jacques Serruys
 Korte Zilverstraat 5
 B - 8000 Brugge, Belgium
 Fax: 32-50-334-325

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



TREASURER:
 Al Sheahen
 P.O. Box 2372
 Van Nuys, CA 91404
 USA
 Fax: 1-818-782-1135

WOMEN'S Delegate:
 Hannelore Guschmann
 Sint Andriesdreef 9
 B - 8200 Brugge - St Michiels
 Belgium
 Phone: 050/38 76 12

IAAF Delegate:
 Cesar Moreno Bravo
 Camino a la Piedra del
 Comal No. 24 Col. Tepepan
 16020 Xochimilco, D.F.
 Mexico

DELEGATE OF NORTH AMERICA
 Rex Harvey
 160 Chatham Way

Mayfield Heights, OH 44124
 USA
 Home Phone: 216-446-0559
 Business: 216-531-3000 x3366
 Fax: 216-531-0038

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

ASIA:
 Hari Chandra
 #24-12 Block 44,
 Marine Crescent, Singapore
 Fax: 65-22-76090

EUROPE:
 Dr. Hans Axmann
 Eichendorffstrasse 2
 91522 Ansbach
 Germany
 Phone: 0981/86172
 Fax: 49-981-53206

OCEANIA:
 Jim Blair
 43 Emslie Road
 Pinehaven, Upper Hutt
 New Zealand
 Fax: 64-4-528-0115

AFRICA:
 Col. Pascal Mackonguy
 BP 1222 Brazzaville
 Republic of the Congo



Report from Britain

from MARTIN DUFF

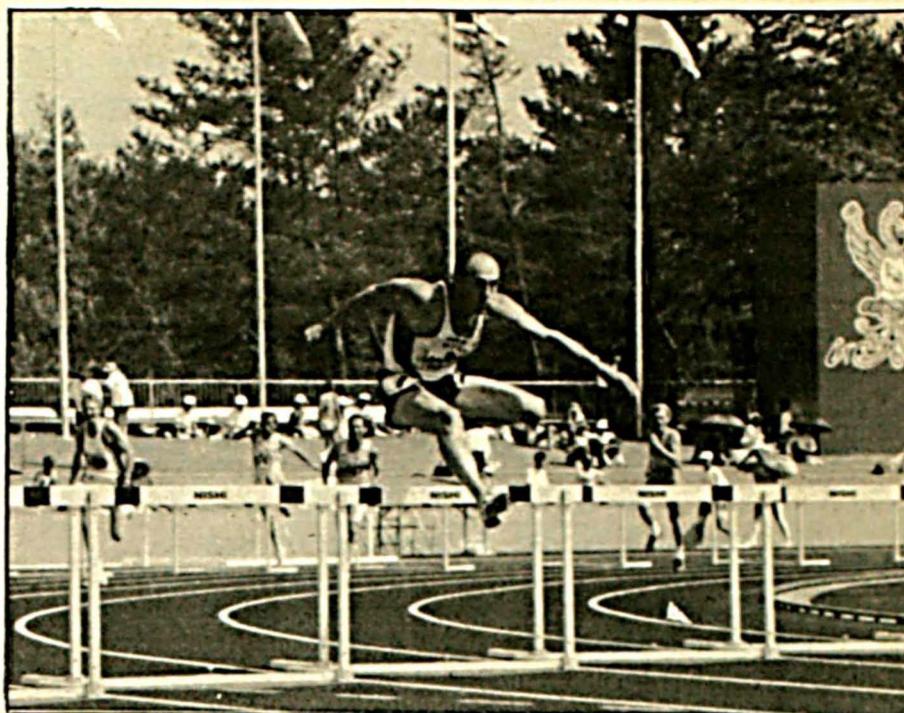
Racing this fall has seen the emergence of a new men's champion in Martin Rees, a steelworker in South Wales. Rees has been running only three years; yet now, at 40, he won the Nov. 6th Home Counties Cross-Country International (29:46) and the Nov. 28th British Veterans 10K (31:25). Both were close races, but Rees' lack of experience did not mat-

ter, as he ran well at the finish.

Marian Eldridge, 39, was a solid winner (18:00) in the women's section of the Cross-Country International, ahead of 41-year-old Christine Price, but in the 10K championships, Paula Fudge, 41, put in an impressive 34:51 to lead 36-year-old Caroline Horne (35:50). □



Nurses were on duty at the first aid station next to the first stadium in Miyazaki Sports Park at the World Veterans Championships.



California's Marion Sanchez, USA M60 T&F track athlete of the year, shows good form en route to a near M60 WR 44.24 in a heat of the 300H at the World Championships in Miyazaki. Sanchez later pulled a hamstring and had to drop out of the competition.

International Scene

Continued from page 18

A wide choice of accommodations has been arranged at reasonable prices:
1) Scarborough College will be the center of many activities, including

registration. It has extensive recreational grounds, miles of running paths, and no traffic. Each townhouse consists of four separate, single bedrooms,

Continued on page 20

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m	7.0m	19.00m	8
60-69			39'4"	22'11½"	62'4"	
70 Plus	400m	.762m 30"	45.00m	35.00m	40.00m	10
30-39			147'7½"	114'9½"	131'2½"	
40-49			50.00m	164'0½"	35.00m	
60-69	114'9½"	131'2½"				
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	

MEN

30-39	110m	.991m 39"	13.72m	9.14m	14.02m	10
40-49			45'	30'	46'	
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	10
50-59			147'7½"	114'9½"	131'2½"	
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

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.

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

Bill Adler Masters Tours

INTERNATIONAL T&F MEETS 1994
WORLD MASTERS GAMES - BRISBANE, AUSTRALIA
 Sept. 25 to Oct. 3, 1994 (10 Days & 9 Nights)
 From: L.A. \$1,325 - N.Y. \$1,535

NO. & CENTRAL AMERICAN T&F CHAMPIONSHIPS
 Edmonton, Canada - Aug. 3 to Aug. 8, 1994 (6 Days & 5 Nights)
 From: L.A. \$799 - N.Y. \$899

WAVA WORLD VET ROAD RACING CHAMPIONSHIPS
 Toronto, Canada - July 29 to Aug. 1, 1994 (4 Days & 3 Nights)
 From: L.A. \$499 - N.Y. \$425

NO. & CENTRAL AMERICAN T&F CHAMPIONSHIPS
 and
WAVA WORLD VET ROAD RACING CHAMPIONSHIPS
 Toronto & Edmonton - July 29 to Aug. 8, 1994 (11 Days & 10 Nights)
 From: L.A. \$1,225 - N.Y. \$1,175

MEXICAN MASTERS vs. U.S. MASTERS T&F MEET
 Mexico City - June 23 to June 27, 1994 (5 Days & 4 Nights)
 From: L.A. \$599 - N.Y. \$649

Bill Adler Masters Tours
 435 E. Tahquitz Cyn. Way
 Palm Springs, Ca. 92262

Telephone & Fax: (619) 325-6307

Please send me information on the following tours & T&F Meets:

1. World Masters Games (Australia) _____
2. No. & Central American T&F Meet (Edmonton) _____
3. WAVA World Vet Road Racing Championships (Toronto) _____
4. Mexican Masters vs. U.S. Masters T&F Meet (Mexico City) _____

NAME: _____

ADDRESS: _____

International Scene

Continued from page 19

a bathroom, lounge, dining room and fully-equipped kitchen. CAN\$39

(about US\$30) per person, including all taxes and a full breakfast. Phone: 416-495-4059; fax: 416-495-4310.

A VIP INVITATION IS EXTENDED TO NATIONAL MASTERS NEWS READERS

to view

'94 GOODWILL GAMES TRACK & FIELD & OTHER EVENTS

In beautiful St. Petersburg, Russia
COMPETE FOR U.S.A. VS. TEAM RUSSIA
& FOLLOW TRACK AND SPORTS MEDICINE COURSE
AS A PROUD MEMBER OF TEAM U.S.A. ENTER ONE OR MORE
TRACK & FIELD EVENTS VS. RUSSIAN PEERS...COMPLETE
TRACK & FIELD PROGRAM...ALL AGE CATEGORIES
and/or

Compete in Fitness Decathlon...12-minute run, sit-ups, push-ups, flexibility, percentage body fat, grip strength, pull-ups, vertical jump, fitness questionnaire & 50-yard dash...Enter or watch & cheer TEAM U.S.A. on to victory in Aerobic Dance Competitions...Singles, Pairs, Mixed Pairs, team and mass fit & fun dance exhibition.

Attend GWG Opening Ceremonies...then view...learn and be inspired during six full days of exciting Track & Field competitions as the best athletes in the world compete for Goodwill Games honors...extend your stay and view other GWG events.

Improve your knowledge following Sports Medicine Diploma Course: SM 725 - Innovative Track and Sport Medicine Theories, & Practices (3 to 6 Continuing Medical Education or Graduate Education credits available on optional extra fee basis).

SPECTACULAR SIGHTSEEING, EDUCATIONAL & SOCIAL PROGRAM

In St. Petersburg...tour Peter & Paul Fortress...St. Isaac's Cathedral...the War Memorial... Russian Museum ...Hydrofoil Cruise to Petrodvorets...tour the magnificent Summer Palace and Gardens of Peter the Great...& more
...Extend your stay and cruise in the splendor of the midnight sun to Stockholm. In the Swedish capital...visit the Royal Palace...tour the National Sports Museum...the historical old section of Stockholm, the fabled 17th Century Wasa Warship and enjoy fitness activities at the Swedish National Institute of Sport at Bosön

Organized on an all-inclusive basis

Round trip air transportation, accommodations, complete meals, tickets to all Goodwill Games Track & Field events, other events on July 30 & 31

Sports Medicine Course, local transportation, Petrodvorets cruise, Swedish cruise, Awards to all competitors, Diploma, Team USA T-shirt, sightseeing, educational & social events...Tax deductible

Regular Term...Opening Ceremonies & Track & Field

Competitions ...July 21st to 30th...\$2,975

Extended Term...Goodwill Games Events of your choice on July 30th & 31st
...cruise to Stockholm...sightseeing...July 30th-August 3rd...An additional \$995

Recruit a group and travel free

Organized by:

THE ASSOCIATION FOR INTERNATIONAL CULTURAL
EXCHANGE PROGRAMS (AICEP)

& THE ST. PETERSBURG GOODWILL GAMES ORGANIZING COMMITTEE
in cooperation with American Running & Fitness Association
and National Masters News



REGISTRATION LIMITED

Call/fax/write today to:

Ms. Elizabeth Morris

AICEP

10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4

Phone: (514) 697-3735

Fax: (514) 697-0628



2) Howard Johnson Hotel, Scarborough. Four star. Race headquarters. CAN\$57/two persons. 416-439-6200; fax: 416-439-5689.

3) Holiday Inn Toronto East, Scarborough. CAN\$69 for single, double, or triple. 416-293-8171; fax: 416-293-3840.

4) Sheraton East Hotel, Scarborough. World class. CAN\$79 single or double. 416-299-1500; fax: 416-299-8959.

5) Venture Inn, Scarborough. CAN\$49 for two double beds. 416-439-9666; fax: 416-439-4295.

Mention the WAVA Championships to obtain these rates.

Canada's newest and best-equipped YMCA has kindly extended a warm welcome to all competitors and families during their stay.

Full details are contained in the official entry booklet, written in six languages, and available from national veteran (masters) bodies or from CMAA, Ontario Sports Complex, 1220 Sheppard Avenue East, Room 218, Willowdale, Ontario, M2K 2X1. Phone: 416-495-4059; fax: 416-495-4310.

These races will be the premier world road races for masters in 1994. They will provide a great opportunity for all masters to compete alongside the world's best while renewing acquaintances with friends from around the globe.

The championships will be the first of three sequential events held on suc-



New Zealand's Bruce McPhail and Australia's Reg Austin renewed their rivalry in the M55 100 and 200, with Austin winning each (11.78/24.04), at the World Championships in Miyazaki.

cessive weekends. The other two are the North and Central American and Caribbean WAVA Regional Track and Field Championships in Edmonton, Alberta, August 4-7; and the USA National Masters Track and Field Championships in Eugene, Oregon, August 11-14.

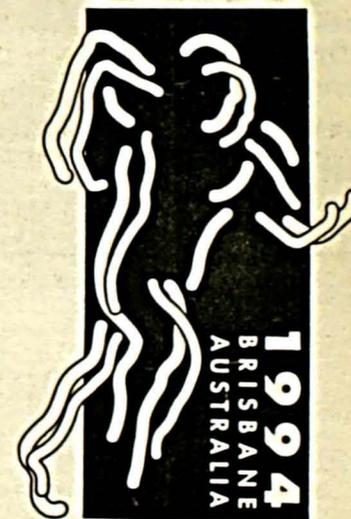
What an athletic feast. □

A WORLD CLASS OPPORTUNITY

Competition at the World Masters Games will be at world standard venues throughout Brisbane including the Qell Jubilee Sports Centre, the Sleeman Sports Complex and South Bank Parklands - the redeveloped site of World Expo 88.

An international conference in Sports Medicine will be held in conjunction with the World Masters Games. The event also coincides with Brisbane's famous Warana Festival - the 10-day celebration of the coming of spring.

WORLD
MASTERS
GAMES

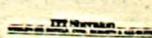
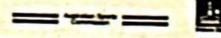


SPORTS TRAVEL INTERNATIONAL, LTD.

(619) 225-9555 or (800) 466-6004

The Challenge Never Ends!

Track & Field Sept. 26th - Oct. 3rd, 1994





WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF



MINUTES OF THE WAVA GENERAL ASSEMBLY IN MIYAZAKI, JAPAN, OCTOBER 14, 1993

- Present:** Cesare Beccalli in the Chair, the WAVA Council
- Guests:** Suketaka Matsukata, Governor of Miyazaki Prefecture, Lamine Diack, IAAF Vice President, Amadou Diarra, IAAF Veterans' Committee
- Delegates for WAVA Affiliates (number of Delegates in brackets):**
- Africa:** Cabo Verde (1), Senegal (1), South Africa (1)
- Asia:** Brunel (1), People's Republic of China (1), Hongkong (1), India (2), Indonesia (1), Japan (2), Kazakhstan (1), Korea (1), Malaysia (1), Singapore (1), Sri Lanka (1), Taiwan (1)
- Europe:** Austria (1), Belgium (1), Czech Republic (1), Denmark (1), Estonia (1), Finland (5), France (3), Germany (5), Great Britain (5), Greece (1), Hungary (1), Ireland (1), Italy (4), Moldova (1), the Netherlands (1), Norway (3), Poland (1), Portugal (1), Romania (1), Russia (1), San Marino (1), Slovenia (1), Spain (1), Sweden (5), Switzerland (2), Turkey (1)
- North and Central America:** Canada (4), Mexico (1), Puerto Rico (1), Trinidad (1), United States (5)
- Oceania:** Australia (5), New Zealand (5)
- South America:** Argentine (1), Aruba (1), Bolivia (1), Brazil (1), Chile (1), Colombia (1), Paraguay (1), Peru (1), Uruguay (1), Venezuela (1)

1. OPENING OF THE GENERAL ASSEMBLY

The President of WAVA, Cesare Beccalli, welcomed the Delegates, Guests and Observers with an especially warm welcome to Governor Suketaka Matsukata and IAAF Vice President Lamine Diack and declared the General Assembly open.

The Governor Suketaka Matsukata, the IAAF Vice President Lamine Diack and the IAAF Representative on the WAVA Council César Moreno used the opportunity to address the General Assembly and wished the Assembly as well as the veterans' athletics the best success.

2. CERTIFICATION OF THE PROPER CALLING OF THE ASSEMBLY

The WAVA Secretary Torsten Carlius accounted for the calling of the General Assembly, which was distributed by mail to all Affiliates on January 6 whereafter the agenda with all material was distributed on August 24 - all in accordance with the WAVA Constitution.

The General Assembly certified that the calling was made properly.

3. ELECTION OF 2 SCRUTINEERS FOR THE MINUTES

Karri Wichmann, Finland, and Heinrich Clausen, Germany, were elected as scrutineers to certify the minutes.

4. ELECTION OF 2 PERSONS TO COUNT THE BALLOTS

Charles DesJardins, USA, and Thanga Chandra, Singapore, were elected to count the ballots.

5. REPORTS BY THE WAVA OFFICERS

The reports had been circulated by the WAVA Secretary in advance of the General Assembly and the Officers made short comments to the General Assembly which gave reason to some discussions.

President's report

Keith Whitaker, Great Britain, asked Cesare Beccalli about the situation re World Masters Games planned for Brisbane in 1994. Cesare Beccalli answered that there has been a meeting between the organizers and WAVA in London in July and as the World Masters Games are, for time being anyway, more a festival than championships and the organization wants to cooperate with WAVA there are no reasons for WAVA to recommend veterans not to participate. WAVA will of course follow the development carefully.

Fernando Ferreira, Portugal, asked the President about the relation to IAAF. Cesare Beccalli referred to his report and said the WAVA-IAAF relation had developed very well and that WAVA has to-day a strong support from IAAF.

Vice-President Stadla's report

Norman Green, USA, asked Bill Taylor if the new age-factors were approved by the WAVA Council which Bill Taylor affirmed. Norman Green expressed his thanks to all those who had contributed to these new age-factors. A copy of the age-factors could be obtained from Al Sheahan.

Fernando Ferreira, Portugal, said he finds the performances in steeplechase in the upper ages very disturbing and asked for special rules for this event - if possible together with IAAF. Bill Taylor promised to look into the matter.

Vice-President Non-Stadla's report

Marina Hoerneck-Gil, Spain, asked Jacques Serruys who had been contacted for the inquiry about the long walking distance 20 km which was referred to in his report. Jacques Serruys pointed to the WAVA Council proposal at item 8 in the agenda where the question would be discussed.

Brian Oxley, Canada, underlined that decisions about road championships organizers must be taken much earlier than one year ahead and was reassured by Jacques Serruys that in the future organizers will be elected 3 years ahead, i.e. this General Assembly will elect the organizer also for 1996.

Secretary's report

Torsten Carlius commented upon his report with regard to the growing number of new Affiliates which has now come up to 101 - an increase of about 30 Affiliates since 1991. More countries are expected to apply for affiliation.

Stan Perkins, Australia, commented upon the Secretary's report that it is difficult to keep a constant contact with all WAVA Affiliates when the regions are so big, for example Oceania. Torsten Carlius and the President answered that WAVA must have the same regions as IAAF but that the WAVA Council could perhaps study the matter to see what could be done.

Treasurer's report

Al Sheahan declared that the economic surplus for 1992-1993 can now be estimated to about US\$ 100.000:-. The Council will of course discuss how to use the money for the benefit of veterans' athletics.

In the discussion after this statement various proposals came up, for example simultaneous interpretation, help to poor countries and areas, which all were handed over to the Council to study.

Ron Bell, Great Britain, asked if really all athletes have paid the WAVA fee US\$ 15:-. Al Sheahan answered that Japanese athletes that start only in maraton/cross country pay US\$ 7.50 due to an agreement with the organizers which also meant that the organizers took over expenses not in the contract. This agreement, however, was an exception and not a principle for future use. Many delegates criticized the decision and the General Assembly voted unanimously that no changes of WAVA participation fees may be done after the contract has been signed.

All reports were hereafter approved by the General Assembly.

6. OFFICERS ELECTIONS

Ballots took place for the offices of President and Vice-President, Stadla, after each candidate had been allowed 2 minutes to make a presentation.

Results of the voting were:

President:	Cesare Beccalli	63 votes
	Owen Flaherty	47 votes
	2 abstained	

Vice-President, Stadla:	Bill Taylor	84 votes
	Vadim Marshov	27 votes
	1 abstained	

All other officers were unopposed and reelected without ballots:

Executive Vice President:	Bob Fine
Vice President, Non-Stadla:	Jacques Serruys
General Secretary:	Torsten Carlius
Treasurer:	Al Sheahan

7. APPOINTMENT OF WOMEN'S REPRESENTATIVE

Cesare Beccalli announced that Hannelore Guschmann, Belgium, had been elected as new Women's Representative on the WAVA Council replacing Bridget Cushen who, after 10 years' service, could not be reelected according to the Constitution.

Hannelore Guschmann thanked for the confidence shown in her and promised to work hard for the women's interests. Bridget Cushen gave a short report from the Women's Assembly whereafter Bob Fine as spokesman for the WAVA Council and the Affiliates thanked Bridget Cushen as well as Don Farquharson, outgoing Past President, for their successful and extensive work for WAVA during many years.

8. AMENDMENTS TO THE WAVA CONSTITUTION/BY-LAWS

Recommendations about amendments to the WAVA Constitution/By-Laws from the WAVA Council

1. General Assembly, Constitution section 4

Addition to paragraph 4 D

After the words "simple majority vote" on line 2 is added: ", except for amendments to the Constitution for which a 2/3 majority shall be required." Then continued "and shall ..."

Approved unanimously.

2. General Assembly, Constitution section 4

New sentence is added to paragraph 4 H

If a constitutional amendment is defeated at a General Assembly a similar cannot be raised at the next General Assembly again.

After discussion Keith Whitaker, Great Britain, proposed that the words "unless suggested by the Council" be added which was approved by 77 votes to 32. The amendment was hereafter approved by 73 votes to 29.

3. General Assembly, Constitution section 4

New paragraph is added as 4 J

Anyone found guilty of any offence under sub-section 7.a in the By-Laws may not be a delegate at a WAVA General Assembly during the suspension period.

After having restricted the clauses under sub-section 7.a to 7.a I-III and V (by 79 votes against 16 votes) the proposal was approved unanimously.

4. General Assembly, Constitution section 4

New paragraph is added as 4 K

Temporary text in the By-Laws, paragraph 8.a, is deleted

Substitutes for Regional Delegates will be permitted upon written verification from the Regional President submitted to the WAVA General Secretary 24 hours in advance of the opening of General Assemblies and/or Council meetings.

Approved by 109 votes against 3 votes.

5. General Assembly, Constitution section 4

New paragraph is added as 4 L

Temporary text in the By-Laws, paragraph 8.c, is deleted

Each delegate of an Affiliate shall be a member of the Affiliate. Substitutes may be named for any delegate with the exception of a WAVA Officer. A substitute may vote in the place of an absent delegate provided the substitute meets all required qualifications of a voting delegate. Substitutes shall be stated upon written verification from the President of the respective Governing Body on the stationery of that National Body submitted to the WAVA General Secretary 24 hours in advance of the opening of the General Assembly. There shall be no voting by proxy.

Approved unanimously.

6. Council, Constitution section 5

The last words on line 3 of paragraph 5 F shall read:

"a quorum shall consist of 9 members."

The proposal was amended by 86 votes and 4 abstentions to read: "a quorum shall consist of 2/3 of the Council members" which was approved unanimously.

7. Women's Assembly, Constitution section 8

The following words are deleted in paragraph 8 b, line 2

"and may vote"

Approved unanimously.

8. Standing Committees, Constitution section 9

The following committees are added as standing committees:

- Organizing Advisory Committee
- Law and Legislation Committee
- Doping Committee

Some text re these committees will be moved from the By-Laws to the Constitution to clarify the purpose of the committees.

With the addition of a Medical Committee the proposal was approved unanimously. The Medical Committee shall deal with matters re sex clarification, upper ages and work in close cooperation with IAAF. The WAVA Council was charged to specify structure of and instructions for this committee.

9. Records Committee, Constitution section 9/By-Laws, new section

The first paragraph, 9(a), is deleted and replaced by a new section in the By-Law after the other committees with the following paragraphs:

I There shall be 10 members of the Committee plus the Chairperson

II Each of the WAVA Regions shall have the right to appoint one delegate to this Committee. If any Region does not appoint a delegate the Chairperson can then appoint a person to the Committee. Such person may come from any part of the world.

III The Chairperson of the Records Committee shall have the right to appoint four members to the Committee.

Approved unanimously.

Other proposals from the Council

1. Weight pentathlon

Weight pentathlon is proposed to be incorporated in WAVA Track and Field Championships for men and women with effect from 1994.

The individual disciplines included in the weight pentathlon are held in the following order:
Hammer - Shot - Discus - Javelin - Heavy Weight

The specifications for the implements correspond to those used for the individual events in the respective age-group. For heavy weight the following weights shall be used:

M40/M45	M50/M55	M60/M65	M70/M75	M80+
15.880 kg	11.340 kg	9.072 kg	7.258 kg	5.449 kg

M35/M40/M45	M50/M55	M60+
9.072 kg	7.258 kg	5.499 kg

Detailed specification for the heavy weight shall be as prepared by WAVA Council.

Each competitor shall be allowed 3 throws in each discipline.

Continued on page 23

10TH WORLD VETERANS CHAMPIONSHIPS AGE-GRADED

by PHIL MULKEY

So you thought you knew all the outstanding performers of the World Championships in Miyazaki, Japan? Think again! Age-grading is the only true way of evaluating everyone's performance at the same time against one another. You may be very surprised and pleased (maybe not) at the age-graded results of this, the biggest track and field meet of all time.

Just what do all those numbers mean? And those percentages --- what do they represent?

Well, for a start:

1) We've taken every performance of every competitor and graded it to a common denominator so that we can see how all of the competitors would rank if they had all participated in a single division (30 and under in age) that would represent the prime years of all the participants. Age-grading is a way to balance the age difference between a 40 year old and an 80 year old to a common performance.

2) From this we have given you the Gold, Silver, and Bronze medal winners of such a meet.

3) The percentages represent what is calculated to be a "perfect" performance for that particular age. That is, 100% of course would be "perfect", the percentages any less than that indicates just how close they have come to "perfection".

4) "Hey, I just flipped through the results and see seven performances more than 100%!" How can you be more than "perfect"? Well, theoretically one cannot, and it would appear that some of the events are in need of adjustment since the tables were first officially used in 1989. But some of the events are just too hard to score in, also. Some of the events need to be adjusted "up" on the tables. All this needs to be done to make the scoring as fair and logical as possible. As you look at the results yourselves and discover some of these changes that should be made, you may also marvel at just how accurate the great bulk of the events actually are after having proven themselves over a five year period. Even as you critique these results, you may be happy (then again, you may not) to know that several changes and adjustments are, at this very time, being made.

5) We have also, on a 5-3-1 basis, scored each of the age-groups for both male and female to see which age-groups perform the best.

6) Additionally, we have scored in the same manner, all of the points earned by each country that participated in the championships to see just which are making the best showing.

Plus a few other juicy tidbits. So, read on and enjoy.

The men's competition was quite strong; all events but the discus and pole vault were over 90%. And the competition was extremely close; more than a third (8 of 23) of the events were won by less than 1/2 %. The closest was M60 FRANCISCO VICENTE (Por) as he eked out a .05% win from his teammate, M60 Armando Aldegalega (Por) in the 10K cross country (31:11-31:12). The most dominant win was by M60 PHIL MULKEY (USA) with his 9.0% margin over M55 Werner Schallau (Ger) in taking the decathlon (8547-7748). Although not seemingly related to their winning margins, Vicente won a total of three events and a runner up to pace his M60 division into a tie with the M55 with 47 points. The M60 got the bulk of their points from seven Golds, while the M55 scored medals in a total of 17 events. Meanwhile, Mulkey was winning two Golds and a Bronze to lead his USA team to their Championship title by outscoring Germany and 17 other countries, 39-34. Both the leading countries got five Golds, but the USA had a total of 14 medals. Fittingly, nineteen countries and all the age-groups (M40-M80) contributed to the scoring in the top three places individually, although a graph would show the scoring on either side of the M55-60 to fall off progressively the further the age-groups were from this center.

It was a great World Championships, to be sure, but when compared to the open World Championships held in Stuttgart in September only 10 of our male Veterans would have been able to come back with a medal. All of our 400m team would have scored with M60 RALPH ROMAIN (Tri) and M65 WILHELM SELZER (Ger) capable of taking the Gold, and M65 JIM LAW (USA) could have had the Silver. But Romain would have stunned the world, shocked the officials, and embarrassed the other competitors in the 400m as he came across the finish in a quite unbelievable :42.59 clocking; fully 7/10 faster than Butch Reynolds world record!

M80 MAZUMI MORITA (Jpn) would have certainly made that "other generation" look good as he would have taken his event (TJ) edging open winner Mike Connelly by a single inch with 58'8.5" and only three inches off the World Record.

M55 HELMUT KLIMMER (Ger) spanned 27'5" in the long jump for the Silver medal.

The entire 10,000m team would have won medals with Vicente, Aldegalega, and M55 Stephen James (Gbr). Vicente, though, could have taken the Gold with his time of 27:40.43.

Including a couple of our javelin throwers, M40 JORMAN MARKUS (Fin) who could have won it, and M70 Eric Eriksson (Swe) who could have finished runner up, nobody else was able to get on the scoreboard, although Mulkey missed by the barest of margins possible --- a single point in a 8548 Bronze decathlon.

Not surprisingly, Romain ended up with the best overall percentage of 101.6%, Markus 99.6% followed by Morita's 99.5%.

Doublers? Just Vicente with 96.1% and Mulkey with 96% averages.

W45 PHILIPPA RASCHKER (USA) would have taken three Gold and two Silver medals from this World Championship even if the entire meet had been conducted on an official age-graded basis. Her victories in the Heptathlon, 400 meters, and Pole Vault, plus runner ups in

High Hurdles and 200m, pushed her USA team into a 38-38 tie with Germany for the Country Title. The USA made most of their points off their six Golds, while Germany scored with their 12 medals. Raschker also led her W45 team to its age-division Championship by easily beating the W55, 53-34. The W45's had six Golds and a total of 17 medals.

Co-incidentally, Raschker also had a hand in both the slimmest and biggest wins in the competition. She barely squeaked by teammate W45 Marge Allison (Aus) in heart-stopping come-from-behind 400m victory, :52.37-:52.59 (0.4%), and then turned around and defeated M50 Petra Pietersen (RSA) in the vault by more than two feet, 12'11" to 10'10" (17.6%).

While all age-groups from W35-75 were represented in the scoring of 18 countries, had they all met up on the fields of Stuttgart for such a mythical world championship, the female Veterans barely made it to the scoreboard. Three Silvers were all that could be managed with W65 SHIRLEY PETERSON (Aus) with 48'10.25" in the TJ, and Javelinists W45 NATAJA BEZJAK (Sol) and 55 GERTRAUD SCHOENAUER (Aut) with 225'11" and 221'3" respectively.

But while the Women may not have fared as well as the Men in some respects, when it came to top percentages they simply blew them away. With Raschker leading the way once again with 108.5% in the vault, she was closely followed by W60 JUTTA SCHAEFFER (Ger) with 105.8% in the hammer, Bezjak's 104.1% in the jave, W55 EVAUN WILLIAMS 103.1% in the hammer, and Schoenauer's 101.9% in her javelin; all better than the top male counterpart. Then come in with another 100% plus .5 for W60 ANTONIA IVANOVA (Rus) and a 99.7% with Peterson's jump and you have the ladies with the best six, and eight of the top nine!

There were several "doublers". Raschker, of course, averaging 99.9%, followed by W75 BRITTA TIBBLING (Swe) who averaged 91.6% with her 5k walk-10k walk double, W50 URSULA ODERMATT (Sui) with her 90.7% 10k-10k Cross Country, and W40 CAROL McLATCHIE (USA) 89.5% for the 1500 and 5000.

G, S, B = Respective medals won with inclusion in Stuttgart Open World Championship

* = Best performance by an American

Men's Top Ten

Age-Group	Team	Event	Mark	Percentage	Country	Medal
M60	ROMAIN (Tri)	400m	101.6%		USA	PV
M40	Markus (Fin)	JT	99.6%		GER	HT
M80	Morita (Jpn)	TJ	99.5%		Sol	JT
M65	Selzer (Ger)	400m	99.4%		Gbr	HT
M65	Law (USA)	400m	98.8%		Ger	JT
M60	Liedke (Ger)	SP	98.7%		Rus	HT
M45	Murofusi (Jpn)	HT	98.2%		Aus	TJ
M70	Van Zyl (RSA)	IH	98.1%		Nzl	SC
M60	Mulkey (USA)	HH d	97.8%		Gbr	SP
M60	Vicente (Por)	10k	97.1%		USA	200

Women's Top Ten

Age-Group	Team	Event	Mark	Percentage	Country	Medal
W45	RASCHKER (USA)	PV	108.5%			
W60	Schaeffer (Ger)	HT	105.8%			
W45	Bezjak (Sol)	JT	104.1%			
W55	Williams (Gbr)	HT	103.1%			
W55	Schoenauer (Ger)	JT	101.9%			
W60	Ivanova (Rus)	HT	100.5%			
W65	Peterson (Aus)	TJ	99.7%			
W50	Orman (Nzl)	SC	98.1%			
W60	Chrimes (Gbr)	SP	94.0%			
W35	Ashford (USA)	200	93.7%			



Age-Group Team Championship

Age-Group	Team	Points
M60	47 W45	53
M55	47 W55	34
M50	34 W50	31
M65	28 W60	25
M45	16 W40	22
M40	14 W35	16
M70	10 W65	13
M75	6 W75	10
M80	5 W70	3

Age-Graded Team Championship

Men	Women
USA 39	USA 38
GER 34	GBR 38
POR 30	GER 24
JPN 20	JPN 19
SWE 14	AUS 16
FIN 12	NZL 11
AUS 11	SUI 10
GBR 10	AUT 8
RSA 9	SOL 5
HOL 6	RSA 5
TRI 5	HOL 5
BEL 4	RUS 4
TCH 3	BRA 3
CRO 3	CAN 3
ITL 3	FIN 1
AUT 1	FRA 1
EST 1	EST 1

Scored on 5-3-1 basis

AGE-GRADED RESULTS (1989 TABLES) 10TH WORLD VETERANS CHAMPIONSHIPS MIYAZAKI, JAPAN * OCT. 7-17, 1993

MEN	AGE-GRADED MARK %	ACTUAL MARK
100 METER DASH		
55 REGGIE AUSTIN AUS	10.29 95.7	11.78
55 RYOSUKE TSURUMAKI JPN	10.31 95.5	11.80
65 ALLAN MEDDINGS GBR	10.38 94.8	12.71
50 STEVE ROBBINS *USA	10.40 94.7	11.58
200 METER DASH		
65 JIM LAW USA	20.24 96.9	26.05
55 REGGIE AUSTIN AUS	20.27 96.7	24.04
65 ALLAN MEDDINGS GBR	20.50 95.7	26.39
400 METER DASH		
60 RALPH ROMAIN TRI G	42.59 101.6	54.92
65 WILHELM SELZER GER G	43.55 99.4	59.08
65 JIM LAW USA S	43.79 98.8	59.41
800 METERS		
60 BERTRAM NEUMAN GER	1:46.49 95.5	2:14.80
50 HAROLD MARIOKA CAN	1:47.01 95.1	2:03.42
45 RON MERCELIA HOL	1:47.09 95.0	1:59.19
40 KEN POPEJOY *USA	1:49.22 93.1	1:57.63
1500 METERS		
45 RON MERCELIA HOL	3:40.66 94.9	4:04.47
45 HEIKKI VAKKURI FIN	3:41.26 94.6	4:05.14
55 STEPHEN JAMES GBR	3:43.39 93.7	4:27.53
40 KEN POPEJOY *USA	3:45.17 93.0	4:01.42
5000 METERS		
60 FRANCISCO VICENTE POR	13:36:67 95.1	16:56.00
55 STEPHEN JAMES GBR	13:54:63 93.1	16:28.77
60 SHICHIRO MIDORIKAWA JPN	13:55:36 93.0	17:19.26
40 ROGER TUMASONIS *USA	14:29:21 89.3	15:21.75
10,000 METERS		
60 FRANCISCO VICENTE G POR	27:40:43 97.2	34:25.72
55 STEPHEN JAMES B GBR	28:01:61 96.0	33:12.19
55 ARM ALDEGALEGA B POR	28:05:22 95.8	33:16.46
60 NORM GREEN *USA	28:42:88 93.7	35:43.41
10K CROSS COUNTRY		
60 FRANCISCO VICENTE POR	30:11 89.1	37:33
55 ARMANDO ALDEGALEGA POR	30:12 89.1	35:46
55 STEPHEN JAMES GBR	30:34 88.0	36:12
45 FRANK SHORTER *USA	31:47 84.6	34:49

Continued on page 23

Age-Graded Results

Continued from page 22

MARATHON				
40 TAKESHI SO	JPN	2:16:13	91.2	2:22:29
60 Francisco Vicente	POR	2:18:33	89.7	2:49:59
45 Omer Van Noten	BEL	2:21:36	87.8	2:33:03
60 Malcolm Gillie	*USA	2:28:16	83.8	3:01:55
110/100/80 METER HURDLES				
60 PHIL MULKEY	USA	13.44	95.9	15.56
60 Marion Sanchez	USA	13.49	95.6	15.62
70 Al Van Zyl	RSA	13.84	93.2	14.02
400/300 METER HURDLES				
70 AL VAN ZYL	RSA	47.90	98.1	51.38
75 Dan Bulkley	USA	49.09	95.7	56.78
65 Chuck Sochor	USA	49.37	95.2	48.79
3000/2000 METER STEEPLECHASE				
65 KATSUMI HORIUCHI	JPN	8:29.57	95.1	8:01.18
75 Dan Bulkley	USA	8:40.75	93.1	9:44.19
45 Patrick Roussel	FRA	8:42.65	92.8	9:49.69
HIGH JUMP				
50 DIETER WILLIE	GER	7' 7.25	95.8	6' 2
65 Nils Bertl Nevrup	SWE	7' 5.25	93.8	5' 1
65 Gordon Seifert	USA	7' 5.25	93.8	5' 1
POLE VAULT				
50 HANS LAGERQVIST	SWE	17' 8.25	89.3	13' 9.25
55 Leo Sterckx	BEL	16' 8	84.2	12' 1.50
60 Phil Mulkey	USA	16' 5.25	83.0	11' 1.75
LONG JUMP				
55 HELMUT KLIMMER	GER	27' 5	94.9	20' 0.50
60 Vilid Knaappila	FIN	26' 8.50	92.6	18' 2.75
70 Juji Tanaka	JPN	26' 8.25	92.4	15' 9
65 Mel Larson	USA	26' 5	91.5	16' 9.50
TRIPLE JUMP				
80 HAZUMI MORITA	JPN	58' 8.50	99.5	29' 4.50
55 Pericles Pinto	POR	57' 1	96.8	41' 6
65 Matti Jarvinen	FIN	56' 7	95.9	35' 7.75
60 Dave Jackson	*USA	55' 10	94.6	37' 10
SHOT PUT				
50 KLAUS LIEDTKE	GER	66' 1.50	98.7	57' 9
65 Tors von Wachenfeld	SWE	64' 4.50	96.1	47' 4.25
55 Joe Keshmiri	USA	63' 5	94.7	52' 0
DISCUS				
JOE KESHMIRI	USA	202' 3	88.7	168' 7
65 Ladislav Filip	TCH	201' 4	88.3	162' 1
50 Klaus Liedtke	GER	197' 9	86.7	175' 9
HAMMER				
45 SIGENOBU MUROFUSI	JPN	247' 9	98.2	208' 2
50 Srecko Stiglic	CRO	231' 9	91.9	194' 9
60 Hans Potsch	AUT	227' 8	90.3	177' 11
50 George Mathews	*USA	193' 11	76.9	163' 0
JAVELIN				
40 JORMA MARKUS	FIN	295' 7	99.6	246' 4
70 Eric Eriksson	SWE	280' 11	94.6	151' 10
40 Toivo Moorast	EST	271' 3	91.4	226' 0
60 Jack Shields	*USA	265' 1	89.3	174' 6
DECATHLON				
60 PHIL MULKEY	USA	8547	96.1	N/A
55 Werner Schallau	GER	7748	87.1	N/A
55 Gerhard Bomm	GER	7509	84.4	N/A

5K TRACK RACEWALK				
50 DIETER ZSCHIESCHE	GER	20:33.83	91.6	22:59.96
40 Fabio Ruzzier	ITA	20:39.36	91.2	21:45.69
50 James Carmine	USA	20:52.63	90.2	23:20.99
20K ROAD RACEWALK				
50 DON DeMOON	USA	1:25:21	92.1	1:34:55
55 Murray Dickinson	AUS	1:30:05	87.3	1:43:46
50 Dieter Zschiesche	GER	1:30:16	87.1	1:40:23
WOMEN				
100 METER DASH				
40 RITSUKO MURAYAMA	JPN	11.59	93.0	12.36
50 Martha Behrendt	GER	11.74	91.8	13.21
55 Una Gore	GBR	11.75	91.7	13.65
45 Phil Raschker	*USA	11.78	91.5	12.90
200 METER DASH				
35 EVELYN ASHFORD	USA	23.01	93.7	24.14
45 Phil Raschker	USA	23.73	90.9	26.58
35 Jocelyn Kirby	GBR	23.82	90.5	24.99
400 METER DASH				
45 PHIL RASCHKER	USA	52.37	91.3	60.04
45 Marge Allison	AUS	52.59	90.9	60.29
55 Carolyn Cappetta	USA	52.68	90.7	66.35
800 METERS				
45 Judy Bandiera	AUS	2:01.75	92.7	2:17.06
45 Avril Douglas	CAN	2:03.25	91.6	2:18.75
45 Pat Gallagher	GBR	2:05.17	90.2	2:20.91
50 Linda Upton	*USA	2:11.33	85.9	2:33.84
1500 METERS				
40 CAROL McLATCHIE	USA	4:18.10	90.0	4:38.73
45 Judy Bandiera	AUS	4:21.40	88.9	4:52.81
40 Athalic VanBeuge	RSA	4:22.71	88.5	4:43.57
5000 METERS				
40 CAROL McLATCHIE	USA	16:08.69	88.9	17:13.49
65 Joselyn Ross	GBR	16:24.29	87.5	22:13.00
45 Brigitte Schmitt	GER	16:33.73	86.7	18:19.62
10,000 METERS				
50 URSULA ODERMATT	SUI	32:00.28	93.3	36:51.28
70 Jose Waller	GBR	34:16.82	87.1	49:36.15
55 Taeko Hashimoto	JPN	34:26.72	86.7	41:34.53
45 Carol Jackson	*USA	40:24.78	73.9	44:43.17
10K CROSS COUNTRY				
50 URSULA ODERMATT	SUI	33:57	88.0	39:05
65 Joselyn Ross	GBR	36:30	81.9	49:25
40 Yoshiko Hirohama	JPN	36:51	81.1	39:18
60 Ruth Anderson	*USA	46:22	64.4	59:07
MARATHON				
55 MIYO ISHIGAMI	JPN	2:45:47	83.2	3:17:02
50 Yoshiko Koga	JPN	2:46:28	82.9	3:08.45
55 Asta Severingkangas	FIN	2:50:58	80.7	3:23:12
35 Kim Rupert	*USA	3:08:25	73.2	3:11:35
100/80 METER HURDLES				
35 JOCELYN KIRBY	GBR	13.56	90.3	14.29
45 Phil Raschker	USA	14.07	87.0	12.75
60 Asta Larsson	SWE	14.18	86.3	14.78
400/300 METER HURDLES				
55 CORRIE ROOVERS	HOL	58.34	90.7	54.58
60 Asta Larsson	SWE	58.76	90.0	58.59
45 Marge Allison	AUS	59.77	88.5	66.73
65 Leonore McDaniels	*USA	68.69	77.0	73.38

2000 METER STEEPLECHASE				
50 MARGARET ORMAN	NZL	6:06.99	98.1	7:46.90
50 Erica Mercer	AUS	7:17.48	82.2	9:16.58
35 Mariet Ceronio	RSA	7:20.94	81.6	7:45.56
35 Kim Rupert	*USA	7:39.83	78.2	8:05.51
HIGH JUMP				
45 ANELA FLISCHKE	AUT	6' 3.25	91.3	5' 2.25
55 Christa Schmalbruch	GER	6' 3	90.9	4' 6.25
65 Leonore McDaniels	USA	6' 2.25	90.4	3' 11.25
POLE VAULT				
45 PHIL RASCHKER	USA	12' 11	108.5	10' 3.50
50 Petra Pieteresen	RSA	10' 10	90.9	8' 0
35 Maret Kalvieste	EST	10' 0.50	84.2	9' 2.25
LONG JUMP				
55 CHRISTA SCHMALBRUCH	GER	22' 1	90.3	15' 9
45 Kumiko Nishiuichi	JPN	21' 5.50	87.7	17' 7
65 Shirley Peterson	AUS	21' 3	86.7	13' 0.25
45 Phil Raschker	*USA	21' 1	86.1	17' 3
TRIPLE JUMP				
65 SHIRLEY PETERSON*	AUS	48' 10.25	99.7	29' 7.50
55 Christa Schmalbruch	GER	45' 6.50	93.1	32' 2.75
40 Akiko Ohinata	JPN	45' 2.25	92.4	39' 4.50
45 Phil Raschker	*USA	42' 2.25	86.3	34' 5.50
SHOT PUT				
60 ROSEMARY CHRIMES	GBR	60' 5.25	94.0	40' 0.50
55 Eavan Williams	GBR	55' 1	85.6	40' 6
60 Jutta Schaefer	GER	54' 8.25	85.1	36' 2.75
65 Bernice Holland	*USA	45' 3.50	70.4	26' 11.75
DISCUS				
60 ROSEMARY CHRIMES	GBR	193' 5	89.3	123' 3
60 Antonina Ivanova	RUS	173' 8	80.2	110' 7
50 Karin Illgen	GER	173' 0	79.9	132' 1
65 Bernice Holland	*USA	143' 6	66.2	82' 11
HAMMER				
60 JUTTA SCHAEFER	GER	208' 5	105.8	132' 9
55 Eavan Williams	GBR	203' 0	103.1	143' 11
60 Antonina Ivanova	RUS	197' 11	100.5	126' 0
40 Joan Stratton	*USA	146' 11	74.6	126' 1
JAVELIN				
45 NATAJA BEZJAK	SOL	225' 11 8	104.1	154' 2
55 Gertraud Schoenauer	AUT	221' 3 8	101.9	132' 6
45 Renate Vogel	GER	211' 1	97.3	144' 1
65 Bernice Holland	*USA	179' 4	82.6	85' 4
HEPTATHLON				
45 PHIL RASCHKER	USA	5716	78.3	N/A
35 Conceicao Geremias	BRA	5646	77.4	N/A
60 Asta Larsson	SWE	5638	77.3	N/A
5K TRACK RACEWALK				
75 BRITTA TIBBLING	SWE	22:35.49	92.5	32:44.76
50 Waltraut Sailer	GER	23:04.30	90.6	26:06.83
45 Jacquie Bonnet	FRA	23:17.38	89.8	25:27.02
45 Viisha Sedlak	*USA	23:53.14	87.5	26:06.10
10K ROAD RACEWALK				
75 BRITTA TIBBLING	SWE	47:04	90.7	1:07:46
50 Waltraut Sailer	GER	48:43	87.7	54:47
40 Heather McDonald	AUS	49:04	87.0	51:38
55 Beverly LaVeck	*USA	50:07	85.2	58:37

Compiled by Phil Mulkey and Phil Raschker

WAVA Minutes

Continued from page 21

Scoring shall be by the application of the 1993 WAVA age group factors to the current 1985 IAAF scoring tables. For the hammer and heavy weight the WAVA scoring table for heavy weight shall be used.

Approved by 104 votes against 8 votes.

2. Walking event in Non-Stadia Championships

The WAVA Council proposes that the WAVA Non-Stadia Championships, held in even-numbered years, shall also comprise road walk for men and women.

Proposed distances are: Men: 20 km
Women: 20 km

If this proposal is approved by the General Assembly the consequence is that the only road walk at the Stadia Championships will be 10 km on track.

The proposal to include a road-walk in the Non-Stadia Championships was approved unanimously whereafter the following walking events were decided:

Non-Stadia:	Men:	30 km
	Women:	20 km
Stadia:	Track:	Men: 5 km
		Women: 5 km
	Road:	Men: 20 km
		10 km

3. Cross Country together with the IAAF Championships

It is proposed that the veterans' cross country championships, now held with the Stadia championships, should be staged together with the IAAF Cross Country Championships.

However, it is too late to take such a decision in October this year at the General Assembly in Miyazaki to be implemented in March 1994 and therefore the WAVA Council asks for the General Assembly's authorization to introduce world veterans' cross country championships every second year together with the IAAF Cross Country Championships.

Proposed distances are: Men: 10 km
Women: 7 km

The proposal is withdrawn by the Council.

Proposals from WAVA Affiliates

1. The British Veterans Athletic Federation proposes that the roadwalk distance at the Non-Stadia Championships shall be 30 km for men instead of the 20 km the WAVA Council has in its proposal.

Decision taken in Item 2 above.

2. The British Veterans Athletic Federation proposes that World Veterans Cross Country Championships, if moved to the IAAF Championships, shall be staged only in even-numbered years.

No decision as the Council proposal was withdrawn.

3. The Nordic countries propose that an athlete's age-group is determined by the year of birth and not by date of birth.

The Non-Stadia Committee recommends that no change from today's rules is made, i.e. the date of birth continues to be the basis for determining of age-group. The nordic proposal was defeated with 73 votes against 32 votes.

9. BIDS AND VOTING ON FUTURE WAVA CHAMPIONSHIPS

Road Championships in 1994
Edmonton, Canada (sole bidder) was accepted.

Road Championships in 1996
Bruges, Belgium, (sole bidder) was accepted.

Stadia Championships in 1995

3 bidders (Buffalo, Malmö and Durban) made their presentations and the voting resulted as follows:
Buffalo, USA: 58 votes
Malmö, Sweden: 39 votes
Durban, South Africa: 15 votes

The 1995 Stadia Championships will be staged in Buffalo, USA.

Stadia Championships in 1997

Concepcion, Chile, and Kuala Lumpur, Malaysia, presented their bids as candidates together with Malmö and Durban. The voting resulted as follows:

Round 1:	Malmö, Sweden	38 votes
	Kuala Lumpur, Malaysia	32 votes
	Durban South Africa	26 votes
	Concepcion, Chile	17 votes
Round 2:	Durban, South Africa	42 votes
	Malmö, Sweden	40 votes
	Kuala Lumpur, Malaysia	30 votes
Round 3:	Durban, South Africa	64 votes
	Malmö, Sweden	47 votes

The 1997 Stadia Championships will be staged in Durban, South Africa.

10. TEMPORARY SUSPENSION OF WAVA AFFILIATE

The Assembly approved unanimously a proposal from the Council to give the Council the right - after full consideration - to suspend an Affiliate temporarily with the obligation to account for the question to the next-coming General Assembly where a final decision must be taken.

11. CLOSING OF THE GENERAL ASSEMBLY

The WAVA President Cesare Beccalli thanked all present for a good meeting and declared the General Assembly closed.

Torsten Carlus
Torsten Carlus
WAVA Secretary

Karrl Wichmann
Karrl Wichmann
Scrutineer

Heinrich Clausen
Heinrich Clausen
Scrutineer

MASTERS SCENES

NATIONAL

• Correction: last month we forgot to report that the outstanding single performance during 1993 by a female masters track and field athlete was the 3.14m (10-3/4) pole vault by Phil Raschker, 46, of Atlanta. Raschker will receive a special plaque at the USATF National Masters T&F Championships in Eugene on August 13, as will other award winners.

• Effective January 1, 1994, a major change takes place in the procedure for qualifying for the biennial U.S. National Senior Sports Classic for men and women age 55+. There will now be only one qualifying site per state.

"States have wide discretion in how they implement this procedure. For some states there will be no change, either because they already have a state final fed by a network of local games, or because the state has only one game in existence," said Doug Corderman, president of UNSNO.

In many states, this is a major change. Whereas in the past there have been multiple qualifying sites in some states, now there will be only one qualifying location. Some of these states where change is taking place are opting for one central location to be the permanent qualifying site for that state. Other states plan to rotate the site to different locations over the years. Each state is free to make its own decision on where it wants its qualifying site to be.

As in the past, many states will continue to welcome out-of-state participants. Games in other states will continue to be closed.

"The reason for this change is the rapid growth and increasing popularity of the U.S. National Senior Sports Classic," Corderman said. "The first classic in 1987 attracted 2500 competitors. The 1993 games in Baton Rouge had 7200 athletes. This is a near tripling in six years. Without change the prospect for continued explosive growth was obvious. Something had to be done."

• It's official: Tactrust is dead, replaced by DPL. Under-the-table payments in track and field ended a dozen years ago, when the U.S. governing body for the sport successfully campaigned for a system whereby athletes could receive funds through trust accounts. The trust system, considered a revolutionary move when it was introduced in 1981, will now be replaced by a licensing program through which athletes can receive money directly.

USA Track & Field announced that it has ended its trust account system, or "Tactrust," which stipulated that all appearance, prize or endorsement monies had to be paid into monitored accounts. The scrapping of Tactrust is in keeping with new guidelines adopted in August by the International Amateur Athletic Federation. The IAAF is track's world governing body; USATF is its U.S. member.

"Before 1980, no track and field athlete could receive financial rewards," explained USATF executive director Olan Cassell in a letter sent last week to athletes. "But 13 years ago Frank Shorter put his career and eligibility on the line by entering into a corporate sponsorship — thereby helping pull the sport away from previous definitions of amateurism."

Cassell announced that Card Number One of the Direct Payment License will be presented to Frank Shorter.

• Funded by a grant from the Athletic Footwear Association, the Road Runners Club of America recently completed a video and related brochure on women runners' safety. Entitled, "Women running: run smart, run safe," this 13:37 video was developed by RRCA with the help of law enforcement agencies, primarily the U.S. Park Police and the FBI. Every RRCA club will receive a free copy of the video and

brochure. Additional copies of the package may be ordered for \$15 (P & H included) through RRCA, 1150 South Washington Street, #250, Alexandria, VA 22314, (703) 836-0558. The brochure is available singly or in bulk with an SASE and 15¢ a copy plus postage.

• Mike Augeri and Robert O'Brien of Masters Sports International are staging the North American Masters Relay Carnival at Wesleyan U., Middletown, CT, June 18-19. Saturday's events will feature 4x00, 4x400, 4x1500 relays, plus a pentathlon, invitational mile, and an Olympic Legends 100m. Sunday will highlight individual t&f events, more relays, and an awards ceremony.

• Correction: Joe Light, 46, Westerly, RI, of the New England Walkers, was the first master in the USATF National Masters 1-Hour RW Championships, with 11,601m. Results sent to the NMN (Nov. issue) showed Phil McGaw, 43, Milton, MA, first. Brian Savilonis, 43, Princeton, MA, was second (11,447m) and McGaw, third (11,212m).

EAST

• Atlaw Belilgne (48, 34:57) and Melanie Benvenue (49, 44:59) hastened to 40+ wins in the NYRR Joe Kleinerman 10K, Central Park, Dec. 5. Maury Dean (50, 36:17) and Erika Abraham (55, 45:19) bolted to division wins.

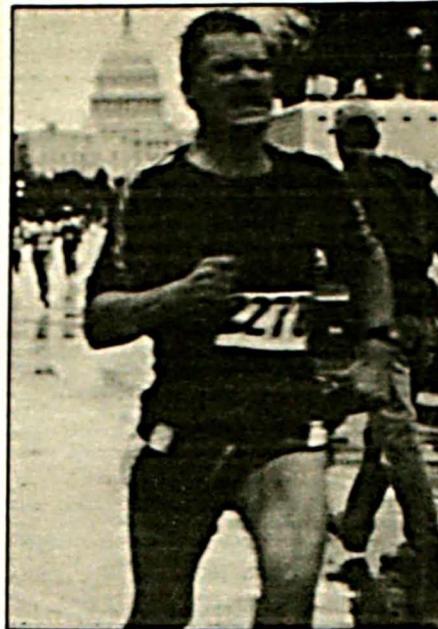
• Kathy Gribbon, 40, of the Bronx, scampered to first female overall with an 18:41 in the Ho Ho Ho Jingle Bells 5K, Bethpage, L.I., Dec. 18. Dennis Nee, 44, Central Islip, L.I., was first M40+ (17:05). Nearly 1300 runners and walkers participated in the run, the proceeds of which were divided between ASPIRE, a program that provides support for young people who have lost a leg to bone cancer or amputation, and a special fund to help needy local families during the Holiday Season.

SOUTHEAST

• The Sandy Claws holiday 5K in Sarasota, FL, Dec. 4, elicited fine times from Richard Quevillon (M50, 17:43) and Carl Hammen (M70+, 21:41).



George Tabor, 40, Bowling Green, Ky., first overall (17:02), Run for Charity 5K, Bowling Green, Oct. 2. Photo from Don Sergent



Ridge Kelley, 44, first master (35:55), Jingle Bell 10K For Arthritis, Washington, D.C., Dec. 5.

Photo by George Banker

• Paul Cummings, 40, Lehi, UT, won the masters division in 2:27:50 in the Walt Disney World Marathon, Jan. 16. Carol Virga, 42, Delray Beach, FL, led the female masters in 2:49:53. Nearly 6000 runners finished the race.

• In conjunction with the Thanksgiving 10-Miler in DeLand, FL, Nov. 25, a 3-mile cross-country run was also contested. Flying home first were Hugh Wilson (53, 19:15) and Kathleen Wilson (46, 26:32), both from Quebec.

• Ridge Kelley (44, 35:55), Poolesville, MD, and Joyce Adams (40, 39:38), Reston, VA, scampered to 40+ golds in the Jingle Bell 10K For Arthritis, Washington, DC, Dec. 5. Fay Bradley, 55, Washington, DC, took the M55 title in 37:53.

• Racewalking snowbirds who are headed for Florida and would like event info for the season should contact Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

MIDWEST

• Ken Popejoy, 43, of Wheaton, IL, is delaying his retirement to the end of the indoor season. He lowered his own pending U.S. M40 indoor mile record of 4:14.59 to 4:14.41 at the Illini T&F Classic, Jan. 15.

SOUTH WEST

• A 50-miler and a 50K were contested at the Sunmart Texas Trail Endurance Runs in Huntsville, TX, Dec. 18. In the 50-miler, both masters winners set course records - Joe Schlereth, (42, 6:10:47) and Debbie Wagner, (45, 7:23:57). In the 50K, Siri White, who recently turned 50, not only led the masters women but the masters men as well, turning in an outstanding 4:16:12. Richard Vega, 47, claimed the men's title in 4:25:47.

• Ed Whiteman, 54, finished over ten minutes ahead of the rest of the pack, with a 25:28 to win \$50 in the Picayune Fall 5K RW, Picayune, MS, Oct. 23. Irvin Verdin, M45, and Elizabeth Pierce, W40, also won \$50 each for 40+ firsts in the 10K road race.

• Ron Baker (54, 21:45), Omaha, NE, and Diana Best (40, 25:53), Santa Fe, NM, flew to masters firsts in the Turkey Trot 4 Mile, Tucson, Nov. 21. On Nov. 25, Robert Gagliardo (42, 18:35), Tucson, and Nancy Donehower (42, 23:05), Tucson, featherfooted to 40+ victories in the Turkey Day 5K X-C in Tucson.

• Larry Jessee, M40-44 PV WR-holder (17-3/4), did 16-0 at El Paso, Dec. 7, in his first meet in ten months since a knee injury.

WEST

• To avoid a conflict with the June 11 T&F meet in Los Gatos, the annual SCA/USATF meet at Occidental College has been reschedul-

ed from June 11 to June 18. Christel Miller will direct.

• Correction. In the World Championships results, Al Guidet of California was wrongly listed as DNF. Guidet did not go to Japan.

• California Walkers President and coach John Kelly presented Richard Oliver of Walkers Club of Los Angeles the special "Jim Hanley, Sr. Memorial Award" for outstanding contributions to Southern California racewalking. "Richard is a good example of excellence in the sport as well as spreading the word and encouraging others in the art of racewalking, and is a well-deserved recipient of this special award," said Rose Kash of the California Walkers.

• More than 4000 runners are expected to converge on Las Vegas for the 28th Las Vegas International Marathon, Feb. 5, according to Meet Director Al Boka. Masters winners will pocket \$3000 of the \$60,000 total purse. The event includes a half-marathon and a 5-person marathon relay.

INTERNATIONAL

• As hosts of the 1997 WAVA World Veterans Championships, the Natal Masters Athletic Association will be pleased to give any help and assistance to any veteran athlete intending to visit Durban. Contact John Baum, P.O. Box 3016, Durban, 4000, Natal, South Africa.

• Correction. On page 26 of the December issue, Isabel Hofmeyr is incorrectly listed as living in Germany. She resides in South Africa.

• On May 6, 1954, England's Roger Bannister became the first person to run a sub-four-minute mile. Forty years later, on May 6, 1994, a special masters mile will be staged in London, with the top age-40+ milers in the world attempting to break four minutes for the first time. Prize money of 50,000 pounds (US\$75,000) reportedly will be offered.

• Vadim Marshev, head of the Russian Athletics Veterans Association (RAVA) invites all foreigners age 30+ to compete in any of the Russian Veteran meets this year: February 26-27: Moscow Indoor; March 12-13: Russia Indoor, Chelyabinsk; March 19-20: VSA Cup Veterans Games, Penza; June 18-19: Cup of Kuban, Krasnodar; August 21: St. Petersburg; Sept. 10-11: Moscow; Sept. 16-18: Russia Championships, Krasnodar (near Sochi, Black Sea). For info, phone/fax 7-095-573-4150.

• Spain's Marina Hoernicke set a world W50 best of 5:37:24 in a 50K road walk in Basildon, England, October 4.

• Doug Kurtis, 41, Northville, MI, was 1st overall (2:26:18) in a marathon run through Ho Chi Minh City, Jan. 16.



Fay Bradley, second M55 (36:26), Vulcan 10K, Birmingham, Ala., Nov. 27.

photo by Charlie Klutz

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

March 5. USATF National Masters Men's & Women's Indoor Pentathlon Championships, Proviso West HS (near O'Hare Airport), Chicago. 3 p.m. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414/843-3567 (h); 708/473-3700.

March 25-27. USATF National Masters Indoor Championships, Columbia, Mo. Don Dobson, U. of Missouri, 344 Hearnes Center, Columbia, MO 65211. 314/882-4087, 882-6501.

June 17-19. USNSO Senior Open, Washington U., St. Louis. 55+. No local qualifying required. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

July 16-17. USATF National Masters Decathlon/Heptathlon Championships, Missouri Southern St. College, Joplin. Charles Nodler, 1215 Northwest Blvd., Neosho, MO 64850. 417/451-0121(e); 625-9552(d).

August 11-14. 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10826, Eugene, OR 97440. 503/687-1989.

August 20. USATF National Outdoor Weight & Superweight Throw Championships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

EAST

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

January 7-April 7. Syracuse U. Noontime Indoor Running League, Manley Field House. Different event weekly. Patti Ford, 2458 Swift Rd., Lafayette, NY 13084-9576.

February 6. Chemical Bank/MAC Indoor Pentathlon & Triathlon Championships, Fordham U., Bronx, 9 a.m. \$13 per entry. Post entry only. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233(e).

February 12. MAC Indoor Meet, Fordham U., Bronx. 9 a.m. Post entry only. See Feb. 6 for contact.

February 12. Tri-State TC Indoor Classic, Hagerstown JC, Md. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 301/733-6076.

February 13. New Jersey USATF Indoor Championships, Fairleigh Dickinson U., Hackensack. M&W30+. SASE to James Manno, 792 Schaefer Ave., Oradell, NJ 07649. Featuring the George Sheehan Memorial Invitational Mile.

February 13. Philadelphia Masters Indoor, Kutztown. Full schedule/Tom Robinson Mile. 10 a.m. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584.

February 13. Greater Rochester TC Meet, U. of Rochester Fieldhouse. 3 p.m. Limited events. Rick Guido, 6 Timber Lane, Fair-

port, NY 14450. 716/425-3116(h)/359-5257(w).

February 25. Coors/MAC Indoor Championships, 168th St. Armory, Manhattan. 5 p.m. Post entry only. See Feb. 6 for contact.

March 5. Philadelphia Masters Indoor Games, Haverford College. Karl Castor, 44 North Penn St., Hatboro, PA 19040. 215/441-8584.

April 28-30. Penn Relays, Philadelphia. Thurs.: age-graded PV; Fri.: 4x100 (M40+, M50, other); 100 (M60, M50, M40); Sat.: 4x400 (M50+, M40+, other); 100 (M75+). Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584. Runners World Masters Mile, 30th, Marc Bloom, 908/308-9701.

June 5. New Jersey USATF Submasters/Masters Championships, TBA. Sanford Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 18-19. Masters Relay Meet, Middletown, Conn. Wesleyan U. Invitational masters mile. Age-graded 100m, featuring ex-Olympians. 10-year age groups. Michael Augeri, 468 Mile Lane, Middletown, CT 06457. 203/632-2378.

June 26. Garden State AC International Submasters/Masters Meet, Randolph HS. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

SOUTHEAST

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

February 12. Southern Indoor Championships, Decatur, Ala. Not regional championships. 200m, banked-board surface. Automatic timing/USATF officials. John Jarmon, 1665 28th Ave. S., Homewood, AL 35209. 205/871-9100.

February 19. Sarasota All-Comers, Fla. John Shenk, 1718 Jefferson Ave. South, Sarasota, FL 34239. 813/365-0005.

February 21-28. Gulf Coast Senior Games, Bradenton, Fla. 55+. Barbara Shapiro, Nations Bank, Box 1061, Bradenton, FL 34205. 813/745-3060.

March 5. Virginia State Masters Indoor Championships, VMI Fieldhouse, Lexington. 12 p.m. RARO, c/o Doug Chase, 300 Diamond St., Lexington, VA 24450. 703/463-9525.

March 12. Alapatah Meet, Miami, Fla. Jesse Holt, 305/836-2409.

April 9. Naples On The Gulf Masters Meet. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

May 6-8. Southeastern Masters Invitational, North Carolina St. U., Raleigh. New t&f facility. Pentathlon/weight pentathlon/5K & 20K walks. SE USA Masters, Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919/831-6640, M-F 9-5, Eastern time.

May 14. Jacksonville TC Meet, Fla. Lamar Strothers, 904/388-7860.

May 21. Birmingham TC Classic, Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

May 21. USATF/Florida Masters Championships, Orlando. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

May 28-29. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/weight pentathlon on 28th; all other events on 29th. Dean Waters, 615/483-7743 (e).

June 10. Miami Northwest Express Meet, Fla. Jesse Holt, 305/836-2409.

July 2. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

July 16. Nashville TC Open & Masters, Tennessee Prep School. Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

February 5. USATF Illinois Masters Indoor Championships. Proviso West HS, Hillside. USATF Illinois, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303.

February 19. USATF Midwest Regional Masters Indoor Championships, Glenbrook HS, Glenview, Ill. Bruce Mills, 395 Catbird Ln., Deerfield, IL 60015. 708/541-3905.

May 29. Wolfpack Pentathlon, Upper Arlington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

June 11. USATF/Illinois Masters Championships, Wilde Field, Lisle/Chicago. Ray Vandersteen, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303.

July 30. Midwest Masters Championships, Marshall U. (not 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

February 13. US Masters/Senior Olympic "R" Indoor Meet, Bethel College, Minneapolis. Entry form, Jan. NMN, p. 9. Rachel Lyga, 122-63 1/2 Way NE, Minneapolis, MN 55432. 612/574-9661.

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

February 13. USATF Oklahoma Masters/Open Indoor Meet. Mosier Fieldhouse. U. of Okla-Norman. 11 a.m. Rick Rosser, 212 S. Trail Ridge Rd., Edmond, OK 73034. 405/341-0164.

March 12-19. San Antonio Senior Olympics, 55+. Liz Davis, 103 W. Rampart Drive, San Antonio TX 78216. 210/344-3453.

March 17-24. Houston Senior Olympics. 55+. Terri Riha, Jewish Community Center, 5601 S. Braeswood, Houston TX 77096. 713/551-7250.

WEST

Arizona, California, Hawaii, Nevada

February 13, March 5-6. Pacific Association Indoor Pole Vault Development Grand Prix, Horace Crow PV Center, 2317 Central Ave., Alameda, Calif. Eddie Seese, 1144 Holly St., Alameda, CA 94502-7061. 510/523-8618.

January 8-February 26. Los Gatos Winter All-Comers. Los Gatos HS. Every Sat., 11 a.m. Willie Harmatz, 20 High School Ct., Los Gatos, CA 95032. 408/354-7365.

February 11-20. California Senior Olympics, Palm Springs. 50+. Mizell Sr. Center, 480 S. Sunrise Way, Palm Springs, CA 92262. Douglas Brown, 619/322-4475.

February 12. Inner-City Outdoor Meet, Los Angeles City College Stadium, 10 a.m. \$3.00. 6-lane brick/clay surface. Divisions: open, masters, novice, youth, etc. Events:

ON TAP FOR FEBRUARY

TRACK AND FIELD

The bulk of the schedule consists of indoor meets, mostly in the East, especially on the weekend of the 12th-13th, which lists meets in Alabama, Maryland, NYC, Philadelphia, New Jersey, Minneapolis, Rochester, N.Y., and Oklahoma. The USATF Midwest Regional Masters Indoor Championships will be held on the 19th in Glenview, Ill. The California Senior Games open on the 11th in Palm Springs.

LONG DISTANCE RUNNING

The USATF Masters 100K Championships are scheduled for the 12th in Sacramento, Calif. The Las Vegas Marathon is a good bet on the 5th, followed by the Long Beach, Calif., Marathon on the 6th. The Gasparilla 15K in Tampa on the 26th should draw a large contingent to Florida's Gulf Coast, while on the 27th, runners in the Miami area can opt for the Metro-Dade Marathon. That date also holds the Hudson-Mohawk Marathon in Albany.

RACEWALKING

New Orleans hosts the USATF Masters 15K Championships on the 19th.

5000, 55, 55H, 1000, 400, 3000, 300H, 4x400, 8x200, JT, HJ, SP, LJ, DT, TJ. Marv Thompson, 213/662-1062.

February 19. KELfield Throws Series #25. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 19-March 6. Arizona Senior Olympics, Phoenix, Ariz. 55+. Irene Stillwell, 1202 N. Third St., Phoenix AZ 85004. 602/495-5490. State qualifying game.

March 12. (tentative). John Ward Masters Invitational, Rancho Santiago College. Al Siddons, Rancho Santiago College, 17th & Bristol, Santa Ana, CA 92706. 714/564-6936.

March 19. Inner City Relays, Los Angeles City College. Marv Thompson, 213/662-1062.

March 19. KEL Field Throws Series #26. All age-groups. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

April 23. Bob Watanabe Memorial Meet, UCLA, Los Angeles. W.E. Adler, 435 Tahquitz Cyn. Way, Palm Springs CA 92262. 619/325-6307. Entry form in February issue.

April 24-May 7. Crown Valley (Pasadena) Senior Games, Occidental College. 50+. Christel Miller, t&f director, Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly St., Pasadena, CA 91103. 818/795-4331; 397-4062.

May 14. Southern Calif. Striders Meet, CSU-Long Beach. Hugh Cobb, 619/436-7696.

May 21. Visalia Classic, Sunkist Stadium, Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 29. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9982(eve).

Continued on page 26

Continued from page 25

June 11. Los Gatos Pacific Classic, Los Gatos HS. Rick Mylem, meet director, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365.

June 18. USATF-SCA Championships, Occidental College. Christel Miller, 818/843-2139.

July 2-3. USATF West Regional Masters Championships, site TBA. Hugh Cobb, 619/436-7696.

July 10. Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 818/917-6289.

July 16. USATF/Pacific Masters & Submasters Weight Pentathlon Championships, KEL Field, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

July 23-24. Patriot Invitational, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027-4711. 213/662-1062.

NORTHWEST

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

June 11. Volcano Classic, St. Helens HS. Emil Torquato, 28 Sunset Place, St. Helens, OR 97051. 503/397-4102(eve).

June 25-26. Hayward Classic, Hayward Field, Eugene, Ore. Site of 1994 Masters Outdoor Championships in August. Barbara Kousky/Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989; 503/687-1016(fax).

July 9. Helena Masters/Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 29-30. Montana Masters Meet, MSU-Bozeman. Mike Carignan, PO Box 5132, MSU, Bozeman, MT 59717-5132.

CANADA

March 5. Ontario Masters Indoor Championships, Toronto. M&W 35+. 5-yr. age groups. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ontario, M8W 2L9. 416/252-7047.

INTERNATIONAL

February 26-27. Moscow Indoor Championships. RAVA, Pervomayskaya 14-6, Himki, 141400, Moscow Region, Russia. 7-095-5734150; fax 7-095-5734150.

March 12-13. Russia Indoor Championships, Chelyabinsk. RAVA, Pervomayskaya 14-6, Himki, 141400, Moscow Region, Russia. 7-095-5734150; fax 7-095-5734150.

March 12-13. WAVA South American Regional Championships, Kali, Colombia.

March 19-20. VSA Cup International Veterans Indoor Games, Penza, Russia. RAVA, Pervomayskaya 14-6, Himki, 141400, Moscow Region, Russia. 7-095-5734150; fax 7-095-5734150.

March 20. British Veterans Athletic Federation Indoor Championships, Glasgow. A. Wilmoth, 79 Waterside Rd., Kirkintilloch, Glasgow, G66 3QW, Scotland.

Easter, 1994. Australian Veterans Championships, Sydney. Kerry & Jean Thew, (047) 841761.

April 21-23. WAVA African Regional Championships, Durban, South Africa. John Baum, PO Box 3016, Durban, 4000, Natal, South Africa.

June 25-26. Mexico vs. USA Meet, Mexico City. Bill Adler, 435 E. Tahquitz Cyn., Palm Springs CA 92262. 619/325-6307.

July 2-12. WAVA European Regional Championships, Athens, Greece. Europeans Only.

July 1-9. WAVA Oceania Regional Championships, Suva, Fiji. Tony Compain, PO Box 1175, Suva, Fiji Islands.

July 21-30. 1994 Goodwill Games, St. Petersburg, Russia. Participation events for

masters. Elizabeth Morris, AICEP, 10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4. Phone: 514/697-3735; Fax: 514/697-0628.

August 4-7. WAVA North American Regional Championships, Edmonton, Alberta, Canada. Liz McBlain, 10427 21st Avenue, Edmonton, Alberta, Canada, T16 5E9. 409/438-2911.

September 4-October 8. Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland, Australia 4001. 617/405-0999.

September 30-October 2. WAVA Asian Regional Championships, Jakarta, Indonesia.

LONG DISTANCE RUNNING NATIONAL

February 12. USATF National Masters 100K Championships, Sacramento, Calif. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

June 26. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Stephen Lobdell, 69 Beverly Ln., Fairfield, CT 06430. 203/374-7759.

September 17-18. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 2. USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Ave., Minnetonka, MN 55345.

October 2. USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 16. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 170 Maywood Ave., Rochester, NY 14618.

EAST

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

February 27. Hudson Mohawk Marathon, Albany, N.Y. Carl Poole, P.O. Box 1026, Albany, NY 12201. 518/783-1729.

March 13. Tappan Zee Sports 10K. TZSBC, Box 249, Orangeburg, NY 10962. 914/359-5425.

April 10. Northern Telecom Cherry Blossom 10 Mile, Washington, D.C. Limited entries. SASE to Cherry Blossom, PO Box 884, Middletown, MD 21769. Phil Stewart, race director. 301/371-5583.

SOUTHEAST

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

February 26. Gasparilla 15K, Tampa. SASE to Gasparilla '94, PO Box 1881-RT, Tampa, FL 33601.

February 26. Stetson Homecoming 5K, Edmunds Center, DeLand. 3:30 pm. John Boyle, PO Box 1824, DeLand, FL 32721. 904/736-0002.

February 27. Metro-Dade Miami Marathon/Half-Marathon. Miami RC, Michael Peyton, Tropical Park Stadium, 7920 S.W. 40th St., Miami, FL 33155. 305/227-1500.

March 19. Shamrock Marathon, Virginia Beach. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 19. Lejeune European 10K Cross-Country. Dr. Don Gerughty, Fitness Director, Camp Lejeune, NC. 910/451-5430.

March 26. Azalea Trail Run 10K, Mobile. Azalea 10K, PO Box 6427, Mobile, AL 36660.

April 23. Second Annual Lejeune Marathon, Camp Lejeune, NC. Dr. Ron Gerughty. 910/451-5430.



First two masters, Vulcan 10K, Birmingham, Ala., Nov. 27: Earl Owens (left), 32:09, and Bob Schlaw, 32:44. Photo by Charlie Kluttz

MIDWEST

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

February 13. Columbus Roadrunners Winter 15 Mile/3 Mile. Judith Asmus, 1457 Crest St., Reynoldsburg, OH 43068. 614/759-7654.

March 13. Nike Sportmart Shamrock 8K, downtown Chicago. Jan Canepa/Carolyn Cannady, The Eventors, Inc. 312/944-6667.

MID-AMERICA

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

March 26. YMCA Midwest Masters Classic, Dodge Park, Omaha. 35+ only. 8K & 2 Mile RW. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.

April 10. Kansas City Ekiden Marathon Relay/25K Relay, Overland Park, Kans. M&W masters, mixed masters, age-graded teams. Bill or Jean Buchanan, KC Ekiden, 8575 W. 110th, #100, Overland Park, KS 66210. 913/451-8094.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 20. Flyaway 5K, New Orleans International Airport. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

February 26. Camellia City 10K, Slidell, La. See Feb. 20.

WEST

Arizona, California, Hawaii, Nevada

February 5. 28th Las Vegas Marathon/Half-Marathon/5-Person Marathon Relay. Masters money. Las Vegas Marathon, Al Boka, director, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

February 6. Long Beach Marathon. Robert Fernald, director, 1825 Redondo Ave., Long Beach, CA 90804. 310/494-7089; 494-2664.

March 6. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., No. 100, Los Angeles, CA 90025-3329. 310/444-5544.

BEAT FATIGUE FAST!

All day on the slopes or tracks. Aching muscles. Altitude. Cold, dry air. Headache. Bone-tired. - and a thirst that won't quit. You know the feeling. But not any more. You've got Gookinaid E.R.G.!

- replaces what you're losing in the proportions lost!
- absorbed faster than any other activity drink!
- no gastric discomfort or aftertaste!



Gookinaid E.R.G.

*Electrolyte Replacement with Glucose
3 convenient package sizes & 4 refreshing flavors

For info or to order: Gookinaid E.R.G., 8525-L Arjons Dr., San Diego, CA 92126
(619) 689-1959 or TOLL FREE: (800) 283-6505

"Don't take our word for it.... try it for yourself!"

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

W50-54	Sue Fletcher-Haines	10K	44:43	2/07/93
		5K	22:14	4/10/93
		10K	44:43	11/14/93
W65-69	Eliza Dalzell	Javelin	67-2	6/16/93
M30-34	Scott R. King	800M	1:57.2	7/17/93
	Kerry Lynn Sloan	400M Hurdles	56.74	7/18/93
M40-44	Gene L. Bard	Pole Vault	13-9 1/2	8/14/93
	Robert Langston	5K	15:56	1/09/93
M45-49	Jerry Boswell	Long Jump	20-4 1/2	7/24/93
		Triple Jump	38-1 1/2	7/24/93

Steve Boyer	800M	2:05.83	6/06/93
William R. Hanson	Long Jump	18-3	7/25/93
	High Jump	5-8	7/25/93
	Pole Vault	12-0	8/08/93
M50-54	Edgar C. Kousky	3K RW	15:09.88 7/10/93
		1 Mile RW	7:34.18 7/18/93
		10K RW	51:22 9/25/93
		20K RW	1:51:23 10/11/93
		5K RW	24:53.68 10/16/93
		1 Mile	4:44 9/22/91
Michael G. Murphy			
M60-64	Mel Schultz	5K RW	28:15 9/11/93

M65-69	Bailey Gore	Javelin	119-9	6/18/93
M70-74	Graeme Dalzell	Shot Put	36-1 1/2	9/25/93
M75-79	Lyman Glenn	5K	25:39	11/20/93
	Gar Schoener	100M	15.61	4/25/93
		100M	15.9	6/20/93
		200M	34.8	6/20/93
		100M	16.2	7/25/93
		100M	16.0	8/22/93
		200M	34.40	8/22/93
M80-84	Dr. H.P. Narcessian	Hammer	87-2	5/16/93

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:35	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	6-3/4	5-9/4	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-4	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-4	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-4	18-4
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	52-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

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
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/2	7-10 1/2	6-11	5-11	4-11	3-11	3-7 1/2	3-3 1/2	2-11	2-7 1/2	2-3 1/2
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: 600g; 50+: 400g.
 5) Hammer: 30-49: 4k; 50+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F _____

CITY _____ STATE _____ ZIP _____

MEET _____ DATE OF MEET _____

MEET SITE _____

EVENT: _____ MARK: _____

HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____

CERTIFICATE PATCH PATCH TAG

- If you have equaled or bettered the standard of excellence, please fill out this application completely.
- A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
- Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
- A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

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

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	90-94
1500</													

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 3 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Finger Lakes Indoor RC Meet Cornell U., NY; Dec. 5

55m	
Howard MacMillan 67	8.3
Nadine Lowenstein w48	8.7
Katy Gottschalk w52	9.2
Sue Fenimore w41	9.9
800m	
Mark Powell 30	2:01.5
Casey Carlstrom 34	2:06.1
Bruce Sweeney 33	2:09.0
Mike Hasenauer 41	2:17.1
Jeffrey Juran 37	2:22.3
Rick Cleary 42	2:22.9
Dale Ladd 46	2:23.7
Bob Kline top 40	2:26.5
Joe Reynolds 49	2:33.1
Jack Soltis 49	2:33.4
Ken Florance 39	2:40.2
Lorrie Marnell w32	2:51.2
MaryBeth Haasenaerw41	2:54.4
Tony Farrand 58	2:54.9
Nadine Lowenstein w48	2:55.0
Audrey Balandier w37	2:55.6
William Henkel 54	2:56.4
Katy Gottschalk w52	2:59.3
Howard MacMillan 67	3:00.0
Sue Fenimore w41	3:04.6
Ralph Jones 64	3:18.1
Verne Rockcastle 73	3:26.4
1500m	
Joe Daley 43	4:19.9
Bruce Sweeney 33	4:36.1
Reinhold Wotawa 44	4:42.4
Casey Carlstrom 34	4:47.8
Jim Bisogni 48	4:49.0
John Hoffman 41	4:49.3
Rich Bernstein 41	4:52.9
Bob Congdon 48	4:59.9
Ken Florance 39	5:06.2
Joe Reynolds 49	5:35.7
Audrey Balandier w37	5:55.6
Tony Farrand 58	5:56.6
Jim Bilik 44	5:58.7
Sue Fenimore w41	6:11.1
Peter Chulale 31	6:22.1
Vacarana Henkel w30	6:28.0
3000m	
Fred Harris 30	9:07.6
Casey Carlstrom 34	9:55.1
Rick Cleary 42	10:32.7
John Whitman 39	10:36.7
Bob Klinetop 40	10:40.0
Jack Soltis 49	10:45.4
Ken Florance 39	10:56.4
Bob Congdon 48	11:04.1
Dale Ladd 46	11:14.9
Joe Reynolds 49	11:35.1
Lorrie Marnell w32	11:37.1
Audrey Balandier w37	11:37.4
MaryBeth Haasenaerw41	11:55.3
Jim Bilik 44	12:07.0
Tom Rishel 52	12:18.2
Tony Farrand 58	12:34.1
Wendy Cappello w40	12:39.9
Phyllis Radke w38	12:43.4
Diane Sherrer w42	13:35.7

Philadelphia Masters Meet Haverford College; Dec. 12

55mH	
M40 John Jones	8.4
M55 Nate Byrd	9.8
M60 George Taylor	13.6
55m	
M30 Brian Daly	7.2
Bob Murphy	7.4
M35 Phil Conzentino	6.9
Ron Mannion	6.9
M40 Mark Gershon	7.8
Greg Hanson	8.2
M45 Paul Henry	7.4
Jim Shea	7.7
M50 Jerry Belinson	7.7
Bob Fuhman	8.4
M55 Earl Mege	8.6
M60 Jim Stookey	7.7
George Taylor	9.4
M65 Jack Doorlay	8.3
Bill Bergen	8.6
M75 Dave Hall	8.9
Gar Schoener	9.0
Champion Goldy	9.0
200m	
M30 Chris Sydnor	25.7
Brian Daly	26.3
M35 Phil Conzentino	26.7
Tom Yunker	29.5
M40 Phil Felton	25.8
Ken Krings	26.0
John Jones	26.9
M45 Paul Henry	26.0
Rab Hagin	27.6
George Johnson	28.7

M50 Jerry Belinson	28.7
Jim Hodge	31.2
M60 Jim Stookey	27.8
Bruce Sweeney 33	31.4
M70 George Blyn	43.2
M75 Champion Goldy	35.8
Gar Schoener	36.3
400m	
M30 Mike Howard	63.5
M35 Ron Manion	56.3
John Hains	57.7
M40 John Jones	63.4
John Schreck	68.0
M45 Paul Henry	58.5
Rab Hagin	59.2
M50 Bob Fuhman	66.7
M55 Joe Hemler	62.5
M65 Bill Bergen	74.8
M70 George Blyn	94.6
W30 Bev Barrie	82.8
W50 C DiGiambatista	95.0

800m	
M30 Mike Howard	2:35.3
M35 John Hains	2:15.4
Tom Yunker	2:25.8
M40 Gary Fanelli	2:07.8
Tom Ryan	2:08.6
Bill Krieger	2:15.9
M45 George Saunders	2:30.2
M50 Jim McFadden	2:23.7
Larry Simons	2:35.0
M70 George Blyn	3:47.3
1 Mile	
M30 Mike Howard	5:35.6
M35 Bob Reynolds	4:59.5
Andy Inkpen	5:08.7
Jack Foster	5:35.4
M40 Bob Torchia	4:50.7
Bill Kehner	5:05.7
Will Vehrs	5:12.9
M45 Fred Dedrick	4:58.7
Bob Weiner	5:08.5
George Sanders	5:30.8
M50 J McFadden	5:24.5
Joel Dubrow	5:38.6
W30 Bev Barrie	6:34.4
W50 C DiGiambatista	7:16.3
3000m	
M35 Bob Reynolds	10:04.1
John Dalzell	11:11.4
M40 Bob Torchia	9:45.9
Bob Crossin	10:17.9
Bill Kehner	10:20.0
M45 Fred Dedrick	10:20.4
Carl Grossman	11:33.4
M50 Rich Howett	10:38.7
M70 George Blyn	14:47.6
W30 Bev Barrie	13:26.2
W50 C DiGiambatista	14:16.5

High Jump	
M30 Brian Daly	4-10
M40 Ed Laurelli	5-1
Mark Gershon	4-6
M45 Ron Salvio	4-6
George Johnson	4-5
M50 Fred Riley	4-2
M55 Earl Mege	4-2
M60 Jim Stookey	4-2
George Taylor	3-6
M65 Jack Doorlay	3-6
M75 Bob Detweiler	2-9
Long Jump	
M30 Brian Daly	5.42
Bob Murphy	4.73
M35 Jim Craig	4.75
M40 Mark Gershon	5.18
M45 Phil Hopkins	5.12
Jim Shea	4.86
M50 Jerry Belinson	4.77
M55 Earl Mege	3.93
Nate Byrd	3.80
M60 Jim Stookey	4.53
George Taylor	3.16
M65 Jack Doorlay	3.49
Manny Herscher	2.90
Triple Jump	
M40 Mark Gershon	10.69
Taylor Tunstall	10.49
M45 Phil Hopkins	10.20
Jim Shea	9.56
M55 Earl Mege	7.86
M60 Jim Stookey	9.37
George Taylor	6.13
M65 Jack Doorlay	6.50
Shot Put	
M30 Eric Schad	10.31
M45 Jim Shea	9.11
Ron Salvio	7.72
M50 Larry Pratt	13.14
M55 Len Overbeck	8.58
Bill Murphy	8.50
M60 George Taylor	9.33
M75 Champion Goldy	7.96
3000m Racewalk	
M55 Joe Stefanowicz	18:02.9
M65 Ed Gawinski	16:49.7

Noontime Indoor Running League, Manley Field House Syracuse U., NY; Dec. 17

400 meters	
M25 Helmut Locher	62.4
M30 Mark Powell	52.8
Daniel Bernhofen	59.2
Robin Wheelless	59.8
Philip Driscoll	64.6
M35 Terry McConnell	60.2
Kevin Reynolds	64.8
M40 Rob Klinetop	62.6
Steve Nix	62.6
Rick Cleary	63.2
Peter McClure	63.3
John Condon	65.2
Ken Hinman	66.0
Gary Diamond	68.6
John View	70.8
M45 Jim Ascoti	62.6
Larry Nafie	63.5
Steve Murphy	63.7
Jeff Straussman	67.2
Paul Jewell	75.2
Bill Borgstede	84.2
M50 Jerry Smith	62.4
John Allen	63.1
Larry Abrahamson	65.4
Doug Frost	74.4
John LaGruff	81.1
M55 Rene Wilett	61.8
Tom Fondy	63.5
Jack Ucci	69.3
Bruce Fredrikson	71.1
Phil Rice	74.2
Sam Graceffo	75.6
Martin Fried	77.7
M60 Fred Schlereth	60.4
Ed Stabler	69.7
Wally McRae	70.3
Roger Bahn	73.1
Martin Rothenberg	74.5
Bill O'Brian	81.8
M65 Howard MacMillan	71.5
Tom Walnut	78.8
M70 Russ More	84.0
Nate White	93.1
M25 Laura Bernhofen	68.2
Carol Azar	77.0
M35 Patti Ford	67.1
Sheila O'Hara-C.	79.2
Linda Lowe	1:40.7
M40 Ellen Bifano	71.5
Barbara Blaszk	74.7
Kathy Thompson	84.5
M50 Yvonne Tasker	80.2
Louise Lantzy	90.6

MAC Reebok Season Opener Indoor Meet USMA-West Point; Dec. 18

55m	
M30 John ----	7.14
Malcolm Burkes	7.51
M35 Leon Dever	7.14
M40 Pershing Reid	7.07
Ken Paulson	7.20
M45 Bob Davis	7.38
Mike Augeri	7.49
M55 Roosevelt Weaver	7.69
M60 Bob Gerlough	8.25
Jim Duncan	8.55
M70 Vern Mattson	9.04
W35 Louise Clark	8.13
Sarah Boslaugh	8.49
W45 Lorraine Tucker	8.19
200m	
M30 Malcolm Burkes	25.93
M40 Pershing Reid	25.69
M45 Thad Morris	26.09
Mike Augeri	26.69
M50 John Orr	41.41
M55 Cliff Pauling	27.52
John O'Neill	30.52
M60 Harlan Fair	34.87
Jim Dugan	37.25
M70 Vern Mattson	33.21
W35 Louise Clark	29.21
400m	
M30 John Burks	53.97
Mark Baldani	54.01
M40 Mike Blake	58.85
Bob Pertak	63.72
M45 Ron Davis	60.48
Mike Billman	63.08
M55 Cliff Pauling	61.40
M60 Jim Dugan	92.65
800m	
M30 Lewis Jefferson	2:10.89
M40 Carl Cappello	2:10.05
Walter Brown	2:12.39
Mike Blake	2:15.07
M55 C Pauling	2:26.03
M60 Jim Dugan	3:19.63
1 Mile	
M40 Carl Cappello	4:59.71
Pete Corsino	5:12.78
M50 Jack Bresman	5:30.45
M60 Jim Dugan	7:19.65

3000m	
M60 Jim Dugan	13:49.80
55mH	
M30 Mark Baldani	8.09
M40 Ivan Black	10.32
M45 Mike Milove	9.09
M55 John O'Neill	11.12
High Jump	
M40 Ivan Black	5-0
M55 John O'Neill	4-6
Long Jump	
M30 Stacey Burks	4.73
M40 Ivan Black	5.35
M60 James Duncan	4.20
M70 Vern Mattson	3.87
W35 Sarah Boslaugh	4.23
W45 Lorraine Tucker	4.37
Triple Jump	
M30 Stacey Burks	10.60
M40 Ivan Black	10.85
M45 Ken Kienzle	9.12
M70 Vern Mattson	7.98
W35 Sarah Boslaugh	9.00
Shot Put	
M45 Rich Dunphy	11.74
M50 Ed Fox	10.90
M55 John O'Neill	8.78
M60 James Duncan	10.80
W35 Sarah Boslaugh	10.08
W50 Roslyn Katz	7.55
W55 Anne Cirulnick	7.69
Weight Throw	
W50 Roslyn Katz	9.46
W55 Anne Cirulnick	5.81
Mile Racewalk	
M45 Gary Null	7:10.2
M50 John Orr	10:39.4
M60 Leo Rivera	9:17.3
W45 Sonia Morales	9:29.6
W50 Barbara Adler	10:10.4

Greater Rochester TC Meet Rochester, NY; Dec. 19

45m	
M30 Barry Grimes	5.54
M40 Greg Bennett	6.07
W30 Marcia Wallace	6.72
300m	
M30 Dave Yendzieski	41.63
M40 Dale Ladd	45.62
3000m	
M30 Gary Moore	9:22
M40 Joe Contario	9:23
M50 Dave Winn	10:42
W30 Anne Forbes	10:08
High Jump	
M40 Skip Lyon	5-6
W30 Marcia Wallace	4-6
Long Jump	
M40 Skip Lyon	16-7
W30 Marcia Wallace	13-6 1/2
Shot Put	
M30 Jim Nichols	43-1
M40 Dick O'Riley	32-11
W30 Marcia Wallace	30-1 1/2
W40 Nancy Livergood	21-7

Noontime Indoor Running League, Manley Field House Syracuse, U., NY; Dec. 23

200 Meters	
M25 Mark Powell	25.1
Helmut Locher	28.2
M30 Phil Rougeux	25.7
Robin Wheelless	26.9
Phil Driscoll	28.8
M35 Tyrone Guiden	24.4
Philip Griffin	27.3
Terry McConnell	28.2
Kevin Reynolds	29.4
Russel Jabbour	30.5
Mark Driscoll	46.8
M40 Stephan Nix	28.8
Rick Cleary	28.9
Peter McClure	29.2
Jim Ascoti	29.3
John Condon	29.4
John View	32.7
Gary Diamond	32.8
M45 Larry Nafie	29.1
Steve Murphy	30.1
Jeff Straussman	31.0
Paul Willsey	33.8
M50 Larry Abrahamson	29.8
John LaGruff	33.3
M55 Tom Fondy	27.4
Jack Ucci	32.2
Bruce Fredrikson	32.7
Phil Rice	34.6
Sam Graceffo	35.5
Miklos Gratzler	44.0
Karl Barth	95.8w
M60 Fred Schlereth	26.8
Andrew Branch	27.9

Continued from previous page

Long Jump

M40 Ivan Black	4.96
M65 Manny Herscher	3.34
W45 Lorraine Tucker	4.14

Triple Jump

M40 Ivan Black	10.72
M45 Ken Kienzle	9.28

Shot Put

M30 Joe Lafferty	29-3½
M40 Ivan Black	24-8½
M45 Rich Dunphy	38-8½

M50 Edward Fox	37-3
W30 Caryl Senn	31-2½
W35 Sarah Boslaugh	31-11-3/4
Yolanda Brown	26-7½
W45 Joyce Halls	23-11
W50 Roslyn Katz	23-8½
W55 Anne Cirulnick	26-3½

Weight Throw

W35 Sarah Boslaugh	33-1
W45 Joyce Halls	12-11
W50 Roslyn Katz	29-7
W55 Anne Cirulnick	22-11

1500m Racewalk

M70 Jay Charles	11:28.2
M80 William Smuckler	11:38.5
W50 Barbara Adler	9:53.5
W65 Mirna Charles	12:34.1
W70 Queenie Thompson	11:37.5

Mile Racewalk

M50 Herbert Zydek	8:42.2
M60 Bob Barrett	8:31.7
Leo Rivera	9:06.6

3000m Racewalk

M50 Gary Null	13:25.1
W45 Sonia Morales	16:51.0

SOUTHEAST

**Florida AC Tampa Meet
Leto H.S.; Dec. 11**

100m

M50 Doug Brown	15.69
M55 Joe DeLuca	15.34
M60 Warren Doscher	13.92

200m

M30 Orlando Mathews	26.48
M50 Doug Brown	33.90
M55 Joe DeLuca	40.22
M60 Warren Doscher	28.88

400m

M30 Orlando Mathews	58.9
M50 Doug Brown	75.7

800m

M30 Mike Minyon	2:25.46
-----------------	---------

1500m

M30 Mike Minyon	5:55.2
-----------------	--------

High Jump

M40 Nick Romanov	1.68
M50 Doug Brown	1.22
M60 Bill Gentry	1.27

Long Jump

M50 Doug Brown	3.53
M60 Warren Doscher	3.95

Shot Put

M45 Joe Ross	7.25
M50 Jerry Arline	10.74
M55 Harold Tessier	9.98
M60 Len Olsen	12.29
M80 Ernest Dennison	8.22
M55 Erika Messner	9.14

Discus

M50 Jerry Arline	37.85
------------------	-------

M55 Harold Tessier	27.91
M60 Len Olsen	44.86
M80 Ernest Dennison	23.03
M55 Erika Messner	22.75

Hammer

M45 Joe Ross	---
M50 Jerry Arline	38.71
M55 Harold Tessier	20.68
M60 Len Olsen	41.54
M75 Tom McDermott	37.57
M80 Ernest Dennison	15.60
M55 Erika Messner	21.56

Javelin

M50 Jerry Arline	37.95
M55 Harold Tessier	35.46
M60 Len Olsen	36.07
M80 Ernest Dennison	17.17
M55 Erika Messner	20.67

**Herb Anderson Memorial Weight Pentathlon
Atlantic High School, Delray Beach, Florida; December 27**

Age	Name	Disc	Shot	Jav	Ham	Wt Th	Score
28	Dzlepak Tony	33.64	10.71	32.30	41.72	12.16	
		517	528.5	319	682.5	616	2703
		537	528.5	339	682.5	616	2703
39	England Gary	42.86	14.48	49.18	42.84	11.84	
		751	817	638	739	602	3517
		758	861	708.5	772	597	3696
42	Torok Don	28.76	890	45.64	23.38	7.34	
		474.5	471.5	608	409.5	344.5	2308
		502	406.5	659.5	420	327.5	2395
53	McKenna Brian	37.32	9.59	29.14	31.68	10.72	
		644.5	614	436.5	675.5	689.5	3061
			11.24		39.76		3009
			562		676.5		3041
		705.5	565.5	441	639.5	689.5	3041
61	Carstensen Pay	30.56	10.80	30.30	38.52	11.58	
		487	592.5	520.5	786	654	3040
		548	688	531	794	654	3215
62	Henderson Tom	37.16	12.71	20.90	32.22	10.78	
		636.5	604.5	329.5	619	616.5	3036
		698	833	323.5	675	616.5	3116
64	Cooper Randy	41.50	11.90	35.42	24.74	10.72	
		766	779	697.5	519	617	3408
		797.5	771.5	646	518.5	617	3380
70	Peters Bob	22.77	7.63	16.03	19.43	6.56	
		432.5	471	309.5	394.5	419.5	2027
		468	513	294.5	444.5	419.5	2139
70	Stein Jacob	32.13	9.76	25.70	33.40	9.17	
		665.5	635	578	701.5	610.5	3220
		717	690	552.5	767	610.5	3396
70	Brown Bud	10.31	3.80	10.23	8.45	3.60	
		140.5	172	158.5	41	135	547
		141.5	203	147	41	109.5	612
73	Knapp Arthur	20.32	8.28	16.54	18.67	5.89	
		413.5	566	366	411	410.5	2167
		422.5	566.5	308	424	410.5	2131
74	Nordgren Gordon	23.78	9.23	27.22	24.64	7.27	
		523.5	664	721.5	574.5	551.5	3035
		515.5	645.5	594	575	551.5	2881
76	Horningstar Ham	29.81	9.79	27.22	27.24	8.57	
		744	754	778	668.5	714.5	3659
		792	800.5	667.5	723.5	714.5	3697
76	DeLuca John	13.13	0.71	11.10	14.26	5.69	
		259.5	454.5	237.5	293.5	314.5	1579
		278.5	510	203.5	293.5	334.5	1579
82	Partridge Phil	14.81	4.90	7.34	14.41	6.30	
		393	328	226	374.5	478.5	1800
		368	348	150.5	390.5	478.5	1735

U. S. Masters heavy weights thrown, no WAVA scoring on these.

McKenna threw both L6# and 5K Shot and Hammer. No 6K available
Brown and DeLuca threw 8# shot, 20# Weight,
Partridge threw 8" hammer. No 3 K available

First scores by Age Factors Partridge Stone ATHLETIC
Second scores by new WAVA Age Factors Roy Foley CLUB

DISCORAMA

Age	Name	13	1.25K	1.5K	1.75K	2K	Score
23	Dzlepak Tony	43.58	41.21	38.32	33.75	33.64	2651
		584	515	523	492	537	
53	McKenna Brian	38.20	35.13	37.32	31.75	30.66	2943
		545	545.5	614.5	586.5	621.5	
		36.32	32.84	30.90	28.00	23.94	
		619	597	628	627	578.5	3049
70	Stein Jacob	28.32	25.51	23.70	21.38	18.74	4.59
		682	568	578.5	580	515	698.5
70	Peters Bob	21.58	20.06	17.45	17.51	15.32	3.66
		403.5	419	392.5	453	422.5	532
76	Horningstar Ham	27.76	25.55	22.26	19.98	20.24	4.27
		682	609	665.5	669	751.5	736
					61	Carstensen Pay	6.40
							788.5
							2.84
							447.5

Discorama and 56 lb. Weight throw scored by Partridge-Stone Age Factors 74 Nordgren Gordon

WEST

**Stanford Throws Series #22
Stanford U., CA; Nov. 18**

Shot Put

M35 Eric Hodgdon	43-10
M40 Gary Kelmenson	32-6
M55 Don Hughes 16#	24-9½

Discus

M30 Dave Debus	152-0
M40 G Kelmenson	111-0
M55 Don Hughes	75-8
M60 Stu Thomson	162-3
W30 Peggy Pollack	147-8

Javelin

M40 G Kelmenson	108-7
-----------------	-------

Hammer

M30 Dave Debus	194-11
Marty Martinez	135-1
M35 Eric Hodgdon	121-7
Mike Venning	119-2
M40 G Kelmenson	129-8
M60 Stu Thomson	160-2

Weight Throw

M30 Marty Martinez	39-1½
M35 Eric Hodgdon	38-7½
Mike Venning	34-2½
M40 G Kelmenson	41-1½
M55 Don Hughes	28-7
M60 Stu Thomson	54-9½

**Winter Decathlon/Heptathlon
Long Beach St. U., CA
Dec. 11-12**

M40-49	
Neal Schuster	2890
M50-59	
Hugh Adams	4535
Ed Oleata	4377
Gary Miller	3017
W30-39	
Irene Thompson	2656

**Stanford Throws Series #23
Stanford, CA; Dec. 18**

Shot Put

M35 Eric Hodgdon	42-0
M40 Gary Kelmenson	35-10½

Discus

M40 Gary Kelmenson	106-0
M60 Stu Thomson	153-5

Hammer

M30 Dave Debus	195-8
Marty Martinez	134-3
M35 Mike Venning	120-4
Eric Hodgdon	118-10
M40 Gary Kelmenson	130-4
M60 Stu Thomson	160-7

Javelin

M40 G Kelmenson	111-3
-----------------	-------

Weight Throw

M30 Marty Martinez	39-4
M35 Eric Hodgdon	41-7½
Mike Venning	37-5
M40 Gary Kelmenson	41-4
M55 Don Hughes	29-2½
M60 Stu Thomson	54-10½

CANADA

**Canadian Masters National
Championships
Etobicoke, Ont., Sept. 11-12**

100m

M35 Blair Roblin	12.19
M40 George Kenins	11.99
M45 S Smolhey	11.85
M50 Alan Slater	12.96
M55 Charles Agnoo	12.27
M60 Gord Bartholomew	13.20
M65 John O'Neil	13.16
M70 Cecil Paul	15.28
M75 Max Pickl	15.25
W30 Terri Manley	13.92
W35 Maria Mallia	14.43
W45 Lorraine Tucker	13.62
W50 A M Rosenitsch	14.62
W60 Violet Darling	

200m

Ben James	22.90
M40 Tony Tidd	25.30
M45 Robert Zimmerman	24.46
M50 Bruce Mitchell	28.41
M55 Charles Agnoo	27.28
M60 Thomas Callender	28.47
M65 Chuck Sochor	28.25
M70 Cecil Paul	34.81
M75 Max Pickl	33.09
W30 Terri Manley	30.44
W45 Katharine Bliss	27.60
W45 Lorraine Tucker	29.94
W50 A M Rosenitsch	32.27

400m

M35 Ben James	51.38
M40 Horace Hudson	55.90
M45 Robert Zimmerman	56.33
M50 Hugh Wilson	1:06.10
M55 J Van der Vleuten	1:03.60
M60 Earl Fee	1:01.00
M65 Chuck Sochor	1:04.50
M70 John McCarthy	1:22.40
W35 Katharine Bliss	1:01.00
W40 Christine Guy	1:14.60
W50 A M Rosenitsch	1:13.00
W60 Ruth Carrier	1:25.10

800m

M35 Richard Earl	2:09.00
M40 Norm Creen	2:09.90
M45 Ray Tucker	2:04.30
M50 Bill Thompson	2:15.30

M55 Jack Miller	2:24.40
M60 Earl Fee	2:19.90
M65 Sam Madia	2:50.90
M70 Kurt Gelbhaar	2:50.00
W30 L Soucy-Fraser	2:31.40
W40 Christine Guy	2:54.40
W45 Georgie Gillis	3:03.20
W60 Jean Horne	2:46.30
W65 D Brechbuehl	3:32.30

1500m

M35 Alex Keeting	5:31.40
M40 Geroge Aitkin	4:33.30
M45 Ray Tucker	4:16.70
M50 Bill Thompson	4:39.00
M55 Gerhard Krolow	5:37.90
M60 Doug Kyle	5:30.90
M65 Valden Sadul	6:37.50
M70 Kurt Gelbhaar	5:54.60
M75 Aaron Kazdan	7:40.00
W30 L Soucy-Fraser	5:13.10
W35 Janet Takahashi	4:44.00
W40 Cathy Tedford	6:49.60
W45 Linda Findley	5:07.60
W60 Jean Horne	5:49.90
W65 D Brechbuehl	6:59.10
W70 Judith Kazdan	8:16.60

5000m

M40 George Aitkin	16:19.60
M45 Gaetan Breton	18:41.00
M50 Brian Drowett	18:16.60
M55 Robert Glazier	17:51.80
M60 Ed Whitlock	18:13.50
M65 John Reeves	22:39.00
M70 Kurt Gelbhaar	20:47.80
W35 Janet Takahashi	17:23.40
W40 Cathy Tedford	24:45.90
W45 Linda Findley	18:56.70
W65 D Brechbuehl	24:52.00

10,000m

M35 Rick Mannen	33:06.00
M45 Gaetan Breton	38:43.00
M50 Daniel Anderson	38:49.00
M55 Norm Abbott	38:34.00
M60 Ed Whitlock	38:39.00
M65 Charles Felix	46:18.00
M7	

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 3 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Oceanside Hospital 5K Oceanside, L.I., NY; Oct. 30

Table of race results for Oceanside Hospital 5K, listing names and times for various participants.

Rockville Centre 10K Rockville Centre, L.I., NY Nov. 6

Table of race results for Rockville Centre 10K, listing names and times for various participants.

Bohemia Airport Run 12K Bohemia, NY; Nov. 7

Table of race results for Bohemia Airport Run 12K, listing names and times for various participants.

Turkey Day 3 Mile Montauk, L.I., NY; Nov. 25

Table of race results for Turkey Day 3 Mile, listing names and times for various participants.

Northern Central Trail Marathon Sparks, MD; Nov. 27

Table of race results for Northern Central Trail Marathon, listing names and times for various participants.

Run For Children 5K Syosset, NY; Nov. 28

Table of race results for Run For Children 5K, listing names and times for various participants.

Jingle Bell 10K For Arthritis Washington, DC; Dec. 5

Table of race results for Jingle Bell 10K For Arthritis, listing names and times for various participants.

NYRR Joe Kleinerman 10K Central Park, NYC; Dec. 5

Table of race results for NYRR Joe Kleinerman 10K, listing names and times for various participants.

HoHoHo Jingle Bells 5K Bethpage, L.I., NY; Dec. 22

Table of race results for HoHoHo Jingle Bells 5K, listing names and times for various participants.

Westchester Winter Series #1 5K Purchase, NY; Jan. 2

Table of race results for Westchester Winter Series #1 5K, listing names and times for various participants.

SOUTHEAST

Thanksgiving 10-Miler DeLand, FL; Nov. 25

Table of race results for Thanksgiving 10-Miler, listing names and times for various participants.

Sandy Claws 5K Sarasota, FL; Dec. 4

Table of race results for Sandy Claws 5K, listing names and times for various participants.

First Tennessee Memphis Marathon Memphis, TN; Dec. 5

Table of race results for First Tennessee Memphis Marathon, listing names and times for various participants.

WZYP Rocket City Marathon Huntsville, AL; Dec. 11

Table of race results for WZYP Rocket City Marathon, listing names and times for various participants.

Rudolph Run 10K Casey Key, Nokomis, FL Dec. 12

Table of race results for Rudolph Run 10K, listing names and times for various participants.

Table of race results for Metro-Macomb Runners Sleight Bell 4 Mile Harrison Township, MI Dec. 18

MIDWEST

Metro-Macomb Runners Sleight Bell 4 Mile Harrison Township, MI Dec. 18

Table of race results for Metro-Macomb Runners Sleight Bell 4 Mile, listing names and times for various participants.

Metro-Macomb Runners New Year's Eve 5K Mt. Clemens, MI; Dec. 31

Table of race results for Metro-Macomb Runners New Year's Eve 5K, listing names and times for various participants.

MID AMERICA

St. Louis Marathon St. Louis, MO; Nov. 3

Table of race results for St. Louis Marathon, listing names and times for various participants.

Freedom Run 10K Tucson, AZ; Dec. 5

Table of race results for Freedom Run 10K, listing names and times for various participants.

SOUTHWEST

Picayune Fall 10K Picayune, MS; Oct. 23

Table of race results for Picayune Fall 10K, listing names and times for various participants.

Larry Fuselier 25K Metairie, LA; Dec. 18

Table of race results for Larry Fuselier 25K, listing names and times for various participants.

Table of race results for Veterans Day 10K Tucson, AZ; Nov. 14

WEST

Veterans Day 10K Tucson, AZ; Nov. 14

Table of race results for Veterans Day 10K, listing names and times for various participants.

Mission Inn Run Riverside, CA; Nov. 14

Table of race results for Mission Inn Run, listing names and times for various participants.

Table of race results for Freedom Run 10K Tucson, AZ; Dec. 5

Great Impasta Holiday Half-Marathon & 5K Tucson, AZ; Dec. 12

Table of race results for Great Impasta Holiday Half-Marathon & 5K, listing names and times for various participants.

Continued on next page

Continued from previous page

Table with 2 columns: Name and Time. Includes M60 James Rice 32:07, M70 Jack de Weese 28:05, W40 Lynn Aldrich 25:33, etc.

Honolulu Marathon

Honolulu, Oahu; Dec. 12

Overall

Table with 2 columns: Name and Time. Includes Bong Ju Lee 23 2:13:16, Carla Beurskens 41 2:32:20, M40 Tetsushi Hasegawa 2:36:34, etc.

Table with 2 columns: Name and Time. Includes Gerard Finistre 2:54:33, Duncan MacDonald 2:55:34, Trevor Gibb 2:57:10, Nobuya Higashi 2:57:32, Jesus Torres 2:58:11, etc.

Table with 2 columns: Name and Time. Includes Klaus Wagner 2:43:25, Mitsuo Kimura 2:56:18, Tokuo Shiozuka 2:57:24, Akiyoshi Kanno 2:59:14, Minoru Sawada 3:00:15, etc.

Table with 2 columns: Name and Time. Includes Kiyoshi Tanaka 2:44:40, Tsuneaki Takahashi 2:49:59, Koichi Sato 2:51:37, Peter Springborn 2:56:16, Kenkichi Ota 3:00:37, etc.

Table with 2 columns: Name and Time. Includes M60 Koichi Morishita 3:00:52, Masatoshi Nikamo 3:10:39, Carl Ellsworth 3:11:48, Verne Carlson 3:12:39, Herb Ambrosius 3:21:56, etc.

Table with 2 columns: Name and Time. Includes M65 Keizo Yamada 3:07:18, Shinkichi Nonomura 3:20:32, Karimez Godek 3:23:44, Katsuma Watarai 3:47:44, Frank Byrne 3:54:38, Rudolf Schmook 3:54:49, Yoshio Yasuzumi 3:56:55, Giancarlo Mazzoni 3:57:27, etc.

Table with 2 columns: Name and Time. Includes M70 Heinrich Gutbier 3:41:12, Yasumasa Nanikawa 3:46:40, Wilhelm Froehlich 3:56:38, Tsuyoshi Watanabe 4:10:11, Cliff House 4:15:53, Axel Elmqvist 4:41:40, M Wakabayashi 4:44:07, Naoto Inada 4:48:17, etc.

Table with 2 columns: Name and Time. Includes M75 Hiroshi Onuma 3:37:56, Paul Reese 4:25:27, Dutch Benedetti 4:50:01, etc.

Table with 2 columns: Name and Time. Includes Junji Ito 5:10:17, Bongyong Lim 5:20:58, Masataki Kaji 5:41:11, Chang Soon Lee 5:48:19, M80 Peter George Knoch 5:01:45, G B Lillieroth 5:41:36, Yagi Moriyoshi 5:47:27, Tomez Nishino 6:08:45, Ryojo Tsuji 7:16:44, M85 Shigenobu Ishizawa 7:51:43, Masayoshi Nakatani 8:13:00, etc.

Table with 2 columns: Name and Time. Includes W40 Carla Beurskens 2:32:20, Simone Koller 2:55:24, Masako Matsumura 2:57:48, Midori Takase 3:12:35, Kiyoko Tega 3:19:02, Maria Nunner 3:23:32, Joan Potterfield 3:24:20, Terry Clifton 3:30:27, Setsy Sato 3:32:46, Carol Sosa 3:33:36, etc.

Table with 2 columns: Name and Time. Includes W45 Chie Matsuda 2:47:10, Mizue Matsuda 3:10:02, Marcia Winger 3:14:32, Takako Takagi 3:26:05, C Hochleitner 3:26:17, Helena Demlerbe 3:40:42, Lisa Felder 3:42:18, Ingrid Coleman 3:42:34, Elvira Kling 3:43:32, Beth C Kasser 3:43:58, etc.

Table with 2 columns: Name and Time. Includes W50 Masako Ide 3:18:39, Mae Palm 3:52:50, Atsuko Nambu 4:00:24, B DialCrandlemire 4:07:14, Joanne Robinson 4:09:05, Sharon Carroll 4:15:20, Ayako Matsuda 4:15:54, Nakako Watanabe 4:16:38, etc.

Table with 2 columns: Name and Time. Includes W55 D Trafeli Wallach 3:48:45, Fujiko Yamada 4:06:05, Mary Hack 4:09:33, Harriet Anderson 4:10:16, Mike Hagar 4:13:46, Ray Smedley 4:30:16, Agnes Wenzler 4:17:52, Joanne Barker 4:20:09, etc.

Table with 2 columns: Name and Time. Includes W60 Johanna Wrobel 4:18:20, Fumie Shionoiri 4:18:59, Hollie Chang 4:26:02, Barbara Zamparelli 4:32:53, R Paul Walter 4:43:58, Rose Fushikoshi 4:45:20, Grace Chun 4:48:58, Ellen Humphrey 4:45:26, Sakiko Yamanouchi 4:56:27, Sumiko Oba 5:01:38, Margie Withrow 5:19:37, etc.

Table with 2 columns: Name and Time. Includes W70 Margaret Lee 5:47:50, Ruth Munro 6:23:44, Amy Yee 6:46:36, W75 Friedegard Liedtke 6:28:34, Sarah London 7:05:40, etc.

Table with 2 columns: Name and Time. Includes Las Vegas Half-Marathon Las Vegas, NV; Dec. 18, Overall Larry Smith 30 1:03:14, Celsa Kidman 27 1:14:40, Top M40s Paul Cummings 40 \$1501:05:07, Jan Frisby 49 \$100 1:12:53, etc.

Table with 2 columns: Name and Time. Includes M40 Henry Rono 1:16:20, Tony Grappo 1:17:04, Steve Minagill 1:18:29, Joe Kieyoomia 1:18:55, Gerald Kochman 1:21:27, M45 Branch Brady 1:15:02, Donald Ocana 1:18:28, David Saenz 1:19:17, Mike Griffith 1:20:58, Ty Rhodes 1:23:31, etc.

Table with 2 columns: Name and Time. Includes M50 Tom Curry 1:15:27, Juan Cabeza 1:17:25, Nat White 1:24:19, Dick Kirkwood 1:28:51, M55 Jim Way 1:21:50, Walt Wozniak 1:30:19, Thom Weddle 1:31:46, M60 Roy Nelson 1:32:02, Harrie Hess 1:34:21, Jerry Dietrich 1:35:39, etc.

Table with 2 columns: Name and Time. Includes M65 Harold Hubbard 1:33:28, Pat Devine 1:34:43, Robert Mimm 1:48:01, M70+ Al Vogel 70 1:48:25, Joe Ousic 71 1:49:37, Dick Walsh 70 1:58:42, Peter Meletacos 75 2:14:08, etc.

Table with 2 columns: Name and Time. Includes Top W40+ Margie Lindsey 51 \$1501:34:36, Amy Fredericks 47 \$1001:35:36, W40 Tanya Tkoch 1:39:02, Denise Optekar 1:40:00, Lorraine Sorenson 1:42:03, etc.

Copper Bowl Street Mile Tucson, AZ; Dec. 29

Table with 2 columns: Name and Time. Includes 1 Bernie Semler 24 4:27, 5 Wynn Gmitroski 36 4:57, 6 Dan Gaul 40 4:59, 7 John Norris 43 5:10, 8 Neil Rosen 41 5:21, 9 Randy Collier 41 5:40, 10 Anthony Karnavas 31 5:44, 12 Robb Baron 46 5:53, 13 Frank Patania 61 6:12, 17 Jon Wany 52 7:22, etc.

INTERNATIONAL

Home Counties

Cross-Country International Cardiff, Wales; Nov. 6

Table with 2 columns: Name and Time. Includes M40 Martin Rees E 29:46, Mike Hagar E 29:54, Ray Smedley E 30:16, Glen Grant W 30:23, M45 Alun Roper W 30:08, Brian O'Neill NI 30:21, Harry Matthews E 30:32, M50 Ron Elliot W 32:19, Graham Patton E 32:26, Roger Hignham E 32:44, M60 Laurie O'Hara E 35:08, Eric Appleby E 35:25, M75 Marian Eldridge E 18:00, Moira Greenan I 18:26, Janet Hughes E 18:26, etc.

Table with 2 columns: Name and Time. Includes W40 Christine Price SC 18:13, Maggie Statham E 18:23, Eleanor Robinson E 18:38, M50 Sue Dodwell E 20:33, Sue Rodger SC 20:40, Mollie Smith E 21:36, etc.

British Veterans 10K Championships Basingstoke; Nov. 28

Table with 2 columns: Name and Time. Includes M40 Martin Rees 31:25, Terry Osborne 31:25, Keith Brackstone 31:27, M45 Brian O'Neill 32:31, Paul Bryan 32:39, Jim Smith 32:58, M50 Les Presland 33:49, Tony Hawkins 33:56, Dave Rogers 34:10, M55 Pat Dobbs 34:46, Warren Roe 35:58, M60 Laurie O'Hara 36:26, Ron Higgs 37:39, M65 Steve Charlton 39:28, M70 Bruce Davidson 46:59, M75 Vic Horner 52:42, W35 Caroline Horne 35:50, Debbie Peel 36:41, Sabrina Diggins 38:39, W40 Paula Fudge 34:51, Denise Hoogester 37:16, W45 Felicity Garland 38:16, Sue Barrett 40:07, M50 Caroline Oxton 39:03, Julie Beckford 40:05, M55 Pam Jones 42:14, M60 Mary Steggle 51:06, M65 Joyce Smith 50:12, W70 Grace Bulger 60:16, etc.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB. 1994

Table with 3 columns: ATHLETE (RESIDENCE), BIRTHDATE, AGE GROUP. Lists various athletes and their details.

NATIONAL MASTERS NEWS

Subscription Form

The National Masters News is the official world and U.S. publication for Masters track & field, long distance running and race walking. Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The National Masters News gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The National Masters News is only \$24 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$45 — a 22% savings off the single-copy price. A 3-year subscription saves 24%.

Table with 4 columns: 2nd Class rates (USA, Canada), 1st Class rates (USA, Canada, Mexico), Foreign rates (Air mail), and Payment options (enclosed, Bill me later, contribution).

Circle applicable sports: T L R (T = T&F; L = LDR; R = RW)

Name _____ Address _____ City _____ State _____ Zip _____

Send to: National Masters News Subscription Dept. P.O. Box 16597 North Hollywood, CA 91615-6597 Or Call: 818/760-8983

(Canadian checks accepted; add 25% to cover exchange. Please notify us of address changes four weeks in advance.)

Need Back Issues? Most back issues of the National Masters News are available for \$2.50 each, plus \$1.25 postage and handling for each order. Send to: National Masters News P.O. Box 2372 Van Nuys, CA 91404

DEADLINE NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

1994 USATF National Masters Indoor Track And Field Championships

Friday, Saturday and Sunday, March 25, 26 and 27, 1994

Hearnes Center Fieldhouse, University of Missouri, Columbia, Missouri

FRIDAY, MARCH 25

12:00 noon	Weight Throw	All Men
6:00 pm	Opening Ceremonies	
6:30 pm	Triple Jump	All Women
	High Jump	Men 70+
7:00 pm	Racewalk	All Women and Men
7:30 pm	Pole Vault	All Women and Men 60+
	Triple Jump	Men 70+
8:30 pm	Triple Jump	Men 65-69

SATURDAY, MARCH 26

7:00 am	Weight Throw	All Women
10:00 am	Long Jump	Men 30-44
	60 M Dash	All Women and Men
11:00 am	High Jump	Men 50-59
11:30 am	60 M Dash	All Women and Men (finals if needed)
	Long Jump	Women 50+
1:00 pm	Long Jump	Men 70+
	1500 M Run	All Women and Men
2:00 pm	Shot Put	Men 30-54
	Pole Vault	Men 30-39
3:00 pm	400 M Dash	All Women and Men
	High Jump	Men 40-49
	Long Jump	Women 30-49
4:00 pm	Shot Put	Men 55-69
	Long Jump	Men 45-49
	Pole Vault	Men 55-59
5:00 pm	Long Jump	Men 50-54
	60 M Hurdles	All Women and Men
	High Jump	Men 30-34
6:00 pm	Long Jump	Men 55-64
7:00 pm	Long Jump	Men 65-69
	Two-Mile Relay	All Women and Men

SUNDAY, MARCH 27

9:30 am	3000 M Run	All Women and Men
	High Jump	All Women
10:00 am	Shot Put	Women 30-59
11:00 am	Shot Put	Women 60+
	High Jump	Men 60-69
11:30 am	200 M Dash	All Women and Men
12:00 Noon	High Jump	Men 35-39
1:00 pm	Triple Jump	Men 30-44
	56 # Weight Throw	All Men
2:00 pm	Pole Vault	Men 40-54
	Triple Jump	Men 50-64
	800 Meter Run	All Women and Men
2:30 pm	Shot Put	Men 70+
3:30 pm	200 M	All Men and Women (finals if needed)
4:00 pm	Mile Relay	All Women and Men

General Information

Competition Facilities

The 1994 Championships will be held in the Hearnes Center Fieldhouse, which is the facility used by the University of Missouri Track and Field program.

- * 200 Meter Track, Tartan surface, resurfaced in 1988
- * 8 - 36 inch lanes on the curve, curb is raised
- * 8 - 42 inch lanes on the straightaway
- * UCS Starting Blocks available
- * UCS Hurdles, Vault and High Jump Pits
- * All hurdles, starting blocks and pits are Olympic Models and new in 1991
- * All Field Events with the exception of the 56# Weight Throw will be held on the Track infield
- * Accutrak Model 2000 fully automatic timing will be utilized
- * Throwing areas are wood except for 56# Weight Throw which is concrete
- * No more than 1/4 inch spikes for all running and field events
- * Lockerroom facilities will be available in the Fieldhouse, but no towel or lock service will be provided

Meet Management

- * Meet Director is Donald Dobson, 314-882-4087
- * 1992 USATF Rules will be followed with a few exceptions for meet management purposes
- * After entry form is received, a confirmation of entry and competition instructions will be mailed
- * Relay events will be in 10 year age group increments, 30-39, 40-49, etc.
- * Throwing implements must be certified, placed in a pool for all competitors to use
- * All relay members must be from the same association or club
- * NO on-site entries for relays will be accepted AFTER four hours prior to the competition for a particular relay
- * Training Staff will be available for competition injury treatment purposes ONLY
- * Medical treatment available 5 minutes away at the MU Medical Center
- * Medal Awards to be presented to the first three places in each event
- * Ribbons will be awarded to the fourth, fifth and sixth place finishers
- * A Master's Reception and Meeting will be held at the Ramada Hotel on Saturday

Travel and Lodging

- * Meet Headquarters is the Ramada Inn Hotel and Conference Center, 1100 Vandiver Drive, Columbia, MO 65201, 314-449-0051
- * Room rate is \$42.00 per room (up to 4/room), per night
- * To reserve your room call or write the Hotel directly, be sure to mention to the reservationist that you are with the USATF Masters Indoor Championships
- * Housing is available on-campus for \$13.50 per night (single) or \$9.50 per night (double), cost includes linens and phone
- * To make reservations for on-campus lodging call the MU Residential Life Office at (314) 882-7211
- * The Ramada Hotel is approximately 4 miles from the Hearnes Center Fieldhouse
- * The Ramada Inn will provide a shuttle to and from the Hearnes Center Fieldhouse every hour for competitor use, this service is free of charge
- * The Columbia Regional Airport is 7 miles from the Ramada Hotel
- * The St. Louis Airport is approximately 2 hours driving time from the Ramada Hotel
- * The KC Airport is approximately 2 1/2 hours driving time from the Ramada Hotel
- * Tiger Air Express provides regular shuttle service between Columbia and the three airports, for reservations or more information on this service call 1-800-333-3026
- * Other Lodging and Shuttle information is available upon request

Entry Fees and Payment

Regular Entry Fees are as follows: **First Event** - \$25.00; **Second and subsequent events** - \$15.00 each; **Relays** - \$45.00 per team

Entry fee is due and payable with the entry form. All entries are considered regular if POST-MARKED on or before 3/10/94. FAX entries will be accepted with credit card payments ONLY. Entries post-marked or FAXED after this date will be assessed a late fee of \$10.00 per event, and \$40.00 per relay team due and payable at time of entry. All entries received at the meet site will be accepted if space is available in the requested event. Absolutely NO entries in the 60 Meter Dash, the 60 Meter Hurdles or the 200 Meter Dash will be accepted after 6:00 pm on Thursday, March 24, 1994.

No telephone entries will be accepted.

For more information:

USATF Masters Indoor Championships
University Extension Conference Office, 344 Hearnes Center, University of Missouri, Columbia, MO 65211, Phone: 314-882-4087, FAX: 314-882-1953

Registration Form

USATF National Masters Indoor Track and Field Championships

March 25-27, 1994, University of Missouri, Columbia, Missouri

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Age _____ Male Female
 Events Entered First Event _____ Performance _____
 Second Event _____ Performance _____
 Third Event _____ Performance _____
 Fourth Event _____ Performance _____
 Relay Entry: Two-Mile Relay Mile Relay
 Relay Members 1. _____ 2. _____
 3. _____ 4. _____
 USATF Assoc. _____ 1994 USATF Card Number _____
 Club _____

Regular Entry Fees are as follows:

First Event - \$25.00; Second and subsequent events - \$15.00 each; Relays - \$45.00 per team

Late Fees are as follows: (post-marked or FAXED after 3/10/94)

\$10.00 per individual event; \$40.00 per relay

Total Individual Entry Fees \$ _____
 Total Relay Fees \$ _____
 Total Late Fees \$ _____

Total Fee Due \$ _____

All Fees are Due and Payable at time of Entry. No telephone entries will be accepted.

Make check to: UNIVERSITY OF MISSOURI

For credit card payment: Charge \$ _____ to: Mastercard Visa Discover
 Credit Card Number _____ Expiration Date _____
 Name of Cardholder _____ Signature _____

Mail completed form and payment (or fax with credit card only) to: **USATF Masters**
 %University Extension Conference Office, 348 Hearnes Center, Columbia, MO 65211, Fax 314 882-1953

_____ **For Office Use Only** C3110 _____
 cc pc mo cash mc visa disc po ctc Date _____
 Amt Rcvd \$ _____ Receipt# _____