

NATIONAL MASTERS NEWS

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

210th Issue

February, 1996

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Trophy-winning masters women in the Ho Ho Ho Jingle Bells 5K, Bethpage, N.Y., Dec. 23 (l to r): Alexandra Finger, 61, Dolly Finkelstein, 65, Judy Opsahl, 60, Sally Olds, 62, and Patricia Cataldo, 57. Photo by Mike Polansky

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., 18th overall in 16:55. Top masters women were Kathy Martin, 44, Northport, N.Y., with an 18:50, and Helen Visgauss, 40, Port Jefferson Station, N.Y., with a 20:27.

The oldest finishers were 85-year-old Herman Simon, Queens Village, N.Y., in 35:04, and, among the women, Althea Wetherbee, 76, Huntington Station, N.Y., winner of the W75+ race in 36:49.

The big story of the day was neither the times nor places, but the incredible turnout that made the 1995 event the second largest 5K of the year on Long Island, and the fact that the event raised considerable sums for the Bretton Bowl Fund for the needy families of Bethpage and for ASPIRE, a special program for the rehabilitation of young amputees, victims of bone cancer and traumatic amputations. □

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), Adkins, Texas, 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



1995 Masters Champions, Joyce Deason and Robert Yara at 1995 WZYP Rocket City Marathon. Photo by Jim Oaks



Ken Sparks takes 5th master and 1st 50-54 division at 1995 WZYP Rocket City Marathon. Photo by Jim Oaks

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.

Competition in five-year age groups will get under way on Fri., March 29 at 6 p.m., following opening ceremonies at 5:30 p.m. USATF championship medals will be awarded to the first three places in each age division in each

event. Action will continue at 8 a.m. on Saturday, winding up at 4 p.m., Sunday afternoon.

A general membership meeting, open to all, will be held at the Holiday Inn/Four Seasons Hotel, Saturday at 8 p.m.

Discounted fares are available from Delta Airlines. Carolina Travel can handle airline and hotel reservations, including special car rental and several sightseeing attractions.

The entry form is published in this

issue on page 5.

Three USATF indoor regional masters championships will be used by many athletes as tune-ups for the Nationals: the Southeast Regional on Feb. 17 in Decatur, Ala., the Midwest Regional on March 3 in Glenview, Ill., and the East Regional on March 17 in Waltham, Mass. (entry form on page 9).

There are also plenty of local meets scheduled for this month and March (see pages 24-26 for details). □

Etonic
BUILT
FOR THE LONG Haul

After 47 years

Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a

USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired. **Subscriptions:** A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405.

YARDS VS. METERS

Hey, all you guys out there who don't like the metric system. Listen up. We need to petition the Olympic Committee (or whatever you call it) for a change in the '96 Olympics.

Did you know they've been using the metric system since 1896? We need to get these people to change over to the "real" system. No more of those strange meters and kilometers or grams and kilograms which is just too complicated for the average person. We need our old fashioned yards, feet, inches and miles. Yeah!

The least the committee could do is force this bunch of dummies to use our system when the Olympics is in the United States. When in Rome do as the Romans. Right? After all, this is America.

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

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 Reabold
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", for men 55-59?

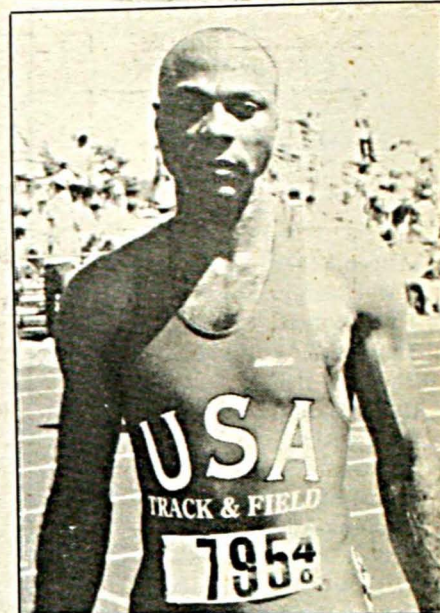
Herman Pettegrove
Freeport, Maine

(The All-American standards were chosen by the All-American Sub-Committee 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



Louis Merricks, Virginia, M30 winner in the 100 (11.15) at the 1995 Nationals.

Photo by Suzy Hess

400m final in under 60 seconds at the WAVA Championships. Now, there's something to make composure 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, Milt 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 devastating 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

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 Ulyot Establishes New W40 WR for 25K in 1:46:20

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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:

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

Mesa, Arizona
Herzogenaurach, Germany
Bend, Oregon
Bayside, New York
Chagrin Falls, Ohio
Wilton, Connecticut
Norwich, Vermont



1996 USATF NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
MARCH 29, 30 & 31, 1996
GREENSBORO COLISEUM - GREENSBORO, NORTH CAROLINA

MEET SCHEDULE**FRIDAY, MARCH 29**

5:30 PM OPENING CEREMONIES
 6:00PM PV-M60+
 TJ-WOMEN
 7:00PM3000 METER RUN-ALL
 PV-WOMEN
 HJ-M60+

SATURDAY, MARCH 30

8:00AM SP-M30-39
 SP-W30-39
 PV-M40-49
 HJ-M50-59
 9:00AM60 METERS-PRELIMS-ALL
 WT-M70+
 LJ-M30-44
 10:00AM SP-M40-49
 PV-M50-54
 11:00AM60 METERS-FINALS
 WT-WOMEN
 LJ-W50+
 12:00PMMILE RUN
 SP-M60-69
 1:00PM WT-M30-39
 HJ-M30-39
 LJ-M70+
 2:00PM SP-M50-59
 SP-W40+
 PV-M30-39
 LJ-W30-49
 3:00PM400 METERS
 WT-M40-49
 LJ-M45-49
 4:00PM SP-M70+
 PV-M55-59
 HJ-M40-49
 5:00PM60 METER HURDLES- ALL
 WT-M60-69
 LJ-M50-54
 6:00PM WT-M50-59
 LJ-M55-69
 7:00PM4x800 RELAY
 GENERAL MEMBERSHIP MEETING
 HOLIDAY INN-FOUR SEASONS

SUNDAY, MARCH 31

8:00AM TJ-M30-49
 9:00AM3000 METER RACE WALK-ALL
 HJ-WOMEN
 SUPER WT-ALL
 10:00AM TJ-M50-64
 11:00AM200 METERS-PRELIMS-ALL
 12:00PM TJ-M65+
 1:00PM800 METERS-ALL
 2:00PM
 3:00PM200 METER FINALS-ALL
 4:00PM4x400 RELAY

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GENERAL INFORMATION

ELIGIBILITY IS OPEN TO ALL MEN AND WOMEN 30 YEARS OF AGE AND OLDER. INDIVIDUAL IN 5-YEAR AGE GROUPS. RELAYS IN 10-YEAR AGE GROUPS.
 USATF COMPETITION RULES WILL BE USED IN THE CONDUCT OF THE MEET.
 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.
 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	RECENT PERFORMANCE	FEE
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____

TOTAL FEES _____

T-SHIRT ORDER - \$12.00 (pre event) **TOTAL NUMBER** _____ **AMOUNT** _____
 SM MED LG XL XXL XXXL @ 12.00

FEES DUE:

EVENTS _____
 T-SHIRTS _____
 TOTAL _____

MAKE CHECKS PAYABLE TO:
1996 TRACK & FIELD CHAMPIONSHIPS
AND MAIL TO:
GREENSBORO SPORTS COMMISSION
PO BOX 3222
GREENSBORO, NC 27402

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 USATF. 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 occasioned as a result of my 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 insure my well-being.

APPLICANT SIGNATURE

DATE



Third Wind

by MIKE TYMN

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 Aloha Run, reacted.

But what the couch potatoes who use such anecdotal evidence as excuses for maintaining a sedentary lifestyle are failing to consider, according to Scaff, 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 statistics from various scientific studies to support that position. "We're talking just 3 to 4½ 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 (Olympic distance running champion Paavo Nurmi, the famous "Flying Finn" of the 1920s, was found to have a heart three times normal size).

While Scaff makes a distinction between an enlarged and a large heart, some doctors do not so delineate. "There are good large hearts and there are bad large hearts," Scaff continued. "If the heart gets larger because of training, that's good. That's an athletic heart. If it gets large because of high blood pressure, or whatever, some disease, then it isn't good. Then it becomes an enlarged heart."

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 65-80 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 teaspoonfuls 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. □

TEN YEARS AGO February, 1986

- Don Coffman, 42, Captures 3rd Straight Rocket City Marathon Masters Title in 2:27:42
- Otto Essig Pledges \$25,000 To Help Bring the 1989 World Games to the U.S.
- Sandra Kiddy, 49, Sets U.S. Women's 100-Mile Record in 15:12:54



Members of the Seattle-based Snohomish TC's winning M60-69 team, USATF Masters 8K Cross-Country Championships, Boston, Nov. 18, (l to r): Derek Mahaffey, Mel Preedy, Jim Hilton, and Bill Ifrig.

Photo from Bill Ifrig

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

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 of the ankle (in the area of the anterior tibiofibular ligament), and this is sore to the touch. The pain is not reproduc-

ed 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 per-



First three in the M65 division, Ho Ho Ho Jingle Bells 5K, Bethpage, N.Y., Dec. 23 (l to r): John Conner (19:30), Geza Feld (19:53), and Dick Opsahl (21:34).
Photo by Mike Polansky

sistent ankle pain may wish to consider the impingement syndrome as a cause of their pain. □

(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 50098, 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 9865 female finishers, with a 2:42:27, well off her course record 2:30:01 in 1986. After the race, the Dutch master summed up her performance, "Third is an O.K. performance. It's not the end of Carla Beurskens."

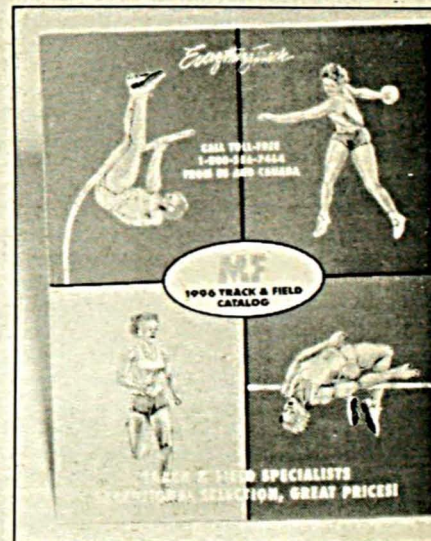
A tropically hot and steamy day didn't help Beurskens. Less fit, slower runners were advised by race directors Jim Barahal and Jon Cross, who went out on the course, to walk, take plenty of fluids, and avail themselves of water being sprayed by residents along the course as the intense heat rose.

Masako Matsumura, of Japan, was second W40+ in a tenth-place 2:57:06. The first U.S. runner to finish was Christine Iwahashi, 40, Sacramento,

Calif., with a W40+ sixth-place 3:19:03.

Brian Bjornson, 40, of Canada, was the first of 896 M40-44 finishers in 2:39:51. Achim Heukemes, 44, of Germany, was second in 2:40:53. Michael Georgi, 43, Honolulu, was the first U.S. runner and fifth in 2:47:54.

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. □



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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 Chairman 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

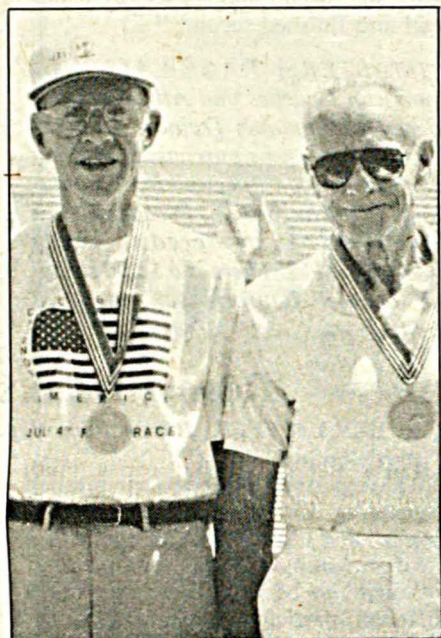
Three major masters track and field meets will be held in a 15-day period in the northwest this summer.

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



The USA M50-54 4 x 100m relay foursome, which set a world record of 45.04, 1995 WAVA Championships, Buffalo, N.Y., (l to r): Thaddeus Bell, Ed Jones, Steve Robbins, and Mel Fields.

Photo from Ed Jones

USATF Eastern Regional Indoor Track & Field Championships

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

Gosman Athletic Center at Brandeis University, Waltham, Massachusetts

MEET DIRECTORS: Steve Vaitones, USATF-NE / Bruce Bickford, Brandeis Track & Field
SITE COORDINATOR: Barbara Bickford, Brandeis University

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



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

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

TIMING: FinishLynx Automatic Timing.

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

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From I-90/ Mass Turnpike, Exit 14. Follow signs to Rt. 30, L on 30 West, R at next light, 2 miles

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 "surcharge" for first event, \$5 for each additional event.

Relays are \$12 per relay team. Fee must accompany entry.

Entries/fees must be received by Wednesday, March 12. Day of event entry applies otherwise.

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

Late Entry is on space available basis.

MAIL TO: Eastern Masters Championship, USATF-New England, P.O. Box 1905, Brookline MA 02146

Direct all phone calls to USATF-New England (617) 566-7600

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

	TRACK	FIELD	M30-39	M40-49	M50-59	M60+	All Women
9:30	3000 M Racewalk (M60+ & all W, M40-59)	Long Jump	10:00	11:00	12:00	11:00 (pit 2)	10:00 (pit 2)
10:30	55M Hurdles Trials/Finals	Triple Jump	1:00	2:00	2:00	1:00 (pit 2)	12:00 (pit 2)
11:15	55 M Trials/Finals	High Jump	12:00	1:00	10:00	11:00	11:00
12:15	1500 Meters	Pole Vault	1:30	12:00	11:00	9:30	9:30
1:00	400 Meters	Shot Put	1:00	1:00	2:00	3:00	3:00
1:45	4 x 200 Meter Relay	Weight Throw	9:30	9:30	11:00	12:00	12:00
2:00	3000 Meter Run	For example, Men 50-59 Long Jump from 12 to 1.					
2:45	800 Meter Run	Opening Height for Pole Vault will be about 7'					
3:20	200 Meter Run	Vaulters must bring their own proper weight rated poles					
4:00	4 x 800 Relay	Weigh-in for throws is 9:00 to noon only. No late weigh-in					
	4 x 400 Relay follows	Weight throwers should have experience - this is not learn-by-doing!					

TRACK EVENTS: Women followed by Men, Young to Old. May combine ages if numbers are small
FIELD EVENTS: ALL ATHLETES IN AN AGE GROUP MUST CHECK IN THE STATED TIME
ATHLETES MUST COMPETE IN AGE GROUP'S TIMESLOT.

PLEASE NOTE: EVENT TIMES ARE BEST ESTIMATES BASED ON PRIOR YEAR.
** THE SCHEDULE MAY MOVE AHEAD AT ANY PACE. PLEASE COOPERATE. **

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Note: "Bounced check" fee is \$25.
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SIGNATURE: _____ DATE: _____



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



Masters Racewalking

by ELAINE WARD

Judging

At the USAT&F 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 weren'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 have 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 softening, 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 cautions 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.)



Clyde Riddoch, 41, Australia, was second overall (24:48) in the M40 5000 walk, 1995 USATF National Masters Championships, East Lansing, Mich. Photo by Jerry Wojcik

Report from the RW Chair

by BEV LA VECK, Racewalking Rep., Masters Track & Field Committee

Participation

Tallying the numbers of masters registering for or competing in National and WAVA Championships yields a whopping 900+ competitors, although, to be sure, these aren't 900 different participants. Generally, the age group 45-49 is the largest for both men and women, with M55-59 also being large in several events. Comparison of WAVA participation in 1989 (Eugene) and 1995 (Buffalo) suggests a 29% increase in the age 60+ participation for men and in the age 55+ for women, and a decrease in the younger ages. These figures are based on the 5000-meter event only, due to the effects of Buffalo's heat and humidity on the numbers of 10K and 20K finishers.

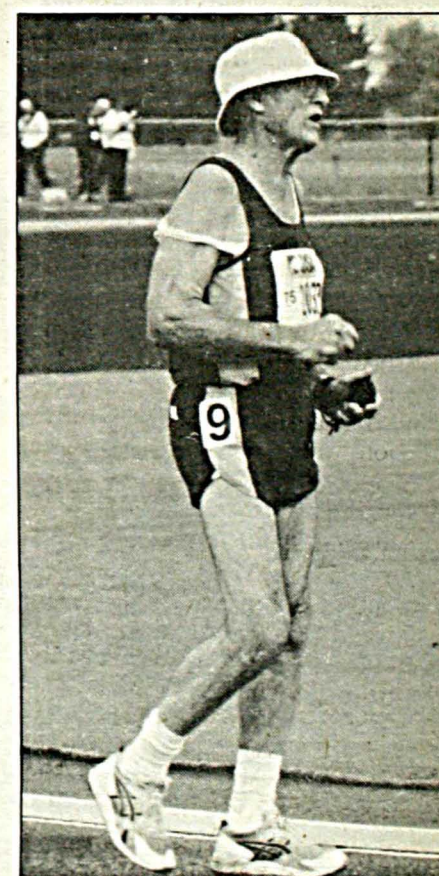
Hall of Fame

Masters T&F is beginning a Masters Hall of Fame. The inaugural class will consist of up to three men and three women plus two contributors for T&F, LDR and RW. Beginning in 1996, each sports specialty can have one man, one woman and one contributor inductee. Athletes must be 40+ and must have competed at least five years in the masters program. The racewalking selection will be made by a subcommittee of Masters T&F headed by Marilyn Mitchell and a number of nominations have been made.

Records

There are approximately 60 new USATF masters records to be approved for 1995. This is a modest decrease from 1994. Approximately half of the new submissions are for new categories — separating indoor from outdoor records, and adding submasters 35-39 records.

If masters T&F record-keeper Pete



Joe Rogers, M75, South Africa, finished eighth in the 5000 (36:32) and 20K (2:45:08) racewalks, WAVA Championships, Buffalo. Photo by Leo Benning

USATF MASTERS MEN'S AND WOMEN'S INDOOR RACEWALKING RECORDS

MEN

3000 meters				
M35-39	11:29.87	Jonathan Matthews	Boston, MA	1/22/94
M40-44	12:25.9	Ray Funkhouser	Princeton, NJ	1/10/93
M45-49	12:38.71	Don DeNoon	Hillside, IL	2/20/93
M50-54	12:34.9	Don DeNoon	Carbondale, IL	2/4/94
M55-59	15:24.04	John Elwarner	Reno, NV	2/24/95
M60-64	14:44.51	Max Green	Columbus, OH	4/4/92
M65-69	16:52.0	Edward Gawinski	Columbia, MO	3/25/94
M70-74	19:40.7	Donald Cotner	Columbia, MO	3/25/94
M75-79	19:45.3i	Bill Tallmadge	Columbia, MO	3/25/94

5000 meters

M35-39	20:01.50	Jonathan Matthews	Atlanta, GA	3/5/94
M50-54	21:42.71	Donald DeNoon	Atlanta, GA	3/5/94

WOMEN

3000 meters				
F35-39	13:11.76	Victoria Herazo	Atlanta, GA	3/4/95
F40-44	14:23.33	Viisha Sedlak	Columbus, OH	4/4/92
F45-49	16:29.54	Jeanne Bocci	Columbus, OH	4/4/92
F50-54	17:28.21	Elton Richardson	Columbus, OH	4/4/92
F55-59	17:35.06	Elton Richardson	Columbia, MO	3/25/94
F60-65	17:31.83	Ruth Eberle	Columbia, MO	3/25/94
F65-69	19:06.8	Ruth Leff	Columbus, OH	4/4/92
F70-74	22:32.09i	Imogene Watkins	Reno, NV	2/24/95
F75-79	22:17.08	Millie Crews	Madison, WI	3/24/90
F85-89	28:47.11	Dorothy Roberts	Reno, NV	2/24/95

Steve Gallagher Breaks 3000 Mark at Dartmouth Relays

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. □

Report from the RW Chair

Continued from page 10

begin a new category, but it might be worth the effort.

Judging Requirement For Records

There has been grumbling that masters should establish record requirements separately from the Racewalking Committee (which governs senior or open athletes below 40). At particular issue, is the requirement that at least one master- or IAAF-level judge be present for all USATF racewalking records, including five-year masters records. While I opposed the rule before it was adopted, I think it would be worse to have different requirements for masters. From what I have seen recently, we don't need to loosen or soften the judging requirements. Same goes for the number of required judges. I don't think a successful masters program requires that masters racewalkers all over the country have equal opportunity to set records at home.


Since the USATF Rules clearly state that a racewalk must have three certified judges, I require that this apply to the single-age bests that are printed in Mundle's Masters Age Records book. If you don't have forms, at the very least submissions must have the road course certification number, names of judges and the competitor's birth date. Let me know if you need forms. With the loss of Alan Wood, I am doing both men's and women's single-age bests.

In the past, I have always accepted records if the competitor finished the race and wasn't DQed. I am considering the additional requirement — at my discretion — that the judges must actually sign a form saying that the racewalker walked according to the rules. There have been continuing instances of older competitors being allowed to finish despite significant knee-straightening problems — usually "justified" because they weren't gaining an unfair advantage over a competitor or had traveled so far. (I look at the photo on page 10 of the October 1995 NMN with dismay. Fortunately a record wasn't at stake.)

Philosophical Difference

There is probably a genuine philosophical difference between those who favor making racewalking hospitable to increasingly large numbers of participants and those who believe it can be managed only by adherence to USATF rules. There was a spirited discussion by racewalkers competing at WAVA about whether masters should be judged according to IAAF standards. WAVA's policy is to follow IAAF rules. Despite arguments about the unfairness of applying the bent knee rule to masters when the contact rule is not applied to younger racewalkers, the majority expressed the


conviction that masters must follow the rules if racewalking is to have credibility. The majority seemed to agree that masters who cannot straighten their knees should be discouraged from competing in racewalk championships as should those who lack proper technique. □






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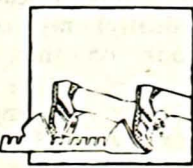
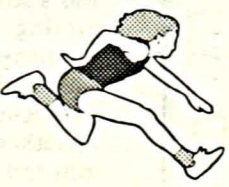

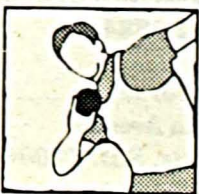
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On The Run

by HAL HIGDON

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.

Alas, no pumpkins. No glass running shoes either. With the chiming 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.

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 3 hours 10 minutes for the youngest males to 4 hours 20 minutes for the oldest females.

That's what it took to qualify for the 100th: a time that fast and an applica-

tion 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 wor-r-r-y about qualifying, Hal. You'll always be welcome in the r-r-r-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.

Ultimate Challenge

Ironically, qualifying standards encouraged — rather than discouraged — participation. Runners regarded qualifying for Boston as the ultimate challenge and began to train harder. Within a decade, the Boston Marathon began to attract — and handle — fields near 1000 runners. The BAA's organizational skills rose to meet the challenge.

Eventually I decided that qualifying standards were good for Boston, and good for the sport. But, despite how much we train, age levels all of us. Two decades later, my once aggressive stride has been reduced to a friendly shuffle. Jock Semple is gone now. No one remembers his pledge except me.

Last spring, I set as my goal running my 100th marathon at the 100th Boston marathon. That meant running 10 marathons within a year. But the last time I had run a Boston qualifying time was in 1992. As I reeled off a succession of four-hour-plus marathons through the spring and summer, the fear gripped me that I might not achieve a legitimate qualifying time.

I did not want to run as a bandit. Would the BAA let me into its 100th race? Probably so, but I hated to beg. This gave me a second goal equal to that of many others: qualifying for Boston became as important as actually running it.

Training more didn't seem the answer. When you're running a marathon a month, you don't have time to train. Most of the down time between marathons consists of recovering and tapering. Further troubling me was a self-inflicted travel schedule promoting (ironically) my recently published book on the Boston Marathon.

Dutchess County was my 94th marathon. I ran well for 18 miles, but hills and a rainy day confounded me. I faded to a 3:53, short of the 3:40 I would need to qualify for Boston.



Longjumpers William Daprano #325, M65, Georgia, and Jack Lance, M60, New Jersey, 1995 USATF National Masters Indoor Championships, Reno. This year's nationals will be held March 29-31 in Greensboro, N.C.

Photo by Jerry Wojcik

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>.)

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Marybeth Dillon, 41, first W40+ (39:48), Jingle Bells 10K For Arthritis, Washington, D.C., Dec. 3. Photo by George Banker



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

FIVE YEARS AGO February, 1991

- John Campbell, and Barbara Filutze 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

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Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalkers, as of Oct. 31, 1994. 52 pages. Lists name, age, state, date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. ~~\$4.00~~ \$2.00.

Masters Track & Field Rankings

Men's and women's 1994 U.S. outdoor track & field 5-year age group rankings. 60 pages. Over 100-deep events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. ~~\$6.00~~ \$4.00.

Masters Track & Field Indoor Rankings (1995)

Same as above, except indoor rankings for 1995. 4 pages. \$1.50.

Masters Age-Graded Tables

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.

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1995; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of December 1, 1995. 3 pages. \$1.00.

Competition Rules for Athletics (1995 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$12.00.

USATF Directory (1995)

U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. \$12.00.

IAAF Scoring Tables

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

IAAF Handbook

1994/1995 rules and regulations handbook. \$15.00.

WAVA Handbook (1994-95)

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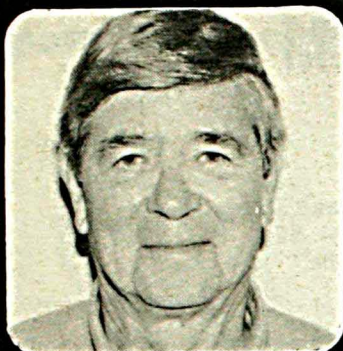
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The Weight Room

by JERRY WOJCICK

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 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.

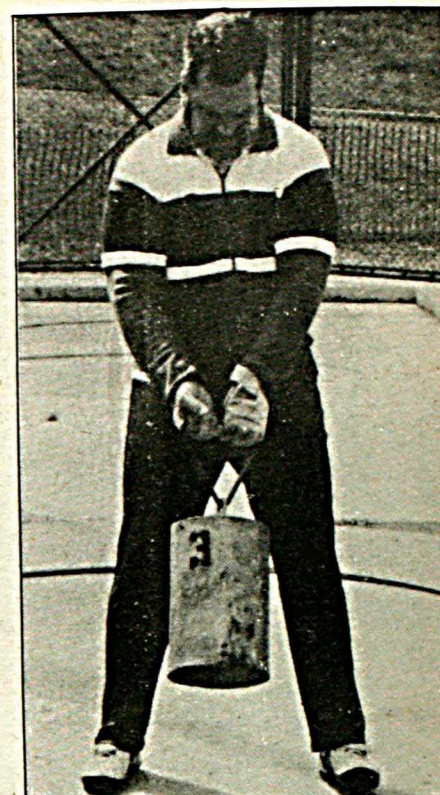
Okay, a trained athlete with some "heft" will probably beat a smaller competitor with the same ability, but I've seen some ungainly, large women in the circle that I know could be easily out-distanced by agile women of lesser bulk.

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



Debby Ecklund, winner in the W35 superweight with a 4.66, 1995 USATF National Masters Weight & Superweight Championships, Seattle.

Photo by Jerry Wojcik

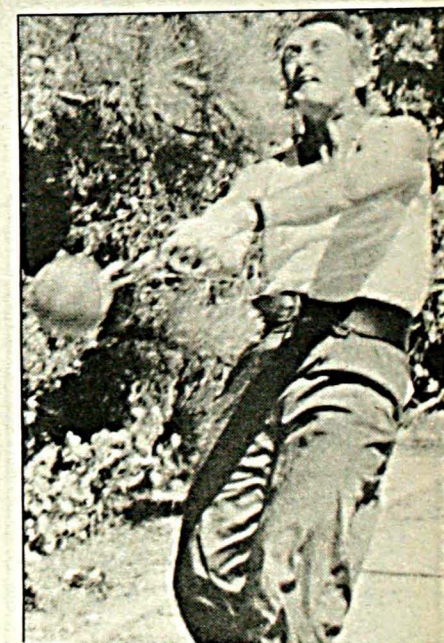


Tim Edwards, M45, with the 300-lb. weight, Ultra Weight Classic, Seattle.

Photo by Jerry Wojcik

16-lb. weight. Would that fry the male (and female) football junkies?

At the request of Ken Weinbel, Masters Weight Coordinator, the Silver State Indoor Meet in Reno, Feb. 18, has added the weight throw (and HJ) to its schedule. This is the same facility used in the 1995 Indoor Championships, which some athletes thought were the best ever; plus it's a board track — a great warm-up for the Nationals in Greensboro. This is the only indoor meet available for masters in the area and has the potential to be, with the fine track and Reno drawing power, one of the best masters meets in the U.S. Let's support this meet with a large turnout. I can't throw because my arm is in a cast (a X-C skiing flop left me with a "buckle fracture of the distal radius"), but I'm going anyway and hope to see you there. □



Richard Watson, 42, hurls the 35-lb., 1995 USATF National Masters Weight Pentathlon Championships, Grass Valley, Calif.

Photo by Jerry Wojcik

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Sunmart Texas Trail Endurance Runs Held

by JOHN WELCH

The Sunmart Texas Trail Endurance



Dr. Ken Cooper, of "aerobics" fame signs his latest book for 50K masters winner (3:43:10), Steve Mahieu, 48, Sunmart Texas Trail Endurance Runs, Huntsville, Dec. 16.

Photo from John Welch

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 Szydluk, 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 Mardon, 40, Kingwood, Texas, was second overall in the



Sherry McLean, 46, Ontario, Canada, finished the Sunmart Texas Trail 50 Mile in 10:20:22.

Photo from John Welch



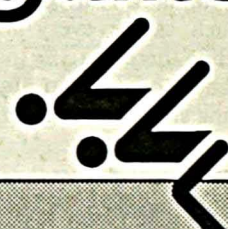
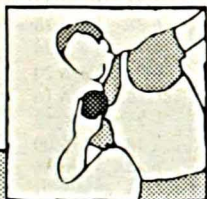
Leo Torres, 42, first master (6:26:23), Sunmart Texas Trail 50 Miler.

Photo from John Welch

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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Training Advice

by GUY AVERY

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 1% increase in incline there is a 3% increase in effort needed to maintain any particular running speed) do not correctly



Gail Ford, W40, River Front Mile masters winner (5:59), St. Louis. Photo by Hank Kiesel

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.)

Effort-Based Treadmill Training Speeds

(Miles-Per-Hour) MPH Setting on Treadmill	Flat Road Pace*	Equivalent Pace-Per-Mile on Various Incline Settings on the Treadmill										
		0%*	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%
5.0	12:00	12:31	11:44	11:05	10:32	10:03	9:38	9:16	8:56	8:38	8:22	8:07
5.2	11:32	12:02	11:18	10:42	10:11	9:44	9:20	8:59	8:40	8:23	8:08	7:54
5.4	11:07	11:35	10:55	10:20	9:51	9:26	9:03	8:43	8:25	8:09	7:55	7:41
5.6	10:43	11:10	10:32	10:00	9:33	9:09	8:48	8:29	8:12	7:56	7:42	7:29
5.8	10:21	10:47	10:12	9:42	9:16	8:53	8:33	8:15	7:58	7:44	7:30	7:18
6.0	10:00	10:26	9:52	9:24	9:00	8:38	8:19	8:02	7:46	7:32	7:19	7:07
6.1	9:50	10:15	9:43	9:16	8:52	8:31	8:12	7:55	7:40	7:26	7:14	7:02
6.2	9:41	10:05	9:34	9:08	8:44	8:24	8:06	7:49	7:34	7:21	7:08	6:57
6.3	9:31	9:56	9:26	9:00	8:37	8:17	7:59	7:43	7:29	7:15	7:03	6:52
6.4	9:23	9:46	9:17	8:52	8:30	8:10	7:53	7:37	7:23	7:10	6:58	6:47
6.5	9:14	9:37	9:09	8:45	8:23	8:04	7:47	7:32	7:18	7:05	6:53	6:43
6.6	9:05	9:29	9:01	8:37	8:16	7:58	7:41	7:26	7:13	7:00	6:49	6:38
6.7	8:57	9:20	8:53	8:30	8:10	7:52	7:35	7:21	7:07	6:55	6:44	6:34
6.8	8:49	9:12	8:46	8:23	8:03	7:46	7:30	7:15	7:02	6:50	6:40	6:29
6.9	8:42	9:04	8:39	8:17	7:57	7:40	7:24	7:10	6:58	6:46	6:35	6:25
7.0	8:34	8:56	8:32	8:10	7:51	7:34	7:19	7:05	6:53	6:41	6:31	6:21
7.1	8:27	8:49	8:25	8:04	7:45	7:29	7:14	7:00	6:48	6:37	6:27	6:17
7.2	8:20	8:41	8:18	7:58	7:40	7:23	7:09	6:56	6:44	6:33	6:22	6:13
7.3	8:13	8:34	8:12	7:52	7:34	7:18	7:04	6:51	6:39	6:28	6:18	6:09
7.4	8:06	8:27	8:05	7:46	7:28	7:13	6:59	6:46	6:35	6:24	6:14	6:05
7.5	8:00	8:20	7:59	7:40	7:23	7:08	6:54	6:42	6:31	6:20	6:11	6:02
7.6	7:54	8:14	7:53	7:34	7:18	7:03	6:50	6:38	6:26	6:16	6:07	5:58
7.7	7:48	8:07	7:47	7:29	7:13	6:58	6:45	6:33	6:22	6:12	6:03	5:55
7.8	7:42	8:01	7:41	7:24	7:08	6:54	6:41	6:29	6:18	6:09	5:59	5:51
7.9	7:36	7:55	7:36	7:18	7:03	6:49	6:37	6:25	6:15	6:05	5:56	5:48
8.0	7:30	7:49	7:30	7:13	6:58	6:45	6:32	6:21	6:11	6:01	5:52	5:44
8.1	7:24	7:43	7:25	7:08	6:54	6:40	6:28	6:17	6:07	5:58	5:49	5:41
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10.0	6:00	6:15	6:03	5:52	5:42	5:32	5:24	5:16	5:08	5:02	4:55	4:49
10.1	5:56	6:12	6:00	5:49	5:39	5:29	5:21	5:13	5:06	4:59	4:53	4:47
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12.0	5:00	5:13	5:04	4:56	4:49	4:42	4:36	4:30	4:24	4:19	4:14	4:10

*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 (57:43) 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."

"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 (\$1500) 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 leg cramps 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 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."

Training Paid Off

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.)

"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 32:33.

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 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.

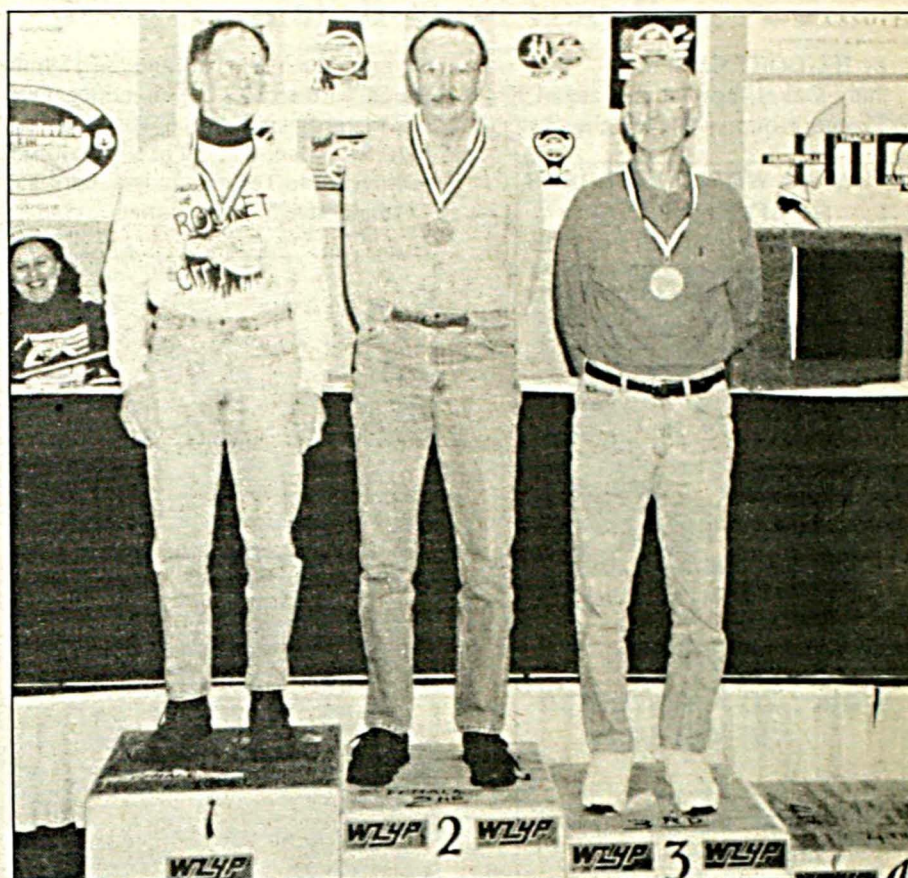
"I grew up at altitude, that's 6400 feet," Yara said. "I guess that helped."

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 '84, '88, 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



M55-59 winners, Mike Bender, Charles Harris, Dean Godwin (l to r) at 1995 WZYP Rocket City Marathon. Photo by Jim Oaks

Black, 57, from Englewood, Colo., who ran 3:20:55, setting a new course age division record in the process.

This year there were 1070 finishers, almost 300 more than last year. Runners attempting to qualify for the 100th

Boston Marathon, as well as many Olympic qualifying hopefuls, increased the entry field by 450 this year. Among the male master entrants, 111 met the Boston standard and 18 female masters also qualified. □

Kent State Master's Championship March 2, 1996

Facilities: The meet will be held in the Kent State Fieldhouse which features a six-lane 300m track with a nine-lane straightaway and separate jumping and throwing areas.

Age Groups: Sub Masters (30-34) and (35-39), Masters (40-44, 45-49, etc. in 5 year age groups). Age is determined by actual age on 3/2/96.

Entry Fees: Cost is \$5 per individual event for pre-registered entries and \$10 per relays. Entries must be post marked by February 23, 1996. Meet day registration will start at 8:30 am. The cost of meet day registration will be \$7 per individual events and \$15 per relays.

Relays: Relays will be in 10 year age groups (30-39, 40-49 etc.)

Events: Running events begin at 9:30 am and are on a rolling schedule. PV, Shot Put and Long Jumps begin at 9:30. The triple jump will follow the long jump.

EVENT	MARK	EVENT	MARK
3000m Walk	_____	Pole Vault	_____
55m Hurdles	_____	Shot Put	_____
4 x 800m Relay	_____	High Jump	_____
3000m	_____	Long Jump	_____
55m Dash	_____	Triple Jump	_____
800m Run	_____	Return To: Doug Molnar MAC Center - Track Office Kent State University Kent, OH 44242 (216) 672-3991 FAX: (216) 672-2112	
400m Dash	_____		
Sprint Medley (2,2,4,8)	_____		
Mile Run	_____		
200m Dash	_____		
4 x 400m Relay	_____		

Name _____ Age as of 3/2/96 _____ Sex _____
 Address _____ State _____ Zip _____
 Telephone _____ Club _____
 Signature _____



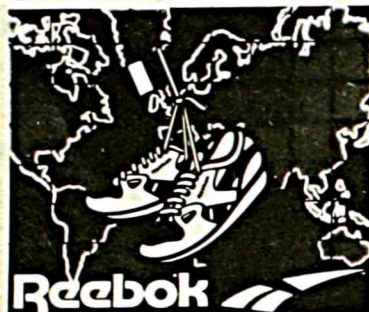
W50-54 winners, Marti Stephan and Sandy Berg (l to r) at 1995 WZYP Rocket City Marathon. Photo by Jim Oaks

Report From Britain

by BRIDGET CUSHEN

Judy Oakes, now at the end of her W35 age group, achieved the British

3RD WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



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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.



Herbert Mattle, M45 decathlete from Switzerland, in the long jump, 1995 WAVA Championships, Buffalo, N.Y.

Photo by Jerry Wojcik

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

IMPLEMENTS

AGE Women	SHOT PUT	DISCUS	HAMMER	JAVELIN
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men	SHOT PUT	DISCUS	HAMMER	JAVELIN
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.



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

Photo by Leo Benning

One of the most consistent ultra-distance runners in Britain, Scottish schoolteacher Don Richie, M50, set two world records on Oct. 14-15 at the Sri Chinmoy 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 veterans 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 M50 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. □



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(Vr) Italy
Fax: 39-45-742-0661

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VICE-PRESIDENT

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Fax: 64-4-528-2992

VICE-PRESIDENT

(Non-Stadia):
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International Scene

by AL SHEAHEN,
WAVA Treasurer

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 5335 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 NMN. 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 XI WAVA WORLD VETERANS CHAMPIONSHIPS BUFFALO, USA; JULY 13-23, 1995

REVENUES:	
Entry fees	\$ 252,509
Gate*	2,908
Concessions	39,060
Grants/Fundraising	115,733
Hotel/Dorm Rebates	185,402
Banquet	57,105
Interest	18,178
Miscellaneous	560
Merchandise Sales	174,524
Merchandise-in-kind	24,500
Program sales	30,284
Results books	15,169
Program advertising	3,250
Sponsors	202,402
Sponsor-in-kind	257,130
Travel Agents	4,085
Tours	30,000
Vendors	43,947
TOTAL REVENUES	\$1,446,750
EXPENSES:	
Payroll & Benefits	\$ 164,805
Other Administration	276,908
Administration-in-kind	69,716
Advertising	108,435
Advertising-in-kind	24,200
Ceremonies	14,213
Ceremonies-in-kind	50,000
Competition payroll	57,978
Resurface	34,000
Links System	16,500
Marathon facility	24,000
Race walk facility	5,020
Cross-country facility	4,783
Stadium One	25,366
Stadium Two	24,461
Implements	21,156
Medals	24,832
Hytek Computer Program	26,832
Officials	49,754
Portable toilets	3,000
Other Competition	70,357
Concessions	38,960
Concessions-in-kind	11,700
Housing - payroll	25,682
Banquet	35,000
Tents	14,484
Other Hospitality	3,876
Cost of Apparel	91,351
Athletes Village	2,675
Other Marketing	4,800
Medical	13,284
Medical-in-kind	30,000
Public Relations	26,981
Security	10,356
Sponsorship/Fundraising	75,562
Sponsorship-in-kind	15,500
Shuttle System	92,132
Other transportation	12,316
Volunteers	20,595
Volunteers-in-kind	25,000
WAVA Sanction fee	15,000
WAVA Lodging	9,800
WAVA Drug Testing	8,650
WAVA-in-kind	30,506
TOTAL EXPENSES	\$1,690,746
SURPLUS (DEFICIT)	(\$243,996)
*Opening and closing ceremonies' ticket sales went to the sponsor	



WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAF

TREASURER'S REPORT —

JANUARY 1, 1994 to DECEMBER 31, 1995



REVENUES:			
Grant from IAAF		\$44,000.00	
Entry fees - Stadia (5335 x \$15)		80,025.00	
Entry fees - Non-stadia (558 x \$10)		5,580.00	
Sanction fee - Stadia		15,000.00	
Sanction fee - Non-stadia		1,000.00	
WAVA Handbook Sales (50 x \$5)		250.00	
WAVA Patches Sales		750.00	
Bank Interest		13,151.46	
TOTAL REVENUES		\$159,756.46	
EXPENSES:			
1. Office Expenses (phone, postage, etc.)			
President (Beccalli)	\$9677.00		
Executive V-P (Fine)	2427.95		
" (Jordan)	24.95		
V-P Stadia (Taylor)	1545.51		
" (Blair)	74.00		
V-P Non-stadia (Serruys)	2000.00		
Secretary (Carlius)	7814.26		
Treasurer (Sheahen)	1985.27		
Women's rep (Guschmann)	725.00		
		26,273.94	
2. Communications/Statistics:			
Records	1000.00		
National Masters News	7200.00		
Multi-events Committee	1000.00		
Age-graded Committee	452.60		
		9,652.60	
3. Regional Development:			
Europe	9334.00		
Africa	7334.00		
North America	6333.00		
South America	5333.00		
Asia	5333.00		
Oceania	5333.00		
Computer programs	3093.75		
		42,093.75	
4. Buffalo, 1994 - Council Expenses:			
Air fare	7307.27		
Daily expenses (\$50/day)	3500.00		
		10,807.27	
5. Buffalo, 1995:			
Air fare	16115.52		
Daily expenses (\$50/day)	10100.00		
Jackets for organizers	225.00		
General Assembly	343.71		
Women's meeting	500.00		
Ballot printing	71.02		
Photos	310.00		
		27,665.25	
6. Travel:			
President (So. Africa '94)	500.00		
Executive V-P (Edmonton '94)	1039.12		
V-P Stadia (Buffalo '95)	1071.33		
V-P Non-stadia (Toronto '94)	266.43		
Oceania rep (Brisbane '94)	1100.00		
Racewalk judge (Buffalo '95)	500.00		
		4,476.88	
7. Stadia Committee Meeting '94			
		5,263.13	
8. Non-stadia Committee Meeting '94			
		5,052.73	
9. Drug Testing			
		5,686.81	
10. Site-selection (1999):			
Kuala Lumpur & Victoria (Fine)	2531.15		
Kuala Lumpur (Chandra)	380.00		
Gateshead (Taylor)	237.86		
St. Petersburg (Carlius)	2176.72		
		5,325.73	
11. Miscellaneous:			
Bank charges	610.14		
V-P Non-stadia - Gifts	112.00		
Walkie-talkies	1371.63		
Scoring tables	1642.26		
Entertainment - Beccalli	348.00		
Buffalo promotion - Harvey	66.61		
Donation to Wheelchair Assoc.	500.00		
Safety jackets	192.12		
Bad debts (Buffalo OC)	365.64		
Patches	430.00		
		5,638.40	
TOTAL EXPENSES		\$147,936.49	
SURPLUS		\$ 11,819.97	
SUMMARY:			
Beginning balance 1/1/94	\$188,692.02	ASSETS:	
Revenues 1/1/94-12/31/95	159,756.46	USA Checking Account	\$ 17,912.10
	\$348,448.48	USA Money-Market Fund	173,116.24
Expenses 1/1/94-12/31/95	147,936.49	Sweden Checking Acct.	1,381.00
	\$200,511.99	Owed by IAAF	8,102.65
			\$200,511.99
		LIABILITIES	.00
Prepared by Al Sheahen, Treasurer		NET WORTH	\$200,511.99



Health and Fitness

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 Rabbitt 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 STL International, 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 overwhelming 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, yet 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 (8) 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

SATURDAY, APRIL 13, 1996

1500 Meters 1600 Meter Relay
100 Meters 400 Meter Relay

ENTRIES MAY BE MAILED TO...

NORFOLK STATE UNIVERSITY
2401 Corpview Ave, Norfolk, VA 23504
Phone: (804) 683-8801
ATTN: MEN'S TRACK

OR FAXED TO:

NORFOLK STATE UNIVERSITY
(804) 683-2566
ATTN: MEN'S TRACK

MASTERS ENTRY (please print)

Name: _____

Address: _____ City _____ State _____ Zip _____

Phone: () _____ Age (on 4/12/96) _____ Birthdate: _____ Sex _____

Enter Event and Best Performance in 1995

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, it's Track & Field officials & staff, the Meet Director, Organizing Committee, all Meet Officials, the City of Norfolk & all sponsors & their representatives & successors from all claims and/or liabilities which may arise from this meet. I declare I am in good health & properly conditioned for the competitions & authorize the meet organizers to request emergency medical treatment or care as necessary for my well being.

Signature: _____

Date: _____

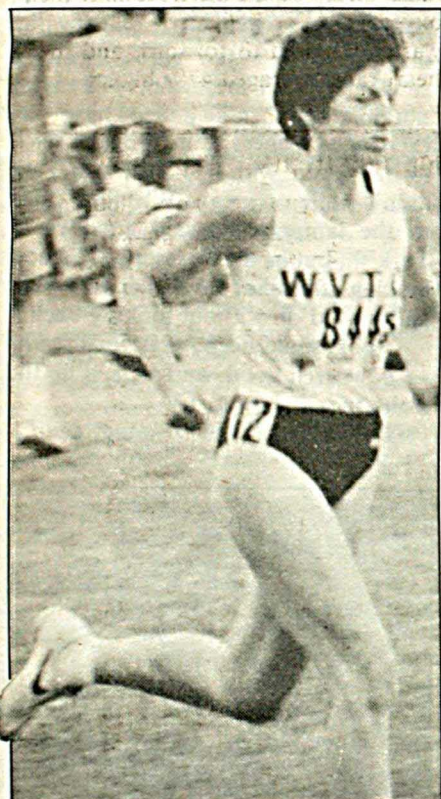
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - FEB. 1996

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MATHIAS BERGSETH (NOR)	2-15-21	75-79
FRED BEST (WESTFIELD, NJ)	2-17-36	60-64
TONY BLUE (AUS)	2- 4-36	60-64
DON BRADLEY (ENCINITOS, CA)	2-20-16	80-84
PHILLIP CLARKE (VAN NUYS, CA)	2- 6-26	70-74
DENNIS COVENEY (CAN)	2-23-31	65-69
ROBERT CROUCH (SAN CLEMENTE, CA)	2-27-21	75-79
HENRY DAVENPORT (CHARLES TOWN, WVA)	2-28-36	60-64
DENIS DEVALANCE (AUS)	2-15-31	65-69
CHARLES DILLON (CAN)	2- 9-16	80-84
EARL ELLIS (SEATTLE, WA)	2-10-36	60-64
JACK ERICKSON (GRAND PRARIE, TX)	2-11-31	65-69
KEITH FORMAN (TACOMA, WA)	2-24-41	55-59
BRIAN FREEMAN (SAN DIEGO, CA)	2-21-26	70-74
FRANK HARRISON (CA)	2- 9-26	70-74
GARY HUNTER (FORT WAYNE, IN)	2-26-56	40-44
MATTI JARVINEN (FIN)	2-23-26	70-74
EDWARD JEFFERIS (RSA)	2- 7-36	60-64
JOCK JOCY (DEL MAR, CA)	2-18-26	70-74
ULRICH KAEMPH (LOS ALTOS, CA)	2-10-31	65-69
ERICH KRZYCKI (WG)	2-18-11	85-89
JAMES LAW (CHARLOTTE, NC)	2-23-26	70-74
JAMES MCGRATH (AUS)	2-17-31	65-69
T. MCNEIL (GB)	2-22-26	70-74
TIBOR MIHALY (HUN)	2-20-21	75-79
JOHN NOBLE (SO. PASADENA, CA)	2- 2-26	70-74
TOIVO PERTTU (FIN)	2-23-16	80-84
PAAVO RAISANEN (FIN)	2-14- 6	90-94
BOB RICHARDS (SANTO, TX)	2-20-26	70-74
HUGO SCHLEGEL (WG)	2- 6-26	70-74
ERNST SCHMIDT (WG)	2- 1- 6	90-94
HANS SCHUFFENHAUER (WG)	2-16-26	70-74
JACK SCOTT (JOLIET, IL)	2-27-31	65-69
KJEL-ERIK STAHL (SWE)	2-17-46	50-54
ELOF VIKLUND (WG)	2-13-21	75-79
MATTI VUOREMMAA (FIN)	2-23-41	55-59
KEITH WHITAKER (GB)	2- 2-31	65-69
SID WING (WESTLAKE VILLAGE, CA)	2- 4-31	65-69
PAMELA CALVERT (MANCHESTER, MD)	2-18-46	50-54
ANGELLA HEARN (GBR-NEW YORK CITY, NY)	2-15-46	50-54
SINCLAIR KALKHOF (BALA CYNWYD, PA)	2-21-31	65-69
EDITH KOKERNOT (HOUSTON, TX)	2-21-26	70-74
DOROTHY MARTIN (TUSCON, AZ)	2- 1-21	75-79
LORI MAYNARD (REDWOOD CITY, CA)	2- 2-36	60-64
FLORENCE REARDON (OREGON, OH)	2-21-26	70-74
SHIELA SMITH (LOS ANGELES, CA)	2- 4-36	60-64
MYRNA SORENSON (ORANGE, CA)	2- 6-36	60-64
NANCY TIGHE (NEW YORK CITY, NY)	2-16-31	65-69
RUTH UPDEGROVE (HONOLULU)	2-20-11	85-89
ALGENE WILLIAMS (PARK FOREST, IL)	2- 5-16	80-84
ANNIE BELLANGER (FRA)	2- 7-51	45-49
DOROTHY BROWNE (AUS)	2- 6-41	55-59
MARGUERITA GIROUARD (FRA)	2-21-41	55-59
MAGGIE GOVENDER (GB)	2-17-46	50-54
ANGELLA HEARN (GBR-NEW YORK CITY, NY)	2-15-46	50-54
NADJA IZVEKOVA (URS)	2-14-56	40-44
KIMIKO KAWANO (JPN)	2-25-36	60-64
ALICE OLSON (NZ)	2- 8-26	70-74
INGRID SCHATTNER (WG)	2- 9-41	55-59
JEAN THEW (AUS)	2- 6-36	60-64
SINIKKA TOROPAINEN (FIN)	2- 3-41	55-59
BEATRICE WALDNIS (SUI)	2- 1-46	50-54

COMPILED BY PETE MUNDLE, WORLD AND USA MASTERS T&F RECORDS CHAIRMAN



Lt. Ginge Gough, British Royal Navy, 39, of Portsmouth, England, finished the 20th Marine 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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RACES

PEAR BLOSSOM RUN - April 13 - 20th Annual - 10 Mile, Mayor's Cup Mile & 2 Mile - 5 km, 5,000 entries - Parade - Street Faire - Barbeque - 'EVERY-ONE'S A WINNER' - Closes March 15 - Long SASE: **PEAR BLOSSOM RUN - PO Box 146 - Medford, Oregon 97501** - Jerry & Zellah Swartsley (541) 535-1205 eves.

RUNNING NEWSLETTER

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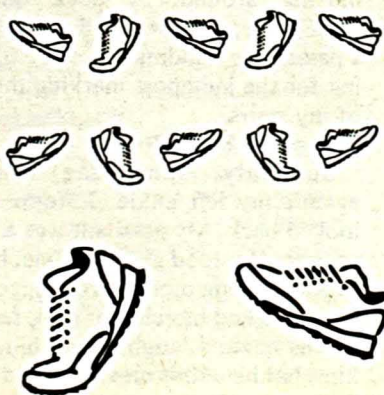
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by BOB JOLLY

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 coal-dust odor of 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, a Turkish-made Murad.

Silent Bosphorus

I stood on the wide cement sidewalk. The silent waters of the Bosphorus slid by on my left. There was only one ferry boat, its double row of windows lighted, taking early commuters to the city. Stiff and lumbering, I started to jog; after five minutes, I wondered when it would start feeling good.

A hundred yards farther, I approached a small harbor sheltering two dozen fishing boats and heard another dog, a small one this time. I slowed to a cautious walk; he was tied up, so I started running again. His owner, a sleepy fisherman, emerged from a shed 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.

Mashallah!

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 cheerful voice, using what may be the only English word he knows. He pronounced it well, using good American intonation: "Hello!" As I ran close to the open door, the passenger said in a deep gravelly voice, "Mashallah!" ("Magnificent! Just look at that!") I waved and ran on.



First masters woman, Rosa Inungaray, W40, with a 68:32, Tarahumara 10 Mile, El Paso, Texas, Dec. 17. Photo by David Jackson



Mixed age-group relay team of (from left) Doris Hearty, Mary Ryan, Linda Upton, and Carolyn Cappelletta, Reebok Boston Masters Meet, Dedham, Mass. Photo by Jack Falla

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 labored. I considered slowing to a walk and then rejected the idea. The halfway point is 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 road, and make 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 red comb flapping ominously. Ragged and dusty, he had blotches 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. □

(Bob Jolly lives in Oakland, Calif.)



Abel Lerma, M40, first master (58:19), Tarahumara 10 Mile, El Paso, Texas, Dec. 17. Photo by David Jackson

Masters Scene

NATIONAL

• The Indianapolis Life Insurance Co. has become the first company in the world to offer cheap life insurance for regular runners, because of their low mortality rates. You get a special rate if you can 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 Herazo**, 36, also won four open USA RW titles in 1995: 5K (22:48), 15K (72:39), 20K (1:35:39), 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 tibial tendon shortly before last year's Falmouth Road Race. He's 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 NMN. "It's very hard on your body." Still, he's optimistic and hopes to run competitively in a few months.

EAST

• **Rick Hoebeke**, 46, streaked to an M40+ win (21:41) at LeMoyne College, Syracuse, Nov. 18, in the final event in the Upstate NY X-C Series, to take the masters title in the six-race final standings. **Herb Engmann**, 50, first veteran (50+) in 23:05 at LeMoyne, was also first in the 50+ final standings. **Sue Gardinier**, 53, was tops on the masters women (40+) final list. Next year's series opens on Sept. 14 at SUNY-Oswego.

• The 2000+ starters with bells laced to their shoes who lined Pennsylvania Avenue a few blocks from the White House for the Jingle Bell 10K For Arthritis, Dec. 3, included Santa Claus, elves, Christmas presents, and trees. First masters to the finish were **Jim Whitnah**, 41, in 34:14, and **Marybeth Dillon**, 41, with a 39:48. **Janice Stoodley**, 54, was second W40+ in 44:54.

• Sixty-two-year-old **Rhoda Green** sped by the entire women's field to take first overall in the Grand Prix #2 5K Racewalk, Central Park, Dec. 3. Her winning time of 31:07 was an 84.4% age-graded effort. On Dec. 23, she also swept the field in the MAC USAir New York Indoor Games mile, clocking 9:54.22 — an 87.6% effort.

• **Jim Whitnah** (41, 34:01) made the top ten in taking the men's masters title at the Vietnam Veterans Memorial 10K, Washington, DC, Nov. 12. **Rae Baymiller** (52, 41:14) crushed her competition with an 84% age-graded performance.

• A thousand runners checked in on a cold and windy (19°F) Dec. 10 morning in Central Park for the Joe Kleinerman 10K. **Jaime Palacios** (40, 34:32) narrowly edged **Jack McShane** (43, 34:44) to take the men's masters title, with **Gillian Horowitz** (40, 39:21) leading the ladies. Age-group stars included **Jack McManus** (72, 49:26) and **Patty Parmalee** (55, 51:16).

SOUTHEAST

• **Antoni Niemczak**, 40, of Poland, with a 1:09:53, and **Brenda Dayton**, 42, Orlando, FL, in 1:38:05, scorched to 40+ firsts in the Burger King Half-Marathon, Orlando, Dec. 9. **Russell Smith**, 48, Altamonte Springs, FL, was third M40+ (1:16:39).

• **Vanessa Hilliard**, 54, broke her own US W50-54 HT record of 139-10 with an age-graded 94.4% 145-7 (44.38). **Duane Roehr** Memorial Weight Pentathlon, Delray Beach, FL, Dec. 30.

• **Bradford Horton**, 30, Hollywood, FL, crossed the finish line first with a 33:18 in the Phoenix American Baby Boomer 10K, Coconut Grove, FL, Dec. 30, but it was **Bill Springer**, 56, Fort Lauderdale, FL, who was the big winner.

Springer won \$300 because his time of 36:56 was age-factored to 31:32, enabling him to win the top cash prize. Like **Springer**, **Carol Virga**, 45, Delray Beach, FL, with a 39:46 wasn't the first to finish. That honor went to **Mary Level-Menton**, 32, Coral Springs, FL, with a 35:28 in the women's race. But **Virga**, with an age-graded 32:58, also went home with \$300 for the best performance among the females.

SOUTH WEST

• **Maria Rhoden**, 40, Topeka, KS, led all female runners to the finish line of the Dallas Marathon, Dec. 10, with a 2:59:25. **David Savage**, 40, Dallas, won the M40+ race in 2:41:47.

• **Dorothy Cain-Sales**, 44, Kenner, LA, streaked to a first female overall (46:15), Picayune, MS, 10K, Nov. 4. M40+ first **Derrick Lee**, 41, Harvey, LA, covered the course in 35:27. In the 5K RW, **Imogene Watkins**, 75, Ridgeland, MS, strode to a 32:11, and **Cy Buchert**, 73, Folsom, LA, finished in 30:26.

• **Jeff Wells**, 41, The Woodlands, TX, with an age-graded 89.2% 51:51, and **Carol McLatchie**, 44, Houston, TX, with an A-G 87.4% 60:39, collected \$200 each for 40+ firsts in the Brazosport 10 Mile, Lake Jackson, TX, Dec. 30. Meet Director **Will Lindgren** says he'll offer a \$250 bonus for a masters course record next year.

• At the first of the year, **Dave Douglass**, 64, long-time hammer thrower and masters champion decathlete, underwent a 6½-hour lumbar laminectomy with fusion from a hip bone graft, all tied together with titanium screws and rods. **Douglass**, a retired UCLA professor, now residing in Tucson, hopes to be back in action by September, when he joins the M65 ranks.

• **Clent Mericle**, M40 winner in 2:39:25, was 23rd overall in the 2000+ finisher Dallas White Rock Marathon, Dec. 10. **Mary Hanlon**, 41, 2:56:38, and **Marla Rhoden**, 40, 2:59:25, were sixth and seventh females.

WEST

• World-class ultra-marathoner **Sally Edwards** has formed Trinity Fitness Companies in Sacramento, CA, which sells books on triathlons, heart-rate monitors, snowshoeing, etc., and offers a bimonthly newsletter. For info, call 916-481-7283.

• The Northern Arizona High-Altitude Sports-Training Complex operates in Flagstaff, at 7000-foot altitude. The complex provides a variety of health services and testing, and is reportedly regarded as an optimum training site by elite athletes in many sports. For info, call 800-628-5038, or write Box 5769, Flagstaff, AZ 86011.

• The 9th annual California Senior Olympics - Palm Springs is set for Feb. 9-18 in Palm Springs, CA. All T&F events will be held on Sat., Feb. 10. Sponsored by FHP Health Care, the nation's 5th largest health maintenance organization, the event will host competition in more than 50 sporting events: golf, swimming, tennis, softball, etc., for athletes age 50-and-over. A kickoff luncheon will be held on Feb. 8 at the Hyatt Regency Hotel. A Senior Living Expo will take place on Tue., Feb. 13 from 10 a.m. to 3 p.m. "We expect to host some 3000 athletes," said executive director **Ben Green**. For more info, call 619-323-5689.

• **Steve Scott** update. The Irvine, Calif., resident turns 40 on May 5. He's planned his comeback on the track for the Mt. Sac Relays in April, almost two years after his testicular cancer was detected. He's beaten the cancer, and has set two goals: breaking **Eamonn Coghlan's** masters mile WR of 3:58.15 and qualifying for the U.S. 1500 Olympic trials. He holds the world record of 136 sub-four-minute miles. "Training at that level to run that fast a mile is devastating at any age, especially at age 40," he told **Randy Harvey** of the Los Angeles

Times. His first race as a master will come on May 26 in the Prefontaine Classic in Eugene. He'll run several road races between now and then.

• **Ken Wilson**, Albuquerque, NM, in 32:12, and **Carol McLatchie**, of Texas, in 36:53, were the best 40+ in the Phoenix Elite 10K, Nov. 12.

• **James Press**, 46, San Jose, CA, was overall first (2:52:14) in the Morgan Hill Marathon, CA, Nov. 4. First masters woman was **Kristine Morrell**, San Jose, W50-59 winner (3:49:08). **Christine Kennedy**, W40-49 winner, was first female (1:23:29) in the half-marathon.

NORTHWEST

• **Walter Jenkins**, a popular M70 Canadian weightman who competes in Northwest meets with his wife, **Estelle**, is recovering from radium treatments for a malignancy. He can be reached at 3229 Carmen St., Victoria, BC V8P 4M4.

INTERNATIONAL

• **Vadim Marshhev**, president of the Russian Athletics Veterans Association, extends an invitation to athletes to attend the Russian Indoor Championships, Moscow, April 5-7. Those interested in the meet and an eight-day tour of the Moscow region should contact Marshhev ASAP. See T&F-International schedule.

• The first Germany vs. Russia veterans match is in the planning stage. Organizers hope for a July 1996 date in Germany.

• **Clova Court** lowered the W35 world indoor 60mH record to 8.27 at an open meet in the National Indoor Arena, Jan. 6. Current WAVA 10K road champion, **Nigel Gates**, M40, won the Sussex County Veterans X-C championships by over two minutes.

OPEN

• At its 1995 meeting in Sweden, the IAAF ruled the women's pole vault and hammer throw will be added to the 1999 World T&F

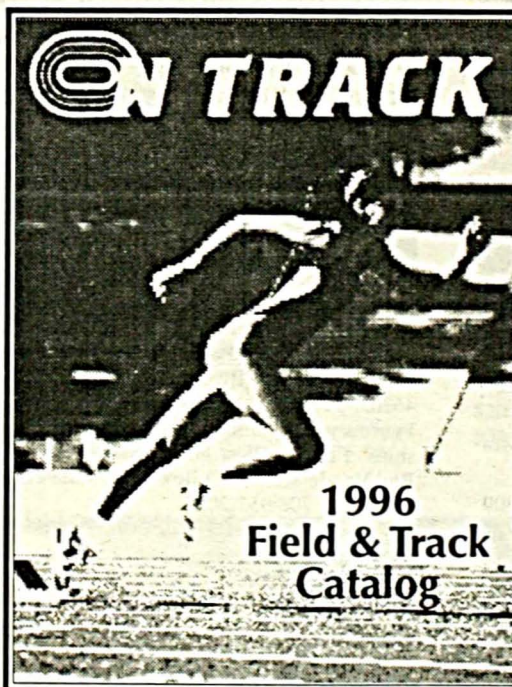


Club West VP and USAT&F official **Beverly Lewis** of Santa Barbara is pictured with the **Jimmie Whitney High Point Track & Field Trophy** at the recent Club West meet Oct. 7 in Santa Barbara. Lewis, who was the official starter for the masters meet, along with husband **Robert**, donated the trophy, which was won in its inaugural year by **Emil Pawlik**, 55, of Jackson, Miss. Photo by **Lloyd Albright**

Championships. Women will also compete in the pole vault in the 1997 World Indoor Championships.

• The following events — four indoor T&F meets and a combined program highlighting both the men's and women's U.S. Olympic Marathon Trials — are scheduled to be televised by NBC: Feb. 3: Millrose Games; Feb. 9: Reno Games; Feb. 17: Marathon Trials; Feb. 24: Mobil Invitational; Mar. 2: USA-Mobil Championships.

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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 NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD NATIONAL

March 29. USATF National Masters Indoor Pentathlon Championships, Greensboro, N.C. SASE to Scott Thornley, 18 Colgate Dr., Camp Hill, PA 17011-7624.

March 29-31. USATF National Masters Indoor Championships, Greensboro, N.C. Ron Foster, meet director, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402. 800/289-9009.

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509/533-4128.

August 31. USATF National Masters Weight & Superweight Championships, Seattle. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

September 14. USATF National Masters Weight Pentathlon, Bozeman, Mont. Bob Sager, meet director.

EAST

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

February 11. New Jersey Submasters & Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. All events, incl. George Sheehan Open Invitational Mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201/261-7756.

February 11. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.

February 11. DC Road Runners Indoor Meet, Jefferson Community Center, Arlington. 8 am. No field events. DCRRC, PO Box 1352, Arlington, VA 22210. 703-241-0395.

February 24. Masters Mile, Mobil Invitational, George Mason, U., Fairfax, Va.

February 25. MAC Masters Championships, 168th St. Armory, Manhattan. Association and non-association awards. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233 (8-10 p.m. EST).

March 9. Philadelphia Masters Indoor Games, Haverford College. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215-441-8584 (before 9 pm).

March 10. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716/872-6652.

March 17. East Regional Masters Indoor Championships, Brandeis U., Waltham, Mass., (near Boston). Steve Vaitones, USATF New England, 617/566-7600.

SOUTHEAST

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

February 17. USATF Southeast Regional Indoor Masters Championships, Decatur, AL. Jon Jarman, 205-871-9100.

March 2. Virginia State Masters Indoor Championships, VMI Fieldhouse, Lexington. All welcome; Virginia residents compete for medals. SASE to John Tucker, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667.

April 5-6 (tentative). Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lusi, Brian Oldfield, Yuri Syedikh, Peter Farmer, PO Box 8521, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

April 6. Naples-On-The-Gulf Masters Meet, Naples HS, Fla. Weight Pentathlon, Barron Collier HS, Naples. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 941-597-6870.

April 12-13. Norfolk Invitational Relays, Norfolk St. U., Va. Joe Mack, Masters Coordinator, 804-482-5558. For pre-entry, contact Steve Riddick or Simon Hodnett, 804-683-8801.

May 3-5. 26th Southeastern Masters Meet, Raleigh, N.C. Age 20+. Includes pentathlon, weight pentathlon, 5K, 20K walks, jumps and throws clinics. Southeastern Masters, c/o Raleigh Parks and Recreation, PO Box 590, Raleigh NC 27602. Dale Smith: 919-831-6640.

May 11. Atlanta TC Meet. Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065; fax 404-364-0708.

June 1. Nashville TC/Striders Meet, Vanderbilt U., Nashville. 1:30 p.m. 19+.

MIDWEST

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

February 3. NIFS Open Indoor Meet. 19 yrs. and up. Age division heats. Fast, banked 200m track. Field events 5 pm/running 6 pm. National Institute for Fitness & Sport, 250 University Blvd., Indianapolis, IN 46202. 317/274-3432.

February 3. Illinois Masters Championships, Proviso West HS, Hillside. USATF, Ray Vandersteen, PO Box 7019, Villa Park, IL 60181. 708-953-2052.

February 17. NIFS All-Comers Indoor Meet. See Feb. 3.

March 2. USATF Midwest Regional Masters Indoor Championships, Glenview, Ill. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414-843-3567.

March 2. Kent State University Masters Championships, Kent, Ohio. Masters and submasters only; 300m indoor track. Doug Molnar, Track Office, Kent State U., Kent, OH 44242. 216/672-3991.

March 23. USATF Michigan Indoor Championships, Macomb County Community College, Warren (Detroit suburb). Y/O/M. Ed Stanton, Macomb County CC, 14500 12 Mile Rd., Warren, MI 48093. 810-445-7613; or Marilyn Moorehead, 5250 Yorkshire, Detroit, MI 48224-2139. 313-882-3687

June 29. Dayton Track Classic, Welcome Stadium, U. of Dayton. Bob Jones, 513-837-2754.

MID-AMERICA

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

February 4. Early Morning "R" Indoor Meet, Bethel College, Minneapolis, Minn. Rachel Lyga, 122 NE 63½ Way, Minneapolis, MN 55432. 612/574-9661.

February 17. University of Missouri Indoor All-Comers, Columbia, Hearnes Center Fieldhouse. On-site registration. 9 am, track; 10 am, field.

August 31-Sept. 1. Rocky Mt. Games. Nancy Simmons Manson, 518 Quentin St., Aurora, Co. 80011. 303-341-7992.

February 25. USATF Colorado Indoor Championships, USAF Academy, Colorado Springs. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-471-1650; fax 719-471-1663. Linda Sinclair, 1434 S. Zang St., Lakewood, CO 80228. 303-988-5930; fax 303-989-3613.

May 23. Denver TC Mile & Two Mile Runs, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

June 27. Denver TC Meet, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

June 29. USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-471-1650; fax 719-471-1663.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 3. Sooner State Games Indoor Sportsfest '96, Shawnee Expo Center, Century Center, 100 W. Main, Suite 287, Oklahoma City, OK 73102. Katrina Means, 405/235-4222.

May 24-25. USATF Southern Association Championships, Gonzales, La. Decathlon/heptathlon/weight pent/56-lb. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.

June 1. USATF Southwest Association Open & Masters Meet, Loos Field, Dallas, Texas. John Pritchett, PO Box 821113, Dallas, TX 75382. 1-800-GO-RUN.

July 20. USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Texas. Also open athletes. John Head, 21024 Cedar Branch, Garden Ridge, TX 78266. 210-651-5414.

August 3. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 821113, Dallas, TX 75382. 214/979-0246.

WEST

Arizona, California, Hawaii, Nevada

February 3. Olympic Developmental Clinic, James Logan H.S., Union City, Calif. 9 am -5 pm. All ages; all levels. \$10. Lee Webb: 510-505-9557(h); 510-471-2520; 5113(o).

February 10-11. California Senior Olympics, Palm Springs. 55+. Ben Green, 480 South Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

February 17. KELfield Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 480-458-0202.

February 18. Silver State Indoor Masters Classic, Reno, Nev. Silver State Striders, PO Box 21171, Reno, NV 89515. 702-329-2814.

February 24. 19th annual John Ward Masters Meet, Santa Ana, Calif. 25+. Al Siddons, Rancho Santiago College, 17th at Bristol, Santa Ana, CA 92706. 714-564-6936.

February 24-27. Running Springs Winter Games. 55+. Harry Lund, PO Box 2656,

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 goes 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 168th 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 Carolina Marathon, Columbia, 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, racewalkers can strut their stuff indoors at the Indoor 3K Mall Championships, Milford, Conn., or outdoors in an 8K at Roseville, Calif.

Running Springs, CA 92382. 909/867-2411.

April 7. Cougars Invitational, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

April 13-14. 32nd annual Phoenix Invitational, Arizona State U. From youth through masters. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 602-949-1991.

April 14. Orange Spring Games (25+) & John Ward Masters Meet, Rancho Santiago College, Santa Ana. Al Siddons, 714-564-6936.

April 28. Crown Valley Senior Games (50+), Occidental College, Los Angeles. Christel Miller or Cynthia Vaughan, 818-397-4062.

May 4. Arizona Masters Meet, Tempe. 25+. Bob Flint, 8436 East Hubbell, Scottsdale AZ 85257. 602-949-1991, or Cliff McKenzie, 602-777-8503.

May 11. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619/436-7696.

May 18. Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

May 25. USATF Pacific Association Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

Continued on next page

Continued from previous page

May 26. Dan Aldridge Memorial Meet, UC-Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo, CA 92656. 714-586-9942 (eve).

June 8. USATF Pacific Association Masters Championships, Los Gatos HS, Calif. HT/JT/WT at KELfield, 408-458-0202. SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

June 30. Trojan Masters Meet, USC. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818-917-6289.

July 6, 20. SCA Series/Grand Prix All-Comers, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

July 20. USATF West Regional Masters Championships, Cerritos College, near Los Angeles. Marvin Thompson or Doug Wells, 213-380-5409.

August 2. SCA Series/Grand Prix Championships, Cerritos College. Norwalk, Calif. Doug Wells, 310-860-2451, x2889.

August 3. USATF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 27. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

June 1-2. USATF Alaska Decathlon/Hepathlon State Championships, Bartlett HS. Team Alaska TC, 907-338-1667.

June 6, 13, 20, 27. Team Alaska Meets, Bartlett HS, 6 p.m. Hotline: 338-1667.

June 29-30. Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 541-342-3111 (h); 346-3383(w). Entry forms available in March.

August 3-4. USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

CANADA

March 9. Ontario Masters Indoor Championships, York U., Toronto. M&W35+. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9.

June 8-9. Ontario Masters Championships, York U., Toronto.

August 10-11. Canadian Masters Championships, Victoria, B.C.

INTERNATIONAL

March 2. British Veterans Athletics Federation Indoor Championships, Birmingham Arena. Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

March 16-17. Indoor Russian Veterans Sports Association WAVA Cup, Penza. Vadim Marhev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

April 5-7. Russian Indoor Championships, Moscow. Vadim Marhev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 4124475.

April 13-27. Senior Games, Bermuda, 50+. Also 10K road race. Senior Games, 460 Summer St., Stamford CT 06901. 800/867-5935.

June 2. Baltics "White Nights" Meet, St. Petersburg. Vadim Marhev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

July 7-13. WAVA Oceania Regional Championships, Papeete, Tahiti. Andy Galloway, Sports Alive, Box 19-052,

Hamilton, N.Z. Ph: 07-838-0584; Fax 07-839-1785 or Box 2020, Papeete, Tahiti. Deadline: May 10.

July 19-27. WAVA European Regional Championships, Malmo, Sweden. Europeans only.

August 21-24. WAVA North American Regional Championships, Eugene, Ore. M&W30+. 8K RR; 10K roadwalk for m&w. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 503/687-1989.

Sept. 19-21. WAVA Africa Regional Championships, Namibia.

October 3-6. WAVA Asian Regional Championships, Seoul, Korea. Asians only.

November 19-23. WAVA South American Regional Championships, Concepcion, Chile.

OPEN

March 1-2. USATF Indoor Championships, Atlanta.

June 14-23. USA Olympic Trials, Atlanta.

July 26-August 4. XXVI Olympic Games (T&F dates), Atlanta, Ga.

**LONG DISTANCE
RUNNING
NATIONAL**

February 11. USATF National Masters Half-Marathon Championships, Las Vegas. Al Boka, race director, PO Box 81262, Las Vegas, NV 89180. Phone/fax 702/876-3870.

March 31. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619/488-9556.

April 13. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvania Ln., Plainview, NY 11803. 516-433-0919.

May 8-12. 39th Annual RRCA National Convention, Knoxville, Tenn. Knoxville TC, 3530 Talahi Gardens, Knoxville, TN 37919. 615-673-8020.

September 15. USATF National Masters 48 Hour (or 24 Hour) Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

October 6. USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 19. USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502/896-0717.

November 3. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547.

December 7. USATF National Masters 10K Cross-Country Championships, San Fran-

cisco, Calif. Tim Wason, 4475 23rd St. #4, San Francisco, CA 94114. 415-648-1467.

EAST

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

February 18. Washington's Birthday Marathon, Greenbelt, Md. PO Box 1352, Arlington, VA 22210. 703-271-8959.

February 18. Snowflake Four Miler, Central Park. Masters \$\$. Separate men's & women's starts. NYRR, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

February 25. Hudson Mohawk Marathon/3-Person Relay, Albany, N.Y. Lori Christina, 2A Ramsgate, London Sq. Apts., Clifton Park, NY 12065. 518-383-4514 (before 10 pm).

February 25. NYRR Bagel Run 10K, Central Park. See Feb. 18.

March 17. New Bedford Half-Marathon, New Bedford, Mass. Ed Talbot, PO Box 79546, North Dartmouth, MA 02747. 508-998-5068.

March 31. Cherry Blossom 10 Mile, Washington, D.C. Entry deadline March 1. SASE to NCB, PO Box 884, Middletown, MD 21769. 301-340-6699.

April 15. 100th BAA Boston Marathon. Qualifying by times and application. SASE with 55¢ stamp to Boston AA, PO Box 1996, Hopkinton, MA 01748.

SOUTHEAST

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

February 10. Carolina Marathon (U.S. Women's Olympic Trials), Columbia, S.C. SASE to Carolina Marathon, PO Box 5092, Columbia, SC 29250. 803/929-1996.

February 11. Hampton Coliseum Half-Marathon/5K. Coliseum Road Race, Hampton Building Dept., 22 Lincoln St., Hampton, VA 23669. 804/728-3235.

February 17. Charlotte Observer Marathon/NationsBank 10K (U.S. Men's Olympic Marathon Trials). Marathon, Box 30294, Charlotte, NC 28230. 704/358-5425.

February 24. Gasparilla Distance Classic 15K, Tampa. Gasparilla '96, PO Box 1881-RT, Tampa, FL 33601.

February 24. Blue Angel Marathon, Pensacola Naval Air Station. MWR, Code 22000, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 904-452-4391.

February 25. Colonial Half-Marathon, Williamsburg, Va. PO Box 399, Williamsburg, VA 23187. 801/221-3362.

March 2. River Run 15K, Jacksonville. Gate River Run, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.

March 16. Shamrock Marathon/8K/Masters 8K, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. 804-481-5090.

March 23. Azalea Trail Run 10K, Mobile. SASE to Azalea Trail Run, PO Box 6427, Mobile, AL 36660.



Mike Golash, 52, second M50 (39:43), and Roy Koehn #717, 52, M50 first (38:45), Jingle Bells 10K For Arthritis, Washington, D.C., Dec. 3.

Photo by George Banker

March 30. Cooper River Bridge 10K, Charleston, S.C. Masters money 5-deep m&w, \$1500 for 1st. Cooper River Bridge 10K, MUSC Harper Center, 45 Courtenay Dr., Charleston, SC 29401-111. Hotlines: 803-792-0345; 792-2533.

MID-AMERICA

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

April 20. Longest Day Marathon/Relays/10K/5K, Brookings, S. Dak. Dr. C.S. Roberts Jr., 1345 1st St., Brookings, SD 57006. 605-692-2334; fax 697-5396.

MIDWEST

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

May 5. Revco-Cleveland Marathon/10K. Linda Beveridge, PO Box 550, Twinsburg, OH 44087.

SOUTHWEST

Arkansas, Louisiana, Mississippi,
Oklahoma, Texas

February 4. Elmwood Classic 5K/10K, Metairie, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

Continued on next page

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Continued from previous page

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

February 18. Motorola Austin Marathon & Relays. SASE to Marathon, PO Box 684456, Austin, TX 78768. Lyle Clugg, director, 512/478-4608.

February 24. Fort Worth Marathon/Relay & 10K. Box 9066. Fort Worth, TX 76147. 817-735-2033.

March 3. Run On The Bayou 10K/2 Mile, Westwego, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

March 24. Capitol 10,000. SASE to Capitol 10,000, PO Box 2936, Austin, TX 78768-2936. 512-445-3596.

WEST

Arizona, California, Hawaii, Nevada

February 11. Las Vegas Marathon, Half-Marathon, 5K/10K, Team Relay. Las Vegas Marathon, Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180. Phone/Fax 702/876-3870.

February 18. L.A. County Race For The Cure 5K, Rose Bowl, Pasadena. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 619-434-1601.

February 19. Great Aloha Run 8.25 Miles, Honolulu. 1-800-528-7385.

February 25. Spirit Run '96 10K/5K, Newport Beach, Calif. 619-434-7706.

March 3. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310/444-5544.

March 17. Mobil St. Patrick's Day 10K & 5K. Torrance, Calif. Elite Racing, 714-548-4897.

March 24. Mercury News 10K, San Jose. Mercury News 10K, 750 Ridder Park Dr., San Jose, CA 95190. 408-920-5755.

March 31. Fifty-Plus Paul Spangler Memorial 8K Run/5K RW/Fitness Walk, Stanford, Calif. M&W50+. Fifty-Plus Fitness Assoc., PO Box D, Stanford, CA 94309. 415-323-6119; fax 415-929-7981.

April 21. Jimmy Steward Relay Marathon, Los Angeles. Laurie Andrews, director, 1328 22nd St., Santa Monica, CA 90404. 310-829-8968; fax 315-6167.

NORTHWEST

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

February 4. Sweethearts 5K, Marcola, Ore. 1 pm/\$4 entry. Jim or Bev, 541-933-2732; Gene, 541-343-1842.

March 2. Trail's End Marathon, Seaside, Ore. Gordon Lovie, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503-646-7867.

April 13. Pear Blossom 10 Mile & 5K, Medford, Ore. SASE to Pear Blossom Run, PO Box 146, Medford, OR 97501. Jerry & Zella Swartsley, 541-535-1205(eve). Medford Visitor's Bureau, 541-772-6293.

May 5. Lilac Bloomsday 12K, Spokane, April 17 deadline. SASE to Bloomsday, PO Box 1511, Spokane, WA 99210. 509-838-1579.

INTERNATIONAL

March 17. British Veterans Athletics Federation Cross-Country Championships, Coventry. Midland Vets, 111 Cooks Lane, Kings Hurst, Solihull, B376NU, Great Britain.

June 29-30. 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

October 29-November 5. Himalayan 100-Mile Stage Race, from Darjeeling, India, \$1200. Force 10 Expeditions, 1-800-922-1491.

November 5-12. Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

OPEN

February 10. USA Women's Olympic Marathon Trials, Columbia, S.C.

February 17. USA Men's Olympic Marathon Trials, Charlotte, N.C.

RACE WALKING

February 11. Indoor Mall 3K Racewalk Championships, Milford, Conn. Gus Davis, Conn. Racewalkers, 789 Donna Drive, Orange, CT 06477.

February 11. PRO 8K Racewalk, Roseville, Calif. PRO, Box 513, Carmichael, CA 95609. 916-483-2917, Race Hot Line.

March 17. 8th Annual St. Patrick's Day 5K Racewalk, Central Park, NYC (masters divisions in 10-year age-groups). Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

March 29-31. USATF National Masters Indoor 3000 Championships, Greensboro, N.C. See T&F National Schedule.

April 1-October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach FL 33445. Bob Fine, 407-499-3370; Fax: 407-495-5054.

May 5. USATF National Masters Men's 25K/Women's 20K RW Championships,

Albany, N.Y. Elaine Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303. 518-473-9117.

May 19. USATF National Masters Men's 10K RW Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6341(h), 716-694-7683(w).

May 26. Olympic Trials Qualifier/MAC 20K Racewalk Championships, Central Park, NYC. (Masters divisions in 10-year age-groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

August 15-18. USATF National Masters Outdoor RW Championships, 5000 track (m/w), 20K road (m), 10K road (w), Spokane, Wash. See T&F National Schedule.

September 8. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080.

September 14. USATF National Masters 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364 (w), 615-349-6406 (h).

September 22. USATF National Masters 15K RW Championships, Elk Grove Village, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312-327-4493.

October 13. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617-731-9889 (h), 617-821-3000 (w).

Masters Age-Graded Tables

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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 membership chair phone (if no office), as per the 1994 USA/TAC Directory.

Adirondack	Troy, NY	518/273-5552; Fax 518/273-0647
Alabama	Mobile, AL	205/471-4081; Fax 205/434-7576
Alaska	Anchorage, AK	907/345-2968
Arizona	Scottsdale, AZ	602/949-1991; Fax 602/994-1748
Arkansas	Little Rock, AR	501/666-1720 (Lou Peyton)
Border	El Paso, TX	915/581-2962 (Deborah Chestnutt)
Central California	Wasco, CA	805/758-3081 (Brad Tomasini)
Colorado	Aurora, CO	303/751-1952 (Gordon Bishop)
Connecticut	Willimantic, CT	203/872-0561 (Peter Leeds)
Dakotas	Wahpeton, ND	701/642-1321 (Charles Olsgard)
Florida	Orlando, FL	407/895-6323; Fax 407-897-3243
Georgia	Atlanta, GA	404/524-0047; Fax 404/525-6864
Gulf	Houston, TX	713/527-7620; Fax 713/527-7623
Hawaii	Honolulu, HI	808/538-1113; Fax 808/533-0549
Illinois	Elmhurst, IL	708/833-7303; Fax 708/833-5162
Indiana	Rensselaer, IN	219/866-3040 (Rose Edmonds)
Inland Northwest	Cheney, WA	509/235-4762 (Ruth Van Kuren)
Iowa	Des Moines, IA	515/288-4697 (Jim Walczyk)
Kentucky	Louisville, KY	502/458-4989 (William G. Long)
Lake Erie	South Euclid, OH	216/382-2656 (Jeff Gerson)
Maine	Hallowell, ME	207/623-3682; Fax 207/626-9633
Metropolitan	New York, NY	212/227-0071; Fax 212/227-0756
Michigan	Flushing, MI	313/236-5189 (John Gault)
Mid-Atlantic	Philadelphia, PA	215/472-0780 (Barbara Jones)
Minnesota	Blaine, MN	612/785-5644
Missouri Valley	Kansas City, MO	816/842-3311; Fax 816/842-3020
Montana	Seeley Lake, MT	406/677-2848; Fax 406/677-2949
Nebraska	Lincoln, NE	402/423-4345
Nevada	Las Vegas, NV	702/451-2937
New England	Brookline, MA	617/566-7600; Fax 617/734-6322
New Jersey	Piscataway, NJ	908/463-8444; Fax 908/463-8479
New Mexico	Los Lunas, NM	505/865-8612; Fax 505/865-8612
Niagara	Buffalo, NY	716/883-8141 (Diane Mellillo)
North Carolina	Raleigh, NC	919/467-1552; Fax 919/515-7867
Ohio	Dayton, OH	513/455-9274 (Kountez Moore)
Oklahoma	Oklahoma City, OK	405/942-6733; Fax 405/232-1891
Oregon	Portland, OR	503/253-2639; Fax 503/252-7132
Ozark	Manchester, MO	314/434-3397 (Gussie Crawford)
Pacific	Folsom, CA	916/983-4622; Fax 916/983-4624
Pacific Northwest	SeaTac, WA	206/433-8868 (Carole Langenbach)
Potomac Valley	Springfield, VA	703/440-5816 (Al Logie)
San Diego-Imperial	San Diego, CA	619/275-6542; Fax 619/275-6542
Snake River	Salt Lake City, UT	801/538-2062 (Ben Stowell)
South Carolina	Spartanburg, SC	803/582-0129 (Pete Palmer)
South Texas	San Antonio, TX	210/270-6215 (Donald Austin)
Southern	Port Gibson, MS	601/437-4232 (Barbara McCoy)
Southern California	Downey, CA	310/869-4574; Fax 310/862-2048
Southwestern	Dallas, TX	214/239-2041; Fax 214/421-5726
Tennessee	Nashville, TN	615/227-8324
Three Rivers	Allison Park, PA	412/487-2917 (Holly Rodenbaugh)
Utah	Salt Lake City, UT	801/538-2062 (Ben Stowell)
Virginia	Richmond, VA	804/353-9340 (Faye Alexander)
West Texas	Lubbock, TX	806/794-0350 (David Conder)
West Virginia	Ona, WV	304/736-8474 (Arlene Stooke)
Wisconsin	Mt. Horeb, WI	608/437-8992
Wyoming	Cheyenne, WY	307/778-7866; Fax 307/634-1140

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

M35-39	Ray Blackwell	400M	50.08	07-08-95
M40-44	Mark Gershon	Long Jump	19-7	08-13-95
		Triple Jump	40-3	08-13-95
		Pentathlon	2866 Pts.	02-11-95
	Stan Vegar	Decathlon	6466 Pts.	06-18-95
	Scott Winston	800M	2:05.34	06-10-95
M45-49	Jerry Boswell	Long Jump	19-5½	07-29-95
		Triple Jump	39-0½	06-10-95
	Jim Morton	5000M	16:42	06-24-95
	Jerry Senters	Shot Put	12.73	07-09-95
		Discus	38.94	07-09-95
M55-59	Gordon Bobell	Hammer	37-50	10-07-95
	Jim Hart	Shot Put	12-56	09-02-95
		Discus	43-50	10-07-95
		Hammer	36-94	10-07-95
		35# Weight	33-11	04-22-95
		56# Weight	20-9	04-22-95
	Don North	Shot Put	37-2	04-05-93
	Herman Pettegrove	High Jump	1.53	10-29-95
	George Smith	Shot Put	37-2	07-30-95
		Discus	120-5½	07-30-95
M60-64	Edwin Alexander	1500M	5:19.9	07-29-95
	William O'Donnell	5K	19:31	12-04-95
M65-69	Frank Buxton	5000M	20:46	10-29-95
	David Rider	High Jump	1.32	10-28-95
	Ken Weinbel	Hammer	115-5½	07-19-95
		25# Weight	41-10	06-25-95
		Super Wt.	19-4	08-19-95
M70-74	Franklin Mason	5K	23:22	09-01-95
	Tim Murphy	100M	13:58	04-29-95
		200M	30.01	01-29-95
M75-79	Howard Channell	5K RW	30:40	09-24-95
	Leo Chapman	Shot Put	30-9½	09-21-95
	Gar Schoener	100M	16.0	08-13-95
		200M	35.0	08-13-95
	Jerry Siefert	Shot Put	31-4	05-09-95
		Javelin	92-6	10-29-95
M80-84	Elaine Iba	Long Jump	5.00	10-07-95



U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3¼	5-9½	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
35Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

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

Event	1.5K	mile	2K	3K	4K	5K	6K	7K	8K	9K	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	2:59:15	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					
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25					
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09					
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:44	2:54:26	3:36:33	5:01:03	6:49:24					
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43					
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46					
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:50:18	8:11:30					
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28					
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:25	9:47:35					
F85	13:13	14:15	27:05	46:45	1:16:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:15	10:39:15					
F90	14:56	16:06	30:36	42:14	1:26:30	1:47:18	2:48:13	3:51:12									
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00					
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53					
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49					
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24					
M50	7:33	8:06	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29					
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22					
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23					
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01					
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51					
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54					
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:06:57	5:37:34	7:24:11					
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50					
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37					

Age-graded time/8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

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	29.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	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	63-8	59-1	45-11	39-5	29-7
20Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16Pwt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

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 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

MAC Reebok Season Opener Indoor Meet

168th St. Armory, NYC; Dec. 15

55m	
M30 Bill Hughes	7.2
Vince Goodman	7.3
M40 Jesse Norman	7.4
M50 G Ballard	7.8
M60 Ed Quier	9.9
M30 Jackie Shapiro	8.7
300m	
M30 John Burks	38.6
M35 Darryl Ramsey	42.2
M40 Bob Gill	46.1
M45 Ron Johnson	40.5
M55 Robert Smith	49.0
M30 Althea Morris	43.8
Betty Whitaker	48.9
M35 Louise Clark	47.2
500m	
M40 Alex Constantino	75.9
M45 Rob Jackson	74.0
1000y	
M30 Sal Allah	2:26.9
M35 Doug Miller	2:33.3
M40 John Roselli	3:16.7
M55 John Hurley	3:35.5
1500m	
M30 Larry Glazer	4:29.2
M35 Tony Watson	4:25.8
M40 Seth Okrend	4:58.2
Bob Gill	5:20.1
M45 Vic Medina	5:04.1
Kevin Smith	5:05.7
M55 John Hurley	6:08.6
M65 Joe Kernan	6:49.6
55mH	
M55 Robert Smith	11.1
Pole Vault	
M35 Rob Doran	2.74
M55 Norm Cyprus	2.74
Long Jump	
M45 Ken Kienzie	4.37
Shot Put	
M35 Rob Doran	9.89
M40 Jeff Copland	10.25
M45 Rick Dunphy	11.22
M50 Carl Levine	9.41
M55 Norm Cyprus	11.46
M35 Sarah Boslaugh	9.82
M50 Roslyn Katz	8.01
Weight Throw	
M50 Carl Levine	6.41
M55 Norm Cyprus	11.46
M35 Sarah Boslaugh	11.86
M50 Roslyn Katz	9.40

Philadelphia Masters T&F Assoc. Meet

Haverford, PA; Dec. 17

55m	
M30 Chris Sydnor	6.7
M35 Steve Galetta	6.7
M40 Brian Lee	7.0
Ken Bauersfeld	7.1
Jim Jones	7.5
M45 John Jones	7.3
Dave Zang	7.4
John Borden	8.1
M50 Paul Henry	7.3
Joel Dubow	8.0
M55 Nate Byrd	7.6
Roger Sprockett	7.9
M60 Earl Mege	8.4
Bob Madden	8.7
M65 Jim Stookey	7.8
Tom Delany	8.0
Tom Rice	8.5
M70 Oscar Harris	8.6
Jack Doorlay	9.1
M75 Ed Matthews	8.8
M80 Gar Schoener	9.5
M35 Holly Johnson	8.5
M45 Mary Gale	12.1
200m	
M30 Chris Sydnor	24.1
George Ridley	24.8
Bill Repetto	27.4
M35 Paul Allen	23.8
Terry O'Connell	25.1
Tom Yunker	29.8
M40 Brian Lee	25.4
Ken Bauersfeld	25.6
Karl Castor	26.8
M45 Phil Felton	25.5
John Paul Jones	27.2
M50 Paul Henry	25.7
Bob Fuhrman	28.5
M55 Roger Sprockett	27.7

M65 Jim Stookey	27.7
Bill Berger	31.2
M70 Oscar Harris	32.5
M75 Ed Matthews	32.4
M80 Gar Schoener	37.5
M35 Holly Johnson	32.2
M45 Mary Gale	44.6
400m	
M30 George Ridley	51.8
M35 Paul Allen	54.9
Terry O'Connell	56.6
M40 Bill Krieger	54.9
Tony Natale	55.2
Brian Lee	58.8
M45 Phil Felton	55.2
Charles Hardy	1:06.7
M50 Paul Henry	58.0
Bob Fuhrman	1:04.2
M65 Bill Berger	1:16.5
M70 Oscar Harris	1:22.0
M75 Ed Matthews	1:19.1
M45 Mary Gale	1:39.6
800m	
M30 Eli Al-Shabazz	2:04.4
Mike Auer	2:14.3
Jim O'Neill	2:21.5
M35 Ray Blackwell	2:08.9
Keith Davies	2:15.8
Chuck Shields	2:19.8
M40 Karl Castor	2:16.5
Warren Walker	2:21.8
Bill Maguire	2:30.3
M45 Bill Gale	2:12.0
Gary Richwine	NTA
Frank Dedrick	2:20.8
M50 Bob Bennett	2:26.4
Dan Masterson	2:29.4
M60 Bill Johnson	2:43.6
M45 Diane McManus	3:17.7
1 Mile	
M30 Eli Al-Shabazz	4:48.9
Mike Auer	5:07.9
Phil Matraxia	4:51.9
Keith Davies	5:03.6
Chuck Shields	5:09.2
M40 Mark Yellin	4:55.0
Maurice Pointer	4:59.5
Warren Walker	5:11.2
Bill Maguire	5:25.7
M45 Bill Gale	4:49.9
Fred Dedrick	5:02.0
Frank Goldcamp	5:11.7
Mike Bloom	5:20.3
M50 Bob Bennett	5:29.5
Brian Salzberg	5:52.2
Joel Dubow	5:56.2
M65 Bob Parsons	7:15.9
3000m	
M40 Maurice Pointer	9:44.1
Gary Papazian	10:44.6
Larry Balick	11:32.2
M45 Bob Weiner	11:22.1
Tony DeSabato	11:34.8
Carl Grossman	11:38.3
M50 Brian Salzberg	12:11.7
Joel Dubow	13:49.6
M40 Diane McManus	13:57.0
55m Hurdles	
M40 Frank Britt	9.0
M45 John Jones	8.5
M55 Nate Byrd	9.5
M65 Jim Stookey	10.0
Tom Delany	10.6
High Jump	
M40 Frank Britt	5.2
M45 Ron Salvio	4.6
Dave Zang	4.6
M60 Earl Mege	4
M65 Tom Delany	4.2
M80 George Braceland	3.5
Claude Hills	3.4
Bob Detweiler	2.7
Long Jump	
M30 Bill Repetto	4.81
M40 Troy Faruk	5.90
M45 Dave Zang	4.97
M60 Earl Mege	4.04
M65 Tom Rice	4.03
Tom Delany	3.91
M70 Jack Doorlay	3.45
M80 George Braceland	2.46
Claude Hills	2.38
Triple Jump	
M65 Jim Stookey	9.83

Tom Delany	8.48
Tom Rice	7.92
M70 Jack Doorlay	6.84
M75 Ed Matthews	7.14

Shot Put	
M30 John Bauer	47-11.75
M45 Ron Salvio	24-2.50
Dave Zang	29-4.25
Dennis Chandler	38
M50 Paul Morrone	40-3.75
M70 Jack Doorlay	28-7.25
Charles Covino	35-5
M80 Bob Detweiler	19-0.05
Claude Hills	18-8.25
George Braceland	22-11
3000m RW	
M45 Ron Salvio	16:51.4
Alan Robinson	17:19.0
M65 Ed Gawinski	17:49.1
M80 George Braceland	22:40.5

MAC Chemical Bank Indoor Christmas Classic

168th St. Armory, NYC; Dec. 23

55m	
M30 Wm Vaughn Jr	7.22
M35 Dave Quier	8.11
M40 Jesse Norman	7.33
M50 G Ballard	7.80
M55 Robert Smith	9.17
M70 Ed Quier	8.12
M30 Betty Whitaker	8.37
Denise Jones	8.47
M35 Ann Crosland	11.84
M40 Angela Gutierrez	11.88
200m	
M30 W Vaughn Jr	24.92
M40 J Norman	24.80
M45 Phil Felton	25.33
M55 Robert Smith	29.51
M65 Joe Kernan	39.40
M30 Sabrina Johnson	29.55
Betty Whitaker	29.99
Jackie Shapiro	30.41
M40 P Dickson-Taylor	30.41
500m	
M35 Sal Allah	67.73
M40 Walt Brown	74.86
M45 Phil Felton	72.33
M30 Laura Fritsch	94.47
M40 P Dickson-Taylor	91.17
1000y	
M30 Tony Watson	2:31.65
M40 John Roselli	3:07.83
M45 Robert Weiner	2:24.78
M50 Jack Brennan	3:02.32
M60 Jim Aneshansley	3:07.71
M65 Joe Kernan	3:49.41
1500m	
M30 Pat Mangus	5:11.68
M40 Wilhelm Anderson	4:34.28
M45 R Weiner	4:48.64
Mike Wilson	4:59.48
M50 Phil Jones	5:00.87
M60 Jim Aneshansley	5:24.16
M30 Kelly Etheridge	5:31.46
M40 P Dickson-Taylor	5:24.62
Regina Cahill	5:25.64
Two Mile	
M30 Steve Sclenkamy	10:46.48
M35 Ralph Porzio	10:28.94
M40 Seth Okrend	10:32.54
M45 William Hart	11:03.65
55mH	
M55 Robert Small	10.24
High Jump	
M45 Ivan Black	1.52
M30 Carol Senn	1.47
Pole Vault	
M35 Rob Doran	2.74
M45 Ron Salvio	3.05
M55 Norm Cyprus	2.59
Long Jump	
M35 Vance Rogers	5.45
M40 Troy Frank	6.06
M45 Ivan Black	4.92
Triple Jump	
M40 Bob Richardson	12.06
Shot Put	
M35 Bill Wolverton	13.00
M45 Rich Dunphy	11.48
M50 Carl Levine	10.13
M30 Denise Jones	6.96
M35 Sarah Boslaugh	9.87
M50 Roslyn Katz	7.92
Weight	
M40 Carl Richard	12.42
M45 John Casamassima	11.82
M50 Carl Levine	7.35
M55 Norm Cyprus	12.55
M35 Sarah Boslaugh	11.16
M50 Roslyn Katz	9.71

SOUTHEAST

Florida AC Winter Weight

Pentathlon

Delray Beach; Dec. 2

1 Len Olsen	64	4753
2 Vanessa Hilliard	54	4113
3 Pay Carstensen	63	4035
4 Reed Quinn	66	3857
5 John von Rohr	47	3457
6 Bruce Hedendal	47	3053
7 Mike Valenti	35	2869
8 Larry Siegel	65	2808
9 Gil Gonzalez	82	2592
10 Ed Box	54	2562

11 John Schou	42	2399
12 Sara Gonzalez	58	2215
13 Richard Taylor	58	2137
14 Mike Richardson	33	1622
US age records: Olsen, SP		
13.69/11.82; Hilliard,		
16# weight 12.02.		
single age factored		

Florence TC Cold Feet Series Florence, SC; Dec. 9

Weight Pentathlon	
(HT/SP/DI/JT/WT)	
M40 Jeff Baty	3142
(38.48/11.88/33.76/43.04/13.56)	
Peter Farmer	1754
(56.18/--/--/14.58)	
M45 Bruce Hedendal	2833
(27.86/10.24/36.50/32.04/10.80)	
M55 Mike Valle	3748
(39.14/11.12/35.86/33.14/13.76)	
Don North	3088
(24.02/10.46/30.52/36.02/11.04)	
M60 Paul Adams	2665
(24.90/9.12/30.56/26.50/10.16)	
Mack Branham	2451
(18.86/10.02/29.58/20.90/10.10)	
Ward Landry	2052
(21.32/8.00/26.42/23.44/6.12)	
M65 Bill Patrick	3260
(28.20/10.14/37.18/20.74/10.68)	
M70 Victor Golowash	2142
(19.58/7.60/20.60/19.84/6.64)	
M75 Carl Bock	2815
(21.36/7.42/23.70/18.64/10.34)	
M60 Erika Messner	3106
(24.94/8.66/21.38/19.54/11.60)	
37°rain/wind chill -20	

Manasota TC Meet Sarasota, FL; Dec. 16

100m	
M40 Ken Palmer	14.41
M45 Sam Maddox	14.71
M50 J C Shenk	16.27
M55 Rich Jackson	17.11
M75 Nat Heard	17.58
M45 Candace Yelton	18.10
220y	
M40 K Palmer	30.09
M55 R Jackson	35.76
M60 Kent Wiley	36.83
M75 Nat Heard	36.79
M40 Jill Johnson	47.51
M45 C Yelton	36.93
440y	
M50 J C Shenk	62.0
M60 Kent Wiley	95.0
M40 Jill Johnson	1:49
M45 C Yelton	1:25
880y	
M50 J C Shenk	2:30.4
M55 Rich Jackson	2:39.1
M60 K Wiley	3:25.9
M40 J Johnson	4:04.4
M45 C Yelton	4:04.4
1600m	
M50 Richard Quevillon	5:24
M60 K Wiley	7:54
M45 C Yelton	7:09
2 Mile	
M50 R Quevillon	11:22
M55 R Jackson	12:03
M60 K Wiley	15:43
M70 Robert Horsley	21:29
M40 J Johnson	18:07
Shot Put	
M40 Tony Chioccarelli	47-6 1/2
M45 Hal Hedley	39-7
M70 Robert Horsley	28-1
M75 Tom McDermott	28-6
Discus	
M40 T Chioccarelli	97-7
M60 Bob Barton	120-11
M70 R Horsley	74-9
M75 Tom McDermott	94-10
Hammer	
M70 R Horsley	22.83
M75 T McDermott	35.50
from J C Shenk	

Florida AC Meet Tampa; Dec. 16

Rampas, Dec. 10		
<u>100m</u>		
Frank Makozy 36		10.2
Doug Brown 51		11.8
Ted Sjogren 63		13.8
John Anoka 76		11.7
Betty Sjogren 53		17.6
<u>200m</u>		
F Makozy 36		24.9
D Brown 51		34.7
T Sjogren 63		32.0
J Anoka 76		33.9
Betty Sjogren 53		47.57
<u>400m</u>		
D Brown 51		95.8
Betty Sjogren 53		2:23
<u>800m</u>		
Steve Rosenberg 50		2:44.9
D Brown 51		3:55.9
J Anoka 76		3:17.5
<u>1500m</u>		
John Thrailkill 30		4:51
S Rosenberg 50		5:22
D Brown 51		6:47
<u>High Jump</u>		
Kevin Judd 32		1.78
Larry Judd 56		1.42
Sam Hall 58		1.22
<u>Long Jump</u>		
K Judd 32		4.98

F Makozy 36	4.90
L Judd 56	4.06
Sam Hall 58	2.49
J Anoka 76	3.25
<u>Triple Jump</u>	
K Judd 32	10.60
F Makozy 36	11.18
D Brown 51	3.22
L Judd 56	8.53
S Hall 58	5.49
<u>Shot Put</u>	
K Judd 32	10.44
F Makozy 36	10.82
J Arline 54	10.67
L Judd 56	9.80
Reed Quinn 66	10.36
Betty Sjogren 53	5.84
<u>Discus</u>	
K Judd 32	31.76
J Arline 54	39.22
L Judd 56	32.37
S Hall 58	29.87
R Quinn 66	38.93
<u>Hammer</u>	
Gary England 41	43.91
J Arline 54	36.88
S Hall 58	20.93
R Quinn 66	27.61
<u>Javelin</u>	
K Judd 32	41.94
G England 41	45.72
J Arline 54	29.57
L Judd 56	28.88
S Hall 58	22.81
T Sjogren 63	27.61
R Quinn 66	33.66

Continued from previous page

Javelin	
M45 John Gallen	100-2
M55 Wayne Roberts	86-9
M60 Dennis Rietz	105-6
M65 Charles Bispala	77-9
W50 Donna Rietz	37-5

--Dec. 2--

High Jump

M40 John Townsend	5-0
M50 Bill Wood	4-9
M60 John Reed	4-6
W45 Avril Naylor	3-7½
Barbara Stratton	3-6½

Long Jump

M50 Bill Wood	14-8½
W45 Avril Naylor	11-11
Barbara Stratton	10-9½

Triple Jump

M50 Bill Wood	33-2
W45 Avril Naylor	24-4
Barbara Stratton	23-7½

Shot Put

M40 John Townsend	37-8½
M60 Dennis Rietz	38-11
M65 Rick DeGregorio	32-6½

Discus

M40 John Townsend	100-2
M60 Dennis Rietz	131-2
M65 Rick DeGregorio	111-2
W40 Joan Stratton	104-8
W50 Donna Rietz	44-0

Hammer

M40 John Townsend	68-0
Javelin	
M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M40 John Townsend	131-5
M45 John Gallen	94-5
M60 John Reed	80-9
W40 Joan Stratton	83-4

M45 G Kelmenson	97-4
M50 R Behrens	81-1
M60 S Thomson	82-1

NORTHWEST**Huntsman Senior Games**
St. George, UT; Oct. 16-27

100m	
M50 Ken Warnick	13.20
M55 Dwaine Horton	13.09
M60 Marion Sanchez	13.14
M65 James Stookey	13.12
M70 John O'Neill	13.89
M75 Dan Bulkley	15.60
M80 Virgil McIntyre	20.90
M50 Iris Tolley	18.05
M55 Marquita Molina	18.12
M60 Christel Miller	16.06
M70 Margaret Hinton	18.67
M80 Ivy Granstrom	29.12

200m	
M50 Ken Warnick	27.65
M55 Bill Knocke	25.90
M60 Harold Creson	28.85
M65 James Stookey	28.16
M75 Dan Bulkley	34.81
M80 Virgil McIntyre	46.17
M50 Reiko Duba	33.88
M55 Marquita Molina	39.92
M60 Theres Emerson	35.74
M70 Gladys Sajwaj	51.50
M80 Ivy Granstrom	61.11

400m	
M50 Ken Warnick	60.35
M55 Bill Knocke	58.76
M60 Jack Coy	65.44
M65 Andy Anderson	66.73
M70 Bill Hubert	96.17
M75 Dan Bulkley	85.66
M80 Clarence Yonaka	2:10.36
M50 Reiko Duba	1:15.00
M55 Janice Pierce	2:08.43
M60 Ida Buttler	1:40.39
M70 Po Adams	1:46.45
M80 Ivy Granstrom	2:30.54

800m	
M50 Stephen Lester	2:16.42
M55 Howard Weisser	2:24.02
M60 Ralph Harms	2:34.44
M65 Jim Selby	2:33.63
M70 Logan McGuinness	2:50.87
M75 Dan Bulkley	3:24.35
M80 Clarence Yonaka	4:53.97
M50 Reiko Duba	2:53.43
M55 Inebore Siegers	3:49.65
M60 Kati McIntyre	3:13.27
M70 Po Adams	4:05.62
M80 Ivy Granstrom	5:23.55

1500m	
M50 Stephen Lester	4:37.75
M55 H Van Blaricum	5:24.00
M60 Ralph Harms	5:23.30
M65 Jim Selby	5:40.98
M70 Logan McGuinness	6:03.70
M75 Dan Bulkley	7:07.51
M80 Clarence Yonaka	10:14.85
M50 Reiko Duba	6:05.27
M55 Inebore Siegers	7:31.15
M60 Kati McIntyre	6:38.34
M70 Po Adams	8:18.81
M80 Ivy Granstrom	10:36.18

3200m	
M50 Ken Pierce	13:19.5
M55 Jack Miller	12:32.2
M60 Santi Tafarella	19:30.61
M65 Jim Selby	13:16.58
M70 Logan McGuinness	13:38.27
M75 Reiko Duba	13:46.26
M80 Kati McIntyre	15:42.26

4x100m Relay	
M50+Warnick/Horton/Creson/Anderson	53.58
M50+Duba/McIntyre/Ruttler/Buie	69.84

High Jump	
M50 R Whitehead	4-2
M55 Wayne Roberts	5-5
M60 Marion Sanchez	5-1½
M65 Jim Stookey	4-10
M70 Glen Allred	4-0
M75 Lew Luars	3-6
M80 Virgil McIntyre	3-4
M50 Reiko Duba	4-0
M60 Christel Miller	3-10
M70 Margaret Hinton	3-4

Long Jump	
M50 Steve Blood	18-4
M55 H Van Blaricum	14-10½
M60 Dale Frehner	15-3½
M65 Jim Stookey	15-9½
M70 Ken Yabiro	12-9½
M75 Floyd Waite	10-11
M80 Virgil McIntyre	7-8
M85+Carl Nelson	5-3/4
M50 Leona Shurtliff	10-2½
M55 Inebore Siegers	10-9
M60 Betty Vickers	8-9½
M70 Margaret Hinton	9-9½
M80 Ivy Browne	4-9 3/4

Triple Jump	
M50 Steve Blood	38-0
M55 H Rodriguez	29-11½
M60 Dale Frehner	28-7½
M65 Jim Stookey	33-½
M70 Glen Allred	22-2
M75 Burns Toolson	17-9
M80 Frank Herrelko	16-2
M50 Jeane Hallin	13-3
M60 Christel Miller	24-7
M70 Margaret Hinton	20-0
M80 Ivy Browne	5-8

Shot Put	
M50 Larry Pratt	49-4
M55 Riley O'Neil	35-7
M60 Don Gray	30-8
M65 Carlos Martinez	32-6½
M70 Ernest Bauer	38-3
M75 Burns Toolson	28-0
M80 Walter Brooks	22-5
M85+Cal Nelson	17-2
M50 Leona Shurtliff	31-7
M55 Inebore Siegers	25-7
M60 Jeane Buie	29-2½
M65 Paula Maloy	17-½
M70 Margaret Hinton	21-11½
M80 Ivy Browne	17-½

Discus	
M50 Larry Pratt	176-2
M55 Dwaine Horton	118-4
M60 Walt Badorek	165-0
M65 Art Jaago	107-1
M70 Don Tavolacci	99-8
M75 Carl Bock	85-10
M80 Walt Brooks	56-7
M85+Carl Nelson	37-9
M50 Jeane Buie	83-3
M65 Paula Maloy	45+10
M70 Adele McCormick	57-4
M80 Ivy Browne	38-4

Javelin	
M50 Jay Groen	171-9
M55 Gary Reddway	155-7
M60 Don Gray	118-0
M65 Skip Meneely	124-4
M70 Don Tavolacci	106-4
M75 Carl Bock	67-11
M80 Walt Brooks	35-1
M85+Carl Nelson	62-7
M60 Christel Miller	101-11
M65 Paula Maloy	35-5
M70 Adele McCormick	70-5
M80 Ivy Browne	30-5

1500m Racewalk	
M50 Jerry Whitten	8:20.36
M55 H Van Blaricum	7:20.27
M60 Arnold Levick	7:55.34
M65 Darrell Stewart	9:12.51
M70 George Caron	9:37.98
M75 Ben Heath	10:08.87
M80 Frank Herrelko	12:20.12
M50 Jeane Hallin	10:46.25
M55 Carol Gericke	9:53.56
M60 Faye Olson	13:04.10
M65 Paulette Caron	9:40.51
M70 Annie Barker	10:34.86
M75 Alline Witten	13:44.85

5000m	
M35 Victor Vandshev	15:07.7
M40 Leonid Issaev	15:39.9
M45 Nikolay Fedorov	15:53.7
M50 Michael Evmenenko	16:22.6
M55 Eugene Kozlov	17:25.2
M60 Miner Mullahmetov	17:25.6
M65 Ahmar Siraziev	18:17.5
M85 George Kosich	29:56.8
M40 Tatiana Kazankina	17:38.5
M50 Ekaterina Kuzenkova	25:42.0
M55 Maria Fvdokimova	21:05.5
M60 Maja Klimenko	23:12.6
M65 Asfira Gaifulina	22:56.2

10,000	
M35 Victor Vandshev	31:08.2
M40 Leonid Issaev	32:13.9
M45 Alexey Gavrilov	33:16.0
M50 Viacheslav Ivanov	35:05.0
M55 Eugene Kozlov	35:54.8
M60 Miner Mullahmetov	34:48.4
M65 Ahmar Siraziev	37:58.0
M86 George Kosich	1:03:47.2

Short Hurdles	
M45 Valery Pavlov	19.4
M55 Anatoly Romanov	18.7
M60 Valentin Raikov	19.8
M35 Marina Slushkina	13.5

Long Hurdles	
M30 Victor Maliukov	1:02.6
M40 Eugene Menshikov	1:05.2
M45 Vladimir Lotkov	1:06.5
M50 Anatoly Kosikov	1:10.2
M55 Aleksander Kuklin	1:25.1
M60 Valentin Raikov	50.1
M65 Gleb Subbotin	57.7
M70 Anatoly Lokotetsky	1:12.8

High Jump (in centimeters)	
M35 Gennady Belkov	200
M40 Igor Nazarov	175
M50 Alexander Timofeev	160
M60 Valentin Kuzmin	145
M65 Ilya Ilarmpiev	115

Long Jump (in centimeters)	
M30 Alexander Gruzdev	645
M35 Ivan Malko	697
M40 Eugene Pudovnikov	617
M45 Anatoly Bobrov	617
M50 Nikolay Lechenko	550
M55 Vladimir Roitman	505
M65 Vladimir Rud	398
M70 Vladimir Kotenkov	382
W45 Eugenia Shafanskaya	397

Triple Jump (meters & centimeters)	
M40 Eugene Menshikov	12.05
M45 Ivan Vlasov	11.08
M50 Alexey Ponomarenko	11.30
M55 Vladimir Roitman	11.55
M60 Ivan Harlampiev	7.00
W35 Tatiana Kisilyuk (UKR)	678
W40 Alevtina Dolgih	791
W45 Liudmila Harlampieva	680
W50 Tamara Tupikova	860
W65 Kaleria Gomeradze	790

W55 Ineebore Siegers	7:31.
W60 Kati McIntyre	6:38.
W70 Po Adams	8:18.

Continued from previous page

Marie Wickham	43:40
Jacqueline Seltzer	46:01
W45 Mary Spera	49:48
Rita LaBar	50:53
Laura Osorio	51:35
W50 Karen Hodell	52:10
Monica Roche	54:18
Caryl Baron	55:28
W55 Patty Parmalee	51:16
Billie Moten	56:56
Patricia Masterson	1:02:55
W60 Naomi Vogel	57:00
Melva Murray	1:10:21
Roberta Warshawsky	1:22:35
W65 Dolly Finkelstein	1:01:37
Joan Fisher	1:01:38
Bertha McGruder	1:08:35
W70 Queenie Thompson	1:15:14

HO HO HO Jingle Bells 5K Bethpage, L.I., NY; Dec. 23

Overall	
Mark Cruz 24	15:48
Michelle McElrath 20	17:15
M35 Alan Porter	16:16
Scott Strider	16:39
Luc Droal	16:45
M40 Paul Mascali	16:04
Kevin Quinn	17:15
John Eisman	17:46
M45 Dan Brach	16:55
Nick Caswell	17:04
Robert Briglio	17:10
M50 Bob Pike	18:36
Howie Bergesen	19:07
Mike Service	19:10
M55 Seth Kaminsky	19:17
Joe Cordero	19:55
Jose Mendez	20:26
M60 John Conner	19:30
Geza Feld	19:53
Richard Opsahl	21:34
M65 Colin Harris	20:47
Tom Gillen	25:01
M70 John McManus	21:38
John Corrigan	22:45
M75+Bill Benson 76	29:01
Wilfredo Rios 79	29:49
Herman Simon 85	35:04
W35 L HarpenesMelnik	20:41
Linda Ochs	20:48
Anastasia Stekas	21:06
W40 Kathryn Martin	18:50
Helen Visgauss	20:27
Linda Ottaviano	20:35
W45 Mary Rosado	20:33
Jacquie Gow	21:14
Marie Roach	21:41
W50 Betty Horstman	21:04
Nancy Tischler	21:23
Mary Nathan	22:37
W55 Annette Frisch	22:49
Margaret Carinci	25:49
Pat Cataldo	26:53
W60 Alexandra Finger	28:50
Judith Opsahl	31:22
W65 Dolly Finkelstein	28:50
Bertha McGruder	32:31
W70 Sallie Festa	35:03
W75+Althea Wetherbee7636:49	

SOUTHEAST

Rocket City Marathon; Huntsville, AL; Dec. 9

Overall	
David Honea	SC 2:20:43
Debbie Gormley	MN 2:48:10
M40	
Robert Yara	TX 2:30:46
Stephen Bolt	TN 2:31:16
Reno Stirtat	SC 2:36:55
Tony Bateman	NC 2:49:46
Buddy Harpool	KY 2:54:57
Steven Kovach	NC 2:56:29
Clint Jones	AL 3:00:36
Jim Call	AL 3:05:25
Carl Shepard	NC 3:05:46
Terry Leuders	IL 3:07:01
Nelson Anderson	LA 3:07:56
Silas Boyd	GA 3:09:31
Phil Rizzo	IN 3:09:46
Gary Byers	KY 3:09:54
Gary Whitmer	MI 3:11:32
Ron Moore	GA 3:11:43
Earl Strong	IN 3:11:59
Bob Draime	TN 3:12:02
Jeff Hoard	FL 3:12:32
Steve Olson	KY 3:12:46
Jerry Condrey	AL 3:13:21
Mark Hopkins	GA 3:13:37
David Millon	VA 3:13:44
Pete Trump	AL 3:15:20
Wayne Sykes	NC 3:15:43
John Crawford	IN 3:16:07
John Blatnik	IL 3:16:08
Mark Maley	TX 3:16:22
Jesus Castillo	AL 3:16:36
Martin Mace	AL 3:16:55
Hal Pearson	IN 3:17:12
Craig Purvis	MI 3:17:24
Larry Myers	AL 3:17:25
Bob Armstrong	AL 3:17:46
Glen Lawson	CN 3:17:56
Stan Riffle	WI 3:18:03
John Lent	NJ 3:18:05

Richard Boone	TN 3:18:18
Terry Lawson	AL 3:18:21
Matthew Savage	MI 3:18:36
Kevin Brown	NC 3:19:29
Danny Hall	AL 3:20:02
Ron Slovensky	AL 3:20:25
Lud Hodges	NC 3:20:54

M45	
Gary Romesser	IN 2:37:16
Dwayne Key	AL 2:47:39
Ed Best	OH 2:51:22
Nick Honerkamp	TN 2:57:14
John Lancaster	AL 3:00:54
Steve Davis	TN 3:03:58
Alan Abramowitz	GA 3:04:14
Jeff Hawkins	AL 3:04:49
Rand. McCathren	TN 3:05:34
Rickey Harrison	AL 3:06:31
Rick Fontan	MS 3:07:18
Gary Lavasser	AL 3:07:26
David Major	AL 3:08:46
Steve Kerley	AL 3:09:09
Jerry Rice	NH 3:09:39
John Lee	MA 3:09:44
Edson Sanches	NY 3:12:06
Thomas Scoville	IL 3:14:52
Larry Shelor	AL 3:18:42
Dave Cost	WV 3:18:47
Doug Milch	NC 3:19:26
Des Mothe	LA 3:19:43
Roger Nye	GA 3:20:45
Pat Hagan	TN 3:20:56
Jim McDonald	AL 3:21:24
Paul Van Meer	TN 3:21:37
Denis Rewerts	IL 3:22:34
Teddy Reed	AL 3:23:51
David Windsor	AL 3:24:18
Jonathan Avery	MA 3:24:57
Eric Hanson	MA 3:25:12
Bill Aiken	TN 3:25:18

M50	
Ken Sparks	OH 2:39:08
Daryl Keltz	KY 3:08:56
Stuart Matthews	VA 3:09:39
Peter Warner	NC 3:10:58
D. McPherson	TN 3:11:24
James Siefring	OH 3:16:11
Ron Vernon	NC 3:16:31
Brad Yoder	IN 3:16:32
Bill Hardesty	IN 3:20:48
Doug Milstead	GA 3:25:23
Norman Feaster	TN 3:26:11
John Hall	AL 3:26:41
Bill Moore	KY 3:27:44
John Brittain	CT 3:28:06
John Fanning	IL 3:29:12
Steve Jett	TN 3:29:50
Forrest Lang	TN 3:30:15
Darrell Redmond	NC 3:30:31

M55	
Mike Bender	WI 3:19:34
Charles Harris	TN 3:21:55
Dean Godwin	SC 3:25:02
Bud Wiseman	TN 3:28:27
Dean Whitehead	TN 3:29:10
Joe Beams	AL 3:30:46
Kermit Cadrette	NY 3:30:58
Mike Clark	KY 3:31:00
Paul McCain	AL 3:31:32
M60	
Malcolm Gillis	AL 3:01:26
Dick Green	NY 3:32:46
Kelly Stinson	AL 3:33:25
Bob Fucci	AL 3:33:25
Arthur Wilkins	IL 3:37:38

M65	
Jerry Johncock	MI 3:17:06
Gresh Downs	AL 3:29:46
Grady Silver	GA 3:43:53
M70	
Ken Robinson	TN 4:47:08
Ernest Ritch	AL 5:34:30

F40	
Joyce Deason	LA 2:53:49
Marybeth Dillon	MI 3:01:56
Louise Gings	CN 3:16:34
Michie Pitts	GA 3:26:32
Sharon Lesar	TN 3:39:36
Peggy Lanier	AL 3:44:00
Barbara Leet	AL 3:46:05
Gail Jope	AL 3:47:04
Laurel Rajunas	GA 3:47:28

F45	
Jane Hutchison	MO 2:59:59
Sandy Lind	AL 3:38:12
Janet Funk	GA 3:45:10
Denise Blase	GA 3:48:03
Lynn Smiley	GA 3:51:59
Maida Evans	GA 3:54:31
F50	
Marti Stephan	WV 3:53:29
Sandy Berg	AL 3:56:59
Janet Adams	GA 4:07:29

F55	
Diane P. Black	CO 3:20:55
Barbara Meyer	AL 4:20:42
Dot Richter	AL 4:41:05

Burger King Half-Marathon Orlando, FL; Dec. 9

Overall	
Doug Wakihuri 32	1:03:15
Ann Marie Lauck 26	1:10:53
M40 Antoni Niemczyk	1:09:53
Enrique Alvarez	1:13:30
Don Smith	1:19:58
Ken Miller	1:20:23
Michael Dayton	1:21:22
Aaron Guerra	1:22:15
M45 Russell Smith	1:16:39
Dick Bohrer	1:21:19
Terry Hayden	1:22:21

B T Bauerschmidt1:30:05	
M50 John Boyle	1:21:15
Peter Weishaar	1:22:56
Steve Evans	1:29:11
M55 Don Ardell	1:24:04
David Dickinson	1:26:22
Pat Zier	1:31:54
M60 Bob Yarbrough	1:32:13
David Long	1:32:31
Don Boardman	1:35:28
M65 Jim Blount	1:32:27
Myron Meyer	1:36:33
M70+Robert Wasson	701:50:04
Bart Ross 72	1:55:48
W40 Brenda Dayton	1:38:05
Jackie Hennessey	1:38:14
Michelle Hamel	1:40:33
Carol Hansen	1:40:51
W45 P T Kadis-Mabie	1:38:53
Rissie Thielier	1:41:00
Christy Sweeney	1:42:08
W50 Mary Nathan	1:45:21
Willy Moolenaar	1:48:50
Rose Reeves	1:51:17
W55 Rita Schafer	1:59:49
T T Barsch	2:06:05

MID AMERICA

Picayune Fall 10K/5K Racewalk Picayune, MS; Nov. 4

--10K--	
Jeff Hathorn 38	34:20
Dorothy Cain-Sales 44	46:15
M40 Derrick Lee	35:27
M45 Rich Abbrecht	39:28
M50 Jerry Foreman	38:36
Larry Schlueter	39:45
M55 Dan Seliga	50:06
M60+Paul MacInnis	49:00
W40 D Cain-Sales	46:15
Sarah Middleton	50:50
W45 Karen Lorentz	57:55

--5K Racewalk--	
Overall	
Paul Adams Jr 27	24:09
Angel Wofford 31	25:51
M40 Dwight Callaway49	24:24
M50 Tom Chatellier 53	32:12
M60+Cy Buchert 73	30:26
W40 Jan Hess 46	33:50
W50 Maria Diamond 50	38:36
W60+Imogene Watkins75	32:11

SOUTHWEST

Dallas White Rock Marathon Dallas, TX; Dec. 10

Overall	
Hector Lopez 28	2:19:11
Maria Rhoden 40	2:59:25
M40 David Savage	2:41:47
Chas Brandon	2:43:35
Mark Roman	2:45:46
Stephen Honea	2:46:08
Tim O'Brien	2:47:54
Bill Parmelee	2:48:56
Bud Wilder	2:49:13
Tom Munyan	2:49:41
Turner Darden	2:51:53
R Pennington	2:52:46
M45 Stephen Spies	2:47:29
Raul Morales	2:50:47
Dennis Holman	2:55:42
Gary Julin	2:55:55
Tony Collins	2:59:54
Gene Rath	3:00:21
Larry DeBolt	3:02:36
Bob Linder	3:03:48
M50 Bill Shaw	3:04:36
Warren Jackson	3:06:40
Jaime Cervera	3:09:26
Frank Bright	3:09:48
J L Jones	3:13:02
Bob Niles	3:13:13
M55 Glenn Lumry	3:16:11
Jack Henney	3:21:34
Jim Lundbeck	3:27:54
Joe Adams	3:28:44
M60 Don Hart	3:26:25
Mike Connelly	3:35:03
Charlie Blalock	3:35:27
M65 Bill Hoffman	3:43:49
Beacham Toller	3:44:41
Chas Ramos	3:47:01
M70+Soligo Odino 74	4:07:49
Joe Brandstetter704	18:41
W35 Caroline Smith	3:10:15
C Brantley	3:13:37
Suzy Hunt	3:16:28
W40 Maria Rhoden	2:59:25
Cheryl Grainger	3:10:12
Maria Yeung	3:10:20
Lynne Mavis	3:11:14
Abby Lazarus	3:18:53
W45 Barbara Luciano	3:19:17
Anell Kern	3:35:42
Leigh Spruell	3:40:34
Yoko Kumakura	3:42:55

M50 Doreen Bhatt	3:30:00
Sandy Heckman	3:40:52
M Juan-Lopez	3:48:53
W55 Mary Ann Miller	4:01:57
Mary Kennard	4:22:20
W60+Barbara Moore 62	4:31:03
Carol Williams60	4:47:06
Nancy Raitz 66	5:11:16

Sunmart Texas Trail Runs

Huntsville; Dec. 16

--50 Mile--	
Overall	
Steve Szydluk	5:58:38
Donna Perkins	6:38:06
M40 Senovio Torres	6:26:33
Steve Smucker	6:32:55
Danny Dryer	6:52:21
M50 John Loeschorn	7:09:41
John Ashworth	7:51:15
Larry Carroll	8:07:05
M60 Gard Leighton	7:29:19
Jerry Labodda	8:49:45
John Stowers	10:48:28
M70+Burk Carson	11:50:54
W40 Camille Yarbrough8:50:08	
Cheri Bashor	9:12:22
Carolyn Erdman	9:19:54
M50 Eileen Elliot	9:00:15
Bonnie Allison	9:44:36
Sharon Carroll	11:52:16
W60 none	
W70+Helen Klein	11:45:46

--50K--	
Overall	
Roger Soler	3:29:53
Annette Bauer	4:20:12
M40 Steve Mahieu	3:43:10
Roger Boab	4:01:09
M Porterfield	4:13:18
M50 Ed Craighead	4:16:53
Ed Fras	4:24:03
Ken Ruane	4:26:16
M60 Al Becken	4:54:25
Rich Carp	5:32:26
Hugh Hamlyn	6:05:54
M70+Randolph Smith	7:16:03
Ross Waltzer	8:06:45
W40 Lynn Mardon	4:24:44
Celia Bertoia	4:51:31
Nancy Rohde	4:52:29
W50 Joan Giniel	5:17:06
Patricia Ann Old	6:04:07
Marilyn Patrick	6:04:07
W60 Georgia Sweeza	6:40:06
Sadie Greenman	7:34:29
Janice Naredo	8:46:16
W70+Lillie Doss	9:31:35

Brazosport 10 Mile Run For The Arts

Lake Jackson, TX; Dec. 30

Overall	
Sean Wade 29	47:56
Cassandra Henkiel 25	57:30
Masters Men	
Jeff Wells 41	51:51
Desmond O'Connor 41	55:16
William Martin 40	56:49
Doug Parker 47	58:32
Roger Boak 47	59:00
Masters Women	
Carol McLatchie 44	60:39
Donna Sterns 42	64:47
Nancy Prejean 50	68:24
Carole Smith 41	69:54

WEST

Morgan Hill Marathon/Half-Marathon

Morgan Hill, CA; Nov. 4

James Press 46	2:52:14
Stephanie Mills 33	3:35:14
M40 James Press	2:52:14
Byron Choiniere	2:59:35
M50 Rich Levitzinger3:16:10	
W40 Lori Wong	4:16:32
W50 Kristine Morella3:49:08	
--Half-Marathon--	
Overall	
Dave Fronckowiak	1:19:12
Christy Kennedy	W401:23:29
M40 Neil Gelblum	1:20:52
M50 Peter Lidington	1:33:50
W40 C Kennedy	1:23:29
Sharlet Gilbert	1:36:03
W50 Diane Bromstead	2:05:43

Clarksburg Country Runs Clarksburg, CA; Nov. 12

<u>5K</u>	
<u>Overall</u>	
Leonard Sperandio 35	16:01
Deedee Grafius 46	19:19
M40 Tim Williams	17:13
M45 Karl Bacon	17:41
M50 Mike Ammon	17:16
M55 Neal Chappell	18:36
M60 Ralph Harms	20:03
M65 Mort Ward	22:07
M70 Bob Burns	25:56
M75 Lyman Glenn	27:53
W40 Peggy Herrington	24:59
W45 Deedee Grafius	19:19
W50 Marianne Hawkes	25:56
W55 Nancy Zielenski	32:33
W60 Char Davis	35:56
W65 Adela-Angie Girven	34:26
<u>10k</u>	
<u>Overall</u>	
Bob Korock 28	37:03
Malia Dinell 33	38:51
M40 Stewart Warren	43:09
M45 Michael Edling	37:46

Continued from previous page

MAC Chemical Bank Christmas
Classic 1 Mile Racewalk
New York City, Dec. 15

Overall	
Gary Null	7:30.24
Loretta Schuellein	8:15.91
M35 Michael Korol	7:38.03
M50 Gary Null	7:30.24
M60 Bob Barrett	8:20.55
W70 Queenie Thompson	12:29.83

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

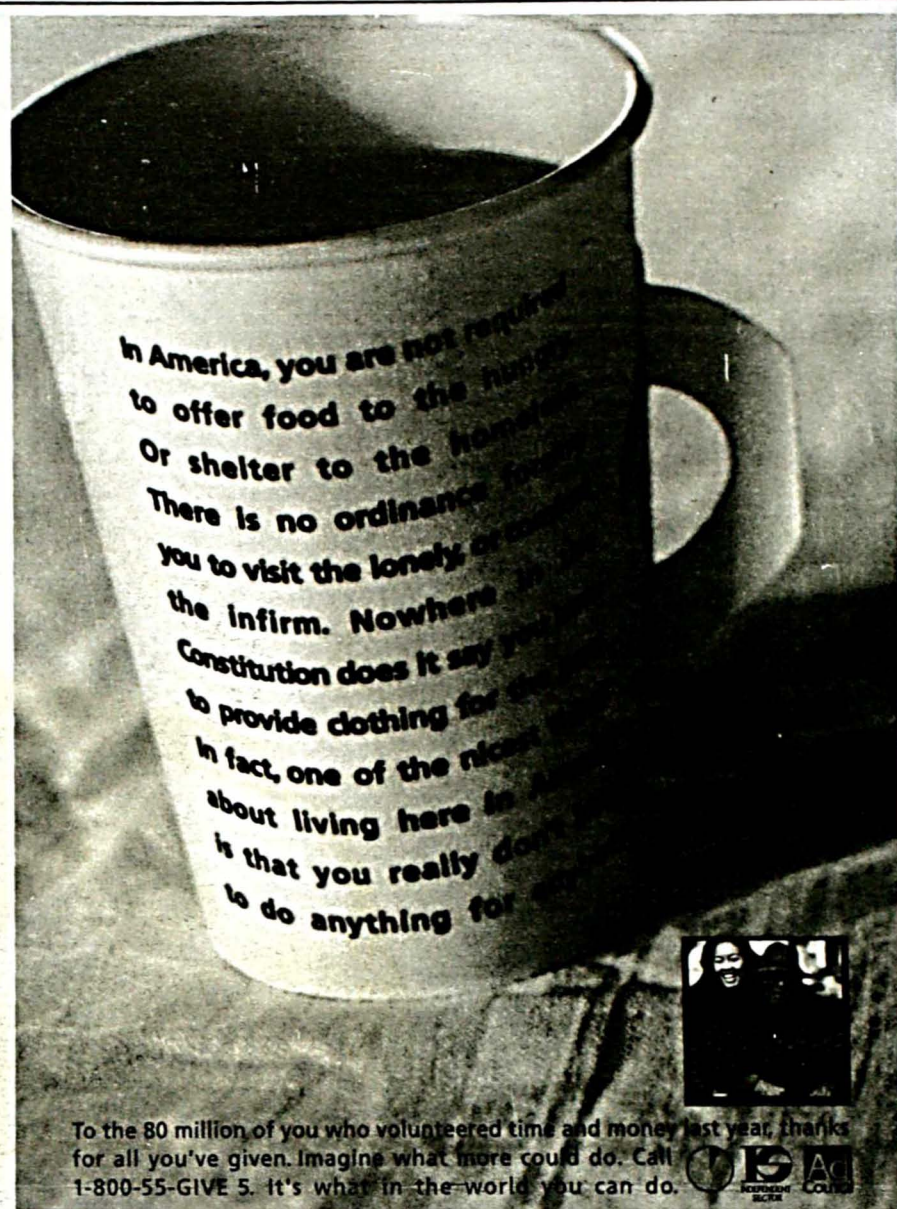
Overall	
Kayode Dobosu	8:50.33
Jennifer Pralgo	8:16.02
M30 Robert Gottlieb	7:16.90
M60 Bob Barrett	8:16.43
W30 H Carter-Range	10:16.32
W70 Queenie Thompson	12:13.56

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

Overall	
Gary Null	7:30.00
Rhoda Green	9:54.22
M50 Gary Null	7:30.00
M60 Bob Barrett	8:19.27
M70 Len 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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