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

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 2:31:50. She won for the fifth time in Honolulu the previous year with a mark of 2:35:11, sat out 1988, then returned in 1989 to win her fourth title (2:31:50). She won for the fifth time last year, too.

“[The weather] is 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.

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

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.”

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.

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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+, or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card ($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.

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In a letter to NMN (March, 1993), Mary Elizabeth Norckauer complained that the 1992 National Masters 8K XC 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 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 newstands. 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 1/4-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 surrounded 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

WAVER 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. Officials - 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, Barmum, himself, would applaud.
5. Press coverage - Best I've seen since Eugene. I was able to freely phone and fax home town paper (three articles) and was invited to the press room such as on the last day.
6. Hospitality - Going out and outstanding. My 14-day "home stay" with Takejio 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 114 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

Twenty-Three Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletes by making subscriptions. 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
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Jay Edwards
William Eppright
Conrad Falvello
Jose Fodor
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Miyazaki was a world championship 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 “elitist” 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 VAWA 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 them.

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 Mutley
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 one minute too long. In the 40-minute (equivalent to about a 10K) it seems more likely

Continued on page 7
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 about 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 running 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 population 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 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.

Run 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 Irlfred 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 grueling contest.” 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 Marinopa. 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 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 Pelli, 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 weights as the 70+. Very tough on the old men.

Please try to rectify this unfair situation.

John Whitmore
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 she gives him 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 contribution 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

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Muscle Nitro - Retail $18.99
1-$44.99, 3-$154.97 ($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-$151.99 ($25.33 each)
Excel
Excel is the Guaranteed Highest Potency Energy Product on the Market
Ultra High Performance & Anti Fatigue
40 Ret $39.99 Our Price $31.99
100 Ret $91.99 Our Price $73.99

Power Bar
1 Box of 24-$24.00
(Apple, Berry, Chocolate & Malt-Nut)
Avocet Cliff Bar
4 Boxes of 24-$13.99 each
(Apricot, Date, Oatmeal, Double Chocolate)
Edge Bars
6 Boxes of 24-$13.99 per dozen

Exceed
Fluid Replacement & Energy Drink
600 gm. cans - 1-$7.99, 3-$19.99, 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)
8 Boxes of 12-$103.92 ($12.99 per dozen)
Exceed Sports Meal (Vanilla & Chocolate)
Twin Lab
Ultra Fuel Bars (Vanilla & Chocolate)
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
Squerrye Box of 10 $7.99 - Regular Price $10.99
(Used by many world class athletes)
10 carbohydrate concentraet packets can be used before, during & after training and racing.

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February, 1994
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 granulomatous 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 causes swelling and tenderness, 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 cautery procedure that can be done in about 10 minutes in the office. I use sable 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 and surgical 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 cauteterization 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 Nys, 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 4:05.93 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.

Millrose 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 1,500-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 Potopey (43, Wheaton, IL), John Bemingham (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.
Continued from page 1

The good news is we’re all okay, physically, even though it was bitfrazzled, 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 Chairperson Peter Mundie’s Venice abode survived, but four of his 550-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 66,” 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 “Omgid.” 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 way.

Continued from page 1

Honolulu

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 2:31:48. With far fewer age categories than the Boston, 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 finishing age group 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).

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

The officials and the赞助商 of the Southern Masters invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. The headquarters will be the Brawnerstone Hotel. There will be three days of competition featuring pentathlon, weight pentathlon, 50 & 80k walks, Team relay and all regular track and field events at the NCSCU Campus ("only these events offer an open division"). A "Race Walk" clinic and a "Throw" clinic will be held on Friday at 6:30 pm and at 7 pm respectively on the NCSCU Track. In case of inclement weather the "Throw" clinic will move indoors at the Brawnerstone Hotel at 7 pm.OPERATED BY: Southeastern United States Masters, Inc., Box 790, Raleigh, NC 27602. Contact Ray Tufpulm or Dale Smith (919) 769-0599. Master Monday-Friday 10 am to 3 pm.

AGE DIVISIONS: Based upon age on day of competition, all events will have 5 age groups from 20 to 90s. In addition, the team relays and the 20k Race Walk will offer an Open division (both at Georgerie Track) and an over 90s division (only at NCSCU). Please see attached entry form.

ENTRY FEE: $1400 for each event. Relay entries are $14.00 per person. Entry fees can be paid by check or cash. Bank of America account #131-117053-1540. All NCSCU bank accounts are in Raleigh.

SANTION & USAFT REGISTRATION: This meet is sanctioned and certified by USAFT and USAFT registration is required for all events except packet pickup on site leading up to the marathon. The USAFT registration certificate must be turned in at registration on site. All proper USAFT registration fees and event entry fees must be paid in full in advance of the event.

AWARDS: Large medals will be given to first 5 places and ribbons to the next 3 places in each event for each age division. NCSCU USAFT awards will also be given for the 40k walk and championship. Medal Winner Award to individuals with the best age adjusted time in the marathon. Scholar Coach Award given each year to NCSCU coach. Best age adjusted masters performance in the male masters 70+ race.

LATE ENTRIES: Additional $1.00 late fee required for each event if postmarked after April 22, or received after April 29, 1994. Events may be dropped at any time. No late entries on changes in track and field events will be accepted after 6:30 pm. EDT, May 1, 1994. Entries in Saturday’s team relay and in Saturday’s 20k walk close one half hour before race time.

RACE WALKING: New low lane 400 meter 2000 track for track events, and asphalt for 20k race walk.

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

Friday, May 6

Track Events (even 1-8) 1:30 pm Start Times
01 WOMEN’S PENTATHLON 100 HVL, SHOT, HJ, LS, 800m 2:00 pm
02 MEN’S PENTATHLON 100 HVL, SHOT, HS, DS, 1500m 2:00 pm
03 10000m on track Start time 30 minute intervals 5:30 pm
04 RACE WALK CLINIC on track 6:30 pm
05 THURSDAY CLINIC on track 7:00 pm
04 ALEX ALMASTY WALK (Disqualification discussion) 30 min. following completion of final event.

Saturday, May 7, 1994

AT NORTH CAROLINA STATE UNIVERSITY (INCL)

Event # Track Events (even 1-8) Approx. Time Field Events (even 16-20) Approx. Time
01 5000 M HIL 8:00 pm
02 1500 M HIL 9:10 pm
03 10000 M HIL 10:30 pm
04 5000 M MASTERS HIL (m) 11:50 pm
05 1500 M MASTERS HIL (m) 1:10 pm
06 TEAM RELAY (m/m) 2:00 pm
07 A 4X100 RELAY 4:40 pm
08 B 4X100 RELAY 5:00 pm
09 C 4X100 RELAY (over age 55) 5:20 pm
10 100 M HIL (m) 5:40 pm
11 800 M HIL 6:00 pm
12 STEPFIELD 7:40 pm
13 400 M HIL (m) 8:00 pm
14 200 M HIL 8:40 pm
15 5000 M HIL 9:00 pm

At NCSCU Track Events
01 200 M DASH 6:00 pm approx. 2.30 pm
02 400 M DASH 6:40 pm
03 110 M Hurdles 7:10 pm approx.
04 HURDLES 7:30 pm approx.
05 Javelin 8:00 pm approx.
06 Hammer 8:30 pm approx.
07 Discus 9:00 pm approx.
08 Hammer 9:30 pm approx.
09 Team Relay 10:00 pm

Sunday, May 8, 1994

RALEIGH CITY STREET (2 Mile Map in Packet)

Event # Event Title Approx. Time
01 ALEX ALMASTY 20K Race Walk approx. 9:00 am
02 A 10 & B 20K Race Walk approx. 9:30 am

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
Street City State Zip Code

Day Month Year

Total Distance: _____

Number of entries taken: _____

On completion of all race events, mail entry form and fee to:

Name:
Address:
City:
State:

Day: 402-770-7575

Date:

Date:

Deaths in the "Ground Zero" area of the Los Angeles Times were sustained by "Reto" and "Hilo," two "Ground Zero" area residents who were killed by the quake. "Reto" and "Hilo," two "Ground Zero" area residents who were killed by the quake. "Reto" and "Hilo," two "Ground Zero" area residents who were killed by the quake. "Reto" and "Hilo," two "Ground Zero" area residents who were killed by the quake. "Reto" and "Hilo," two "Ground Zero" area residents who were killed by the quake. "Reto" and "Hilo," two "Ground Zero" area residents who were killed by the quake. "Reto" and "Hilo," two "Ground Zero" area residents who were killed by the quake. "Reto" and "Hilo," two "Ground Zero" area residents who were killed by the quake. cursor, mouse, or other pointing device to select and complete the form. When you have completed the form, click the "Submit" button to send it to the appropriate authority. Please fill out the form completely. Failure to do so may result in non-processing of your entry. If you have any questions, please contact the Southeastern Masters at 919-769-0599.
10th World Veterans Championships: Part 2

(By 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.)

**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 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 pace 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 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 taping 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 a 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 I would begin to feel nibbled away. It starts taking energy to socialize so I wasn’t friendly.

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1993 Masters RW Report

By Bev Laveck, Masters National RWing Representative

Masters racewalking continued to grow in quality and depth in 1993. An item from Sept./Oct. USATF On the Road states that membership in USATF grew 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 walkers, 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 walkers 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. walkers supported the WAVA Championship events even though they placed well out of individual medal range.

One disadvantage of the number 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 ages and abilities. 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 been able to stay competitive and are in conclusive evidence 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 athletic performance, I have been able to broaden my understanding of the changes which weight down to 140 lbs of lean muscle.

Liquori and Coghlan have retired from competitive sessions on the track, flexibility and strength in muscle have broadened their spectrum of physical therapy. There is a lot more to doing one's best, but both are in agreement that they have a new lease of life.

**Diet**

Waitz, Liquori and Coghlan each report that diet, now more than ever, is the cornerstone of training and 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 grabbed last year, Coghlan knew that he will need a good set of legs under him. He is weighing his body weight down to 140 lbs of lean muscle mass. His training consists of running 65 to 90 miles per week, part in the 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.

**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 specific for the masters athlete who trains sport-specific, and runs only, limits his or her potential in running and also increases the risk of breakdown.

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

**Functional capacity then declines with age.**

Looking specifically at the musculoskeletal system we can recognize certain aging 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 exercises.

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.

**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.

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Masters athletes must take a more global view of their health, fitness and performance. We know the various aging factors, but science has proven, and we have athletes like Eamonn Coghlan to show, that the effects of age 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).
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? I hope so.

—Al Sheehan

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.

1992 U.S. Masters Outdoor

T&F Rankings Book

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*52 pages, over 100-deep in some events.
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Mehr, 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, 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.
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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."

Concentric 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.

Kurtis Cracks 2:20 in First Tennessee Memphis Marathon


Temperatures in the 50s provided near-perfect weather conditions for much of the race which served as the Road Runners Club of America's 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 NYRC's goal of making a running experience accessible to everyone.

污染防治 : 旨在保护环境的行动和政策。
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 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 Burketsville, 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 Libburn, 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 affected his patience," he said.

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 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 51st (yes, 511) time.□
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 again. She takes that seriously, as 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 form of exercise.

She drew 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 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 Struszynski, 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 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 each 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-
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 “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 Harken (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 Hiton Goring, 57, blasted a 37:45, and 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. Finishes 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. □

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 Nestie Hollicky, 61, of Alberta, won 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. □

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-mile and a few courageous six-mile souls braved the 25° + 25mph (at least) Noreaster that dashed 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 so 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 in to 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&R Records Chairman Pete Mundle with Rex Harvey, Shirley Dietricher, Beverly LaVeck and Alan Wood.

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TRAVEL IN THE WEST

TOP GRANDMASTER AT THE GOVERNOR’S CUP: 8K, Columbus, S.C., Oct. 16, from left: M55 Dick Rupeick (30:12), M55 Jerry McGath (28:50), M55 Jim Larson (31:50), and Mike Klutz, first W50+ (35:45). Photo by Charlie Klutz
ENTRY FORM
2nd WAVA Road Race Championships 1994

Please enter me in the following event(s):

- 10 K Road Race
- 20 K Road Race
- 10 K Race Walk

(Please print):

NAME: ________________________________________ SEX: ______

DATE OF BIRTH: _______ AGE on July 31st, 1994: ______

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ADDRESS: _________________________________________

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Presentation banquet U.S.$24 x number

TOTAL: $______

Please make cheque (drawn on a Canadian bank) or order payable to:
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WAIVER (COMPETITOR'S RELEASE):

I, the undersigned, hereby declare that I am in good health, have properly trained for this competition, and am eligible to compete in the same. I also agree to comply with all the rules of competition and present myself to officials of the WAVA Masters Road Racing Championships 1994.

1. In case of doubt in translation, the English version will apply.

DATE: ___________ SIGNATURE: _______________________

I 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 25th. I will send the balance to arrive on or before 1st May, after which date my booking may be lost.

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.

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 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 race 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 at 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.
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, ahead of 41-year-old Christine Price, in the 10K championships, Paula Fudge, 41, put in an impressive 34:51 to lead 36-year-old Caroline Horne (35:50).

Marian Eldridge, 39, was a solid winner (18:00) in the women's section of the Cross-Country International, 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 3000 at the World Championships in Miyazaki. Sanchez later pulled a hamstring and had to drop out of the competition.

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1. World Masters Games (Australia)
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4. Mexican Masters vs. U.S. Masters T&F Meet (Mexico City)
NAME: ____________________________
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International Scene

Continued from page 19

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 Petrovsk...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 fabbed 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, Petrovsk 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

3) Holiday Inn Toronto East, Scarborough. CAN$69 for single, double, or triple. 416-293-8171
4) Sherton 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 WA5A 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 consecutive weekends. The other two are the North and Central American and Caribbean WA5A 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

Telegraph the World Masters Games will be at world standard venues throughout Brisbane including the QEII 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.

SPORTS TRAVEL INTERNATIONAL, LTD. (619) 225-9555 or (800) 466-6004

The Challenge Never Ends!

Track & Field Sept. 26th - Oct. 3rd, 1994
MINUTES OF THE WAVA GENERAL ASSEMBLY IN MIYAZAKI,
JAPAN, OCTOBER 1993

Present: Cesare Beccalli in the Chair, the WAVA Council

Guests: Sometaka Matsukata, Governor of Miyazaki Prefecture,
Kazuo Tanaka, President, JAAF; Vice-President
Amado D'Arora, IAAF Veterans' Committee

Delegates for WAVA Affiliates (number of delegates in brackets):
Africa: Cabo Verde (1), Senegal (1), South Africa (1)
Asia: Brunei (1), People's Republic of China (1), Hong Kong (1), India (2), Indonesia (3), 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 (5), Germany (5), Greece (3), Hungary (1), Ireland (1), Italy (4), Moldova (1), the Netherlands (1), Norway (1), Poland (1), Portugal (1), Romania (1), Russia (1), San Marino (1), Sweden (5), Switzerland (2), Turkey (1)
North and Central America: Canada (4), Mexico (1), Puerto Rico (1)

1. OPENING OF THE GENERAL ASSEMBLY

The President of the WAVA, Cesare Beccalli, welcomed the Delegates, Guests and Observers with an especially warm welcome to Governor Sometaka Matsukata of the JAAF and the Governor General Jean-Paul Lenie who opened and declared the General Assembly open.

The Governing Committee of the WAVA, the IAAF Vice-President, Lamine Diack and the IAAF Representative on the WAVA Council, Cesare Moreno used the opportunity to address the General Assembly and wished it every success as the veterans' athletics the best success.

2. CERTIFICATION OF THE PROPER CALLING OF THE ASSEMBLY

The WAVA Secretary, Torsten Carlsson accounted for the calling of the General Assembly, which was distributed by mail to all Affiliates on June 8th, and the list of delegates and agenda was distributed on August 24th in accordance with the WAVA Constitution.

The General Assembly certified that the calling was made properly.

3. ELECTION OF 2 SCRUTINEERS FOR THE MINUTES

Errol Whitehorn, Philippines, and 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 printed, and the WAVA Council properly dealt with them.

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 those over 40, then the event being a small education; the event was a small education for those wishing to participate, and that there was no reason for WAVA to recommend veterans not to participate. WAVA will do its best to follow the development carefully.

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

Vice-President-Stadia's report

Norman Green, USA, as the Vice-President if the new age-factors were approved by the WAVA Council which Bill Taylor affirmed that 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 Sheehan.

Fernando Ferrara, Portugal, asked Cesare Beccalli to find the performances in the steeplechase in the upper ages very disturbed by information. In case that together with IAAF, Bill Taylor prepared a statement for the paper.

Vice-President Non-Stadia's report

Herma Herroencke-Gil, Spain, asked Jacques Sergouy who was being contacted for the inquiry about the long walking distance 20 km which was referred to in his report. Jacques Sergouy pointed out that an amendment was not a demand at the WAVA General Assembly during the suspension period.

Brian Deery, Canada, underlined that decisions about road championships organized must be taken much earlier than one year ahead and was reassured by Jacques Sergouy 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 Carlsson commented upon his report with regard to the provisional number of members present which has now come up to 101 - an increase of about 30 Affiliates since 1993. More countries are expected to report for affiliation.

Ian Perkins, Australia, commented upon the Secretary's report that it is difficult to keep a constant contact with all the WAVA Affiliates who were not able to report for affiliation.

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

Ron Bell, Great Britain, asked if really all athletes have paid the WAVA fee USS 15. - Al Sheehan answered that Japanese athletes that start only in maraton/cross country pay USS 10.50 to an agreement with the organizer 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. In any case, the WAVA committee criticized the decision and the General Assembly voted unanimously that no changes of WAVA registration fees may be done after the contract has been signed.

All reports were hereafter approved by the General Assembly.

OFFICERS ELECTIONS

All the officers were re-elected for a further 2 years. The 1993/94 candidates had been allowed 2 minutes to make a presentation.

The results of the voting were:

President:

- Cesare Beccalli re-elected

Vice-President-Stadia: Bill Taylor

Vice-President Non-Stadia: Steve Marsden

Executive Vice-President: Bob Fife

General Secretary: Torsten Carlsson

Treasurer: Al Sheehan

7. APPOINTMENT OF WOMEN'S REPRESENTATIVE

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

Hannelore Goumech 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 which recommended the Council to appoint Hannelore Goumech as Women's Representative.

8. AMENDMENTS TO THE WAVA CONSTITUTION/BY-LAWS

Recommendations about amendments to the WAVA Constitu-

tion/BY-LAWS from the WAVA Council

1. General Assembly, Constitution section 4

Addition to paragraph 1: Articles 1.4 and 1.6 shall be amended

After the word "simple majority vote" on line 2 is added: "excep as amendments for the Constitution for which a 2/3 majority shall be required. Then continued "and shall...

Approved unanimously.

2. General Assembly, Constitution section 6

New paragraph 1.3 is added to paragraph 4 H

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

Approved unanimously.

3. General Assembly, Constitution section 4

New paragraph is added as 4.1.4

Anyone found guilty of any offence under sub-section 7.2 of the Constitution may be a candidate as WAVA General Assembly within the suspension period.

AFTER having restricted the classes under sub-section 7.2 to 7.1 to 11 and to 16 votes (against 16 votes) the proposal was approved unanimously.

4. General Assembly, Constitution section 4

New paragraph is added as 4.4

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

Substitutes for Regional Delegates will be permitted upon a written request to the President submitted to the WAVA General Secretary 24 hours in advance of the meeting of the General Assembly.

Approved by 109 votes against 3 votes.

5. General Assembly, Constitution section 4

New paragraph is added as 4.5

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

Each delegate of an Affiliate shall be a member of the Affiliate. Substitutes may be named for any delegate with the consent of a WAVA Officer. A substitute may vote in the place of an absent delegate provided the delegate meets all required qualifications of a voting delegate. Substitutes shall be stated upon written verification from the President of the respective General Body on the order 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 line of paragraph 3 of paragraph 5 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, line 2 and may be added:

"and may be appointed.

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 test 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 relating to the health of the competitors in cooperation with IAAF. The WAVA Council was charged to specify such duties and instructions for this committee.

9. Records Committee, Constitution section 8/By-Laws, new section

The first paragraph, 2.1.6, is deleted and replaced by a new section in the By-Laws after the other committees with the following paragraph:

2.1.6 The records of each WAVA Region shall be kept by the Chairperson and each Region shall appoint an official delegate to the Committee.

Each Region shall report from time to time to the Chairperson and the Committee.

111. The Chairperson of the Records Committee shall have the right to appoint any members of the Committee.

Approved unanimously.

Other proposals from the Council

1. Weightlifting

Weight pentathlon is proposed to be incorporated in the WAVA Track and Field Championships for men and women with effect from 1995.

The individual disciplines included in the weight pentathlon are held in the following order:

Individuals 400m - 200m - 800m - 1500m - 110m Hurdle - Shot - Discus - Hammer - Heavy Weight Pentathlon

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

Men: 90 kg

Women: 64 kg

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

Men: 112 kg

Women: 70 kg

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

Men: 144 kg

Women: 89 kg

Detailed specification for the heavy weight shall be as prescribed 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 standard, against the same age group. All 96.1% pleased (maybe not) at the age-graded results of this, the biggest track and field meet of all time.

What do all those numbers mean? And those percentages — 1) 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 world’s competitors would have performed in a single division (30 and under in age) that would represent the prime age 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 medals for each performance. Who got each medal is shown in the tables.

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) How do you measure? We simply go through the results and see what performances more than 100%! How can you be more than “perfect”? Well, theoretically one cannot, and it would seem that some competitors have been able to do so.

5) The table was 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 fixed on their own tables. All this needs to be done to make the scoring as fair and logical as possible. As you can see, some of these changes that should be made, you may also marvel at just how accurate the big bulk of the events actually are.

6) Additionally, we have scored in the same manner, all of the points earned by each country that participated in the championships. The points were scored against the scores of all of the other countries.

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

Age-Group Championships:


Although not seemingly related to their winning margin, Vincente won a total of three events and a runner up to pace his 60 division into a tie with the M55 with 47 points. The M60 got the gold medal of their points of their winning margin, Vincente. "At the moment was made, through the results and see what performances more than 100%! How can you be more than “perfect”? Well, theoretically one cannot, and it would seem that some competitors have been able to do so.

10TH WORLD VETERANS CHAMPIONSHIPS AGE-GRADED RESULTS (1989 TABLES)

10TH WORLD VETERANS CHAMPIONSHIPS

Miyazaki, Japan * Oct. 7-17, 1993

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**AGE-GRADED RESULTS (1989 TABLES)**

10TH WORLD VETERANS CHAMPIONSHIPS

Miyazaki, Japan * Oct. 7-17, 1993

<table>
<thead>
<tr>
<th>Age-Group Championship</th>
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<th>Women</th>
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</tbody>
</table>
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February, 1994  
page 23

WAVA Minutes
Continued from page 21

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 walks 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 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 whereas the following
walking events were decided on:
Non-Stadia:
Men: 20 km
Women: 20 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 earlier in the calendar, shall be held 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 age-group. The non-Stadia
proposal was defeated with 73 votes against 32 votes.

9. BIDS AND VOTING ON FUTURE WAVA CHAMPIONSHIPS
Road Championships in 1999

Road Championships in 1999

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

The 1995 Stadia Championships will be staged in
Buffalo, USA

Stadia Championships, 1997

Conception, Chile, and Kuala Lumpur, Malaysia; present-
ations. The voting resulted as follows:
Round 1: Malaysia, USA, and Conception.
28 votes
Kuala Lumpur, Malaysia, 26 votes
Durban South Africa, 28 votes
Chile, 17 votes

Round 2: Durban, South Africa, 42 votes
Malaysia, 38 votes
Kuala Lumpur, Malaysia, 30 votes

Round 3: Durban, South Africa, 64 votes
Malaysia, 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 Bacelli thanked all present
for a good meeting and declared the General Assembly
closed.
had years. Each state continued explosive growth. Something had to be done.

In many states, this is a major change. Whereas in the past the decision was made on 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 a 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. Masters and Senior Track and Field Classic," Corderman said. "The first classic in 1987 attracted 250 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."

Tactract 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 "Tactract," which stipulated that all appearance, prize or endorsement monies was to be paid into monitored accounts. The scrapping of Tactract is in keeping with new guidelines adopted in August by the International Amateur Athletic Federation. The IAAF is track's world governing body, USA Track & Field is its U.S. member.

Before 1980, no track and field athlete could receive financial rewards. The IAAF and the USATF executive director Ollan Cassell in a letter sent last week to athletes. "But 13 years ago Frank Shorter put his life 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 15-minute video was recorded by RRCA for 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 ($12 for USATF members) 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 August and Robert O'Brien of Masters Sports International are staging the North American Masters Relay Carnival at Wesleyan U., Middletown, CT, June 18-19. Tuesday’s events will feature 4 x 400, 4 x 400, 4 x 1500 relays, plus a pentathlon, invitational mile, and an Olympic Legends 100m. Sunday will highlight individual 1& 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 Masters 1-Hour RW Championships, with 1:16.0. Results sent to the WMA (Nov. issue) showed Phil McGaw, 43, Milton, MA, first. Brian Savilloni, 43, Princeton, MA, was second (11:44m) and McGaw, third (11:21m).

• Allow Belligne (48, 34:57) and Melanie Bavenoune (49, 44:59) hastened to 40+ wins in the NYRRC Joe Kleinerman 10K, Central Park, Dec. 5. Maury Dean (50, 36:17) and Erika Abraham (55, 44:59) both to division wins.

- Kathy Grabbon, 40, of the Bronx, scampered to first female overall with an 18:41 in the Ho Ho Jingle Bells 5K, Battleship, 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.

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


• 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 (48, 26:32), both from Quebec.


• 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.

• On May 6, 1994, England's Roger Banister 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 (US$75,000) will reportedly be offered.

• Adam Marsham, head of the Russian Athletics Association (AVRUA) invites all foreigners age 30+ to compete in any of the Russian Masters meets this year. February: 26-27: Moscow Indoor; March 12-13: Russia Indoor, Chelybinsk; March 19-20: VA Cup Veterans Games, Penza; June 18-19: Cup of Kuban, Krasnodar; August 21: St. Petersburg; September: 10-11: Moscow; Sept. 16: Russia, Krasnodar (near Sochi, Black Sea). For info, phone/575-4510.


• Doug Kurnick, 50, Northville, MI, was 1st overall (2:26:18) in a marathon run through Ho Chi Minh City, Jan. 16.
TO TRAVEL THE ROAD

Charles Nodler, Proviso West HS (north of Chicago), Chicago. 3 p.m. Jeff Watry, 24320 W. North Penn St., Harbortown, PA 19040. 215/481-8585.


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


February 28-29. USAF Southeast Regional Masters Championships, Knoxville, Tenn. 8:30 a.m. opening ceremony. The event will be held on 19th in Glenview, Ill. The California Senior Games open on the 11th in Palm Springs.

LONG DISTANCE RACING

The USAF Masters 100K Championships are scheduled for the 12th in Sacramento, Calif. The last outdoor 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, with the 27th runners in the Miami area can opt for the Metro-Dade Marathon. One that also holds the Hudson-Mohawk Marathon in Albany.

KELFIELD TRACK & FIELD SERIES

Gary Kelkenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831/458-0202.


February 26-27. 30th Annual Spectrum Run, St. George, Utah. 10K/5K/3K. Entry fee: $5/3/2. 801/373-2581.

February 26-27. USAF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/women's pentathlon on 28th; all other events on 29th. Dean Waters, 615-483-7743 (e).


MIDWEST

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


March 22-23. USAF Masters Indoor Championships, Columbus, Ohio. 812/357-3616.


June 11. IFSCC Masters Championships, Columbus, Ohio. Ron Vandersteen, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303.

August 12-14. USAF Masters Indoor Championships, Samford University, Troy, Ala.

August 12-14. USAF Masters Indoor Championships, Samford University, Troy, Ala. The Masters indoors is scheduled for the 12th in Sacramento, Calif. The last outdoor 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, with 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 USAF Masters 15K Championships on the 19th.

CENTRAL


February 26-27. USAF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/women’s pentathlon on 28th; all other events on 29th. Dean Waters, 615-483-7743 (e).
LONG DISTANCE RUNNING NATIONAL


March 26-27. Moscow Indoor Championships, Pervomaysky, Moscow Region, Russia. 7-953-5734515; fax 7-953-5734515.

March 12-13. Russia Indoor Championships, Chelyabinsk, RAVA, Pervomayskaya 14-6, Himki, 141400, Moscow Region, Russia. 7-953-5734515; fax 7-953-5734515.


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

May 26-27. USA, Mexico, USA Meet, Mexico City, Bill Adler, 43 E. Tahquitz Cyn., Palm Springs CA 92262. 619-322-6307.


July 9-13. WAVA Oceania Regional Championships, Suva, Fiji. Tony Compain, PO Box 1175, Suva, Fiji Islands.

July 19-30. 1994 Goodwil Games, St. Petersburg, Russia. Participation events for masters.

Elizabeth Morris, AICEP, 10 Can- vin, Suite 33, Kirkland, Quebec H1V 1A4.

Phone: 514/697-3355. Fax: 514/697-0628.


September 4-October 6. Third International Master Games, Brisbane, Australia. 3rd International World Master Games, Locked Bag 194, GPO Brisbane, Queensland, Australia 4001. 61/761-5513.

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

MIDWEST

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


MID-AMERICA

Colorado, Kansas, Missouri, New Mexico, Nebraska, S. Dakota

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


SOUTHWEST

Arkansas, Louisiana, Mississippi, Texas.


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. 702/876-3780.


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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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<td>M</td>
<td>Long Jump</td>
<td>5K</td>
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<td>19:08</td>
<td>5K</td>
<td>William R. Hanson</td>
<td>68-8</td>
<td>M</td>
<td>High Jump</td>
<td>5K</td>
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<td>51:12</td>
<td>10K</td>
<td>Michael G. Murphy</td>
<td>60-10</td>
<td>M</td>
<td>Pole Vault</td>
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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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For more details, please refer to the complete table provided in the document.
Finger Lakes Indoor RC Meet
Cornell U., N.Y., Dec. 10

850
Howard MacMillan 67.8
Dudle Lowenstein 66.0
Kathy Gottschalk 57.2
Joe Simms 50.6
Pompton 310 2:01.5
Cody Carleton 341 2:06.8
Tom Smith 311 2:07.6
Mike Needham 41.1 2:17.3
Jeffrey Uruen 314 2:21.2
Rick Cleary 333 2:22.9
Dale Ladd 223 2:22.7
Bob Elise top 40 2:26.5
Joe Reynolds 493 2:33.1
Jack Sollitt 430 2:40.0
Ken Florence 320 2:52.3

500
Lorrie Maltz 1852 3:08.0
Meryll Hassenman 2:51.4
Tanya Parrish 515 3:04.7
Madie Lowenstein 24.50
Audrey Balander 22.7
William Hensel 25.56
Kathy Gottschalk 26.77
Michael Mege 3:01
Sue Fenimore 44 3:04.6
Balch Jones 45 3:11.7
Verna Rockcastle 73 3:26.4

1000
Jai Alley 43 4:19.9
Barry Smith 33 4:20.2
Reinhold Motawa 44 4:22.4
Carlo Zarrella 347 4:28.8
Jim Blaccio 48 4:30.9
John Hoffman 471 4:49.9
Nick Hennessey 482 4:59.3
Bob O'Grady 491 4:59.3
Ken Florence 39 5:12.4
Joe Reynolds 493 5:25.7
Audrey Balander 531 5:25.7
Tany Parrish 515 5:44.1
Jim Hilly 44 6:11.1
Peter Chuluu 631 6:38.3
Vaccara Hensel v.6 6:30.0

2000
Fred Harris 30 9:07.6
Cody Carleton 341 9:07.5
Rick Cleary 333 9:21.7
John Whiton 39 10:36.7
Jack Kitto 449 10:24.5
Jack Sollitt 430 10:45.4
Ken Florence 320 10:52.8
Bob O'Grady 491 10:52.8

3000
Joe Reynolds 493 11:04.4
Lorrie Maltz 1852 11:24.3
Audrey Balander v.6 11:24.3
Nayeth Hassenman 44111 11:55.3
Jim Blaccio 48 11:56.8
Tom Risiki 15 12:25.3
Tanya Parrish 515 12:29.9
Windy Cappello 4123 12:39.9
Sara Badia with 12:39.9
Diane Sherrer 3 12:35.7

Philadelphia Masters Meet
Haverford College; Dec. 12

550
John Jones 8.4
MSS Nate Ryd 13.6
MSS George Taylor 13.6

700
Robert Daily 2.7
Bob Murphy 2.7

900
Phil Contant 4.9
Ron Monahan 4.9
Mike Markov 1.9

1200
Mike Markov 7.8

1800
Paul Henry 7.4

2000
Jerry Belinson 7.7

2500
Earl Marks 8.6
Jim Stokely 7.8

3000
MSS Jack Donahy 8.3

4000
MSS Dave Hall 8.9

gos Car Schorsch Champion Golden 90

2000
Chris Szoros 25.7

2500
Bob Murphy 25.7

3000
MSS Greg Peterson 25.7

5000
MSS Ron Pelton 25.8

10000
MSS Ron Pelton 26.9

15000
MSS Paul Henry 28.6
MSS Bob Rehak 30.8
George Johnson 28.7

20000
Terry Blaccio 24.6

25000
MSS Ron Pelton 30.8

30000
MSS George Peterson 35.8

35000
Pete Clark 35.8

40000
MSS Bill Bowerman 42.0

45000
MSS Bill Bowerman 43.8

50000
MSS Bill Bowerman 45.6

55000
MSS Bill Bowerman 47.4

60000
MSS Bill Bowerman 49.2

65000
MSS Bill Bowerman 51.0

70000
MSS Bill Bowerman 52.8

75000
MSS Bill Bowerman 54.6

80000
MSS Bill Bowerman 56.4

85000
MSS Bill Bowerman 58.2

90000
MSS Bill Bowerman 60.0

95000
MSS Bill Bowerman 61.8

100000
MSS Bill Bowerman 63.6

105000
MSS Bill Bowerman 65.4

110000
MSS Bill Bowerman 67.2

115000
MSS Bill Bowerman 69.0

120000
MSS Bill Bowerman 70.8

125000
MSS Bill Bowerman 72.6

130000
MSS Bill Bowerman 74.4

135000
MSS Bill Bowerman 76.2

140000
MSS Bill Bowerman 78.0

145000
MSS Bill Bowerman 80.0

150000
MSS Bill Bowerman 82.0

155000
MSS Bill Bowerman 84.0

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MSS Bill Bowerman 86.0

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400000
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405000
MSS Bill Bowerman 184.0

410000
MSS Bill Bowerman 186.0

415000
MSS Bill Bowerman 188.0

420000
MSS Bill Bowerman 190.0
# Long Distance Results

**Eastern Mediterranean**

- John Hugh 1:43:10
- Joe Mago 1:43:23
- Joe Strong 1:43:34

**North American**

- John Strong 1:43:23
- Joe Mago 1:43:34
- Joe Strong 1:43:45

**Central**

- Joe Mago 1:43:23
- John Strong 1:43:34
- Joe Strong 1:43:45

**Eastern**

- John Strong 1:43:23
- Joe Mago 1:43:34
- Joe Strong 1:43:45

**Southern**

- Joe Mago 1:43:23
- John Strong 1:43:34
- Joe Strong 1:43:45

**Western**

- John Strong 1:43:23
- Joe Mago 1:43:34
- Joe Strong 1:43:45

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**West**

- Joe Mago 1:43:23
- John Strong 1:43:34
- Joe Strong 1:43:45
February, 1994

National Masters News

Continued from previous page

M00 James Rice 32-07
M00 Jack de Wever 28-05
W00 Wayne Aldrich 25-33
W05 Linda Brown 25-56
W05 Carolyn Cooper 31-34
W00 Barbara Anderle 44-38
W00 Inge Wildfang

Honolulu Marathon
Honolulu, Oahu, Dec. 29

[Results listed with times and finishers]

Overall

M40

Michael Georgi 2:52:11
H75

Tetsushi Miura 3:01:42
W50

Honolulu Oahu 2:48:31
Barbara Tetsushi 2:52:11
M40

Nobuyuki Morita 2:52:11
Satoshi Nakamura 3:01:42
M50

Joshua Torres 2:58:11

International

Home counties
Cross-Country International Cardif, Wales, No. 6

[Results listed with times and finishers]

NATIONAL MASTERS NEWS

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20 Masts

Mary Lindsey $150123:34:36
W50 Frederica $170123:34:36
W50 Tanya Thach 1:39:02
Denise Opekta 1:49:00

[More results listed]

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB, 1994

[Names and details of athletes who entered new divisions]

DEADLINE

MNM 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 due date of issues. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

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[Subscription Form]

CZWM
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 Men
7:00 pm Racewalk All Men and Women
7:30 pm Pole Vault Men 60+
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
11:00 am High Jump Men 50-59
11:30 am 60 M Dash All Women and Men (finals if needed)
1:00 pm Long Jump Women 50+
2:00 pm Shot Put Men 30-54
3:00 pm Pole Vault Men 30-39
3:30 pm 400 M Dash All Women and Men
4:30 pm High Jump Men 40-49
4:00 pm Long Jump Women 30-49
5:00 pm Long Jump Men 50-54
6:00 pm 60 M Hurdles All Women and Men
6:30 pm High Jump Men 30-34
7:00 pm Long Jump Men 55-64
7:30 pm Two-Mile Relay All Women and Men

SUNDAY, MARCH 27
9:30 am 3000 M Run All Women and Men
10:00 am Shot Put Women 30-59
11:00 am High Jump Women 60+
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
2:00 pm Pole Vault Men 40-49
2:30 pm Shot Put Men 70+
3:00 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
- UCM Starting Blocks available
- UCM 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 are allowed on running and field event surfaces
- 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 runners 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 linen 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 Hotel and 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

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________________________ State ________ Zip __________
Phone (800) ______ 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, $20.00 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 Creditholder ___________________________ Signature ______________________

Mail completed form and payment (for fax with credit card only) to: USATF Masters
*University Extension Conference Office, 348 Hearnes Center, Columbia, MO 65211, Fax 314-882-1953

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cc pc mo cash mc visa disc po ect Date ___________________________
Amt Revd $__________ Receipt #______________