Scott, Campo Win National One-Mile Road Titles in San Diego

Rocket City, Scene of Cold Wars

by JIM OAKS
HUNTSVILLE, Ala. – The Cold War may have ended, but that did not prevent a major battle here on Dec. 14 between U.S. world record holder Doug Kurtis of Northville, Mich., and Russian master Youri Mikhailov.

The occasion for the confrontation was the WZYP Rocket City Marathon where Kurtis won the men's masters crown in 2:22:55 and Joyce Deason of Shreveport, La., defended her women's title in 2:59:46.

Kurtis, world record holder of most sub-2:20 marathons (76), is well known for his quick recovery between 26.2 mile efforts. When he arrived Friday for his engagement as clinic speaker for the evening, he seemed a bit concerned that Mikhailov was among an impressive list of master entrants.

The two had raced just two weeks earlier in the First Tennessee Memphis Marathon, where Mikhailov ran 2:24:28 and Kurtis clocked 2:25:06.

"He's tough," Kurtis said, "but we'll see how quickly he can recover."

The men's field also included defending champion Robert Yara of Texas, former winner Gary Romesser

Boston to Host Indoor National Meet

The 1997 USA National Masters Indoor Track & Field Championships will be held at the Reggie Lewis Track & Athletic Center in Roxbury, Mass. – a Boston suburb – on March 21-23.

More than 800 athletes, age 30-and-up, from throughout the USA and Canada, are expected to attend.

"The Reggie Lewis track is a specially designed and constructed oval track that will lend itself to athletes not only achieving personal best performances, but also to producing national and world-class performances," said Fred Treseler, head of TRACS, Inc., the professional athletic company directing the meet. "Masters athletes have never before had the advantage of competing in such a state-of-the-art indoor facility."

The 200-meter oval track, with its six lanes and separate 8-lane sprint straightaway, also has provisions for

INSIDE:
- Seven Elected to Hall of Fame – page 20-21
- Indy Life Circuit – page 5

Masters winners, Doug Kurtis and Joyce Deason, at the post-race banquet of the 1996 WZYP Rocket City Marathon.

Photo by Jim Oaks
WHY THE NEW EON SERIES:
EVEN THOUGH YOU'RE ALWAYS RUNNING STRAIGHT AHEAD
THERE'S A GOOD CHANCE YOUR FEET Aren'T.

INTRODUCING THE EON SERIES™, THE MOST TECHNICALLY STABLE SHOES ON THE ROAD. Serious runners need shoes with serious stability. The new eon Series is specifically designed to give runners more stability and better cushioning than any other shoes. The eon™ is our top-of-the-line shoe which uses the new eon Stability Technology to give dedicated runners maximum support and cushioning. The Pro4mance takes motion control to a new level by including the eon Stability Technology to give neutral to mild pronators the extra stability they need. And the versatile Profile includes the eon Stability Technology in the heel, and is designed for heel strikers who need rearfoot cushioning and forefoot flexibility. Translation? The eon Series helps serious runners give the road a serious butt-kicking. AVAILABLE IN WIDTHS.
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NIKE MASTERS GAMES

I was bemused to read the letter from Barbara Kousky & Tom Jordan, "Co-Commissioners" of the Nike World Masters Track & Field portion stating that their event was being pushed back to Mon., Aug. 10, 1998 to avoid an overlap with the 1998 USATF National Championships which ends Sun., Aug. 9. It should be noted that athletes desiring to compete at the USATF National Championships in Maine would still have to make a trans-continental flight to Eugene, Oregon, and compete on only one or two days of rest.

At the USATF Convention it was stated that the Nike entry fee would be $200! That would allow an athlete to compete in up to six events in track and field (not many do); they also would receive unnamed "perks" (for which athletes would have no choice of refusal).

Certainly the interests of the athletes are not being served by the outrageous entry fee being charged and the fact that the Nike Meet will take place right after our National Championships.

I would recommend that the masters not compete in the Nike meet as a clear statement that we will not accept $200 entry fees, none of which will be going back into our program.

VIDEOS BY PAUL DUNGAN

The purpose of my letter is to give some deserving credit to Paul Dungan — a true artist of video production.

Paul has now produced three exceptional videos. The first was of the US Masters Outdoor Meet at Eugene in 1994. Then again at Eugene for the NCCWAWA Meet last August. Each video was customized showing only races for the individual requesting the video. Vaughn Kastor commented very favorably on the latter in the December 1996 issue. I heartily agree these were very professional, with impressive clarity, detailed comments of the competitors and with appropriate music included.

The third video (75 minutes) is another masterpiece — this one on Oregon scenery. Paul travelled and photographed nearly all the beautiful spots in Oregon (a beautiful state). This involved various arduous, difficult travel at different times of the year involving hundreds of hours, no doubt. With the best music (it’s great) he could find (tranquil in nature) to accompany the superb scenes of the ocean, lakes, mountains, streams, forests and ocean again the result is something to be cherished. The video was designed to give relaxation and peaceful serenity — in this it is also highly successful.

Anyone would be proud to be an owner of any of these videos. Paul probably could produce further copies of the Oregon scenery, which I highly recommend. He should be commended for his tremendous talent and effort. His phone number is 503-234-4702.

INDY LIFE CIRCUIT

The decision of the Indianapolis Life Insurance Company to sponsor a 10-event road-race for masters in 1997 is to be applauded.

It also shows, incidentally, how far masters athletics in the United States is ahead of us in Europe. Over here, life insurance companies only become aware of veteran athletes, if at all, when we die.

It needs to be made clear how precisely the age-graded 1-2-3 places are to be determined. Are the WAVA age-graded tables to be the basis? Will, say, one athlete's steady 93% to 95% performance over all 10 races better another's superb performance in one race of say, 102%? How many race finishes will be required for a runner to be eligible for the AG prizes?

LYING ABOUT YOUR AGE

To continue the discourse re "should a runner lie to another about their age during a race?"

Continued on page 19

Fourteen Join NMN Sustainers

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

Special thanks this month go to:

Neil Battinelli
James Beauchamp
Neil Doherty
Edward Fox
David Galligani
Martha Lutz
Ralph McCoy
Bob Minzer
Daniel Patch
Stan Polkowski
Sue Ellen Trapp
Margaret Walker
Ted Yenari
James Young

Garden City, New York
Coral Gables, Florida
Los Angeles, California
Bayside, New York
Somerville, Massachusetts
Iowa City, Iowa
Merritt Island, Florida
Bouckville, New York
Lisle, Illinois
Plymouth, Michigan
Wichita, Kansas
Cambridge Springs, Pennsylvania
Metairie, Louisiana
Warrensburg, Missouri

February 1997
Las Vegas Kicks Off Indy Life LDR Circuit

The first event of the 1997 masters road-racing circuit takes place on Feb. 9 in Las Vegas. The Las Vegas Half-Marathon kicks off the nine-race "Indy Life Circuit," sponsored by the Indianapolis Life Insurance Company in conjunction with USA Track & Field.

The race also serves as the USATF National Half-Marathon Championships, and masters prize money of $7000 will be awarded.

Up to $25,000 will be offered at each event on the circuit. Masters runners will earn Grand Prix points based on their finishing place and time in each event. The top overall Grand Prix finishers will share $50,000 in prize money ($21,000 for the top masters and $29,000 for the top male and female age-graded performers).

Scoring rules:
1. All scoring athletes must be members of USATF prior to the competition.
2. All scoring athletes must be 40 years of age or older and must provide proof of age when requested.
3. All scoring athletes must be citizens of the USA, or Green Card holders if non-citizens.
4. Overall place finish order in each event will be scored as follows: 1st place: 10 points; 2nd place: 9 points; 3rd place: 8 points; etc., down to 10th place: 1 point.
5. The number of points each athlete receives for each event is multiplied by the value of that event (1.0 for all events except the Twin Cities Half-Marathon, which is 1.5 value, and the Indy Life Mini-Marathon, which is 3.0).
6. Each event will also score age-graded competition based on the WAVA standards. Age-grading will be scored on points representing an increase of the age-graded place of finish (the highest finisher receives points equal to the number of eligible persons in the competition) and multi-

TEN YEARS AGO
February, 1987

- Don Coffman (2:30:36) and Cindy Dalrymple (2:52:53) Are Top Masters in Rocket City Marathon
- Boo Morcom, 66, Wins National Masters Indoor Pentathlon With 4772 Points
- Al Oerter Sets M50 Discus WR With 65.30 Heave in Florida's Holiday Weight Pentathlon

1997 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
March 21-23, Reggie Lewis Track & Athletic Center, Boston, MA
Directed by TRACS, INC., Hosted by the Boston Running Club
In cooperation with USATF-New England

GENERAL INFORMATION
- ELIGIBILITY: Open to all men & women 30 years of age & older, including non-US citizens. Individuals will compete in 5-year age-groups, relays in 10-year age-groups. 1997 USATF membership, available at meet for $15. USATF competition rules. All scoring athletes must be members of USATF prior to the competition.
- ENTRY DEADLINE: March 1, 1997. Fee: $25 for the first event, $15 for each additional event. Late fee of $10 per event after March 1st. No entries accepted after March 14. Relay registration on-site only (S40). Entry fees are non-refundable and must be included with entry application. Entry fee includes: admission for 2 to the Championships, additional tickets are $5 each, children under 12 free. No additional entries after entry deadline.
- AWARDS: USATF Championship medals will be awarded to the first three places in each age-group/sex event.
- FACILITY/IMPLEMENT: 6 lanes, lined barked 200 meter Mondotrack, 8 lanes of straightaways. Starting blocks will be provided. There will be no weight circles throwing on a synthetic surface shell and shot and bag weights implements only, except for Superweight, which will be contested outdoors. Only 1/4" pyramid spikes or flats permitted, no hexagonal elements. All shoes will be checked, accepted spikes implements will be available at the meet ($3 per set). The track must remain clear at all times during the competition. Only athletes actually competing at that time will be allowed on the track/field.
- COMPETITION ORDER: Women ordered by age, oldest to youngest. Age groups may be combined to fill sections. Starting heights will be determined by facility equipment. Pole vaulters must bring their pole rated to their own body weight. Preliminary rounds of the 60M Hurdles, 60M & 200M will run as if finals if the number of entrants in an age-group does not exceed the number of available places. The Championships will not be delayed due to accidents, late wake-ups or any other unforeseen reasons.
- DIRECTIONS: By car: I-95 to Rte 128 South to I-93 North to Mass Ave/Roxbury Exit. Go straight through lights (Mass Ave) on to Memorial Blvd, follow 1 mile to Tremont St; go left & follow 1/2 mile. For more information call (617)541-3353. Public transportation: Orange Line MBTA, Roxbury Crossing station. Shuttle bus service will run from hotel and free shuttle.
- RESULTS: Mailed to all competitors, on-line: http://www.brc.org. Automatic timing by Finish.lynx operated by Flash Results.
- SOUVENIRS: A wide variety of meet apparel & memorabilia will be available.
- MEET HOTEL: Sheraton Boston, (617)236-2000. 39 Dalton St, Boston, MA 02199. 2 miles from track. A world class hotel located near all area attractions. Mention the Championships at the time of making your reservation in order to get the special rate.
- TRAVEL INFORMATION: Marathon Tours, (800)444-4097 has available information for your air travel and accommodation needs, mentions the National Masters Meet. Boston Convention & Visitors Bureau (800) 888-5515.
- MEET INFORMATION: Call (617) 332-3919, outside MA (800) 761-5787, web site: http://www.brc.org, fax (617) 964-R536.
- FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS: Help ensure the high quality of these Championships and future meets with a donation. There are three levels from which to choose: GOLD $100, SILVER $50, BRONZE $25. Gold level contributors will receive a event polo shirt and pin. Silver level contributors receive a meet T-shirt and lapel pin. Bronze level contributors receive a pin. All contributors will be listed in the official meet program and receive a full set of meet results.

ENTRY FORM

NAME
ADDRESS
CITY
STATE ZIP
SEX
GROUP
AGEME50+ DATE OF BIRTH
EVENT
SEX
WEIGHT
AGE
MALE
FEMALE
CLUB
FEE
TOTAL NUMBER $12.00
AMOUNT $631.00
TOTAL FEE $647.00

MAKE CHECKS PAYABLE TO: National Master Indoor Championships (NMIC). Fees must be paid prior to meet & checks must be drawn from US banks. No faxed entries. No additional events may be entered once entry deadline has passed 3/4/97. Fill out entry form completely or it will be returned.

MAIL TO: National Masters Indoor Championships, 79 Manor Rd, Chestnut Hill, MA 02167

ENTRY DEADLINE IS MARCH 1, 1997 - LATE FEE OF $25 PER EVENT AFTER MARCH 1, 1997 - NO ENTRIES AFTER MARCH 14, 1997.

Assumed Risk: I hereby declare that I am in good health & properly conditioned for the competition and that I am the stated age on this application. I also verify that I am registered with USATF. In consideration of my entry in the National Masters Indoor Championships I hereby, for myself & persons claiming through me, release & indemnify TRACS, INC., USATF, BLR, Reggie Lewis T & A C, Roxbury Community College & its sponsors, their volunteers, & their representatives & successors for all claims & liabilities of any kind which may arise or be occasioned as a result of any travel & participation in the competition. I authorize my personal & its agents permission to report emergency medical treatment & care as necessary because of my well-being.

APPLICANT'S SIGNATURE

February 1997 National Masters News
John Keston Explores New Frontiers

While warming up in a chapel near the starting line of the Twin Cities Marathon in Minnesota on October 6, John Keston of McMinnville, Ore., sensed that he was ready for a big effort. Keston, then 71, was warming up his voice in preparation for singing The Star Spangled Banner before the start of the race. A tenor, he could tell from the sharpness of his voice that his whole body was in tune.

It was in tune for a marathon of 3 hours, 58 seconds (3:00:58), breaking Warren Utes' 1990 M70 world record by 16 seconds.

"I'd been chasing that record since the day I turned 70," said Keston, believed to be the oldest man (at 69, 2:58:33) to break three hours in the marathon. "I tried nine times to get it; it was a pretty intensive schedule."

To prepare for Twin Cities, Keston averaged 50 miles a week of running during the year, with some weeks as high as 70 miles. "I think the difference, though, was that I started doing tempo runs twice a week," he added, "and two days a week I'd just walk. It was a pretty intensive schedule for an old guy."

It was in 1980, while teaching music and voice at Bemidji State University in Minnesota, that Keston took up running, first entering races sponsored by the university with some of his students "for the fun of it." He had been active playing squash three or four times a week before moving to Minnesota, but his "passion for the game was thwarted" when he could find no squash courts around his new home. He tried cross-country skiing, walking, swimming, weight training, fencing, badminton, and racquetball before finally settling on running as a sport to pursue.

His first marathon, a 3:23 effort, was the 1985 Twin Cities event, while his PR of 2:52:32 was recorded in the 1989 Los Angeles Marathon at age 64.

"You know, I don't feel I'd really pushed myself to my limits until I turned 70," Keston mused. "Then, as I said, I overdid it a little. I think I can go under three (hours) if I can just stay focused."

**Acting vs. Training**

But staying focused became a problem shortly after his Twin Cities race, as Keston was hired for the lead role in a production called Raven, a CD-ROM game sequel to the popular Myst. It was his acting that brought him to the United States in 1974. He had played the male lead opposite Juliet Prowse in the 1967-68 London production of Sweet Charity and then appeared on Broadway during the 1974-75 season in the Royal Shakespeare Company's production of Sherlock Holmes. His poetry readings have been acclaimed internationally and he has had leading tenor roles in grand opera, musical comedy, concert, andatorio, classical and modern theatre, films, television, radio, and nightclubs.

Although retired, Keston still maintains an agent and works occasionally.

---

**Wyoming Senior Olympics**

**June 19-22, 1997 • Riverton, WY 82501**

**Social Events**
- Torch Run
- Opening Ceremony
- Wine & Cheese Party
- Pasta Dinner
- Banquet
- Entertainment
- and more

**Archery**
- Badminton
- Basketball
- Billiards/Darts
- Bowling
- Cycling
- Golf
- Horseshoes
- Racquetball
- Swimming
- Table Tennis
- Tennis
- Track and Field
- Triathlon
- Volleyball
- and more

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Athlete’s Foot Meet Opens Midwest Season

The 13th annual Athlete’s Foot Indoor Masters Meet started the season in the Midwest at Augustana College, Rock Island, Ill., Jan. 4, on the Pepsico Recreation Center Track. Billed as a masters meet, it also included competition for younger athletes in a 14-and-below division and for athletes in five-year divisions from ages 15 to 80+.

In the sprints, Gerry Krainik, M40, posted wins in the 55m (6.8), 200 (23.6), and 400 (53.7). In the 1500, Carla Hervert, W35, ran a 4:57.7, some six seconds better than the top-ranked time listed for the 1995 indoor season. She had the best 1995 indoor time of 2:24.5 in the 800. Paul Perry, M50, bettered the 1995 indoor best of 4:43.60 in his division, with a 4:35.8.

Steve Kilburg, M30, clocked a 16:22.4 for the 5000, a race not often run indoors. Floyd Smith, M60, cleared 4-8 in the high jump. Ken Ellis, M35, recorded a rare double, with a 14-6 pole vault and a 39-2 shot put.

Pete Stopoulos was the meet organizer and director.

1997 USATF MIDWEST MASTERS
INDOOR TRACK & FIELD CHAMPIONSHIPS

WHEN
Saturday, March 1, 1997

WHERE
Macomb Community College
Physical Education Building
Corner of Hayes and Martin
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DIvision
MASTERS: Five year age divisions 30-98/plus

ELIGIBILITY
All Athletes must be registered members of U.S.A Track and Field. Onsite Registration. $15.00

ENTRY FEES (NON-REFUNDABLE)
$12.00 Adults, first event. $15.00 subsequent events if REGISTERED by Wednesday, FEB 26.

$18.00 Adults, first event. $10.00 subsequent events during onsite registration, one hour prior to start time on Saturday, March 1.

**NOTE** 1/4 INCH SPIKE LIMIT ON TRACK SHOES,

REGISTRATION FORM

NAME ___________________________________________________________________________

ADDRESS ________________________________________________________________________

CITY ____________ STATE ____________ ZIP ____________ DATE OF BIRTH _______ AGE _______

PHONE NUMBER ____________ CLUB/TEAM __________________________

EVENTS ENTERED 1ST ____________ 2ND ____________ 3RD ____________

BEST RECENT PERFORMANCE

SIGNATURE __________________________ DATE __________________________

In consideration of Macomb Community College and all meet officials allowing me to participate in the USATF Midwest Masters Track and Field Meet Activities on March 1, 1997, do for myself, heirs, executors and administrators, waive and release all rights and claims for damages, demands, and actions whatsoever in any manner, as a result of my participation in these activities.

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T&F Athletes

PUBLIC ADDRESS ANNOUNCEMENTS

Top Performers

30-39, 40-49, 50-59, 60-69, 70-79, 80+

Best Performers in Events

Top Performers

30-39, 40-49, 50-59, 60-69, 70-79, 80+

Best Performers in Events

Stopoulos was the meet organizer and director. The first place M40+ team from the Plainview-Old Bethpage RRC at the Rob’s Run 5K, Syosset, L.I., Dec. 1, from left: Mike Baard, Chris McKnight, Steve Joseph, and Phil Roth.

Photo by Mike Polansky
Calf Strains

Q. I am a 46-year-old athlete who won the triple jump at the Nationals some years ago. My problem is my calf muscles. For the past 10 years, they have been tearing — sometimes very slightly, sometimes severely. It can happen at any time, even while jogging slowly, but never to the same spot or leg in succession. The most I have been able to train without a re-tear in the muscle or sheath has been 17 days. Do you think I need surgery, or is there a better way to treat this frustrating condition?

A. Calf strains are quite an annoying injury, and occur frequently among masters athletes. In most cases the injury is a result of running on hard surfaces, over-training, running up hills, over-stretching, or, in rare cases, may be due to a lack of potassium, calcium or magnesium.

Avoid hill running and sprint work-outs. Reduce your stretching routine so as not to irritate the tendon-muscle junction. Make sure you add a slow, walking warm-up to your training regimen — and, if possible, try to run in the afternoons or evenings when the muscles are looser.

Use moist heat compresses on the calf at night to increase blood flow to the injured area. I also suggest some hydrotherapy and ultrasound treatments.

In your case, a thorough biomechanical evaluation of the complete lower extremities would be a good idea. There might be some underlying mechanical deformity that is placing abnormal stretch on the Achilles’ tendon. This happens quite frequently in athletes with over-stretched rear feet, high-arched feet, or legs of unequal length.

I would only consider surgery as a last resort — and only after having an MRI (magnetic resonance imaging) done of the area to pinpoint the exact location of the tear or rupture. Find a therapist or orthopedist in your area who specializes in treating athletic injuries.

(Dr. John Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

Rules Pertaining to Masters Long Distance Running

by CAROLE LANGENBACH

Now that many elite runners are turning 40, it’s time to call attention to the unique rules of masters long distance running. In many cases, the rules are different from open LDR and masters track & field. Masters LDR governs male and female athletes who are 40 or older on race day. Unless otherwise stated, the rules below are from Rule 271 regarding USATF championships.

1. Team Championships in cross-country shall be conducted in 10-year age divisions, 40-49, 50-59, 60-69, and 70+. Team championships in these same divisions may be conducted in other masters LDR events (e.g., road races). There will be a maximum of 8 declared entries for each team. Team scoring for distances up to and including 25K:
   - Men 40+ and 50+: 5 score
   - Men 60+ and 70+ teams: 3 score
   - All women’s teams: 3 score
   - For distances over 25K all teams score 3.

2. Masters championships may be held at any distance of one mile or longer.

3. Championships must be sanctioned by USA Track & Field, and road courses should be certified prior to bid submission and must be USATF-certified prior to the running of the event.

4. The age of a competitor on the day of the start of the race determines the age division. A runner may compete in a younger division as a team member. He/she runs on a younger team, the runner may still compete as an individual in his/her true age division if both divisions are run simultaneously. Only a birth certificate or U.S. passport will be acceptable as proof of age.

5. Competitors in a championship must be current members of USATF. Only U.S. citizens and permanent resident aliens shall be allowed to win USATF medals and other championship awards or to score on a team.

6. If a masters championship is part of a larger event, championship competitors shall be eligible for awards in their divisions or age groups in the non-championship event.

7. Teams (clubs) must also be current members of USATF and must provide proof in the form of a USATF club certificate or letter from their Association. National clubs or USATF-Association teams are not eligible to compete in masters LDR team competition. Team members must also be able to show they are duly accredited representatives of a USATF member club.

8. Team scoring shall be the aggregate time of the scoring members. The lowest aggregate time wins (Rule 7).

9. An event chosen to be a masters LDR championship must use “select timing” to validate times and records (Rule 185.1). Times for races partly or entirely run outside a stadium shall be converted and recorded to the next longer full second (Rule 37).

10. USATF regulation medals shall be awarded to first, second, and third place individuals in each 5-year age division (Rule 260) and to the scoring members of the first, second, and third place teams in each team division. Championship patches shall be awarded to the winners of each age division and to the scoring members of the winning team in each team division.
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For more than fifty years, The College Fund/UNCF has helped thousands of young men and women achieve goals their grandparents could only dream of. We are proud to have made a critical difference in the lives of so many. But our job is not done. With your help, we will continue to bring many more dreams within reach.

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Masters Racewalking
by ELAINE WARD

Chi Kung and the Immune System

(The following interviews with Loni Leblanc, W50, and Shirley Dockstader, W60, took place immediately after the 5K race at the outdoor Nationals in Spokane, August 1996. Loni’s 5K time: 30:17:7; Shirley’s time: 31:35:8.)

EW: Do you have family members who support your racewalking?

SD: My mother is an inspiration. The most wonderful thing about her is that she is in love with life at 96. It is nice to have that model of enthusiasm.

LL: My family are all strong, independent people. We all go in different directions as our interests are different. So there is not a whole lot of support for me in racewalking. But that’s fine. I get so much support and inspiration from the Marin Racewalkers and my co-workers. That is all I need.

EW: What drives you to compete in racewalking?

LL: At the beginning of 1996, I decided that it was going to be my year. The immediate motivating factor was that Brenda Carpino, who is now 49, moves into my age group next year. This may not be a lofty motive, but it got me going.

To do my best, I knew that I had to get rid of some weight. Weight Watchers had an ad on TV—one of those sign up, prepaid plans for so much going to a deep massage therapy. I also started yoga classes and began working on the mental discipline of thinking positive, doing affirmations, visualizing, etc.

As the week of the Spokane race approached, I said to myself, “I am absolutely ready for this race.” There was no question in my mind. I had trained and done everything I needed to do. My conditioning was in the bank and now I could withdraw on it. It felt good.

Aerobically Consistent
EW: What about you Shirley? What motivates you to compete?

SD: I love being outside and I love to move. I wanted to find a way to move aerobically that was consistent with my practice of Chi Kung. I work with the YMCA and we invited Jack Bray to come and give a walking demonstration for our cardiac therapy group. I had never seen a racewalker in my life. I had never heard of racewalking. I watched him as he started talking about how racewalking moves the energy through the body and through the spine. When he used the words Chi Kung, I thought I had died and gone to heaven.

Racewalking is Chi Kung in fast forward. They are totally compatible. I felt this from the start. It was like “Oh, yes!” You are using the bubbling spring points on the bottom of your feet to bring the energy up through your legs. The energy does an orbit through your body and streams out the meridians to your arms. The flow is totally related.

In truth, I am not very competitive. I don’t have a lot of drive to beat the person in front of me, but I love the way racewalking makes me feel. It makes me very happy. I do my Chi Kung practice and then I go outside and do my racewalking. As I love being outside, it makes racewalking even more desirable.

LL: I agree one hundred percent with Shirley about the pleasure of racewalking outside. I am very much an outdoors person and would exercise outside. I am very much into bloom. It’s like awakening to the good things in life and being set up for the day.

Posture and Alignment
EW: Shirley, you mentioned that you work with the YMCA.

SD: I teach people aged 30 to 80 in my walking classes. After a while, you notice the factors that age a person’s ability to walk. Many walk with their knees forward and chest caved in. I have really become aware that one of the most valuable treasures of racewalking has to do with posture and body alignment. When you watch racewalkers, you notice that they have a lift from the crown. They lengthen their spines so that all of the vertebrae have space and are massaged by the movement. From the standpoint of aging, racewalking improves flexibility and sends energy up into the brain to make things happen. I consider racewalking the primo sport.

Another common problem you notice in older people’s walks is that many have a poor sense of balance because they don’t feel a connection with the earth. The Chinese say that we age from the feet up. When I start working with older people, I show them the acupressure point—the real power point—on the sole of the foot. I tell them to feel this point creating suction and pulling energy from the earth into their bodies with each foot step.

When they feel the connection of the soles of their feet with the earth, feel a lifting from the crown, and feel energy moving through the central channel of their spines, it gives them a whole new approach to walking. In this way, I teach racewalking from the perspective of Chi Kung.

I also stress the importance of the flexibility and the cool down. For women, it is important to get movement in the abdominal area and this movement is integral to racewalking. We tend to close down movement in the torso as we get older.

Health Benefits
Racewalking also has a very positive effect on the immune system. The lymph system does not have its own pump like the heart does.

When you are racewalking with the proper postural lift and arm movement, the pumping action affects the transporting of the lymphatic fluid. That is why I think that racewalkers don’t get as many colds or viruses.

EW: Loni, have you found that racewalking has benefitted your health?

LL: I haven’t had a cold or the flu in don’t know how long. There has been a lot of flu the last month or so at work. I keep thinking “Oh, gosh, I can’t get sick now.” So, as Shirley says, racewalking certainly must affect the immune system positively. Also, if I have a tiny hint of a sore throat or something, I double up on vitamin C. I don’t know if this helps or not, but I will take 10,000 mg at such times. It may be mental, but I am actually as healthy as a horse.

(To be continued next month.)
Beurskens, Hosaka Win in Honolulu Marathon

Carla Beurskens, 44, eight-time overall women’s winner of the Honolulu Marathon, ran a 2:38:19 to place fifth female in the 1996 race, held Dec. 8 in Hawaii.

Beurskens, of the Netherlands, bet- her 1995 time of 2:42:27, when she was hampered by an illness that jumped her temperature to 104 degrees. 

Yoshishia Hosaka, 47, of Japan, was the masters men’s winner, with a 2:34:26. Isamu Yamada, 40, of Japan, was second in 2:35:57. Brian Bjornson, 41, of Canada, last year’s masters winner (2:39:51) was third in 2:36:49. The first U.S. runner was Michael Georgi, 44, Honolulu, with a 2:39:25.

Beurskens’ time age-graded to 93.0%. Hosaka’s mark was an age-graded 87.9%.

Every masters men’s division from M40-44 through M90-94 was won by a Japanese runner. The M90-04 division featured Masayoshi Nakatomi, who finished in 10:48.

Besides Beurskens, they included Lisa Felder, W50, San Leandro, Calif., 3:38:07; Mae Palm, W55, Canada, 3:31:56; and Hannelore Kuepper, W60, Germany, 3:54:47.

The W80-84 division winner was Masae Koyahatani, of Japan, in 5:33:14.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB. 1997

<table>
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<td>11/27/59</td>
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<td>CARRION</td>
<td>(SOUTH MIAMI, FL)</td>
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<td>CANNELLI</td>
<td>(CINCINNATI, OH)</td>
<td>10/13/68</td>
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Additional information about athletic events, registration, and other details can be found in the provided document.
Where are Tomorrow's Marathoners?

Baby Boom Bust

I read with dismay last fall an article in the Minneapolis Star-Tribune quoting various running organizers and experts who worried about where tomorrow's marathoners were going to come from as baby-boomers begin to age. The article had appeared Sunday, the weekend of the Twin Cities Marathon.

Well, the newspaper's reporter unfortunately had his facts twisted, or wanted to selectively use statistics and quotes from experts to prove that the running boom has ended. I strongly disagree with that point of view. In fact, the sport of long distance running never before has appeared healthier.

I responded by writing a letter to the editor, stating that the Twin Cities Marathon filled its quota and everybody's worried about numbers?

The Sky is Falling!

Regardless of the "sky-is-falling" mentality expressed by many of those quoted in the Star-Tribune article, more and more younger people are turning toward running as a lifetime fitness sport. I pointed to the fact that I teach a training class in Chicago for the LaSalle Banks Chicago Marathon.

In the last three years, the numbers of runners enrolling in our marathon training class have jumped from 300 in 1994, to 430 in 1995, to nearly 600 in 1996. I have a web site on the Internet: www.halhigdon.com. Its most popular feature is Virtual Marathon Training, which provided schedules to help runners train for Chicago and other marathons. The last week before Chicago, we had a record 7,964 hits.

Chicago (which is held two weeks after Twin Cities) attracted 16,000 runners: 12,000 in the marathon, 4,000 in an accompanying 5K.

As I looked out at the audiences at my class lectures this past summer and fall, I saw increasing numbers of young runners – many of them singles in their upper 20s. All were excited about running their first marathons. Each weekend, we offered training groups in four different locations in and around Chicago, and we’re planning to add two more locations next summer to keep up with demand. Also on the drawing board for three weeks before the marathon is a final, gala 20-miler along Chicago’s lakefront park system. (It’s only 18 miles long, but we’ll find an extra two miles somewhere.)

Show up at our Lincoln Park training run on any Saturday morning, and you’ll see a hundred or more mostly young runners getting ready to cover anywhere from 6 to 20 miles. Are they interested in the social aspects of running as well as fitness? Yes. Clearly, we’ve got the best Dating Game going in town.

I don’t believe Chicago is unique in beginning to attract more younger runners. I hear the same from those who teach training classes in Dallas, Portland and other cities.

Upswing in Marathons

The article in the Star-Tribune quoted statistics suggesting that the running community is aging. That’s because those of us who were running 20 years ago are still running. We love our sport. There’s no question that interest in masters track and field and long distance running is at an all-time high. But more and more younger runners are joining us. The number of those running marathons last year was up 30 percent according to the National Running Data Center, and we expect this trend to continue through 1997.

I’m encouraged by the recent upswing in marathons," says Amby Burfoot, executive editor of Runner’s World, which recently increased its circulation guarantee from 415,000 to 440,000. (The circulation of National Masters News also has increased since Rodale Press purchased this publication and made more runners aware of it.) In addition to marathons, more and more people are running 5K races, and an even larger number simply run because they enjoy it, and never go near a starting line.

Young people may be surfing the Internet, but many of them surf into the advice column I write for Runner’s World on America Online. On a typical day, I’ll get anywhere from 10-20 questions, many of them from high school runners asking about training for cross-country. A decade from now, many of these same high schoolers will be mailing their entry blanks to the organizers of the Twin Cities Marathon, hoping they’ll gain acceptance. Two decades from now, they’ll be looking forward to turning 40 so they can compete in the World Veterans Championships, or win age-group trophies.

Those experts and organizers wringing their hands about the future of running shouldn’t worry. The sport of running has never been healthier.

I told the editors of the Minneapolis Star-Tribune all of this, but as far as I know they never published my letter. It’s a funny trait among journalists. We don’t always mind being accused of being wrong, but we hate being accused of being shallow.

(Hal Higdon is a Senior Writer for Runner's World and author of numerous books about running, including "Marathon: The Ultimate Training & Racing Guide." He is leading a tour group to Ireland this summer before the World Veterans Championships.)
Hooper, Irish Master, Wins Disney Marathon

Dick Hooper, 40, Dublin, Ireland, passed 32-year-old Paul Marmaro at the 25.5 mile mark to win the Walt Disney World Marathon at Lake Buena Vista, Fla., on Jan. 5 in 2:31:19. Hooper, a three-time Olympian with a 2:12 best, got sick at around 18 miles but recovered to reel in Marmaro.

"Someone told me at mile 22 he was five minutes ahead," Hooper said. "I wasn't thinking I could catch him. I came to win the masters race, not the overall."

Hooper has run close to five times around the world by logging 119,900 miles in 25 years. He has kept his mileage in 25 logbooks.


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"That's why I'm slowing down."

Dave Elger, M40, Port S. Lucie, Fla., was second master and seventh overall in 2:54:26. Marina Jones, W40, Tampa, Fla., was second master and seventh overall in 2:39:39. Versatile Ken Sparks, 51, Chagrin Falls, Ohio, who holds the M45-49 world record for the 1500, finished third master and eighth overall in 2:31:19.

A dense fog and cloud cover provided a welcome relief to the 6312 starters, "who feared running the hottest marathon in race history. Over 5500 finished."

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<td>Masters Track &amp; Field Rankings</td>
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<td>Masters Track &amp; Field Indoor Rankings (1996)</td>
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<td>Masters 5-Year Age-Graded Records</td>
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<tr>
<td>Masters 5-Year Indoor Age-Graded Records</td>
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<td>Same as above, except indoor records (M40+, W35+) as of December 1, 1995. 3 pages.</td>
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<td>Competition Rules for Athletics (1996 Edition)</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters.</td>
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<tr>
<td>U.SATF Directory (1996)</td>
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<tr>
<td>U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc.</td>
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<tr>
<td>IAAF Scoring Tables</td>
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<td>Official world scoring tables for men's and women's combined-event competitions.</td>
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<td>IAAF Handbook</td>
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<tr>
<td>Masters Racewalking</td>
<td>$15.00</td>
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<td>Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward.</td>
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<td>Running Research News</td>
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<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention.</td>
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Send to: National Masters News Order Dept. P.O. Box 50098 Eugene OR 97405

Name ________________________________ 
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City __________________ State __ Zip ____________ 

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Frank Shorter, 49, finishes the Diamond Head Duet 5K, Honolulu, Dec. 5, in 17:49, seventh overall. Photo by Mike Tymn
Times They Are a'Changin'

In the January issue in an analysis of the changing of USATF Masters T&F Committee leadership from Barbara Kousky to Ken Weinbel, a thrower, one of the reasons offered was that throwers have grown in number and influence over the last several years. That throwers have acquired enough political clout to help create an almost even split (the vote was 27-26) is debatable.

However, I have seen a change in the voting patterns at the masters sessions in recent USATF conventions. Non-throwers are more willing to hear and respect the opinions of throwers than they were several years ago. No longer can we throwers blame those "damned runners who don't know anything about throws" for every unfavorable decision affecting throwers, at least on the national level.

Internationally, we've had some gaffs, which longer can we throwers blame those than they were several years ago. No and respect the opinions of throwers knowledgeable WAVA delegates:

That throwers have grown in numbers is a fact, especially among women athletes. Out of curiosity, I did a comparison of the number of women in the throws in two national championships with similar circumstances about ten years apart. I picked the 1987 Nationals, which were staged in the Northwest at Eugene and had 976 competitors, and the 1996 Nationals, also staged in the Northwest in Spokane, with 937 athletes.

Different Circumstances

Granted that both meets were not in the same circumstances: the 1987 meet was not held at Hayward Field, which had undergone track renovation, but at Silke Field in nearby Springfield, and the 1996 Spokane meet was preceded and followed by several major meets in the Northwest last season. But the numbers (counting only U.S. athletes at Spokane) are interesting, anyway. In the shot in 1987, 21 women competed; in 1996, 31 competed. In the discus, 14 women showed up at Eugene, 31 in Spokane. In 1987, 17 women threw the javelin; in 1996, there were 30. In 1987, in Eugene, 2 women threw the hammer. Joan Stratton, then W35-39, and Lurline Silke, W40-44; in Spokane, 23 women threw the hammer! If stated in percent terms, these are booms of supersonic quality.

With those numbers of women throwers and the increase in men participants, throwers have clout of a different sort - entry fee money. If they haven't already, meet directors should be catching on to the fact that most throwers will enter a minimum of two events and possibly three or four. Most shot putters are also discus throwers and some branch off into the hammer, weights, and javelin, if they're on the schedule. A few like Len Olson, a recent M65 who throws everything in sight, can tip the balance towards profit with his four or more entries in a meet, as can Betty Jarvis, W80, who did all four throws at Spokane. A few of the older throwers even enter the runs and jumps in the same meet.

More Than One

Multi-eventers often use meets other than national championships to hone their skills and usually include a couple of throws in their repertoires. I can think of decathletes Stan Vega, M40, who's a good javelinist, and Phil Mulkey, the top-ranked M60 shot putter and decathlete in 1995.

Some serious sprinters will do three events in a one-day meet. The distance people may enter two max. Pole vaulters, stuck for five or six hours at the pit, rarely have the opportunity to pursue other events. Many high and triple jumpers are specialists in their events; some sprinters also long jump.

Before the 1996 Nationals, the Spokane representatives made it clear at the athlete's meeting that the throwing facilities would be up to par. After Spokane, it was mentioned that perhaps the javelin sector within the stadium, in the event of future masters championships, should be resurrected to augment or replace the one used outside the track. I know that the Boston organizers of the 1997 Indoor Championships in March are spending a lot of time trying to arrange for a site where the superweight can be thrown indoors.

I'd like to think that we no longer have to entertain talk of holding a separate throws meet for the national championships or boycotting them, and that the days of throwing in the somewhat overstated "cow pasture from a chalk circle on the asphalt of a parking lot" are over. Actually, I do remember throwing from asphalt onto a field covered with rabbit pellets, deposited there by Moorpark Community College's Veterinary Assistant program - one of the few in the country, by the way.

We'll probably never see a Throwers' World magazine, with several hundred thousand subscribers, but meet 'bidders' and organizers who aren't savvy enough to anticipate the growing interest in throwing and accommodate throwers, will be hefting less weight to the bank.
DEADLINE
NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 5069, Eugene OR 97405

WAUSAUSATF Hurdles and Implements Specifications

HURDLES

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Marathon, Half Marathon, 10K, 5K, and 5K Race Walk

Saturday, April 19, 1997
Brookings, S.D.

Contact: Charles S. Roberts, Jr., M.D.
1345 First Street
Brookings, S.D. 57006
605-692-2334

Kurt Osborne
507 Main Avenue
Brookings, S.D. 57006
605-697-5252

ALL PROFITS AND PROCEEDS TO EASTER SEAL SOCIETY

28th Annual LONGEST DAY

Marathon, Half Marathon, 10K, 5K, and 5K Race Walk
Confidence Building

In striving to reach a higher level of training, an athlete must have the mental outlook that will enable him or her to do so. The majority of masters athletes do not have a coach or a training partner with the ability to provide continual positive mental reinforcement.

Without a doubt, self-confidence is a key component of any training program. When you initiate the performance of your event, you are less likely to succeed if you don't have confidence in your ability to win. Thus, the question becomes, how do we develop this confidence so that we can perform at a higher level?

Goal-Setting

First, we need enough pride and satisfaction in what we are doing, to set three different types of goals: performance, process, and personal. These goal types can be subdivided into time-oriented goals. There are short-term, intermediate, long-term, and 'dream' goals. Most of us probably have a dream goal floating around in our heads, but have never developed an action plan to achieve that goal. Now is the time to fully develop that goal and make it become a reality.

In doing so, the following performance goals should be established:

- Short-term goal (one to two months)
- Intermediate goal (first competition?)
- Long-term goal (San Jose or Durban?)
- 'Dream' goal (when we graduate into a new age division?)

Performance goals must be stated in actual performance numbers such as 1500m in 4:55 and not in winning. Winning or losing is not totally under your control. You may decide that you have a goal of winning, say, in San Jose or Durban. You must decide how fast you have to run or how high you will have to jump to win your event, and set that as your goal. Your actual performance goal must be something that is totally under your control.

Evaluation of Strengths

After these goals have been set to paper, the process goals must be developed and implemented. You will need to evaluate your capabilities and identify which need to be strengthened to facilitate accomplishment of your goals. Then, you need to develop a comprehensive training program.

There are some cardinal principles in the setting of goals. These are:

- Use short, not long steps.
- Goals must be reviewed:
  - After each goal is met.
  - When unforeseen events, such as illness or injury occur.
  - At the end of each season.
- There must be reinforcement (a reward) when each goal is achieved.
- Make a goal sheet with your picture on it and place it in plain sight.

It is the process of achieving the goal that counts. Winning is important, but not everyone can win. All of us can set goals and then conquer them.

Self-Affirmation

The most intimate conversations we ever have are those that occur through our thoughts. All of us do it, and some of us even move our lips in the process. And we do answer ourselves. To achieve the set goals, this self-talk must be controlled and directed. The conversations must be positive self-affirmations about ourselves.

This positive self-affirmation must be practiced on a regular basis. It needs to be included as much as possible in these thoughts. Some examples of positive self-affirmations are: "I am proud to be a masters athlete - I know that my teammates care about me - I am working hard to improve my performance - I'm fast - I had a good workout - I'm feeling good about myself - I discover more about myself every day, and I like what I am learning - I am good."

Self-affirmations are most important in the building of consistent positive self-talk. As with any training program, it takes time and practice to accomplish this.

Only you can decide what you are going to do. Within all of us is another little voice that provides counter-arguments. This is the voice that can and will defeat our efforts. You must learn to identify and stop this voice. The development of a magic word will help in this. That word can then be used to trigger positive thoughts. You could use your team name, your spouse's name, a grandchild's name or even the event you wish to win. Again, it takes practice, but it will work.

Each athlete has the ability to make decisions and choices. The choice you make is that "I will". You are the only person who can make that decision and this is the time to make it.

Matt Heldberg (I) of sponsor Frontier Communications congratulates masters winners Kathy Martin, 45, 18:37, and Paul Mascali, 44, 16:09, Ho Ho Ho Holiday SK, Bethpage, N.Y., Dec. 21. Photo by Mike Polansky

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This positive self-affirmation must be practiced on a regular basis. It needs to be included as much as possible in these thoughts. Some examples of positive self-affirmations are: "I am proud to be a masters athlete - I know that my teammates care about me - I am working hard to improve my performance - I'm fast - I had a good workout - I'm feeling good about myself - I discover more about myself every day, and I like what I am learning - I am good."

Self-affirmations are most important in the building of consistent positive self-talk. As with any training program, it takes time and practice to accomplish this.

Only you can decide what you are going to do. Within all of us is another little voice that provides counter-arguments. This is the voice that can and will defeat our efforts. You must learn to identify and stop this voice. The development of a magic word will help in this. That word can then be used to trigger positive thoughts. You could use your team name, your spouse's name, a grandchild's name or even the event you wish to win. Again, it takes practice, but it will work.

Each athlete has the ability to make decisions and choices. The choice you make is that "I will". You are the only person who can make that decision and this is the time to make it.
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National One-Mile

In the January 22-28, 1997 issue of Masters Track and Field News (MTFN) and the McMahon Newsletter, I wrote about Aldridge's victory in the One-Mile Road Championships. The title was held by John Teran of Santa Rosa, Calif., but he was unable to defend his title due to injury. Teran, who won last year, was unable to return this year.

Aldridge, 40, won the title in 4:18 (91.6%), followed by Gallagher (4:19, Winter Park, Fla.) in third (4:36, 90.2%). Afterward, the three top finishers said the race was defined by the much-too-quick opening quarter.

“We went out so fast that I just wanted to hang on,” said Gallagher, who is seeking to add to the 3000 and indoor mile national masters titles he won last year. “The pace slowed after that (the next half-mile was run in 2:14), and I actually took the lead. I thought to myself, ‘Oh my God, I’m in the lead, we’re heading into the stretch, and Steve Scott is right behind me.’ It was the thrill of a lifetime.”

Meanwhile, Aldridge also had been taken aback by the fast quarter-mile splits.

“I thought that there was no way we could maintain this intensity, and I forced myself to slow down and adjust because there was a chance I couldn’t finish at that pace,” he said. “Unfortunately, I slowed down a little too much and let them open up a 15-20-yard gap on me. I can’t let runners of that caliber get that much of a lead. I caught Gallagher, but Steve was too tough.”

As for Scott, by the time the final turn was made, he knew he was in good shape.

“I was still right there,” he said, “and in the last 100 yards no one is going to outkick me. I felt in control.”

At 100 yards from the finish, Scott glanced to his left, threw it into another gear, and romped home. It was a good start to a season he hopes brings him his long-awaited 137th sub-four-minute outdoor mile and, more importantly, his first as a masters runner. Having overcome testicular cancer in his late thirties, Scott perhaps came back too strong. He developed hamstring and calf injuries that took time to heal. Now he’s back, and the sub-four is again in his sights.

“Realistically, I’m where I thought I’d be,” he said. “I’m not satisfied with my running and my time. It’s just reality. I’m feeling good, however, and I do want that sub-four mile.”

The Women’s Mile National Championships also was defined by a singular moment, although this one was more surprising than a quick opening quarter mile. Multi-masters record-setter Honor Fetherston, 42, was to have skipped this race in favor of a 10-miler near her Mill Valley, Calif., home. Unfortunately, the rains that have pounded Northern California washed out the race. At the last minute, Fetherston phoned race organizers and entered the mile in Santee, just outside San Diego.

“It’s quite a mental adjustment to go from preparing to run a 10-miler to a mile,” Fetherston said. “The mile is just pushing all the time, never letting up.”

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Continued on page 21

“A GREAT TREADMILL”

RUNNER'S WORLD DEC. '94

MADE IN THE USA SINCE 1981

“The AEROBIC TRAINER is the best treadmill I have ever used. I have done some runs, sprints, 2 hour long runs, and hills. The non-motorized action gives you that extra push, the incline is nice (not just going over the ground, but the ground moves under you like a motorized treadmill).”

Paul A. Gompers

“I have had my AEROBIC TRAINER for 12 years and I still recommend it to people who are looking to run or walk indoors and want the economy and reliability of a non-motorized treadmill.”

Craig Vign

“I’ve had my treadmill since 1984 and can get a great workout without the pounding of down hills. I’ve used it in place of hard track and fatty in the winter with positive results. It’s good to avoid rats, incline safety, and crowded tracks.”

Jeanette Tottle

“The AEROBIC TRAINER: I’ve had it for 10 years and it’s been a great workout. I’ve tried it and it’s been beneficial in the 1997 issue of Masters Track and Field News (MTFN) and the McMahon Newsletter, I wrote about Aldridge’s victory in the One-Mile Road Championships. The title was held by John Teran of Santa Rosa, Calif., but he was unable to defend his title due to injury. Teran, who won last year, was unable to return this year.

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Continued on page 21
Bill Adams

The new Indy Masters road race circuit, which gets under way this month in Las Vegas, recalls the last time a national masters LDR circuit was put together - back in 1988-91.

The driving force behind that circuit was Bill Adams, a runner who was, at that time, also the public affairs manager of ICI, a London-based firm which markets Mylanta and Glidden Paints, among other products.

Adams convinced his higher-ups that a masters circuit would be a good vehicle to enhance ICI's image. And, for three years, it was. ICI contributed several hundred thousand dollars in masters prize money and race support. Adams not only oversaw the project, he ran in several circuit races.

Sobothane picked up the circuit for the fourth year when ICI had a change in management, but the circuit died in 1992.

Adams, an effective corporate marketer whose heart, nevertheless, was probably always somewhere else, then made a dramatic career switch. He left ICI to become a professor at the Florida International University School of Journalism, a position he still holds.

Now 56, Adams started running in 1976, and competing in 1979 at age 39. He competed as a master until 1994, averaging six miles a day and hitting the 25,000-mile mark. But a life-threatening kidney ailment sidelined him until August, 1996. He was forced to quit running when one kidney stopped functioning and the other only partially worked. He underwent four operational procedures and only recently returned to running in low-key races in the middle of the pack.

"Two years ago they told me I'd never run again," Adams said, "but the doctors gave me the go-ahead to run last fall and I've been back, slowly ... very slowly."

The local newspaper (Sun-Sentinel of Plantation, Fla.) rated Adams' feat the "best comeback of the year."

Masters Stand Out in USATF Ultras

by JOHN WELCH

HUNTSVILLE, Texas - Masters athletes performed admirably despite less than ideal weather conditions - a temperature of 80 degrees and high humidity - at the Summit Texas Trail Endurance Runs at Huntsville State Park, Dec. 14.

Designated as the USATF National Masters 50K & 50 Mile Championships, the seventh annual Summit Endurance Runs had 784 runners from 38 states and three foreign countries, making it the largest ultra in the U.S. The 50 mile and 50K routes followed a 12.5 mile loop through the park's forested trail system, which is located 60 miles north of Houston.

Following 37-year-old Tom Johnson's record-setting 50-mile time of 5:40:35, Leo Torres, 43, Cordova, N.M., sped to the line sixth overall and the women's 50K runner-up in 6:54:25.

Steve Mahieu, winner of the Summait 50 Mile in 1991, was third overall in 6:16:26. He was followed a close 20 seconds later by super master Jussi Hamalainen, 50, Agoura Hills, Calif.

"The heat did bother me a lot the last lap, especially the last five miles," said Torres, a motion picture super master at the Los Alamos National Laboratory in New Mexico. "I'm just very thankful for all the aid stations on the course."

Rhian Ridgway, 47, Denver, Colo., was the top masters woman in the 50-mile race, with a 7:30:57. Debbie Peebles, 45, Tyler, Texas, was the runner-up in 7:35:26.

Steve Mahieu, 49, a swimming pool manufacturer from Albuquerque, N.M., was the first master in the 50K, winning the Summait 50 Mile in 1991, was third overall in 3:35:19. "I was satisfied with my race this year and pleased to be the top master too," Mahieu said.

Paulette Dow, 40, St. Paul, Minn., was the women's 50K runner-up in 4:23:03. Behind Julie Bergfeld, 50, Sherman, Texas, who was 4:19:51. Helen Klein, 74, Rancho Cordova, Calif., won the W70-74 race in 6:54:25.

Masters Regions Descriptions

Region

USATF Associations


Southeast: North Carolina, South Carolina, Georgia, Florida, Alabama, Virginia, and Tennessee

Midwest: Michigan, Lake Erie, Ohio, Kentucky, West Virginia, Illinois, Indiana, and Wisconsin

Mid-America: Ozark, Missouri Valley, Nebraska, Minnesota, Iowa, Dakotas, New Mexico, and Reno

Southwest: Southern, Border, Gulf, Southwestern, South Texas, Arkansas, Oklahoma, and West Texas

West: Arizona, Pacific, Central California, Southern California, San Diego-Imperial, Nevada, and Hawaii

Northwest: Montana, Wyoming, Snake River, Idaho Northwest, Oregon, Utah, Pacific Northwest, and Alaska
Write On

Continued from page 4

Lawyers for the defense, the Ravencrofts, spent much time blaming the victim and upholding the liar (Dec. NMN).

The real and only issue is this: is lying right?

Lying is lying. You may try to rationalize and explain it away. You may call it "strategy." But the fact remains that one runner lied to another.

Is that the sort of running community with which you want to be associated? As for me, no thank you.

Douglas Bryner
Ames, Iowa

LDR RULES

It's really exciting to see elite runners moving into the masters ranks and competing in national masters championships. Two situations in recent cross-country championships have compelled me to emphasize the need for competitors and race directors to follow masters long distance running rules. I don't think rules are broken by masters runners moving into the masters ranks and knowing masters LDR rules.

First of all, national clubs cannot compete in national masters championships. The question is, however, what is a national club? If a club registers as an Association club and does not pay additional national club fees, but then declares a runner from another Association (not a neighboring one) as a member of that team, isn't that club acting as a national club? The specific rule being broken is Regulation 7.A.1.b, which states that in masters LDR national and regional championships, a club's athletes who do not reside in the Association where the club is registered must run unattached.

The other rule in question regards a masters runner being allowed to score as a member of a younger team yet still win a medal in his/her true age division. The only way this is possible is if both age divisions are run simultaneously. For example, a 50-year-old can score on a 40-49 team and win the 50-54 division, but not if the 40-49 and 50-59 races are run separately. If they are run separately, the athlete must run in his true age division. This rule pertains to all USATF masters championships.

For more information on masters LDR rules, see the article on page 8.

Carole Langenbach
SeaTac, Washington

RACEWALKING

Racewalking in South Texas is starting to pick up through the active support of racewalking "gurus" Elaine Ward and Richard Charles. In San Antonio and the Rio Grande Valley, we continue to grow with new club affiliations and events for the entire community. Thank you for your support!

Bert Pickell
San Antonio, Texas

Too bad Tim Dyas (Dec. NMN) thought he was cheated out of first place at the Buffalo World Championships. The rules were less restrictive then. Indeed, some older walkers will have difficulty conforming to the new rules.

I don't think Tim should demean or belittle the judges of his race because he, as a contestant, saw someone else's form differently than any of the seven experienced international judges who called that race.

If it were not for able judges giving up their time to call such events, we would have no sport. I was the DO board operator that day, and I was very impressed with the quality of the judging. Those officials spent a very long day-and-a-half standing in the hot sun calling those races in a very efficient and competent manner. My hat goes off to them.

The week before, at the Nationals in East Lansing, one of the competitors thanked each judge as he passed. I thought perhaps he was putting them off or making fun of them, so I asked why he would thank them. His reply: "Without these judges, there would be no races."

I don't know that walker's name, but he was right on.

Marvin Eisenstein
Rochester, New York

MISSING MEDALS

It would seem, after two years of waiting, I would have received my gold medal for the triple jump at the 1994 National Masters Indoor Championships in Columbus, Mo. After all, I was told, "We'll mail it to you."

To be honest, I was very glad to read that the 1997 National Indoors will not be in Columbus. A change in leadership was cited; maybe that's what was needed.

I wish others who were told the same thing would say something, even if it falls on deaf ears.

Charlie Richard
Lafayette, Louisiana

NORM BRIGHT

The running world lost a pioneer on August 29 with the passing of distance runner, Norman Bright. He was 86.

Norm began losing his eyesight at age 60, but be continued running even though he fell a lot, got hit by cars, and battled cancer. When asked why he kept running, despite such adversities, he replied, "Well, if you had one thing you could do, and you could do it well, wouldn't you keep trying?"

That attitude is really the legacy and inspiration Norm leaves with us.

And he did run well. He still holds seven American and five world single-age track records. In 1957, he won Bay to Breakers in 39:52, setting a record, which no one could better until 1964. That same year, he covered the Dipsea course in 47:22, breaking the 25-year-old record and setting a new one that would stand for 33 years. In the late 60s and 70s, Norm competed all over the world, advertising his club, Snohomish TC. That's why it never changed its name, even though the membership shifted to Seattle.

Norm was born in Mossyrock, Wash., earned degrees from WWSSU (then Bellingham Normal School), Stanford University, and Miami University in Ohio. He served in World War II and retired from the Seattle School District as a counselor. He is survived by a daughter, two grandsons, and two sisters. We in the Snohomish TC were considered family, also, and we're grateful for the multitude of "bright" moments he added to our lives.

Carol Langenbach
SeaTac, Washington

USATF CONVENTION

I would like to express my appreciation and compliments to Al Sheahen for his excellent reporting of the 1996 USATF Convention in San Francisco. His articles were very insightful, even to attending delegates such as myself. If only our country's mainstream press could do this kind of high-caliber reporting.

Jeff Schaller
Pullman, Washington


Photo by Carroll DeWeese

Members of the second-place M60-69 Snohomish TC team from Seattle, l to r: Bill Ifting, Derek Mahaffey, Dave Pitzkethly, and Field Ryan, USATF National Masters 10K Cross-Country Championships, Stanford, Calif., Dec. 7.

Photo by Carole Langenbach


Photo by Suzy Hess
Report from the Chairman

Since my election to the Masters Chair, I have been busy with reorganizing the various committees and areas of responsibility within the Masters Committee. Some changes have been made and others are forthcoming, which I trust will benefit our program and the priorities we have set forth.

My first official act as a member of the USATF Executive Committee was to attend a meeting in Los Angeles on January 18 and 19, where the committee reviewed and agreed on a balanced budget for 1997 and a strategy for selecting a successor to Ollan Cassell, our current Executive Director.

The Executive Committee endorsed a $7.8 million budget for 1997, based on a forecast of revenue. Further, the committee reaffirmed that producing high quality national and international records lists has been delayed, and will be printed, instead, in our March issue. We apologize for the delay. The Records committees have tightened their verification procedures, so approval of records is taking more time.

Indoor T&F Records Update Delayed

Last month, we said the 5-year indoor world and USA masters track and field records would be published in this issue.

Regrettably, the updating of the records list has been delayed, and will not be included all voting members of the USATF Masters Hall of Fame, which was established under their tenure which ended Dec. 31, 1996.

Track and Field – male
- Payton Jordan
- Track and Field – female
- Irene Obera

Long Distance Running – male
- Norm Green
- Long Distance Running – female
- Beverly La Veck

Requirements for nomination included:
1) Athletes must have been at least age 40 and must have competed as a masters athlete for at least five years.
2) Athletes must have met certain achievement prerequisites, consisting of a combination of world and/or U.S. records and/or world and/or U.S. titles.
3) There was no age requirement for nominees in the "other" category, which was intended to honor contributors to the sport – those who gave of their time and/or money to facilitate events. This category included benefactors, sponsors, coaches, administrators, meet directors, officials and journalists.
4) Only accomplishments after the age of 40 were considered.

The nomination process was established to reflect the nature of USATF masters athletics, which puts emphasis on participation. Selection required a minimum a majority of ballots cast.

"The USATF Masters Hall of Fame award was intended to be something special, similar to the Baseball Hall of Fame," said Marilyn J. Mitchell, Chairman of the Hall of Fame Committee. "So the selection of many candidates was not the objective. The Hall of Fame voters were not required to cast a vote in every category, nor were voters required to rank candidates. If the voter felt no one in a category was truly outstanding, the voter was allowed to bypass that category and go to the next, without having his ballot invalidated."

The project eventually involved about 50 candidates, 150 voters and 17,000 pieces of paper. Eligible voters included all voting members of the USATF Masters Track & Field and
Hall of Fame

Continued from page 20

Long Distance Running committees for the 1996 year.

Analysis of the voting indicates truly outstanding candidates were suc­cessful, although a maximum of three could be selected from among 13 can­didates in the male athlete T&F category, with no runoff permitted. Payton Jordan, nonetheless, managed to obtain more than a majority of the votes.

Mitchell said: "I am very, very pleased with the results and have but one regret: that the voters failed to select anyone in the 'other' category, which seems to indicate the voters, most of whom are athletes, do not properly appreciate the efforts of con­tributors and other non-competitors, who make it possible for the athletes to compete. There was one situation in which the vote was close, but, in most cases, fewer than half the voters cast votes in the 'other' category. So under the existing rules which limited a voter to one selection from among seven candidates and which required a majority of cast ballots for election, it was virtually impossible for any candidate in the 'other' category to be successful."

Mitchell asked that all inquiries be directed to her at 212-697-8216 or to Kousky at 541-687-1989.

Mitchell said the original plan was to post a plaque at USATF headquar­ters in Indianapolis, listing the names of each inductee. As to the future of the Hall of Fame program, new Masters Chairmen Ken Campo, Marcella Teran, Beverly Robson, Diego's Kim Campo, 41, had someone to post a plaque at Kousky at 541-687-1989.

Beverly LaVeck, female athlete racewalk

60 years old, Seattle, WA, racewalker; numerous world and national outdoor age-group records; set two open track records at age 46 (100 meters, 21:42) and 47 (100 k, 1:15:56); numerous world and national championship titles; in 1984, slalom and slalom qualifier for 1984 Olympic trials at age 45 but did not compete. Certified USA Track and Field official and race-walk judge. Although Hall of Fame selection recognizes Beverly’s athletic ability, she has contributed heavily for years in coordinating masters track and field events and various events. Volunteer racewalk competition and awards. Volunteer racewalk official at 1984 Olympic Trials and Olympic Games. Volunteer fitness, health and racewalk instructor in hospitals, colleges and the public school system. Also, does volunteer work for the Red Cross in Disaster Relief and went to Hawaii on assignment for the hurricane several years ago.

Irene Obera, female athlete track and field

63 years old, Fremont, CA, track and field, sprints up through 400 meters, 21:42) and 47 (100 k, 1:15:56); numerous world and national championship titles; in 1976, 1st woman at New York City Marathon (ages 41, time of 2:39:11) and 1977 Doston Marathon in 3:08:11). "I never thought I’d win this race," said Campo, who hadn’t done any track work for months and, like Fetherston and Teran, is pointing to the National Masters Half-marathon Championships in Las Vegas next month. "This was totally unexpected." Fetherston, meanwhile, is heading to Las Vegas buoyed by her second-place mile finish (5:08; 87.5%) and the hope that she may be in shape to challenge the course record of 1:13:54 she set in Vegas two years ago.

If their fast mile times are any indication, it could be some rematch for Campo and Fetherston. □

Miki Gorman, female athlete long distance running

61 years old, Los Angeles, CA, long distance runner, running all distances up to and including the marathon; winner of New York City Marathon 1976 (ages 41, time of 2:30:59) and 1977 (age 42, time of 2:42:41;) winner of Boston Marathon in 1974 at age of 39 years 8 months (2:47:11) and 2nd woman Boston Marathon in 1976 at age of 40 of 2:52:24; 1st woman overall in 1975 and 1976 (ages 40 and 41) in at least 10 races of varying distances; winner of numerous national masters championships and holder of various national records. Two New York City Marathon times are still the fastest masters performance by an American in that race. Had a feature film made about her life, entitled My Champion and someone also made a documentary about her life. Currently working in a law firm in Los Angeles.

Norman Green, male athlete long distance running

64 years old, Wayne, PA, long distance runner, all distances. Numerous world and national records and championship titles. First American over age 50 to break 2:30:59 at the marathon distance (2:29:11, 1984). Since age 50 has won age-group in 189 road races, placing second only six times. Of those 6 times, the competitors were younger in each case with one exception. Recently retired minister, heavily involved in administration and organization of masters athletics on world and national level.

Payton Jordan, male athlete track and field

70 years old, Los Altos, CA, track and field, sprints up through 400 meters and 4x100 meter and 4x400 meter relays. Holder of numerous world and national records and championship titles, selected outstanding masters athlete by various organizations and publications including USATF Masters Track and Field Committee and California Track News. Was outstanding athlete in his age group in every year in which he competed. In 1994 featured on cover of Parole Magazine as an example of outstanding fitness in senior citizen population. Recently retired from active track and field competition, some feel, in order to give others in his age category a chance to be acknowledged. Handsome, courtly gentleman, well-liked by the athletes. Former track and field coach at Stanford University, was coach of 1968 USA Men’s Olympic Track and Field team which triumphed in Mexico City.

National One-Mile

Continued from page 17

With Fetherston in the race, San Diego’s Kim Campo, 41, had someone to set the pace. The race quickly settled into a four-woman pack led by Fetherston, followed closely by Campo, Marcella Teran, W40, and Beverly Robson, W40. By the time the final turn had been made, the race was between Campo and Fetherston. A surprise for Campo was first to the line, winning in 5:07 (87.5%), a second faster than Fetherston.

"I never thought I’d win this race," said Campo, who hadn’t done any track work for months and, like Fetherston and Teran, is pointing to the National Masters Half-marathon Championships in Las Vegas next month. "This was totally unexpected." Fetherston, meanwhile, is heading to Las Vegas buoyed by her second-place mile finish (5:08; 87.5%) and the hope that she may be in shape to challenge the course record of 1:13:54 she set in Vegas two years ago.

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Rocket City Marathon

Continued from page 1

of Indianapolis, and new master Malcolm East from Butler, Penn., who was attempting his first marathon since turning 40.

Mikhailov, 43, has enjoyed some good performances in the U.S. in 1996, including second place finishes at both Boston and Twin Cities.

The lead pack of 7-10 runners included Kurtis and Mikhailov and the pace was to Kurtis's liking.

"It was nice having the pack start out at 5:20 pace, and it stayed pretty even the first 10 miles," Kurtis said. "But I didn't want Yuri to just sit there and wait, so I did a little pushing about the time we turned back north (14 miles) just to make sure he was honest."

By mile 15, the pack was breaking and Mikhailov had dropped back 30-50 meters. "I figured we had good young legs (in the lead pack), and I knew they were going to drop me somewhere," Kurtis continued. "At 16 or 17 miles they started to make a move, and I knew I had to go with them. I felt that if I could stay with them for a couple more miles I could lock in the masters."

Kurtis's 2:22:55 was also good enough for fourth overall, as only three sets of those "good young legs" were stronger than the 44-year-old computer systems administrator for Ford Motor Company.

Mikhailov finished eighth overall in 2:26:37, and Yara improved more than two minutes on his winning time last year with a 2:28:07 for third. East took fourth in 2:32:28, but never seemed to get into a good rhythm for the race.

Terry McCluskey of Brookfield, Ohio, won the M45 division with a strong race, and was fifth master in 2:33:56.

The women's race did not provide the drama of the men's. Deason, a coordinator for a hospital-based fitness center, was never challenged by second-place finisher Diane Legare of Montreal, Canada.

Deason's 10-second lead in the first mile continued to widen throughout the race, and she won by more than three minutes, finishing in 2:59:46. Legare came in at 3:03:13 to take the W45 division.

Third place went to Laurel Cihak of North Muskegon, Mich., with a 3:06:01. Cathy Dwyer of Greer, S.C., was fourth in 3:06:01, and fifth went to former five-time masters champion, Jane Hutchison of Webb City, Mo., who also won the W50 division in 3:09:54.

Female masters prize money winners at 1996 WZYP Rocket City Marathon, l to r: Laurel Cihak, W40, Joyce Deason, W40, Diane Legare, W45.

Photo by Jim Oaks

Another "cold war" that ended in Huntsville this year was race directors Harold and Louise Tinsley's battle with the weather. The last year for good weather had been 1990 when Kenneth Judson of Pittsburgh set an American masters record with his 2:17:01 overall win.

This year the weather was great. It was a little warmer than ideal, but the wind was not a significant factor.

Malcolm Gillis, winner of the M60-64 division in 3:04:06, will become race director next year as the Tinsleys are retiring after 20 years. This year, Gillis served as assistant to the Tinsleys.

"The only thing I had planned to change about the marathon next year

Continued on page 26

Youiri Mikhailov

by JIM OAKS
HUNTSVILLE, Ala. -- When Russian master Youiri Mikhailov ran the WZYP Rocket City Marathon in December, he was using Albuquerque, N.M., as a training base. Since he speaks very little English, my interview with him after the race was sketchy at best.

He was impressed by the race Doug Kurtis ran to beat him for the masters title. Kurtis ran 2:22:55, his best time in two years, to win over Mikhailov's 2:26:37. They had both been in the lead pack for the first 14 miles, but Mikhailov began to drop back at that point.

"He's a very good runner," Mikhailov said. "I also found the temperature and humidity a lot different here than the altitude in Albuquerque."

Mikhailov indicated that he planned to stay in the U.S. until February to run the Houston Marathon. He then would return to Moscow, but said he would be back for Boston in April.

He was second at both Twin Cities and Boston last year. In 1995 he was third at Boston and second at Twin Cities. In 1994 he finished third at Twin Cities, so he had won quite a few U.S. dollars before coming to Alabama.

In a conversation with Eddy Hellebuyck, the Belgian open runner, who lives in Albuquerque and runs a training camp where Mikhailov was staying in December, Hellebuyck said he could understand why so many Russian runners are at some of the prize money races in the U.S.

"I know a doctor in Russia and he makes $150 a month," Hellebuyck said. "You can guess how little some other jobs must pay. I understood Mikhailov to say he was a farmer. Whatever he does, while he's still running well as a master he can probably make more in prize money in the U.S. than he could working all year in Russia."

Mikhailov is a strength runner. He is taller than most of the top U.S. master marathons. His times for the marathon have stayed in the low 2:20s in most U.S. races since 1994, the first year he ran Boston. That year he was eighth in 2:23:26. Remember who won the masters title in Bean Town that year? It was Doug Kurtis in 2:15:48.
Tinsleys Step Down as Rocket City Directors
by JIM OAKS
For the past 20 years, Harold and Louise Tinsley have served as directors of the Rocket City Marathon in Huntsville, Ala., but 1996 was their last year. During that time, they have noted many changes in running. The high quality of Rocket City, however, has stayed the same.

When the first race was held in 1997, it attracted 419 starters, a very large field for those early years. Only 22 in the first field were women.

"The percentage of female entrants is one big change we have seen," Harold Tinsley said, "Now the ladies constitute about 20 percent of our field.

"Probably the thing we have noticed most is the use of computer-related equipment in race timing and results processing, the first two years everything was done by hand. We did all the typing for the information book and all graphics for the maps and posters. We did all the processing. The first two years every race director in 1997.

The last race director for 1996 was Malcolm Gillis, a recently retired computer engineer. We did all the typing for the information book and all graphics for the maps and posters. We did all the processing. The first two years every race director in 1997.

"I don't want to spend all my time listening to messages when I come home," he said. "People used to write and ask for information, but now all they want to do is call or fax something."

"It took a lot of time, but I don't think I ever had runners say to me that I offered them something different from what they were getting," he said. "If they did, I could always show them a copy of what I wrote."

One of Tinsley's favorite things was dealing with agents.

"That's another big change," he said. "When we began this marathon, most runners knew each other. And as it grew and more people from other parts of the U.S. came, we wanted to have a chance to meet them. That's why we have always had the awards banquet after the race."

A lot of the runners who have agents are only interested in the money they can win. They come in on Friday and want to fly out after the race on Saturday afternoon. They couldn't care less about our social functions."

Throughout the 20 years, Rocket City has given emphasis to masters competition. The top prize for masters winners is $1500, only $500 less than the open winners. When Kenneth Judson set a U.S. masters record of 2:17:01 by winning overall in 1990, he won a total of $3500.

Other male master winners include English Olympian Ron Hill (2); former national masters champions Don Coffman (5) and Bob Schlau (3), Ken Winn (2), the top southern master in the late '70s, former U.S. Olympic Benji Durden; Bill Hall; Gary Romesser; and, most recently, Doug Kurtis.

On the female side, Jane Hutchison has won five times and holds the masters course record at 2:45:35. Cindy Dalrymple took top honors in '86 with a 2:52:53; Bobbi Rothman ran 2:49:34 to win in '87; and Joyce Deason won in '95 with 2:53:49. (Barbara Filutzi ran the second fastest time, 2:45:57, the year Hutchison set the course record.)

Tinsley was one of the top southern masters runners himself in 1977, and in the first race ran 2:33:05. He also ran part of the race the second year, but realized that he would have to be at the finish line for future races.

It was apropos that the Tinsleys were named Race Directors of the Year by Road Race Management for 1996. They were in competition with the directors of Boston, New York and the two Olympic Trials races. Actually, the award could have more appropriately been called "Race Directors for the Past Two Decades."

The new director for 1997 will be Malcolm Gillis, a recently retired computer engineer, who is also one of the top U.S. age 60 runners.

Now that Tinsley has some extra hours, he may get competitive in his age group again. However, in a recent interview with the Huntsville Times, he had other things on his mind.

"I'm going to watch some football on TV," he said. "And it will be the first time we've had a Thanksgiving and Christmas in 20 years."

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Masters Age Records

(1996 Edition)

Compiled by WAVA and USA Triathlon Masters Records Chairman Pete Mundel with Rex Harvey, Shirley Dietderich and Beverly LaVee.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
- U.S. Age bests for Men & Women for all road racing events, age 40 and up, as of Oct. 31, 1995.
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February 1997 National Masters News page 23
The Most Beautiful Place on Earth?

I believe South Africa is the most beautiful place on earth. Admittedly, I am biased, but when you combine the natural beauty of sunny South Africa with the friendliness and cultural diversity of our people, and the fact that the region is a haven for Africa’s most splendid wildlife, then I think even the most scrupulous critic would agree that we have been blessed with a truly wonderful land.”

So said Nelson Mandela, South Africa’s President, in inviting the world’s veteran athletes to come to Durban for the 12th WAVA World Veterans Athletics Championships, July 17-27.

Visitors to South Africa claim its sunsets are more beautiful than anywhere on earth. The country is going through one of the most significant peaceful transitions in history. Ten years ago, apartheid was the rule. Today the races mix freely and openly. It’s an exciting time. Participating in the Games is an opportunity to be part of helping to bring this country into the world community.

Durban, itself, is a city of great beauty and diversity. The Zulu people named it Thokweni — "the place where the sea and the earth made union." With 320 sunny days a year and mile upon mile of sun-soaked beaches, Durban is a holiday mecca.

Blend of Cultures
The colorful blend of African, Indian and European cultures is reflected in the architecture, food, and dress. Victorian buildings, temples and mosques stand side-by-side with street bazaars, curry restaurants, boerwors (traditional South African sausage) stands, and sidewalk cafes. Women in colorful saris and African dress mingle with men in business suits as they go about their daily business.

"There are indeed few places in the world that offer such a wealth of delights," said Metropolitan Mayor Obed Mlaba. "Durban for Sports is our slogan. Not only will you find Durban’s sport facilities comparable to those found anywhere else in the world, you will find other attractions irresistible. Durban looks forward to welcoming you in July 1997."

Many requests for accommodation have been received, according to Linda Barron, chief executive officer of the event.

Don’t Wait
"Please do not leave your accommodation requests until the last minute as hotels and other establishments along the Golden Mile are filling up rapidly," she urged. "However, we assure you, we will make sure that nobody is turned away because of a lack of a billet."

The organizers have introduced some new logos featuring the Rainbow San figure with the Zulu word Siyanimema, which is "we invite you" in English.

"There are marvelous moves afoot to make sure the evenings are filled with fun things to do," Barron said.

Among these is the Athletes' Function which will be a truly African experience. We’ll also have a tee-shirt and pin-swapping party, night beach volleyball, a night of African jazz and fusion at the harbor, and much more. So bring your spirit of adventure to South Africa.”

More than 5000 participants (men age 40 and over; women age 35 and over) from more than 75 countries are expected to attend the prestigious event.

The stadia facilities are first rate. The two stadiums are only 150 meters apart. A free shuttle bus service will transport athletes between the stadiums and their hotels — a 10-minute ride in most cases.

Much To Do
The Durban hotels situated in and around the Golden Mile are in close proximity to the city center where there is a variety of good restaurants and other forms of entertainment including movies and theaters. There are also places of historic, cultural, ethnic and botanical interest, as well as easy accessibility to game reserves.

The entry form was published in the January issue of NMN. Copies may be obtained directly from Durban (see Continued on page 25)
1238 Enter 1st European Indoor Championships

The organizers of the first WAVA European Veterans Indoor Track and Field Championships, to be held at the specially-built 200m National Indoor Arena in Birmingham from Feb. 28 - March 3, are delighted with the huge response.

A total of 1238 athletes from 28 countries have entered, including 27 from the USA, 5 from Canada, 4 from South Africa, and 3 from Namibia. Great Britain leads the entry list with 641, followed by Germany (114), Netherlands (43), Greece (43), and Ireland (33).

The 60m is the most popular event with a combined total of 351 athletes; 334 have entered the 200; 69 women and 144 men will tackle the long jump. A total of 919 men and 319 women have entered 2467 events.

Meet organizer Ron Bell, and Competition Manager Roy Rogers and their team have everything well under control. Bell faced skepticism from European affiliates when he presented the invitation to you to come and see the meet.

The youngest entrant will celebrate his 35th birthday that week and a 96-year-old is coming over from the USA. New W50 World 3000 Record

Pat Gallagher, Britain's most prolific record-breaker, has broken her own world W50 3000 indoor record by an astounding 17.45 seconds.

Competing in an open meet at the Birmingham arena, she raced 'away from her younger opponents on Jan. 4 to win the race outright in 10:17.53.

She currently holds the world W45 800 and 1500 indoor marks.

Opening ceremonies of the VIII WAVA South American Championships, Nov. 20, in Concepcion, Chile.

South American Championships Draw 1650

The meet included a pentathlon and a 10K cross-country. The athletes took the chance to visit local beaches, lakes and many summer resorts.

Cesar Becalli, WAVA President, Cesar Moreno Bravo, IAAF representative to WAVA, and Monty Hacker, President of the Durban Organizing Committee, were on hand during the week.

Walter Kupper of Brazil was elected President of the South American Region (ASUDAVE).

The next South American Championships will take place in Porto Alegre, Brazil in 1998. Results in a future issue.
Winter Running Off the Streets

Do icy streets, freezing temperatures, or midwinter burnout have you looking for an alternative to your usual running route? Try heading for your nearest heated pool for a deep-water workout. Initially developed as a fitness maintainer for injured athletes, deep-water running has since evolved into an important cross-training activity for many runners.

"Deep-water running allows a runner to work the heart and lungs without the impact associated with running on land," says David Brennan, an exercise physiologist at Baylor College of Medicine in Houston. "It may be better to use the pool for an easy run to allow for complete recovery. This type of training can help to improve the quality of hard training sessions out of the water."

Flotation devices are essential safety equipment for deep-water running. Specially running stores and catalogs carry deep-water running vests and belts.

**Good News for Knees**

Contrary to popular belief that knee injuries are unavoidable, many common knee injuries can be prevented with proper conditioning.

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**Masters Age-Graded Tables**

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**Rocket City Marathon**

Continued from page 22

was the weather," Gillis said laughingly. "By being an assistant to the director this year, the weather was a lot better. It will be perfect next year."

The marathon population continues to grow. Of the 1100 entrants, 54% were masters. Of the 684 entrants who had run at least one previous marathon, their total number of marathons completed was 10,282. That's an average of 15 marathons per runner.

Of course, that number was slightly inflated by the fact that the Rocket City field included Norm Frank and Wen-Shi Yu. The 65-year-old Frank, from Rochester, N.Y., holds the world record for most marathons at 622, and Yu's total of 250 must put her near the top of all the women in the world. (By the time you read this, Frank's total will be higher. He was planning to run another 26.2 miler the next weekend.)

Yu, a retired chemical engineer from New York, was born in mainland China before WW II and moved with her parents to Taiwan and later to the U.S. She doesn't miss many major marathons, if you check the long distance results each month in NMN. In Huntsville, she won the W60-64 division with a 3:46:26. There were only three other women over age 50 who were faster.

Several runners of earlier Rocket Cities came to Huntsville this year to help the Tinsleys celebrate their 20th edition. Kentuckian Don Coffman, a former five-time masters winner of this race was one such entrant. He took the M50 division in 2:47:41.

There were 884 finishers this year, and most said they hoped to run Huntsville again. But all agreed that the Tinsleys would be a hard act to follow.
**NATIONAL**

- Several readers have commented on the recent death of Eulace Peacock, 82, of Yorkers, N.Y. Peacock, who was a sophomore at Temple U., defeated Jesse Owens in 7 of their 10 meetings in 1935. Peacock never made the 1936 Olympic team, but was a hamstring injury, while Owens became a four-time gold medalist in Berlin and famous for the snub by Adolf Hitler. From M75 sprinter Tim Murphy, Irving, TX, Peacock was a great man. I was 15 or 16 years old in 1937 and 1938, I would train at a track in the Bronx. Often, I would dig starting holes and run starts with Eulace and John Woodruff, gold medalist in the 800 in Berlin. Woodruff had a ten-foot stride, while Eulace ran with his toes and had a nine-foot stride. We used to check the spike marks in the track, I guess that's where I got my fast turnover, trying to stay with them with my seven-foot stride (now six).

- Lon LeBlanc, 33, Sausalito, CA, was identified as Jackie Kerley-Moore in the photo caption on p. 10 of the January 1997 issue.

- The Reggie Lewis facility, site of the 1997 Masters Indoor Championships in Boston, will not allow "hard shell" indoor shots to be used on its floor. "Hard shell" shots have a polyethylene or polypropylene hard plastic cover. "Soft shell" shots listed in equipment catalogs are described as such and are described as having a polyvinyl plastic casing; they don't bounce much and will not harm floorboards according to the catalogs. The entry form on page 5 of this issue says that only "soft shell shot and bag implement" will be allowed.

- Joe Henderson, featured columnist for Runners World, editor of the monthly newsletter, Running Commentaries, has authored more than a dozen books on running, has another book on the market. Marathon Training, subtitled "The Proven 10-Day Program for Success," offers a 100-day blueprint for preparation for, participation in, and recovery from the 26.2 miler, and includes programs for three levels of runners: Fast Finishers who want to improve their times; Racers, who want to finish among the top contenders. The book, 264 pages, features daily training logs and insightful tips on every page. An autographed copy is available for $17, which includes postage, from Joe Henderson, 61 W. 34th Ave., Sugar Land, TX 77478.

- Where can you find a good running trail in Nanjing, China? A scenic walk in Antananarivo, Madagascar? A flat and fast marathon in South Africa? A flat and fast marathon in South Africa? If you're planning to travel internationally and don't want to leave your running shoes behind, head for your computer and check out the Planet (RTP), a new Internet website for runners and walkers. Inaugurated on September 7, 1996, RTP is a free service designed to function as a reference point for runners and walkers around the world. RTP operates on a collaborative basis, as runners and walkers offer their opinions on the best places to work out in their hometowns. Information is conveniently divided by continent, nation, and city for efficient browsing and quick searches. You can also use RTP to gather a Moscow Marathon or Tahiti 10K shirt via the Shirt Trading Co., a worldwide race shirt exchange. Additional features of RTP include a dictionary of running and walking terms and an art gallery that expresses the creative side of the niche NCWAWA meet in Eugene. Lillian credits her husband for his strong support, "He was determined that I wouldn't sit back and do nothing."

**SOUTHWEST**

- John Knifton, M55, in 27.02, and Ann Atwater, W40, in 32.40, strode to masters victories in the 1st Pharr Winter Festival 5K Racewalk, Pharr, TX, Dec. 7. Eduardo Aguilure, 31-41, and David Aguilure, 31-45, placed 1-2 in the M60-64 race and third and fourth M40+

- Stew Thompson, 63, Atascadero, CA, bet his single-age, world-best of 28:04.77, on Nov. 16, 1996, for the 5K with a 30:49.25 on Dec. 14 at the KEKfield Throws Meet 55, Santa Cruz, CA. In November 1994, Thompson became the first M60+ to have the 568 over 30 feet, with a 30-33 loss.


- Mark Belger, 40, San Diego, CA, in 16:51, and Marcella Tenar, 41, San Diego, in 18:49, were masters firsts in the Palm Desert 5K, Dec. 15. Carlos Valle, 61, San Bernardino, CA, won the 60+ race with an age-graded 86:18.36. Mary Storey, 72, Riverside, CA, took the W70-74 race in 26:54.

- Loyola-Marymount cross-country runners go against some tough competition in workouts - their coach. At age 52, Bonnie Frankel can outrun most of the athletes she coaches. And she's managed our team's personal tragedies as well - her mother's long battle with depression which ended in suicide, and her own breast cancer. She began running seriously in 1987 after reconstructive breast surgery, and her

**SOUTHEAST**

- In the age-group star of the day was Anna Woldt, 42, of 21:21. She's just amazing. She's ready for some big times. Frankel's ready for some big times.

- With no call for attention, Lilian Snaden, 67, suffered a brain hemorrhage in September 1994, while teaching school at Carver Elementary in her hometown of Florence, SC. After undergoing brain surgery a day later, it was learned that Snaden had lost her ability to do things most people take for granted, such as lifting the right arm to wrist level. When a normal rehabilitation program appeared inadequate, Snaden, under the aegis of her husband, John, a thrower, began an arm workout program entailing weight training and putting the shot. "My major results using first the shot and then other weight exercises as therapy for the partial paralysis of her right arm has led to some good results," he says. In 1996, Lillian's accomplishments included a second in the SP at the National Indoors in Greensboro, an SP gold and JT bronze in the Nationals in Spokane, and two bronze medals at the NCAAWAWA meet in Eugene. Lillian credits her husband for his strong support, "He was determined that I wouldn't sit back and do nothing."

**MID-AMERICA**

- The Mid-America Region would like to have additional bids for the 1997 Mid-America Masters Regional T&F Championships. Contact: Joerg Herbrichtsmeier won the M30 800 (2:04.51), 1996 Silver State Indoor Meet, Reno, NV. This year's meet is scheduled for Feb. 16.

**INTERNATIONAL**

- The 1998 WAVA Oceania Regional Track and Field Championships will be held in Hawkes Bay New Zealand on Jan, 17-24. Athletes from other regions are welcome to compete.

**OPEN**

- Four top Saturday indoor meets will be featured on NBC-TV: a tape-delay of the Chase Milrose Games in New York on Feb. 8, the Houston Gallery Furniture Games on Feb. 15, the Mobil Invitational in Fairfax, Va., on Feb. 22, and the USA Indoor Championships in Atlanta on March 1. On the downside, the Los Angeles Indoor Meet, scheduled for mid-February, has been cancelled due to lack of sponsorship.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. 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. International T&M events are generally limited to men over 40 and women over 35. 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 50059, Eugene OR 97405.

**TRACK & FIELD**

**NATIONAL**

March 1. USATF National Indoor Pentathlon Championships, Chapel Hill, N.C. Non-Championships pentathlon will be held in conjunction with the pentathlon. Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124. 216-446-0559.(b); 216-531-3000; x3306 (w).


April 5-6. USATF National Masters Indoor Men's & Women's Heptathlon Championships, Proviso West HS, Hillside/Chicago. USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-935-2052; fax: 630-935-2053.


September 20-21. USATF National Masters Decathlon & Heptathlon Championships, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(b); 475-8141(w).

August 6-9, 1998. 31st annual National Masters Championships, Orono, Maine.

**SOUTHEAST**

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

February 15. Manasota TC Winter Series Meet, Booker HS, Sarasota. 8:30 am. J.C. Shenk, 365-0005(b); 365-7204(a).


April 5. Naples On The Gulf Throwathon, Barron Collier HS, Naples, Fl. All throws, plus WT & SW, 9 am. See April 5 above.


**MIDWEST**

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

February 15. NIFS-Indiana USATF Indoor Masters Invitational. The National Institute for Fitness and Sport, 250 University Blvd., Indianapolis, IN 46202. Vern LaMere, 317-274-3432.

February 16. USATF Lake Erie Association Championships, Kent St. U. Field House, Kent, Ohio. Rex Harvey, 160 Championship Dr., Mayfield Heights, OH 44124. 216-446-0559(b); 216-531-3000; x3366 (w).

February 16 (Sunday). Byron Masters Indoor Meet, Byron HS, Ill. Byron Park District, 815-234-8435.


February 23 (Saturday). Westwood Indoor Meet #4, Sterling, Ill. Kevin Davern, 815-622-6201.


April 5-6. Masters Indoor Invitational Meet, Proviso West HS, Hillside/Chicago. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-935-2052; fax: 935-2053.


**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 1. Sooner State Games, Shawnee Expo Center, Shawnee, Oklahoma. 405-235-4222.


February 1, 8, 15, 22. Los Gatos All-Comers Meet, Los Gatos HS, Calif. Willie Harmatz, 408-354-7365.


February 8. KELField Throws Meet #57, Palm Springs. Gary Kelso, PO Box 6704, Palm Springs, Calif. 92265. 760-323-6711; fax: 760-323-6712.

**ON TAP FOR FEBRUARY**

**TRACK AND FIELD**

Action opens early with the Southern States Indoor Meet, Shawnee, Okla., on the 1st, and indoor meets in Eugene, Ore., and Minneapolis on the 2nd. Palm Springs hosts the California Senior Games on the 8th, and Hatcacken, the New Jersey Championships on the 9th. The 15th offers the expansive alternative of an indoor meet in Indianapolis or outdoor pentathlons in Honolulu, followed on the 16th by meets in Illinois, Ohio, and Michigan, plus a rare chance for Westerners to compete in an indoor meet, in Reno. More action is in the rocks Midwest with Minnesota on the 22nd, and Illinois and Colorado on the 23rd. The MAC Indoor is scheduled for the evening of the 28th in NYC. On the 22nd, the British will be tuning up for their championships in Scotland for the first ever WAVA European Indoor Championships starting a week later on the 28th in Birmingham. Among the more than 900 entrants are over 25 U.S. athletes.

**LONG DISTANCE RUNNING**

Runners get a Las Vegas two-for-the-price-of-one deal in the USATF Masters Half-Marathon Championships, which is also the first of the 1997 Indy Life Circuit races, on the 9th. On the 22nd, the Masters 12K Championships goes to Tomball, Texas, near Houston. Other warmer climes races include the Carolina Marathon, Columbia, S.C., on the 8th; Aloha 8:25 Mile, Honolulu, the 17th; and Blue Angel Marathon, Pensacola, Fl., the 22nd. The Colonial Half-Marathon, Williamsburg, Va., and Hudson-Mohawk Marathon, Albany, N.Y., on the 23rd, finish up the month.

**RACEWALKING**

On the 16th, racewalkers can enter the indoor Mall 3K Championships, Milton, Conn., or take a chance on the 300 M in the Reno Silver State Indoor Classic.

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February 16. Silverton Senior Games, Silverton, Ore. Amy Castle, PO Box 783, Silverton, OR 97381, 503-873-8577.

February 17. Seattle Parks Meet, Seattle, Wash.


February 21. Orange Spring Games, Rancho Santiago College, Santa Ana, Calif. 25+.

April 2. Silverton Senior Games, Silverton, Ore. Dave Parkin, PO Box 298, Silverton, OR 97381, 503-873-8577.


June 24. USATF Southern Calif. Association Championships, Occidental College, Los Angeles. Christel Miller, 818-843-2139 (until 9 pm). Only local runners will be returned. SASE to 1740 Grandview Ave., Glendale, CA 91201. Entry form in May NMM.

June 30. Los Gatos Open & Masters Classic, Los Gatos HS, Calif. SC at West Valley College, Saratoga; HT, JT, weights at KELfield, Santa Cruz. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-0460.


July 17-27. XII WAVA World Veterans Athletics Championships, Durban, So. Africa. PO Box 104, Durban 4000, South Africa. Fax: 27-310-304-6196.

August 10-12, 98. 4th International Masters Games (multi-sports), Portland, Ore.

LONG DISTANCE RUNNING


April 5. Trevira Twosome 10 Mile, NYC. NYRFC, 89th St., New York, NY 10128. 212-860-4455.


April 13. Cherry Blossom 10 Mile, Washington, D.C. SASE to Cherry Blossom, PO Box 884, Middletown, MD 21769-0884.


April 26. Hudson-Mohawk RBC Masters
Hal Higdon's

VIRTUAL MARATHON TRAINING

If you have Internet access, you now can train for your next marathon in cyberspace. The same 18-week program used by Hal Higdon to prepare runners for the LaSalle Bank's Chicago Marathon is now available on Hal's web site: "On The Run."

To find it, simply go to: http://www.halhigdon.com

You will discover Hal's schedules for novice, intermediate (two levels), and expert marathons.

TRAIN WITH HAL HIGDON!

But there is more Get updates and training tips by checking halhigdon.com regularly. Hal writes a weekly column on running for the World Wide Web. Some of these columns eventually get reprinted in National Masters News, but you'll get the information sooner — and get more of it — on the Internet at:

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United States: 204-341-3851; Fax 204-341-3852

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

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<td>2:27</td>
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### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

<table>
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<tr>
<th>Event</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65+</th>
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<td>8:32</td>
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<td>15:10</td>
<td>15:50</td>
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### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

**NAME**

**ADDRESS**

**SEX**

**M**

**F**

**CITY**

**STATE**

**ZIP**

**MEET**

**DATE OF MEET**

**EVENT**

**MARK**

**HURDLE HEIGHT**

**WEIGHT OF IMPLEMENT**

**CERTIFICATE**

**TAG**

**P**

**TAG**

**PATH**

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
2. A copy of your results or a note stating in which issues your results appeared must accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and a patch ordered at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 50099, Eugene OR 97405.
5. 8.5-9.0 cm, 6" by 10" certificates, suitable for framing, and/or 2.5 cm, 1" by 4" patches will be mailed to you within six weeks. Allow eight weeks for a patch tag.

---

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

<table>
<thead>
<tr>
<th>Event</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
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**RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE**
## EAST

Maryland Senior Olympics
Towson; Oct. 3-5

<table>
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<tr>
<th>Event</th>
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<tr>
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<tr>
<td>M70 Bernie Fowler</td>
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<td>W50 Regine Naur</td>
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<td>W60 Audrey Lee</td>
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<tr>
<td>W70 Dottie Britt</td>
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<td>W80 Edna Seles</td>
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<td>M80 William Schilling</td>
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<td>W50 Susan Woodward</td>
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<td>W70 Anne Romagne</td>
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## SOUTHEAST

Florence TC Patriot Wall
Pentathlon
Huntsville, Ala., Dec. 7

<table>
<thead>
<tr>
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<tr>
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<td>M50 Frederick Holland</td>
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<td>M60 Frederick Holland</td>
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## Philadelphia Masters Indoor Meet

Haverford, Pa.; Jan. 15

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<tr>
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<tr>
<td>M60 Thomas Jones</td>
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## Florida Senior Games Championships

 Sarasota; Dec. 21

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<tr>
<td>M100 Roger Braccia</td>
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<tr>
<td>M200 Roger Braccia</td>
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<tr>
<td>M400 Roger Braccia</td>
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</tr>
<tr>
<td>M800 Roger Braccia</td>
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</tr>
</tbody>
</table>
To the 80 million of you who volunteered, thank you very much. Let's talk about what we could do.

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