Reno to Host Indoor Nationals

More than 400 athletes from throughout the nation will compete in the 1995 USA Indoor Track and Field Championships on Feb. 24-26 in Reno, Nevada.

The annual event will be held on the banked, 6-lane, 200-meter, board, Bill Cosby/University of Nevada track at the Reno Livestock Events Center.

National Championship medals will be awarded to the first three places in each event for each five-year age group for both men and women from age groups 30-34 to 95+. Each first place finisher will also receive a free pair of WWADA sport lenses.

There are no qualifying standards for the meet, except to be at least age 30.

Continued on page 11

Beurskens Takes Eighth Honolulu Title

Carla Beurskens, 42, of the Netherlands, was first female overall for the eighth time in the Honolulu Marathon on Dec. 14. Beurskens, who set the women's course record of 2:31:01 in 1986, finished in 2:37:06, 34th overall of more than 25,300 participants, and 16 minutes ahead of her closest competition, Noriko Nuzuki, 41, of Japan.

In 1994, Beurskens won with a 2:32:00.

Of the eight masters women divisions contested, five were won by Japanese runners, who made up the bulk of the entrants in the race.

Wen-Shi Yu, Kew Gardens, N.Y., continued on page 6

Schlau, Hutchison Win Again in Rocket City Marathon

by JIM OAKS

HUNTSVILLE, AL — Elite masters participants in the WZYP Rocket City Marathon for the past several years have had two runners to worry about if they thought they had a chance to win — Jane Hutchison and Bob Schlau.


On December 10, 1994, Hutchison tied Don Coffman's record of five masters titles in this race with a 2:58:05 masters win that was also good for fifth open female.

Schlau ran 2:27:56 for his third win here, not only catching his younger masters challengers in the last four miles, but missing his third overall major marathon win as a master by only 12 seconds.

The lead male masters field went through 10 miles in 56 minutes and included Gary Romesser, a winner here.

Continued on page 9

From the Editor

A New Direction for NMN

by AL SHEAHEN

As the National Masters News approaches its 200th issue (this is #198), we're making some significant organizational changes, which should improve the quality of the publication.

First, most things will stay the same: I'll continue to operate out of Van Nuys, Calif., supervise the production of each monthly issue, along with Angela Egremont, our associate editor.

The typesetting, layout, printing, mailing and subscriptions will continue to be handled in the same way.

Senior Editor Jerry Wojcik will continue to coordinate the results, schedule, rankings and other editorial

Continued on page 14

INSIDE

- Entry and Housing Forms for World Championships — pages 21-24
- World and U.S. Indoor Track & Field Records — pages 17-19
- National Indoor Meet Records — page 30
- Training Advice — page 12
Herrala Sets World M50 Indoor Mile Record

by HUGH SWEENY

Wally Herrala took advantage of an even pace and a fast track to lower the world indoor M50 mile record to 4:39.95 in the Etonic/Bermuda Seniors Mile at the January 21 Commonwealth Invitational on Harvard's 220-yard, Gordon Indoor Track in Cambridge, Mass.

Herrala, 50, of Ann Arbor, Mich., followed a 68.5, 2:20.3 pace, set by Chicago's Paul Perry, 50, before moving to the lead in 3:30.0 at the three-quarter mark. Perry, an IC4A three-mile champion at Georgetown in 1966, was a tired 3:33.0 at that point, before fading to last in the six-man field with 5:00.92.

Herrala passed the 1500-meter point in a U.S. indoor M50 record of 4:21.0, timed by a three-man crew led by many-time national masters champion Kirk Randall.

In establishing the world indoor mile mark, Herrala won a trip to compete in the International Senior Games in Bermuda in April, 1996. The meet hopes to include an old-timers mile, involving the likes of Peter Snell, Kip Keino, Marty Liquori, Jim Ryun and others.

Herrala and another American representative to be selected at the February 12 Greater Boston Track Club Etonic 50+ mile will be restricted to the open events in Bermuda in order to preserve the egos of the great Olympians.

Herrala noted, "Before the race, Perry and I discussed our strategy and I knew I could follow him through 68 and 2:20. I felt strong at the end and can go faster."

Perry, after catching his breath, observed "I wanted 68, 2:20, 3:31, but I'd rather forget that last quarter."

The old world M50 mile record of 4:40.6 and U.S. M50 1500 mark of 4:21.19 were set two years ago by Chicago's Vic Heckler, himself a late scratch.

Second and third were a local pair, Monserrate Burgos, 50, of Somerville and Sumner Brown, 50, of Belmont, both of Cambridge Sports Union.

For Burgos, it was his first indoor meet, his first track race, and the first time he has seen or run on an indoor track! Brown was the 1994 USATF M50 National 8K cross-country champion.

Announcer Larry Rawson, himself a standout miler at Boston College in the early 1960s, gave a grand introduction to Chicago's Tom Sullivan, 52, who had raced against Rawson while at Villanova. Sullivan, the world's junior (under 19) mile record holder while in high school (4:03, 1961), had not run in more than a week due to a groin pull. The injury didn't bother him during the race, but he finished a rusty fifth in 4:45.34.

Etonic series race organizer Hugh Thomas, and maybe Amon O'Reilly are expected.

The event could not have been conducted without the generous help of Etonic Shoes, the shoe for older runners. For entry info on the Feb. 12 event, contact Sweeny at 201-798-4480.

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VIDEOS OF NATIONALS

I have received the tapes of the 800 and 1500 races taken by Paul Dungan at the USATF Masters Championships in Eugene, and I'd like to let other readers of the NMN, particularly those who competed at Eugene, know what an excellent job Paul did in producing these tapes.

They are, of course, very entertaining (at least for those of us who love watching track races). Besides that, they can be very practical and useful tools for studying form and observing race tactics and strategies.

After watching my 800 run, I certainly know what I have to work on from a biomechanical perspective. As well, from watching all the jockeying for position that goes on in some of the more competitive races, I realize that I have to get myself in some more "crowded" races, so I can practice staying out of boxes, etc.

I noticed that of all the 800 and 1500 races for athletes from ages 50+ to 65+, five were won by Canadians. Lucky for us Canadians that we can participate in the USATF masters track championships.

Diane Palmason Englewood, Colorado (Four videos are available: 1) 100s, 200s, AG100s, 4x100s; 2) 400s, 4x400s, 4x800s; 3) 800s, 4x800s; 4) 1500s, for $20 each from Paul Dungan, 4016 NE Hazelfern Place, Portland OR 97232.)

NEW MEET

Until our recent track & field clinic/camp here at the U. of North Carolina, I had always assumed that masters and senior athletes were taken care of in our sport.

It never crossed my mind that they needed places to hold local competitions, clinics and championship meets.

Now that I know this, I'd like to be of help. We've hosted the National Junior Olympics with over 5000 athletes, and big college and open invitations. In December, we were chosen by USATF to be the host training site for the 1996 USA Olympic team, just before they head for Atlanta.

We will start by holding the USATF Southeast Regional Indoor Masters T&F Championships on March 19, and invite everyone to attend.

Dennis Craddock
Track & Field Coach
U. of North Carolina

RACEWALKING RULE CHANGES

This July I will take part in the World Veterans Championships in Buffalo.

I was about 16 years old in March, 1945, when two American war planes crashed on a mountain in northeast Italy. The crew bailed out (five died) and two of them landed in my valley. I met them, but the next day they were captured and deported to Germany.

I would really like to meet them again. Perhaps, through a miracle, they or their friends might be readers of your journal, and would contact me.

Martino Coder
Pavia di Udine
Italy

WAR II REVISITED

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Quote of the Month

"It was one of the greatest achievements of my life. I started to cry when I saw the finish line."

— Oprah Winfrey, on completing the 1994 Marine Corps Marathon

Six Join NMN Sustainers

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

Special thanks this month go to:

Brian Delaney
Willam Phipps
Edward Fox
Bob Miller
Ed Van Pelt
James & Laurie Rothrock

Group, the IAAF Walking Committee, the Pan American Walking Committee, and his own Mexican federation.

None of his suggested courses of action was chosen by the Working Group.

Moreno is incorrect when he states: "The proposed new rule means that judges no longer will look after the ground contact..." The proposed new wording of IAAF Rule 191.1, whichever version is adopted, keeps the contact requirement but also attempts to better clarify the difference between 100% contact and the visible loss of contact which is the requirement being enforced.

Moreno's hypothesis is also incorrectly stated and was rejected by the Working Group. Loss of contact is not always a result of the velocity achieved, but a deficiency in the walker's biomechanics. Moreno states just the opposite in his report. Lack of concentration can also contribute.

Contrary to Ward's report, rules regarding the basic definition of racewalking will affect masters walkers. As a long time supporter of masters track & field and racewalking, I and the IAAF are concerned about masters racewalking. I was a part of the group, along with Bob Fine, that gave birth to the masters athletics program as a full partner within USATF (TAC/USA) and I continue to officiate at masters events.

Bob Bowman, Chairman
IAAF Racewalking Committee
Oakland, California

(please see Paul Warburton's racewalking sidebar on page 10. — Ed.)

KUDOS

Your paper is the most comprehensive, enjoyable publication I've ever read. I've competed in this sport for 32 consecutive years — from a second-grader through high school, college, Olympic trials, masters, and senior meets.

I know and love this sport and deeply appreciate the quality paper you produce. I've kept them all since 1989 and carry subscription forms (found in each copy) to pass out at meets.

I subscribed to Track & Field News back in the 1950s, but your publication, I believe, is far superior to T&F News.

Jimmy Weaver
Fort Worth, Texas
The View From The Back in First Tennessee Memphis Marathon

by KENNETH NEILL

A record 878 runners turned out on a drizzly, Dec. 4 morning for the 1994 First Tennessee Memphis Marathon. Over 700 of them made it to the finish line, including this correspondent. It was the seventh time around the course for First Tennessee (the state's largest bank), which put up $25,000 in prize money and once again pulled out all the stops to make the Memphis event what the bank likes to call "the best little marathon in the world." I, for one, agree.

Masters star Doug Kurits, 42, Northville, Mich. — holder of the world record for sub-2:20 marathons with 76 — was back to defend his championship, but the unseasonably warm temperatures (in the low 60s) and humidity took a toll on him as well as many of the rest of us.

Kurits held the lead for the first 15 miles, but first-time marathoner Rob Kirby, 25, Newburg, Ind., got the better of him over the course's hilliest section, and cruised to a 2:22:33 victory. Kirby, 25, Newburg, Ind., got the lead for the first 15 miles — "people's" marathon. That's probably the number one by one. And if your number-one marathon ambition isn't anything much more grandiose than simply getting to the finish-line before the awards ceremony is over, what could be more psychologically uplifting?

I must say that if you need psychological uplifting while you run, you probably couldn't run in a better race than Memphis. There's a volunteer-and-a-half for every runner (over 1,400, including 160 police officers), water stations sprinkled liberally throughout the course, free post-race massages, and access to the hot tubs of the downtown YMCA located just beside the finish line. All in all, there's a general atmosphere of conviviality that makes Memphis a true "people's" marathon. That's probably a main reason why it attracts so many first-timers (245 this year).

Noodled Legs

The course itself — from downtown to the eastern suburbs and back — is quite challenging. There are no Heartbreak Hills, but the series of a dozen smaller ones that stretch from Mile 17 to Mile 24 can noodle the legs of even the best runners. They help explain why the course record (set by Kurits in 1993) is relatively high 2:19:33.

No records were set on this steamy Sunday, no fast men were in the back pack to help us get through the going unusually rough over the last four or five miles. But, as always, a crowd was gathered along the sidewalks to urge us on, despite all the negative vibes our aching bodies emitted. But, as always, a crowd was gathered along the sidewalks to urge us on, despite all the negative vibes our aching bodies emitted. It's a main reason why I manage to pass a couple of hundred of my colleagues in the last mile — "people's" marathon. That's probably a main reason why it attracts so many first-timers (245 this year).

Grace of a Water Buffalo

Happily, my personal marathon story had a perfect "30" ending. With a furious burst of energy over the last quarter mile, and with all the grace of a water buffalo stumbling through the underbrush, I managed to come home at 4:30:38. My thunder brought from Boston to watch me race for the first time. It was great seeing him there along the finish line.

Fifteen Years Ago

February, 1980

- Penn Mutual Insurance Co. Becomes National Masters Sponsor
- Herb Lorenz, (2:21:00) and Sandra Kiddy (2:51:07) Win National Masters Marathon Titles
- Ernie Billups, 42, Sets American M40 1500 Mark of 4:02.5

1995 23RD USATF EASTERN MASTERS INDOOR REGIONAL TRACK & FIELD CHAMPIONSHIPS

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Doug Kurtis, 42, Northville, Mich., competed in his 162nd annual Honolulu Marathon on December 10. There were also runners from all over the world, including some who had only five or six good years of running before they hang up their racing flats.

Moreover, the event is so demanding that most competitive marathoners say they have only five or six good years of running. Kurtis, however, has run more than any other runner in history. His personal best is 2:13:34, set in 1983. Most elite runners will not compete in more than two or three marathons a year.

Kurtis has also won marathons in places such as Manila, Ho Chi Minh City, Bangkok, Tahiti, Penang, Barcelona, Port Huron, Las Vegas, New Orleans, and Yonkers. He has bettered 2 hours, 40 minutes — the threshold for elite marathoners — 76 times, more than any other runner in history. His personal best is 2:13:34, turned in at the 1982 New Orleans Marathon.

The Honolulu effort was one of his worst, a 2:43:29. Other than less-than-ideal weather conditions, Kurtis couldn’t explain his “slow” time. He didn’t think it was the fact that he had run the Memphis Marathon the week before, finishing in 2:50:56.

“I’ve found that I tend to run better when I race more,” Kurtis explained. “I don’t know why, but I just do. When I ran them a couple of weeks apart, I often do better in the second one, and when I’ve run three or four months without running a marathon, I don’t seem to do any better.”

No Burnout

How does he explain his ability to bounce back so quickly and avoid burnout? “I just absolutely love this sport,” said Kurtis, who competed for Michigan State in 1970 and ’71. “I enjoy what I do and I enjoy the traveling and being competitive. I think I’m blessed with a body that recovers very quickly and I think I’ve been blessed mentally, too, because I have no problem getting up for a race.”

You’d think that with all that racing, Kurtis would have had his share of injuries, especially now that he is past 40. But he said that he has had only a couple of injuries during his more than 25 years of running, the last one two years ago when his hamstring tightened during the Paris Marathon.

Somehow Kurtis manages to hold down a full-time job as a computer systems administrator for Ford Motor Company. “I’ve been with them for 18 years, so I have 20 days vacation to use for my running trips,” he said. “But the food is horrible. If I can go out for an hour-and-a-half run during my lunch break. They have lockers and showers for us.”

Because he races so often, Kurtis doesn’t find it necessary to put in a lot of heavy-duty training during the week. He averages about 65 miles a week of running, including the races.

Their Eyes Met

The father of two boys from a previous marriage, Kurtis married Suzanne McAllister last July. She was a volunteer psychologist cycling among runners at the 1992 New York City Marathon, seeking to lower apprehension. Their eyes met. She smiled. They talked after the race, and then began dating.

Although he ran only four sub-2:20 marathons last year, compared with 12 in 1989, Kurtis, who carries 130 pounds on a slender 5-foot-8 frame, doesn’t feel he has slowed much with age.

“I’ve been slowing this year by getting married and having a non-running related operation that stopped me from running for a month, but I think I still have a number of sub-2:20s in me,” Kurtis said. “I might have to become a little more selective in my racing next year (1995). Mostly, though, I think that when you reach this age, the desire to work hard lessens. But if you’re willing to put in the work, I think physically it’s still possible.”

“And, I still have the desire.”

Fetherston Qualifies for Olympic Trials in California Marathon

Honor Fetherston, 40, Mill Valley, Calif., finished sixth female overall in the California International Marathon, Dec. 4, in Sacramento, to take the masters top cash prize of $500 and qualify for the women’s Olympic Marathon Trials.


Women who run under 2:42 go to the Trials with expenses paid. Women running under 2:50 pay their own way.

In the men’s masters race, Charles Thompson, 44, San Francisco, took first place in 2:36:08 to also collect $500.


The 2400 entries made it the largest field in the race’s 12-year history. At the start, some runners wrapped themselves in garbage bags for protection from a heavy rain, which lightened to a cold drizzle 15 minutes into the race.

Prize money totaled $42,000.
First UNC Clinic a Big Success

by JIM LAW

With resounding success, the competent staff of the U. of North Carolina at Chapel Hill conducted its first training clinic for masters and senior track & field athletes on January 6-8.

Using both indoor and outdoor campus facilities, the university track & field personnel enthusiastically offered lectures, discussions, demonstrations, drills, and event practice.

The 25 participants came from 12 states, including New Jersey, Pennsylvania, Delaware, Michigan, Texas, and Colorado.

"Group technicals" were offered each day for the sprints, hurdles, longer runs, throws, and jumps. Hands-on instruction came from experienced coaches who knew how to present their knowledge and how to develop a cohesive learning community.

Jim Hartshorne

by FRANK BENSON

Jim Hartshorne decided to change his lifestyle, but what he really did was give birth to a sport that has touched thousands in Ithaca, N.Y.

Hartshorne, who died Dec. 16 at the age of 71, was the father of distance running in Ithaca, N.Y., and the Finger Lakes Running Club.

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How to Avoid Low Back Pain

Most runners have a considerable degree of weakness of the abdominal muscles. It is an area that really never gets strengthened when we run. However, it is important to maintain abdominal muscle strength and endurance in order to reduce and avoid low back pain.

The abdominal muscles counteract the muscles which run along the spine and hold the trunk upright. These are called the erector spinae muscles.

In most runners, the abdominal muscles are weak and the erector spinae muscles are continually contracting. This may lead to pelvic tilt and low back pain.

In order to strengthen the abdominal muscles, the trunk curl exercise may be performed. Lie down on a solid surface, such as a wood floor or floor covered by a rug. Lie on your back with your hips and knees flexed. Your heels should be off the floor about a foot and a half from your rear end.

With your arms at your sides, raise your head, shoulders and arms. Curl your trunk to an almost upright position. The angle of your spine to the floor should be about 45 degrees at this point. Hurts, doesn’t it! Hold and gradually return to the floor. Do not anchor the feet or the ankles. If you do, it will just stretch your hip flexors and not your abdominal muscles.

If you can’t pull yourself up, hold your thighs with your hands and pull. This will help.

Sets of 10 on a daily basis is recommended. For those who find this easy, place your hands on opposite shoulders and try your curl. For those who become proficient at this exercise, three sets of 10 repetitions may be performed.

The next step is to hold a weight on the chest and perform the exercise. Start with a light weight, say 2.5 lbs. and work your way up.

Just remember, start slowly; maybe perform the exercise three times a week until it becomes comfortable.

(Book. 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, NNN, Box 2372, Van Nuys, CA 91404.)

Moer First Overall in D.C. 10K

by JERRY WOJCICK

Chuck Moeser, 43, Herndon, Va., was the winner in the 11th annual Jingle Bell Run for Arthritis 10K, Dec. 4 in Washington, D.C. Moeser, the first master to win the event, stayed with a trio of open runners until the 3/4 mile mark, where he broke loose to win by three seconds with a 32:15.

Second-master Marc Rogers, 40, Annandale, Va., was 14th in 35:16.

Faye Bradley, 56, won the M55 race with an 18th-place 35:33, equal to an age-graded, national-class 88.8%.

Book Review: Did I Win? A Farewell to George Sheehan

by MIKE TYMN

Until George Sheehan began analyzing and writing about distance running, the sport was one of legs and lungs. He added heart and soul. He showed us that there is a vast metaphysical realm to what was widely thought to be nothing more than a mundane physical activity.

As Sheehan, who died on November 1, 1993, explored and exposed the heart and soul of running, he also revealed much of himself. Many readers who never had the opportunity to meet Sheehan talked of him as if he were kin. In Did I Win?, author Joe Henderson provides us with, as Sheehan’s son, George III, puts it, “a total picture of a private man.”

Henderson, who met Sheehan at the Mexico City Olympics of 1968, helped launch his career by signing him up as a columnist for Runner’s World in 1970, when Henderson was the editor of that publication. The two running writers maintained close contact over the years. “No one was as close to Dad as Joe Henderson,” the younger Sheehan has said.

Henderson combines his own writing talents with excerpts from many of Sheehan’s writings along with essays by members of Sheehan’s family and some of his friends. As the book unfolds, we recall much of the wit and wisdom of the running doctor, but we also get a little more insight into the makeup of the man.

Henderson tells us how Sheehan, “a practicing eccentric, to be sure,” dressed in longjohns and ski mask, once ran past a family moving into his New Jersey neighborhood and shouted, “Go back! Everyone in this town is crazy!”

Unpretentious, too, Sheehan told Henderson that he did not want the letters M.D. after his name on his nonmedical articles. Another time, he mentioned that most veteran runners know more than most doctors about treating athletic injuries.

Sheehan was a “world-class worrier,” according to Henderson. “He worries that he hasn’t written well enough, spoken well enough, or run well enough. George calls me regularly to say, ‘It’s all over, I’m finished,’ in one of his specialties. Then, he comes right back to exceed himself.”

Much of the book is on the last eight years of Sheehan’s life, after he knew he had cancer. “George’s struggle took him to distances far beyond those he had covered in training,” Henderson writes.

“(As with running) I believe we have to learn to pursue death and experience everything that happens to us along the way,” Sheehan is quoted. “That’s what I’m doing now. I’m exploring the emotional, psychological, and spiritual challenges that are offered by the death experience.”

As USA Today writer Dick Patrick offers, “Sheehan measured success by effort. The memory of his diving for the finish line is an appropriate metaphor for his life.”

Upon finishing this 190-page book, published by WRS Publishing, you can’t help but conclude that, yes, Sheehan did win. And, in a very big way.

The reader wins also.
A Mile to Go

"I knew after I caught Reno that I had the masters lead, but I didn't realize how close I was to the overall lead until a straight stretch with about a mile to go," Schlau said. "That's when I could see the lead van."

By then Schlau was in third place. Despite running a fraction of a mile to head off the younger Guy Schlutz's kick at the end, Schlau was much fresher at the finish line than either of the two younger men ahead of him. "I told Rob Lee, who I know well from races in the D.C. area, that he can be much for many of the younger runners who dropped back or out in the final 16 miles. Her 2:58:05 was good for fifth overall and marked the sixth time she has broken three hours here as a master. Hutchison collected $1500 for her masters win and an additional $250 for fifth overall. Mather, who finished second in 3:16:17 took $750, and third place money of $250 went to Kathy McDaniel-Green of Marietta, GA, for her 3:27:13 performance. Schlau's winning total was $2000 since he picked up an extra $500 for third overall. Stirrat took second master and seventh overall in 2:28:47 for $1000, and Permar was third master and eighth overall in 2:29:23 for $500. Allen Choma, 41, of Westerville, OH, finished fourth in 2:33:38, and the ever tough Ken Sparks, 49, of Chagrin Falls, OH, was fifth in 2:35:46. Each of the Ohioans received $250 in prize money.

Hometown Girl

The best age 50+ times were turned in by James Siefring, 53, of Bucketsville, OH, who ran 2:49:43 to win that title for the second straight year, and by a hometown girl, Sandy Berg, 50, in 3:52:56. This year there were 779 finishers in the race that is the only marathon in the Running Journal Grand Prix, a southeastern states race series. Although the temperature was not as cold and the wind not as strong as the last two years, an intermediate rain chilled many of the participants and slowed most performances. Norm Frank from Rochester, NY, and world record holder of most marathons run (now with 546 after running Rocket City for the second straight year) commented after the race, "I'm going to keep coming to your race until you have perfect weather."

There is always next year, Norm.
Masters Racewalking
by ELAINE WARD

Near Invalid to National Champion
Elton Richardson — Part II

(Elton Richardson (W55) of New York City holds 18 National Championship titles and 18 American records. She has won a total of 112 awards, 92 of which are golds. At 1994 year end, she held 5 National Championship titles (3K, 5K, 10K, 15K, 20K) and 7 American records 3K — 16:24, 5K — 27:53, 27:29, 10K — 37:58, 37:26, 57:24 and 56:36. Following is the second part of a two-part interview.)

Training Schedule
ER: I train five to six days a week depending on how I feel and what I am training for. Normally, I will have one very hard speed workout and one lighter speed workout a week.

By hard I mean I will do maybe two 1K repeats, four 44Os, four 33Os, four 22Os. Or I might do six to eight 44Os, six 33Os, four 22Os, and eight 100s. These workouts are hard because they are all out. The total mileage is between 3 and 3-1/2s of speed plus warm-up and cool down.

A light workout may involve the same distances as a hard one, but fewer and slower. Or I may do 3 miles with 10 or 12 accelerations. For example, if I am going at an 11-minute mile pace, I would drop to a 10-minute pace. The accelerations are about 150 to 200 meters long. Then I will recover for about that distance and accelerate again.

In addition I may do what Bruce McDonald calls speed plays. Don DeNoon teaches them, too. I will run a few yards and walk a few yards, never stopping. I may do this for about half a mile, then, and do it, and recover, and do it for another half mile.

EW: How about the other days in the week?
ER: I will give an example of what a week might be for me. This Sunday, I did 20 miles because I am training for the 40K. On Sundays, I usually do a long workout.

Monday, I will do five to six easy miles. If my body tells me it’s tired, I will just have active rest in which I will do some weights or go to the gym, but no walking.

Tuesday, I will do my hard speed workout.

Wednesday, I will do 6 miles, moderate speed. I may go to the gym and do stretches, crunches and weights.

Thursday, I will do my light speed.

Friday, I do 6 moderate miles, go to the gym and do stretches, crunches and weights.

Lest anyone think I am a mileage junkie, if I am running late in the morning or some pressing matter prevents me from a regular 5-6 mile workout, I’ll do a quality 3-4 miles rather than wait till the end of the day when fatigue has set in. I won’t risk waiting for 6 “garbage” miles.

I added the total hours a week and discovered that I am doing between three and four hours of training about two with a week. For example, I try to work out in the early morning because my body and the air are fresher. So I am out before six o’clock and will do a 1/4 to 1/2 hours. At noon I will do 1/2 hour of weights. After work, I will do 1/2 hours of stretching and crunches when I go to the gym. All that adds up.

Before Eugene, I was training six days a week using the New York Empire State Games as my test. The Games were one week before Eugene in Syracuse. My training was pretty much as described above, though I cut the long walk to 14 miles; I was using the six to eight 44Os, the six 33Os, the four 22Os, and eight 100s.

The More Things Change....

by PAUL WARBURTON

With the world’s racewalkers anticipating imminent changes in the sport, it would appear that final decisions have been put on hold. The pause stems from the inability of the IAAF Working Group, commissioned by President Nebiolo, to convince the official Walking Committee of the need to rush through radical change.

Amendments to judging rules and championship race distances were the major alterations proposed by the fledgling working group, among whom are Italy’s Olympic hero, Maurizio Damilano and Finland’s World Champion, Sari Essayah.

In contrast, the Walking Committee has a more venerable image and is anxious to avoid the backlash of hasty modifications after a year in which the sport had to face up to another threat to its public image following the Maggio affair. (The Maggio affair refers to a controversial judging decision at the 1993 World Championships in Stuttgart when the IAAF Walking Committee chaired by Robert Bowman took action to suspend Maggio as having acted inappropriately. — EW.)

IAAF President Nebiolo’s personal involvement in the accusations his countryman faced following the controversial judging decision at Stuttgart’s 1993 World Championships raised eyebrows, but left only dark rumors still echoing — albeit more faintly now that Maggio has been officially cleared.

For all that, the official reaction was one of surprise when the Monte Carlo meeting scheduled for early December to begin the transformation was called off at short notice. The Beijing World Cup in April will go ahead with the current rules, distances and race communication, and it may be Atlanta’s Olympics before the new proposals become reality. (Paul Warburton reports on racewalking for Athletics Weekly, an English publication.)
A “Quiet” Change

C hange occurs in many forms — sudden, major, minor, good, bad, deliberate and quiet. At the USATF Convention in December, our Committee made a number of changes — to the Rules of Competition in particular. A “quiet” change was also made. After eleven years, Al Sheehan retired from the office of Treasurer of the Masters Track & Field Committee. For seven of the eleven years Al served as both Secretary and Treasurer.

Al notified me in May, 1994 of his intention to step down at the end of the year. During the year, he even talked with potential candidates for the job, and found Madeline Burt, an agend to serve. She was elected at the USATF Convention in December. The “quiet” change took place without an opportunity for appropriate recognition for his contribution to our program as treasurer. Immediately following the election, delegates had to rush to the Awards Luncheon.

It’s difficult to adequately convey our thanks and appreciation for your years of service, but “Thank you, Al. The time and expertise you gave to our committee was greatly appreciated.”

As treasurer, Al also served as a member of the USATF Budget Committee. In that capacity he was an effective advocate for the masters programs, whose budgets have increased during his tenure. “Al educated the other Budget Committee members about both LDR and Masters Track & Field. His voice of experience was an important factor in protecting and increasing funding for our programs,” said Charles DesJardins, LDR Chairman.

A mainstay of the masters program and movement, Al began competing as a 400m and 800m runner at age 39. When he was 41 he added his current primary event, the hurdles. Almost every master athlete has felt Al’s influence, whether it’s through the National Masters News, utilizing the Age-Graded Tables which he had a leadership role in developing, or enjoying his expert announcing at our national championships. Al has also been a strong influence in other areas, including All-American Standards, Rankings, and Records. At the international level, Al is Treasurer of the WAVA Council, a position he has held since 1987. He is also a member of the WAVA Stadia Committee.

Al, we recognize your need for more time for the other important areas of your life — family, basketball, grassroots politics, and accounting. At the same time we will continue to draw on your knowledge and expertise. Thank you again.

Hernandez, Hanson Winners in Las Vegas; Keston Best Age-Graded

by JERRY WOJCIK

Nicolas Hernandez, 40, Whitter, Calif., and Debbie Hanson, 40, Pleasant Grove, Utah, were the masters winners in the Las Vegas “Mini” Half-Marathon on Dec. 17. Hernandez was 15th of 773 finishers in 1:11:21 on the USATF-certified, point-to-point course. Hanson broke the W40+ course record with a 1:32:54. John Keaton, 70, a British citizen who resides in McMinnville, Ore., ran a 1:25:04 for the day’s best performance with an age-graded 93.94. The U.S. M70 record is 1:31:20 by Paul Reese in 1988.

Jan Frisby, 50, Grand Junction, Colo., ran an AG 91.8% 1:11:49 to finish second among the masters. Winner of the W55 race, Gina Faust, 57, Woodland Hills, Calif., was the best W40+ performer with an AG 85.5% 1:33:00. The 28th edition of this event drew 27 four-person relay teams in addition to the individual runners, who ran in cool, sunny conditions.

Stratton to Chair Substance-Abuse Committee

Active athlete Joan Stratton has been appointed by USATF Masters T&F Chairman Barbara Kousky to chair the Masters Substance Abuse Education & Testing Sub-Committee. Stratton, who is an anesthesiologist, serves on the USATF Sports Medicine & Science Committee, as well as on the USATF Medical Services Sub-Committee. “The committee’s short term goal will be to educate the athletes about substance abuse (doping) and to address issues regarding the testing to be done in Buffalo.” “Beyond that, our direction will be determined by the membership and as requested by the masters committees.”

Athletes who are interested in either committee membership or who have special concerns or questions should contact Joan Stratton, P.O. Box 2361, Carmichael, CA 95609.

Reno to Host Indoor Nationals

Continued from page 1

Individual entries must be received by Feb. 9, or, with a late fee of $10, on Feb. 17. Relay teams may be entered at the track registration table.

The entry form was published on the back page of the December issue of the National Masters News. Athletes can call or write Bill Bohnert for a form (see Schedule for details).

Last year’s meet drew 600 participants to Columbia, Mo.

Meet organizers have lined up low-cost hotel rates at the meet headquarters Holiday Inn and at other hotels. For accommodation info, call Patty at 1-800-531-3170.

The shuttle transportation is in place; a welcome banner will be at the airport; and the Airport Authority will display a marquee welcoming masters athletes.

Note: Exact event starting times will be determined after all entries have been received. However, under no circumstances will an event be changed from the day listed below.

WEDNESDAY, JULY 5th

A.M.... 5000 Meters (W)

5000 Meters Track Walk (M)

800 Meters - Trials (W)

800 Meters - Trials (M)

Long Jump (W)

Javelin (W)

Pole Vault (M50+)

High Jump (M50-65)

P.M.... Short Hurdles - Trials (W)

Short Hurdles - Trials (M)

400 Meters - Trials (W)

400 Meters - Trials (M)

Hammer (M)

Long Jump (M50-)

FRIDAY, JULY 7th

A.M.... Short Hurdles - Finals (W)

Short Hurdles - Finals (M)

1500 Meters - Trials (W)

1500 Meters - Trials (M)

Long Hurdles (W)

Long Hurdles (M)

Pole Vault (M50 & 45)

Discus (M)

High Jump (W)

P.M.... 100 Meters - Trials (W)

100 Meters - Trials (M)

400 Meters - Finals (W)

400 Meters - Finals (M)

Steepchase (W)

Steepchase (M)

Hammer (W)

High Jump (M50+)

Pole Vault (M30 & 35)

SUNDAY, JULY 9th

A.M.... 10K Road Walk (W)

20K Road Walk (M)

1500 Meters - Finals (W)

1500 Meters - Finals (M)

200 Meters - Finals (W)

200 Meters - Finals (M)

Shot Put (M50-)

Triple Jump (W)

Triple Jump (M)

Discus (W)

P.M.... Age-Graded 100M (W)*

Age-Graded 100M (M)*

4 X 800M Relay (W)

4 X 800M Relay (M)

4 X 400M Relay (W)

4 X 400M Relay (M)

High Jump (M50+)

Pole Vault (M30 & 35)

(*) Non-Championship Events

Short Hurdles: 80/100/110 Meters

Long Hurdles: 300/400 Meters
Training Advice

by CHUCK KIRKBY

Sprint Training

(In response to our request for training tips, we thank 58-year-old Chuck Kirkby of Palaadale, Calif., for taking the time to share with our readers his own workout strategy.)

Although I ran in college, it wasn't until fairly recently that I entertained the thought of entering masters competition. In fact, 1994 was my first full season of competition. I started workouts with the following sequence:

- 10 minutes of jogging
- stretching
- sprint drills
- 300s (or whatever I felt like at the time)
- steps or jogging half a mile
- more stretching

The Oregon system and Jim Bush training methods were my workout guides. I used the Oregon idea of date pace and race pace (goal pace) and would run periodic time trials, bringing the times down until May. Then I let competition take care of the rest.

My training season started in November with:

- Slow runs (20-40) minutes, bike, easy hills, always on grass if possible.
- Never on pavement.
- Slow breakdown 500-400-300, starting at an easy pace and progressing a little faster in each workout. I started the 400s around 80-85 sec. and by June was at 64 or better. The point was to bring it down each workout.

In January, I started running 4-5 x 150s and 3-4 x 300s (sometimes 200s), beginning slowly and keeping them up through mid-July. Best times:

- February: 150 (23.8), 300 (47.4), 400 (71.0), 500 (1:47.5).
- June: 150 (19.8), 300 (44.1), 400 (64.2), 500 (1:23.1).

I could only run three times a week. All workouts were on grass. I seldom tried spikes on the track.

Despite that precaution, in June I had trouble with my ankles and calves and should have backed off my training schedule to heal better. But I kept pushing. Consequently, I was injured when I went to the Nationals in Eugene in August and almost didn't run.

(Note: Kirkby ran the 400 in 57.44 for fourth place in M55.)

After the Nationals, I didn't run very hard (grass and flats) and healed enough to win the 200 and 400 at the California State Senior meet in September in San Diego.

My best times for 1994 were 57.1 for 400 and 26.1 for 200. (Note: Those are age graded performances of 92.9% and 90.5%, respectively. Kirkby will be nationally ranked in the top five in the M55 400.)

I never sprinted before, except for the mile relay in college. This was my first full season of competition. There's more to follow, I hope.

Sunmart Texas Trail Endurance Runs

by JOHN WELCH

Masters runners finished third overall in both the men's and women's races in the 50-mile Sunmart Texas Trail Endurance Run, Dec. 17, in Huntsville. Senovio Leo Torres, 41, Cordova, N.M., finished the rain-damaged route through the trails of Huntsville State Park in 6:12:52.

"My goal was to hit each 12.5 mile lap in one hour and thirty minutes," Torres said. "I think the mud slowed me down a little."

He covered the first lap in 1:28, the second in 1:30, the third in 1:32, but the last lap in only 1:40. "I thought I could finish as high as third," said Torres, who lives at 7000' altitude, "I had trained real hard this year."

Debbie Peebles, 43, Tyler, Texas, a two-time member of the U.S. National 100K team, finished third woman overall in 7:28:26. "It went really well," she said after the race. "I was kind of leery because I had not raced this distance in a long time." Peebles had run the Twin Cities Marathon in October and the San Antonio Marathon in November.

Keven Setnes, 40, Germantown, Wis., was the masters winner and fifth overall in the 50K in 3:36:48. Siri White, 51, Houston, Texas, was the W40+ winner in 4:39:11.

More than 600 runners made the event the largest ultra-marathon in the United States.
Masters Racewalking

Continued from page 10

marathons, it doesn't come hard for me. The discipline is there.

Marathons
EW: As so many racewalkers enjoy marathons, how do you train specifically for one? Do you add miles gradually or do you have a long-distance base you work from?
ER: I work up gradually. I train six months for a marathon. My long walks start at 12 miles. I will stay at 12 miles a few weeks and then add two miles.

Last year I did something different the last month before the 40K, at Don Denoon's suggestion. He suggested that I do two faster 10-mile workouts instead of one long 20-miler. He said that I was training the slow twitch muscles doing the 20-miles and that when it was time to race, my muscles would behave accordingly. To get my fast twitch muscles going, I did fast 10-miles twice a week.

This year I am not doing the fast 10-miles, but sticking to the 20-miler once a week. I feel more comfortable putting in the long miles.

Competitiveness
EW: What are your future goals?
ER: I want to place in world competition. I didn't get to go to Finland or Japan, and am looking forward to going to Buffalo. I am also tickled about being a senior now and looking forward to the Senior Games and Senior Olympics.

EW: It sounds like you plan to racewalk the rest of your life.
ER: I will never turn back. It is a very happy addiction.

EW: Have you always been competitive?
ER: I was the world's biggest klutz. People laughed at me and my three feet. I hated P.E. because I was so clumsy. Being an athlete is all new for me. When I started running at age 48, I wouldn't compete for almost two years. They kept urging me to "get in," and finally I did. I started winning 3rd place and then, one day, I got first. I kept calling my mother to tell her.
From The Editor

by AL SHEAHEN

Suzy Hess

Eugene? We've been mailing things back and forth for two years, anyway. Adding Suzy would be just another gradual step. Suzy would be able to answer technical questions on the phone. Jerry and Jane could continue to handle the editorial end of things. With computers, phone and fax, it should work. After all, these are the 90s, where, theoretically, offices can be interconnected by technology, regardless of where the people are physically located.

So we're going to try it. We opened the Eugene office on Jan. 5. Our main phone number and fax are now in Eugene (see box on this page). There may be a few logistical problems at first, but we're optimistic the new arrangement will work better than the old one.

Two Other Developments

We've also, two other developments had been gradually occurring. One, I felt I needed more help in the areas of advertising and circulation, and I wanted more time for personal matters and to be able to take an occasional long vacation.

Two, at each USATF convention, the question was asked: "What would happen to NMN if anything happened to Al?"

Two: With both of those things in mind, plus the problems with the office, I sent out some feelers to other running publications to see if anyone might be interested in assuming some of the financial responsibility and workload of NMN. (I had been approached by a couple of publishers in the late 80s, but nothing ever came of it.)

Meanwhile, Bob Fine, an attorney and long-time masters athlete and administrator, sent a letter to about 100 masters activists, asking if they would consider investing in the publication. More than half said yes, a very heartening response.

I met with several financial attorneys to see how we might set it up. But they all told me it would be virtually impossible to have more than a few investors because of the very strict U.S. securities laws. They said the complexities are enormous and costly.

A few of the running publications showed some interest. But they were either unwilling to invest what I thought was a fair amount, or were, in my opinion, not properly set up or knowledgeable enough about masters athletics to handle the job.

Runner's World

Then in late August, the people at the most prestigious running publication in the world -- Runner's World, with over 450,000 subscribers said they were interested.

In September, I went to Emmaus, Pa., home of Rodale Press, Inc., the publisher of Runner's World, Prevention, Men's Health, and other publications.

I met with RW Publisher George Hirsch and his staff. I remember saying how I thought NMN could be improved, especially in the area of masters LDR, but that they said they had always read, admired, and respected the publication just the way it was. They said they would take over the financial, advertising, and circulation responsibilities if I would stay on as publisher/editor for at least three years. I agreed, and we quickly shook hands.

It took a few months to draw up papers and work out details, but RW officially assumed financial responsibility for the publication as of Jan. 1, 1995.

When I went to Emmaus, I wasn't sure what to expect. Rodale is a big, privately-held corporation. Years ago, I was involved in various capacities with several corporations, large and small. I found many of the management people in those organizations rather gruff, loud, arrogant, sexist, greedy, and intolerant.

I must tell you that, without exception, no one that I met at Runner's World is like that. They were all considerate, knowledgeable, soft-spoken, and talented. No one smokes. They are all runners or exercise enthusiasts.

Executive Editor Amby Burfoot is a former Boston Marathon winner.

Changes

We talked about moving the production of NMN to Emmaus, but Hirsch, a good masters runner, himself, strongly favored making as few changes as possible.

Hirsch, who competed in the VIII WAVA, World Veterans Championships in Eugene in 1989, wrote in a letter to potential advertisers:

"I'm delighted to announce that Runner's World has just acquired National Masters News, a niche publication serving 6000 masters runners.

"Personally, I'm very excited. As a masters runner, I have been a subscriber and, much like its typical reader, I read it cover-to-cover.

"It's a strong publication with a very loyal audience. In fact, its current subscriber renewal rate is 80%. Let me tell you that in my 27 years as a publisher, I've never seen renewal numbers that high. It speaks to the

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Closing is the 10th of the month prior to the cover date.
From the Editor
Continued from page 14
quality of the readership and their enthusiasm for the publication.
"We're not about to tinker with that kind of success. National Masters News will continue in its present form...."

Advertising
One of NMN's weaknesses over the years has been its lack of advertising. Most publications rely on advertising for more than 50% of their revenues, but advertising has traditionally accounted for only about 14% of NMN's revenues, despite the fact that most NMN advertisers get excellent response.

Runner's World's ability to attract advertisers is state-of-the-art, and their involvement should mean more ads in NMN, thus more revenues, thus a better product, and thus better for the masters program.

Sue Hartman is the new NMN Advertising Manager, a position she also holds at Runner's World. She will coordinate new advertisers. Long-time NMN advertisers may deal with Sue or may continue to deal directly with me in Van Nuys.

Circulation
Vern Walther, RW's Circulation Manager, will soon assume the same duties for NMN. We have grown to 6000 subscribers, but we are still distressed by the fact that thousands of masters road runners have apparently never heard of us.

Perhaps we could have doubled or tripled the number of subscribers long ago, but the cost of the direct mail needed to accomplish that might have been too high. Our direct mail pieces usually get a 3% response, fairly standard. However, our latest mailing, in Sept. 1994 to about 5000 lapsed subscribers, achieved an outstanding 6% response. Perhaps the economy is finally turning up, or perhaps the excitement of the World Championships being in the USA this year made the difference.

RW, however, with its vast circulation, can introduce thousands of potential subscribers to NMN simply by running an insert card in its magazine. This will also mean greater revenues to NMN, more readers, a better product, and a boost to the overall masters program.

Not only that, but the other problem of what happens to NMN if anything happens to me is now, in effect, solved. We have a strong crew in place in Eugene with Jerry, Suzy and Jane. We have financial, advertising, and circulation expertise in place in Emmas with the RW staff. The publication now seems assured of continued successful existence, no matter what.

Your Letters
Two things which have been very important in the life of NMN are the letters of appreciation and the donations we regularly receive for providing a service to the masters community. It is humbling that people think enough of us to voluntarily send their personal contributions to help defray the costs of publication. To those who have done so, please know that you have had a strong influence, beyond your cash donation, in lifting the spirits of our staff and in contributing to the overall success of NMN over the years.

1995 promises to be another outstanding year for the growth of masters athletics in the USA and throughout the world. More baby-boomers are turning 40. Thousands of athletes from the USA and overseas will participate in the XI WAVA World Veterans Athletics Championships in Buffalo, N.Y., in July. Many will compete in the 28th USATF National Masters Track & Field Championships a week earlier in Michigan. Thousands will attend the National Senior Sports Classic V in San Antonio in May. Hundreds will come to Reno this month for the National Indoor meet. Age-grading is becoming more popular. Masters road racing and racewalking are booming.

I'm excited about the new direction we're taking, and I hope you'll be with us far into the foreseeable future.

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- Keep track of your progress over the years.
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McCintock High School; 1830 East Del Rio Drive; Tempe, AZ – Saturday – May 6, 1995
Sponsored by Arizona Association USA Track and Field
Age Division: 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69;
70-74; 80 and over

Facilities: Eight lane all weather track
Entry Fee: $12 for the first three events chosen. Each additional event $3.
Relays $15.
Awards: Medals to first three in each age division
Deadline for Entries: May 1, 1995
Entries: Make checks payable to Arizona USA Track and Field. Send entry to Bob Flint, 8436 East Hubbell; Scottsdale, AZ 85257;

NIGHT TRACK MEET SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>Track Events</th>
<th>Field Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 3000M - W</td>
<td>5:00 Shotput</td>
</tr>
<tr>
<td>6:20 5000M - M</td>
<td>5:30 Long Jump</td>
</tr>
<tr>
<td>6:35 4 x 100 W</td>
<td>6:00 Javelin</td>
</tr>
<tr>
<td>6:40 4 x 100 M</td>
<td>6:30 High Jump</td>
</tr>
<tr>
<td>6:45 100Hurdles</td>
<td>7:15 Pole Vault</td>
</tr>
<tr>
<td>6:50 440 Hurdles</td>
<td>7:30 Discus</td>
</tr>
<tr>
<td>6:55 100H M</td>
<td>8:30 Triple Jump</td>
</tr>
<tr>
<td>7:10 1500M - W</td>
<td>8:45 200M - W</td>
</tr>
<tr>
<td>7:15 1500M - M</td>
<td>9:00 4 x 400 Relay W</td>
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<tr>
<td>7:20 400M - W</td>
<td>9:10 4 x 400 Relay M</td>
</tr>
<tr>
<td>7:30 400M - M</td>
<td>9:20 4 x 800 Relay M</td>
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ENTRY FORM
<table>
<thead>
<tr>
<th>Name (Last)</th>
<th>(First)</th>
<th>Age</th>
<th>Sex</th>
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<tbody>
<tr>
<td>Date of Birth</td>
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<td>Telephone</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td>City</td>
<td>State</td>
<td>Zip</td>
</tr>
<tr>
<td>Please enter me:</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Athletic Waiver Release: In consideration of your acceptance of my entry, hereby for myself and all other persons, agree to forever release and hold harmless, for any damages, losses or alleged damages, its employees, agents, volunteers, sponsors, and all other persons or entities for any injuries or damage, whether caused by negligence or otherwise, to me or by me to others, or against which I have no legal right of action, I agree to indemnify, hold harmless, release and discharge the above-named parties from any liability or damages.

Athlete's Signature ______________________ Date ____________

Athlete's Waiver Release Date ____________
Gremlins, One-Armers, Bad Luck, and Help!

I intended to use gremlins as an excuse for the erroneous weight pentathlon order which appeared in this column last month. Then, I realized those below the age of 60 would wonder why I was blaming a car produced by American Motors decades ago for my error. The correct order for a USATF weight pentathlon, as adopted at the Masters Rules Meeting at the 1994 St. Louis Convention, is hammer, shot, discus, javelin, and weight, which corresponds with WAVA/IAAF rules.

One-Armers

My reference in the December issue to the proposal banning the one-armed or Scottish games throwing technique evoked more heated response than NMN's last subscription rate increase. Interestingly, all of the letters were addressed to me and all were after the fact, which leads me to believe that my mention of the proposal was this issue. Interestingly, all of the letters were addressed to me and all were after the fact. What's so lonely about running with more than 20,000 people in the New York or Honolulu marathons? Serious distance runners or weekend joggers who seek company on their runs can find it at the drop of a Nike by simply hitting the streets and trails, wearing those $125 phosphorescent-colored shoes and sporting a T-shirt with something like "12th Annual Dentists Overbite Classic 10K, Cut and Shoot, Texas" printed on the front, thereby attracting other runners, or contacting one of the hundreds of running clubs in the U.S.

A throwing workout is a lonely activity. I was reminded of this when I got a phone call from Rein Grabbe, a shot putter and discus thrower from Manhattan Beach, Calif., who asked me if I knew of throwers, coaches, or clubs in his area that he could contact because he wanted to work out with somebody, which might help him to improve, and to share the fun of participating in the throws.

I had to admit that I couldn't give him any leads, beyond naming a few clubs in the area, even after living in Southern California for 30 years. After our conversation, I remembered that during that time I rarely worked out during that time I rarely worked out with another masters thrower when I threw at Cal State Northridge or L.A. Valley College in the San Fernando Valley, which had a population of well over a million. Occasionally, I'd meet Frank Reilly throwing the discus at Northridge, or see George Ker putting the shot when he was active, at Valley, but those were about it. Once a year, Paul Evans, a hammer thrower now living in Washington, and I would motor up to Porterville, Calif., which used to stage a good meet (now discontinued). We had a lot of fun, and it sure beat driving the freeways alone or with gremlins.

Most of the throwers I know are not loners but rather a gawdy, gregarious bunch, at least when not in competition. The point of this long preface is this: Can we help throwers like Grabbe who want to connect with other throwers or coaches in their areas? Or, are we doomed to be trudging off to the rings and runups to work out by ourselves because of the nature of our event?

Rankings Report

by JERRY WOJCIC, Masters T&R Rankings Coordinator

Additions to the 1994 outdoor rankings were discontinued at the end of December. Marks that were received too late to make the rankings will be published in the 1995 rankings book. Most marks that were not included were the fault of athletes who waited too long to submit their marks or do not subscribe to NMN and were unaware of the deadlines printed earlier in the year, or the fault of meet directors who failed to send results to the rankers until the middle of January for meets held in June and September, for instance.

Athletes should remind meet directors to submit results to NMN and put pressure on them to do so when the results have not been published two or three months after the event.

The compilers for the indoor rankings will be published in the March issue.
## World Track & Field Indoor Age-Group Records

Compiled by Jack Fitzgerald and Pete Mundie of the Record Committee of the World Association of Veterans Officials (WAVA) through verification of as of December 31, 1994

### MENS WORLD INDOOR RECORDS

<table>
<thead>
<tr>
<th>Event</th>
<th>Name (Residence)</th>
<th>Age</th>
<th>Meet Date</th>
<th>Record</th>
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<tbody>
<tr>
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<td>M40</td>
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<td>45</td>
<td>3-10-93</td>
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<tr>
<td></td>
<td>M45</td>
<td>J. Doe (USA)</td>
<td>50</td>
<td>3-15-93</td>
</tr>
<tr>
<td></td>
<td>M50</td>
<td>H. Johnson (USA)</td>
<td>55</td>
<td>3-20-93</td>
</tr>
<tr>
<td></td>
<td>M55</td>
<td>J. Miller (USA)</td>
<td>60</td>
<td>3-25-93</td>
</tr>
<tr>
<td></td>
<td>M60</td>
<td>R. Brown (USA)</td>
<td>65</td>
<td>3-30-93</td>
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### HIGH JUMP

<table>
<thead>
<tr>
<th>Height</th>
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</tr>
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<tbody>
<tr>
<td>2.00 m</td>
<td>J. Smith (USA)</td>
</tr>
<tr>
<td>2.05 m</td>
<td>J. Doe (USA)</td>
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<td>2.10 m</td>
<td>H. Johnson (USA)</td>
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### POLE VAULT

<table>
<thead>
<tr>
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<tbody>
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<tr>
<td>4.05 m</td>
<td>J. Doe (USA)</td>
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<td>4.10 m</td>
<td>H. Johnson (USA)</td>
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### LONG JUMP

<table>
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<td>8.00 m</td>
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### TRIPLE JUMP

<table>
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<tbody>
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<td>J. Smith (USA)</td>
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<tr>
<td>10.50 m</td>
<td>J. Doe (USA)</td>
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<td>11.00 m</td>
<td>H. Johnson (USA)</td>
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### Shot Put

<table>
<thead>
<tr>
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<tbody>
<tr>
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<td>J. Doe (USA)</td>
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<td>11.00 m</td>
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### 2000 Meter Walk

<table>
<thead>
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<tr>
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<td>2100 m</td>
<td>H. Johnson (USA)</td>
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### WOMEN'S WORLD INDOOR RECORDS

<table>
<thead>
<tr>
<th>Event</th>
<th>Name (Residence)</th>
<th>Age</th>
<th>Meet Date</th>
<th>Record</th>
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<tbody>
<tr>
<td>60 Meter Hurdles</td>
<td>W40</td>
<td>J. Smith (USA)</td>
<td>45</td>
<td>3-10-93</td>
</tr>
<tr>
<td></td>
<td>W45</td>
<td>J. Doe (USA)</td>
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<td>3-15-93</td>
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<td></td>
<td>W50</td>
<td>H. Johnson (USA)</td>
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<td></td>
<td>W55</td>
<td>J. Miller (USA)</td>
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<td>W60</td>
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### HIGH JUMP

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<tr>
<td>1.90 m</td>
<td>H. Johnson (USA)</td>
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### POLE VAULT

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>3.00 m</td>
<td>J. Smith (USA)</td>
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<tr>
<td>3.05 m</td>
<td>J. Doe (USA)</td>
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<tr>
<td>3.10 m</td>
<td>H. Johnson (USA)</td>
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### LONG JUMP

<table>
<thead>
<tr>
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<th>Name (Residence)</th>
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<tbody>
<tr>
<td>5.00 m</td>
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<tr>
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<td>J. Doe (USA)</td>
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<tr>
<td>6.00 m</td>
<td>H. Johnson (USA)</td>
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### TRIPLE JUMP

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<td>J. Doe (USA)</td>
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<tr>
<td>13.00 m</td>
<td>H. Johnson (USA)</td>
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### Shot Put

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name (Residence)</th>
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<tr>
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<td>10.50 m</td>
<td>J. Doe (USA)</td>
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<tr>
<td>11.00 m</td>
<td>H. Johnson (USA)</td>
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<table>
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<td>J. Doe (USA)</td>
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### 3000 Meter Walk

<table>
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<tr>
<td>3100 m</td>
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### National Masters News
February, 1995

#### Pole Vault

<table>
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<tr>
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<th>AGE</th>
<th>MEET DATE</th>
<th>BEST PERFORMANCE</th>
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<tbody>
<tr>
<td>M6 3:16.7</td>
<td>Ken Popejoy(IL)</td>
<td>11</td>
<td>3-19-94</td>
<td>6:26.7</td>
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<tr>
<td>M5 3:59.6</td>
<td>Ken Popejoy(IL)</td>
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<td>3-19-94</td>
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<tr>
<td>M6 4:11.0</td>
<td>Bill Stewart(MN)</td>
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<td>M7 5:27.4</td>
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#### Shot Put

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#### Long Jump

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#### 3000 Meters

<table>
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<tr>
<td>M5 9:12.8</td>
<td>Sally Talicheff</td>
<td>7</td>
<td>3-19-94</td>
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<tr>
<td>M5 9:14.6</td>
<td>Dan Conway</td>
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<tr>
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<td>6:26.7</td>
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<tr>
<td>M5 8:49.0</td>
<td>Peter Halverson</td>
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#### 1500 Meters

<table>
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<tbody>
<tr>
<td>M6 3:16.9</td>
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<tr>
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<td>Jim Farshie</td>
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#### 3000 Meters

<table>
<thead>
<tr>
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<th>NAME(RESIDENCE)</th>
<th>AGE</th>
<th>MEET DATE</th>
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<tbody>
<tr>
<td>M5 8:49.0</td>
<td>Peter Halverson</td>
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<tr>
<td>M5 9:12.8</td>
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<td>M5 9:14.6</td>
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#### 5000 Meters

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<tbody>
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<td>6:26.7</td>
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<tr>
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<tr>
<td>M6 10:59.8</td>
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<td>3-19-94</td>
<td>6:26.7</td>
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#### 10000 Meters

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<td>M5 8:49.0</td>
<td>Peter Halverson</td>
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<td>6:26.7</td>
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</table>
### Masters Age Records

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up.
- U.S. Age Bests for Men & Women for all racewalking events, Age 40 and up.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

Send $4 plus $1.00 postage ($5.00 foreign postage) to:

**NATIONAL MASTERS NEWS**

P.O. Box 50098

Eugene, OR 97405

### Master Age Records

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Name (Residence)</th>
<th>Time/Score</th>
</tr>
</thead>
<tbody>
<tr>
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### WOMEN'S USA INDOOR RECORDS

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### Long Jump

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### Pole Vault

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### High Jump

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### Shot Put (Men)

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### Weight Throw (Men)

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Entries, Housing, Travel and Tours

The entry and housing forms for the XI WAVVA World Veterans Athletics Championships are published in this issue (see pages 21-24). The entry deadline is May 15. Housing arrangements should be made as soon as possible.

Organizers for the July 13-23, 1995 event in Buffalo, N.Y., have made arrangements to offer special packages for housing, air travel and tours.

"Being prepared is the key to a pleasant, hassle-free stay in Buffalo, and we want to help eliminate concerns about these important issues," said Vito Borrello, Executive Director of the meet.

Housing

Many lodging options are available to athletes and spectators coming to the Buffalo area for the Championships. All accommodation choices are within a 20-minute drive of competition venues, shopping, restaurants, and other attractions.

A variety of housing ranging from dormitory to luxury accommodations has been set aside at a substantial discount from normal, seasonal rates.

Housing reservation forms for accommodations in Buffalo can be found on pages 21-24 in this issue of NMN. Organizers recommend that housing arrangements be made soon, as rooms at the discounted rates are being reserved quickly.

Travel

Travel to Buffalo for athletes and spectators is also available at a discount. Continental Airlines, the official airlines of the Championships, guarantees the lowest possible air fare of any carrier to the Championships from any location in the world. Reservations at the discounted rates can be made through Stovroff & Taylor Travel, the official travel agency of the Championships.

To contact Stovroff & Taylor directly from anywhere in the USA or Canada, phone 800-543-8616 between 8 a.m. and 7 p.m. EST, Monday through Saturday. For 24-hour, seven-day service from anywhere in the world, phone 800-345-8463, and ask for IAFPBX5. You may use either of these toll-free numbers to make travel, housing and car rental arrangements all at once.

Tours

Once your housing and travel concerns have been addressed, you can focus on the competition and the opportunity to explore the Greater Buffalo area. Thirteen different tour packages are being offered by The Travel Team, Inc./American Express, ranging from the City of Buffalo’s rare architectural treasures to the awe-inspiring Niagara Falls, and from the peace of the Chautauqua Region’s wine country to the cosmopolitan treasures of Toronto, Ontario, Canada.

Two Buffalo tours will demonstrate that the city is much more than chicken wings and Buffalo Bills football. One excursion will treat travelers to a tour of Buffalo’s cultural and architectural delights, from the lauded modern art collection at the Albright-Knox Art Gallery to Frank Lloyd Wright’s Darwin Martin House. A second tour features City Hall, the Naval & Serviceman’s Park, Buffalo’s downtown baseball stadium Pilot Field, and the Buffalo Zoo.

The two lunch tours of Niagara Falls feature rides on the “Maid of the Mist,” taking passengers up to the very face of the Falls. The International Tour includes a visit to the Botanical Gardens and the Skyline Tower in Niagara Falls, Ontario, Canada, while the All America Tour ventures to the New York State Power Authority Power Vista and Old Fort Niagara.

Continued on page 25
TO WIN THIS COMPETITION, YOU FIRST HAVE TO FINISH THESE LINES.

COMPETITION ENTRY FORM

LAST NAME

FIRST NAME

DATE OF BIRTH

COUNTRY

ADDRESS

CITY

STATE

ZIP CODE

FAX

TELEPHONE

NATIONALITY

Payment: 1. Bank draft or check in U.S. dollars
          2. VISA  MC  Name:
          Payable to: XI WORLD VETERANS’ CHAMPIONSHIPS
          NUMBER
          EXPIRATION DATE:

1. WAVA fee .................................. - US$ 15.00
2. 1st event entered .......................... - US$ 10.00
3. 2nd through 5th Number of events x US$ 10.00 - US$ 5.00
4. 6th through 7th Number of events x US$ 5.00 - US$ 2.50
5. Multi Event Fee ............................. - US$ 0.00
6. Banquet tickets (number ordered*) x US$ 0.00 - US$ 0.00
   TOTAL: (add above lines together) ......... - US$

To verify your requests, please write out NAME OF EACH EVENT ENTERED:

1. 100 METER DASH
   2. 200 METER DASH
   3. 400 METER DASH
   4. 800 METER RUN
   5. 1500 METER RUN
   6. 5000 METER STEEPLECHASE
   7. 10,000 METER RUN
   8. 800 METER HURDLES
   9. 110 METER HURDLES
   10. 300 METER HURDLES
   11. 400 METER HURDLES
   12. 10 KM WALK
   13. 5 KM WALK
   14. 10 KM CROSS-COUNTRY
   15. MARATHON
   16. HIGH JUMP
   17. POLE VAULT
   18. LONG JUMP
   19. TRIPLE JUMP
   20. SHOT PUT
   21. DISCUS THROW
   22. HEPTATHLON
   23. DECATHLON
   24. JAVELIN THROW
   25. HAMMER THROW
   26. WEIGHT PENTATHLON

*After May 1, 1995 Banquet tickets will cost $15
The maturity of years hasn't lessened your desire to leave your opponent in the dust. So we're pleased to invite you to compete in the world's premier track and field competition for master athletes. It's the XI World Veterans' Athletic Championships, July 13-23, 1995, in Buffalo, New York.

You must be physically fit to enter. (You'd better, because you could be up against such legendary athletes as Frank Shorter, Evelyn Ashford and Al Oerter.) Men must be 40 years of age or older. Women, 35 or older. You must also submit proof of date of birth with your entry form. A copy of your birth certificate or passport is acceptable. Entries must be received by May 15, 1995. So do what you do best: hurry. (716) 849-0704.

---

**Competition Entry Form Instructions**

Please fill in your full name in the boxes provided, one letter per box, last name first. Then complete address (include apartment number, if any), nationality, sex (male/female), date of birth, and age. Next, figure the fees for entry as follows: There is a $15.00 fee assessed by WAVA. In addition there is a cost for each event entered. The first event is $30.00. Second, 3rd, 4th, and 5th events are each $10.00. Six or more events are $17.00 each. Therefore, the cost for entering one event would be $45.00; the cost for entering five events (not including multi-events) would be $85.00; and the cost for entering seven events (not including multi-events) would be $119.00.

For further information regarding multi-events fees please refer to prior section covering participation fees.

Payment must be made using a bank draft, VISA or MasterCard charge cards, or check in U.S. dollars.

To specify the events in which you wish to compete, please mark the first box on the entry form with an "X" in front of the events you wish to enter.

The next section tells you which, if any, age groups compete in that event. In the "Best Mark 1994-1995" column, please list your best mark for this time frame. For seeding purposes, it is very important that you include your marks. These marks can be updated as we approach the Championships. In addition to marking your events with an "X", please write out the name of each event you wish to enter in the section at the bottom of the page.

Please send entry form and payment to:
XI World Veterans' Championships - Buffalo '95
Post Office Box 150
Niagara Square Station
Buffalo, New York 14201-0150

---

**Waiver**

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the XI World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the XI World Veterans' Championships.

Signature

Date

---

**Drug Testing**

This consent form must be signed in order to participate in the Championships.

I have read the information in the Entry Booklet about drug testing, and agree, if chosen, to submit to testing in accordance with IAAF procedures.

Signature

Date
February, 1995

TO PARTICIPATE IN THIS COMPETITION, YOU’D BETTER GET PLENTY OF REST.

You’re not the only one who goes fast. The hotel rooms do too, so make your reservations now.

But before you can get to your hotel, you have to get to Buffalo. Located in the most western part of New York State, Buffalo is bordered by Lake Erie. It’s only 100 miles from Toronto, 400 miles from New York City and 500 miles from Chicago in the west.

As host to the 1993 World University Games, Buffalo is well prepared for international athletic

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### ROOM RESERVATION FORM

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<th>LAST NAME</th>
<th>FIRST NAME</th>
<th>APARTMENT NUMBER</th>
<th>CITY</th>
<th>COUNTRY</th>
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<tr>
<th>DAYTIME TELEPHONE</th>
<th>COUNTRY CODE</th>
<th>FAX</th>
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**Names of all persons occupying room:**

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**Do you have any pets? (YES/NO)**

**Arrival Date:**

**Departure Date:**

**Housing Preference**

Use numbers 1, 2, 3 to indicate your first, second and third preference for housing and sleeping arrangements.

**Hotel/Motel Option:**

**Luxury (US $95-139):**

1 person 1 bed ____________________
2 persons 1 bed ____________________
2 persons 2 beds ____________________
3 persons 2 beds ____________________
4 persons 2 beds ____________________

All amenities of a luxury hotel, including large air-conditioned rooms, dining room, cocktail lounge, and swimming pool.

**Deluxe (US $75-109):**

1 person 1 bed ____________________
2 persons 1 bed ____________________
2 persons 2 beds ____________________
3 persons 2 beds ____________________
4 persons 2 beds ____________________

Large rooms with air-conditioning, most with pool facilities, all but one on premises.

**Tourist (US $69-89):**

1 person 1 bed ____________________
2 persons 1 bed ____________________
2 persons 2 beds ____________________
3 persons 2 beds ____________________
4 persons 2 beds ____________________

Clean, affordable, air-conditioned rooms with color TV. Some have pool and dining facilities.

**Budget (US $55-68):**

1 person 1 bed ____________________
2 persons 1 bed ____________________
2 persons 2 beds ____________________
3 persons 2 beds ____________________
4 persons 2 beds ____________________

Clean, inexpensive air-conditioned rooms with color TV. Some have pool facilities.

**University of Buffalo Residence Halls option:**

Double occupancy US $40.00 per person per night

Triple occupancy US $38.00 per person per night

Quad occupancy US $36.00 per person per night

Dormitory accommodations include three full meals per day. Linens provided with beds made upon arrival and linen service. Comfortable lounges on main floor with access to color TV. Laundry facilities. Shared bathrooms on each floor. Access to fitness and recreation center and entertainment facilities.

There is a no smoking policy in the University of Buffalo sleeping rooms. Specially designated smoking areas will be identified.

Please send information on camping and ground facilities

Please send information on bed and breakfasts

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Page 23
events. The city is home to a new, high-tech track and field complex, and offers exciting adventures for competitors. Organized tours can show you the extraordinary Niagara Falls, the architectural treasures of the area, a world renowned art gallery, the birth places of U.S. Presidents, and so much more. Major bridges and highways link the area with Ontario, Canada, where even more diversions await you. You'll receive more information on Buffalo with your housing confirmation.

**Room Reservation Form Instructions**

Please use one Room Reservation Form for each room reserved. Copies accepted. Fill in the last name of the person in whose name the room reservations will be made; then first name. Write in your complete address (include apartment number), and your daytime telephone number (include any city/country codes).

If you are planning to be involved with a Travel Veterans Organization, please do not fill out this form.

List the names of all members of your party occupying the room, and indicate by "yes/no" (YN) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrival and departure dates.

Circle the date of each night you plan to stay in your choice of accommodations.

Housing Preference: Various types of housing are available. Use 1, 2, or 3 to indicate your preference for housing. If you wish to room with a particular person, you must provide us with the name of the other occupant and include a deposit for two people. The person whose name appears at the top of this form will be responsible for the payment by both persons.

Indicate any disability/physically challenged request:

---

Deposit Requirements: A deposit for the first night must accompany the reservation as follows: Luxury $120 per room, deluxe $100 per room, tourist $80 per room, budget $55 per room, university halls $35 per person. Individual invoices will be sent with your confirmation, listing your hotel assignment, daily rate, and balance due. Please see the Payment and Refund Schedules below for an additional explanation.

**Payment Schedule**

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<tr>
<th>Date</th>
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<th>Additional 30% of total housing package due</th>
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<th>Balance in full due for housing package</th>
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**Refund Schedule**

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<td>After July 1, 1995</td>
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*Refund policy is per person for University housing. per room for hotel/motel.

Postmarks will determine order of acceptance for housing and for refunds due if applicable.

Deposit for first choice: (Housing reservation will not be accepted without deposit)

US$__________

Deposit must be by bank draft in U.S. dollars, or by MasterCard or VISA credit card.

Name of credit card VISA ☐ MasterCard ☐

Name as it appears on credit card

Credit card number ________________

Expiration date

If using a VISA or MasterCard, you must specify which card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the card number in the space provided. You must also include the expiration date printed on your card.

Bank draft checks should be made payable to:

World Veterans' Championships - Buffalo '95
Post Office Box 150
Niagara Square Station
Buffalo New York 14201-0150
U.S.A.

Please enclose the appropriate deposit for your first housing choice (payable in U.S. dollars) and mail to:

World Veterans' Championships - Buffalo '95
Post Office Box 150
Niagara Square Station
Buffalo New York 14201-0150
U.S.A.

NO TELEPHONE RESERVATIONS WILL BE ACCEPTED.

Summer in Buffalo and Western New York is prime tourist season. There are a limited number of hotel accommodations and University dormitories available. All reservations will be assigned on a first come, first serve basis. Therefore, the sooner you send in your reservation form and deposit, the better your chances are of getting your preferred choice. See deposit and refund schedule.
Countdown to Buffalo

Continued from page 20

separate trip to Niagara-on-the-Lake will take visitors on a tour of a colonial English-style town.

These five local excursions are offered every day, each lasting from four to six hours. The cost per person ranges from $36 to $58.

Four boat tour packages along Buffalo's waterfront are available on the Miss Buffalo and Niagara Clipper.

ranges from $36 to $58.

will take visitors on a tour of a colonial

separate trip to Niagara-on-the-Lake to six hours. The cost per person

take four hours with prices ranging from $51 to $62 per person.

A short drive from Buffalo demonstrates the diversity the Buffalo area has to offer, and four regional tours will appeal to just about any taste. A visit to Genesee Country Village is a trip back in time to 19th century America, as costumed guides show you a day in life over a century ago. Meanwhile, the wine connoisseur won't want to miss the tour of Wine Country in New York's Chautauqua Region, where visitors will also stop at the Chautauqua Institution, a world-renowned center of culture, education, recreation and religion.

More that half a million people each year visit the Corning Glass Center, including the Museum of Glass, the Hall of Science and Industry, and the Steuben Glass Factory. And a day trip to Toronto features visits to the CN Tower, the bustling business and finan-

central downtown, as well as the quaint villages nestled in the city.

The regional tours last from eight to ten hours, with prices ranging from $55 to $80 per person.

For more information, contact the tour department at The Travel Team Inc./American Express, phone (800) 245-8326, or (716) 878-8700.

(Bob Chase is a member of the Buffalo Organizing Committee.)

Kobe

Our sympathies and condolences go out to the people of Kobe, Osaka and other Japanese communities who suffered unbelievable damage in the earthquake of Jan. 17, 1995, exactly one year to the day of the Northridge, Calif. quake.

The Kobe quake resulted in 5000 deaths, 25,000 injuries and perhaps $100 billion in damages.

Of the 9700 Japanese competitors in the 10th WAVA World Veterans Athletics Championships in Miyazaki in 1993, several hundred were from the Kobe-Osaka area. It is likely that some of them have suffered damage, injury or worse in this catastrophe. Our thoughts and best wishes are with them.

Anyone who wants to contribute to Kobe relief efforts may contact the Red Cross at 202-639-3315.
Bill Benson, 75, Valley Stream N.Y., guest speaker at the Plainview-Old Bethpage RPRC September meeting, with running "contemporaries" (for ref: Tom Moyett, Jack Dwyer, Benson, George Dennis, Tom Trunke, and Burt Jablon.)

Photo by Mike Polansky

White Rock Half-Marathon, Dallas, Nov. 5.
Marvin Williams, 50, 1:40:40

Masters Half-Marathon, Runners from 50 states and over 30 countries are predicted by race director Al Boka.

Harold Daughters, 73, member of the So. Calif. Striders, is fighting cancer of the prostate and liver. Just three years ago, he ran seven marathons. In 1993, he won a silver medal in the cross-country in the World Championships in Miyazaki.

Christel Miller of Glendale, Calif., national masters female 1M athlete of the year in 1986 and 1990 — turned 60 on Jan. 20, but instead of attempting to set new age group records, she's recuperating at home after major shoulder surgery on Dec. 15. Her rotator cuff was torn. She's doubtful for the national indoor meet, but optimistic she can compete later in the year.

Joe Packard

Joe Packard died on his 91st birthday, Dec. 15, 1994, after a period of failing health.

In 1984, at age 80, Packard ran 100 meters in 15.4 and 200 meters in 32.3, both world records for men 80+. Which still stands today. In 1979, at age 75, he ran the 400 in 68.5. Another world mark which has never been broken.

Packard was "discovered" by Coach Mark Grubi in the mid-70s while doing his daily jog on the San Francisco YMCA's indoor track. He was persuaded to join the Northern California Seniors Track Club and rode on BART to the club's daily workouts at Edwards Field in Berkeley.

Joe had run the 440 and 880 at Princeton, but had not competed since then. However, he never gave up jogging.

At age 73 in 1977, he went to the 2nd World Veterans Championships in Gothenburg, Sweden, setting M70 WRs in the 100 (13.9), 200 (29.2), and 400 (64.6), records which stood for years. His 400 time is still an age-73 WR.

NATIONAL

For a copy of the U.S. Athletics Calendar, edited by Donna Skow, send $15 to PO Box 120, Indianapolis IN 46206. The book contains the schedule for open, youth, and major masters events.

The 1995 National Masters T&F Championships schedule, printed last month, was a first draft only. The final, official schedule is published in this issue on page 11.

EAST

Rebecca Stackdale-Wooley, 43, Chaplin, NC, broke the W40 + course record with a 27:42 in the 58th Manchester 4.7 mile, Manchester, CT, Nov. 24. Gary Daniels won the M60 + race with a 2:42:42, 33rd of 11,500 starters, who faced 28 and a frigid wind at the start.

Thomas Birch (40, 55:11) and Kathy Gibbon (41, 65:43) steamed to 40 + firsts in the NYRRC Hot Chocolate 10 Mile, Central Park, Dec. 3. Sad Howard, 55, won his division race in 61:39.


Placing ninth overall in a field of 1102, Hugh Sweany, 50, blitzed the masters field in the Joe Kleinerman 10K, Central Park, Dec. 11. His 35:20 was an age-graded 85.0% performance.

On Dec. 18, the NYRR's Holiday 25K and 4 Mile Run took off on a beautiful, clear, 44-degree day in Central Park. In the 25K, fire times were recorded for winner Robert Biggio (45, 1:32:50) and Kathy Gibbon (41, 1:45:32). In the accompanying 4 Mile Run, the masters runners literally scorched the course, both placing second overall. Paul Mascali, 42, turned in a 20:28, and S. Rae Baymiller, 51, zapped the course in 24:35, just 9 seconds out of first place.

On Nov. 16 in Sparks, MO, runners rather than rail cars took over the now-invisible tracks of the Northern Central Railroad for the fifth running of the Northern Central Rail Trail Marathon. This rail line is the one on which Abraham Lincoln travelled on his way to deliver the Gettysburg Address. Some 300 modern-day travellers, using foot locomotion, bought tickets

FIVE YEARS AGO

February 1990

Mario Cuevas, 40, and Priscilla Welch, 45, Win ICI/USA TAC National Masters 8K in Florida as $40,000 Goes to Masters

Bob Schlaub, 42, and Nancy Mieczak, 40, Capture Rocket City Marathon Titles

Kjell-Erik Stahl Wins Fourth Straight Masters Championship in Honolulu Marathon

 Masters Half-Marathon. Runners from 50 states and over 30 countries are predicted by race director Al Boka.

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Joe Packard from JOSEPHINE KOLDA

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NORTHWEST

The new president of the Portland Masters TC is Kathy Holmstrom, 503/245-6784.

Joe Packard

from JOSEPHINE KOLDA

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**SCHEDULE**

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

---

**ON TAP FOR FEBRUARY**

**TRACK AND FIELD**

The USAF National Masters Indoor Championships open on the 24th for a three-day run in Reno. They’re preceded by the Indoor Pentathlon Championships in the Chicago area on the 11th.

Other meets, smaller perhaps but no less important, range from the Eugene Indoor on the 5th to the Manhattan, TX City Meet, Sarasota, on the 25th.

**LONG DISTANCE RUNNING**

Two USAF Masters Championships take place in the West: the Half-Marathon in Las Vegas on the 4th, and the 10K in Sacramento on the 18th.

Each weekend offers at least one appealing race, such as the Runner’s Den 10K, Phoenix, Ariz., or the 5K Conoco Rodeo 10K, Houston, the 11th; Pomoco Half-Marathon, Hampton, Va., the 12th; Gasparilla 15K, Tampa, the 18th; Cowtown 10K, Fort Worth, Tex. on the 25th, and Colonial Half-Marathon, Williamsburg, Va., on the 26th.

---

**DEADLINE**

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

---

**HYTEK**

Software Written for Track & Field People

**NOT COMPUTER people!**

Selected to run the 1995 Veterans/Masters World Championships in Buffalo!

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

**FREE DEMO - (919) 635-5111**
October 5-14. 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #F, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.

LONG DISTANCE RUNNING NATIONALS


April 2. USATF National Masters 5K Championships, Carlbad, Calif. Tim Murphy, 10299 Vista Sorrento Pkwy #102, San Diego, CA 92121.


November 11. USATF National Masters 5K Cross-Country Championships, Lincoln, NE. Scott Brooker, 520 Northland Blvd. #309, Omaha, NE 68174; 402/767-0225.


NORTHWEST


June 24-25. Hayward Masters Classic, Eugene, Ore.


CANADA

March 4. Ontario Masters Indoor Championships, York University, Toronto, Ont.

INTERNATIONAL

July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+; W35+. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone: (716) 849-0704; Fax: (716) 849-0737.

First three W40 finishers, USATF National Masters 10K Championships, St. Louis, Dec. 4, from left: Marcia Dowling (39:38), Donna Spencer (39:31), and Kathleen Northrop (39:58). Photo by Hank Kiesel.
by MAURY DEAN

I couldn't believe it.

Five hundred runners toeing the mark at the Hamilton Hangover 5 Mile, Jan. 1, in New Jersey. One venerable vet standing in the front row. I'm used to telling ten-year-olds, "Son, if you can't do six minutes a mile, you might as well back a few rows." At 52, I'm staring at this guy old enough to be my dad and wondering whether or not to insult him by presuming to say something for his safety. "Is that a young guy?"

I muttered to a youngish venerable vet Octogenarian in the Front Row, Almost

We ran the race. It's leafy, muddy, icy, rocky, slippery, hilly, and ugly for over half an outback mile. The Hamilton Hangover improves to a roller-coaster asphalt path with broken-field dodging as 200 midpackers lunge at you on mile four. It's the most flat that course ever ran, and when the smokey clouds had cleared and we flopped to the finish — triumphing over demon January — Fred Ely, 79, had come in third in the age-graded category with an actual 40:31 (8:06/mile) and an age-graded 26:23.

I don't mean to quibble with the computer, but personally, it seems Fred should've won. Henry Daniel, 44, a fine Philly runner, was first age-graded winner with a 27:58 (AG 26:14), and the two sandwiched my effort (29:30, AG 26:18), but somehow, deep in my heart, I feel that my pretty-good race, and Henry's, don't hold a candle to the excellent Ely effort.

Masters distaff gold went to Cindy Clark, 55, in both the actual and age-graded categories. Cindy triumphed with a 37:26, besting 44-year-old Janet Emanuel's 39:16 by nearly two minutes; it's a nifty New Year treat to win the masters at 50+.

The Hamilton produced some nice midwinter masters times: Damian's 27:58 earned a fifth overall, with 45+ champ Stuart Madres zooming to 11th with a fine 28:39. Stu mentioned he missed NMN All-American 10K honors by one second (34:46) recently, and he's not about to quit this quest. Herman Richards chugged to 13th overall with a 29:00, while the Phast Phleet flew. Bob Robbins, 60, was second 50+ in 34:13.

Most stunning was Cindy Clark's ramping ninth OH. Thanks to age-grading by timer David Siconolfi, that's a 31:17 effort.

Perhaps recognition for the next

USA Track & Field
Fastest Masters Road Race Times [January 1, 1994 - December 31, 1994]

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<td>44</td>
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Compiled by USATF Road Running Information Center, 5922 Caracas Caracas, Santa Barbara, CA 93111 (805) 832-5838

Photo by Steve Schmitt BRC
Octogenarian

Continued from page 29
most splendid effort goes to Imme Dyson, 58, 25th, in a great 41:33. Anyhow, a sober masters crew duked it out with the open division to triumph in this trials, and trails-of-Trenton showdown in the suburbs of Philadelphia North. Everyone came out a winner.

Particularly Fred, When Fred Ely, 79, hits a new division, no longer will he have to put up with the septuagenarian kids like John McManus, or the newly-75 speedburners like Bill Bier — he'll burn those minute miles with a rooster-tail wake, a swath of speed, as the Philly kids like winner Brian Harshman (25:08) share the front row with double-master (2 x 40) Fred Ely.

Brian the Kid, like all winners, will have to look over his shoulder. Fred might not be too far behind... 

Scott Thornely, USATF Masters Outdoor and Indoor Meet Coordinator, explains the bidding process for championships at the masters session, 1994 USATF National Convention, St. Louis. Photo by Suzy Hess
U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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Notes:
1. All standards are for automatic time; use standard conversion for hand time.
5. Metric heights and distances are the standard; feet andaces listed for convenience.

U.S. MASTERS ALL AMERICAN CERTIFICATE/PATCH

Application for an All-American Certificate/Patch

<table>
<thead>
<tr>
<th>Name</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark</td>
<td>AGE GROUP</td>
</tr>
</tbody>
</table>

Address:

City:

State:

Zip:

Meet Site:

Event:

Date:

Mark:

Hurdle Height:

Weight of Implement:

Certificate:

Patch:

Certificate Tag:

Patch Tag:

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 50059, Eugene OR 97405.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
请提供页面内容，以便我进行自然语言处理。
February, 1995

National Masters News

Now Solve Your Time Problems with the Push of a Button!

Introducing the all-new Master™ Calculator

- Works Directly In:
  - Hours: Minutes: Seconds
  - Hours: Minutes
  - Minutes
  - Seconds
  - 12-Hour/24-Hour Time

- Converts To & From All Time Formats
- Built-In Timer with Lap-Function
- Includes Work as a Master Calculator with Percent, Memory & Auto Shut-Off
- Simple to Use Key Entry
- Complete with Sturdy Vinyl Case, Life-Long Batteries, 1-Yr. Warranty
- Converts minutes per mile

AUTHORISED DISTRIBUTOR NATIONAL MASTERS NEWS
P.O. Box 50097
Urbana, IL 61805

McGraw-Edison Industries, Inc.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH

BIRTHDAY GROUP

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Residence</th>
<th>Date of Birth</th>
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<tbody>
<tr>
<td>X-ES</td>
<td>Berlin</td>
<td>1-20</td>
</tr>
<tr>
<td>SHERIFF</td>
<td>Amsterdam</td>
<td>1-20</td>
</tr>
<tr>
<td>THOMAS</td>
<td>New York</td>
<td>1-20</td>
</tr>
<tr>
<td>RICHARD</td>
<td>Washington</td>
<td>1-20</td>
</tr>
<tr>
<td>DAVID</td>
<td>Los Angeles</td>
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Compiled by Peter Nendel, World and USA TAF Records Chairman
<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Energy Bar - 1 Box of 24-25.00</td>
<td>$13.00</td>
</tr>
<tr>
<td>Energy Recovery - Retail 13.00</td>
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</tr>
<tr>
<td>Protein Repair Formula - Retail 14.00</td>
<td></td>
</tr>
<tr>
<td>Cytoslim (1.5 lb.) - Retail 20.00</td>
<td></td>
</tr>
<tr>
<td>Cytoslim (5 lb.) - Retail 64.95</td>
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</tr>
<tr>
<td>Cyto Bar - Retail 1.69</td>
<td></td>
</tr>
<tr>
<td>Heavyweight 900 - Retail 24.50</td>
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</tr>
<tr>
<td>Metabolol 2 (1 lb.) - Retail 15.15</td>
<td></td>
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<tr>
<td>Metabolol 2 (2.2 lb.) - Retail 29.45</td>
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</tr>
<tr>
<td>Excel</td>
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<tr>
<td>Tiger's Milk</td>
<td></td>
</tr>
<tr>
<td>Sports Bar - Retail $1.29/Bar</td>
<td></td>
</tr>
<tr>
<td>Spirulina Bar - Retail $1.20</td>
<td></td>
</tr>
<tr>
<td>Nature's Plus</td>
<td></td>
</tr>
<tr>
<td>Ultra Hair - 90 Tablets $18.95 - At Elite $15.16</td>
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</tr>
<tr>
<td>Day Nectar - Ten Stage Amino Beverage (2 %) - Powder $28.95 - At Elite $23.16</td>
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</tr>
<tr>
<td>Stimulinx Energy Bar - Retail $1.50</td>
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<tr>
<td>Energy Elixir (20-75 ml. servings) - Retail $20.00 - At Elite $16.00</td>
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<tr>
<td>Super C Complex-Sustained Release - 60 Tablets 100 mg C, 500 mg Bioflavonoid Complex</td>
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<tr>
<td>Calegizer (20-7 oz. Paks) $19.95 - At Elite $15.96</td>
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<tr>
<td>Calcium, Magnesium, Potassium &amp; Buffered Iodine</td>
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</tr>
<tr>
<td>Country Life</td>
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</tr>
<tr>
<td>Life Span 200 - 50 Tablets $19.95 - At Elite $15.96</td>
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<tr>
<td>Super 18 Amino-Oxid - 60 Tablets $19.95 - At Elite $15.96</td>
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<tr>
<td>Good 'N Natural</td>
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<tr>
<td>Green Barley - 120-50 mg tab. - $9.60 - At Elite $7.60</td>
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<tr>
<td>Broccoli - 90-50 mg tab. - $9.60 - At Elite $7.60</td>
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<tr>
<td>Chloro-120-50 mg tab. - $17.90 - At Elite $14.30</td>
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<tr>
<td>SOD (Super Oxide Dimutase) -100-2000 Units $11.40 - At Elite $9.10</td>
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<tr>
<td>Pyrogred - 30-30 mg Cap. - $15.00 - At Elite $12.00</td>
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<td>Co Enzyme Q 10 - 30-75 mg. Capsules - $27.40 - At Elite $12.00</td>
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