

Front running masters at mile 10 of the 1994 WZYP Rocket City Marathon. Gary Romesser (9) leads, with Reno Stirrat (5) and Bob Schlau (4) in tow. Terry Permar is in white cap behind Schlau.

Photo by Charlie Scott

## Reno to Host Indoor Nationals

More than 400 athletes from throughout the nation will compete in the 1995 USATF National Masters 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.

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## Beurskens Takes Eighth Honolulu Title

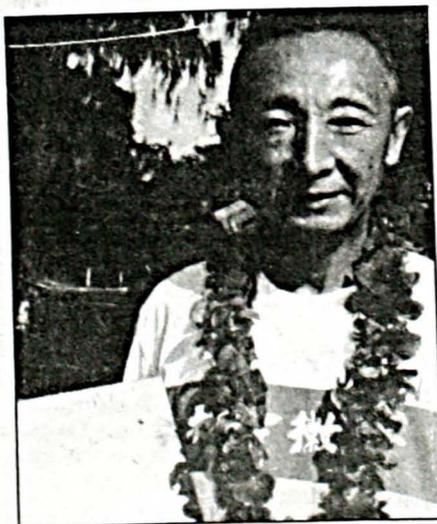
Carla Beurskens, 42, of the Netherlands, was first female overall for the eighth time in the Honolulu Marathon on Dec. 14. Beurskens, who set the women's course record of 2:31:01 in 1986, finished in 2:37:06, 34th overall of more than 25,300 participants, and 16 minutes ahead of her closest competition,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



Keizo Yamada, Japan, second M65 (3:14:36), Honolulu Marathon, Dec. 11., is a former Boston Marathon winner.

Photo by Tesh Teshima

## 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.

Hutchison, 48, won the women's masters division in 1988, 1990, 1991, and 1993, while Schlau, 47, took male masters titles in 1989 and 1993.

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



1994 WZYP Rocket City Marathon winners, Jane Hutchison and Bob Schlau.

Photo by Jim Oaks

## 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. and 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

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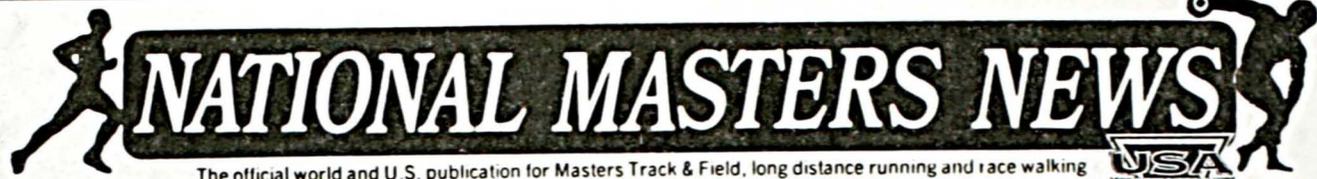
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The *National Masters News* is devoted exclusively to  
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 forms, age records, rankings, photos, articles, training  
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Some masters events are sponsored by USATF, the  
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Generally, anyone age 30 or over may come to a  
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## 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



Charlie Gray, 40, Lee's Summit, Mo., finishes first, USATF National Masters 10K Championships, St. Louis, Mo., Dec. 4. Photo by Hank Kiesel

Sweeny, fourth in 4:55.81, predicts a larger and faster field at the Feb. 12 Greater Boston Track Club Invitational. All six finishers pledged to return. Ken Sparks, who turned 50 on Jan. 26, will make his M50 debut, and the likes of Jim Sutton, John Connor, Oscar Moore, Sid Howard, Ramsay

Thomas, and maybe Amon O'Reilly are expected.

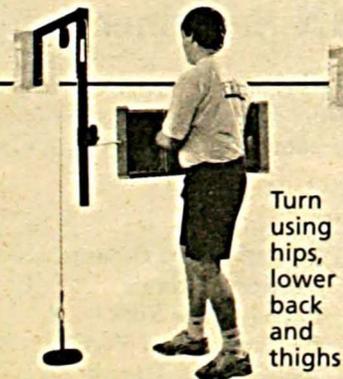
The event could not have been conducted without the generous help of Etonic Shoes, the shoe for older runners. For entry info on the Feb. 12 event, contact Sweeny at 201-798-4480. □

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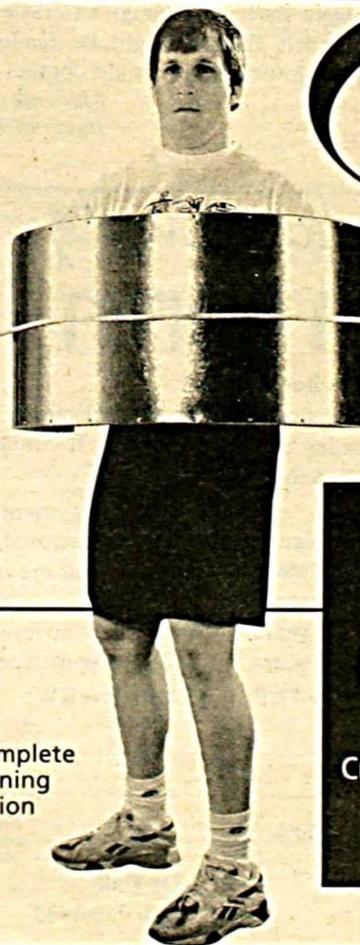
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#### VIDEOS OF NATIONALS

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, 400H; 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 invitationals. 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*

#### WORLD WAR II REVISITED

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 Cuder  
Pavia di Udine  
Italy*

#### RACEWALKING RULE CHANGES

Elaine Ward's report (Dec. NMN) on proposed rule changes by the IAAF Racewalking Working Group is erroneous.

The Working Group consisted of five IAAF Council members including Chairman Cesar Moreno and four athletes. I was an ex-officio member. The purpose of the Group was not just to look at IAAF Rule 191, but to study all possibilities to improve the image and credibility of racewalking.

Recognizing that IAAF Rule 191.1 re loss of contact cannot be judged by the human eye (the only practical way of judging) when the loss of contact is less than 30-50ms, the Group sought a better definition of racewalking.

The proposed definition is: "Racewalking is a progression of steps so taken that the walker makes contact with ground, so that no visible loss of contact occurs." This wording has not yet been agreed to.

We also are studying a possible addition to this rule that requires the heel to be the first part of the foot to make contact with the ground. Contrary to Ward's report, this requirement would not replace the contact rule; it would be an additional clause, whose merits are being studied.

A third requirement of a straight leg at the moment of first contact with the ground until in the vertical upright position is also being studied.

The analysis of these proposed IAAF Rule 191.1 changes by Moreno, which Ward has duplicated in her article, was rejected by the Working

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 52 consecutive years — from a second-grader through high school, college, open meets, Olympic trials, submasters, 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*

#### 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, an in depth schedule section, and more.

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CZZMN

# 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 Kurtis, 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.

Kurtis 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. Kurtis came in second at 2:27:02. Janet Skaalen, 41, Minnetonka, Minn., was the first masters woman in 2:59:11.

### Heaviest Entrant?

All notions of championships were strictly abstract, however, for those of us who started the race in the very last row. God and nature haven't exactly endowed me with the ideal marathoner's build; in fact, at 219 pounds on race day, I may well have had the distinction of being the Memphis marathon's heaviest entrant.

My wife tells me that in the starting pack on race day, I always look like an aging linebacker who got lost on his way to football practice. When I run, I give whole new meaning to the phrase "pounding the pavement."

What I lack in physical predisposition, however, I try to make up for with psychological insight. Hence my "strategy" of starting every marathon (this was my fourth) in the same place: dead last. The reason? Simple. If you're last, no one can pass you. You never feel that twinge of depression that comes from watching somebody blow by you.

### Picking Off the Competition

In fact, if you play your cards right (eleven-minute splits for the first mile or two, for example), you get to do all the blowing; you spend the entire rest of the race picking off the competition, 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 1400, 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 Heart-break 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 Kurtis in 1993) is a relatively high 2:19:33.

No records were set on this steamy Sunday, and those of us in the back of the pack found 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 quads were giving us. I was graced with the number "30" — a tribute, the race director said, to my journalist status — but the low number raised more than a few eyebrows as I chugged up the final few hills. "Poor guy," I overheard one spectator say, "he must have had a really rough start to be so far back now."

### 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 father had flown in from Boston to watch me race for the first time. It was great seeing him there along the finish line.

Championship stuff? Hardly. But my time was good enough for 574th place, and a full 10 minutes better than last year's. I'd managed to pass a couple of hundred of my colleagues in the process and lived to tell the tale. What more could you want from a Sunday morning in Memphis? □

## 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

SPONSORED BY THE UNIVERSITY OF DELAWARE & THE DELAWARE TRACK AND FIELD HALL OF FAME BOARD OF GOVERNORS

DATE: Sunday, March 13, 1995 10:30 A.M. Track - 10:00 A.M. Field  
 SITE: University of Delaware Field House, Newark, Delaware  
 DIRECTIONS: From Points North - I-95 to Exit 18 North (Rte 896), 3rd light about one mile on right. From Points South - I-95 to 10B Exit - North to Newark 3 miles - take right on Rte 4 for one mile - left on Rte 896 to Field House on right.  
 FACILITY: 6-lane, 200 meter tartan track & approach runways (¼" spikes maximum). Wooden throwing platforms. Lockerrooms and showers available.

TIMING: All running events will be fully automatically timed (FAT).  
 AWARDS: USATF Regional medals with custom ribbons to 1st, 2nd, 3rd in each event by five year age divisions. Place ribbons for 4th, 5th, 6th place in each event by five year age divisions. One eastern patch with the new USATF logo per winner.  
 DIVISIONS: Five year age groupings for men and women (30 - 80+).  
 TEAM AWARDS: Total scores for men & women in 5-year age groups combined into ten year divisions: 30-39, 40-49, 50-59, 60 Plus, & Overall. Scoring - 5/1st, 3/2nd, 2/3rd, 1/4th.

ENTRY FEES: Pre-entries are \$12 for the first event (includes a \$2 surcharge). The second event is \$8 and each additional event is \$6. Relays are \$20. Entries must be received with fees by Monday, March 13, 1995.  
 POST ENTRY FEES: Entries received after March 13th or the day of the meet are \$5 additional for each event, provided additional heats are not needed. Relays \$20.

USATF REGISTRATION: Post entrants must show a current USATF card or buy one at the meet for \$15. Insurance and sanction requirements demand compliance. USA T&F SANCTIONED AND OFFICIATED. MEET DIRECTOR: COACH JIM FISCHER 1-302-831-8846

TRACK EVENT ORDER (FAT)		FIELD EVENT SCHEDULE					
EVENT	TIME	EVENT/GROUP	30-39	40-49	50-59	60 PLUS	WOMEN
60 M Hurdles	10:30	Long Jump	1:30	2:00	3:00	12:30	11:30
60 M (Trials/Finals)	11:15	Triple Jump	4:30	4:30	4:00	4:00	4:00
1,500 Meter Run	12:15	High Jump	11:00	10:00	2:00	1:30	12:00
400 Meter Dash	1:00	Pole Vault	1:00	12:00	11:00	10:00	10:00
3,000 Meter Walk	1:30	Shot Put	12:00	3:00	1:00	11:00	2:00
4 x 200 Meter Relay	2:30	Weight Throw	10:00	1:00	12:00	3:00	11:00
3,000 Meter Run	2:45						
800 Meter Dash	3:30						
200 Meter Dash	4:00						
4 x 800 Meter Relay	4:45						
4 x 400 Meter Relay	5:15						

For example, Men 50-59 will LJ from 3 to 4 P.M. Triple jump may start earlier - after LJ is completed. FIELD ATHLETES WILL HAVE TO COMPETE WITH THEIR AGE GROUPS. PLAN AND ENTER ACCORDINGLY. NO EXCEPTIONS. NO FALSE START RULE IN EFFECT FOR EVENTS.

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

PLEASE PRINT

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ SEX \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY & STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 AGE (ON 3/19/95) \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ CLUB \_\_\_\_\_ USATF# \_\_\_\_\_  
 EVENT \_\_\_\_\_ BEST RECENT MARK \_\_\_\_\_ EVENT \_\_\_\_\_ BEST RECENT MARK \_\_\_\_\_  
 1. \_\_\_\_\_ 4. \_\_\_\_\_ 7. \_\_\_\_\_  
 2. \_\_\_\_\_ 5. \_\_\_\_\_ 8. \_\_\_\_\_  
 3. \_\_\_\_\_ 6. \_\_\_\_\_ 9. \_\_\_\_\_

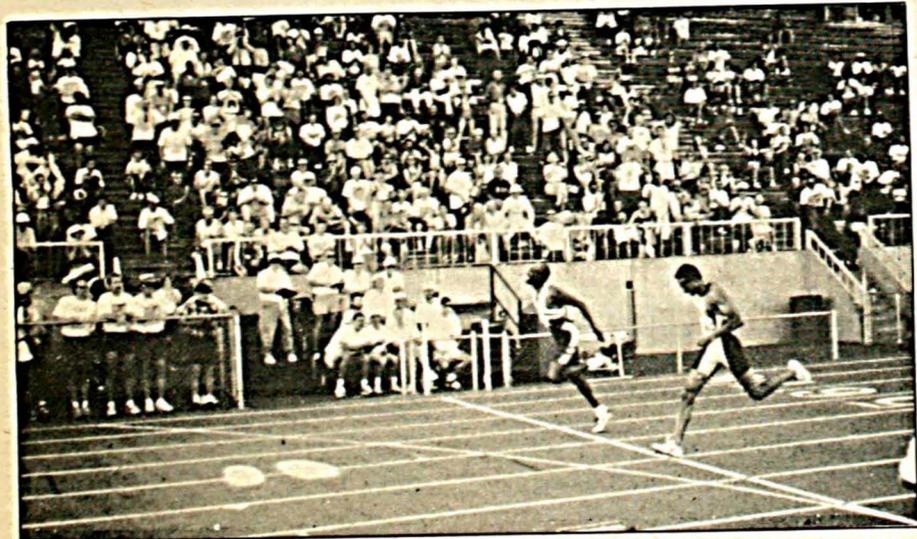
PRE-ENTRY POST-ENTRY MAKE CHECK PAYABLE & MAIL TO:

AMOUNT 1st event (with \$2 surcharge) \$12.00 \$17.00 DELAWARE T&F HALL OF FAME COMMITTEE  
 ENCLOSED: 2nd event @ \$8.00 @ \$13.00 UNIVERSITY OF DELAWARE  
 Additional events @ \$ 6.00 @ \$11.00 DELAWARE FIELD HOUSE  
 USATF Registration. (PENDING NOT OKAY) (15.00) (15.00) NEWARK, DE 19716  
 Relay entry @ \$20.00 @ \$20.00 ATTENTION COACH JIM FISCHER  
 Optional Eastern T-shirt @ \$7.00 @ \$7.00

TOTAL AMOUNT ENCLOSED \_\_\_\_\_ CIRCLE SIZE: \_\_\_\_\_  
 M L XL XXL XXXL  
 Limited Quantities Available

WAIVER: In consideration of your accepting this entry, I do hereby legally bind myself, my heirs, executors, and administrators to waive, release, and forever discharge any and all rights, claims and damages that I may have against United States Track & Field, East Masters Regional Coordinator, the Masters Track & Field Committee, the University of Delaware, the Delaware T&F Hall of Fame Board of Governors, and all other meet supporters or their Agents, Representatives, Assignees, Trustees, Officers, Employees, or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit, and sufficiently trained for this competition.

DATE: \_\_\_\_\_ SIGNATURE \_\_\_\_\_



Fred Sowerby, Nevada, nips Stan Whitley, California, with a pending M45 400 world record 50.20, USATF National Masters Championships, Eugene, Ore. Photo by Shirley Dietderich



## Third Wind

by MIKE TYMN

### Doug Kurtis: Iron Man of Marathoning

**D**oug Kurtis defies science. He contradicts all theories concerning recovery time after a marathon and longevity as a marathoner. An all-out 26.2-mile run leaves the muscles and joints bruised, battered, and beaten. The physiologists tell us that it takes weeks, sometimes months, to recover and then another couple of months to return to peak condition. That's why most elite runners will not compete in more than two or three marathons a year.

Moreover, the event is so demanding that most competitive marathoners have only five or six good years of running before they hang up their racing flats.

#### 162 Marathons

But Kurtis apparently doesn't read the books and articles on the subject. The 42-year-old runner from Northville, Mich., competed in his 162nd marathon since 1974 in the 22nd annual Honolulu Marathon on December 11. It was his 14th marathon of 1994. There were also 15-20 shorter races during the year.

We're not talking jogging or simply finishing marathons. Kurtis is a world-class performer who has more marathon victories (37) than any other runner in the history of the sport. He's won the Detroit Marathon six times and the Seattle Marathon five times.

Kurtis has also won marathons in such places as Manila, Ho Chi Minh City, Bangkok, Tahiti, Penang, Barcelona, Port Huron, Las Vegas, New Orleans, and Yonkers.

He has bettered 2 hours, 20 minutes — the 5:20 per mile pace that is the threshold of elite marathoning — 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 really explain his "slow" time. He didn't think it was the fact that he had run the Memphis

Marathon the week before, finishing second, or had run two marathons in November and four in October.

"I've found that I tend to run better when I race more," Kurtis explained. "I don't know why, I just do. When I run them a couple of weeks apart, I often do better in the second one, and when I've taken 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 to 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."

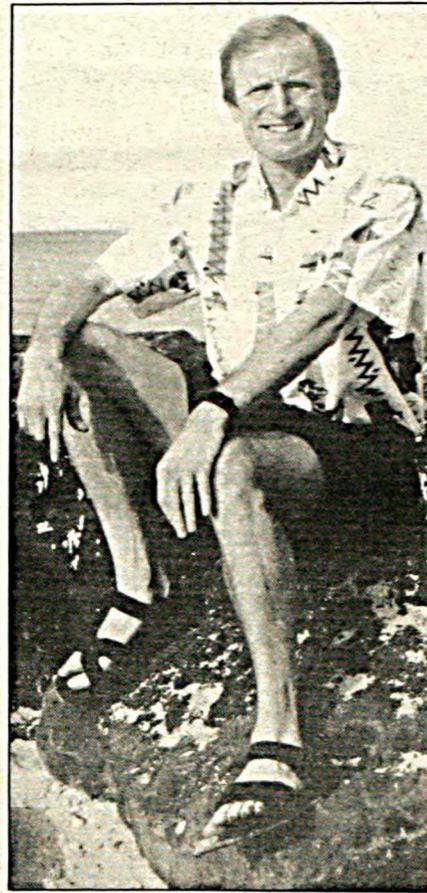
You'd think that with all that racing, Kurtis would have had his share of injuries, especially now that he is past 40. But he said that he has had only a couple of injuries during his more than 25 years of running, the last one two years ago when his hamstring tightened during the Paris Marathon.

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 have 20 days vacation to use for my running trips," he said. "But the good thing is that we have flex hours so that 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 does not 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 circulating among runners at the 1992 New York



Doug Kurtis

Mike Tymn Photo

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 slowed 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." □

### Beurskens Takes Eighth Honolulu Title

Continued from page 1

who turned 60 last October, won the W60 race in 3:47:44. Margaret Lee, 75, Honolulu, W70-74 winner last year in 5:47:50, took the W75 title in 5:50:29.

In the men's masters race, two Japanese M45 runners finished 1-2. Yoshihisa Hosaka, 45, was 28th overall in 2:34:41. Susumu Tsunoda, 46, finished 33rd with a 2:37:04.

Third M40+ runner was Oddvar Hausken, 52, Norway, in 2:42:26. Doug Kurtis, 42, Northville, Mich., finished second (2:43:29) in the M40 race to Takamitsu Naito, 41, Japan, fourth master in 2:43:11.

Japanese runners won seven of the ten M40+ races, including the M85+, taken by Kiichi Nagao, 85, who finished 21,862nd overall in 6:59:23.

Dutch Benedetti, 79, Monterey Park, Calif., third in the M75 division last year in 4:50:01, bettered that time enough to win this year with a 4:49:21. □



Barbara Zamparelli, Aiea, Hawaii, second W65 (4:28:14), Honolulu Marathon, Dec. 11.

Photo by Tesh Teshima

### 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.

Running a personal best 2:45:03, Fetherston joined Sharlet Gilbert, 43, Richmond, Calif., who qualified in Grandma's Marathon with a 2:44:51, and Suzanne Ray, 42, Anchorage, Alas., who made the list in 2:45:36 at the Twin Cities Marathon, as masters women Olympic Trials qualifiers.

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.

Division winners included Herb Phillips, 54, Canada, 2:42:59; Charlie Deards, 71, Vacaville, Calif., 3:27:42; and Wen-Shi Yu, 60, Kew Gardens, N.Y., 3:31:35.

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. □

#### TEN YEARS AGO February, 1985

- Don Coffman (2:29:16) and Patti Sudduth (3:21:38) Top Masters in Rocket City Marathon
- No-False-Start Rule Generates Controversy
- Australia's John Gilmour Sets M65 Distance Records

## 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 the Ithaca area. In 1968, he founded the Finger Lakes Running Club with a total of six members.

Today the FLRC boasts more than 300 full-time members and organizes races that draw more than 1000 runners on a yearly basis.

"I think ours is the second- or third-largest running club in the state," said current FLRC president Herb Engman. "For the most part, that's because of Jim."

Hartshorne was completing doctoral research in the mid-60s when he was touched by two tragedies.

First, his father was killed in a plane crash that wiped out the entire U.S. figure skating team and its coaches. Hartshorne's father, the U.S. ice dance champion from 1937-41, was on his way to Prague to judge the world championships.

A few years later, Hartshorne's wife fell into an Ithaca gorge and died. That left Hartshorne solely responsible for the care of six children.

"I tried to continue work on my Ph.D. and take care of my family but soon stopped my studies to devote full-time to the latter," Hartshorne wrote years later.

"My new lifestyle became evermore stressful and to cope with this I began daily runs. In the beginning the running was purely for therapy, but as time went by I was looking for competition."

"Jim was obsessive about everything," said Engman. "It wasn't enough for him to win races, he had to organize them."

Hartshorne won the mile run at the first U.S. National Masters Championships in San Diego and he was hooked.

Among those over 40 years old, he ability and he twice beat another runner became well known for his running

An indoor meet was held Jan. 7 to provide everyone opportunities for practicing newfound techniques.

So successful was the clinic that a long-term partnership with UNC resulted. UNC committed to repeating the clinic in 1996, holding the 1995 Southeast Indoor Regionals on March 19, holding an outdoor meet on April 9, 1995, and inviting athletes to be on campus when the USA Olympic T&F team trains there for 20 days just prior to the 1996 Olympics in Atlanta.

The cost of the clinic — instruction, food, and lodging — was \$145 each. The same non-gouging spirit will show itself in the entry fees for meets on campus.

We participants left the clinic more knowledgeable about our sport, excited about improving our performances, and having experienced a keen sense of welcome. □

ing guru, best-selling author George Sheehan.

In the early 1970s Hartshorne developed chondromalacia patellae, also known as "runner's knee," which ended his running career. But ever on the lookout for another challenge, he turned to cycling.

Hartshorne formed the Finger Lakes Cycling Club in 1971 and the group is still going strong and still runs the annual Cayuga Lake Bike Race and tour.

Later, Hartshorne turned his attention to indoor rowing and was still planning for more competition when he died last week.

As an undergraduate at Cornell in the mid-1940s, Hartshorne was a member of the track team and won the long jump at the 1944 Heptagonals. But he thought his athletic days were over when he enlisted in the Marines in 1945 and then went off to the University of Lausanne, Switzerland, to study.

It wasn't until he was 46 years old that he found out how much he valued running. And then he wanted to tell the world.

"He would button-hole people," said Tom Rishel, the third president of the Finger Lakes Running Club. "If he saw you running anywhere in town, he'd come up to you and say, 'Come to our meeting next week,' and he wouldn't take no for an answer."

Rishel remembers more about Hartshorne.

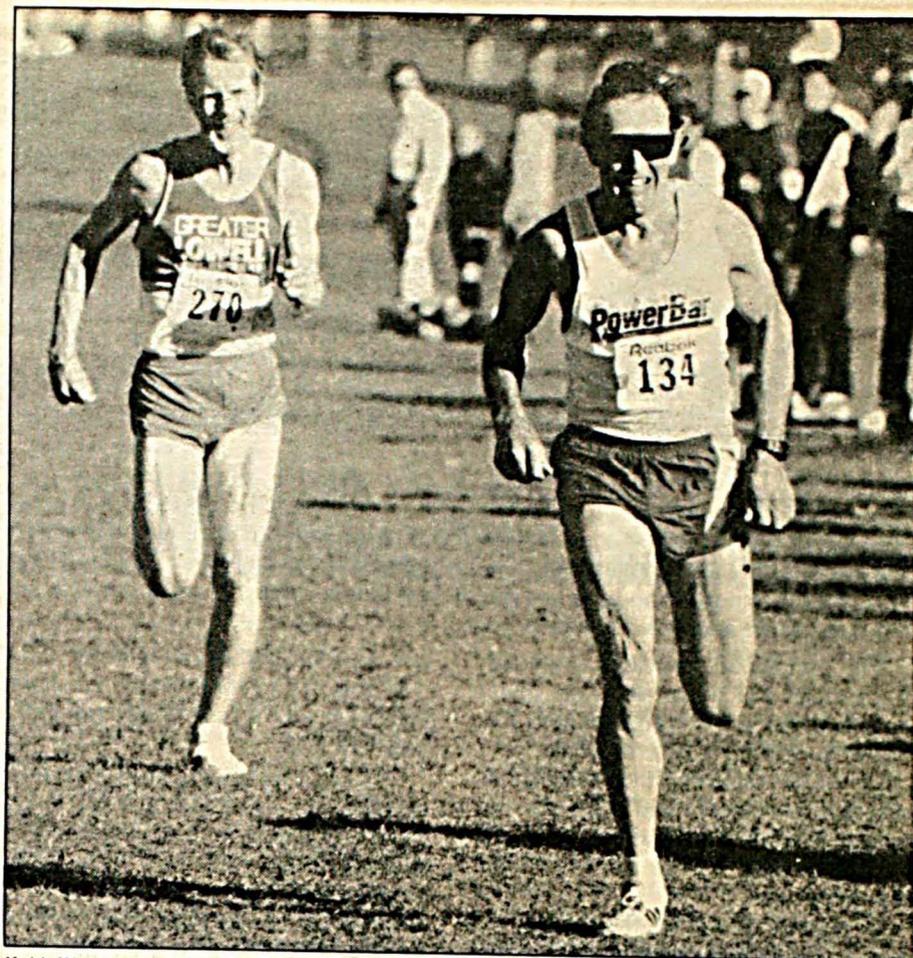
"He was an idea man, always starting a new race or a new series of races," he said. "He wanted Ithaca to host running events for the elite but he also made sure there were runs for all calibers of runners — not just the best ones."

What was once called the U.S. Master's Mile, run at Cornell in January, is now called the Hartshorne Mile.

"It's one of the top miles for masters runners in the world," said Engman.

It's a world class event — just like the man it was named after.

(Frank Benson is The Ithaca Journal's sports editor.)



Keith Woodward, M40, Craftsbury, Vt., finishing with a one second victory in 25:41 over John Barbour, M40, Lowell, Mass., USATF National Masters 8K Cross-Country Championships, Boston, Nov. 19.  
Photo by Steve Schmitt BRC

### 1995 Southeast Regional Indoor Track & Field Meet

March 19, 1995, Southeast Regional Indoor Track & Field Meet - 176 yd. banked board track. All events. Synthetic surface for jumps, sprints, and hurdles. Entry fee \$10 plus \$5 each additional event. Award medals. Age 30-and-up.

April 9, 1995, Invitational Outdoor Track & Field Meet. All events. Entry fee \$10 plus \$5 each additional event. Award Medals.

June 1995, Masters & Senior Clinic/Camp. All events. June 25-29. Day Camper \$180. Dorm Camper \$275. Individual coaching before Worlds. Info write or call: Curtis Frye, 140 Long Shadow Place, Durham, NC 27713. Phone: (919) 490-6008.

University of North Carolina  
Southeast Regional Indoor Seniors & Masters  
Track & Field Meet  
Sunday, March 19, 1995  
Entries due by March 12, 1995

University of North Carolina  
Tar Heel Masters & Seniors Invitational  
Track & Field Meet  
Sunday, April 9, 1995  
Entries due by April 2, 1995

Host Hotel: Holiday Inn (919) 929-2171  
Entry Fee: \$10 + \$5 each additional event.  
Make Check Payable to: UNCAA

Host Hotel: Holiday Inn (919) 929-2171  
Entry Fee: \$10 + \$5 each additional event.  
Make Check Payable to: UNCAA

Name \_\_\_\_\_ Age \_\_\_\_\_  
Sex \_\_\_\_\_ Club \_\_\_\_\_  
Phone \_\_\_\_\_ FAX \_\_\_\_\_  
List performances in event entering:  
55M \_\_\_\_\_ Pole Vault \_\_\_\_\_  
55 Hurd \_\_\_\_\_ High Jump \_\_\_\_\_  
200 \_\_\_\_\_ Shot \_\_\_\_\_  
400 \_\_\_\_\_ Wgt. Throw \_\_\_\_\_  
800 \_\_\_\_\_ Long Jump \_\_\_\_\_  
1500 \_\_\_\_\_ Triple Jump \_\_\_\_\_  
3000 \_\_\_\_\_  
3K Walk \_\_\_\_\_  
Dennis Craddock, Head Coach, PO Box 2126  
Chapel Hill, NC 27515  
Contact Person: Coach Curtis Frye  
Phone: (919) 962-5210 FAX: (919) 962-1646

Name \_\_\_\_\_ Age \_\_\_\_\_  
Sex \_\_\_\_\_ Club \_\_\_\_\_  
Phone \_\_\_\_\_ FAX \_\_\_\_\_  
List performances in event entering:  
H Hurdles \_\_\_\_\_ Long Jump \_\_\_\_\_  
L Hurdles \_\_\_\_\_ Triple Jump \_\_\_\_\_  
Steeple Chase \_\_\_\_\_ High Jump \_\_\_\_\_  
100 \_\_\_\_\_ Pole Vault \_\_\_\_\_  
200 \_\_\_\_\_ Shot \_\_\_\_\_  
400 \_\_\_\_\_ Discus \_\_\_\_\_  
800 \_\_\_\_\_ Javelin \_\_\_\_\_  
1500 \_\_\_\_\_ Hammer \_\_\_\_\_  
3000 \_\_\_\_\_ 4x100 \_\_\_\_\_  
5000 \_\_\_\_\_ 4x400 \_\_\_\_\_  
5K Walk \_\_\_\_\_ 4x800 \_\_\_\_\_  
Dennis Craddock, Head Coach, PO Box 2126  
Chapel Hill, NC 27515  
Contact Person: Coach Kendra Mackey  
Phone: (919) 962-5195 FAX: (919) 962-1646



## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### How to Avoid Low Back Pain

**M**ost 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. □

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

### 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 non-medical 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



Chuck Moeser, 43, Herndon, Va., #3122, broke away from two open runners to win overall by three seconds with a 32:15, Jingle Bell 10K For Arthritis, Washington, D.C., Dec. 4.

Photo by George Banker

### Moeser First Overall in D.C. 10K

by JERRY WOJCIK

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 5½ 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%.

Deborah Gebhardt, 46, Adelphi, Md., was the first woman master in 42:16, unseating last year's W40+ champion Joyce Adams, 40, Reston, Va., who finished in 42:41.

Over 3000 runners participated in the event, which raises funds for a variety of programs and research for arthritis sufferers in the D.C. area. □



Marc Rogers, 40, Annandale, Va., second M40+ (35:16), Jingle Bell 10K For Arthritis, Washington, D.C., Dec. 4.

Photo by George Banker

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. □

## Once Again, It's Jane and Bob at Rocket City

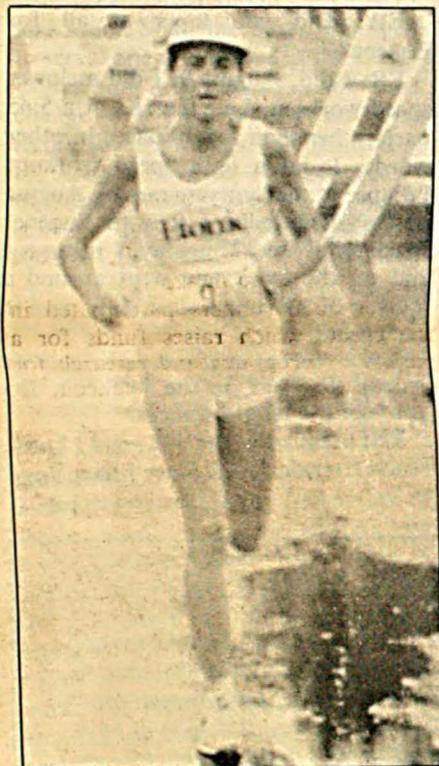
Continued from page 1

in 1992, Schlau, Reno Stirrat of Smyrna, GA, and Terry Permar of Perkasi, PA. Stirrat and Permar are 40 and their recent performances made them slight favorites.

By mile 17, Schlau trailed Stirrat and Permar by about 20 seconds, with Romesser 25 seconds back of Schlau.

At mile 22, the eventual winner, Rob Lee, a soldier stationed at Ft. Lee, VA, led the race in 2:01:50. Stirrat had moved to fourth overall in 2:03:32, Permar was eighth in 2:04:12, and Schlau was ninth in 2:04:16. By this time Romesser had pulled out of the race.

But in the next 4.2 miles Schlau made a bid to take his third overall marathon win as a master. (His other victories came at the Stamford Classic, 2:20:40 in 1988, and the Charlotte Observer, 2:24:46 in 1989.)



Jane Hutchison wins her fifth masters title at the 1994 WZYP Rocket City Marathon.

Photo by Jim Oaks

### 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. With a half-mile to go he briefly passed the second place finisher, but couldn't hold 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 thankful that the marathon distance is not 27 miles, because I think I could have caught him in another mile."

Jane Hutchison, the Webb City, MO, elementary teacher who has made Huntsville her second running home in the past eight years, was never challenged in taking her fifth WZYP Rocket City title.

By mile 10, Jane was over five minutes ahead of Carolyn Mather of Morganton, GA, her closest masters challenger. It was just a matter of how she would finish overall.

### Experience Wins Out

Hutchison, who holds the masters course record at 2:45:35, ran tenth among the women at mile 10 in 1:05:55, but her experience was too 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



These five masters have completed all 18 WZYP Rocket City Marathons. They are, L to R, Larry Boots, Birmingham, AL; Dean Godwin, Aiken, SC; James Foreman, Huntsville, AL; Ray Giles, Birmingham, AL and Gary Elkins, Gadsden, AL.  
Photo by Jim Oaks

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 Burkettsville, 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. □



Female masters prize money winners at 1994 WZYP Rocket City Marathon are L to R, Kathy McDaniel-Green, Jane Hutchison, and Carolyn Mather.  
Photo by Linda Senkbeil



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# 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 — 57:58, 57:26, 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 440s, four 330s, four 220s. Or I might do six to eight 440s, six 330s, four 220s, and eight 100s. These workouts are hard because they are all out. The total mileage is be-

tween 3 and 3-3/4s 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 De-noon 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 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 times 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 1/4 to 1 3/4 hours. At noon I will do 1/2 hour of weights. After work, I will do 1 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 440s, the six 330s, the four 220s, and eight 100s.



Elton Richardson

**EW:** Did you taper at all for Eugene?

**ER:** I did. August 9, I did a slower speed workout, i.e., the 1Ks at a 5:45 pace rather than a 5:30 pace. In other words, I did a light speed workout because of the Syracuse race on August 6. On Wednesday I flew to Eugene. Wednesday and Thursday, I just went out on the track and went around a couple of times at a slow, easy pace to loosen up.

**EW:** You say that you invariably do a long workout on the weekend. Do you like the long distances?

**ER:** I really like the 40K, and I know I have to train for it. Since I have done

Continued on page 13

### SCHEDULING FOR WAVA NORTH AMERICAN, CARIBBEAN, AND CENTRAL AMERICAN RACEWALKING CHAMPIONSHIPS

The North American Region of the World Association of Veteran Athletes is now blocking out its 1995 schedule for racewalking.

These will be championship events for men over 40 and women over 35. The distances in kilometers are: 3 (on the track), 5, 8, 15, 20 & 25.

The number of participants in racewalking has been increasing, both in championship and non-championship events. Walking has more participants than any other event at most track and field meets. However, there are few championship events exclusively for masters racewalkers. This series will provide that competition.

There is a standard neck ribbon medal available for which leftover medals can be returned. The ribbon would indicate the location of the race.

Please complete the form below and return it immediately if your club would like to host one of these events. Final selections will be made in February.

-----

Club Name \_\_\_\_\_ Contact Person \_\_\_\_\_

Street Address \_\_\_\_\_ Country \_\_\_\_\_

Phone \_\_\_\_\_ Proposed date to host event \_\_\_\_\_

Distance \_\_\_\_\_ Certified Course? Yes \_\_\_ No \_\_\_ (course must be certified)

Site \_\_\_\_\_

Comments \_\_\_\_\_

-----

Name (block letters) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please return to: BOB FINE, 3250 Lakeview Blvd., Delray Beach, FL 33445; Home Phone 407/499-3370; FAX 407/495-5054

## 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 backwash 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.)



## Track & Field Report

by BARBARA KOUSKY  
Masters T&F Chairman

### A "Quiet" Change

Change 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 Sheehen 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 Bost, who agreed 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 masters 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, Whittier, 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 1:19:54.

John Keston, 70, a British citizen who resides in McMinnville, Ore., ran a 1:25:04 for the day's best performance with an age-graded 93.9%. 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

### 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," Stratton said. "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, by noon 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 Bowser 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.

Opening ceremonies will commence at 4:45 p.m. on Friday with the Nevada governor scheduled to attend. The "Western Barbecue & Dance" social function will start at 7:00 p.m. on Friday. The masters general meeting will begin at 7:30 p.m. on Saturday at the Holiday Inn. Barbara Kousky, USATF's National Masters T&F Chair, will hold discussions on a number of items important to the masters program. Everyone is invited.

The new 1994 Masters T&F Rankings Book and other books and items will be available at the meet at the *National Masters News*' booth. Senior Editor Jerry Wojcik, Office Manager Suzy Hess, and Assistant Editor Jane Dods will be on hand.

The complete results of the meet, with story and photos, will appear in the April issue of NMN. □

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.

Las Vegas Events and Saturn of Las Vegas were the primary sponsors. Race Director Al Boka, 55, finished with a creditable third place in the M55 race with a 1:32:35. □

#### 1995 USATF NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS OFFICIAL SCHEDULE OF EVENTS (TENTATIVE)

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 (M)  
Pentathlon (W)  
Pentathlon (M)

##### THURSDAY, JULY 6th

A.M.... 5000 Meters Track Walk (W)  
5000 Meters Track Walk (M)  
800 Meters - Trials (W)  
800 Meters - Trials (M)  
Long Jump (W)  
Javelin (W)  
Pole Vault (M50-65)  
High Jump (M30-49)

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 - Trials (W)  
Long Hurdles - Trials (M)  
Pole Vault (M40 & 45)  
Discus (M)  
High Jump (W)

P.M.... 100 Meters - Trials (W)  
100 Meters - Trials (M)  
400 Meters - Finals (W)  
400 Meters - Finals (M)  
Steeplechase (W)  
Steeplechase (M)  
Hammer (W)  
High Jump (M50+)  
Pole Vault (M30 & 35)

##### SATURDAY, JULY 8th

A.M.... 10,000 Meters (W)  
10,000 Meters (M)  
Long Hurdles (W)  
Long Hurdles (M)  
Shot Put (W)  
Javelin (M60+)  
Long Jump (M30-49)

P.M.... 100 Meters - Finals (W)  
100 Meters - Finals (M)  
800 Meters - Finals (W)  
800 Meters - Finals (M)  
200 Meters - Trials (W)  
200 Meters - Trials (M)  
4 X 100 Regional Relays (W)\*  
4 X 100 Regional Relays (M)\*  
Javelin (M30-59)  
Pole Vault (W)  
Pole Vault (M70+)  
Shot Put (M60+)

##### SUNDAY, JULY 9th

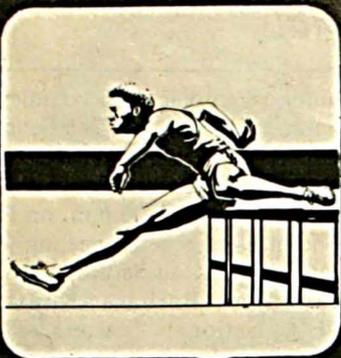
A.M.... 10K Road Walk (W)  
20K Road Walk (M)  
1500 Meters - Finals (W)  
1500 Meters - Finals (M)  
200 Meters - Finals (W)  
200 Meters - Finals (M)  
Shot Put (M30-59)  
Triple Jump (W)  
Triple Jump (M)  
Discus (W)

P.M.... Age-Graded 100M (W)\*  
Age-Graded 100M (M)\*  
4 X 800M Relay (W)  
4 X 800M Relay (M)  
4 X 100M Relay (W)  
4 X 100M Relay (M)  
4 X 400M Relay (W)  
4 X 400M Relay (M)

(\* 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 Palmdale, 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.
- 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. pace, and by June was at 64 or better. The point was to bring it down each workout.

- Weights 2-3 times a week until June, then push-ups and pull-ups.

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 (23.5), 300 (47.4), 400 (71.0), 500 (1:47.5).
- June: 150 (19.8), 300 (44.1), 400 (64.2), 500 (1:23.1).

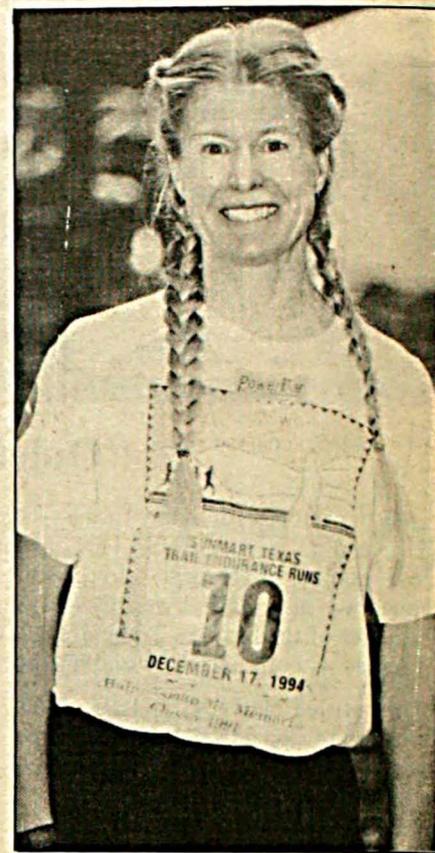
I could only run three times a week. All workouts were on grass. I seldom tried spikes on the track.

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-grouped performances of 92.3% 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. □



Debbie Wagner, 44, Draper, Utah, second W40-49 (7:52:57), Sunmart Texas Trail 50 Mile, Huntsville, Dec. 17.

Photo from John Welch

### 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.

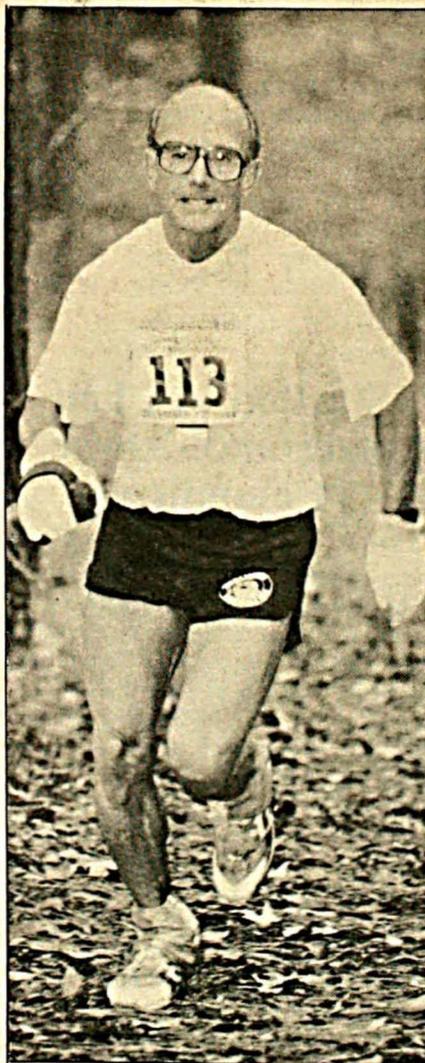
"My goal was to hit each 12.5 mile lap in one hour and thirty minutes," Torres said. "I think the mud slowed me down a little."

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. □



Carl Gross, 56, San Antonio, Texas, on the course of the Sunmart Texas Trail 50 Mile, Huntsville, Dec. 17

Photo from John Welch

### Mark Your 1995 Calendars NOW For The 25th Anniversary Meet of the Southeastern U.S. Masters May 5, 6, & 7, 1995 Raleigh, North Carolina

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**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. □

**PUBLICATIONS ORDER FORM**

Quantity		Total (US\$)
_____	<b>Masters Age Records</b> Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1993. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.	\$ _____
_____	<b>Masters Track &amp; Field Rankings</b> Men's and women's 1993 U.S. outdoor 5-year age group rankings. 52 pages. Over 100 events, including mile, weight, relays, and walks. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.	\$ _____
_____	<b>Masters Age-Graded Tables</b> Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	\$ _____
_____	<b>Time Master Calculator</b> Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$29.95	\$ _____
_____	<b>Masters 5-Year Age-Group Records</b> Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1994; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	\$ _____
_____	<b>Masters 5-Year Indoor Age-Group Records</b> Same as above, except indoor records (M40+, W35+) as of December 31, 1994. 3 pages. \$1.00.	\$ _____
_____	<b>Competition Rules for Athletics (1995 Edition Available in March)</b> U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$12.00.	\$ _____
_____	<b>IAAF Scoring Tables</b> Official world scoring tables for men's and women's combined-event competitions. \$12.00.	\$ _____
_____	<b>WAVA Handbook (1994-95)</b> Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages. \$5.00.	\$ _____
_____	<b>USATF Logo Patch</b> 3 color embroidered 4" x 3". \$4.50.	\$ _____
_____	<b>USATF Race Walking Patch.</b> 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$ _____
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_____	<b>USATF Decal.</b> 3-color. 3" x 2 1/2" \$1.50.	\$ _____
_____	<b>The Masters Running Guide by Hal Higdon</b> 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.	\$ _____
_____	<b>Running Research News</b> Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$16.00 per year.	\$ _____
_____	<b>Back Issues of National Masters News</b> Issues: _____ \$2.50 each.	\$ _____
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	<b>Overseas Air Mail (add \$5.00 per book)</b>	\$ _____
	<b>TOTAL</b>	\$ _____

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## From The Editor

by AL SHEAHEN

Continued from page 1

information from Eugene, Oregon, where he moved from California in 1993. Pete Mundle, Bev LaVeck, and the Road Running Information Center will provide age-group records, as always. Columnists Mike Tymn, Dr. John Pagliano, Elaine Ward, and Hal Higdon will continue writing their regular columns.

### A New Office

What will change? First, we have opened a new office in Eugene, under the direction of Jerry, new office manager Suzy Hess, and Assistant Editor Jane Dods. Suzy is now on hand to answer the phones.

Why the move? For the past year, we've been going through difficult times. As you may recall, the January 17, 1994 earthquake forced the closure of our office building in Van Nuys. It was ruled "unsafe." Everything in the office had to be moved into the narrow confines of my residence. Our office manager quit for personal reasons. Thanks to Angela, who pitched in to help while trying to build her own new writing-service business, we managed.

We thought about getting a new office here, but there was another problem. For years, we've tried to find someone to manage our Van Nuys office who not only had the usual office skills, but who also knew something about masters athletics.

But we could seldom find anyone with good office skills who also knew the difference between the high jump and the long jump. Most masters athletes in the Los Angeles area are in mid-career and unwilling to change jobs.

### Suzy Hess

In mid-1994, Suzy Hess, who also lives in Eugene and is a knowledgeable masters athlete and Oregon Track Club board member, said she would manage the office if it could be moved to Eugene. Suzy has had wide administrative experience, most recently as Visitor Services Manager of the Lane County Convention and Visitors Association, and before that as a computer technician and administrative assistant for two Eugene corporations. She is a certified official who has worked the finish line in major meets for years. She competed in the 1994 National Masters T&F Championships in Eugene.

The idea seemed improbable at first, since I was committed to personal obligations in the Los Angeles area. But then we thought, why not keep the production here and move the office to

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

Meanwhile, 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?"

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 1980s, 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 publica-



Suzy Hess

tion 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 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

Continued on page 15

### Advertising Information & Rates

**National Masters News**  
33 E. Minor Street  
Emmaus, PA 18098  
FAX: 610-967-7793

**Susan Hartman, Advertising Mgr**  
610/967-8316

**Karen Jennings, Advertising Rep**  
610/967-8758

Closing is the 10th of the month prior to the cover date.

### CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

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Phone: 1-503-343-7716 (Jerry Wojcik, Suzy Hess & Jane Dods)  
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Mail: PO Box 50098, Eugene OR 97405  
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Phone: 1-818-760-8983 (Richard)  
Fax: 1-503-345-2436  
Mail: PO Box 16597, North Hollywood CA 91615

## 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



The new office in Eugene.

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 Emmaus

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. □

## Masters Age-Graded Tables

- Keep track of your progress over the years.
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## ARIZONA MASTER INVITATIONAL TRACK AND FIELD

McClintock 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; (Area code 602) 949-1991.

### NIGHT TRACK MEET SCHEDULE OF EVENTS

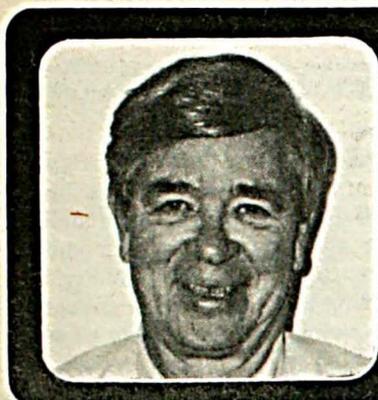
Track Events			Field Events	
6:00	3000M - W	7:35	100M - W	5:00 Shotput
6:20	5000M - W	7:45	100M - M	5:30 Long Jump
6:35	4 x 100 W	7:55	800M - W	6:00 Javelin
6:40	4 x 100 M	8:05	800M - M	6:30 High Jump
6:45	100 Hurdles W	8:15	300 IHW	7:15 Pole Vault
6:50	110 Hurdles M	8:25	300 IHM	7:30 Discus
6:55	100H M	8:35	200M - W	8:30 Triple Jump
7:10	1500M - W	8:45	200M - M	
7:15	150M - M	9:00	4 x 400 Relay W	
7:20	400M - W	9:10	4 x 400 Relay M	
7:30	400M - M			

### ENTRY FORM

Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Date of Birth \_\_\_\_\_ USA # \_\_\_\_\_ Telephone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Please enter me:  
1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_

*Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Tempe, Arizona, Arizona USA Association, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.*

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_



## The Weight Room

by JERRY WOJCIK

### 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. I mean those guys are up in arms on this issue. 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 the first time that one-armers, and a lot of two-armers, had knowledge of it.

Most subscribers don't receive the issue until well after the first week of the month, so, by the time opponents of the rule change could present arguments either in writing or in person, it was too late because the convention closed on Dec. 3. The one-armers, feeling discriminated against and slighted, to say the least, and having no one to blame for the rule change, not even gremlins, have decided that somehow the anti-one-armed sentiment is of my doing. I didn't propose it and had only one vote at the meeting. Anyway, the whole discussion may be moot, according to Ken Weinbel, because the one-armed throw has been disallowed internationally — Rule 22(2) in the 1994-95 WAVA Handbook — in the hammer and the weight. The rule will be followed at the WAVA Championships in Buffalo, as stated in the application form.

#### Bad Luck

Prior to this year, athletes who told me of having a birthday which promoted them into a new age group the day after a national championships started received my sympathy, but I really didn't appreciate their plight. I'll be 65 on Feb. 25. The Indoor Championships in Reno start on the 24th, so I have to compete for the sixth year in that tough M60-64 division led by Stew Thomson, the first M60+ to throw the 56# over 30 feet. I sought a special dispensation at the convention but was turned down, unfairly I thought. More gremlins.

#### Help

The loneliness of the long distance runner was a fine title for a movie but in reality not as poignant any more as it once might have been. What's so lone-

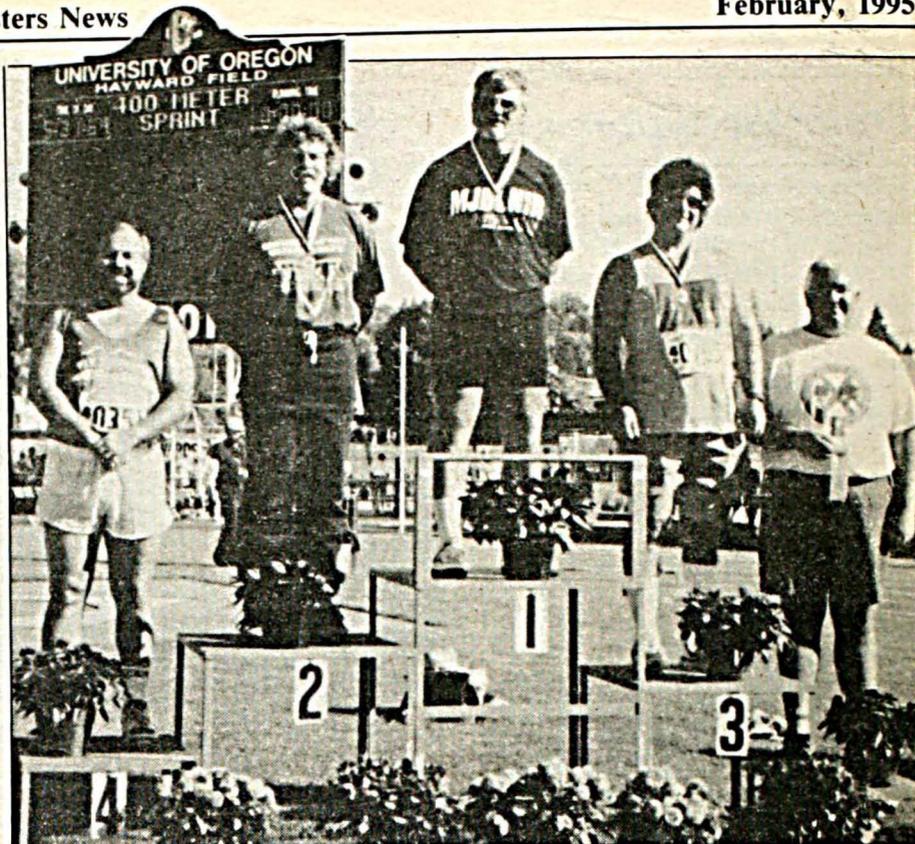
ly about running with more than 20,000 people in the New York or Honolulu marathons? Serious distance runners or weekend joggers who seek company on their runs can find it at the drop of a Nike by simply hitting the streets and trails, wearing those \$125 phosphorescent-colored shoes and sporting a T-shirt 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



Pauline Thomas, 45, Kent, Wash., hurls the weight 25-5 1/2, USATF Northwest Regional Masters Championships, Tacoma, Wash.

Photo by Jerry Wojcik



M40-44 hammer finalists, Pete Farmer, 1st (192-0), Carl Reichard, 2nd, Gary Kelmenson, 3rd, Ed Daniels, 4th, and Forrest Brouillard, 5th, 1994 USATF National Masters Championships, Eugene, Ore.

Photo by Rex Dietrich

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 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,

### Rankings Report

by JERRY WOJCIK,

Masters T&F 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.

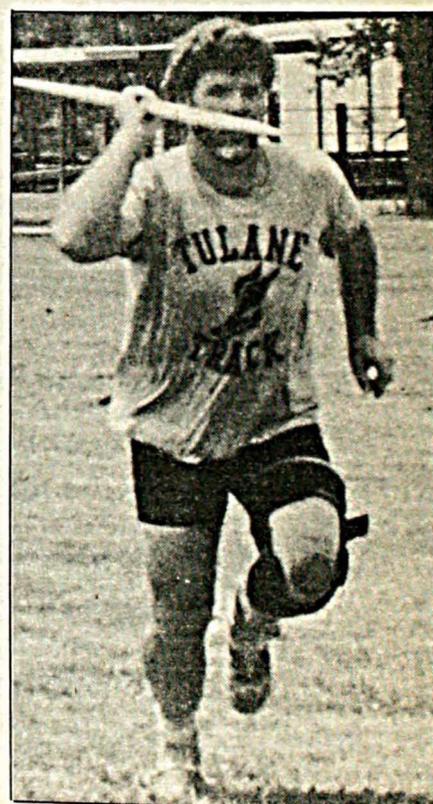
Most marks that were not included were the fault of athletes who waited too long to submit their marks or do not subscribe to NMN and were unaware of the deadlines printed earlier in the year, or the fault of meet directors who failed to send results to the rankers until the middle of January for meets 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. □

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 gabby, 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? □



Richard Sanders, M45, on his way to a gold medal toss of 167.5 at Southwest Regional Championships, Gonzales, La.

Photo from Danny Thiel

# World Track & Field Indoor Age-Group Records

Compiled by Jack Fitzgerald and Pete Mundle of the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of December 31, 1994

n = noteworthy mark, p = pending verification of date of birth, wind velocity, etc.

## MEN'S WORLD INDOOR RECORDS

60 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	6.97 Eddie Hart(US)	40	3-24-90
M45	7.02 Stan Whitley(USA)	45	3-23-91
M50	7.37 Harold Morioca(CAN)	50	3-20-93
	7.40 Steve Robbins(CA)	50	3-20-93
	7.4 Ron Taylor(GB)	52	3-15-86
	7.4 F. Taylor(GB)	52	3-25-88
M55	7.53h Hugo Hartenstein(US)	55	3-24-90
	7.57 Hugo Hartenstein(US)	55	3-24-90
	7.6 Ron Taylor(GB)	56	3-31-90
M60	7.7 Payton Jordan(US)	60	1-7-78
M65	7.8 Cecil Paul(CAN)	66	3-8-86
M70	8.46 Payton Jordan(US)	72	4-1-89
M75	8.99 Maribotti Guiseppi(ITA)	75	2-23-91
	p8.9 Maribotti Guiseppi(ITA)	76	2-23-92
M80	9.81 Fred White(USA)	80	3-20-93
	9.83 Ahti Pajunen(FIN)	80	3-3-90
	p9.7 Vittorio Colo(ITA)	80	2-23-92
M85	11.33 Russell Randall(USA)	86	3-20-93
M90	p15.52 Mikko Salonen(FIN)	90	-87

200 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	22.6 Hanno Rheineck(WG)	42	3-10-85
M45	23.4 Roger Pierce(US)	45	1-5-90
	p22.70 Stan Whitley(USA)	46	4-5-92
M50	23.76 Harold Morioca(CAN)	50	3-21-93
	23.8 Ron Taylor(GB)	52	3-15-86
M55	24.7 Ron Taylor(GB)	56	3-31-90
M60	26.37 Jack Greenwood(US)	62	4-2-89
	p26.14 Charley Williams(GBR)	60	-91
M65	26.92 James Law(USA)	65	3-24-91
M70	28.00 Payton Jordan(US)	72	4-2-89
M75	31.85 Jay Sponseler(USA)	75	3-21-93
	p31.0 Giovanni Diguardo(ITA)	75	2-25-90
	p30.8 Giovanni Diguardo(ITA)	77	2-22-92
M80	32.9 Barry Ivers(USA)	80	3-17-91
M85	39.79 Russell Randall(USA)	86	3-21-93
M90	p68.6 Mikko Salonen(FIN)	90	-87

400 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	50.15 Fred Sowerby(ANT)	43	2-22-92
M45	49.09 Fred Sowerby(US)	45	1-29-94
M50	52.95 Harold Morioca(CAN)	50	3-20-93
M55	56.17 James Mathis(US)	56	3-23-91
M60	59.82 Earl Fee(CAN)	60	4-1-89
M65	60.67 James Law(USA)	65	3-23-91
M70	66.03 John Alexander(US)	70	3-24-90
M75	73.80 Jay Sponseler(USA)	75	3-20-93
M80	79.6 Aleksander Ernesaks(CAN)	80	3-7-92
M85	1:40.86 Russell Randall(USA)	86	3-20-93
M90	p2:47.3 Mikko Salonen(FIN)	90	-87

800 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	1:55.5 Ken Popejoy(IL)	42	1-30-93
M45	1:57.81 Ken Sparks(US)	45	3-25-90
M50	2:05.8 Ken Baker(USA)	50	1-17-88
M55	2:08.9 Ken Baker(USA)	55	3-22-92
M60	2:16.64 Earl Fee(CAN)	62	1-18-92
M65	2:16.80 Earl Fee(CAN)	65	3-27-94
M70	2:42.0 Austin Newman(US)	70	3-23-86
M75	2:53.1 David Morrison(GB)	75	3-26-89
M80	4:40.0 Ronald White(GB)	80	-
	p3:44.6 Henry Zachman(USA)	80	1-14-90
	p3:50.0 Henry Zachman(USA)	80	3-17-90
M85	6:18.0 Herb Kirk(US)	87	2-5-83

1500 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	3:45.3 Eamonn Coghlin(IRL)	40	2-26-93
M45	4:03.69h John Potts(GB)	45	3-9-90
M50	4:17.85 Victor Smith(GB)	50	3-20-94
M55	4:28.9 James Sutton(US)	55	1-4-87
M60	4:37.80 Maurice Morrrell(GBR)	61	3-20-94
M65	4:47.11 Earl Fee(CAN)	65	3-26-94
M70	5:27.4 Austin Newman(US)	70	3-23-86
M75	6:01.6 Austin Newman(US)	75	2-24-91
	p5:42.9 A. Parma(ITA)	75	2-25-90
M80	7:04.2 Paul Spangler(US)	80	3-18-79
M90	14:28.4 Mikko Salonen(FIN)	90	-88

3000 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8:20.16 Nigel John Gates(GB)	40	1-23-94
M45	8:46.80 Renato De Palmas(ITA)	45	3-9-85
M50	8:58.8 Les Presland(GB)	50	3-31-90
M55	9:23.43 Stephen James(GBR)	56	3-20-94
M60	9:43.88 Andrew Brown(GBR)	61	3-20-94
M65	10:32.28 William Marshall(GBR)	65	3-13-93
M70	11:17.99 James Todd(GBR)	71	3-13-93
M75	13.08.2 Gordon Porteous(SCO)	75	3-26-89
M80	14.10.79 Gordon Porteous(SCO)	80	3-20-94

## 60 Meter Hurdles

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8.15 Stan Druckrey(US)	40	4-1-89
M45	8.67 Stan Druckrey(US)	45	3-5-94
M50	8.47 Walt Butler(USA)	51	3-20-93
M55	9.15 Dale Lance(USA)	55	2-20-93
M60	9.14 Phil Mulkey(USA)	60	3-20-93
M65	9.8 Buck Bradberry(USA)	66	2-20-93
M70	10.9 Les Williams(GBR)	70	-93
	p10.5 Tom Patsalis(USA)	70	4-4-92
M75	11.20 Frank Finger(USA)	75	3-24-91
M80	13.37 Ahti Pajunen(FIN)	80	3-3-90

## High Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	6-7 1/2 2.02 Dwight Stones(USA)	40	1-16-94
M45	6-3 1/2 1.92 Mark Chelnov(URS)	46	3-18-90
M50	5-10 1.78 John C. Brown(US)	51	2-15-81
	5-10 1.78 Milton Newton(US)	51	3-30-85
	5-10 1.78 Richard Richardson(US)	53	3-15-87
	p6-0 1.83 Vittoriano Dovrandi(ITA)	51	2-5-93
	p5-11 1.80 Vittoriano Dovrandi(ITA)	50	2-22-92
M55	5-7 1/4 1.71 John C. Brown(US)	56	1-11-86
M60	5-5 1.65 Jim Gilchrist(US)	62	3-24-90
M65	5-4 1.62 Jim Gilchrist(USA)	65	3-19-93
M70	4-9 1.45 Esko Kolhonen(FIN)	71	-86
M75	4-5 1/4 1.35 Esko Kolhonen(FIN)	76	3-3-90
	p4-7 1/4 1.40 Esko Kolhonen(FIN)	75	-89
	p4-6 1.37 Ian Hume(CAN)	75	3-24-90
M80	4-0 1.22 Wesley Ward(USA)	82	2-15-92
M85	3-3 1/4 1.00 A. E. Pitcher(USA)	88	2-18-90
M90	p1-5 3/4 0.45 Mikko Salonen(FIN)	90	-87

## Pole Vault

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	15-3 4.65 Richard Christoph(USA)	40	3-1-92
	p16-5 5.00 Kjell Isaaksson(SWE)	40	-88
M45	14-7 4.44 Jerry Cash(USA)	45	1-22-94
	14-6 4.42 Roger Ruth(USA)	45	2-18-73
M50	13-6 4.11 Boo Morcom(US)	54	3-14-76
M55	13-2 1/2 4.02 Boo Morcom(USA)	59	-81
M60	12-4 3/4 3.78 Jerry Donley(USA)	60	2-25-90
M65	11-1 1/2 3.39 Boo Morcom(USA)	67	1-6-89
M70	10-4 3.15 Boo Morcom(USA)	71	1-8-93
M75	9-3 2.82 Carol Johnston(USA)	76	3-19-88
M80	7-10 1/2 2.40 Carol Johnston(USA)	80	4-4-92
M85	5-6 1.67 A. E. Pitcher(USA)	86	3-19-88

## Long Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	23-1 7.03 Stan Whitley(US)	40	2-22-86
M45	22-7 3/4 6.90 Tapani Taavitsainen(FIN)	45	2-3-90
M50	21-2 3/4 6.47 Stig Backlund(FIN)	50	3-3-90
M55	19-3 1/4 5.87 Boo Morcom(US)	55	3-13-77
M60	17-6 1/2 5.34 Boo Morcom(US)	60	3-14-82
M65	17-5 1/4 5.31 Melvin Larsen(US)	66	1-13-91
M70	15-8 4.77 Gilberto Gonzalez(PUR)	70	2-26-84
M75	13-7 1/2 4.15 Adolf Koch(GER)	76	2-26-94
M80	11-8 1/2 3.57 Karl Trei(CAN)	80	3-10-90
M85	8-8 3/4 2.66 Russell Randall(USA)	86	3-21-93
M90	p4-11 1.50 Mikko Salonen(FIN)	90	-87

## Triple Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	52-9 1/4 16.08 Ray Kimble(US)	40	2-94
M45	45-1 1/4 13.75 Stig Backlund(FIN)	48	-88
M50	45-0 1/4 13.72 Stig Backlund(FIN)	50	3-4-90
M55	40-0 1/4 12.20 Olavi Neimi(FIN)	58	3-18-90
M60	39-9 1/2 12.13 Amelio Compri(ITA)	60	3-9-85
M65	35-10 10.92 Amelio Compri(ITA)	65	3-3-90
M70	32-8 1/2 9.97 Ed Lukens(NY)	70	3-19-93
M75	28-1 3/4 8.58 Vittoriano Colo(ITA)	76	3-13-88
	p30-10 9.40 Heikki Simola(FIN)	75	-87
M80	23-11 3/4 7.31 Karl Trei(CAN)	80	3-10-90
	p25-1 1/4 7.65 Vittoriano Colo(ITA)	80	2-22-92
M85	15-10 1/4 4.83 Konrad Boas(US)	85	3-31-89
M90	p12-6 1/2 3.82 Mikko Salonen(FIN)	90	-87

## Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	65-10 1/4 20.07 Brian Oldfield(US)	40	1-17-86
M45	51-9 1/2 15.78 Ed Hill(US)	45	3-19-88
	p56-11 1/2 17.36 Matti Joupila(FIN)	45	3-3-90
M50	51-10 15.80 Carl Wallin(USA)	50	1-10-92
M55	48-0 1/2 14.64 Raino Leino(FIN)	55	3-3-90
	p4-8 14.73 Veikko Kojala(FIN)	55	-87
M60	55-2 1/2 16.83 Reino Nokelainen(FIN)	60	-81
M65	50-1 1/2 15.28 Voitto Elo(FIN)	65	-82
M70	43-5 13.23 Ross Carter(US)	71	3-30-85
M75	42-3 12.88 Voitto Elo(FIN)	75	3-3-90
M80	30-5 9.27 Leon Joslin(USA)	80	4-5-92
M85	22-9 3/4 6.95 Burt Degroot(USA)	86	3-21-93
	p27-5 1/4 8.36 Lamberto Cicconi(ITA)	86	2-23-91
M90	15-9 3/4 4.82 Everett Hosack(USA)	90	2-24-93

## 2000 Meter Walk

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8:28.50 Robert Care(GB)	43	3-17-91
M45	8:33.4 David Stevens(GB)	47	3-21-84
M50	8:58.0 David Stevens(GB)	51	3-25-88
M55	9:29.4 Mario Sciarreta(ITA)	55	3-2-90
M60	10:42.0 Len Creo(GB)	64	3-27-87
M65	10:39.6 Len Creo(GB)	65	3-25-88
M70	10:41.4 James Grimwade(GB)	70	3-27-87
	p10:12.72 Charles Coleman(GBR)	70	3-17-91
M75	10:50.8 James Grimwade(GB)	75	3-25-88

## 3000 Meter Walk

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	13:08.0 Robert Care(GB)	42	3-31-90
	p12:42.62 Ray Funkhouser(USA)	40	4-4-92
	p12:55.8 Heikki Lahtinen(FIN)	40	3-3-90
M45	12:58.0 Jan Roos(CAN)	47	1-28-84
M50	13:59.2 Jan Roos(CAN)	51	4-1-89
M55	14:27.6 Mario Sciarreta(ITA)	55	3-2-90
M60	16:03.8 Max Gould(CAN)	64	1-30-82
	p14:44.51 Max Green(USA)	60	4-4-92
M65	16:03.0 Max Gould(CAN)	66	1-28-84
M70	17:31.6 Pauli Mäkinen(FIN)	70	3-9-90
	p15:27.96 Tonetti Franco(ITA)	70	2-24-91
M75	18:35.8 Chico Scimone(ITA)	75	2-14-87
M80	20:35.0 Ake Strang(FIN)	82	3-4-90

## WOMEN'S WORLD INDOOR RECORDS

### 60 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7.80 Jocelyn Kirby(GB)	36	3-20-94
M40	8.10 Phil Raschker(USA)	44	3-23-91
M45	8.12 Phil Raschker(USA)	46	3-20-93
	8.14 Phil Raschker(USA)	45	2-20-93
M50	8.7 Una Gore(GB)	52	11-17-90
M55	8.91 Una Gore(GB)	55	3-20-94
M60	9.4 Joan Ogden(GB)	60	3-25-88
M65	9.40 Joan Ogden(GB)	66	3-20-94
M70	10.36 Mary Bowermaster(US)	71	4-1-89
M75	11.75 Millie Crews(US)	75	3-24-90

### 200 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	25.29 Jocelyn Kirby(GBR)	35	1-8-93
M40	26.91 Riny Hagenaars(HOL)	41	2-28-93
M45	26.31 Phil Raschker(USA)	46	3-21-93
M50	29.12 Marjorie Hocknell(GB)	50	1-1-94
M55	30.55 Jean Hulls(GBR)	55	3-20-94
M60	31.6 Joan Ogden(GB)	61	3-26-89
M65	32.0 Joan Ogden(GB)	65	3-20-93
M70	35.96 Mary Wixey(GB)	71	2-8-92
M75	44.39 Millie Crews(US)	76	3-24-91

### 400 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	58.60 Allison Brown(GBR)	35	1-15-94
M40	61.9 Anne McDonald(GB)	41	3-31-90
M45	62.3 Marjorie Hocknell(GB)	46	12-2-89
M50	65.63 Marjorie Hocknell(GB)	50	3-20-94
M55	67.6 Carolyn Sue Cappetta(USA)	56	1-10-92
M60	80.26 Betty Vosburgh(USA)	60	4-4-92
M65	85.57 Patricia Peterson(USA)	65	4-4-92
M70	93.1 Louis Adams(USA)	71	3-21-93
M75	1:45.59 Pearl		

Continued from previous page

3000 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8:43.49	Ileana Silai(ROM)	36 3-7-87
W40	9:52.8	Rita Marchisio(ITA)	40 3-4-90
W45	10:41.0	Dot Fellows(GB)	45 3-31-90
W50	11:06.2	Johana Jay(GBR)	50 3-20-93
W55	11:45.94	Molly Turner(CAN)	57 4-5-92
	p11:39.6	Miniotti Bruna(ITA)	56 2-22-92
W60	12:33.4	Joselyn Ross(GB)	61 3-31-90
W65	13:09.42	Joselyn Ross(GBR)	65 3-20-44
W70	14:13.7	Jose Waller(GBR)	70 3-20-93
W75	15:53.6	Pearl Mehl(US)	75 4-2-89

60 Meter Hurdles			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8.61	Jocelyn Kirby(GBR)	36 1-23-94
W40	8.8	Judy Vernon(GB)	40 1-4-86
W45	9.30	Phil Raschker(USA)	47 3-5-94
W50	10.43	Jean Hulls(GB)	52 3-17-91
W55	11.0	Carina Graham(GBR)	56 3-20-93
W60	12.3	Hilary Farmer(GB)	62 3-31-90
W65	14.26	Leonore McDaniel(USA)	65 3-20-93

High Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	5-4 1/2	1.64 Liz McBlain(CAN)	36 1-28-84
W40	5-1	1.55 Liz McBlain(CAN)	40 3-18-88
W45	5-1 3/4	1.57 Phil Raschker(USA)	47 3-5-94
W50	4-7 1/4	1.40 Taisija Tsentsik(URS)	54 3-19-89
W55	4-3 1/4	1.30 Rosemary Chrimes(GB)	55 3-26-89
	p4-5 1/2	1.36 Rosemary Chrimes(GB)	55 -88
W60	4-1 1/4	1.25 Leonore McDaniel(USA)	63 3-24-91
W65	4-0 1/2	1.23 Leonore McDaniel(USA)	65 3-21-93
W70	3-7	1.09 Mary Bowermaster(US)	70 3-19-88
W75	3-0	0.91 Vivian Nelson(US)	75 3-5-88
W80	2-7 1/2	0.80 Margareta Sarvana(FIN)	81 3-4-90

Pole Vault *** BEST PERFORMANCES ***			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	p8-0	2.44 Phil Raschker(USA)	35 3-14-82
W40	8-0 1/2	2.45 Phil Raschker(USA)	44 2-16-92
W45	9-6 1/4	2.90 Phil Raschker(USA)	46 1-23-94
W50	8-4 1/2	2.55 Pat McNab(GBR)	50 3-20-93
W55	5-11	1.80 Dorothy McClennan(IRE)	57 1-31-93
W60	5-5 3/4	1.67 Leonore McDaniel(USA)	64 2-20-93
W65	6-6 1/4	1.99 Leonore McDaniel(USA)	65 3-6-93

Long Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	20-2 1/2	6.16 Willye White(USA)	36 3-3-75
W40	18-5	5.61 Phil Raschker(USA)	40 3-28-87
W45	18-10 1/2	5.75 Phil Raschker(USA)	47 3-5-94
W50	14-1 3/4	4.31 Asta Larsson(SWE)	53 -85
W55	13-10 1/2	4.23 Asta Larsson(SWE)	55 -87
W60	12-4 1/2	3.77 Elizabeth Steedman(GB)	60 3-20-94
W65	12-2	3.71 Leonore McDaniel(USA)	65 3-6-93
W70	10-10 1/4	3.31 Mary Bowermaster(US)	70 3-19-88
W75	7-6 1/4	2.29 Vivian Nelson(USA)	75 3-5-88

Triple Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	35-0 3/4	10.69 Phil Raschker(USA)	37 3-18-84
W40	35-4 1/2	10.78 Phil Raschker(USA)	40 3-20-88
W45	35-6	10.82 Phil Raschker(USA)	45 3-19-93
W50	29-9	9.07 Jackie Charles(GBR)	51 3-29-93
W55	28-1 1/2	8.57 Rosemary Chrimes(GB)	55 3-26-89
W60	26-2 1/4	7.98 Elizabeth Steedman(GBR)	60 4-2-94
W65	23-11 3/4	7.31 Leonore McDaniel(USA)	65 3-19-93
W70	17-10 1/4	5.44 Libby Hagemann(USA)	70 3-17-91

Shot Put (35-49: 4Kg; 50+: 3Kg)			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	44-1 1/2	13.45 Bronwin Carter(GB)	35 3-27-87
	p54-11 3/4	16.76 Svetlana Melnikova(URS)	35 3-19-89
W40	45-1 1/4	13.75 Janis Kerr(GB)	42 -89
W45	34-2 1/4	10.42 Mia Dudink(HOL)	46 2-14-93
	p39-10 1/4	12.15 Ljudmila Hmelerkaja(URS)	45 3-19-89
W50	41-6 1/2	12.66 Joanne Grissom(US)	51 3-25-90
W55	41-2	12.55 Antonia Ivanova(URS)	56 3-19-89
W60	33-1 1/4	10.09 Beatrice Holland(US)	63 3-25-90
W65	30-3 3/4	9.24 Joan Ogden(GB)	65 3-20-93
W70	25-5 1/2	7.76 Mary Bowermaster(US)	71 4-2-89
W75	23-2	7.06 Irja Sarnama(FIN)	77 -83
W80	20-10 1/2	6.36 Margareta Sarvana(FIN)	81 3-4-90
	p21-5	6.53 Margareta Sarvana(FIN)	80 -88

2000 Meter Walk			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9:29.0	Lillian Millen(GB)	38 3-13-83
W40	9:39.6	Lillian Millen(GB)	40 3-23-85
W45	11:35.4	Pam Morwill(GB)	48 3-13-83
W50	11:00.0	Mary Worth(GB)	54 3-13-83
W55	10:58.8	Mary Worth(GB)	58 3-27-87
W60	11:02.6	Mary Worth(GB)	60 3-26-89
W65	12:41.6	Ruth Leff(USA)	65 4-4-92

3000 Meter Walk			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	16:25.4	Cath Reader(GB)	35 3-31-90
	p16:18.85	Mataji Graham(USA)	35 4-4-92
W40	15:11.15	Julie Ratner(US)	43 3-24-90
	p14:23.33	Viisha Sedlak(USA)	40 4-4-92
W45	16:12.53	Jocelyn Richard(CAN)	45 2-7-87
W50	15:35.7	Giuseppina Migliasso(ITA)	52 3-3-90
W55	18:27.8	Pam Morwill(GB)	55 3-31-90
	p17:11.39	Giuseppina Migliasso(ITA)	55 2-5-93
W60	18:19.0	Ruth Leff(US)	61 12-17-88
W70	20:56.8	Ernestine Yeomans(CAN)	70 4-2-89
W75	22:17.08	Millie Crews(US)	75 3-24-90
	p21:12.2	Alda De Grandis(ITA)	75 3-2-90
W80	27:33.0	Margareta Sarvana(FIN)	81 3-4-90

# USA Track & Field Indoor Age-Group Records

Compiled by Peter Mundle and the Records Subcommittee of the USATF  
Masters T&F Committee through performances verified as of December 31, 1994

## MENS USA INDOOR RECORDS

60 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	6.97	Eddie Hart(CA)	40 3-24-90
M45	7.02	Stan Whitley(CA)	45 3-23-91
M50	7.40	Steve Robbins(CA)	50 3-20-93
M55	7.53h	Hugo Hartenstein(CO)	55 3-24-90
	7.57	Hugo Hartenstein(CO)	55 3-24-90
M60	7.7	Payton Jordan(CA)	60 1-7-78
M65	8.14	James Law(NC)	65 3-23-91
M70	8.46	Payton Jordan(CA)	72 4-1-89
M75	9.5	Barry Ivers(ME)	77 2-21-88
M80	9.81	Fred White(TX)	80 3-20-93
M85	11.33	Russell Randall(CO)	86 3-20-93

200 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	23.02	Bill Collins(TX)	41 4-5-92
M45	23.4	Roger Pierce(MA)	45 1-5-90
	p22.70	Stan Whitley(CA)	46 4-5-92
M50	24.20	Roy Turner(TX)	50 3-25-90
M55	24.94h	Hugo Hartenstein(CO)	55 3-25-90
M60	26.37	Jack Greenwood(KS)	62 4-2-89
M65	26.92	James Law(NC)	65 3-24-91
M70	28.00	Payton Jordan(CA)	72 4-2-89
M75	31.85	Jay Sponseler(FL)	75 3-21-93
M80	33.87	Barry Ivers(ME)	81 4-5-92
M85	39.79	Russell Randall(CO)	86 3-21-93
M90	76.4	Herb Kirk(MT)	91 1-11-87

400 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	50.15	Fred Sowerby(NV)	40 2-22-92
M45	49.09	Fred Sowerby(NV)	45 1-29-94
M50	54.0	Larry Colbert(MD)	52 3-18-89
M55	56.17	James Mathis(TN)	56 3-23-91
M60	60.62	Harry Brown(IL)	60 3-24-90
	p60.1	Harry Brown(IL)	60 3-11-90
M65	60.67	James Law(NC)	65 3-23-91
M70	66.03	John Alexander(TX)	70 3-24-90
M75	73.80	Jay Sponseler(FL)	75 3-20-93
M80	85.00	Fred White(TX)	80 3-20-93
M85	1:40.86	Russell Randall(CO)	86 3-20-93
M90	2:54.0	Herb Kirk(MT)	91 1-11-87

800 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	1:55.5	Ken Popejoy(IL)	42 1-30-93
M45	1:57.81	Ken Sparks(OH)	45 3-25-90
M50	2:05.8	Ken Baker(NJ)	51 1-17-88
M55	2:08.9	Ken Baker(NJ)	55 3-22-92
M60	2:17.09	James Sutton(PA)	60 4-5-92
M65	2:26.3	Archie Messenger(NY)	65 1-6-89
M70	2:42.0	Austin Newman(NJ)	70 3-23-86
M75	2:55.5	Austin Newman(NJ)	75 2-24-91
M80	p3:44.6	Henry Zachman(NJ)	80 1-14-90
	p3:50.0	Henry Zachman(NJ)	80 3-17-90
M85	6:18.0	Herb Kirk(MT)	87 2-5-83

1500 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	3:56.7	Ken Popejoy(IL)	40 3-16-91
M45	4:04.80	Ken Sparks(OH)	45 3-24-90
M50	4:21.19	Victor Heckler(IL)	50 12-12-92
M55	4:28.9	James Sutton(PA)	55 1-4-87
M60	4:43.75	James Sutton(PA)	61 3-7-93
M65	5:05.5	Archie Messenger(NY)	65 3-18-89
	p5:02.50	Joe King(CA)	65 4-4-92
M70	5:27.4	Austin Newman(NJ)	70 3-23-86
M75	6:01.6	Austin Newman(NJ)	75 2-24-91
M80	7:04.2y	Paul Spangler(CA)	80 3-18-79
M90	14:34.2	Herb Kirk(MT)	91 1-11-87

One Mile			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	4:11.0	Bill Stewart(MI)	40 1-23-83
M45	4:21.90	Albin Swenson(CT)	46 2-26-93
M50	4:40.6	Victor Heckler(IL)	50 2-14-93
M55	4:53.3	John Connor(NY)	55 2-25-90
M60	5:19.9	Archie Messenger(NY)	60 3-18-84
M65	5:30.0	Archie Messenger(NY)	65 1-15-89
M70	5:32.4	Scotty Carter(MA)	70 3-15-87
M75	6:54.8	Byron Fike(OH)	75 3-20-83
M80	7:04.2	Paul Spangler(CA)	80 3-18-79

3000 Meters			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	8:44.0	Peter Hallop(MI)	40 1-15-88
	8:44.0	Ken Popejoy(IL)	42 1-16-93
M45	9:12.69	Salih Talib(NY)	45 12-29-90
	p9:04.72	Albin Swenson(CT)	45 4-5-92
M50	9:14.84	Dan Conway(MN)	52 3-24-91
M55	9:51.8	Howard Rubin(NY)	55 3-10-84
M60	10:31.4	James Sutton(PA)	61 1-3-93
M65	11:12.03	Jim Forshee(MI)	66 4-5-92
	p10:59.8	Jim Forshee(MI)	66 2-14-93
M70	11:27.6	Scotty Carter(MA)	70 3-15-87
M75	13:10.84	Alfred Funk(MT)	78 3-21-93
M80	p15:12.4y	Paul Spangler(CA)	80 -
M85	26:12	Herb Kirk(MT)	87 2-5-83

Two Miles			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40	9:22.2	Peter Hallop(MI)	40 1-15-88
M45	9:45.2	Ernest Billups(IL)	45 3-27-83
M50	10:08.40	Victor Heckler(IL)	50 1-30-93
M55	10:58.82	Jim Sutton(PA)	56 3-20-88
M60	11:04.8	Jim Sutton(PA)	60 2-2-92
M65	12:19.34	John Boots(LA)	66 2-23-86
M70	12:40.8	Austin Newman(NJ)	72 2-28-88
M75	14:17.2	Byron Fike(OH)	76 3-25-84
M80	18:20.6	Byron Fike(OH)	80 3-20-88
M90	32:38.4	Herb Kirk(MT)	91 1-11-87

60 Meter Hurdles			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7.56	Greg Foster(US)	35 3-4-94
M40	8.15	Stan Druckrey(WI)	40 4-1-89
M45	8.67	Stan Druckrey(WI)	45 3-5-94
M50	8.47	Walt Butler(CA)	51 3-20-93
M55	9.15	Dale Lance(OK)	55 2-20-93
M60	9.14	Phil Mulkey(GA)	60 3-20-93
M65	10.14	Ed Lukens(NY)	67 4-1-89
M70	10.75	Ed Lukens(NY)	71 3-20-93
M75	11.20	Frank Finger(VA)	75 3-24-91
M80	p14.86	Ted Hatlen(CA)	81 4-4-92

High Jump			
DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7-0 1/4	2.14 Jim Barrineau(VA)	37 3-21-93
M40	6-7 1/2	2.02 Dwight Stones(US)	40 1-16-94
M45	6-1	1.85 Herm Wyatt(CA)	49 2-22-81
M50	5-10	1.78 Milton Newton(CA)	51 3-30-85
	5-10	1.78 John C. Brown(MO)	51 2-15-81
	5-10	1.78 Richard Richardson(IL)	53 3-15-87
M55	5-7 1/4	1.71 John C. Brown(MO)	56 1-11-86
M60	5-5	1.65 Jim Gilchrist(FL)	62 3-24-90
M65	5-4	1.62 Jim Gilchrist(FL)	65 3-19-93
M70	4-6	1.37 Burl Gist(CA)	71 3-23-91
M75	4-0 1/2	1.23 Ham Morningstar(MI)	76 3-19-93
M80	4-0	1.22 Wesley Ward(IN)	82 2-15-92
M85	3-3 1/4	1.00 A. E. Pitcher(IN)	88 2-18-90

Pole Vault			
DIV. MARK	NAME(RESIDENCE)	AGE</	

Continued from previous page

Triple Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 52-9 1/4	16.08 Ray Kimble(US)	40	2- -94
M45 44-11 1/2	13.70 Ira Davis(PA)	46	3-27-83
M50 40-7 1/2	12.38 Dave Jackson(CA)	51	3-27-83
M55 36-4	11.07 Phil Mulkey(GA)	55	3-20-88
M60 36-3 1/2	11.06 Ed Lukens(NY)	63	3-24-85
M65 35-7 3/4	10.86 Tom Patsalis(CA)	66	3-29-87
M70 32-8 1/2	9.97 Ed Lukens(NY)	70	3-19-93
M75 27-5 1/2	8.37 Robert Sorlien(RI)	75	3-22-92
M80 22-10 3/4	6.98 Benjamin Fox(AZ)	81	3-29-87
M85 15-10 1/4	4.83 Konrad Boas(NY)	85	3-31-89

Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 65-10 1/4	20.07 Brian Oldfield(IL)	40	1-17-86
M45 51-9 1/2	15.78 Edward Hill(AL)	45	3-19-88
M50 51-10	15.80 Carl Wallin(MH)	50	1-10-92
M55 43-8 1/2	13.32 Richard Lee(OR)	55	4- 4-92
M60 49-10 1/2	15.20 Cliff Blair(MA)	60	1- 5-90
M65 42-7	12.98 Bill Bangert(MO)	65	4- 1-89
M70 43-9	13.33 Ross Carter(OR)	71	3-30-85
M75 40-4 1/4	12.30 Ross Carter(OR)	76	3-24-90
M80 30-5	9.27 Leon Joslin(WA)	80	4- 5-92
M85 22-9 3/4	6.95 Burt Degroot(CA)	86	3-21-93
M90 15-9 3/4	4.82 Everett Hosack(OH)	90	2-24-93

Weight Throw (35-59: 35#; 60+: 25#)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
M40 73-10 3/4	22.52 Ed Burke(CA)	43	1- 8-84
M45 64-3	19.58 Harold Connolly(CA)	45	1- 8-77
M50 64-1 1/4	19.54 Bob Backus(NY)	51	2-24-78
M55 41-8	12.70 Cliff Blair(MA)	55	3-18-89
p45-5 3/4	13.86 Bill McWilliams(US)	56	4- 5-92
M60 54-8 1/4	16.67 Cliff Blair(MA)	60	1- 5-90
p55-0 3/4	16.78 Cliff Blair(MA)	62	4- 5-92
M65 48-10 1/4	14.89 William Walmoth(MI)	65	4- 1-89
M70 40-2	12.24 Thomas McDermott(CT)	73	3-24-91
p46-0	14.02 Nolan Fowler(TN)	71	2-24-85
M75 28-4 1/4	8.64 James York(CA)	77	3-24-91
p30-11	9.42 Nolan Fowler(TN)	78	4- 5-92
M80 23-6 3/4	7.18 Leon Joslin(WA)	80	4- 5-92
M85 16-8	5.08 Burt Degroot(CA)	86	3-21-93
M90 13-11	4.24 Everett Hosack(OH)	90	2-24-93

WOMENS USA INDOOR RECORDS

60 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 8.19	Irene Thompson(NY)	37	4- 4-92
W40 8.10	Phil Raschker(GA)	44	3-23-91
W45 8.12	Phil Raschker(GA)	46	3-20-93
W50 8.98	Mary Luker(TX)	50	4- 4-92
W55 9.36	Christel Miller(CA)	55	3-24-90
W60 9.87	Betty Vosburgh(GA)	60	4- 4-92
W65 10.03	Patricia Peterson(NY)	65	4- 4-92
W70 10.36	Mary Bowermaster(OH)	71	4- 1-89
W75 11.75	Millie Crews(WI)	75	3-24-90

200 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 27.65	Jo Ann Angotti(NY)	35	4- 2-89
p27.11	Marcia Hulse(OH)	35	4- 5-92
W40 27.08	Phil Raschker(GA)	44	3-24-91
W45 26.31	Phil Raschker(GA)	46	3-21-93
W50 30.87	Marilyn Mitchell(NY)	50	3-21-93
W55 31.45	Carolyn Cappetta(MA)	57	3-21-93
W60 33.51	Betty Vosburgh(GA)	60	4- 5-92
W65 35.08	Patricia Peterson(NY)	66	3-21-93
W70 37.85	Mary Bowermaster(OH)	71	4- 2-89
W75 44.39	Millie Crews(WI)	76	3-24-91

400 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 60.91	Danis Willet(NB)	35	3- 6-93
W40 62.11	Phil Raschker(GA)	44	3-23-91
W45 63.98	Pamela Calvert(MD)	45	3-23-91
W50 72.86	Linda Upton(MA)	50	1- 7-94
W55 69.03	Carolyn Cappetta(MA)	57	3-19-93
W60 80.26	Betty Vosburgh(GA)	60	4- 4-92
W65 85.57	Patricia Peterson(NY)	65	4- 4-92
W70 1:44.86	Carol Peebles(WI)	70	3-14-92
W75 1:45.59	Pearl Mehl(CO)	75	4- 1-89

800 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 2:14.94	Nancy Shafer(OH)	35	2-20-87
W40 2:22.7	Barbara Pike(MA)	41	2- 5-83
W45 2:31.3	Barbara Pike(MA)	45	3-15-87
W50 2:34.42	Linda Upton(MA)	50	1-23-94
W55 2:51.80	Wava Mosbrucker(WI)	55	3-24-91
W60 2:56.75	Joyce Hals(MA)	60	1- 8-93
W65 3:30.74	Dottie Gray(MO)	66	4- 5-92
W70 3:39.55	Louis Adams(USA)	71	3-21-93
W75 4:03.77	Pearl Mehl(CO)	76	3-25-90

1500 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 4:36.12	Cindy Bremser(WI)	37	3-23-91
W40 4:48.40	Kathy McIntyre(NY)	41	2-20-90
W45 5:05.82	Robin Villa(NY)	46	2- 3-90
W50 5:23.05	Linda Upton(MA)	50	1- 7-94
W55 5:46.0	Beryl Skelton(NY)	56	3-17-85
W60 5:58.55	Gloria Brown(NY)	61	3- 7-93
W65 7:06.0	Dottie Gray(MO)	66	4- 4-92
W70 7:17.7	Louis Adams(CO)	71	3-20-93
W75 7:43.3	Pearl Mehl(CO)	75	4- 1-89

One Mile

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 4:59.28	Carol Urish-McLatchie(TX)	35	3-28-87
W40 5:12.4	Barbara Pike(MA)	40	3-14-82
W45 5:25.4	Marilyn Harbin(CA)	46	3- 2-84
W50 5:40.1	Hila Kania(NY)	51	3-20-83
W55 5:51.0	Margaret Miller(CA)	55	2-22-81
W60 7:47.6	Jean Price(US)	61	3-27-82
W65 7:35.0	Marie Stafford(OR)	68	1-30-88
W70 7:29.22	Pearl Mehl(CO)	73	3-28-87

3000 Meters

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 10:24.13y	Carol Urish-McLatchie(TX)	35	3-29-87
W40 10:19.8	Barbara Filutze(PA)	43	2-11-90
W45 11:06.77	Joni Shirley(CA)	45	4- 5-92
W50 11:41.86	Sandra Knott(OH)	52	3-25-90
W55 12:23.13	Wava Mosbrucker(WI)	55	3-24-91
W60 12:38.36	Gloria Brown(NY)	61	3- 7-93
W65 16:18.04	Queenie Thompson(NY)	67	3-24-91
W70 15:15.10	Ellen McCoy(MN)	70	3-24-91
W75 15:53.5	Pearl Mehl(CO)	75	4- 2-89

Two Miles

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 10:24.13	Carol Urish-McLatchie(TX)	35	3-29-87
W40 11:09.0	Barbara Pike(MA)	40	3-28-82
W45 12:44.0	Mary Czarapata(WISC)	46	1- 9-82
W50 11:57.4	Hila Kania(NY)	50	3-14-82
W55 13:06.0	Gladys Lehman(CA)	58	2-22-81
W60 p18:21.0	Ernestine Yeomans(CAN)	64	1- 8-84
W65 16:37.2	Pearl Mehl(CO)	69	2-19-84
W70 15:30.0	Pearl Mehl(CO)	73	3-29-87

60 Meter Hurdles

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 10.08	Sherice Duchamp(MI)	35	3-25-90
W40 9.60	Phil Raschker(GA)	43	2-16-91
W45 9.30	Phil Raschker(GA)	47	3- 5-94
W50 11.52	Christel Miller(CA)	54	4- 1-89
W55 11.47	Christel Miller(CA)	55	3-25-90
W60 14.19	Shirley Kinsey(CA)	60	3-25-90
W65 14.26	Leonore McDaniel(VA)	65	3-20-93

High Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 5-4	1.62 Skipper Clark(NY)	36	3-24-84
W40 5-0 3/4	1.54 Phil Raschker(GA)	43	2-16-91
W45 5-1 3/4	1.57 Phil Raschker(GA)	46	3- 5-94
W50 4-3	1.29 Becky Sisley(OR)	51	2- 2-91
W55 4-1 1/4	1.25 Christel Miller(CA)	55	3-25-90
W60 4-1 1/4	1.25 Leonore McDaniel(VA)	63	3-24-91
W65 4-0 1/2	1.23 Leonore McDaniel(VA)	65	3-21-93
W70 3-7	1.09 Mary Bowermaster(OH)	70	3-19-88
W75 3-0	0.91 Vivian Nelson(PA)	75	3- 5-88

Pole Vault

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 p8-0	2.44 Phil Raschker(GA)	35	3-14-82
W40 8-0 1/2	2.45 Phil Raschker(GA)	44	2-16-92
W45 9-6 1/4	2.90 Phil Raschker(GA)	46	1-23-94
W50 7-0	2.13 Barbara Stewart(NY)	52	3-13-94
W55 5-1 1/2	1.56 Lucy Ann Brobst(NC)	58	2-16-92
W60 5-5 3/4	1.67 Leonore McDaniel(VA)	64	2-20-93
W65 6-6 1/4	1.99 Leonore McDaniel(VA)	65	3- 6-93

Long Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 20-2 1/2	6.16 Willye White(US)	36	3- 3-75
W40 18-5	5.61 Phil Raschker(GA)	40	3-28-87
W45 18-10 1/2	5.75 Phil Raschker(GA)	47	3- 5-94
W50 13-7	4.14 Christel Miller(CA)	50	3-30-85
W55 12-3 3/4	3.75 Betty Vosburgh(GA)	59	3-23-91
W60 12-3	3.73 Betty Vosburgh(GA)	60	2-23-92
W65 12-2	3.71 Leonore McDaniel(VA)	65	3- 6-93
W70 10-10 1/4	3.31 Mary Bowermaster(OH)	70	3-19-88
W75 7-6 1/4	2.29 Vivian Nelson(PA)	75	3- 5-88

Triple Jump

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 35-0 3/4	10.69 Phil Raschker(GA)	37	3-18-84
W40 35-4 1/2	10.78 Phil Raschker(GA)	41	3-20-88
W45 35-6	10.82 Phil Raschker(GA)	45	3-19-93
W50 27-5 1/2	8.37 Christel Miller(CA)	53	3-19-88
W55 26-7 1/4	8.11 Lucy Ann Brobst(NC)	58	4- 3-92
W60 25-3 1/2	7.71 Betty Vosburgh(GA)	60	4- 3-92
W65 23-11 3/4	7.31 Leonore McDaniel(VA)	65	3-19-93
W70 17-10 1/4	5.44 Libby Hagemann(MA)	70	3-17-91

Shot Put (35-49: 4Kg; 50+: 3Kg)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 40-6 1/4	12.35 Joan Stratton(CA)	37	4- 2-89
W40 38-10 1/2	11.85 Joanne Grissom(IN)	41	1-25-80
W45 32-11 3/4	10.05 Vanessa Hilliard(FL)	49	3-24-91
W50 41-6 1/2	12.66 Joanne Grissom(IN)	51	3-25-90
W55 38-11 3/4	11.88 Joanne Grissom(IN)	55	2- 5-94
W60 33-1 1/4	10.09 Bernice Holland(OH)	63	3-25-90
W65 28-1 1/2	8.57 Bernice Holland(OH)	65	4- 5-92
W70 25-5 1/2	7.76 Mary Bowermaster(OH)	71	4- 2-89

Weight Throw (35-49: 20#; 50+: 16#)

DIV. MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35 p38-9	11.81 Joan Stratton(CA)	38	3-17-90
p38-10 1/2	11.85 Joan Stratton(CA)	37	1- 6-89
W40 39-11 1/4	12.17 Joan Stratton(CA)	40	2-15-92
W45 38-4 3/4	11.70 Vanessa Hilliard(FL)	49	3-24-91
W50 40-6 1/4	12.35 Joanne Grissom(IN)	51	3-24-90
W55 30-1	9.17 Anne Cirulnick(NY)	57	3-22-92
W60 32-11 3/4	10.05 Bernice Holland(OH)	63	3-24-90
W65 31-4 1/2	9.56 Bernice Holland(OH)	65	4- 4-92
W70 27-7 1/2	8.42 Libby Hagemann(MA)	72	3- 7-93



# Masters Age Records

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*5 Months To Go*  
**B · U · F · F · A · L · O**  
  
**USA**  
 XI WORLD VETERANS' ATHLETIC CHAMPIONSHIPS  
**Countdown to Buffalo**  
 by **BOB CHASE**

**Entries, Housing, Travel and Tours**

**T**he entry and housing forms for the XI WAVA 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.

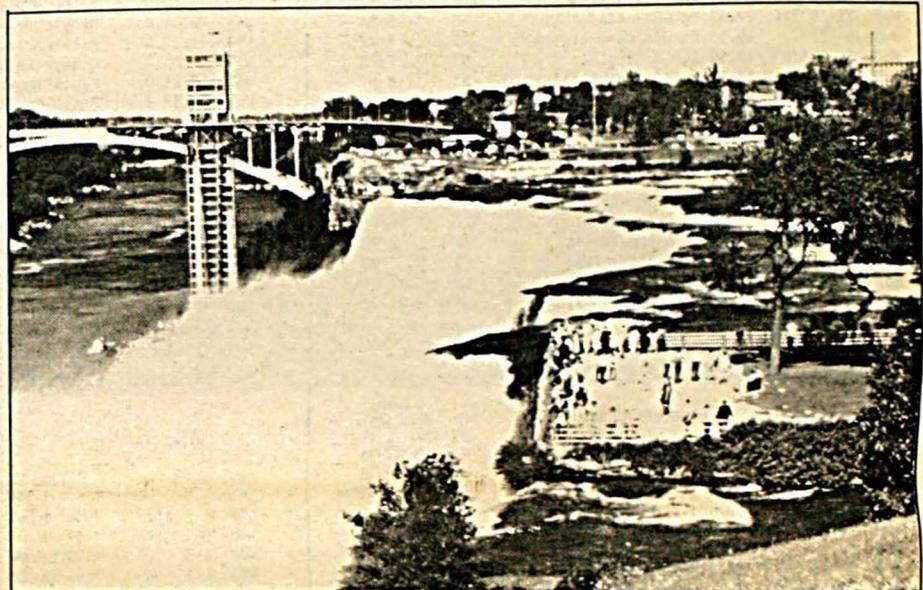
To contact Stovroff & Taylor directly from anywhere in the USA or Canada, phone 800-543-8616 between 8 a.m. and 7 p.m. EST, Monday through Saturday. For 24-hour, seven-day service from anywhere in the world, phone 800-345-8463, and ask for ID#PY5X. You may use either of these two toll-free numbers to 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



Access to Lake Erie and the Niagara River for boating, fishing and other water fun is readily available minutes from Downtown Buffalo. © Greater Buffalo Convention and Visitors Bureau.



Niagara Falls dazzles millions of visitors each year. Shown here is a view of the American Falls from Goat Island. © Greater Buffalo Convention and Visitors Bureau.

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

**AFRICA**  
 Col. Pascal Mackonguy  
 BP 1222 Brazzaville  
 Republic of Congo

falo 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 Skylon 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. A

Continued on page 25

**10 & 25 KM**  
**SUNDAY 25th JUNE 1995**

**BRUGGE - BELGIUM**



**MEN AND WOMEN**

**AIMS CERTIFIED**

**22nd EDITION**

**AGE GROUPS**  
 MEN : 40 - 45 - 50 - 55 - 60 - 65 - 70 - 75 - 80  
 WOMEN : 35 - 40 - 45 - 50 - 55 - 60 - 65 - 70 - 75

**COURSE : FLAT AND FAST**  
**ENTRIES : TILL 15 MAY 1995**  
**NO ENTRIES THE DAY OF THE RACE**

**ENTRY FORMS AND INFORMATION WRITE TO :**  
 JACQUES SERRUYS  
 KORTE ZILVERSTRAAT 5 - 8000 BRUGGE-BELGIUM  
 TEL. : 00 32 50 34 17 81 - FAX. 00 32 50 33 43 25



# TO WIN THIS COMPETITION, YOU FIRST HAVE TO FINISH THESE LINES.

## COMPETITION ENTRY FORM

LAST NAME

FIRST NAME

ADDRESS

DAYTIME TELEPHONE

ADDRESS

FAX

CITY  STATE  ZIP CODE

COUNTRY

NATIONALITY

MALE/FEMALE (M/F)  AGE  AS OF JULY 15, 1995

DATE OF BIRTH MO  DAY  YEAR

- 1. WAVA fee ..... - US\$ 15.00
- 2. 1st event entered ..... - US\$ 30.00
- 3. 2nd through 5th: Number of events \_\_\_\_\_ x US\$ 10.00 - US\$ \_\_\_\_\_
- 4. 6th through 7th: Number of events \_\_\_\_\_ x US\$ 17.00 - US\$ \_\_\_\_\_
- 5. Multi Events Fee ..... x US\$ 30.00 - US\$ \_\_\_\_\_
- 6. Banquet tickets (number ordered\*) ..... x US\$ 30.00 - US\$ \_\_\_\_\_
- TOTAL: (add above lines together) ..... - US\$ \_\_\_\_\_

Payment:

- 1. Bank draft or check in U.S. dollars
- Payable to: XI WORLD VETERANS' CHAMPIONSHIPS
- 2. VISA  MC  Name: \_\_\_\_\_

NUMBER

EXPIRATION DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

MARK EVENT HERE WITH AN "X"

↓ Event	Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1994-1995
1	100 METER DASH	All Age Groups	All Age Groups	
2	200 METER DASH	All Age Groups	All Age Groups	
4	400 METER DASH	All Age Groups	All Age Groups	
8	800 METER RUN	All Age Groups	All Age Groups	
15	1500 METER RUN	All Age Groups	All Age Groups	
2St	2000 METER STEEPLECHASE	All Age Groups	M60 and Older	
3St	3000 METER STEEPLECHASE		M40 through M55	
5	5000 METER RUN	All Age Groups	All Age Groups	
10	10,000 METER RUN	All Age Groups	All Age Groups	
8H	80 METER HURDLES	W40 and Older	M70 and Older	
OH	100 METER HURDLES	W35 Only	M50 through M65	
1H	110 METER HURDLES		M40 through M45	
3H	300 METER HURDLES	W50 and Older	M60 and Older	
4H	400 METER HURDLES	W35 through W45	M40 through M55	
1W	10 KM WALK	All Age Groups		
2W	20 KM WALK		All Age Groups	
5W	5 KM WALK	All Age Groups	All Age Groups	
CC	10 KM CROSS-COUNTRY	All Age Groups	All Age Groups	
M	MARATHON	All Age Groups	All Age Groups	
HJ	HIGH JUMP	All Age Groups	All Age Groups	
PV	POLE VAULT	All Age Groups	All Age Groups	
LJ	LONG JUMP	All Age Groups	All Age Groups	
TJ	TRIPLE JUMP	All Age Groups	All Age Groups	
SP	SHOT PUT	All Age Groups	All Age Groups	
DT	DISCUS THROW	All Age Groups	All Age Groups	
HE	HEPTATHLON	All Age Groups		
DE	DECATHLON		All Age Groups	
JT	JAVELIN THROW	All Age Groups	All Age Groups	
HT	HAMMER THROW	All Age Groups	All Age Groups	
WP	WEIGHT PENTATHLON	All Age Groups	All Age Groups	

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

1: \_\_\_\_\_ 2: \_\_\_\_\_  
 3: \_\_\_\_\_ 4: \_\_\_\_\_  
 5: \_\_\_\_\_ 6: \_\_\_\_\_  
 7: \_\_\_\_\_

XI WORLD VETERANS' CHAMPIONSHIPS  
 BUFFALO LOCAL ORGANIZING COMMITTEE  
 P.O. BOX 150  
 NIAGARA SQUARE STATION  
 BUFFALO, NEW YORK 14201-0150

- PLEASE SIGN ON BACK

\*After May 1, 1995 Banquet tickets will cost \$35

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.

**Competiton 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), national-ity, 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

# 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

## ROOM RESERVATION FORM

LAST NAME  FIRST NAME

ADDRESS

ADDRESS  APARTMENT NUMBER

CITY  STATE

COUNTRY  POSTAL CODE

DAYTIME TELEPHONE  COUNTRY CODE  FAX

NAMES OF ALL PERSONS OCCUPYING ROOM:

1. <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
2. <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
3. <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
4. <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
5. <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>

DOES ANYONE IN PARTY SMOKE? (Y/N)

ARRIVAL DATE: DAY  MONTH  DEPARTURE DATE: DAY  MONTH

CIRCLE DATE OF EACH NIGHT YOU ARE STAYING:

JULY  
7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26

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

2 persons 1 bed \_\_\_

2 persons 2 beds \_\_\_

3 persons 2 beds \_\_\_

4 persons 2 beds \_\_\_

Deluxe (US \$75-109) 1 person 1 bed \_\_\_ Large rooms with air-conditioning, most with pool facilities, all but one facility has restaurant on premises.

2 persons 1 bed \_\_\_

2 persons 2 beds \_\_\_

3 persons 2 beds \_\_\_

4 persons 2 beds \_\_\_

Tourist (US \$69-89) 1 person 1 bed \_\_\_ Clean, affordable, air-conditioned rooms with color TV. Some with pool and dining facilities.

2 persons 1 bed \_\_\_

2 persons 2 beds \_\_\_

3 persons 2 beds \_\_\_

4 persons 2 beds \_\_\_

Budget (US \$35-68) 1 person 1 bed \_\_\_ Clean, inexpensive air-conditioned rooms with color TV. Some have pool facilities.

2 persons 1 bed \_\_\_

2 persons 2 beds \_\_\_

3 persons 2 beds \_\_\_

4 persons 2 beds \_\_\_

**ALL RATES ARE QUOTED ON A PER NIGHT CHARGE. ALL RATES ARE BASED ON DOUBLE OCCUPANCY, TAXES (13%) ARE NOT INCLUDED. MOST HOTELS HAVE A 3:00 PM CHECK-IN, 12:00 NOON CHECK-OUT. ALL HOTEL/MOTEL OPTIONS HAVE PRIVATE BATHROOMS.**

The University of Buffalo is offering a meal plan to those persons staying in hotels and motels. Please indicate if you have an interest in purchasing a meal plan. YES  NO

#### University of Buffalo Residence Halls option:

Double occupancy US \$40.00 per person per night \_\_\_\_\_

Triple occupancy US \$38.00 per person per night \_\_\_\_\_

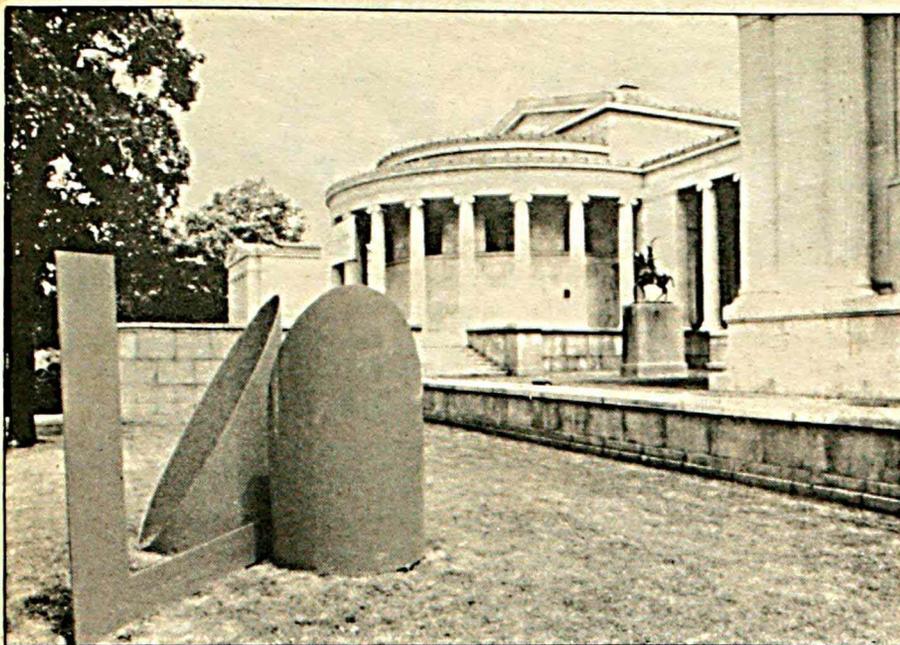
Quad occupancy US \$36.00 per person per night \_\_\_\_\_

Dormitory accommodations include three full meals per day. Linens provided with beds made upon arrival and linen service. Comfortable lounges on main floors 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 campground facilities \_\_\_\_\_

Please send information on bed and breakfasts \_\_\_\_\_





The Albright-Knox Art Gallery holds one of the United States' finest collections of modern art, including Picasso, van Gogh, Matisse, Derain, Monet, Renoir and Warhol. © Greater Buffalo Convention and Visitors Bureau.

## 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. Take your pick from the Dixieland Jazz Lunch Cruise, Stomp Till You Drop Dinner Cruise and Blues Dinner Cruise. These tours feature meals, live entertainment and a view of Greater Buffalo's waterfront landmarks, including Old Fort Erie, the Peace Bridge, Grand Island and the historic Black Rock Lock and Canal.

Lunch cruises will embark at 11 a.m. on Monday, July 17 and Thursday, July 20, while the dinner cruises will take place beginning at 4 p.m. on Tuesday, July 18 and Friday, July 21. Each tour takes about 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

## 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.

□

### 3<sup>RD</sup> WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



BRUGGE BELGIUM 29/30 JUNE 1996

Road : 10 -25 Km  
Walk : 20 Km Women  
30 Km Men

Entry forms, information and accommodation :  
**Jacques Serruys**  
Korte Zilverstraat 5  
8000 Brugge - Belgium  
Tel. 00 32 50 341 781  
Fax : 00 32 50 334 325

Region, where visitors will also stop at the Chautauqua Institution, a world-renowned center of culture, education, recreation and religion.

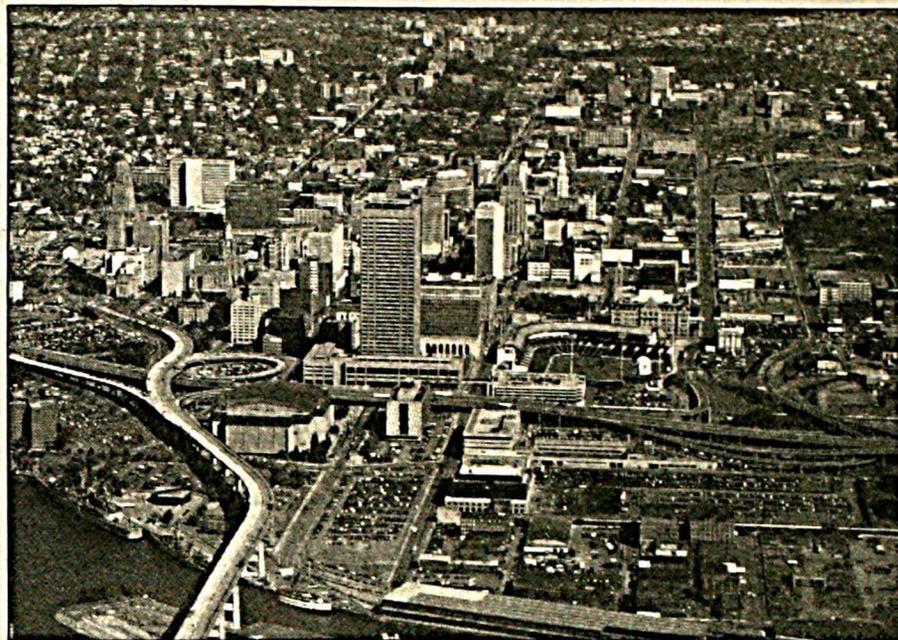
More than half a million people each year visit the Corning Glass Center, including the Museum of Glass, the Hall of Science and Industry, and the Steuben Glass Factory. And a day trip to Toronto features visits to the CN Tower, the bustling business and finan-

cial center 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.)



Buffalo.

### WAVA/USATF Hurdles and Implements Specifications

HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN		
Women						
30-49	4.00k	1.00k	4.00k	600gms.		
50 plus	3.00k	1.00k	3.00k	400 gms.		
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.		
50-59	6.00k	1.50k	6.00k	800 gms.		
60-69	5.00k	1.00k	5.00k	600 gms.		
70 plus	4.00k	1.00k	4.00k	600 gms.		

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

# Masters Scene

## 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 1995 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 Stockdale-Woolley, 43, Chaplin, NC, broke the W40+ course record with a 27:42 in the 58th Manchester 4.7 Mile, Manchester, CN, Nov. 24. Gary Daniels won the M40+ race with a 24:42, 33rd of 11,500 starters, who faced 28° and a frigid wind at the start.

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

• Masters honors in the Ho Ho Ho Jingle Bell 5K, Bethpage, L.I., Dec. 17, went to Dan Brach (44, 16:33), Hicksville, L.I., and Evelyn Arenella (46, 20:18), New Hyde Park, NY. John McManus, 71, dominated the M70 race with a strong 20:56.

• Roger Price (45, 56:46) and Betty Conover (46, 67:18) posted the best masters age-adjusted performances in the USATF/New Jersey 10 Mile Championships, Rockaway, NJ, Dec. 11. Price topped the men with an adjusted 53:13. Conover led the women with 61:37.

• Placing ninth overall in a field of 1102, Hugh Sweeny, 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, fine times were recorded for winner Robert Briglio (45, 1:32:50) and Kathy Gribbon (41, 1:45:32). In the accompanying 4 Mile Run, the masters winners 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, MD, runners rather than rail cars took over the now-invisible tracks of the Northern Central Railroad for the fifth running of the Northern Central 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

for this low-key race. Steaming in first were Mark Jones (33, 2:35:22) and Monica Bachman (29, 3:00:28). Also having a first-class ride was Carlton Mendell, 73, who won his division in 3:45:26.

## SOUTHEAST

• Masters runners took overall titles in a recent 5K race in Miami. David Bowden, 50, Lauderdale Lakes, FL, was first in 19:29, and Karen Woods, 45, Hialeah, FL, won the female race with a 20:14 in the National Asthma Center 5K, Haulover Beach Park. Bowden is a cross-country and track coach; Woods is a middle-school teacher in Hialeah. In the Phoenix American Insurance Group 10K in Coconut Grove, FL, Jim Pearson, 45, Tallahassee, FL, and Barbara Jones, 41, Lighthouse Point, FL, walked away with the race's top prizes of \$500 each, based on their age-adjusted times. Pearson's sixth-overall time of 32:47 was adjusted to 30:35. Jones' 40:29 was adjusted to 34:42.

• Yuri Mikhailov (41, 2:20:26), Russia, led Nick Rose (43, 2:24:08), Great Britain, and Ryszard Marczak (49, 2:24:10), Poland, to the finish in the Walt Disney World Marathon, Orlando, Jan. 8. Joe Burgasser, 56, Florida, captured the M50-59 title in 2:52:07. Olympic Marathon Trials qualifiers Suzanne Ray (42, 2:49:44), AK, and Sharlet Gilbert (43, 2:52:42), CA, were 1-2 in the W40+ race.

• There wasn't much space between the top three masters men at the Atlanta Half-Marathon, Nov. 14. Thomas Shinnick, 41, won in 1:16:42, Mac Coile, 40, soon followed in 1:17:11, and Phil Gates, 40, was hot on his tail in 1:17:35. Suni Heaton, 40, outclassed the women in 1:27:37.

• The 4th annual Southeast Region Indoor Masters T&F Championships will be held March 19 at the U. of North Carolina at Chapel Hill. The first three meets were held at Middle Tennessee State U. in Murfreesboro. The track is a board, banked, 10-laps-to-the-mile. It has eight sprint/hurdle lanes of rubber composition extending straight down the center of the infield, and the same surface on the high jump, long jump, triple jump, and both pole vault runways. It will likely be the last indoor meet of the season, thereby giving athletes their final chance to be listed high in the annual T&F rankings.

## MIDWEST

• Ken Sparks, 49, Chagrin Falls, OH, and Whyong Semer, 66, Fremont, OH, earned top masters prizes of \$500 each with the best age-adjusted times of 2:19:38 and 2:51:05, respectively, in the Columbus Marathon, Nov. 13.

## SOUTH WEST

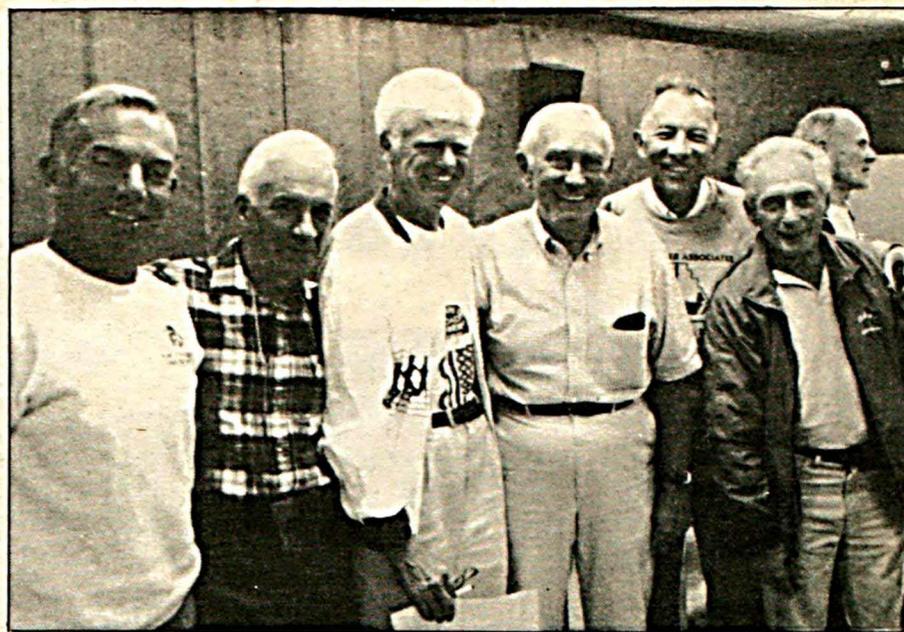
• Rob Ferguson (47, 1:16:50) and Kathy Kellogg (45, 1:31:49) were top masters in the

## Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.25 postage and handling for each order.

Send to:

*National Masters News*  
P.O. Box 50098  
Eugene, OR 97405



Bill Benson, 75, Valley Stream N.Y., guest speaker at the Plainview-Old Bethpage RRC September meeting, with running "contemporaries" (l to r): Tom Moylett, Jack Dwyer, Benson, George Dennis, Tom Trunkes, and Burt Jablon.  
Photo by Mike Polansky

White Rock Half-Marathon, Dallas, Nov. 5. Marilyn Patrick (50, 1:39:07), Mary Ann Miller (58, 1:47:23), and Betty Forsvall (60, 2:23:24) won their age groups. Most of those are expected to run in the First Austin 3M Half Marathon Feb. 12 (formerly the Run-Tex Marathon).

• Bob Schlau (47, SC, 2:26:43) and Irina Bondarchouk (42, RUS, 2:48:16) were masters winners in the Houston-Tenneco Marathon, Jan. 15, in windy, 45° to 60° weather. Leonid Moceev (42, TX, 2:27:48) and Vladimir Krivoy (44, MA, 2:30:23) followed Schlau. Kathy Barton (41, TX, 2:48:52) and Debbie Hanson (40, UT, 2:57:13) were female W40 runners-up. Lloyd Sampson (51, GA, 2:50:50) was the first 50+ runner, while Josephine Marchetti (51, CT, 3:06:18) and Thelma Wilson (63, NY, 3:39:46) won the W50 and W60 divisions. Overall winners were Peter Ponceco (28, CAN, 2:11:52) and Tatiana Pozdiokova (25, UKR, 2:29:57).

• In the concurrent Houston-Tenneco 5K, the top three masters were Chuck Hull (41, TX, 16:15), Jesse Sturgeon (41, TX, 16:20), and John Lauten (40, TX, 17:37). Top three W40+ were Marcy Gilles (45, NM, 18:28), Nancy Clark (41, LA, 20:56) and Dena Lucas (46, TX, 21:21). Terry Hollister (54, TX, 19:26), Don Sloumb (60, TX, 21:15), Ann Ferguson (52, TX, 22:49), and Joy Anneier (65, TX, 25:07) won their respective divisions.

## WEST

• Sal Salmi (40, 33:47) and Joni Shirley (48, 40:41) logged wins in the Mainly Masters 10K, San Diego, Dec. 17.

• Santa Barbara's annual Easter Relays, March 18, will feature for the first time a limited number of masters events. These include the 100y dash, mile, 4 x 100 relay and field events for both men and women. Scheduled to be held at Santa Barbara's City College, the events will be held in conjunction with the collegiate and open program commencing at 1:00 p.m. For those interested in competing, contact Meet Director Russell Smelley, Westmont College, La Paz Road, Santa Barbara, CA 93108. 805/565-6010. Masters are also welcome to participate in any open events as well.

• Top women's honors overall in the Humboldt Redwoods Marathon, Oct. 16, in Humboldt Redwoods State Park, CA, went to Bobbi Fryten, 44, of Fairbanks, AK. Her winning time of 3:06:49 placed her ten minutes ahead of the second-place finisher. An outstanding performance was also turned in by Joe Burgasser, 56, St. Petersburg, FL, whose division-winning time was 2:55:20.

• The 29th Las Vegas International Marathon on Feb. 4 will also feature the USATF National

Masters Half-Marathon Championships. 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 t&f 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 cup was torn. She's doubtful for the national indoor meet, but optimistic she can compete later in the year.

## NORTHWEST

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

## Joe Packard

from JOSEPHINE KOLDA  
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. □

## 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 Schlau, 42, and Nancy Mieszcak, 40, Capture Rocket City Marathon Titles
- Kjell-Erik Stahl Wins Fourth Straight Masters Championship in Honolulu Marathon

# Schedule

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

## TRACK & FIELD NATIONAL

**February 11.** USATF National Masters Men's & Women's Indoor Pentathlon Championships, Proviso West HS (near Chicago's O'Hare Airport). Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414/843-3567(h); 708/473-3700(o).

**February 24-26.** USATF National Masters Indoor Championships, Reno, Nev. Bill Bowser, U. of Nevada-Reno, Dept. of Athletics, Reno, NV 89557-0041. 702/784-4870.

**May 17-24.** U.S. National Senior Sports Classic V, San Antonio, Texas. USNSSO, 14323 South Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

**June 17-18.** USATF National Masters Decathlon/Heptathlon Championships, Eugene, Ore. Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

**July 6-9.** 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

**August 26.** USATF National Masters Weight Pentathlon Championships, site TBA. Richard Hotchkiss, director.

## EAST

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

**February 2, 9, 23.** Syracuse U. Noontime Running League, Manley Fieldhouse. Nick Wetter, Recr. Services, 241 Archbold Gym, Syracuse U., Syracuse, NY 13244. 315/443-4386.

**February 5.** Philadelphia Masters Developmental Meet, Lafayette College. M&W 18+. 10 am. 4x200 & mile relays/Tom Robinson Mile. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584 before 8:30 pm.

**February 5.** MAC "USAir/MAC Pentathlon Championships," SUNY-Stony Brook, N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233, 8-10 pm.

**February 12.** Greater Rochester TC Meet, U. of Rochester Fieldhouse. 1 pm. 716/872-6652.

**February 12.** DCRRC Indoor Meet Series, Jefferson Community Center, Arlington, Va. J.J. Wind, 703/920-5193. Hotline, 703/241-0395.

**February 12.** New Jersey Sub-Masters & Masters Indoor Championships. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201/261-7756.

**February 12.** Finger Lakes RC Indoor Meet, Cornell U. 1 pm. Scott Roberts, 607/255-0676.

**February 18.** Tri-State TC Indoor Classic. 1 p.m. Hagerstown JC. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 301/733-6076.

**March 3.** MAC Masters Indoor Championships, 168th St. Armory, Manhattan. 6 pm. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233, 8-10 pm.

**March 4.** Philadelphia Masters Indoor Games, Haverford College. M&W20+ in 5-yr. age-groups. 3000 RW. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584 (before 8:30 pm); Bill Krieger, 215/656-7617, X245.

**March 19.** East Indoor Regional Championships, U. of Delaware, Newark.

**April 27-29.** Penn Relays, Philadelphia. 27th: age-graded PV (40+); 28th: 4x100 (M40+, M50+, and other)/100 (M40, M50, M60), 4x400 (M50+ and other); 29th: 4x400 (M40+), 100 (M75+). Peter Taylor, 4014 Hallman St., Fairfax, VA 22030. 703/385-4392.

**June 24.** USATF East Regional Masters Championships, Central Dauphin HS, Harrisburg, Pa. Scott Thornesley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385.

## SOUTHEAST

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

**February 4.** Dick Lacey's Running Pentathlon (13th Annual). Clearwater H.S. Track, Clearwater, FL. Must run all five events. Open and masters. 5 year groups, 15 to 80 plus. 8 a.m. Dick Lacey 813/447-7161.

**February 25.** Manasota TC Meet, Booker HS, Sarasota, Fla. J.C. Shenk, 365-0005(h); 365-7204, x25(o).

**March 4.** Virginia Masters Indoor Championships, VMI Fieldhouse, Lexington. Out-of-state athletes welcome. Mile RW. SASE to John Tucker, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 703/463-8667; fax 703/463-8669.

**March 19.** USATF Southeast Regional Masters Indoor Championships, UNC-Chapel Hill. Dennis Craddock, UNC Athletic Dept., PO Box 2126, Carmichael Auditorium, Chapel Hill, NC. 27515. 919/962-5411.

**April 8.** Fifth Annual Naples-on-the-Gulf Masters Meet, Naples, Fla. Rudy Vlaardingerbroek, 813/597-6870.

**April 9.** Tar Heel Masters & Seniors Invitational T&F Meet, UNC-Chapel Hill. Dennis Craddock, P.O. Box 2126, Chapel Hill, NC 27515. Coach Kendra Mackey 919/962-5195.

## 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

## MIDWEST

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

**February 4.** USATF/Illinois State Masters Indoor Championships, Proviso West HS, Hillside. USATF, Ray Vandersteen, PO Box 7019, Villa Park, IL 60181. 708/953-2052.

**March 4.** USATF/Illinois Open & Masters Indoor Meet, Proviso West HS, Hillside. USATF, Ray Vandersteen, PO Box 7019, Villa Park, IL 60181. 708/953-2052.

**March 11.** Midwest Masters Indoor Meet, Lincolnway HS, New Lenox, Ill. Mike Davis, 241 3rd Ave., New Lenox, IL 60451 815/485-2879.

**March 25.** USATF Midwest Regional Masters Indoor Championships, Glenbrook HS, Glenview, Ill. Clarence Trinkner, 633 Sunset Dr., Janesville, WI 53545. 608/756-5260.

## MID-AMERICA

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

**February 5.** U.S. Masters-Senior Olympic EM "R" Winter Indoor Meet. SASE to Rachel Lyga, 122 63 1/2 Way NE, Minneapolis, MN 55432. 612/574-9661.

**May 12-13.** Western Slope Senior Games. 55+. Open to out-of-state. Norwest Bank Montrose, PO Box 730, Montrose, CO 81402. Evelyn Lawson 303/249-2000 or 1-800-873-0244.

## WEST

Arizona, California, Hawaii, Nevada

**January 28, February 4.** Long Beach, Calif. State Winter All-Comer Meets, 10 a.m. Open. 310/985-4666.

**January 28 to April 1.** Discus Clinic, Orange Coast College, Costa Mesa, CA. Each Saturday at 10 a.m. Janet Wilson, 714/646-3176.

**February 4, 11, 18, 25.** Los Gatos Meets, Los Gatos HS, Calif. 408/354-7365.

**February 10-19.** California Senior Olympics VIII, Palm Springs. 55+. Mizell Senior Center, 480 S. Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

**February 16-March 5.** Arizona Senior Olympics State Games. 50+. Irene Stillwell, Sharon Engelhardt, 1202 North Third St., Phoenix, AZ 85004. 602/495-5490; 261-8765.

**February 18.** KELfield Throws Meet #36, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**February 25-28.** California Senior Winter Games. 55+. Harry Lund, PO Box 96, Running Springs, CA 92382. 909/867-2411.

**March 4-10.** Sierra Vista Golden Olympics, Sierra Vista, Ariz. 50+. Maggie Dembowski, 3020 E. Tacoma St., Sierra Vista AZ 85635. 602/458-7922.

## ON TAP FOR FEBRUARY

### TRACK AND FIELD

The USATF 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 Manasota TC Meet, Sarasota, on the 25th.

### LONG DISTANCE RUNNING

Two USATF Masters Championships take place in the West: the Half-Marathon in Las Vegas on the 4th, and the 100K in Sacramento on the 18th.

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

### RACEWALKING

The National 3000m Indoor Championship will be held in Reno. The USATF South Regional 10K Championship strides on the 19th in Orlando.

**March 4-25.** Green Valley Senior Olympics, Green Valley, Ariz. 50+. David Fleck, Green Valley Recreation, PO Box 586, Green Valley AZ 85622. 602/625-3440.

**March 11.** Orange Spring Games/John Ward Masters Meet, Rancho Santiago College, Santa Ana, Calif. Al Siddons, 714/564-6936.

**March 11-12.** Decathlon/Heptathlon, Occidental College, Los Angeles. Gary Miller, 818/843-2139 (until 9 p.m. PST).

**March 18.** Easter Relays, Santa Barbara, Calif. Some masters events. Russ Smelley, 805/565-6010.

**April 8.** USATF/SCA Meet, Occidental College, Los Angeles. 818/843-2139. Entry Form in March issue.

Continued on page 28

# HYTEK

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Continued from page 27

**April 23.** Crown Valley Senior Games, Occidental College, Los Angeles. Cynthia Vaughn, 818/397-4064.

**April 23.** Steve Scott Open Invitational & Masters Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942 (eve).

**May 14.** Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 619/436-7696.

**May 20.** Visalia Classic Masters T&F Meet. 30+. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

**May 27.** USATF/Pacific Masters & Submasters Weight Pentathlon Championships, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**May 28.** Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942(eve).

**June 10.** Los Gatos Open & USATF Pacific Association Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

**June 24.** USATF West Regional Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

### NORTHWEST

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

**February 5.** Eugene Indoor Meet. Allen Tarpenning, 2813 Firwood Way, Eugene, OR 97401. 503/343-7355.

**April 13-14.** Oregon Invitational Decathlon/Heptathlon, Masters Division. Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 503/342-3113.

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

**June 30-July 1.** USATF Northwest Regional Masters Championships, Mt. Hood Community College, Portland area. Jim Puckett, director.

### CANADA

**March 4.** Ontario Masters Indoor Championships, York University, Toronto. Men & Women 35+. Brian Keaveney, 426 Valermo Drive, Etobicoke, Ont. M8W 2L9. 416/252-7047.

### 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 (38:58).

Photo by Hank Kiesel

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

## LONG DISTANCE RUNNING NATIONAL

**February 4.** USATF National Masters Half-Marathon Championships, Las Vegas, Nev. Al Boka, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

**February 18.** USATF National Masters 100K Championships, Sacramento. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

**March 19.** USATF National Masters 8K Championships, Chicago. David Patt, CARA, 59 E. Van Buren, #1716, Chicago IL 60605.

**April 2.** USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121.

**September 16.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

**October 8.** USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

**October 15.** USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

**November 11.** USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd. #309, Cincinnati, OH 45246. 513/860-2253.

**November 18.** USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

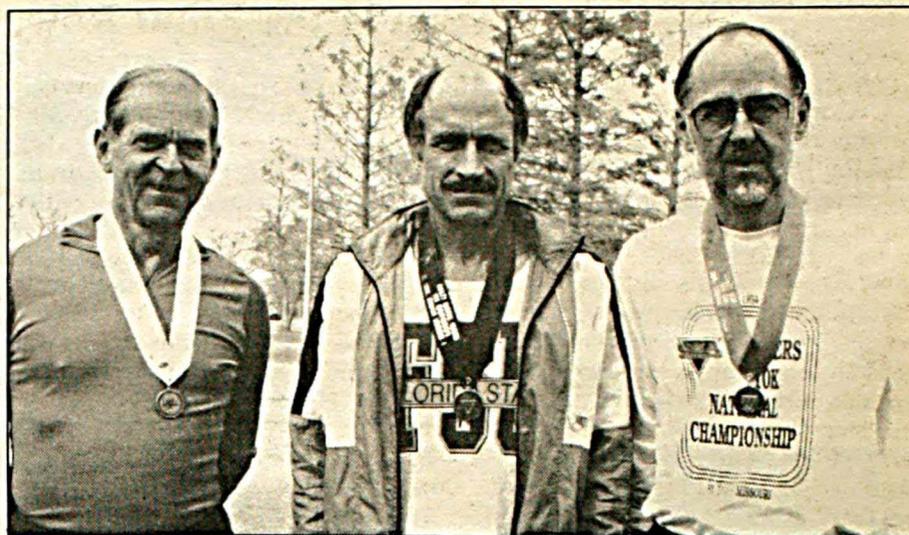
### EAST

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

**February 19.** Washington's Birthday Marathon, Greenbelt, Md. PO Box 1352, Arlington, VA 22210. 703/241-0395.

**February 26.** Hudson Mohawk Marathon, Albany, N.Y. Lori Christina, 2-A Ramsgate, London Square Apts., Clifton Park, NY 12065. 518/383-4514.

**April 17.** B.A.A. Boston Marathon. Qualifying times. SASE to Boston Athletic Association, PO Box 1996, Hopkinton, MA 01748. 617/236-1652.



Top Three in the M55 race, USATF National Masters 10K Championships, St. Louis, Dec. 4, from left: Glen Roth (39:38), Bill Hendey (38:17), and Bill Olrich (36:21). Photo by Hank Kiesel

### SOUTHEAST

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

**February 4.** Dick Lacey's Running Pentathlon (13th Annual). Clearwater H.S. Track, Clearwater, FL. Must run all five events. Open and masters. 5 year groups, 15 to 80 plus. 8:00 a.m. Dick Lacey 813/447-7161.

**February 12.** Pomoco Group/Hampton Coliseum. RRCA Eastern Regional Half-Marathon Championships, Hampton, Va. Road Race, Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669. 804/727-6140 (weekdays, 9-5); or Rick Platt, 804/229-7375(h), 804/220-2601(off).

**February 18.** Gasparilla Distance Classic 15K/5K. Gasparilla, PO Box 1881, Tampa, FL 33601. 813/229-7866.

**February 25.** Blue Angel Marathon. Marathon, c/o MWR, Bldg. 632, Naval Air Station, Pensacola, FL 32508. 904/452-4391.

**February 26.** Colonial Half-Marathon, Williamsburg, Va. Bonita Flesher, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362, or Rick Platt, 804/229-7375(h), 804/220-2601(off).

**March 11.** River Run 15K, Doug Alred, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

### MID-AMERICA

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

**April 1.** YMCA Midwest Masters Classic XIII annual (35+) 8K Run (certified) and 2 Mile Walk. 9 a.m. N.P. Dodge Park, Omaha, NE. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/554-8645.

**April 22.** 26th annual Longest Day Marathon, Half Marathon, 10K, 5K, and 5K Racewalk, Brookings, S.D. Charles Roberts, 1345 First St., Brookings, SD 57006. 605/692-2334. Bob Bartling, 605/692-2414.

### SOUTHWEST

Arkansas, Louisiana, Mississippi,  
Oklahoma, Texas

**February 11.** Conoco Rodeo 10K. Rodeo Run, PO Box 4584, Houston, TX 77210. 713/293-2447.

**February 25.** Cowtown 10K. Jim Gilliland, PO Box 9066, Fort Worth, TX 76147. 817/735-2033.

**March 5.** Austin Marathon/Relays. Marathon, PO Box 6584456, Austin, TX 78768. Run-Tex, 512/472-3272.

### WEST

Arizona, California, Hawaii, Nevada

**February 4.** 29th Las Vegas International Marathon. Al Boka, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

**February 5.** Runner's Den 10K. Rob Wallach, 6505 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

**February 19.** Desert Classic Marathon, Scottsdale, Ariz. Arizona RR, PO Box 37876, Phoenix, AZ 85069-7876. 602/954-8341.

**February 19.** San Dieguito Half-Marathon. SD Half-Marathon, 7801 Mission Center Court, Suite 200, San Diego, CA 92108. Kathy Loper, coordinator, 619/298-7400.

**February 20.** Great Aloha 8.25 Mile Run, Honolulu. 808/735-6092.

**March 5.** Los Angeles Marathon. LA Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 310/444-5544.

**March 5.** Sutter Home Napa Valley Marathon. PO Box 4307, Napa, CA 94558-0430. 707/255-2609, or James Raia, 2301 J Street, Suite #205, Sacramento, CA 95816. 916/448-5122.

**April 2.** Fifty Plus 8K, Stanford, Calif. USATF Pacific Assoc. Championships. Don Carpenter, 2485 Bryant, Palo Alto, CA 94301. 415/327-8043.

### NORTHWEST

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

**March 4.** Trail's End Marathon, Seaside, Ore. Gordon Lovie, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503/646-7867.

### INTERNATIONAL

**February 5.** Valencia Marathon, Valencia, Spain. First-ever age-handicap marathon. Deadline Jan. 23. S.D. Correcaminos, Pintor Peiro, 10-7<sup>a</sup> - 46010 Valencia, Spain. Phone: 96/369 20 71. Toni Lastra, race director.

**June 25.** 22nd Veterans Grand Prix 10K & 25K, Brugge, Belgium. M40+, W35+. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 00 32 50 33 43 25.

**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.

### RACE WALKING

**February 12.** MAC Indoor 3000 Racewalk, Fairleigh Dickinson U., N.J. masters and sub-masters 5-year age groups. Jim Manno, 792 Schaefer Ave., Oradell NJ 07649.

**February 19.** USATF South Regional 10K & Florida Association State Championships, U. of Central Florida, Orlando. Verena Buchs, 585 Via Lugano, Winter Park, FL 32789. 407/645-4706.

**February 24.** USATF National Masters 3000m Racewalk Indoor Championships, Reno, Nev. See National T&F schedule.

# Octogenarian in the Front Row, Almost

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 be safer 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. "Who is that guy?" I muttered to a youngish master... "Oh, that's Fred. He always does that."

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 mid-packers lunge at you on mile four. It's the hilliest "flat" course I 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

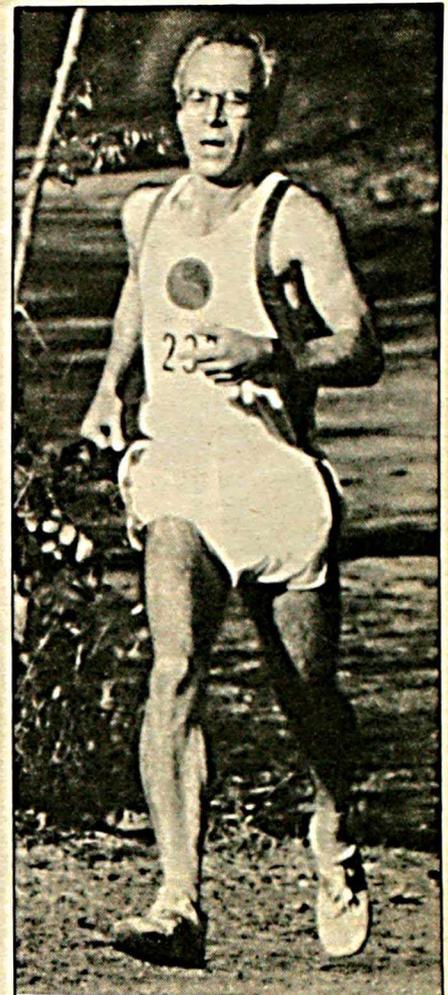
computer, but personally, it seems Fred should've won. Henry Damian, 44, a fine Philly runner, was first age-graded winner with a 27:58 (AG 26:14), and the two sandwiched my effort (29:50, AG 26:18), but somehow, deep in my heart, I feel that my pretty-good race, and Henry's nice race, don't hold a candle 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 Philly Pheet flew. Bob Robbins, 60, was second 50+ in 34:13.

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

Perhaps recognition for the next



Sumner Brown, Belmont, Mass., M50 winner (28:27), USATF National Masters 8K Cross-Country Championships, Boston, Nov. 19.

Photo by Steve Schmitt BRC

## USA Track & Field

### Fastest Masters Road Race Times [January 1, 1994 - December 31, 1994]

#### 5,000 METER ROAD RACES - AMERICAN WOMEN (AGE 40+)

NAME	AGE	CTZ	TIME	PLC	RACE	CST	RDATE
1 SANDY ROBBINS	42	USA	17:04a	M1	FONTANA DAYS	CA	06/04/94
	43	USA	17:59	M1	PALM DESERT	CA	12/11/94
			18:00	M1	RACE FOR THE CURE: NEWPORT B	CA	09/25/94
2 SHERRI HALL	41	USA	17:24a	M2	FONTANA DAYS	CA	06/04/94
3 JOANNE SCIANNNA	40	USA	17:27	M1	CHIPS CHALLENGE	NH	05/07/94
			17:32	M1	FREIHOFER'S RUN FOR WOMEN	NY	06/04/94
			17:36	2	BEDFORD ROTARY MEMORIAL	NH	05/21/94
4 DIANA TRACY	41	USA	17:30	4	GARDENA	CA	06/19/94
5 HONOR FETHERSTON	40	USA	17:30	3	RUN TO THE FAR SIDE	CA	11/27/94
6 REBECCA STOCKDALE WOOLEY	43	USA	17:33	M1	HARVARD HEALTH DOWNTOWN	RI	10/16/94
			17:35	M2	FREIHOFER'S RUN FOR WOMEN	NY	06/04/94
			17:56	M2	CHIPS CHALLENGE	NH	05/07/94
7 FRANCIE LARRIEU SMITH	41	USA	17:34	1	RACE FOR THE CURE	MN	05/08/94
			17:42	1	RACE FOR THE CURE: FT. WORTH	TX	04/16/94
8 MARCY GILLES	45	USA	17:38	M1	TWIN CITIES MARATHON	MN	10/01/94
9 PAMELA WILLIAMS	40	USA	17:41a	M1	RIVERFEST RUN BY THE RIVER	TN	09/10/94
10 SUZANNE RAY	43	USA	17:43	M1	RACE FOR THE CURE: DALLAS	TX	10/22/94

#### 5,000 METER ROAD RACES - AMERICAN MEN (AGE 40+)

NAME	AGE	CTZ	TIME	PLC	RACE	CST	RDATE
1 DOUG BELL	43	USA	14:37a	2	EVERGREEN TOWN RACE	CO	08/07/94
			15:40	1	LAFAYETTE	CO	07/23/94
2 BARRY MOLONY	43	USA	15:10	M1	WESTLAKE FLORIST FLOWER RUN	CA	06/05/94
			15:10	M2	NEWPORT 5000	CA	06/12/94
3 BILL RODGERS	46	USA	15:11	M1	GRAND BAHAMA 5000	BAH	02/19/94
			15:22	M3	WEGMANS FOOD YOU FEEL GOOD	NY	04/24/94
4 CLAY STENBERG	40	USA	15:12	M2	CARLSBAD 5000	CA	03/27/94
5 CHARLES MCMULLEN	42	USA	15:14	M1	WEGMANS FOOD YOU FEEL GOOD	NY	04/24/94
			15:32a		HOME DEPOT	IL	10/30/94
6 FRANCES GAILSON	43	USA	15:15	M3	CARLSBAD 5000	CA	03/27/94
			15:56	M1	KCCN TV/BIG SUR	CA	04/24/94
7 TERRY STANLEY	41	USA	15:19	M2	WEGMANS FOOD YOU FEEL GOOD	NY	04/24/94
			15:22a		HOME DEPOT	IL	10/30/94
8 GARY TOWNSEND	43	USA	15:22a		HOME DEPOT	IL	10/30/94
9 PAUL MASCALI	42	USA	15:23	M2	HARVARD HEALTH DOWNTOWN	RI	10/16/94
10 RIC BANNING	41	USA	15:29	M1	DRACHEN FIRE RUN/ ARTHRITIS	VA	05/21/94
			15:35	M2	BEL AIR TOWN RUN	MD	06/05/94
11 JAMES PRYDE	40	USA	15:31	M1	BEL AIR TOWN RUN	MD	06/05/94

#### 10,000 METER ROAD RACES - WOMEN (AGE 40+)

NAME	AGE	CTZ	TIME	PLC	RACE	CST	RDATE
1 CARLA BEURSKENS	42	HOL	32:39	2	PAERLLOOP	HOL	04/10/94
			33:59	2	KONMAR RUN	HOL	09/11/94
			36:35	M1	BOLDER BOULDER	CO	05/30/94
2 IRINA BONDARCHUK	41	RUS	34:31	1	BAKER HUGHES BAYOU	TX	03/19/94
			36:16a	1	CONOCO RODEO	TX	02/19/94
3 JOSETTE COLOMB DANIN	40	FRA	35:01	1	WORLDS VETERAN CHAMPIONSHIP	CAN	07/30/94
4 JARMILA URBANOVA	44	???	35:44	4	SELIGENSTADTER STADLAUF	GER	08/20/94
5 DIANA TRACY	40	USA	35:53	M1	HIGH TECH TREK	CA	01/04/94
			36:35a	M2	COOPER RIVER BRIDGE RUN	SC	03/26/94
			36:53a	M1	PEACHTREE ROAD RACE	GA	07/04/94
6 REBECCA STOCKDALE WOOLEY	44	USA	35:54a	M1	RICHARD CALIGUIRI GREAT RACE	PA	09/25/94
			36:07	M1	MIKE ERUZIONE WINTHROP HOSP.	MA	06/11/94
			36:32a	M1	COOPER RIVER BRIDGE RUN	SC	03/26/94
			36:46	M1	SALLIE MAE	DC	04/17/94
7 MARCY GILLES	44	USA	36:02	M1	VICTORY	MN	09/05/94
8 TERRY MAHR	45	GBR	36:06a	M1	INTERNATIONAL FEACE RACE	OH	10/09/94
9 KAREN BLACKFORD	44	USA	36:14	3	BLADE RUN	OH	09/25/94
10 DEBBIE WAGNER	42	USA	36:15	M2	BLADE RUN	OH	09/25/94
11 JOANNE SCIANNNA	40	USA	36:16	3	KIWANIS/EXETER HOSPITAL	NH	08/27/94
12 LAURIE BINDER	45	USA	36:24	M2	HIGH TECH TREK	CA	01/04/94

#### 10,000 METER ROAD RACES - MEN (AGE 40+)

NAME	AGE	CTZ	TIME	PLC	RACE	CST	RDATE
1 MARTIN MONDRAGON	40	MEX	28:56	M1	AZALEA TRAIL RUN: MOBILE	AL	03/26/94
			29:49a	M1	PEACHTREE ROAD RACE	GA	07/04/94
			30:19a	M1	COBB 10K CLASSIC	GA	09/05/94
			30:55	M1	BOLDER BOULDER	CO	05/30/94
2 NICK ROSE	42	GBR	30:03a	M2	PEACHTREE ROAD RACE	GA	07/04/94
			30:04a	5	COOPER RIVER BRIDGE RUN	SC	03/26/94
			30:55	M1	REVCO-CLEVELAND	OH	05/15/94
3 MANUEL VERA	43	MEX	30:21	M1	CRESCENT CITY CLASSIC	LA	04/16/94
			30:33a	M3	PEACHTREE ROAD RACE	GA	07/04/94
4 GARY ROMESSER	43	USA	30:25	M1	BOWLING GREEN CLASSIC	KY	10/01/94
			31:26	1	500 DISTANCE CLASSIC	IN	05/28/94
5 RICK SAYRE	40	USA	30:50	M1	MERCURY NEWS	CA	03/20/94
6 GARY ZEUNER	40	AUS	30:59	M1	SALLIE MAE	DC	04/17/94
7 JOSEPH NZAU	43	KEN	31:01a	M1	RICHARD S. CALIGUIRI GREAT RACE	PA	09/25/94
			31:03a	M4	PEACHTREE ROAD RACE	GA	07/04/94
8 CHARLIE MCMULLEN	42	USA	31:03	M2	SALLIE MAE	DC	04/17/94
9 RIC BANNING	42	USA	31:04	M3	SALLIE MAE	DC	04/17/94
10 WILSON WAIGWA	44	KEN	31:04	M1	HIGH TECH TREK	CA	01/04/94
			31:31a	M2	COOPER RIVER BRIDGE RUN	SC	03/26/94
11 BRYAN STRIDE	43	CAN	31:09	M4	SALLIE MAE	DC	04/17/94
12 NIGEL GATES	40	GBR	31:12	1	WORLD VETERANS CHAMPIONSHIP	CAN	07/30/94
13 FRANCES GAILSON	41	USA	31:18	M1	COX CABLE	CA	08/14/94
14 LEONARD HILL	41	USA	31:28	M2	MERCURY NEWS	CA	03/20/94
15 CHARLIE GRAY	40	USA	31:31	M1	PET/ALLSPORT V.P. FAIR	MO	07/03/94

## USA Track & Field

### Fastest Masters Road Race Times [January 1, 1994 - December 31, 1994]

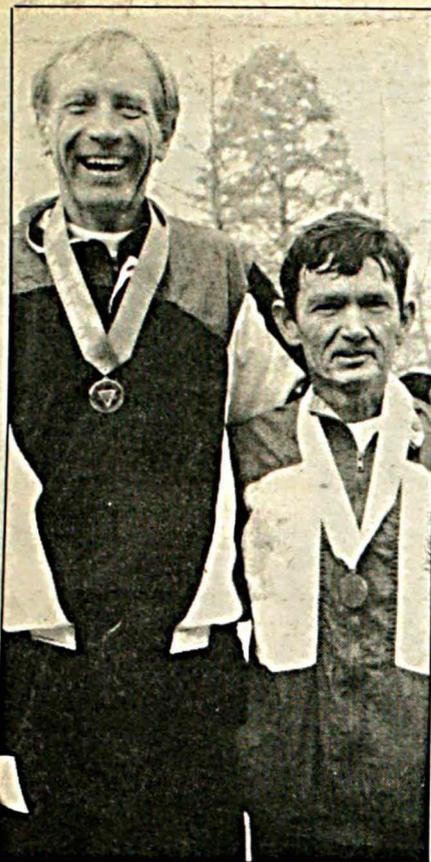
#### MARATHONS - AMERICAN WOMEN (AGE 40+)

NAME	AGE	CTZ	TIME	PLC	RACE	CST	RDATE
1 SHARLET GILBERT	42	USA	2:43:46a	M3	BOSTON	MA	04/18/94
	43	USA	2:44:51a	M1	GRANDMA'S	MN	06/18/94
	42	USA	2:50:46	M1	GIANT EAGLE/CITY OF PITTSBURGH PA	PA	05/01/94
			2:58:22a	M4	LAS VEGAS INTL	NV	02/05/94
2 HONOR FETHERSTON	40	USA	2:45:03a	6	CALIFORNIA INTL	CA	12/04/94
3 SUZANNE RAY	42	USA	2:45:36	M1	TWIN CITIES	MN	10/02/94
4 DIANA TRACY	41	USA	2:46:56a	M5	BOSTON	MA	04/18/94
5 MARINA JONES	42	USA	2:48:06a	M6	BOSTON	MA	04/18/94
			2:50:19	M2	CITY OF LOS ANGELES	CA	03/06/94
			2:51:47a	M2	LAS VEGAS INTL	NV	02/05/94
			2:54:59	M2	WALT DISNEY WORLD	FL	01/16/94
			2:58:21a	M3	GRANDMA'S	MN	06/18/94
6 CAROL VIRGA	43	USA	2:59:26	M1	REVCO-CLEVELAND	OH	05/15/94
			2:49:53	M1	WALT DISNEY WORLD	FL	01/16/94
			2:51:50a	M2	MOTOROLA AUSTIN	TX	03/06/94
			2:56:22a	M2	GRANDMA'S	MN	06/18/94
7 DEBBIE HANSON	40	USA	2:51:15a	M8	BOSTON	MA	04/18/94
			2:51:39a	M1	LAS VEGAS INTL	NV	02/05/94
8 DONNA STERNS	40	USA	2:52:39.0		HOUSTON-TENNECO	TX	01/16/94
9 KAREN BLACKFORD	44	USA	2:55:10	M1	DETROIT FREE PRESS INTL	MI	10/16/94
10 DONNA STERNS	41	USA	2:55:31a	M3	MOTOROLA AUSTIN	TX	03/06/94
11 JANET SKAALEN	41	USA	2:55:40	M5	TWIN CITIES	MN	10/02/94
			2:59:11	4	FIRST TENNESSEE/MEMPHIS	TN	12/04/94
12 DEBBIE HANSON	40	USA	2:56:21	M6	TWIN CITIES	MN	10/02/94
13 TERRI MARTLAND	40	USA	2:57:39a	M9	BOSTON	MA	04/18/94
14 JUNE SCHLABACH	44	USA	2:59:21	M3	DETROIT FREE PRESS INTL	MI	10/16/94

#### MARATHONS - AMERICAN MEN (AGE 40+)

NAME	AGE	CTZ	TIME	PLC	RACE	CST	RDATE
1 DOUG KURTIS	42	USA	2:15:48a	M1	BOSTON	MA	04/18/94
	41	USA	2:19:26a	3	LAS VEGAS INTL	NV	02/05/94
	42	USA	2:19:46a	3	GRANDMA'S	MN	06/18/94
			2:20:00	M2	TWIN CITIES	MN	10/02/94
			2:21:35a	1	MOTOROLA AUSTIN	TX	03/06/94
			2:24:59a	M1	UNITED HEALTH/OCEAN STATE	RI	10/30/94
			2:26:19	1	VIETNAM	VIE	01/16/94
			2:27:02	2	FIRST TENNESSEE/MEMPHIS	TN	12/04/94
			2:27:11	M1	DETROIT FREE PRESS INTL	MI	10/16/94
			2:27:29a	M2	NEW YORK CITY	NY	11/06/94
			2:28:57	M1	GIANT EAGLE/CITY OF PITTSBURGH PA	PA	05/01/94
2 JOHN BARBOUR	40	USA	2:20:26a	M5	BOSTON	MA	04/18/94
3 RIC SAYRE	40	USA	2:20:52a	M7	BOSTON	MA	04/18/94
4 DANIEL BLACK	40	USA	2:26:06	3	SHAMROCK SPORTSFEST	VA	03/19/94
			2:30:45a		BOSTON	MA	04/18/94
5 PAUL CUMMINGS	40	USA	2:2				

# USATF NATIONAL MASTERS INDOOR CHAMPIONSHIP MEET RECORDS



Jan Frisby, Grand Junction, Colo., first M50 and third overall (33:54), and John Boyle, DeLand, Fla., third M50 (38:16), USATF National Masters 10K Championships, St. Louis, Mo., Dec. 4.

Picture by Hank Kiesel

## 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 Benson — he'll burn those eight-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 Thornsley, 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

### 60 METER HURDLES

M30	:08.07	Peter Grimes '92
	:08.07	Robert Stanley '93
M35	:08.23	Nate Robinson '90
M40	:08.15	Stan Druckery '89
M45	:08.43	Stan Druckery '94
M50	:08.47	Walt Butler '93
M55	:09.13	Charles Miller '94
M60	:09.14	Phil Mulkey '93
M65	:10.14	Ed Lukens '89
M70	:10.57	Ed Lukens '94
M75	:11.20	Frank Finger '91
M80	:14.86	Ted Hatton '92

### 60 METER DASH

M30	:07.11	Artego Jaunes '90
M35	:06.91	Bill Collins '89
M40	:06.97	Eddie Hart '90
M45	:07.02	Stan Whitley '91
M50	:07.39	Steve Robbins '93
M55	:07.53	Hugo Hartenstein '90
M60	:07.95	Marion Sanchez '93
M65	:08.14	Jim Law '91
M70	:08.46	Payton Jordan '89
M75	:09.13	Rod Parker '94
M80	:09.97	Barry Ivers '93
M85	:11.74	Randall Russell '93

### 200 METER DASH

M30	:22.81	Michael McDowell '89
M35	:22.21	Bill Collins '89
M40	:22.83	Bill Collins '94
M45	:22.70	Stan Whitley '91
M50	:24.20	Roy Turner '90
M55	:24.94	Hugo Hartenstein '90
M60	:26.37	Jack Greenwood '89
M65	:26.69	Jim Law '94
M70	:28.00	Payton Jordan '89
M75	:30.78	Rod Parker '94
M80	:33.87	Barry Ivers '92
M85	:39.79	Russell Randall '93

### 400 METER DASH

M30	:49.74	Michael McDowell '90
M35	:50.55	Michael McDowell '92
M40	:50.16	Fred Sowerby '92
M45	:50.99	Fred Sowerby '94
M50	:54.65	Harry Tolliver '90
M55	:55.96	Larry Colbert '92
M60	:60.57	Marion Sanchez '94
M65	:60.67	Jim Law '91
M70	:66.03	John Alexander '90
M75	:72.64	Rod Parker '94
M80	:86.79	Byron Fike '89
M85	:91.55	Konrad Boas '91

### 800 METER RUN

M30	1:56.71	Michael McDowell '90
M35	1:59.42	Rick Smith '93
M40	1:56.70	Nolan Smith '91
M45	1:57.81	Ken Sparks '90
M50	2:09.49	Harry Tolliver '90
M55	2:10.62	John Conner '90
M60	2:21.94	Ken Luff '94
M65	2:29.38	Archie Messenger '89
M70	2:44.50	Jay Sponseller '89
M75	3:00.91	Alferd Funk '93
M80	3:58.99	Jerry Wibble '94

### 1500 METER RUN

M30	4:04.70	Jean Ruleau '89
M35	4:05.11	Tim Anderson '90
M40	3:59.24	Nolan Smith '91
M45	4:04.80	Ken Sparks '90
M50	4:22.61	Dan Conway '91
M55	4:30.76	John Conner '90
M60	4:44.30	Jim Sutton '92
M65	5:02.50	Joe King '92
M70	5:53.55	George Sheehan '90
M75	6:12.66	Alferd Funk '93
M80	9:56.00	Harold Massie '94

### 3000 METER RUN

M30	8:45.19	Richard Marion '92
M35	8:45.45	Mark Furkis '92
M40	8:53.33	Mark Gibbins '90
M45	9:04.72	Al Swenson '92
M50	9:14.84	Dan Conway '91
M55	10:01.69	Jim Sutton '90
M60	10:34.92	Bill Fortune '90
M65	11:12.02	Jim Forshee '92
M70	12:44.95	Howard Know '90
M75	13:10.84	Alferd Funk '93
M80	21:22.10	Harold Massie '94

### 3000 METER WALK

M30	13:53.10	John Derfoot '93
M35	14:27.42	Robert Korn '90
M40	12:42.62	Ray Funkhouser '92
M45	13:43.72	Gary Null '92
M50	12:35.49	Don DeNoon '94
M55	14:43.00	Max Green '89
M60	14:44.51	Max Green '92
M65	15:36.50	V.Ginzlinger '91
M70	19:18.90	Bill Tallmadge '89
M75	26:29.70	George Knox '89

### HIGH JUMP

M30	7'0"	Greg Hanie '88
M35	7'0.25"	Jim Barrineau '93
M40	6'10.75"	Dwight Stones '94
M45	5'10.5"	Johnnie Meisner '91
	5'10.5"	Jim Johnson '91
M50	5'10"	Nick Newton '85
M55	5'6"	Rich Richardson '91
M60	5'5"	Jim Gilchrist '90
M65	5'4.5"	Jim Gilchrist '93
M70	4'6"	Burl Gist '91
M75	4'5"	Ham Morningstar '93
M80	3'10"	Virgil McIntyre '91
M85	3'2"	Arling Pitcher '88

### POLE VAULT

M30	16'6"	Gary Hunter '89
M35	16'8"	Gary Hunter '92
M40	15'0"	Wally Sokolowski '81
M45	14'1.5"	Jerry Cash '94
M50	13'6"	Boo Morcom '76
M55	13'0"	Boo Morcom '77
	13'0"	Jerry Donlely '85
M60	12'0"	Bob Richards '86
	12'0"	Phil Mulkey '93
M65	11'0"	Boo Morcom '87
M70	9'9.25"	Carol Johnson '85
M75	9'3"	Carol Johnson '92
M80	8'0"	Carol Johnson '94
M85	5'6"	Arling Pitcher '88

### LONG JUMP

M30	24'9.5"	Leatha Stanley '87
M35	22'1.5"	Rufus Morris '84
M40	23'1"	Stan Whitley '86
M45	21'8.5"	Stan Whitley '91
M50	20'8.5"	Shirley Davisson '80
M55	19'3.25"	Boo Morcom '77
M60	17'1.25"	Buck Bradberry '87
M65	17'1.5"	Tom Patsalis '87
M70	16'6.25"	John Alexander '90
M75	12'8"	Russell Myers '80
M80	10'6.5"	Claude Hills '93
M85	8'8.5"	Russell Randall '93

### TRIPLE JUMP

M30	47'10.5"	Leatha Stanley '87
M35	46'8.25"	Rick Mindel '92
M40	48'5.5"	Keith Witherspoon '94
M45	44'11.25"	Ira Davis '83
M50	40'7.5"	Dave Jackson '83
M55	36'4"	Phil Mulkey '88
M60	34'11.25"	Phil Mulkey '94
M65	35'7.5"	Tom Patsalis '87
M70	32'8.5"	Ed Lukens '93
M75	27'5.5"	Robert Sorlien '92
M80	22'0.25"	Claude Hills '93
M85	15'5"	Konrad Boaz '90

### SHOT PUT

M30	52'6"	Gary England '88
M35	54'0.25"	George Tyms '87
M40	52'10.5"	Ed Hill '86
M45	51'9.5"	Ed Hill '88
M50	49'0"	Ed Burke '94
M55	45'9.5"	Rich Hotchkiss '94
M60	48'0.5"	Cliff Blair '92
M65	42'7"	Bill Bangert '89
M70	43'5"	Ross Carter '85
M75	40'4.25"	Ross Carter '90
M80	37'5.25"	Ross Carter '94
M85	20'9.5"	Everett Hosack '88

### WEIGHT THROW

M30	53'4.5"	Mark Heckel '92
M35	60'2.5"	Ken Jansson '94
M40	64'10.5"	Al Hall '77
M45	58'9"	Bob Backus '76
M50	61'1.25"	Bob Backus '77
M55	45'5.5"	Bill McWilliams '92
M60	57'4.5"	Stew Thompson '94
M65	48'10.5"	Bill Walworth '89
M70	46'6"	Tom McDermott '88
M75	36'0"	Nolan Fowler '90
M80	23'6.5"	Leon Joslin '92
M85	16'8"	Burt DeGroot '93

### 60 METER HURDLES

M30	:09.82	Denise Foreman '94
M35	:10.08	Sherice DuChamp '90
M40	:09.65	Phil Raschker '90
M45	:09.42	Phil Raschker '94
M50	:11.52	Christel Miller '89
M55	:11.47	Christel Miller '90
M60	:14.19	Shirley Kinsey '90

### 60 METER DASH

M30	:08.06	Donna Pope-Green '89
M35	:08.21	Irene Thompson '92
M40	:08.12	Phil Raschker '93
M45	:08.03	Phil Raschker '94
M50	:08.98	Mary Luker '92
M55	:09.36	Christel Miller '90
M60	:09.01	Irene Obera '94
M65	:10.03	Pat Peterson '92
M70	:10.36	Mary Bowerman '89
M75	:11.75	Millie Crews '90

### 200 METER DASH

M30	:27.44	Louise Clark '92
M35	:27.11	Marcia Hulse '92
M40	:26.31	Phil Raschker '93
M45	:26.06	Phil Raschker '94
M50	:30.87	Marilyn Mitchell '93
M55	:31.45	Carolyn Cappetta '93
M60	:30.39	Irene Obera '94
M65	:35.25	Pat Peterson '92
M70	:37.85	Mary Bowerman '89
M75	:44.39	Millie Crews '91

### 400 METER DASH

M30	:62.07	Louise Clark '92
M35	:63.26	Irene Thompson '91
M40	:62.11	Phil Raschker '91
M45	:60.57	Phil Raschker '94
M50	:71.58	Ruth Nalepa '94
M55	:69.03	Carolyn Cappetta '93
M60	:75.99	Irene Obera '94
M65	:85.75	Pat Peterson '92
M70	:93.10	Louise Adams '93
M75	1:45.59	Pearl Mehl '89

### 800 METER RUN

M30	2:21.43	Joan Sterrett '91
M35	2:21.03	Joan Sterrett '94
M40	2:30.26	Paula Dickens '94
M45	2:29.49	Phil Raschker '94
M50	2:40.53	Ruth Nalepa '94
M55	2:55.08	Tami Graf '91
M60	3:18.31	Betty Vosburgh '92
M65	3:30.74	Dottie Gray '92
M70	3:37.33	Carol Peeples '94

### 1500 METER RUN

M30	4:31.98	Andrea Fischer '94
M35	4:36.12	Cindy Bremser '91
M40	4:53.30	Marie Burleson '89
M45	5:12.70	Linda Findley '94
M50	5:23.70	Ruth Nalepa '94
M55	5:48.07	Wava Musbrucker '91
M60	7:06.00	Dottie Gray '92
M65	7:59.50	Carol Peeples '89
M70	7:17.94	Louise Adams '93
M75	7:43.30	Pearl Mehl '89

### 3000 METER RUN

M30	9:53.75	Andrea Fischer '94
M35	10:34.92	Carla Hervert '94
M40	10:22.10	Mary Wood '89
M45	11:02.18	Jane Hutchinson '94
M50	11:27.58	Ruth Nalepa '94
M55	11:45.94	Molly Turner '92
M60	15:35.30	Mary Norckauer '89
M65	16:18.04	Queenie Thompson '91
M70	14:38.65	Louise Adams '93
M75	15:53.50	Pearl Mehl '89

### 3000 METER WALK

M30	14:19.51	Victoria Herazo '90
M35	15:31.58	Threase Iknoian '94
M40	14:23.33	Viisha Sedlak '92
M45	16:29.54	Jeanne Bocca '92
M50	17:28.21	Elly Richardson '92
M55	17:35.06	Elly Richardson '94
M60	17:31.83	Ruth Eberle '94
M65	19:06.80	Ruth Leff '92
M70	20:56.80	Ernestine Yoemans '89
M75	22:17.08	Millie Crews '90

### HIGH JUMP

M30	5'1"	Phil Raschker '82
M35	5'4"	Skipper Clark '84
M40	5'0.25"	Phil Raschker '89
M45	5'0.25"	Phil Raschker '94
M50	4'2.5"	Christel Miller '89
M55	4'1.25"	Christel Miller '90
M60	4'1.5"	Leonore McDaniels '91
M65	4'0.5"	Leonore McDaniels '93
M70	3'7"	Mary Bowermaster '85

### POLE VAULT

M35	8'0"	Phil Raschker '84
M40	8'0"	Phil Raschker '88
M45	10'6"	Phil Raschker '94
M50	7'5.75"	Barbara Stewart '94
M55	4'7"	Lucy Bancroft '92

### LONG JUMP

M30	19'1"	Donna Pope-Green '871
M35	18'7.5"	Phil Raschker '84
M40	18'5"	Phil Raschker '87
M45	18'0.5"	Phil Raschker '92
M50	13'7"	Christel Miller '85
M55	12'3.5"	Betty Vosburgh '92
M60	11'8"	Leonore McDaniels '92
M65	11'5"	Leonore McDaniels '93
M70	10'10.25"	Vivian Nelson '88

### TRIPLE JUMP

M30	27'0"	Jay English '82
M35	33'0"	Phil Raschker '84
M40	35'4.5"	Phil Raschker '93
M45	35'6.5"	Phil Raschker '93
M50	27'5.5"	Christel Miller '

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

<b>M45-49</b>				
Michael Dove	10K	32:41	3-12-94	
<b>M55-59</b>				
Wayne Bennett	100M	12.45	8-11-94	
	200M	25.52	8-11-94	
	400M	50.64	8-11-94	

Michael Boudreau	100M	12.64	8-11-94	
	200M	25.56	8-11-94	
	400M	57.17	8-11-94	
Sterling Kerr	1500M	7:27	12-03-94	
	3K	15:11	12-03-94	

<b>M65-69</b>				
Bailey Gore	Decathlon	6434	7-16-94	
<b>M70-74</b>				
Robert Peters	56# Wt.	3.66	12-27-93	
<b>M75-79</b>				
Ted Yenari	100M	16.47	11-21-94	

<b>M80-84</b>				
Claude H. Hills	100M	17.4	7-10-93	
	200M	36.77	3-19-94	
	80H	19.73 AR	8-11-94	
	300H	76.20 WR	8-11-94	
	High Jump	3-8½	3-19-94	
	Pole Vault	1.95 AR	8-11-94	
	Long Jump	3.42 AR	8-11-94	
	Triple Jump	7.04 AR	8-11-94	
	Shot Put	8.26	3-07-93	
	Discus	25.16	7-10-93	
	Javelin	20.36	8-11-94	
	Pentathlon	2671 WR	8-11-94	
	Decathlon	5272 WR	7-10-93	



## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:11
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:00
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3¼	5-9¼	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-11	5-11	4-11	3-11	3-7½	3-3½	2-11	2-7½	2-3½
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-39: 33"; 40+: 30"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 7) Javelin: 30-59: 800g; 60+: 600g.  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MEET \_\_\_\_\_ DATE OF MEET \_\_\_\_\_

MEET SITE \_\_\_\_\_

EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_

HURDLE HEIGHT \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

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

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

Event	WOMEN											
	1.5K	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	26:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:45	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F												

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

### Syracuse Noontime Running League Manley Field House, NY

--Dec. 9--

200 meters

Overall:

Kevin Hanlon (37)	26.7
Kari Larson (26)	31.5
M30 Russell Houck	26.8
Mark Strong	26.9
Ken Mann	27.0
John Nelson	27.8
Truong Truong	28.3
Neal Coffey	29.1
Phil Driscoll	29.2
M35 Kevin Hanlon	26.7
Steve Stehman	28.5
Neil Price	30.4
Bundy Elder	30.5
Bill Nicholson	32.1
M40 Philip Griffin	27.3
Terry McConnell	27.9
Peter McClure	28.8
Ken Binman	29.7
John Thompson	29.7
Kevin Reynolds	29.9
Dave Oja	30.1
Gary Diamond	30.7
John View	31.9
M45 John Condon	28.8
Larry Nafie	29.6
Jeff Straussman	31.7
M50 Allen Drew	28.6
Steve Murphy	30.4
Doug Frost	32.2
Joe Reynolds	32.4
Larry Abrahamson	32.5
John LaGruff	34.4
M55 Tom Fonley	26.8
Bene Willett	29.1
Jack Ucci	32.5
Sam Clemence	33.7
Bruce Fredrikson	34.0
Joe Mautz	34.9
Phil Rice	35.8
Karl Barth	35.9
Miklos Graizer	37.3
M60 Fred Schlereth	26.9
Bob Brock	32.4
Wally McIne	32.6
Roger Hahn	34.0
Marty Rothenberg	35.7
Marty Fried	37.5
M65 Howard MacMillan	31.9
Ed Stabler	32.8
M70 Russ More	37.4
Tom Walnut	38.7
M75 Nate White	44.6
W30 Leatha Damon	33.4
Ruth Yanni	33.6
Karen Redard	35.7
W35 S. O'Hara Coughlin	35.9
M40 Karen Curran	34.2
Diane Sherrer	42.8
M50 Yvonne Tusker	38.2
Rafelle Hahn	61.9

--Dec. 16--

5000 meters

Overall:

Eric Bernstein (25)	16:27.3
Betsy Kneale (29)	18:57.9
M30 Pat Turley	17:31.0
Ken Mann	17:59.3
Mark Hahn	20:10.5
Neil Price	21:54.4
Mark Driscoll	24:32.9
M40 Terry McConnell	17:57.8
Rick Cleary	18:16.5
Kevin Reynolds	19:25.2
Philip Griffin	19:52.3
Dave Oja	19:57.2
John Thompson	20:07.9
Scott Love	20:12.5
Gary Diamond	20:47.7
M45 Bob Micho	20:33.3
M50 Jerry Smith	17:57.8
Steve Murphy	18:58.5
Doug Frost	22:57.6
M55 Sam Graceffo	18:23.0
Bruce Fredrikson	20:31.5
Joe Mautz	21:25.1
Bob Werner	23:14.2
Phil Rice	23:43.5
M75 Nate White	23:22.4
W30 Leatha Damon	19:35.1
Ruth Yanni	20:38.9
W35 Karen Laquidari	20:00.5
Janine Hahn	21:20.0
Amy Morss	23:01.8
Jill Winterhull	25:33.0

### Greater Rochester TC Indoor Meet U. of Rochester, NY; Dec. 11

45m

M30 Barry Grimes	5.55
M40 Johnnie Thomas	5.61
M50 Chuck LaChiusa	6.34
W30 Marcia Wallace	6.67

800m

M30 Tom Smith	2:30.6
M40 Andrew Christie	2:24.5
W30 Karen Gogolsky	3:11.9

3000m

M30 Jason Reeder	11:20
M40 Tim Otis	9:12.9
M50 Derek Frechette	10:05.2
M60 Bill Pow	13:44.1
W30 Karen Gogolsky	12:40

High Jump

W30 Marcia Wallace	4-6
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Long Jump

M30 Ken Switnicki	16-11
M40 Larry Naukam	16-6
W30 Marcia Wallace	13-6

Shot Put

M30 Ken Switnicki	29-9
W30 Marcia Wallace	29-6

### Tri-State TC Indoor Meet Hagerstown, MD; Dec. 17

55m

M30 Louis Merricks	30 6.85
M40 Thomas Jones	6.7
Jeff Hughes	6.9
M55 Theron Nelsen	7.9
M60 Joe Hemler	7.5
M65 William Bergen	8.3
M70+Ed Matthews	8.26
W35 Lynn Davis	8.5

200m

M30 Frank Makozy	26.07
M40 Thomas Jones	23.3
Brian Lee	25.7
Jeff Hughes	25.7
M45 Bill Gale	27.1
M55 Theron Nelsen	29.3
M60 Joe Hemler	27.6
M65 William Bergen	31.0
M70+Ed Matthews	31.3
W35 Lynn Davis	32.3

400m

M35 Frank Makozy	35 58.1
M40 Thomas Jones	54.9
M70+Sam Madia	74.7
W30 Marge Demarrais	64.2
W35 Lynn Davis	70.3

800m

M30 Mark Alvaro	2:47.53
M35 Dennis Coleman	2:10.6
Mark Allen	2:15.59
M40 Bruce Fey	2:03.67
M45 Bill Gale	2:13.06
M60 Bill Price	3:13.33
W30 Marcelle Curtis	2:20
W35 Bernadette Flynn	2:36.45

1500m

M30 Ted Poulos	4:28.98
M35 Maurice Pointer	4:40.7
M45 Bill Gale	4:32.73
W35 Bernadette Flynn	5:38.14

3000m

M30 Ed Poulos	9:32.52
M35 Maurice Pointer	9:39.22
M60 Bill Price	13:56.19
W30 Senona Clarke	9:52.28

4x200m Relay

M40 Maryland Mstrs TC	2:00.5
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High Jump

M30 J T Tunstall	6-2
M50 Palmer Sweet	3-8
M55 Doug Alberts	5-0
M60 James Stooky	4-6
W35 Lynn Davis	3-8

Pole Vault

M40 Steve Gorman	11-0
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Shot Put

M40 Bob Feeney	34-9
M50 Palmer Sweet	35-2 1/2
M60 Paul Soraporu	31-11 1/2
W35 Carol Hall	21-9

### Syracuse University Noontime Running League Manley Field House Track NY; Dec. 23

3000 meters

Overall:

Bob Brenner (33)	9:25.3
Betsy Kneale (29)	10:49.2
M30 Bob Brenner	9:25.3
Robert Nessell	9:55.0
John Nelson	10:04.4
M35 Marty Dibollista	9:58.1
Doug Christensen	10:14.7
Kevin Hanlon	10:29.4

Kamal Jabbari	11:12.0
Mark Driscoll	13:37.6
M40 Kevin Kelly	9:51.8
Terry McConnell	10:12.8
Bob Klinetop	10:22.3
Philip Griffin	10:53.7
Peter McClure	11:22.9
John Thompson	11:41.1
Scott Love	11:45.0
M15 Tom Homeyer	10:03.7
John Condon	10:55.2
Jeff Straussman	11:24.0
Paul Willsey	12:02.0
M50 Steve Murphy	11:09.2
Joe Reynolds	11:30.3
Doug Frost	13:14.3
Ron Kalinoski	13:29.5
M65 Bob Milner	10:24.6
Vince Colgin	10:26.3
Sam Graceffo	10:27.6
Tom Fonley	12:01.1
Karl Barth	12:19.5
Joe Mautz	12:28.5
Bob Werner	13:23.0
M60 Marty Rothenberg	13:39.7
M70 Tom Walnut	13:54.2
M75 Nate White	13:38.9
W30 Leatha Damon	11:13.6
W35 Karen Laquidari	11:34.8
Ruth Yanni	11:44.6
Marta Bennell	15:53.6
M40 Barbara Blaszk	11:00.8

### Syracuse U. Noontime Running League Manley Field House Track NY; Dec. 30

800 meters

Overall:

Mike Persick (29)	2:09.6
Barbara Blaszk (44)	2:11.2
M30 Phil Hougeux	2:11.2
Robert Nessell	2:12.0
Pat Turley	2:26.6
M35 Kevin Hanlon	2:13.4
Tyrone Guiden	2:25.5
Mark Hahn	2:38.0
M40 Kevin Kelly	2:11.6
John Capocchia	2:18.1
Philip Griffin	2:19.9
Kevin Reynolds	2:25.3
John Thompson	2:31.4
M45 Bob Micho	2:21.6
Larry Nafie	2:25.5
M50 Joe Reynolds	2:32.7
Ron Kalinoski	2:56.0
Tim Collins	2:56.7
John LaGruff	3:15.2
M55 Bob Milner	2:24.6
Jack Ucci	2:42.1
Joe Mautz	2:52.4
Karl Barth	2:56.3
Phil Rice	3:07.8
M60 Fred Schlereth	2:26.9
George Bodine	3:00.3
M70 Tom Walnut	3:11.8
M75 Nate White	3:19.3
W35 Ruth Yanni	2:41.0
Karen Laquidari	2:42.7
Amy Morss	3:07.3
M40 Barbara Blaszk	2:40.7
Irene Thompson	2:41.4
Diane Sherrer	3:32.9

### Etonic/Bermuda Seniors Mile Commonwealth Invitational Cambridge, MA; January 20

Wally Herrala	MI	4:39.95
Monserate Burgos	MA	4:50.01
Summer Brown	MA	4:51.52
Hugh Sweeny	NJ	4:55.81
Tom Sullivan	IL	4:56.34
Paul Perry	IL	5:00.92

## MID AMERICA

### Missouri Valley Association Masters Indoor Meet Lawrence, KS; Jan. 8

55

M30 Claude Romaine	6.49
M35 Cornell Sowell	7.03
Ken Ellis	7.23
M40 Fred Murrell	7.30
Larry Burney	7.39
Jim Dolezel	7.42
M50 Gary Oliphant	7.16
Bill Selbe	7.37



200

M35 Ken Ellis	24.83
Cornell Sowell	25.09
Jim Dolezel	26.05
M40 Fred Murrell	27.17
Bill Boyce	27.46
M50 Bill Selbe	28.86

400

M35 Cornell Sowell	58.49
M40 Jim Reper	56.04
Bill Boyce	59.15
Jim Dolezel	60.04
M50 Bill Selbe	62.33
M65 Gerald Witten	79.12

800

M40 Rick Easley	2:05.49
Bill Boyce	2:14.44
Bruce Duffin	2:35.54

2 MILE

M40 Steve Riley	10:25.65
M65 Gerald Witten	14:00.00

500M

M35 Ken Ellis	8.28
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SHOT PUT

M35 Ken Ellis	11.61
M40 Fred Murrell	8.40

## WEST

### KELfield Throws Series #34 Santa Cruz, CA; Dec. 17

Shot Put

M35 Eric Hodgdon	46-8
M40 Gary Kelmenson	36-8
M60 Stew Thomson	41-4 3/4

Discus

M40 Gary Kelmenson	111-0
M60 Stew Thomson	162-7

Hammer

M30 Torr Gustafsson	248-6
M35 Eric Hodgdon	140-3
Mike Venning	140-1
Marty Martinez	131-2
M40 Gary Kelmenson	134-4
M60 Stew Thomson	164-2

Javelin

M35 John Hansen	165-4
M40 Gary Kelmenson	113-9

Weight Throw

M35 Eric Hodgdon	44-6 3/4
Mike Venning	41-9 3/4
Marty Martinez	39-3
M40 Gary Kelmenson	44-3
M60 Stew Thomson	56-4 1/2
M40 Gary Kelmenson	29-2

## INTERNATIONAL

### 7th Brazilian Veterans Championships Florianopolis; Oct. 12-16

100m

M35 G Santos	BRA	11.3
M40 I. Fagundes	BRA	11.8
M45 W Castelo	BRA	12.2
M50 V Viegas	BRA	12.8
M55 H Tanque	BRA	13.7
M60 S Soares	BRA	13.7
M65 O Wada	BRA	13.9
M70 T Ieri	BRA	15.0
M75 F Fischer	BRA	15.2
M80 S Kikuchi	BRA	19.6
W35 A Ramos	PAR	14.5
W40 M Castello	BRA	13.7
W45 S Pereira	BRA	13.5
W50 S Batista	BRA	14.8
W55 T Sato	BRA	16.1
W60 M Kancgam	BRA	15.6
W65 M Santos	BRA	16.9
W70 M Ide	BRA	20.0
W75 M Kikuchi	BRA	33.1

200m

M35 G Santos	BRA	24.0
M40 I. Fagundes	BRA	24.8
M45 B Castello	BRA	26.1
M50 A Oliveira	BRA	25.8
M55 H Tanque	BRA	27.6
M60 M Ribeiro	BRA	28.8
M65 G Souza	BRA	29.6
M70 T Ieri	BRA	31.8
M75 F Fischer	BRA	31.2
M80 S Kikuchi	BRA	40.8
W35 H Souza	BRA	31.8
W40 M Castello	BRA	30.7
W45 S Pereira	BRA	28.1
W50 M Petnys	BRA	34.6
W55 A Menezes	BRA	33.4
W60 M Kancgawa	BRA	34.4
W65 M Santos	BRA	36.5
W70 M Ide	BRA	43.6

400m

M35 C Praca	BRA	53.4
M40 M Goncalves	BRA	55.3
M45 J Santos	BRA	58.9
M50 A Oliveira	BRA	57.5
M55 P Araujo	BRA	1:00.8
M60 M Ribeiro	BRA	1:02.7
M65 J Bidin	BRA	1:07.8
M70 M Ishida	BRA	1:12.0
M75 H Emori	BRA	1:19.9
W35 A Rezende	BRA	1:07.9
W40 R Gomes	BRA	1:10.2

W45 M Ferreira	BRA	1:13.4
W50 T Usuca	URU	1:31.1
W55 A Menezes	BRA	1:24.3
W60 T Kikuci	BRA	1:36.0
W65 M Leite	BRA	1:45.1
W70 M Ide	BRA	1:49.6

800m

M35 C Teles	BRA	2:10.2
M40 M Goncalves	BRA	2:09.6
M45 Y Simoes	BRA	2:28.2
M50 J Souza	BRA	2:09.0
M55 J Lemos	ARG	2:22.7
M60 G Souza	BRA	2:43.9
M65 G Souza	BRA	2:50.0
M70 M Ishida	BRA	3:00.8
M75 T Okano	BRA	4:45.3
W35 A Rezende	BRA	2:37.2
W40 R Gomes	BRA	2:42.1
W45 M Refeira	BRA	2:53.9
W50 R Shirahata	BRA	3:17.2
W55 M Hochstatt	BRA	3:05.2
W60 M Nakatani	BRA	3:44.7
W65 F Shiki	BRA	3:45.6

1500m

M35 C Teles	BRA	4:20.9
M40 V Queranza	BRA	4:21.9
M45 E Laudo	ARG	4:55.6
M50 J Souza	BRA	4:27.8
M55 J Lemos	ARG	4:50.9
M60 G Souza	BRA	5:33.0
M65 T Fernandez	BRA	5:47.0
M70 T Shiki	BRA	6:24.3
W35 R Oliveira	BRA	5:41.2
W40 E Cruz	BRA	6:04.0
W45 S Oliveira	BRA	5:18.3
W50 M Guerreiro	BRA	8:07.9
W55 M Hochstatt	BRA	6:23.9
W60 M Nakatani	BRA	7:30.9
W65 F Shiki	BRA	7:55.0

3000m

M35 J Dias	BRA	10:36.9
M40 D Lourenco	BRA	10:34.8
M50 J Sa	BRA	10:22.3
M55 J Rodriguez	BRA	12:49.0
M60 J Miranda	BRA	12:33.5
M65 S Tano	BRA	13:45.9
W35 A Barros	BRA	13:30.2
W40 E Cruz	BRA	12:40.0
W55 O Monte	BRA	17:08.8
W60 M Nakatani	BRA	14:59.1
W65 F Shiki	BRA	16:23.6

5000m

M35 N Kohn	BRA	15:39.4
M40 V Queranza	BRA	15:44.0
M45 W Paulo		

Continued from previous page

Table of race results including W60 I Pfuller ARG 31:52, W65 L Martin URU 19:14, W70 S Rosello URU 17:18, W75 M Gundlach CHL 12:24, Hammer M35 C Gonzalez URU 25:32, M40 A Silva BRA 14:34, M45 W Jorcin URU 35:18, M50 L Bianchi BRA 25:42, M55 D Beatrice BRA 31:24, M60 M Mendes BRA 33:90, M65 L Osornio ARG 31:40, M70 W Kupper BRA 37:62, M75 E Gundlach CHL 23:70, W35 S Russo BRA 24:98, W40 E Martiarena URU 15:68, W45 C Silva BRA 16:52, W50 A Nitzke BRA 23:10, W55 C Andrade BRA 18:00, W60 E Villanueva URU 18:30, W65 L Martin URU 19:30, W75 C Bizzoto BRA 3:32, Javelin M35 C Gonzalez URU 54:88, M40 V Giovannella BRA 37:29, M45 F Leao BRA 46:38, M50 N Missagia BRA 40:80, M55 G Piccone URU 36:70, M60 J Meineck BRA 34:04

Table of race results including M65 J Constant BRA 28:22, M70 S Mori BRA 22:08, M75 F Hochstatter BRA 26:48, W35 A Ramos PAR 27:54, W40 G Rech BRA 32:32, W45 N Shimizu BRA 20:74, W50 I Santos BRA 24:44, W55 T Uru BRA 23:54, W60 E Villanueva URU 18:00, W65 M Ferreria BRA 16:54, W70 S Rosello URU 13:32, W75 M Gundlach CHL 12:18, 5000m RW M35 C Santos BRA 27:11.1, M40 J Mansilla ARG 26:16.4, M50 R Severo BRA 26:17.7, M55 O Montanner BRA 30:17.1, M60 M Ferreira BRA 29:02.7, M65 W Reino BRA 29:48.2, M70 I Vamoch BRA 34:40.0, Half-Marathon M35 S Martins BRA 1:18:53, M40 D Silva BRA 1:16:35, M45 D Souza BRA 1:16:05, M50 J Sa BRA 1:15:10, M55 A Filho BRA 1:16:12, M60 A Modgen BRA 1:33:13, M65 A Lima BRA 1:19:46, M80 T Vasconcell BRA 1:56:25, W35 R Oliveira BRA 1:32:42, W45 A Oliveira BRA NTA

Joe Kleinerman 10K Central Park, NYC; Dec. 11

Table of race results including Overall Slobodan Miolovic 35 32:14, Stephanie Dobranski 30 41:21, M40 Wes Byerly 35:50, Louis Calvano 36:47, James Harmon 37:08, M45 Michael Wilson 38:41, William Hart 38:53, David Jacobns 39:02, M50 Hugh Sweeney 35:20, Pat Cosgrove 38:22, Jeremiah O'Connor 39:22, M55 James McAdams 44:20, Francis McAneney 45:08, John Garlepp 45:18, M60 Eric Seiff 41:51, Theodore Rogers 44:20, George Reilly 44:37, M65 Hector Pacheco 43:07, Jack Ilaar 45:58, Jerry Olitt 52:22, M70 Sab Koide 50:03, Mel Freide 1:01:39, Stephen Trepac 1:02:59, M75 Andrew Neidnig 55:18, James Keeney 56:31, Wilfredo Rios 58:30, W40 Elissa Kirtzman 46:09, Laurie Goldin 46:12, Barbara Anderson 46:55, W45 Flora Flores 45:26, Suzanne Wolf 52:13, Nancy Gallin 52:23, W50 Laurie Baker 48:06, Ann Morris 50:46, Margaret Scaglione 52:30, W55 Edith Jones 48:16, May Chou 50:15, Margaret Carinci 51:02, W60 Nancy Tighe 59:07, Joan Fisher 1:05:37, R Warshawski 1:13:56, W65 Janine Maltas 59:10, Daisy Klein 1:10:36, Barbara McGruder 1:04:43, W70 Althea Wetherbee 1:06:32

Table of race results including Richard Opsahl 20:39, M C Bertram 21:00, M65 Colin Harris 20:20, Roger Williams 20:41, Jack Ilaar 21:19, M70 John McManus 20:54, Sab Koide 23:31, Sidney Platt 26:04, M75+Wilfredo Rios 78 26:59, Bill Benson 75 27:14, Herman Simon 81 30:49, W30 Lorraine Ellis 18:45, Karen Cotty 18:57, Linda Bohman 19:00, W35 Patty Coyle 18:41, Pat Chadeayne 20:29, Annette MacNiven 20:32, W40 Janet Piez 20:49, Kim Spelman 20:52, Jane McGraw 21:23, W45 Evelyn Arenella 20:18, Mary Rosado 20:22, Nancy Tischler 21:19, W50 Annette Frisch 22:09, Nancy Geygan 25:29, Amanda Scola 25:43, W55 Astrid Georges 25:27, Nancy Fraser 25:51, Carolyn Cornell 27:14, W60 Thelma Wilson 23:54, Sally Olds 30:13, W65 Bertha McGruder 29:17, Felipa Castro 37:26, W70 Sallie Festa 32:07, W75+Althea Wetherbee 75:30:50

Table of race results including W45 Sylvie Kimche 27:38, Blaine Papaccio 29:40, Rita La Bar 32:04, W50 S Baymiller 24:35, Susanna Beltrandi 30:38, Nancy Younbeck 32:58, W55 Helene Bedrock 27:58, Edith Jones 30:09, May Chou 31:47, W60 Linda Scharer 45:27, W65 Daisy Klein 39:11, Marcella Tobias 54:07, Shirley Wallach 54:09, W70 Jozi Neulinger 46:39

Hamilton Hangover 5 Miler Hamilton, NJ; Jan. 1

Table of race results including Overall Brian Harshman 31 25:08, Tara Pointin 25 30:32, M40 Henry Damian 44 27:58, Stuart Madres 45 28:39, Herman Richards 41 29:00, Art Michon 43 29:59, Joe Kender 40 30:05, Tim Shay 47 30:28, M50 Maury Dean 52 29:50, Richard Flint 54 34:33, Tom Grunza 51 35:00, Paul Krentar 52 36:17, Bryce Chase 54 36:43, Tom Baker 50 36:44, M60 Bob Robbins 64 34:13, Kent Kilbourne 63 35:02, Bob Kehope 63 37:00, Joe Paoletti 67 39:12, Carl Simons 61 40:41, M70+Fred Ely 79 40:31, W40 Janet Emanuel 44 39:16, Carolyn McQuade 47 39:49, Jane Kintner 49 40:41, Ellen Elgort 45 40:47, W50 Cindy Clark 55 37:26, Imme Dyson 58 41:33, Ellen Greenfield 5143:02, W60 Mary Weeden 60 49:22, Age-Adjusted Henry Damian 26:14, Maury Dean 26:18, Fred Ely 26:23, Stuart Madres 26:41, Herman Richards 27:49, Bob Robbins 27:51, Kent Kilbourne 27:57, Tim Shay 27:57, Art Michon 28:20, Bob Edwards 28:25, Cindy Clark 31:17, Imme Dyson 33:40, Carolyn McQuade 35:52, Jane Kintner 36:00, Janet Emanuel 36:19, Ellen Greenfield 37:23

Holiday 25K & 4-Mile Runs Central Park, NYC; Dec. 18

Table of race results including 25K Overall Robert Murdoch 35 1:23:44, Kim Benner 32 1:38:53, M40 Wes Byerly 1:35:00, Carlo Russo 1:38:40, Carl Fiorillo 1:38:41, M45 Robert Briglio 1:32:50, Michael Galasso 1:42:22, Robert Hansen 1:42:24, Hugh Sweeney 1:33:41, Samuel Skinner 1:37:42, Hector Riviera 1:40:57, M55 Sodmeu Jpward 1:52:57, Ramon Miivaya 1:59:04, M60 George Reilly 1:56:19, Thomas Frawley 1:59:26, Anthony Celentano 2:06:03, M65 Hector Pacheco 1:54:51, Dom Lucca 2:16:11, Jerry Olitt 2:19:14, M70 Sab Koide 2:17:43, William Coyne 2:19:18, Peter Harangozo 2:21:12, W40 Kathy Gribbon 1:45:22, Lindsay Folsom 1:53:15, Wendy Silverstein 1:53:30, W45 Marjorie Kos 1:58:18, Chiara Becchi 2:02:35, John Riley 40 NY 19:05, Dorothy Fuscaldo 2:05:48, W50 Melanie Benvenue 2:01:29, Carol Hasan 2:11:50, Angela Conte 2:13:06, W55 Erika Abraham 2:00:54, Marsha Bancroft 2:30:28, Naomi Vogel 2:34:06, W60 Thelma Wilson 2:07:02, Rosa Nales 2:14:00, Wen-Shi Yu 2:16:01, W65 Bertha McGruder 2:47:17, W70 Althea Wetherbee 2:56:06

USATF/New Jersey 10 Mile Championships Rockaway, NJ; Dec. 11

Table of race results including M40 Larry Graham 57:49, Jaime Fonseca 58:09, Dan Brannen 59:26, M45 Roger Price 56:46, Rolando Castro 61:23, M Monchinski 62:00, M50 Victor Cruz 62:19, Jeff Martin 65:23, Armando Oliveira 65:51, M55 Scott Marsh 67:21, Henry Pontious 72:18, M60 Joe LaBruno 73:39, Mark Lannigan 76:02, M65 Bill O'Brien 1:44:04, W40 Jane Parks 69:06, Kuniko Hurley 71:03, J Christian 74:25, W45 Betty Conover 67:18, Chiara Becchi 76:52, Natalie Grabow 78:45, W50 Ann Gillespie 75:28, Celeste Fondaco 82:56, W55 Nancy Patron 88:50, W60 Lois Filreis 89:01

Age-Adjusted Times

Table of age-adjusted times including Roger Price 45 53:13, Victor Cruz 54 54:23, Larry Graham 43 55:00, Jaime Fonseca 46 55:43, Rolando Castro 46 57:06, Betty Conover 46 61:37, Jane Parks 42 65:27, Ann Gillespie 51 66:04, Kuniko Hurley 43 66:44, Lois Filreis 64 68:00

Ho Ho Ho Jingle Bell 5K Bethpage, L.I., NY; Dec. 17

Table of race results including Overall Michael Going 22 14:54, C Gentile-Darminan 24 16:45, M30 Dominic Lampasi 16:12, John Lovejoy 16:25, Ray Ross 16:28, M35 Don DiDonato 14:57, John McGorry 16:19, James Butler 16:23, M40 Dan Brach 16:33, Jerry Miller 16:52, Steve O'Shaughnessy 17:36, M45 Alan Onan 16:38, Jack Porzio 17:04, Jim Walsh 17:35, M50 Bob Pike 17:52, Sam Skinner 17:53, Dan Badalament 17:58, M55 John Conner 19:19, Abraham Bernstein 20:04, Bob Mitchell 20:16, M60 Geza Feld 19:36

Table of race results including W40-49 Kathy Gribbon 41 NY 1:07:03, W Silverstein 40 NY 1:09:38, J Baldassarri 40 NY 1:11:53, W50-59 Marjorie Kos 50 NY 1:14:17, W60-69 Ethel Autorino 65 NY 1:32:32

SOUTHEAST

Atlanta Marathon & Half-Marathon Atlanta, GA; Nov. 24

Table of race results including Marathon Overall Arega Abraha 33 2:31:23, Lynn Holda 29 2:58:56, M40 William Taylor 2:56:49, Sam Norman 3:03:22, George Frank 3:08:37, M45 Richard Weiss 2:58:04, Felix Wright 2:58:46, L Gumersindo 2:59:09, Vern Noble 3:01:43, Yoshinobu Minowa 3:08:44, Joe Waters 3:11:43, M55 Akira Amakasu 3:01:54, Earl Rushin 3:23:05, Henry Hatch 3:32:50, M60 Charles Williams 3:29:46, Robert Maytag 3:51:22, Vance Johnson 4:23:07, M65 Keizo Yamada 3:07:18, C Mammerrickx 3:28:49, William Stryker 3:43:31, M70+Frederic McDuffie 4:03:04, W40 Barbara Franklin 3:17:58, Carmen Moore 3:23:50, Gloria Baron 3:29:29, W45 Carolyn Spillman 3:25:17, Linda Warringer 3:42:45, Dottie Foster 3:46:45, W50 Anne Wright 3:26:40, Gloria Coffey 3:52:06, Mary Stripling 3:59:49, W55 Joyce Hodges-Hite 3:57:11, Merion Knight 4:11:00, Virginia Farneman 4:36:09, W60 Fujiko Yamada 3:58:48

Half-Marathon Overall

Table of race results including Malcolm Campbell 23 1:07:29, Rachel Hopkins 1:17:16, M40 Thomas Shinnick 1:16:42, Mac Coile 1:17:11, Phil Gates 1:17:35, M45 Jim Struve 1:17:36, Tom O'Connor 1:17:51, John Rinker 1:21:30, M50 Dennis Maltas 1:23:47, Ed Bligh 1:24:07, Gary Cochrane 1:24:07, M55 Andrew Sherwood 1:23:11, James Bridges 1:29:06, Donald Waldrip 1:29:50, M60 Casey Jones 1:20:30, Walt McDaniel 1:33:02, Don Presley 1:34:22, M65 Motoo Murata 1:42:44, Jack Cox 1:45:24, Charles Scott 1:53:27, M70+ Elliott Galloway 2:07:27, Doug Jones 2:13:13, W40 Suni Heaton 1:27:37, Kathy Green 1:32:50, Trenice Mussis 1:33:22, W45 Carolyn Mather 1:33:53, Ursula Uhlir 1:35:19, Rosemary Hurayt 1:39:18, Kim Ashworth 1:36:43, N M Kowalewski 1:43:08, Carol Brim 1:50:50, W55 Shirley Carter 1:46:40, Liz Dickerson 1:46:55, Sadako Nakamura 2:01:13, W60 Akiko Matsumoto 2:18:24, Ann Sanderson 2:58:23, Frances Martin 3:56:53, W65 Jackie Yost 2:19:52, Mary Ptacek 2:28:57, Tina Anderson 2:38:59, W70+ Rita Tomassini 2:19:29, Betty Lindberg 3:05:14

Orange Runners Club 5K Winter Series #1 Middletown, NY; Jan. 15

Table of race results including M40-49 George Shurter 40 NY 16:32, Brian Nagle 43 NY 17:38, John Riley 40 NY 19:05, M50-59 John Singer 54 NY 21:44, M60-69 Art Ahr 63 NY 20:40, M70+ Sid Zecher 75 NY 29:57, W40-49 Lynn Martin 41 NY 24:23, Benita Auge 46 NY 25:24, Teri Mazeiko 41 NY 26:08, W50-59 Ann Singer 51 NY 29:06, W60-69 Elenor Petak 65 NY 33:09, W70+ Edith Farias 71 NY 26:59

Great Valley Marathon Chambersburg, PA; Jan. 15

Table of race results including M40-49 Jeff Sanborn 41 MD 2:59:02, Fernando Saglio 48 PA 3:11:32, Dean Lennok N/A 3:12:34, M50-59 Al Walker 50 MD 3:30:58, M60-69 Rich Hause 61 PA 3:25:59, W40-49 C Davidson 42 PA 3:58:10, Barb Anderson 43 PA 4:26:54, Jan Bonisese 41 PA 4:48:40, W50-59 Linda Simpson 52 MD 5:07:10, Frostbite 10-Miler New York, NY; Jan. 15 M40-49 Keith Brown 41 CT 55:44, Sean Doyle 40 NY 56:55, Nicholas Caswell 44 NY 58:16, M50-59 Maury Dean 52 NY 59:22, M60-69 Eric Seiff 61 NY 1:09:27, M70+ Sab Koide 71 NY 1:23:47



LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces, 2" x 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Manchester 4.7 Mile Manchester, CN; Nov. 24

Table of race results including Overall Phillimon Hanneck 21:30, Lynn Jennings 24:33, M40 Gary Daniels 24:42, Stephen Gates 25:02, Alan Cantlay 25:21, Brian Mullins 25:46, Jamie Gomez 26:13, Mike O'Shea 26:17, M50 Charles Parmalee 27:49, Douglas Kenefick 27:56, Dolz Brittain 28:46, Lawrence Chaves 28:46, Ray Crothers 28:53, M60 John Dugdale 28:18, Walt Gale 31:50, Charles Dyson 31:54, M70+Frank Dimarco 35:26, Charles Robbins 36:01, Bill Tribou 37:29, W40 R Stockdale-Woolley 27:42, Mary Degeorge 27:57, Barbara Deubel 30:07, W50 J Marchetti 30:20, Zofia Turosz 33:23, Linda Beizer 35:38, W60 Jeannette Cyr 38:00, Adeline Kearney 41:12, Connie Wisse 45:21, W70+Charlotte Lepak 57:20, Mirna Salomone 59:39, Dottie Giulietti 66:05

Northern Central Trail Marathon Sparks, MD; Nov. 26

Table of race results including Overall Mark Jones 33 2:35:22, Marianne Malven 28 3:38:58, M40+ Doug Pickett 44 2:58:56, Milan Basta 43 2:59:31, John Tobin, Jr 48 2:59:41, M50+ Kirk Davies 57 3:06:33, Dave Salmon 51 3:16:36, P Hunsberger 50 3:16:38, M60+ G Yannakakis 63 3:38:56, Carlson Mendell 73 3:45:26, W40+ Barbara Johnson 45 4:04:14, Judith Clark 42 4:10:15, Patricia Marsh 47 4:24:16, W50+ Donna Jackson 51 4:04:32, Frances Weston 54 5:28:39

NYRRRC Hot Chocolate 10 Mile Central Park, NYC; Dec. 3

Table of race results including Overall Slobodan Miolovic 26 51:25, Jeanne Peterson 25 58:43, M30 Don DiDonato 37 51:30, Andrew Whitney 33 52:21, Robert Murdoch 35 52:52, M40 Tom Birch 55:11, Keith Brown 55:29, Dan Brach 56:19

EAST

Manchester 4.7 Mile Manchester, CN; Nov. 24

Table of race results including Overall Phillimon Hanneck 21:30, Lynn Jennings 24:33, M40 Gary Daniels 24:42, Stephen Gates 25:02, Alan Cantlay 25:21, Brian Mullins 25:46, Jamie Gomez 26:13, Mike O'Shea 26:17, M50 Charles Parmalee 27:49, Douglas Kenefick 27:56, Dolz Brittain 28:46, Lawrence Chaves 28:46, Ray Crothers 28:53, M60 John Dugdale 28:18, Walt Gale 31:50, Charles Dyson 31:54, M70+Frank Dimarco 35:26, Charles Robbins 36:01, Bill Tribou 37:29, W40 R Stockdale-Woolley 27:42, Mary Degeorge 27:57, Barbara Deubel 30:07, W50 J Marchetti 30:20, Zofia Turosz 33:23, Linda Beizer 35:38, W60 Jeannette Cyr 38:00, Adeline Kearney 41:12, Connie Wisse 45:21, W70+Charlotte Lepak 57:20, Mirna Salomone 59:39, Dottie Giulietti 66:05

Northern Central Trail Marathon Sparks, MD; Nov. 26

Table of race results including Overall Mark Jones 33 2:35:22, Marianne Malven 28 3:38:58, M40+ Doug Pickett 44 2:58:56, Milan Basta 43 2:59:31, John Tobin, Jr 48 2:59:41, M50+ Kirk Davies 57 3:06:33, Dave Salmon 51 3:16:36, P Hunsberger 50 3:16:38, M60+ G Yannakakis 63 3:38:56, Carlson Mendell 73 3:45:26, W40+ Barbara Johnson 45 4:04:14, Judith Clark 42 4:10:15, Patricia Marsh 47 4:24:16, W50+ Donna Jackson 51 4:04:32, Frances Weston 54 5:28:39

NYRRRC Hot Chocolate 10 Mile Central Park, NYC; Dec. 3

Table of race results including Overall Slobodan Miolovic 26 51:25, Jeanne Peterson 25 58:43, M30 Don DiDonato 37 51:30, Andrew Whitney 33 52:21, Robert Murdoch 35 52:52, M40 Tom Birch 55:11, Keith Brown 55:29, Dan Brach 56:19

Continued from previous page

National Asthma Center's 5K Miami, FL; Dec.

Table with columns for Overall, Name, Age, Sex, and Time. Includes runners like David Bowden, Karen Woods, M30 Dale Ruby, etc.

First Tennessee Marathon Memphis; Dec. 4

Table with columns for Overall, Name, Age, Sex, and Time. Includes runners like Rob Kirby, Heather Lucas, M40 Doug Kurtis, etc.

WZYP Rocket City Marathon Huntsville, AL; Dec 10

Table with columns for Overall, Name, Age, Sex, and Time. Includes runners like Rob Lee, Debbie Gormley, M40 1 Reno Stirrat, etc.

Phoenix American Insurance Group 10K Coconut Grove, FL

Table with columns for Overall, Name, Age, Sex, Time, Adjusted, and Award. Includes runners like Ronnie Holassie, Ramona Saridakis, etc.

Walt Disney World Marathon Orlando, FL; Jan. 8

Table with columns for Overall, Name, Age, Sex, and Time. Includes runners like Leonid Shetsov, Judit Nagy, M40 Yuri Mikhailov, etc.

De Leon Springs 5K, De Leon Springs, FL; Jan. 15

Table with columns for M40+, Name, Age, Sex, and Time. Includes runners like Joe Pilczak, Craig Harms, etc.

De Leon Springs Half-Marathon De Leon Springs, FL; Jan. 15

Table with columns for M40-49, Name, Age, Sex, and Time. Includes runners like Russell Smith, Ken Miller, etc.

MIDWEST

Columbus Marathon Columbus, OH; Nov. 13

Table with columns for Overall, Name, Age, Sex, and Time. Includes runners like Eddy Hellebuyck, Danuta Bartoszek, etc.

MID AMERICA

White Sands/Alamogordo Marathon and Half-Marathon Alamogordo, NM; Dec. 3

Table with columns for Marathon Overall, Name, Age, Sex, and Time. Includes runners like Richard McLean, Kathy Lovell, etc.

W50-59 Ann Ferguson 52 TX 22:49 W60-69 Joy Anneler 65 TX 25:07

Houston-Tenneco Marathon Houston, TX; Jan. 15

Table with columns for M40-49, Name, Age, Sex, and Time. Includes runners like Bob Schlau, Leonid Moecev, etc.

WEST

Humboldt Redwoods Marathon & Half-Marathon Humboldt Redwoods State Park, CA; Oct. 16

Table with columns for Marathon Overall, Name, Age, Sex, and Time. Includes runners like Scott Kennedy, Bobbi Fyten, etc.

SOUTHWEST

Sunmart Texas Train 50K/50 Mile Endurance Run Huntsville; Dec. 17

Table with columns for Overall, Name, Age, Sex, and Time. Includes runners like Rich Hanna, Lori Stich, etc.

Half-Marathon Overall

Table with columns for Name, Age, Sex, and Time. Includes runners like Dave Scudamore, Terry Schmidt-Adams, etc.

Houston-Tenneco 5K Houston, TX; Jan. 15

Table with columns for M40-49, Name, Age, Sex, and Time. Includes runners like Chuck Hull, Jesse Sturgeon, etc.

Theo Jones 1:34:48 Bob Peterson 1:34:55 Rudy Schneider 1:37:13

M60 William Blodberg 1:38:06 Lee Rhodes 1:40:21

Table with columns for Name, Age, Sex, and Time. Includes runners like M65 Bill Stowell, Richard Couvillion, etc.

California International Marathon Sacramento; Dec. 4

Table with columns for Overall, Name, Age, Sex, and Time. Includes runners like Graeme Fell, Jennifer Martin, etc.

Freedom Run 10K Tucson, AZ; Dec. 4

Table with columns for Overall, Name, Age, Sex, and Time. Includes runners like Martin Keino, Viola Schaffer, etc.

Overall

Table with columns for Name, Age, Sex, and Time. Includes runners like M40 Sal Salmi, Dale Fleet, etc.

Honolulu Marathon Honolulu, HI; Dec. 11

Table with columns for Overall, Name, Age, Sex, and Time. Includes runners like Benson Masya, Carla Beurskens, etc.

Continued on next page

Continued from previous page  
 W40 Joni Shirley 48 40:41  
 Cindy Evans 42 45:32  
 Pat Serrano 48 66:58  
 W50 Eileen Pae 54 44:32  
 Una Marie Pierce 56 51:24  
 Donna Gookin 58 52:36  
 W60 Dorothy Stock 62 52:43  
 Caroline Murray 60 54:44  
 W70 Mary Storey 70 53:51  
 Gerry Davidson 73 59:06  
 from Race Results Weekly

**Las Vegas Half-Marathon/Relay**  
 Las Vegas, NV; Dec. 17

**Overall**  
 Ashley Johnson 32 1:03:47  
 Jane Welzel 39 1:13:54  
 M40 Nicolas Hernandez 1:11:21  
 Greg Stromberg 1:12:43  
 Perry Linn 1:13:49  
 Tony Grappo 1:17:03  
 M45 Don Ocana 1:16:17  
 Branch Brady 1:17:05  
 R Weingaertner 1:19:17  
 M50 Jan Frisby 1:11:49  
 Tom Curry 1:15:21  
 Don Schultz 1:22:38  
 M55 Neal Chappell 1:24:48  
 Jim Heinz 1:28:48  
 Al Boka 1:32:35  
 M60 Roy Nelson 1:32:27  
 Paul Wheatman 1:40:28  
 Terrel Bddy 1:41:17  
 M65 Patrick Devine 1:30:05  
 Ruben Vigil 1:31:42  
 Harrie Hess 1:34:39  
 M70+John Keston 70 1:25:04  
 John Cahill 70 1:33:08  
 W40 Debbie Hanson 1:19:54  
 Virginia Egger 1:24:55  
 Lorraine Sorensen 1:34:45  
 W45 Yoko Eichel 1:34:24  
 Linda Frisby 1:35:18  
 Amy Fredericks 1:35:29  
 W50 Reiko Daba 1:40:29  
 Charleen Stipe 1:51:25  
 Alicia Kelley 1:59:16  
 W55 Gina Faust 1:33:00  
 Helene Bernbaum 1:46:43  
 W60 Jeanne Merk 2:24:46  
 W65 Mary Ehrlich 2:42:01  
 W70+M Russell 72 2:09:59

**NORTHWEST**

**Portland Marathon & 5-Mile Run**  
 Portland, OR; Oct. 2

**Marathon**  
**Overall**  
 Masato Yonebara 27 2:18:00  
 Eliz Brim-Snodgrass 34 2:52:41  
 M40 Dan Menard 2:46:26  
 Fred Tuesh 2:48:59  
 Bob Baird 2:49:44  
 Byron Evans 2:49:47  
 Larry Abraham 2:49:50  
 Mark Mochon 2:51:39  
 Graham Upson 2:51:50  
 Gerry Tinkle 2:52:11  
 Michael McLain 2:52:15  
 Adrian Feddema 2:54:02  
 M45 Steven Campagna 2:39:34  
 Jim Douglas 2:46:29  
 Rober Scheffel 2:51:26  
 Raymond Morrell 2:51:33  
 Donald Hill 2:52:20  
 Sonny Conder 2:55:52  
 Chuck Cammack 2:57:00  
 Tom Wamsley 2:57:10  
 Marc Wiitala 2:57:50  
 M50 Ron Taylor 2:46:01  
 Andrew Sherwood 2:55:19  
 M McClelland 2:59:32  
 Kelley Slavton 2:59:36  
 John Postlethwait 3:02:48  
 Ian Reid 3:03:53  
 Gary Kemp 3:07:27  
 James Bralcy 3:07:49  
 M55 Gary Lerner 2:57:48  
 Alan Tracy 2:57:58  
 Bill Scarborough 3:05:33  
 Bernard Dupuis 3:07:34  
 Chester Chapman 3:08:02  
 Jim Thomson 3:17:29  
 Earl Bennett 3:18:53  
 M60 Bob Dolphin 3:29:18  
 James Lopez 3:30:43  
 Floyd Copeland 3:33:59  
 George Flier 3:37:32  
 Danny Kellcher 3:40:55  
 Mel Preedy 3:42:30  
 M65 Preston Hutchins 3:44:15  
 Jack Meteyer 3:56:01  
 John Kane 3:59:36  
 Otto Rosenthal 4:24:12  
 Jack Taylor 4:52:17  
 M70 Joe Cusic 3:55:09  
 Albert Nakata 4:09:32  
 Hart Yoshioka 5:55:29  
 M75 Donald McClure 5:51:50

W40 Dianne Sullivan 3:01:05  
 Katy Angel 3:03:19  
 Jo Stonecipher 3:18:45  
 Cathy Tibbets 3:19:21  
 Barbara Bellows 3:20:58  
 Betty Wagner 3:24:16  
 Sandra Bradley 3:26:53  
 Penny Wallace 3:27:21  
 W45 Susan Havens 3:02:58  
 Laurie Murray 3:03:13  
 Ginny Turner 3:21:07  
 Sally King 3:26:11  
 Jessie Stratton 3:30:17  
 Jean Bason 3:31:31  
 Kathleen Slinger 3:32:16  
 W50 Mayumi Aihara 3:17:32  
 Gunhild Swanson 3:23:19  
 Monica Lindholm 3:28:52  
 Sue Cammack 3:29:48  
 Elsie Thomson 3:32:48  
 Judith Fisher 3:36:03  
 W55 Rhoda Clapperton 3:54:13  
 Joan Pribnow 3:59:55  
 Helen Horton 4:00:42  
 Yoneko Arai 4:10:55  
 W60 Coleen Mershon 4:03:42  
 Nancy Reed 4:18:14  
 Beverly Nielson 4:37:08  
 W65 Peggy Ewing 5:54:02  
 W70 Po Adams 5:26:27  
 W80+ Mavis Lindgren 8:09:10

**5-Mile Run**  
**Overall**  
 Peter Brett 24:11  
 Ingrid Clancy 29:32  
 M40 Rick Cleek 26:37  
 Richard Jones 27:11  
 Robert Towne 28:52  
 Brent MacDermot 28:54  
 Rick Boettcher 29:27  
 Fredrick Brooks 29:31  
 Bob Frossard 29:32  
 Walt Waldram 30:23  
 Rick Boyd 30:25  
 M45 Alan Beck 27:36  
 Vince Engel 28:50  
 Patrick Brand 29:36  
 Garry Kryszak 29:41  
 Ron Barker 29:46  
 John Seggie 30:10  
 Demmos Cjpm,eu 30:11  
 Keessan Tuinzing 30:40  
 Roy Pancoast 31:28  
 M50 Bill Fallon 30:51  
 Lynn Eves 31:36  
 Thomas Mannen 31:56  
 N Kobayashi 32:01  
 Bob Baird 32:03  
 David Schmedding 32:04  
 Harold Polivka 32:11  
 Edward Zimmerman 32:23  
 M55 Robert Randall 32:45  
 Joe Dana 34:28  
 Gary Fuqua 34:51  
 Dick Fislar 34:57  
 Norman Hinen 35:42  
 Louis Boone 36:56  
 Tony Alcantar 37:00  
 M60 Jack Keener 34:40  
 Clarence Mershon 35:43  
 Al Opliger 38:46  
 Bob Cantwell 41:01  
 Luther Robison 41:07  
 Leonard Cebula 41:24  
 M65 Jim Biaenius 39:13  
 Charles Graham 43:45  
 Ken Weidkamp 44:26  
 John Ferguson 44:53  
 Jack Hendrick 47:26  
 M70 Alan Rosenfeld 43:09  
 Merle Aden 44:10  
 Albert Johnson 1:04:34  
 M75 Ted Baumcister 49:50  
 John Guinee 51:05  
 W40 Carol Cook 32:39  
 Carol Lampe 33:05  
 Shirley Shaw 34:31  
 Gay Hunter 34:35  
 Nancy Donchower 34:49  
 Reitha Weeks 35:17  
 Carmelina St Clair 35:44  
 Carolyn Grassman 36:36  
 W45 June Newton 36:58  
 Sherry Bourdin 37:14  
 Mary Crouse 38:40  
 Chris Gross 38:44  
 Olivia Rossi 39:26  
 Linda Hessler 41:06  
 Janet Roming 41:06  
 W50 Hope Richmond 38:27  
 Karen Rivera 39:19  
 Susan Leonti 39:33  
 Patti Finke 39:33  
 Susan Condon 41:03

Anna Gail 41:57  
 W55 Julie Sannder 42:14  
 Judith Benson 46:28  
 Zorabelle Roley 46:46  
 Maxine Thomas 49:05  
 Delores Rodman 50:54  
 W60 Barbara Olafson 44:34  
 Josie Coffey 46:33  
 Barbara Dugan 49:15  
 Louise Miller 56:10  
 W65 Peggy Hanson 48:06  
 Helen Lachman 51:11  
 W70 Irene Crane 56:53

**INTERNATIONAL**

**ADT Bermuda 10K, Devonshire**  
 Bermuda; Jan. 14

**M40-49**  
 Klaus Goldammer GER 33:11  
 Tim McMullen USA 33:23  
 Charles McMullen USA 34:27  
**M50-59**  
 Sid Howard NJ 38:11  
**M60-69**  
 Joe Hernandez MA 41:31  
**70+**  
 Dudley Healy NJ 56:29  
**W40-49**  
 Jane Christie BDA 41:19  
 Nancy Laun NY 44:15  
 Sandra Miller BDA 45:17  
**W50-59**  
 Peggy Couper BDA 45:16  
**W60-69**  
 Wendy England TN 53:25  
**70+**  
 Cricket Laun NY 1:04:02

**RACE WALKING**

**Park Racewalkers Annual**  
 Gran Prix #1 — 5K  
 NYC; Nov. 20

M30 Marc Varsano 21:57  
 M35 Michael Korol 24:14  
 M40 Andres Fernandes 30:09  
 M45 Nick Bdera 26:00  
 M50 Per Hollander 32:57  
 M55 Benno Stein 32:08  
 M60 Bob Barrett 27:28  
 M65 Shlomo Silver 42:35  
 W30 Karen Bdera 37:23  
 W35 Diane Brennan 36:59  
 W40 Bette Vargas 29:25  
 W45 Nereida Munoz 36:16  
 W50 Maria Cox 33:19  
 W55 Ora Julie 36:06  
 W70 Queenie Thompson 40:44

**Park Racewalkers Annual**  
 Gran Prix #2 — 5K  
 NYC; Nov. 27

M30 Marc Varsano 21:46  
 M35 Michael Korol 24:04  
 M40 Robert Knol 32:25  
 M45 Nick Bdera 26:17  
 M50 Thomas Masterson 29:33  
 M55 Steven Cohen 33:1  
 M60 Bob Barrett 27:47  
 M65 Shlomo Silver 42:03  
 M70 Frank LaMorte 36:20  
 W30 H. Carter-Range 35:49  
 W35 B.A. Lyons 39:11  
 W40 Bette Vargas 29:07  
 W45 Nereida Munoz 36:38  
 W50 Maria Cox 30:54  
 W55 Ora Julie 36:10  
 W70 Minna Charles 39:52

**Park Racewalkers Annual**  
 Gran Prix #3 — 5K  
 NYC; Dec. 11

M30 Marc Varsano 22:51  
 M40 Robert Knol 32:06  
 M45 Nick Bdera 26:36  
 M50 Per Hollander 32:28  
 M55 Steven Cohen 32:57  
 M60 Bob Barrett 27:13  
 M65 Len Scheer 34:15  
 M70 Jay Charles 41:12  
 W30 Karen Bdera 36:31  
 W35 B.A. Lyons 39:46  
 W40 Bette Vargas 29:44  
 W45 Ann Sicura 36:11  
 W50 Maria Cox 31:10  
 W55 Ora Julie 36:14  
 W70 Minna Charles 40:23



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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB. 1995**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DHAMIRI ABAYOMI (CAMDEN, NJ)	2-13-40	55-59
WAYNE AMBROSE (SANTA ANA, CA)	2-21-25	70-74
G. BARTLETT (AUS)	2-5-25	70-74
HANS BITTER (WG)	2-22-20	75-79
HARRY BROWN (WAUCONA, IL)	2-4-30	65-69
JAMES BURNETT (CHICAGO, IL)	2-13-40	55-59
VERNON CHEADLE (S. BARBARA, CA)	2-6-10	85-89
GEORGE COHEN (INGLEWOOD, CA)	2-13-40	55-59
SHIRLEY DAVISSON (VICTORVILLE, CA)	2-28-30	65-69
VERN DAVIS (HONOLULU, HI)	2-13-20	75-79
JERRY DONLEY (COLORADO SPRINGS, CO)	2-17-30	65-69
JORMA EHRSTROM (FIN)	2-6-40	55-59
JOSEPH FUSELIER (NEW ORLEANS, LA)	2-14-30	65-69
BURL GIST (SAN MARCOS, CA)	2-1-20	75-79
TORMOD HAUGAN (NOR)	2-21-20	75-79
JOHN HOSNER (BLACKSBURG, VA)	2-25-25	70-74
JAN HOWELL (IDAHO SPRINGS, COLO)	2-7-35	60-64
DAVID JAMES (US-SWI)	2-12-35	60-64
REINO LAINE (FIN)	2-18-35	60-64
CLIFTON MCKENZIE (MASA, AZ)	2-20-55	40-44
ROBERT MCMINNIS (GB)	2-18-15	80-84
LARRY MEANS (USAF COLO)	7-18-35	60-64
WILLIAM MILLER (BETHESDA, MD)	2-22-30	65-69
REINO NOKELAINEN (FIN)	2-19-20	75-79
JIM NOONAN (US)	2-22-40	55-59
MALIK NOOR (PAK)	2-28-25	70-74
ERNST RITTER (WG)	2-10-25	70-74
BILL SLEETH (SPOKANE, WA)	2-7-25	70-74
JERRY STANNERS (CA)	2-8-35	60-64
RAY STARNES (US)	2-21-45	50-54
HOWARD STRASSENBERG (MOMENCE, IL)	2-20-20	75-79
ART SWARTS (US)	2-14-45	50-54
ALBIE THOMAS (AUS)	2-8-35	60-64
WESLEY WARD (INDIANAPOLIS, IN)	2-8-10	85-89
JERRY WOJCIK (EUGENE, OR)	2-25-30	65-69
GAY AUSTIN (HONOLULU, HI)	2-6-35	60-64
MILDRED CREWS (LANCASTER, WI)	2-20-15	80-84
EDITH DALTON (HONOLULU, HI)	2-22-20	75-79
BARBARA DIBBLE (TUCSON, AZ)	2-16-30	65-69
VIRGINIA HASTINGS (CA)	2-9-25	70-74
DOROTHY HERRMANN (SANTA BARBARA, CA)	2-2-10	85-89
MARGARET KEGLEY (COLLEGE PLACE, WA)	2-3-20	75-79
BARBARA MEADOWS (TUSCON, AZ)	2-16-30	65-69
ELIZABETH PARTRIDGE (BOYNTON BCH, FL)	2-20-15	80-84
EILEEN PUE (US)	2-8-40	55-59
JENNY BOURKE (AUS)	2-6-40	55-59
ELLEN HEES (WG)	2-11-50	45-49
JANET JOHNSON (AUS)	2-8-45	50-54
ILSE KASSEL (WG)	2-13-25	70-74
HANNA KIEHR (WG)	2-16-25	70-74
ERIKA KRUEGER (WG)	2-15-35	60-64
INGRID KUSCHE (WG)	2-27-40	55-59
LIZ OSTRENG (NOR)	2-11-40	55-59
JUTTA RIEGEL (CAN)	2-14-40	55-59
MARCHISIO RITA (ITA)	2-2-50	45-49
ANNI SCHIORSKI (AUS)	2-16-40	55-59
BRENDA ANN STONE (GB)	2-14-50	45-49
MASAE YODEN (JPN)	2-19-55	40-44
TOYOKO YOSHINO (JPN)	2-12-20	75-79

Compiled by Peter Mundle, World and USA T&F Records Chairman

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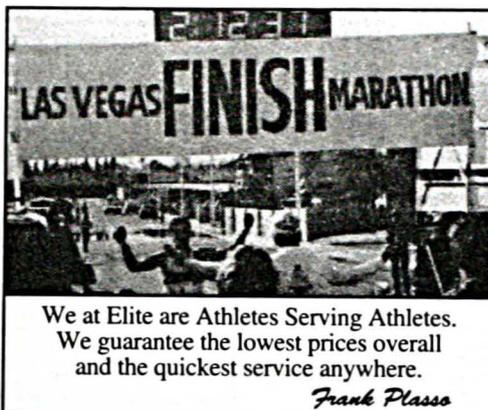
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 1-\$21.69, 3-\$56.82 (\$18.94 each)  
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**Life Span 2000** - 50 Tablets \$19.95 - At Elite \$15.96  
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**Super 10 Anti-Oxidant** - 60 Tablets \$19.95 - At Elite \$15.96  
**Calcium, Magnesium, Potassium** - 90 Tablets \$9.50 - At Elite \$7.60  
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- Good 'N Natural**  
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- Cybergemics**  
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 1-\$11.96, 3-\$33.30 (\$11.10 each)
- Next Nutrition**  
**ProOptibol** (2.2 lbs.) - Retail \$26.95  
 1-\$21.56, 6-\$119.76 (\$19.96 each)  
 (Chocolate, Vanilla, Very Berry & Original)  
**2 Gro 2000** (4.55 lbs.) - Retail \$29.95  
 1-\$23.96, 6-\$133.20 (\$22.20 each)  
 (Chocolate, Strawberry & Vanilla)  
**Pro Opti Bar** - Chocolate Retail \$1.59/Bar  
 12-\$16.80, 24-\$30.00 (\$1.25 each)  
**Hypro Cell Energy Exercise Drink** (1.51 lbs.)  
**Fruit Punch** Retail \$19.95, 1-\$15.96, 6-\$88.80 (\$14.80 each)  
**Ultimate Whey Designer Protein** (2 lbs.)  
 68% Better Than Egg Whites \* Absorbs 200% Faster  
 Vanilla Retail \$39.95, 1-\$31.96, 6-\$168.00 (\$28.00 each)
- Optimum Nutrition**  
**Pro Amino Sports Bar** - Retail \$1.50/Bar  
 24-\$32.40, 36-\$43.20 (\$1.20 each)  
 (Chocolate, Peanut, Butter Pecan, Burgundy Cherry  
 & Blueberry Cheesecake)
- Strength Systems USA**  
**Ultra Paks** - Special 30 Day Multi-Vit/Mineral And More For Runners  
 And Endurance Athletes - Retail \$26.99, Our Price \$21.60  
**Gold Paks** - Special 44 Day Multi-Vit/Mineral And More For Power  
 And Strength Athletes - Retail \$37.99, Our Price \$30.40  
**Yohimbe Bars** - Chocolate Raisin Nut  
 Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)
- Twin Lab**  
**Ultra Fuel Bars** (Vanilla & Chocolate)  
 Retail \$2.69/Bar 12-\$25.99, 24-\$49.99  
**Ultra Fuel** (Powder)  
 Retail \$17.99, 1-\$14.99, 6-\$80.94 (\$13.49 each)  
 (Orange, Tropical Fruit, Lemon & Grape)  
**Carbo Fuel** (43 oz - Powder)  
 Retail \$19.99, 1-\$15.99, 3-\$44.46 (\$14.82 each)  
**Phosfuel** (180 Capsules)  
 Retail \$18.99, 1-\$14.99, 3-\$41.97 (\$13.99 each)  
**Metabolift Thermogenic Formula**  
 120 Capsules \$21.95, 1-\$17.56, 3-\$48.90 (\$16.30 each)
- Alacer**  
**Emergen C** - 35 Paks \$12.65 - At Elite \$10.00  
**Emergen C - Lo Cal** - 36 Paks \$12.65 - At Elite \$10.00  
**Emergen C - Lite** - 36 Paks \$11.55 - At Elite \$9.20  
**Super Gram II** - 100 Tabs. \$19.25 - At Elite \$15.00  
**Super Gram III** - 100 Tabs. \$20.85 - At Elite \$16.50  
**Emergen C Sports Pak** - Makes 3 gallons \$13.85  
 1-\$11.08, 3-\$30.75 (\$10.25 each)  
**Pro Lysine Ascorbates** - 90 Tabs. \$17.95 - At Elite \$14.25
- Leppin**  
 Apple, Banana, Grape, Lemon-Lime, Peach,  
 Pineapple, Strawberry & Vanilla  
**Squeezy Box** of 10 \$7.99 - Regular Price \$10.99  
 (Used by many world class athletes)  
 10 carbohydrate concentrate packets can be used  
 before, during & after training and racing.  
 Great for Carbo-Loading

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