Record Field in Ho Ho Ho 5K

by MIKE POLANSKY

A record field of 1205 runners and walkers crossed the finish line at the John F. Kennedy Middle School in Bethpage, N.Y., Dec. 23, for the 8th annual Ho Ho Ho Jingle Bells 5K Run hosted by the Plainview-Old Bethpage RRC.

Top masters finishers were 42-year-old Paul Mascali, Manhasset, N.Y., fourth overall in 16:04, and Dan Brach, 45, Hicksville, N.Y., 16th overall in 16:55. Top masters women were Kathy Martin, 44, Northport, N.Y., with an 18:50, and Helen Vissgauss, 40, Port Jefferson Station, N.Y., with a 20:27.

The 1996 USA National Masters Indoor Track & Field Championships will be held at the Coliseum Complex in Greensboro, N.C. on March 29-31. Athletes age 30-and-up from throughout the USA and Canada are expected to attend.

Continued on page 17

Greensboro to Host Indoor National T&F Meet

The 1996 USA National Masters Indoor Track & Field Championships will be held at the Coliseum Complex in Greensboro, N.C. on March 29-31. Athletes age 30-and-up from throughout the USA and Canada are expected to attend.

Continued on page 17

Yara and Deason Win in Rocket City Marathon

by JIM OAKS

HUNTSVILLE, AL — The weather on Dec. 9 for the 1995 edition of the WZYP Rocket City Marathon was much the same as in the past: cold with a north wind. But this year there were two new faces on the winners’ stand.

Robert Yara (2:30:46), Atkins, Tex., and Joyce Deason (2:53:49), Shreveport, La., moved into the masters division this fall, and won top honors in the 19th running of Alabama’s first marathon.

Yara, a program manager at Kelly AFB on the Air Force’s F-111 fighter, was running his third marathon since turning 40. In October he ran Twin Cities, and in November, San Antonio.

For this race his opposition included defending champion Bob Schlau, Charleston, S.C.; former open winner, Steve Bolt, Goodlettsville, Tenn.; Reno Stirrat, Spartanburg, S.C.; runner-up here last year; and another former masters winner, Gary Romesser, Indianapolis, Ind.

Even though the running conditions were too cold for optimum performance, the lead pack was serious since there were 15 to 20 Olympic trial qualifying hopefuls in the race. But only one, winner David Honea of Raleigh, N.C., would make it with his winning 2:20:43.

“I saw in the first mile that I wasn’t going to be able to run with the leaders,” Yara said. “It was just too cold.”

Stirrat took the masters lead in the first mile, opening with a 5:20. Bolt, Yara, Romesser, Schlau, and Ken Sparks, M50, followed.

At five miles, Bolt and Stirrat were together at 27:24 with Yara (27:35), Romesser (27:45), Schlau (28:30) and Sparks (28:50) in tow.

Continued on page 17

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After 47 years
Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?
February, 1996
National Masters News

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I suggest that Mike Tymn head up this committee. Conell Lafarlette Glen's Racing Service Tulsa, Oklahoma

65-PLUS RUNNERS CLUB
The New England 65 Plus Runners Club is unique. One must be at least age 65 to join. We have 180 members, ranging in age from 65 to 94. Our club is positive proof that you don't have to hang up your running shoes simply because you're in your 70s or 80s. (I'm 78 and compete in 30 or 40 road races each year.) To our knowledge there is not another runners club like ours anywhere in the country.

Our main purpose is to achieve greater recognition from race directors toward the growing group of older participants. We encourage them to include age divisions at least up to 70+. We've received good cooperation from race sponsors and race directors, but we still have a lot of work to do. For more info., call 617-334-4546.

Philip Campbell Club President Lynnfield, Massachusetts

60-PLUS FRIENDLY CLUB
The New England 60 Plus Friendly Club is a division of the 65 Plus Runners Club. It is for those aged 60 to 64 who don't want to jump in with the older set.

FIFTEEN YEARS AGO
February, 1981

- 2400 from 44 Nations Compete in IV World Veterans Championships in Christchurch, New Zealand
- Antonio Villanueva Sets 10K M40 WR of 30:34.2
- Joan Ulliot Establishes New W40 WR for 25K in 1:46:20

T&F AWARDS
Call me biased, but I think that Larry Stuart's 215-8 javelin throw deserved at least a mention for outstanding performances in 1995. An age-graded performance of 111.9% seems tough to ignore completely.

Russ Reahold La Puente, California

LDR AWARDS
After selecting the Masters Long Distance Running Athletes of the Year for 1995, we found that Marion McNally, the M90-94 choice, was 95. Therefore, he was selected for the M95 + division, and Max Popper, of New York City, becomes the M90 award winner.

Charles DesJardins Chairman, Masters LDR Committee

ALL-AMERICAN
Who chose the "All-American" standards? What does it mean? How do you define excellence? How exceptional is a 1.53m high jump, or a 5'7".

Herman Pettigrew Freeport, Maine

(The All-American standards were chosen by the All-American Subcommittee of the USA Masters Track & Field Committee. Generally, it means anyone who achieves the standard is performing at a high level - approximately national-class, or about 80% on the age-graded scale. The standards are designed to be difficult, but not impossible. Anyone who achieves the standard in his or her event can be proud of the accomplishment. — Ed.)

HATS OFF TO HEALTH
In 1836, Emerson said in his essay on Nature, "Give me health and a day and I will make the pomp of emperors ridiculous." As an example, take those five wonderful women over 45 who ran the 400m final in under 60 seconds at the WAVA Championships. Now, there's something to make pomposity blush.

The effort, time and expense many competitors made to come back to even an approximation of their former health is amazing. Hats off to two in my age group: M75, Bill Silverstein and Bill Weinacht. Both of those gentlemen wear pacemakers. Hats off to Lee Farmer, who had an angiogram five days before his 100m preliminary. Mary Libal's great struggle to come back to competitive strength following a devasting liver infection deserves another gold medal to go with her victory in the 400.

I am privileged to be associated with these people and others like them whom I have never met. O, President's Council on Physical Fitness & Sports, where are you? Roderick Parker Amity, Arkansas

KUDOS
I am a recent subscriber to National Masters News. As a recent master who turned 40 on Sept. 11, I find your publication very informative and enlightening. It appears you are interested in maximum exposure for race participants in all areas of the country.

Bruce Deeter Bakersfield, California

Seven Join NMN Sustainers

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

Special thanks this month go to:

Joseph Analla
Hans Bitter
John Cleveland
Edward Fox
Everett Hosack
Mark Lieberman
Marlene Sachs

Mesa, Arizona
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Bayside, New York
Chagrin Falls, Ohio
Wilton, Connecticut
Norwich, Vermont
MEET SCHEDULE
FRIDAY, MARCH 29
5:30 PM OPENING CEREMONIES
6:00 PM PV-M60+
7:00 PM TJ-WOMEN
PV-WOMEN
8:00 PM TJ-M50+
SATURDAY, MARCH 30
8:00 AM SP-M30-39
SP-W30-39
PV-M40-49
PV-WOMEN
SP-M40-49
PV-M50-54
9:00 AM 60 METERS-PRELIMS-ALL
60 METER RUN-ALL
WOMEN
11:00 AM 60 METERS-FINALS
MILE RUN
12:00 PM 5000 METER RUN-ALL
WT-M70+
LI-M70+
3:00 PM 500 METER HURDLES-ALL
WT-M40-49
LI-M45-49
PV-M50-59
PV-WOMEN
SP-M50-59
PV-WOMEN
SP-W40-49
PV-M30-39
LI-W30-49
4:00 PM 400 METER RELAYS
WT-M25-30
LI-M25-30
PV-M25-30
GENERAL MEMBERSHIP MEETING
HOLIDAY INN-FOUR SEASONS
SUNDAY, MARCH 31
8:00 AM TJ-M40-49
9:00 AM 3000 METER RACE WALK-ALL
SUPER WT-ALL
10:00 AM TJ-M50-64
11:00 AM 200 METERS-PRELIMS-ALL
2:00 PM TJ-M65+
3:00 PM 200 METER FINALS-ALL
4:00 PM 400 RELAY

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USATF CHAMPIONSHIP MEDALS WILL BE AWARDED TO THE FIRST THREE PLACES IN EACH AGE
DIVISION EVENT.
REGISTRATION WILL CLOSE ON MARCH 22, 1996 FOR ALL EVENTS EXCEPT THE RELAYS WHICH WILL
BE ON-SITE ONLY-TIMES OF REGISTRATION FOR RELAYS WILL BE POSTED AT THE TRACK SITE.
ORDER OF COMPETITION WILL GENERALLY BE WOMEN FOLLOWED BY MEN - OLDEST TO
YOUNGEST. THERE WILL BE SOME EXCEPTIONS TO THIS TO ALLOW FOR MULTIPLE EVENT
PARTICIPATION. THIS INFORMATION WILL BE POSTED AT THE MEET SITE.
AGE GROUPS MAY BE COMBINED TO FILL SECTIONS.
STARTING BLOCKS WILL BE PROVIDED.
3/16 INCH SPIKES ONLY-MAY BE USED.
WARMUP AREA WILL BE PROVIDED, SEPARATE FROM THE COMPETITION TRACK.
THERE WILL BE 2 SHOT-WEIGHT THROW CIRCLES ON TO A DIRT SURFACE.
TRAVEL INFORMATION
PACKET PICKUP WILL BE AVAILABLE AT THE GREENSBORO COLISEUM BEGINNING AT 12:00 NOON
ON FRIDAY MARCH 29, 1996.

NAME ____________________________ ADDRESS ________________________________
CITY ______________________ STATE ______ ZIP ____________
PHONE ( ) AGE (as of 3/29/96) DATE OF BIRTH ____________
1996 USATF # ____________ MALE ______ FEMALE ______

EVENT FEES: FIRST EVENT - $25.00 SUBSEQUENT EVENTS - $15.00 RELAYS - $40.00

EVENT PERFORMANCE FEE
1 ____________________________ 2 ____________________________ 3 ____________________________
4 ____________________________ 5 ____________________________ 6 ____________________________
7 ____________________________ 8 ____________________________

TOTAL FEES
T-SHIRTS $12.00 (pre event) @ 12.00

TOTAL NUMBER AMOUNT
SM MED LG XL XXL XXXL

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ENTRY DEADLINE IS MARCH 10, 1996 - LATE FEE OF $10.00 PER EVENT AFTER 3/10
NO ENTRIES AFTER MARCH 22, 1996.

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am
the stated age on this application. I also verify that I am registered for the 1996 year with USAF. In
consideration of my entry in the National Masters Indoor Track & Field Championships in Greensboro,
North Carolina I do hereby, for myself and anyone entitled to act in my behalf, waive and release
Greensboro Track & Field, the Meet Director and the Organizing Committee, the Greensboro Sports
Commission, USA Track & Field, the Greensboro Coliseum, the City of Greensboro and all sponsors and
their representatives and successors from all claims and/or liabilities of any kind which may arise or be
incurred as a result of the meet travel and participation in the 1996 USATF National Masters Indoor Track
and Field Championships.

I authorize the Games Committee and its agents permission to request emergency medical treatment or
care as necessary to inspire my well-being.

APPLICANT SIGNATURE ____________________________ DATE ____________

February, 1996 National Masters News page 5
Getting to the Heart of the Matter

The recent death of Russian figure skater Sergei Grinkov from a massive heart attack no doubt left many people wondering about the relationship between exercise and mortality. Here was a guy who clearly was capable of awesome athletic feats and who otherwise seemed to be in superb physical condition. How can it be explained?

"Definitely, when something like this happens, people throw up their hands, and say 'See, it doesn't make any difference if you exercise,'" Dr. Jack Scaff, a Honolulu cardiologist and one of the founders of both the Honolulu Marathon and Great Alaka'i Run, reacted.

But what the couch potatoes who use such anecdotal evidence as excuses for maintaining a sedentary lifestyle are missing is that some people are born with congenital defects or are otherwise predisposed to cardiovascular disease because of hereditary factors. Based upon reports surrounding the findings of Grinkov's condition, such was clearly the case with him.

Diagnosable Disorder

"If he hadn't been as fit as he was, he probably would have died at 20 instead of 28," Scaff opined. "Based upon what I've read, he had a diagnosable disorder, but because he looked so healthy nobody thought to look.

"You don't develop an enlarged heart in a week. That's consistent with a disease that has been present for many years. If he had had a stress test, it would have been positive and he most likely would have undergone bypass surgery and then returned to competitive skating."

In one respect, though, Grinkov's fitness may have hastened his demise. "He probably experienced some of the signs — like palpitations, heartburn, chest pains — but, being an athlete, he was used to putting up with little discomforts," Scaff explained. "He probably figured the chest pains, or whatever, were a result of the exertion of lifting his wife (his skating partner) and didn't pay any attention to it."

But there is absolutely no doubt in Scaff's mind that proper exercise means greater longevity. He rattles off studies from various scientific studies to support that position. "We're talking just 3 to 4 1/2 hours of exercise a week to have a 40 percent reduction in mortality," Scaff offered.

Confusing Terminology

Scaff knows that the subject is a difficult one for the general public to understand, as some of the terminology used in the medical profession is confusing. For example, there is a difference between an enlarged heart, such as Grinkov's, and a large heart, as identified with most successful endurance athletes. Because the endurance athlete requires a heart that will pump blood rapidly and efficiently, the heart muscle adapts through training to this need by increasing in size (the so-called good cholesterol). The increase in the heart's muscle mass results in greater stroke volume. Blood is then pumped out with greater force. As the maximal work the heart is capable of increases, the heart rate slows. It is not uncommon to find heart rates in the 35-50 beats-per-minute range, even as low as 28, among endurance athletes. This compares to a normal 60-80 range among the general population. But slow heart rates are also associated with diseased hearts, thereby further confusing the public.

Heart Murmurs

There is also confusion when it comes to heart murmurs. While murmurs are often identified with an abnormal or diseased heart, there are heart murmurs that are found in many endurance athletes. "We can hear a murmur in everyone if the ear is sensitive enough," Scaff remarked. "The murmur is the sound of the blood flowing. Since stroke volume can double or triple in athletes, it's going to be a lot more noisy than if you're perking along, pumping out little teaspoonsfuls at 60 beats per minute. When I hear a functional heart murmur, I ask whether this is due to exercise or is it due to a structural abnormality. You determine this from an electrocardiogram."

Still another area of confusion mentioned by Scaff has to do with the high cholesterol counts associated with heart disease. According to Scaff, the total cholesterol count which most people seem to focus on is not nearly as important as the total count to HDL (the so-called good cholesterol) ratio.

Good and Bad Cholesterol

"We talk about the good cholesterol and the bad cholesterol, but we need both kinds," Scaff further explained. "If all we had was the HDL, we wouldn't live. So there's no such thing as good or bad. It's basically the balance of the two we should be concerned about. If a person has a total cholesterol count of 200 and an HDL of 50, the ratio is 4:1 and people with ratios of 4:1 or under are virtually immune to heart attacks prematurely, assuming they don't smoke."

Scaff added that he has a patient with a total cholesterol that has been as high as 350, but he is not concerned because her HDL is usually in the 90-100 range, and thus her ratio is better than four to one.

The bottom line seems to be that you can have a large heart, a slow pulse, heart murmurs, and a total high cholesterol count and be the world's greatest endurance athlete. On the other hand, you can have the same conditions and have a badly diseased heart. The only way to tell is to find a doctor who can tell the difference after testing.
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February, 1996 National Masters News

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Squeeze Box of 10 $7.99 - Regular Price $10.99

(Used by many world class athletes)
Sprained Ankles

All of us in our running-jumping careers have suffered a sprained ankle of some severity or another. Most of the time we can jog it out and this only limits our athletic activities for a few days. These injuries come with the territory.

But, some ankle sprains never seem to recover completely. Many of these are due to fracture, instability, synovitis or tendon rupture. However, a new type of ankle pathology has now emerged: the ligamentous impingement syndrome.

Essentially, an extra distal fascicle of the anterior-inferior tibiofibular ligament damages the talar surface! What did he say? Let's try to clear this up.

Usually this condition is suspected when the athlete has a history of persistent or intermittent pain over the front territory. Usually this condition is suspected when the athlete has a history of persistent or intermittent pain over the front of the ankle (in the area of the anterior tibiofibular ligament), and this is sore to the touch. The pain is not reproduced by any specific athletic movement or sport. It can just occur. Usually the pain is aggravated by dorsiflexion of the ankle and relieved by plantar flexion of the ankle. X-rays usually don't show the condition. Many complain of pain for as long as two years.

Essentially, this small fragment of the ligament in the front of the ankle becomes caught between the talar bone (the bone that fits in the ankle mortice) and the ankle joint. Actually, studies have shown that this fascicle is a common occurrence.

Surgical removal of this piece of ligament has shown excellent results, allowing most individuals to return to full activity. Therefore, those with persistent ankle pain may wish to consider the impingement syndrome as a cause of their pain.

(John 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, MNM, Box 50908, Eugene, OR 97405.)

Beurskens, Bjornson
First Masters in Honolulu

by JERRY WOJCIC

Carla Beurskens' bid for a ninth Honolulu Marathon title was thwarted by a pre-race illness that jumped her temperature to 104° and caused her to experience breathing problems during the race of Dec. 10.

Beurskens, a 43-year-old resident of the Netherlands, finished a creditable third of 986 female finishers, with a 2:42:27 well off her course record 2:30:01.

Of 34,422 entrants, 26,986 runners finished, 19,684 of whom were from Japan, and of those, 13,253 were running their first marathon. The last finisher ran a 12:56:11.

A tropically hot and steamy day didn't help Beurskens. Less fit, slower runners were advised by race directors Jim Barahal and Jon Cross, who went out on the course, to walk, take plenty of fluids, and avail themselves of water stations and the intense heat rose.

Beurskens, Bjornson, of Canada, was second W40+ in a tenth-place 2:57:06. The first U.S. runner and fifth in 2:47:54.

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Senior Games Now Open to Age 50+

For the first time, competition at the U.S. National Senior Sports Classic/Senior Olympics will be open to athletes age 50-54. "This age group represents the leading edge of the enormous number of baby boomers who will be swelling the ranks of older Americans in the next 10 to 15 years," said Linda Heikila, who was named Executive Vice President & Chief Operating Officer by the USNSO Board.

"We are pleased and excited to welcome this new group of athletes to our event and organization," said Ernesto Reyes, newly-elected man of the Board.

USNSO State Senior Games will be held throughout the USA in 1996, serving as qualifiers for the Senior Sports Classic VI, which begins May 21, 1997 in Tucson. An athlete’s age on May 21, 1997 — the first day of the competition — determines one’s age group.

A total of 8276 age 55+ athletes competed in 18 sports in Sports Classic V in San Antonio in 1995, including 2846 women — 34.4% of the total. The organization has developed an impressive list of sponsors, including the Sporting Goods Manufacturing Association, Howard Johnson Hotels, FHP Health Care, Total Cereal, Days Inn, Ramada, Park Inn International, O’Doul’s Beer, Nuveen, and TWA.

The USNSO headquarters has moved to 12520 Olive Blvd., St. Louis MO 63141. Phone 314-878-4900; Fax: 314-878-9957. □

Three Major Meets in 15-Day Period

Three major masters track and field meets will be held in a 15-day period in the northwest this summer.

On Aug. 10-11, the Canadian Masters Championships will be held in Victoria, B.C., on the track that might be the site of the 2001 WAVA World Championships.

On Aug. 15-18, the 29th USA Masters Championships take place in Spokane, Wash, less than 300 miles from Victoria.

On Aug. 21-24, the WAVA North American Regional Masters Championships are set for Eugene, Ore., about 400 miles from Spokane. All three meets are open to anyone age 30 and up.

It’s a great opportunity to spend a couple of weeks competing and seeing the beautiful scenery of the area. (See schedule for details.) □

Members of the USA winning M75-79 10K Cross-Country team championships: Nate White (L), 76, second, and Austin Newman, 79, first. The third member of the team was Eek Keller. Photo by Evelyn White

W55-59 winners, Diane P. Black, Barbara Meyer, Dot Richter (0 to r) at 1995 WZPY Rocket City Marathon. Photo by Jim Oaks

USATF Eastern Regional Indoor Track & Field Championships

Sunday, March 17, 1996 9:30 a.m.

Gusman Athletic Center at Brandeis University, Waltham, Massachusetts

MEET DIRECTOR: Steve Vaasim, USATF-NE / Bruce Bickford, Brandeis Track & Field

SITE COORDINATOR: Barbara Bickford, Brandeis University

USATF New England - Masters T&F Chairman: Ed Daniels, New Hampshire Trackers

FACILITY: Track: 6 lane 200 meters, flat, Mondo surface.

Field: Mondo lawn for all jumps. Wood throwing circle (1) - shell implements only

TIMING: Finish, photo automatic timing

AWARDS: USATF Regional medals to top 3 in each event in 5 year age divisions.

DIVISIONS: Five year age groupings for men and women age 30 to 80+

DIRECTIONS: From I-95 (Rt 128) take Rt 30 Exit. Follow signs to Brandeis. 2 miles from Rt 30.

From I-95 (Rt 128) to Brandeis track. Exit 14. Follow signs to Rt 30. 2 miles from Brandeis.

MEET HOTEL: Newton Marriott, 2 miles from Brandeis. Call (617) 630-3507, ask for Brandeis track rate.

ENTRY FEES: Pre: $10 plus $2 East Region entry for first event, $5 for each additional event.

Entry fees are $12 per relay team.

For meet entrance entry applications must be received by Wednesday, March 12. Entry fee entry applies otherwise.

DAY OF EVENT: Entry fees are $17 for first event, and $7 for additional events. CASH ONLY.

Late Entry is on site available basis.

MAIL TO: Eastern Masters Championships, USATF-NE, P.O. Box 1905, Brookline MA 02146

Direct all phone calls to USATF-NE (617) 565-7602

USATF MEMBERSHIP: All competitors must have USATF membership or foreign equivalent. 1996 membership is available at the meet, or with entry, for $15.00. Meet is USATF Sanctioned.

SCHEDULE OF EVENTS

FIELD

Long Jump 10:00 11:00 12:00 11:00 (p.m.) 2:00 (p.m.)

Triple Jump 11:00 12:00 2:00 1:00 (p.m.) 2:00 (p.m.)

High Jump 12:00 1:00 2:00 1:00 (p.m.) 2:00 (p.m.)

Pole Vault 1:30 2:00 9:00 1:00 2:00

 Shot Put 2:00 3:00 1:00 2:00 3:00

 WEIGHT Throw 3:30 4:30 1:00 2:00 3:00

Weight Throw 4:00 5:00 1:00 2:00 3:00

1000 Meter Run 5:00 6:00 9:00 1:00 2:00

1500 Meter Run 6:00 7:00 10:00 2:00 3:00

2000 Meter Run 7:00 8:00 11:00 3:00 4:00

400 Relay 8:00 9:00 1:00 2:00 3:00

4 x 100 Relay Silvers

4 x 400 Relay Silvers

Note: "Barred check" fee is $25

Note: No combination of pre-meeting entry fees. Each entry individually limited to four events. All events are the same in all categories, clauses, and payments as initially listed above. All fees, entry, and surcharges are non-refundable for any reason other than injury, death, and clausuals reflecting adherence between listed rules and rules as is indicated in the schedule of events. If you are not sure what your age is, contact your local track club to determine your age group. Date of birth is of no consequence, but the age listed in your current master membership card or USATF membership card is the age used in determining your eligibility.
Judging

At the USATF Convention, Ron Daniel chaired a meeting on the new Judging Rules. Standing by a display board, he drew a line down the middle. On the extreme of one side, he indicated an area of very legal walking (straight knee) and on the extreme of the other side, he indicated an area of very illegal walking (very bent knee). He then drew a column on the legal side but touching the line separating legal and illegal walking. He explained that this bordering area is the zone where walkers are still legal but moving towards being illegal. He further explained that this area was the zone where walkers should properly be cautioned.

Feeling uncomfortable with the idea of somehow foreseeing when a legal walker was, in fact, going to become illegal, I asked if a caution didn't better, given when a walker had just become illegal so he or she could focus and become legal again.

Because there was confusion about the use of a "legal" caution zone, Coach Bohdan Bulakowski cut through the haze. Going up to the display board, he drew lines through the proposed caution zone. He then proceeded to draw a figure with a straight knee and one with a bent knee to represent legal and illegal walking for simple, fair judging.

I've always been a rule purist in that I consider that the straight-knee gait (particularly in the vertical, upright position) separates racewalking from the flexed-knee, running gait. As Stan Chraminski so aptly points out in his excellent article in the North American Racewalking Foundation's new book, "MASTERS RACEWALKING: American Coaches and Athletes Share Ideas on Technique, Training and Racing," "racewalking is an artificially limited form of running." To keep the sport legitimate, he states that it is essential to enforce a straight knee gait and not make rule adjustments for bent knees even when the motive is humane.

However, there seems to be an area for practical compromise. Because masters (and even young walkers) often show fatigue by their knees bending, I think a legitimate case may be made for using a caution to warn a walker when his or her knee is starting to soften, especially during a track race after walking legally for many laps. This allows a walker to re-focus on knee straightening and finish a race. However, once a caution is given, a red card should be immediately issued on the next perceived rule violation.

The only practical alternative to this instructional use of a caution is to eliminate caution altogether and red card all forms of bent knees from slight to very. Such strict judging would be simple, as it is easy to differentiate straight and bent knees. However, it would have severe consequences on masters racewalking. As racewalking is an endurance sport that demands good technique from beginning to end, a caution serves a useful purpose. Additionally, it removes some anxiety for new walkers.

In MASTERS RACEWALKING, Ed Kousky relates this story of how a caution was used constructively in a lifting situation (which usually involves bent knees). "In a race last year, one of my friends in my age group was trying to pass me. I was ahead of him, but he came on strong toward the end of the race. He was clearly lifting. A judge put a paddle in his face and he backed off. The caution served its proper purpose. My friend went back to being legal and finished second." □

(MASTERS RACEWALKING: American Coaches and Athletes Share Ideas on Technique, Training and Racing, $14.95, can be purchased from the North American Racewalking Foundation, PO Box 50312, Pasadena, CA 91115-0312, or credit cards 1-800-898-5117. There is a $2.00 shipping charge. Californians add $1.23 tax.)
Steve Gallagher of Winter Park, Fla., celebrated his 40th birthday on Jan. 5, and two days later broke the U.S. masters indoor record for 3000 meters at the Dartmouth Relays in Hanover, N.H.

Gallagher posted a time of 8:43.71, narrowly besting the mark of 8:44.00, set by both Peter Hallopp in 1988 and Ken Popejoy in 1993. “Over the next two years, my goal is to break the U.S. masters records in the mile and 1500,” Gallagher told NMN, “with specific attention to the indoor records of 4:11 and 3:56, respectively.”

Gallagher plans to compete in the major indoor and outdoor masters mile events (Millrose, Mobil One, Sunkist, New York Games, etc.) and in major road races such as Edison, Carlsbad, Peachtree, and Miami Mile. “I hope to win both the indoor mile and the outdoor 1500 at the 1996 National Masters Championships, and to win the 1500 at the 1997 World Veterans Championships in South Africa,” he said.

Gallagher is the chief financial officer of a $100 million company. He’s a graduate of the Harvard Business School, Class of ‘93 MBA, and is a member of the Brooks/Track Shack Racing Team.

Complete results of the Dartmouth Relays next month.

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No Pumpkins for Boston Hopefuls

The entry blank for the Dutchess County Classic in Poughkeepsie, New York last September advertised: "Run With Hal Higdon." Walking to the starting line, I overheard two runners behind me talking. One said: "Who is Hal Higdon?"

His friend responded: "I think he's the race director at Boston."

Not true. The Boston Athletic Association's Guy Morse functions in that capacity. Were I Guy, I might be tempted to wave my magic wand over all those who during the last 15 months tried — and failed — to qualify for the 100th running of the BAA Marathon on April 15, 1996.

A touch of magic; that's all it would take. Instant qualifying times to allow everybody entry to the greatest celebration of running in our lifetimes.

And pumpkins into carriages to bring us to the starting line.

No pumpkins. No glass running shoes either. With the chimes of midnight on New Year's Eve, the qualifying period for the 100th BAA Marathon ended. Dreams fulfilled; dreams shattered.

There will be a 101st Boston in 1997, but this year's race promises to be special.

Ultimate Challenge

Ironically, qualifying standards encouraged — rather than discouraged — would-be runners from trying for Boston as the ultimate challenge and began to train harder. Within a decade, the Boston Marathon became an event with the world's elite. You can't do that in many sports.

Last Chance To Qualify

A handful of marathons from Maryland to Ohio to Oklahoma to California on the final weekend offered Boston hopefuls last chances to achieve the qualifying standards, which range from three hours 10 minutes for the youngest males to four hours 20 minutes for the oldest females.

That's what it took to qualify for the 100th: a time that fast and an application accompanied by the $50 entry fee, postmarked by December 31, 1995.

Or luck. The BAA also established a "random drawing" or lottery to allow 6000 unqualified runners to enter an open division.

When I ran my first Boston Marathon in 1959, there were no qualifying standards, no lotteries. The entry fee was only $1.00.

Only 151 started. Within a dozen years, however, an increase in numbers forced the BAA to institute time standards to control the size of its field.

The legendary Scotsman, Jock Semple, then screened entries. When I protested the standards, Jock said, "Don't worry. I'm just about qualifying, Hal. You'll always be welcome in the 1-1-1-race."

I was a young buck then, capable of times much faster than the standards. I had placed fifth at Boston, the first American, in 1964. My concern was for the less fleet afoot. I always thought one of Boston's great appeals was that athletes of average ability could compete in the same event with the world's elite. You can't do that in many sports.

Chicago in October was my 95th marathon. Perfect weather and a fast course greeted me. I ran right on pace through 24 miles, then my legs went dead. My final time was 10 minutes faster than Poughkeepsie, but still short of the qualifying standard.

Forced to Walk

Columbus in November had been planned as my 96th marathon, but a busy schedule left me too fatigued to race. I decided to wait for Memphis three weeks later. There, warm weather forced me to walk many of the last miles.

Behind schedule, I skipped Dallas and opted for the Last Chance Marathon in Tulsa, Oklahoma on the last weekend of the year. I located a hotel room only a mile from the course. I flew in the last minute and picked up my number only 20 minutes before the start.

The Tulsa race (organized by Gary Madison so area hopefuls could have one last chance to qualify for Boston) was in many respects a throwback to running before the boom. Seventy-eight started, many of them pacing their friends.

The marathon followed a bike path beside the Arkansas River, meandering but flat. Temperatures in the mid-30s proved somewhat cooler than ideal. A wind bedeviled runners over half the distance. Nevertheless, 16 runners achieved times that will allow them entry in the 100th race.

Ah, that I were one of them. Too much good food over the holidays had forced a bulge over my belt. I checked my time at halfway and found myself several minutes behind a qualifying pace. I continued to the finish, content to at least run marathon 97.

Bermuda in mid-January was planned as number 98. For number 99, I'm considering several races on the West Coast in March. But will number 100 come in the 100th Boston Athletic Association Marathon? Only those two runners from Dutchess County believe me the race director of that event. The spirit of Jock Semple willing, I still may find myself a golden pumpkin ride to the starting line in Hopkinton.

Hal Higdon's writing now can be found on the Internet at: http://www.halhigdon.com.
FIVE YEARS AGO
February, 1991

- John Campbell, and Barbara Flutze Win Third Annual Sorbothane/USRA Masters Circuit Grand Championship 8K in Florida

- Ken Judson, 40, Sets Still-Standing USA 40+ Record of 2:17:01 in Rocket City Marathon

- Charlotte Observer Races Draw 6000


Julian Ives, 60, first M60 (43-26), Jingle Bells 10K For Arthritis, Washington, D.C., Dec. 3. Photo by George Banker

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Whither Women?

In perusing the throws rankings for 1995, I noticed that the number of women participants, especially in the W30-39 and W40-49 groups, haven't increased to the extent that they have among the men in the last several years. So, I decided to address the possible reasons why more women aren't becoming involved in the throws and what to do about it.

About halfway through the column, I had to admit that, even with my columnist's license to deal in balderdash and flapdoodle, being one sex and one generation removed, I probably didn't know what the hell I was talking about. Feel free 'to respond succinctly but politely to what I say here.

First, many women of those ages have to spend their time and energy on kids and careers, particularly if they've been out of the latter as a result of the former.

Second, I think the perception of throwers as being what my mother calls "big boned," or worse, like "Russian woman shot putters," a phrase popularized at the expense of the Soviet Union's throwers of the '60s, is a deterrent. After all, in a nation obsessed with being thin, would women rather look like Tamara Press or a Runner's World cover girl?

Third, I think that women, a large number of whom haven't had the opportunity to experience competitive sports, feel threatened by the possibility of an embarrassing defeat and the possibility of an embarrassing defeat and the impression we create of ex-Olympians, All-Americans, and the like contesting for records in a "NATIONAL CHAMPIONSHIPS." For some, it may be a lack of facilities, equipment, or coaching.

Lastly, we could do a better job of marketing our product. I pass by glass-walled exercise salons filled with women of all ages pumping iron. Women's health and fitness magazines include articles on lifting programs for women.

We now know that the most important item in dieting regimens is exercise. Why not develop muscle tone and strength for reasons other than looking "hot" as one TV ad says, or warding off muggers?

With that, we should get the word out that you don't have to be a giantess to throw because the implements are relatively light, and athleticism and quickness play a large part of success with them. Jackie Joyner Kersee is by no means Godzilla's older sister and look what she does with the 4kg shot. I think of Mary Norckauer, a W70 from Louisiana, who looks like an ethereal Southern belle out of a Tennessee Williams' play. She was fourth in the 1995 World Games with an 18.50/60-8 with the 3kg hammer.

Becky Sisley and Christel Miller, both excellent javelin throwers, are small women. Shirley Dietderich, third-ranked W65 in the discus for 1994, is thin as a rail. Weight throwers Barbara Stewart and Estelle Jenkins are less than average size.

Okay, a trained athlete with some "heft" will probably beat a smaller competitor with the same ability, but I've seen some ungainly, large women in the circle that I know could be easily out-distanced by agile women of lesser bulk.

Besides, we're not talking world and U.S. records and Athlete of the Year Awards here. We should be pushing fun, exercise, excellent camaraderie among throwers, and feeling good about oneself. Imagine going to work Monday morning and subtly letting it be known that you'd hit a PR with the
Sunmart Texas Trail Endurance Runs Held

by JOHN WELCH
The Sunmart Texas Trail Endurance

Runs, Huntsville, has grown steadily into the largest ultra-distance run in the U.S. The sixth annual race on Dec. 16 at Huntsville State Park, 60 miles north of Houston, produced excellent masters performances.

Leo Torres, 42, Cordova, N.M., third last year in 6:12:52, moved up a notch to the runner-up slot in the 50-mile run, finishing about a half-hour behind the winner — Steve Szydlik, 29, 5:58:38 — in 6:26:23. Considering he was unaccustomed to the heat and humidity of south Texas (Torres lives at 7000 feet of altitude with little or no humidity), the time he ran was great by all standards.

"There was too much humidity," Torres, a videographer at Los Alamos National Laboratory, related. "But I was taking in salt with the boiled potatoes, and that seemed to help some."

Camille Yarborough, 45, Houston, was the W40+ winner in 8:50:08. Helen Klein, 73, Rancho Cordova, Calif., wife of race director Norm Klein, completed her 100th ultra, the 50-miler, in 11:45:06.

Steve Mahieu, 48, Albuquerque, N.M., was the masters winner and fourth-place overall in the 50K with a 3:43:10. "My thighs and my calves were cramping up," Mahieu said after the race. "It was a lot hotter than I like it."

Lynn Mardor, 40, Kingwood, Texas, was second overall in the women’s 50K in 4:24:44. More than 550 runners from 35 states and three foreign countries participated in this year’s races.

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Strength Test (Free Weights, Bench Press and Squats)
Fitness Test (Body Fat Testing through 9 Site Skinfold)

For More Information
Call or Write To: International Senior Games
460 Summer Street
Stamford, CT 06901, USA
(800) 867-5935

Sponsors Include:
Winter Treadmill Workouts

While most dedicated runners have no problem braving harsh winter weather conditions to get in their normal training runs, it is not always wise or possible to perform hill workouts or tempo runs in icy or windy conditions. Fortunately, highly sophisticated, indoor treadmills have made year-round, high-quality training possible in even the worst winter climates.

However, most runners do not know that their running speed on a treadmill is not equivalent to their running speed on outdoor surfaces.

Roland Rust, Ph.D., a professor at Vanderbilt University, confirms this and states, “Since you are not actually moving forward you can run any given pace at an easier effort on a treadmill because you do not have to overcome air resistance as you must when running in even the calmest outdoor conditions. Therefore, treadmill runs should be performed on a slight incline in order to run at an equivalent effort-based, outdoor running speed.”

James Orthmann, a graduate student of mathematics at Tennessee State University (and a 29:42 10K runner) adds, “The standard ‘rule of thumb’ formulas (such as for every 10% increase in incline there is a 3% increase in effort needed to maintain any particular running speed) do not correctly equate effort-based running speeds.

“For instance, this formula would make a 7:00 mile on a 10% incline equivalent to a 4:54 mile effort. However, as running effort increases with faster running speeds, it only takes marginally more effort to maintain that speed — even as the incline increases. In reality, a 7:00 mile on a 10% incline is equivalent to about a 5:27 mile.”

Orthmann, along with his associates in the Physics Department at Tennessee State University, recently developed a mathematical formula that more accurately tells runners how different running speeds at various inclines on a treadmill equate with their running speeds on level ground.

Keep in mind that this formula is based on certain assumptions about running efficiency on treadmill inclines. Nevertheless, it is better than any other formula that Peak Running Performance has researched to date.

Using Orthmann’s formula (see chart) you can calculate the various equivalent pace-per-mile treadmill running speeds. Simply read across to find your equivalent effort-based pace-per-mile for any combination of miles-per-hour (MPH) and incline settings.

Before long, you will be looking forward to running your key winter workouts indoors and you will be well-prepared for faster training and racing when the spring weather returns.

(Reprinted from Peak Running Performance, published bimonthly for $24 a year from PRP, Box 128036, Nashville, TN 37212.)

<table>
<thead>
<tr>
<th>Effort-Based Treadmill Training Speeds</th>
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<tbody>
<tr>
<td>(Miles-Per-Hour)</td>
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<tr>
<td>MPH Setting</td>
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<tr>
<td>Flat Road</td>
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<td>Pace*</td>
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*Running speed on a treadmill with no incline (zero percent) is actually slower than running on a flat road or track surface since you do not have to overcome air resistance on a treadmill.
Yara and Deason Win at Rocket City

Continued from page 1

By ten miles, Bolt and Stirrat (55:20) had built a 36-second lead on Yara (55:56), Romesser (55:43) and Schlau (57:51) had faded from top contention.

“I started feeling a little bit better about 15 or 16 miles,” Yara said. “Even though it was into the wind, I was able to maintain my pace.”

“I passed Reno (Stirrat) at about 18, and he told me that he thought the only other master in front of me was Bolt.”

Finally, at 22 miles, I thought I had moved into the lead and pushed to the finish ($250) in 2:36:55, Romesser ($250) in 2:37:16, and Schlau ($750) in 2:39:08.

“I knew Steve (Bolt) was up there, but I couldn’t seem to cut the lead any. Finally, at 22 miles, I thought I had caught him a little bit, but I wasn’t sure. Then between 23 and 25 I made a lot of ground on him.”

Moved Into the Lead

Just past the 25-mile mark, Yara moved into the lead and pushed to the finish to win ($1000) in 2:30:46. Bolt followed ($750) in 2:31:16, Stirrat ($250) in 2:36:55, Romesser ($250) in 2:37:16, and Sparks ($250) was fifth in 2:39:08. Schlau pulled out of the race with a leg cramp after 16 miles.

Bolt indicated later that he did not know when Yara passed. “I doubt that it would have mattered,” Bolt said. “I was plenty tired at the end.”

In her masters debut, Deason was focused. Her 40th birthday was on October 80, but then cut back to around 80 through most of November. I used to train hard for three weeks and then cut back to an easy week, but now I find I can only run two hard weeks before taking an easy one.”

Training Paid Off

Deason’s training paid off ($1750) with a comfortable win over former five-time masters winner Jane Hutchison, Webb City, Mo. Deason ran 2:53:49, also good enough for eighth overall, in a race where three open female runners broke 2:50 to make the trials. Hutchison was second ($1000) in 2:59:59, and Marybeth Dillon, South Lyon, Mich., took third ($250) in 3:01:56. (Deason and Hutchison each won an additional $250 by finishing in the top 10 overall.)

“I was very, very conservative,” Deason said. “I went out at a seven-minute pace, but by five miles I was feeling good.”

Hutchison, who was making a last bid for an Olympic qualifying time, took the early lead, and was through five miles at 33:32.

By mile seven, Deason had gained a three-second lead on Hutchison, and by the 10-mile mark was leading 1:04:53 to 1:05:30.

“I let myself do 6:15s and 6:20s on the stretch from mile 10 to mile 15,” Deason said. “Even when we turned into the wind at 15, I was still able to run 6:30s and 6:40s, which was a bit of a surprise.”

Deason is a coordinator for a hospital-based fitness center in Shreveport. Her present work load is too simple to train hard for three weeks and then take an easy week, but now I find I can only run two hard weeks before taking an easy one.”

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In her masters debut, Deason was focused. Her 40th birthday was on Thanksgiving, and she had been pointing for this marathon since August.

“My main goal was to win the masters title at Rocket City,” Deason said. “I built up to a 95-mile week in October, but then cut back to around 80 through most of November. I used to train hard for three weeks and then cut back to an easy week, but now I find I can only run two hard weeks before taking an easy one.”

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Deason’s training paid off ($1750) with a comfortable win over former five-time master winner Jane Hutchison, Webb City, Mo. Deason ran 2:53:49, also good enough for eighth overall, in a race where three open female runners broke 2:50 to make the trials. Hutchison was second ($1000) in 2:59:59, and Marybeth Dillon, South Lyon, Mich., took third ($250) in 3:01:56. (Deason and Hutchison each won an additional $250 by finishing in the top 10 overall.)

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Deason is a coordinator for a hospital-based fitness center in Shreveport. Her present work load is heavy as the hospital is in the process of opening another facility, but she hopes to still find training time to enjoy masters competition.

“I have not slowed much in the last ten years,” Deason said. “The times I’m running now, I was running at 30 and 32.”

Track and X-C

Yara is originally from Las Vegas, N.M., where he ran track and cross-country in high school, and remembers running against future Olympic qualifier Tony Sandoval. Yara earned a scholarship to New Mexico Highlands University, an NAIA college in Las Vegas.

“I grew up at altitude, that’s 6400 feet,” Yara said. “I guess that helped.”

Yara taught and coached in high school for two years after college, but then took a civil service job with the Air Force and has been in program management ever since.

“We didn’t have a track team in college, so we just ran cross-country from August to November,” Yara continued. “I had never trained year-round until we moved to San Antonio. There I started training with some guys who knew what they were doing and my times got much better.

Yara ran Olympic qualifying times for the ’88, ’90, and ’92 Trials, and has a PR of 2:16:15 for the marathon.

The best age 50+ times were turned in by Sparks, and Diane Palmerson.
Report From Britain

by BRIDGET CUSHEN

Judy Oakes, now at the end of her W35 age group, achieved the British Olympic qualifying distance of 18m in the SP with an 18.11 at an indoor meet at Crystal Palace, Jan. 6. Also training hard for Atlanta, and a likely qualifier, is 40-year-old Tessa Saunders, the 1988 Olympic javelin champion.

Some of the members of the LOC (Local Organizing Committee) for the 12th WAVA Champs in Durban, July 17-27, 1997 (r) Monty Hackett (also president of S.A. Veterans), Harry Naidu, Peter Grobler, Sully Moodley, Basil Carnie. Photo by Leo Benning

One of the most consistent ultradistance runners in Britain, Scottish schoolteacher Don Richie, MS5, set two world records on Oct. 14-15 at the Sri Chinnv 24-hour race at Tooting Bee track, recording 5:37:17 for a new veteran’s 50 miles on his way to the 100km in 7:07:29. W40 walker, Sandra Brown, covered 123 miles, 1453 yds. (199.278km), which surely must be a veteran’s record.

Shropshire is considered by environmentalists to be the most tranquil and unspoiled area of Britain, but, on Boxing Day (Dec. 26) each year, the beautiful area of Stiperstones promotes one of the toughest races in the country—the Devil’s Chair Dash over 3.5 miles with an 850 ft. ascent. The winner took all of 23:53 to reach the finishing line, despite the loud cheers of the local farming community. The M40 title went to Eric Davies, 27-45, and Bryan Morris raced off the Christmas excesses to take the MS5 in 28:05.

Peter ‘O’Dell ran one of the fastest veterans’ 10 miles in 1995 during the traditional Bedford Boxing Day races, recording 56:04.
Report from the Treasurer

On this page is the final financial statement for the World Association of Veteran Athletes (WAVA) for the two year period 1994-95. Total revenues in 1994-95 were $159,756.46. Total expenses were $147,936.49. Thus, the surplus for 1994-95 was $11,819.97. WAVA's net worth on December 31, 1995 was $200,511.99, compared to $188,692.02 on December 31, 1993 - an increase of six per cent.

Over half of WAVA's revenues - $80,025 - came from the $15 fee which each of 5333 participants paid at the World Championships in Buffalo last year.

WAVA received a $44,000 grant from the IAAF during 1994-95. In addition, a separate IAAF/WAVA account of $36,000 - set up by the IAAF in its Monaco headquarters - was available for WAVA-related items, such as printing the WAVA Handbook, travel and promotion.

The WAVA Council will formally approve a budget for 1996-97 when it meets in Durban, South Africa, April 15-21. It will be published in the June issue of NN. Because of a change in the WAVA Constitution and By-Laws, passed unanimously at the General Assembly in Buffalo, the Council will propose and approve a budget for 1998-99 prior to the meeting of the 1997 General Assembly in Durban.

If you have any questions, comments, or suggestions, please contact me, your national delegates, or your WAVA regional representative and let your views be known.

A detailed financial statement from the Buffalo Organizing Committee, which staged the XI World Veterans Championships last year, is also printed on this page.

The OC reported revenues of $1,446,750 and expenses of $1,690,740 for a deficit of $243,996. The totals don't compare to the $15 million in revenues and expenses spent by the Japanese to host the 10th World Championships in Miyazaki in 1993, but they are higher than the amounts spent by Turku in 1991 ($1.3 million), Eugene in 1989 ($821,000) and Melbourne in 1987 ($660,000).

The biggest revenue item for Buffalo was $459,532 in sponsorship and in-kind donations. Entry fees took in $252,509. Hotel rebates accounted for $185,402 and merchandise sales totalled $199,024.

Administration costs of $441,713 formed the largest expense item, followed by advertising ($108,435) and apparel costs ($91,351).

For a more detailed accounting, please contact the Buffalo OC or me.

---

FINANCIAL STATEMENT WAVA WORLD VETERANS CHAMPIONSHIPS BUFFALO, USA; JULY 13-23, 1995

REVENUES:
- Entry fees
- Gate*
- Sponsorship
- Grants/Fundraising
- Hotel/Dorm Reimb
- Banquet
- Interest
- Miscellaneous
- Merchandise Sales
- Stadium-in-kind
- Program sales
- Result books
- Program advertising
- Sponsorship
- Sponsorship-in-kind
- Travel Agents
- Tours
- Vendors
- TOTAL REVENUES: $1,446,750

EXPENSES:
- Payroll & Benefits
- Other Administration
- Administration-in-kind
- Advertising
- Advertising-in-kind
- Ceremonies
- Ceremonies-in-kind
- Competition payrolls
- Resource
- Links System
- Marathon Facility
- Race Walk Facility
- Cross-country Facility
- Stadium One
- Stadium Two
- Stadium Three
- Stadium Four
- Stadium Five
- Incentives
- Meals
- Kyte Computer Program officials
- Other Competition
- Concessions
- Concessions-in-kind
- Housing - payroll
- Banquet
- Tents
- Other Hospitality
- Cost of Apparel
- Athletes Village
- Other Marketing
- Medical
- Medical-in-kind
- Public Relations
- Security
- Sponsorship/Fundraising
- Sponsorship-in-kind
- Shuttle System
- Other transportation
- Volunteers
- Volunteers-in-kind
- WAVA Sanction fee
- WAVA Lodging
- WAVA Drug Testing
- WAVA-in-kind
- TOTAL EXPENSES: $1,690,740

SURPLUS (DEFICIT): $243,996

'Opening and closing ceremonies' ticket sales went to the sponsor.
**A Sport For Life**

A sport for life. That’s the motto of USA Track and Field, the national governing body for athletics in the USA. It’s also the message from doctors who say that jogging is better for keeping people mentally alert than more traditional pastimes like doing crossword puzzles.

A major study carried out in the Manchester and Newcastle areas of England has found a group of “super-fit” 70-year-olds are just as mentally alert as people 20 years younger.

Prof. Pat Rabbitte said his group of 70+ joggers was also less depressed than those who took no exercise whatever.

Research shows that, for most people, it’s never too late to start exercising to improve health. In a study of 9777 men, according to a report in the AARP Bulletin, those who improved their fitness levels lowered their risk of death from heart disease and other causes by 44 percent. The benefits were particularly striking in men over age 60, said Steve Blair, a doctor of physical education and director of epidemiology at the Cooper Institute for Aerobics Research in Dallas.

“One of the most noticeable findings of the study was that men who became fit reduced mortality risk as much as the smokers who stopped smoking,” he said.

Blair’s findings are bolstered by a study of Harvard alumni. Of 15,000 men aged 45 to 84 in 1977, death rates from heart disease by 1988 had dropped 25 percent among those who became more physically active.

Increasing stair climbing to 20 or more stories per week lowered the risk of dying from heart disease by 46 percent, said Ralph Paffenbarger, Jr., an M.D. with the Stanford U. School of Medicine.

If you think hanging upside down to relieve back pain is some wacky, new-age idea, think again, says Bill Akers of the Hang Ups Division of Tacoma’s St. Anthony’s Health Foundation, the leading U.S. manufacturer of inversion products.

“It’s believed inversion was used as early as 400 B.C. by Hippocrates, the father of medicine,” Akers said.

There’s strong scientific evidence that spending a few minutes each day hanging upside down can be beneficial to your back and to your general health by simply counteracting the continuous downward pull of gravity. Hang Ups inversion equipment offers a safe and comfortable way for anyone to benefit from the soothing sensation of inversion.

Akers notes there is 100 pounds per square inch of pressure on each spinal disc when we stand up, and 225 when we sit down. “Inverting the body is the only way to reverse the negative effects of gravity,” he said. “People begin to feel results by the end of the first week. After a month of inversion, most people don’t know how they ever got along without it.” For info, call 800-847-0143.

The American Running and Fitness Association reports that a study showed backward running reduced vertical forces, shortened stride length, increased stride frequency, and produced a larger knee extension, compared to forward running. The greater knee movement increased quadriceps strength.

Since backward running reduces vertical impact and compressive forces on the knee, it increases strength and power of quadriceps muscles, a number of rehabilitation specialists use backward running to help recovery from knee injuries.

Researchers at the Beaumont Army Medical Center in El Paso found when fit, healthy men walked 15-minute miles on a 1% incline treadmill, their oxygen uptake increased 78% backward compared to forward, and their heart rates averaged 47% higher.

---

**NORFOLK INVITATIONAL RELAYS**

**MASTERS**

**DATE:** April 12 and 13, 1996

**LOCATION:** Norfolk State University, Norfolk, VA 23504

**DIVISIONS:** 30-39, 40 and up in 5 year age groups

**FACILITIES:** New Eight Lane, all weather polyurethane track

**ENTRY FEE:** $10.00 for first three (3) events, $3.00 each additional, $12.00 for relays

**MAKE CHECKS PAYABLE TO:** Norfolk State University Track Dept.

**DEADLINE:** April 8, 1996, 7:00 p.m.

**AWARDS:** Awards will be given to the top three (3) places

Watches awarded for National and World Records

**AID:** Refreshments, Massages & First Aid provided

**NOTE:** USA TRACK & FIELD CARDS FOR 1996 WILL BE REQUIRED & MAY BE PURCHASED AT THE MEET**

**FRIDAY, APRIL 12, 1996**

Pole Vault: Long Jump

Shot Put: High Jump

200 Meters: 400 Meters

**ENTRIES MAY BE MAILED TO:**

Norfolk State University

2401 Copewall Ave, Norfolk, VA 23504

Phone: (804) 663-2501

ATTN: MEN’S TRACK

**SATURDAY, APRIL 13, 1996**

1500 Meters: 1600 Meter Relay

100 Meters: 400 Meter Relay

**OR FAXED TO:**

Norfolk State University

(804) 663-2566

ATTN: MEN’S TRACK

**Masters Entries (please print)**

**Name:**

**Address:**

City: State: Zip:

Phone: ( ) Age on (4/12/96) Birthday: Sex:

Enter Event and Best Performance in 1996

1st ___________ 2nd ___________ 3rd ___________

Relay ___________ Club (if any)

WAIVER: In consideration of my entry in the Norfolk Invitational Relays in Norfolk, Virginia I hereby, for myself & anyone entitled to act on my behalf, waive & release Norfolk State University, its Track & Field officials & staff, the Meet Director, Organizing Committee, Meet Officials, the City of Norfolk & all sponsors & their representatives & successors from all claims & liabilities which may arise from this meet. I declare I am in good health & properly conditioned for the competitions & authorize the meet officials to request emergency medical treatment or care as necessary for my well being.

Signature:

Date:

---

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH — FEB. 1996**

**ATHLETE**

**Residence:**

**Birthday:**

**Age Group:**

**A**继续

**B**继续

**C**继续

**D**继续

**E**继续

**F**继续

**G**继续

**H**继续

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**U**继续

**V**继续

**W**继续

**X**继续

**Y**继续

**Z**继续
Guaranteed 20th Closes February, 1996

Corps Marathon in seventh place overall, sporting a time of 2:28:12. A friendly face to many Marines, for four years he has competed for the Challenge Cup, an 18-year competition between the U.S. Marines and the British Royal Navy/Marines. Photo by G.Y. Freeman Official U.S. Marine Corp Photograph

Joan Ottaway, W50 1500 winner (5:13.48), of California, WAVA Championships, Buffalo Photo by Leo Benning

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

To post your ad on The Master Board, call Karen Jenny at 609-947-9784 or FAX 609-947-7793.

THE NITE CAP - Increase visibility during nighttime training runs with the baseball cap made completely from 3M Scotchlite's REFLECTIVE FABRIC. Send check or money order for $19.95 each (includes S & H) to: MGM PRODUCTS, P.O. Box 68, Fenton, MO 63026-0068 (MO residents add 6%).

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GREETING CARDS AND NOVELTY GIFTS FOR RUNNERS. Send your name and address to receive our new catalog. RUNNING DELIGHTS. Dept. 96 NMN, P.O. Box 94, Wheat Ridge, CO 80034. (303) 232-1308.

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Oct 29-Nov 5, 1996 $1200
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- Spectacular views of Mt Everest, Kanchenjunga and peaks in Tibet, Nepal, Bhutan & Sikkim
- 10-20, 26, 13 & 17 miles
- Full aid stations, support, lodges, and meals included. All abilities. Non-runners walk a shorter route.

MT EVEREST MARATHON TRIP
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- From Darjeeling, India
- MARATHON Nov 9 "most spectacular running course in the world!" DARJEELING MARATHON Nov 11, optional SIKKIM HALF MARATHON Nov 8.
- Meals, lodging, aid included. All abilities. Walkers & mountain bike riders welcome.
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Running Away From Home

I took my first run in Istanbul on a freezing, rainy, day in mid-January, 1995. The starting point was the front door of an apartment my wife and I were renting on a bluff above the Bosphorus shore road in the suburb of Uskudar. I was apprehensive about a number of things: how would the Turks react to a jogging, white-haired foreigner? I had seen a lot of mean-looking stray dogs; would they attack? Should I take my passport and money in case I got lost? It had already snowed once this winter; would my sweatsuit be warm enough? My chronically sore back was another worry, and I was out of shape; I hadn’t done any running for a month. My first run would be two miles long, and I wanted to build up to four in the next few weeks.

When I awoke at 7 a.m., it was very dark. Stepping cautiously outside, I smelled the faint potent odor of the Istanbul winter air. I pulled the door shut and heard the latch click; a tardy check of my pocket brought relief — I’d remembered my key.

A Plunging Stairway

I set off in the dark and encountered my first hazard: a stairway plunging 100 feet, straight down through trees and chest-high undergrowth. It was a wretched construction: no switchbacks, no railings, no lights. I started down, stepping precisely, and found the risers unequal in height and the wet surfaces of the cement uneven. Arms extended for balance, I picked my way sideways down to the street and stood under a dim lamppost, getting my bearings.

The street, a four-lane highway, offered no pedestrian crosswalk or signal lights. During the busy part of the day people who are crossing have to dash for the foot-wide median strip, balance precariously, and then make another run. Now the road was almost deserted. I heard a dog: the deep barking of a large beast. In the faint light I saw him moving in an agitated way, but I was lucky. He was confined on a second-story balcony. Crossing the street, I sped up to avoid a taxi, and stood looking after me, holding a glass of tea.

I began to warm up and felt looser. A pair of young girls from the nearby Islamic school appeared, running toward me. They were wearing head scarves and smiled at me as they dashed by. A young Turkish man in a sweat suit, silently came up behind me. Almost brushing against me, he passed, running smoothly, arms up, looking straight ahead.

Masallah!

Then I had the sidewalk to myself. In the indistinct light, I detected a small truck parked ahead with two men in it. The passenger door was partly open and the lights were off. Slowing down, I saw that the passenger was a big man with a three-day growth of black beard. Out of the shadows of the cab, the driver greeted me in a high, deep gravelly voice, "Masallah!" ("Magnificent! Just look at that!") I waved and ran on.

Now my breath was evening out and the stiffness in my back easing. My next encounter with dogs was a surprise: two bedraggled strays who turned instantly and ran away from me, heads lowered, tails down. The sun, rising over the hills and buildings on my right, lit the sky. I glanced at the water; the ferry had disappeared.

There were none of the Black Sea oil tankers one often sees here. Soon I could discern the landmark for my turn-around: a small mosque near the water, but my breathing seemed a little strained. I considered slowing to a walk and then rejected the idea. The halfway point was always a place for renewed hope. I wiped the sweat off my forehead with my bandana and pressed on.

After looping through the courtyard of the mosque, I remembered the stray dogs. They might still be on the water side of the street and more bold now. Even though the traffic had increased, I decided to cross the street to avoid them. I had to run fast on both parts of the street, and made a small jump up the high curb on the other side.

The sun was not yet above the hills, so it was still shadowy and dark. There were no pedestrians or parked cars on this side. I passed a brightly lit military building with an armed guard in front. He watched me steadily as I passed and then I saw, next to a vacant lot, an open-air tea house closed for the winter. The owner and his family must live in the small building all year round — there was a light inside and someone moving around. A duck quacked somewhere; otherwise, all was quiet as I passed the building and started looking for the lamppost marking the foot of my stairs.

Assailed By A Rooster

Suddenly, something thudded against my left ankle. I stopped and looked back. My assailant was a white rooster. He stood glaring at me, his comb flapping ominously. Ragged and dusty, he had blotsches of dark feathers on his back. I laughed and lunged at him, but he didn’t move. Should I give him a kick? I decided not to and started running again without looking back. I regained my stride easily, breathing well, and swabbed my forehead again; the bandana was quite wet. A shoelace felt like it was loosening, but I thought I could make it to the stairs without stopping.

Suddenly, I was aware of a boy about 12 years old, running soundlessly beside me. He wore the blue jacket of the Turkish schoolboy and carried a small back pack. Both silent, we ran together for a 100 yards, and then he dropped back a few yards. Soon he caught up with me again, still saying nothing, and then he pulled ahead. We exchanged glances as he dropped back to run even with me again, but he didn’t smile or speak. When we came to the lamppost, I said goodbye in Turkish, but he didn’t respond. I stood looking after him. He slowed to a walk and moved on without looking back.

I took some deep, grateful breaths — now I felt good, and walked up the stairs to my shower. I regained my stride easily, breathing well, and swabbed my forehead again; the bandana was quite wet. A shoe lace felt like it was loosening, but I thought I could make it to the stairs without stopping.

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I took some deep, grateful breaths — now I felt good, and walked up the stairs to my shower. (Bob Jolly lives in Oakland, Calif.)
NATIONAL

The Indianapolis Life Insurance Co. has become the first company in the country to offer cheap life insurance for regular runners, because of their low mortality rates. You get a special rate if you prove you've run a 10K or longer in the last six months and a further discounted "advanced fitness" rate if you run under a certain time. Call Kurt Janicke at 317-927-6500.

• World vets W35 RW champ Victoria Heranz, 36, also won four open USA RW titles in 1995-96 (22:48, 10K (7:32.39), 10K (1:33.35), and one-hour (12,326 meters). The masters debut of Craig Virgin, 40, 3-time U.S. Olympian in the 10,000, was delayed when he injured his posterior in a few months.

• Still, don't long before last year's Falmouth Road Race. His back in training, running 30-40 miles per week with fartlek twice a week. "It's so much harder to come back from an injury," Virgin told NMM. "It's very hard on your body." He's optimistic and hopes to run competitively in a few months.

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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 NMNN, P.O. Box 50989, Eugene OR 97405.

MID-AMERICA
April 4. Early Morning "B" Indoor Meet, Bethel College, Minneapolis, Minn. Rachel Lyga, 122 NE 63rd Way, Minneapolis, MN 55422. 612-961-5617.
April 17. University of Missouri Indoor All-Comers, Columbia, Hearnes Center Fieldhouse. On-site registration. 9 a.m. track, 10 a.m. field.
May 3. Denver TC Mile & Two Mile Runs, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425/53.
June 27. Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425/53.

SOUTHWEST
Southwest Association of Masters. All meets sponsored by the San Diego Masters Track Club. All-San Diego meet, 1820 Mission Valley, San Diego, CA. 619-291-9727; fax, 619-291-7026.
April 1. USATF Santa Cruz Invitational. Santa Cruz, Calif., 610 10th St. 408-422-0545.
June 1. USATF Southwest Association Open & Masters Meet, Los Angeles, Calif. John Pritchett, PO Box 281113, Los Angeles, CA 90011-1113. 818-803-0003.

ON TAP FOR FEBRUARY
TRACK AND FIELD
Indoor meets are available in Oklahoma and Illinois on the 3rd, and Minnesota on the 4th. The New Jersey Championships take place in Hackensack on the 11th. The USATF Southeast Masters Indoor Championships go to Decatur, Ala., on the 17th. The indoor meet in Reno on the 18th will be run on the Bill Cosby track, the same boards used for the 1995 Indoor Championships. The MAC Championships follow at the 16th Street Armory, NYC, on Enrico Caruso's birthday, the 25th.

LONG DISTANCE RUNNING
Las Vegas hosts the USATF Masters Half-Marathon Championships on the 11th. The Colorado Runner Grand Prix, Boulder, Colo., S.C., on the 10th is also the Women's Olympic Marathon Trials; the Charlotte Marathon, Charlotte, N.C., on the 17th is the Men's Trials. The Austin Marathon, Texas, and the Washington's Birthday Marathon in D.C. are set for the 18th. The zany Gasparilla 15K takes over Tampa on the 24th, followed by the Colonial Half-Marathon, Williamsburg, Va., on the 25th.

RACEWALKING
On the 11th, racers can strut their stuff indoors at the Indoor 3K Mall Championships, Milford, Conn., or outdoors in an 8K at Roseville, Calif.
February, 1996
National Masters News
Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
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- Shows how to conduct an age-graded track and field meet, road race or racewalk.
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- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes.

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REGIONAL USA TRACK & FIELD OFFICES
This is a list of the various USA Track & Field associations and the office phone/fax, or mailing address (p/n 600, if no office), as per the 1994 USAFAC Directory.

Alaska/Idaho/Minnesota/Oregon/Washington/Wyoming

- Includes single-age factors and standards for each age from 8 to 100 and men for women for every track and field, long distance running, and racewalking event.
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Continued from previous page

MAC Chemical Bank Christmas
Classic 1 Mile Racewalk
New York City; Dec. 23

Overall
Kayode Doburu 8:50.33
Jennifer Prigo 8:16.02
M30 Robert Gottlieb 7:16.90
M60 Bob Barrett 8:16.43
W30 H Carter-Range 10:16.32
W70 Queenie Thompson 12:13.56

MAC Chemical Bank Christmas
Classic 1 Mile Racewalk
New York City; Dec. 23

Overall
Gary Null 7:30.00
Rhoda Green 9:54.22
M50 Gary Null 7:30.00
M60 Bob Barrett 8:19.77
M70 Les Scheer 11:10.30
W60 Rhoda Green 9:54.22
W30 H Carter-Range 10:13.52
W70 Queenie Thompson 12:36.69

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MAC USAIR NY Indoor Games
1 Mile Racewalk
New York City; Dec. 30

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